

LA VISTA citywise

City on Sound Financial Footing

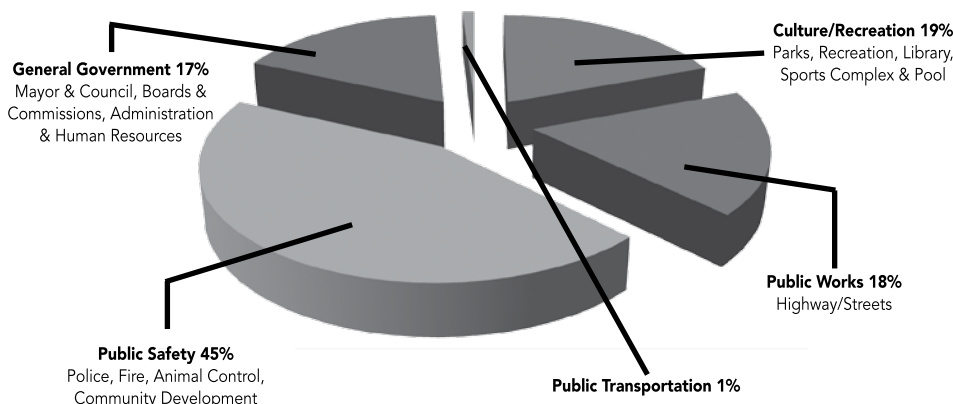
La Vista's budget for the 2013 fiscal year was recently approved by the City Council and does not include a property tax increase. The City's strategic plan is the foundation upon which the budget is prepared. Other considerations include the Mayor and City Council's ongoing efforts to ensure that the needs of residents are being met while balancing the budget in an uncertain economic environment. Attention was also given to maintaining an acceptable cash reserve. Current service levels are generally maintained despite the fact that operating costs beyond the City's control continue to rise.

Since 2000, La Vista's population has grown by nearly 48 percent and over the past 10 years the City's assessed valuation has increased an average of about 10% annually to a total of over \$1 billion. The dramatic change in our economy over the past few years however, has impacted the City's revenues through declining property

values. For FY13 assessed valuation grew by only one-tenth of one percent. Even so, the La Vista's disciplined, long-term growth has kept the City in a strong financial position as evidenced by Moody's Investors Service's A1 bond rating.

The City's General Fund budget provides funding for common municipal operations. The chart below illustrates the percentage of General Fund expenditures allocated to various categories, with Public Safety constituting the largest portion. Total operating expenditures are budgeted at \$11.9 million and capital expenditures at \$215,000. This is a 2.24% increase over FY12.

The new budget also provides for a variety of initiatives identified in the strategic plan including continued work on Vision 84, participation in the National Citizen Survey and the implementation of a new emergency notification system for residents.



"In order to keep the City on healthy financial footing, we must continue to remain conservative and ensure that we are making the best use of our existing resources," said Mayor Douglas Kindig.



"Survey says..."
It could be you!

La Vista will again take part in The National Citizen Survey process. For more information see page 3.

A MINUTE WITH mayor kindig



The City Council recently approved a budget with a zero percent tax increase and a minimal increase in overall spending. The Council and I

agree that with continued economic uncertainty, a conservative budget approach is crucial to the City's future financial stability.

Being conservative does not mean that all activity stops, however. La Vista continues to grow and there are important initiatives the City needs to keep working on in addition to providing efficient services and quality of life amenities for our residents. A new emergency notification system for citizens is one such initiative that was included in the upcoming budget.

Providing fun cultural and recreational activities has also been a focus and funds have again been included in the budget for these types of programs. We have worked to create programs and activities as unique as our residents—everything from water balloon fights in the park to a program for home-school families at the Library.

The City has a partner for some of these opportunities and events, many of which wouldn't be possible without the support of the La Vista Community Foundation. This organization sponsors City events and gives thousands of dollars in grants each year to community organizations.

The Foundation's most significant fundraiser of the year, To the Nines, is a New Year's Eve Gala. I would encourage you to consider attending this fun-filled evening of dinner and dancing. Visit www.lavistacommunityfoundation.com for all the details.

Happy Holidays!

— Mayor Douglas Kindig

What is Next for Thompson Creek?

As part of ongoing efforts to control erosion along the banks of Thompson Creek, the City acquired and demolished 24 homes in 2011. This housing acquisition was funded primarily with a grants from FEMA and the Papio-Missouri NRD and created an appealing green space along the creek adjacent to Park View Boulevard.

While it might appear that nothing further is happening, efforts to secure funding for the next phase of the project remain ongoing. At an estimated cost of \$2.7 million, the next phase will include channel improvements to control erosion and realignment of the channel in some areas.

The City recently submitted grant applications to the Nebraska Department of Environmental Quality and the Nebraska Environmental Trust to fund the next phase of improvements.

"Future Thompson Creek improvements will not only benefit the properties adjacent to the creek by repairing the erosion damage," said Mayor Douglas Kindig, "but are an important part of laying the foundation for improvements upstream that will need to be made to create a civic park space in conjunction with the Vision 84 project."

La Vista City Calendar

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

November 2012

- 6 City Council Meeting, 6 p.m.
- 8 Library Advisory Board, 5:30 p.m., La Vista Library
- 12 La Vista/Metropolitan Community College Condominium Owners Association, 3 p.m., La Vista Library
- 15 Planning Commission, 7 p.m.
- 20 City Council Meeting, 7 p.m.
- 21 Park and Rec. Advisory Board, 7 p.m.
- 22-23 Most City offices closed for the Thanksgiving holiday
- 25 Santa's Sleigh Ride in La Vista starting at 5 p.m.
- 26 Tree Lighting Celebration, 6 p.m., Community Center

December 2012

- 4 City Council Meeting, 7 p.m.
- 13 Citizen Advisory Review Committee, 7 p.m.
- 18 City Council Meeting, 7 p.m.
- 19 Park and Rec. Advisory Board, 7 p.m.
- 20 Planning Commission, 7 p.m.
- 25 Most City offices closed for the Christmas holiday

January 2013

- 1 Most City offices closed for the New Year's holiday
- 2 City Council Meeting, 6 p.m.
- 10 Library Advisory Board Meeting, 5:30 p.m., La Vista Library
- 15 City Council Meeting, 7 p.m.
- 16 Park and Rec. Advisory Board, 7 p.m.
- 17 Planning Commission, 7 p.m.

HOLIDAY FIRE SAFETY TIPS

Selecting a Tree for the Holidays

Needles on fresh trees should be green and hard to pull back from the branches. Old trees can be identified by bouncing the tree trunk on the ground. If many needles fall off, the tree has been cut too long and is a fire hazard.

Caring for Your Tree

Do not place your tree close to a heat source, including a fireplace or heat vent. The heat will dry out the tree, causing it to be more easily ignited by heat, flame or sparks. Keep the tree stand filled with water at all times.

Disposing of Your Tree

Never put tree branches or needles in a fireplace or wood-burning stove. When the tree becomes dry, discard it promptly. The best way to dispose of your tree is by taking it to a recycling center or having it hauled away by a community pick-up service.

Do Not Overload Electrical Outlets

Do not link more than three light strands, unless the directions indicate it is safe. Connect strings of lights to an extension cord



before plugging the cord into the outlet. Make sure to periodically check the wires – they should not be warm to the touch.

Avoid Using Lit Candles

If you do use lit candles, make sure they are in stable holders and place them where they cannot be easily knocked down. Never leave the house with candles burning.

Source: United State Fire Administration

La Vista to Participate in National Citizen Survey

Residents will soon be asked to participate for a second time in The National Citizen Survey, a customized process that collects, analyzes and reports data back to the City regarding its performance in a variety of areas.

The survey will be sent to 1,200 randomly selected La Vista residents who will receive a postcard in January letting them know they have been selected to participate. A copy of the survey will be delivered approximately one week later and a follow-up survey will be sent prior to the due date.

The survey will provide data to help the city identify citizen priorities and measure satisfaction levels. It will also support the City's performance measurement efforts.

Additionally, since this is the City's second time conducting the survey, the data collected will provide elected officials and staff a very important progress update in key areas.

Survey questions will ask residents to rate La Vista's quality of life, demographics, quality and use of municipal services and local policies.

Results will be announced in a future issue of CityWise and will be provided on the City's website.

If you have any questions, contact City Hall, 402-331-4343.



If you are selected to participate, please take the time to complete the survey. You will be providing valuable information to elected officials and City staff that will be used to plan for La Vista's future.

police department



CITY ORDINANCE REMINDER

Snow Emergency

Whenever two or more inches of snow, ice and/or sleet has fallen on the streets of La Vista, or when a snow emergency has been declared with notice to the news media, cars cannot be parked on any public street in 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.

Clearing Sidewalks

Sidewalks in all residential areas of the City of La Vista are required to be cleaned of any snow, sleet, mud or ice within 24 hours after the end of a storm. Sidewalks in a business district must be cleaned within five hours after the end of the storm unless the snow fall took place during the night, in which case the sidewalk shall be cleaned before 8:30 a.m. the following day.



Holiday Happenings

La Vista will once again kick-off the holiday season with two special events on **Sunday, November 25 and Monday, November 26.**

Santa Claus will make his annual visit to La Vista on Sunday evening with a sleigh ride through the city, escorted by volunteers from the Public Works, Police and Fire departments.

As we understand the information from the North Pole, Santa will depart from the City Hall parking lot at 5 p.m. on Sunday, Nov. 25. He plans to be west of 84th Street between 5 and 6 p.m., between 84th and 72nd streets from 6 to 7 p.m. and east of 72nd Street from 7 to 7:30 p.m. Times and travel route could vary based on traffic, weather and other conditions.

Festivities will continue on Monday night with the annual Tree Lighting Ceremony and Soup Supper at the Community Center. The event will begin at 6 p.m. when Santa will return and light the outdoor tree.

Immediately following the tree lighting, the Mayor and City Council will host a soup supper inside the Community

Center gymnasium along with holiday entertainment. Special thanks to the La Vista Runza (121st & Giles Road) for their support of this event. Free-will donations to the Tri-City Food Pantry will also be accepted. Hot chocolate and treats will also be available while children tell Santa their holiday wishes.

For more information, call the La Vista Community Center, 402-331-3455.

Holiday Lights Tour

A list of recommended holiday lights displays will be created. Neighborhoods will be visited in early December to identify the homes to feature on this tour. If you would like to recommend a display or neighborhood, send us the location by Wednesday, December 5 at dkarlson@cityoflavista.org. A map of the best holiday lights will be posted on the City's website to help you enjoy the holiday season.



Christmas Tree Recycling

The City of La Vista is once again offering free drop sites for Christmas trees at the following locations:

- La Vista Soccer Complex parking lot (two blocks south of Harrison Street on 66th Street).
- Kelly West parking lot (87th Street and 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.

For more information, contact the Public Works Department, 402-331-8927.

Winter Season Reminders

The La Vista Public Works Department offers the following suggestions to residents to stay safe this winter.

- City code does not allow snow from driveways and sidewalks to be placed in the street.

- Allow yourself extra traveling time when road conditions are snow or ice covered.
- Lower your traveling speed accordingly for road conditions. Increase stopping distance.
- Allow adequate time for your car to properly warm-up. All windows should be clear of snow and ice and have full visibility.
- Increase the following distance from the vehicle in front of you. Remember, City Code requires 100 feet of separation from snow plows.
- Never pass through a multiple truck plowing operation; these trucks weave in and out of turn lanes. Visibility is greatly reduced when multiple vehicles are plowing together.
- Be sure to check your vehicle's windshield wiper blades, tires, heater, defroster and washer fluid.
- During a winter storm do not travel from your home unless absolutely necessary.
- Contact the La Vista Public Works Department with winter road or related questions, 402-331-8927.



Community Development Department Project Updates

ASInc.net

A permit has been issued for a 6,734 s.f. tenant finish for this staffing company. Location: 12702 Westport Parkway.

Bradco

A 6,400 s.f. tenant finish for this equipment wholesaler has been completed. Location: 10501 Chandler Circle.

Elite Glass

Construction has been completed on a 12,000 s.f. building for this glass service, supply and repair business. Location: 10327 Chandler Road

Goracke & Associates

A 5,400 s.f. tenant finish is underway this full service tax, accounting and business consulting firm company. Location: 12110 Port Grace Boulevard.

Hutong Sushi Grill

This 1,935 s.f. Japanese restaurant is now open for business. Location: 7202 Giles Road.

Primrose School

A replat application is in progress in the Mayfair subdivision for this private preschool offering innovative, educational child care for infants through private kindergarten and after school. Location: 96th & Giles Road.

Progressive Insurance

A building permit application has been submitted for this 16,591 s.f. claims center and office. Location: Harrison Street and Harry Anderson Boulevard.

Reruns R Fun

A permit has been issued to enclose the loading dock. Location: 8501 Granville Parkway.

Streck Laboratories

A 6,410 s.f. building addition is under construction in order to connect their buildings. Location: 10923 Emiline Street.

Taylor Industries

A permit has been issued for a 1,200 s.f. tenant finish for this company. Location: 12110 Cary Circle.

Walmart Neighborhood Market

The City Council has approved a replat in the Southwind subdivision for this new 41,180 s.f. grocery store. Location: 96th & Giles Road.

Yahoo!

A permit has been issued for an additional 54,000 s.f. of interior space to house a tape library. Location: 10917 Harry Watanabe Parkway.



December Fun at Your Library

The library will be offering the following activities in December:

Saturday, December 1 - Special Craft Day at the Library - Watch for more information.

Saturday, December 8, 11 a.m.-noon
Gingerbread Houses - All children 10 years old and under are invited to make a gingerbread house at the library. Registration is required and an adult is required to help their child make the gingerbread house.

Thursday, December 20, 6:30 - 8:30 p.m. Family Movie Night - Watch a movie on the big screen!! The city will blow up the large outdoor movie screen and bring it inside for a fun holiday movie. Children are encouraged to wear their pajamas and bring a pillow and/or blanket to enjoy a family-friendly movie. Snacks will be served.

Wednesday, January 2, 11:30-12:15 p.m. Lunch Bunch and Free Book Wednesday - Families can bring their lunch to the library and eat while listening to three books read by Ms. Jodi. All children will receive a free book and be given the opportunity to play in the storytime room. Registration is not required.

Lego Club

Come build your Lego masterpieces one brick at a time with the La Vista Public Library's Lego Club. Lego Club is open to children ages 3-11. Each month will have a different theme, and the library will provide the Legos. Bring your cameras because weekly creations will not be kept. Registration is not required.

Homeschool Programs

The La Vista Public Library offers several programs designed for home school families.

Registration is required for these programs. To see a complete listing of our home school programs visit the Library's Web site, www.cityoflavista.org/library. If you have any questions, please contact Karla, 402-537-3900 or kshafer@lavistamail.mccneb.edu.

Winter Craft Days

Winter Craft Days are held from 3:30-4 p.m. for children in fourth grade and under. Craft days will be held on November 12, December 17, and January 14. Registration is not required.

Story Times

The La Vista Public Library offers a variety of story times for many age groups, including: Ms. Karla's Drop-In Family Story Time, Preschool, Toddler, Lapsit, & Music.

For more information on each of these programs, visit the Library's Web site at www.cityoflavista.org/librarystories.

Get Technical

Computer one-on-one sessions are offered to library cardholders to provide skills in specific areas: Basic Computer Skills, Basic Internet, Basic Word, Basic Excel, PowerPoint, Digital Camera and Job Searching Skills. These hands-on classes are held in the library computer lab. Call Jean to set up a time.

Did you know?

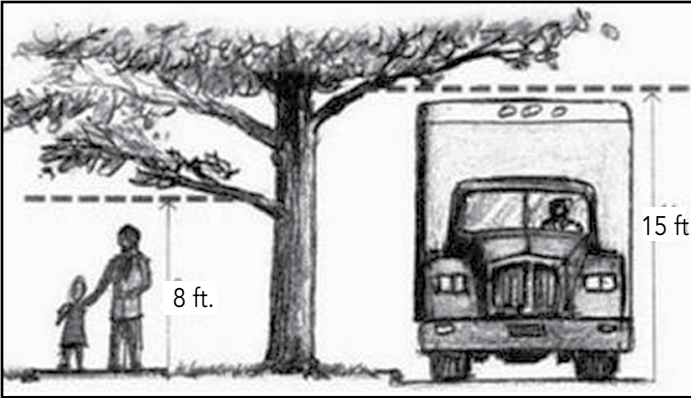
- The Library provides several online databases that can be accessed 24/7 from your home computer? Usernames and passwords can be picked up at the Library. Databases include learning various languages, world travel resources, auto repair references, and Consumer Reports just to name a few.
- Want to try electronic books? Try using OverDrive from your home computer. You can download books to read on your home computer, smart phones, or readers. You can also download audio books to your computer or mp3 player or iPods. Available 24/7 at www.cityoflavista.org/library.
- The library has free wireless Internet! Bring your laptop and enjoy freedom from wires!
- The La Vista Public Library hosts a blood drive the first Thursday of every month, 12:30-6:30 p.m. Blood donations have a very short shelf life and only last six weeks for red cells. It's always the season to give!

Teen Activities

Teen programs are held every Tuesday and Thursday at 6 p.m. Calendars are available at the library and on the library's Web site. For more information, contact Lindsey Tomsu, 402-537-3900.



**Access the Library's online catalog at www.cityoflavista.org/librarycatalog.
Search the library's collection for cookbooks for your holiday needs.**



Trim Those Trees

If you are out raking leaves and cleaning up the garden this fall, take a look at your trees and shrubs. The City of La Vista has an ordinance that requires all trees, shrubs and bushes to be pruned when they obstruct the light from any street lamp, obstruct the visibility of any traffic control device or sign, obstruct the passage of pedestrians on sidewalks or obstruct the view of any street or alley intersection. The minimum clearance for any overhanging branches or limbs is 15 feet above streets and 8 feet above sidewalks. Fall is a great time for pruning and we want to

ensure safe passage of pedestrians and snow plow equipment this winter.

One Warm Coat Drive

The City of La Vista's 7th annual One Warm Coat Drive will begin November 1 and run until December 31.

Donations will be collected at the La Vista Community Center, 8116 Park View Blvd., the La Vista Public Library, 9110 Giles Road, and Beautiful Savior Lutheran Church, 7706 S. 96th Street. All sizes of clean, reusable coats are needed, especially infant, children and teen sizes. Hats, scarves and gloves are also welcome. Donations will be given to the Stephen Center and Youth Emergency Services (YES) throughout the winter months. Visit the City's Web site at www.cityoflavista.org/coatdrive, to read about the Stephen Center and YES and how they provide services to those in need.

Council Clips

The following items are highlights of recent City Council action:

- Approved the fiscal year 2012-2013 budget.
- Authorized grant applications for the next phase of the Thompson Creek improvements.
- Approved update to the City's Strategic Plan.
- Approved a resolution discouraging tobacco use at the City's playing fields.
- Approved agreement with Metropolitan Area Planning Agency to participate in the Heartland 2050 Regional Visioning Project.
- Approved the purchase of new exercise equipment for the Community Center.

Home Maintenance Checklist for Fall and Winter



- ✓ Seal air leaks - attic, basement, crawlspace, windows, doors
- ✓ Check attic insulation - R-38 recommended
- ✓ Check for erosion / shifting soil around house - water should drain away from the foundation
- ✓ Check dryer vents and exhaust vents - clean out lint build-up / bird nests
- ✓ Check roof - missing shingles, gaps around roof penetrations, condition of flashing
- ✓ Check interior / exterior GFCI's - test for functionality / safety (test device available at hardware stores)
- ✓ Check sump pump - discharge pipe should point away from foundation
- ✓ Check gutters / downspouts - clean debris, check for leaks, attached securely, downspout extenders or splash blocks direct water away from foundation
- ✓ Check exterior faucets / water lines - blow out sprinkler systems, insulate exterior faucets / water lines, disconnect & drain hoses
- ✓ Check furnace - schedule cleaning & inspection of heating system, change filter every month
- ✓ Check carbon monoxide detectors / smoke detectors - test / replace batteries, clean / dust if necessary

Questions? Concerns? Call the Building Department, 402-331-4343

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



Photo courtesy of La Vista Sun

City Hosts Disaster Exercise

The City of La Vista hosted a full-scale disaster exercise recently, which was designed to simulate the City's initial response to a tornado or other natural disaster. The exercise, which is part of the City's ongoing emergency management training efforts, included the La Vista Police, Volunteer Fire and Public Works departments as well as the Papillion Fire and Police departments and the LifeNet helicopter.

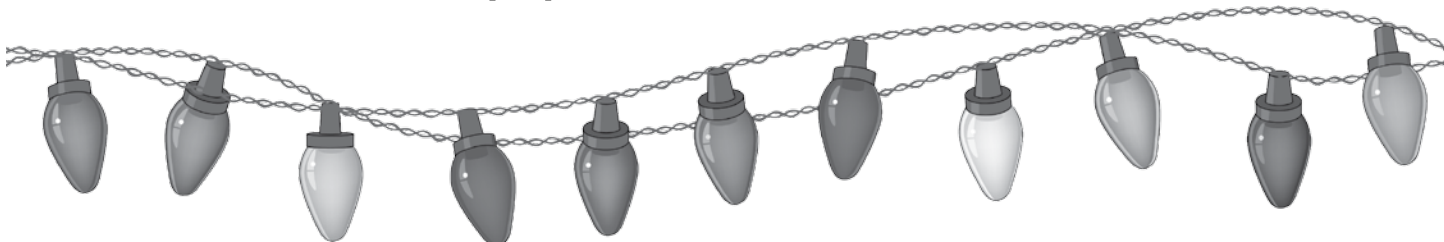
CityWise is published by the City of La Vista to keep citizens informed about city programs, policies and services. Please send comments and suggestions concerning the publication to the above address. CityWise can also be accessed on La Vista's Web site, www.cityoflavista.org.

City of La Vista
8116 Park View Blvd.
La Vista, NE 68128
p: 402-331-4343 | f: 402-331-4375



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what'shappening • winter 2012



HOLIDAY

Holiday Tree Lighting Ceremony and Santa Claus!

Monday November 26, beginning at 6 p.m. Join us for our annual Holiday Tree Lighting Ceremony in front of City Hall then go inside the Community Center for a free soup supper, sponsored by the La Vista Runza restaurant, (121st & Giles Road) and entertainment. Children can visit Santa and one of his elves in our winter wonderland. Free will donations accepted for the Tri-City Food Pantry. Hot chocolate and treats!

Letters to Santa

Bring your letter to Santa and drop it in the North Pole mailbox in our Winter Wonderland at the La Vista Community Center, 8116 Park View Blvd. One of Santa's helpers will hand deliver the letters to the North Pole in time for Christmas.

Ho, Ho, Ho! Santa's Calling!

Santa will be taking time out of his busy schedule to call children in preschool (age 3) through second grade on Monday, December 3 and Tuesday, December 4, 5:30-7 p.m. Santa's Calling forms may be picked up at the La Vista Community Center or downloaded from the City's Web site at www.cityoflavista.org/holidayevents. Forms must be returned to the La Vista Community Center by Sunday, December 2. Calls limited to the first 80 children registered. Due to the large number of calls Santa is unable to take requests to be called on a certain night or time. No long distance calls please.

Preschool Playtime and Holiday Cookie Decorating

Thursday, December 13. Join us at the La Vista Community Center for Preschool Playtime at 10 a.m. and decorate cookies with us at 11 a.m. **FEES:** \$1 for cookie supplies. Registration deadline: Tuesday, December 11.

Holiday Movie Night

La Vista Public Library, 9110 Giles Road. Thursday, December 20, 6-8 p.m. The La Vista Public Library and Recreation Department are teaming up to bring your family a great holiday movie. Bring a blanket or sleeping bag to spread out on the floor and enjoy a classic holiday movie with your family and friends. We'll provide the popcorn!

Holiday Lights Tour

The City of La Vista will be creating a list of recommended holiday lights displays. Neighborhoods will be visited in early December to choose the homes to feature on this tour. If you would like to recommend a display or neighborhood, send us the location by Wednesday, December 5 at dkarlson@cityoflavista.org. A map of the best holiday lights will be posted on the City's Web site (www.cityoflavista.org) to help you enjoy the holiday season.



Kansas City Holiday Shopping Trip

FEES: \$99. The La Vista Community Center has teamed up with Elite Tours to provide great trips and travel opportunities. This one day trip leaves Omaha on Saturday, December 8. The trip includes a professional escort on a luxury motor coach with on-board entertainment and restroom. Highlights of the trip will include: Crown Center, located in the heart of downtown Kansas City, with three levels of great entertainment attractions, and the Country Club Plaza shopping district. To register, or for more information, contact Elite Tours at 402-342-4585 or visit their Web site at www.elitetours.us.



FAMILIES, KIDS & ADULTS

Little Chefs Cooking Class and Story Time

Ages 3-6 with parent. **FEE:** \$3 per child. When: Tuesday, January 8, 11:30 a.m. Limited to 20 participants, a parent or guardian must accompany child(ren). The La Vista Recreation Department and Public Library are teaming up to introduce kids ages 6 and under to the world of cooking. We'll start with a story about cooking and finish with the kids cooking up a delightful meal. Registration deadline Jan. 4.

Young Chefs Cooking Class

Ages 7-10. **FEE:** \$5 per child. When: Saturday, January 26, 11 a.m. Limited to 12 participants. The La Vista Recreation Department and Public Library are teaming up to introduce kids ages 7-10 to the world of cooking. With a little guidance the kids will prepare and eat a multiple course meal. Registration Deadline Jan. 22.

Little Chefs Family Valentine Cookie Decorating

Friday, February 15, 11:30 a.m., all ages with parent. Registration Deadline: Tuesday, February 12, at the La Vista Community Center.

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!

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, one mile south of Harrison Street 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: La Vista adult \$3, non-resident adult \$4, La Vista senior residents free, non-resident senior \$2. These lightweight planes will amaze you, as will the individuals who fly them.



HEALTH AND WELLNESS

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

Yoga

FEE: \$6 per class, payable in four class sessions. Cash only. When: Saturday 1-2 p.m. Contact Frank P. Ferrante, 402-614-0057, FrankPFerrante@gmail.com for more information. "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.

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 of other programs.

DANCING

Preschool and Youth Dance Classes

Ages: preschool and older. Contact: Katherine Hogston, khogsto1@yahoo.com, 402-612-3712 Ballet, Pointe, Tap, Jazz & more.

Adult Ballroom Dance Lessons

Ages: 16 and older. **FEE:** \$40 per four week session. Join as a single or couple, minimum of six people per class. When: Mondays 7-8 p.m. Contact: Terry Vargas, 402-639-2209. In each four-week session, 2-3 dances will be taught.

Adult Belly Dancing Classes

Ages 16 and older. **FEE:** \$20 per month. When: Tuesday - beginners, 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 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

FEE: \$50 per five week sessions. When: Sundays at 2 p.m., please call for start date. 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.

MARTIAL ARTS

CHA-3 Kenpo Karate

Ages: 10 and up. **FEE:** \$40 per month. When: Sundays, 2:30-4 p.m., Tuesdays 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:** Resident 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

FEE: \$40 per month. Sakura Academy is a Martial Arts School that is providing instruction in Japanese Ninjutsu. When: Wednesday 5:30-7 p.m., Saturday 9-11 a.m. For registration call 402-305-9210 or e-mail info@sakuraomaha.com.

This class covers Taijutsu (unarmed combat), Kenjutsu (sword combat), Bojutsu (staff combat), as well as improvised weapons.

Traditional Japanese Swordsmanship

Ages 18 and older or permission from instructor. **FEE:** \$40 per month. Open enrollment. When: Wednesdays, 7-9 p.m.; Saturday noon-3 p.m. Contact Britt Nichols, info@suioryu-usa.org. Suio-ryu Iai Kenpo is one of the few ancient systems of Martial arts practiced today. It encompasses a broad variety of techniques such as Iaijutsu (the Art of the Draw), Kumi-iai (paired sword forms), Naginata-jutsu, pure Kenpo sword forms and Wakizashi techniques.

Women's Self-Defense Class

FEE: \$20. To register contact Claudia Brown-Jackman, 402-630-3169. The self defense classes are designed to instruct practical self defense to women of all ages, sizes, and skill level. 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.

Kendo "Japanese Sword Fighting"

FEE: \$50 per month (swords included), \$135 for full 12 weeks (swords included). 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, 12-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. Seasons begin in January.

Youth Basketball League

Early bird registration: November 10. Registration deadline: November 24. Ages: boys and girls, 3rd - 8th grade as of current school year. **FEES:** November 10: \$50, 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! Volunteer coaches needed.

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. Games are held on Sunday afternoon/evenings at the La Vista Community Center.

Women's Winter Volleyball League

Registration deadline: January 5 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 January 5. Matches are held on Wednesday evenings at the La Vista Community Center beginning at the end of January.



LA VISTA SENIOR ACTIVITY CENTER

Senior Valentine's Day Luncheon

The La Vista and Papillion senior centers will be hosting their annual Valentine's luncheon at the La Vista Community Center at 11:30 a.m., Thursday, February 14. Doors open at 11 a.m., and all seniors from the area are invited. Advance tickets are required and will be on sale at the La Vista Community Center, 8116 Park View Boulevard and the Papillion Recreation Department, 1100 West Lincoln Road, in Papillion. Registration deadline is Thursday, February 7, 2013. Sorry, no refunds will be given.

The La Vista Senior Activity Center, located in the Community Center, offers friendship, food, fitness, field trips and many more fun activities. Bring a friend or come join others for a home-cooked meal on Mondays, Wednesdays and Fridays at 11:30 a.m. The suggested donation amount for the meal is \$3 for adults 60 years and older. To participate, call or sign up to reserve your meal by noon the business day before you intend to join us for lunch. Be sure to look at the other activities - you may want to come early or stay later! The meal program is sponsored by EDNA, and catered by Valley Foods Service.

Visit the City's Web site, 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 ext. 142 for further information.



La Vista Falls Golf Course

8305 Park View Blvd. For more information on open golf, course hours, fees, leagues and special outings, visit the City's Web site, www.cityoflavista.org/golf, or call 402-339-9147. 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 fundraiser) or league play. Call the Golf Course Clubhouse at 339-9147 for updates, hours and fees.

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. Ride cards (10 for \$30) make a great gift for seniors. 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/specialservices. 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 FLIERS OFTEN FOR SPECIAL EVENTS PLANNED AFTER THE NEWSLETTER IS PRINTED.



Please Note: Beginning August 1, the La Vista Recreation Department began 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 and by visiting the La Vista Community Center.