

CITY OF SPRINGDALE NEWSLETTER

PUBLISHED FOR THE RESIDENTS OF SPRINGDALE, OHIO

Revitalization of Tri-County Mall now underway

The \$30 million revitalization of Tri-County Mall has cleared its first step. The new owner, American Pacific International Capital (APIC), has received approval at the October 14 Springdale Planning Commission meeting to construct two new outlot buildings on Princeton Pike (State Route 747), as well as the reconfiguration of the north entrance drive into the center (often called the Macy's entrance).



Two new buildings, shown in these renderings, will comprise the first phase of Tri-County's \$30 million revitalization.

The two new buildings are expected to contain a mix of retail and restaurant uses. According to the mall representatives, these projects comprise only the initial phase of what will become a major renovation to the Tri-County Mall property.



At that same Planning Commission meeting, the owners presented conceptual renderings showing the future appearance of the revitalized Tri-

County Mall. The conceptual ideas include the introduction of exterior storefronts on the Princeton Pike exposure of the main mall building. The main mall entrance facing Princeton Pike will also be completely transformed to generate an improved grand entrance into the mall building. These improvements are expected to be presented shortly as phase 2 of the plan to revitalize the property.

Future plans may include introducing exterior storefronts on the Kemper Road exposure of the mall building, with additional outlots and a mix of other uses.

Aggregation programs in place

Both the new Springdale Electric and Natural Gas Energy Aggregation Programs are now up and running. Interstate Gas Supply (IGS Energy) of Dublin, Ohio, has been chosen to serve as the generation supplier for both programs. IGS Energy served as the supplier for the City's initial natural gas program. Duke Energy will continue to provide the distribution services for all residents.

By now, some participants should have already noticed the new rates reflected on their Duke Energy November invoice. Springdale customers whose meter read date was after November 11 should have received the benefit of the new rates in November. Those whose meters were read prior to November 11 should see the new, lower rate in December.

The Natural Gas Aggregation Program is effective through October 2016 at a

rate of 50.1 cents per CCF. With Hamilton County sales tax of 6.75%, the final rate will be 53.5 cents per CCF.

The Electric Aggregation Program will run through October 2017 with a rate of 5.81 cents per kilowatt hour.

Residents or small business owners, who did not join either aggregation program at the start, may join them at any time. Those wanting to join the City's program, but are with a supplier other than Duke Energy, should first contact that supplier to better evaluate whether to cancel service or not. The City of Springdale urges caution about making a switch in case there is a cancellation fee for exiting a contract prior to the expiration date.

After making a decision to cancel service, contact IGS Energy at 1-800-280-4474 to request to join the Springdale Aggregation Program.

W. Kemper Road work progresses

Major reconstruction of W. Kemper Road is well underway. The work began in July between Walnut Street and Lawnview Avenue. More recently, the contractor (Ford Development Company) has been working just east of Lawnview Avenue, on the extension of the culvert to the north to accommodate a new storm sewer system.



Besides the storm sewer work, in which several old catch basins will be replaced, the balance of the project will entail the total removal and replacement of pavement, repair and resurfacing of the roadway, full curb replacement in some areas, and the replacement of the existing sidewalk on the south side of the road. The work is scheduled to be completed in September 2015.

continued on page 2

SNOW: Let's work together!

The snow season has arrived. Rest assured that 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.

Grants to determine 2015 improvements

Each year, the City assesses which streets are most in need of road improvements. Unfortunately with the current state of the City's financial affairs, funding is not available to fix all of the streets at once. Where City resources are low, the City attempts to take advantage of securing outside funds to help spread available resources effectively and efficiently.

outside funds to make substantial improvements to Sharon Road, Jake Sweeney Place, Boggs Lane, and perform City-wide street improvements and sidewalk repairs. The implementation of these projects will depend heavily upon the City's ability to secure the outside funds.

[Visit the Public Works Department webpage for up-to-date information regarding construction projects and for road closure information.](#)

Next year, the City hopes to secure

W. Kemper Road... *continued from front page*

In an effort to provide for safe working conditions, the project will experience a road closure for a short period of time. After the completion of the 2014 – 2015 school year and while a substantial portion of the road is being paved, W. Kemper Road will be temporarily closed to through traffic. During that time, traffic will be detoured or redirected to Northland Boulevard from the east and Springfield Pike (*State Route 4*) from the west. The road closure is tentatively planned between June 8 and August 7, 2015, in order to coincide with the school district's summer vacation.

\$1,074,086. A majority of the cost will be funded by two grants. The first is a grant from Hamilton County Municipal Road Funds (MRF) in the amount of \$225,687. The second is from the Ohio Public Works Commission State Capital Improvement Program funds for \$515,561. Springdale will cover the remaining \$332,838 needed.

The improvement is scheduled to provide this section of W. Kemper Road with increased safety, elimination of current roadway drainage issues and an enhancement to the community's infrastructure system.

The W. Kemper Road project will cost

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

Fire drills NOT just for schools

Residents likely remember back to their days in school when the fire alarm abruptly activated in the middle of a class. Students would calmly rise from their desks, and file from the classroom in an orderly manner. Fire drills were so routine that students developed a second nature for efficiently evacuating the building.

Even businesses have begun the practice of conducting fire drills so workers know what to do and where they need to go in an emergency when every second counts.

Home fire drills, however, are seldom conducted... if ever! Yet a home fire



occurs far more frequently than at school or work. What would your children do if there was a fire? What if their only way out was blocked by flames?

Plan a fire drill at your home:

- Plan for and practice two escape routes out of the house — one normal route through hallways and stairways, and an alternative route through windows or onto the roof. While children shouldn't actually exit through a window or onto a roof during a drill, they need to realize those exit routes are a last resort. *(The alternative escape route is vital because most home fires start in areas of the house that may block the usual hallway and stairway exit routes.)*
- Designate a meeting place outside where everyone from the home can gather. This is not just for kids. Adults need to practice just as much as the children.

- Teach children to make noise as they escape to awaken others.
- If smoke is present, stay close to the floor. If smoke is heavy, go back.
- Touch doors before opening to be sure they are not hot, a sign fire could be raging on the other side of the door.
- If trapped, seal the bottom of the door with a sheet and get attention through the window. Avoid opening the window to minimize airflow. Open if it is necessary to exit or yell for help.
- Get out, then call 9-1-1 from a neighbor's house. Don't call from inside the house. Get out.

If you have any questions about home fire escape drills, contact the Springdale Fire Department at 346-5580.

Not getting a flu vaccination could place entire family at risk

Residents who have not yet received a flu vaccination could be placing their entire family at risk to a disease that can be fatal. A simple flu vaccination could ward off a flu bug that could be carried home, exposing other family members.

The good news is that it is still not too late to obtain the influenza vaccination. The Springdale Health Department has flu vaccines available for adults for \$20. Vaccines are FREE for children.

Vaccines are also available for pertussis,

Healthy U Diabetes Workshop seeks students

The Springdale Health Department recently completed its nationally recognized Healthy U Diabetes Workshop Series, a six-week program to help participants learn to control Type 2 diabetes. The next workshop will be on Thursdays, February 19 to March 26 from 1 to 3:30 p.m. at the Springdale Community Center. To register, or for more information, call 346-5727.

measles, pneumonia, mumps, varicella. These vaccinations are available through health insurance. Families who do not have insurance can call the Springdale Health Department at 346-5725 to make an appointment.

If you have a chronic disease or if you are over 65 years of age, ask your doctor about the new recommendations to get both pneumonia vaccinations (PPSV23 and PCV13).

Mammogram unit returns March 24

The Mobile Mammography Van will visit the Springdale Community Center on Tuesday, March 24, 2015, from 1:00 to 3:30 p.m. To arrange for an appointment, call 686-3300.

Mammography is usually covered by insurance. To check whether MercyHealth is a panel provider with your insurance, call 686-3306.

How can we help?

Police or Fire Emergency

9•1•1

Not an emergency? Then call
346-5760 for Police
346-5580 for Fire

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

Planning to work with a contractor?

Residents considering hiring a contractor are reminded by the Springdale Building Department to consider the following information:

Selection of Contractor

Insurance: Make sure contractors have adequate insurance, including personal and property liability, as well as workers' compensation. Ask for a copy of current insurance certificates. If a contractor is not adequately insured, the homeowner may be liable for damages and potentially for injuries workers sustain on the property.

References: Request recent references, and check them out. A few calls to inquire how the client felt about the job and the timeliness of completion is a good indication of how a contractor will perform. If necessary, go and check the work. Check with the Better Business Bureau about unresolved problems. Since the Ohio Attorney General's office investigates consumer complaints, check www.ohioattorneygeneral.gov.

Licensing: While Springdale does not license contractors, the State of Ohio

does license commercial plumbing, mechanical and electrical contractors. Ohio does not license residential contractors, but a check of a commercial license provides some assurance that contractors have a level of competency.

Finalizing a Contract

Get a written agreement. If the contractor does not supply a formal contract, at least write down the agreement and have both parties sign to be sure each understands expectations.

Your contract should include:

- The description of work to be completed. This should be specific. This is probably the most disputed part of a contract.
- Who will furnish what materials? It is also important to determine who will dispose of materials and debris.
- Who is responsible for obtaining necessary permits and who will coordinate inspections? Many contractors will obtain the permit since they are more capable of providing the necessary documents explaining the proposed work. Insist on a copy of the permit. Ultimately, the property owner is responsible for permits.
- The start date and completion date of the project. Consider offering a bonus for an early completion date and/or a penalty for a late completion date.
- The total costs for project and a payment schedule.

Payments

Some contractors request a reasonable amount paid in advance for working capital. A small job may involve a down payment with the balance to be paid upon project completion. Larger jobs may require several payments at various stages of completion. When requested to make a payment, consider the amount of labor and materials expended at that point and pay an amount based on what is complete. If your contractor is requesting funds to pay his sub-contractors or suppliers, request affidavits that they have been paid to avoid the potential for liens against your property. Under no

circumstance should payment-in-full be provided for work not yet completed or before an inspection has been made granting final approval to a project.

In the case of a large or complicated project, an attorney may need to be consulted before committing to a contract. A little bit of care up front can avoid a lot of problems later should differences arise.

Questions relating to issues of construction projects can be directed to the Springdale Building Department at 346-5730.

These spring and summer projects need a permit

While winter is just beginning, many homeowners take advantage of the cold months to plan spring projects. Topping off those plans should be acquisition of a permit for those improvements, if one is required. Permits assure that improvements meet zoning and building codes and those improvements are safe, functional and appropriate for the community.

Many permits for residential work do not require a fee if the permit is obtained before work begins.

Permits are required for:

- Basement Finishes
- Building Additions
- Central Air Conditioning
- Covered Porches
- Patio Enclosures
- Decks
- Detached Garages
- Driveway Aprons
- Fences
- Fireplaces and Woodstoves
- Furnaces
- Gas Piping Installations
- Interior Remodeling
- Re-roofing
- Structural Repairs
- Swimming Pools (including inflatable ring type pools)
- Hot Tubs & Spas
- Utility Buildings, Sheds
- Accessory Structures
- Water Heater Replacement

Questions should be directed to the Building Department at 346-5730 or www.springdale.org.

Join Us!

Regularly Scheduled Monthly Meetings

Held at the Springdale Municipal Building, 11700 Springfield Pike:

City Council

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

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.

Watch for tax-related identity theft

An identity thief may use your Social Security number to get a tax refund or a job. Contact the IRS if they send you a notice saying their records show:

- you were paid by an employer you do not know
- more than one tax return was filed using your Social Security number

Uncovering tax-related identity theft

An unexpected notice or letter from the IRS could alert you that someone else is using your Social Security Number (SSN). Remember that the IRS initiates contact by mail, not an email, text or social media message that asks for personal or financial information. If

you get an email that claims to be from the IRS, do not reply or click on any links. Instead, forward it to phishing@irs.gov.

If someone uses your SSN to file for a tax refund before you do, IRS records will show the first filing and refund, and you'll get a letter from the IRS saying more than one return was filed for you.

If someone uses your SSN to get a job, the employer may report that person's income to the IRS using your SSN. When you file your tax return, you won't include those earnings. IRS records will show you failed to report all your income. The agency will send

you a letter saying you got wages, but didn't report them. The IRS doesn't know those wages were reported by an employer you don't know.

Dealing with tax-related identity theft

If you think someone used your SSN for a tax refund or a job, contact the IRS immediately. Specialists will work with you to get your tax return filed, get you any refund due, and protect your IRS account in the future.

Other Steps to Repair Identity Theft

- Put a fraud alert on your credit reports by notifying any one of the three credit reporting companies.
- Order your credit reports from annualcreditreport.com.
- Create an Identity Theft Report by filing an identity theft complaint with the Federal Trade Commission and filing a police report with the Springdale Police Department. Free identity theft packages are available from the Springdale Police Department. These packages contain a wide variety of resources and information to help you repair and correct any damage caused by identity theft.

Be smart with those smartphones

Your smartphone has loads of personal information: bank accounts, passwords, personal info, even your exact location. That data can be major problems if it's in the wrong hands.

Protect your personal info

- Set your phone to lock automatically. When you don't use your phone for a few minutes, the phone should automatically lock itself and require a password to reopen.
- Use passwords. In addition to a password to unlock your phone, use different passwords for each shopping or financial app. Don't share your passwords with anyone.
- Be wise about Wi-Fi. Don't send personal information on a public wireless network in a coffee shop, library or hotel. Wait until you can use an encrypted Wi-Fi network that requires a password.
- Foil phishing attempts. Don't text or email personal information, and delete any texts or email messages that ask for it. If you must give out personal information, do it only if you type in the organization's web address yourself and you see signs that the site is secure — either "https" (the "s" stands for secure) or a lock icon.
- Connect to Bluetooth carefully. Bluetooth makes it easier for you to connect your phone with other devices. But, like other wireless connections, Bluetooth also can make it easier for thieves to steal your

personal information. So, connect to Bluetooth in private, uncrowded areas only. Don't forget to turn off Bluetooth when you aren't using it.

- Before you toss your old smartphone, remove all your personal information. It's important to protect your personal information from the moment you start using your phone until you get rid of it.

SGC: Busy year earns award

The busy year of the Springdale Garden Club culminated with earning the Ohio Region 4 Outstanding Garden Club award for the period October 2013 to September 2014. The honor is significant since Region 4 includes Brown, Butler, Clermont and Hamilton counties.

During the time covered by the award, the Club spearheaded or was very active in multiple activities. Among those projects were making Christmas decorations for the "Welcome to Springdale" signs and for City buildings, the Arbor Day celebration, planting and maintaining the planters at the entrance to the Community Center, planting and maintaining a butterfly garden and an herb garden at the Springdale Elementary School, starting a vegetable

garden at Heritage Hill Elementary School, having a booth at the City Bash and sponsoring a Springdale Jr. Garden Club with a Brownie Girl Scout troop.

The club also held five informative workshops during the time covered by the award and participated in several Regional and Hamilton County events.

Much of the Springdale Garden Club's funding is generated by its annual

High Tea, held in the spring. The next High Tea is scheduled for March 22, 2015 at the Springdale Community Center.

Club meetings are on the second Monday of each month at the Springdale Community Center room A starting at 6 pm. Guests are always welcome. Anyone interested in more information should 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 2015 Community Center membership. Recipients must meet eligibility requirements. Call or stop by the Community Center for more details.

Community Center 2015 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>WEDNESDAY, DECEMBER 24</small>	
CHRISTMAS DAY	CLOSED
<small>THURSDAY, DECEMBER 25</small>	
NEW YEAR'S EVE	9 AM - 5 PM
<small>WEDNESDAY, DECEMBER 31</small>	
NEW YEAR'S DAY	CLOSED
<small>THURSDAY, JANUARY 1</small>	

SPECIAL EVENTS & SEASONAL PROGRAMS

Springdale Youth Boosters Cinema Horseraces

Saturday, February 28 • 7:00 pm

The Youth Boosters will host their annual Cinema Horseraces on Saturday, February 28, in the auxiliary gymnasium. The doors open at 7:00 p.m. For more information, call the Community Center. Tickets go on sale January 1st.

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.



SPRING SPORTS SIGN-UPS

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

Knobole Baseball is open to children who were born between May 1, 2001, 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,

2010. 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, 2000, and July 31, 2008. The cost is \$40 (\$55 after January 31).

SAY Spring Soccer is offered to children born between August 1, 1995, and July 31, 2008. Sign-up cost is \$40 (\$55 after January 31).

JUST FOR YOUTH

Ballet with Ms. Dena

Ages 10 & up: Sunday • 1:30 - 2:45 pm

Ages 3-4: Sunday • 2:45 - 3:30 pm

Ages 5-6: Sunday • 3:30 - 4:30 pm

Ages 7-8: Sunday • 4:30 - 5:45 pm

Ages 7 & up: Wednesday • 4:30 - 5:30

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



Club Rec

Club Rec is a Community based volunteer organization for Springdale youth in the 5th through 8th grade. They sponsor a variety of activities and volunteer at several events at the Community Center. There is a \$10 registration fee which includes a t-shirt. For information, call 346-3910 or email sbrooks@springdale.org.



Winter Extreme Games at the Beach!

Friday, February 6 • 11:00 pm - 1:00 am

Club Rec presents the 2015 Winter Extreme



Games! Springdale Community Center members and their guests in grades 5 - 8 are invited for a night of games and activities that can only be done at the beach! Watch for more

information at the Community Center. Pre-Registration Required.

ADULT HEALTH, FITNESS & FUN

Boot Camp

FREE

Monday • 5:30 - 6:15pm

We want YOU... to lose weight, tone up and have fun! Are you bored with your workout or looking for a new challenge? Then it's time to join Boot Camp! We'll train anyone at any level with our motivating, never yelling, instructor. You'll be re-enlisting when you're burning up to 450 calories per class. Best of all, it's FREE! Just bring a towel or mat and water bottle – crew cut not required..

Cardio Kickboxing

Tuesday & Thursday • 5:55 - 6:55 pm

Saturday • 11:00 am - 12:00 pm

A high-intensity class that combines a cardio workout with kickboxing moves that burns calories all day long. Using mats, balls, scooters, punching bags, and more, this class will keep you wanting to coming back. Call Elaine M. at 446-1839 with questions about the class.

Hip Hop Fitness

Monday • 7:05 - 8:05pm

The hottest and hippest fitness is at the Springdale Community Center! This high-energy class is all about burning up the dance floor and burning calories at the same time. This full-body workout is open to all fitness levels. No experience necessary. Let us redefine what a fitness class should be. Call Markesha B. at 885-6065 for more info.

Jazzercise

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

Monday & Wednesday • 5:55 - 6:55 pm

BodySculpting:

Friday • 5:55 - 6:55 pm

This combines upbeat music and highly energetic exercise. Add hand weights, and this is the perfect total body workout. Call instructor Elaine S. at 575-1620 for class costs or information.

Slimnastics

FREE

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

A great workout taught by Sue S. for women not ready to put their aerobic shoes away who want to get out and make some new friends.

Strength-N-Dance

Thursday • 6:55 - 7:55 pm

Dance to fun, high energy music combined with strength training to achieve faster results. Build core muscles, burn calories, enhance endurance with greater flexibility. Taught by Zumba instructor Deb Y., this class combines everything you love about that class with light hand weights. Call 205-5064 for more info.

Zumba

Tuesday • 6:55 - 7:55 pm

Ditch the workout, join the party! Zumba combines high energy and motivating music with unique moves. 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 Y. a call at 205-5064 for more information.

ADULT/SENIOR ACTIVITIES

FREE

Blood Pressure Checks
3rd Tuesday • 10:30 am - 12:30 pm

AARP Income Tax Help

As 2014 winds down, consider AARP Tax Help beginning in January. Call after the first of the year for appointments for this free tax filing service for those senior citizens with simple federal and state returns.

Chair Volleyball

Monday • 10:00-11:30 am

Wednesday • 12:00-1:30 pm

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

Badminton

Tuesdays • 10:30 am - 12:00 pm

All equipment is provided, just bring a positive attitude and willingness to learn!

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.

Weekly Fun & Games

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

Contact Lew Chizer at 513-853-2778.

500: Tuesday • 10:00 am - Noon

Join your friends for a few games of 500.

Contact Maria Schottelkotte at 942-2350.

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

Tripoly: Tuesday • 1:00 - 3:00 pm

Pinochle: Thursday • 10:00 am - Noon

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.

Travel Expo & Party

Thursday, January 15 • 1:00 pm

Has the travel bug 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 and learn about all the fun and affordable trips we have planned for 2015. Pre-registration is necessary and begins December 15 and ends January 13. 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.

L.I.F.E Class

FREE

Tuesday & Thursday • 11:00 - 12:00 pm

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

Let's Get Fit

FREE

Monday & Wednesday 10:30 - 11:30am

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

Adult Soccer 30+ League

Get a group of friends or co-workers and put a soccer team together. This is a 30 and older coed league that will play surrounding communities on Friday evenings. Resident teams may register beginning February 1 (*Non-Resident teams may register beginning March 1*). League Play begins Mid April. For more information contact the Community Center.

Line Dancing with the Helts

Monday • 1:00 - 2:00 pm

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. 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.

Springdale Senior Club

Tuesday • 9:30 - Noon

Springdale Community Center

Meet new people! The club is open to residents who are at least 55 years of age. Drop by the Community Center or call 346-3910.



City of Springdale

11700 Springfield Pike
Springdale, Ohio 45246

Mayor

Doyle H. Webster

Office346-5705
Home671-4489

At-Large Council Members

Ed Knox674-7755
James Squires671-6297
Bob Diehl851-6560

Districts Council Members

1 Lawrence Hawkins III300-4607
2 Holly McQuillan-Emerson742-2418
3 Marjorie Harlow671-6916
4 Tom Vanover671-7034

Clerk of Council/Finance Director

Kathy McNear671-2510

City Administrator

Derrick Parham346-5700

Assistant City Administrator

Jerry Thamann346-5700

emailadmin@springdale.org



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NEWS IN BRIEF

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 at the Police or Fire Departments or at the Community Center.



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

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 2. Mulch is delivered the first full week of May. See the website for additional information.

Leaf pick-up completed

Citywide leaf collection for 2014 was completed on November 28. 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.

Health Department programs

Immunization Clinics:

Immunization clinics for uninsured and underinsured children are

available on the first and third Wednesday from 9 a.m. to noon. For an appointment, call 346-5725.

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

Cholesterol/Glucose Screening:

Available on the third Thursday of each month from 8 to 11 a.m. The cost is \$15. For an appointment, call 346-5725.

Blood Pressure Checks: Provided at the Springdale Community Center on the third Tuesday of each month from 10:30 a.m. to 12:30 p.m.

Home Wellness Checks: A Public Health Nurse is available for home visits by calling 346-5725.

Diabetes Workshop: Workshops are offered for persons with Type 2 diabetes. (See story on page 3.)

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