

LA VISTA citywise



Mayor Douglas Kindig, far right, gave the oath of office Dec. 4 to City Council members, from left, Anthony Gowan (Ward IV), Mike Crawford (Ward II), Deb Hale (Ward III) and Ron Sheehan (Ward I).



City Attorney Tom McKeon administers the oath of office Dec. 4 to Mayor Douglas Kindig, who was re-elected for a second term in the general election.

Elected Officials Ready to Work for You

The November 2012 general election and redistricting completed earlier this year due to the census, resulted in several changes to La Vista's roster of elected officials.

Mayor Douglas Kindig was re-elected to a second term. Kindig served on the City Council for 5 years prior to taking over as Mayor in 2005.

Re-elected and now representing Ward I is Mike Crawford, who was also named City Council President by his fellow Council Members. Crawford was elected to the City Council in November 2008. He previously served as a Council Member in La Vista from 1980-1984.

Re-elected and now representing Ward II is Ron Sheehan. This is Council Member Sheehan's seventh consecutive term, having served on the Council since 1988.

A new face on the Council is Deb Hale, representing Ward III. Public service is a long-standing tradition for the family with both Debra's husband and late father-in-law serving on the City Council in the past.

Residents in Ward IV re-elected Anthony Gowan for a third term on the Council. Gowan was re-elected in 2008 and again in 2012.

Other members of the City Council who were not up for election include:

To Be Named (Ward I)
Terrilyn Quick (Ward II)
Alan Ronan (Ward III)
Kelly Sell (Ward IV)

Brenda Carlisle, long-time Council Member in Ward I, was elected to the Sarpy County Board in November. Mayor Kindig is currently in the process of filling that vacancy. The new Council Member will be profiled in next issue of CityWise.

To contact your City Council member, or if you are unsure which ward you live in, visit the City's website at **www.cityoflavista.org/wards**, or call City Hall and we will relay a message to them.

City Launches Social Media Presence

The City of La Vista has launched its social media presence on Facebook and Twitter, which includes information, photos and videos about special events, programs and other offerings.

Since the 50th anniversary celebration, La

Vista has been more aggressively marketing and promoting programs and special events. Social media is a powerful tool, but instead of launching without a plan, the City has taken the time to plan a strategy and ensure we could keep these sites fresh with current information.

To manage and maintain this presence, a team of City employees representing all departments have formed a Web Team, which will be responsible for complying with a new social media standard operating policy.

(continued, pg. 2)

A MINUTE WITH mayor kindig



Life is precious. The Newtown, CT, tragedy drives that home, doesn't it? After hearing the news in December, I know I hugged my grandkids a little tighter that night.

Tragedies like these can happen anywhere. I want to reassure La Vista residents that you live in a safe community and your children and grandchildren attend schools where their safety and security are the top priority.

The Papillion-La Vista School District has active safety plans for each facility.

Law enforcement agencies from La Vista and Papillion have a very strong working relationship with the school district. Staff from the La Vista Police Department met last fall with officials from the district to review plans to conduct safety audits at each school facility located in La Vista. Across the district this will be a standardized and annual process.

Officers will be completing the audits in the next several months, sharing the results with school officials and ensuring any deficiencies identified are corrected.

The school bond issue approved in November will also bring needed access control and other security improvements to La Vista's school facilities.

Our public safety personnel from police and fire are well-trained in responding to any incident and they will be there any time day or night to serve and protect you and your family.

Together we can work to ensure our schools and our community remain safe and secure.

— Mayor Douglas Kindig

Continued from Page 1, Social Media Launch

The Web Team has researched best practices, attended training sessions and made a plan for implementation. The policy calls for each social media account to be updated at least once per day and for regular content to be planned six months in advance.

We look forward to connecting with you on Facebook and Twitter!



City of La Vista Government



@cityoflavista and @lavistapolice

La Vista City Calendar

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

February 2013

- 5 City Council Meeting, 7 p.m.
- 11 La Vista/Metropolitan Community College Condominium Owners Association, 4 p.m., La Vista Library
- 11 Spring Craft Program, 3:30 p.m., La Vista Library
- 12 Lego Club, 3:30 p.m., La Vista Library
- 13 Classic Movie Night – "Casablanca", 6:30 p.m., La Vista Library
- 14 Senior Valentine's Lunch, La Vista Community Center, 11:30 a.m.
- 14 Teen Anti-Valentine's Party, 5 p.m., La Vista Library
- 15 Little Chefs Family Valentine Cookie Decorating, 11:30 a.m., La Vista Community Center
- 19 City Council Meeting, 7 p.m.
- 20 Park and Rec. Advisory Board, 7 p.m.
- 21 Planning Commission, 7 p.m.
- 26 City Council Workshop, 6 p.m.

March 2013

- 1 Read Across America Day, 3:30 p.m., La Vista Library
- 5 City Council Meeting, 7 p.m.
- 12 Lego Club, 3:30 p.m., La Vista Library
- 14 Library Advisory Board, 5:30 p.m., La Vista Library
- 14 Citizen Advisory Review Committee, 7 p.m.
- 15 Spring Craft Program, 3:30 p.m., La Vista Library
- 19 City Council Meeting, 7 p.m.
- 20 Park and Rec. Advisory Board, 7 p.m.
- 21 Planning Commission, 7 p.m.
- 26 Teen Spring Break Game Day, 11 a.m., La Vista Library
- 27 Get the Scoop at your Library, 2 p.m., La Vista Library
- 30 Annual Easter Egg Hunt, 10 a.m., La Vista Sports Complex

April 2013

- 2 City Council Meeting, 7 p.m.
- 9 Lego Club, 3:30 p.m., La Vista Library
- 16 City Council Meeting, 7 p.m.
- 17 Park and Rec. Advisory Board, 7 p.m.
- 17 Spring Craft Program, 3:30 p.m., La Vista Library
- 18 Planning Commission, 7 p.m.

FIRE ACADEMY

The La Vista Volunteer Fire and Rescue Department will host its seventh annual Fire Academy Weekend at the Bellevue Fire Training Center on Saturday, April 13 and Sunday, April 14.

Participation in the academy is open to all individuals 18 years of age or older with an interest in becoming an EMT and/or firefighter. Many past academy participants have gone on to seek full membership on the department.

Participants will learn the basic duties of La Vista fire and rescue personnel. Wear the gear! Use the tools! Participate in simulated emergency situations—from performing CPR to extinguishing a live fire.

Fire Academy Weekend is delivered by LVFD's nationally-certified instructors and other department members. Participants must attend both days for a certificate of completion.

Pre-registration is required and space is limited. **Applications are due on April 5 by 5 p.m.** Preference is given to those who reside within the City of La Vista or the City's two-mile zoning jurisdiction.

Applications are available at www.cityoflavista.org/fireacademy or at the District One Station, 8110 Park View Blvd.

FIRE PREVENTION TIPS

- Do not dry clothes on a space heater.
- Clean and inspect wood burning stoves.
- Have your furnace inspected by a qualified professional.
- Keep your chimney clean.
- Never use worn electrical extension cords.
- Never leave a stove unattended when cooking.
- Clean the lint screen in your clothes dryer after each use.



2013 FIRE DEPARTMENT OFFICERS

Back: Lieutenant Lee Kortus, Mayor Doug Kindig, Lieutenant Austin Brake, Captain Tad Smith and Fire Training Officer Alex Martin. Front: Chief Rich Uhl, Department Secretary/Parliamentarian Sarah Wilson, Captain Ty Ebel, District Chief Vicki Pfeifer and Lieutenant Adam Elbert. Not Pictured: Assistant Chief Adam Vail, District Chief Chris Goley, Medical Training Officer Kirsten Bradley, Captain Troy Little, Captain Shaun Jones, Captain Aaron Peth, Lieutenant Angie Monheim and Public Information Officer Melanie Smith.



Back: Mayor Doug Kindig, Eric Currie, Christopher Meier, Thomas Spellman, Jerrison Wells. Middle: Geoffrey Beaune, Willis Jensen, Jennifer Kephart, Joseph LaPuzza, Leslie Omoto, Mitchell Warren, Alan Wolf. Front: Kathryn Eastman, Chief Rich Uhl.

FIRE DEPARTMENT WELCMES NEW ROOKIE CLASS

The La Vista Volunteer Fire Department recently welcomed 12 new recruits to the ranks. Many of these recruits come to the department as licensed EMS professionals. They will serve a one year probationary period while becoming more familiar with the City and fire department operations. During this probationary period they will also receive their EMT and/or firefighter training. Please join us in welcoming these recruits!

NOW ACCEPTING APPLICATIONS

The La Vista Volunteer Fire Department is now accepting applications for the positions of Volunteer EMT/Paramedic and Volunteer EMT/Firefighter. Individuals are given the option to volunteer as EMS only or as a Fire/EMS volunteer. No experience is needed. All necessary training is provided to department members by LVFD's own nationally recognized instructors and other department personnel. Preference is given to those who reside within the City of La Vista or the city's two-mile zoning jurisdiction. Applications can be found online at www.cityoflavista.org/fire.

Prescription Discount Cards Available to La Vista Residents

The City of La Vista has launched a program to help provide residents with some relief from the high cost of prescription medications.

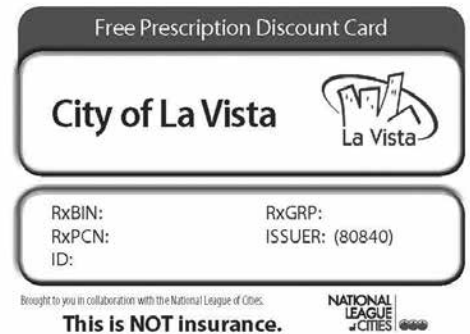
Sponsored by the National League of Cities, the program makes free prescription discount cards available to city residents. The discount cards offer residents an average of 23 percent savings off the retail price of prescription medications.

The NLC Prescription Discount Card can be used by all La Vista residents and has no restrictions based on a resident's age, income level, or existing health coverage. The card can be used at virtually all local

area pharmacies, as well as at more than 60,000 participating retail pharmacies across the country.

"This program is an opportunity to save significant amounts of money on medical necessities," said Mayor Douglas Kindig, "and the City is proud to offer it to our residents. Whether you have no prescription drug insurance or insurance that only covers some medications, you can benefit from this program."

The prescription discount cards can be obtained in a number of ways. Visit www.caremark.com/nlc and print your card, pick one up at City Hall, the Community Center



or the Library, or call 1-888-620-1749 for assistance with the program.

police department

MOTORING... Handlebar talk with Sgt. Bryan Waugh



The La Vista Police Department's use of police motorcycles originated in 2006. A grant from the Nebraska Office of Highway Safety paid for the acquisition and outfitting of a Harley Davidson motorcycle as well as the training and equipment for two police officers. Subsequently, three additional motorcycles were acquired via grant funding to complete the fleet of "motors" at four. Currently, there are four trained and certified motor officers on the department.

The primary duties of motorcycle officers are traffic complaint enforcement, high congestion traffic control and enforcement, accident reduction enforcement, escorts, and special event traffic control. Additionally, motorcycle officers respond to dispatched patrol calls.

Because of their mobility, motorcycle officers are frequently the first units to respond to bank alarms, robberies, fires, and crashes. Escorts, parades, and traffic and crowd control associated with special events are areas that motorcycle officers handle with great efficiency. Motorcycle officers are assigned to geographic districts throughout the City on a daily rotation. The use of traffic districts is intended to give the motorcycle officers a more



thorough knowledge of the traffic problems in the varied City neighborhoods and to provide consistent traffic enforcement citywide.

Motorcycle officers have to complete an 80-hour basic police motorcycle course which is one of the toughest schools to complete.

The physical and mental demands required to learn the intricacies of motorcycle handling are extreme. The school does not stop for inclement weather, which can be challenging but it is designed to be challenging for a reason; being a motorcycle police officer is one of the most dangerous specialty assignments on the police force.

Being a "motor" for the La Vista Police Department has been one of the most fun, exciting and challenging assignments of my career.

BEHIND THE SCENES AT THE PARKS DEPARTMENT

The City's annual tree lighting celebration took place in late November and it was a huge success with more than 900 people attending. For the "elves" in the Parks Department, the work starts many weeks in advance to ensure all goes well when Santa lights the tree with his Christmas magic.

Long before anyone is thinking about the holidays, the more than 3,000 LED lights used on the tree have to be checked and repaired or replaced as necessary. (It seems as though there is always a Grinch who manages to do some damage to the lights.) Planning can then begin for the day-long process of decorating the tree. The first order of business is to select a day when the weather is going to cooperate—no snow, ice, rain or wind and moderate temperatures. Well, that doesn't always turn out as planned.

The elves use two large aerial trucks and bring in a power pedestal. Each elf has a job to do—Dutch and Ron work on the north and west sides of the tree and Brian and JT are responsible for the south and



"Elves" Brian and JT at work.

east sides. Pat helps with the aerial trucks and Tony climbs inside of the tree to get power cords into just the right spot. The star goes on the top of the tree first—sounds easy enough but keep in mind the star is three dimensional, weighs 20 pounds and is being installed 60 feet above the ground. Is it straight? If not, the process starts over again until the star is clamped in place and looks good from all four sides.

Lights are spaced 12 inches apart and a lot of creative weaving is necessary to fill in the dips and holes on the old blue spruce. Hundreds of up, down, extend, retract, left and right commands are given to the

elves as the lights are strung. Care is taken to make sure the tree looks just right when Santa visits to light it for the season.

On the big day work begins at 6 a.m. Lights are tested several times throughout the day to ensure the wind or the Grinch have not interfered with them. Power sources are verified. Soon it's time—the crowd sings Christmas carols and the countdown begins. Santa arrives and works his magic; the tree lights, television cameras zoom, and the crowd cheers. The elves all breathe a sigh of relief, take a moment to enjoy the look of wonder on so many little faces, and take pride in an honored community tradition.

2013 Public Works Construction Projects

The following projects are scheduled for the 2013 construction season. Questions concerning any of the projects can be directed to the La Vista Public Works Department, 402-331-8927.

- Storm sewer inlet repair on 72nd Street,

96th Street, Harrison Street, Giles Road and 103rd Street.

- Intersection improvements at 132nd & West Giles Road.
- Railroad Quiet Zone in Southport West at 130th and West Giles Road.

- Intersection reconstruction at Lillian Avenue & James Avenue.

- Traffic signal coordination on Giles Road 108th Street to the interstate.

Community Development Department Project Updates

American National Bank

Construction is nearing completion on this 4,327 s.f. bank building in Southport East. Location: 12048 Giles Road.

Beautiful Savior Lutheran Church

Construction is underway on a 15,200 s.f. addition to this church that will include classrooms and a multi-purpose room. Location: 7706 S. 96th Street.

Legacy Homes Showroom

Construction is completed on a 4,726 s.f. tenant finish being used as a showroom for this home construction company. Location: 12040 McDermott Plaza.

Performance Chrysler-Jeep

Construction is nearing completion to remodel a 2,128 s.f. office at this car dealership. Location: 7010 S. 124th Circle

Performance Toyota

Construction is nearing completion on a 3,200 s.f. addition to the showroom of this Toyota dealership. Location: 7204 S. 124th Circle

Wal-Mart Neighborhood Market

A building permit application has been received for this new 41,180 s.f. grocery store. Location: 96th & Giles Road.



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 2, the birthday of children's author Dr. Seuss. The library will be hosting a Dr. Seuss Birthday Celebration on Friday, March 1st from 3:30-4:30 p.m. Contact the library for more information.

GET THE SCOOP AT YOUR LIBRARY

Calling all parents and children....come to the library on Wednesday, March 27, 2:00-3:00 p.m. to get "the scoop" on some great books! Families are invited to listen to several university students give book talks about fiction and nonfiction books for children and teens. The books being discussed will be geared towards those reading at a 3rd to 7th grade level. While listening to the book talks, families can also enjoy a scoop of ice cream! Registration is not required.

DIGITAL CONTENT

Did you get an e-reader for Christmas? The La Vista Public Library services include digital audiobooks and eBooks, available to download from the library's website. Library card holders can check out and download digital media anytime, anywhere by visiting <http://nebraska.lib.overdrive.com>. Users may browse and download to PC, Mac®, Kindle, and many mobile devices.

ADULT WINTER READING PROGRAM

Why should the younger book readers be the only ones with a Reading Program?! Coming this January, the Second Annual Adult Winter Reading Program, will run through February 28. Register online at www.cityoflavista.org/winterreading or visit the library.

ENROLL IN STORY TIMES

The La Vista Public Library offers story times for children from 6 months to 5 years of age. For more information, visit the City's website, www.cityoflavista.org/librarystories.

LEGO CLUB

The Lego Club meets the second Tuesday of the month, 3:30 - 4:30 p.m. Come build your Lego masterpieces one brick at a time! It is open to children ages 3 - 11.

SPRING CRAFT PROGRAM

Spring Craft Days are after school, 3:30-4:15 p.m. for all children in fourth grade and



under. Craft days will be held on February 11, March 15 and April 17. Registration is not required for craft days.

SUMMER READING PROGRAM

The Summer Reading Program Kick-off Party will be held on Wednesday, May 29, 2-3 p.m. This year's theme is "Dig Into Reading". Children, birth to fourth grade, will enjoy reading and learning about dinosaurs, construction vehicles, animals that live underground, Ancient Egypt, caves, rocks and more during our ten week summer reading program.

TEEN PROGRAMS

Teen programs are held every Tuesday and Thursday at 6 p.m. during the school year.

The Fourth Annual Anti-Valentine's Party will be Thursday, February 14 at 5 p.m. We'll have crafts, prizes and you can watch a non-lovey dovey movie!

During spring break come to the Library on Tuesday, March 26, 11 a.m.-9 p.m. for game day! Various traditional games will be available along with other more complex games, such as Arkham Horror, Battletar Galactica, Gloom, Munchkin, and more! Snacks will be provided.

DATABASE HIGHLIGHT: A TO Z THE USA AND A TO Z TRAVEL.

Planning a summer vacation in the winter time? Check out these databases on traveling the USA or the World. In AtoZtheUSA you can find State, County and City Information plus maps, flags, photos, facts and so much more for all 50 states and 5 territories. AtoZworldtravel is the most detailed travel resource for business and leisure travelers for more than 200 world cities. No other resource covers so many travel topics, so well, for so many cities.

PUBLIC WORKS DIRECTOR HONORED



La Vista Public Works Director Joe Soucie was recently honored as a Leadership Fellow by the American Public Works Association.

As a fellow, Soucie will mentor public works professionals in the Donald C. Stone Center for Leadership Excellence.

"Learning is a life-long skill," Soucie said, "and I'm committed to providing every opportunity for growth – personally and professionally."

Soucie has 25 years experience and in-depth knowledge of public works operations at all levels. He began his career with the City of La Vista in 1986 as a park maintenance worker. He has served as a foreman overseeing streets, parks, sewers and fleet maintenance. Soucie was named Public Works Director in 1998.

ANNUAL CLEAN-UP DAYS

The City of La Vista's Annual Clean-Up Days will be held on Friday, April 26 and Saturday, April 27, from 7:30 a.m. to 3:30 p.m.

All residents, including those in the City's two-mile zoning jurisdiction, are encouraged to take advantage of this free disposal service by bringing discarded items to the Public Works facility, 9900 Portal Road.

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 and car batteries will also be accepted. **Paint, tires and hazardous waste will not be accepted.**

In addition, document shredding services will be provided from 10 a.m. to noon, on Saturday, April 27. The shredding is limited to three boxes per household. Documents will be shredded on site and staples and paper clips do not need to be removed.

Proof of residency will be required; either a valid driver's license or a utility bill.

THE UNDERTHESINK FACILITY

UnderTheSink accepts unwanted chemicals, paint and special waste from households in Douglas and Sarpy Counties. A list of

Council Clips

The following items are highlights of recent City Council action:

- Authorized the City's participation in the National Citizen Survey.
- Authorized a contract with CivicPlus to redesign the City's website.
- Approved new standard operating procedure for City use of social media.
- Received quarterly update on the City's strategic plan.

accepted items and more information can be found at www.underthesink.org.

The facility hours and location are: 4001 South 120th Street, Omaha, NE 68137-1205. 402-444-7465. Hours: Wed, 9 - 4:45 • Thurs, 9 - 6:15 • Fri. 9 - 4:45 • Sat. by appointment only.



Watch for more details!
www.cityoflavista.org/lavistadaze

La Vista Daze

revUP summer 2013

May 23-26

Mayor

Douglas Kindig

City Council

To be named, Ward 1

Ron Sheehan, Ward 1

Mike Crawford, Ward 2

Terrilyn Quick, Ward 2

Deb Hale, Ward 3

Alan Ronan, Ward 3

Anthony Gowan, Ward 4

Kelly Sell, Ward 4

City Administrator

Brenda Gunn

Management Team

Rita Ramirez, Assistant City Administrator

Pat Archibald, Buildings & Grounds Director

Pam Buethe, City Clerk

Ann Birch, Community Development Director

Sheila Lindberg, Finance Director

Rich Uhl, Fire Chief

Rose Barcal, Library Director

Bob Lausten, Police Chief

Joe Soucie, Public Works Director

Scott Stopak, Recreation Director



Residents Celebrate Holiday Season

The City of La Vista hosted the annual tree lighting celebration event on Monday, November 26, at the La Vista Community Center. Nearly 900 people watched Santa light the big tree outside City Hall and then enjoyed a soup supper hosted by Mayor Kindig and the City Council, holiday entertainment from local organizations and visits with Santa in his workshop. Watch the City's website, www.cityoflavista.org, and Facebook and Twitter pages for 2013 event information.

CityWise is published by the City of La Vista to keep citizens informed about city programs, policies and services. Please send comments and suggestions concerning the publication to the above address. CityWise can also be accessed on La Vista's Web site, www.cityoflavista.org.

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CLASSIC MOVIE NIGHT

Classic Movie Night – “Casablanca”

Wednesday February 13, 6:30 p.m., La Vista Public Library. Bring a date, a friend or come by yourself to see one of the most memorable of all film experiences. Casablanca is a true Hollywood classic starring Humphrey Bogart and Ingrid Bergman. Pack a picnic basket and bring a blanket or bag chair. Doors open at 6:00 p.m. – Movie starts at 6:30 p.m. Valentine treats will be provided.

Little Chefs Family Valentine Cookie Decorating

February 15, 11:30 a.m., all ages with parent. La Vista Community Center. **FEE:** \$2 per participant. Registration deadline: Tuesday, February 12.

La Vista's Annual Easter Egg Hunt

Saturday, March 30, La Vista Sports Complex 1/4 mile south of Harrison on 66th Street. Staggered starting times, please come a few minutes early to find a parking space.

Age divisions:

4 and under baseball field #1..... 10:00 a.m.

5/6 yr. olds softball field #2 10:10 a.m.

7/8 yr. olds softball field #3 10:15 a.m.

9/10/11 yr. olds softball field #4.. 10:20 a.m.

Arbor Day Preschool Story Time and Celebration

Friday, April 26, 10a.m. Southwind Park by the La Vista Public Library. Join us for an outdoor preschool story time and Arbor Day tree planting.

Preschool Park May Day Craft

Thursday May 2, 10:30 a.m. La Vista Community Center. Join Miss Jodi and Mr. David during our Preschool Park and make your very own May Basket!

Preschool Play Time

Ages: preschool age and under. **FEE:** Free. When: Tuesdays and Thursdays, 10-11 a.m. Zip around the gym on 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!

Preschool Play by Play

March 19-April 23, 9-9:45 a.m., La Vista Community Center. Ages 3-5. **FEE:** \$15, \$20 non-residents. Limited to the first 10 to register. This program is designed to help develop basic motor skills kids use for play and sports. During the six-week program, children will learn the basics of throwing, catching, dribbling, shooting, kicking and batting in a safe and positive environment. Parent/guardian attendance is required and participation is encouraged. Registration deadline: March 12.

Model Airplane License and Field Times

FEE: \$30 La Vista residents, \$40 non-residents, (includes 1 year license and Midwest Performance Flyers Club membership). When: Flying times will be posted at the Community Center and Hobby Town U.S.A. Where: La Vista Soccer Complex, ¼ mile south of Harrison on 66th Street. Model airplane flying licenses may be purchased at HobbyTown, U.S.A. A.M.A. card required to purchase a license.

Indoor Remote Control Model Airplane Flying

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



Ultimate Cup Cake Party

Thursday March 28, 2p.m. at the La Vista Community Center. Ages 4-10. **FEE:** \$4 per participant. Limited to the first 24 to register. Join Miss Jodi and Mr. David for an Ultimate Cupcake Party! We will supply the cupcakes, frosting and toppings, you supply the decorating talent! Registration deadline: Monday, March 25.

FREE TAX HELP!

February 1-April 15 at the La Vista Community Center, Tuesdays; Thursdays and Saturdays, 9 a.m. - 1 p.m., Wednesdays, 3 - 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/recreation.



HEALTH AND WELLNESS

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

Yoga

"Relaxing Yoga" is designed for the beginner and intermediate yoga student. This class will include breathing and relaxation techniques, stretching, joint and gland exercises, Hatha Yoga postures and stress management techniques. Class Time: Saturday 1-2 p.m. **FEE:** \$6 per class, payable in four class sessions (\$24). Cash only, please. Contact Frank P. Ferrante, 402-614-0057, FrankPFerrante@gmail.com for more information.

Pilates Fusion Mat Classes

Year 'round, Saturdays – 8:30-9:15 a.m. Pilates exercises improve range of motion, balance, posture, flexibility, circulation and abdominal strength. The exercises are easy to follow and are accessible to all fitness levels as there are modifications for every stage of strength and fitness. **FEE:** \$7 per class. For more information, contact Lisa Carter, 402-517-5021 or via e-mail, leeclisa@cox.net

Senior Fitness

Tuesdays, 10-10:30 a.m. La Vista Community Center. **FEE:** \$6 per class. Have fun and move your body to music through a variety of standing and seated exercises. Chair support allows you to safely perform a number of exercises designed to increase balance, upper body strength, mobility, stress reduction and mental clarity. For more information contact Lisa Carter, 402-517-5021 or via e-mail, leeclisa@cox.net

Zumba

Saturdays 9-10 a.m. La Vista Community Center. Zumba is an easy to follow Aerobic exercise with movements that are mainly derived from Latin/International music. This is a fun way to burn calories. For more information contact Adrianna Molina, 402-312-6074 or via e-mail zumbamolina@gmail.com.

Individual Weight Training Classes

Age: 18 and older. **FEE:** \$25. When: by appointment; two, one-hour sessions. Contact Rich Carstensen, 402-331-3455 or rcarstensen@cityoflavista.org. 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.

Indoor Walking club

FEE: Free. When: Monday, Wednesday, Friday, 8 -10:30 a.m. 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.

Senior Art Class

FEE: \$10 per class. When: Thursdays, 1:30 p.m. Contact Charlene Potter 402-933-8411. Inspirational and environmental art classes using oil, watercolor, pen and ink.

DANCING

Preschool and Youth Dance Classes

Ages: preschool and older. Contact: Katherine Hogston, khogsto1@yahoo.com, 402-612-3712, ballet, pointe, tap, jazz and more.

Preschool Dance

Tuesdays, 9:15-9:45a.m. La Vista Community Center. **FEE:** \$6 per class. Preschool dance is specifically designed for mommy and me. Creative dance, music and movement program for children ages 18 months to 5 years. For more information contact Lisa Carter, 402-517-5021 or via e-mail, leeclisa@cox.net

Adult Ballroom Dance Lessons

Ages: 16 and older. **FEE:** \$40 per four-week session. Join as a single or couple, minimum of 6 people per class. Contact: Terry Vargas, 402-639-2209. Mondays 7-8 p.m. In each four-week session, two to three dances will be taught.

Adult Belly Dancing Classes

Ages 16 and older. Fee: \$20 per month. When: beginner-Tuesday, 5:30-6:30 p.m.; advanced 7-8 p.m. Contact Wren Newman, 402-596-1397. 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!

Learn to Swing with the Jitterbugs!

FEE: \$50 per person. www.jitterbugs.com The Omaha Jitterbugs offer a variety of dance lessons such as Lindy Hop, Charleston for Two, Swing and Bal-Swing (Balboa).

Square Dance Lessons

Square dancing is a great low impact aerobic exercise that burns a lot of calories while having fun dancing.

FEE: \$50 per five-week sessions on Sundays at 2 p.m. For starting dates contact: Ken Young, 402-592-5143 or 402-690-3020.

MARTIAL ARTS

CHA-3 Kenpo Karate

Ages: 10 and up. **FEE:** \$40 per month. Tuesday and Thursday, 6-7:30 p.m. Contact: Tony Foster, 402-297-3773 or Anthony Foster, 402-917-7135. 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. Kenpo develops balance, speed, power, breathing control as well as a good means of self-defense.

Aikido

Ages: 5-11 and adults. **FEE:** La Vista resident children \$20, non-resident children \$25, La Vista resident adults \$30, non-resident adult \$35. When: Mondays and Thursdays, children 6-7 p.m., adults 7-9 p.m. Contact: Ron Christenham to register 402-339-6124.

Ninjutsu

Wednesday 5:30 p.m. – 7 p.m., Saturday 9 a.m.-11 a.m. **FEE:** \$40 per month. For registration please contact us at 402-305-9210 or email us at info@sakuraomaha.com. Sakura Academy is a Martial Arts School that is providing instruction in Japanese Ninjutsu. This class covers Taijutsu (unarmed combat), Kenjutsu (sword combat), Bojutsu (staff combat), as well as improvised weapons.

Traditional Japanese Swordsmanship

Ages 18 and older or permission from instructor. **FEE:** \$40 per month. Open enrollment. When: Wednesdays, 7-9 p.m.; Saturdays noon-3 p.m. Contact Britt Nichols info@suio-ryu-usa.org. 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), Naginata-jutsu, pure Kenpo sword forms and Wakizashi techniques.



LA VISTA RECREATION YOUTH SPORTS

Fees listed for residents then non-residents

BASEBALL

Seasons begin in April

Bronco Baseball League

Early Bird Registration: February 2 Registration Deadline: February 16. Ages: Boys ages 11/12 as of April 1. **FEES:** February 2: *\$65, non-residents *\$95. After February 2: \$75, non-residents \$105. *Registration fee does not include baseball pants. Pants must be purchased by the player.

Mustang Baseball League

Early Bird Registration: February 2 Registration Deadline: February 16. Ages: Boys ages 9/10 as of April 1. **FEES:** February 2: *\$55, non-residents *\$75. After February 2: \$65, non-residents \$85. *Registration fee does not include baseball pants. Pants must be purchased by the player.

NOW SPRING SPORT

Pinto Baseball League

Early Bird Registration: February 2 Registration Deadline: February 16. Ages: Boys ages 7/8 as of April 1. **FEES:** February 2: *\$40, non-residents *\$55. After February 2: \$50, non-residents \$65. *Registration fee does not include baseball pants. Pants must be purchased by the player.

SOFTBALL

Seasons begin in April

Pony Softball League

Early Bird Registration: February 23 Registration Deadline: March 9. Ages: Girls ages 13/14 as of April 1. **FEES:** February 23: *\$80, non-residents *\$100. After February 23: \$90, non-residents \$110. *Registration fee does not include softball pants. Pants must be purchased by the player.

Bronco Softball League

Early Bird Registration: February 23 Registration Deadline: March 9. Ages: Girls ages 11/12 as of April 1. **FEES:** February 23: *\$65, non-residents *\$95. After February 23: \$75, non-residents \$105. *Registration fee does not include softball pants. Pants must be purchased by the player.

Mustang Softball League

Early Bird Registration: February 23 Registration Deadline: March 9. Ages: Girls ages 9/10 as of April 1. **FEES:** February 23: *\$55, non-residents *\$75. After February 23: \$65, non-residents \$85. *Registration fee does not include softball pants. Pants must be purchased by the player.

Pinto Softball League

Early Bird Registration: February 23 Registration



Deadline: March 9. Ages: Girls ages 7/8 as of April 1. **FEES:** February 23: *\$40, non-residents *\$55. After February 23: \$50, non-residents \$65

Coed T-Ball

Season begins in June. Early Bird Registration: April 13 Registration Deadline: April 27. Ages: Boys and Girls ages 5/6 as of April 1. **FEES:** April 13: \$40, non-residents \$55. After April 13: \$50, non-residents \$65

SOCCER

Seasons begin in April

Youth Soccer

Early Bird Registration: February 23 Registration Deadline: March 9. Ages: Boys and Girls age 3 as of April 1. **FEES:** Before February 23: \$15, non-residents \$20. After February 23: \$25, non-residents \$30. 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 five weeks – academy training on Tuesdays & Saturdays. Ages: Boys and Girls ages 4 and 5 as of August

1. **FEES:** Before February 23: \$30, non-resident \$50. After February 23: \$40, non-resident \$60. 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 August 1 **FEES:** Before February 23: \$30, non-resident \$50. After February 23: \$40, non-resident \$60. Attend Academy training on Tuesdays, but instead of Academy on Saturdays, teams play league games.

La Vista Lancers Soccer Club

Participate in the Sarpy County and the ENSA Soccer Leagues. Sarpy County Soccer League Ages: under 8 – under 12 as of March 31. **FEES:** Before January 28: *\$60. After January 28: *\$70. Registration Deadline: February 9

Spring Flag Football

Season begins in April. Early Bird Registration: February 16 Registration Deadline: March 2. Ages: kindergarten-6th grade as of spring 2012 **FEES:** February 16: \$30, non-residents \$50. After February 16: \$40, non-residents \$60

PHOTO GALLERY



The world-renowned Sue's Stepper-ettes performed at the La Vista Community Center during the annual Tree Lighting Celebration.



Young and old alike enjoyed many aspects of the annual Tree Lighting Celebration held at the end of November. This little girl sports a balloon hat while enjoying some popcorn.



LA VISTA RECREATION ADULT SPORTS

Adult Softball League

Games tentatively start on April 1. Leagues: Coed, Men's and Double-Header. **FEES:** Coed & Men's: \$200 (separate \$40 check, forfeit deposit fee). Double-Header: \$400 (2 separate \$40 checks, forfeit deposit fee). Registration Deadline: March 9 or until leagues are full. Coed League will be held on Friday & Sunday evenings; Men's League will be held on Sunday, Monday, Tuesday, Thursday & Friday evenings; Double-Header League will be held on Tuesday & Thursday evenings.



LA VISTA SENIOR ACTIVITY CENTER

The La Vista Senior Center, located in the Community Center, and offers friendship, food, fitness, field trips and many more fun activities. Please join us for lunch, exercise or join in for games and/or special events. The Senior Center has plenty of parking and easy access. Visit the City's website, www.cityoflavista.org/seniorcenter for the monthly senior newsletter, and to look at scheduled activities/trips and lunch menus. Contact Senior Director Rich Carstensen at 402-331-3455 ext. 142 for further information.

St. Patrick's Day Luncheon

Corned Beef & Cabbage and all the fixings! Join us for our St. Pat's Celebration on Thursday, March 14, 2013 at 11:30 a.m. Purchase your tickets by Friday, March 8 at the La Vista Recreation Office. **FEES:** TBA. Sorry, no refunds will be given.

Special Services Bus

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



La Vista Falls Golf Course

8305 Park View Blvd. Call 402-339-9147 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, 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 2013 golf leagues and outings. Below are the leagues offered for men, women, seniors and juniors of all skill levels.

Men's League

Tuesday night: Two-man teams, sign up individuals or twosomes. Flag prizes and end-of-league party. Tentative start date is April 23 and runs for 17 weeks. **FEE:** \$195

Senior Men's League

Friday mornings. Call for more information.

Women's League

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 24 and runs for 17 weeks. **FEE:** \$195

Juniors:

Monday, Wednesday, Thursday, Friday 11 a.m.-noon tee times. 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:** \$12 per day which includes green fees, hot dogs and pop.

Greens Fees

(March 2013 through September 30)

Adult (weekdays) \$10.00, (weekends) \$12.00 **Jr/Sr** (weekdays) \$8.00, (weekends) \$10.00

Request tee times online at 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/golf or call 402-339-9147.

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

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

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

Sat. (Sept. 1 - April 30): 8 a.m. - 6 p.m.

Sun. (Sept. 9 - April 30): 1 p.m. - 9 p.m.

Adults Only

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

Adults & Youth

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

Mon. - Fri. (Scheduled Days Off School):

1:30 p.m. - 9 p.m.

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 is now sending youth and adult sport registrations via e-mail only. If you have provided us

with your e-mail address, you will receive a message each season when we have open registrations. These forms are also available by visiting the City's website, www.cityoflavista.org/youthsports and by visiting the La Vista Community Center.



Spring Kite Festival

The La Vista Spring Kite Festival, hosted by the American Kite Fliers Association and La Vista Recreation Department, will be held on Sunday, May 5, 12 - 5 p.m., at the La Vista Soccer Complex. Bring the whole family to come see some of the world's largest and most creative kites!