The Springdale Veterans Memorial is nearing completion. The official opening ceremony has been planned for Memorial Day weekend in 2009. Only a few details remain to be completed at the quiet place of tribute on the northeast corner of Springfield Pike (State Route 4) and Lawnview Avenue.

The new schedule for opening ceremonies has allowed an extension of time to purchase individually engraved paverstones that will honor Veterans and non-veterans alike. The pavers are not limited to just Springdale residents. A paverstone can be purchased via the form below.

In addition to the final phase of paverstones to be installed, the Memorial Day opening will permit the installation of two life-sized bronze statues of a soldier and a sailor being crafted by renowned sculptor Gary Carson, completing all details planned for the memorial.

The concept for the memorial began to take shape in 2000 when Springdale City Council established the Veterans Memorial Committee.

**Donors sought for holiday program**

Springdale Offering Support (SOS) will again coordinate the “Adopt a Family” holiday program. Each sponsor will provide much needed assistance to a local family with children during the holidays. Sponsors will receive a brief description of the family, as well as the gender, age and gift preference for each child in the family. Sponsors provide each child on the list with one clothing item (T-shirt, sweat shirt, gloves/hat or sweat suit) and a few other items (toys/games) identified on each child’s wish list.

If enough donors participate, each family will also receive a grocery gift card for $30-$50 for holiday food items. Contact the Springdale Health Department at 346-5725 to “Adopt a Family” or make a donation to benefit the “Adopt a Family” Program.

**Holiday tree disposal**

City crews will collect holiday trees left at the curb between December 29 and January 8. Trees will then be picked up during the City’s regular weekly chipper schedule. If weather does not permit the chipper service, trees may be dropped at the Rumpke Sanitary Landfill from 11:30 a.m. to 3:30 pm on Saturdays, January 3 & 10.

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
Windstorm: a reminder for readiness

The September 14th windstorm impacted every resident in some way, some more than others. The damage that resulted from September’s hurricane force winds posed an immediate threat and was the focus of emergency personnel and city crews. The resulting power outages proved to be a long-term challenge for many residents, as well as City officials.

After addressing urgent safety needs in the early stages of the windstorm, the clean-up began. Two, sometimes three, chipper crews worked 12-hour days, 6 days a week, and 8 hours on Sunday from September 15 thru October 13 for a total of more than 2,500 hours. This process produced 243 loads equaling 2,430 tons of chips.

Residents and businesses should look upon the event as a reminder of just how vulnerable they may be to disaster. Since the storm involved wind only, had the weather system included heavy rains, the event would have been far worse.

Each resident and business should consider the event as a rehearsal — of sorts — to events which could be far more severe or long-lasting. As it was, many residents were forced to endure days without power, absence of communication, lack of gasoline (since pumps require electricity to operate), and — in some cases — a lack of readily available food or medication.

The Boy Scout’s motto is “Be Prepared.” It is a motto worthy of attention by each person in today’s uncertain world. Being prepared for an emergency — whether as a business or resident — takes advanced planning. Reacting to an emergency situation without proper preparation makes it almost impossible to address basic needs.

Popular literature on disaster preparedness states that individuals need to be capable of being self-sustaining for a minimum of three days. More information is available at www.ready.gov provided by the U.S. Department of Homeland Security.

Leafy pick-up in final weeks

Citywide leaf collection is underway. The final week for leaf pick-up on the west side of State Route 4 is December 8-12. The final week of pick-up on the east side of State Route 4 is December 15-19. Since demand cannot be forecast, crews may run behind schedule depending on volume and weather conditions.

You can help crews stay on schedule by keeping the following points in mind as you rake leaves:

- Leaves should be raked to the area between the curb and sidewalk (Please do not rake leaves into the street, since they could block drainage during heavy rainfall.)
- Do not rake branches, rocks, bottles or cans into the leaves.
- Keep trash separate from leaves.
- Do not block sidewalks with leaf piles.
- Do not bag leaves unless they are intended for regular trash pickup
- Remember that wet leaves can be slippery, so be careful!

For more information, call the Public Works Department at 346-5520.

City taxes due April 15

An “on-time” tax return filing must be delivered to the tax department by April 15th or postmarked the same date. 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.

Tax Department Hours
The Tax Department hours are M-F 8:00 a.m. to 5:00 p.m. and select Saturdays from 9 a.m. to 1 p.m. Certain evening hours will be offered in April (to be scheduled in early 2009).

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
For tax related questions, call the tax office at 346-5715 or visit the tax office at the City Municipal Building. (See the web site address noted above for Saturday hours).
Traffic Stop

A stressful time for driver and officer

Many articles have been written in police publications covering professional issues such as techniques for approaching vehicles, searching for illegal contraband and safety issues from the officer’s perspective. Few have been written for the benefit of a driver who should understand issues from an officer’s viewpoint.

Officers understand that a traffic stop — for whatever reason — is a traumatic event for most drivers. Likewise, every traffic stop is a stressful time for an officer as well. Police officers much prefer to have positive contact with citizens as opposed to the negative contact associated with stopping a motorist.

Enforcement of traffic laws, however, is a part of the job. Often, an officer is assigned to enforce a specific traffic law as a result of citizen complaints or, as in the case of the I-275 construction zone, by the request of the Ohio Department of Transportation (ODOT) and the contractor undertaking the road work. Officers also target high accident areas in the interest of public safety. Funding for specific areas of enforcement can come from federal, state or local funds.

When stopping a motorist, an officer has no idea who is in the vehicle. Information about the vehicle owner is readily available from an officer’s Mobile Data Computer, however, the owner may not be the driver. Other occupants are also unknown to the officer. While a motorist may feel an officer is making an overcautious approach, the officer is taking time to assess what tactics he is going to utilize.

What a driver may see as just a routine stop for a speeding ticket is exactly the opposite to the officer. “Routine” traffic stops have left too many officers injured, sometimes fatally. For safety’s sake, an officer will activate all exterior emergency lights to ensure approaching drivers exercise caution. Drivers and other occupants should remain in the vehicle, another precaution for the officer’s benefit.

Once contact is made by the officer, a driver will be required to provide a driver’s license, registration, and proof of insurance. After providing the documents, an officer usually reveals why the driver was stopped and may allow a brief period for a comment before returning to his cruiser. This is the time for the driver to make note of extenuating circumstances that may have contributed to the officer’s perception of a violation.

A driver is well advised to make an explanation brief and not argumentative. A traffic stop cannot be initiated without cause, so an officer’s observation of a traffic infraction is all that is required to issue a citation. The time to argue the case is in front of a judge.

The officer will try to limit the duration of the traffic stop, especially along heavily traveled highways. If stopped for a speeding violation, most jurisdictions do not require an officer to show the speed measuring device. Doing so prolongs the stop and exposes the officer and motorist to added exposure to passing traffic.

When stopped, be prepared to receive a citation. If stopped in a school zone, residential area or a construction zone, a ticket is issued in nearly every stop.

Don’t argue the merits of the ticket and be very careful of making disparaging or threatening comments toward the officer. Most police vehicles are equipped with video cameras that record each stop. The officer is equipped with a body mic that records all conversations which can be used as evidence.

TRAFFIC STOP

fun facts & myths

■ The odds of getting a ticket are relative to the age of the officer, so hope to see a graying old veteran to hobble into the rearview mirror

■ The odds of getting a ticket increase as the color of the officers uniform gets lighter. A dark blue offers some hope that a warning will be issue. A light gray uniform (the Ohio Highway Patrol) probably means that the driver will likely get a citation.

■ The top excuse for speeding is “I gotta go to the bathroom.” Forget about it... it doesn’t work.

■ Don’t be fooled into thinking it is less costly to go to court than pay the ticket. A court appearance may lead to court costs, not counting any time away from work.

■ Driving 15-20 miles an hour over the speed limit doesn’t save that much time and usually isn’t worth the added time to a trip caused by a traffic stop or the cost of a speeding ticket.

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
Cecil Osborn ..................... 346-5700

Assistant Administrator
Derrick Parham.................. 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
Residents may qualify for free sewage cleanup

Regardless of comprehensive preventive measures, sometimes it still happens. A prolonged rain event or a sewage blockage causes a nasty back-up into a basement.

When such an event happens, Springdale residents can get assistance from the Hamilton County Water-In-Basement (WIB) program. First offered in 2004, the WIB program provides free cleanup and damage claims assistance to home and business owners experiencing a sewage backup caused by a capacity issue or blockage in a public sewer.

The impacted resident can also have free backup prevention devices installed at the property if it has a history of sewer backups.

Since its introduction in January 2004, the WIB program has fielded 16,000 telephone calls, cleaned up more than 1,500 properties, and protected more than 580 homes with chronic issues from further backups.

Currently, the number of calls is holding steady at about 3,000-4,000 annually, with about ten percent of the callers receiving clean-up assistance.

After receiving a call, crews visit the property involved to determine the cause of the backup and whether free assistance can be provided. In most cases, a sewage backup is caused by roots or other blockages in the private sewer line between the property and the public sewer. Because the trouble does not involved the public system, the problem does not qualify for the WIB program.

Since 2004, the number of cleanups performed each year has been generally decreasing. The decline is attributed to WIB backup prevention devices in homes, cleaning and maintenance program for public sewers, and the construction of larger-capacity sewers across the county.

The WIB program is available to all Hamilton County residents and is free of charge. To report a sewage backup, call the Metropolitan Sewer District’s Customer Service Line at (513) 352-4900.

Where are you keepin’ your cans?

The Springdale Property Maintenance Code limits where residents can store garbage cans. Except when placed at the curb for pick-up, trash cans must be stored in the side or rear yards. When placed in the side yard, trash cans must be screened from view from the street by a fence, wall or landscaping.

The Property Maintenance Code allows trash cans to be placed at the curb after 6 p.m. the night before trash collection. They must be removed from the curb by 6 a.m. the day following collection.

Check heating units before use

In most cases, a flip of a switch can turn on furnaces that have been dormant all summer. Yet few residents have given a second thought to whether or not their heating system is safe to operate.

The Springdale Fire Department notes the importance of having a heating system checked annually by a qualified professional. Furnaces, fireplaces, wood stoves and their chimneys should be inspected and cleaned prior to the start of every heating season. With the high cost of traditional heating, many residents have purchased alternate heating sources, such as kerosene heaters and wood burning stoves. When using alternative portable heaters, remember that they need to be placed at least three feet from anything that could burn.

While flames and heat are obvious dangers, be equally mindful of the invisible dangers of carbon monoxide — a colorless, odorless, potentially deadly gas produced by fuel-burning equipment, such as furnaces, wood stoves, fireplaces, and kerosene heaters. Each property should have at least one carbon monoxide alarm installed near sleeping areas.

Carbon monoxide poisoning results in flu-like symptoms. Victims complain of a headache, dizziness, weakness, nausea, vomiting, chest pain, and confusion which can escalate to unconsciousness and death. If carbon monoxide poisoning is suspected, or a carbon monoxide alarm sounds, immediately vacate the building and go to a neighbor’s home to call 911.

In addition to carbon monoxide detectors, every Springdale home and business should have working smoke alarms installed on every level and near each sleeping area.

For information or help with a smoke alarm, call the Springdale Fire Department at 346-5580.

PROPERTY MAINTENANCE & ZONING ACTIONS IN 2008

The Springdale Property Maintenance Code requires that properties be maintained to specific minimum standards. This not only protects the occupants of the property, but also their property values and, more importantly, the property values of the entire neighborhood. The Springdale Zoning Code assures that uses are compatible with the property and the neighborhood as a whole. The Springdale Building Department proactively enforces these two codes through a variety of programs.

The following tabulation of violation notices reflects the results of this enforcement effort from January 1 through October 29, 2008:

<table>
<thead>
<tr>
<th>TYPE OF VIOLATION</th>
<th># OF NOTICES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Residential Property</td>
<td>827</td>
</tr>
<tr>
<td>Maintenance</td>
<td></td>
</tr>
<tr>
<td>Residential Zoning</td>
<td>133</td>
</tr>
<tr>
<td>High Grass Violation</td>
<td>107</td>
</tr>
<tr>
<td>Commercial Property</td>
<td>32</td>
</tr>
<tr>
<td>TOTAL</td>
<td>1,099</td>
</tr>
</tbody>
</table>

PROPERTY MAINTENANCE AND ZONING HOTLINE
513-346-5734
Service, communication are focus of recent improvements

Springdale Parks and Recreation is making several changes to help improve service and communication with members and residents.

Relocation of Front Desk
The most notable change is the relocation of the front desk. The main work station has been moved to the area facing the entryway to better serve guests, as well as improve security by monitoring those entering and leaving the facility.

New ID cards & membership system
Thanks to a new computer system which will be introduced January 2, memberships will be provided throughout the year on rolling expirations. Currently, all memberships expire on February 28. With the new system, memberships will expire a year from the date of purchase, or a year from the current expiration date, whichever is later. For instance, 2008 memberships renewed in January will expire on February 28, 2010. A member renewing a membership on March 24 will have a new expiration date of March 24, 2010.

With membership renewals, a new membership card will be issued that will eliminate the need to reprint cards every year. All members will need to get their picture taken for their new cards this year.

Utilization tracking & accountability
Over the next several months, changes will be introduced for memberships and entry procedures. Beginning in December, to better track usage of the Community Center and the various offerings, membership cards will be swiped to record the visit and use of areas such as the gym and track. The new cards will also be swiped by the pool gate attendant to gain entry to the pool.

Communication to target interests
In an ongoing effort to minimize the use of paper, the Parks and Recreation Department will introduce an e-mail system that will notify members of programs and offerings specific to their interest. Under the new communication system, members can customize their areas of interest, whether those areas are youth sports, fitness tips or adult programming, to mention a few.

The new communication plan began by eliminating the Fall/Winter Fun Guide. Highlights of programs will continue to be published in the Springdale Newsletter, however emails will provide a more timely and targeted communication to members. In addition, specific facilities will be featured in printed material that will not have a limited shelf-life. The Parks & Recreation website is being redesigned to allow more frequent updates, with a completion by the winter of 2009.

SPECIAL EVENTS & SEASONAL PROGRAMS

SPRINGDALE YOUTH BOOSTERS
CINEMA HORSE RACES
Saturday • February 21 • 7 pm • Auxiliary Gym
The Youth Boosters will again host their annual Cinema Horseraces on Saturday, February 21 in the auxiliary gymnasium. The doors open at 7:00 PM. Call or stop at the Community Center to get tickets.

SPRINGDALE’S GONE WILD! FREE
Monthly • 7-8 pm
Our wildlife series is very popular with people of all ages. Naturalists from the Hamilton County Park District lead these monthly educational and entertaining programs.

JANUARY 20: REPTILES & BIRDS OF PREY
Come see live animals!
FEBRUARY, MARCH & APRIL: To be announced.

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

Parks & Recreation
wins state honors

The Ohio Parks and Recreation Association (OPRA) has recognized Springdale Parks & Recreation for outstanding achievement in programs and marketing in 2008. Superior programming awards were received for “1,2,3 Swim!” and “Experience Springdale.” In addition, honorable mention was received for Junior Olympics. A meritorious marketing award was received for the Inside Scoop, the adult/senior newsletter.

The Awards of Excellence are judged by parks and recreation professionals throughout the state, and presented annually at the OPRA state conference.
Participants Council seeks members
The Participants Council provides staff with ideas for programs, activities, speakers and topics. The group meets monthly. Springdale Community Center members are welcome to participate. Sound interesting? Call 346-3910 for the date and time.

YOUTH SPORTS & PROGRAMS

Teen Night At The Rec
January 23, February 20 & March 20 • 9 - 11 pm
On these nights, the Community Center belongs to teens only from 9-11 p.m. Youth in grades 6 through 12 or who are members of S.T.A.F.F. may spend the evening participating in group activities such as basketball, dodgeball, volleyball, wallyball, or playing one of the many games in the game room such as pool, table tennis, foosball or air hockey. Food and drinks are available free of charge. The cost is $2.00 person. Members may also bring a friend by paying the necessary guest fee of $2.00 per person. Members must bring their Community Center ID card and guests must show a photo ID.

S.T.A.F.F.
Springdale Teens Adventuring For Fun (STAFF) is for teens 6th-12th grade. Activities and events are run by teens with the guidance of the Parks and Recreation Department staff and parent volunteers. Their mission is to serve the community by sponsoring projects and providing manpower for community programs and events and to organize fun activities that appeal to teens. If you are looking for fun activities, a way to meet new friends, and an opportunity to serve the Springdale community, come see what it’s about! The cost is $5, which includes a t-shirt.

Slimnastics
Monday, Wednesday and Friday • 9 - 10 pm
This hot cardio workout combines calorie burning aerobics with dance moves that will melt the pounds away. Learn a mix of funk, Latin, jazz and hip-hop dance moves. Class fee is $5 per class. (Buy 4 classes and get 1 free.)

Zumba
Mondays • 7:15 - 8:15 pm • Studio.
Ditch the workout, join the party! Set to Latin and other international music, this workout combines dance and aerobic activity. Start at any level and train to the next level while eliminating fat and creating lean muscle!

Guitar & Bass Lessons
Tuesdays • 7 - 8 pm
Lessons are offered over an eight week period at a cost of $96. Class size is limited to 12 students. Call instructor Ed Riley at 671-1760 for information. Students must provide guitar, small amplifier and headphones.

Slimnastics
FREE
Monday, Wednesday and Friday • 9 - 10 pm
Slimnastics is an energetic fitness class for women directed by Instructor Sue Smith.

ZUMBA
Mondays • 7:15-8:15 pm • Studio.
Ditch the workout, join the party! Set to Latin and other international music, this workout combines dance and aerobic moves. Through interval training of fast and slow rhythms, Zumba will sculpt and tone your body.

ADULT CLASSES

Body Sculpting
Fridays • 6 pm
Using free weights and exertubes, come enjoy this class of muscle toning and strengthening, all set to the latest music. Call Elaine Smith at 575-1620 for information and class costs.

Get Up & Go Boot Camp
Mondays • 5:30 - 6:30 pm (beginning in January)
Wednesday & Fridays: 6:15-7 pm.
Join Drill Sergeant Jay Dennis for a day’s worth of training including sprints, lunges, weight training and aerobic activity. Start at any level and train to the next level while eliminating fat and creating lean muscle!

Cardio Dance Fusion
Tuesdays • 7:15 - 8:15 pm • Studio.
This hot cardio workout combines calorie burning aerobics with dance moves that will melt the pounds away. Learn a mix of funk, Latin, jazz and hip-hop dance moves. Class fee is $5 per class. (Buy 4 classes and get 1 free.)

Cardio Kickboxing
Tuesdays, Thursdays & Sundays • 6 - 7 pm
Saturdays • 11 am - noon • Studio.
The cost is $65 for 8 weeks/$35 for 4 weeks/$5 per class for walk-ins. Call instructor David Seiwert at 825-7449 for more information.

Creative Stamping
1st Monday/Monthly
The class offers instruction and support to create lovely seasonal cards. All materials are supplied and each student will complete five cards for the low cost of only $8, due at registration. Deadline to register is the Friday prior to the class (A class minimum of 5 students needed.)

Guitar & Bass Lessons
Tuesdays • 7 - 8 pm
Lessons are offered over an eight week period at a cost of $96. Class size is limited to 12 students. Call instructor Ed Riley at 671-1760 for information. Students must provide guitar, small amplifier and headphones.

Jazzercise
Tuesdays, Thursdays & Saturdays • 9:30-10:30 am
Mondays & Wednesdays • 6 - 7 pm.
Call Elaine Smith at 575-1620 for information and class costs.

Slimnastics
FREE
Monday, Wednesday and Friday • 9 - 10 pm
Slimnastics is an energetic fitness class for women directed by Instructor Sue Smith.

Zumba
Mondays • 7:15-8:15 pm • Studio.
Ditch the workout, join the party! Set to Latin and other international music, this workout combines dance and aerobic moves. Through interval training of fast and slow rhythms, Zumba will sculpt and tone your body.
ADULT/SENIOR PROGRAMS & ACTIVITIES

For information on any programs offered at the Community Center, call 346-3910.

AARP INCOME TAX HELP
As 2008 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 for appointments for this free tax filing service for those senior citizens with simple federal and state returns.

BOB ROSS PAINTING w/ Verna Akin
One Tuesday/ Month • 10 am - noon
Don’t miss the chance to learn from a fabulous artist and teacher, Verna Akin. If you ever thought about learning to paint and were hesitant to try, this is your chance! Meeting in the Arts & Crafts Room, you will learn how to paint landscapes, wildlife and florals with ease. Students must supply one roll of paper towels, one tub of baby wipes and one 16x20-inch stretch canvas. Registration is required. Fee is $40 per class.

OIL PAINTING
Wednesdays • 10:30 am - 2:30 pm
Bring your own supplies and enjoy painting with friends. Bring a bag lunch. Drinks are available from the vending machines.

INVESTMENT CLUB
Second Friday/Monthly • 9:30 - 11:30 am
All adult and senior members are invited to join this group to learn about investing and the stock market. For information, contact Marti Puthoff at 870-9776.

ADULT SPORTS

ADULT VOLLEYBALL
Tuesdays • 8:30 pm
Adult open gym volleyball begins in January. Stop in and play a couple of games of pick-up volleyball. Members 16 years old and older play for free, guest fees apply for non-members.

WOMEN’S VOLLEYBALL
Wednesday Evenings • Begins in January
The women’s recreational volleyball league is offered for players who are 16 years old or older and have a current Community Center membership. Team rosters are limited to 12 players and may include 5 non-residents. Non-resident teams will be accepted and pay a slightly higher fee. Resident teams will be given first preference into the league.

RACQUETBALL INSTRUCTION
Saturdays • 10:30 - 11:30 am
Free racquetball instruction is offered on Saturday mornings in a six week series for members 12 years old through adult. Learn the basic shots and rules of racquetball with Jerry Allen. Protective eyewear and a racquet are required. Register by calling the Community Center at 346-3910.

PRIME TIME DINERS
Monthly • 5 pm (Departs at 6 pm)
Meet with friends at 5 pm at the Community Center for light refreshments before heading to an area restaurant for dinner. Registration is $1 and dinner is on your own. Stop by the Community Center front desk for a schedule and to register.

BLOOD PRESSURE CHECKS
3rd Tuesday/Monthly • 10:30 am - 12:30 pm
FREE

GRIEF TO PEACE
4th Thursday/Monthly • 5:45 pm • Senior Room
We have partnered with Spring Grove Family to offer a monthly evening for those experiencing grief. Call the Community Center at 346-3910 to register.

LOW IMPACT FUNCTIONAL EXERCISE (LIFE)
Tuesdays/Thursdays • 11 am - noon
This FREE class focuses on improving your strength to help you safely perform the activities of daily living with improved balance and stability. Whether lifting a bag of groceries or standing up from a chair, every task depends on functional strength for successful execution.

LET'S GET FIT
Mondays/Wednesdays • 10:30 - 11:30 pm
There are many benefits associated with this class including working major muscle groups to increase strength and flexibility, improving strength for daily living, reducing the risk of falls, reduces stress, enhances muscle and endurance. The class follows a video “Resisting Muscle Loss” offered by the Hamilton County General Health District.

LINE DANCING WITH THE HELTS
Mondays • 1 - 2 pm
This class is a great way to exercise and have fun at the same time! If you can stand, walk, move from left to right and enjoy a variety of music, this class is perfect for you! Wear comfortable soft soled shoes and enjoy learning how to line dance! Fee is $4 per class.

AFTERNOON AT THE MOVIES
One Saturday/month • 2 pm • Senior Room
December 20: Polar Express
This FREE program includes popcorn and soft drinks. Call the Community Center to reserve your free seat.

RED HAT SOCIETY
First Friday/monthly
Join us for a monthly visit to area tea rooms for delightful food and conversation. Call the Community Center at 346-3910 for times and locations.

ADULT/SENIOR PROGRAMS & ACTIVITIES

Come join the fun!

WEEKLY EVENTS

DUPLICATE BRIDGE
Mondays • 12:30 - 4 pm
Call Lew Chizer at 812-637-1441 for information.

PARTY BRIDGE
Tuesdays • 12:30 - 4 pm
Contact Barb Slaughter at 772-2302 for information.

CANASTA
Thursdays • 1 pm

EUCHRE
Fridays • 1 - 3 pm
Contact Jo Ann Frech at 671-6663 for information.

PINOCHLE
Mondays • 1 - 4 pm

500
Thursdays • 9:30 am - noon
Call Maria Schottelkotte at 942-2350 for information.

CORN HOLE
Wednesdays • 12:30 - 3 pm • Auxiliary Gym

SENIOR CITIZEN CHAIR EXERCISES
Tuesdays • noon
Fitness Center Manager Jay Dennis leads the program. Stop by the Fitness Center and ask about this program. Stop in and take part. This program is held at the Springdale Senior Citizens group meeting.

CHAIR VOLLEYBALL
Mondays/10-11:30 am • Wednesdays/1-2:30 pm
Join this fun activity along with others 55 and older. Players are seated in chairs and a beach ball is used instead of a volleyball. There are an unlimited number of hits to return the ball.

SILVER SCREEN CLASSICS
Weekly • 1 pm
Join the group at the Showcase Cinemas for a classic feature. Admission is just $2, which includes, popcorn, a drink and cookie!

SPRINGDALE SENIOR CITIZENS CLUB
Tuesdays • 9:30 a.m.
Meet new people! The Springdale Senior Citizens Club is open to residents who are at least 55 years of age. Call 346-3910 for more information.

2009 Travel Expo
Friday, January 23 • 1:30 pm • Community Center
Get ready to pack your bags and attend one or several of the trips we have planned for the year.
Trash pick-ups to be delayed during upcoming holidays

The Christmas and New Year holidays both fall on a Thursday this year. As a result Thursday and Friday trash pick-ups during those weeks will be delayed by one day. Residents whose trash is collected on Thursday will have their trash collected on Friday after each of the two holidays. Residents whose trash pick-ups are usually on Friday will have their trash collected on Saturday.

Immunizations offered monthly at the Municipal Building

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

Immunization Clinics are provided on the first and third Wednesday of each month from 8:30 to 11:30 a.m. at the Municipal Building at 11700 Springfield Pike. Appointments are not necessary. One should bring his/her immunization record with him to the clinic, if one is available. Parents should bring their children’s immunization records. Vaccines are free to those without insurance or with Medicaid.

Immunizations given include Diphtheria, Tetanus, Pertussis (DTaP, Td, Tdap), Polio (IPV), Measles, Mumps, Rubella (MMR), Haemophilus Influenzae Type b (Hib), Hepatitis A (children), Hepatitis B (children), Human Papillomavirus (HPV) (adolescent), Influenza (Flu), Meningococcal Conjugate (adolescent), Pneumococcal Conjugate (children), Rotavirus, and Chickenpox (Varicella). TB Skin Tests are also offered.

Lipid/Glucose Profiles are provided on the third Thursday of each month from 8 to 11 a.m. Participants must fast (no eating or drinking of liquids other than water) for 12 hours prior to the test. Contact the Springdale Health Department at 346-5725 to schedule an appointment. Included in the profile are Total Cholesterol, Triglycerides, HDL, LDL, HDL/TC Ratio and Glucose. (The cost is $15.)

Key retirements announced

The Springdale Public Works Department will lose 83 years of experience with the retirement of three long-time employees. Charles Radeke, Homer Martin and Deborah Atwood have announced plans to retire on January 31, 2009.

Charles began employment with the City in 1977 as a Maintenance Worker. He has been a Crew Leader since 1980. Homer became a Maintenance Worker with the City in 1979. Deborah began her City employment in 1985 as a Clerk-Typist in the Tax Department before her promotion to Account Clerk. She transferred to the Public Works Department and has served as Administrative Assistant in the Department since 1993.