



La Vista Daze a Swinging Success!

Summer got off to a swinging good start in La Vista over Memorial Day weekend with the annual La Vista Daze festival.

Thousands of people enjoyed the Community Cookout at City Hall, sponsored by the La Vista Community Foundation, and the fireworks display, provided by Bellino Fireworks.

Central Park was filled to the brim all weekend with people who took in the carnival and vendors.

The parade was also a great success with hundreds lining the route along Park View Boulevard. *(Continued page 3).*

Voters Approve Additional Half-Cent Sales Tax

La Vista voters went to the polls for the May 13 primary and approved an additional half-cent sales tax to be used for the redevelopment of 84th Street.

The additional sales tax was approved with 1,186 in favor and 767 against.

The revenue generated by the additional half-cent sales tax will enable the City to proceed with redevelopment efforts along the 84th Street corridor, including:

- Potential acquisition and demolition of property.
- Creation of a town center.

- Improvement of pedestrian safety and access.

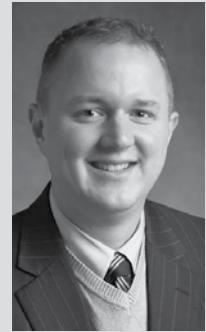
- Updating and improving existing infrastructure along the entire corridor.

The City will send a letter to La Vista businesses in July to make them aware of the additional sales tax. Collection of the additional half-cent sales tax will begin on October 1.

Watch future editions of the CityWise newsletter as well as the City's website and local media for updates on the redevelopment of 84th Street.

Jim Frederick Appointed to Ward IV Council Vacancy

The City Council has a new member, Jim Frederick, who was appointed in June to fill the Ward IV seat made vacant by the resignation of Tony Gowan.



Mr. Frederick will serve the remainder of Mr. Gowan's term, which runs through 2016.

Mr. Frederick is a graduate of Papillion-La Vista High School and Bellevue University with a degree in Communication Studies. He works as the Director of Marketing and Recruitment for Big Brothers Big Sisters of the Midlands.

"The thing I love most about La Vista is the people. They are hard working, passionate, family-oriented, and caring people," Mr. Frederick said. "I was interested in filling the vacancy on the City Council because I wanted to give back to the community that has given me so much. It was an honor to be able to interview and even a greater honor to be appointed to the City Council position. I am excited to work with current City Council members and the great staff of the City of La Vista."

Mr. Frederick is looking forward to giving back to the community and helping with the next stages of growth. He can be reached via e-mail at jfrederick@cityoflavista.org.

A MINUTE WITH
mayor kindig



The future of 84th Street looks brighter thanks to La Vista voters!

On May 13, residents overwhelmingly approved (61% to 39%) the additional half-cent sales tax for the redevelopment of the 84th Street corridor.

Thank you to those who attended our information session before the election. I hope your time was well spent and that it helped you make an informed decision when you voted.

Thank you for your vote of confidence.

The additional half-cent sales tax provides a revenue source that will enable us to have constructive conversations with developers, and proceed with redevelopment efforts along the 84th Street corridor. See the cover story of this newsletter for additional details.

Businesses will begin collecting the additional half-cent this October, but the impact on your wallet should be minimal. Remember that on a \$20 transaction, you'll pay approximately 10 cents more than before.

Progress along 84th Street will not happen overnight, but thanks to our citizens, we have added a very important tool to our redevelopment toolbox.

As soon as we have something to share with you, we will do so here in this newsletter, on our website and in the local media.

– Mayor Douglas Kindig

La Vista City Calendar

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

August 2014

- 2 Urban Scramble Adventure Race, 8 a.m., begins and ends at the Community Center
- 5 City Council, 5:30 p.m.
- 5 National Night Out, 6 p.m., Central Park
- 8 Summer Concert and Movie - Charm School Dropouts followed by "Gravity", 7 p.m., Library
- 11 La Vista/Metropolitan Community College Condominium Owner's Association, 4 p.m., Library
- 18-23 Used Tire Collection, Public Works
- 19 City Council, 7 p.m.
- 20 Parks and Recreation Advisory Board, 7 p.m.
- 21 Planning Commission, 7 p.m.

September 2014

- 1 Most City offices closed in observance of Labor Day holiday
- 2 City Council, 7 p.m.
- 11 Library Advisory Board, 5:30 p.m., Library
- 11 Citizen Advisory Review Committee, 7 p.m.
- 16 City Council, 7 p.m.
- 17 Parks and Recreation Advisory Board, 7 p.m.
- 18 Planning Commission, 7 p.m.

October 2014

- 7 City Council, 7 p.m.
- 15 Parks and Recreation Advisory Board, 7 p.m.
- 16 Planning Commission, 7 p.m.
- 21 City Council, 7 p.m.
- 31 Halloween Safe Night, 5:30 p.m., Community Center



Recreation Insert

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Continued: La Vista Daze a Swinging Success!

Honored during the parade for their contributions to the community were the men and women of the La Vista Volunteer Fire Department, who rode down the parade route on a fire truck.

This year's Friend of La Vista was Pat Lodes, who has volunteered many years as a youth sports coach and as a member of the City's Parks and Recreation Advisory Board. Mayor Kindig presented a special award to Pat at the Mayor's Lunch prior to the parade.

La Vista Daze would not be possible without the generous contributions of the La Vista Community Foundation, Bellino Fireworks and La Vista Keno.

The Foundation has taken a much more

active role in the community and their support is crucial to the City being able to continue to offer special events for residents.

Bellino Fireworks makes a significant contribution to La Vista Daze each year by donating the amazing fireworks display on Friday night over the golf course.

La Vista Keno is a fairly new partner with the City on La Vista Daze, hosting the popular car show for the past two years.



"The support of these organizations is absolutely essential to making La Vista Daze the success it has been year in and year out," said Mayor Douglas Kindig. "To these organizations, as well as our other partners, thank you so much for supporting La Vista's annual festival."



Bio Blitz

On May 17, the City and the Nebraska Watershed Network hosted the first-ever BioBlitz in Central Park. The event was designed in conjunction with the Thompson Creek Watershed Restoration Project as a way to get families to experience nature up close and personal. More than 100 people attended the event, which included booths, demonstrations, interactive workshops, hands-on children's activities and more.



Summer Fun

Hopefully your summer has been fun and relaxing. Beginning Memorial Day weekend with La Vista Daze and continuing through the summer with concerts, movies, a "Splash Bash" at the pool and other events, the City of La Vista and our partners have hosted a variety of free family fun.

Hopefully you had an opportunity to enjoy the La Vista Daze activities, which would not be possible without the support of many sponsoring organizations, including: A&W, Bank of Nebraska, Bo Bo's Bouncy Town, Beautiful Savior Lutheran Church, Bellino Fireworks, Chili's, CVS, Faith Presbyterian Church, Fareway, Harrison Street Baptist Church, Hutong Sushi Grill, La Vista Community Foundation, La Vista Keno, La Vista Firefighter's Association, Lucky Bucket Brewing Company, Rotella's, Tri-City Ministerial Association, Wal-Mart Neighborhood Market and Xenon Hair Academy.

Likewise, many of the summer events would not be possible without the support of some incredible sponsors. The La Vista Community Foundation supports each of our events, and Black Hills Energy and Five Points Bank sponsored the concert series and movie nights respectively this year.

In an effort to continue providing events that focus on great family fun, we would like your feedback. Please visit the City's Web site at www.cityoflavista.org/2014eventfeedback to tell us what you think.

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.

USED TIRE COLLECTION

The City will once again be hosting a used tire collection event the week of August 18 - 23. Used tires can be dropped off at the Public Works Facility located at 9900 Portal Road.

Drop-off times are Monday, August 18 through Friday, August 22, 7:30 a.m.-3 p.m. and Saturday, August 23, 8 a.m.-3 p.m.

Used tires left outside collect water and become prime breeding sites for mosquitoes, which carry West Nile Virus. The used tires are collected and then sent to a recycling company which shreds them. In addition to used tires, used motor oil, anti-freeze and all types 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; photo I.D. or a utility bill. For

more information call the Public Works Department at 402-331-8927.

The tire collection is made possible by a grant received from the Sarpy/Cass Health Department for West Nile Virus Prevention.

FALL LEAF COLLECTION

On Saturday, November 8, 8 a.m.-3 p.m., a free dump site for leaves and yard waste will be offered at the Public Works Facility, 9900 Portal Road.

This service is available to residents and those living in the City's extra-territorial jurisdiction.

Leaves and grass clippings will be accepted along with tree branches, which can be any length but no larger than 6 inches in diameter. Used motor oil, anti-freeze and all batteries will also be accepted. Citizens must have proof of residency, either a valid photo I.D. or a copy of a utility bill.

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

"DO NOT FLUSH"

Disinfecting wipes touted as being disposable and even flushable are causing problems for city sewer systems.

Manufacturers claim they can be conveniently flushed down the toilet, but the material doesn't break down in sanitary sewer systems and can block sewer lines. Consumer Reports tested several brands of wipes labeled flushable and found that while toilet paper disintegrated after about eight seconds, the wipes still had not broken down in 30 minutes.

In parts of La Vista where tree root intrusions are prevalent, the flushable wipes are causing big problems because the wipes get caught on tree roots and eventually cause backups. This is especially true for residential service lines which have much less water velocity to break down and move the wipes. To prevent any unnecessary sewer backups, residents should **only flush toilet paper**.

Forums Help Gather Feedback on Engagement Methods



The City hosted a pair of community engagement forums in April, designed to give feedback on the methods of engagement residents would most likely participate in if invited to do so in the future.

The forums were hosted by the Community Development Department, which is beginning the process of updating the City's 17-year-old Comprehensive Plan (see page 7 for more information). This plan guides the way the City will grow and develop over a long period of time. A critical part of the update process will include a substantial amount of community input.

More than 600 households were randomly selected to participate in one of two sessions. In total, 30 people attended and listened to a presentation on seven chosen methods of engagement.

Those in attendance were then asked to select which methods they thought would be most likely to get people involved and excited about shaping the future of their community.

The method receiving the largest amount of positive feedback was World Café, which is a type of focus group meeting that separates participants into small groups to discuss questions for a set amount of time, rotate to a new set of questions then come together as a whole to discuss all questions.

The City has begun to look at the results from these forums and will use them to formulate a larger community engagement strategy for the Comprehensive Plan update and other projects.

firedepartment

It has been four months since the City of Papillion began providing fire and EMS services to the citizens of La Vista. Unless you have needed these services, it is likely you have not noticed anything in the way of a change.

There are currently 51 firefighters assigned to suppression duties covering the cities of La Vista and Papillion and the rural fire district. In order to continue to provide top notch services, twelve new firefighters were added this spring as well as a Fire Marshal and an EMS Manager.

Since April 1, when the switch over took place, the Fire Department has responded to 263 incidents in La Vista with an average response time of approximately five minutes and 30 seconds. We've heard many positive remarks from both residents and law enforcement about the quick response and quality care that has been provided.

It has not been all work for the personnel assigned to La Vista. They've enjoyed having a more central participatory role in community events like La Vista Daze. Seen above, members of the department accepted donations during this year's parade for the Muscular Dystrophy Association.



The department is excited about rolling out their fire prevention and public education program in La Vista in conjunction with Fire Prevention Week, which is scheduled for October 5-11. The theme for this year is "Working Smoke Alarms Save Lives: Test Yours Every Month!"

Residents are invited to stop by any of the four stations covering La Vista and Papillion to meet the staff or tour the facility. The Fire Department can be contacted at 402-339-8617.

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 Republic National Distributing Company project at 8648 S. 117th Street, which will be a 230,000 square foot office, warehouse and distribution center for this company.



For a complete list of ongoing development projects, visit our website, www.cityoflavista.org/constructionupdates.

librarynook

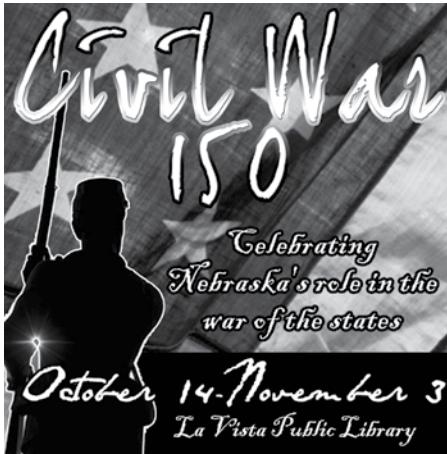
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HOURS
Mon.-Thur. 8:00 a.m.-9:00 p.m.
Fri.-Sat. 8:00 a.m.-5:00 p.m.
Sun. 1:00 - 5:00 p.m.

Civil War Display

Coming to La Vista This Fall!

The library will host a special display this fall commemorating the 150th anniversary of the Civil War. The exhibit will be in La Vista October 14-November 3, the only location in Nebraska to host this exhibit. A full schedule of events for young and old alike has been created to compliment the exhibit's time in Nebraska. The display was made possible by the Gilder Lehrman Institute of American History. We have much more information on our website at www.cityoflavista.org/civilwar150.



Listen to Free Music

The library now has Freegal Music which allows library users to download 3 songs per week and 3 hours of streaming per day! Visit the library website, www.cityoflavista.org/library, for more information.

Halloween Party

The library's Halloween Party will take place on Wednesday, October 27, 10-11 a.m. This party, for children five years old and younger who are not in kindergarten, will feature Halloween books and songs, costume parade, craft, and caramel apples. Be sure to wear your costume and bring a bag for treats! Registration is required and begins Tuesday, October 1. For more information, contact Jodi Norton, 402-537-3900.

Creative Hands at the Library

This interactive program, ideal for parents/caregivers and children ages 2-5, meets Fridays at 9:30 a.m. September 8-November 21. Each week participants will use their hands to discover something new. Registration is not required. For more information, contact Jennifer Goss, 402-537-3900, or via e-mail at jgoss@cityoflavista.org.

Storytime Information

Preschool Storytime

- 3- to 5-year-olds who are not in kindergarten.
- Begins Monday, September 8 and ends Thursday, November 20.
- Meets Mondays and Thursdays 10-10:45 a.m.
- Registration begins Monday, August 11. Please sign-up for only one day a week.

Toddler Storytime

- Children 18 to 36 months.
- Begins Monday, September 15 and ends Thursday, November 20.
- Meets Mondays and Thursdays 10:05-10:35 a.m.
- Registration begins on Monday, August 11. Space is limited.

Cruisers Storytime

- Children 6 to 18 months
- Meets Tuesdays 10:05-10:40 a.m.
- Begins September 16 and ends November 18.
- Registration begins on Monday, August 11. Space is limited.



Your Library at a glance

Library Catalog

You can access the library's online catalog at www.cityoflavista.org/catalog. Add a book review from your library account. Pull up the material record and click on the "review" button.

Library Databases

Access our databases at www.cityoflavista.org/databases. This month's feature is NoveList Plus, which provides reading recommendations available through libraries around the world.

Technology Sessions

Want to enhance your computer skills? Sessions are offered to provide basic skills as well as other topics including Facebook, Twitter, Picasa, Flickr, ebooks, emagazines and emusic. For more information, contact Jean Hurst, 402-537-3900.

Homeschool Programs

The library offers many programs for homeschool families, which will start in September. For more information, contact Jennifer Goss, 402-537-3900.

Lego Club

The library's Lego Club is open to children of all ages and meets the second Tuesday of each month. We'll have a different theme each month, and the library will provide the Legos. Registration is not required.

Teen Programming at the Library

School-year programs will begin Tuesday, September 16, and will be held every Tuesday and Thursday at 6 p.m. Programs include holiday-themed parties, crafts, movie and game nights, Random Club, Pool Noodle Kendo Club, and more. Join the Teen Advisory Board to help plan programs for the library! For more information contact Lindsey Tomsu, 402-537-3900 or via e-mail at ltomsu@cityoflavista.org.

City of La Vista Annual Halloween Tradition!

Halloween Safe Night is scheduled for 5:30-7 p.m., Friday, 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 Halloween surprises around every corner.

For more information about the event, visit our website, www.cityoflavista.org/2014halloween.

Local businesses and organizations are invited to participate in the event by sponsoring a table and handing out candy to those in attendance.

For more information on sponsoring a table, contact Mitch Beaumont at City Hall, 402-331-4343, or via e-mail at mbeaumont@cityoflavista.org.



policedepartment

Promotions Announced in Police Department

Three longtime Police Department employees have been promoted and the department has hired a new officer.

Officer Mark Flash, a member of the department for 11 years, has been promoted to sergeant. He is currently assigned to the Criminal Investigations Bureau and is a former member of the South Metro SWAT team. Flash will be assigned to the Uniform Patrol Bureau.

Sergeants Jeremy Kinsey and Bryan Waugh have been promoted to captain.

Kinsey has been with the department for more than 20 years and he currently supervises the Criminal Investigations Bureau. He is a member of the Metro Fugitive Task Force as well as the FBI Child Exploitation Task Force. Kinsey will be assigned to the Field Services Division.

Waugh has been with the department for 16 years and he currently supervises the Special Enforcement Bureau. He is a former member of the South Metro SWAT team and is the coordinator of the Sarpy County Crash Reconstruction Team. Waugh will be assigned to the Field Services Division.

Also, Dana Miller is the newest officer in the department. She has six years of law enforcement experience in Nebraska, including four years working for the Ralston Police Department. Miller has been assigned to the Field Training Program.



Sergeant Mark Flash



Captain Jeremy Kinsey



Captain Bryan Waugh

Council Clips

The following items are highlights of recent City Council action:

- Authorized the purchase of a boom truck for the Public Works Department
- Approved a series of agreements with Sarpy County and other cities providing for 911 emergency services through the Sarpy County Public Safety Communications Agency.
- Implemented a City staffing Reorganization Plan.
- Approved a contract to refinish the wood floors at the Community Center.
- Approved an interlocal agreement with Sarpy County for IT services.

Comprehensive Plan Update Will Involve YOU!

Beginning this fall, the City will begin the process of updating the Comprehensive Plan, which is a long-term roadmap for the future of the community.

A new Comprehensive Plan will be an opportunity for the community to address new challenges that lie ahead and will serve as a guide for the management of these challenges.

The Comprehensive Plan update, the City's first since 1997, will include extensive opportunities for public involvement and feedback, including public meetings and opportunities to contribute ideas in online platforms.

Watch this newsletter, our website, social media platforms and the local media for updates on this important project.

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
Jim Frederick, Ward 4
Kelly Sell, Ward 4

City Administrator

Brenda Gunn

Management Team

Kevin Pokorny, Director of Administrative Services
Rita Ramirez, Assistant City Administrator / Director of Community Services
Pam Buethe, City Clerk
Ann Birch, Community Development Director
Sheila Lindberg, Finance Director
Rose Barcal, Library Director
Bob Lausten, Police Chief / Director of Public Safety
Joe Soucie, Director of Public Works
Scott Stopak, Recreation Director



Arbor Day at the Community Center

The annual Arbor Day celebration was held this spring at the Community Center. This joint event between the Recreation Department and Public Library included a story time with Police Captain DJ Barcal, pictured above, free prizes for the children in attendance and the planting of a new tree in the green space next to City Hall.

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.

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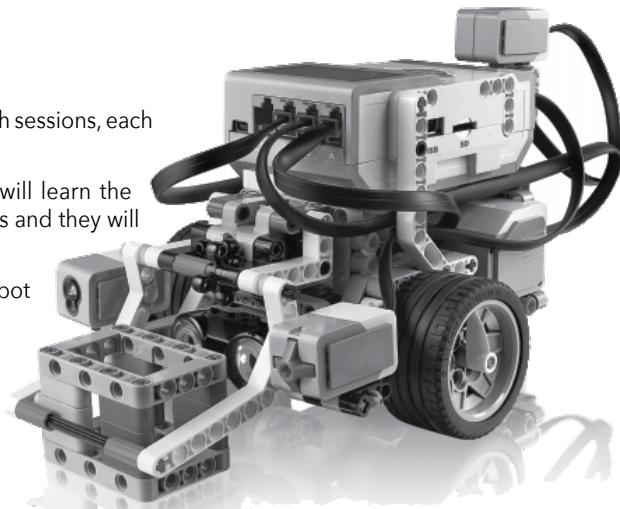
what'shappening fall 2014

Science, Technology, Engineering and Math

Session 1 - September 6-October 11; Session 2 - October 18-November 22. Both sessions, each day 9-9:45 a.m. **FEE:** \$75 per session.

- Session 1: How Modern Circuits Build Communication Systems. Children will learn the fundamentals of electrical engineering through the use of Snap Circuit Systems and they will build a communication system that can send SMS messages.
- Session 2: Lego Mindstorm EV3 Robot. Participants will build a LEGO EV3 Robot and learn to control it with an Android App.

For more information and to register contact Anna Heithier via e-mail at anna@mykiddosrock.com.



Frogwarts

Monday, October 20, 2 p.m., Community Center. **FREE.** Join us and come under the early spell of Halloween Magic at Frogwarts School of Magic. Professional Magician and Wizard Jeff Quinn will have you under a spell of laughter while he amazes us with his very own spells and magic. This magic show is open to kids of all ages and the young at heart.

Pirate Party

Friday, September 26, 2 p.m., Library. **FREE.** Join the Library and Recreation Department for a Pirate themed story-time, craft and snack.

Preschool Play Times Ghost and Goblins Halloween Story Time, Craft and Snack

Thursday, October 23, 10 a.m., Community Center. **FREE.** The Recreation Department and Library are teaming up to help our little ghost and goblins make a creative Halloween craft and treat during our regularly scheduled playtime.

Fall Fun Hot Wheels Drag Races

Wednesday, September 17; Monday, October 20; 4 p.m., Community Center. **FREE.** Bring your favorite Hot Wheels or similar-sized car and compete against your friends for bragging rights and prizes! A car will be provided if you don't have one. Kids and adults of all ages welcome. For more information, contact the Community Center, 402-331-3455.

Fall Kite Festival

Sunday, October 12, noon-4 p.m., La Vista Soccer Complex. **FREE.** Bring the whole family for an afternoon of kite flying fun, brought to you by the Recreation Department and American Kite Fliers Association. Come see

some of the world's largest and most creative kites. Bring one with you to fly and remember your bags for the kite candy drop!

Preschool Play Time

Tuesdays and Thursday, 10-11 a.m., Community Center. **FREE.** Preschool ages and under. Zip around the gym on our tricycles and cars, play preschool-sized basketball, kick balls or just run, jump and play with others! (Please do not bring your own bikes, tricycles or scooters.) This is a great play date for kids and parents!

Some special dates for Preschool Playtime:

- Craft Days - August 19 and September 16. Join us for playtime and make a creative craft to take home with you.
- Lil' Builders Club - August 7 and September 4. Join us for playtime and create an engineering marvel with Duplo, Mega Blocks and Lincoln Logs.

Drop In Pickle Ball

Tuesdays, 7-8:30 p.m., July and August; Sunday's 5:15-6:45 p.m., September-March. 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.

Senior Art Class

Thursdays, 2 p.m. **FEE:** \$10 per class. This is an

inspirational watercolor class. We also study art history and take field trips to museums and art galleries. For more information, contact Charlene Potter, 402-203-9605.

Model Airplane License and Field Times

La Vista Soccer Complex, 1/4 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.

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@suioryuusa.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.

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.



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.

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.

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.

DANCING

Preschool and Youth Dance Classes

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

Adult Ballroom Dance Lessons

Monday, 7-8 p.m., Community Center, ages 16 and older. **FEE:** \$40 per 4 week session. Join as a single or couple, minimum of 6 people per class. In each four-week session, 2-3 dances will be taught. For more information, contact Terry Vargas, 402-639-2209.

p.m. for 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.

Square Dance Lessons

Sundays beginning January 12, 2 p.m., Community Center, **FEE:** \$50 per five-week session. Square dancing is a great low impact aerobic exercise that burns a lot of calories while having fun dancing. For more information, contact: Ken Young, 402-592-5143 or 402-690-3020.

Adult Belly Dancing Classes

Tuesdays, 5:30-6:30 p.m. for beginners, 7-8



Summer Reading Mini-Camps Ignite Children's Imagination

The Recreation Department and Library have teamed up this summer to provide some explosive fun for La Vista kids!

In a series of mini-camps designed to build a child's knowledge and explore different topics, children have experienced camps centered around food, music and movement, color, sports and games, spy skills and wacky and weird science.

These photos are from the food, music and movement and color camps, which took place earlier in the summer.

Watch this newsletter, our website and social media next year for information about camps for next summer.





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 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
9-hole weekends (Sat-Sun adults)....	\$12
18-hole weekdays (adults).....	\$16
18-hole weekends (Sat-Sun) (adults) \$18	
9-hole weekdays (Jr/Sr)	\$8
9-hole weekends (Sat-Sun) (Jr-Sr)....	\$10
18-hole weekdays (Jr/Sr)	\$13
18-hole weekends (Sat-Sun) (Jr/Sr) ..	\$15

Pull Carts	\$2.50
Electric Carts (9-hole).....	\$6.50
Electric Carts (18-hole).....	\$10.50

Memberships:

Jr/Sr	\$300
Family	\$750
Adult.....	\$400

Punch Cards (buy 10 rounds, get 2 free)	
Jr/Sr	\$80
Adult.....	\$100

Rental Clubs.....	\$7
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YOUTH & ADULT SPORTS

Fees listed for residents then non-residents

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 Saturday's at the La Vista Community Center. 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 at the La Vista Sports Complex- academy training on Tuesdays & Saturdays.

Academy

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.



VOLLEYBALL

Seasons begin in October

Youth Volleyball League

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

Women's Volleyball League

Registration Deadline: September 13 or until leagues are full. Must be 18 years old and out of High School.

FEES: Women's League: *\$110 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 13.

Matches are held on Wednesday evenings at the La Vista Community Center beginning in October.

Fall Coed Youth Baseball Clinic

Season begins in September. Early Bird Registration: August 2 Registration Deadline: August 16. Ages: 3-6 as of August 1. **FEES:** Before August 2: \$17, non-residents \$22. After August 2: \$27, non-residents \$32.

In five, one-hour sessions held on Thursday evenings at the La Vista City Park Ball fields, learn the basic skills of hitting, catching, pitching, teamwork and fun!

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.

BASKETBALL

Seasons begin in January

Youth Basketball League

Early Bird Registration: November 15 Registration Deadline: November 29. Ages: Boys and Girls, 3rd - 8th grade as of current school year. **FEES:** November 15: \$55, non-residents \$65. After November 15: \$65, non-residents \$75. \$40 uniform deposit (separate check, returnable at season's end).

Co-ed Youth Basketball Clinic

Early Bird Registration: December 13 Registration Deadline: December 27. Ages: Boys and Girls, 1st - 2nd grade as of current school year. **FEES:** Before December 13: \$17, non-residents \$22. After December 13: \$27, non-residents \$32.

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



Register & Pay Online
www.cityoflavista.org/active



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. 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.

For your convenience, we have a second bus available for appointments on Tuesdays and Thursdays, 7:00 a.m. - 4:30 p.m. To make a reservation, call 402-657-3550.

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. Bring a friend or come join others for a home-cooked meal on Mondays, Wednesdays, and Fridays. The suggested donation amount for the meal is now \$3.50 for adults over 60 years of age. To participate, call or sign-up at the La Vista Community Center 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, for the monthly senior newsletter, and to look at scheduled activities/trips and lunch menus. For more information contact Senior Director Rich Carstensen, 402-331-3455.

Fall Senior Tai Chi Class/Better Balance Class

Senior Tai Chi Class is held on Monday's and Thursday's at 11:00am to 11:45am at the La Vista Senior Activity Center. Cost for the class is just \$1.00 per week. Please call Rich Carstensen at 402-331-3455 for more details. Come join in the fun and learn Tai Chi for Better Balance and Fitness!

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

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

Sat. (Sept. 6 - April 25): 8 a.m. - 6 p.m.

Sun. (Sept. 7 - April 26): 1 p.m. - 9 p.m.

Adults Only

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

Adults and Youth

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

Mon. - Fri. (Sched. days off): 1:30 - 9 p.m.

The Community Center will be closed for the following Holidays: 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 FLYERS 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 open registrations. These forms are also available by visiting the City's Web site, www.cityoflavista.org/sports and by visiting the La Vista Community Center.

**Register & Pay Online
www.cityoflavista.org/active**