

# CITY OF SPRINGDALE NEWSLETTER

PUBLISHED FOR THE RESIDENTS OF SPRINGDALE, OHIO

## Springdale Offering Support

# Adopt-A-Family to ensure happy holidays for all

The national economic outlook may be improving, but many families are still experiencing financial challenges like never before. The holiday season will be a particularly difficult time for many local families, a growing number of which are turning to Springdale Offering Support (SOS) for help.



The group is a non-profit organization initiated by the City of Springdale and includes representatives from local agencies, churches, organizations and concerned citizens. Its mission is to coordinate community resources and

unite individuals and families with elements of help and assistance within Springdale and surrounding areas.

Springdale families and businesses which have the resources — and compassion — are invited to “Adopt-A-Family” to help ensure a memorable holiday.

The success of the *Adopt-A-Family* program relies solely on generous donations, all of which are tax deductible. Every contribution is acknowledged by Springdale Offering Support with a response letter that can be used for tax purposes.

Residents can get involved in the SOS program in several ways:

- Donating a cash contribution to provide gifts and food for local families in need during the holiday season.
- Adopting a local family to directly provide gifts and food during the holidays.
- Volunteering to assist with the holiday project.

To request help or extend a hand this year, contact Marsha Bemmes-Hoctor at 346-5774 or Barbara Thetford at 346-5725.

## January Council meeting rescheduled

City Council's regular January meeting will be held on January 8, since the first Wednesday of the month falls on the holiday (New Year's Day).

## Holiday tree collections

City crews will collect holiday trees left at the curb as part of the City's regular weekly chipper schedule following the holidays. All holiday decorations should be removed. Trees should not be placed in a plastic bag unless they are intended for trash pick-up.

## Holidays to delay trash collection

Since the Christmas and New Year holidays both fall on a Wednesday this season, trash pickups regularly scheduled on Wednesday, Thursday and Friday during those two weeks will be delayed by one day. For example, if trash pickup is normally on Wednesday, it will be delayed until Thursday. Residents whose trash pick-ups are usually on Friday will have their trash collected on Saturday.

## Spring youth talent show to benefit SOS

Springdale Offering Support is organizing a fun family-friendly event to help raise funds for the non-profit organization. The group is organizing a Talent Show for children, ages 5 to 11. The show is planned for Friday, March 7, at the Springdale Community Center, beginning at 7 p.m.

Participants can enter the competition without charge. The community is invited to attend by offering whatever donation that can be afforded.

Families whose children are interested in entering the talent show are encouraged to contact Bob Diehl at [bdiehl@springdale.org](mailto:bdiehl@springdale.org) or 851-7893, or Carolyn Ghantous at [cghantous@comey.com](mailto:cghantous@comey.com) or 328-4046. Initial information needed includes the child's name, age, talent and contact information.

# Carbon monoxide detectors highly recommended

With the colder weather, furnaces and heaters have been pressed into service, increasing the chance of a carbon monoxide leak. Carbon monoxide is produced anytime a fuel (*gas, oil, kerosene, wood or charcoal*) is burned. Usually gases are vented to the outside, however poisoning can occur if a unit malfunctions or a vent is blocked or inadvertently disconnected.



According to the Center for Disease Control, about 500 carbon monoxide deaths are reported each year. The danger grows as homes are built more air tight to maximize energy efficiency. Carbon monoxide, which is colorless, invisible, and odorless, can render a person — or a whole family — unconscious in minutes, at which point death can result.

A carbon monoxide detector is a good

way to detect a carbon monoxide leak. Several types of detectors are available with different alert features. If the alarm on a carbon monoxide detector activates, exit the building to get fresh air immediately. Go to a neighbor's house or dial 9-1-1 from a cell phone once outside.

While highly recommended, never rely solely on the detector. If someone — particularly if more than one family member — has a headache, nausea, sudden flu-like symptoms and/or dizziness, consider the potential of carbon monoxide poisoning, leave the building and call 9-1-1.

Springdale Firefighters will respond to test carbon monoxide levels for any potential exposure, assess what problems may exist, and treat those displaying symptoms of exposure.

In order to protect the occupants from a carbon monoxide hazard, the Residential Code of Ohio now requires carbon monoxide detectors to be installed in all new one, two and three-family dwellings. The code also requires that detectors be added whenever interior alterations occur in the residence, or whenever a fuel-fired furnace, water heater, fireplace or woodstove is installed or replaced. The CO detectors are required to be installed outside of each bedroom area.

When installing a detector, keep in mind that carbon monoxide travels just like the air we breathe. It can be in the high areas or low areas of the room. Ideally, you should install a detector between the living space and the bedroom. Consider multiple detectors so they can be placed on each level to maximize detection.

Questions about carbon monoxide or the placement of detectors can be directed to the Springdale Fire Department by calling 346-5580. Questions about code requirements can be directed to the Springdale Building Department at 346-5730 or [building@springdale.org](mailto:building@springdale.org).

## 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.  
*(City Council will meet January 8 due to the first Wednesday falling on New Years Day.)*

**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.**

## Health Department offers many programs to keep you healthy

**Immunization Clinics:** 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. For an appointment, call 346-5725.

**TB Testing:** Available by appointment. For information, call 346-5725

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

**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 by calling 346-5725.

**Diabetes Workshop:** Workshops are planned February 20 to March 27 for persons with Type 2 diabetes. *(See story below.)*

**Other Programs:** Among its many duties, the Health Department investigates reports of communicable disease, as well as a variety of health education and promotional programs.

### Six week Healthy U Diabetes series starts February 20

The Springdale Health Department has scheduled the nationally recognized Healthy U Diabetes Workshop Series from 1 to 3:30 p.m. on the six Thursdays from February 20 through March 27. 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.

# How YOU can help road crews this winter

It's just a matter of time before a fluffy white covering blankets the local landscape. Springdale's Public Works Department is prepared for winter's worst with stockpiled road salt and ready-for-action snow plows.

Short of climbing behind the wheel of a plow, there's plenty residents can do to assist snow plow operators in their efforts to safely and efficiently clear the roadways:

- Delay non-essential travel until after the roads have been cleared.
- Park vehicles off the street. Remove items, such as basketball hoops, from the

right-of-way. This will enable plow operators to clear the roadway more efficiently. Driving a plow is challenging enough. Imagine having to steer around parked cars on a slippery street.

- Do not deposit snow into the street when using a snow blower or shoveling a driveway. Not only does the snow require attention by road crews on their next pass, a homeowner could face liability issues should their actions cause an accident.



- Never allow children to play in snow piles along the roadway. A plow operator may not see them when approaching in less than optimal weather conditions, or if the children have burrowed into the pile.

- If possible, wait until the plow has passed before shoveling the area of a driveway near the street. Plow operators are simply doing their job by clearing the street. The snow must be pushed to the side of the road, which also — unfortunately — includes driveway entrances.

- Stack snow on the left side of the driveway entrance (when facing the house) in order to minimize the amount of snow that may be pushed into the driveway entrance by a plow. Plows typically clear snow in the direction of normal traffic, so a large snowpile on the left side of a driveway will be pushed away from the drive entrance.

- Do not try to pass a snowplow or salt truck. Stay 100 feet back from salt trucks.

- Every truck has blind spots, so don't assume the driver can see every area around the truck. Never pull up behind a salt truck.

- The City will not take requests for streets to be plowed. Streets are prioritized based upon traffic volume and terrain. Heaviest traveled streets get first attention so that emergency vehicles can pass. Less traveled streets — like a cul-de-sac or a dead-end street — are plowed last.

- Finally, crews are not superhuman. While they make every effort to clear the streets in an efficient and timely manner, they are limited by the severe weather conditions. Please remain patient during major storm events.

## Butterfly Garden expanded at Springdale Elementary

Thanks to the GE Aviation volunteers, the Butterfly Garden at the Springdale Elementary School has been expanded. With their assistance, as well as help from

Springdale's Public Works Department, Garden Club members were able to make the rear entrance to the school and playground more attractive and easier to

maintain. The group planted additional shrubs and perennials as part of their project. The assembled group also weeded and mulched the existing butterfly garden.



The garden continues to be a teaching tool for nature lessons, providing hands-on learning for the students throughout the school year.

The Garden Club has plans for several interesting speakers at their meetings during the fall and the upcoming year. The annual highlight of

the year, the High Tea, is planned for Sunday, March 23.

The Club meets on the second Tuesday of each month at the Community Center from 6 to 8 p.m. Contact Joan Knox at 674-7755 ([joanknox99@fuse.net](mailto:joanknox99@fuse.net)) for information. Guests are always welcome to attend meetings, as well as featured programs.

# Some holiday crimes are anticipated...

The holiday season is in full swing... a time that thieves thrive on the fact that their potential victims are not always focused on safety. Beware at all times:

## A Knock at the Door

Criminals can pose as couriers delivering gifts. Before opening a door, try to determine if the courier is legitimate. Is there a marked vehicle or did the person display credentials? If ever in doubt, do not open the door. If legitimate, the courier will probably leave a written notice of the attempted delivery.

It is not uncommon for people to try to take advantage of others' generosity during the holidays by going door-to-door for charitable donations. Ask for



identification and find out how the funds will be used. Decline a donation if there are any doubts.

If there is a question about a courier or solicitor, call the Police Department's non-emergency number at 346-5760 to have them checked out.

It is important to note that the State of Ohio does not permit the City of Springdale to require persons soliciting for charitable donations or not-for-profits to register as a solicitor. The City can and does require all other persons soliciting for profit to acquire a solicitor's permit.

## While Shopping

Stay alert and always be aware of what is going on around you. Park in a well-lighted space and be sure to lock the car. Close windows and hide shopping bags and gifts in the trunk.

Avoid carrying large amounts of cash; pay with a check or credit card whenever possible.

Deter pickpockets and purse-snatchers by not overburdening yourself with packages. Be extra careful with purses and wallets. Carry a purse close to your body, not dangling by the straps. Put a wallet in an inside coat or front pants pocket.

If children accompany you to stores, teach them to go to a store clerk, security guard or police officer if they become separated.

## When Going Home

Survey the parking lot before heading to the car. Stay alert and continually scan the area as you approach your car.

Look inside the car before unlocking it. Always keep your keys in hand to quickly unlock the car. When entering the car, place your purse inside before entering. Once inside, immediately lock all doors.

**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

# ...others you never see coming

Financial fraud can be difficult to recognize. This type of fraud can include identity theft, a fake check and wire transfer scams, investment and credit card fraud, and bogus online charitable solicitations. Unfortunately, only one in five of these crimes are reported:

- It's shrewd, not rude, to hang up on a suspicious telemarketer.
- Do not give personal information to people you do not know unless you initiated the contact.
- Be skeptical of online charitable contributions or other online offers.

If interested, ask to receive the information in the mail and check to be sure the company is legitimate.

- Do not let yourself get pressured or into an argument over signing a contract.
- Never agree to pay for products or services in advance.
- Get estimates and references on home repair offers and other products or services.

**If you ever suspect fraud, contact the Springdale Police Department immediately by dialing 346-5760.**

# Michael Hoffman named Fire Chief

## Fire Department gains new leadership

Michael Hoffman, a 23-year veteran of the Springdale Fire Department, was

permanently appointed as the City's new Fire Chief on April 4, 2013. He served the past five years as Assistant Fire Chief. He also served as Chief Fire Inspector for 12 years. When not working at the Fire Department,



Michael Hoffman

Chief Hoffman enjoys motor car racing.

### Anthony Stanley II

has been promoted to Assistant Fire Chief after beginning his career with the Springdale Fire Department in 1999. Assistant Chief Stanley served as a Firefighter/Paramedic for eight years before being promoted to Fire Captain three years ago. Prior to joining the Springdale Fire Department, Assistant Chief Stanley worked in the construction industry with an excellent reputation as a concrete manufacturer.



Anthony Stanley II

Scott Williams has been promoted to Fire Captain after completing his

eleventh year as a Firefighter/Paramedic with the Springdale Fire Department. Captain Williams has been recognized as one of the department's leading Firefighter/Paramedics, now



Scott Williams

joining Terry Bretz and Ralph Richey at the rank of Captain.

In addition to management promotions, the Springdale Fire Department has also added two Firefighter/Paramedics to the team: **Brian Losekamp** and **Ray Helton**.

### Fire Chief Daniel Shroyer retires

After serving the Springdale Fire Department for 35 years, the last ten years as Chief, Daniel Shroyer retired in 2012. Chief Shroyer was instrumental in the Springdale Fire Department's transition from a volunteer department to the full-time, professionally managed Department it has become today.



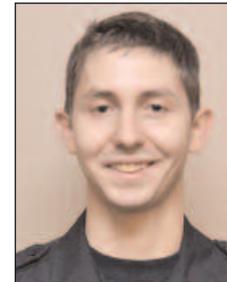
Daniel Shroyer

In addition to his fire and medic skills, Firefighter/Paramedic Losekamp works his off days with his father in the family plumbing business.



Brian Losekamp

Firefighter/Paramedic Ray Helton began his career with the



Ray Helton

Springdale Fire Department as a part-time Firefighter/Paramedic in 2011, moving to full-time this summer. Prior to joining the Springdale Fire Department, Ray served two tours in Iraq as a United States Marine.

## Stephanie Morgan joins Administration Team

Stephanie Morgan has joined the City of Springdale as the Senior Administrative Assistant. She began her public service career in 1995 as a seasonal clerical employee with the City of Mason Finance Department. After graduating from Ohio University with a Bachelor's Degree in Journalism, she was hired full-time by Mason as an



Stephanie Morgan

Account Clerk in the Tax Department. She worked in the private sector for a few years before returning to public employment in 2007 as the Court & Police Clerk for the Village of Waynesville.

A lifelong resident of Warren County, Stephanie is an avid runner, outdoor enthusiast and artist.

## Charlie Wilson named Rec Programmer

Charlie Wilson joined the Parks and Recreation Department this summer as Recreation Programmer. In his position, he oversees sports, youth programs and special events.



Charlie Wilson

Charlie graduated from Ohio University with a Bachelor of Science degree in Recreation Studies and a minor in Business. Before joining Springdale's staff, he was Program Director for the Marietta YMCA. He

has also worked with the Athens Arts, Parks, and Recreation Department.

Charlie has already made positive changes to the Jr. Olympics, Monster Mania (formerly the Halloween Carnival), and had a vital role in the creation of the Family Mud Quest.

Residents who have ideas or suggestions for a youth activity can call Charlie at 346-3910.



# Creating Community Through People, Parks & Programs

# Parks & Recreation Programs

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

[www.Springdale.org/Goplay](http://www.Springdale.org/Goplay)

## SPECIAL EVENTS & SEASONAL PROGRAMS

### Cinema Horseraces

Saturday, February 22 • 7:00 pm

The Youth Boosters will host their annual Cinema Horseraces on Saturday, February 22 in the auxiliary gymnasium. The doors open at 7:00 PM. Call or stop at the Community Center to get tickets, which go on sale after January 1.



*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](mailto:Springdaleyouthbooster@yahoo.com).

### THE GIVING TREE

Select an ornament from the tree in the Community Center lobby and help a needy Springdale family. Bring the wrapped or unwrapped gift to the Community Center by Friday, December 6.



### Gift Certificates Available!

Community Center gift certificates are available for all memberships. Show a special family or individual how much you care with a 2014 Community Center membership. Recipients must meet eligibility requirements. Call or stop by the Community Center for more details.

## Community Center 2014 Memberships

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

	INDIVIDUAL	FAMILY
<b>ACTIVITY MEMBERSHIPS</b> <small>INCLUDES USE OF GYMNASIUM, GAME ROOM, TRACK, TENNIS COURTS, COMPUTER LAB AND ELIGIBILITY FOR YOUTH &amp; ADULT SPORTS PROGRAMS</small>	\$20	\$30
<b>FITNESS MEMBERSHIPS</b> <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
<b>POOL MEMBERSHIPS</b> <small>INCLUDES ALL OF ABOVE, PLUS POOL</small>	\$75	\$95
<b>RACQUETBALL MEMBERSHIPS</b> <small>REQUIRES ACTIVITY, FITNESS OR POOL MEMBERSHIP</small>	\$15	\$25
<b>SENIOR POOL MEMBERSHIP</b> <small>RESIDENTS 62 AND OLDER (AND THEIR SPOUSE) CAN RECEIVE A POOL MEMBERSHIP (PER PERSON)</small>	\$20	
<b>BUSINESS MEMBERSHIP</b> <small>INCLUDES ALL FACILITIES. PARTICIPATION IN YOUTH OR ADULT SPORTS PROGRAMS ON AVAILABILITY BASIS ONLY. LEAGUE REGULATIONS MAY APPLY.</small>	\$150	\$200
<b>6-MONTH BUSINESS MEMBERSHIP</b> <small>SAME AS ABOVE, BUT FOR SIX MONTH PERIOD</small>	\$85	\$125
<b>NON-RESIDENT MEMBERSHIP</b> <small>INCLUDES ALL FACILITIES. PARTICIPATION IN YOUTH OR ADULT SPORTS PROGRAMS ON AVAILABILITY BASIS ONLY. LEAGUE REGULATIONS MAY APPLY.</small>	\$300	\$400
<b>6 MONTH NON-RES. MEMBERSHIP</b> <small>INCLUDES ALL FACILITIES. PARTICIPATION IN YOUTH OR ADULT SPORTS PROGRAMS ON AVAILABILITY BASIS ONLY. LEAGUE REGULATIONS MAY APPLY.</small>	\$160	\$225

### REGULAR HOURS

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

### HOLIDAY HOURS

<b>CHRISTMAS EVE</b> .....	9 AM - 5 PM
<small>TUESDAY, DECEMBER 24</small>	
<b>CHRISTMAS DAY</b> .....	CLOSED
<small>WEDNESDAY, DECEMBER 25</small>	
<b>NEW YEAR'S EVE</b> .....	9 AM - 5 PM
<small>TUESDAY, DECEMBER 31</small>	
<b>NEW YEAR'S DAY</b> .....	CLOSED
<small>WEDNESDAY, JANUARY 1</small>	

## SPRING SPORTS SIGN-UPS

Springdale Youth Boosters will accept spring and summer sports sign-ups beginning January 2 through January 31. All participants must have a current Community Center membership to register for spring sports.

**Knobole Baseball** is open to children who were born between May 1, 2000, and April 30, 2007. Sign-up cost is \$40 (\$55 after January 31).

**Instructional T-Ball** is offered to children born between May 1, 2007 and April 30,

2009. Introduce your child to baseball and softball in this T-ball league. Cost is \$20 per child (\$35 after January 31).

**Girls Softball** is open to girls who were born between August 1, 1999, and July 31, 2007. The cost is \$40 (\$55 after January 31).

**SAY Spring Soccer** is offered to children born between August 1, 1994 and July 31, 2007. Sign-up cost is \$40 (\$55 after January 31).

## YOUTH CLASSES

### Ballet with Ms. Dena

**Sunday**  
Teens/Young Adults: 1:30 - 2:15 pm  
Ages 3-4: 2:15 - 3:00 pm  
Ages 5-6: 3:00 - 4:00 pm  
Ages 7+: 4:00 - 5:15 pm

A classical ballet class that teaches through fun and creative themes. Learn basic bar techniques, musicality and body awareness taught by a former professional ballet dancer. An end of year recital will be presented for all to enjoy. Contact Dena at 633-8542 for more information.

### Teen Fit

**January 26 • 1:30 - 4:30 pm**  
This class will cover the basics of cardio, strength training, and nutrition. Teens must have a current Springdale Community Center membership to take the class. After passing the class, those 13

and older, with a Fitness membership, will be able to use the Fitness Center. Registration required. Please see Jay in the Fitness Center for more information.

### Winter Extreme Games Fear Factor Edition

**Friday, February 7**  
11:00 pm - 1:00 am  
SCC members and their guests in grades 5th through 8th may join us for a night of daring activities. Watch for more information at the Community Center. *Pre-registration required.*

# 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 with our motivating, never yelling, instructor. You'll be re-enlisting when you're burning up to 450 calories per class. Best of all, it's FREE! Just bring a towel or mat and water bottle. Crew cut not required.

## Cardio Kickboxing

Tuesday & Thursday • 5:55 - 6:55 pm

Saturday • 11:00 am - 12:00 pm

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. Ask Elaine at 446-1839 questions about the class.

## Jazzercise/Body Sculpting

Tuesday, Thursday & Saturday • 9:30 - 10:30 am

Monday, Wednesday & Friday • 5:55 - 6:55 pm

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

## Slimnastics

**FREE**

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

A great workout for women not ready to put their aerobic shoes away and who want to get out and make some new friends. There is no charge or registration required for this FREE class, taught by Sue.

## Step N2

Tuesday & Thursday • 5:00 - 5:45 pm

Stepping classes are back and better than ever. All new music and new steps no longer make this fat-torching class a relic of the 80s. Step N2 this class and be ready to Step N2 an all new you. Call Teresa at 505-1709 to find out more.

## Zumba

Tuesday & Thursday • 7:05 - 8:05 pm

Ditch the workout, join the party! Set to Latin and other international music, this workout combines dance and aerobic moves. Through interval training of fast and slow rhythms, Zumba will sculpt and tone your body. For information, contact Debbie at 205-5064.

## PROGRAMS FOR 55+

For information on any programs offered at the Community Center, call 346-3910.



## AARP Income Tax Help

As 2013 winds down and you are organizing your affairs, remember that we offer AARP Tax Help beginning in January. Call after the first of the year for appointments for this free tax filing service for those senior citizens with simple federal and state returns.

## Prime Time Diners

These monthly outings visit the area's great restaurants. The group meets at the restaurant at 6 pm. Call 346-3910 or stop by the Community Center front desk to register.

## Afternoon at the Movies

Thursday, December 19 • 1:00 p.m.

The Christmas movie "Prancer" will be shown in the senior lounge. We will have popcorn and apple cider for refreshments. Register by December 17.

## L.I.F.E Class

**FREE**

Tuesday & Thursday • 11:00 am - Noon

The Low Impact Functional Exercise class will focus on improving your strength to help you safely perform the activities of daily living. Improve your balance and stability. Whether lifting a bag of groceries or standing up from a chair, every task depends on functional strength for successful execution.

## Let's Get Fit

**FREE**

Monday & Wednesday • 10:30 - 11:30 am

Many benefits are associated with this FREE class, including working major muscle groups to increase strength and flexibility, improving strength for daily living, reducing the risk of falls, reducing stress, enhancing endurance. The class follows the "Resisting Muscle Loss" video offered by the Hamilton County General Health District.

## Chair Volleyball

Monday • 10:00 - 11:30 am

Wednesday • 12:00 - 1:30 pm

Join this fun activity along with others 55 and older. Some of the differences are that players are seated in chairs, serve rotates, but players don't, a beach ball is used instead of a volleyball, and there are an unlimited number of hits to return the ball.

## Badminton

Tuesday • 10:30 am - Noon

Bring a positive attitude and willingness to learn! All equipment is provided.

## 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. Singles and couples are welcome. Wear comfortable soft-soled shoes. Call Jerry or Kathy at 321-6776 for more information.

## Dominoes

Monday, December 9 • 1:00 p.m.

Cold weather is here. What to do? What to do? How about a game of Dominoes? If you don't know how to play, or if it's been years since you played, have no worries! We will show you how. Enjoy an afternoon of fun with friends. Register for this free afternoon by December 7.

## Weekly Fun & Games

Duplicate Bridge: Monday • 12:15 - 3:30 pm

Contact Lew Chizer at 513-853-2778.

Party Bridge: Tuesday • 12:30 - 3:30 pm

Euchre/Pinochle: Friday • 1:00 - 3:00 pm

Join this spirited group for a fun game. Contact Jo Ann Frech at 671-6663 for more information.

500: Thursday • 9:30 am - Noon

Join your friends for a few games of 500. Contact Maria Schottelkotte at 942-2350.

Corn Hole: Wednesday • 12:30 - 3:00 pm

Stop by the Center's auxiliary gym.

# Springdale Senior Club

Tuesday • 9:30 - Noon

Springdale Community Center  
(Rooms B & C)

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 Tuesday 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](mailto:joanknox99@fuse.net)) for information on upcoming events.





# City of Springdale

11700 Springfield Pike  
Springdale, Ohio 45246

### Mayor

Doyle H. Webster

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

### At-Large Council Members

Ed Knox .....674-7755  
James Squires .....671-6297  
Bob Diehl .....851-6560

### Districts Council Members

1 Lawrence Hawkins III .....300-4607  
2 Holly McQuillan-Emerson ....742-2418  
3 Marjorie Harlow .....671-6916  
4 Tom Vanover .....671-7034

### Clerk of Council/Finance Director

Kathy McNear .....671-2510

### City Administrator

Derrick Parham .....346-5700

### Assistant City Administrator

Jerry Thamann .....346-5700

email .....admin@springdale.org



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## NEWS IN BRIEF

### Mammogram Van planning March 18 visit to Springdale

The harsh reality is that one out of eight women will be diagnosed with breast cancer at some point in her life. Early detection is the best defense against the disease, which can be successfully treated if discovered in its early stages.

A mobile mammography van will visit the Springdale Community Center on Tuesday, March 18, from 1 to 3:30 p.m. To arrange for an appointment, call 686-3300.

### Still Need A Flu Shot?

Come to the Springdale Health Department on December 11 from 1 - 5 p.m. for your flu shot. The vaccine offered by the Health Department is the quadrivalent vaccine, which gives protection against four flu strains. The cost is \$20 for adults and free for children. Questions? Call 346-5725.

### Springdale is a "Healthy Community" 4 years in a row

For the fourth year in a row, Springdale has been recognized as a Healthy Community by the Ohio Department of Health. The City has committed to actively support and promote programs, activities, and healthy lifestyle choices which improve and maintain the health and wellness of the entire community, such as the examples that follow.

The Health Department continues to offer the Healthy U Chronic Disease Management Workshop at the Springdale Community Center. For years, the Health Department has offered monthly fasting glucose/lipid screening clinics. These clinics provide participants with blood lipid profiles and glucose results for a nominal fee.

In 2013, the Cameron Road Sidewalk Extension Project connected Cameron Road Park and Glenview Park. The City also has an existing area bike path.

The Springdale Farmers Market has presented healthy lifestyle options for the past five years, operating annually from June through October.

### Teen Fit program earns honor

Springdale Parks and Recreation Department's "Teen Fit" program has received a first place finish in the Health and Wellness category in the 2013 Ohio Parks and Recreation Association Annual Awards of Excellence! The prestigious OPRA awards are judged by a panel of parks and recreation professionals from around Ohio. Throughout the state, 100 projects were nominated in several categories. Additionally, as a 1st place winner, "Teen Fit" will also be considered for the 2013 Governor's Award for Parks and Recreation, a "best-in-show" award. Jay Dennis, Springdale's Fitness Manager created "Teen Fit" to encourage teenagers to follow wellness guidelines and create healthy habits.