

LA VISTA citywise

Aquatic Facility Issue Headed to Voters

La Vista citizens will likely have an opportunity in November of this year to vote on whether they want a new aquatic facility. The City Council recently received a recommendation on a final design concept from the ad hoc committee appointed by the Mayor in 2006 and has directed staff to take the necessary steps to put this issue on the ballot.

During the summer of 2005 the City utilized Water's Edge Aquatic Design to review and evaluate the City's existing pool facility (which was constructed in 1962) and provide recommendations for improvements. Their findings were presented to the City Council in early 2006 and several options were identified. The Mayor then appointed the ad hoc committee of citizens and others to review the options and make a recommendation to the City Council. This committee has taken public input over the past two years at meetings, open house events and via the National Citizen Survey conducted last fall. All of the information gathered was considered when developing the final design concept that was presented to the City Council.

If approved, the new aquatic facility would be located on the site of the existing swimming pool. A rendering of the proposed design concept are shown above. The facility would contain 14,471 sf of water surface divided between a wading pool, a shallow-lap-diving pool, and a lazy river-plunge area. The concrete deck area would total 27,800 sf and there would be 35,280 sf of grass deck area. This is scaled



down from the original concept presented for consideration by the committee in 2007. Access to the new facility would be via 84th Street at Summer Drive.

The price tag for the proposed facility including construction, right-of-way acquisition, and financing cost is \$7.3 million. The committee cut back from the original proposal put forth which was estimated at \$8.6 million. What does this mean for the taxpayers in La Vista? If you own a home in La Vista valued at \$150,000, your property taxes would increase by \$72.00 per year or \$6.00 per month.

If you have questions or comments about the proposed aquatic facility you can contact City Hall at 331-4343.



Embassy Suites General Manager Tony Moody and La Vista Mayor Douglas Kindig cut the ribbon to officially open the new Embassy Suites Hotel and La Vista Conference Center in Southport West.

A MINUTE WITH
mayor kindig



It has been a busy and exciting summer in the City of La Vista. On July 1st the much-anticipated opening of the John Q. Hammons Embassy Suites Hotel

and La Vista Conference Center took place. Located in the Southport West development across from Cabela's, the hotel has 257 suites and in conjunction with the Conference Center offers 100,000 square feet of meeting space. It is a magnificent facility and will bring visitors from across the nation to La Vista.

Additionally, construction on the Marriott Courtyard Hotel, which will also be connected to the Conference Center, is on schedule to open in Spring 2009. The Marcus Theater Group purchased ground in Southport West and Summer Kitchen Restaurant opened their new facility in Southport East in June.

Even though the economy has slowed nationally, La Vista continues to see steady growth and development. The opening of the Embassy Suites should be further incentive for continued development in Southport. La Vista has laid a strong foundation for the future and it is exciting to watch our plans become reality.

While Southport continues to flourish, the 84th Street corridor is seeing the effects of a slowing economy. We continue to work to bring businesses back to this area and are committed to the long-term success of 84th Street.

On another note, I want to comment on the wonderful spirit that I witnessed in La Vista following the storms earlier this summer. Events such as this certainly make it clear to me why I live in this community. Neighbors helping neighbors, our Public Works crews offering curb side pickup of storm debris, and public safety personnel offering immediate assistance where needed. These are things you don't see in some other communities and all good reasons why I am proud to call La Vista home. — Mayor Douglas Kindig

What is a SID?

A Sanitary and Improvement District (SID) is a municipal corporation, much like a small city or village, except that it does not have all of the powers that are granted to cities. The primary function of a SID is to install and maintain public improvements such as streets, sewers, parks and utilities. The SID can issue bonds to pay for these improvements and levy a tax to repay the bonds over a period of time.

A SID does not have the power to make any civil or criminal laws, establish zoning districts, zone or rezone property, or establish building codes. The civil or criminal laws of the county in which the SID is located are applicable. If a SID is located within the zoning jurisdiction of a municipality, the zoning and code regulations of the City will also apply to the SID. If not, these regulations will also fall to the county in which the SID is located.

Even though a SID might be located in a City's zoning jurisdiction and the City provides building code enforcement and inspection services, the City does not receive any property tax from the homeowners or businesses. Property tax levied in a SID goes directly to the SID, which is managed by a Board of Trustees. The City does not collect taxes until an area is brought into its corporate limits, typically by annexation.

When different jurisdictions are in close proximity to one another it can be confusing. The following residential developments are currently within the zoning jurisdiction of the City of La Vista, but are governed by a SID: Cimarron Woods, Mayfair, Giles Corner, and Portal Ridge. If you have questions about City services and taxes versus SID responsibilities, please feel free to contact City Hall at 331-4343.

La Vista City Calendar

AUGUST 2008

- 3 National Night Out Community Celebration, La Vista swimming pool, 5:00 p.m.
- 5 National Night Out
- 5 City Council Meeting, 7:00 p.m.
- 19 City Council Meeting, 7:00 p.m.
- 20 Park and Recreation Advisory Board, 7:00 p.m.
- 21 Planning Commission, 7:00 p.m.

SEPTEMBER 2008

- 1 Most City Offices will be closed for Labor Day
- 2 City Council Meeting, 7:00 p.m.
- 9 Citizen Advisory Review Committee, 7:00 p.m.
- 11 Library Advisory Board, 5:30 p.m. in Library Conference Room
- 16 City Council Meeting, 7:00 p.m.
- 17 Park and Recreation Advisory Board, 7:00 p.m.
- 18 Planning Commission, 7:00 p.m.

OCTOBER 2008

- 7 City Council Meeting, 7:00 p.m.
- 12 Fire Prevention Week Open House, District 2
- 13 Most City offices will be closed for Columbus Day
- 15 Park and Recreation Advisory Board, 7:00 p.m.
- 16 Planning Commission, 7:00 p.m.
- 21 City Council Meeting, 7:00 p.m.
- 31 Halloween Safe Night, Community Center, 5:45 p.m.

TRIVIA

La Vista's first church was established in 1960 and still exists today.

Can you name it?

Answer on page 7

La Vista Police and Fire Participate in Joint Training

The La Vista Police and Fire Departments took part in an "active shooter" training scenario at the La Vista Library-Metro Community College campus earlier this year. "Real-life" training situations are crucial to developing skills and the mind set necessary to respond to situations where there could be mass casualties. The Police Department solicited the assistance of community members to role play as victims and others in the training scenario. Exercises such as this allow the departments to evaluate techniques they have been teaching and it also helps determine if further training in other areas is needed. Plans for a multi-jurisdictional training exercise are being made for 2009.



Flag Football - Inaugural "Guns and Hoses"

The inaugural "Guns and Hoses" flag football game between La Vista Police Department employees and the La Vista Fire Department members took place earlier this year at La Vista Junior High. La Vista's finest extinguished the flames of the Fire Department 26-0. A picnic lunch followed the game. Police officers and firefighters plan on making the game an annual event. Police Chief Lausten indicated the two departments work together regularly, sometimes under very stressful conditions. The football game was a great opportunity for them to come together in a fun, social environment and do some team building.



Officer Ray Harrod's pursuit of the end zone is stopped by fire plug Steve Stark.

Community Development Department

BDKR Warehouse - Construction has started on this 8,260 s.f. warehouse. Location: 7050 S. 109th St.

The Brenmar Company - Construction has been completed on a 5,860 s.f. tenant finish for warehouse and display. This company is a nationwide leader in the food service supply industry. Location: 11701 Centennial Road.

Courtyard by Marriott Hotel - Construction of a six story hotel with 246 rooms, including meeting rooms, a restaurant, a lounge and recreational facilities continues. This hotel will be connected to the Conference Center through a covered walkway. A spring 2009 opening date is anticipated. Location: 12560 Westport Parkway.

Culvers - Construction is underway on this 4,261 s.f restaurant in the Mayfair subdivision that features the famous ButterBurger and custard. An August opening date is anticipated. Location: 9848 Giles Road.

Embassy Suites Hotel & Conference Center - The hotel and conference center are now open for business. The hotel has 257 rooms, a full height atrium with dining and lounge seating, and full height trees. Amenities at the hotel include an indoor

pool with a hot tub, health and exercise facility and an outdoor sun deck. The atrium is connected to the conference center with a wide concourse, which includes a restaurant and coffee shop. The conference center has a capacity of 5,000-6,000 people with a full kitchen, and is marketed for conventions, corporate meetings, trade shows, fundraising dinners, wedding receptions, etc. Try the La Vista Chicken Salad on the lunch menu at the hotel restaurant, The Nines. Location: 12520 Westport & 12540 Westport Parkway.

Headley Financial Services - Construction has been completed on a 4,032 s.f. tenant finish on the first floor of the Southport Professional Building #1. - Location: 12110 Port Grace Boulevard.

KSI Construction - Construction has been completed on a 2,000 s.f. tenant finish for this construction company office. - Location: 8720 S. 114th Street.

Quality Rivets - Construction has been completed on a 5,874 s.f. tenant finish for this rivet company. - Location: 10630 Chandler Road.

Right Hand Man Construction - Construction has started on a 3,500 s.f. office and warehouse for this construction

company. Location: 10416 Chandler Road.

Southport Center - Construction is underway on the first building of a two building complex which will also contain an open plaza area. The east building contains 21,643 s.f. and the west building contains 20,748 s.f. of commercial flex-space. Tenants have not been announced. Location: 12040 McDermott Plaza.

Southport Plaza - Construction is nearly complete on a 12,851 s.f commercial flex-space building. A tenant finish is underway for Learning and Laughter, a child care center. Location: 7428 Eastport Parkway

State Steel - An 84,000 s.f. addition is being added to this company's building in the Centech Business Park. Location: 13433 Centech Road.

Summer Kitchen Café - Construction on this new restaurant in Southport East is finished. The restaurant opened in July and is serving breakfast, lunch and dinner. Location: 12010 Giles Road.

Susan B. Koman Foundation - A tenant finish is underway for the Nebraska headquarters of this organization. Location: 8610 Brentwood #3.



The La Vista Public Library has several "green" books in its collection. Check out one of the following and learn more about how you can contribute to a healthier planet: *Big Green Purse: Use Your Spending Power to Create A Cleaner, Greener World*, by Diane MacEachern; *Go Green, Live Rich: 50 Simple Ways to Save the Earth and Get Rich Trying*, by David Bach; *Gorgeously Green: 8 Simple Steps to An Earth-Friendly Life*, by Sophie Uliano; *The Green Book: The Everyday Guide to Saving the Planet One Simple Step at a Time*, by Elizabeth Rogers; *Green Chic: Saving the Earth in Style*, by Christie Matheson; and *True Green: 100 Everyday Ways You Can Contribute to a Healthier Planet*, by Kim McKay.

Compact Fluorescents Save Energy and Money

Let's compare the energy costs of using

a 60-watt (W) incandescent bulb priced at \$0.26 and a 13W compact fluorescent light-bulb (CFL) that sells for \$2.53. Despite the difference in wattage, the 13W CFL is comparable to the 60W incandescent in lumens, the amount of light visible to the eye. The table below compares the annual energy costs of these two bulbs, assuming usage of 800, 1,000 or 1,200 hours per year, based on Omaha Public Power District (OPPD) residential rates.

Hours	60W Inc.	13W CFL
800 hrs.	\$3.84	\$0.83
1,000 hrs.	\$4.80	\$1.04
1,200 hrs.	\$5.76	\$1.25

For example, if you used the bulb for 800 hours, the CFL would save \$3.01 in energy costs during its first year. Unlike incandescents, a CFL can last five to 10

years. Assuming the CFL lasts five years, in that same example, you would save a total of \$15.05 in energy costs. If the CFL lasts 10 years, you would save \$30.10 in energy costs, just by replacing one incandescent with a CFL. Because the upfront cost of the CFL is \$2.27 more than the incandescent, the net savings would be a bit less. CFL's are a great energy-saving choice for many rooms in your house, but not for every room. For example, consider using standard four-foot linear fluorescents in the kitchen or basement. For more information on lighting, go to www.oppd.com or call the Energy Advisor at (402) 636-3850. (Reprinted with the permission of OPPD from the May 2008 OPPD Outlets).



LEAVES AND YARD WASTE

The City of La Vista will again be offering a free dump site for leaves and yard waste. All residents, including residents in the City's Extra-Territorial Zoning Jurisdiction, can bring their leaves, grass clippings and tree branches to the Public Works Department on **Saturday, November 8, 2008** between the hours of 8:00 a.m. and 3:00 p.m. Tree branches can be any length but no larger than 6-inches in diameter. Leaf and yard waste material must be removed from plastic bags. A dumpster will be available for disposal of discarded plastic bags. Citizens must have proof of residency, either a valid driver's license or a copy of a utility bill. Used motor oil, anti-freeze and all batteries will also be accepted. The Public Works Facility is located at 9900 Portal Road. For more information call 331-8927.

ROADEO WINNERS

The Nebraska Chapter of the American Public Works Association's annual Snow Plow Rodeo was held in Columbus Nebraska, April 30 & May 1, 2008. The City of La Vista was well represented as 12 employees competed in various events. The Rodeo is designed to challenge employees' skills in operating snow removal equipment including a snow plow truck, front end loader, motor-grader, skid loader and backhoe. In addition to operating the equipment, contestants are required to complete a written exam on road rules and regulations, equipment operation, safety and general operating practices. Contestants are required to perform a walk-around inspection on the equipment used in the competition and are graded on their ability to spot pre-selected defects. Congratulations to the following La Vista Public Works employees for their winning performances this year: Brady Small 3rd place in the backhoe operation; Dennis Iverson 2nd place in the skid loader operation and the team of John Yost and Terry Foster finished 5th in truck plow operation.

LA VISTA LINK TRAIL ASSISTANCE

On April 10, 2008, the Papio-Missouri River NRD Board of Directors approved the City of La Vista's request for assistance to construct the La Vista Link Trail. The project was approved under the NRD's Trails Assistance Program and provides \$52,367.00 of assistance. The Trails Assistance Program provides 50% of a community's required local match on any federally funded projects. The City of La Vista recently received a Transportation Enhancement Grant from the Nebraska Department of Roads for installation of a new walking/biking trail commonly referred to as the La Vista Link to the Keystone Trail. The trail will start at approximately South 69th Street and eventually connect into the Keystone Trail at 60th & Harrison Street. The project is expected to be completed in November 2008.



HALLOWEEN SAFE NIGHT

The City of La Vista and the La Vista Chamber of Commerce would like to invite all kids 12 and under, (accompanied by a parent), to **Halloween Safe Night on Friday October 31, 2008 from 5:45 p.m. to 7:00 p.m. at the La Vista Community Center**. There will be food, drink, candy and lots of Halloween surprises. Local businesses and organizations interested in being a part of Halloween Safe Night should call David Karlson at 331-3455. Businesses and organizations should have a minimum of 1000 pieces of candy to sponsor a table. Donations, bags of candy and volunteers needed.

Fall is going to be a busy time at the library. Check out the free activities below — we have something for all ages and interests.

TEENS AND TLC

The Teen Library Club (TLC) will be meeting again this fall on August 7, September 4, and October 2 at 7 pm in the library. TLC is open to all students in grades 6 - 12 that are members of the La Vista Public Library. October 12 - 18 is Teen Read Week. Stop in the library to check out our programs and events being held that week featuring "Books with Bite @ your library!"

FALL CRAFT DAYS

Fall Craft Days are after school from 3:30 p.m. - 4:15 p.m. for school aged children in first through sixth grade. Craft days will be held on September 10th, October 29th, and November 19th. New and creative crafts will be made during these days. No registration is necessary.

FALL FUN DAYS

On Friday, September 26th, Friday, October 17th, and Saturday, October 18th, the library will be hosting Fall Fun Days from 11:00-3:00. School aged children in kindergarten through sixth grade will be able to enjoy different activities in the library. These activities include playing board games, playing different gaming systems, making crafts, working on the computer, and reading. More information will be given in September and October. Registration is required for some of the activities. Contact the library for more information.

FAMILY GAME NIGHT

Family Game Night will be held on September 18th, October 16th, and November 13th from 6:30 to 7:30. The library will provide several different board games for families to play. Snacks will be provided and registration is not required.

FAMILY MOVIE SUNDAYS

Family Movie Sundays are for the entire family to enjoy. They will be held on September 28th, October 26th, and November 23rd from 2:00 to 4:00. Children are encouraged to bring their pillows and/or blankets and relax in the library. Snacks are provided and registration is not required.

HOMEWORK HELP

Does your child need extra help with a particular assignment or just need a quiet place to do their homework? If so, the La Vista Public Library may be able to help. The Homework Help Room is open from 3:15 to 4:30 every Tuesday and Thursday from September 9th to December 16th. Library staff is available to help school aged children in first through sixth grade with their homework or a school project. Also, we provide a quiet space where your child can study. No registration is required. Call Jodi at the library if you have any questions.

4TH AND 5TH GRADE BOOK CLUB

The 4th and 5th Grade Book Club will meet during September, October, November, and December. The book club is limited to twelve members. Dates and times are still being determined. Call Jodi at the library for more information.

QUILTING GROUP

The Library Quilting Group meets the 2nd and 4th Saturday every month. This gathering is for beginners and experts alike.

children

PRESCHOOL STORY TIME is geared towards three to five-year-old children who are not in kindergarten. The aim of story time is to introduce children to the library, the magic of books and reading, and to develop social skills needed for school. Fall Preschool Story time starts on Monday, September 8th and ends on Saturday, November 22nd. There will be no classes the week of October 13th. Each class will run from 10:00-10:45 a.m.

Three year-olds will have story time on Tuesday. Four and five year-olds will meet on Mondays and Fridays each week and on Saturdays every other week. Space is limited and registration will begin on August 18th. Please sign up only for one day a week.

TODDLER STORY TIME is for children eighteen months to two years. Mom, dad, a grandparent or caregiver is required to sit with the child during this time. Toddler Story time is offered on Mondays, Tuesdays, and Fridays. Each class runs from 10:10 to 10:40 a.m. The fall session runs from Monday, September 15th to Friday, November 21st. There will be no classes the week of October 13th. Space is limited and registration will begin on August 18th.

LAPSIT is a fun, hands-on program that introduces young children to the library and the joy of reading. This program is offered to children from six to eighteen months. It is offered only on Thursdays from 10:00-10:40. Lapsit starts on September 18th, and there will be no class on Thursday, October 16th. Space is limited and registration will begin on August 18th.

Library web page is located at www.cityoflavista.org/library . Click on "card catalog" to search the library's collection. The library has bags full of Halloween tales for your ghoulish pleasure.

Don't be afraid: type "Halloween" to see how haunted we really are!

Stormy Weather

The spring and early summer months brought a great deal of extremely stormy weather to our area. As a result, many questions arose regarding the activation of warning sirens. Some residents expressed concern about not hearing sirens in their homes. Please be aware that outdoor sirens are intended to warn citizens who are outdoors. If you are in your home with windows and doors closed and the air conditioner running, it is certainly possible that you will not hear the warning sirens. Weather radios are available for indoor use that will provide very audible weather warnings. This is the best method to ensure that your family will have an opportunity to get to a safe place when severe weather is approaching.

If you are the victim of severe weather and need assistance, there is a service that provides information about many human services including disaster relief. You can call 2-1-1 or go to www.ne211.org for assistance.

The City of La Vista would like to thank citizens for their patience during the storm cleanup operation. Due to the large amount of tree branches that were

collected, the City will have a large amount of mulch available to citizens free of charge. Please contact Public Works (331-8927) for more information.

BBQ Grills at Apartments

There is currently no ordinance or code to prohibit grills in apartment buildings within the La Vista city limits; however, management of the apartment complexes may choose to restrict usage if they wish and provide their own enforcement.

Sewer Backups

Residents are reminded to notify Public Works (331-8927) when having home sewer lines professionally cleaned. Material removed from your sewer line is forced into the main sewer line. City crews will check and service the main sewer line to ensure that everything is flowing normally.

Also, residents should be aware that the City has a regular maintenance program for sewer lines which relieves them of any liability in the event of a sewer backup. Most homeowners insurance policies do not automatically cover damage caused by sewer backups. This coverage is available, but is in addition to the normal policy. Ask your insurance agent for further information.

Council Clips

The following items are highlights of recent City Council action:

- Appointed 13 new Volunteer Fire Department recruits.
- Adopted the Council's Two-Year Strategic Plan.
- Received the Ad Hoc Committee's recommendation on the Aquatic Facility design and instructed staff to prepare to put the issue on the November 2008 ballot.
- Awarded a contract for the 2008 Pavement Rehabilitation Program.
- Approved the installation of street lights on 96th Street from Harrison Street to Portal Road and on Eastport Parkway.

Trivia answer from page 2:

Harrison Street Baptist Church

firedepartment news

CPR Classes Now Offered Through LVFD

You see someone collapse in front of you, not breathing and not responding. Do you know what to do?

A child in your care starts choking. How do you help her?

An employee at your business has an injury. Do you know what to do until the rescue squad arrives?

The La Vista Fire Department can help you with these situations. LVFD is now offering CPR and first aid classes to the citizens and businesses in La Vista. Our American Heart Association instructors are available to teach you how to respond to emergencies involving adults, children, and babies through CPR, AED, and first aid training. Contact LVFD at lvfdpio@cityoflavista.org or 331-4748 for more information about this life-saving training.

Fire Prevention Week and Open House 2008

The La Vista Fire Department will be visiting the elementary schools again this year during Fire Prevention Week. Watch for

information from your kindergarten through third grade students' classes about our visits during the week of October 6 - 10.

Plan now to attend the fire department's **annual Open House on Sunday, October 12, at District 2 on 108th & Chandler Road**. Talk with firefighters, paramedics, and EMTs, and see fire fighting and rescue equipment, including the two newest fire trucks in the LVFD fleet. Watch for more information about this fun event.

Citizens' Fire Academy Weekend - Fall 2008

Our last two Fire Academy Weekends have been such a success that we are doing it again! If you have ever considered becoming a firefighter or EMT, our Academy Weekend is the chance to try it out. Many of our past Academy participants have joined our volunteer ranks at LVFD after learning about fire and rescue service through our hands-on, intensive two-day training. For more information about the Citizens' Fire Academy Weekend or about joining LVFD, contact us at lvfdpio@cityoflavista.org or at 331-4748.

LA VISTA cityofficials

Mayor

Douglas Kindig

City Council

Brenda Carlisle, Ward 1

Ron Sheehan, Ward 1

Robert McLaughlin, Ward 2

Terrilyn Quick, Ward 2

Mark Ellerbeck, Ward 3

Alan Ronan, Ward 3

Anthony Gowan, Ward 4

Kelly Sell, Ward 4

City Administrator

Brenda Gunn

Management Team

Rita Ramirez, Assistant City Administrator

Pat Archibald, Buildings & Grounds Director

Pam Buethe, City Clerk

Ann Birch, Community Development Director

Sheila Lindberg, Finance Director

Rose Iwan, Library Director

Rich Uhl, Fire Chief

Bob Lausten, Police Chief

Joe Soucie, Public Works Director

Scott Stopak, Recreation Director



The La Vista Police Department's DARE program recently received two donations. Mayor Douglas Kindig's annual golf tournament raised \$1,500 for the program and Aquila donated \$1,000. Pictured at the presentation ceremony are Police Officer Mike Czarnick, Police Chief Bob Lausten, Mayor Douglas Kindig, Aquila representative Kevin Jarosz and Police Officer James Thompson.



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KITE FLYING FESTIVAL

The American Kite Fliers Association (A.K.A.) and the La Vista Recreation Dept. invite you to kite in 2008! See some of the world's largest and most creative kites at our upcoming festival. Come fly kites at our upcoming festival. Come fly kites on Sunday, October 12, 2008 from 12:00 Noon to 5:00 p.m., as the A.K.A invites everyone to participate in the Midwest Winds Kite Flyers Fall Kite Fly at the La Vista Sports Complex. Kids are encouraged to bring a bag or basket for the Kite Candy Drop. Bring the whole family and enjoy a day of kite flying.

LA VISTA COMMUNITY CENTER INDOOR GARAGE SALE

Saturday August 16, 10:00 a.m. - 4:00 p.m. \$15.00 will reserve a spot to sell items in the gymnasium. (This includes an eight foot table and 2 chairs). Tables will be assigned on a first come- first paid basis. Space is limited so drop by the La Vista Community Center to reserve your space. Set up time for sellers' is 8:30 a.m. to 9:45 a.m. Doors open for shopping at 10:00 a.m. No admission to shop.

ALWAYS CHECK AT THE RECREATION CENTER FOR EVENTS HAPPENING THAT MAY NOT BE LISTED IN THIS NEWSLETTER. WE POST FLYERS OFTEN FOR SPECIAL EVENTS PLANNED AFTER THE NEWSLETTER IS PRINTED.

PRESCHOOL PLAY TIME

The La Vista Community Center gym will be open for parents and preschool age children on Tuesdays and Thursdays from 10:00 a.m. - 11:00 a.m. Bounce on the inflatable jumper, zip around the gym on tricycles and cozy coupe cars, enjoy the preschool sized basketball hoop, balls and more.

BELLY DANCING CLASSES FOR ALL AGES/ALL SIZES!

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, call Wren Newman at 596-1397. Class Times: (Beginner) Tuesday 5:30 - 6:30 p.m. (Advanced) Tuesday 7:00 p.m. - 8:00 p.m. **FEE:** \$20 per month.

OMAHA JITTERBUGS

The Omaha Jitterbugs offer a variety of dance lessons at the Community Center such as Lindy Hop, Charleston for Two, Swing and Bal-Swing (Balboa). Length of sessions and fees vary with classes. For more information and registrations, visit their website at www.jitterbugs.org.

JANEL'S YOUTH DANCE CLASS

Several Dance styles, tumbling and pom offered for youth. Call Janel at 504-4357 for more information on schedule, registration and fees.

KARATE

Children Classes: Ages 5-12 Tues. & Fri., 6:00 - 6:45 p.m. Adult Classes: Ages 13 & Over Tue. & Fri., 7:00 p.m. - 8:30 p.m. **FEE:** \$25 per month with a \$5 one-time Sign Up Fee. For information, call Sensei Porter at 592-7771.

AIKIDO

Children's Classes (5-11 yrs.): Mon. & Thu. 6:00 - 7:00 p.m. Adult Classes: Ages 12 & Over: Mon. & Thur. 7:00 - 9:30 p.m. **FEES:** Adult Classes: Residents \$30/month; Non-Residents \$35/month. Children's Classes: Residents \$20/month; Non-Residents \$25/month. For further information, call Ron Christenham at 339-6124.

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

Mon. - Fri.: 8 a.m.-10 p.m.
Sat. (May 1 - Aug.31): 9 a.m.-4 p.m.
Sat. (Sept. 1 - April 30): 8 a.m.-6 p.m.
Sun. (May 1 - Aug. 31): Closed
Sun. (Sept. 1 - April 30): 1 p.m.-10 p.m.
Mon.-Fri. (School Yr.): 8 a.m.-3 p.m.
Adults Only
Mon.-Fri. (School Yr.): 3 p.m.-10 p.m.
Adults & Youth
Mon.-Fri. (Summer)..... 8 a.m.-1:30 p.m.
Adults Only
Mon.-Fri. (Summer Sched. / No School)
1:30 p.m.-10:00 p.m. Adults & Youth

Snow Days are not included in the above schedule - those days are considered the same as school days for youth. Hours are 3:00 p.m. - 10:00 p.m.

**TRADITIONAL JAPANESE
SWORDSMANSHIP**

Suio Ryu is one of the few ancient systems of martial arts practiced today. It encompasses a broad variety of techniques such as jojutsu (Suio Tyu), kumi-iai (paired sword forms), naginata-jutsu, pure kenpo sword and wakizashi techniques. Classes are on Wednesday 7:00 - 9:00 p.m. and Saturday 12:00 - 3:00 pm. Adults, ages 18 & older, only. Open enrollment. **FEE:** \$40 per month. For more information, email Britt Nichols at Info@suioryu-usa.org.

**SOCHI-GO RYU
SELF-DEFENSE CLASS!**

Sochi-Go Ryu is the newest martial arts self-defense class at La Vista Community Center. Please call Mike Benkis at 895-7841 for more information.

**NEW! SELF-DEFENSE
CLASS FOR WOMEN**



A women's self defense class is being offered the first Thursday of each month. These classes will teach basic self defense techniques to help defend and deter an attacker. It also will teach students how to be aware and remove themselves from difficult situations, either physically or verbally. This class is designed for women of all ages and any level of experience. Fee: \$5 For more information, please contact Claudia at 630-3169.

ADULT WEIGHT TRAINING CLASSES

This class, for adults age 18 and older, teaches the basics of weight training. Learn how to set up and advance; use proper technique and form; and get the most out of your weight-training program using both machine and free weights. This individual training class meets for two 1-hour sessions. Body Fat Testing is included. **Fee:** \$25.

LA VISTA (INDOOR) WALKING CLUB

The La Vista Walking Club is a continual free program throughout the year. Between the hours of 10:30 and 11:30 am M-W-F, there will be no interference from other programs. Walking is also available most week days (adjustments may need to be made due to other programs). You will keep a record of how far you walk each day and a tally will be recorded for you. Walking Club members may also record outside walking.

**INDOOR REMOTE CONTROL
MODEL AIRPLANE FLYING**

Every Monday from 11:30 am to 1:30 pm you can participate in Indoor Model Airplane Flying at the La Vista Community Center. These lightweight planes will amaze you, as will the individuals who designed and fly them. A good time is had by all during this weekly event! Come watch at no cost, or come fly your own plane for a small drop-in fee!

**MODEL AIRPLANE
LICENSE & FIELD TIMES**

Model airplane flying licenses may be purchased at the Hobby Town, USA. You must have you A.M.A. card in order to purchase your license. **FEE:** La Vista Residents \$30 Non-Residents \$40 (includes 1 year license and Midwest Performance Flyers Club membership). Flying Times (at La Vista Soccer Complex, 66th St. South of Harrison) will be posted at the La Vista Recreation Dept. and Hobby Town U.S.A.

YOUTH VOLLEYBALL LEAGUE

Registration Dates: Tuesday September 2, 2008 6 p.m. - 9 p.m. and Saturday, September 6, 2008, 9 a.m. - 5 p.m. Grades 3/4th & 5/6th **FEE:** La Vista Resident \$30.00, Non-resident \$50.00

LA VISTA VIPERS WRESTLING

Registration Dates: Tuesday, November 25, 2008 6 - 9 p.m. and Saturday, November 29, 2008 9 a.m. - 5 p.m. Ages 5 - 14 as of January 1, 2009. **FEE:** La Vista Residents \$40. Non-Residents \$65. Late fee \$10 (after November 29, 2008) if space available. Uniform deposit \$50 (collected by Vipers Wrestling Club).

YOUTH BASKETBALL LEAGUE

Boys & girls grade 3/4 and 5/6. Registration Dates: Tuesday, November 18, 2008 6:00 p.m. - 9:00 p.m. and Saturday, November 22, 2008 9:00 a.m. - 5:00 p.m. **FEE:** La Vista Residents \$45. Non-Residents \$55. Late fee \$10 (after November 22, 2008) if space available. Uniform deposit: \$40 (payable at registration).



LA VISTA FALLS GOLF COURSE

8305 Park View Blvd.

GREEN FEES & SPECIALS

October 1ST - February 28, 2009

9-Hole Weekdays (adults).....	\$7.00
9-Hole Weekends (Sat-Sun) (adults).....	\$8.50
18-Hole Weekdays (adults)....	\$12.00
18-Hole Weekends (Sat-Sun) (adults).....	\$14.00
9-Hole Weekdays (Jr/Sr)	\$6.00
9-Hole Weekends (Sat-Sun) (Jr/Sr).....	\$7.00
Electric Carts (18-Holes)	\$7.00
Electric Carts (9-Holes)	\$5.00
Pull Carts	\$2.50
Rental Clubs	\$7.00

Punch Card Discount

18-Hole Weekdays (Jr/Sr).....	\$11.00
Buy 10-Get 12 (Adult).....	\$85.00
18-Hole Weekends (Sat-Sun) (Jr/Sr).....	\$12.00
Buy 10-Get 12 (Jr/Sr).....	\$60.00

A PUNCH CARD, SEASON PASS OR GIFT CERTIFICATE WOULD MAKE A GREAT CHRISTMAS GIFT FOR A GOLFER!

LAVISTA FALLS PRO SHOP!

In conjunction with Fareway Golf LLC, the La Vista Falls Golf Course pro shop will now be carrying Air-Cool™ golf shirts - made with Tynel™, the only true moisture-wicking material on the market. Guaranteed to keep you cool and dry all day. These shirts are machine washable, no shrinkage, no collar curl and no ironing needed. Sizes S-3XL available.

YOUTH BASKETBALL CLINIC

Learn basketball skills, teamwork, sportsmanship and have fun! Boys & girls grades 1 & 2. Registration Dates: Tuesday, November 18, 2008 6:00 - 9:00 p.m. and Saturday, November 22, 2008 9 a.m.- 5 p.m. Season: 5 week (Saturday morning) clinic beginning in January. **FEE:** La Vista Residents \$15. Non-Residents \$20. Late fee: \$10 (after November 22, 2008) if space available. T-shirt is included. The La Vista recreation Dept. relies on parents for coaching - please consider volunteering!

WOMEN'S VOLLEYBALL LEAGUE

Registration Deadline - Fall League: August 11, 2008. Registration Deadline - Winter League: January 18, 2009. **FEE:** \$100 per team.

ADULT FALL SOFTBALL LEAGUES

Registration Deadlines: August 4, 2008 or until filled. (League may fill up before the deadline). Co-ed Leagues Fri/Sun, Men's League S/M/T/W/TH/F. Double Header Leagues W/TH. **FEE:** Co-ed, Men's League \$110.00, Double Header League \$220.00 Umpire fees: \$18 per game (paid directly to the umpires-cash only). Coaches meeting Wednesday, August 20, 2008 (6:00 pm). Games start September 2, 2008.

ADULT BASKETBALL LEAGUE

(Must be 18 and out of high school). Registration Deadline: November 2, 2008 or until the league is full which ever comes first. Competitive play with a minimum of 10 games and an upper/lower division tournament at the end of the season. Games played Sunday afternoon/evening at the La Vista Community Center. Registration **FEE:** \$135 per team. \$22 per game referee fee paid directly to the refs.



Seniors made a visit to The Great Platte River Road Archway Monument in Kearney, NE and spent time viewing the migrating sand hill cranes.

LA VISTA SENIOR CENTER

The La Vista Senior Center is located in the Community Center and offers friendship, food, fitness, field trips, and many more fun activities. Please contact the Recreation Department at 331-3455 if you would like your name placed on the mailing list to receive a monthly calendar. The Eastern Nebraska Office on Aging provides hot lunches on Mondays, Wednesdays and Fridays at 11:30 a.m., catered by Valley Corporation. Lunch reservations need to be made [by noon] one business day in advance by calling 331-3455. A suggested donation of \$2.50 (for ages 60 & over) is appreciated.

The Community Center has Senior walkers every morning (free of charge), and a fitness room with various exercise equipment for your use. There is no charge for La Vista Seniors to use the equipment, with a small charge of \$2 for non-resident Seniors (age 55 & over).

Seniors go on several outings per month including visits to restaurants, museums, movies or sight-seeing. In recent outings, the Seniors have gone to the Mahoney State Park Dinner Theater, Rosenblatt Stadium for a Royals game, and everyone enjoys the yearly trips to Nebraska City for apples and the Christmas Light Tour!

Every Monday at 12:15 p.m. Bridge and other card games are offered. Fridays we play pitch. We will have Bingo twice a month. Other games are also played on Wednesdays and Fridays after lunch. Please see our senior newsletter calendar for more game information.

Throughout the year, the seniors have special events such as an annual Valentine's Day party, which includes great food and entertainment. Pot-luck lunches are also held frequently, and monthly birthday parties are held the second Wednesday of each month.

A visiting nurse is at the Community Center on the first Friday of each month from 9:00 -11:00 a.m. There is a sign-up sheet across from the front desk, but walk-ins are welcome.

The Special Services Bus is available for senior citizens age 60 and older and all special needs/handicapped residents residing in Ralston and La Vista. The van operates Monday through Friday, 7:00 am to 4:30 p.m. The bus does not operate on City of La Vista declared holidays or when the La Vista/Papillion or Ralston schools are closed due to weather conditions. Call 657-3550 48 hours in advance to schedule a ride time. We make every effort to accommodate, but due to prior scheduling, we may not be able to help everyone on their requested times. Call the La Vista Recreation Department at 331-3455 for any questions about this service.

To look at scheduled activities/trips and lunch menus, be sure to sign up for the monthly La Vista Senior Newsletter by calling the La Vista Recreation Dept. at 331-3455, pick one up at the Community Center or check us out online at www.cityoflavista.org (you may see the monthly newsletter and calendar there also!)

Summer Reading Program at the La Vista Library
Having fun while "Catching the Reading Bug".

