



A Publication of the City of La Vista  
Spring 2015



L 0 0 K 0 U T

LA VISTA

# Setting a Vision for the Future

What do you love about La Vista? Why do you live, work or do business here? Where are the opportunities for improvement in La Vista? What should the City look like in 20 years? By participating in the upcoming Comprehensive Plan update project, dubbed **Look Out La Vista**, you will have an opportunity to answer those questions and more to help set the course for La Vista's future.

The City's Comprehensive Plan was last updated in 1997 and was based on the 1990 census when La Vista had less than 10,000 residents. The City is a much different place today and will continue to undergo significant change in the coming years. Be a part of that change and help to craft the plan that will set the course for the City's future.

**Look Out La Vista** is going to be a fun, exciting project that will take place over the next several months. It will offer many opportunities for citizens to participate and offer their comments and feedback.

The project will culminate in a long-term strategic plan for La Vista, establishing the vision and strategies for development and redevelopment as well as programs and services offered by the City.

The success of this project is directly dependent upon citizen participation! We want to hear from all facets of the community—students, seniors, residents, homeowners, business leaders, developers—tell us what your vision is for the City of La Vista.

In addition to special public events, open houses, workshops and meetings, there will be a strong online presence including questionnaires, surveys, competitions, and opportunities to review and comment on information. Please consider attending an event or participating online in this very important process.

The **Look Out La Vista** kick-off will take place Monday, March 30, with an event featuring nationally-known speaker Peter

Kageyama. For more information on this event, please see the special insert in this CityWise newsletter.

**For more information on Look Out La Vista, including upcoming events, visit the City's website, [www.cityoflavista.org/lookoutlavista](http://www.cityoflavista.org/lookoutlavista).**

**Share your photos in the online PhotoVoice Competition at [www.cityoflavista.org/photovoice](http://www.cityoflavista.org/photovoice).**

**Sign up for e-mail alerts to stay informed throughout the process at [www.cityoflavista.org/lookoutlavista](http://www.cityoflavista.org/lookoutlavista).**

A MINUTE WITH  
**mayor kindig**



The strength of a community can be measured by its people and their commitment to serving the greater good by giving of their time, talents and resources.

La Vista has many citizens and business leaders who do just that. Mike Branigan owns the Style House Barbershop and has been operating his business in La Vista for 40 years. He was recently presented with the Mayor's Distinguished Legacy Award, joining a list of other business leaders who have been recognized for their outstanding community contributions. (For a list of past winners, visit the City's website at [www.cityoflavista.org/legacy](http://www.cityoflavista.org/legacy).)

Mike has volunteered thousands of hours over the years to youth sports and founded the City's youth wrestling program. He has been involved with many Chamber of Commerce activities, he helped found the La Vista chamber, and conducted an annual golf outing for several years that raised money for the Police Department's DARE program. Mike has also served on the City's Facilities Corporation Board for a number of years as well.

While my family has a proud tradition of volunteer service, I also have Mike to thank for my involvement in the community. He initially encouraged me to become a member of the City's Park and Recreation Advisory Board. That led to working on other community projects, becoming active in the Chamber of Commerce and ultimately running for City Council, a decision that resulted in the privilege I now have of serving as the Mayor of this great City.

If you want to leave a lasting legacy on someone's life and on the community, get involved. Volunteer some of your time and give back. It feels great and who knows where you might end up! There are abundant opportunities—for example, in the coming months there will be many events associated with Look Out La Vista, the City's comprehensive plan update project (see cover story). We would welcome your participation. The benefits will be long-lasting.

— Mayor Douglas Kindig

# La Vista City Calendar

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

## February 2015

- 3 City Council, 7 p.m.
- 9 La Vista/Metropolitan Community College Condominium Owners Association, 4 p.m., Library
- 10 Lego Club, 3:30 p.m., Library
- 11 Senior Valentine's Lunch, 11 a.m., Community Center
- 12 Preschool Play Time Valentine Cookie Decorating, 10 a.m., Community Center
- 16 Most City offices closed in observance of President's Day holiday
- 17 City Council, 7 p.m.
- 18 Parks and Recreation Advisory Board, 7 p.m.
- 19 Planning Commission, 7 p.m.

## March 2015

- 3 City Council, 7 p.m.
- 10 Preschool Play Time Craft Day, 10 a.m., Community Center
- 10 Lego Club, 3:30 p.m., Library
- 12 Library Advisory Board, 5:30, Library
- 12 Citizen Advisory Review Committee, 7 p.m.
- 18 Senior St. Patrick's Day Lunch, 11:30 a.m., Community Center
- 17 City Council, 7 p.m.
- 18 Parks and Recreation Advisory Board, 7 p.m.
- 19 Planning Commission, 7 p.m.
- 30 Look Out La Vista Kick-Off Event, 7 p.m., Embassy Suites La Vista

## April 2015

- 1 Box Car Drive-In Movie, 10 a.m., Library
- 2 Preschool Play Time Easter Egg Dying, 10 a.m., Community Center
- 4 Easter Egg Hunt and Food Drive, 10 a.m., Sports Complex softball fields
- 7 City Council, 7 p.m.
- 11-12 Omaha Bead Affair, 10 a.m.-5 p.m., Community Center
- 14 Lego Club, 3:30 p.m., Library
- 15 Parks and Recreation Advisory Board, 7 p.m.
- 16 Planning Commission, 7 p.m.
- 21 City Council, 7 p.m.
- 23 Arbor Day Celebration, 10 a.m., Community Center
- 30 Preschool Play Time May Day Craft, 10 a.m., Community Center

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**Look Out La Vista Event  
Special Insert**

# Holiday Wintertainment Packed in the Fun!



The Community Center was the place to be on Monday, December 1, for the City's annual tree lighting celebration. Those in attendance watched Santa light the tree outside City Hall and then enjoyed soup and chili provided by the Mayor and City Council, holiday entertainment from La Vista schools and other community groups, and children visited Santa. To view photos of past events, visit the City's Facebook page, [www.facebook.com/cityoflavistagovernment](http://www.facebook.com/cityoflavistagovernment).

## Police to Host Citizen's Academy

The La Vista Police Department will host a Citizen's Policy Academy this spring, scheduled for March 19-May 21. The academy consists of 2 ½ hour classes held once a week on Thursdays from 6:30 to 9 p.m.

The academy is designed to foster better communication between residents and the Police Department through education. It will create a group of well-informed residents who possess greater insight into police practices and services. Graduates can share their knowledge and experiences with the community.

Certified police officers and civilian instructors will teach each class, the majority in a classroom-type setting. A variety of simulations and role-playing scenarios, as well as tours of the Sarpy County Law Enforcement and Communications centers will offer a unique, hands-on learning experience.

Participation is open to anyone who lives or works in the metro area and all classes are free. The class size is limited to 20 participants.

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

## policedepartment



### Police Department Sponsors Second Annual Holiday Shopping Program

This past December, the Police Department participated in the second annual Cops and Kids program. Officer Jamie Brown organized the program, which selected children from La Vista schools whose families would be struggling to provide

Christmas presents. The children were selected by school officials and on a Sunday morning in December, the children were treated to a shopping trip through the Papillion Super Target store and were accompanied by members of the Police Department. Above, the group poses for a photo.

## Annual Clean-Up Days

The City's annual Clean-Up Days will be held on Friday, April 24 and Saturday, April 25.

All residents, including residents in the City's Extra-Territorial Zoning Jurisdiction, are encouraged to take advantage of this free disposal service by bringing discarded items to the Public Works Facility, 9900 Portal Road. Hours of operation will be 7:30 a.m. to 3:30 p.m.

Examples of items that will be accepted include major appliances, lawn and household furniture, toys, bikes, lawn mowers, grills and mattresses. There will be a separate dumpster to collect yard waste, leaves and grass clippings. Tree branches will be accepted if their diameter is less than 6 inches. Motor oil and anti-freeze will be accepted but must be free of debris. Household batteries and car batteries will also be accepted. Paint, tires, hazardous waste and electronics will not be accepted. Paint and household hazardous waste can be dropped off at Under the Sink, 4001 S. 120th Street.

Proof of residency will be required; either a valid driver's license or a utility bill. For further information contact the Public Works Department at (402) 331-8927.

## 2015 Construction Projects

The following projects should start during the 2015 construction season. For more information regarding any

of the projects, contact the Public Works Department, 402-331-8927.

- Thompson Creek, 72nd Street to Edgewood Blvd. – Tree clearing and power pole relocation work began in November 2014. Actual channel work should begin in the spring 2015.
- West Papio Trail Extension, 90th Street to Giles Road – The trail will be extended to Giles Road where the trail will integrate with surrounding sidewalks.
- 69th Street Sanitary Sewer Lining – a new lining will be placed in the existing sanitary sewer pipe in order to repair offsets and cracks. No excavation will be required for this project.
- 98th Street and Portal Road Storm Sewer Head Wall – the structural integrity of this storm sewer head wall has failed. The project will rebuild the head wall and surrounding supporting structures.
- 132nd Street and West Giles Road – right-of-way acquisition will take place this summer, anticipating utility relocation in late 2015 and early 2016. Reconstruction of the intersection is anticipated for summer 2016.
- Eastport Parkway and Harrison Street Traffic Signal – this project began in December 2014. Completion is anticipated this spring.

## Thompson Creek Update



If you have driven down Park View Boulevard or Valley Road recently, you likely noticed large piles of trees being removed along Thompson Creek.

The tree removal work, along with the relocation of utility poles, is the next step toward the reconstruction of the Thompson Creek channel between 72nd Street and Edgewood Boulevard. Trees had to be removed in order for crews to have access to the channel for reconstruction. Also in some places the new channel will have to move from its current location so trees had to be removed for that purpose as well. The channel will be made wider and moved away from homes where possible.

The City contracted with Anderson Excavating Co. for the site clearing work, which began in December.

Following the tree removal and utility relocation work, the next step will be the actual reconstruction of the Thompson Creek channel. The contracts for this phase will go out for bid in February with work anticipated to begin this spring.

The tree removal, utility relocation and reconstruction work will all be funded by grants from the Nebraska Environmental Trust and Papio-Missouri River Natural Resources District along with funds from the City.

# firedepartment

## Protect Your Family Against Carbon Monoxide

Carbon Monoxide emergencies happen every day and can pose a serious risk to you and your family. In 2014, the Fire Department has responded to nearly 39 carbon monoxide emergencies.

Carbon Monoxide (C.O.) is a colorless and odorless gas that occurs as a result of incomplete combustion of fossil fuels (i.e. natural gas, unleaded gasoline, propane, diesel fuel, etc.). This means that C.O. can be emitted from a malfunctioning gas furnace, gas stove, hot-water heater, and most commonly a vehicle.

### How can I protect myself from C.O.?

**1) Install C.O. Detectors:** The Fire Department recommends that you install a minimum of one carbon monoxide detector on each level to your home. Keeping them near gas appliances and sleeping areas is best. This way you have early warning to the presence of C.O. in the home. If you have a detector in your home, test it monthly and change batteries every 6 months.

**2) Maintain Gas Appliances:** All gas appliances need maintenance. Furnaces should be serviced regularly by licensed HVAC technicians. Ensure that the ventilation to these appliances is free of obstructions. Watch for pilot lights going out on gas stoves and hot water heaters.

**3) Cars, generators, and gas powered-tools:** Be careful not to let these items run in the garage for long periods of



time. In winter months C.O. has a way of building up in attached garages and then rushing into a home/office when a connecting door is opened.

### What to do if C.O. is detected in my home

**1) Evacuate:** It is an unnecessary risk to your health to be exposed to C.O. for any length of time, so if it is detected in your home, evacuate immediately.

**2) Call 911:** The Fire Department has gas monitoring devices that can accurately detect any C.O. that may be in your home. If C.O. is detected, we will give you direction as to what to do next, including contacting gas utility companies if needed, and our EMS staff will take care of you and your family if your health is affected by exposure to C.O.

**3) Don't go back in:** We will help you determine when it's safe to go back into your home.

## My Place Hotel Under Construction in Southport East 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 64-room My Place extended stay hotel now under construction in Southport East at Southport Parkway and Port Grace Boulevard.



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

**Did you know** you can search for books and reserve them online? The Library's Web Catalog is located at [www.cityoflavista.org/librarycatalog](http://www.cityoflavista.org/librarycatalog). You can also write a book review, renew your books and more!

## Storytimes

The Library's storytime offerings no longer require registration! Here are the storytimes currently offered:

- Mondays - All Age Storytime with Ms. Jodi, 10 a.m.
- Tuesdays - All Age Storytime with Ms. Jen, 9:15 a.m.
- Tuesdays - Infant Storytime with Miss Marjie, 10 a.m.
- Thursdays - Toddler Storytime with Miss Marjie, 10 a.m.

For more information on each of these storytimes, visit our website, [www.cityoflavista.org/storytimes](http://www.cityoflavista.org/storytimes).

## Read Across America

Read Across America is an annual event that encourages all children around the world to read. This event is celebrated on March 2nd, the birthday of children's author Dr. Seuss. The library will be hosting a Dr. Seuss Birthday Celebration on Monday, March 2nd at 3:30. Registration not required. Contact the library for more information.

## It's All About Heroes This Summer at the Library!

This year's summer reading program theme is "Heroes". Families can begin signing up on Tuesday, May 19. The summer reading program will begin on Wednesday, May 27 with a special craft at 10:30 a.m. Throughout this year's program, children, birth to fourth grade, will enjoy reading fiction and nonfiction books about heroes of all kinds during the 10-week program.

## Teen Programming

Teen programs are open for teens in fifth grade and up. Calendars listing all the programs are available at the library!

Here's a sampling of our teen programs:

- Teen Advisory Board
- Bacon Club
- Pool Noodle Kendo Club
- Homework Hotspot
- Media Club
- Teen Storytime

Keep a lookout for more information on the teen summer reading program. For more information contact Lindsey Tomsu via e-mail at [ltomsu@cityoflavista.org](mailto:ltomsu@cityoflavista.org).



## Weather Announcement

When Papillion-La Vista Schools close due to weather conditions, the library will cancel all scheduled programming for safety purposes. This includes story time, crafts, and other events.

## Electronic Resources

The Library offers several choices for your electronic reading or listening pleasure:

- Overdrive (for teens and youth, too)
- Freading
- EbscoHost ebooks
- FirstSearch ebooks.

The library also provides access magazines via the Zinio service and music via Freegal (3 downloads per week and 3 hours streaming per day). All of these services work with most devices.

## Technology Classes

Need help with technology? The Library offers computer instruction to cardholders to provide skills in specific areas: basic computer, basic internet, basic word, digital cameras, job searching on the Internet and resume writing. Help is also available for Facebook, scanning, ebooks and electronic magazines and downloadable music, Microsoft Publisher, Word and Excel, Twitter, e-mail and any of the Library resources. These hands-on classes are held one-on-one with library staff. For more information contact Jean Hurst at the Library.



## **La Vista Community Foundation Gives Grants to Departments**

The Recreation Department and Library recently received numerous grants from the La Vista Community Foundation.

The Library received two grants: the first for \$1,500 for the Civil War exhibit, which the Library hosted this fall; and the second for \$1,170 for family literacy programs.

The Recreation Department also received two grants: the first for \$1,000 for the Spread the Warmth Coat Drive, which will purchase new children's coats to compliment the coats donated by the community; the second for \$1,500 for the annual Easter Egg Hunt.

## **La Vista Daze Rebranding**

At the bottom of this page you will find a graphic about dates for the Salute to Summer festival, but you've never heard of that.

La Vista Daze has been renamed and rebranded to be Salute to Summer. The details of the annual festival are still in the planning stages, but for more information on the reason for the change, visit the City's website, [www.cityoflavista.org/salutetosummer](http://www.cityoflavista.org/salutetosummer).

## **Register to Receive Emergency Notifications**

La Vista residents can register to receive emergency notifications from the City. Notifications can come to your cell phone, landline and/or e-mail.

The notification system, which is provided by Nixle, will be activated in circumstances when the City needs to quickly communicate information to residents.

To register to receive these notifications, visit our website, [www.cityoflavista.org/notifications](http://www.cityoflavista.org/notifications), and fill out the form on that page.

## **Council Clips**

The following items are highlights of recent City Council action:

- Awarded a contract for the construction of a Bio-Retention Basin at City Hall.
- Approved agreement with GovHR USA for the recruitment of a new Finance Director.
- Awarded a contract for the site clearing portion of the Thompson Creek Channel Rehabilitation project.
- Approved the Advisory Committee for the Comprehensive Plan update project.
- Approved the purchase of iPads for elected officials and select staff members.



# **MAY 21-24**

**CITYOFLAVISTA.ORG/SALUTETOSUMMER**

**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  
 Rose Barcal, Library Director  
 Bob Lausten, Police Chief / Director of Public Safety  
 Joe Soucie, Director of Public Works  
 Scott Stopak, Recreation Director



## Branigan Receives Mayor's Award

Mike Branigan of Stylehouse Barbershop recently celebrated 40 years in business in La Vista. Mike has been involved in a host of community initiatives throughout the years and is a friend to many throughout the community. Mayor Kindig, who worked at Stylehouse for 20 years, was on hand for an open house at the barbershop and presented Mike with the Mayor's Distinguished Service Award for his contributions to the community.

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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 City of La Vista



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here

Do  
you  
Love  
YOUR  
CITY?  
?

What makes cities lovable? What do you love about La Vista? Why do we connect emotionally with some places and not others? And why does that matter?



Peter Kageyama, an internationally recognized author (*For the Love of Cities and Love Where You Live*) and expert on community development and grassroots engagement, would say it matters because the secret to a successful city is the people who love that city.

In conjunction with the kick-off of Look Out La Vista, an extensive undertaking to update the City's comprehensive plan, Kageyama will be coming to La Vista!

His entertaining and enthusiastic presentation will inspire you to think creatively about La Vista, why you love it, why you live here, and what you can do to improve and maximize your connection to La Vista. Hopefully it will motivate you to become an active participant in the Look Out La Vista project and help to set the course for the future of our City.

**Join us Monday, March 30 – 7 p.m.  
Embassy Suites – La Vista**

All residents are invited to attend. In order to plan appropriately, we would ask that you RSVP by Friday, March 27, to La Vista City Hall at 402-331-4343.



For more information, visit our website

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

# what'shappening spring 2015



## **Easter Egg Hunt and Food Drive**

Saturday, April 4, La Vista Sports Complex Softball fields, 1/4 mile south of Harrison on 66th Street.

Please come early to allow time to park and walk to the appropriate field. Staggered starting times.

• Ages 4 and under without parent, grass area east of softball field #2, 10 a.m.

- Ages 4 and under with parent softball field #2, 10 a.m.
- Ages 5, 6 and 7 softball field #3, 10:10 a.m.
- Ages 8, 9 and 10 softball field #4, 10:20 a.m.

Children may only participate in one age group. We will be collecting food and or cash donations for the Tri-City Food Bank.

## **Arbor Day Celebration**

Thursday, April 23, 10 a.m., Community Center. Join us for an outdoor story time and Arbor Day tree planting followed by Preschool Play Time in the Community Center gym. There will be a special gift to all children who attend.

## **Box Car Drive-In Movie**

Wednesday, April 1, 10 a.m. Join us at the Library for a morning of automotive fun as we create and race box cars then drive them to our own drive-in movie to watch "Cars". Bring a big box/car to decorate.

## **Spring Kite Festival**

May 3, noon-4 p.m. La Vista Soccer Complex. **FEE:** Free. Bring the whole family for an afternoon of kite flying fun. The American Kite Fliers Association and the La Vista Recreation Department invite you to Go Fly a Kite! Come see some of the world's largest and most creative kites. Bring a kite to fly and remember to bring a bag for the kite candy drop.

## **Preschool Play Time**

Tuesdays and Thursdays, 10-11 a.m., Community Center gym. **FEE:** Free. Preschool ages and under. Zip around the gym on our 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! (Please do not bring your own bikes, tricycles or scooters.)

Some special dates for Preschool Play Time:

- Craft Day, Tuesday, March 10, 10 a.m.
- Easter Egg Dying Thursday, April 2, 10 a.m.
- May Day Craft, Thursday, April 30, 10 a.m.

## **Free Tax Help**

February 3 - April 15, Tuesdays, Thursdays and Saturdays, 9 a.m.-1 p.m.; Wednesdays, 3 p.m.-7 p.m. Geared toward taxpayers with low-middle income with special attention to those ages 60 and older. No appointments, walk-ins only. To prepare for your visit, see the instruction sheet at the Community Center,

or visit the City's website, [www.cityoflavista.org/taxes](http://www.cityoflavista.org/taxes).

## **Drop In Pickle Ball**

Sundays, 3-5 p.m., Community Center. **FEE:** \$3, non-residents \$4. Pickle Ball is a paddle sport which combines elements of badminton, tennis, and table tennis. The net will be set up for drop-in play. Basic paddles and balls provided. Not Available Sunday April 5th & 12th.

## **Senior Art Class**

Thursdays, 2-3:45 p.m., Community Center. **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**

Flying times will be posted on the City's website, [www.cityoflavista.org](http://www.cityoflavista.org) and Hobby Town U.S.A. La Vista Soccer Complex, 1/4 mile south of Harrison on 66th street. **FEE:** \$30, non-residents \$40, includes 1 year license and Midwest Performance Flyers Club membership. Model airplane flying licenses may be purchased at the Hobby-Town, U.S.A. store. A.M.A. card required to purchase a license.

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

Mondays, 11:30 a.m.-1 p.m., Community Center gym. **FEE:** La Vista seniors free, adults \$3, non-residents senior \$2, non-resident adult \$4. Watch at no cost or bring your indoor plane and pay a small drop-in fee to fly. These lightweight planes will amaze you, as will the individuals who fly them.

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

## S.T.E.M. PROGRAMS

(all take place at the Community Center).

Register by sending an e-mail to [register@timeforstem.com](mailto:register@timeforstem.com)

### Engineer Session V

Saturdays, April 18-May 9, 9:30-11 a.m. **FEE:** \$75. Grades 4-9. Electrical Engineering III builds the students programming capability with the LEGO EV3 Mindstorm Robot. Course is for those who have programming experience with EV3 using the software to command and control it. The course will focus on key parts to the robot, i.e. sensors, mobile apps, and motor control. Students will build one program ad hoc.

### Engineer Session VI

Thursdays, April 9-30, 4:15-5 p.m. **FEE:** \$50. Grades K-3. The environmental engineer imagines, designs, creates, tests, and troubleshoots ways to create alternative energies. They combine circuitry related to building wind turbines, solar power, re-chargeable batteries, hand-crank, and water.

### Engineer Session VII

Thursdays, April 9-30, 5:15-6 p.m. **FEE:** \$45. Grades 3-7. The agricultural engineer imagines, designs, creates, tests, and troubleshoots ways to create alternative ag-related improvements by using alternative energies and RF Wireless to power irrigation pivots and generators, provide safer heating mechanisms to farm animals, or learn alternate ways to growing and harvesting vegetables and fruits.



## HEALTH AND WELLNESS AND DANCE

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

### Fitness Center

The Community Center features a fitness center equipped with the latest exercise equipment to help you with your workout routine. Our fitness center is equipped with a variety of weight machines as well as aerobic equipment, including treadmills, bikes and crosstrainers.

**The fitness center is open during the following days and times:**

#### Monday - Friday:

Year Round 8 a.m. - 9 p.m.

#### Saturdays:

September - April 8 a.m. - 6 p.m.

May - August 9 a.m. - 4 p.m.

#### Sundays:

September - April 1 p.m. - 9 p.m.

May - August Closed

#### Fees for the Fitness Room:

Resident adults (19+) ..... \$3 per day

Non-Resident Adults ..... \$4  
(8:00 a.m. - 5:00 p.m., M-F only)

Senior resident (55+)..... Free

Senior non-resident..... \$2 per day

#### Punch cards:

Resident: \$50 for 20 punches

Non-Resident: \$35 for 10

Non-Resident senior: \$20 for 10

#### Resident Membership:

\$27 per month (includes exercise room, gym, racquetball/walleyball)



Saturday, April 11, and Sunday, April 12, 10 a.m.-5 p.m., Community Center. **FEE:** \$3 admission. An event for jewelry makers and designers of all skill levels, from beginner to expert! Featuring vendors from all over the United States with an enormous selection of merchandise for you to choose from. Browse through gemstones, beads, jewelry findings, seed beads and more. There will be many local lampworking artists who create imaginative pieces of art that will be demonstrating and selling their work. In addition, classes will be available for all levels of jewelry making and lampworking. Check [www.OmahaBeadAffair.com](http://www.OmahaBeadAffair.com) for a current list of classes and vendors, and remember your coupon for \$1 off your admission!

### Make-It-Take-It Glass Bead Workshop

March 9 and April 6, 6-8 p.m., Community Center. **FEE:** \$40. Fun hands on workshop focusing on learning to make round beads and decorating them with various colors of frit. Students learn to manipulate the glass using gravity and a single tool. Students usually have enough time to create 6-10 beads. All materials are supplied. For more information and to register contact Margie Shanahan, 402-657-3784.

### Beginning Bead Making Workshop

March 21, April 25, noon-4 p.m., Community Center. **FEE:** \$125. This is an intensive beginner's workshop focusing on safety and setup, torches and tools, round and barrel beads, embellishments such as frit and stringer, shaping, encasing and more. All materials are supplied. For more information and to register contact Margie Shanahan, 402-657-3784.

Our fitness room is for adults ages 19 and older. Anyone under the age of 19 years is not allowed in the fitness room to work out or observe.

## HEALTH AND WELLNESS AND DANCE

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

### Individual Weight Training Classes

Two, one-hour sessions, by appointment. Community Center, ages 19 and older. **FEE:** \$25. 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 [rcarstensen@cityoflavista.org](mailto:rcarstensen@cityoflavista.org).

### Indoor Walking Club

Monday/Wednesday/Friday, 8-10 a.m., Tuesday/Thursday 8-9:30 a.m. Community Center. **FEE:** Free. 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.

### Zumba

Saturdays, 10-11 a.m., Community Center. **FEE:** \$6 per class or \$30 punch card. Zumba is a total workout, combining all elements of fitness: cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Ditch the workout and join the party! For more information contact April Clark via e-mail at [aprilc01@yahoo.com](mailto:aprilc01@yahoo.com).

### Yoga

Saturdays, 1-2 p.m., Community Center. **FEE:** \$7 per class (upfront fee of \$24 for four classes). Cash only. This class is designed for beginner and intermediate students focusing on breathing and relaxation techniques, stretching, joint and gland exercises, Hatha Yoga postures and stress management techniques. For more information contact Frank via e-mail at [frankferrante@gmail.com](mailto:frankferrante@gmail.com).

### Double H Dance

Wednesday and Thursday evenings, Community Center. Ages: preschool and older. **FEE:** \$50. Younger dancers will focus on ballet and tap and the junior level will be studying ballet, tap and jazz. For more information contact Katherine Hogston, 402-612-3712, or via e-mail, [info@doublehdance.com](mailto:info@doublehdance.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.

### Adult Belly Dancing Classes

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



**What do you think about  
our Recreation programs?  
How can we improve?  
Tell us what you think  
by taking our  
Recreation survey!  
[www.cityoflavista.org/  
recreationsurvey](http://www.cityoflavista.org/recreationsurvey)**

## 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@suiryuusa.org](mailto:info@suiryuusa.org).

### Women's Self Defense Class

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).

### Kendo "Japanese Sword Fighting"

Wednesdays, 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

### Baseball

Seasons begin in April

#### Bronco Baseball League

Early Bird Registration: February 21 Registration Deadline: March 7. Ages: Boys ages 11/12 as of April 1.

**FEES:** February 21: \*\$70, non-residents \*\$100  
After February 21: \$80, non-residents \$110

#### Mustang Baseball League

Early Bird Registration: February 21 Registration Deadline: March 7. Ages: Boys ages 9/10 as of April 1.

**FEES:** February 21: \*\$60, non-residents \*\$80  
After February 21: \$70, non-residents \$90

#### Pinto Baseball League

Early Bird Registration: February 21 Registration Deadline: March 7. Ages: Boys ages 7/8 as of April 1.

**FEES:** February 21: \*\$45, non-residents \*\$60  
After February 21: \$55, non-residents \$70

**\* Registration fee does not include baseball pants. Pants must be purchased by the player.**



### Softball

Seasons begin in April

#### 15-18 Year Old Softball League

Early Bird Registration: March 7 Registration Deadline: March 21. Ages: Girls ages 15-18 as of April 1.

**FEES:** March 7: \*\$110, non-residents \*\$140  
After March 7: \$120, non-residents \$150

#### Pony Softball League

Early Bird Registration: March 7 Registration Deadline: March 21. Ages: Girls ages 13/14 as of April 1.

**FEES:** March 7: \*\$85, non-residents \*\$105  
After March 7: \$95, non-residents \$115

#### Bronco Softball League

Early Bird Registration: March 7 Registration Deadline: March 21. Ages: Girls ages 11/12 as of April 1.

**FEES:** March 7: \*\$70, non-residents \*\$100  
After March 7: \$80, non-residents \$110

#### Mustang Softball League

Early Bird Registration: March 7 Registration Deadline: March 21. Ages: Girls ages 9/10 as of April 1.

**FEES:** March 7: \*\$60, non-residents \*\$80  
After March 7: \$70, non-residents \$90

#### Pinto Softball League

Early Bird Registration: March 7 Registration Deadline: March 21. Ages: Girls ages 7/8 as of April 1.

**FEES:** March 7: \*\$45, non-residents \*\$60  
After March 7: \$55, non-residents \$70

**\* Registration fee does not include softball pants. Pants must be purchased by the player.**

### Coed T-Ball

Season begins in June

Early Bird Registration: April 25 Registration Deadline: May 9. Ages: Boys and Girls ages 5/6 as of April 1.

**FEES:** April 25: \$45, non-residents \$60  
After April 25: \$55, non-residents \$70

### Youth Soccer

Seasons begin in April

Early Bird Registration: March 14 Registration Deadline: March 28

### Soccer Clinic

Ages: Boys and Girls age 3 as of April 1.

**FEES:** Before March 14: \$17, non-residents \$22  
After March 14: \$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.

### Soccer Academy and League

Sessions are twice a week for six weeks - academy training on Tuesdays & Saturdays.

#### Academy

Ages: Boys and Girls ages 4 and 5 as of April 1

**FEES:** Before March 14: \$33, non-resident \$53  
After March 14: \$43, non-resident \$63.

Focusing on different soccer skills to develop each player with individual attention and maximum ball touches.

#### League

Ages: Boys and Girls ages 6 and 7 as of April 1

**FEES:** Before March 14: \$33, non-resident \$53  
After March 14: \$43, non-resident \$63.

Attend Academy training on Tuesdays, but instead of Academy on Saturdays, teams play league games.

### Spring Flag Football

Season begins in April

Early Bird Registration: February 21 Registration Deadline: March 7. Ages: k-6th grade as of spring 2015.

**FEES:** February 21: \$33, non-residents \$53  
After February 21: \$43, non-residents \$63

### Adult Softball League

Games tentatively start on April 12. Leagues: Coed, Coed Open, Men's and Double-Header

**FEES:** Coed & Men's: \$215 (separate \$40 check, forfeit deposit fee). Double-Header: \$420 (2 separate \$40 checks, forfeit deposit fee).

**Registration Period:** Registration will run February 2nd through March 21st or until leagues are full. Coed League will be held on Sunday & Friday evenings; Coed Open Competitive League will be held on Thursday evenings; Men's League will be held on Sunday, Monday, Tuesday & Friday evenings; Double-Header League will be held on Thursday evenings.





### **La Vista Falls Golf Course**

8305 Park View Blvd. 339-9147 for more information on open golf, golf course hours, fees, leagues and special outings. La Vista Falls Golf Course is open year round, weather and course permitting. Call the clubhouse, 402-339-9147 for updates, hours and fees.

While the weather may not be nice enough to play golf, you can begin thinking of spring time by organizing a group outing or league play! La Vista Falls is currently accepting applications for 2015 golf leagues and outings.

Below are the leagues offered for men, women, seniors and juniors of all skill levels:

#### **Men's Leagues:**

Adult: Tuesday night: Two-man teams, sign up individuals or twosomes. Flag prizes and end of league party. Tentative start date is April 21 and runs for 17 weeks. Fee: \$215 per person.

Senior: Friday morning: Call for more information.

#### **Women's Leagues:**

Tuesday morning: Call for more information.

Wednesday night: Sign up as individuals, twosomes, threesomes or foursomes. Flag prizes and end-of-league party. Tentative start date is April 22 and runs for 17 weeks. Fee: \$215 per person.

#### **Mixed League:**

Friday night: Sign up as twosome or foursome. Flag prizes and end-of-league party. Tentative start date is April 24 and runs for 17 weeks. Fee: \$215 per person.

#### **Junior Leagues:**

Tuesday and/or Thursday: Tee times available between noon and 1:00 PM. Sign up as individuals or groups for this recreational league. Sign up on a weekly basis with no long-term commitment. Must have playing ability and knowledge of golf course etiquette. Fee: \$8.50 per day. Call for more information.

2015 Green Fees: (March through September)

Adult: (16 -54 years old)

Weekdays..... \$11

Weekends..... \$13

Jr/Sr: (under 16 and 55 and over)

Weekdays..... \$8.50

Weekends/Holidays..... \$10.50

Request tee times online at [www.cityoflavista.org/teetime](http://www.cityoflavista.org/teetime). For further information on green fees, cart fees, punch cards, season passes, etc. please visit our website at [www.cityoflavista.org](http://www.cityoflavista.org).



### **Special Services Bus**

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

### **Second Special Services Bus**

A second Special Services Bus is available Tuesday's and Thursday's for riders. This bus will run the same times as our other bus. Watch our website or call for further information about this secondary bus service.

### **La Vista Senior Activity Center**

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. The suggested contribution amount for the meal is \$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](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/Better Balance Class**

Senior Tai Chi Class is held on Monday's and Thursday's 11-11:45 a.m. at the La Vista Senior Activity Center. Cost for the class is just \$1 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!

### **Senior Valentine's Day Luncheon**

The La Vista and Papillion recreation departments invite all seniors in the local area to come to the Senior Valentine's Day Luncheon. The lunch will be held at the La Vista Community Center on Wednesday, February 11. Doors open at 11 a.m. with lunch being served at 11:30 a.m. Entertainment will start at 11 a.m. provided by the PLHS Jazz Band. Our main entertainment will be Billy Troy from Nashville! Don't miss out on this fun event! Advanced tickets are required and will be on sale at the Community Center. Cost per ticket is \$5. Registration deadline is Wednesday, February 4. Sorry, no refunds.

### **Senior St. Patrick's Day Luncheon**

The La Vista Senior Activity Center will be hosting its annual St. Patrick's Day Luncheon at the Community Center at 11:30 a.m. on Wednesday, March 18. Entertainment will be Johnny Ray Gomez at 12:15 p.m. All seniors from the surrounding area are invited. Advanced tickets are required and will be on sale at the Community Center for \$5 per ticket. Registration deadline is Friday, March 8. Sorry, no refunds.

### **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.

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

**The Community Center will be closed on all major holidays.**

### **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 registration information 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. This information is 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)**