

# CITY OF SPRINGDALE NEWSLETTER

PUBLISHED FOR THE RESIDENTS OF SPRINGDALE, OHIO

## Unique Community Bash planned – September 14

In recent years, communities and individuals throughout Ohio have faced difficult financial challenges. Unfortunately as a result, many publicly-sponsored outdoor celebrations, festivals, and events throughout the Greater Cincinnati Area, including Springdale, have been eliminated. Such events, even during trying times, have the ability to bring neighbors together and enrich their experience of being a member of the community. The last such event for the City of Springdale was the 2008 *Taste of Springdale*.

## Fire Department Open House set for October 5

To kick off Fire Prevention Week, the Springdale Fire Department will host its 23rd Annual Open House on Saturday, October 5. FREE activities will be offered for the general public from 11:00 a.m. to 3:00 p.m.

Other supporting organizations already committed to participate include the Shriner's Hospital for Children, the Hamilton County Communications Center, University Air Care, Cincinnati Children's Hospital and the Springdale Police Department.

Some of the activities scheduled for the Open House will be a live fire demonstration, a *house fire simulator*, fire extinguisher training, distribution of several educational handouts, along with free food and drinks. In addition, Springdale firefighters will be on hand to discuss how to prevent fires, as well as what to do in an emergency. Information provided during the Open House may someday be helpful in saving a life or preserving property.

**Don't forget: When you change your clocks, change the batteries in your smoke alarms.**

To re-create some of that community pride and excitement, Springdale City leaders present the 2013 *Springdale ComeUnity Bash*. Everyone is invited to join your neighbors and friends for a day full of wholesome family fun and entertainment on Saturday, September 14 at the Springdale Community Center. This will surely be an exciting event for all residents as they come together, socialize, and enjoy life the "Springdale Way."

This unique inaugural event kicks off at 3:00 p.m. featuring three bands intended to appeal to a variety of listeners. *Ticket to Ride*, performing a Beatles tribute show in authentic costumes with period-correct instruments and equipment, will lead off the festivities at 3:00 p.m. At 5:30 p.m., the *Danny Frazier Band* performs country rock and classic country favorites. The evening concludes with the horn-charged rock-soul band, *Second Wind*, at 7:30 p.m. This ten-piece group features a dynamic horn section performing Motown, classic rock, and R&B. Each band will perform live onstage at Field #4.

In addition to the musical entertainment, between 3:00 p.m. and 7:00 p.m. this family-friendly event will feature a petting zoo, pony rides, mini golf, and several giant versions of childhood



games (*Jenga*, *Connect Four*, *Checkers*). All activities at the Bash are free of charge, including *The Big Show Circus* with performances at 4:00 p.m. and 6:00 p.m. featuring an acrobatic act, a fire show, a unicyclist, and a strong man. A number of Springdale community groups will be on hand

offering food and refreshments as a part of their fundraising efforts. The day will conclude at dusk with a colorful balloon glow featuring a half dozen hot air balloons.

### A "Muddy Good Time"

Come get down and dirty with your kids or other family members before the start of the Springdale ComeUnity Bash! Springdale is hosting its first *Family Mud Quest* event where family members will walk or run through an obstacle course designed to be a little muddy but a whole lot of fun. The *Family Mud Quest* will be held on Field #5 at the Community Center and will begin at 1:00 pm. Pre-registration will be required for this activity as space is limited. Watch for more information at the Community Center on this messy but fun family event.

# Police Department welcomes new officers

**Officer Osborne:** Born and raised in nearby Trenton, Ohio, Officer Brandon Osborne began his employment with the Springdale Police Department in July 2012. Officer Osborne is a graduate of Edgewood High School and attended Wright State University where he played with the university's baseball team. He left Wright State after two years to attend Miami of Hamilton for another two years. He graduated from the Butler Tech Police Academy in November 2009.



Brandon Osborn

Prior to joining the Springdale Police Department, Officer Brandon Osborne worked as a Special Deputy for the Butler County Sheriff's Office for a little over a year. He has been married to his wife Kathryn for about three years. They love animals and currently have two dogs: a Chihuahua named Dozer and a rescue Greyhound named Shelly.

**Officer Grant:** Officer Kaia Grant was born and raised in Wyoming, Ohio. Officer Grant graduated from Wyoming High School in 2005 and attended the College of William & Mary in Virginia, where she studied economics and government. In 2009, Officer Grant graduated from William & Mary and moved back home to Ohio. For the next three years, Officer Grant worked for a non-profit organization as a supervisor



Kaia Grant

## Detective Grindle retires after 23 years with City

Detective James Grindle, a native of the Greater Cincinnati area, grew up between Norwood and West Chester during the 50s and 60s. He graduated from Lakota High in 1975 and joined the West Chester Fire Department. Detective Grindle graduated from the D. Russell Lee Police Academy in 1979. A year later, Jim began a 10 year law enforcement career with the City of North College Hill prior to joining the City of Springdale as a patrolman in 1990.



James Grindle

In 1993, he was assigned to the Springdale Investigative Unit as a detective. It was there that Detective

Grindle found his true calling as his career flourished over the next 20 years. He was known as a compassionate, but tenacious investigator. During his tenure as a detective, he worked and solved many high profile cases.

Detective Grindle's distinguished service culminated in June with his well-deserved retirement. With the new-found freedoms of that retirement, he and his wife Vicky will enjoy traveling in their recently-purchased recreational vehicle. Their plans call for a trek across the United States on their way to Alaska

where she managed an after-school program for at-risk youth in the inner City of Cincinnati.

She was hired by Springdale in August 2012, and graduated from the Ohio State Highway Patrol Academy in December. After graduating from the academy, Officer Grant completed her field training and is currently assigned to road patrol.

**Officer DiStefano:** Although he was born in Concord, Massachusetts, Officer Michael John DiStefano spent the majority of his life growing up in West Chester, Ohio. Officer DiStefano attended Middletown Christian High School, graduating in 2008. He earned a

Bachelor's degree in criminal justice in 2011 from Liberty University in Lynchburg, Virginia. He was then hired by Springdale in August 2012.

Officer DiStefano graduated from the Ohio State Highway Patrol Academy in December 2012, completing his field training. He is currently assigned to road patrol.



Michael DiStefano

Michael is married to Katie, a 2011 graduate of Liberty University. She currently works on a surgical unit at the Atrium Medical Center in Middletown.

## Volunteers sought for waterways clean-up

The Millcreek Watershed Council is seeking volunteers for a late-fall creek clean-up project. Volunteers from Springdale will join with others from West Chester Township, Liberty Township, Fairfield, and Hamilton on Saturday, October 5, from 9 a.m. until 1 p.m. to clean various waterways associated with the Millcreek.



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

teams to tackle nearby sites. The clean-up site in Springdale will occur along Beaver Run Creek at Ross Park. The clean-ups will occur in and along the stream, so participants should be prepared for walking through thick brush and mud.

At the conclusion of the clean-up, volunteers will return to Beckett Park to enjoy lunch. To participate, contact Annie Rahall at 563-8800 or [arahall@millcreekwatershed.org](mailto:arahall@millcreekwatershed.org).

Springdale  
Town Center  
**Springdale  
Farmers'  
Market**  
3 - 7 pm • Thursdays  
[thru October]

# Crews prepare for fall leaf pick-up

The Springdale Public Works Department is once again gearing up for its annual leaf collection program, which begins when leaves start to pile up (*typically during the second or third week of October*). Collection starts on the west side of State Route 4 and alternates weekly to the City's east side.

Due to the overwhelming volume of leaves, occasionally crews fall behind and are unable to collect all the leaves for an entire half of the City in any given week. When this occurs, crews will finish one side of the City before moving to the other side. The 2013 seasonal program will end on Friday, November 29. After that date, residents should bag their remaining leaves for curbside pick-up with their regular household trash.

The cutoff at the end of November is needed in the event of an early snow fall. If this occurs, leaf collection is almost impossible to accomplish. Unfortunately this was the experience in 2010, when portions of the City did not receive their final collection until February of the following year.

It's important to note that leaves should not be placed in the street since that can obstruct stormwater flows. Instead, leaves should be placed behind the curb, but not blocking sidewalks or covering fire hydrants. Leaves must be free of debris, such as litter, trash, limbs and branches. Because these items cannot be collected with the leaves, piles containing such debris will be left until this material has been removed. Limbs

and branches which are stacked in a separate pile will continue to be collected by the City on the normal chipper schedule.

## New 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 a 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 the occupants of each home from such hazards, the Residential Code of Ohio now requires CO detectors to be installed in new one, two and three-family dwellings as well as in additions to the home. The code also requires that CO 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.

Questions about these requirements can be directed to the Springdale Building Department at 346-5730 or [building@springdale.org](mailto:building@springdale.org).

## Your Facebook feedback needed

Do you check out the City of Springdale on Facebook? If so, the City wants feedback to ensure information provided meets the expectation of visitors.

- Do you use the internet?
- Have you elected to "Like" the City's Facebook page?
- Do you find Springdale's Facebook presence informative or useful?
- Is there information you would like to see added to Springdale's page?

Email your candid thoughts to [admin@springdale.org](mailto:admin@springdale.org).

# Tri-County Mall ownership change to bring revitalization

Tri-County Mall, Springdale's single largest retail facility and one of Cincinnati's oldest shopping centers, has been in the news in recent months due to a financial situation that initiated a foreclosure action. Thanks to a recent change in ownership, the Mall will not only remain open for business, but also undergo a revitalization.

Here's the latest information regarding the landmark Tri-County Mall:

Financial problems began when the previous owners of the mall ceased making mortgage payments. As a result, a receiver was appointed by the court last fall to represent the bank(s) that financed the business.

In June, to protect their investment, those with financial interests contracted to sell the note (*at a discounted amount*) to a new creditor called Tri-County Mall Investors, LLC, a New York real estate investment fund.

In order to secure a clear title to the property, the new creditor must foreclose on the property by way of a Sheriff Sale scheduled for July 18, at which time they become the new owner of Tri-County Mall.



This group has indicated they have plans to revitalize and reposition the Mall in the ever-changing retail market. While the specific

repositioning plans have not been presented to the City, conversations with the new owner suggest they will seek to add "life-style" tenants and features to the Mall. Such changes should increase the appeal for both new tenants and new customers. It is likely the changes may include more and larger specialty stores and restaurants with the new trend of direct shopper access to stores from parking areas. It is known that their strategic repositioning plans for Tri-County Mall will include a major marketing and promotion campaign slated to begin late this summer.

# Check immunization records for school

To be ready to attend school, children entering kindergarten will need records to show that they have received the following immunizations: 4 or 5 Dtap, 3 or 4 polio, 3 Hepatitis B, 2 MMR and 2 Varicella. Students entering the 7th grade need proof of having received Tdap, as well as those that were required for kindergarten. All children 11 to 19 years old should also be vaccinated against Human Papillomavirus, Meningococcal disease, and Hepatitis A.

Immunizations for children who are covered by Medicaid, or who have no or limited insurance coverage can receive their immunizations from the Springdale Health Department on the first and third Wednesday mornings at the Health Department office. Call 346-5725 for an appointment.

# Stars seen in local eateries

Although these stars are not famous, seeing them in local restaurants is a pretty big deal. These stars are the **2013 6-Star Honor Awards** presented annually by the Springdale Health Department.

This year's recipients of the prestigious local food service award include:

- Beecher Place/Maple Knoll Village (MKV)
- Bodman Pavillion 2nd Flr./MKV
- Bodman Pavillion 3rd Flr./MKV
- Bodman Pavillion 4th Flr./MKV
- Breeze Manor/MKV
- Blue Agave Mexican Grill
- Chick-Fil-A
- Jimmy John's
- Main Street Café/MKV
- Manor House Restaurant
- Ponderosa
- Riley's Restaurant
- SMOQ



To earn the honor, a recipient must have fewer than two critical violations during routine Health Department inspections from March 1, 2011, to February 29, 2012; no needed follow-up inspections; no smoke-free violations; be in good standing with other City of Springdale departments; have a valid food license according to the requirements of the Ohio Revised Code for one full year and a renewed license by their due date; meet educational requirements and show proof-of-ServSafe Certification or equivalent food safety training.

## How can we help?

**Police or Fire Emergency**  
9•1•1  
 Not an emergency? Then call  
 346-5760 for Police  
 346-5580 for Fire

<b>General Information</b> .....	<b>346-5700</b>
<b>Mayor Doyle Webster</b>	
City Building .....	346-5705
Home .....	671-4489
<b>Clerk of Council/Finance Director</b>	
Kathy McNear .....	671-2510
<b>City Administrator</b>	
Derrick Parham .....	346-5700
<b>Assistant City Administrator</b>	
Jerry Thamann .....	346-5700
<b>Building Department</b> .....	346-5730
<b>Finance Department</b> .....	346-5700
<b>Police Department (non-emergency)</b> .....	346-5760
<b>Fire Department (non-emergency)</b> .....	346-5580
<b>Health Department</b> .....	346-5725
<b>Public Works Department</b> .....	346-5520
<b>Property Maintenance &amp; Zoning Hotline</b> .....	
.....	346-5734
<b>Recreation Department</b> .....	346-3910
<b>Income Tax Department</b> .....	346-5715
<b>Public Information</b>	
Phone Line .....	346-5757
Internet Address .....	www.springdale.org
e-mail address .....	admin@springdale.org

## Springdale Garden Club: Grow with us!

The Springdale Garden Club will present its annual salad supper, election and planning meeting for the coming year on Monday, August 12, at 6 p.m. (A location is yet to be determined, so touch base with a Club member to learn of the event's location or contact Joan Knox.)

The Club kicked off its summer season in June with a tour of several outstanding gardens in the City of Lebanon. The tour was followed by lunch at the historic Golden Lamb. The group's next event was a family picnic lunch at Glenwood Gardens, followed by a workshop on how to create a Fairy Garden. Club member Joan Knox is creating her own Fairy Garden and plans to tell her secrets to other Club members not only for their own creations, but also for use at the Springdale Elementary School.

Continuing Garden Club activities include planting and maintaining the flower beds in front of the Community Center; establishing and maintaining a butterfly garden and a herb garden at the Springdale Elementary School; making Christmas wreaths and swags for the City's buildings and entry signs.

There is always a project awaiting the help of new volunteers. To get involved, call Joan Knox at 674-7755 or e-mail her at [joanknox99@fuse.net](mailto: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](mailto:GOPLAY@SPRINGDALE.ORG).

[WWW.SPRINGDALE.ORG/GOPLAY](http://WWW.SPRINGDALE.ORG/GOPLAY)

## SPECIAL EVENTS & SEASONAL PROGRAMS

### Neighborhood Yard Sales

**Saturday, August 17 • 9:00 am - 2:00 pm**

Clean out the garage, attic and basement while earning some cash during this year's Neighborhood Yard Sales. The best part of all, the sale is right at YOUR house.

The City of Springdale will widely publicize the community-wide event with suggested hours from 9:00 a.m. to 2:00 p.m.

Take advantage of the extra traffic of buyers who will cruise Springdale looking for your bargains! (Note that this event replaces the annual program formerly held at the Community Center.)

## Springdale Community Center

### Stay Connected to Fun & Fitness

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

#### DAILY HOURS OF OPERATION

**MONDAY - FRIDAY** ..... 9 AM - 9 PM  
FITNESS CENTER & INDOOR TRACK OPEN AT 6 AM

**SATURDAY** ..... 9 AM - 5 PM

**SUNDAY** ..... 1 - 9 PM

#### HOLIDAY SCHEDULE

**LABOR DAY**..... CLOSED  
MONDAY, SEPTEMBER 2

**THANKSGIVING** ..... CLOSED  
THURSDAY, NOVEMBER 28

### Parks & Recreation brings the community together!

Parks and Recreation is so much more than playgrounds, fields, and a Community Center. We introduce kids to youth sports in a fun, safe environment. We encourage seniors to build friendships through activities. We help you achieve your fitness goals and maintain a healthy lifestyle. We provide well-maintained places to picnic and play. We provide family programs you will remember for a lifetime. So, stop by often and try something new - there's always something going on!

### Free Document Shredding

**Saturday, August 17 • 10:00 am - 1:00 pm**

**Springdale Community Center**

A mobile shredding unit will be on site so that residents may safely destroy their unwanted sensitive documents and records. This is an opportunity to dispose of those old financial and medical records, past bank statements and other documents which you would not feel comfortable throwing away in the trash. All material will be shredded on site and recycled.

### Junior Olympics

**Saturday, September 7 • 10:00 - 11:30 am**

The Springdale Parks and Recreation Department will host the Junior Olympics at the Springdale Community Center. The event is comprised of 8 competitive events for boys and girls ages 4 and under through 12. Registration begins at 10 a.m. and end at 11 a.m. (Pre-registration available for Community Center Members) Events will begin at 10 a.m. and conclude at approximately 11:30 a.m. with awards to follow. Each participating child will be automatically registered to win door prizes that will be drawn during the awards ceremony. This event is free and open to the public.

### Monster Mania

**Sunday, October 27 • 3:00 - 5:00 pm**

We're mixing it up this Halloween with a new name and new activities for kids age 2 through fourth grade! Free tickets are limited and available October 1. Look for more detailed information at the Community Center on this frightfully fun afternoon!



### Veterans Day Ceremony

**Monday, November 11**

**Springdale Veteran's Memorial**

In honor of those who have defended freedom, Springdale will present a special ceremony in commemoration of Veteran's Day. Parking is available at the Municipal Complex. Groups interested in participating in this year's tribute should contact Matt Beaty at [mbeaty@springdale.org](mailto:mbeaty@springdale.org). Details to be announced.

### Tree Lighting Ceremony

**Monday, December 2 • 7:30 pm**

The tree at the Municipal Building will be illuminated, officially beginning the holiday season in Springdale. The public is invited.

### CLUB REC

Club Rec is a community-based volunteer organization that provides organized activities and events for children in 5th through 8th grades. Activities are diverse and provide fun social interaction. Membership is for Springdale residents grades 5-8. There is a \$10 sign-up fee. For information, call 346-3910 or email [sbrooks@springdale.org](mailto:sbrooks@springdale.org).

#### Upcoming Events:

**Scavenger Hunt & Bonfire:** Members will be challenged to find hidden objects at the Community Center, then enjoy a bonfire and snacks.

**Luv'em & Leave'em NEW:** While parents shop for Christmas, Club Rec will entertain the kids on select Sundays in December. Watch for info at the Community Center.

## Business/Community Expo & Chili Cook-Off

**FREE**

**Tuesday, October 29 • 11:00 am - 2:30 pm • Springdale Community Center**

The expo is open to all businesses as well as the public. It's a great opportunity to showcase your company and support the city! Don't miss this perfect opportunity to network with other local businesses,

as well as get your name out in the community.

The Expo is a free public event, complete with door prizes and free chili samples.

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

Sponsored by the Springdale Chamber of Commerce

# INSTRUCTIONAL PROGRAMS

**FREE**

## Protect Yourself from Scams

**Thursday, August 8 • 2:00 pm**

Learn how to protect yourself from scams at this seminar presented by Joe Ture, Community Service Officer of the Springdale Police Department. There are many different scams from home improvement to mail fraud. Keep you and your family safe by becoming aware of the tricks and learn what to do if you are contacted by a potential scammer or if you become a victim. This presentation is free and open to the public.

## Red Cross First Aid/CPR Class

**Thursday, August 22 • 10:30 am - 3:30 pm**

Springdale Community Center will host the American Red Cross as it presents this informative First Aid & CPR Class. To learn more about this program and to register, visit the Red Cross website at [www.redcross.org/takeaclass](http://www.redcross.org/takeaclass) or call 1-800-733-2767.

## Electric/Bass Guitar Lessons

**Adult Classes:**

**Tuesdays & Thursdays**

**6:30 - 7:30 pm**

**Youth Class (10-18 years old):**

**Tuesdays • 4:00 - 5:00 pm**

This popular program is open to students' ages 10 through adults. Students provide their own guitar, small amplifier and headphones. Cost is \$96 for the 8-week session and is required when registering. Class size is limited to 12 students. Call instructor Ed Riley at 671-1760 for more information.

## DAY TRIPS

**For information or to register for these trips call Joan Knox at 674-7755.**

### Boggs Town, Indiana

**Friday, August 16**

An all inclusive cabaret lunch and show. Cost for Springdale Senior Club members is \$53 and \$64 for non-members. Leaving the Community Center at 9:15 a.m. and return by 5:00 p.m.

### Horseshoe Casino

**October (TBA)**

Join us in October for a day at the casino! We board the bus for a short ride to the Horseshoe Casino and spend the day at the tables. A buffet lunch is included.

### Taft Museum

**Wednesday, November 13**

Join friends on a trip to the Taft Museum to view antique Christmas displays with lunch downtown. Cost is \$35 for Springdale Senior Citizen Club members (\$45 for non-members).

## Are You Retirement Ready?

Do you want to retire in 10, 15 or 20 years? Do you have a retirement plan? Whether you're in your 40s and just starting to think about retirement or already retired, there are many things to consider. Springdale Parks and Recreation has partnered with New York Life to help you navigate some of the common questions about retirement planning.

Retirement Ready is a series of workshops that will provide information on building and growing your retirement nest egg. The next two workshops are:

### Getting your Estate Planning in Order:

**Tuesday • September 10 • 2:00 pm or 7:00 pm**

*Registration Deadline: September 6*

You've spent a lifetime building assets: how do you protect and preserve them for the future of your family?



### Special Needs/Caring for Loved Ones in Unique Circumstances:

**Tuesday • November 12 • 2:00 pm or 7:00 pm**

*Registration Deadline: November 8*

What are the steps to take that ensure your special needs family member will be cared for as you wish?

*These workshops are free. Pre-registration is required. A light snack and drinks will be provided. Call the Community Center for more information.*

## ADULT/SENIOR ACTIVITIES

### Ice Cream Social

**Thursday, August 15 • 2:00 pm**

What better way to enjoy the hot days of August but to 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. Appearing at the ice cream parlor on this hot afternoon will be "Merri Moores" sisters Phoebe and Gabrielle a musical duo who combine vocal harmonies, humor and instruments. Register at the Community Center with payment of \$2 by Tuesday, August 13



### Prime Time Diners

**Wednesday, August 21**

*Walt's BBQ at 6040 Colerain Avenue*

**Wednesday, September 18**

*Brazenhead at 5650 Tylersville Road*

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

## ADULT SPORTS

### Women's Volleyball

**Wednesday Evenings (Beginning in January)**

Get a group of friends or coworkers together for an evening of fun and competition in this women's recreational volleyball league at the Springdale Community Center. Registrations for Resident teams will begin on November 15 and may include up to five non-residents. Registration for Non-resident teams will begin on December 15 (*nonresident fees will apply*). League entry is limited and is on a first come first serve basis. Players must be 16 or older.



### Annual Holiday Luncheon

Tis the season to celebrate with Friends! The Parks & Recreation department will host the annual Holiday Luncheon for Seniors in December. Along with a delicious meal, festive entertainment will be provided. Watch for more information on this very special luncheon, or call the Community Center 346-3910.



# ADULT HEALTH & FITNESS

Your first class is always **FREE**

**FREE**

## Bootcamp

Monday • 5:30 - 6:15 pm

**FREE**

Classes resume September 9

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

## Cardio Kickboxing

Tuesday & Thursday • 5:55 - 6:55 pm

Saturday • 11:00 am - 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, ball, scooters, punching bag, and you name it, this class will keep you wanting to come back for more. Ask Elaine at 446-1839 questions about the class.



## Line Dancing with the Helts

Monday • 1:00 - 2:00 pm

This class is a great way to exercise and have fun at the same time! If you can stand, walk, move from left to right and enjoy a variety of music, then this class is perfect for you! Wear comfortable soft-soled shoes and enjoy learning how to line dance! No registration required. Singles and Couples are welcome. Call Jerry or Kathy at 321-6776 for more information.



## Pilates Plus

Monday • 7:05 - 8:05 pm

Pilates is unique class of strengthening and stretching through slow and mindful movements. It is a great workout for all ages and levels. Please bring an exercise mat. Contact Certified Pilates Instructor Nalissa at 937-361-9007 to learn more.

## Slimnastics

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

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

## Step N2

Tuesday & Thursday • 5:00 - 5:45 pm

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

## Zumba

Tuesday & Thursday • 7:05 - 8:05 pm

Join the party! Zumba combines high energy and motivating music with unique moves and combinations. It's based on the theory that a workout should be fun and easy to do, allowing participants to stick with the program. Give Deb Yaeger a call at 205-5064 for more information.

## Jazzercise/Body Sculpting

Monday & Wednesday • 5:55 - 6:55 pm

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

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

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

## L.I.F.E.

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

**FREE**

This FREE class will focus on improving your strength to help you safely perform the activities of daily living with improved balance and stability. Whether lifting a bag of groceries or standing up from a chair, every task depends on functional strength for successful execution.

## Let's Get Fit

Monday & Wednesday • 10:30 - 11:30 am

**FREE**

There are many benefits 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, reduces stress, enhances muscle and endurance. The class follows a video "Resisting Muscle Loss" offered by the Hamilton County General Health District.



## Goldfish Swim

Saturday, August 10 • 12:00 pm

Pool Gate opens at 11:45 am

Spring and Dale are back swimming in the waters of the Community Center pool! Who will catch Spring and Dale this year? Remember, no nets, buckets or help from Mom or Dad. All fish must be caught by children under 12 years of age, with their bare hands.



Everyone that enters the pool area must have a pool membership or pay the regular gate fee of \$3.

# AQUATIC PROGRAMS

## End of season pool hours:

August 5	12:00 - 8:00 pm	Open Swim
August 6	12:00 - 8:00 pm	Open Swim
August 7	12:00 - 8:00 pm	Open Swim
August 8	12:00 - 5:45 pm	Open Swim
August 8	5:45 - 8:00 pm	Adult Night
August 9	12:00 - 8:00 pm	Open Swim
August 10	12:00	Goldfish Swim
August 11	1:00 - 6:00 pm	Open Swim

**The last day of the swim season is August 11.**

# YOUTH SPORTS

## SCC Members may register beginning September 1

Participants must possess a current membership at the time of sign-ups. Registration will be accepted until teams are full. Beginning October 1, placement on teams cannot be guaranteed. Additionally, late registration may be subject to additional charges for special order uniforms. (Non-resident fee is an additional \$25 per child if space is available.)

## Basketball

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



## Cheerleading

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

## Youth Volleyball

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

## Teen Volleyball

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



# 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

### AARP Drivers Safety Class Thursday, November 14 9:30 am - 2:30 pm

This is the nation's first and largest classroom refresher for motorists age 50 and older. Participants can feel more confident, comfortable and enjoy driving more! Some insurance companies provide a discount in auto insurance, so check with your agent. The class costs \$12 for AARP members and \$14 for non-members. The class fee is payable upon registration. Register at the Springdale Community Center by Monday, November 11.

### YES! You should get a flu shot

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

Springdale Health Department, the October 29 Annual Health Fair, and at most doctor's offices and pharmacies. More info can be found at [www.cdc.gov/flu](http://www.cdc.gov/flu) or by calling the Springdale Health Department at 346-5725.

### Mammogram Van here Sept. 24

The American Cancer Society recommends that women have a mammogram every year starting at age 40. Those under age 40 with a history of breast cancer affecting a mother, sister or daughter, should talk with a doctor about beginning screenings at an earlier age. As a convenience to residents, the Jewish Hospital Mobile Mammography Van will visit the Springdale Community Center on Tuesday, September 24, from 1:30 to 4:30 p.m. To arrange for an appointment, call 686-3300. A minimum of 15 participants is needed. Insurance will be directly billed (*Mammography is usually covered, but to be safe, check that Jewish Hospital is a panel*

*provider with your insurance provider*). Financial assistance may be available by calling 686-3306.

### Health Department programs are available to residents

#### Annual Health Fair/flu vaccinations:

October 29 at the Springdale Community Center

**Immunization Clinics:** (for uninsured and underinsured children) on 1st and 3rd Wednesday mornings each month. Call for an appointment 346-5725.

**Cholesterol/Glucose Screening:** held 3rd Thursday every month. Cost is \$15.

**Blood Pressure Checks:** 3rd Tuesday monthly from 10:30 a.m. to 12:30 p.m. at the Community Center.

**Home Visits:** by a Public Health Nurse are available by calling 346-5727.

**Diabetes Workshop:** for persons with Type 2 diabetes. Call 346-5727 to register.