



A Publication of the City of La Vista
Winter 2009



La Vista Named Community of the Year by Nebraska Diplomats

In conjunction with their annual Passport Weekend, the Nebraska Diplomats presented City of La Vista officials with the Community of the Year Award. Governor Dave Heineman hosted 22 state, national and international government, industry and economic development leaders for this event.

Nominated for the award by former State Senator Mick Mines, La Vista was selected based on the City's economic development success stories and its proven commitment to economic development efforts, which includes providing infrastructure, developing creative partnerships and supporting regional cooperation.

The Nebraska Diplomats' mission is to help build Nebraska's economy by supporting the efforts of the Nebraska Department of Economic Development to attract, retain and grow business.

Sewer Rates in La Vista

There has been a great deal of publicity over the last year about the City of Omaha's need to raise sewer rates as part of its Combined Sewer Overflow (CSO) Program. You might be asking, what does all of that mean for the City of La Vista and how will it impact the sewer rates that our citizens pay? The City of La Vista contracts with the City of Omaha for sewage treatment as we do not have a sewage treatment plant. That cost gets passed on to users and appears on your MUD bill as the sewer charge. This sewer charge is made up of two components - a flat customer charge and a flow charge that varies with the amount of water you use and ultimately must be treated.

La Vista recently completed a sewer rate study and has projected costs for the next several years based on what Omaha will be charging us as outlined in the CSO Program. Beginning October 1, 2009 the customer charge for a residential property will be \$5.57 per month and the flow charge per ccf will be \$1.6256. For a single family home that uses 6.15 ccf of water (the average), the monthly sewer charge will be \$15.57. This will increase incrementally over the next four years resulting in an average monthly sewer charge of \$21.18 in 2014.

Commercial users and apartment complexes will also see increases over this same period. If your home or business is located outside of the La Vista city limits but inside the City's ETJ east of Interstate 80, you will be paying La Vista sewer use rates beginning October 1, 2009 rather than Omaha rates. If you have questions or would like additional information please contact City Hall, 331-4343.

Look at New "Vision" of 84th Street
With input from the Community Workshops
and Walking Tours, the City's consultants have
put together a preliminary concept for the
redevelopment of the 84th Street corridor. See the
Vision 84 insert and let us know your thoughts. A
final plan is not expected to be completed until
early 2010.

A MINUTE WITH mayor kindig



I am happy to report that we recently finalized the budget for FY 2010 without a tax increase. La Vista continues to be a growing community, which presents unique challenges, but our focus remains on providing the citizens with great public services and programs. While many cities nationwide are struggling as a result of the current economic conditions, La Vista remains financially stable.

As 2009 quickly comes to a close, I can't help but reflect on the great year we have had. Our Vision 84 project got underway and there has been significant progress towards creating a redevelopment plan for this corridor. We were able to extend our swimming pool hours at the end of the summer and host a free swim day for all citizens to close out the season. Our Library had a record-setting Summer Reading Program. La Vista hosted several hundred baseball players at the Sports Complex during the annual Slump Buster, a national tournament that brings many visitors from out of state to our City. To close out the year, several holiday activities are coming up including Santa's Sleigh Ride through the City and the Holiday Tree Lighting and Chili/Soup Supper hosted by the elected officials.

This year a great deal of effort has also been spent preparing for the City's 50th anniversary in 2010. The year-long celebration will be kicked off on February 23, 2010, the 50th anniversary of the City's incorporation. We will release a calendar of events at the kickoff and I am really excited about the number and variety of activities that will be offered to our citizens throughout the year. 2010 will be a very busy but fun and exciting year for La Vista. Please watch this newsletter and other media for further details and plan to join us in celebrating our City's great success story.

— Mayor Douglas Kindig

2010 Budget

In September the La Vista City Council adopted a budget for Fiscal Year 2010 that calls for no increase in the property tax levy. Even though La Vista continues to be a growing community, the Mayor and Council remain sensitive to the current economic conditions and make every effort to continue to provide quality and efficient public services to citizens without raising taxes. The City's overall valuation continues to grow and was up slightly from last year. The general fund levy will remain at \$.4435 and the debt service levy will remain at \$.08. Total property tax levy is \$.52435 per \$100 of assessed valuation. For a \$150,000 home this means a city tax bill of \$786.53 or \$65.54 per month, the same as in 2009.

La Vista City Calendar

All meetings held in the Harold "Andy" Anderson Council Chambers unless otherwise noted.

November 2009

- 3 City Council Meeting, 7:00 p.m.
- 7 Fall Leaf Collection, Public Works Department 8:00 am - 3:00 pm
- 8 Holiday Bazaar / Garage Sale, Community Center
- 12 Library Advisory Board; 5:30 p.m., Conference Room 142
- 14 Shredding Event, City Hall 8:00 am - 12:00 noon
- 17 City Council Meeting, 7:00 p.m.
- 18 Park and Recreation Advisory Board, 7:00 p.m.
- 19 Planning Commission, 7:00 p.m.
- 26-27 Most City offices will be closed for Thanksgiving Holiday
- 29 Santa's Sleigh Ride in La Vista starting at 5:00 p.m.
- 30 Holiday Tree Lighting Chili / Soup Supper and Santa Claus, 6:00 p.m.

December 2009

- 1 City Council Meeting, 7:00 p.m.
- 10 Citizen Advisory Review Committee, 7:00 p.m.
- 15 City Council Meeting, 7:00 p.m.
- 16 Park and Recreation Advisory Board, 7:00 p.m.
- 17 Planning Commission, 7:00 p.m.
- 25 Most City offices will be closed for Christmas Holiday

January 2010

- 1 Most City offices will be closed for New Year's Day Holiday
- 5 City Council Meeting, 7:00 p.m.
- 14 Library Advisory Board, 5:30 p.m., Conference Room 142
- 18 Most City offices will be closed for Martin Luther King Day
- 21 Planning Commission, 7:00 p.m.
- 19 City Council Meeting, 7:00 p.m.
- 20 Park and Recreation Advisory Board, 7:00 p.m.

trivia

What former prominent landmark was used as a reference point for giving directions to La Vista in the early days?

Answer on Page 7

firedepartment

Smoke and Carbon Monoxide Detector Installation

The La Vista Fire Department has received a grant from the La Vista Community Foundation to install 80 carbon monoxide detectors and 60 smoke detectors.

La Vista residents can apply to have the detectors installed by visiting the District 1 Fire Station at 8110 Park View Blvd. in person or on the City's website at www.cityoflavista.org/smokedetector. Installations will be on a first-come, first-served basis until all of the detectors are installed.

This program is only available to La Vista homeowners. Renters should contact their landlord to request installation. The La Vista Fire Department will also inspect existing smoke and carbon monoxide detectors, however, members are not qualified to fix or remove any hardwired detector.

Become a La Vista Volunteer Fire Fighter/EMT

If you are interested in joining the La Vista Volunteer Fire Department, please visit the city's website at www.cityoflavista.org and click on the Fire Department tab. We will soon be accepting applications for our winter class. For more information please contact lvfdpio@cityoflavista.org.

Thanks to Reruns R Fun

The La Vista Volunteer Fire Department will be utilizing some new equipment this fall thanks to a generous donation from Reruns R Fun. The donation will be used to purchase four electronic notebooks that will enhance EMS documentation, improve HIPPA compliance and allow volunteers to expedite the lengthy process of note transcription.

Additionally, rescue squads will now be equipped with 12-lead

Echocardiogram machines. These will replace the traditional EKG machines. This equipment allows paramedics to capture and analyze 12 different views of the heart which will greatly enhance their ability to diagnose and treat patients.

Members of the La Vista Volunteer Fire and Rescue Department are continually working to improve service delivery to the citizens of La Vista. Thanks to all of the volunteers for their service and to our community partners for their generous support.



Little Sioux Boy Scout Memorial

Five members of the La Vista Volunteer Fire Department participated in a ceremony at Little Sioux Boy Scout Camp on September 6, 2009 dedicating a memorial chapel in honor of the four boy scouts who died there in a tornado. Rory Froehlich, Chris Hall, Rob Witt, Mickey Stubbs and Ty Ebel represented La Vista and Eagle Scout Witt was asked to plant a tree in honor of the Department as a thank you for participating. Volunteers from Nebraska, Iowa and several other states helped to construct the chapel.

policewatch

NEW DARE OFFICERS

La Vista police officers Jamie Schuster and Scott Collett are the department's newest DARE officers. Both completed DARE instructor training in September and will be teaching the program to La Vista students this year. Officer Schuster is assigned to G. Stanley Hall and Officer Collett will be teaching at Portal Elementary School.

Officer James Thompson will be handling DARE duties at La Vista West and Park View Heights Elementary schools. All three officers will also team teach at La Vista Junior High.

"TEAM LA VISTA" BEATS PAYPAL FOR FIRST WIN IN RIVALRY

The third annual City-PayPal charity basketball game was held on August 27. The La Vista squad, led by "coach" Mayor Doug Kindig, handily defeated PayPal for the first time in the three-year history of the game. PayPal stayed competitive with Team La Vista in the first half, but a strong inside game in the second half by La Vista broke the game open and La Vista cruised to a 64-46 victory. PayPal and the City have been

active in promoting positive community involvement and this event has been rewarding for employees and citizens.

Funds raised from the game benefit the Nebraska Special Olympics.



La Vista Police K-9 Leda and handler John York competed against 20 other teams in the first-ever Nebraska Police Service Dog Championships in Grand Island. Leda won a gold medal in High Risk Building Search and a bronze medal in Critical Skills.

FALL LEAF COLLECTION

The City of La Vista will be offering a free dump site for leaves and yard waste. All residents, including residents in the City's Extra-Territorial Zoning Jurisdiction, may bring their leaves, grass clippings and tree branches to the Public Works Department on **Saturday, November 7, 2009** between the hours of 8:00 a.m. and 3:00 p.m. Tree branches may be any length but no larger than 6 inches in diameter. Citizens must have proof of residency, either a valid driver's license or a copy of a utility bill. Used motor oil, anti-freeze and all batteries will also be accepted. The Public Works Facility is located at 9900 Portal Road. For more information call 331-8927.

VECTOR CONTROL GRANT

The City of La Vista received a mini-grant for \$1,000 from the Sarpy/Cass County Department of Health & Wellness. The grant program targets activities related to the control of West Nile Virus. For the third year the city used the grant funds to collect old tires. If left outside, tires collect rain water and become a breeding ground for mosquitoes. There have been over 1,200

tires collected the past three years. City officials recommend storing tires indoors until they can be properly disposed of, thus eliminating any potential mosquito problems.

2009 CONSTRUCTION PROJECT REVIEW

Work will continue through late fall and early winter on final phases of the Harrison Street project from 71st Street to 48th Street. Two other projects slated for construction in 2009 were earmarked for stimulus funding and have been carried over to 2010. These two projects include repairs on Giles Road from 108th to 120th Street and installation of warning signals on 108th & Chandler Road in conjunction with the new District 2 Fire Station. The following projects were also completed in 2009:

- Installation of street lights on 96th Street from Giles Road to Portal Road and Eastport Parkway from Giles Road to Harrison Street.
- Installation of a pond pump at the Golf Course to transfer water from the lower to upper lake.

SNOW EMERGENCY

Whenever two or more inches of snow, ice and/or sleet has fallen on the streets of La Vista, or when the Mayor declares a snow emergency with notice to the news media, it is unlawful for any automobile to be parked on any public street within the city for 24 hours or until the street has been plowed by the City snow plows. Any vehicle that is not moved will be towed at the owner's expense

- Addition of concrete golf cart paths on fairways #4 and #5 at the golf course.
- Relocation of a park shelter in Central Park; moving it closer to the playground equipment.
- Plans and design started for the improvement of the intersection at 132nd and West Giles Road.

Community Development Department

Advanced Chiropractic & Neurology - Construction has been completed on this 1,500 s.f. tenant finish located in the Southport Center building. Location: 12040 McDermott Plaza.

Betts Enterprise - Construction has been completed on this 3,400 s.f. building for a cemetery maintenance company. Location: 10402 Chandler Circle.

Budweiser/Quality Brands - A 30,529 s.f. addition to this distribution facility is nearly complete. A permit has been issued to enclose an area which will be used for product tasting. Location: 13255 Centech Road.

Falewitch Construction Services - Construction is on-going on a 6,000 s.f. addition to the existing building. Location: 8720 S. 114th Street.

FM Forklifts - Construction has been completed on an 8,124 s.f. building for this forklift sales and service business. Location: 10421 Chandler Circle.

Mutual of Omaha Bank - Construction is underway for this 30,450 s.f. bank and office building to be located in Southport West. A permit has also been issued for an interior tenant finish for the portion of the building which will house Mutual of Omaha Bank. Location: 12702 Westport Parkway.

Profit Advantage - Construction has been completed on this 9,294 s.f. office building which is the new location of this payroll processing business. Location: 9826 Giles Road.

Solas Distillery - Construction has started on a 4,300 s.f. tenant finish for this distillery. Location: 11941 Centennial Road.

Yahoo! - Construction is nearly complete on a \$9.3 million renovation of an existing 70,000 s.f. building in the Brook Valley Business Park. Location: 10917 Harry Watanabe Drive.



Holiday Fun!

Santa Sleigh Ride - In keeping with a long-standing tradition, La Vista has again received word from the North Pole that Santa Claus will be making an early visit to the City. On Sunday, November 29, Santa will be welcomed to the City by volunteers from the Fire Department, the Police Department and Public Works, who will escort him on his annual sleigh ride through La Vista. The map above outlines a tentative route for Santa's travels. Santa will depart from the City Hall parking lot at 5 p.m. He will be west of 84th Street between 5 and 6 p.m., between 84th Street and 72nd Street from 6-7 p.m., and east of 72nd Street from 7-7:30 p.m. He will return to City Hall at 7:45 p.m. (Times and travel route are tentative and could vary based on traffic, weather or other unforeseen circumstances.)

Tree Lighting Ceremony - If you miss Santa on Sunday evening, the La Vista Chamber of Commerce and the City of La Vista will be hosting the annual Tree Lighting Ceremony on Monday evening, November 30. Citizens are invited to City Hall at 6 p.m. to watch Santa light the outdoor tree. Immediately following, the Mayor and City Council will be hosting a chili and soup supper in the Community Center. Hot chocolate and treats will be available, as well, and there will be holiday entertainment to enjoy while Santa takes some time to listen to children's wishes before returning to the North Pole. Join us for a great family evening.

HO! HO! HO! Santa's Calling! - Imagine the excitement on your child's face when they receive a telephone call from Santa Claus. Santa and Mrs. Claus will be taking time out of their busy schedule to call children in preschool (minimum of age 3) through 2nd grade on Monday, Tuesday and Wednesday, December 7-9, 2009 from 5:30 to 7:00 p.m. each evening. Santa's Calling forms may be picked up at the La Vista Community Center or downloaded from the City's website at www.cityoflavista.org. Forms must be returned to the Community Center by Sunday, December 6, 2009

in order for your child to receive a call. Calls are limited to the first 80 children registered. Due to the large number of calls, Santa cannot take requests for a certain night or time.

The Perfect Gift - Are you struggling with a gift idea for that hard to buy for person on your list? Consider gift certificates, punch cards, season passes and other merchandise from La Vista Falls Golf Course Pro Shop. There is something for everyone from the junior golfer to the "seasoned pro" and what could be a better gift for the family than spending some time together playing a round of golf at La Vista Falls?

Holiday Fun at the Library - Activities abound for children of all ages, including teens, at the La Vista Public Library during the holidays. In addition to the usual storytimes, book clubs and craft days, special holiday events are scheduled throughout the month.

Gingerbread Houses - Saturday, December 12 & Tuesday, December 22, 1-2:30 p.m. Visit the Library to listen to a story and construct a real gingerbread house. Children must be accompanied by an adult who can help them with this activity. Register at the circulation desk (required).

Holiday Craft - Wednesday, December 16, 3:30-4:00 p.m. Children in 5th grade and under can make glittery holiday cards, fun holiday stockings, or a holiday ornament. No registration required.

Christmas Cupcake Decorating - Monday, December 21, 11-11:30 a.m. The community is invited to listen to holiday stories and decorate cupcakes. No registration required.

Teen Christmas Party - Tuesday, December 22, 4:30 to 8:30 p.m. Holiday snacks, crafts, games, prizes, and a movie will be provided. Bring your friends for a great holiday get-together at the Library.

Holiday Movie - Wednesday, December 23, Noon. Families are invited to bring their lunch to the Library and enjoy a holiday movie. Drinks and dessert will be provided. No registration required.

Game Day - Tuesday, December 29, 1-2:30 p.m. If children are looking for something to do during holiday break, join us for Game Day at the Library. Children in fifth grade and younger can do puzzles, plays cards and board games and use the Nintendo Wii. No registration required.

Holiday Movie - Wednesday, December 30, 1-3 p.m. Snacks will be provided and no registration is required.

Summer Reading Activities a Huge Success

The La Vista Public Library has been a very busy place the past few months. The summer reading program had 500 children registered and the teen program (6th through 12th grade) had 64 participants. Some type of activity was scheduled every day of the week, Monday through Friday. Children in the summer reading program compiled 5,425 hours of reading time while the teens read approximately 1,000 hours. Nineteen of the teens gave nearly 260 hours of their time to help with the summer reading program. Assistant Library Director Jodi Linhart reported these teen volunteers contributed greatly to the overall success of the program and that she couldn't have done it without them. Congratulations to all who participated - what a great way to spend the summer!

Quilt Club

The Library Quilt Club meets regularly and has been very busy working on quilts of all types. Club members recently presented the La Vista Police Department and the La Vista Fire Department with completed quilts to use in their departmental operations. Additionally, a very special quilt was created by club member Sharon Bailey and presented to the Fire Department for one of their volunteers who is suffering from cancer.



Winter Craft Days

Winter Craft Days will be held on December 16th, January 20th, and February 17th. This activity is for children in fifth grade and under and takes place after school from 3:30-4:00 p.m. No registration is required.

Family Game Night

Family Game Night will be held on January 14th and February 11th from 6:00 to 7:00 p.m. Prizes will be given away for those that get a bingo, snacks will be provided, and registration is not required.

4th and 5th Grade Book Club

The 4th and 5th Grade Book Club will meet the second Friday of each month from September through April at 3:30-4:15 p.m. The book club is limited to twelve members. Call Jodi at the library for more information, 537-3900.

Teen Activities

Check the library's website and calendar for Teen Activities and programs. We already have activities scheduled into January and new things are added all the time. Bring your friends and join in the fun.

Book Bugs

Children in 2nd and 3rd grade are invited to come to the library every Tuesday afternoon from 3:30-4:10 p.m. to learn about books, enjoy reading, complete activities relating to books, and have a treat. Book Bugs starts on Tuesday, January 12th and will end on Tuesday, April 20th. Registration is not required.

Get Technical

Computer classes are offered to library cardholders that teach skills in specific areas including Basic Computer Skills, Basic Internet, Basic Word and Basic scanning. These hands-on classes are held in the library computer lab. A monthly calendar of classes is posted at the library and on the web page. Registration is required.

Did you know...

The library now has wireless internet? Bring your laptop and enjoy freedom from wires!

The library has a typewriter for public use in the computer lab?

You can donate blood at the library (Room 138) the first Thursday of every month from 12:30 until 6:30 p.m.? Blood donations have a very short shelf life and there is always a need. Contact the Library or the American Red Cross for further information.

Preschool Storytime

Preschool Storytime is geared towards three to five-year-old children who are not in kindergarten. The aim of storytime is to introduce children to the library, the magic of books and reading, and to develop social skills needed for school. Preschool Storytime starts on Monday, January 18th and ends on Friday, April 30th. It is available to three year olds on Mondays and Tuesdays and four and five year olds on Fridays from 10:00-10:45. There is also an afternoon Preschool Storytime on Thursdays from 2:00-2:45. This class is open to three, four, and five year old children.

Toddler Storytime

Toddler Storytime is for children eighteen months to two years. Mom, dad, a grandparent or caregiver is required to sit with the child during this time. Toddler Storytime is offered on Mondays, Tuesdays, and Fridays. Each class runs from 10:10 to 10:40 a.m. It will run from Monday, January 25th to Friday, April 30th. Space is limited and registration will begin in December.

Lapsit

Lapsit is a fun, hands-on program that introduces young children to the library and the joy of reading. This program is offered to children from six to eighteen months. It is offered only on Thursdays from 10:10-10:40. Lapsit starts on Thursday, January 28th and ends on April 29th. Space is limited and registration will begin in December.

**Library Web Page is located at
<http://www.cityoflavista.org/library>.
Click on "Card Catalog" to search the
library's collection for cookbooks for
your holiday needs.**

WE WANT YOU!

The City of La Vista is looking for a few good volunteers. Well, actually we are looking for as many good volunteers as we can get. Recently the City has made a decision to take on a more active role regarding the annual community celebration, La Vista Days. Our hope is to be able over the next several years to bring back some of the former activities associated with the event, add new activities, and return to a more grass roots celebration where volunteers bring their ideas and enthusiasm to the table. If you have thoughts to share or would like to serve on a committee please contact Mary Alex at 331-4343 or malex@cityoflavista.org.

RECYCLE YOUR CHRISTMAS TREE

Ultimately, the holidays will be over and La Vista is again offering free drop off sites for trees. Drop off sites will be located at the La Vista Soccer Complex parking lot (two

blocks south of 66th & Harrison Street) and Kelly West parking lot (87th & Park View Blvd.) Drop off sites will be open December 26 to January 15. All decorations, tinsel, and plastic bags must be removed prior to disposal. The collected trees will be chipped into mulch, which is available to residents free of charge. Questions should be directed to Public Works at 331-8927.

CLEARING SIDEWALKS

Occupants of any residential lot or the owner of any vacant residential lots within the City of La Vista are required to clean their sidewalks of any snow, sleet, mud or ice within 24 hours after the end of a storm. Sidewalks in a Business District should be cleaned within 5 hours after the end of the storm unless the snow fall took place during the night, in which case the sidewalk needs to be cleaned before 8:30 am the following day.

Council Clips

The following items are highlights of recent City Council action:

- Presented a 30 year service award to Library employee Jean Hurst
- Adopted the Fiscal Year 2010 budget
- Accepted a Sewer Rate Study
- Approved the purchase of ROW and temporary easements for the La Vista Link to the Keystone Trail
- Approved a resolution indicating that the annexation of Oakdale and Brook Valley Business Park (SID 59) and Papio Valley Business Park (SID 214) is being considered
- Adopted the 2010-2014 Capital Improvement Program (CIP)

Trivia answer from page 2.
The water tower.



A Great Partnership Continues

September 2009 marked the 10th anniversary of the opening of Metropolitan Community College's Sarpy Center and the La Vista Public Library. The partnership between the College and the City serves as a model for collaboration in providing services to support the needs of the community. Metro's Sarpy Center and the City have both seen tremendous growth in the past ten years. Arlene Jordan, Associate Dean of the Sarpy Center stated, "It is exciting to be part of such a dynamic, progressive community. We value our partnership and remain committed to providing quality, affordable educational opportunities." The City of La Vista couldn't agree more. The Library and the College combine resources to serve students, library users and the community and we look forward to continuing this partnership for many years to come.

Rock, Paper, Scissors -Shredding?

La Vista residents will have an opportunity to get their confidential documents shredded on **Saturday** morning, **November 14**. Bring your bags or boxes of documents (limit 3 per household) to the west parking lot at City Hall, 8116 Park View Blvd., from 8 a.m. until Noon. Documents will be shredded on site. Staples and paper clips do not need to be removed.

Residents will need to bring either their driver's license or a current utility bill that shows they are a La Vista resident or a resident in La Vista's zoning jurisdiction. If you have additional questions please call City Hall, 331-4343.

LA VISTA cityofficials

Mayor

Douglas Kindig

City Council

Brenda Carlisle, Ward 1
Ron Sheehan, Ward 1
Mike Crawford, Ward 2
Terrilyn Quick, Ward 2
Mark Ellerbeck, Ward 3
Alan Ronan, Ward 3
Anthony Gowan, Ward 4
Kelly Sell, Ward 4

City Administrator

Brenda Gunn

Management Team

Rita Ramirez, Assistant City Administrator
Pat Archibald, Buildings & Grounds Director
Pam Buethe, City Clerk
Ann Birch, Community Development Director
Sheila Lindberg, Finance Director
Rose Barcal, Library Director
Rich Uhl, Fire Chief
Bob Lausten, Police Chief
Joe Soucie, Public Works Director
Scott Stopak, Recreation Director

Do You Have the Flu?

The Nebraska Medical Center along with UNMC and UNMC Physicians has created an H1N1 flu web site. The City of La Vista has provided a link to this site on the home page of the City's web site at www.cityoflavista.org - click on Quick Links, or you can access the site directly at <http://www.nebraskamed.com/flu/>.



The web site includes the following helpful information:

- 1) Self-assessment test if you think you might have H1N1 flu
- 2) When to go to the doctor/emergency room and when to self treat at home
- 3) Common questions and answers about the seasonal flu and H1N1 flu
- 4) Video and sound bites with two infectious disease experts answering questions
- 5) H1N1 vaccine information

The Nebraska Medical Center also has a hotline that can be used as a resource. The number is 559-9996. Both the website and the hotline provide information in English and Spanish.



City of La Vista
8116 Park View Blvd.
La Vista, NE 68128

p: 402-331-4343 | f: 402-331-4375

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HOLIDAY BAZAAR/ GARAGE SALE
Sell your holiday crafts and knickknacks or garage sale items on Sunday November 8th from 2:30 - 6:30 p.m. at the La Vista Community Center. \$10.00 will reserve a spot in the gymnasium and includes an eight foot table and 2 chairs. Tables will be assigned on a first come-first paid basis and space is limited. Stop by the La Vista Community Center to reserve your space today. Set up time for sellers is 1:00-2:00 p.m. Doors open for shopping at 2:30 p.m. No admission to shop.

NEW!

ZUMBA FITNESS CLASS IS HERE!

Zumba is an easy-to-follow aerobic exercise with movements that are mainly derived from Latin and international music. The routines feature aerobic interval training with a combination of fast and slow rhythms. Participants do not have to know how to dance to do Zumba. This is a fun way to burn some calories! Classes are Friday 6:30-7:30 p.m. and Saturday 9:00-10:00 a.m. **Fee:** \$6 per individual class or \$35 Punch card (7 classes). For further information or to download a flyer, schedule calendar or a registration form, go to the City website at www.cityoflavista.org/recreation. Instructor: Marisol Rodriquez 402-813-8976; email ur.marisol@gmail.com

NEW!

KICKBOXING FITNESS CLASS

Cardio-kickboxing is a fun, effective workout for men and women, combining

martial arts, aerobics, cardiovascular and toning for a total body workout. This class will offer a fast-paced cardio workout with a high energy atmosphere. Go beyond your limits and get stronger and fit faster. Thursday 6:00-7:00 p.m. **Fee:** \$6 per class. Come to class to register, or download a flyer, schedule calendar and registration form at www.cityoflavista.org/recreation. Instructor: Kris Lumm 502-708-5602, lumms2003@yahoo.com

WOMEN'S SELF-DEFENSE CLASS

Women's self-defense is being offered the 1st Thursday of each month from 6:45-8:30 p.m. These classes will teach basic self-defense techniques to help defend and deter an attacker. It also will teach students how to be aware and remove themselves from difficult situations, either physically or verbally. This class is designed for women of all ages and any level of experience. **Fee:** \$10. For more information, please contact Claudia at 630-3169.

OH SHOOT!

SMILE FOR THE CAMERA

Sign up for one or all of three new photography classes being offered at the La Vista Community Center. Instructor Kim Madrigal of Beautiful World Photography will be teaching Introduction to Digital Photography on November 14, 2009 from 9:00-11:00 a.m.; Photographic Composition on December 5, 2009 from 9:00-11 a.m.; and How to Take Wonderful Wild Zoo Photos on January 16, 2010 from 9:00 a.m. to 1:00 p.m. You can learn the basic concepts of digital photography, how to use the manual settings on your camera, how to focus on selecting a subject, background, balance, framing, how to deal with tricky lighting, moving subjects and much more. These classes are geared toward beginning to intermediate photographers age 12 and up. **Fee:** \$25 per class. To register contact Kim at 515-3870 or Madrigal.Kim@gmail.com

Community Center hours of operation (please note-hours are different for adult and youth):

Mon. - Fri: 8 a.m.-10 p.m.
Sat. (May 1 - Aug. 31): 9 a.m.-4 p.m.
Sat. (Sept. 1 - April 30): 8 a.m.-6 p.m.
Sun. (May 1 - Aug. 31): Closed
Sun. (Sept. 1 - April 30): 1 p.m.-10 p.m.
Mon.-Fri. (School Yr.): 8 a.m.-3 p.m.
Adults Only
Mon.-Fri. (School Yr.): 3 p.m.-10 p.m.
Adults & Youth
Mon.-Fri. (Summer): 8 a.m.-1:30 p.m.
Adults Only
Mon.-Fri. (Summer Sched. / No School):
1:30 p.m.-10:00 p.m. Adults & Youth

Snow Days are not included in the above schedule - those days are considered the same as school days for youth. Hours are 3:00 p.m. - 10:00 p.m.

ALWAYS CHECK AT THE RECREATION CENTER FOR EVENTS THAT MAY NOT BE LISTED IN THIS NEWSLETTER. WE POST FLYERS OFTEN FOR SPECIAL EVENTS PLANNED AFTER THE NEWSLETTER IS PRINTED.

Seasonal Activities

MEN'S BASKETBALL LEAGUE

(must be 18 and out of High School). Registration Deadline: Sunday, November 15, 2009 or until the league is full (\$10 late fee). Games on Sunday afternoons/evenings at the Community Center. Registration **FEE:** \$135.00 per team; \$22.00 per game paid directly to the officials; \$44.00 forfeit fee. Season begins December 13, 2009.

WOMEN'S VOLLEYBALL

WINTER LEAGUES

(must be 18 and out of High School). Registration Deadline: Sunday, January 17, 2010 or until the leagues are full (\$10 late fee). Women's Recreational Division, Games on Wednesday evenings. Registration **FEE:** \$100.00 per team; Referee fee: \$8.00 per match paid directly the referee. Season begins early February.

YOUTH BASKETBALL LEAGUE

Registration Deadline: Sunday, November 15, 2009. Season runs January through early March. Boys & girls grades 3rd/4th & 5th/6th. Registration Fee: Early Bird (Register by November 1, 2009) - La Vista Residents \$45, Non-Residents \$55; After November 1, 2009 - La Vista Residents \$55, Non-Residents \$65. \$40 uniform deposit must be paid at the time of registration by separate check. The emphasis of the league will be on learning new skills and improving current basketball techniques, teamwork, sportsmanship & fun. To keep teams as evenly competitive as possible, teams will be selected by draft. No requests will be taken. Siblings will be placed together if in the same grade divisions. Volunteer coaches needed.

CO-ED YOUTH BASKETBALL CLINIC

Registration Deadline: Sunday, December 20, 2009. Saturday mornings starting mid-January, 5 one-hour sessions. Boys and girls grades 1st & 2nd. Registration **FEE:** Early Bird (Register by December 6, 2009) - La Vista Residents \$15, Non-Residents \$20; After November 6, 2009 - La Vista Residents \$25, Non-Residents \$30. Learn the basic skills of dribbling, passing, shooting, teamwork and fun. T-Shirt included. Volunteer coaches needed.



LA VISTA FALLS GOLF COURSE

La Vista Falls Golf Course will remain open during the winter season, weather and course permitting. Don't forget to buy the golfers you know a gift certificate from La Vista Falls this holiday season! Gift certificates can be purchased for any amount and can be used towards green fees, golf carts and merchandise. If the weather isn't nice enough to play golf, you can begin thinking of spring by organizing a group outing (company, family, school or a fund raiser) or league play. Call the Golf Course Clubhouse at 339-9147 for updates, hours and fees. In 2010, La Vista Falls has Senior Women's Leagues (Tuesday morning and Wednesday evening); Men's League (Tuesday night, beginning end of April for 18 weeks. \$170 per person); Senior Men's League (Friday morning); Mixed League (Friday night, beginning end of April for 18 weeks. \$170 per person) and Junior League (day and time depends on the amount of interest).

On-Going Activities

Information regarding the following on-going activities can be accessed on the City's website at www.cityoflavista.org/recreation or by contacting the Community Center at 331-3455:

- Baton Classes
- Ballroom Dancing
- Preschool Play Time
- Belly Dancing
- Dance Lessons - Omaha Jitterbugs
- Aikido
- Karate
- Suiyo Ryu - Japanese
- Swordsmanship
- Sochi-Go Ryu Self Defense
- Individual Weight Training
- Indoor Walking Club
- Model Airplane Flying
- La Vista Senior Center Activities
- Special Services Bus

LA VISTA SENIOR CENTER

The La Vista Senior Center is located in the Community Center and offers friendship, food, fitness, field trips and many more fun activities. Please join us for lunch, exercise or join in for games and/or special events. The La Vista Senior Center, located in the Community Center, 8116 Park View Blvd., has plenty of parking and easy access. Look on-line at www.cityoflavista.org/recreation/seniorcenter for our monthly newsletter and activities, or contact the Recreation Dept. at 331-3455 for further information.

A visiting nurse is at the Community Center on the first Friday of each month from 9-11:30 a.m. There is a sign-up sheet across from the front desk, but walk-ins are welcome.

The Special Services Bus is available for senior citizens age 60 and older and all special needs/handicapped residents residing in Ralston and La Vista. The van operates Monday through Friday, 7:00 am to 4:30 pm. The bus does not operate on City of La Vista declared holidays or when the La Vista/Papillion or Ralston schools are closed due to weather conditions. Call 657-3550 48-hours in advance to schedule a ride time. We make every effort to accommodate, but due to prior scheduling, we may not be able to help everyone on their requested times. Call the La Vista Recreation Department at 331-3455 for any questions about this service.

To look at scheduled activities/trips and lunch menus, be sure to pick up a monthly La Vista Senior Newsletter at the La Vista Recreation Dept. or check us out online at www.cityoflavista.org.