

CITY OF SPRINGDALE NEWSLETTER

PUBLISHED FOR THE RESIDENTS OF SPRINGDALE, OHIO

Home Maintenance Makes Good Cents (and dollars)!!

Home maintenance is not an expense, it IS truly an INVESTMENT that pays off! Purchasing and maintaining our home is perhaps the largest investment any of us will ever make. A properly maintained home has an essentially limitless lifespan and actually INCREASES in value. That is one of the reasons it is such a great investment.

Cars, trucks, and other large ticket items consistently decrease in value with age, regardless of their condition. You can slow the rate they depreciate with proper care, but they still lose value. Your home is just the opposite! A well maintained home grows in value!

The winter is a great time to tackle some interior projects. These can range from as simple and inexpensive as changing your furnace filter, adding smoke and/or carbon monoxide alarms, and painting; to major projects such as kitchen or bath remodeling. The retail home centers also feature a wide variety of DIY projects that can be accomplished on a budget.

The winter is also a great time to plan for outdoor projects that can be undertaken in the spring and summer! Spring

cleaning can extend to the outside of your home, doesn't cost any money, and pays big dividends! Landscaping always is an enhancement to a home, and can be accomplished without spending a lot of money. Plus, it's great exercise! Most realtors will tell you that "curb appeal" is a really important factor in determining the value of your home.

The cumulative effect of proper home maintenance on property values within individual neighborhoods and the community as a whole is tremendous. Consequently, Springdale has established minimum property maintenance standards in the form of the Property Maintenance Code. The Building Department conducts periodic property maintenance inspections to insure compliance with the minimum



community standards. It is truly in EVERYONES best interest that every property is properly maintained to insure the highest property values for the entire community.

For those home owners who

qualify, there is financial assistance in the form of the Home Improvement Repair Program which can be used to pay for needed repairs to the exterior of your home. For questions regarding the program, please contact the Springdale Building Department at 513-346-5730 or by email at building@springdale.org.

In addition, the Building Department is seeking feedback to determine if there is interest in DIY workshops or instructions for home repairs or maintenance. If so, please contact the Building Department as instructed above. Please indicate what topic(s) are of interest to you.

Nuisance Animal Control Pilot Program

The City of Springdale has instituted a nuisance animal control pilot program to reduce the presence of skunks and raccoons in the area. If you are experiencing a problem with skunks or raccoons and are interested in having our nuisance wild animal control contractor (High Rock Pest Solutions) set up a trap in your yard, please call the Springdale Health Department at 513-346-5725 or health@springdale.org. We will provide your name, address, and phone number to High Rock Pest Solutions. Please note you will be responsible for monitoring the trap and reporting any trapped animals to the contractor.



Aggregate Energy Programs

UPDATE: Residents enrolled in the natural gas aggregation program should have received a letter from Duke Energy notifying you IGS Energy will no longer be the aggregation's supplier. This comes as a result of the City's decision to not renew the natural gas agreement with IGS Energy upon its expiration in October 2016. Your natural gas supplier will now revert back to Duke Energy.

The City has determined it is in the best interest of residents to discontinue the

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Aggregate Energy Programs *continued from page 1*

natural gas aggregation program at this time. The goal of the aggregation program has always been to locate the best possible rate and supplier for the residents of Springdale. Working with a consortium of other local governments as we have done previously for the aggregation program, the City sought competitive proposals from natural gas suppliers in advance of the expiration of the agreement with IGS Energy. Unfortunately, the rate proposals received were not favorable in comparison to the rates being offered by Duke Energy.

The City's certificate with the Ohio Public Utilities Commission remains active until February 2018. If we are able to locate an attractive rate and reach an agreement with the supplier, we have the ability to re-establish the natural gas aggregation program.

Earnings Tax Housekeeping

Please keep the following in mind regarding the 2016 Springdale tax returns in accordance with State mandated House Bill 5:

- The next quarterly declaration payment is due December 15, 2016. The fourth quarter billing was mailed during the week of November 14.
- 90% of the 2016 tax liability must be received by December 15, 2016 or a penalty could be applicable.
- If you have received a Federal filing extension for tax year 2016, you will receive an automatic filing extension for the Springdale tax return. If you have not received a Federal filing extension, a written extension request must be received in writing by the filing due date. Remember, extensions are applicable only for tax return filings and there is no extension for balances owed.
- For tax year 2016, tax return original amounts owed of \$10 or less will not be collected, and any refund request of \$10 or less will not be refunded or carried forward to the subsequent year.
- For tax year 2016, late tax return filings will incur a penalty of \$25 per month, up to a maximum of \$150 (six months late). For late

Although the City is not entering into an agreement with an alternative energy supplier for the natural gas aggregation program, residents are still able to enter into an agreement with a supplier of their choosing. As always, we encourage residents to be fully aware of the terms and conditions of any agreement they choose to enter.

If you were part of the City's aggregation program, you will not be charged a \$4.00 switching fee since you are returning from a community-sponsored governmental aggregation program.

The City's agreement with IGS Energy under the electric aggregation program will remain in place through October 2017 with a rate of 5.81 cents per kilowatt hour. As the expiration of that agreement approaches, the City will re-evaluate the program and its potential to realize a cost savings for our residents.

tax balances owed, a 15% penalty is charged.

If you have any questions, please call the Springdale Tax Department at 513-346-5715 or visit our web site at www.springdale.org.

Adopt A Family

Make the holidays brighter for local families!

Sponsor a Family
Help provide assistance with donations of clothing, toys and groceries!

Recommend a Family
Make the holidays brighter - refer a local family in need!

Make A Donation
Grocery gift cards, canned goods, toys, new clothing, and your time are all welcome!

Want to get involved?
Contact the Springdale Health Department at 346-5725 for more information.

Helping You Put the Pieces Together

Springdale Offering Support

Springdale Economic Development News

Where's the best restaurant in Ohio according to the website Yelp? In Springdale! Based on user reviews and ratings, Yelp declared that Tortilleria Garcia at 11774 Springfield Pike is the best restaurant in the state.

Full Throttle Indoor Karting on Kemper Commons Drive celebrated their 5th Anniversary in October and **CORE Inc.** located on Tri-County Parkway (one of the largest agencies in southwestern Ohio serving adults with developmental disabilities) is celebrating their 30th Anniversary in December. Congratulations to both companies!

La Michoacana Paeteria opened recently at 338 Northland Boulevard and is serving delicious homemade and all-natural ice cream.

Outback Steakhouse is now in front of the Tri-County Mall. They showed off the beautiful new restaurant at a grand opening on November 16th.

Join Us!

Regularly Scheduled Monthly Meetings

Held at the Springdale Municipal Building, 11700 Springfield Pike:

City Council
1st & 3rd Wednesdays of each month at 7 p.m.

Planning Commission
2nd Tuesday of each month at 7 p.m.

Board of Health
2nd Thursday of each month at 7 p.m.
(except June, July & August)

Board of Zoning Appeals
3rd Tuesday of each month at 7 p.m.

Held at the Community Center:

Recreation Commission
1st Tuesday of each month at 7 p.m.
(except June, July & August)

For more information about meetings and events, please call the Municipal Building at 346-5700.

Carbon Monoxide, “the Silent Killer”

Carbon monoxide, aka CO, is a poisonous gas that is colorless, odorless, and tasteless and can kill without warning when inhaled. CO can inhibit the blood’s ability to carry necessary oxygen to vital organs such as the heart and brain. It cannot be detected without a carbon monoxide detector/alarm. Detectors are available as plug-ins, battery operated, or hardwire models; and should show the “UL” marking (indicating it is listed by Underwriters Laboratories).

Sources of Carbon Monoxide

CO is a by-product of incomplete combustion. Any fuel-burning device may produce dangerous levels of CO gas. Examples include but are not limited to:

- Fuel fired furnaces (non-electric)
- Generators
- Gas stoves
- Gas dryers
- Lawnmowers, snow blowers, etc.
- Gas water heaters
- Fireplaces and wood stoves
- Non-electric space heaters
- Charcoal grills
- Automobiles

Prevent Carbon Monoxide Poisoning

- All appliances should be professionally installed, maintained and used in strict accordance with manufacturer’s recommendations.
- Heating systems should be

inspected/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, a garage, 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.

Signs of Carbon Monoxide Poisoning

Don't be fooled, CO poisoning can appear like other illnesses (headache, dizziness, weakness, nausea, vomiting,

chest pain, and confusion which can escalate to unconsciousness and death). If you suspect carbon monoxide poisoning, call 911.

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 and you are experiencing any of the above symptoms, call 911.

The Dynamic Duo: You Must Have Both

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. Change Your Clock - Change Your Batteries. 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!

Holiday Safety Tips

It's a busy season for holiday shoppers... and for thieves who thrive on the fact that victims are not thinking about their safety. Beware at all times:

A knock at the door

Criminals sometimes pose as couriers delivering gifts. Also, 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 solicitors, call 9-1-1 to have them checked out.

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 and pay with a check or credit card whenever possible. Deter pickpockets and purse snatchers by not overburdening yourself with packages. Place extra bags and packages inside your car trunk or hidden from view and then continue shopping. 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. Periodically, check and make sure

you have everything that you should have. If you lose your wallet/purse/bank cards, report it immediately to the police. If children accompany you to stores, teach them to go to a store clerk, security guard or police officer if they become separated.

Going home

Survey the parking lot before heading to your car. Keep your head up and look around as you approach your car. Look inside your car before unlocking it. Have keys in your hand or in your pocket, then place your purse in your car first. Once inside lock all doors and do not open if someone approaches your car.

Springdale Garden Club News/Calendar

The Springdale Garden Club continues to provide educational opportunities throughout the community by celebrating harvest time through gardening with the 1st graders at Springdale and Heritage Hill Elementary Schools. Not only do they show the children how to grow vegetables and flowers, but teach a great lesson on "sharing what you grow."

First, the garden club helped the 1st graders dig up beets, carrots, and onions from their school gardens. The children were then shown the proper way of cleaning and preparing vegetables prior to sharing with others. Some of these vegetables were taken to a local food pantry, while others were shared with the 2nd graders who planted them the previous year. In addition, the garden club members coordinated with the Science teachers' lessons to give the children hands-on opportunities in growing food and flowers that attract butterflies and bees.

At the club's December 5th meeting, their topic will focus on making holiday designs. The meeting will take place at the Springdale Community Center at 6:00 pm. Guests are welcome for a fee of \$10 to cover the cost of materials. Please RSVP by November 30 to Joan Knox at 513-674-7755 or email at joanknox99@fuse.net.

In January, the club will feature Naturalist Chris McCullough who will show participants how to add native plants to your garden. The topic is "Getting Started: A Beginner's Guide to Natural Landscaping."

Other upcoming garden club events: February 13 meeting topic, "Attracting Birds to the Garden;" March 19: annual High Tea from 2 - 4 pm, please RSVP by March 10th, call Joan Knox for more information.



New Employees, Promotions, Appointments, and Retirees

Mary "Liz" Morsch

Mary "Liz" Morsch, a long-time Springdale resident, joined the City of Springdale as an Administrative Assistant in the Building Department in November 2015. She came to us with 10+ years of administrative and customer service experience throughout her career.



In her free time, Liz enjoys spending time with her family, baking, golfing and bowling with friends.

Kayla Justice

Officer Kayla Justice was born and raised in Cincinnati as one of three siblings. Kayla graduated receiving her Bachelor in Criminal Justice from Northern Kentucky University where she participated in track and field. She earned her Master in Criminal Justice from the University of Cincinnati. Before joining Springdale, Kayla worked for the Hamilton County Sheriff's Office. Kayla has successfully completed her Field Training Program with the department and is currently assigned to the Patrol Division. Please join us in welcoming Kayla into the Springdale family!



Sharon Casselman

After serving over 25 years with the Springdale Parks and Recreation Department, Assistant Director Sharon Casselman has retired. Sharon began her career with Springdale as the Aquatics Director and was later hired full time with the department in 1991. Sharon was responsible for evolving the



department's aquatic operations and was instrumental in the development of several state award winning programs. Most recently, 1, 2, 3 SWIM!, Teen Fit, and City Service & U. Among her many accolades, Sharon has been a pillar in the advancement of the professionally managed department that it has become today. We wish Sharon the best of luck!

Charlie Wilson

Charlie Wilson has been promoted from Recreation Programmer to Assistant Director after beginning his career with Springdale Parks and Recreation Department in 2013. In his short time with the Department, Charlie has become a Certified Parks and Recreation Professional, Certified Pool/Spa Operator, created an award winning program City Service & U and completed the Center for Local Governments' Leadership Academy. In his new position Charlie will oversee all aquatic, fitness, adult, senior and youth programming for the department.



John Wagner

John Wagner joined the Parks and Recreation Department this August as the Recreation Programmer. In his position, he oversees sports, youth programs and special events. John has a Bachelor in Health and Sciences from the University of Toledo where he majored in Recreation Studies and minored in Business Administration. John previously served for the Anderson Township Parks District and for the past five years he has worked for R.C. Durr YMCA in Burlington, KY as the Sports Coordinator. Residents who have ideas or suggestions for a youth activity can call John at 513-346-3910.



Fight the Flu!

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 for free to adults without insurance and to children covered by Medicaid. All others will be charged \$25. Call 513-346-5725 to make an appointment.

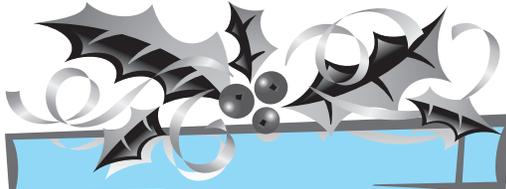


Creating Community Through People, Parks & Programs

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 2017 Community Center membership. Recipients must meet eligibility requirements. Call or stop by the Community Center for more details.

Community Center 2017 Memberships

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

	Individual	Family
ACTIVITY MEMBERSHIP <i>includes use of gymnasium, game room, track, tennis courts, computer lab and eligibility for youth & adult sports programs</i>	\$20	\$30
FITNESS MEMBERSHIP <i>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)</i>	\$50	\$70
POOL MEMBERSHIP <i>includes all of above, plus pool</i>	\$75	\$95
RACQUETBALL MEMBERSHIP <i>requires activity, fitness or pool membership</i>	\$15	\$25
SENIOR POOL MEMBERSHIP <i>Residents 62 years of age and their spouse will receive a membership for \$20 per person that includes the use of all amenities. A savings of \$55!</i>	\$20	
BUSINESS MEMBERSHIP <i>includes all facilities. Participation in youth or adult sports programs on availability basis only. League regulations may apply.</i>	\$150	\$200
6-Month Option	\$85	\$125
NON-RESIDENT MEMBERSHIP <i>includes all facilities. Participation in youth or adult sports programs on availability basis only. League regulations may apply.</i>	\$300	\$400
6-Month Option	\$160	\$225

REGULAR HOURS

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

SATURDAY 9 AM - 5 PM

SUNDAY 1 - 9 PM

HOLIDAY HOURS

CHRISTMAS DAY SUNDAY, DECEMBER 25.. **CLOSED**

MONDAY, DECEMBER 26..... 1 - 9 PM

NEW YEAR'S DAY SUNDAY, JANUARY 1.. **CLOSED**

MONDAY, JANUARY 2 1 - 9 PM

SPRING SPORTS SIGN-UPS

Springdale Community Center Members (SCC) may register beginning January 2. Resident participants must possess a current membership at the time of sign-ups. SCC Activity Membership requirement waived for first time youth resident sport participants. Registration will be accepted until teams are full. Beginning February 1, placement on teams cannot be guaranteed. Additionally, late registration may be subject to additional charges (Non-resident fee is an additional \$25 per child if space is available).

Instructional T-Ball is offered to children born between May 1, 2010 and April 30, 2012. Introduce your child to baseball and softball in this T-ball league. The cost is \$20 per child (\$35 after January 31).

Coach Pitch Baseball is open to children who were born between May 1, 2009 and April 30, 2010. The cost is \$40 per child (\$55 after January 31).

Knothole Baseball is open to children who were born between May 1, 2003 and April 30, 2009. The cost is \$40 per child (\$55 after January 31).

Girls Softball is open to girls who were born between August 1, 2002 and July 31, 2010. The cost is \$40 per child (\$55 after January 31).

SAY Spring Soccer is offered to children born between August 1, 1997 and July 31, 2010. The cost is \$40 per child (\$55 after January 31).

UPCOMING EVENTS

Winter Extreme Games Whodunit Edition Friday, February 3 11:00 pm - 1:00 am

SCC members and their guests in grades 5 through 8 may join us to see who will be the first to solve the mystery. Watch for more information at the Community Center. *Pre-Registration Required.*



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.



What is SYB (Springdale Youth Boosters)?

SYB is a non-profit volunteer based organization, which is comprised of Springdale residents working together and volunteering time to secure donations that help to provide more affordable youth sports programs in Springdale. Interested in joining or have questions? Contact Springdaleyouthbooster@yahoo.com.



SPECIAL EVENTS

Book and Movie Swap

Thursday, February 9 • 4:00 - 8:00 pm
Bring your books and movie DVDs and trade them for different ones at our swap night. This event is open to all ages, children under 18 must be accompanied by an adult. Drop off your items from Monday, February 6 through Wednesday, February 8 from 9:00 am to 8:00 pm and receive a ticket for each item redeemable at the swap. Then come on Thursday, February 9, between 4:00 pm and 8:00 pm and redeem your tickets for other books or DVDs. So gather all those books you've read, movies you have watched and swap them out for something almost new!

Springdale Youth Boosters Cinema Horseraces

Saturday, February 25 • 7:00 pm
Enjoy an adult night with SYB at their annual Cinema Horse Races in the auxiliary gym. Bet on your favorite horses; play blackjack, Texas hold'em, split the pot and more. Tickets go on sale at the Community Center February 2nd. Tickets are \$8 each (which includes 3 beer tickets). Doors open at 7:00PM and the first race starts at 8:00PM. All profits go directly to Springdale Youth Boosters and making youth sports affordable in Springdale. Please bring I.D. Must be 21 and over.

FITNESS CLASSES

Barre Fit

Wednesday • 7:05 - 8:05 pm

Do you need a fitness class that provides real results? Then this is the class for you. Improve posture, add muscle, lose weight, increase flexibility and reduce stress. Get addicted to this fun fitness class with inspired workouts set to great music. Bring a mat and a 3lb. hand weight if possible. Call Kristi at 907-8556 for more info.

Boot Camp

Monday • 5:30 - 6:15 pm

We want YOU... to lose weight, tone up and have fun! 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. See the Fitness Team for more information.

Butts 'n Guts

Wednesday • 5:30 - 6:15 pm

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. If you don't pay attention to your butt 'n gut, nobody will! Bring a mat or towel and water bottle. Ask a Fitness Team member for more info.

AARP Income Tax Help

As 2016 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.

Electric/Bass Guitar Lessons

Tuesday & Thursday • 6:30 - 7:30 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.

Springdale Senior Citizens Club

Tuesday • 9:30 am

Meet new people! The Springdale Senior Citizens group is open to residents who are at least 55 year of age. Stop by one of the Tuesday morning socials, held every Tuesday at 9:30 am at the Springdale Community Center.

Blood Pressure Checks

Every 3rd Tuesday • 10:30 am - 12:30 pm

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 balls, scooters, punching bag, and you name it; this class will keep you wanting to come back for more! Ask Elaine M. at 446-1839 about the class.

Hip Hop Fitness

Monday • 7:05 - 8:05 pm

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. Let us redefine what a fitness class should be. Call Markesha at 885-6065 for more information.

Jazzercise

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

Monday, Wednesday, 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 S. at 260-3604 for class costs or more information.

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.

Pickleball

Monday • 1:00 pm - 3:00 pm

Join the Pickleball craze. Indoors Mondays 1:00 p.m. – 3:00 p.m. Outdoor court is available normal center hours. Pickleball is a fun sport best described as half way between tennis and ping-pong. The object of the game is to score points by successfully hitting a 3" diameter plastic ball much like a whiffle-ball across the net without it being successfully returned by the opponent.

Prime Time Diners

Prime Time Diners get together once a month and dine at some of 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.

Slimnastics

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

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 more info.

L.I.F.E Class

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

This 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.

ADULT/SENIOR PROGRAMS

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

Badminton: Tuesday • 10:30 am - 12:00 pm

All equipment is provided.

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

Travel Expo & Party

Friday, January 20 • 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 2017. Pre-registration is necessary and begins January 2 and ends January 17. Call the Community Center to register, 346-3910.

Thursday's This & That

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.

ADULT/SENIOR PROGRAMS (CONT.)

Coed Softball League

Get your friends, co-workers, and neighbors together and join us on Tuesday evenings for our recreational softball league. Registration begins March 1st for both resident and non-resident teams. League play begins in late April. Prizes will be awarded for regular season and tournament champions.

SCC Member Teams - \$150 (11 SCC Members or more) • SCC Non-Member Teams - \$250

YOUTH FITNESS

Teen Fit

Sunday, January 29 • 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. Please see a Fitness Center Team Member for more information.

Services offered by the Health Department:

Immunization Clinics*

1st & 3rd Wednesday • 9:00 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 • 8:00 - 11:00 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

Road Crews Need Your Help 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 plows ready for action. 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. 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.
- 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 snow pile 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. If you cannot see the mirrors on the truck, the driver cannot see you!
- 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.

Cold Weather Health and Safety Tips

The City of Springdale Health Department reminds residents to use caution while outdoors during colder weather to promote health and safety.

During extremely cold winter weather, please stay safe and healthy by following these simple suggestions:

- If you suspect a problem with frostbite or hypothermia, seek medical care. If body temperature is below 95° F, it is an emergency.
- Be aware of the wind chill factor.
- Work slowly when doing outside chores.
- Limit skin exposure to the extreme cold and avoid extended periods of exposure.
- Wear proper clothing such as a hat, scarf, sleeves that are snug at the

wrist, mittens and several layers of dry clothing.

- Take a buddy and an emergency kit when you are participating in outdoor recreation.

The elderly, young children, adults under the influence of alcohol and the mentally ill are at a higher risk for hypothermia and frostbite. Warning signs of hypothermia include shivering, exhaustion, confusion, memory loss, slurred speech and drowsiness. Frostbite results in a loss of feeling and color in affected areas such as the nose, ears, cheeks, chin, fingers or toes.

For more information about promoting winter weather safety and health, please visit the CDC's website: www.cdc.gov/features/winterweather/index.html



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NEWS IN BRIEF

Leaf Pick-up Completed on December 2

Citywide leaf collection is completed for 2016. At this time, residents should be bagging all remaining leaves and setting them out for curbside pick-up with the household trash. The early cutoff is needed so crews can be prepared for the possibility of an early snow fall.

Holiday Tree Collection and Disposal

City crews will collect holiday trees left at the curb as a 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 will not Delay Trash Collection

Since the Christmas and New Year holidays both fall on a Sunday this year,

trash collection will not be impacted by the Holidays. All trash collection will occur on your normal days of collection.

Free Mulch and Free Delivery

Each year, the City of Springdale Public Works Department offers residents of the City 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 Tuesday, January 3, 2017. All mulch is delivered the first full week of May. See the website for additional information.

2016 Springdale Health Fair Provided Screenings

The Springdale Health Department held its Annual Health Fair on October 18, 2016 at the Springdale Community Center. Health fair attendees received



influenza vaccinations, blood pressure checks, hearing screenings, body mass index (BMI) screenings, and diabetes screenings.

Holiday Food Safety

Parties, family dinners, and other gatherings where food is served are all part of the holiday cheer. But the merriment can change to misery if food makes you or others ill. When it comes to safe food-handling it is important to follow 4 basic steps:

- CLEAN:** Wash hands and surfaces often
- SEPARATE:** Separate raw meats from other foods
- COOK:** Cook to the right temperature
- CHILL:** Refrigerate food promptly

Follow these simple steps to make sure your holiday meals are safe as well as delicious! For more information contact the Springdale Health Department at 346-5725 or visit www.fda.gov/Food/ResourcesForYou/Consumers/ucm188807.htm