



Salute to Summer Festival Set for May 23-26

Jim & Nancy Thompson Selected as 2019 Parade Grand Marshals

Name any type of community service and Jim or Nancy Thompson have probably been involved at some point over the past 45 years.

Teacher, school board member, county commissioner, state senator, non-profit board member - they have literally done it all.

For their commitment to public service and to the La Vista community, they have been chosen as this year's Salute to Summer Festival Parade Grand Marshals.

Nancy's service has also spanned many different facets of the community. In 1982, she was the first woman elected to the Sarpy County Board, later serving in the



Jim and Nancy Thompson.

Nebraska Legislature from 1997 to 2006.

Her career has also included teaching as well as leadership roles with the La Vista

Community Foundation, Big Brothers Big Sisters of the Midlands, the Health Center Association of Nebraska and the Omaha Community Partnership. Nancy is also on the City's Citizen Advisory Review Committee.

"We have been honored to have opportunities presented to us," Nancy said. "We've been able to do all sorts of fun things over the years."

Jim's public service in the community started in 1972 when he began teaching at Papillion Junior High, later moving to Trumble Park Elementary as the principal.

While his career later took him into banking,

Continued on page 3

Barmettler Family to be Honored as 2019 Friend of La Vista

Jeannie Barmettler beams with pride when she talks about her late husband Joe's work in La Vista.

Joe was the City Attorney from 1963 to 2003 and over the course of those 40 years, he contributed to the growth and stability of La Vista through his advice and legal expertise.



In honor of Joe's service to the La Vista community over the course of his career, the Barmettler family will be honored during the Salute to Summer Festival as the 2019 Friend of La Vista.

The City has named a street in City Centre in his honor, Barmettler Drive, that will be dedicated on Sunday, May 26, at 1 p.m.

Joe passed away in 2016, but his legacy is



Katie and Jeannie Barmettler.

alive and well with Jeannie and their five children and 15 grandchildren.

When he became the City Attorney in 1963, La Vista did not have a City Hall, and village board meetings often took place in the garages of board members on picnic tables.

In La Vista's history book, Joe recounted the story of how the City dealt with its failing water system in the 1960s. The City eventually sold it to Metropolitan Utilities

District, but not before women showed up at City Council meetings with laundry baskets complaining about how the water had damaged their laundry.

Joe's work in La Vista was very much his professional legacy, Jeannie said.

"Our son Tim had asked Joe what he considered his legacy to be," she said. "Tim named all the clients he knew of that Joe served, but he didn't list La Vista. Joe said right away, 'Well, La Vista is my proudest legacy. La Vista was my baby, definitely La Vista is what I'm most proud of.'"

La Vista held a special place in Joe's heart, said his daughter, Katie.

"He always spoke so fondly about La Vista," she said. "He felt a very special connection to the City. He loved being part of this community."

A MINUTE WITH mayor kindig

La Vista is a great place to live, raise a family, own a business or attend an event. We have a reputation for being a progressive, safe and family friendly community.

However, when it comes to telling people about the many assets of our City, we don't have a common, cohesive way to communicate our story.



The City is currently pursuing a research and branding initiative to uncover what is unique and authentic about the community and then determine how best to articulate and present that on behalf of all who live and work in La Vista.

Because of our growth and redevelopment projects, we have timely and immediate opportunities to promote what makes our community distinct in a regionally competitive market for investors, businesses, retailers, young professionals, visitors and residents.

Our partner, North Star Destination Strategies, was here in April touring our community, conducting interviews and focus groups, and even doing some undercover conversations. So, you may have already shared your opinion about our community.

In order to be sure that everyone has a chance to share their perspective, in mid-May, we will launch a community survey. You can visit the website to request a notification when the Community Survey is available (you should complete your survey before June 9.) We hope you will participate!

You can learn more about the project at www.lavistabrand.com.

Thank you for your input.

– Mayor Douglas Kindig

City Council meeting time changed

Beginning in June, City Council meetings will begin at 6 p.m. This change will be in effect on a trial basis for one year. If you have any feedback or questions, please call City Hall at 402-331-4343.

La Vista City Calendar

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

May 2019

7 City Council, 7 p.m.

- 9 Library Advisory Board, 5:30 p.m., Library
- 13 La Vista-Metropolitan Community College Condominium Owners Association, 4 p.m.
- 15 Park and Recreation Advisory Board, 7 p.m.
- 16 Planning Commission, 7 p.m.
- 21 City Council, 7 p.m.**
- 23-26 Salute to Summer Festival

June 2019

4 City Council, 6 p.m.

- 7 Outdoor concert/movie: Blue House & "Aquaman", 7 p.m., Library
- 9 Public Works Expo, 10 a.m.-2 p.m., Public Works (9900 Portal Road)
- 11 TMC Mobile Learning Lab, 2-3 p.m., Cold Stone Creamery
- 13 Citizen Advisory Review Committee, 7 p.m.
- 18 City Council, 6 p.m.**
- 19 Park and Recreation Advisory Board, 7 p.m.
- 20 Planning Commission, 7 p.m.
- 20 Dinosaur Egg Hunt, 3 p.m., Southwind Park
- 23 Hour of Code, 10-11 a.m., Library
- 27 TMC Mobile Learning Lab, 10-11 a.m., Central Park
- 27 Teen Cookie Wars, 2 p.m., Library
- 28 Hour of Code, 10-11 a.m., Library
- 29 Urban Scramble Adventure Race, 8 a.m., La Vista Community Center

July 2019

2 City Council, 6 p.m.

- 11 Life Size Board Games, various times, Library
- 11 Library Advisory Board, 5:30 p.m., Library
- 11 Hydrant Party, 3 p.m., City Hall Parking Lot
- 12 Life Size Board Games, various times, Library
- 13 Life Size Board Games, various times, Library

15 City Council Budget Workshop, 6 p.m.

16 City Council, 6 p.m.

- 17 Park and Recreation Advisory Board, 7 p.m.
- 18 Planning Commission, 7 p.m.
- 19 Outdoor concert/movie: Silas Creek & "A Dog's Way Home", 7 p.m., Library
- 21 Splash Bash, 1-4 p.m., Municipal Pool
- 23 Hour of Code, 10-11 a.m., Library
- 27 Taste of La Vista, 5-8 p.m., Central Park Tennis Courts
- 29 Teen Party Game Night, 6 p.m., Library
- 30 TMC Mobile Learning Lab, 10-11 a.m., Central Park

August 2019

6 National Night Out, 6 p.m., Various Locations

- 9 Concert & Movie, Pat O and The Show & "How to Train Your Dragon: The Hidden World", 7 p.m., Library

Continued from page 1: Thompsons are 2019 Grand Marshals

he continued to serve on the Papillion La Vista Board of Education, then on the Learning Community Council and most recently on the Sarpy County Board of Commissioners representing La Vista.

Jim was also involved in the founding of the Sarpy County Community YMCA.

Getting around town was certainly easier in

the early 1970s, Jim said.

"In 1972 we were in a bowling league in Papillion," he said, "and once you got past the tunnel on 84th Street (near where the interstate is now), you could set the cruise control."

Jim and Nancy are proud to have served and proud to be La Vista residents.

"La Vista has come a long way, I'm really proud of them," Nancy said. "The thing they should be most proud of is how they handled the growth and how much they cared about the people. They held off on a lot of things to make sure the planning went well, and we have a beautiful city."



The City Centre building closest to completion and the first public parking structure under construction in City Centre.

Community Development Project Updates

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

The following projects are in various stages of completion.

Andover Pointe Apartments (132nd St. & Chandler Rd. Plaza)

Bobcat (8701 S. 145th St.)

Barger Building (11415 Centennial Rd.)

Burger King (7102 S. 84th St.)

City Centre - North Building (8216 City Centre Dr.)

City Centre - South Building (7865 Main St.)

Class Omaha Inc. (8401 S. 132nd St.)

TKA Investments (7371 S. 118th St.)

La Vista Senior Housing (8140 S. 97th Plz.)

Mackie Flex Building (11937 Portal Rd.)

Malloy Electric (13208 Cary Cir.)

Paulsen Building Group (12005 Portal Rd.)

Pipers Plus (11850 Portal Rd.)

Premium Building Group (12309 Southport Pkwy.)

Trane (11937 Portal Rd.)

Securities America (12325 Port Grace Blvd.)

Strobel Energy Group (8204 S. 109th St.)

Valicor (10651 Chandler Rd., Suite #109)

Village Pie Maker (13306 Portal Rd.)

Woodhouse Mazda (8606 S. 145th St.)

Woodhouse Nissan (8508 S. 145th St.)

Woodhouse Place Parking Lot (8410 S. 145th St.)

Woodhouse Detail Facility (14550 Portal Cir.)

For a detailed list of projects, visit our website,
CityofLaVista.org/ConstructionUpdates

Recognizing...

Werner Enterprises



Several times a year groups of employees from Werner Enterprises volunteer their time to serve behind the scenes at one La Vista's community events. Werner employees, known as the Blue Brigade, are key to the success of many of our events, as it allows City staff to perform other tasks.

We want to thank Werner Enterprises for their generosity of allowing their employees to volunteer in our community. We also want to express our appreciation to the employees for giving their time and talents to make the community better.



Thank you for your contributions to our community!

Krzywicki

Honored for 35 Years of Service

La Vista Planning Commissioner Mike Krzywicki was recently honored for 35 years of service to the City.

"Service is at the heart of what we do as an organization," said Mayor Douglas Kindig at the Employee/Volunteer Recognition Dinner where Krzywicki received the award. "Mike has given outstanding volunteer service to our community and his work has helped shape our city."

To be a volunteer for 35 years of a city's 59 years of existence means Krzywicki has played a role in many of La Vista's development projects and its overall progress.

"Mike has always been fair in his assessments," Kindig said. "His decisions are based on facts and not emotion, and he puts a lot of thought into those decisions."

Community Development Director Ann Birch Retires

When Ann Birch began her employment in 2004 as La Vista's Community Development Director, the City was on the cusp of change.

The City was growing, the 84th Street corridor was still the vibrant Golden Mile and Wal-Mart had not yet announced its move from La Vista. Projects such as Cimarron Woods, Oriental Trading Company and much of Southport hadn't been constructed yet.

During her tenure, there have been many development projects and initiatives, which Birch has helped plan and implement.

Vision 84 and the corresponding plans and projects, which led to the current redevelopment activity along 84th Street, was definitely the priority, she said.

Other initiatives were key as well, such as the Rental Inspection Program, continued development of Southport and ensuring the orderly growth of the City through annexations.

After 15 years of service in La Vista, as well as tenures with the cities of Bellevue and Council Bluffs, Birch has retired effective May 3.



Ann Birch, far left, with her staff, Jeff Sennett, Brad Baber, Chris Solberg and Meghan Engberg.

"Someone said to me that you'll know when it's time," Birch said. "It's time to step away from this and do something else. It's been a big part of my identity, and I've loved that, and I've been proud of that."

A lot of that pride comes from knowing she was working for a community dedicated to doing things right the first time.

"Not all development is good development. In La Vista that's true," Birch said. "Every project counts in our defined growth area, so doing it right once is the key. The City's leadership has been so committed to that.

The Mayor and Council all know what their standards are, they're very progressive, thoughtful and goal-oriented and they have a plan and stick to it."

Birch has left her legacy in La Vista, said City Administrator Brenda Gunn.

"Ann has been a valuable member of our leadership team," Gunn said. "She has provided not only planning expertise, but also a dedication to doing everything for the benefit of our community. She will be missed, and we wish her the best."



Celebrate National Night Out in Your Neighborhood August 6

Several events will be taking place in neighborhoods across La Vista on August 6 to celebrate National Night Out. Locations and times will be announced on social media sites for the City and the Police Department as well as the City website.

For more information about National Night Out, contact Officer Dana Miller, 402-331-1582 or via e-mail at dmiller@cityoflavista.org.

Summer Events to Include Taste of La Vista, Concert/Movie Nights



Taste of La Vista July 27

Mark your calendar for Saturday, July 27, 5-8 p.m., at the Central Park Tennis Courts for the fourth annual Taste of La Vista event! This event includes pizza and beer samplings from La Vista area businesses as well as information and activities related to ongoing City projects, including a photo booth for young and old alike. Watch the City's website, www.tasteoflavista.org, for more information about this event.

**TASTE OF
LAVISTA**



Concert/Movie Nights at the Library

For the 10th consecutive summer, the City will host a series of summer concert and movie events outdoors at the La Vista Public Library.

These events are scheduled for **June 7, July 19 and August 9**, all beginning at 7 p.m. The band will play for two hours and the movie will begin immediately following the concert.

For a list of the bands and movies, turn to one of the special inserts of this newsletter or visit the City's website, www.cityoflavista.org/2019events.

Registration Open for Mini Camps!

The La Vista Public Library is offering three Summer Reading Mini-Camps.

The charge is \$10 per child per camp. Payment is due at registration and is non-refundable. All mini camps will be held at the Library.

Parental participation is not required but always welcomed.

Following is the list of mini-camps:

Space Adventures

June 10, 1-4 p.m., ages 4-7

Space Exploration

July 9, 1-4 p.m., ages 10-13

Crazy Chemistry

July 22, 1-4 p.m., ages 7-10

Visit our website for descriptions:

www.cityoflavista.org/camps



Visit the Think, Make, Create Mobile Learning Lab this Summer!

The TMC (Think, Make, Create) Mobile Learning Lab will be on the move this summer. Come and enjoy our STEM related activities.

We will be at the following locations in June and July:

- **June 7** - Concert & Movie Night, outdoors at the Library (6:30-8 p.m.)
- **June 11** - Cold Stone Creamery, 12746 Westport Parkway (2-3 p.m.)
- **June 27** - Central Park (10-11 a.m.)
- **July 19** - Concert & Movie Night (6:30-8 p.m.)
- **July 30** - Central Park (10-11 a.m.)

Streaming Movies Included in Library Membership

Included in your membership to the La Vista Public Library is access to a free streaming video service called Kanopy.

Movies like "Lady Bird" and "Moonlight"; classics like "The African Queen" and "Metropolis"; documentaries like "Meru" and "Amy"; Oscar winners and nominees like "Room" and "Loving Vincent"; Directorial Debuts; Short Films; The Great Courses; and more are all available using Kanopy.

To use Kanopy, visit <https://cityoflavista.kanopy.com>, log in with your library membership, download to your device, and enjoy! If you need assistance, please contact staff at the Library at 402-537-3900.

You can access these resources, and so many more, on our website at:

CityofLaVista.org/Databases

Experience Universe of Stories this summer!

Readers of all ages will be exploring outer space this summer as the Library presents "A Universe of Stories" during our summer reading program from **June 3 to August 2**.

Activities include space-related crafts, special guests, art projects, science and engineering experiments, story times, mini-camps, and more!

The library has planned programs and reading incentives to keep children reading and learning all summer! We encourage families to read together daily and take part in a summer reading bookmark program where each member of the family can win space-tacular prizes!

We look forward to providing a summer reading program that is out of this world and hope you are excited, too.

Please remember a few things when visiting the library this summer:

- Library staff is always available to help you locate a certain book or other materials.
- Children 10 and under cannot be in the library alone and must be accompanied by a person 16 and older.
- We have a variety of online resources that are available to all library card holders from the comfort of your home.

For more information about the summer reading program, contact Jodi Norton, jnorton@cityoflavista.org or 402-537-3900.

LIBRARY NOTES

Donate Blood at the Library

Blood Drives occur at the library several times each month.

To sign-up to donate visit this website: www.redcross.org/local/nebraska.



All types of Public Works equipment will be on display at the Expo.

Public Works Expo will be Saturday, June 9

The Public Works Department will host its fifth annual Expo Day on **Saturday, June 9, 10 a.m.-2 p.m.** at the Public Works facility, 9900 Portal Road.

Visitors will have an opportunity to meet the staff, explore the equipment, and ask questions about every aspect of the City's Public Works operations.

In addition, participants can see live demonstrations and even operate some

equipment.

Free hot dogs, chips and drinks will be available, while supplies last.

The Public Works facility is located on Portal Road, which is west of 96th Street and south of Giles Road. Parking will be available on site at Public Works.

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



Public Works employees work to fill potholes on 84th Street.

Resurfacing Projects Planned for This Summer

Two major street resurfacing projects will be completed this summer, one of which actually began in the spring.

The first project **84th Street from Harrison Street to Giles Road**, began in the spring with the resurfacing of the southbound lanes, as well as Brentwood Drive from 84th Street to 87th Street.

The northbound lanes of 84th Street will be resurfaced starting in July after a new

intersection is constructed in front of City Centre.

The second project will include **Park View Boulevard from 72nd Street to 84th Street**.

Work will begin in early June and involve the replacement of sidewalk ramps to make them ADA compliant, as well as the street resurfacing.

Council Clips

The following items are highlights of recent City Council action:

- Swore in a new Police Captain, Todd Armbrust, and Sergeant, Ben Iversen.
- Approved a professional services agreement with RDG for placemaking and landscaping design services realted to City Centre and Civic Center Park.
- Approved bids for resurfacing projects on 84th Street, Harrison Street to Giles Road; Brentwood Drive, 84th Street to 87th Street; and Park View Boulevard, 72nd Street to 84th Street.
- Approved a contract with North Star Destination Strategies for marketing and branding services.
- Recognized the work of Eagle Scout Sebastien Arnold, whose project helped improve the basketball court at Central Park.
- Approved the One and Six Year Street Improvement Plan.
- Approved the City's new Comprehensive Plan.
- Approved agreements related to the creation of the Sarpy County SWAT Team.
- Approved the purchase of a self-checkout machine for the Library.

**View the latest
City Council agenda
on our website.**

CityofLaVista.org/Agenda

LA VISTA cityofficials

Mayor

Douglas Kindig

City Council

Kim Thomas, Ward 1

Deb Hale, Ward 3

Mike Crawford, Ward 1

Alan Ronan, Ward 3

Ron Sheehan, Ward 2

Jim Frederick, Ward 4

Terrilyn Quick, Ward 2

Kelly Sell, Ward 4

City Administrator

Brenda Gunn

Management Team

Rita Ramirez, Assistant City Administrator

Kevin Pokorny, Director of Administrative Services

Joe Soucie, Director of Public Works

Bob Lausten, Police Chief/Director of Public Safety

Tommy Prouhet, Assistant to the City Administrator

Pam Buethe, City Clerk

John Kottmann, City Engineer

Ann Birch, Community Development Director

Cindy Miserez, Finance Director

Randy Trail, Human Resources Director

Rose Barcal, Library Director

Scott Stopak, Recreation Director



Mitch Beaumont Honored as Employee of the Year

Mitch Beaumont, the City's Community Relations Coordinator, was the 2018 City of La Vista Employee of the Year. Day in and day out, Mitch exemplifies the City's core values of accountability, integrity and public service. In his time at the City, he has become a very important and ever-present facet of the City's overall communication program and plays a key role in the execution of each of the City's special events. Please join us in congratulating Mitch!

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 website CityofLaVista.org.



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City of La Vista



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Community Center Happenings

Summer 2019

Upcoming Recreation Special Events

Kites, Dinosaurs and Water Abound at Summer Events!

The Recreation Department has a number of fun events planned this spring and summer, including a kite festival, a dinosaur egg hunt, a free day at the pool and a hydrant party!

The **Annual Spring Kite Festival** will take place on **Sunday, May 5, noon-4 p.m.** at the La Vista Soccer Complex. Bring your whole family to this free event for an afternoon of kite-flying fun. You'll see some of the world's largest and most creative kites! Bring your own to fly and remember to bring a bag for the kite candy drop!

The **Dinosaur Egg Hunt** will take place on **Thursday, June 20, at 3 p.m.** at Southwind Park, which is located north of the La Vista Public Library at 91st Street and Giles Road. We need young explorers for this event to help hunt for giant dinosaur eggs (watermelons). When all the eggs are collected, we'll crack them open and enjoy a cold slice or two.

The **Splash Bash** will take place on **Sunday, July 21, 1-4 p.m.** at the La Vista Municipal Pool. Come enjoy the pool for free, and we'll have a live DJ, games, prizes and free food (while supplies last).

The **Hydrant Party** will take place on **Thursday, July 11, at 3 p.m.** in the City Hall south parking lot. Cool off from the heat with a splash by joining us for some wet and wild fun!



Urban Scramble Adventure Race

The City of La Vista and City of Papillion have teamed up once again for the 10th Annual Urban Scramble Adventure Race. The race will take place on **Saturday, June 29.**

The Urban Scramble is a unique combination of running, biking and navigating, offered to all racers no matter gender or ability. Grab a friend, family member or significant other and prepare for an exhilarating experience! Racers will compete together as a 2-person team running, biking and navigating their way through La Vista and Papillion while searching for checkpoints and completing challenges and mystery events!

Team Registration Fee is \$100. Register by May 15 and use code **ccmY339Ar!** to receive 50% off your registration fee. **Registration Deadline is June 27.**

For more information and to register, visit CityofLaVista.org/UrbanScramble.

HOURS OF OPERATION

Mon.-Fri. (Year-round)	8 a.m.-9 p.m.
Sat. (Sept.-April)	8 a.m.-6 p.m.
Sat. (May-Aug.)	9 a.m.-4 p.m.
Sun. (Sept.-April)	1-9 p.m.
Sun. (May-Aug.)	CLOSED
Adults Only (Mon.-Fri.)	8 a.m.-3 p.m.
Youth (Mon.-Fri. during school year)	3-9 p.m.
Youth (Mon.-Fri. scheduled days off)	1:30-9 p.m.

Not all programs are listed in this newsletter. Check our social media accounts and website for the latest on our program offerings and special events.

If you would like to be notified when we open registration for programs, please provide us with your e-mail address.



CONTACT INFORMATION

Director - Scott Stopak

Assistant Director - David Karlson

Program Coordinator - Denny Dinan

Program Coordinator - Ryan South

Administrative Assistant - Sue Tangeman

CityofLaVista.org/Recreation

402-331-3455

recreation@cityoflavista.org

DROP-IN FEES

Resident Adults	\$3
Non-Resident Adults	\$4
Resident Youth (under 19)	Free
Resident Seniors (55+)	Free
Non-Resident Seniors (55+)	\$2
Non-resident Youth are not allowed in the Community Center unless involved in a class or sport.	

The Community Center is closed on all major holidays.

HEALTH AND WELLNESS



Indoor Walking

The Community Center is open to all La Vista residents and seniors in the surrounding areas. Time is set aside for walkers, so there will be no interference with other programs.

Zumba

Zumba is a total workout, combining all elements of fitness: cardio, muscle conditioning, balance, and flexibility. You will have boosted energy and a serious dose of awesome each time you leave class. For more information, contact April Clark via e-mail at aprilc0113@yahoo.com.

Yoga

This class is designed for beginner and intermediate students. The class format focuses on breathing & relaxation techniques, stretching, joint & gland exercises, Hatha Yoga postures, and stress management techniques. For more information, contact Frank via e-mail at frankferrante@gmail.com.

Easy Breezy Fitness Class

This class will work on strength, endurance, flexibility, and balance. For more information and to register, contact Angi Herrick, 402-659-6854, or via e-mail at aherrick7406@gmail.com.

PiYo

PiYo is an exercise class that combines the movements of Pilates and Yoga. For more information and to register, contact Angi Herrick, 402-659-6854, or via e-mail at aherrick7406@gmail.com.

Racquetball/Wallyball

The La Vista Community Center has two racquetball courts that can be reserved for racquetball or wallyball. To reserve a court time, call 402-331-3455.

Program	Day	Time	Cost	Ages
Indoor Walking	M, W, F Tues., Th.	8-10 a.m. 8-9:30 a.m.	Free	Adults
Zumba	Sat.	10-11 a.m.	\$6/class	All
Yoga	Sat.	11 a.m.-noon	\$7/class Cash only	All
Easy Breezy Fitness	M, F	9-10a.m.	\$5/class 10 classes for \$40	Adults
PiYo	W	6:30-7:30 p.m.	\$5/class 10 for \$40	Adults
Racquetball and Wallyball	Call to reserve a court	Regular business hours	Res.: \$7/hr. Non-Res.: \$14/hr.	All
Reiki	By appointment	30 min. session	Contact instructor	Adults
FIT4Mom Stroller Strides		Contact instructor	First class FREE. Memberships available	Women
Body Back		Contact Instructor		Women
Omaha Metro Armed Combat Academy	Th., Sat.	6-9 p.m. 10 a.m.-1 p.m.	\$20/month	Teens, Adults

Reiki

Reiki is a Japanese technique that allows the practitioner to channel energy, with hands positioned lightly over the imbalanced areas of the receiver. The person may experience one or more of the following: a deep relaxed state; an aura and/or chakra clearing; and/or energy movement through and around the physical body. For more information and to make an appointment, call 402-253-5706, or contact Martha via e-mail at reikibymarthaj@gmail.com.

FIT4Mom Stroller Strides®

Stroller Strides® is a functional, total-body conditioning workout designed for moms with kids in tow. Each 60-minute workout is comprised of strength training, cardio and core restoration, all while entertaining little ones with songs, activities and fun! Each Stroller Strides instructor is skilled to meet you where you are mentally and physically. You'll leave class feeling connected, successful and energized! No more mama guilt! This class is all about self-care in a supportive and encouraging environment. For more information and to register, contact Brooke Wright via e-mail at brookewright@fit4mom.com or visit omahasouth.fit4mom.com.

Body Back

This is an 8-week result-based journey in which you will focus on your mind and body improving your overall health and well being. The experience includes two 60-minute high-intensity interval workouts per week designed to challenge, empower, and recharge you. Nutrition guidance is provided to educate and guide you toward healthy eating habits. For more information and to register, contact Brooke Wright via e-mail at brookewright@fit4mom.com or visit omahasouth.fit4mom.com.

Omaha Metro Armed Combat Academy

The Omaha Metro Armed Combat Academy (OMACA) is a fencing school that provides instruction and sparring for Olympic style fencing, classical style fencing, HEMA, and lightsaber fencing for people with all levels of interest and skill. For more information, contact Russell Bradley via e-mail, omacagreenknights@gmail.com.



FITNESS CENTER

Do you want a quiet gym free from distractions that has everything you need to weight train or get in shape? We have you covered! Our fitness center offers state of the art weight equipment, such as the Freemotion Dual Cable Cross, Hoist multi-gym, Smith machine, and dumbbells up to 50 pounds. We even have exercise mats and a multi-purpose pull-up bar. For cardiovascular exercise, you will find some of the finest, user-friendly, aerobic equipment available, including: treadmills, an Airdyne bike, a Precor upright bike, Nautilus recumbent bikes, Cybex Arc cross trainers, and Precor and Matrix cross trainers.

Our fitness room is for **adults ages 19 and older**. Everyone under the age of 19 years is not allowed in the fitness room for any reason.

HOURS OF OPERATION

Mon.-Fri. (Year-round)	8 a.m.-9 p.m.
Sat. (Sept.-April)	8 a.m.-6 p.m.
Sat. (May-Aug.)	9 a.m.-4 p.m.
Sun. (Sept.-April)	1-9 p.m.
Sun. (May-Aug.)	CLOSED

FEES

Resident Adult (19+)	\$3
Non-Resident Adult 8 a.m.-5 p.m., M-F only	\$4
Senior Resident (55+)	Free
Non-Resident Senior	\$2

PUNCH CARDS

Resident	\$50	20 punches
Non-Resident	\$35	10 punches
Non-Resident Senior	\$20	10 punches

MEMBERSHIP

Resident	\$27/month	Includes exercise room, gym, racquetball/walleyball
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MARTIAL ARTS

Program	Day	Time	Resident	Non-Resident	Ages
Aikido	M, Th.	Child: 6:30-7:30 p.m. Adult: 7:30-9:30 p.m.	Child: \$20 Adult: \$30	Child: \$25 Adult: \$35	5-11 12+
Dragon's Lair Taekwondo	M Sat.	7-8:30 p.m. 9-10 a.m.	Contact instructor	Contact instructor	8+
Kendo "Japanese Sword Fighting"	Th. Sat.	Th.: 10 a.m.-noon Sat.: 11 a.m.-1 p.m.	\$50/month	\$50/month	10+
Women's Self-Defense	Last Tu.	6-9 p.m.	\$50/session	\$50/session	All

Aikido

The Sarpy Aikido Club is a Nebraska-based dojo teaching Aikikai style of Aikido under the organization of Aikido of Hawaii International (AHI). The school was founded by Ronald Christenham and has been serving the La Vista and Omaha area since 1991. For more information and to register, visit www.sarpyakidoclub.com.

Kendo Japanese Sword Fighting

Classes include two swords - the wooden Bokken and the bamboo Shinai. For more information, contact Mark Porter, 402-715-0500, or via e-mail at learningkendo@cox.net.

Women's Self Defense Class

These classes are designed to instruct women of all ages, sizes, and skill levels in practical self-defense. We will dispel common self-defense myths, as well as teach basic tips and techniques on how to avoid becoming a victim. For more information, contact Claudia Brown-Jackman, 402-630-3169, or visit www.shuurindojo.com.

Dragon's Lair Taekwondo

This class is traditional Kang Duk Won Taekwondo, and very self defense based. While learning forms and other required promotion material, students will complete drills and other activities to build confidence, and enhance their self defense capabilities. All levels of experience and fitness accepted. For more information, contact John Channels via e-mail, channelsj@gmail.com.

DANCING

Program	Day	Time	Cost	Ages
Ballroom Dancing	M W	7-8 p.m. By Appt.	\$40/4-week session	16 & older
Belly Dancing Beginner Belly Dancing Advance	Tu., F	6-7 p.m. 7-8 p.m.	\$20/month	16 & older

Adult Ballroom Dance Lessons

Join as a single or couple, minimum of six people per class. In each session, two-three dances will be taught. For more information, contact Terry Vargas, 402-639-2209.

Adult Belly Dancing Classes

This is a continuing class where participants 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 Renee Patchin, 402-403-8943.

LA VISTA MUNICIPAL POOL

Open May 25-September 2	
Pool Hours	
May 25-May 27	1-9 p.m.
May 28-29	CLOSED
May 30 through Aug. 11	1-9 p.m.
Aug. 12-Sept. 2	Limited
Pool Fees	
Daily Admission	
Youth 5 & Under	Free
Youth Resident (6-17) with tag	\$2
Youth Non-Resident	\$4
Adult Resident with tag	\$3
Adult Non-Resident	\$4
Tags & Passes	
Resident tag (one-time purchase)	\$2
Youth Resident Season Pass	\$65
Youth Non-Resident Season Pass	\$95
Adult Resident Season Pass	\$75
Adult Non-Resident Season Pass	\$105
Family Resident Season Pass	\$105
Family Non-Resident Season Pass	\$165
Daycare Season Pass	\$275
30-Day Resident Pass Book	\$55
30-Day Non-Resident Pass Book	\$85

Season passes and resident tags must be purchased at the Community Center. Residents may purchase tags and/or passes on May 3. Non-residents may purchase beginning on May 10.



Swimming Lessons

The pool will close Tuesday & Thursday evenings 5:45-7 p.m. July 9-August 1 for swimming lessons.

Session	Dates	Times	Cost
Day	Session 1: June 10-21 Session 2: July 8-19 Session 3: July 22-Aug. 2	Pre-Beginner: 11 a.m., noon Level 1: 11 a.m., noon Level 2: 10 & 11 a.m. Level 3: 10 a.m., noon Level 4: 10 a.m. Level 5: 9 a.m. Level 6: 9 a.m.	Residents: \$30 Non-Residents: \$55
Evening	July 9-August 1 Tues., Thurs. ONLY	Pre-Beginner: 6-6:45 p.m. Level 1: 6-6:45 p.m. Level 2: 6-6:45 p.m. Level 3: 6-6:45 p.m.	

Day sessions are held Mondays through Thursdays. Fridays are rain days. Minimum age for pre-beginners is four years old. All classes are 45 minutes.

Registration begins May 3 for residents, May 10 for non-residents. Register online at CityofLaVista.org/swimminglessons or at the Community Center.

FUN FOR ALL

Model Airplane License and Field Times

Where: La Vista Soccer Complex, 1/4-mile south of Harrison on 66th Street. Flying licenses can be purchased at the Hobby Town, U.S.A. License includes 1-year license and Midwest Performance Flyers Club membership. A.M.A. card required to purchase a license.

Indoor Remote Control Model Airplane Flying

Where: Community Center. Watch at no cost, or pay a small drop-in fee to fly your own indoor plane. These lightweight planes will amaze you, as will the individuals who fly them.

Preschool Play Time

Zip around the Community Center 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 playdate for kids and parents! (Please do not bring your own bikes, tricycles, or scooters.)

Program	Day	Time	Cost	Ages
License & Field Times		Flying times posted at Hobby Town	\$30 Resident \$40 Non-Resident	Adults
Indoor Flying	M	11:30 a.m.-1 p.m.	\$3 Resident \$4 Non-Resident Free Senior Resident \$2 Non-Resident Senior	Adults
Preschool Play Time	Tu., Th.	10 a.m.-noon	Free	Preschool
Beginner's Craft Class	W	6:30-8 p.m.	\$50/month	All

Beginner's Craft Class

Each month focuses on a different craft. You will learn how to start, what materials are used, how to read a pattern, and the basic techniques to help you enjoy a new hobby. Homework will be given, but also enjoyed. All supplies (minus scissors) are provided. For more information and to register for a class, contact Karen via e-mail, geeksidekick@gmail.com.

YOUTH & ADULT SPORTS



Sport	Day	Age	Season Begin	Season End	Registration Deadlines	Resident Costs Early-Bird After Early-Bird	Non-Resident Costs Early-Bird After Early-Bird
Coed Soccer Clinic	Sat. 11:30 a.m.-12:30 p.m.	Age 3	Sept. 7	Oct. 5	Early-Bird: Aug. 3 Final: Aug. 17	\$17 \$27	\$22 \$32
Coed Soccer Academy	Tu. 5:30-6:30 p.m. Sat. 9-10 a.m.	Ages 4-5	Sept. 3	Oct. 5	Early-Bird: Aug. 3 Final: Aug. 17	\$33 \$43	\$53 \$63
Coed Soccer League	Tu. 6:30-7:30 p.m. Sat. 10-11 a.m.	Ages 6-7	Sept. 3	Oct. 5	Early-Bird: Aug. 3 Final: Aug. 17	\$33 \$43	\$53 \$63
Fall Flag Football	Games: Sat. 9 a.m.-4 p.m.	Grades K-6	*July 29	Oct. 5	Early-Bird: June 29 Final: July 13	\$33 \$43	\$53 \$63
Coed T-Ball	Games: Sat.	Ages 5-6	*May 20	July 13	Early-Bird: April 20 Final: May 4	\$45 \$55	\$60 \$70
Coed Youth Volleyball	Games: Sat. & possibly Mon.	Grades 3-6	*Oct. 14	Dec. 16	Early-Bird: Sept. 14 Final: Sept. 28	\$55 \$65	\$65 \$75

*Start dates subject to change.

Coed Soccer Clinic

The soccer clinic is comprised of 5 one-hour sessions 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.**

Coed Soccer Academy and League

These programs focus on different soccer skills to develop each player with individual attention and maximum ball touches. All sessions will take place at the La Vista Sports Complex.

Coed T-Ball

The coed t-ball program introduces parents and children to the sport of baseball. This is a parent participation program designed to teach the basic fundamentals of baseball while having fun.

Coed Youth Volleyball

The Coed Youth Volleyball program provides a fun, safe recreational league in an instructional environment where the youth of the community can enjoy the sport of volleyball. Our teams participate in the Bellevue Junior Sports Youth Volleyball League.

Fall Flag Football

This program is dedicated to improving youth sports by teaching and developing skills, promoting maximum participation and providing a fair, safe environment. La Vista teams play in the Sarpy County Flag Football League. All games played at the La Vista Sports Complex.

Fall Adult Softball League

Sport	Day	Age	Season Begin	Season End	Registration Window	Team Costs	
Adult Softball League	Coed: Sun., Fri. Men's: Sun., Tu., Fri.	Adults	August 18	October	June 1-August 3 or until full	Coed/Men's: \$120/team plus forfeit deposit	Umpire Fee: \$22 per team, per game, paid directly to umpire prior to game. CASH ONLY.

Please consider volunteering your time to coach!



The La Vista Community Center hosted the annual Valentine's Day Luncheon, which is a joint event with the Papillion Senior Center.

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 Monday-Friday. The suggested contribution amount for the meal is \$4 for adults over 60 years of age. For those younger than age 60, the lunch cost is \$10. To make a lunch reservation, either call the Center or sign up at the Center by noon on the business day before. Be sure to look at the other activities. You are welcome to come early and/or stay late! The meal program is sponsored by ENOA and catered by Treat America. Visit our website, CityofLaVista.org/Seniors, for the monthly senior newsletter, and to look at scheduled activities/trips and lunch menus. For more information contact David Karlson, 402-331-3455.

Special Services Bus

The Special Services Bus is available for senior citizens ages 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 holidays or when Papillion-La Vista or Ralston public 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 sometimes due to prior scheduling, we may not be able to help everyone at their requested times.

55 AND UP ONGOING ACTIVITIES

Color Book Club

This is a great activity for seniors to explore their artistic side. These fine art coloring books are lots of fun and give you a great artistic outlet.

Bingo

Unless noted, there will be no bingo on days when there is a scheduled speaker or other entertainment. Please see our monthly newsletter for more details.

Chair Volleyball

Fun and fast-paced game played with a beach ball while sitting in a chair.

Afternoon Movie Outings

Join us for a trip to the Westwood Cinema 8 movie theater. Space is limited on the bus, and pre-registration is required. Movie and departure times are announced on the previous Friday afternoon.

Drop-In Quilting Group

Come quilt with us! Anyone who is interested in quilting is welcome to join, whether already skilled with a needle or a first-time beginner. Other sewing projects are always welcome as well!

Activity	Day	Time	Fee
Senior Color Book Club	M	10:30-11:15 a.m.	FREE
Bingo	M, F	12:30-1:30 p.m.	25¢ per card
Chair Volleyball	W, F	10:30-11:15 a.m.	FREE
Movie Outings	Last Tu.	Afternoon	\$2 per movie
Drop-In Quilting Group	W	9-11:30 a.m.	FREE
Tai Chi for Balance	Tu., Th.	10:45-11:30 a.m.	60+: \$1 suggested

Tai Chi for Balance

Tai Chi is a series of rhythmic, slow, coordinated, and gentle movements. Tai Chi means great energy, because it helps the energy to flow through your body. It improves balance, flexibility, strength, posture, osteoporosis, strengthening your heart, lungs and circulatory system, coordination, deep breathing, mood and calmness. This Tai Chi class is Moving for Balance Tai Chi or Tai Chi 8, with eight different movements.

Check out our website!

CityofLaVista.org/Seniors



MEMORIAL DAY WEEKEND MAY 23-26

SCHEDULE OF EVENTS

Thursday, May 23

Carnival & Vendor Booths
5-10 p.m. - Central Park

Hometown Heroes Event
6 p.m. - City Hall Parking Lot

Hot Wheels Races
6:30 p.m. - Community Center
Registration begins at 6 p.m.

Friday, May 24

Carnival & Vendor Booths
2-11 p.m. - Central Park

Car Show & Shine
5-9 p.m. - La Vista Keno

Beer Garden & Music
5 p.m.-midnight - Central Park Tennis Courts
\$5 cover at 7:30 p.m.
Sponsored by the Helmet and Shield Foundation

Community Cookout & Fireworks
6 p.m. - City Hall
Sponsored by the La Vista Community Foundation
and Bellino Fireworks

Saturday, May 25

Carnival & Vendor Booths
10 a.m.-11 p.m. - Central Park

Parade
1 p.m. - Park View Blvd., 87th to 75th St.
Sponsored by ACCESSbank

Beer Garden & Live Music
5 p.m.-midnight - Central Park Tennis Courts
\$5 cover at 7:30 p.m.
Sponsored by the Helmet and Shield Foundation

Sunday, May 26

Carnival & Vendor Booths
Noon-6 p.m. - Central Park

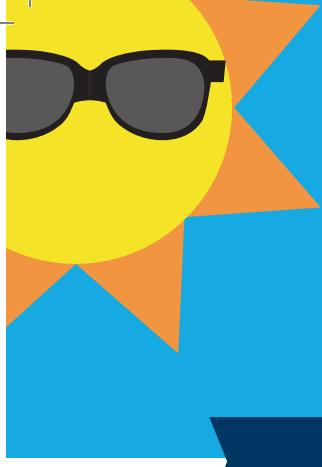
Family Pool Party
1-4 p.m. - La Vista Municipal Pool
FREE

Street Dedication
1 p.m. - La Vista City Centre

Special discounts for veterans, active duty military and their families!

We know that you love your pets, but for health and safety reasons of those attending our festival, we ask that you leave them at home when you are attending one of our events.

SaluteToSummer.org



La Vista Summer 2019

Schedule of Events

May

23-26 Salute to Summer Festival
Various locations

June

3 Poppin' Good Books
10-11 a.m. — La Vista Public Library

7 Think, Make, Create
6:30-8 p.m. — La Vista Public Library

7 Concert & Movie
7 p.m. — La Vista Public Library

10-14 Wellness Week at the Library
10 a.m. — La Vista Public Library

10 Adulting 101
6 p.m. — La Vista Public Library

11 Think, Make, Create
2-3 p.m. — Cold Stone Creamery at Southport

17 Poppin' Good Books
10-11 a.m. — La Vista Public Library

17 Adulting 101
6 p.m. — La Vista Public Library

20 Dinosaur Egg Hunt
3 p.m. — Southwind Park

24 Adulting 101
6 p.m. — La Vista Public Library

27 Think, Make, Create
10-11 a.m. — Central Park

27 Teen Cookie Wars
2 p.m. — La Vista Public Library

28 Hour of Code
10-11 a.m. — La Vista Public Library

29 Urban Scramble Adventure Race
8 a.m. — La Vista Community Center

July

1 Adulting 101
6 p.m. — La Vista Public Library

8 Adulting 101
6 p.m. — La Vista Public Library

11 Life Size Board Game
Various times — La Vista Public Library

11 Hydrant Party
3 p.m. — City Hall parking lot

12 Life Size Board Game
Various times — La Vista Public Library

13 Life Size Board Game
Various times — La Vista Public Library

15 Poppin' Good Books
10-11 a.m. — La Vista Public Library

15 Adulting 101
6 p.m. — La Vista Public Library

19 Concert & Movie
7 p.m. — La Vista Public Library

19 Think, Make, Create
6:30-8 p.m. — La Vista Public Library

21 Splash Bash
1-4 p.m. — La Vista Municipal Pool

23 Hour of Code
10-11 a.m. — La Vista Public Library

27 Taste of La Vista
5-8 p.m. — Central Park tennis courts

29 Teen Party Game Night
6 p.m. — La Vista Public Library

30 Think, Make, Create
10-11 a.m. — Central Park

August

9 Concert & Movie
7 p.m. — La Vista Public Library





PUBLIC IMPROVEMENTS

The projects in this section of the Corridor 84 Update are being designed and constructed by the City of La Vista in support of the vision for a new downtown. These projects are being coordinated in conjunction with private development projects, detailed on the following page.

CIVIC CENTER PARK

	OPPD Transmission Reconstruction	Trails	Sanitary Sewer Relocation
	Percent Designed	By OPPD	100%
	Percent Constructed	90%	66%
	Total Cost to Date	\$168,767	\$1,276,044
	Remaining Total Cost	\$1,800,000 (Est.)	\$659,736
	Anticipated Design Completion	By OPPD	Complete
	Construction Start Date	July 2018	August 2018
	Anticipated Construction Completion	July 2019	May 2019
			April 2019

CITY CENTRE

	Phase 1 – Streets, Sewers, Utilities and Design	Phase 2 – Intersections	Public Parking Structure #1
	Percent Designed	100%	100%
	Percent Constructed	70%	60%
	Total Cost to Date	\$3,659,314	\$229,754
	Remaining Total Cost	\$2,324,404	\$1,673,315
	Anticipated Design Completion	Complete	Complete
	Construction Start Date	February 2018	October 2018
	Anticipated Construction Completion	June 2019	July 2019
			September 2019

OTHER PUBLIC IMPROVEMENTS

	84th Street Overlay	84th Street Corridor Streetscape	Civic Centre Park Interface Improvements	84th Street Adaptive Signals
	Percent Designed	100%	30%	0%
	Percent Constructed	0%	0%	0%
	Total Cost to Date	\$78,763	\$0	\$0
	Remaining Total Cost	\$1,244,237	\$12,000,000 (Est.)	\$4,500,000 (Est.)
	Anticipated Design Completion	April 2019	September 2019	2019
	Construction Start Date	April 2019	2020	Complete
	Anticipated Construction Completion	July 2019	2023	April 2019
			2020	December 2019

Public Improvements Status Overview



Public dollars spent through March 2019: \$16,377,992



PRIVATE DEVELOPMENT

City Ventures, an investment and development company, is leading all private development related to La Vista's new downtown. While the City of La Vista is not responsible for design, construction or implementation of City Venture buildings, the City is supporting redevelopment through public infrastructure improvements.

Private Development Status Overview



PRIVATE DEVELOPMENT PROJECT UPDATE

LOT 3 BUILDING <i>First National Bank</i>	Construction Complete.
LOT 10 BUILDING <i>Mixed Use Commercial Building</i>	Anticipated Construction Start: Late Summer 2019
LOT 14 BUILDING <i>Mixed Use Building</i>	Anticipated Construction Completion: August 2020 Anticipated Occupancy: December 2019
LOT 15 BUILDING <i>Mixed Use Building</i>	Anticipated Occupancy: Summer 2019 Anticipated Construction Completion: October 2019
REMODELING <i>McDONALD'S</i>	Construction Proceeding.
EVENT CENTER	Anticipated Construction Start: Summer 2019

PROGRAM HIGHLIGHTS

- A two-day design workshop was held to kick off the Civic Center Park Interface Improvements.
- 60% design documents for the 84th Street Corridor Streetscape project are due at the end of April.
- The newly constructed Omaha Public Power District transmission line has been energized and OPPD will be scheduling removals of the old transmission line.
- Resurfacing began on 84th Street southbound from Giles to Harrison. The project is expected to last through April. Resurfacing of 84th Street northbound is scheduled for July.

COMMUNITY ENGAGEMENT

The City of La Vista has engaged the community through every step of Vision 84 and now Corridor 84. Our engagement efforts as of March 31, 2019 included:

