Natural gas aggregation options being explored

The City’s Natural Gas Aggregation Program is scheduled to expire in October. In June, the broker working with the City received proposals from two suppliers to provide natural gas for the City’s aggregation program. One of the two was the aggregation program’s current supplier, Interstate Gas Supply, Inc. (IGS). The City Administration has been engaged in discussions with IGS to provide this service for the next two-year period. Unfortunately, at this time, an agreement has not been reached on a new Master Service Agreement. If an agreement can be reached, it could present an opportunity to have a new program in place at the conclusion of the current agreement. An advantage of remaining with IGS is that the company already has the list of residents participating in the City’s current program. As a result, this should expedite the time in which the “opt-out” letter can be sent to residents.

In the event an agreement can not be reached with IGS, a new supplier would be chosen and that new supplier would need to obtain the resident list from Duke Energy. Because Duke’s policy is to not release any customer information prior to 12 days from the request, the implementation of the new program would be delayed until the customer data is entered into the new supplier’s system. Staying with IGS would allow the City to forward a copy of the opt-out letter to PUCO for approval in a much faster time frame. This could permit the program to be operating when the current agreement expires in October.

As a reminder, once the opt-out letter is sent, residents will have 21 days from the postmark date of the letter to indicate they do not wish to participate in the aggregation program. Those taking no action during the 21-day timeframe will receive a “Final Notice” from Duke Energy giving them an additional 7 days to opt-out of the program. Residents who take no action after this final notice will remain in the City’s Natural Gas Aggregation Program.

Finally, it is important to understand that natural gas rates are driven by the natural gas marketplace. Similar to other commodities, trading on the market determines the natural gas rates. The rate for the program is determined each month, unless a very favorable rate is found and the City is able to lock in that rate. Over the past two years, the rate acquired by the program was usually lower than the Duke Energy rate. All suppliers, Duke Energy included, acquire their rates from the same marketplace.

Price volatility delays City’s electric aggregation program

On May 30, the City of Springdale sent each resident a letter updating them on the status of the City’s Electric Aggregation Program. The letter pointed out the challenges with securing an attractive electric energy rate for the aggregation program. The letter highlighted that the electric energy market has been in a volatile state, creating a great deal of instability for alternative electric suppliers. Although the market now appears to be a bit less volatile, rates remain higher than they were two years ago.

Over these past two years, the City has partnered with several other communities to create more purchasing power when approaching the marketplace. The broker for the group received proposals from suppliers, allowing each community to contract with the supplier submitting the lowest rate. Earlier this June, the brokers issued a request for proposals for electric rates to service the aggregation program. Two of the four responders from that process submitted rates higher than Duke Energy’s Price-to-Compare rate. If the proposed rates are higher than Duke’s rate, there is no reason to enter into an agreement for the program. A resident can automatically receive the lower Duke rate by doing nothing. The other two responses were below the Duke rate and are being evaluated for possible implementation.

In the meantime, the City continues exploring other alternatives to locate an attractive electric rate which will provide Springdale residents with an opportunity to realize savings on their electric utility bill. While the City is searching to secure a lower electric energy rate for the program, everyone should remain mindful that, due to the current market conditions, there may not be a rate available in the near future. It may be up to 12 months before we are able to secure an attractive electric rate for the aggregation program. If that is the case, residents will have the choice of remaining with Duke Energy until such a rate becomes available or locating an alternative electric supplier on their own to secure a lower price.
Tired of having your mailbox crammed with unsolicited mail, including preapproved credit card applications? Fed up with getting telemarketing calls just as you’re sitting down to dinner? Fuming that your email inbox is chock-full of unsolicited advertising? The good news is you can cut down on the number of unsolicited mailings, calls, and emails you receive by learning where to go to stop all that clutter!

Consumer Reporting Companies
If you decide that you don’t want to receive prescreened offers of credit and insurance, you have two choices: opt out of receiving them for five years or opt out of receiving them permanently.

To opt out for five years: Call toll-free 1-888-5-OPT-OUT (1-888-567-8688) or visit www.optoutprescreen.com. The phone number and website are operated by the major consumer reporting companies.

To opt out permanently: You may begin the permanent Opt-Out process online at www.optoutprescreen.com. After you initiate your online request, you must complete and sign a Permanent Opt-Out Election form, which will be provided.

When you call or visit the website, you’ll be asked to provide certain personal information, including your home telephone number, name, Social Security number, and date of birth. The information you provide is confidential and will be used only to process your request to opt out.

Those without Internet access may send a written request to permanently opt out to each of the major consumer reporting companies listed below. Make sure your request includes your home telephone number, name, Social Security number, and date of birth.

- Experian Opt Out
  - P.O. Box 919
  - Allen, TX 75013

- TransUnion Name Removal Option
  - P.O. Box 505
  - Woodlyn, PA 19094

- Equifax, Inc. Options
  - P.O. Box 740123
  - Atlanta, GA 30374

- Innovis Consumer Assistance
  - P.O. Box 495
  - Pittsburgh, PA 15230

Safety: always on your mind
The old saying “Plan for the best, but prepare for the worst” could prove to be a life-saver when attending an event drawing crowds of people. Whether having dinner in a popular restaurant or enjoying a concert, such venues involve what’s known as a “place of assembly,” where 50 or more people can gather.

While the focus should be on fun, take the time to ask yourself these questions in the unlikely event of an emergency: Where are the exits? Are any of the exits blocked? Does the establishment appear to be overcrowded? How would I get out if there was a fire? Are there enough exits for the amount of people in the building? Are the exit signs lit to show how to get out? Is there emergency lighting in the building in case of a tragic event? (If alcohol is available, those who may have had a little too much to drink may slow down an evacuation process.)

If you are in a business and see something that does not seem safe, request to speak to the manager to express your concerns. After that discussion, if you still do not feel safe, it is your option and responsibility to find another place to enjoy your time.

Learn about safety at the Annual Safety Day
Join the Springdale Community for the 8th Annual Safety Day at the Springdale Town Center at Kemper and Springfield Pike on Saturday, August 16 from 11 am to 3 pm. Meet your Springdale Community Public Service Departments. See EMS Vehicles, Hamilton County SWAT Mobile Command Center, fire trucks and much more! Fun free activities, games and giveaways.

Direct Marketers
Telemarketing: The Federal Government’s National Do Not Call Registry is a free, easy way to reduce the telemarketing calls at home. To register your phone number or to get information about the registry, visit www.donotcall.gov, or call 1-888-382-1222 from the phone you wish to register. Once registered, you should receive fewer telemarketing calls within 31 days of registering your number. Telephone numbers on the registry will only be removed when they are disconnected and reassigned, or when you choose to remove a number from the registry.

Mail: The Direct Marketing Association’s (DMA) Mail Preference Service (MPS) lets residents opt out of receiving unsolicited commercial mail from many national companies for five years. Those who register with this service will be put on a “delete” file that is made available to direct-mail marketers and organizations. This will reduce most unsolicited mail. However, registration will not stop mailings from organizations that do not use the DMA’s Mail Preference Service. To register with DMA’s Mail Preference Service, go to www.dmachoice.org or mail a request with a $1 processing fee to:

- DMAchoice
  - Direct Marketing Association
  - P.O. Box 643
  - Carmel, NY 10512

Email: The DMA also has an Email Preference Service (eMPS) to help reduce unsolicited commercial emails. To opt out of receiving unsolicited commercial email from DMA members, visit www.dmachoice.org. Registration is free and is effective for six years.

Source: Federal Trade Commission

New website...
Effective Monday, September 1, the City of Springdale will launch a brand new webpage at www.Springdale.org. The new webpage will provide a fresh look with up-to-date information on services, programs, and events around Springdale. Feedback on the site is encouraged regarding navigation, site responsiveness, and information provided.
The garden project was one of several undertaken by the SGC. Others included donating trees to Springdale Elementary and Heritage Hill Elementary Schools for participation in the City’s Arbor Day celebrations, planting and maintaining the flower beds in front of the Community Center, cultivating the butterfly gardens at Springdale Elementary School, and making Christmas decorations for welcome signs and some City buildings.

Remaining events planned include selling of perennials at the City Wide Yard Sale and participating in the ComeUnity Bash.

The club meets the second Monday of every month (August through June) from 6 to 8:30 p.m. at the Community Center. For information, visit the SGC Facebook page at Springdale Ohio Garden Club or contact Joan Knox at 574-7755 (joanknox99@fuse.net) or Carolyn Ghantous at 328-4046 (cghantous@comey.com).

Proceeds from the event will provide much needed funding to help Springdale families during the Christmas holiday season. A minimum donation of $20 is required to participate in the walk-a-thon, with a prize to be awarded to the individual and company generating the most donations.

Those registering by September 19 will receive a commemorative t-shirt. Registration forms will be available at the Community Center or by emailing jewelswebster@fuse.net.
Springdale ComeUnity Bash returns September 13

Join your neighbors and friends in the community for a full day of wholesome family fun and entertainment at the Springdale ComeUnity Bash on Saturday, September 13th. As the name would imply, the event is offered to provide an opportunity for people of all ages in the community to come together, socialize and enjoy life in Springdale.

There will be a series of three local bands performing on stage on field #4 with music to appeal to a wide range of tastes. The area’s most well known and long standing oldies rock and roll band Ooh La La & the Greasers will take the stage at 3:00 pm. Musical hits from the 50s & 60s will be featured in their high energy act. At 5:30 pm the hottest local R & B, Motown and smooth Jazz band 2nd Wind will deliver a concert level performance. This amazing group has opened for many national acts and has been a featured local act at the Macy’s Music Festival. Cincinnati’s premier rock, dance and party band DV8 blasts on to the stage at 7:30 pm. DV8 will have you singing and dancing into the night with popular songs from the 80s to current hits.

The Cincinnati Circus will present their amazing Big Show with performances at 4:00 pm and 6:00 pm on field #3. The act includes aerial acrobatics, a flying trapeze, magic tricks and more. There will be an abundance of other family friendly activities throughout the afternoon including a climbing wall, family mud quest and a whole lot of fun. Up a mud hill, over hay bales and down the slippery slope are just a few of the challenges in this messy but fun family event. The Family Mud Quest will be held on Field #5 at the Community Center and will begin at 1:00 pm. Pre-registration will be required for this activity as space is limited. Watch for more information at the Community Center.

Register your info for urgent emails

From time to time, the City needs to get important information to residents. Important updates about the Energy Aggregation Programs is an example of the information that could be provided. To expedite such information, the City is creating a database of resident email addresses so that important, urgent information can be provided in a timely manner.

Residents who would like to have their email address added to the City’s contact database are urged to stop by or call the Community Center at 346-3910, or email the City at goplay@springdale.org to be included in the database.

Expo/Chili Cook-Off to be October 21

The annual Business/Community Expo & Chili Cook-Off is planned for Tuesday, October 21, at the Community Center from 11:00 am to 2:30 pm. Sponsored by the Springdale Chamber of Commerce, the expo is open to all businesses as well as the public. The Expo is a free public event, complete with door prizes and free chili samples.

If your business is interested in having a booth or in donating door prizes, contact Julie Matheny at 346-5712 or julie@springdalechamber.org.

Family Mud Quest “A Muddy Good Time”

Get down and get dirty in the ‘Dale with your family and friends. For a second year, Springdale will host a Family MudQuest before the start of the Springdale ComeUnity Bash. Last year, over 75 participants trekked through an obstacle course designed to be muddy and a whole lot of fun. A mud hill, over hay bales and down the slippery slope are just a few of the challenges in this messly but fun family event. The Family Mud Quest will be held on Field #5 at the Community Center and will begin at 1:00 pm. Pre-registration will be required for this activity as space is limited. Watch for more information at the Community Center.

Commemorative Tree Program

Looking for a way to memorialize a loved one, highlight a special occasion or recognize your business organization? You can donate a commemorative tree to the City of Springdale. It is the perfect solution as it provides a meaningful and living remembrance and gives back to the community in a way no other gift can.

The City of Springdale is offering individuals, businesses and organizations the opportunity to participate in the Commemorative Tree Program. These commemorations grow in importance, visibility and value as the years pass, while improving our quality of life in countless ways. It is truly an investment in the future as a valuable economic, environmental and social resource.

Commemorative Tree orders are taken any time of year but will only be planted during the appropriate season. The cost is $400 and includes a 4” x 6” solid bronze commemorative plaque mounted in concrete at the base of the tree. After one year, if the tree dies or becomes damaged, it may be replaced at the donor’s expense or the plaque relocated to an existing tree in the park at the donor’s request. All donations are tax deductible to the fullest extent allowed by law.

For more information or to obtain a Commemorative Tree application form, stop by the Springdale Community Center.
Neighborhood Yard Sales
Saturday, August 9 • 9:00 am - 2:00 pm
Clean out the garage, attic and basement while earning some cash during this year’s Neighborhood Yard Sales. The best part of all, the sale is right at YOUR house.

The City of Springdale will widely publicize the community-wide event with suggested hours from 9 a.m. to 2 p.m.

Take advantage of the extra traffic of buyers who will cruise Springdale looking for your bargains! (Note that this event replaces the annual program formerly held at the Community Center.)

Springdale’s Gone Wild
Tuesday, August 19 & October 14 • 7:00 pm
Springdale’s Gone Wild returns with some exciting programs for 2014. These family programs are presented by Great Parks of Hamilton County.

The August 19 program is entitled “Bugs, Bugs, Bugs!” The Great Parks of Hamilton County Naturalist will be bringing some bugs found in area parks and maybe in your backyard. There will be some little ones and not so little ones along with some slimy and creepy ones. See them up close as the naturalist explains why they are necessary in our world.

The October 14 program is “Spooky Creatures!” The Great Parks of Hamilton County Naturalist will visit the Springdale Community Center. In the spirit of Halloween they will be bringing with them some Spooky Creatures from the area parks.

Monster Mania
Return of the Slither
Sunday, October 26 • 3:00 - 5:00 pm
This is the second year for our monster-mashing Halloween event. We will have plenty of activities, games and treats for kids age 2 through fourth grade! You must wear a costume to participate. Be sure to pre-register for free at the Community Center beginning October 1.

Veterans Day Ceremony
Monday, November 11
Springdale Veteran’s Memorial
In honor of those who have defended our freedom, many paying the supreme sacrifice, Springdale will present a special ceremony in commemoration of Veteran’s Day. Parking is available at the Municipal Complex. Groups interested in participating in this year’s tribute should contact Matt Beaty at mbeaty@springdale.org. Time and details to be announced.

Tree Lighting Ceremony
Sunday, November 30 • 7:30 pm
The tree at the Municipal Building will be illuminated, officially beginning the holiday season in Springdale. The public is invited to this free event.

Free Documents Shredding
Saturday, August 23 • 10:00 am - 1:00 pm
Springdale Community Center
A mobile shredding unit will be on site at the Community Center so that residents may safely destroy their unwanted sensitive documents and records. This is an opportunity to dispose of those old financial and medical records, past bank statements and other documents which you would not feel comfortable throwing away in the trash. All material will be shredded on site and recycled.
YOUTH SPORTS

Basketball
Participate in the Northern Recreational Basketball League and learn basketball skills, meet new people, and most importantly, have FUN! Children must be at least 5 years old as of August 31 and enrolled in school. Instructional Basketball: $20 ($35 beginning 10/1). Basketball: $40 ($55 beginning 10/1)

Cheerleading
Children will learn the basics of cheerleading and display their talents at the youth basketball games in Springdale. $20 ($35 beginning 10/1).

Youth Volleyball
Learn the basic fundamentals of volleyball in a fun environment! The co-ed league emphasizes teamwork, sportsmanship, skill development, fun and participation. This program is open to youth ages 9-11 as of September 30. $20 ($35 beginning 10/1)

Teen Volleyball
This co-ed league is for teens to enhance their skills while emphasizing teamwork, sportsmanship, fun and participation. This program is open to youth ages 12-15 as of September 30. $20 ($35 beginning 10/1)

Ballet with Ms. Dena
A classical ballet class that teaches through fun and creative themes. Learn basic barre techniques, musicality, and body awareness taught by a former professional ballet dancer. A winter Nutcracker and end of year recital will be presented for all to enjoy. Different classes for all skill levels will be offered for ages 3 and up through adult. Contact Dena at 633-8542 for class times, cost or for more information.

Teen Fit
Sunday, August 31 • 1:30-4:30 pm
This class will cover the basics of cardio, strength training, and nutrition. All teens are welcome to learn the proper way to workout and eat in this hands-on class. After passing the class, those 13 and older with a Springdale Community Center Fitness Membership will be able to use the Fitness Center. Registration required. See a Fitness Center Team Member for more information.

Springdale Youth Booster
The Springdale Youth Boosters: The group is a non-profit, volunteer-based organization comprised of Springdale residents working together to secure donations that help provide more affordable youth sports programs in Springdale. To join, contact Springdaleyouthbooster@yahoo.com

EDUCATIONAL PROGRAMS

Electric/Bass Guitar Lessons
Adult Classes:
Tuesdays & Thursdays
6:30 - 7:30 pm
Youth Class (10-18 years old):
Tuesdays • 4:00 - 5:00 pm
Adult Classes:
Tuesdays & Thursdays
6:30 - 7:30 pm

Springdale Youth Booster
The Springdale Youth Boosters: The group is a non-profit, volunteer-based organization comprised of Springdale residents working together to secure donations that help provide more affordable youth sports programs in Springdale. To join, contact Springdaleyouthbooster@yahoo.com

AQUATIC PROGRAMS

Goldfish Swim
Saturday, August 16 • 12:00 pm
Pool Gate opens at 11:45 am
Spring and Dale along with 1,000 of their fishy friends are back swimming in the water of the Community Center pool! Who will catch Spring and Dale this year? Remember, no nets, buckets or help from Mom or Dad. All fish must be caught by children under 12 years of age, with their bare hands. Everyone that enters the pool area must have a pool membership or pay the regular gate fee of $3.

End of season pool hours:
August 11 12:00 - 8:00 pm Open Swim
August 12 12:00 - 8:00 pm Open Swim
August 13 12:00 - 8:00 pm Open Swim
August 14 12:00 - 5:45 pm Open Swim
August 15 5:45 - 8:00 pm Adult Night
August 15 12:00 - 8:00 pm Open Swim
August 16 12:00 Goldfish Swim
August 17 1:00 - 6:00 pm Open Swim

The last day of the swim season is August 17.
Your first class is always FREE

Boot camp
Monday • 5:30 - 6:15 pm
We want YOU… to lose weight, tone up and have fun! Are you bored with your workout or looking for a new challenge? Then it’s time to join Boot Camp! We’ll train anyone at any level from beginner to expert exerciser. Soon you’ll be re-enlisting when you’re burning up to 450 calories per class. Best of all it’s FREE! Just bring a towel or mat and water bottle – crew cut is not required. Classes resume September 8.

Cardio Kickboxing
Tuesday & Thursday • 5:55 - 6:55 pm
Saturday • 11:00 am - Noon
A high-intensity class that combines a cardio workout with kickboxing moves that will leave you burning calories all day long. Using mats, balls, scooters, punching bag, and you name it, this class will keep you wanting to come back for more. Ask Elaine at 446-1839 questions about the class.

Hip Hop Fitness
Mondays • 7:05 - 8:05 pm
This high energy class is all about burning up the dance floor and burning calories at the same time. The hottest and hippest fitness is at the Springdale Community Center. This full-body workout is open to all fitness levels. No experience necessary. Let us redefine what a fitness class should be. Call Markesha at 885-6065 for more information.

Jazzercise/Body Sculpting
Monday & Wednesday • 5:55 - 6:55 pm
Tuesday, Thursday & Saturday • 9:30 - 10:30 am
Body Sculpting: Friday • 5:55 - 6:55 pm
This class gets you moving by combining upbeat music and highly energetic exercise. Throw in some hand weights and this is the perfect total body workout. Call instructor Elaine at 575-1620 for class costs or more information.

L.I.F.E.
Tuesday & Thursday • 11:00 am - Noon
This FREE class will focus 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
Monday & Wednesday • 10:30 - 11:30 am
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.

Body Sculpting: Friday • 5:55 - 6:55 pm
This FREE class will focus 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.

Slimnastics
Monday, Wednesday & Friday • 9:15 - 10:15 am
Slimnastics is a fitness class for women that is a great workout for those not ready to put their aerobic shoes away and want to get out and meet some new friends. There is no charge or registration required for this FREE class. Class Instructor is Sue Smith.

Zumba
Tuesday & Thursday • 7:05 - 8:05 pm
Join the party! Zumba combines high energy and motivating music with unique moves and combinations. It’s based on the theory that a workout should be fun and easy to do, allowing participants to stick with the program. Give Deb Yaeger a call at 205-5064 for more information.

AARP Drivers Safety
This is the nation’s first and largest classroom refresher for motorists age 50 and older. When you complete the course, you will feel more confident, comfortable and enjoy driving more! You may even get an auto insurance discount- check with your insurance agent. Class will be held in November at the Community Center.

Prime Time Diners
Wednesday, August 20
Quaker Steak and Lube • 3737 Stonecreek Blvd.
Wednesday, September 17
Back Porch • Muhlhauser & 747
Most people don’t like to eat alone or cook for themselves so why not have dinner with us once a month? Prime Time diners meet at area restaurants and enjoy good food and being social with others. Grab your next door neighbor and join us for dinner! Meet at the restaurant at 6:00 p.m. Please register by the Friday prior to the date.

August Lunch
Thursday, August 21 • 12:00 p.m.
As summer comes to a close, its time to relax, have a light lunch and enjoy local entertainment. We’ll be serving chicken salad croissants, chips, fruit salad and lemon bars.

Cincinnati native Dick Buchholz, known to many as Grandpa Dick will entertain us for the afternoon. “Grandpa Dick” plays a mean guitar and sings everything from Sinatra to Seger, mixing rock-n- roll with a little country and blues.

Annual Holiday Luncheon
Tis the season to celebrate with Friends! The Parks & Recreation department will host the annual Holiday Luncheon for Seniors in December. Along with a delicious meal, festive entertainment will be provided. Watch for more information on this very special luncheon, or call the Community Center 346-3910.

Centennial Festival of Riverboats Louisville Ky
October 16
$125 per person, tour includes round-trip transportation via deluxe motorcoach, luncheon cruise aboard the Spirit of Peoria, all taxes & gratuities.

Belterra Park
Thursday, August 21
Whether you enjoy the excitement of live horse racing or the thrill of slot machines, the new Belterra Park is the place to be. Join us for a fun day at the Racino!

Brethren Church Christmas Pageant
with dinner at Houston Inn
December 6
Join your friends and get into the spirit of the season! Estimated cost $66.00

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

ADULT/SENIOR ACTIVITIES

FOR INFORMATION OR TO REGISTER FOR THESE SPRINGDALE SENIOR CLUB TRIPS, CALL JOAN KNOX AT 674-7755.

DINING OUT:

Join your friends and get into the spirit of the season! Estimated cost $66.00

ADULT HEALTH & FITNESS

ADULT/SENIOR ACTIVITIES

DAY TRIPS
Popular Healthy U Diabetes series begins September 25

The Springdale Health Department will again offer its nationally recognized Healthy U Diabetes Workshop Series. The six-week program will be presented on Thursdays from 12:30 to 3 p.m. beginning September 25. During the interactive workshops, which last through October 30, participants will learn to control Type 2 diabetes. To register, or for more information, call 346-5727.

Health Department offers ongoing services

For all Health Department services listed, call 346-5725 to schedule an appointment.

Immunization for Children:
Immunization clinics for uninsured and underinsured children are available monthly at the Springdale Health Department on the first and third Wednesday mornings. An extra Immunization clinic will be held on Wednesday, August 13, from 2 to 4 p.m.

Cholesterol/Glucose Screening: Testing is available from the Springdale Health Department on the third Thursday of each month. The cost is $15.

Home Wellness Checks: A Public Health Nurse is available for home visits.

Blood Pressure Checks: Blood pressure checks are provided by the nurse in her office and at the Springdale Community Center on the third Tuesday of each month.

Mammogram Van to visit Springdale October 21

A mobile mammography van from MercyHealth will visit the Springdale Community Center on Tuesday, October 21, from 1 to 3:30 p.m. To arrange for an appointment, call 686-3300.

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

YES! Get a flu shot this fall!

The Center for Disease Control, the World Health Organization, local doctors and the Springdale Health Department concur that early flu vaccinations help to prevent the spread of the influenza viruses.

Flu vaccinations, blood pressure checks and a FREE screening PSA blood test for Prostate Cancer for men will be available at the Springdale Health Department’s Annual Health Fair on Tuesday, October 21. The Health Fair is held at the Springdale Community Center from 12:30 to 2:30 p.m. Cost will be $20 for adults (some Medicare plans can be billed). Call 346-5725 for an appointment.

Free flu shots for children will be provided on Friday, October 17, from 9 to 11 a.m. at the Springdale Health Department. Free flu shots are also provided during the Immunization Clinics. Call 346-5725 for an appointment.