With the challenges facing the nation’s economy, particularly the housing sector, the need to maintain property values has never been more important. Keeping properties within maintenance codes has been a focus of Springdale City Council for some time. During difficult economic times, however, funds may be limited to make improvements or necessary repairs. A variety of programs may assist Springdale residents whose property needs repairs or who simply want to make desired improvements.

Springdale Home Improvement Repair Program

Springdale’s Home Improvement Repair Program provides a reimbursement up to $1,000 for costs associated with exterior repairs to owner-occupied dwellings. Applicants must meet income guidelines. An example of income eligibility for a household of 4 is a maximum income of $55,350. Repairs/improvements may not include pools, spas, landscaping, play equipment or new detached accessory structures. For more information on the program, visit www.springdale.org and click on the Building Department link. Information is also available by calling the Springdale Building Department at 346-5730.

Hamilton County Home Improvement Program

The City of Springdale participates in this county-wide program where homeowners may obtain loans through participating banks and receive a 3% discount on the typical interest rate offered for home improvement loans. Participation in the program is not limited by income.

Funds cannot be used for installation of luxury items, such as swimming pools or hot tubs. Loans are limited to a maximum of $50,000 and must be repaid within 5 years. Contact any branch of a participating bank; Fifth Third, Key, North Side, National City or US Bank. Additional information is available at http://www.hamiltoncountyohio.gov/hc/hc_hip.asp or by contacting the Springdale Building Department at 346-5730.

People Working Cooperatively

Low income households, persons with disabilities and elderly residents may qualify for help from People Working Cooperatively (PWC) to make critical home repairs. A non-profit organization, PWC performs actual critical repairs for the homeowner. To find out more about this program contact PWC at 351-7921 or visit www.pwchomerepairs.org.
MSD can help with sewage backups

During periods of heavy rainfall earlier this summer, some area residents experienced the heartbreak of water in their basements. In most cases, such water problems are the result of rainwater finding its way into basements through window wells or seepage through cracks. For some, however, the water may have been the result of a sewer backup caused when rainwater infiltrates and overwhelms a sewer line, causing water and sewage to enter a basement through a floor drain or a toilet in the lower level of a home.

Sewer back-ups have been minimized in recent years, thanks to ongoing work by the Metropolitan Sewer District (MSD) of Greater Cincinnati which aims to eliminate sewer back-ups entirely. As a service to residents, the MSD operates a 24-hour emergency service to help a homeowner determine if a back-up involves sewage and identify how the water entered the home.

If the back-up is the result of a public sewer problem, and not a homeowner’s lack of maintenance, MSD will provide clean-up assistance and pay expenses not covered by a homeowner’s insurance. In addition, MSD will work with the property owner to prevent future back-ups.

For assistance or to report a back-up, call MSD at 352-4900 anytime.

Contact info can be connected to driver’s licenses

A relatively new program has been introduced by the Ohio Bureau of Motor Vehicles (BMV) that allows those with an Ohio driver’s license, temporary permit or state identification card to provide two emergency contact numbers. The numbers would provide police with a contact who would be notified in the event of a serious accident that prevents a person from providing the information.

To submit two contacts to the BMV, visit www.bmv.ohio.gov (Under the heading Information and Services. Select more BMV services... Select Next of Kin Emergency Contact Enrollment Online). The information can also be provided by visiting an area BMV Deputy Registrar.

<table>
<thead>
<tr>
<th>TYPE OF VIOLATION</th>
<th># OF NOTICES</th>
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<td>Residential Property Maintenance</td>
<td>177</td>
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<tr>
<td>Residential Zoning</td>
<td>60</td>
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<tr>
<td>High Grass Violation</td>
<td>65</td>
</tr>
<tr>
<td>Commercial Property</td>
<td>6</td>
</tr>
<tr>
<td>TOTAL</td>
<td>308</td>
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Paversstones still available for Memorial

Personalized paverstones still can be purchased for placement at the Springdale Veterans Memorial. Each stone can include up to three lines of 20 upper case letters. The paverstone can be a lasting tribute to a loved one. Each stone is $25. For more information, call 346-5708. Order forms are available at www.springdale.org.
got a minute? the springdale health department needs your input

the springdale health department is gathering information about the health of the community. please take a few minutes to fill out the survey found on the next page. your participation will help us assess the health of our residents. the information that you provide will be used to develop future policies and health related programs to meet the needs of our community. everything is confidential!

we request that every member 18 years and older complete a survey. the survey can also be found online at www.springdale.org, the health department, and the neighborhood watch meetings.

when you are finished, please carefully fold the survey in half at the dotted line, seal with tape, and place it in the mail. you may also return it to the health department or into the box at the community center entrance desk. for answers to questions, please call 346-5725.

thanks for taking a few minutes in completing this survey!

health survey is on the next page

health department offers residents a variety of programs

whether you need your blood pressure and pulse checked or wonder whether your cholesterol or glucose (sugar) are normal or improved, the springdale health department can help. a variety of services can provide information about communicable disease or can offer children immunizations. elderly or special needs residents can also receive a home visit by nurse jean hicks bsn rn. she is also available to answer questions at 346-5727. all services except cholesterol/glucose tests are free. flu immunizations will be offered in the fall.

monthly health services

children immunizations:
1st & 3rd wednesdays (8:30 - 11:30 a.m.)
bring your child’s immunization record

blood pressure:
3rd tuesday • 10:30 a.m. – 12:30 p.m.
at the community center

home or office visit (or questions):
call jean hicks bsn rn at 346-5727

cholesterol/lipid/glucose test:
3rd thursday morning (8:00 -11:00)
$15.00-do not eat or drink anything except water for 12 hours before the test. call 346-5725 to schedule an appointment.
2009 Springdale Health Department Survey

Please check if you have any of the following illnesses (Check all that apply):

- Asthma, or other lung disease
- Cancer
- Diabetes
- Heart Disease
- High Blood Pressure
- Mental Illness
- Other ________________

Do you have a doctor?
- Yes   - No

Do you have a dentist?
- Yes   - No

Do you have health care insurance?
- Yes   - No

Is your blood pressure normal?
- Yes   - No
- I don’t know

Is your blood glucose (sugar) is normal?
- Yes   - No
- I don’t know

Are your cholesterol and lipid numbers normal?
- Yes   - No
- I don’t know

Do you use a “week-long pill box system” to help you remember to take your medications?
- Yes   - No

Do you smoke or use tobacco products?
- Yes   - No

If yes, are you interested in quitting?
- Yes   - No

Do you want more information about quitting?
- Yes   - No

Are you overweight?
- Yes   - No

In the past year, have you participated in a group exercise program?
- Yes   - No

Check the average number of days per week that you exercise for 30 minutes:
- 1   - 2   - 3   - 4
- 5   - 6   - 7

If you are female, do you drink more than one alcoholic beverage per day?
- Yes   - No

If you are male, do you drink more than 2 alcoholic drinks per day?
- Yes   - No

Do you feel moderately happy on most days of the week?
- Yes   - No

If No, are you receiving counseling or treatment?
- Yes   - No

Do you always wear your seat belt?
- Yes   - No

Did you get a yearly flu shot this past fall/winter?
- Yes   - No

Are your children up to date with their immunizations (shots)?
- Yes   - No
- I don’t know
- I do not have children

Are you over the age of 18?
- Yes   - No

Based on your health history and age, do you know how often you should have the following?

- Health Exam by a doctor
- Dental Exam
- Eye Exam
- Hearing test
- Cardiovascular tests (EKG/Stress test)
- Thyroid Function test
- Colonoscopy
- Bone Density test
- Skin Cancer Exam
- STD tests
- Mammogram
- Pap smear test
- Prostate exam
- PSA blood test

Have you called or visited the Health Department in the last year?
- Yes   - No
- Does not apply

If yes, were you satisfied?
- Yes   - No

Thank you for completing and returning this survey!

My Age:
- Under 18
- 18 - 24
- 25 - 34
- 35 - 44
- 45 - 64
- 65 - 74
- 75 or older

My Gender:
- Male
- Female

My Race:
- Black/African American
- Hispanic
- Multi-Racial
- White/Non-Hispanic
- Other
In a fire it’s the next most valuable device

What is the next best fire safety device for each home or business, next to a smoke detector? A fire extinguisher.

Fire experts recommend at least one fire extinguisher for every level of a home or small business. Units are available in various sizes and should be selected based on each family’s situation and who is most likely to be using the device. The most popular extinguisher is a five pound model.

Extinguishers also come with designations of A, B, C, or all three. The letter refers to what type of fire extinguisher is most effective. “A” refers to ordinary materials such as paper or wood. “B” refers to highly combustible materials such as cooking oil. “C” refers to electrical fires. If the extinguisher has all three letters, it’s good for putting out any kind of fire. The letters A and B will also have a number along with them; the higher the number, the more efficient the extinguisher at putting out that type of fire.

Fire extinguishers also have two kinds of valves: metal and plastic. The ones with metal valves are refillable after use; the ones with plastic valves are one time only disposables.

Fire safety experts recommend that an extinguisher be kept near the main exit. A location near the exit not only helps those likely to be using the device to remember where it is, but also it makes the device available as people are theoretically moving away from the fire. Another popular location for a fire extinguisher is in the kitchen, near the stove.

The vast majority of people will never use a fire extinguisher in their lifetime, or even see one being used. The skill, however, is important to acquire.

The first point to remember is to have someone call 9-1-1. Those who are alone would be well advised to find a place of safety where they can call 9-1-1 before trying to put out the fire.

With the fire department now responding, a small to moderate fire can be attacked with the fire extinguisher. At the top of each unit, near the valve, is a safety pin with a round piece attached to it. Quickly grab the round part of the pin, and pull it from the unit. Then point the nozzle at the base of the flames where the fire can be cut down at its source. From at least six feet away from the flames, hold the extinguisher upright and squeeze the trigger to begin releasing its contents. Move the extinguisher back and forth in a sweeping motion to get good coverage.

Be ready for a moderate sound and flume of chemicals as the extinguisher is discharged. Continue use of the extinguisher until it is empty or until the fire is out.

Pets can get free rabies vaccinations

Free rabies vaccinations will be provided without charge to all dogs and cats belonging to Springdale residents on Saturday, September 26. Vaccinations will be administered between 9 a.m. and noon at the Springdale Police Department on Lawnview Avenue.

An appointment is required by calling the Springdale Health Department at 346-5725. Pets must be on a leash or in a pet carrier. Pet owners should bring their pet’s current vaccination records.

In addition to free rabies vaccinations, microchip identification can be placed on the pet for only $15 (while supplies last).

In observance of World Rabies Day, the September 26 program is being offered by the Springdale Health Department and the College Hill Pet Clinic.
**Community Pride Yard Sale**
Saturday, August 8 • 10:00 am - 2:00 pm
Got Junk? Turn it into fast cash at the Community Pride Yard Sale! The Parks and Recreation Department will organize and advertise this enormously popular event and you will turn trash into treasure!

**Teen Pool Party**
Friday, August 7 • 7:00 - 10:00 pm
The Community Center pool will be the place for 12-17 year olds! A pool party will be sponsored by S.T.A.F.F. (Springdale Teens Adventuring For Fun). Community Center members (and one guest) are invited to attend for a charge of $2 each.

**Ladies Day At The Pool**
Thursday, August 20 • 12:00 - 3:00 pm
Adults can enjoy a day at the pool without the kids! Members of the Community Center pool can come free of charge. Fitness and Activity members can enjoy the day for a charge of $3 per person. Bring a float, cooler, and even a water gun to have a relaxing afternoon.

**Goldfish Swim**
Saturday, September 5 • Noon
More than 1,000 goldfish will be released into the pools for the children to catch. Prizes will be awarded. Pool members may enjoy this fun activity at no charge ($3 per child for Fitness and Activity members). Children should bring a plastic container to take their pets home with them.

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**Halloween Carnival**
Sunday, October 25 • 3:00 - 5:00 pm
The Center will host a Halloween Carnival for Springdale children 2 years old through 4th grade. Free tickets are available beginning Friday, October 2nd at the Center. Participation is limited to the first 200 sign-ups.

**Turkey Shoot**
Sunday, November 22 • 2:00 - 4:30 pm
Springdale Teens Adventuring For Fun (S.T.A.F.F.) will host their Annual Turkey Shoot at Springdale Community Center. This free-throw competition is open to the public. Come out and shoot some hoops for the chance to win a turkey! Cost to enter is two non-perishable food items that will be donated to needy families. Winners will be awarded in male and female categories divided from ages 5 and under to adults and seniors.

**Bat Walk**
Tuesday, August 11 • 8:30 - 9:30 pm
A Bat Walk is a wonderful opportunity to experience a Springdale park at night. Come to Ross Park and learn all about bats, and even get to hear some bats with a bat detector. Anita Buck, AKA The Bat Lady, will give a presentation about bats prior to the walk. Dress for the weather and walking in the woods. If it rains, this program will be canceled since bats don’t fly in the rain! All ages are welcome, with a maximum of 25 people. Register at the Front Desk or call 346-3910 if you plan to attend this FREE, fun and informative program.

**An Afternoon with Mark Twain**
Friday, August 28 • 11:30 am
The name Mark Twain invokes steamboats on the Mississippi, mischievous young boys and one of the greatest American novels ever written. Our August luncheon will transport you to another time. Mr. Twain, performed by Bill Harnett, will talk about his life and amaze and amuse you with the details.

The luncheon menu will be baked ham, scalloped potatoes, green beans, tossed salad and dessert. Cost is $7.50 for members and $10 for guests. Register with payment by August 26.

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**Senior Citizens Club**
Social Event: Tuesdays at 9:30 a.m.
Meetings: 2nd & 4th Tuesday at noon
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.

**A Look at Highpointers & OLLI**
Thursday, September 10 • 1:00 pm
Did you know that there is a highest point in each state? Individuals try to reach the natural elevation in all 50 states, a practice called “highpointing.” The Highpointers Club has more than 2,300 members that are striving to meet this goal! State highpoints range from Alaska’s Denali Mountain at 20,320 feet to Florida at 345 feet. Bill and Rosemary Deitzer will offer a presentation on highpointing during this seminar. Bill has achieved 45 state highpoints and Mary has accomplished 16. They will share their stories of their adventures attempting to reach the goal of 50 highpoints. Bill is also on the Board of Directors of the Highpointers Club and had hiked all 800 trail miles of the Great Smoky Mountain National Park and has hiked in all 50 states, as well as in 40 national parks.

Along with the seminar on highpointing, Leroy Peyton will speak about Osher Lifelong Learning Institute (OLLI). These affordable programs are a great option for those wanting to continue learning in retirement. Call 346-3910 to reserve your seat at this exciting seminar.

**Consentino & Jeff Roberts**
Friday, October 16 • 11:30 a.m.
Enjoy good German food and German music performed by Sally Lukasik.

**Bluegrass Luncheon**
Friday, September 25 • 11:30 am
The luncheon will feature Blue Grass music by Chris Cusentino & Jeff Roberts

**Electric/Bass Guitar Lessons**
Tuesday, 7:00 - 8:00 pm • Thursday, 7:30-8:30 pm
This popular program offered by the Parks & Recreation Department is offered to students 10 years old through adults. Students must provide their own guitar, small amplifier and headphones. Cost is $96 for the 8-week session and is required when registering. Class size is limited to a maximum of 12 students. Call instructor Ed Riley at 671-1760 with questions.

**Creative Stamping**
Monday • Aug 3, Sept 14, Oct 5, Nov 2 & Dec 7
Join Edith Hulsmann to make creative seasonal cards! You’ll learn techniques such as heat embossing or watercolor with ink. Not sure what the month’s cards will look like? Stop by the front desk and view the samples. All materials will be provided and each student will complete 5 cards for only $8 or 10 cards for $15, due at registration. Registration deadline is the Friday prior to the class.
**HEALTH & FITNESS**

**INTRODUCTION TO TAI CHI**  
Thursday, September 10 • 11:00 am

Instructor Ralph Dehner will introduce the participant to the ancient Chinese healing art of Tai Chi. Through meditation and gentle movements, Tai Chi generates stronger chi, or life energy. Benefits include stress reduction, increased balance, leveling of blood pressure and improvement of arthritis symptoms, to name a few. Call 346-3910 to reserve your place in this FREE class.

**ADULT DROP IN SPORTS**  
**Must be 18 or older**

August 30 – Ultimate Frisbee

We’re ready to take the fun outdoors! Come alone or bring a group of friends to our free monthly drop in sports night where you can act like a kid again. Join a Parks & Recreation staff member for a fun evening of kickball or ultimate frisbee where “backyard” style rules will be played. If mother nature doesn’t cooperate, we’ll move indoors for dodgeball or wallyball.

**STRICTLY ABS**  
**Mon/Wed/Fri • 6:15-7:15 am**

Did you know that just doing sit-ups will not flatten your abs or give you that “six-pack” stomach? Our Strictly Abs class will teach you how to eliminate excess fat and reduce the layer of body fat covering your abs. You will learn specific exercises to target your abs, as well as proper nutrition to shape up your core. Bring your barbells and a towel to this FREE class. Class begins August 5 and runs the month of August.

**YOUTH SPORTS SIGN-UPS**

**SEPTEMBER 1-30**

**NORTH VALLEY YOUTH BASKETBALL:**  
December-February

Children must be at least 7 years old as of July 31, 2009 to participate on a basketball team. Players must still be in school to play on a team. Sign-up cost is $40 ($45 after September 30).

**VOLLEYBALL**  
December-March

9-11 Year Olds: Any youth at least 9 years of age and not more than 11 by September 30. Games are played on Tuesday evenings. Sign-up cost is $15 ($20.00 after September 30).

12-15 Year Olds: Power volleyball will be offered for any youth between the ages of 12-15. Games are played on Sunday afternoons. Sign-up cost is $15 ($20 after September 30).

**CHEERLEADING**  
November-February

Children in 2nd through 5th grade will learn the basics of cheerleading and display their talents at the youth basketball games in Springdale. Sign-up cost is $15 ($20 after September 30).

**HEALTH & FITNESS**

**STAY FIT SENIOR EXERCISE CLASS**  
**Begins Thursday, July 30 • 1:00 p.m.**

A new senior exercise class is coming to the SCC! This 6-week class is FREE for our members. The hour-long class will allow mature adults the opportunity to learn a variety of exercise techniques including stretching, cardiovascular fitness, range of motion, Tai Chi, and line dancing.

This class is taught by Senior Fitness Instructor, Melissa Schmit. Melissa is certified through the Arthritis Foundation and Healthways. This session is sponsored by Personal Touch Home Health Services, a national home healthcare agency providing nursing, therapies and home health aides. Personal Touch is committed to promoting independence and wellness in the older adult community.

Call 346-3910 to register for this FREE class.

**JUST FOR YOUTH**

**BABYSITTING COURSE**  
Wednesday/Thursday, August 12-13 • 1:00 - 4:30 pm

The American Red Cross Babysitting Course will be offered at Springdale Community Center. Youths 12 and older may register for this class by calling 792-4000.

**JUNIOR OLYMPICS**  
Saturday, Sept 12 • Registration: 10:00 - 11:00 am  
Awards: around 12 noon

This event is comprised of 8 competitive events for boys and girls up to the age of 12. Registration will begin at 10:00 a.m. and end at 11:00 a.m. Events will begin at 10:00 a.m. and conclude at approximately 11:30 a.m. with awards to follow. Each participating child will be automatically registered to win door prizes that will be drawn during the awards ceremony. Please contact Jackie at goplay@springdale.org if you would like to volunteer or donate to the event.

**ADULT/SENIOR TRIPS**

**SINGLE DAY TRIPS**

**INDY ZOO & WHITE RIVER GARDEN**  
Wednesday, September 23

The Indianapolis Zoo is the nation’s only accredited combined zoo, aquarium and botanical garden. Located on 64 acres in White River State Park, it includes the world’s first fully submerged underwater dolphin viewing experience. Spend the day at this beautiful facility enjoying the animals, plants and dolphins! Cost: $56  Call Joy Tour & Travel at 777-8221 to register before August 12.

**GLEN MILLER ORCHESTRA AT BEAR CREEK FARMS**  
Wednesday, October 21

The Glenn Miller Orchestra is the most popular and sought after big band in the world! You’ll enjoy a sumptuous buffet luncheon before the band plays their unique jazz along with terrific swing dance music. Cost: $78. Call Joe Ramos, 247-1126, to register before September 18.

**OVERTIME TRIPS**

**AUTUMN IN NIAGARA FALLS & THE THOUSAND ISLANDS**  
Saturday-Wednesday • September 12-16

Come along on a terrific trip to beautiful upstate New York. You’ll experience the magnificent natural beauty of Niagara Falls and the Thousand Islands on the St. Lawrence River. Ride the Maid of the Mist tour boat and tour Goat Island. Enjoy a two-night stay at a resort located on the edge of the St. Lawrence River overlooking the beautiful Thousand Islands. Cost: $669. Call Joe Ramos, 247-1126, to register before August 5.

**AUTUMN IN THE BLUEGRASS AT RENFRO VALLEY**  
Friday & Saturday • October 9-10

Come along on a wonderful fall trip to Kentucky and see music legend Loretta Lynn at world famous Renfro Valley Entertainment Center. The trip also includes a driving tour of Lexington, UK, the town of Berea and Berea College. You will also visit the Kentucky Artisan Center, as well as take in an evening of horse racing at Keeneland. Cost: $279. Call Joe Ramos at 247-1126 to register before September 4.

**VERMONT COUNTRY CHRISTMAS**  
Sunday-Thursday • December 6-10

Enjoy a wonderful holiday vacation to Vermont! Trip highlights include overnight stays at the historic Brandon Inn, as well as the Trap Family Lodge. You will enjoy 3, 4 and 5 course meals as well as tours of the Vermont Teddy Bear Factory, Dakin Farms, Danforth Pewter Factory, Porter Music Box Factory and Ben & Jerry’s Ice Cream Factory...to name a few! Cost: $1140 (does not include airfare to Albany, NY). Call Joy Tour & Travel , 777-8221, to register before August 21.
Business Expo to feature unique Taste and Tailgate combo
Sunday, October 11 • noon - 4 pm

The Springdale Chamber of Commerce will host their annual Business and Community Expo, with a twist, at the Springdale Community Center. Area businesses, organizations and public service departments will be set up throughout the gymnasiums. Two exciting new features have been added this year: a Taste and a Tailgate!

With the cancellation of the Taste of Springdale as a major city-sponsored event, the Chamber has decided to combine elements of a Taste with the Expo to share what Springdale has to offer and keep the fun going! Area restaurants will offer tasty all-you-can-eat selections for only $10 in advance, or $12 at the door. Kids age 6-10 will pay $5 in advance and $7 at the door. Admission is free for kids age 5 and under. A portion of the proceeds will go to SOS (Springdale Offering Support).

Don’t worry about missing the Bengals versus the Ravens, there will be tailgating in front of the big screen. You and your friends can watch the game while enjoying the delicious restaurant fare, so you don’t have the trouble or expense of preparing your own! For information or tickets, call 346-5712.

Farmers’ Market offered each Thursday through October

Each Thursday through October, a Farmers’ market is offered from 3 to 7 p.m. at the Springdale Town Center at the corner of West Kemper and Springfield Pike. Vendors offer a variety of fresh produce and other products. Vendors include:

- **Brown’s Marketplace** (plants, candy, jams & jellies, trail mixes and produce)
- **Burwinkel Farms** (sweet corn and tomato plants — and pumpkins in season)
- **Cherry Orchard Foods** (dip and dessert mixes, pork rinds, fudge, beer bread mix)
- **Don Felty Market** (variety of produce)
- **Don Popp’s Honey Farm** (honey, bee pollen, bee’s wax, and honey filled straws and candy)
- **Greenbriar Farm** (fresh gourmet pasta, focaccia bread, cookies and a variety of produce in season)
- **Hubb’s Rubs** (seasonings and bath salts)
- **La Crema Coffee Co.** (coffee and accessories)
- **Magnolia Farm** (plants, herbs, breads)
- **Mama Hampton’s** (homemade jellies, pickles, relishes, chow-chow and cornhole sets)
- **Martha Carroll** (sells bags made of recycled material & plants)
- **Morning Sun Farm** (beef, chicken, lamb, pork, turkey, eggs)
- **Riley’s Restaurant** (hot dogs, burgers, Italian sausage, pop, water & iced tea)
- **Sandra Kay’s Homestyle Sauces** (barbecue sauces, accessories, seasonings)
- **Strike’s Family Orchard** (fruits and vegetables)
- **Taste of Belgium** (waffles)
- **Walther Farms** (large variety of produce)