Nationally known child advocate Retro Bill will pay a visit to Springdale on Thursday, April 10. As the official “safety buddy” of the national DARE program, Retro Bill has accepted an invitation from the Springdale Police Department for a 7 p.m. performance at the Springdale Community Center. The show will be offered free of charge to the first 440 guests, the capacity of the room where the show will be staged.

Retro Bill, who sports his signature 4-inch pompadour hair style, is promoted as “a blast from the past, and a rocket to the future!” His high energy, comedic presentation directly to youth covers serious subjects of safety and self-esteem to help them make safe and smart choices in every area of their lives.

In addition to hilarious performances throughout the nation, Retro Bill has performed outside the country and has a DVD that has been translated to several languages as he discusses a variety of topics on drugs, bullying and conflict resolution.

A visit to Retro Bill’s website (www.retrobill.com) quickly shows the essence of the performer and his growing national acclaim as he travels the country in hopes of keeping children safe.

For more information, call D.A.R.E. Officer Marsha Bemmes at 513-346-5774.
Deadline extended for memorial brick purchase

Construction is well underway on Springdale’s long-desired Veterans Memorial at the corner of Springfield Pike and Lawnview Avenue. Crews are working toward completion by early Fall in time for dedication on Veterans’ Day, November 11. Designed to raise awareness and engender a sense of respect and honor, the memorial will include a public plaza which features an arch of flagpoles displaying the various service flags, anchored by a pole with the American flag.

Memorial paverstones will be an integral part of the walkways. Non-veteran paverstones will be placed in an outside walkway leading to two curved stone walls which feature a water effect. A portal opening in the stone walls will guide visitors into a garden at the heart of the memorial, where memorial pavers can be purchased to honor veterans and those currently serving in the military.

Paverstones can be purchased by completing the form below. The deadline for purchasing the paverstones has been extended to June 1.

Each paverstone costs $15. The 4-inch by 8-inch surface can be engraved with three lines of text, each containing up to 20 characters. The stones will be engraved by an intense laser beam that etches the characters into the stone with great detail, turning the surface into a glass-like finish.

In addition to the individual paverstones, businesses, organizations and those making major contributions to the Veterans Memorial will be honored with 12-inch square limestone inserts. For more information, call 513-346-5708 or email admin@springdale.org.

Please reserve a paverstone in my name!

Your name: ____________________________________________________________

Address: __________________________________________________________________________

City: ________________________________________ Zip: ____________________________

Telephone: _________________________ Email: ______________________________________

The name below is for a:      Veteran (or someone currently in service)      Non-Veteran

[ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]

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The name on the paverstone may contain up to 3 lines, with each line containing up to 20 upper case letters (numbers, blank spaces and punctuation count as a letter). All names will be centered, unless otherwise noted. Be sure to print your letters clearly.

Make checks payable to Springdale Veterans Memorial. ($15 for each paverstone)

Mail to: Springdale Veterans Memorial • 11700 Springfield Pike • Springdale OH 45246
Springdale tax returns are due Tuesday April 15. An “on-time” filing must be delivered to the tax department by April 15 or postmarked April 15. The items required to be included with the City tax return include W-2 form(s), page 1 of the Federal form 1040 (and/or other applicable Federal forms), form 1099 if applicable, and any other schedule to support income.

Open Evenings & Saturdays

The Tax Department will remain open until 6:00 p.m. for the following evenings: April 1, 2, 3, 4 and April 14 and 15. Also the Tax Department will be open on the following Saturdays in March and April: March 22 and 29, April 5, 12, and 19.

Who Must File

All residents 19 years and older are required to file an earnings tax return, whether or not tax is due. In addition, all businesses located in Springdale and businesses which earn income as a result of work performed or services rendered in Springdale are also required to file a tax return, whether or not tax is due.

Extension Requests

Extension requests must be received in writing by the filing due date. If the account is current, an extension of 7½ months will be granted.

Forms

Forms are available by mail and online at www.springdale.org.

Questions

Call the tax office at 346-5715 or visit the tax office at the City Municipal Building, open Monday through Friday 8 a.m. to 5 p.m. and select Saturdays from 9 a.m. to 1 p.m. (see the web site for Saturday hours).

Remember, if you wait until the last day to file, there will most likely be a long line, please file early to avoid a wait.

What? Lose my signal?

Many Springdale residents have expressed concern over the announcement that they may “lose their television signal” when a federally mandated transition takes effect in February 2009. That mandate establishes February 17, 2009, as the date by which commercial television stations must transmit their broadcasts using digital technology that offers extremely detailed video images, as compared to the older technology which uses what is known as an analog signal.

First of all, if you subscribe to cable or a satellite service, and all your televisions are currently working off the connection, there’s no need to worry. The transition will not impact the way you currently watch television programming.

Residents who receive their TV signal via an antenna may be affected if their televisions are not equipped to receive digital broadcasts. Even after the 2009 transition occurs, analog televisions (those not equipped to get a digital signal) can still be used by connecting them to a digital-to-analog converter box, available in many electronics departments.

Residents who want to continue to use their analog televisions can get a $40 coupon which can be used to purchase the necessary converter box. Households can get two coupons by calling the National Telecommunications and Information Administration (NTIA) tollfree at 1-888-388-2009 or by visiting www.ntia.doc.gov.

If buying a new television, be sure that the new device is capable of receiving digital signals. Since some sales may include analog-only televisions, be sure to check the label to know the new unit can receive digital signals.

Join Us!

Regularly Scheduled Monthly Meetings

Held at the Springdale Municipal Building, 11700 Springfield Pike:

City Council
1st & 3rd Wednesday at 7 p.m.
Planning Commission
2nd Tuesday 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.
The promise of warmer temperatures and long-anticipated sunshine means it’s time to gear up for home improvements. Whether it’s finally addressing those much-needed repairs or making improvements to your castle to make it the showplace you’ve always dreamed about, it’s important to do it right.

The Springdale Building Department provides a service to the community by reviewing plans, issuing permits and making inspections of work to determine compliance with codes. Codes are in place to ensure safe, strong and healthy structures.

Permits for many improvements do not require a fee if a permit is obtained before work begins. For specific information regarding an individual improvement project, call the Building Department at 513-346-5730 or visit www.springdale.org for additional information.

### Improvements requiring a Permit

- Antennae, Satellite Dishes
- 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
- New Buildings
- Re-Roofing
- Structural Repairs
- Swimming Pools
  - (including inflatable ring type pools)
- Hot Tubs, Spas
- Utility Buildings, Sheds
- & Accessory Structures
- Water Heater Replacement

For more information on Springdale’s property maintenance programs, contact the Springdale Building Department at 513-346-5730 or visit www.springdale.org and click on the Building Department link.

### PROPERTY MAINTENANCE & ZONING ACTIONS IN 2007

By the end of 2007, the Springdale Building Department issued a total of 504 notices for Property Maintenance and Zoning Code violations.

<table>
<thead>
<tr>
<th>TYPE OF VIOLATION</th>
<th># OF NOTICES</th>
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<tr>
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<td>83</td>
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<tr>
<td>Residential Zoning ..........</td>
<td>70</td>
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<tr>
<td>High Grass Violation ........</td>
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<table>
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<tr>
<th>PROPERTY MAINTENANCE AND ZONING HOTLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>513-346-5734</td>
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</table>
Stormwater runoff can pose environmental dangers

With the spring rains on our doorstep, a little forethought could have a major impact on the amount of pollution that mixes with the rain as it makes its way into stormdrains and into creeks and streams. Here are a few simple tips on how each of us can minimize — if not eliminate — pollution of stormwater as it potentially enters our water supply:

- Use fertilizers sparingly and sweep up driveways and sidewalks.
- Never dump anything down storm drains.
- Vegetate bare spots in your yard.
- Compost your yard waste.
- Avoid pesticides; learn about Integrated Pest Management (IPM).

Direct downspouts away from paved surfaces.

Take your car to the car wash instead of washing it in the driveway.

Check car for leaks, and recycle motor oil.

Pick up after your pet.

Mulch landscaped areas to help prevent erosion.

For more information, log onto www.springdale.org/Strmwtr/NPDES.htm or www.epa.gov/npdes/stormwater.

City mulch available for free delivery

Springdale maintains a mulch pile as a by-product of the City’s Wood Chipper Service and Leaf Collection Program. Once each year, the chips and leaves are ground together creating a mountain of mulch. This mulch is used for City landscaping and the excess can be delivered free to residents on a first-come-first serve basis.

If interested, call 346-5520 to be placed on the request list. The mulch will be delivered to your driveway by dump truck. You can request either a full dump truck load (approximately 7-8 cubic yards) or a half dump truck load.

A cubic yard is equal to approximately 9 bags of mulch. Be careful to request only the amount you will need, because, once the mulch is dumped, crews cannot return to pick-up leftover material. The mulch is delivered once a year during the first week in May.

Free emergency preparedness starter kits available from SHD

If a natural disaster occurred right now — this very second — would you be prepared? What about if you were asked to “shelter in place” due to an outbreak of influenza? Would you have enough supplies for your family to remain in your home for two weeks?

These are sobering questions that need answered within each Springdale household... not because there’s some known impending doom, but because it’s just a good idea in an unpredictable world.

The Department of Homeland Security recommends each household have supplies on hand to survive for a minimum of three days. If an influenza pandemic occurs, a two week supply is recommended to minimize exposure by staying at home.

Emergency Kit

Basic Contents

Minimum 3 day supply

Two weeks recommended

Water: one gallon of water per day for drinking and sanitation

Food: Non-perishable products (be sure to have a hand-operated can opener)

Radio: Battery powered (with extra batteries)

Flashlight: include extra batteries

First Aid Supplies: including important medications

Consider having an emergency kit at work and/or in your car

To help residents get a good start on a preparedness kit, the Springdale Health Department is offering a starter kit free of charge while supplies last. The package contains a small first aid kit, a collapsible water container, a shelf-stable meal replacement food bar, and preparedness checklists helpful to creating emergency supply kits.

The starter kits are available at the Health Department in the City Building and at the Community Center.

For more information, call the Springdale Health Department at 346-5725.

For more information, log onto www.springdale.org/Strmwtr/NPDES.htm or www.epa.gov/npdes/stormwater.
Summer’s coming and, for many, that means vacation, travel and fun in the sun. Most people await the warm weather to make plans to get away and relax. However, with the distractions of planning for a trip, caution and safety preparations usually are forgotten.

A vacation can, understandably, become a very stressful experience if cash or credit cards are stolen, valuables are lost, or a home is found burglarized upon return. The Community Service Office of the Springdale Police Department offers these travel tips to help you have a safe and happy vacation experience.

Before You Leave
- Make copies of all the important documents in your wallet or purse, only carry those credit cards you will plan to use. Carry personal medical information on your person.
- Let someone know your itinerary and give them an emergency contact number.
- Arrange to have someone cut your grass and pick up circulars or flyers left on your doorstep.
- Call the Police Department and ask to be put on the Vacation Home Checklist.
- Stop mail and newspaper delivery.
- Lock all windows and doors, including basement and garage doors.
- Give your house a “lived-in” look by using timers on lights and radios.
- Pack a small flashlight in case power goes out at your hotel or motel.
- If you have a cell phone, take it and its charger with you.

On The Road
- Travel with the doors locked and valuables covered up so they are not easily visible. Keep windows up far enough so no one can reach inside.
- Stick to the well-traveled, well-lighted main roads, especially in unfamiliar territory.
- When parked, make sure that all of the car doors are locked whenever you leave your auto.

At the Hotel/Motel
- Check all the spaces in your room upon arrival.
- Familiarize yourself with the surroundings. Know the locations of the fire exits, fire extinguishers, elevators, and hallway emergency phones.
- Place your small flashlight near the bed.
- Keep your door locked, even when you are in the room. Use the door chain or bar latch, especially when turning in for the night.
- If someone knocks on your door and says they are hotel staff, call the front desk for verification as to who they are and why they are there.

If You Become A Victim
- Notify the local police immediately and make a report.
- If credit or debit cards were taken, notify your bank and credit card issuers.
- Put an alert on your accounts with one of the 3 credit bureaus.

For additional travel tips or safety information, contact Officer Dave Buschmann, Community Service Officer, at 513-346-5760.

Caring people from local agencies, churches, organizations, as well as concerned citizens have joined together to establish the non-profit agency Springdale Offering Support (SOS). The group’s mission is to coordinate community resources and unite individuals and families with elements of help and assistance within Springdale and surrounding areas.

As a Springdale resident, YOU are invited to be a part of SOS as a volunteer and/or a sponsor by making either a monetary or a service donation. Each contribution will be acknowledged by SOS with a response letter that can be used for tax purposes. All donations made to SOS will be directed to citizens in need in the local area.

Here are just a few ways SOS has made a difference:
- SOS coordinated an “Adopt a Family” 2007 holiday program. Local residents/businesses sponsored local families with children in need and provided them with food and gifts over the 2007 Holiday season.
- SOS adopted a special needs family in Springdale and is assisting them in securing resources and volunteer assistance to repair their home which underwent severe water damage.

SOS is building an assistance fund to provide aid to families in need. The group has also created a service provider registry. When a corporation or individual donates a service, those resources will be utilized to assist those in need.

Contact SOS at 346-5725 to request services, volunteer or make a donation. No contribution is too small.
Springs is just around the corner so it is time to start planning your garden. In a January presentation, respected area horticulturalist Ann Fox offered basic tips which should help establish a healthy garden this spring.

A former horticulture instructor at Cincinnati State, Ann is currently working with the Cincinnati Horticultural Society’s Spring Flower Show.

In her talk, Ann emphasized three garden tasks for this spring.

1. **Aerate:** Aeration isn’t the easiest task, but it should be done every year or two to keep the soil loose. Break up the top of your garden area with a hoe, pitchfork or tilling device.

2. **Compost:** Usually just after aeration, add compost material to enrich the soil with the nutrients needed to grow the plants, shrubs and/or trees you plan to add. The material you add should be specific for those items you will be planting.

3. **Water:** Since last summer was so dry, be sure to water well until your new plants are established. It usually takes two years for the soil, shrubs and trees to recover from the effects of long droughts. Later, top off the planted areas with mulch to aid in retaining moisture.

Ann has helped the Garden Club with several projects, including the Community Center planters, the Triangle Park south of the Municipal Building on SR 4, and the Butterfly Garden at the Elementary School.

If you want to learn the names of any of the trees, shrubs and plants in those areas, there are placards bearing their names. If the names are missing or are unreadable, contact Joan Knox at 674-7755 or e-mail efknox@fuse.net. Other information is also also available about the plant, such as whether it is an annual or a perennial, as well as suggestions for where to purchase the item in question.

### Springdale seeks medical pros for area preparedness registry

It's a project that — hopefully — will never be needed. In Springdale’s ongoing efforts to be prepared for the unexpected, the Health Department is developing a registry of anyone with medical training. Those interested would become a part of an organization known as the Tri-State Medical Reserve Corps.

The group would be comprised of those with special training who would play critical roles in the aftermath of a large scale medical crisis that could impact the Springdale area.

Similar preparedness organizations have been established in neighboring areas as part of the Ohio Medical Reserves Corps to identify specifically trained and credentialed healthcare individuals willing to respond to emergencies.

Joining the Tri-State Medical Reserve Corps would require a minimal time commitment. By joining, members would gain liability protection and free training that would help them to better respond to a wide-spread medical need.

Registration for the group is available at www.serveohio.org. The first free training “Introduction to Medical Reserve Corp” will be held April 24, from 6 - 8 p.m. at the Norwood High School, 400 Sherman Avenue, 45212.

For more information, or to register for the above training, call Jean Hicks BSN RN at 346-5727.
SPECIAL EVENTS & SEASONAL PROGRAMS

BACKYARD COMPOSTING
Wednesday, April 16 • 7 pm
With all the buzz about “green”, we have an easy solution for you to become more eco-conscious in your daily life: backyard composting. Our speaker for this informative seminar is John Duke. Mr. Duke is a Certified Master Gardener, Certified Master Composter and founder of the American Compost Society. He will reveal all the secrets of easy and efficient backyard composting. Compost is the key to taming Cincinnati clay to get great garden soil. Ohio State University research showed that mulching with compost reduces the insects and pathogens and can give you up to five times the flower bloom. Please call 346-3910 to register for this FREE seminar.

ARBOR DAY CEREMONY
Friday, April 25 • 4 pm
The Springdale Parks and Recreation Department in conjunction with the Public Works Department will plant a tree on the Community Center grounds to celebrate Arbor Day and the City’s status as a Tree City USA.

OPENING DAY PARADE/CEREMONY
Saturday, April 26 • 9 am
Join the Youth Boosters and the spring sports teams for this fun parade! The parade route is from the Value City parking lot to the Community Center.

BICYCLE SAFETY PROGRAM
Kickoff: Saturday, May 3 • 10 am - 4 pm
Springdale Community Center
The Police Department, in conjunction with the Parks & Recreation and Fire Departments, will sponsor the Bicycle Safety Program Kickoff Event at the Community Center. Free bike helmets and bike lights will be given away with each bicycle registration. Free hot dogs and soft drinks will be provided! Bicycle inspections, registration and safety instruction will be offered.

Bicycle registration will also be available at these locations throughout the summer:
May 31
10 - 11:30 am • Heritage Hill Elementary School
12:30 - 2 pm • Mallard Lakes Rental Office
2:30 - 4 pm • Knolls Condos Club House

June 7
10 am - noon • Cameron Park
1 - 3 pm • Colony Apartments

June 21
10 am - noon • Beacon Hill Park
1 - 3 pm • Underwood Park

TEEN NIGHT AT THE POOL
Fridays, June 13 & August 15 • 7 - 10 pm
Springdale Community Center teens and their guest ages 12-17 can enjoy music, dancing, games and food while swimming! Tickets are $2

HOMETOWN FAMILY 4TH
Friday, July 4 • 6 - 10:30 pm
The fireworks begin at approximately 9:30 pm. For your convenience, shuttle buses will operate from Springdale neighborhoods during the event. Look for more information in June.

WOMEN’S USSSA QUALIFIER SOFTBALL TOURNAMENT
July 26-27
Watch some of the region’s finest women’s slow pitch teams compete for a spot in state and regional championships.

YOUTH SPORTS

SIGN-UPS MAY 1-31
All Youth Program Participants must possess a 2008 membership at the time of sports sign-ups.

INSTRUCTIONAL SOCCER: Introduce your child to soccer in this league! Instructional soccer teams play in a positive, relaxed setting. Open to children ages 4 - 6 by July 31, 2008. Early Bird Registration is $20 through May 31. Beginning June 1, registration is $25.

SAY SOCCER: Children ages 6 and older (by July 31, 2008) may participate in this recreational league that encourages participation and good sportsmanship. Early Bird Registration is $40 through May 31. Beginning June 1, registration is $45.

TENNIS
Six week session for children 6 & older
Wednesday, June 11 - July 16
Beginners: 6 - 7 pm
Advanced: 7 - 8 pm
Get out and learn a great new sport! Group tennis lessons are a fun way to start a new game or improve your skills. Lessons are offered June 11 - July 16 for children 6 & older. The fee is $20 for members, $25 for non-members. Contact Lillie Mack at 742-2164 for more information.

Springdale Community Center

REGULAR HOURS

MONDAY - THURSDAY ............ 7 AM - 10 PM
FITNESS CENTER & INDOOR TRACK OPEN AT 6 AM
FRIDAY ........................................... 7 AM - 9 PM
FITNESS CENTER & INDOOR TRACK OPEN AT 6 AM
SATURDAY ................................ 9 AM - 5 PM
SUNDAY ........................................ 1 PM - 9 PM
TUESDAYS ARE SUBJECT TO CHANGE AND WILL BE POSTED AT THE COMMUNITY CENTER.

HOLIDAY HOURS

MEMORIAL DAY ...................... 1 - 9 PM
MONDAY, MAY 26
INDEPENDENCE DAY ............. 1 - 5 PM
FRIDAY, JULY 4

CENTER MEMBERSHIPS

ACTIVITY MEMBERSHIPS
INCLUDES USE OF GYMNASIUM, GAME ROOM, TRACK, TENNIS COURTS, COMPUTER LAB AND ELIGIBILITY FOR YOUTH & ADULT SPORTS PROGRAMS

FITNESS MEMBERSHIPS
INCLUDES ABOVE, PLUS FITNESS CENTER MUST BE 16+ TO USE FITNESS CENTER (14 & 15 WHEN WITH A PARENT)

POOL MEMBERSHIPS
INCLUDES ALL OF ABOVE, PLUS POOL

RACQUETBALL MEMBERSHIPS
REQUIRES ACTIVITY, FITNESS OR POOL MEMBERSHIP

SENIOR CITIZEN MEMBERSHIPS
FREE
RESIDENTS 62 AND OLDER MAY OBTAIN A FREE POOL MEMBERSHIP FOR THEM AND THEIR SPOUSE

BUSINESS MEMBERSHIPS
$150 $200
FOR FULLTIME EMPLOYED SPRINGDALE BUSINESSES
INCLUDES ALL FACILITIES. PARTICIPATION IN YOUTH OR ADULT SPORTS PROGRAMS ON AVAILABILITY BASIS ONLY. LEAGUE REGULATIONS MAY APPLY.
ENRICHMENT PROGRAMS

CERAMICS
Wednesdays • 6:30-9:30 pm

CREATIVE STAMPING
First Monday • 10:00 am

CREATIVE STAMPING Too
Saturday, April 19 • 10:00 am - Noon

You’ll learn new techniques such as heat embossing and watercolor with ink. Never made a card before? No problem! This class is for all levels. All materials will be provided! Mothers, bring your daughters (please none younger than 12) for this fun-filled 2-hour class. The cost is only $8 for 5 cards. Register with payment at the front desk no later than the Wednesday before the class. Kids Corner will be Open!

GUITAR & BASS LESSONS
Eight sessions
Tuesdays • 7 - 8 pm

NEW ADULT CLASSES & PROGRAMS

BOOT CAMP
We Want YOU!
Wednesday & Friday • 0615-0700 (6:15 - 7 am)

Whether you’re a beginner, avid fitness enthusiast or just tired of the same routine it’s time to enlist in this whole new approach to exercise! Our motivating drill sergeant will give you a day’s worth of training; including sprints, lunges, weight training, and a few surprises! Start at any level and train to the next level all while burning fat and adding muscle! Before you know it you’ll be reenlisting for another tour of duty and it’s all for FREE! Crew cuts not required!

CARDIO DANCE FUSION
Tuesday • 7:15 - 8:15 pm
A Hot, Hot, Hot, cardio workout! This blend of calorie burning aerobics and dance moves will melt the pounds away! You’ll learn a variety of moves set to popular music to keep you movin’ and groovin’! Bring Water bottle, large towel, athletic shoes, and positive attitude. $5 per class (First Class is FREE!)

ZUMBA
Starts March 24
Monday • 7:15 - 8:15 pm
Zumba is like no other workout you will ever experience! It has become one of the fastest-growing, dance-based fitness crazes in the country and is coming to the Rec! This NEW fitness class combines dance and aerobic moves with Latin and other infectious international music. Not coordinated? Can’t dance? No problem! There’s no right or wrong way to Zumba. Even if you can’t do a step, just move how the music takes you! Zumba is more like attending a great party than an exercise class! Only $6/class! Kids Corner will be open!

OIL PAINTING
Wednesdays • 10:30 am - 2:30 pm

SCRAPBOOKING POWER HOURS
June into Spring!
Friday, April 18 • 6:30 - 8:30 pm
Do you have winter photos gathering dust, or are you looking for a fun and creative way to display your memories? Two hours dedicated to getting as many of your photos onto scrapbook pages for you to enjoy. You bring the photos and we will provide the materials! Cost is only $8. Stop by the front desk to register with payment. Kids Corner will be Open!

TENNIS
Wednesdays, June 11 - 16 • 8 - 9 pm
Learn the basics, or improve your game with group tennis lessons. The fee for members is $25, $30 for non-members. Contact instructor Lillie Mack at 742-2164 for more information.

WHAT’S COOKIN’
A Healthy Cooking Class
April 15 & May 13 • 6 - 7:30 pm
Have you thought about cooking healthier but didn’t know where to start? We have an easy fix - What’s Cookin’?- Springdale’s own healthy cooking class. You’ll learn simple and delicious recipes as well as tips for healthy shopping and substitutions to make your diet healthier. The best part is that you get to eat what you prepare!

APRIL 15: MEXICAN FIESTA
Homemade Fresh Salsa with Chips, Chicken Enchiladas, Multi-grain Rice, Cream Cheese Dessert Cups, Non-alcoholic Raspberry Orange Sangria Punch

MAY 13: GRILLING AMERICAN STYLE
Balsamic Bruschetta on Toast, Turkey Burgers, Cheesy Potatoes and Carrots, Grilled Peaches, Lemonade-Pineapple Twist

Cost for this fun class is only $5 per class. Please register by the Saturday prior to the class - class size is limited. Please note that all menus are subject to change with ingredient availability. Kids Corner will be open!

SPRINGDALE TEENS ADVENTURING FOR FUN (S.T.A.F.F.)
Get your teen involved in the community! Community Center members entering the sixth grade can join this group focusing on service and fun! It’s only $5 to get involved – and includes a T-shirt.

SEASONAL EMPLOYMENT OPPORTUNITIES
Each year the Community Center hires a number of individuals as seasonal employees. The jobs include: Lifeguard/Swim Instructors, Gate Attendants, Concession Workers, and Park Maintenance Personnel. Competitive wages are offered. If interested in seasonal employment, please inquire at the Community Center.
The Parks and Recreation Department has been busy making improvements to the Community Center and parks. This winter, the perimeter fences at the Community Center and Underwood Park were replaced. Additionally, backstops and overthrow fences were replaced at the Community Center.

Springdale Parks & Recreation earns honors

Springdale Parks & Recreation has earned three Outstanding Awards presented by the Ohio Parks and Recreation Association (OPRA) at their 2007 Awards of Excellence Dinner on February 10. A Marketing Award was received for Forty Days to the Fourth, the marketing/information campaign for the Hometown Family Fourth. The senior lounge and meeting room expansion project received a Facility Award for projects under $500,000. The Hometown Family Fourth won a programming award for Family Programs and Events. The awards are presented annually by OPRA at its state conference.

ADULT PROGRAMS

ITALIAN NIGHT
Part of the Experience Springdale Program
Saturday, April 26 • 6 pm

It’s a Wine Tasting! It’s a Pasta Party! Wait- it’s both! Come and enjoy a night out, without having to travel too far.

The evening will begin with a wine tasting provided by Ron Molnar of the Wine Source. You will taste a red and white wine and enjoy delectable cheeses that will tempt your palate.

Then it will be on to the “Create Your Own Pasta Buffet”, with your choice of pastas, meats and sauces. Also included will be a Caesar salad and Garlic bread. During dinner you will be entertained by the classic guitar melodies of Jim McCutcheon. Jim is an extremely talented and versatile musician who has been performing for more than 30 years. Take your time over dinner and enjoy the ambiance and good time with friends.

Plan to attend this event, sit back, enjoy and leave all the details to us. $12 for members ($15 for guests). RSVP by April 20 with payment.

For those of you with children, Kids Corner will be available free of charge for children 6 and under while you attend Italian Night!

Children from 7-11 years of age can enjoy our new youth program, Kids Night Out. Kids Night Out will be a fun-filled evening complete with snacks and games. For only $5, the kids will be well-entertained while you enjoy the festivities at Italian Night. Pre-registration is required.

AARP DRIVERS SAFETY CLASS
Thursday, April 24 • 9 am - 1 p.m. AND
Friday, April 25 • 9 am - 1 pm

This is the nation’s first and largest classroom refresher for motorists age 50 and older. Learn how to avoid driving hazards, minimal course fee, no tests, and auto insurance discounts in most states. Consult your insurance agent. The $10 fee per person is payable upon registration. Register at the front desk by Monday, April 21.

INVESTMENT CLUB
2nd Friday • 9:30-11:30 am

ADULT SPORTS

Participant must be 16 years of age or older to play in an adult sports program.

MIXED COUPLES SOFTBALL
Games are played Tuesday evenings, late April through July. Call for availability.

RACQUETBALL LEAGUES
Spring and summer leagues are offered for men and women at several different playing levels.

GET SOME INSTRUCTION!
Learn the basic shots and rules of racquetball with Jerry Allen. Lessons are open to members 12 years old through adult. Classes meet for 6 weeks on Saturdays from 10:30-11:30am. The session runs for six weeks and is free of charge. Protective eyewear and a racquet are required.

Consider the Community Center for your next party

Springdale residents and businesses may rent any of the Springdale Community Center rooms for parties, trainings, workshops, and meetings. Meeting rooms have a variety of A/V amenities, including wireless internet access. There’s a variety of rooms available for every need, including birthday parties and bridal showers. Rental rates are reasonable, so consider the Springdale Community Center for your next event!

Call 346-3910 for more information.

Stay Connected

Sign up for the Parks & Recreation E-News to receive information about upcoming events, announcements, facility improvements, and monthly updates. Simply send an e-mail to sccrec@springdale.org and ask to be added!

Good News...

Department facility improvements

The Parks and Recreation Department has been busy making improvements to the Community Center and parks. This winter, the perimeter fences at the Community Center and Underwood Park were replaced. Additionally, backstops and overthrow fences were replaced at the Community Center.

Springdale Parks & Recreation earns honors

Springdale Parks & Recreation has earned three Outstanding Awards presented by the Ohio Parks and Recreation Association (OPRA) at their 2007 Awards of Excellence Dinner on February 10. A Marketing Award was received for Forty Days to the Fourth, the marketing/information campaign for the Hometown Family Fourth. The senior lounge and meeting room expansion project received a Facility Award for projects under $500,000. The Hometown Family Fourth won a programming award for Family Programs and Events. The awards are presented annually by OPRA at its state conference.
1,2,3 SWIM!

Saturday, May 31 • 10:30 am - 11:15 am
Children ages 6 - 11 by June 1, 2008

Saturday, May 31 • 11:15 am - noon
Children ages 3 - 5 by June 1, 2008

For one day only, we are offering free swim lessons! Our very own Red Cross certified Water Safety Instructors will introduce your child to the basics of swimming and water safety. This program is a great introduction to our instructors and regular swim lesson program! It will help determine your child’s swimming ability so they can be correctly placed in a swimming class. Instructor-student ratio is 1-5. Space is limited, so register early! Please note on this date the pool will not open for open swim until 12:15 pm This class is not designed to teach a child to become a good swimmer or even survive in the water on their own.

FAMILY FUN DAYS AT THE POOL

Family Days at the pool were so successful last year we decided to bring them back in 2008 as Family Fun Days! We’ll have tons of fun activities on selected Sundays! Duck Races, Giant Twister, Balloon Launch plus more! Watch for more information about these fun filled summer activities!

MADE IN THE SHADE

Coming this summer is a new shade structure at the pool! Our members will enjoy a new 16x24 foot composite deck complete with a permanent awning! If you’re a shade seeker you’ll enjoy another option at the pool!

MEMBER/GUEST DAY AT THE POOL

During the dog days of August we will host a Member/Guest Day at the Pool. Bring your resident or non-resident guests to the pool for free and enjoy lounging around poolside! Enjoy hot dogs, games and special entertainment all for free!

Swim Lessons

LEARN TO SWIM THE RED CROSS WAY!
The American Red Cross Learn-to-Swim classes provide instruction to help swimmers of all ages and abilities develop their swimming and water safety skills. It is designed to give students a positive learning experience. Learn-to-Swim teaches aquatic and safety skills in a logical progression. The objective is to teach people to swim and to be safe in, on and around the water.

LEVELS 1 & 2

Level 1: This course marks the formal beginning of the Learn to Swim Program. Students will learn beginning water skills which they will progressively build on throughout the program. Some skills taught include: front and back floats and going under water. 5:1 student/instructor ratio.

Level 2: The objective of this level is to give students success with fundamental skills. Students learn to float without support and recover to a vertical position. This level marks the beginning of true locomotion skills. Students explore simultaneous and alternating arm and leg actions to lay the foundation for future strokes. 5:1 student/instructor ratio. Prerequisite: Level 1 and ages 4-6 by June 1.

Lesson Dates: 30 minute sessions are held each weekday for two weeks.

Sessions:
1A . . . June 9 - 20
2A . . . July 14 - 25
1B* . . . June 23 - July 3
2B* . . . July 28 - August 8

*Resident children enrolled in 1A or 2A classes may not enroll in 1B or 2B until 12 noon the last day of 1A or 2A class.

Class Costs: For 2008 Pool Members, classes are $5 per session. For non-Pool Members (Residents with Fitness or Activity Memberships), classes are $10 per session. Sign-ups begin April 14. Non-Resident classes are $20 per session.

LEVELS 3-6, JUNIOR SAILFISH

Level 3: The objective of this level is to build on the skills learned in level 2 by providing additional guided practice. Students are taught to coordinate the front crawl and back crawl. They are also introduced to the elements of butterfly and the fundamentals of treading water. Students will also learn to dive, along with safe diving rules. 8:1 student/instructor ratio. Prerequisite: Pass Level 2 and age 5 by June 1.

Level 4: The objective of this level is to develop confidence in the strokes learned thus far and to improve other aquatic skills. Students will increase their endurance and improve their skills by swimming front crawl and back crawl for greater distances. Students will continue to build on butterfly and will be introduced to elementary backstroke, breaststroke, sidestroke, and turning at the wall. 8:1 student/instructor ratio. Prerequisite: Level 3.

Level 5: The objective of this level is to coordinate and refine strokes. Students will work on refining all strokes and increasing their distances. They will also learn front and back flip turns. 8:1 student/instructor ratio. Prerequisite: Level 4.

Level 6: This class will refine strokes even further so students are able to swim with more ease, efficiency, power, and smoothness over greater distances. 8:1 student/instructor ratio. Prerequisite: Level 5.

Junior Sailfish: This class will provide special attention to improving the four competitive strokes and endurance. Ideal for students who might be interested in joining the Sailfish swim team or becoming a certified lifeguard. 8:1 student/instructor ratio. Swimmers must have some skill in the four competitive strokes before enrollment.

Lesson Dates:
All sessions last 4 weeks, Monday-Friday, for 30 minutes each day. There is a limit of 8 children per class.

Sessions:
1 . . . . . . June 9 - July 3
2 . . . . . . July 14 - August 8

Class Costs: For 2008 Pool Members, classes are $10 per session. For non-Pool Members (Residents with Fitness or Activity Memberships), classes are $20 per session. Sign-ups begin April 14. Non-Resident classes are $40 per session.

ADULT SWIM LESSONS

We will provide individual instruction to improve swimming skills. A maximum of ten adults will be enrolled in this class. Classes meet Thursday evenings from 6:30 - 7:30 pm for eight weeks beginning June 11.

Class Costs: For 2008 Pool Members, classes are $10 per session. For non-Pool Members (Residents with Fitness or Activity Memberships), classes are $20 per session. Sign-ups begin April 14. For Non-Residents, classes are $40 per session.

SPRINGDALE SWIM TEAM

If you like to win ribbons and medals and want to swim really fast, why not join the Sailfish Swim Team? The Sailfish Swim Team is a recreational team that belongs to the Northern Suburban Swim League. Children who have passed level 3 are eligible to join the team. Sign-up by May 31 and receive a free pair of swim goggles! For more information call Debbie Stahlgren at 851-3469 or Sharon Brooks at 671-1883. This program is open to Springdale residents and non-residents.

2008 Aquatic News
Mammography van to visit Community Center on July 29

The statistics are frightening: one in eight women is diagnosed with breast cancer. While monthly self breast exams are important for early detection of breast cancer, a periodic mammography check-up is equally important. The Springdale Health Department has arranged for the Jewish Hospital mobile mammography van to return to the Springdale Community Center on Tuesday, July 29, from 8 a.m. to noon.

A minimum of 15 participants are needed to ensure the van will make the stop, so call 686-3300 to schedule a 15 minute appointment. Insurance often covers the cost of the exam, which can be billed directly to your insurance. (Check to be sure Jewish Hospital is a panel provider on your policy).

Financial Assistance is also available for those without insurance. For insurance assistance, call Kelly at 686-3306.

Springdale Health Department offers a variety of services

The Springdale Health Department offers a variety of services to residents, including:

**Immunizations:** Immunization clinics are offered on the 1st and 3rd Wednesday of each month from 9 a.m. to noon.

**Screenings:** Glucose and Cholesterol Screenings are available on the 3rd Thursday of each month. The cost is $10. Participants must fast (no eating or drinking) for 12 hours prior to the test. Contact the Springdale Health Department at 346-5725 to schedule an appointment.

**Home Visits:** The Springdale Health Department conducts home visits and assessments free of charge to any Springdale resident in need of nursing assistance in their home. Contact the Springdale Health Department at 346-5725 for information.

Whooping cough vaccine offered to Springdale residents

Whooping cough is a condition which causes severe coughing spells, sometimes so severe that it requires a hospital visit. Infants and children already receive a vaccination (Dtap) to prevent the illness, also known in medical circles as pertussis. A Tdap “booster shot” is now being recommended to adolescents and adults. The booster vaccination is available from your family doctor or through the Springdale Health Department.

More information about the vaccine is available at [www.cdc.gov/nip](http://www.cdc.gov/nip).

What about those caps?

While #1 and #2 plastic bottles and jugs are recyclable, what about the hard plastic caps? Rumpke officials note that they are not recyclable and should be discarded in the regular trash.