

CITY OF SPRINGDALE NEWSLETTER

PUBLISHED FOR THE RESIDENTS OF SPRINGDALE, OHIO

Program returns for seventh year!

Program offers help with repairs & improvements

For the seventh year in a row, Springdale will again offer the Home Improvement and Repair Program. The program provides a reimbursement for costs associated with exterior repairs to owner-occupied dwellings. The program is made available through

Community Development Block Grant funding from the US Department of Housing And Urban Development.

The Home Improvement and Repair Program helps households below a certain income level to make necessary

repairs or improvements to their homes. Past experience has shown that the extra funding often is just enough to allow a repair or improvement project to become a reality.

Over the past six years, the \$130,000 that has been made available through the program has resulted in home repairs and improvements totaling \$228,476. The program is a win-win for Springdale and homeowners. Home maintenance and improvement not only increases property values, but also enhances the values of the entire community.

Under the Home Improvement and Repair Program, the maximum reimbursement is \$1,000 to applicants who meet income guidelines. An example of income eligibility in 2014 for a household of 4 was a maximum income of \$54,800.

Repairs/improvements may not include pools, spas, landscaping, play equipment or new detached accessory structures. Applications will be accepted starting June 15.

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.

Tax Office offers help in advance of April 15 deadline

Springdale's 2014 tax returns are due to the tax office (or postmarked) by April 15, 2015. 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. In addition, the Tax Department will be open on Saturday, April 11, from 9 a.m. to 1 p.m. and will also have extended hours until 7 p.m. on April 13 & 14.

Extension Requests

Extension requests must be received in writing by April 15, 2015 (filing due

date). If the account is current, an extension will be granted until November 30, 2015 (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.



Area trees facing onslaught of threats

Routine monitoring of City trees is a basic part of Springdale's Urban Forestry Program. Over the past several years, monitoring has become even more important with all the threats that now exist to area trees.

Mulch available FREE to Springdale residents

Each spring, an abundance of free mulch is available to residents of Springdale. Upon request, the Public Works Department will even deliver the mulch to the driveway of residents placing an order for the material.

The mulch is produced at the City's compost facility with material collected through the annual brush and leaf collection programs. The City utilizes the mulch for landscaping, but there's plenty left over for residents.

The material is offered on a first come, first served basis by calling 346-5700. Mulch is available in bulk quantities of either 2½, 5, 7½, or 10 cubic yards. Orders will be accepted until April 30 or until supplies are exhausted. Mulch will be delivered between May 4 and May 8.

Code specifies where trash cans are stored

The Springdale Property Maintenance Code regulates where residents may store their garbage cans. Except when placed at the curb for pick-up, garbage cans must be stored in the side or rear yards. When placed in the side yard, residents must use a fence, wall or landscaping to screen the view of the garbage cans from the street.

When placed at the curb for pick up, trash containers, garbage bags, or other waste hauling containers may not be placed out any earlier than 6:00 p.m. on the day before pick-up and must be removed from the curb no later than 6:00 a.m. on the day following pick up.

A total of 231 violation notices were issued in 2014 dealing with the proper storage of garbage cans.

Insects such as the Emerald Ash Borer (EAB), the Asian Long Horned Beetle (ALB), the Walnut Twig Beetle, and the Gypsy Moth are potential threats.

Bacterial and biological problems such as Fire Blight and Anthracnose also affect trees from year to year. Even the previous years of drought and harsh winters have had lasting effects on the health of area trees.

With all the potential threats to area trees, residents have some helpful resources for advice. Two helpful sources are the Arbor Day foundation's

website at www.arborday.org/trees/index-planting.cfm and the Ohio Department of Natural Resources, Division of Forestry, site at <http://forestry.ohio.dnr.gov/treehealth>.



In the event residents seek help from a tree care specialist, the City recommends the use of arborists who are certified by the International Society of Arboriculture. Credentials for these individuals can be confirmed at <http://www.isa-arbor.com/findanarborist/arboristsearch.aspx>. Questions

can also be directed to the Public Works Department by calling 346-5700.

Springdale Garden Club looking to busy 2015

Over the years, the Springdale Garden Club has worked with the Springdale Elementary schools to introduce gardening techniques, practices and projects to help beautify the schools and the City overall. Keeping to tradition, the Club has already been working with the local Brownie Troop to paint pavers intended to be placed at the foot of the Springdale Elementary flagpole. Later this year, the Club plans the addition of other seasonal plants at the school to build upon some of the seasonal plantings from a year ago. This year, they will plant a salad garden in the school's raised flower beds.

The Springdale Garden Club also has a number of other activities planned, including participation in the Cincinnati Flower Show, April 17-19, along the Ohio River at Yeatman's Cove in Downtown Cincinnati. The Club also has

several informative programs planned:

Monday, April 13

Vertical Gardens

Anita Commerata, White Oak Nursery

Monday, May 11

Orchids/Violets

Elaine Better, Greater Cincinnati Orchid Society

Monday, June 8

Bonsai

Doug Ross, Bonsai Society

The Club is always looking to add new members, as well as recruit volunteers to assist with programs. The Club meets monthly on the second Monday at the Springdale Community Center from 6 pm to 8 pm. For more information about the Springdale Garden Club, contact Joan Knox at 674-7755 or joanknox99@fuse.net, or Carolyn Ghantous at 328-4046 or cghantous@comey.com.

Springdale Police Department

More than law enforcement!



The Springdale Police Department will again join other law enforcement agencies in Hamilton County on Wednesday, June 24, to begin one leg of the Law Enforcement Torch Run for Special Olympics to Columbus which kicks off the Ohio Special Olympics 2015 Summer Games.

The Greater Cincinnati area leg of the run will begin at the Greater Cincinnati Police Memorial on Ezzard Charles Drive at 9 a.m. and end in the City of Springdale at the Springdale Community Center around noon. Springdale police officers, employees and their families will once again participate and volunteer for the Special

Olympics. Springdale Officers have participated in every Torch Run since 1993, carrying the "Flame of Hope" through the City Of Springdale.

Besides the Torch Run, Springdale Officers have participated in other events for Special Olympics including the Polar Bear Plunge in Cincinnati, Caesars Creek and Lake Erie.

In addition, Springdale Officers started the first ever Law Enforcement Torch Run Cop-on-Top event in Ohio in 2010.

This year's 6th Annual Cop-on-Top event will be held at the Springdale Walgreens starting at 6 a.m. on Friday, August 7, and ending at 5 p.m. on Saturday, August 8.

Springdale officers, City officials, and other law enforcement officers from surrounding Hamilton County jurisdictions will be sitting atop scaffolding at the corner of Springfield Pike and Northland Blvd. for 35 hours straight to raise awareness and funds for Special Olympics Ohio.

Law Enforcement Expo marks 24th year of partnership

The Springdale Police Department, in partnership with Tri-County Mall, will host the 24th Annual Law Enforcement Expo May 16-17. The event, held in conjunction with Police Memorial Week, is the longest continuous Law Enforcement Expo in the Tri-state. This year's Expo will be offered Saturday, May 16, from 10 a.m. to 9 p.m. and Sunday, May 17, from noon to 6 p.m.

The annual event brings Tri-state police agencies together to interact with the public and demonstrate the tools and equipment used by law enforcement.



Christine Russell leads economic development

In 2014, Springdale welcomed Christine Russell as the new Economic Development Director. In her role, Ms. Russell will work with existing Springdale businesses in the retention and expansion of their operations, as well as market the City to attract new businesses and industry to Springdale. Ms. Russell replaces Jeff Tulloch who retired after 30 years of working in the City of Springdale — 20 years in private



Christine Russell

development and 10 years as the City's Economic Development Director.

Prior to joining Springdale, Ms. Russell was the Director of Development Services for a private environmental and engineering consulting company and was the Director of Brownfield Development for the Port of Greater Cincinnati Development Authority. She has a Bachelor of Arts from Brown University in Providence, Rhode Island and a Master of Science from the University of

Findlay.

Ms. Russell holds leadership positions in several professional organizations, including serving as the 2015 President of Commercial Real Estate Women (CREW). Recognized as an expert in redevelopment strategy and financing, she is a frequent speaker at local and national economic development forums and events.

Ms. Russell and her husband, Dave, live in the City of Mount Healthy with their four children. When she is not promoting economic development in Springdale, Ms. Russell enjoys reading, baking, and spending time with her family.

Joe Robers joins Police Department

Joe Robers has become the newest officer to join the ranks of the Springdale Police Department. Officer Robers graduated from Moeller High School and attended Ohio University for two years. Prior to joining the Springdale Police Department, he worked five years as a protective security officer for the Federal Government.



Joe Robers

Officer Robers is assigned to the Road Patrol unit of the Springdale Police Department.

Officer Robers enjoys running, fishing, and working with projects around the house. His wife Emily teaches kindergarten for Cincinnati Public Schools. The couple has a two year old daughter, Lucia, and recently

welcomed their second daughter, Piper, into their family in January.

This past December, Joe graduated from the Ohio State Highway Basic Peace Officer's Training Academy.

Joyce Roehm, Sam Fogle join Tax Department

Sam Fogle and Joyce Roehm have joined the City of Springdale Tax Department. Mr. Fogle is an Account Clerk; Mrs. Roehm is the Administrative Secretary.



Sam Fogle



Joyce Roehm

Triple Creek Retirement Community as an Activities Associate.

He lives in nearby Liberty Township and enjoys fishing and performing magic.

Mr. Fogle graduated from the University of Kentucky with a Bachelor of Science in Accounting. From 1985 to 1991, he served in the U.S. Navy where he performed computer repairs. He has held several customer service related positions with various companies and has worked with the Marion County, Kentucky, Fiscal Court Treasurer. Sam was most recently employed at the

Mrs. Roehm joined the City of Springdale Tax Department in June 2013. She holds a Bachelor of Business Administration degree from the University of Cincinnati with specialization in Finance and Accounting. Joyce has held a variety of customer service related positions. She also resides in Liberty Township. She enjoys baking, traveling and spending time with her family.

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

STROKE!

Would YOU know what to do?

A stroke can happen anytime regardless of a person's age or sex. Each year, nearly 800,000 people in the U.S. have a stroke. Of those, 130,000 die. More than two-thirds of those who survive will have some disability. Every second counts, so recognizing stroke symptoms is the key to preventing death or minimizing longterm disability.

The onset of a stroke is usually noticeable. If in the presence of a person experiencing a stroke, the key is to think FAST:

Face Drooping (usually one side of the face droops)

Arm Weakness (the victim's arm drops to their side and cannot be lifted)

Speech Difficulty (the victim has difficulty speaking or has a non-symmetrical smile)

Time to Call 9-1-1! Get emergency help as soon as possible.

If you think someone is having a stroke, ask them to smile, raise an arm, and

speak a short sentence. If you see any of these signs, get help immediately... the sooner the better.

Other common stroke symptoms can include the sudden onset of:

- Numbness of the face, arm or leg
- Confusion, trouble speaking or understanding
- Vision trouble in one or both eyes
- Trouble walking, dizziness, loss of balance or coordination
- Severe headache with no known cause

Getting treatment fast is crucial. The time component is similar to a heart attack. Once at a hospital, treatments potentially can reverse the damage.

When it comes to strokes, 80 percent can be prevented. Since half of strokes result from high blood pressure, simple precautions like stopping smoking, exercising, losing weight, and taking medications can prevent strokes.

Q&A about immunizations

Q Does my child need immunizations before Kindergarten?

A Yes, between the ages of 4 and 6, children need the added protection given by the Dtap, Polio, MMR and Varicella vaccines and possibly Hepatitis A.

Q What vaccines does my child entering 7th grade need?

A The recommended vaccines for this age are Tdap, HPV, Meningococcal and catch-up of Hepatitis A and second varicella.

Q Who needs to get a measles vaccine?

A This question came up several times in the past few months because of the two major measles outbreaks in Ohio and in California.

All children should get 2 doses of MMR vaccine. The first dose is given at 12 - 15 months and the second dose at 4 - 6 years. Older children who have not received the two doses should be vaccinated as soon as possible. Generally, anyone 18 years or older who was born after 1956 should get one dose of MMR vaccine to protect themselves from the three diseases, Measles, Mumps or Rubella.

For more information, call the Springdale Health Department at 346-5725.

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.

Services offered by the Health Department:

Immunization Clinics*

1st & 3rd Wednesday • 9 am - noon
Health Department Office

**Immunization clinics for uninsured and children with Medicaid*

TB Testing

By Appointment
Health Department Office

Cholesterol/Glucose Screening

By Appointment (\$15)
3rd Thursday • 8 - 11 am
Health Department Office

Blood Pressures Checks

2nd Tuesday 10:30 - 12:30
Community Center

Other Services

- Communicable Disease Investigation & Reporting
- Health Education & Promotion
- Healthy U Diabetes Workshops
- Home visits

For more information, call 346-5725.



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 2015 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 <small>RESIDENTS 62 AND OLDER CAN RECEIVE AN INDIVIDUAL POOL MEMBERSHIP, ACCESS TO RACQUETBALL COURTS, AND ACCESS TO SENIOR LOUNGE</small>	\$20	
SENIOR NON-RESIDENT ACTIVITY MEMBERSHIP <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>	\$20	
BUSINESS MEMBERSHIP <small>INCLUDES ALL FACILITIES. PARTICIPATION IN YOUTH OR ADULT SPORTS PROGRAMS ON AVAILABILITY BASIS ONLY. LEAGUE REGULATIONS MAY APPLY.</small>	\$150	\$200
6-MONTH OPTION	\$85	\$125
NON-RESIDENT MEMBERSHIP <small>INCLUDES ALL FACILITIES. PARTICIPATION IN YOUTH OR ADULT SPORTS PROGRAMS ON AVAILABILITY BASIS ONLY. LEAGUE REGULATIONS MAY APPLY.</small>	\$300	\$400
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 5	CLOSED
MEMORIAL DAY MONDAY, MAY 25	CLOSED <small>POOL OPEN 1 - 6 PM</small>
INDEPENDENCE DAY SATURDAY, JULY 4	CLOSED <small>POOL OPEN 1 - 6 PM</small>

SPECIAL EVENTS & SEASONAL PROGRAMS

Springdale's Gone Wild

7:00 pm • May 19, August 11 & October 27
Springdale's Gone Wild returns to the Community Center with some exciting programs for 2015. Save the dates and watch for more information!

Ohio's One-Mile Fitness Walk

Wednesday, May 13 • 11 am - 1 pm
We Challenge YOU to "Walk the Talk!" We would like to encourage you to get active. For the eighth year in a row, help us reach our goal of over one hundred Springdale Residents walking one mile by participating Wednesday, May 13 any time 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 light refreshments.



Women's USSSA Qualifier Softball Tournament

July 18
Thirty-six of the finest women's slow pitch teams will compete in three divisions. The top teams qualify for state and regional championships.

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, 2015 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, 2015 to participate on a soccer team. Registration is \$40 through May 31. Beginning June 1, registration is \$55.

Springdale Youth Boosters

Opening Day Saturday, May 2

As in the past, the parade will leave the Value City parking lot at 9 am, 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.



JUST FOR YOUTH

Hip Hop Kids

Ages 7-10: Saturdays • 1:00 pm
Ages 11-14: Saturdays • 2:00 pm
Hip Hop Kids is a fun-filled class all about burning up the dance floor. This class will develop dance skills while immersing children in all aspects of motion. Students will learn easy-to-follow mini hip hop routines and combinations and work on drilling them together. No experience necessary. Open to all dance levels. Call Markesha at 885-6065 for more information.

City Service & U

June 15 - 19 • 9:00 am to 12:00 pm
This week-long program is for those entering 5-8th grade. Join us in exploring the possible career paths as a firefighter, police officer or city administrator, experiencing firsthand the daily tasks of the City's workforce. Now accepting registrations through June 7. Space is limited. Is City Service in You?



ADULT HEALTH & FITNESS

Bootcamp

Monday • 5:30 - 6:15 pm

FREE

Are you bored with your workout or looking for a new challenge? Then it's time to join Bootcamp! Gary will train anyone at any level from beginner to expert. Soon you'll be re-enlisting when you're burning up to 450 calories per class. Bring a towel or mat and water bottle – crew cut not required.

Butts 'n Guts 'n More

Tuesday • 5:30 - 6:15 pm

FREE

Join Jimmy for this high energy, tightening and toning FREE workout. We'll focus on toning your core (abs, obliques, and lower back) and working out your glutes and thighs. All exercises have varying levels and modifications so that everyone will have a challenging and effective workout. Bring a mat or towel and water bottle.

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.

Swimming at the Cinema!

June 26 • 8-10 pm

We will have a movie projected next to the pool while participants play in the water with friends and enjoy snacks.

Club Rec members are free and guests 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.

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 bags, and you name it, this class will keep you wanting to come back for more. For info, call Elaine at 446-1839.

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. 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

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

Slimnastics is a fitness class especially for women taught by Sue. This class is a great workout for those not ready to put their aerobic shoes away. Get out and meet some new friends. There is no charge or registration required for this FREE class.



Zumba

Tuesday • 7:05 - 8:05 pm

Strength 'n Dance

Thursday • 7:05 - 8:05 pm

Join the party! Zumba & Strength 'n Dance combine 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.

FITNESS PROGRAMS FOR 55+

Chair Volleyball

Mondays • 10:00 - 11:30 am

Wednesdays • Noon - 1:30 pm

The Springdale Silver Streaks chair volleyball team is looking for new team members. If you are looking for fun and exercise, this is the sport for you, no experience needed. It's the only sport you can play without ever leaving your seat. Open to all Springdale Community Center members 55 and older.

Balanced For Life

NEW

Starting in April

Balance is a vital part of daily living, fall prevention and maintaining independence. We will begin a new Balance Class this spring. This free class is designed to increase balance and reduce the risk of falls. The class will include a balance test, balance exercise, strength and endurance exercises, and posture exercises and stretching. This will be a great class for anyone looking to improve balance. Watch at the Community Center for more information.

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.

Walking Poles

NEW

Starting this Spring

Would you like to walk more but need help with balance and stability to turn your daily walk into a full-body workout? This new class can help with a walking program or take your existing walks to the next level. Walking poles work your arms, shoulders, chest and upper back muscles as you walk. They can help with balance, maintaining posture and take some of the load off your body which may be helpful if you have arthritis or back problems. This 6-week class is designed for all ages and will be held outside the Community Center weather permitting. Keep an eye out at the Community Center for more information.

L.I.F.E.

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

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.

PROGRAMS FOR ADULTS

3rd Annual Baseball Bingo

Thursday April 9 • 12:00 pm

If it's spring, it must mean Opening Day and Baseball Bingo at the Community Center! Join us for our 3rd annual bingo event. See if you can score a "home run" or maybe "steal second." \$5.00 will get you in the line-up, and we'll even throw in hot dogs, peanuts, and cracker jacks. Register at the front desk with payment by April 6.

Thursday's This & That Programs

All This & That programs are free and open to the public.

■ What's New at the Zoo

Thursday, April 16 • 2:00 pm

The story of the Cincinnati Zoo from the year 2000 to 2015. Learn how it has changed over the past 15 years with new animals, programs, exhibits, and buildings. Discover how they are striving to become the greenest zoo in America. Call 346-3910 or stop by the Springdale Community Center front desk to register by April 14.

■ Flowers and More Flowers

Thursday, June 4 • 2:00 pm

Enjoy a visit from the Cincinnati Art Museum and their "Flowers and More Flowers" presentation. Explore how the floral motif has been depicted in art through the ages and from cultures around the globe. Discover the hidden symbols of flowers in art from Western world, the Middle East, and Asia. Call 346-3910 or stop by the Springdale Community Center front desk to register by June 2.

■ National Historic Landmarks

Thursday, July 16 • 2:00 pm

Take a virtual tour with us to 14 sites in Hamilton County designated as National Historic Landmarks by the US Department of the Interior. These are places in our area that have played an important role in shaping America's history. Call 346-3910 or stop by the Springdale Community Center front desk to register by July 14.

■ Entertainment and Recreation in Early Cincinnati

Thursday, August 6 • 2:00 pm

After the Civil War, Cincinnati became known as the "Paris of America," a city filled with culture and a variety of entertainment venues. Learn about the surprisingly many ways Cincinnatians relaxed and entertained themselves during these Post Civil War years. Discover how many of our current events and facilities are a direct result of the seeds planted during Cincinnati's Golden Age. See how Cincinnati's business and commerce led to many of these treasured events and facilities. Call 346-3910 or stop by the Springdale Community Center front desk to register by August 4.

Road trip to Neusole Glassworks

Thursday, May 14 • 10:00 am to 12:00 pm

What better time than spring to visit Neusole Glassworks. We will meet at the Springdale Community Center at 9:30 a.m. to carpool to Neusole in Forest Park. A short glass blowing demonstration will be provided, and everyone will make their own beautiful glass spring flower. Register with payment of \$15 by May 11.

May Luncheon

Friday, May 22 • 12:00 pm

We will serve a nice spring lunch of chicken salad croissants, chips, fruit salad and dessert. Entertainment by Wild Carrots. Take a musical trip down memory lane. We'll get your hands a-clappin', your toes a-tappin' and even the most reluctant of singers hummin' along. Register with payment of \$7.50 for members and \$10 for guests by Monday, May 18.

Putt Putt Golf Outing

Thursday, May 28 • 1:00 pm

Here's a chance to show off your putting skills and enjoy the great outdoors. We'll meet at Eagle Tee Golf on Cincinnati-Dayton Road for a round of putt putt. We'll play 18 holes of miniature golf and then gather under the shelter for light refreshments and present the golden putter to the new champion. Register with payment of only \$5.00 by Monday May 25.

Lunch & Lawn Games

Thursday, June 25 • 12:00 pm

We're heading outdoors to the picnic grove behind the Community Center. A lunch of bbq sandwiches cole slaw, potato salad, baked beans and a summer dessert will be served. After lunch there will be games of croquet, bocce ball, and ladder toss on the lawn and you can find some challenging games of dominoes or cards at the picnic tables. If it rains, we'll move inside! Register with payment of \$7.50 for members and \$10 for guests by Monday, June 22.

Dominoes on the Patio

Tuesday, June 30 • 1:00 pm

Join us for an afternoon enjoying the summer weather on our patio. We'll play some fan favorites including Chicken Foot and Mexican Train and introduce a new game or two. We've got the dominoes and fresh lemonade, you bring the enthusiasm. Register at the front desk by June 26.

Ice Cream Social

Thursday, July 23 • 1:00 pm

It's a good time of year to cool off and visit the Springdale ice cream parlor sundae bar! Top a big scoop of vanilla ice cream with some of your favorite toppings - cherries, strawberries, caramel, chocolate, pineapple, whip cream and nuts, if you wish. Appearing at the ice cream parlor will be the Blue Chip Duo, a musical duo who plays a variety of Broadway show songs and big band. We might even try our hand at a little music trivia of name that tune! Register with payment of \$2 by July 20.

Springdale Senior Club

Socials: Tuesday • 9:30 am

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

The Springdale Senior Citizens group is open to residents who are at least 55 years of age and retired. 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.

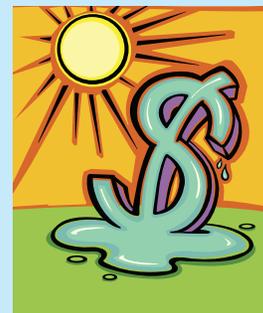
HOT cash with a COOL Summer Job

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 or equivalent. Apply at the Community Center. For information, call 346-3910.



POOL OPENS MAY 23

Aquatic Director: Dave Kamerer
Assistant Director: Tom Schmittou

Pre-Season Pool Hours:

May 2312 - 5 pm	May 31 1 - 6 pm
May 24 1 - 6 pm	June 2-5 ..12 - 6 pm
May 25 1 - 6 pm	June 612 - 5 pm
May 30 ... 12 - 5 pm	June 71 - 6 pm

Regular season hours:

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

Anyone 8 years old and younger must have passed Intermediate level swim lesson or be accompanied by a person 16 years of age or older

*The pool will close at 5 pm on Tuesdays for swim meets and 6 pm on Thursdays for Adult Night.

The pool will also close for a few special events during the summer, watch for more information or call 346-3910.

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 16

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.

Springdale POOL NEWS

Cardio Splash

Thursdays • 6:30 - 7:30 pm
Saturdays • 11:00 am - 12:00 pm
Session 1: June 6, 11, 13 & 18
Session 2: June 20, 25, 27 & July 2

Shed those pounds without putting on gym shoes or 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 \$20/4 classes (\$25/4 non-residents). Walk-ins are \$7 (\$8 non-residents)



Family Fun Day

Sunday, June 21 • 2:00 pm

Spend part of Father's Day with Dad and the rest of the family at the annual Family Fun Day at the pool. We'll be offering popular games and activities throughout the day. Watch for more information about this seasonal favorite at the Community Center. This event is free to pool members. Regular guest fees apply.

Introduction to Aqua Arthritis

**NEW
FREE**

Monday, June 8 • 12:30 - 1:15 pm

This class is designed for adults 18 and over that are living with arthritis, impaired joint motion, decreased strength or those just wanting to effectively manage joint pain and stiffness. Our Arthritis Foundation certified instructor, Pat Cox will gently guide you through a series of stretches, Pilates, yoga and other various fitness moves in the water. Participants will focus on improving posture, balance, and coordination, while restoring range of motion. Bring a towel, noodle, water bottle, and a smile to this FREE introductory class.

The number of participants that attend the introductory class will determine if a full session of classes will be held. If enough students express interest, the class dates will be June 15, 22, 29 and July 6 from 12:30 - 1:15 pm. Cost is \$20/4 classes (\$25/4 non-residents). Walk-ins are \$7 (\$8 non-residents).

Goldfish Swim

August 15 • 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 and non-residents may register June 1. If you would like more information, please contact the Parent Board President, Sharon Brooks at 207-2672.

Sailfish Parent Meeting

Wednesday, April 15 • 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 13 • 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. Show your Sailfish spirit by attending and receive a free Sailfish bumper sticker or decal for the family car!

Pre-Season Practice

May 26, 27 & 28 • 6:00 - 7:00 pm

Join Coach Amanda for some fun and pre-season practice at the Community Center. Bring your suit, towel, shirt, shorts, and gym shoes.

Sailfish Snack Shack

Opens June 2 • 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 90 Springdale children and purchase your snacks and soft drinks from the concession stand. Hours of operation beginning June 2 are Monday-Saturday 1-4 pm. Closed Sunday.



Pool Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:15 am		Swim Team Practice					
9:55 am		7:15 - 9:55 am					
10:00 am		Swim Lessons					
11:00 am		10:00 am - 12:00 pm					Cardio Splash
12:00 pm							11:00 am - 12:00 pm
1:00 pm	Open Swim 1:00 - 6:00 pm	Open Swim 12:15 - 8:00 pm	Open Swim 12:15 - 5:00 pm	Open Swim 12:15 - 8:00 pm	Open Swim 12:15 - 6:00 pm	Open Swim 12:15 - 8:00 pm	Open Swim 12:00 - 5:00 pm
2:00 pm							
3:00 pm							
4:00 pm							
5:00 pm			Swim Meets or Open Swim		Adult Swim		
6:00 pm							
7:00 pm							
8:00 pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED

REGISTRATION BEGINS MAY 1 LEARN TO SWIM THE RED CROSS WAY!

The American Red Cross Learn-to-Swim classes provide instruction to help children ages 3 to 12 to develop their swimming and water safety skills. It is designed to give students a positive learning experience. The objective is to teach children how to swim and to be safe in, on and around the water. Instructors possess the advanced training certification of Water Safety Instructor. This summer, give your child the lifelong skill of being safe around water.



PRE-SCHOOL 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.

Sessions:
1A* ... June 8 - 19
1B ... June 22 - July 3
2A* ... July 13 - 24
2B ... July 27 - August 7

**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 2015 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, 2015.*

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, 2015, and passed Level 1.*

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, depending on level, are available 10:00, 10:30, 11:00 or 11:30 am.

Sessions:
1 June 8 - July 3
2 July 13 - August 7

Class Costs:

SCC Pool Members: \$10 per session (*Pool Membership must be obtained for 2015 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, 2015 and passed Level 2 OR 6 years old by June 1, 2015 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.



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 June 11 to July 30. 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 2015 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



www.springdale.org

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NEWS IN BRIEF

Springdale's Farmers' Market returns Thursday, June 4

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



Vendors offer a variety of fresh produce, 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 2015 market. The Farmers' Market is sponsored by the Springdale Chamber of Commerce. For more information, call 346-5712.

Springdale's upcoming City elections in November

This November, the following are up for election:

- Mayor
- Clerk of Council/Finance Director
- Three At-Large Council Seats

Springdale Elections are conducted by the Hamilton County Board of Elections. Petitions must be filed by August 20. Details can be obtained at <http://boe.hamilton-co.org> or by calling 632-7000.

Engraved pavers still available at the memorial

Personalized paver stones may still be purchased for placement at the Springdale Veterans Memorial. Each paver can be engraved with up to three lines of 20 upper case letters.



The pavers can be a lasting tribute to a loved one, with separate areas available at the memorial to honor both veterans and non-veterans. Pavers may be purchased for \$25 each. For more information, call 346-5700. Order forms are available at www.springdale.org.

What to do when a traffic light is dark

While traffic signals at some intersections have back-up systems for power failures, motorists are reminded about Ohio law as it relates to an intersection where traffic lights are dark from a power outage. An intersection that has an inoperable signal becomes an all-way stop, with motorists coming to a complete stop and alternating right of way for proceeding through the intersection.

Failure to treat a darkend traffic signal as an all-way stop can result in a moving violation citation.