

# LA VISTA citywise

## Summer Fun in La Vista

Free family fun has been in abundance this summer in La Vista! Beginning Memorial Day weekend with La Vista Daze and continuing through the summer with concerts, movies, a "Splash Bash" at the pool and others, the City of La Vista has hosted a variety of events, many of them free, geared toward families.

Hopefully you had an opportunity to enjoy some of these activities, which would not be possible without the support of many sponsoring organizations, including: Acapriccio Dance Company, Bank of Nebraska, Beacon Building Services, Bo Bo's Bouncy Town, Bellino Fireworks, Harrison Street Animal Hospital, Heartland Animal Hospital, La Vista Community Foundation, La Vista Firefighters Association, La Vista Fraternal Order of Police, Midwest Performance Flyers, the Tri-City Ministerial Association, and Val Verde Animal Hospital.

In an effort to continue providing events that focus on great family fun, we would like your feedback. Visit the City's Web site at [www.cityoflavista.org/2012eventfeedback](http://www.cityoflavista.org/2012eventfeedback) to give us your thoughts on La Vista Daze, our concerts, movie nights and other events.

The City is always looking for ideas for new events that would be unique to La Vista. If you have a suggestion, or would be interested in volunteering to help plan future events, e-mail Mitch Beaumont at [mbeaumont@cityoflavista.org](mailto:mbeaumont@cityoflavista.org).



Starting above left to right: Mayor Kindig pictured with one of the winners of the baby photo contest.

Teen Dance - Another new event this year was the teen dance, held at the Central Park tennis courts.



Cub Scout Pack 61 won the award for best float in the La Vista Daze parade.

The Papillion-La Vista High School Cheerleaders walk down the parade route.

## Process for Filling City Council Vacancy

City Councilmember Brenda Carlisle has been elected to the Sarpy County Board, which will create a vacancy on the City Council in January. Council vacancies are filled by the Mayor with the approval of the City Council. Those interested in filling this position can obtain an expression of interest form from City Hall. Applicants should be residents of Ward I and be registered voters. The Mayor will submit a recommendation for the appointment to the City Council for approval. The candidate appointed will complete the remainder of the term which runs until December 2014. For more information contact Pam Bueth, City Clerk, at 402-331-4343.

## A MINUTE WITH mayor kindig



In a few short weeks, another summer will be behind us, and I hope you and your family have had an opportunity to enjoy some of our events these past few months.

Since La Vista's 50th anniversary two years ago, and in partnership with the La Vista Community Foundation and some incredible sponsors, we have worked diligently to plan events our residents will enjoy year after year. Between La Vista Daze, concerts, movies, a free day at the pool and a cutting edge adventure race, I truly believe that these events are quality of life amenities residents enjoy.

We are always looking for new ideas and ways to improve our existing events. We also want your suggestions for possible new events.

The City Council and I are on the lookout for that next great event to offer to La Vista residents, and we would like your feedback. Does your hometown offer an event that would work well in La Vista or do you have other ideas?

We'd love to hear from you! Please visit our Web site at [www.cityoflavista.org/2012eventfeedback](http://www.cityoflavista.org/2012eventfeedback) or contact City Hall at 402-331-4343, and let them know what you think.

— Mayor Douglas Kindig



The City of La Vista hosted an **Arbor Day celebration** this spring at Southwind Park, which included a story time hosted by City Council member Tony Gowan. This joint event between the Recreation Department and Public Library also featured free prizes for the children in attendance, and the planting of a tree in the park.

## La Vista City Calendar

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

### AUGUST 2012

- 4 Urban Scramble Adventure Race, 7 a.m., Community Center
- 7 City Council Meeting, 6 p.m.
- 7 National Night Out, 6 p.m., Central Park
- 10 Outdoor Concert (Blue House) & Movie Night (Three Musketeers), 7 p.m., La Vista Public Library
- 13 La Vista/Metropolitan Community College Condominium Owners Association, 3 p.m., La Vista Library
- 15 Park and Rec. Advisory Board, 7 p.m.
- 16 Planning Commission, 7 p.m.
- 21 City Council Meeting; public hearing on 2013 budget, 7 p.m.

### SEPTEMBER 2012

- 3 Most City offices closed in observance of Labor Day
- 4 City Council Meeting, 7 p.m.
- 13 Library Advisory Board, 5:30 p.m., La Vista Library
- 13 Citizen Advisory Review Committee, 7 p.m.
- 8 City Council Meeting, 7 p.m.
- 19 Park and Rec. Advisory Board, 7 p.m.
- 20 Planning Commission, 7 p.m.

### OCTOBER 2012

- 2 City Council Meeting, 7 p.m.
- 8 Most City offices closed in observance of Columbus Day
- 16 City Council Meeting, 7 p.m.
- 17 Park and Rec. Advisory Board, 7 p.m.
- 18 Planning Commission, 7 p.m.
- 31 Halloween Safe Night, 5:30-7 p.m., Community Center

## Fire Department Receives Extra Mile Award

The La Vista Volunteer Fire & Rescue Department was chosen recently as the winner of the WOWT/Gregg Young "Go The Extra Mile Award". The \$500 prize is awarded to an individual or group that has gone the extra mile in the community. La Vista Volunteer Fire & Rescue personnel were nominated for their selfless service to the residents of La Vista and for their fire and injury prevention programs.

## Fire Academy Weekend

Wear the gear, use the tools and learn the basic duties of fire and rescue personnel at the La Vista Volunteer Fire & Rescue Department's sixth annual Fire Academy Weekend at the Bellevue Fire Training Center on the weekend of September 22-23.

Participation in the academy is open to all individuals 18 years of age or older with an interest in becoming an EMT and/or Firefighter. Participate in simulated emergency situations from performing CPR to extinguishing a live fire.

Applications, available at [www.cityoflavista.org/fireacademy2012](http://www.cityoflavista.org/fireacademy2012) or at the District One Station, 8110 Park View Blvd., are due September 18 by 5 p.m. Preference is given to those who reside within the City of La Vista or the city's two-mile zoning jurisdiction.



Back (L-R): Brandon Garcia, Andy Bierbrauer, Steve Leighton  
Front (L-R): Chief Rich Uhl, Kaitlin Kimura, Sarah Wilson, Austin Brake, District Chief Adam Vail

## Fire Prevention Week

The La Vista Volunteer Fire & Rescue Department will be participating in this year's National Fire Prevention Week, October 7-13. During this week firefighters will be visiting the schools to speak with students about what they can do to prevent a fire in their home. The Fire Department will also be hosting a coloring competition and the students' artwork will be on display at the Annual Fire Department Open House. Watch for more information from your child's school.

## Open House

The La Vista Volunteer Fire & Rescue Department will be hosting its annual Open House, in conjunction with Fire Prevention Week, from 1 to 4 p.m. on Sunday, October 14 at the District One Station, 8110 Park View Blvd.

The event is open to the public and admission is free. This year will feature live demonstrations, equipment on display, a visit from the LifeNet helicopter, Child ID Kits, blood pressure screenings, information on fire prevention and disaster preparedness and much more!



From left: Kristin Kroeker, Vinnie Lannutti, Nick Molek and Mike Kammerer.

## Fire Department Welcomes Four New Recruits

The fire department recently welcomed four new recruits to the ranks. These recruits come to the department as licensed EMS professionals and firefighters. They will serve a one year probationary period while they become more familiar with the City and fire department operations.



From left, Marty Price, Cody Beaudin, Jeff Johnson, Connor Matthias, Kaitlin Kimura, Randy Bland, Matt Sullivan, Tad Smith and Tim Pohl. Not pictured: Matt Frans, Brandon Garcia, Samantha Lord and Angie Monheim.

## New Members Confirmed for Full Membership

At a recent City Council meeting, 13 members of the La Vista Volunteer Fire & Rescue Department were granted full membership after successful completion of a one year probationary period. During this time, these members attended school to become Nationally Registered Emergency Medical Technicians (EMTs) and Certified Firefighters. Please join us in congratulating these members!



# Emergency Management Team

To plan for future emergencies and help protect La Vista residents, the City has formed an Emergency Management Team.

Members of this team, who represent the fire, police, public works, community development and administration departments and elected officials, were selected based on their experience and expertise in their respective fields.

The team has been working to ensure all employees and elected and appointed officials receive necessary training through FEMA. They have also been working to integrate the roles of employees who are not in a public safety role with those from the police and fire departments so all involved will know their duties if a large-scale disaster were to affect La Vista.



This group has planned two table-top training exercises as well as a full-scale drill that will take place this fall. Watch for more information on the City's Web site and in local media.

## police department



*La Vista's National Night Out celebration will take place on Tuesday, August 7, at Central Park. Shown at last year's celebration, from left, Code Enforcement Officer Stacy Corbit, Officer Bryan Stolley, Sergeant Bryan Vaughn, Officer Mike Loyd and Officer John Danderand.*

### NATIONAL NIGHT OUT INFORMATION

Join the La Vista Police Department and other City departments for the annual National Night Out celebration beginning at **6 p.m. on Tuesday, August 7**, in Central Park.

This year's event will feature free hot dogs, chips and drinks while supplies last, equipment displays from the police, fire and public works departments as well as supporting agencies, family games and bounce houses.

A new addition to this year's event is the Dinosaur Egg Hunt, which has been held in the past as a separate event. Join the hunt for these giant eggs (watermelons) and bring them back to the park shelter where they'll be cracked open for everyone to enjoy! Children of all ages are welcome to participate.

For more information, visit the City's Web site, [www.cityoflavista.org/nationalnightout](http://www.cityoflavista.org/nationalnightout).

### POLICE TO "TICKET" KIDS THIS SUMMER.

La Vista police are expected to "ticket" 200 children this summer.

But it's for a good cause.

Instead of a citation for a trip to the local jail, these special tickets will entitle a young person to one free small Frosty from participating Wendy's stores, said La Vista Police Chief Bob Lausten.

To get the ticket, an officer must witness the child helping others, deterring crime or participating in a positive activity in the community, which includes having fun.

The tickets can be given any time a law enforcement official is on duty - either while responding to an incident or while on patrol.

"The officers themselves are very enthusiastic about the program," Lausten said. "It gives them a chance to bond with the youth. The coupons are a great way to encourage interaction between officers and the community."

There is no minimum or maximum age for kids to be rewarded.



*The La Vista Police Department's newest officer, TJ Markowsky, was sworn-in by Mayor Kindig at the April 17 City Council meeting. Officer Markowsky is currently in the Field Training Officer program and will soon be patrolling the streets of La Vista.*

## Used Tire Collection

The City of La Vista will be hosting a used tire collection day on Saturday, August 25, 8 a.m.-1 p.m., at the Public Works Facility, 9900 Portal Road. The used tires are collected and then sent to a recycling company which shreds them. The event is made possible by a grant received from the Sarpy/Cass Department of Health and Wellness for West Nile Prevention. Used tires left outside collect water and become prime breeding sites for mosquitoes.

In addition to used tires, used motor oil, anti-freeze and any type of batteries will be accepted. The event is open to all residents and those living in the City's extra-territorial jurisdiction. Proof of residency will be required such as photo ID or a utility bill. For more information call the Public Works Department at 402-331-8927.



## New Pedestrian Bridge

The walk-bridge located at the northwest entrance to Central Park was recently replaced. Deterioration and vandalism had compromised the structural integrity of the old bridge. Public Works crews removed the old concrete structure in May and replaced it with a new wood structure. The

one major change to the walk-bridge was the elimination of stairs on the south side of the bridge. The new bridge was designed with a ramp replacing the stairs which made the structure wheelchair accessible; as well as being more user-friendly for those with baby strollers, wagons and bikes.

## New City Council Ward Boundaries

When La Vista residents go to the polls this November during the general election, some may be electing a different City Council member than in years past. The 2010 census and the subsequent City Council ward redistricting process resulted in two current council members being reassigned to different areas.

Council member Ron Sheehan, who has

represented Ward 1 since 1988, will now represent Ward 2. Council member Mike Crawford, who has represented Ward 2 since 2008, is now representing Ward 1. There were also boundary changes for Ward 3 and 4, however no Council members were affected.

State statute requires each ward's population to be within 10 percent of

the City's other wards. To find out which ward you live in or whether your ward has changed, visit the City's Web site, [www.cityoflavista.org/votingwards](http://www.cityoflavista.org/votingwards).

## Community Development Department Project Updates

**Accu Quilt** - A certificate of occupancy has been issued for a 1,300 s.f. tenant finish for this new business that will offer quilt making classes and education. Location: 8843 S. 137th Circle.

**Alegent La Vista Clinic** - A Certificate of occupancy has been issued for this 32,500 s.f. clinic. Location 8248 S. 96th St.

**American National Bank** - A permit has been issued for the construction of a new 4,327 s.f. bank building. Location: 12048 Giles Road.

**Beautiful Savior Lutheran Church** - A permit has been issued for a 15,200 s.f. addition to this church that will include

classrooms and a multi-purpose room. Location: 7706 S. 96th Street.

**CVS Pharmacy / Divine Truth Book Store** - Construction has been completed on a new building for Divine Truth Bookstore and they are open for business. Construction is underway on the second new building for CVS Pharmacy with an anticipated completion date of August 1, 2012. Location: 84th & Harrison Street.

**O'Connor Company** - A tenant finish for this mechanical equipment distributor has been completed. Location: 13900 Chalco Valley Pkwy.

**Omni Care** - A permit has been issued for a

9,986 s.f. tenant finish for this home health care delivery company. Location: 8402 S. 117th Street.

**Performance Toyota** - A permit has been issued for the construction of a 3,200 s.f. addition to the showroom of this Toyota dealership. Location: 7204 S. 124th Circle

**Salon Centric** - Construction has been completed on an 82,720 s.f. warehouse addition for the business formerly known as Peels Salon Services. Location: 11720 Peels Circle.

**Wellner Truck Parts** - A tenant finish has been completed for this company. Location: 8623 S. 117th Street.



Mayor Douglas Kindig speaks at the dedication of the mural designed and painted by students from the IDEAL Program. Inset: The mural designed and painted by the students.

## Legacy Project

The La Vista Public Library recently partnered with the Papillion-La Vista School's IDEAL Program on a legacy project. Students created a mural concept, raised money for and painted the mural that now graces one wall of the Library's teen section. Two local artists are also creating a mural next to the space painted by the students, and that will be finished soon.

**The featured book** is "I am a Man", by Joe Starita. Visit the Library's online catalog at [www.cityoflavista.org/librarycatalog](http://www.cityoflavista.org/librarycatalog) to reserve a copy. The author will be visiting the library November 10, at 2 p.m.

**The featured database** this month is A to Z the USA, which contains information on a wide variety of topics. Link to this database and many more from the Library's Web site, [www.cityoflavista.org/databases](http://www.cityoflavista.org/databases).

## Adult Programs

History Comes Alive at the Library - A Special Series:

Saturday, September 8, 2 p.m. - Jeff Barnes speaks about Custer

Saturday, October 6, 2 p.m. - Darrel Draper will re-enact Teddy Roosevelt

Saturday, November 10, 2 p.m. - Joe Starita will discuss "I Am a Man", the story of Chief Standing Bear.

## Children's Programs

Craft days will be held on Monday, September 10 and Monday, October 22, 3:30-4:15 p.m. for children in fourth grade and younger. Registration is not required.

Halloween Party - The La Vista Public Library will host a Halloween Party on Wednesday, October 24, 11 a.m.-noon, for children five years old and younger who are not in kindergarten. Be sure to wear your costume and bring a bag for treats! Registration is required and begins Monday, October 1. For more information, contact Jodi Linhart, 402-537-3900.

Lego Club - Every month come build your Lego masterpieces one brick at a time with the La Vista Public Library's Lego Club, open to children ages 4-11. The library will provide the Legos, and bring your cameras because weekly creations will not be kept. Registration is not required.

## Storytimes

There will be no sessions the weeks of October 15 and November 19.

Preschool Storytime, geared towards three to five-year-old children, is available on Mondays, Tuesdays, and Fridays, 10-10:45 a.m. and Thursday afternoons, 2-2:45 p.m. Storytime will begin Monday, September 17. There will be no classes the week of October 15 and November 21. Registration begins on Monday, August 13. Sign-up for only one day a week.

Miss Marjie - Toddlers, geared towards children 18 to 36 months, is offered on Mondays, Thursdays, and Fridays, 10:10-10:40 a.m. Fall session starts September 24.

Lapsit with Miss Marjie, geared toward children 6-18 months, is offered on Tuesdays, 10:10-10:40 a.m. Fall session starts September 25.

## NEW: Music Storytime

This drop-in storytime, offered to children 18 months to 5 years, will be held the 1st and 3rd Wednesdays of the month, beginning September 19, 10-10:45 a.m. Enjoy stories and other activities set to rhythm and music. Registration is not required.

## Teen Programs

The Library's teen programs will kick off for the school year on Tuesday, October 2. Programs are held every Tuesday and Thursday at 6 p.m. October will feature a big Halloween party and other programs include holiday parties, crafts, movie and game nights, Random Club, Pool Noodle Kendo Club and more.

To help plan future programs, join the Teen Advisory Board for its meeting on Thursday, October 4 at 6 p.m. For more information contact Lindsey Tomsu, 402-537-3900.



The Library's summer reading program featured many special presentations, including this one from Wildlife Adventures



## THOMPSON CREEK UPDATE

With the Thompson Creek Voluntary Buyout Program complete, the City of La Vista is moving forward with identifying funding sources for the next phase, which would include creek channel stabilization and improvements.

The City Council recently approved a supplemental agreement with RDG Planning and Design, the Civic Center Park consultant, to prepare grant applications to the Nebraska Department of Environmental Quality (NDEQ) and the Nebraska Environmental Trust to help fund the next phase. Those grant applications are required before the City can apply to the Papio-Missouri River Natural Resources District for grants from their Urban Drainageway Program.

Decisions on the NDEQ and Environmental Trust grants are expected in the first quarter of 2013.

## VISION 84 PLAN RECOGNIZED

The City of La Vista's redevelopment plan for the 84th Street corridor, Vision 84, was recently recognized with a Merit Award for Planning by the American Society of Landscape Architects. La Vista's plan was nominated for the award by AECOM, the firm which completed the vision document for the City. "Much of the credit for the success of the plan goes to the City leaders

and working group members who were committed to the success of the project," said AECOM. "The plan provides a road map for the future, but will require diligence and commitment in seeing it come to fruition."

## FALL LEAF COLLECTION & DOCUMENT SHREDDING

On Saturday, November 3, the City of La Vista will offer free document shredding and a free dump site for leaves and yard waste at the Public Works Facility, 9900 Portal Road. The document shredding and yard waste collection will take place from 8 a.m. to 3 p.m. Both services are available to residents and those living in the City's extra-territorial jurisdiction.

The document shredding which will take place 10 a.m.-noon, is limited to three boxes of documents per household is provided free of charge by Shred Safe. Documents will be shredded on site and staple and paper clips do not need to be removed.

Leaves, grass clippings and tree branches, which can be any length but no larger than 6 inches in diameter, will be accepted. Used motor oil, anti-freeze and all batteries will also be accepted. Proof of residency, either a valid driver's license or a copy of a utility bill, is required. For more information call 402-331-8927.

## Council Clips

*The following items are highlights of recent City Council action:*

- Approved the purchase of a fire extinguisher trainer for the Fire Department.
- Approved bond issue refunding resulting in approximate savings of \$1.4 million over the life of the issue.
- Approved the purchase of new digital radios.
- Approved a contract for a new time entry system.
- Approved the purchase of a portion of a lot at Park View Boulevard and Lillian Avenue.



## Halloween Safe Night Information

Join the City of La Vista and the La Vista Volunteer Fire Department for an annual Halloween tradition!

Halloween Safe Night is scheduled for 5:30-7 p.m., Wednesday, October 31, at the La Vista Community Center, 8116 Park View Boulevard.

All children ages 12 and under, accompanied by a parent or guardian, are invited to attend this event, which will feature food, drink, candy and Halloween surprises around every corner.

Sponsorship opportunities are available. For more information, contact David Karlson at the Recreation Department, 402-331-3455.

Returning to this year's event will be the pumpkin carving contest. Entry details, as well as other event information, are available on the City's Web site, [www.cityoflavista.org/2012halloween](http://www.cityoflavista.org/2012halloween).



**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

Rich Uhl, Fire Chief

Rose Barcal, Library Director

Bob Lausten, Police Chief

Joe Soucie, Public Works Director

Scott Stopak, Recreation Director



**Bike Fun and Safety Day Included Free Helmets, Fittings**

Members of Cub Scout Pack 60 stopped by the City of La Vista's annual Bike Fun and Safety Day, which was held June 26 at the La Vista Sports Complex.

The event featured a safety course, bike inspections and a free helmet fitting event, with helmets provided by AAA Nebraska and the Cornhusker Motor Club Foundation. For more information on upcoming events in La Vista, visit the City's Web site, [www.cityoflavista.org/2012events](http://www.cityoflavista.org/2012events).

CityWise is published by the City of La Vista to keep citizens informed about city programs, policies and services. Please send comments and suggestions concerning the publication to the above address. CityWise can also be accessed on La Vista's Web site, [www.cityoflavista.org](http://www.cityoflavista.org).

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# what'shappening • fall 2012

## FAMILIES, KIDS & ADULTS

### Preschool Play-by-Play

Ages: 3-5. FEES: \$15, non-residents \$20. Registration deadline September 18 or when class is full (class size limited to 10). When: 9-9:45 a.m., Tuesday's, September 25-October 30. Children will learn the basics of throwing, catching, dribbling, shooting, kicking, and batting in a safe and positive environment. Parent/guardian attendance is required, and participation is encouraged!

### Preschool Play Time

Ages: preschool age and under. **FEE:** Free. When: Tuesdays and Thursday, 10-11 a.m. Zip around the gym on tricycles and cozy coupe cars, play preschool sized basketball, kick balls or just run, jump and play with others! It's a great play date for kids and parents!

### One Sky, One World Fly Fall Kite Fest

Sunday October 14, 2012, noon-5 p.m. at the La Vista Sports Complex 1/4 mile south of Harrison on 66th Street. Bring the whole family for an afternoon of kite flying and fun! See members of the American Kite Fliers Association fly some of the biggest most creative kites you've ever seen or bring your own kites to fly in our family fly zone!

### Model Airplane License and Field Times

**FEE:** \$30 La Vista Residents, \$40 non-residents, (includes 1 year license and Midwest Performance Flyers Club membership). When: Flying times will be posted at the Community Center and Hobby Town U.S.A. Where: La Vista Soccer Complex, 1 mile south of Harrison on 66th street. Model airplane flying licenses may be purchased at the HobbyTown, U.S.A. A.M.A. card required to purchase a license.

### Indoor Remote Control Model Airplane Flying

Watch at no cost or bring your indoor plane and pay a small drop-in **FEE:** adult \$3; non-resident adult \$4; senior residents free, non-resident senior \$2. These lightweight planes will amaze you, as will the individuals who fly them.

### Community Indoor Garage Sale

When: Saturday October 13th, 10 a.m. - 2 p.m. Where: La Vista Community Center. **FEE:** \$5 will reserve a spot to sell items in the gymnasium (this includes an eight foot table and 2 chairs). Limited space, spots will be reserved on a first come (paid) basis. Set up time for sellers is 9 a.m. Doors will be open from 10 a.m. to 2 p.m. to shop. No admission to shop.



### Pumpkin Decorating Contest

Carve or decorate a pumpkin and enter it in one of our four categories; Pre-K-3rd grade, 4th-8th grade, 9th grade-Adult or Family category. Pumpkins may be dropped off at the La Vista Community Center Monday October 29th thru Tuesday October 30th. 8 a.m.-9 p.m. Judging will take place during the Halloween Safe Night event.

## HEALTH & WELLNESS

Unless otherwise noted, there are no age restrictions for these activities.

### Yoga

"Relaxing Yoga" is designed for the beginner and intermediate yoga student. This class will include breathing and relaxation techniques, stretching, joint and gland exercises, Hatha Yoga\* postures and stress management techniques. Class Time: Saturday 1-2 p.m. **FEE:** \$6 per class, payable in 4 class sessions (\$24). Cash only, please. Contact Frank P. Ferrante, 402-614-0057, FrankPFerrante@gmail.com for more information.

### Pilates Matwork

**FEE:** \$7.00 per class, Saturdays, 9-10 a.m. Contact Wendy Harris, 402-297-5230, designsbywendy@hotmail.com. Pre-Registration is required. Pilates is a series of controlled, low-impact exercises to help increase flexibility, strength and overall body tone. It benefits both mind and body, addressing posture, concentration, breathing and strengthening your core muscles.

### Individual Weight Training Classes

Age: 18 and older. **FEE:** \$25. When: By appointment; two, One-hour sessions. Contact Rich Carstensen, 402-331-3455 or rcarstensen@cityoflavista.org. This class teaches the basics of weight training. Learn how to set up and advance, use proper Technique and form; and get the most of your weight-training program using both machine and free weights. Body Fat Testing is included.

### Indoor Walking club

**FEE:** Free. When: Monday, Wednesday, Friday, 10:30-11:30 a.m. The walking Club is open to any La Vista residents and seniors in the surrounding areas. Time is set aside for walkers, so there will be no interference from other programs.



## DANCING

### Preschool and Youth Classes

Ages: preschool and older. **FEE:** \$40.00 per 4-week session. Join as a single or couple, minimum of 6 people per class. Contact: Terry Vargas, 402-612-3712. Ballet, Pointe, Tap, Jazz & more.

### Adult Ballroom Lessons

Ages: 16 and older. **FEE:** \$40.00 per 4-week session. Join as a single or couple, minimum of 6 people per class. Contact: Terry Vargas, 402-612-3712. Ballet, Pointe, Tap, Jazz & more.

### Adult Belly Dancing Classes

Ages 16 and older. **FEE:** \$20 per month. When: beginner Tuesday, 5:30-6:30 p.m.; advanced 7-8 p.m. Contact: Wren Newman, 402-596-1397. This is a continuing class where you will learn an art form and musical instrument (finger cymbals). Enjoy this form of dance that brings out your unique self-expression!

### Learn to Swing with the Jitterbugs!

**FEE:** \$50.00 per person. Contact: www.jitterbugs.com. The Omaha Jitterbugs Offer a variety of dance lessons such as Lindy Hop, Charleston for Two, Swing and Bal-Swing (Balboa).

### Square Dance Lessons

Contact: Ken Young, 402-592-5143 or 402-690-3020. Square dancing is a great low impact aerobic exercise that burns a lot of calories while having fun dancing. **FEE:** \$50 per 5 week sessions on Sundays at 2 p.m., starting in September 30, 2012.



## MARTIAL ARTS

### CHA-3 Kenpo Karate

Ages: 10 and up. **FEE:** \$40 per month. Tuesdays 6-7:30 p.m. and starting in September Sundays 2:30-4 p.m. Tuesday 6-7:30 p.m. Contact: Tony Foster, 402-297-3773 or Anthony Foster, 402-917-7135. Realistic self-defense for the whole family that promotes respect, confidence, self discipline and integrity. Kenpo Karate is an art for the individual, allowing each person to achieve the fullest control over his mind and body. Kenpo develops balance, speed, power, breathing control as well as a good means of self-defense.

### Aikido

Ages: 5-11 and adults. Fee: children \$20, non-resident children \$25, adults \$30, non-resident adult \$35. When: Monday and Thursdays, children 6-7 p.m., Adults 7-9 p.m. Contact: Ron Christenham to register 402-339-6124.

### Ninjutsu

Sakura Academy is a Martial Arts School that is providing instruction in Japanese Ninjutsu. This class covers Taijutsu (unarmed combat), Kenjutsu (sword combat), Bojutsu (staff combat), as well as improvised weapons. Wednesday 5:30 p.m. ñ 7pm, Saturday 9am-11am. **FEE:** \$40 per month. For registration please contact us at 402-305-9210 or email us at info@sakuraomaha.com.

### Traditional Japanese Swordsmanship

Ages 18 and older or permission from instructor. **FEE:** 40.00 per month. Open Enrollment. When: Wednesdays, 7-9 p.m.; Saturday Noon-3 p.m. Contact Britt Nichols @ info@suioryu-usa.org. Suio-ryu lai Kenpo is one of the few ancient systems of Martial arts practiced today. It encompasses a broad variety of techniques such as laijutsu (the Art of the Draw), Kumi-iai (paired sword forms), Naginata-jutsu, pure Kenpo sword forms and Wakizashi techniques.

### Women's Self Defense Class

The self defense classes are designed to instruct practical self defense to women of all ages, sizes, and skill levels. We will dispel common self defense myths as well as teach you basic tips and techniques on how to avoid becoming a victim. The self defense classes are a practical and easy approach to safety and empowerment. Rooted in Aikido philosophy and principles, all techniques are simple, sound, easily remembered and very effective. **FEE:** \$20. To register contact Claudia Brown-Jackman 402-630-3169.

### Kendo "Japanese Sword Fighting"

12 week class, **FEE:** \$50 per month (swords are included), \$135 for full 12 weeks (swords are included). Beginners class Saturdays 2-4 p.m., Advanced class Tuesday 6-7:30 p.m. Contact: Mark Porter at learningkendo@cox.net or 402-715-0500. Classes run every 12 weeks and include two swords; the wooden Bokken and the bamboo Shinai. Students will learn the fundamentals of Kendo "the way of the Sword". There are two twelve week courses designed to prepare you for admission into Bushinkan Kendo Dojo.



## LA VISTA RECREATION YOUTH & ADULT SPORTS

Fees listed for residents then non-residents.

### BASKETBALL

*Season begins in January.*

#### Youth Basketball League

Early Bird Registration: November 10 Registration Deadline: November 24. Ages: Boys and Girls, 3rd - 6th grade as of current school year. **FEES:** November 10: \$55, non-residents \$60. After November 10: \$60, non-residents \$70. \$40 uniform deposit (separate check, returnable at season's end)

#### Co-ed Youth Basketball Clinic

Early Bird Registration: December 1 Registration Deadline: December 15. Ages: Boys and Girls, 1st - 2nd grade as of current school year. **FEES:** Before December 1: \$15, non-residents \$20. After December 1: \$25, non-residents \$30.

In five, one-hour sessions held on Saturday mornings, learn the basic skills of dribbling, passing, shooting, teamwork and fun!

#### Men's Basketball League

Registration Deadline: December 8 or until leagues are full. Ages: Must be 18 years old and out of High School. **FEES:** Men's League: \*\$135 per team (separate \$44 check, forfeit deposit fee). \$22 cash per game paid directly to the officials before game start. \*A late fee of \$10 if registered after December 8.

### VOLLEYBALL

*Season begins in October.*

#### Youth Volleyball League

Early Bird Registration: August 25. Registration Deadline: September 8. Ages: 3-rd-6th grade as of fall 2012. **FEES:** Before August 25: \$30, non-resident \$50. After August 25: \$40, non residents \$60.

#### Women's Volleyball League

Registration Deadline: September 1 or until leagues are full. Ages: Must be 18 years old and out of High School. **FEES:** Women's League: \*\$100 per team (separate \$20 check, forfeit deposit fee. \$10 cash per game paid directly to the officials before game start. \*A late fee of \$10 if registered after September 1.

#### Adult Softball

Games tentatively start on September 4. Leagues: Coed, Men's and Double-Header. **FEES:** Coed & Men's: \$110 (separate \$40 check, forfeit deposit fee). Double-Header: \$220 (2 separate \$40 checks, forfeit deposit fee). Registration Deadline: August 11 or until leagues are full.

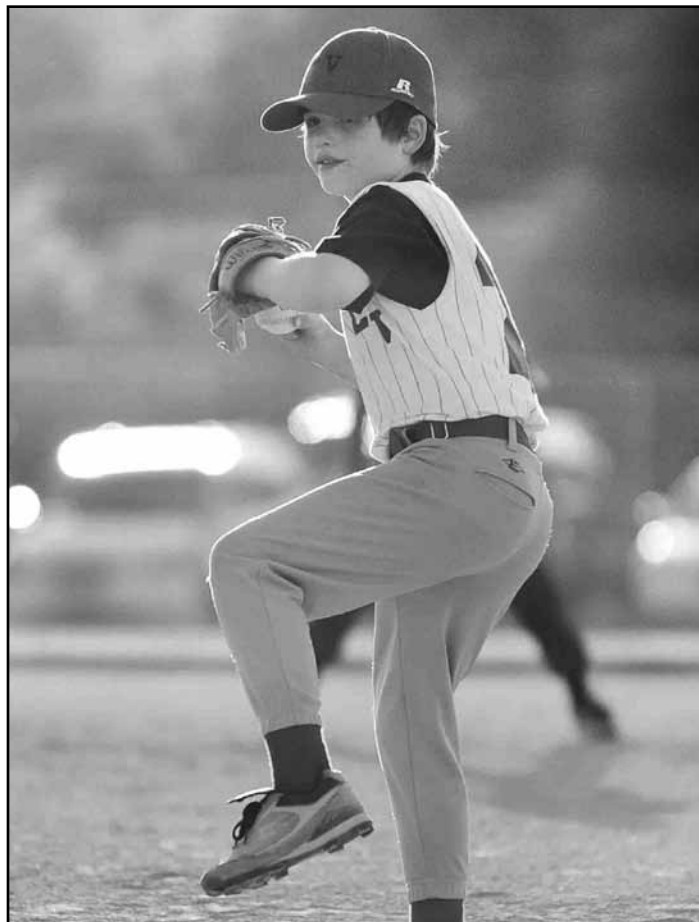
Coed League will be held on Friday & Sunday evenings; Men's League will be held on Sunday, Monday, Tuesday, Thursday & Friday evenings; Double-Header League will be held on Tuesday & Thursday evenings.

## NEW PROGRAM - Fall Coed Youth Baseball Clinic



Season begins in September. Early Bird Registration: August 11 Registration Deadline: August 25. Ages: 3-6 as of August 1. **FEES:** Before August 11: \$15, non-residents \$20. After August 11: \$25, non-residents \$30.

In five, one-hour sessions held on Thursday evenings, learn the basic skills of hitting, catching, pitching, teamwork and fun!







## LA VISTA SENIOR ACTIVITY CENTER

The La Vista Senior Center, located in the Community Center, 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 Senior Center has plenty of parking and easy access. Visit the City's web site, [www.cityoflavista.org/seniorcenter](http://www.cityoflavista.org/seniorcenter) for the monthly senior newsletter, and to look at scheduled activities/trips and lunch menus. Contact Senior Director Rich Carstensen at 402-331-3455 for more information.

### La Vista Senior Olympics

Tuesday, September 18, 9 a.m.-5 p.m. at the La Vista Community Center. Registration deadline 5 p.m., September 14. All seniors from the local area age 60 years or older are invited to participate in games, events and activities, including a potluck lunch from noon to 1:30 p.m. Bring your favorite dish and the Senior Center will provide the main course and drinks. Games, events and activities will be posted at a later date.

### Knights of Columbus Grant

The Knights of Columbus recently awarded a \$1,000 grant to the La Vista Senior Center. The money will be used to purchase large print bingo cards, an X-Box gaming system, pay a Tai Chi instructor and for prizes and lunch tickets for the Senior Olympic Games.



### La Vista Falls Golf Course

8305 Park View Blvd. For further information on golf course hours, green fees, cart fees, punch cards, season passes, leagues, etc. please visit the City's Web site, [www.cityoflavista.org](http://www.cityoflavista.org), or call 402-339-9147. La Vista Falls is open for play throughout the year, weather and course permitting. Don't forget, we have gift certificates for that special someone's birthday or holiday present. Certificates can be purchased in any amount and can be used towards green fees, golf carts and merchandise.

### Special Services Bus

Available for senior citizens age 60 and older and all special needs/handicapped residents residing in the cities of La Vista and Ralston. The service operates Monday-Friday, 7 a.m.-4:30 p.m.; the service does not operate on City of La Vista declared holidays or when Papillion-La Vista or Ralston schools are closed due to weather conditions. For questions about service, fees, etc., please call the La Vista Recreation Department at 402-331-3455 or visit us online at [www.cityoflavista.org](http://www.cityoflavista.org). For reservations, call 402-657-3550 at least 48 hours in advance. We make every effort to accommodate, but due to prior scheduling, we may not be able to help everyone at their requested times.

**ATTENTION PARENTS:** Snow days, not included in the below schedule, are considered the same as school days for youth (3 p.m.).

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

Mon. - Fri.: ..... 8 a.m. - 9 p.m.

Sat. (Sept. 1 - April 30): ..... 8 a.m. - 6 p.m.

Sun. (Sept. 9 - April 30): ..... 1 p.m. - 9 p.m.

#### Adults Only

Mon. - Fri. (School Year): ..... 8 a.m. - 3 p.m.

#### Adults & Youth

Mon. - Fri. (School Year): ..... 3 p.m. - 9 p.m.

Mon. - Fri. (Scheduled Days Off School):  
1:30 p.m. - 9 p.m.

Snow days, not included in the above schedule, are considered the same as school days for youth (3 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.**



**Please Note: Beginning August 1, the La Vista Recreation Department will be sending youth and adult sport registrations via e-mail only. If you**

**have provided us with your e-mail address, you will receive a message each season when we have opened registrations. These forms are also available by visiting the City's Web site, [www.cityoflavista.org/youthsports](http://www.cityoflavista.org/youthsports) and by visiting the La Vista Community Center.**