

LA VISTA citywise



Website Redesign Makes Services More Accessible

This August, the City of La Vista's website (www.cityoflavista.org) will be transformed.

The website redesign is the end result of about nine months of work by the City's Web Team, using feedback from the community and employees, to revamp and improve the City's web presence.

The redesign project had five goals:

- Gather feedback on the old site and incorporate into the redesign.
- Make things easier to find.
- Equip residents to do business with the city.
- Communicate with residents electronically.
- Formulate and deploy a strategy to engage residents.

Among the new features:

- **New menus** – Mousing over the top navigation bar, will reveal a box that drops down with that section's content headlines.
- **Transparency Portal** – accessible from the right side of the homepage, this section features content such as the City's checkbook register, financial statements, annexation plan, City Council policy statements and tax information.
- **I Want To...** – accessible from the top navigation, this section features content organized by services rather than by departments. If you want to build a deck, for instance, go to I Want To, click on "Build" and you'll have the information you need to get started.

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City Receives High Marks on Survey

Residents' Top Priority is 84th Street

Earlier this year La Vista residents participated in The National Citizen Survey, which collects, analyzes and reports data back to the City regarding its performance in a variety of areas.

The results presented to the City Council in June indicate that 90 percent of La Vista residents ranked their overall quality of life as "excellent" or "good". Results were also very good for overall City services, nearly all of which were rated above national benchmarks.

This was the second time the City has participated in the National Citizen

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A MINUTE WITH mayor kindig



I want to thank those residents who took the time to participate in the National Citizen Survey. The information we receive from

the survey results gives us critical data on how we are performing as a City.

You can read a synopsis of results in this newsletter, or read the full results on our website at www.cityoflavista.org/citizensurvey.

One portion of the survey results identifies the extent to which La Vista residents are engaged in the community. Of those responding to the survey:

- 15% reported having attended a public meeting
- 16% had volunteered
- 11% had participated in a civic group
- 57% rated opportunities to volunteer as "excellent or "good"

Quite frankly, if we are going to improve as a community, we need to do better. La Vista residents are proud of where they live, I know I am. We need our pride to match our actions. We need residents and business leaders to become more engaged in shaping the La Vista of tomorrow.

The City Council and I will work to create more citizen involvement opportunities and work even harder to ensure that we are communicating effectively with residents. Watch our website, social media accounts and the local media for announcements.

I hope you will consider contributing your time and talents to help make La Vista an even better place.

— Mayor Douglas Kindig

Join the City of La Vista for an Annual Halloween Tradition!



Halloween Safe Night is scheduled for 5:30-7 p.m., Wednesday, October 31, at the La Vista Community Center, 8116 Park View Boulevard.

All children ages 12 and under, accompanied by a parent or guardian, are invited to attend this event, which will feature Halloween surprises around every corner.

Returning to this year's event will be the pumpkin carving contest. Entry details, as well as other event information, are available on the City's Web site, www.cityoflavista.org/2013halloween.

Sponsorship opportunities are available. For more information, contact David Karlson at the Recreation Department, 402-331-3455.

La Vista City Calendar

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

August 2013

- 6 City Council Meeting, 5:30 p.m. (note time change)
- 6 National Night Out, 6 p.m., La Vista Central Park
- 8 Summer Escapes: Hydrant Party, 3 p.m., La Vista Central Park
- 9 Blue House (concert)/Odd Life of Timothy Green (movie), 7 p.m., La Vista Library
- 12 La Vista/Metropolitan Community College Condominium Owner's Association, 4 p.m., La Vista Library
- 15 Planning Commission, 7 p.m.
- 20 City Council, 7 p.m.
- 21 Parks and Recreation Advisory Board, 7 p.m.
- 24 City Council Strategic Planning Session, La Vista Conference Center, 8 a.m.

September 2013

- 3 City Council, 7 p.m.
- 12 Library Advisory Board, 5:30 p.m., La Vista Library
- 12 Citizen Advisory Review Committee, 7 p.m.
- 17 City Council, 7 p.m.
- 18 Parks and Recreation Advisory Board
- 19 Planning Commission

October 2013

- 1 City Council, 7 p.m.
- 15 City Council, 7 p.m.
- 16 Parks and Recreation Advisory Board, 7 p.m.
- 17 Planning Commission, 7 p.m.
- 31 Halloween Safe Night, 5:30 p.m.

High Marks on Survey from page 1

Survey, and comparisons show a rating increase for snow removal, traffic signal timing and safety from property crimes. City employees rated high in every statistical category for their knowledge, courtesy, responsiveness and overall impression.

84th Street Redevelopment

As was the case in the last survey, residents mentioned over and over again that they want to see progress on the redevelopment of 84th Street.

"We understand that because people aren't seeing bulldozers and cranes, the perception is that we're not doing anything," said Mayor Douglas Kindig. "Long-term development planning of this magnitude requires a lot of behind-the-scenes work before residents see any physical signs of progress. The vision for 84th Street is bold, it is daring and it aims to transform the area. While it will take time, energy and persistence, we are confident that the vision for 84th Street will become a reality."

Recreation Programming

The survey results also indicate that recreation programming is an area that needs some attention.

Of those responding to the survey, 46 percent rated recreational opportunities as "excellent" or "good" and 32 percent indicated they had participated in a program or activity in the last year.

"Our Recreation Department has done a fabulous job creating new programs for our residents," said Mayor Kindig. "Clearly we need to ask more questions and that's why we've included funding in this current fiscal year for a recreation programming study, which will help us better understand the changing recreational needs of our residents."

To read the full report of the survey results, including the report of the open-ended questions, visit the City's website, www.cityoflavista.org/citizensurvey.

Vision 84 Update

Civic Center Park Master Plan Adopted by City Council

The City Council recently adopted the La Vista Civic Center Park Master Plan, which outlines the transformation of La Vista Falls Golf Course in to a 56-acre park.

The City's vision plan for 84th Street (Vision 84), adopted by the City Council in 2010, identifies the area around the golf course as the centerpiece of the redevelopment area.

The park master plan is the end result of a planning process that included stakeholder meetings, working group meetings, community workshops, as well as workshops and meetings with the Park & Recreation Advisory Board, Planning Commission and City Council.

Goals of the proposed park include: improving connections to the surrounding community, increasing the size of the existing lakes, adding habitats and activities on the water, and creating space that incorporates La Vista Daze and future new activities.

The plan identifies phases, which are anticipated to be implemented over time.

The golf course remains open at this time. When a decision is made to close La Vista Falls to facilitate the development of the park, plenty of advance notice will be provided.

As the 84th Street implementation phases begin, residents need to know that, other than the golf course, the City doesn't have any control over the ground along the 84th Street corridor.

"We are committed to our vision for the area and we are committed

to doing it correctly for the long-term," said Mayor Kindig. "Simply leasing space in the old Wal-Mart building is a band-aid. It will not transform the area nor will it provide for long-term economic stability."



There is still a lot of work to do on Vision 84. In addition to the park plan, the City continues to work on other phases of implementation, such as identifying funding sources and developing design guidelines.

"We have been, and will continue to, market the Vision 84 plan with potential developers and partners," said City Administrator Brenda Gunn.

If you'd like to review the full park plan, visit our website, www.cityoflavista.org/civicparkplan.

For more information on Vision 84, visit our website, www.cityoflavista.org/vision84.

What's Next for Vision 84?

- Identify funding sources.
- Develop design guidelines.
- Continue marketing to potential developers and partners.



New La Vista Daze events included Hot Wheels races at the Community Center and a very successful car show and cruise at La Vista Keno.

Summer Fun in La Vista

It has been a revving good time this summer with free family fun in abundance in La Vista! Beginning Memorial Day weekend with La Vista Daze and continuing through the summer with concerts, movies, a "Splash Bash" at the pool and others, the City of La Vista and our partners have hosted a variety of events geared toward families.

Hopefully you had an opportunity to enjoy the La Vista Daze activities, which would not be possible without the support of many sponsoring organizations, including: Acapriccio Dance Company, Bank of Nebraska, Beacon Building Services, Bo Bo's Bouncy Town, Bellino Fireworks, Dogtopia, Fareway, Harrison Street Animal Hospital, Keyes Outdoor Design, La Vista Community Foundation, La Vista Firefighters Association, La Vista Fraternal Order of Police, Midwest Performance Flyers, No Frills, Pets Earth,

Ralston Veterinary Clinic, the Tri-City Ministerial Association, and Val Verde Animal Hospital.

Many of the summer events are free and would not be possible without the support of some incredible sponsors:

- Concert Series: Black Hills Energy
- Outdoor Movies: Five Points Bank
- Urban Race: La Vista Community Foundation, Cabela's, Lucky Bucket, Trek Store of Omaha and Red Dirt Running Company.
- Splash Bash: Pinnacle Bank

In an effort to continue providing events that focus on great family fun, we would like your feedback. Please visit the City's Web site at www.cityoflavista.org/2013eventfeedback to tell us what you think.

The City is always looking for ideas for new events that would be unique to La Vista. If you have a suggestion, or would be interested in volunteering to help plan future events, e-mail Mitch Beaumont at mbeaumont@cityoflavista.org.

City Secures Grant Funding for Thompson Creek Work

Ongoing efforts to fight the effects of erosion along Thompson Creek has entered the next phase.

For nearly 40 years, erosion along the banks of the creek, stretching from 72nd Street to La Vista Falls Golf Course, has been a problem. Ultimately this culminated in the City's voluntary acquisition and demolition of 24 homes along Park View Boulevard and Valley Road. That project was made possible by FEMA grant funding.

It was necessary for the City acquire those properties to have adequate space to repair the erosion and provide for long-term stability.

This spring, the City was awarded significant grant funding from the Nebraska Environmental Trust, Nebraska Department of Environmental Quality and the Papio-Missouri River Natural Resources District to continue with improvements. The process of improving Thompson Creek and implementing the watershed restoration will take approximately three years with costs estimated at \$2.7 million. The funds committed from the Environmental Trust represent nearly 37% of that total.

While the largest expense of this project will be in stabilizing Thompson Creek, this is also a watershed restoration project, which will also include efforts to reduce storm water runoff and improve water quality.



A portion of the project includes various education and outreach components to provide citizens with information about what they can do to reduce runoff and improve water quality in their own yards. Some demonstration projects will be constructed to show examples of what can be done such as rain gardens, bio-retentions cells, street planters and other devices.

Watch the City's website, Facebook and Twitter accounts and local media for information about public meetings on this project in the future.

Used Tire Collection

The City will once again be hosting a used tire collection day on **Saturday, August 24 from 8 a.m. to 2 p.m.** Used tires can be dropped off at the Public Works Facility located at 9900 Portal Road.

Used tires left outside collect water and become prime breeding sites for mosquitoes. The used tires are collected and then sent to a recycling company which shreds the tires. In addition to used tires; used motor oil, anti-freeze and any type of batteries will be accepted.

The event is open to all residents and those living in the City's Extra-Territorial Jurisdiction. Proof of residency will be required; photo ID or a utility bill. For more information call the Public Works Department at 402-331-8927.

The event was made possible by a grant

received from the Sarpy/Cass Health Department for West Nile Prevention.

Fall Leaf Collection & Document Shredding

On **Saturday, November 2**, free document shredding and a free dump site for leaves and yard waste will be offered at the Public Works Facility, 9900 Portal Road.

- Yard Waste Collection, 8 a.m.-3 p.m.
- Document Shredding, 8 a.m.-noon

Both services are available to residents and those living in the City's Extra-Territorial Jurisdiction.

There is no limit to the number of documents per household, which will be shredded on site. Staples and paper clips do not need to be removed.

Leaves and grass clippings will be accepted along with tree branches, which can be any length but no larger than six inches in

diameter. Used motor oil, anti-freeze and all batteries will also be accepted. Citizens must have proof of residency, either a valid driver's license or a copy of a utility bill. For more information call 402-331-8927.

Residential Sewer Drain Cleaning

When you have your home sewer line cleaned, please make sure you notify the Public Works Department at 402-331-8927. Material removed from your sewer line is forced into the main sewer line, which creates the possibility of it becoming stuck in the main and causing backup problems. When you notify Public Works, staff will check and service the main sewer for proper flow.

Community Development Department Project Updates

AM Contracting, Inc.

Construction is nearly complete on this 20,000 s.f. building. Location: 13305 Portal Drive.

Dr. Weeder

Work has started to finish the interior of two tenant bays totaling 2,457 s.f. to be used as a dentist's office. Location: 9825 Giles Road.

Lavigne Enterprises

Construction is underway on a new 20,000 s.f. addition to this building. Location: 8619 S. 137th Circle.

Mama's Pizza

Building design review is completed and construction is underway on a new 9,600 s.f. building in Mayfair that will house this restaurant. Location: 96th & Giles Road.

McDonald's

Building design review is nearing completion for a remodeling of this restaurant's 84th Street location.

Parkview Heights Elementary School

Construction is underway on a project to remodel and add new space to this school. Location: 7609 S. 89th Street.

Performance Jeep

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

Primrose School

A building is under construction for this private preschool offering innovative, educational child care for infants through private kindergarten and after school. Location: 96th & Giles Road.

Progressive Insurance

Construction is underway on this 17,011 s.f. claims center and office. Location: 11820 Harrison Street.

ProSource

Construction has started on a remodeling of the showroom, office and warehouse area. Location: 11617 Centennial Road.

Real Estate Brokerage Company

A 7,564 s.f. tenant finish is complete. Location: 12120 Port Grace Blvd.

Spectrum Development (Roll Enterprises)

Building plans have been submitted for a new 17,500 s.f. steel building to house this construction company. Location: 10501 Chandler Circle.

Tire Centers, LLC

Construction is underway on this 40,000 s.f. tenant finish. Location: 8619 S. 137th Circle.

Volleyball Academy (The Courts)

A remodeling of the restroom facilities has been completed. Location: 8930 S. 137th Circle.

Wal-Mart Neighborhood Market

Construction is underway on a new 41,180 s.f. grocery store. Location: 96th & Giles Road.

Halloween Party

The La Vista Public Library will host a Halloween Party on **Wednesday, October 30, from 10-11 a.m.** Parents and preschoolers under the age of 5 are invited. Activities include reading Halloween books, singing Halloween songs, costume parade, craft, and decorating caramel apples. Be sure to wear your costume and bring a bag for treats! **Registration is required and begins Tuesday, October 1.** For more information, contact Jodi Norton, 402-537-3900.

Creative Hands @ the Library

Parents/caregivers and children, ages 2-5 who are not in kindergarten, are invited to participate in our new Creative Hands program, which will meet Fridays at 9:30 a.m., September 20 to December 13. Each week, participants will use their hands to discover something new, including playing with Legos, working with shaving cream, finger painting, learning sign language, reading a book, and much more. Registration is required. For more information, contact Jennifer Goss, 402-537-3900.

Technology Sessions

Want to enhance your computer skills? Sessions are offered to library cardholders to provide skills in specific areas: Basic Computer Skills, Basic Internet, Basic Word and Basic Scanning classes, Basic Excel, Job searching on the Internet and Digital Camera. Other classes that have been added include Facebook, Twitter, Picasa, Flickr, ebooks and Overdrive. These hands-

on, one-on-one sessions are held in the library computer lab. Contact Jean for more information and to sign up for a session at your convenience.

Quilting Bee Saturdays!

The Quilting Group meets the second and fourth Saturday of every month. Drop by anytime between 2 and 4 p.m. You'll have sew much fun! This gathering is for beginners and experts alike.

Book Clubs at the Library

Second Mondays at 7 p.m. and the third Wednesdays at 2 p.m. For more information, contact the Library.

Homeschool Programs

The Library offers many programs for homeschool families. These programs will start in September. Please contact Jennifer Goss for more information, 402-537-3900.

Lego Club

Come build your Lego masterpieces one brick at a time with the La Vista Public Library's Lego Club. This is open to children ages 3-11 and meets the second Tuesday of each month. There will be a different theme each month. The library will provide the Legos. Registration is not required.

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.



Access the Library's databases at www.cityoflavista.org/databases. This month's feature is: Consumer Reports, which you can use to research a variety of products before purchasing.

Teen Programming at the Library

Teen school-year programs will begin on Tuesday, October 1! Programs are held every Tuesday and Thursday at 6 p.m. October will feature a big Halloween party at the end of the month. Activities include holiday parties, crafts, movie and game nights, Random Club, Pool Noodle Kendo Club, and more. Join the Teen Advisory Board to help plan programs for the library! First school-year meeting will be Thursday, August 15 at 6 p.m. For more information contact Lindsey Tomsu, 402-537-3900, or via e-mail, ltomsu@cityoflavista.org.



HALLOWEEN SAFETY TIPS

- Remind your kids about street and crosswalk safety. Tell them to look both ways before crossing and use crosswalks when possible.
- Know what activities your child or teen will be attending. Get phone numbers or meet parents who are hosting parties they will be attending ahead of time. Remind teens of the curfew law if they will not be staying overnight: 10 p.m.- 5 a.m., seven days a week
- Let your kids know not to cut through dark areas or backyards if alone. Stay in well-lit areas where there are other people.
- Drive below the posted speed limit on trick-or-treat night in residential areas.
- If you are stopping to drop off or pick up kids, pull over to the side of the road as far as possible and turn on your hazard lights to warn other motorists. Do not pass vehicles that have stopped in the roadway to drop off children.

TIPS FOR BACK TO SCHOOL

CHILDREN AND TEEN STUDENTS

- Advise children to keep lockers locked at all times. Do not leave items unattended in locker rooms.
- Do not allow your children to take any electronic devices to school. Theft of cell phones, iPods and other electronics are on the rise.
- Teach your child never to talk to strangers. Report any suspicious activity to the police.

COLLEGE STUDENTS

- Keep serial numbers of all high-priced electronics, (i.e. – laptops). Make copies of all important paperwork (i.e. – credit cards, I.D.'s) and give them to someone trustworthy, such as a parent.
- Never leave your drink unattended at a party or bar. Never accept a drink from someone you do not know.
- Get familiar with your surroundings. Know where the emergency phones are located on campus and where the campus police departments are.

Council Clips

The following items are highlights of recent City Council action:

- Approved contracts with Nebraska Environmental Trust and Papio-Missouri River Natural Resources District to accept funding for the Thompson Creek Watershed Restoration project.
- Approved advertisement for bids for the reconstruction of the intersection of Lillian and James Avenues.
- Approved agreement for lease of a fiber-optic network to provide faster connection speeds between City facilities.
- Approved the annexation of the Mayfair subdivision, I-80 Business Park and some other smaller lots.
- Adopted the Civic Center Park Master Plan.



Summer Fun

The Library and Recreation Department teamed up recently to host a Summer Escapes program in Central Park. Kids had the opportunity to express themselves with paint and then had a great time rolling in it and making a huge mess. Afterwards they cooled off with sprinklers and hoses. For a list of upcoming community events, visit the City's website, www.cityoflavista.org/2013events.

Website Redesign from page 1

- **Popular Pages** – accessible from the left side of the homepage, the list of popular pages represent the sections of the City's website which garner the most traffic.

The City encourages all residents to take the time to explore this new site and become familiar with its features. Contact City Hall with questions, 402-331-4343, or click on the "Contact Us" at the bottom of the site.

LA VISTA cityofficials

Mayor

Douglas Kindig

City Council

Kim Thomas, Ward 1

Mike Crawford, Ward 2

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



Arbor Day at Southwind Park

The annual **Arbor Day celebration** was held this spring at Southwind Park. This joint event between the Recreation Department and Public Library included a story time with Parks Superintendent Brian Lukasiewicz, free prizes for the children in attendance, and the planting of a tree in the park.

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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La Vista, NE 68128



what'shappening fall 2013



What's in a Song?

Thursday, September 19, 6:30-9 p.m., La Vista Community Center. **FEE:** \$35. Minimum three students, maximum 10. Teens and adults welcome. Do you enjoy singing along to your favorite songs on the radio? Come explore what's "behind the music" of your favorite songs. You will learn to identify the elements of song structures and learn a three-step lyric writing process. This is a fun and creative workshop for those who enjoy music, writing and singing...good voices are not required. Please bring a notebook for writing and brainstorming activities. Registration deadline: Monday, September 16. For more information or to register contact Beth Heimann, 402-578-3844, or via e-mail, bheimann1@gmail.com.

Diving Deeper Into Songwriting

Thursday, October 17, 6:30-9 p.m. La Vista Community Center. **FEE:** \$35. Teens and adults welcome. Whether you're a beginner or seasoned songwriter, this workshop is for you! Get ready to dive deeper into what makes a successful song. You will walk away with an increased knowledge of rhyme types and patterns to enhance your songs. Please bring a notebook for writing and brainstorming activities. This workshop can be taken independently or after "What's in a Song". Registration deadline: Thursday, October 10. For more information or to register, contact Beth Heimann, 402-578-3844, or via e-mail, bheimann1@gmail.com.

Seasoned Citizens Creative and Fun Cooking Class

Thursday, September 12, 11 a.m. La Vista Community Center. **FEE:** \$5 per person. Class size: minimum five, maximum 12. Ages 60 and up. With a pinch of this and a dash of that you can learn some new twists to cooking meals that are healthy, creative and fun. Registration deadline: Friday, September 6.

Time to Create through the Expressive Arts!!

Thursday, November 7, 6:30-9 p.m. La Vista Community Center. **FEE** \$35. Teens and adults welcome. Expressive Arts is a discipline of helping and healing that uses the arts as its basis for discovery and change. We will explore the five disciplines of the arts: visual, dance/movement, music, drama/theater, and writing/poetry. You do not need to be an artist. Please bring a notebook and either colored pencils, pastels, a box of crayons, etc. to use and share with the class. Registration deadline: Thursday, October 31. For more information or to register, contact Beth Heimann, 402-578-3844, or via e-mail at bheimann1@gmail.com.

One Sky, One World Fly Fall Kite Fest

Sunday, October 13, noon-5 p.m. at the La Vista Sports Complex 1/4 mile south of Harrison

on 66th Street. Bring the whole family for an afternoon of kite flying and fun! See members of the American Kite Fliers Association fly some of the biggest most creative kites you've ever seen or bring your own kites to fly in our family fly zone!

Halloween Jr. Chefs Snack Attack

Monday, October 21, 3 p.m. La Vista Community Center. **FEE:** \$5 per child. Ages 7-10. Limited to 16 participants. The La Vista Recreation Department and Library are teaming up to introduce kids to the world of cooking. With a little guidance we will prepare and eat creative and healthy snacks. Registration deadline: Wednesday, October 16.

Lil' Chefs Halloween Story Time and Cooking Class

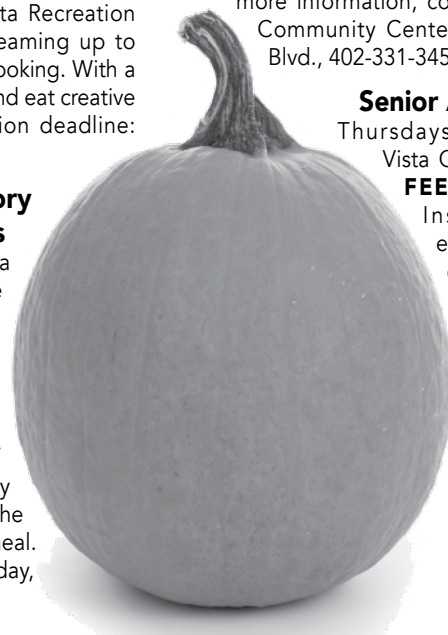
Tuesday, October 22, 11 a.m., La Vista Community Center. Fee \$3. Limited to 20 participants, ages 3 - 6, parent must accompany child. The La Vista Recreation Department and Library are teaming up to introduce kids to the world of cooking. We'll start with a story about cooking and finish with the kids cooking up a delightful meal. Registration deadline: Wednesday, October 16.

Junk in Your Trunk Sale!

Saturday, August 24, 9:30 a.m. - 1:30 p.m. La Vista Community Center parking lot. **FEE:** \$5. Do you have too much junk in your garage or basement? Bring it to our Junk in Your Trunk Sale where you can rent a parking stall, open your trunk and sell your treasures. Limited space available, pre-registration required. Registration deadline: Monday, August 19. For more information, contact the La Vista Community Center 8116 Park View Blvd., 402-331-3455.

Senior Art Class

Thursdays, 1:30 p.m., La Vista Community Center. **FEE:** \$10 per class. Inspirational and environmental art classes using oil, watercolor, pen and ink. Contact Charlene Potter, 402-203-9605.



Preschool Play Time

When: Tuesdays and Thursdays, 10-11 a.m. La Vista Community Center gym. **FEE:** Free! Ages preschool 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!

Preschool Play-by-Play

Tuesdays, August 20-September 24, 9-9:45 a.m. La Vista Community Center. Ages: 3-5. **FEES:** \$15, non-residents \$20. Class size limited to 10. 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 August 13 or when class is full.

Model Airplane License and Field Times

Flying times are posted on the City's website, www.cityoflavista.org, and Hobby Town U.S.A. La Vista Soccer Complex, ¼ mile south of Harrison on 66th Street. **FEE:** \$30, \$40 non-residents, includes one-year license and Midwest Performance Flyers Club membership. Model airplane flying licenses may be purchased at Hobby Town. 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 to fly. Adults \$3, non-resident adult \$4, La Vista Seniors free, non-resident senior \$2. These lightweight planes will amaze you, as will the Individuals who fly them.



HEALTH AND WELLNESS

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

Individual Weight Training Classes

Age: 18 and older, by appointment; two, one-hour sessions. **FEE:** \$25. This class teaches the basics of weight training. Learn how to set up and advance, use proper technique and form; and get the most of your weight-training program using both machine and free weights, body fat testing is included. Contact Rich Carstensen, 402-331-3455, or via e-mail, rcarstensen@cityoflavista.org.

Yoga

Saturdays, 1-2 p.m. La Vista Community Center. **FEE:** \$6 per class, payable in four-class sessions (\$24). Cash only, please. "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. For more information, contact Frank P. Ferrante via e-mail, FrankPFerrante@gmail.com.

Indoor Walking club

Mondays, Wednesdays, Fridays, 10:30-11:30 a.m. La Vista Community Center. **FEE:** Free! The walking club is open to any La Vista residents and seniors in the surrounding areas. Time is set aside for walkers, so there will be no interference of other programs.

Zumba

Saturdays, 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 Adriana Molina, 402-312-6074, or via email, zumbamolina@gmail.com.

DANCING

Preschool and Youth Dance Classes

Ballet, Pointe, Tap, Jazz and more. Ages: preschool and older. Contact Katherine Hogston, 402-612-3712, or via e-mail, khogsto1@yahoo.com.

Adult Ballroom Dance Lessons

Mondays 7-8 p.m., La Vista Community Center. Ages: 16 and older. **FEE:** \$40 per four-week session. Join as a single or couple, minimum of six people per class. In each four-week session, 2-3 dances will be taught. Contact Terry Vargas, 402-639-2209.

Adult Belly Dancing Classes

Ages 16 and older. **FEE:** \$20 per month. Beginners – Tuesdays, 5:30-6:30 p.m.; advanced – 7-8 p.m. 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! Contact Wren Newman, 402-596-1397.

Square Dance Lessons

Sundays, 2 p.m., starting Sunday, September 29. Square dancing is a great low impact aerobic exercise that burns a lot of calories while having fun dancing. **FEE:** \$50 per five-week session. Contact: Ken Young, 402-592-5143 or 402-690-3020.

MARTIAL ARTS

CHA-3 Kenpo Karate

Tuesdays, 6-7:30 p.m. La Vista 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. Kenpo develops balance, speed, power, breathing control as well as a good means of self-defense. Contact Tony Foster, 402-297-3773 or Anthony Foster, 402-917-7135.

Aikido

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

Ninjutsu

Wednesdays 5:30-7 p.m., Saturdays 9-11 a.m. La Vista Community Center. **FEE:** \$40 per month. 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. For registration call 402-305-9210, or e-mail info@sakuraomaha.com.

Traditional Japanese Swordsmanship

Wednesdays, 7-9 p.m., Saturdays, noon-3 p.m. La Vista Community Center. Ages 18 and older or with permission from the instructor. **FEE:** \$40 per month. Open enrollment. 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. Contact Britt Nichols via e-mail, info@suioryu-usa.org.

Women's Self Defense Class

FEE: \$25. These 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. The self defense classes are a practical and easy approach to safety and empowerment. Rooted in Aikido philosophy and principles, all techniques are simple, sound, easily remembered and very effective. To register go to www.shuurindojo.com and look under the women's self defense page. For more information, contact Claudia Brown-Jackman, 402-630-3169.

Kendo "Japanese Sword Fighting"

Classes run every 12 weeks and include two swords. **FEE:** \$50 per month or \$135 for the full 12 weeks. Students will learn the fundamentals of Kendo "the way of the Sword". Two, 12-week courses are designed to prepare you for admission into Bushinkan Kendo Dojo. Contact Mark Porter, 402-715-0500, learningkendo@cox.net.

La Vista Recreation Youth & Adult Sports

Fees listed for residents then non-residents

Fall Coed Youth Baseball Clinic

Season begins in September. Early Bird Registration: August 3 Registration Deadline: August 17. Ages: 3-6 as of August 1. **FEES:** Before August 3: \$15, non-residents \$20. After August 3: \$25, non-residents \$30.

In five, one-hour sessions held on Thursday evenings, learn the basic skills of hitting, catching, pitching, teamwork and fun!



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!

Men's Basketball League

Registration Deadline: November 30 or until leagues are full. Ages: Must be 18 years old and out of High School. **FEES:** Men's League: *\$135 per team (separate \$44 check, forfeit deposit fee). \$22 cash per game paid directly to the officials before game start. *A late fee of \$10 if registered after November 30.

VOLLEYBALL

Seasons begin in October

Youth Volleyball League

Season begins in October. Ages: 3rd – 8th grade as of fall 2013. Early Bird Registration: August 17. **FEES:** Before August 17: \$30, non-resident \$50. After August 17: \$40, non-resident \$60. Registration Deadline: August 31st.

Women's Volleyball League

Registration Deadline: September 7 or until leagues are full. Ages: Must be 18 years old and out of High School. **FEES:** Women's League: *\$100 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 September 7. Matches are held on Wednesday evenings at the La Vista Community Center beginning in October.

Adult Softball

Games tentatively start on September 3. Leagues: Coed, Men's and Double-Header. **FEES:** Coed & Men's: \$110 (separate \$40 check, forfeit deposit fee). Double-Header: \$220 (2 separate \$40 checks, forfeit deposit fee). Registration Period: Registration will run June 1st through August 10th or until leagues are full. Coed League will be held on Friday, Sunday & Wednesday 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, 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. For more information contact Senior Director Rich Carstensen, 402-331-3455.

La Vista Senior Olympics on Patriot's Day

Wednesday, September 11, 9 a.m.-5 p.m. at the La Vista Community Center. All seniors from the local area age 60 years or older are invited to participate in games, events and activities. Come win free lunch tickets and more! Games, events and activities will be posted at a later date. Remember to wear your best Red, White, and Blue! Registration deadline: Monday, September 9.

Knights of Columbus Grant

The Knights of Columbus recently awarded a \$1,000 grant to the La Vista Senior Center. The money will be used to help offset the cost of the Senior Valentine's Day Luncheon, purchase lunch tickets for La Vista Senior Olympics, and help pay for our Tai Chi Instructor.

Fall Senior Tai Chi Class/Better Balance Class

Our Tai Chi Class will continue this fall. Come join in the fun and learn Tai Chi for better balance and fitness! For more information, regarding class dates and times, contact Rich Carstensen, 402-331-3455.



La Vista Falls Golf Course

8305 Park View Blvd. For further information on golf course hours, green fees, cart fees, punch cards, season passes, leagues, etc. please visit our website at www.cityoflavista.org or call 402-339-9147. 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.

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/youthsports and
by visiting the La Vista Community Center.**

Special Services Bus

Available for senior citizens age 60 and older and all special needs/handicapped residents residing in the cities of La Vista and Ralston. The service operates Monday-Friday, 7 a.m.- 4:30 p.m.; the service does not operate on City of La Vista declared holidays or when Papillion-La Vista or Ralston schools are closed due to weather conditions. For questions about service, fees, etc., please call the La Vista Recreation Department at 402-331-3455 or visit us online at www.cityoflavista.org. 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.