

# LA VISTA citywise

## Swing into Summer with La Vista Daze!

La Vista Daze 2014, featuring the theme "Swing into Summer" will bring back some annual traditions along with some new events. The festival will take place on **Memorial Day weekend, May 22-25.**

Among this year's new events will be a **Glow Ball golf outing** on Saturday, May 24, beginning at 9:30 p.m. at La Vista Falls Golf Course. With the carnival atmosphere as a backdrop, enjoy this unique golf experience! Play all nine holes on a shortened course. The greens fees will be donated to the La Vista Community Foundation. **Register online by May 19** at [www.cityoflavista.org/lavistadaze](http://www.cityoflavista.org/lavistadaze).

Also new this year is a **pool party**, scheduled for Sunday, May 25, 3-5 p.m., at the pool. Bring the whole family and swim for free and enjoy music from a DJ.

Veterans, active duty members of the military and their families will enjoy Sunday, which has been named, **Faith & Freedom Day**. The annual pancake breakfast will begin at 8:30 a.m. at the tennis courts. Military and their families eat for free. That will be followed by a Memorial Day service. All afternoon, veterans and members of the military receive a special discount to the carnival.

Other events happening this year include the carnival in Central Park, Community Cookout and Car Show, fireworks display, parade and beer garden.

For more information on La Vista Daze, visit our website, [www.cityoflavista.org/lavistadaze](http://www.cityoflavista.org/lavistadaze).

## LaVista Daze Swing into Summer



Photo courtesy of La Vista Sun

### Summer Events Will Provide Many Opportunities for Fun

Starting with La Vista Daze on Memorial Day weekend (May 22-25) and continuing through June, July and August with other events such as movies, concerts, hot wheels races, and the Splash Bash, La Vista residents are invited to Swing into Summer.

The City has a fun-filled season planned with multiple events that all members of the family can enjoy.

The library's summer reading program will capture the imagination of many kids through special programs (read more on page 6) and several mini camps.

The popular outdoor concerts and movies will be back with some very entertaining bands and movies on the slate for this summer. Also, explore our parks and special events with your very own Passport to Play, which can be downloaded from our website, [www.cityoflavista.org/passporttoplay](http://www.cityoflavista.org/passporttoplay).

We also have planned hot wheels drag races, a dinosaur egg hunt, hydrant party, National Night Out celebration and the Urban Adventure Race.

For more information on our summer events, see pages 3 and 4 of this newsletter or visit our website, [www.cityoflavista.org/2014events](http://www.cityoflavista.org/2014events).

## A MINUTE WITH mayor kindig



On May 13 La Vista voters will be asked to make an important decision.

The ballot for the primary election will include a proposal to extend our sales tax by an additional half-cent, to be used specifically for the redevelopment of 84th Street.

The City's first priority in conjunction with this project is addressing vacant properties along the corridor. With revenue from the additional sales tax, the City could initiate the acquisition and demolition of property as well as finance infrastructure projects such as improving pedestrian safety and access. The costs associated with the redevelopment efforts are significant, but the estimated \$1.1 million in annual revenue generated by the additional half-cent of sales tax could cover debt payments associated with potential projects.

Over the past 10 years the area has continued to decline and the private sector has been unable to make any progress. Residents have voiced their concerns about 84th Street and the City Council and I have heard you. The additional half-cent is being proposed to allow the City to jump start the redevelopment efforts.

Before going to the polls, learn more about the ballot proposal by visiting our website, [www.citoflavista.org/84thsalestax](http://www.citoflavista.org/84thsalestax), or calling City Hall at 402-331-4343. Additional information is available including answers to some frequently asked questions.

We need to hear from you on this important issue—please take time to vote on May 13.

— Mayor Douglas Kindig

# La Vista City Calendar

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

## May 2014

- 1 All Age Storytime, 10 a.m., La Vista Public Library
- 4 Spring Kite Festival, noon-5 p.m., Soccer Complex
- 6 City Council, 7 p.m.
- 8 Library Advisory Board, 5:30 p.m., La Vista Public Library
- 12 Parachute Playtime, 11 a.m., La Vista Public Library
- 12 Lego Club, 3:30 p.m., La Vista Public Library
- 12 La Vista/Metropolitan Community College Condo Owner's Association, 6 p.m., La Vista Public Library
- 15 Planning Commission, 7 p.m.
- 20 City Council, 7 p.m.
- 21 Parks and Recreation Advisory Board, 7 p.m.
- 22-25 La Vista Daze 2014: Swing into Summer
- 26 Most City offices closed in observance of Memorial Day Holiday
- 27 Scholastic Book Fair begins, La Vista Public Library

## June 2014

- 3 City Council, 7 p.m.
- 3-5 Summer Reading Mini Camp – Foodology, Community Center
- 6 Outdoor Concert and Movie – Blue House followed by "Frozen", 7 p.m., Library
- 10-12 Summer Reading Mini Camp – Music, Movement & Me, Library
- 12 Hot Wheels Drag Races, 5 p.m., Community Center
- 12 Citizen Advisory Review Committee, 7 p.m.
- 17 City Council, 7 p.m.
- 18 Parks and Recreation Advisory Board, 7 p.m.
- 19 Planning Commission, 7 p.m.
- 24-26 Summer Reading Mini Camp – Color Palooza, Library and Central Park
- 29 Splash Bash, 1-4 p.m., Pool

## July 2014

- 1 City Council, 7 p.m.
- 1-3 Summer Reading Mini Camp – Sports & Games, Community Center
- 4 Most City offices closed in observance of the Independence Day holiday
- 10 Dinosaur Egg Hunt, 3 p.m., Southwind Park
- 10 Library Advisory board, 5:30 p.m., Library
- 11 Outdoor Concert and Movie – Punching Puppets followed by "Lone Ranger"
- 15 City Council, 7 p.m.
- 15 Hot Wheels Drag Races, 5 p.m., Community Center
- 15-17 Summer Reading Mini Camp – Spy, Library
- 16 Parks and Recreation Advisory Board, 7 p.m.
- 17 Planning Commission, 7 p.m.
- 21 Budget Workshop, 6 p.m.
- 22 Budget Workshop, 6 p.m.
- 22-24 Summer Reading Mini Camp – Wacky & Weird Science, Library
- 25 Hydrant Party, 3 p.m., Basketball Court on Valley Road

## INSIDE

La Vista Daze page 3

Summer Events  
Page 4

Passport to play:  
Recreation Pull-out  
Section

# LaVistaDaze

## Swing into Summer

# May 22-25

## Carnival & Vendor Booths

May 22, 5-10 p.m.; May 23, 2-11 p.m.; May 24, 10 a.m.-11 p.m.; May 26, noon-6 p.m., Central Park

## Community Cookout

Friday, May 23, 6 p.m., City Hall Complex.

Free food (while supplies last), concert, climbing wall, bounce houses, fun with chalk art, touch-a-truck display.

**Sponsored by the La Vista Community Foundation**

## Car Show & Shine

Friday, May 23, 6-8 p.m., La Vista Keno

## Fireworks Display

Friday, May 23, dusk, La Vista Falls Golf Course

**Sponsored by Bellino Fireworks**

## Parade

Saturday, May 24, 1 p.m., Park View Blvd., 87th Street to 75th Street

**Sponsored by Bank of Nebraska**

## Beer Garden

**May 23**, 5 p.m.-midnight - "John Doe", "Lemon Fresh Day" **May 24**, 4 p.m.-midnight - "Cowboy Up", "High Heel"

Inside the Central Park Tennis Courts

## Glow Ball Golf Outing

Saturday, May 24, 9:30 p.m., La Vista Falls Golf Course

\$12 green fees per person, \$5 per ball. Proceeds benefit La Vista Community Foundation

## Faith & Freedom Day

Sunday, May 25, Central Park Tennis Courts; Pancake breakfast (veterans & families eat free),

Memorial Day Service, special carnival discount for past & active duty military, families.

## Pool Party

Sunday, May 25, 3-5 p.m., La Vista Pool; Free admission, DJ & music!

**[www.cityoflavista.org/lavistadaze](http://www.cityoflavista.org/lavistadaze)**



# LaVista

## Swing into Summer

May

- 22-25 **Swing into Summer: La Vista Daze 2014**  
*Various Locations*
- 27 **Summer Reading Program begins**  
*La Vista Public Library*

June

- 3-5 **Summer Reading Mini Camp - Foodology**  
*La Vista Community Center*
- 6 **Outdoor Concert & Movie - Blue House** followed by "Frozen"  
*7 p.m., La Vista Public Library*
- 10-12 **Summer Reading Mini Camp - Music, Movement & Me**  
*La Vista Public Library*
- 12 **Hot Wheels Drag Races**  
*5 p.m., Community Center*
- 24-26 **Summer Reading Mini Camp - Color Palooza**  
*La Vista Public Library, Central Park*
- 29 **Splash Bash**  
*1-4 p.m., La Vista Municipal Pool*

July

- 1-3 **Summer Reading Mini Camp - Sports & Games**  
*La Vista Community Center*
- 10 **Dinosaur Egg Hunt**  
*3 p.m., Southwind Park*
- 11 **Outdoor Concert & Movie - Punching Puppets** followed by "Lone Ranger"  
*7 p.m., La Vista Public Library*
- 15-17 **Summer Reading Mini Camp - Spy**  
*La Vista Public Library*
- 15 **Hot Wheels Drag Races**  
*5 p.m., Community Center*
- 22-24 **Summer Reading Mini Camp - Wacky & Weird Science**  
*La Vista Public Library*
- 25 **Hydrant Party**  
*3 p.m., Basketball Court on Valley Road*

August

- 2 **Urban Adventure Race**  
*8 a.m., begins and ends at the La Vista Community Center*
- 5 **National Night Out**  
*6 p.m., La Vista Central Park*
- 8 **Outdoor Concert & Movie - Charm School Dropouts** followed by "Gravity"  
*7 p.m., La Vista Public Library*

2014

SUMMER

[www.cityoflavista.org/2014events](http://www.cityoflavista.org/2014events)



## **National Night Out Scheduled for August 5**

The Police Department will host its annual National Night Out festivities beginning at 6 p.m., Tuesday, August 5, at Central Park.

Bring the whole family for a night of fun and activities, including games, free community cookout (while supplies last) and vehicles on display from the Police, Fire and Public Works departments.

For more information, contact Officer Jamie Brown, 402-331-1582.

## **Meet La Vista's Newest Police Officer**

Officer Brian Matthew joins the La Vista Police Department after a five-plus year law enforcement career in Bowie, Maryland, a suburb of Washington, D.C. Matthew has a Bachelor's degree in Criminal Justice from the University of Maryland. He worked patrol and in the Bowie Police Department's Street Crimes Division during his time there. Matthew is currently assigned to the LVPD's Field Training Program.



## Community Development Department Project Update

Contractors and building companies are busy in various parts of La Vista completing a variety of projects, big and small, for local companies.

Pictured is the Sergeant's Pet Care project at 8701 S. 126th Street, which will be a nearly 350,000 square foot office, warehouse and distribution center for the pet care distribution company.



*For a complete list of ongoing development projects, visit our website, [www.cityoflavista.org/constructionupdates](http://www.cityoflavista.org/constructionupdates).*

## 2014 SUMMER READING PROGRAM

### FIZZ, BANG, BOOM – SUMMER READING MINI CAMPS.

The Library and Community Center have teamed up this summer to offer six mini-camps designed to ignite this imagination and to build your child's knowledge of different topics. Each camp will cost \$5 per child and will last for three days, two hours each day. For more information, check out our website, [www.cityoflavista.org/summercamps](http://www.cityoflavista.org/summercamps).



### SPECIAL GUESTS

Summer reading sign-ups begin May 27! Our first special guest is Magician Jeff Quinn on May 28 with a special magic show. This year's theme is "Fizz Boom Read!" Children, birth to fourth grade, will enjoy reading and learning about science, robots, Grossology, colors, music, cooking and more during our ten week summer reading program. For more information, contact Jodi Norton or visit our website for a calendar of events.

### SUMMER STORYTIMES

Visit the library this summer for any of our fun storytimes:

- All Ages: Mondays, 10:30 a.m., May 12-July 28, registration is not required.
- Baby and Me: Tuesdays, 10 a.m., June 10 and July 29, registration is not required.
- Lunch Bunch: 11:30 a.m., June 6, June 20, July 11, July 25, Southwind Park, registration is not required.

### TEEN SUMMER READING PROGRAM

The library's teen summer reading program will kick off May 29 at 3 p.m. Register for the program, hang out, play video games, eat snacks, and win prizes.

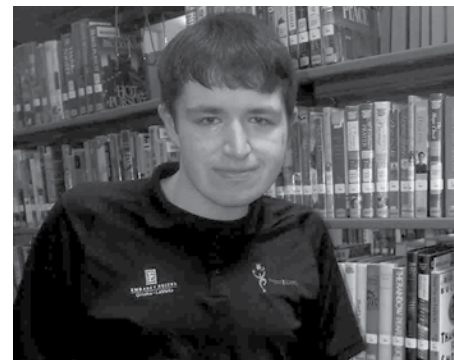
This year's theme is "It's Alive . . . at the Lib-ratory," and will feature a variety of programs based around a science theme. Programs include two all-day movie marathons, henna, T-shirt crafts, Bubble Rockets, the READ Prize Store and the fifth annual water fight finale. Programs are every Tuesday and Thursday at 3:30 and 6 p.m.

The library will also host a young adult writer's conference June 21-22, where you can learn a wide variety of tips about writing and publishing and have your stories critiqued.

For more information, contact Lindsey Tomsu, 402-537-3900.

### SCHOLASTIC BOOK FAIR

The library will host a Scholastic book fair May 28-June 4. Come help your child discover new worlds! The library benefits from each purchase.



### ANOTHER LIBRARY PARTNERSHIP

You may have noticed a new intern in the library this winter. His name is Jeremy and he is a member of the Project SEARCH Program hosted by La Vista's Embassy Suites in conjunction with the Papillion-La Vista School District.

Project SEARCH is a high school transition program that provides training and education intended to lead to employment for individuals with disabilities aged 18-21. Library Director Rose Barcal serves on the Business Advisory Council.

Each student participates in three 10-week internships during the school year. Staff, Project SEARCH instructors and job coaches work together to support the students in learning employability skills in the classroom and job specific skills.

The program provides real-life work experience combined with training in employability and independent living skills to help young adults with disabilities make successful transitions from school to productive adult life.

### FOR YOUR CONVENIENCE...

The La Vista Public Library now has two memberships to choose from: annual membership for your household for \$60 or a 6-month membership for \$35.

Are you looking for instant, downloadable books? Visit the library's website and look for Freading.



## RAIN BARREL DEADLINE EXTENDED

The deadline to apply for the City's rain barrel cost share program has been extended to May 17.

The program is designed to encourage residents and businesses to use rain barrels to collect rainwater and help improve the environment.

In conjunction with the City's effort to repair the Thompson Creek Watershed, the program will provide a 50 percent match, up to \$60, on purchases of qualifying barrels.

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

## GILES ROAD TRAFFIC SIGNAL IMPROVEMENTS

A number of traffic signal improvements have taken place at the intersection of Giles

Road and Southport Parkway.

The right-hand lane for southbound traffic on Southport Parkway turning right on Giles to go toward the interstate was changed to be a right-turn only lane and the signal was modified to include a right-turn arrow.

These improvements have increased the amount of time available for motorists to make right turns.

## URBAN SCRAMBLE ADVENTURE RACE

If you have a bike and a sense of adventure, this amazing race is for you! Find a friend, form a team of two - then be prepared to run, bike, paddle and navigate your way through La Vista and Papillion while searching for checkpoints and completing challenges and mystery events! For more information visit, [www.cityoflavista.org/urbanrace](http://www.cityoflavista.org/urbanrace).

## Council Clips

The following items are highlights of recent City Council action:

- Approved advertisement for request for proposals for a financial information software system consultant.
- Adopted a new strategic plan for 2014-2016.
- Approved advertisement for request for proposals for a Comprehensive Plan.
- Approved purchase of a new marked police vehicle.
- Approved one and six year road plan.

## firedepartment



**On behalf of the entire Papillion Fire Department, I'd like to say hello.**

Effective April 1, the Papillion Fire

Department began providing fire, EMS, and rescue services to La Vista residents.

We have enjoyed the many years of working alongside the dedicated members of the La Vista Volunteer Fire Department and we honor their great tradition and history. They have set the standard for quality and effective service to the community.

It truly is a privilege for us to now be your fire department. Our goal is to exceed all expectations you have of us.

In addition to responding to emergency calls for help, you will see us very active in community events and in the schools. We make every effort to live



*The 2014 recruit class of the Papillion Fire Department was introduced to the City Council on Tuesday, April 1. Pictured are: front – Matt Hyland, Matt Watson, Bret Desh, Mike Connolly, Cody Beaudin, Marty Price and Fire Chief Bill Bowes; back – Mayor Kindig, Derek Larson, Ryan Boetger, Nick Kopp, Rob Osborn, Zach Lauritzen and Ryan Bailey.*

out our mission statement. Since 1942, our community has included the Papillion Rural Fire Protection District and the City of Papillion. We are now proud to include La Vista as part of the family.

Our mission statement is, "To enhance the quality of life for our community. Our shared values ensure professional, effective, and efficient service delivery." Our values are: compassion, courage, faithfulness, honesty, humility, loyalty, reliability, respect, and responsibility. We will live up to our mission

and these values.

Your fire stations at 8110 Park View Blvd. (Station 4) and 10727 Chandler Rd. (Station 1) are now staffed 24/7 and I hope you will reach out to us if you have any concerns or questions. You can contact me directly at Station 1 at 402-339-8617, or via e-mail at [bbowes@papillion.org](mailto:bbowes@papillion.org).

Respectfully Yours,  
Bill Bowes, Fire Chief

## LA VISTA • cityofficials

### Mayor

Douglas Kindig

### City Council

Kim Thomas, Ward 1

Mike Crawford, Ward 1

Ron Sheehan, Ward 2

Terrilyn Quick, Ward 2

Deb Hale, 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

Bob Lausten, Police Chief

Joe Soucie, Public Works Director

Scott Stopak, Recreation Director



## Employee Recognition Awards

Employee of the Year honors for 2013 went to Library Director Rose Barcal for her overall dedication to excellence.

Outstanding service awards were given to Rich Carstensen, Ryan South, Ray Crane, Terry Foster, Nick MacGregor, Richard Marcoux, Mandy Garrod, Heather Fastenau, Mitch Beaumont, Donal Fischer and Jennifer Goss.

TEAM awards were given to the Web Team, Sewer Division, employees of the Streets Division and Court Barber and Chris Solberg from Community Development.

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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La Vista, NE 68128  
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# what'shappening summer 2014

## Passport to Play

Looking for a fun family challenge this summer? Discover La Vista's parks, Community Center, Library and community events. Find clues to solve a puzzle that will enter you to win a grand prize family play package!

Here is how you play: Families with kids 12 and under can pick up their Passport to Play at the Community Center or library after May 27 or download it from our website, [www.cityoflavista.org/passporttoplay](http://www.cityoflavista.org/passporttoplay). Visit the La Vista parks listed on your passport and look for the 2014 Passport to Play sign at each location. Match the number from the sign to your passport and write down the color and letter. Attend special community events listed on your passport, find the passport to play event code at each event and increase your chances of winning the grand prize for each event you attend. Use the letters to discover the secret message then turn it in to the Community Center by Friday, August 8, to be entered to win the grand prize.

## Swing Into Summer

### Hot Wheels Drag Races

Thursday, June 12 and Tuesday, July 15, 5 p.m., Community Center. **FREE**. Bring your favorite Hot Wheels, Matchbox or similar-sized car and compete on an electronic drag racing track against your friends for bragging rights and prizes! This tournament-style event will have the opportunity to race multiple times. Come early and test the track! A car will be provided if you don't have one. Kids and adults of all ages welcome!

### Preschool Playtime Craft Day

Tuesdays May 20, June 17 and July 8, 10 a.m. **FREE**. Children, preschool to age 5 are welcome to join us for Preschool Playtime and join us in creating a preschool craft.

### Preschool Play Time Little Builders Club

First Thursday of the month (May 1, June 5, July 3), 10-10:45 a.m. Join us during preschool play time to create an engineering masterpiece one piece at a time with the Little Builders Club! Children ages 5 and under are welcome to participate (Parents must accompany children). The Community Center will provide Duplo/Mega Blocks and Lincoln Logs. Bring your



## Fizz, Bang, Boom – Summer Reading Mini Camps

The Community Center and library have teamed up this summer to offer six mini-camps designed to ignite the imagination and to build your child's knowledge of different topics. Each camp will cost \$5 per child and will last for three days, two hours each day. For more information, check out our website, [www.cityoflavista.org/summercamps](http://www.cityoflavista.org/summercamps).

cameras because creations will not be kept. Registration is not required. The Community Center is also looking for donations of these items. If you have any to donate please drop them off at the Community Center at your convenience.

## Hydrant and Super Soaker Party!

Friday, July 25, 3-4 p.m., Basketball Court on Valley Road. Escape the boredom of summer by joining us for some wet and wild fun at our Hydrant and Super Soaker Party. Bring your squirt guns and super soakers and take aim at our Super Soaker Staff! Kids of all ages and parents welcome. Warning, you will get wet!

## Drop-In Pickle Ball

Tuesdays, 7-8:30 p.m. Regular drop-in fees apply: \$3 residents, \$4 non-residents. Pickle Ball is a paddle sport which combines elements of badminton, tennis, and table tennis.

## Dinosaur Egg Hunt and Story Time

Thursday July 10, 3 p.m., Southwind Park, 91st Street and Giles Road, by the library. The Community Center and library are looking for young explorers to help us hunt for giant dinosaur eggs (watermelons). When all of the eggs are found we will haul them back to the picnic shelter, crack them open and enjoy eating a cold slice. **Free event, no registration required.** Tell your favorite dinosaur joke for a chance to win a prize!

## Preschool Play Time

Tuesdays and Thursday, 10-11 a.m., Community Center. **FREE**. Preschool ages and under. Zip around the gym on tricycles and cozy coupe cars, play preschool-sized basketball and kick balls. Or just run, jump and play with others. It's a great play date for kids and parents.

## Senior Art Class

Thursdays, 1:30 p.m. **FEE:** \$10 per class. Inspirational and environmental art classes using oil, watercolor, pen and ink. For more information, contact Charlene Potter, 402-203-9605.

## Model Airplane License and Field Times

La Vista Soccer complex, ¼ mile south of Harrison on 66th Street. Flying times are available on our website and at Hobby town USA. **FEE:** \$30, \$40 non-residents, which includes a one-year license and Midwest Performance Flyers club membership. A.M.A. card required to purchase a license.



### **Indoor Remote Control Model Airplane Flying**

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

## **MARTIAL ARTS**

### **CHA-3 Kenpo Karate**

Tuesdays and Thursdays, 6-7:30 p.m., Community Center, ages 10 and up. **FEE:** \$40 per month. 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. For more information, contact Tony Foster, 402-297-3773 or Anthony Foster, 402-917-7135.

### **Aikido**

Mondays and Thursdays, 6-7 p.m. for children (ages 5-11), 7-9 p.m. for adults. **FEE:** children \$20; non-resident children \$25; adults \$30, non-resident adult \$35. For more information, contact Ron Christenham, 402-339-6124.

### **Ninjutsu**

Wednesdays (5:30-7 p.m.) and Saturdays (9-11 a.m.), Community Center. **FEE:** \$40 per month. This class covers Taijutsu (unarmed combat), Kenjutsu (sword combat), Bojutsu (staff combat), as well as improvised weapons. For more information, call 402-305-9210, or send an e-mail to [info@sakuraomaha.com](mailto:info@sakuraomaha.com).

### **Traditional Japanese Swordsmanship**

Wednesdays (7-9 p.m.) and Saturdays (noon-3 p.m.), Community Center, ages 18 and older. **FEE:** \$40 per month. 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), Naginatajutsu, pure Kenpo sword forms and Wakizashi techniques. For more information, contact Britt Nichols via e-mail at [info@suioyu-usa.org](mailto:info@suioyu-usa.org).

### **Women's Self Defense Class**

**FEE:** \$25. 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. Self defense classes are a practical and easy approach to safety and empowerment. For more information, contact Claudia Brown-Jackman, 402-630-3169 or visit [www.shuurindojo.com](http://www.shuurindojo.com).



## **HEALTH AND WELLNESS AND DANCE**

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

### **Individual Weight Training Classes**

Community Center. Ages 19 and older. **FEE:** \$25. Two, one-hour sessions, by appointment only. 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. For more information, contact Rich Carstensen, 402-331-3455 or via e-mail at [rcarstensen@cityoflavista.org](mailto:rcarstensen@cityoflavista.org).

### **Indoor Walking Club**

Monday-Friday, 8-10 a.m., Community Center. **FREE.** Walking 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.

### **Zumba**

Saturdays, 10-11 a.m., Community Center. Zumba is an easy to follow aerobic exercise with movements that are mainly derived from Latin/International Music. This is a fun way to burn calories. For more information Contact Adriana Molina, 402-312-6074 or via email at [zumbamolina@gmail.com](mailto:zumbamolina@gmail.com).

### **Yoga**

Saturdays, 1-2 p.m., Community Center. **FEE:** \$6 per class, payable in four class sessions, cash only please. 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. For more information, contact Frank Ferrante, 402-614-0057, or via e-mail at [FrankPFerrante@gmail.com](mailto:FrankPFerrante@gmail.com).

### **Adult Ballroom Dance Lessons**

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

### **Adult Belly Dancing Classes**

Tuesdays, 5:30-6:30 p.m. (beginners), and 7-8 p.m. (advanced), Community Center. Ages 16 and older. **FEE:** \$20 per month. 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! For more information, contact Wren Newman, 402-596-1397.

### **Kendo "Japanese Sword Fighting"**

Tuesdays and Fridays, 6-7:30 p.m. for 12 weeks, Community Center. **FEE:** \$50 per month (swords are included) or \$135 for the full 12 weeks. Classes include two swords – the wooden

Bokken and the bamboo Shinai. Students will learn the fundamentals of Kendo "the way of the Sword". For more information, contact Mark Porter, 402-715-0500, or via e-mail at [learningkendo@cox.net](mailto:learningkendo@cox.net).

## YOUTH & ADULT SPORTS

Fees listed for residents then non-residents

### YOUTH FOOTBALL

Seasons begin in August

#### Tackle Football

Early Bird Registration: June 28 Registration Deadline: July 12. Ages: 8-14 as of June 1 (birth certificate required at registration) **FEES:** Before June 28: \$110, non-residents \$140. After June 28: \$120, non-residents \$150. \$180 uniform deposit (separate check, returnable at season's end).

#### Cheerleading

Early Bird Registration: June 28 Registration Deadline: July 12. Ages: 7-14 as of June 1. **FEES:** Before June 28: \$27, non-residents \$47. After June 28: \$37, non-residents \$57. \$75 uniform deposit (separate check, returnable at season's end).

#### Fall Flag Football

Ages: kindergarten-6th grade as of fall 2014. Early Bird Registration: June 28. **FEES:** June 28: \$33, non-residents \$53. After June 28: \$43, non-residents \$63. Registration Deadline: July 12

### YOUTH SOCCER

Seasons begin in September

Early Bird Registration: August 2  
Registration Deadline: August 16

#### Soccer Clinic

Ages: 3 as of August 1. **FEES:** Before August 2: \$17, non-residents \$22. After August 2: \$27, non-residents \$32. Five, one-hour sessions on Saturdays. This is a parent participation clinic designed to teach the basic fundamentals of soccer while having fun. **Clinic is limited to 15 participants.**

#### Soccer Academy and League

Sessions are twice a week for five weeks – academy training on Tuesdays & Saturdays. Ages: 4 and 5 as of August 1. **FEES:** Before August 2: \$33, non-resident \$53. After August 2: \$43, non-resident \$63. Focusing on different soccer skills to develop each player with individual attention and maximum ball touches.

#### League

Ages: 6 and 7 as of August 1. **FEES:** Before August 2: \$33, non-resident \$53. After August 2: \$43, non-resident \$63. Attend Academy training on Tuesdays, but instead of Academy on Saturdays, teams play league games.

### LA VISTA LANCER SOCCER CLUB

Participate in the Sarpy County and ENSA Soccer Leagues. Seasons begin in August.

#### Sarpy County Soccer League

Ages: under 8 – under 12 as of August 1. **FEES:** Before June 14: \*\$65. After June 14: \*\$75  
Registration Deadline: June 28.

#### ENSA

Ages: under 13 – under 15 as of August 1. **FEES:** Before June 14: \*\$65. After June 14: \*\$75.  
Registration Deadline: June 28.

\* Registration fee does not include a uniform. All competitive team uniforms must be ordered through the La Vista Recreation Department.

### Youth Volleyball

Season begins in October. Ages: 3rd – 6th grade as of fall 2014. Early Bird Registration: August 23. **FEES:** Before August 23: \$33, non-resident \$53. After August 23: \$43, non-resident \$63. Registration Deadline: September 6

### Adult Softball

Games tentatively start on September 2. Leagues: Coed, Men's and Double-Header. **FEES:** Coed & Men's: \$120 (separate \$40 check, forfeit deposit fee). Double-Header: \$235 (2 separate \$40 checks, forfeit deposit fee). **Registration Period:** Registration will run June 2 through August 16 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.



### La Vista Falls Golf Course

Nestled in a valley below 84th Street in the heart of the City, La Vista Falls features finely mowed fairways, lush greens and elevated tee boxes amidst trees, small lakes and streams.

Affordability and flexibility are what makes La Vista Falls perfect for nearly every type of group outing. The course's wide-open format ensures you won't feel crowded, even with the biggest group. A wide variety of concessions and equipment are available from the clubhouse. After your outing, relax on the patio and enjoy the view.

Did you know now you can request a tee time online? Visit the City's web site, [www.cityoflavista.org/teetime](http://www.cityoflavista.org/teetime) to request a specific time and even specify how many will be coming with you. When your request is received at the clubhouse, we will send you an email with confirmation of your tee time and then you're set to go!

Openings are available for family, company, school and night time golf outings.

#### Junior Golf Tee Times

Ages: 12-16 When: Mondays and/or Wednesdays 11 a.m. – 1 p.m. **FEE:** \$8 per person, per day. Sign up as individuals or groups for as many days or weeks as you would like. Contact: Denny Dinan, 402-339-9147.

#### Green Fees & Specials, March 1-Sept 30

Adult-16 and over, Junior-15 and under, Senior-55 and over.

9-hole weekdays (adults) .....	\$10	Memberships:	
9-hole weekends (Sat-Sun adults).....	\$12	Jr/Sr .....	\$300
18-hole weekdays (adults) .....	\$16	Family .....	\$750
18-hole weekends (Sat-Sun) (adults).....	\$18	Adult .....	\$400
9-hole weekdays (Jr/Sr) .....	\$8		
9-hole weekends (Sat-Sun) (Jr-Sr) .....	\$10	Punch Cards (buy 10 rounds, get 2 free)	
18-hole weekdays (Jr/Sr) .....	\$13	Jr/Sr .....	\$80
18-hole weekends (Sat-Sun) (Jr/Sr)....	\$15	Adult .....	\$100
Pull Carts .....	\$2.50	Rental Clubs .....	\$7
Electric Carts (9-hole) .....	\$6.50		
Electric Carts (18-hole) .....	\$10.50		

**Register & Pay Online**  
[www.cityoflavista.org/active](http://www.cityoflavista.org/active)





### SWIMMING LESSONS

The La Vista Municipal Pool offers several levels of swimming lessons throughout the summer, of which there will be three day sessions and one evening session.

Day session 1: June 16-27, Day session 2: July 7-18, Day session 3: July 21-August 1.

Evening session: July 8-July 31.

Day sessions are held Mondays through Thursdays, Fridays are rain days. Pre-beginners through level 6. Minimum age for pre-beginners is age four. All classes are 45 min. in length.

Day session times are as follows:

- Pre-beginner – 11 a.m. and noon
- Level 1 – 11 a.m. and noon
- Level 2 – 10 and 11 a.m.
- Level 3 – 10 a.m. and noon
- Level 4 – 10 a.m.
- Level 5 – 9 a.m.
- Level 6 – 9 a.m.

For more information on skills needed for each level, visit our website, [www.cityoflavista.org/recreation](http://www.cityoflavista.org/recreation).

Evening sessions are held on Tuesdays and Thursdays 6-6:45 p.m. and are for pre-beginners through level 3 only.

**FEE:** Residents \$30, non-residents \$55.

### La Vista Municipal Swimming Pool

The La Vista Municipal Pool will open on Saturday, May 24, and close Monday, September 1 (Labor Day). Pool Hours are 1 p.m.-9 p.m. daily. July 8-July 31 the pool will be closed from 5:45-7 p.m. for evening swimming lessons.

Season passes for residents and non-residents as well as resident tags may be purchased at the La Vista Recreation Center, 8116 Park View Blvd. For more information on swimming pool fees, visit our website, [www.cityoflavista.org/recreation](http://www.cityoflavista.org/recreation).

### La Vista Senior Activity Center

The La Vista Senior Activity Center, located at the Community Center, offers friendship, food, fitness, field trips and many more fun activities. Bring a friend or come join others for a homecooked meal on Mondays, Wednesdays, and Fridays. The suggested donation for the meal is \$3 for adults 60 years and older. *Please note:* The suggested donation for a meal will be \$3.50 starting July 1. 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 late! The meal program is sponsored by ENOA and catered by Valley Food Service. Visit our website, [www.cityoflavista.org/seniorcenter](http://www.cityoflavista.org/seniorcenter), for the monthly senior newsletter, and to look at scheduled activities/trips and lunch menus. For more information contact Program Coordinator Rich Carstensen, 402-331-3455.

### Senior Tai Chi Class

Mondays and Thursdays, 11-11:45 a.m., Community Center. Ages 60 and older. **FEE:** \$1 per class. Tai Chi will help improve your balance and fitness. The class is sponsored by ENOA.

### Special Services Bus

Transportation is 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., but not on declared holidays or when Papillion-La Vista or Ralston schools are closed due to weather conditions. For questions about service, fees, etc., call the Recreation Department, 402-331-3455, or visit our website. 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.

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

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

Sat. (May 1 - August 31): .....9 a.m. - 4 p.m.

Sun. (May 1 - August 31): .....closed

Adults Only

Mon. - Fri. (Summer): .....8 a.m. - 1:30 p.m.

Adults & Youth

Mon. - Fri. (Summer): .....1:30 p.m. - 9 p.m.

The Community Center will be closed for the following Holidays: Memorial Day, Independence Day, and Labor Day.

### FEES:

Resident Adults: \$3.00 Drop-In

Non-Residents Adults: \$4.00 Drop-In

\*\*Resident Youth (Under 19): Free

Resident Seniors (55+): Free

Non-Resident Senior (55+): \$2.00 Drop-In

\*\* (Non-Resident Youth not allowed in Center unless involved in a class or sport).



**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: The La Vista Recreation  
Department sends 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/sports](http://www.cityoflavista.org/sports) and by visiting  
the La Vista Community Center.**

**Register & Pay Online  
[www.cityoflavista.org/active](http://www.cityoflavista.org/active)**