

# LA VISTA citywise

## Spread the Warmth, Donate a Coat this Winter

The City's annual coat drive has grown since its inception in 2005 into a community-wide effort with support from churches, local clubs and businesses.

Coats collected during this year's drive, Spread the Warmth, will be given to La Vista families. The Papillion-La Vista Schools Foundation has agreed to be the distribution point for the collected coats through its Children's Emergency Fund.

When the drive is complete, all coats will be delivered to the schools foundation office. Foundation staff will then coordinate with the social workers at each school, focusing first on the La Vista schools with the greatest need and then on to other schools in the district.

Spread the Warmth will run **November 1 through the end of December** and collection points will be available at all City facilities as well as Beautiful Savior Lutheran, Faith Presbyterian and Harrison Street Baptist churches.

*For more information, visit our website, [www.cityoflavista.org/spreadthewarmth](http://www.cityoflavista.org/spreadthewarmth).*

Spread  
the  
Warmth  
Annual Coat Drive



## Budget Based on Strategic Priorities

In September the City Council finalized a budget for fiscal year 2014 that does not call for a property tax increase.

As you may know, during the budget preparation process the City received unexpected news that a large sales tax rebate is going to have to be repaid to the State. (Details of the sales tax rebate issue can be found on page 7 and in the Mayor's column on page 2.) Due to conservative and careful financial planning, the City will be able to weather this financial setback and essential services will continue to be provided.

In addition to providing for daily operations, the budget focuses on the Council's strategic planning goals and provides funding for projects such as the continued implementation of Vision 84 (the redevelopment plan for the 84th Street corridor); the Thompson Creek stabilization project; an update to the City's

comprehensive plan; and several infrastructure improvement projects including technology updates.

Next steps on the 84th Street project will include negotiations with the owners of the former Wal-Mart property, which is currently listed for sale, as well as the development of design guidelines for the entire corridor. During budget workshops the City Council discussed the potential of asking voters to approve an additional half-cent in sales tax, which would be earmarked for redevelopment efforts on the 84th Street corridor. Further information on this will be forthcoming in early 2014.

"City officials will be carefully analyzing all major expenditures in 2014," said Mayor Douglas Kindig. "Until the future of some of our revenue sources becomes clearer, funds might not be expended for some budgeted projects."

## A MINUTE WITH mayor kindig



For the last several years I have touted the City's conservative budget approach as being crucial to our financial stability. The City Council has done a tremendous job of balancing the needs of a growing

community with the ongoing uncertain economic times.

The value of a conservative financial approach became clear recently as we received notice from the State of Nebraska that we must repay a very large amount of sales and use tax revenue. The \$2.46 million repayment is due to State negotiated economic development incentives that promise companies tax rebates.

While this repayment is significant, I want to reassure you that due to sound financial planning we will be able to weather this setback without impacting essential services.

We are concerned about the impact of potential additional rebates in the future. The most difficult aspect of these rebates is the State is not required to share information about their incentive agreements. Consequently, cities have no idea what has been promised and how their sales and use tax revenues could be impacted.

We will be working diligently during the upcoming Legislative session to find a solution that will hopefully require more communication and greater transparency to provide city officials with the information they need to keep their communities financially sound.

In the meantime, the City Council has passed a budget for FY2014 that provides funding for continued work on major projects while maintaining essential city services--all without a property tax increase. We are always conservative and thoughtful about spending but we will be scrutinizing expenditures closely while sorting out the future impact of State economic development agreements on our sales and use tax revenues.

Your elected officials will continue to take a conservative financial approach and will be working hard to protect the City's financial future. Follow up reports will appear in future editions of this newsletter and on our website.

— Mayor Douglas Kindig

# La Vista City Calendar

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

## November 2013

- 5 City Council, 7 p.m.
- 6 Library Advisory Board, 5:30 p.m., La Vista Public Library
- 19 City Council
- 20 Park and Recreation Advisory Board, 7 p.m.
- 21 Planning Commission, 7 p.m.
- 28-29 Most City offices closed for the Thanksgiving holiday

## December 2013

- 1 Santa's Sleigh Ride, starting at 4:30 p.m.
- 2 Tree Lighting Celebration, 6 p.m., Community Center
- 3 City Council, 7 p.m.
- 4 Citizen Advisory Review Committee, 7 p.m.
- 12 Preschool Holiday Cookie Decorating, 11 a.m., Community Center
- 12 Classic Holiday Movie Night, "A Christmas Story", 6:30 p.m., Library
- 17 City Council, 7 p.m.
- 18 Park and Recreation Advisory Board, 7 p.m.
- 19 Planning Commission, 7 p.m.
- 19 Pancakes and Pajamas in Santa's Village, 9 a.m., Community Center
- 20 Afternoon Holiday Movie, "Polar Express", 2 p.m., Library
- 23 Hot Wheels Holiday Drag Races, 3 p.m., Community Center
- 25 Most City offices closed for the Christmas holiday



## January 2013

- 1 Most City offices closed for the New Year's holiday
- 7 City Council, 7 p.m.
- 9 Library Advisory Board, 5:30 p.m., La Vista Public Library
- 15 Park and Recreation Advisory Board, 7 p.m.
- 16 Planning Commission, 7 p.m.
- 16 Little Chefs, 11 a.m., Community Center
- 18 Jr. Chefs Snack Attack, 10:30 a.m., Community Center
- 21 City Council, 7 p.m.
- 23 Classic Movie Night, "Roman Holiday", 6:30 p.m., Library

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# Holiday Wintertainment

**Join us this December for some holiday fun!**

There will be plenty of Holiday Wintertainment in La Vista this year!

Beginning with the annual Santa's Sleigh Ride and Tree Lighting Celebration on December 1 and 2 respectively, the month of December will be filled with events and activities at the Library and Community Center.

From sugar cone Christmas trees to panacakes in Santa's village, there is something for everyone. Santa's Sleigh Ride is extremely popular and due to several requests we will follow a pre-planned route this year. The route is posted that on our website at [www.cityoflavista.org/santa](http://www.cityoflavista.org/santa).

The Tree Lighting Celebration, sponsored by the 121st & Giles Runza Restaurant, will feature many of the same traditions as years past, along with some new twists, so be sure to visit the Community Center on December 2 beginning at 6 p.m. to help us kick off the holiday season!



**For more information on our holiday events, visit our website at [www.cityoflavista.org/wintertainment](http://www.cityoflavista.org/wintertainment).**

## policedepartment



### **Meet the Police Department's K-9 Teams**

The human-canine officer team is a tried and true law enforcement tool. With their keen eyesight, speed and sense of smell, police dogs can perform some tasks faster and at lower cost than human officers with less risk to officers and the public.

The Police Department formed its K-9 unit in 1998, and currently utilizes two teams, which are used to track lost persons or fleeing suspects, search for discarded or hidden evidence or contraband, detect illegal drugs, search buildings and help protect officers.

The department's first police dog, Cosmo, retired in 2006 and passed away in 2010. The second dog, Leda, recently retired after more than seven years of service.

#### **Officer John Danderand & K-9 Hart**

Hart, a German Shepherd from Holland, joined the department this past September and is training with Officer Danderand.



#### **Officer Mike Loyd & K9 Tar**

Tar, a Dutch Shepherd from Holland, was acquired in 2011 from Pennsylvania. Tar and Officer Mike Loyd attended and graduated from a 12-week training program in Omaha.

The K-9 teams are available to meet with your school or civic group and provide a demonstration of their abilities. To schedule a time, contact Sgt. Bryan Waugh via e-mail at [bwaugh@cityoflavista.org](mailto:bwaugh@cityoflavista.org) or call the Police Department, 402-331-1582.

Web Extra:

**Visit our website at [www.cityoflavista.org/police](http://www.cityoflavista.org/police) to find out how officers keep their K9 partners safe.**



# Thompson Creek Project

The channel rehabilitation and realignment project for the Thompson Creek continues to move forward. Recently:

- An information booth for the Thompson Creek Watershed Restoration project was set up during National Night Out in Central Park. The purpose was to provide general information about the content and purpose of the Watershed Restoration project.
- The City entered into agreements with the Nebraska Watershed Network from the University of Nebraska at Omaha and the U.S. Geological Survey to provide water quality and quantity monitoring assistance. The project funding requires this component to demonstrate success in managing storm water runoff throughout the project.
- Channel rehabilitation construction plans, which include a new alignment for the creek, are underway. The creek banks will be flatter and the channel will be wider.
- Grant applications for the second year of the project were submitted to the Nebraska Environmental Trust and the Nebraska Department of Environmental Quality. Success in obtaining a second year of funding from these agencies will be important to setting a construction schedule for the project.

**Visit our website for more information about this project and subscribe to blog updates.** [www.cityoflavista.org/thompsoncreek](http://www.cityoflavista.org/thompsoncreek)



## School Supplies

The City hosted a school supply drive late this summer for La Vista West Elementary School. Donations poured in from community members, local churches and City employees – enough to fill a pick-up truck. The supplies were delivered in time for the start of school. Above, Officer Jamie Brown helps unload the supplies.

## Bus Route Funding Restored

The cities of La Vista, Papillion and Ralston have been contributing funding for a Tri-Community express bus route for a number of years. This service is provided by Metro Area Transit (MAT) and is designed to transport residents to destinations in downtown Omaha. Ridership has been very limited for a number of years and discussion was held during budget workshops this year about cutting funding for the program.

As a result of those discussions and with input from users of the service, the cities worked with MAT to create a more efficient park and ride style route. The new route, which went into effect at the

end of October, features park and ride locations at Tara Plaza in Papillion (near 84th & Centennial Road) and in La Vista at the CVS Pharmacy (84th & Harrison Street).

The new park and ride concept, which went into effect at the end of October, will reach downtown Omaha faster and cost the cities 17 percent less, while hopefully expanding ridership.

**For more information on the route including the new map, visit our website, [www.cityoflavista.org/route93info](http://www.cityoflavista.org/route93info).**

## Vision 84 Update



The City continues to work on implementation of the vision plan for the redevelopment of the 84th Street corridor. Recent actions:

- The City Council adopted the 84th Street Redevelopment Plan, which identifies the boundaries of the redevelopment area as well as a land use plan for the area. Also included were proposed areas for land acquisition, demolition and removal of structures and improvements to those areas. Visit our website, [www.cityoflavista.org/vision84](http://www.cityoflavista.org/vision84), to read the Redevelopment Plan.
- The City Council, acting as the La Vista Community Development Agency, adopted a resolution declaring it necessary to acquire the Brentwood Crossing (former Wal-Mart and Hobby Lobby)

area. A map of the property to be acquired can be found in the Redevelopment Plan.

- In connection with the above resolution, owners and tenants in Brentwood Crossing received preliminary acquisition notices, which basically indicated that an appraisal will be conducted in the near future.
- As part of the Fiscal Year 2013/2014 budget, the Mayor and Council discussed the City pursuing an additional half-cent sales tax, which would be used only for 84th Street redevelopment. The additional sales tax would have to be approved by voters and could be on the ballot as early as the May 2014 primary election.

### Snow Emergency

Whenever two or more inches of snow, ice and/or sleet has fallen on the streets of La Vista, or when a snow emergency has been declared with notice to the news media, cars cannot be parked on any public street in the City for 24 hours or until the street has been plowed by the City snow plows. Any vehicle that is not moved will be towed at the owner's expense.

### Clearing Sidewalks

Sidewalks in all residential areas of the City of La Vista are required to be cleaned of any snow, sleet, mud or ice within 24 hours after the end of a storm. Sidewalks in a business district must be cleaned within five hours after the end of the storm unless the snow fall took place during the night, in which case the sidewalk shall be cleaned before 8:30 a.m. the following day.

### Christmas Tree Recycling

The City of La Vista is once again offering free drop sites for Christmas trees at the following locations:

- La Vista Soccer Complex parking lot (two blocks south of Harrison Street on 66th Street).
- Kelly West parking lot (87th Street and Park View Blvd.).

Drop off sites will be open December 26 to January 15. All decorations, tinsel and plastic bags must be removed prior to disposal. The collected trees will be chipped into mulch, which is available to residents free of charge.

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



## Community Development Department Project Updates

Contractors and building companies are busy in various parts of La Vista completing a wide variety of projects, big and small, for local companies. Pictured at right is the Wal-Mart Neighborhood Market project on Giles Road just east of 96th Street. This store is scheduled to open in mid November.

The lower photo is the Primrose School project on 96th Street just north of Giles Road. Other projects underway include the Mama's Pizza building next door to the Primrose facility.



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



## December Fun at Your Library

Join us at the library in December for these events and more!

- Sugar Cone Christmas Trees. Saturday, December 7, 11:30 a.m.-12:15 p.m. All children 11 years old and under are invited to make a sugar cone Christmas tree. Registration is required. An adult must accompany to help their child make the Christmas tree.
- Holiday Open House. Saturday December 7, 11 a.m. - 1p.m. Festive music and holiday goodies. Come and enjoy!
- Story Time with St. Nicholas. Wednesday, December 18, 10 a.m. – Ho, Ho, Ho!! Visit with St. Nicholas and listen to him read "Twas the Night Before Christmas."
- Family Movie Afternoon. Friday, December 20, 2 p.m. Families are invited to the library to watch a holiday family-friendly movie. Snacks will be served.

## All Age Storytime

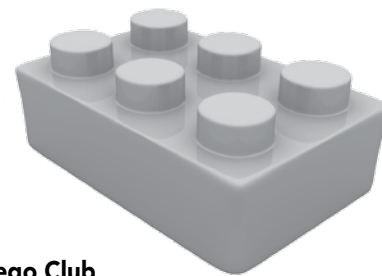
Beginning in January, the library will offer an All Age Storytime at 10 a.m. on Thursdays. This 30-minute program for children and their parents/caregivers will feature stories, songs, rhymes and more. For more information on all our storytimes, visit our website at [www.cityoflavista.org/librarystories](http://www.cityoflavista.org/librarystories).

## Read and Play at the Library

This winter we will open our storytime room to parents and caregivers who want additional time for their children to play and read. This will take place November 21 (9:30-10:15 a.m.) and December 18 (10:45-11:30 a.m.), and is for children 6 and under. Registration is not required. For more information, contact Jennifer Goss, 402-537-3900.

## Snow Party

We will host a Snow Party on Wednesday, January 15, 10-11 a.m. We'll read, sing, create a craft, and make homemade snow cones. Registration is required and begins on Thursday, January 2. For more information, contact Jodi Norton, 402-537-3900.



## Lego Club

Come build your Lego masterpieces one brick at a time with our Lego Club, which is open to children ages 3-11. Each month will have a different theme, and the library will provide the Legos. Registration is not required.

## Home School Programs

We offer several programs designed for home school families. To see a complete listing of our home school programs visit our website at [www.cityoflavista.org/library](http://www.cityoflavista.org/library). If you have any questions, contact Jennifer, 402-537-3900 or via e-mail at [jgoss@cityoflavista.org](mailto:jgoss@cityoflavista.org).

## Teen Activities

Teen programs are held every Tuesday and Thursday at 6 p.m. Calendars are available at the library and on the library's website. If you have any questions contact Lindsey.

## Blood Donations

The library is proud to host a blood drive the first Thursday of every month. From 12:30 to 6:30 p.m. in Room 138, you can help save a life. It's always the season to give!

## Web Extras:

Search the library's online collection for holiday recipe ideas!  
[www.cityoflavista.org/librarycatalog](http://www.cityoflavista.org/librarycatalog).

Want to try electronic books? The OverDrive service gives you access to print and audio books, which can be downloaded to most devices.  
<http://nebraska.lib.overdrive.com/>



# State Economic Development Incentives Impact La Vista Revenues

The City's budget process encountered an unexpected snag this summer when the Nebraska Department of Revenue notified City officials that it would be rebating \$2.46 million in sales & use tax revenue in conjunction with the Nebraska Advantage Act – a state economic development incentive program.

This means the City will go without sales & use tax revenue until the obligation has been met. Over the past several years, average collections for the City have typically been about \$300,000 per month, which means that the City will likely go without this revenue for approximately 8 months.

While the City supports economic development efforts, the State of Nebraska confidentially negotiates these agreements, without any information being provided to the affected city. This can create unexpected and adverse economic hardships on municipalities.

The City is on sound financial footing and can currently weather this major unexpected loss of revenue without noticeable impact on services; however ongoing unanticipated claims of this magnitude are not sustainable.

The Mayor and City Council will be working with municipalities across the state to propose and support legislation that will provide for more transparency with these programs.

"We can plan ahead and set the funds aside if we know the specifics of the commitments being made by the State," said Mayor Doug Kindig. "Dealing with the unknown, however, is virtually impossible."

## Council Clips

*The following items are highlights of recent City Council action:*

- Approved the fiscal year 2013-2014 budget.
- Approved interlocal agreement with the City of Papillion and Papillion Rural Fire District for fire and emergency medical services.
- Approved contract with Active Network for online recreation sign-ups and facility rental payments.
- Approved the redevelopment plan for 84th Street.
- Approved contract with Nixle for an emergency notification system.
- Approved the purchase and installation of a new security system for City Hall and Community Center.



## Summer Fun

There was plenty of fun this summer in La Vista! Adults and children alike enjoyed concerts, movies, a free day at the pool, summer reading fun and other activities. The City also hosted a hydrant party in Central Park (pictured above left). Children ran through the water and enjoyed playing with water guns.

A new program, Passport to Play, was designed around a puzzle families could solve by visiting all the parks as well as some special events. Pictured above right is Reese Treadway, who completed the program with her family. They were placed in a drawing for the grand prize, which included several games and other outdoor activities for them to enjoy.



## Mass Notification System

The City's communication toolbox is soon to have a new addition. In July the City Council authorized a contract with Nixle to provide mass notification services to La Vista residents. Beginning in February citizens will be able to receive emergency and other notifications on their cell phones, landlines and/or e-mail.

The initial setup of the system will import available data for La Vista residents from Sarpy County's 911 system. Details on how citizens can add additional information such as cell phone numbers and make selections about what types of information they would like to receive will be provided on the City website, social media channels and in the next issue of this newsletter. In addition to emergency notifications, the Nixle system can be used to inform citizens about community meetings and events.

We are looking forward to making this new communication tool available to our residents.

## LA VISTA **cityofficials**

### Mayor

Douglas Kindig

### City Council

Kim Thomas, Ward 1

Mike Crawford, Ward 1

Ron Sheehan, Ward 2

Terrilyn Quick, Ward 2

Deb Hale, Ward 3

Alan Ronan, Ward 3

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



## National Night Out

The annual National Night Out event took place August 6 in Central Park. Hundreds of people turned out for free hot dogs, vehicle displays from the Police, Fire and Public Works departments and the FBI. Above, members of the Police Department's Criminal Investigation Bureau and Recreation Department prepare the food.

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

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# what'shappening winter 2013



## HOLIDAY HAPPENINGS

### Letters to Santa

Bring your letter to Santa and drop it in the North Pole Mail Box in our Winter Wonderland at the Community Center. One of Santa's helpers will hand deliver the letters to the North Pole in time for Christmas.

### Ho, Ho, Ho! Santa's Calling!

Santa will be taking time out of his busy schedule to call children age 4 through second grade, between 5:30-7 p.m. on December 9 and 10. Santa's Calling forms are on our website or they may be picked up at the Community Center. Forms must be returned to the Community Center by December 4. Calls will be limited to the first 80 children registered, and because Santa will be calling so many children, he will not be able to take requests to call a child on a certain night or time. No long distance calls, please.

### Preschool Park Holiday Cookie Decorating

December 12, 10:30 a.m. **FEE:** \$1 for cookie supplies. Join us at Preschool Park at 10 a.m. and decorate holiday cookies with us at 10:30 a.m. Registration deadline December 10.

### Classic Holiday Movie Night

Enjoy the classic holiday movie "A Christmas Story" on December 12, show time 6:30 p.m., Library (9110 Giles Road). **FREE.**

### Pancakes and Pajamas Storytime in Santa's Village

December 19, 9 a.m., Community Center. **FEE:** \$1 per person if eating. Registration deadline December 16.



## Snow Flake Flurry

Help us decorate the Community Center with paper snowflakes! Your creations can be as simple or as elaborate as you want. Drop off your snowflakes at the Community Center and we will display your creations during the holidays. We'd like to have your snowflakes by November 26 so we can have them displayed for our Holiday Tree Lighting Ceremony on Monday December 2.

### Afternoon Holiday Movie

December 20, 2 p.m., Library (9110 Giles Road). Enjoy the movie "Polar Express". Chairs available or bring a blanket to spread out on the floor and enjoy this holiday classic with your family and friends. Free popcorn! **FREE.**

### Hot Wheels Holiday Drag Races

December 23, 3 p.m., Community Center. **FREE.** Kids and adults of all ages welcome! Bring your favorite Hot Wheels, Matchbox or similar-sized car and compete on an electronic drag racing track against your friends for bragging rights and prizes! Participants in this tournament-style event will have the opportunity to race multiple times. Come early and test the track! A car will be provided if you don't have one.

### **Classic Movie Night**

January 23, show time 6:30 p.m., Library (9110 Giles Road). **FREE.** Join us for the classic film "Roman Holiday", starring Gregory Peck as a reporter and Audrey Hepburn as a royal princess out to see Rome on her own.

### **Little Chefs Cooking Class and Story Time**

January 16, 11 a.m., Community Center. **FEE:** \$3.50. We are introducing kids ages 3 to 6 to the world of cooking. We'll start with a story about cooking and finish with the kids cooking up a delightful meal. Register in person at the Community Center. Limited to 20 participants, and a parent or adult guardian must accompany child. Registration deadline January 13 (classes may fill up quickly). Warning - peanuts and peanut butter may be used in some recipes.

### **Jr. Chefs Snack Attack Brunch**

January 18, 10:30 a.m., Community Center. **FEE:** \$5. We are introducing kids ages 7-10 to the world of cooking. With a little guidance the kids will prepare and eat a healthy brunch. Registration deadline January 13 (classes may fill up quickly). This program has a minimum of 5 participants and a maximum of 12. A parent or adult guardian must accompany child. Warning - peanuts and peanut butter may be used in some of the recipes.

### **Little Chefs Family Valentine Cookie Decorating**

February 13, 11 a.m., Community Center. **FEE:** \$1. Open to all ages with a parent. Registration deadline February 11.

### **Senior Art Class**

Thursdays, 2 p.m., Community Center. **FEE:** \$10 per class. Inspirational and environmental art classes using oil, watercolor, pen and ink. For more information, contact Charlene Potter, 402-203-9605.



### **Preschool Play Time**

Tuesdays and Thursdays, 10-11 a.m., Community Center. **FREE.** Preschool age and under. 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.

### **Model Airplane License and Field Times**

La Vista Soccer Complex, ¼ mile south of Harrison on 66th Street. Flying times are available on our website and at Hobby Town USA. **FEE:** \$30, \$40 non-residents, which includes a one-year license and Midwest Performance. A.M.A. card required to purchase a license.

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

Community Center. Watch at no cost or bring your indoor plane and pay a small drop-in fee to fly. Resident, \$3; non-resident \$4; senior, free; non-resident senior \$2. These lightweight

planes will amaze you, as will the individuals who fly them.

### **La Vista Remote Control Car and Truck Club**

Second and fourth Sundays, 1-3 p.m., Community Center, beginning January 12. For more information contact Tyson, 402-753-7797, visit the Dirt Demons' website, [www.dirtdemonscomaha.wix.com/dirtdemons](http://www.dirtdemonscomaha.wix.com/dirtdemons), or follow them on Facebook at Dirt Demons R/C Omaha.

### **La Vista Remote Control Car Racing League**

Second and fourth Sunday, 2-3 p.m., Community Center. Join the Dirt Demons at the La Vista Community Center. For race rules and more information, visit the Dirt Demons' website, [www.dirtdemonscomaha.wix.com/dirtdemons](http://www.dirtdemonscomaha.wix.com/dirtdemons), or contact Tyson, 402-753-7797.

## **HEALTH AND WELLNESS**

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

### **Individual Weight Training Classes**

Community Center. Ages 18 and older. **FEE:** \$25. Two, one-hour sessions, by appointment only. This class teaches the basics of weight training. Learn how to set up and advance, use proper technique and form; and get the most of your weight-training program using both machine and free weights. Body Fat Testing is included. For more information, contact Rich Carstensen, 402-331-3455 or via e-mail at [rcarstensen@cityoflavista.org](mailto:rcarstensen@cityoflavista.org).

### **Indoor Walking Club**

Monday-Friday, 8 - 10 a.m., Community Center. **FREE.** Walking is open to any La Vista residents and seniors in the surrounding areas. Time is set aside for walkers, so there will be no interference of other programs.

### **Zumba**

Saturdays, 10 -11 a.m., Community Center. Zumba is an easy to follow aerobic exercise with Movements that are mainly derived from Latin/International Music. This is a fun way to burn calories. For more information Contact Adriana Molina, 402-312-6074 or via email at [zumbamolina@gmail.com](mailto:zumbamolina@gmail.com).

## MARTIAL ARTS

### CHA-3 Kenpo Karate

Tuesdays and Thursdays, 6-7:30 p.m., Community Center, ages 10 and up. **FEE:** \$40 per month. Realistic self-defense for the whole family that promotes respect, confidence, self discipline and integrity. Kenpo Karate is an art for the individual, allowing each person to achieve the fullest control over his mind and body. For more information, contact Tony Foster, 402-297-3773 or Anthony Foster, 402-917-7135.

### Aikido

Mondays and Thursdays, 6-7 p.m. for children (ages 5-11), 7-9 p.m. for adults. **FEE:** children \$20; non-resident children \$25; adults \$30, non-resident adult \$35. For more information, contact: Ron Christenham, 402-339-6124.

### Ninjutsu

Wednesdays (5:30-7 p.m.) and Saturdays (9-11 a.m.), Community Center. **FEE:** \$40 per month. This class covers Taijutsu (unarmed combat), Kenjutsu (sword combat), Bojutsu (staff combat), as well as improvised weapons. For more information, call 402-305-9210, or send an e-mail to [info@sakuraomaha.com](mailto:info@sakuraomaha.com).

### Traditional Japanese Swordsmanship

Wednesdays (7-9 p.m.) and Saturdays (noon-3 p.m.), Community Center, ages 18 and older. **FEE:** \$40 per month. Suio-ryu Iai Kenpo is one of the few ancient systems of martial arts practiced today. It encompasses a broad variety of techniques such as Iaijutsu (the Art of the Draw), Kumi-iai (paired sword forms), Naginata-jutsu, pure Kenpo sword forms and Wakizashi techniques. For more information, contact Britt Nichols via e-mail at [info@suioryu-usa.org](mailto:info@suioryu-usa.org).

### Women's Self Defense Class

**FEE:** \$25. The self defense classes are designed to instruct practical self defense to women of all ages, sizes, and skill level. We will dispel common self defense myths as well as teach you basic tips and techniques on how to avoid becoming a victim. Self defense classes are a practical and easy approach to safety and empowerment. For more information, contact Claudia Brown-Jackman, 402-630-3169 or visit [www.shuurindojo.com](http://www.shuurindojo.com).

### Kendo "Japanese Sword Fighting"

Tuesdays and Fridays for 12 weeks, Community Center. **FEE:** \$50 per month (swords are included) or \$135 for the full 12 weeks. Classes include two swords – the wooden Bokken and the bamboo Shinai. Students will learn the fundamentals of Kendo "the way of the Sword". For more information, contact: Mark Porter, 402-715-0500, or via e-mail at [learningkendo@cox.net](mailto:learningkendo@cox.net).

## DANCING

### Preschool and Youth

Community Center. Preschool and older. Ballet, Pointe, Tap, Jazz & more. For more information contact Katherine Hogston, 402-612-3712, or via e-mail at [khogsto1@yahoo.com](mailto:khogsto1@yahoo.com).

### Adult Ballroom

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

### Adult Belly Dancing

Tuesdays, 5:30-6:30 p.m. for beginners, 7-8 p.m. for advanced, Community Center. Ages 16 and older. **FEE:** \$20 per month. This is a continuing class where you will learn an art form and musical instrument (finger cymbals). Enjoy this form of dance that brings out your unique self-expression! For more information, contact Wren Newman, 402-596-1397.

### Square Dance

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

## La Vista Recreation Youth & Adult Sports

Fees listed for residents then non-residents

### Basketball

Seasons begin in January

### Youth Basketball League

Early Bird Registration: November 9. Registration Deadline: November 23. Ages: Boys and Girls, 3rd – 8th grade as of current school year. **FEES:** November 9: \$50, non-residents \$60. After November 9: \$60, non-residents \$70. \$40 uniform deposit (separate check, returnable at season's end).

### Co-ed Youth Basketball Clinic

Early Bird Registration: December 7. Registration Deadline: December 21. Ages: Boys and Girls, 1st – 2nd grade as of current school year. **FEES:** Before December 7: \$15, non-residents \$20. After December 7: \$25, non-residents \$30. In five, one-hour sessions held on Saturday mornings, learn the basic skills of dribbling, passing, shooting, teamwork and fun!

### Women's Winter Volleyball League

Registration Deadline: January 6 or until leagues are full. Ages: Must be 18 years old and out of High School. **FEES:** Women's League: \$110 per team (separate \$20 check, forfeit deposit fee). \$10 cash per game paid directly to the officials before game start. \*A late fee of \$10 if registered after January 6. Matches are held on Wednesday evenings at the La Vista Community Center beginning at the end of January.







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

The La Vista Senior Center, located at the Community Center, offers friendship, food, fitness, field trips and many more fun activities. Bring a friend or come join others for a homecooked meal on Mondays, Wednesdays, and Fridays. The suggested donation for the meal is \$3 for adults over 60 years and older. To participate, call or sign-up to reserve your meal by noon the business day before you intend to join us for lunch. Be sure to look at the other activities-you may want to come early or stay late! The meal program is sponsored by ENOA and catered by Valley Food Service. Visit our website, [www.cityoflavista.org/seniorcenter](http://www.cityoflavista.org/seniorcenter), for the monthly senior newsletter, and to look at scheduled activities/trips and lunch menus. For more information contact Program Coordinator Rich Carstensen, 402-331-3455.

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

Friday, February 14, doors open at 11 a.m., La Vista Community Center, hosted by the La Vista and Papillion recreation departments. Advance tickets are required and will be on sale at the La Vista Community Center, 8116 Park View Blvd. and the Papillion Recreation Department 1100 West Lincoln Road. The registration deadline is February 7. Refunds are not available for this event.

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

8305 Park View Blvd. La Vista Falls is open for play throughout the year, weather and course permitting. Don't forget, we have gift certificates for that special someone's birthday or holiday present. Certificates can be purchased in any amount and can be used towards green fees, golf carts and merchandise. Start thinking about spring and organize a group outing.

Registration will begin in January for the 2014 golf leagues. Available leagues include:

- Tuesday night: men (\$195 - 17 weeks);
- Wednesday night: women (\$195 - 17 weeks);

Call for more information on the following:

- Friday morning: senior men
- Junior league
- Adult Co-ed league.

### **Special Services Bus**

Transportation is available for senior citizens age 60 and older and all special needs/handicapped residents residing in the cities of La Vista and Ralston. The service operates Monday-Friday, 7 a.m.- 4:30 p.m. but not on declared holidays or when Papillion-La Vista or Ralston schools are closed due to weather conditions. For questions about service, fees, etc., call the Recreation Department, 402-331-3455, or visit our website. 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.

### **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 sends youth and adult sport  
registrations via e-mail only. If you have  
provided us with your e-mail address, you  
will receive a message each season when we  
have opened registrations. These forms are  
also available by visiting the City's Web site,  
[www.cityoflavista.org/sports](http://www.cityoflavista.org/sports) and by visiting  
the La Vista Community Center.**

## **Special Services Bus Punch Cards**

Great for for holiday gifts! Special Services Bus punch cards may be purchased in advance from the bus driver or at the La Vista Community Center for \$30. Each card has 30 punches at a value of \$1 each. For more information, contact the Recreation Department, 402-331-3455.