

CITY OF SPRINGDALE NEWSLETTER

PUBLISHED FOR THE RESIDENTS OF SPRINGDALE, OHIO

Community feedback encouraged

Second access lane to I-275 planned for SR 4

Planning is underway to construct a second lane to take motorists from southbound State Route 4 to I-275. The new lane will allow separate, dedicated lanes to connect to eastbound and westbound I-275. Currently, one lane carries traffic off SR 4, then splits at the interstate.



The project is made possible by grants from the Ohio, Kentucky, and Indiana Regional Council of Governments (OKI) and the Federal Highway Administration Surface Transportation Program (STP).

The project, known as State Route 4 Southbound Lane Addition will:

- Widen SR 4 to accommodate the addition of a continuous lane to the westbound I-275 entrance ramp starting approximately 800 feet south of the Crescentville Road/SR 4 intersection.
- Reconstruct the existing raised median which separates southbound SR 4 from the existing traffic entering I-275.
- Upgrade existing overhead signage.

The project is intended to address recommended improvements made by two separate Interchange Modification Studies (IMS), along with safety concerns identified in an April 2005 Safety Study prepared by the Ohio Department of Transportation (ODOT). The safety study specifically analyzed SR 4 in this area to determine safety concerns and identify improvements which could alleviate accidents occurring at this location of SR 4. The

study found that the majority of the accidents at this location were rear-end collisions, followed by sideswipes. Some contributing factors to the high number of accidents were high traffic volumes, congestion, closely spaced intersections, and weaving of traffic between the existing lanes. It is believed the proposed project will improve this situation and provide for safer travel thereby reducing the number of accidents in the area.

The cost for this SR 4 Southbound Lane

Addition Project is estimated at \$603,475. The STP funding is \$482,780, or 80% of the project cost including construction engineering. The remaining 20% of the project is Springdale's local match and is

estimated at \$120,695. To assist in covering the City's 20% share of the project, Springdale has applied for Municipal Road Funds (MRF) through Hamilton County in the amount of \$60,347, or 50% of the local match. The City should know by April 2016 whether the MRF funding will be approved.

The project's schedule, construction inspection and management will be the responsibility of ODOT and is tentatively planned to begin as early as July 2016 and it is set to conclude by October 2017.

Public involvement is an important part of the environmental and planning decision making process. The City of Springdale welcomes and encourages public comments regarding this project. Contact the Springdale Public Works Department with any and all comments by email at pw@springdale.org or by telephone at 346-5520 between the hours of 7:00 a.m. and 3:30 p.m., Monday through Friday.

Still time to Adopt-A-Family!

The annual Springdale Offering Support (SOS) Adopt-A-Family program is in high gear. There is still time to help:

- Donate a cash contribution to provide gifts and food for local families in need during the holiday season.
- Adopt a local family to directly provide gifts and food during the holidays.
- Volunteer to assist with the holiday project.
- Drop off canned goods, gift cards, toys or new clothing at the Police or Fire Departments or at the Community Center.

To request help, identify a family in need, or extend a hand this year, contact the Springdale Health Department at 346-5725.



Carbon Monoxide: Prevention is best measure

When it comes to carbon monoxide poisoning, prevention is just as important as detection. Here are some important points to consider in any prevention effort:

- All appliances should be professionally installed, maintained and used in strict accordance with manufacturer's recommendations.
- Have the heating system inspected and serviced yearly (*in addition to any other gas, oil or coal burning appliance*).
- Make sure chimneys and vents are

checked for blockages, corrosion and loose connections.

- Open flues completely when fireplaces are in use.
- Use proper fuel in kerosene space heaters.
- Never burn charcoal or use a barbecue grill inside a home or enclosed area.
- Never use portable fuel-burning camping equipment inside a home, garage, vehicle or tent.
- Never leave a car or mower running in an attached garage, even with the garage door open.
- Never operate unvented fuel-burning appliances in any room where people are sleeping.
- Never use the kitchen stove or oven for heating the house.
- Never use a generator, charcoal grill, camp stove or other gasoline or charcoal-burning device inside the home or garage. When placed outside, make certain they are not near an open window or door.

If you suspect carbon monoxide poisoning, call 9-1-1.

Carbon Monoxide Detectors

CO alarms should be located on every level of your home, or at a minimum, at least one near the sleeping area. They may be installed at any level or on the ceiling. Ceiling mounts should be away from smoke detectors so you may easily identify which detector is alarming. Change your batteries twice yearly and follow all manufacturers' instructions to maintain your detectors in good working order. If your detector alarms, contact your fire department.

Use a smoke AND CO detector!

A CO detector does not replace a smoke detector. Smoke detectors sound before a CO detector can react, allowing for more time to escape. Working smoke detectors save lives. Install smoke alarms on each level of your home and inside all sleeping areas. Test your detectors monthly and change the batteries in them twice a year, preferably when setting clocks ahead or behind for Daylight Savings Time.

Have a plan for escaping a fire and practice it by holding fire drills at least twice a year. Make sure there are two clear ways out of each room. Have everyone meet at a location outside of the home. Never go back into a burning house. Get Out and Stay Out!

Ohio Building Code requires Carbon Monoxide detectors

Carbon monoxide (CO) is an odorless, colorless gas that can build up to dangerous concentrations indoors when fuel-burning devices are not properly vented, operated, or maintained or when a vehicle is operated in the garage. It is estimated that unintentional CO exposure accounts for an estimated 500 deaths in the United States each year. In addition, the US Consumer Product Safety Commission estimates that 8,000 to 15,000 people each year are examined or treated in hospitals for non-fire related CO poisoning.

In order to protect occupants, the Residential Code of Ohio now requires CO detectors to be installed in new one, two and three-family dwellings and additions. The code also requires that CO detectors be added whenever interior alterations occur in a 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 each bedroom area.

Even if not required, the addition of a CO detector is a valuable safety feature to any home. A variety of CO detectors are available at most home centers and big box retailers, and can be easily installed without professional help.

Questions about what activities require a CO detector, can be directed to the Building Department at 346-5730 or building@springdale.org.

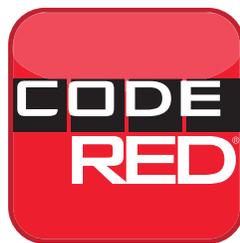
Signs of Carbon Monoxide Poisoning

Don't be fooled, CO poisoning can appear to be other illnesses (headache, dizziness, weakness, nausea, vomiting, chest pain, and confusion which can escalate to unconsciousness and death).

Have you registered for Code Red?

In light of the many natural disasters that have taken place around the country this year, residents are urged to register for the City's

Code Red Emergency Notification System (also known as Reverse 9-1-1). The Code Red system allows the City to contact residents by telephone (*home, work, and cell*), email, and even by text messages in case of an emergency situation which requires immediate action (*such as a boil-water notice, missing child or evacuation notices*). Fortunately



to date, Springdale has only needed to use the system to notify residents of Snow Emergencies.

Residents are encouraged to visit the City's

Website at www.springdale.org to sign up for Code Red. On the City's home page, scroll down to the *Quick Links* section for a link to the Code Red sign-up page. Rest assured that the system will only be used for emergency situations where rapid and accurate notification is essential for the safety of the general public.

Road crews prepared for winter's worst

Winter weather is at the doorstep. 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.

Sump pumps causing problems

Over the last several years with the rainy summers and very cold winters, discharges from sump pumps to public streets have become a major issue within the City of Springdale.

During the hot summer months, water that routinely discharges to the street can cause algae and moss to grow in the curb line. This green plant material is extremely slippery and dangerous to both pedestrians and motor vehicles.

Additionally, water which ponds along the curb line and in the storm drains can cause mosquito problems in as few as 4 to 5 days depending on the species of mosquito and the water temperature. During the winter months, water discharged onto the street can freeze. When the water continues to discharge, the ice can build up into very large sheets. This can be very dangerous



again to both pedestrians and motor vehicles. In extreme cases, it has been known to actually freeze vehicles to the pavement.

In an attempt to prevent sump pump issues from becoming problems, City Council amended section 152.15 of the City's Code of Ordinances in 1997 to include the language "*Sump pumps shall discharge to a recognized storm water system and may not discharge to the curb of the public street.*"

This was done at that time with Ordinance 42-1997 and

it effectively grandfathered all existing sump pumps that discharged to public streets. With this language, no new sump pump installations should have been performed in Springdale since 1997.

Residents who face water problems in a basement or yard should call the Springdale Building Department at 346-5730 before installing a sump pump.

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 Friday this season, trash pickups regularly scheduled on Friday during those two weeks will be delayed by one day. Residents whose trash pick-ups are usually on Friday will have their trash collected on Saturday.

Free mulch delivery

The City of Springdale Public Works Department offers residents free bulk mulch delivered to their home. Residents can request 2.5, 5, 7.5, or 10 cubic yards. (A 2.5 cubic yard load is similar to a pickup truck.) Requests are taken on first come, first served basis starting January 4. Mulch is delivered the first full week of May. See the website for additional information.

Leaf pick-up completed

Citywide leaf collection for 2015 was completed on November 27. Remaining leaves should be bagged and placed at curbside for pick-up with the household trash. The early cutoff is needed so crews can prepare for early snow fall.

Matt Clayton named City's new Health Commissioner

Matthew J. Clayton has been appointed as Springdale's new Health Commissioner. Most recently, he was with the Cincinnati Health Department, where he served as a Sanitarian and a Trainer for the last 12 years.



Matt Clayton

Matt has more than 16 years of experience in public health. Prior to his career in public health, Matt worked as an industrial chemist and an environmental chemist for six years.

Matt is a 1993 graduate of the University of Alabama at Birmingham (UAB) and a native of Birmingham, Alabama.

In his free time, Matt enjoys traveling, camping, attending church, and participating in outdoor activities with his wife and four children. Matt is involved in Cub Scouting with his sons. Matt and his wife are also involved in the adoptive and foster parenting community.

City earns Healthy Community Award

The City of Springdale has been recognized by the Ohio Department of Health (ODH) as a 2015 Healthy Community Two-Step Award Winner. The areas of excellence ODH identified

for Springdale were in Chronic Disease Prevention and Promoting Active Living. This was the sixth straight year the City of Springdale has been named a Healthy Ohio Community.

The Healthy Community Award can be attributed to Springdale's commitment to health and wellness and outstanding programming by the Parks and Recreation Department geared toward active living and healthy lifestyle choices.

The City of Springdale will continue to actively support and promote programs, activities, and healthy lifestyle choices which improve and maintain the health and wellness of the entire community.

Local restaurants earn 6-Star awards

Although these stars are not famous, seeing them in local restaurants is a pretty big deal. These stars are the 2015 6-Star Honor Awards presented annually by the Springdale Health Department. This year's recipients of the prestigious local food service award include:

- Breese Manor/Maple Knoll Village (MKV)
- Bodmann Pavilion Second Floor/MKV
- Bodmann Pavilion Third Floor/MKV
- Bodmann Pavilion Fourth Floor/MKV
- Chick-Fil-A
- Dairy Queen

YES! Get that flu shot

An influenza vaccine is the most reliable method of avoiding several days of flu symptoms that include fever, muscle aches, fatigue, cough, and headache. Flu disease can lead to pneumonia. Every year, thousands of people in the United States die from the flu.

A dose of flu vaccine is needed every year because the flu viruses are always changing. Each year a new flu vaccine is created based on the predicted circulating viruses.

Since it takes about two weeks after the flu vaccination for protection to develop, it is best to get the flu vaccine before the flu disease is present in the community.

The Springdale Health Department continues to offer flu vaccinations to adults without insurance and to children for free. All others will be charged \$25. Call 346-5725 to make an appointment.

Health Fair provided free screenings

The Springdale Health Department held its Annual Health Fair on October 13 at the Community Center. Those taking part in the event received influenza vaccinations, blood pressure checks, hearing screenings, feet exams by a podiatrist, and diabetes screenings. Those who fasted were given Glycohemoglobin (HbA1c) test.

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 (\$15)
Health Department Office

Cholesterol/Glucose Screening

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

Blood Pressures Checks

3rd Tuesday • 10:30 am - 12:30 pm
Community Center

Home Wellness Checks

By Appointment (Free)
Public Health Nurse

Communicable Disease

Investigation & Reporting

For more information, call 346-5725

CAUTION: IRS scams are very convincing

Even though the 2014 tax season has ended, the Springdale Police Department continues to receive a large number of calls concerning Internal Revenue Service (IRS) telephone scams. The IRS warns consumers to guard against sophisticated and aggressive phone scams targeting taxpayers, especially immigrants.

Reports suggest incidents of this type of crime continue to rise nationwide. The IRS urges everyone to remain on guard.

The IRS will always send taxpayers a written notification of any tax due via the U.S. mail. The IRS never asks for credit card, debit card or prepaid card information over the telephone. For more information or to report a scam, go to www.irs.gov and type "scam" in the search box.

People have reported a particularly aggressive phone scam in the last several months. Immigrants are frequently targeted with threats of deportation, arrest, having their utilities shut off, or having their driver's licenses revoked. Callers are frequently insulting and hostile in an attempt to apparently scare their victims. Sometimes the victims are told they are entitled to big refunds, or that they owe money that must be paid immediately

to the IRS. When unsuccessful the first time, sometimes phone scammers call back trying a new strategy. Other characteristics of this scam include:

- Scammers use fake names and IRS badge numbers. They generally use common names and surnames to identify themselves.
- Scammers may be able to recite the last four digits of a victim's Social Security number.
- Scammers spoof the IRS toll-free number on caller ID to make it appear that it's the IRS calling.
- Scammers sometimes send bogus IRS emails to some victims to support their bogus calls.
- Victims hear background noise of other calls being conducted to mimic a call site.
- After threatening victims with jail time or driver's license revocation, scammers hang up and others soon call back pretending to be from the local police or DMV, and the caller ID supports their claim.

If you get a phone call from someone claiming to be from the IRS, here's what you should do:

- If you know you owe taxes or you

think you might owe taxes, call the IRS tollfree at 1-800-829-1040. The IRS employees at that line can help you with a payment issue, if there really is such an issue.

- If you know you don't owe taxes or have no reason to think that you owe any taxes (for example, you've never received a bill or the caller made some bogus threats as described above), then report the call to the Treasury Inspector General for Tax Administration by calling tollfree at 1-800-366-4484.

You can file a complaint using the FTC Complaint Assistant at <https://www.ftccomplaintassistant.gov/>; choose "Other" and then "Imposter Scams." If the complaint involves someone impersonating the IRS, include the words "IRS Telephone Scam" in the notes.

The IRS also does not ask for PINs, passwords or similar confidential access information for credit card, bank or other financial accounts. Recipients should not open any attachments or click on any links contained in the message. Instead, forward the e-mail to phishing@irs.gov.

More information on how to report phishing scams involving the IRS is available at IRS.gov.

Local gardens make tasty school lessons

The Springdale Garden Club (SGC) has joined with Granny's Garden School (a school that helps to integrate learning objectives into hands-on experiences) to enrich the science program for the first graders at Heritage Hill and Springdale Elementary Schools. They are combining their science curriculum with hands-on lessons in gardening.

Garden Club members and their families installed raised beds at both schools. Along with the teachers, SGC volunteers helped first graders plant their seeds last spring. The Club then helped harvest and sample (during a



school lunch period) some of the produce like lettuce, carrots, beets and tomatoes. They not only got to see the results of their efforts, they got to enjoy eating the delicious result. Roberta Paola, Executive Director from Granny Garden's School provided advice on the design and supplied the lesson plans and seeds. The Garden Club is always looking for volunteers to help with their programs of working with children for an hour, two or three times a week during the spring and fall.

The Club's much-anticipated High Tea will be held Sunday, March 13, from 2 to 4 p.m. This is the Club's main fundraiser for its projects. The High Tea will be held at the Springdale

Community Center. All are invited, including children and grandchildren. Reservations are required by March 8 and can be made by contacting Joan Knox at 674-7755 (joanknox99@fuse.net) or Karen Reynolds at 671-5930 (kreynolds1@fuse.net).

New this spring will be the return of the Springdale Amateur Gardener's Recognition Awards. All residents are invited to nominate their favorite neighborhood garden. Nominations must be in by Memorial Day, May 30. Garden Club committee members will judge the gardens. A later event will be held to recognize the winners. Forms will be available at the Community Center's information stand by the reception desk.

Club meetings are on the second Monday of each month at the Springdale Community Center starting at 6 p.m. For more information, contact Carolyn Ghantous at 328-4046 (cghantous@comey.com) or Joan Knox at 674-7755 (joanknox99@fuse.net).

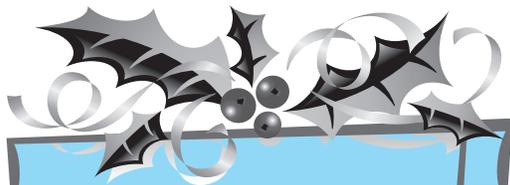


Creating Community Through People, Parks & Programs

Parks & Recreation Programs

FOR PROGRAM INFORMATION, CALL THE SPRINGDALE COMMUNITY CENTER AT 346-3910, OR EMAIL GOPLAY@SPRINGDALE.ORG.

WWW.SPRINGDALE.ORG/GOPLAY



Gift Certificates Available!

Community Center gift certificates are available for all memberships. Show a special family or individual how much you care with a 2016 Community Center membership. Recipients must meet eligibility requirements. Call or stop by the Community Center for more details.

Community Center 2016 Memberships

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

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

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

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

SPECIAL EVENTS & SEASONAL PROGRAMS

Giving Tree

Check out the Giving Tree in the Community Center lobby. We will be partnering with S.O.S. (Springdale Offering Support) to provide for less fortunate families within our community. Select an ornament and bring it and the unwrapped gift to the Springdale Community Center by Friday, December 4.



Monday, February 1, through Wednesday, February 3, from 9:00 a.m. to 8:00 p.m. and receive a ticket for each item redeemable at the swap. Return Thursday, February 4, between 4:00 p.m. and 8:00 p.m. and redeem your tickets for other books, DVDs, or CDs.

Springdale Youth Boosters Cinema Horseraces

Saturday, February 27 • 7:00 pm

The Youth Boosters will host their annual Cinema Horseraces in the auxiliary gymnasium. For more information, call the Community Center. Tickets go on sale January 2.

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.



Book, Movie & Music Swap

Thursday, February 4 4:00 p.m. - 8:00 p.m.

This event is an opportunity to recycle and exchange your books, DVDs, or CDs that are still in good condition. You get one book for every book turned in, one DVD for every DVD turned in, and one CD for every CD turned in. This event is open to all ages. Children under 18 must be accompanied by an adult.

How does it work? Drop off your items from

JUST FOR YOUTH

Teen Fit

January 17 • 1:30 - 4:30 pm

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

Club Rec

Club Rec is a community based volunteer organization that provides organized activities and events for



children in 5th through 8th grade. Activities are diverse and provide fun social interaction. Membership is for Springdale residents. There is a \$10 sign-up fee which includes a t-shirt. For information, call 346-3910 or email sbrooks@springdale.org.

Winter Extreme Games Hunger Games Edition

Friday, February 5 • 11:00 pm - 1:00 am

Springdale Community Center members and their guests in grades 5 through 8 may join us to see whose skill sets will prove to be the best to represent District Springdale in this year's *Winter Extremes' - Hunger Games Edition!* Watch for more information at the Community Center. **Pre-Registration Required.**

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.

Knobhole Baseball is open to children who were born between May 1, 2002, and April 30, 2008. Sign-up cost is \$40 (\$55 after January 31).

Instructional T-Ball is offered to children born between May 1, 2008, and April 30,

2011. 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, 2001, and July 31, 2009. The cost is \$40 (\$55 after January 31).

SAY Spring Soccer is offered to children born between August 1, 1996, and July 31, 2009. Sign-up cost is \$40 (\$55 after January 31).

ADULT HEALTH & FITNESS

Boot Camp

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.

Butts 'n Guts

Wednesday 5:30 - 6:15 pm

FREE

Join us for this high energy, tightening and toning workout. We'll focus on your abs and glutes, while hitting everything else as well. All exercises have varying levels so everyone can get a challenging and effective workout. Bring a mat or towel and water bottle. Ask a Fitness Team member for more info. *Class resumes January 6.*

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 burns calories all day long. Using mats, balls, scooters, punching bags, and more, this class will keep you wanting to come back. Call Elaine M. at 446-1839 with questions about the class.

Chair Yoga

Monday • 11:45 am - 12:45 pm

Learn yoga postures, breathing and relaxation techniques all from a chair. Develop flexibility,

stability, strength, and mental clarity. Open to all fitness levels. \$3/members; \$4/non-members. Call Susan at 440-336-2611 for more information.

Hip Hop Fitness

Monday • 7:05 - 8:05pm

A high energy class that is all about burning up calories on the dance floor. This is hottest and hippest fitness class in the area. We'll give you a full-body workout that is open to all fitness levels. No experience necessary. We redefine what a fitness class should be. Call Markesha at 885-6065 for more information.

Jazzercise/Body Sculpting

Monday & Wednesday • 5:55 - 6:55 pm

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

Body Sculpting: Friday • 5:55 - 6:55 pm

This class gets you moving by combining upbeat music and highly energetic exercise. Throw in some hand weights and this is the perfect total body workout. Call Elaine S. at 575-1620 to get all the details.

L.I.F.E Class

FREE

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

Low Impact FUNctional Exercise class focuses on improving your strength to help you safely perform daily activities. Improve your balance and stability. Whether lifting a bag of groceries or standing up from a chair, every task depends on functional strength. This class is FREE. See a Fitness Team member for more information.

Line Dancing with the Helts

Monday • 1:00 - 2:00 pm

This class is a great way to exercise and have fun at the same time! Singles and couples are welcome. Wear comfortable soft-soled shoes and enjoy learning how to line dance. Call Jerry or Kathy at 321-6776 for more information.

SilverSneakers Flex

Monday & Friday • 10:30 - 11:30 am

This strength & cardio class is a low-impact class designed to help improve muscular endurance and cardio stamina. FREE for SilverSneaker members; \$4/non-members. Call Elaine L. at 623-414-9170 to get all the info. *Friday class will begin January 8.*

Slimnastics

FREE

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

Slimnastics is a fun fitness class for women. This class is a great workout for those not ready to put their aerobic shoes away. Get out and meet some new friends! For more information call Sue at 738-0361.

Zumba/Strength-N-Dance

Tuesday & Thursday • 7:05 - 8:05 pm

Zumba combines high energy and motivating music with unique moves and combinations. If you're looking to tone up then you'll be pumped to take Strength 'n Dance. Both classes are based on the theory that a workout should be fun and easy to do, allowing participants to stick with the program. Give Deb a call at 205-5064 for info.

ADULT/SENIOR ACTIVITIES

6 v 6 Adult Coed Soccer

We are gauging community interest in an adult coed soccer league. All games would be outdoor, on a short field, playing 6 v 6. League play would begin in mid April. Games will be played on Sunday afternoon. If you would like to put a team together, contact Charlie Wilson at 346-3910 by April 1.

AARP Income Tax Help

As 2015 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 to make your appointment. This free tax filing service is for those senior citizens with simple federal and state returns.

Badminton

Tuesdays • 10:30 am - 12:00 pm

All equipment is provided for this energetic group, just bring a positive attitude and willingness to learn!

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.

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.

Thursday's This & That

FREE

Thursday's are becoming very interesting at the Community Center! This *free* series of programs invites you to expand your horizons and try something new. One Thursday a month a variety of eclectic topics are presented. These educational and social programs are sure to pique your interest! Call the Community Center for details.

Springdale Senior Citizens Club

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 at 9:30 am at the Springdale Community Center.



Travel Expo & Party

Friday, January 8 • 1:00 pm

Has the travel budget hit you? Do you enjoy far off places or day trips? Whether you travel as a couple, single, or with friends, there's a trip for you! Join us at the Travel Expo & Party to learn about all the fun and affordable trips we have planned for 2016. Pre-registration is necessary and begins December 14 and ends January 6. Call the Community Center to register, 346-3910.



Weekly Fun & Games

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

Contact Lew Chizer at 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.



City of Springdale

11700 Springfield Pike
Springdale, Ohio 45246

Mayor

Doyle H. Webster

Office346-5705
Home671-4489

At-Large Council Members

Carolyn Ghantous328-4046
Lawrence Hawkins III300-4607
Dan Shroyer581-6300

Districts Council Members

1 Bob Diehl851-6560
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

Join an award-winning team! Applications being accepted

The Springdale Parks and Recreation Department is accepting applications for Fitness Instructor. The successful candidate will work a 15-20 hour flexible schedule, including nights, weekends, and some holidays. A degree or certification in Health and Fitness or related field is desirable, but not required. The pay range is \$8.10 to \$12.00 per hour. Applications will be accepted until the position is filled. For more information or to apply, contact Jay at the Community Center at 346-3910 or jdennis@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.

About those garbage cans...

In most cases, garbage cans are not all that attractive. While they are highly useful containers, they cannot be stored in plain sight. Springdale Property Maintenance Code limits where garbage cans may be stored.



Except when placed at the curb for pick-up, they must be stored in side or rear yards. When placed in the side yard, they must

be screened from view from the street by a fence, wall or landscaping. When placed at the curb for pick up, containers, bags and/or waste may not be placed earlier than 6:00 p.m. on the day preceding pick-up. They must be removed from the curb no later than 6:00 a.m. on the day following pick up.

Surely you fell back... but did you change over?

This fall, you surely remembered to set your clocks back an hour, but did you remember to change over the battery in your smoke detectors? Batteries should be changed twice yearly, but most people usually forget. The best way to remember is to change the batteries each time you reset your clocks for daylight savings time. **(If you need a smoke detector, the Springdale Fire Department will not only provide you with a unit without cost, but will install it for you. Simply call 346-5580.)**