

The connection

The City of Groveport's Media Hub

CITY OF GROVEPORT

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City Offices Closed for Holidays

The Groveport Municipal Building, Groveport Town Hall and Crooked Alley Kid Space will all be CLOSED on Wed., Dec. 24 (Christmas Eve.) and Thurs., Dec. 25 (Christmas).

City Looks Forward to a Busy, Productive & Exciting 2015

2014 In Review... 2014 was a busy year for the City with a number of important projects being completed. One major project, the reconstruction of Port Road between State Route 317 and Spiegel Drive, was completed with 100% funding from the Ohio Public Works Commission and follows the 2013 reconstruction of Spiegel Drive. These two projects were especially important because they are both critical corridors serving some of the largest employers in Groveport.

In 2014 the City also completed public improvements related to the Groveport Town Center project. These improvements included a new municipal parking lot with space for 91 vehicles, along with a pedestrian walkway to Blacklick Park, sidewalks, site lighting and other features. On October 10, City officials took part in the grand opening of the new Ace Hardware which was the first phase of a redevelopment project that will also include construction of a second multi-tenant building which will provide office space on the second floor and space for restaurants and possibly retail on the street level. Construction of the second building is expected to commence in Spring 2015.

2015 Budget - "Back to Basics"... On November 10, Groveport City Council approved the City's 2015 Appropriations Budget. The nearly \$40 million budget, which was discussed in detail by Council at a day-long retreat on October 22, is one of the most comprehensive budgets passed in recent years and includes a wide range of exciting projects affecting nearly every resident of the City.

The 2015 budget assumes continued increases in income tax revenue, the City's largest revenue source, driven by the strengthening economy, strong economic development activity and significant job creation in the city's industrial parks. New companies are continuing to move into Groveport, existing companies are expanding and developers are looking for additional land for development, so the outlook is positive. With that as a catalyst, the City is looking to put the increased revenue to work in meaningful and impactful projects.

For the past several years the City has invested heavily in projects, many of them recreation-related that enhance the overall quality of life for our residents. The 2015 budget still contains some "quality-of-life" projects but allocates more funds to go toward street and infrastructure projects that are critical to all our residents. **CONTINUED ON PAGE 2.**



CITY OF GROVEPORT

- General News -

614-836-5301 / www.groveport.org

12 Tips for Holiday Home Safety

The holidays invite all sorts of fun activity, from lighting candles to hanging fresh greens and stringing lights. Here's how to keep your house and family safe from fire and injury. Compiled by Lexi Walters from American Baby.

As you're sprucing up your home this season, keep an eye out for these common holiday trip-ups, fire hazards, and other safety snafus.

1. Merry and Bright: Carefully inspect holiday light strings each year and discard any with frayed cords, cracked lamp holders, or loose connections. When replacing bulbs, unplug the light string and be sure to match voltage and wattage to the original bulb.

2. Lights Out: Always turn off holiday lights when you leave the house unattended or when going to bed.

3. Fresh Is Best: Try to purchase a freshly cut tree, as they are more resistant to ignition. Keep your Christmas tree watered and away from open candles.

4. Timing Is Everything: Use an outdoor timer certified by CSA International to switch lights on and off. Lights should be turned on after 7 p.m. to avoid the electricity rush hour.

5. Check for the Certification Mark: When purchasing light strings, extension cords, spotlights, electrical decorations, gas appliances, or carbon monoxide alarms, look for the certification mark of an accredited certification organization such as CSA International, UL, or ELT to ensure that the products comply with applicable standards for safety and performance.

6. One and Done: Never connect more than one extension cord together; instead use a single cord that is long enough to reach the outlet without stretching, but not so long that it can get easily tangled.

7. The Great Outdoors: When hanging outdoor lights, keep electrical connectors off the ground and away from metal rain gutters. Use insulated tape or plastic clips instead of metal nails or tacks to hold them in place.

8. Climbing Up: Using a ladder when you put up lights? Choose the correct ladder for the job and double check for a certification mark to ensure your portable ladder complies with applicable standards.

9. Keep the Gas Behind Glass: Do not use your gas fireplace if the glass panel is removed, cracked, or broken, and only allow a qualified service person to replace fireplace parts.

10. Sound the Alarm: Test your smoke alarms monthly to make sure they work, and be sure to install smoke and carbon monoxide (CO) alarms on every level of your home -- especially near sleeping areas.

11. Filter-Friendly Furnace: To help prevent CO hazards in your home, have a qualified heating contractor perform a yearly maintenance check of your furnace and venting system, and clean or replace your furnace filter frequently during the heating seasons.

12. Clean the Clutter: Do not store combustible materials such as gasoline, propane, paper, chemicals, paint, rags, and cleaning products near your gas furnace. Gasoline or propane cylinders should be stored outside the home.

Source: CSA International. Originally published on AmericanBaby.com, November 2005. All content here, including advice from doctors and other health professionals, should be considered as opinion only. Always seek the direct advice of your own doctor in connection with any questions or issues you may have regarding your own health or the health of others.

City Looks Forward to a Busy, Productive & Exciting 2015 ...continued from page 1

Application is being made to the Ohio Public Works Commission for funding (both loan and grant) for two important projects: \$850,000 for roadway reconstruction on West Bixby Road and \$256,000 for engineering and the first-phase of the complete reconstruction of Hendron Road between Main Street and Glendenning Drive. This project will include roadway reconstruction and re-pavement, installation of curbs and gutters, waterline replacement, new sidewalks and street lighting and will also extend pedestrian access to the Orchard subdivision.

The 2015 budget also allocates...

- \$350,000 Street maintenance projects
- \$50,000 City-wide sidewalk repair & maintenance
- \$24,500 Repaving of parking lot at Blacklick Park
- \$32,000 Repaving of parking lot at Crooked Alley KidSpace
- \$90,000 Phase 1 pedestrian improvements on Wirt Rd. from College to Heritage Park
- \$25,000 Phase 2 engineering (Wirt Rd.) from Heritage Park to Main Street
- \$113,000 Improvements to North Center Street
- \$30,000 Street signal upgrades

Budgets for each of the City's departments showed only moderate increases for 2015 and some of them actually decreased.

All things considered, 2015 looks to be a busy one, but one that will produce benefits for all our residents. We're rolling up our sleeves and getting ready to continue to make Groveport Central Ohio's Hometown... the best place to live, work and to do business! - *Jeff Green, Finance Director/Assistant Administrator*

GROVEPORT PARKS & RECREATION DEPT.

- General News -

614-836-1000 / www.groveportrec.com

Resolution 5k Run/Walk

Start the New Year off on the right foot, by putting both feet on the ground running (or walking). The course will begin and end on the paved leisure trail surrounding the Groveport Recreation center. In the event of inclement weather, the event will be held indoors on the GRC's indoor track.

Ages: 13 - 25 Yr., 26 - 35 Yr., 36 - 45 Yr., 46 - 55 Yr.
56+ Yrs.

Date: Jan. 3, 2015 Time: 9:30 a.m.

Fee: \$15 (includes t-shirt, snack & drink)



Registrations will be accepted thru Jan. 3. However, we prefer that you register early.



Please Bring Your Pass/Membership Card to the GRC

We know that you are in a hurry to get into the Groveport Recreation Center. You can help us speed up the process by bringing your Pass/Membership Card with you every visit. When our staff has to input your information, a bottle neck occurs and people get frustrated.

December Closures and Non-Traditional Hours at GRC

Friday, Dec. 5

Closed for Scheduled Maintenance

Wednesday, Dec. 24

5:30 am - 12:00 pm

Thursday, Dec. 25

Closed for Holiday

Wednesday, Dec. 31

5:30 am - 5:00 pm

Thursday, Jan. 1

Closed for Holiday

Outdoor Winter Running Tips

- Run with a buddy and carry a cell phone.
- Avoid running in areas where water collects. Be on the look out for black ice.
- Take care of your feet. Run in shoes that have the least amount of mesh. Wear moisture wicking socks that also keep your feet warm.
- Dress as if it is 20 degrees warmer. Wear layers of technical fabrics that wick sweat and are vented (if possible). Wear gloves, mittens and a hat.
- Be seen. Wear reflective & fluorescent gear.
- Warm up inside. Get your blood flowing inside without breaking a sweat. The cold does not feel so cold when you are warm.
- Start your run into the wind and finish it with it at your back. Cover exposed skin with Vaseline.
- Don't worry about speed. Focus on maintenance miles.
- Change out of your clothes quickly after your run and grab a warm beverage.
- If you listen to music, make sure that you can hear oncoming vehicles, bikers, etc.

Merry Fitness

Looking for gift to give your friend or family member this holiday season? If so, give a gift that gives all year long... a pass to the Groveport Recreation Center. New Pass Holders/Members that join prior to the end of the year get a gift from us (pick one).

- Free month (13 months for the price of 12)
- (4) 1-Day Water Park Passes
- (4) 1-Day GRC Passes
- (1) Free Round of Golf at The Links At Groveport

Share this coupon with a friend.

MERRY FITNESS 2014

Coupon is valid for two free adult (18 years & above) visits to the Groveport Recreation Center.

Expires 12-31-14. Not valid with any other offers. Must be used on same date. May not be used as (2) individual visits. Photo I.D. required for entry.

7370 Groveport Road
Groveport, OH 43125



GROVEPORT PARKS & RECREATION DEPT.

- General News -

614-836-1000 / www.groveportrec.com

Free Blood Pressure Screenings

Compliments of the Madison Township Fire Dept., free blood pressure screenings will be offered in the lobby of the GRC. *Due to emergency runs, there may be times when the Madison Twp. Fire Dept. staff may not be available.

DATES: Thursday, Dec. 4 TIME: 9 AM - 12 PM
 Thursday, Dec. 18

December Climbing Wall Hours

Tue. & Thurs. 6:00 PM - 8:00 PM
Sat., & Sun. 12:00 PM - 3:00 PM

Participants under the age of 18 must have the waiver signed by their parent prior to use. All climbers are required to be harnessed and must wear a helmet.



Pumpkin Plunge participants take a ride on their floating pumpkins in the Indoor Pool in late October.

Quote of the Month

"My grandmother started walking five miles a day when she was sixty. She's ninety seven now, and we don't know where the heck she is."
- Ellen DeGeneres

Scholarships Available for Youth Athletic Programs

Marty DuBoe Muncy Memorial Scholarships may be used towards athletic programs through the Groveport Parks & Recreation Dept., such as Youth Soccer & Swim Lessons. For more information about the scholarship program and to see if you are eligible, please contact Groveport Madison Adopt-A-Family at 614-836-7939. Persons that are utilizing scholarship funds must register in-person at the Groveport Recreation Center.

Birthday Parties

If you are a parent with an active child, you need to read further. For **\$10.50** per person your child and his/her friends can celebrate a birthday at the Groveport Recreation Center. \$210 covers: • 20 Day Passes to the GRC • 90 minute room reservation • 3 Large Single Item Pizzas • 1 Dairy Queen Ice Cream Cake • 4 Two Liters of Pop • Disposable plates, cups, napkins & utensils • T-shirt for the birthday boy or girl • 4 GRC or GAC Day Passes to be used at a later date. Your child will also have his birthday splashed on our massive digital marquee sign. All you need are a few decorations, some invitations and maybe some ear plugs (optional). Minimum party size is 20 (at \$10.50/each). Additional party guests are only \$5/person. To book your child's party, call Braydon Jordan (Front Desk Coord.) at 614-836-1000 ext. 1508 or stop by the front desk anytime.



Congratulations to C3

2014 Fall Softball Champ of Champs

Calling Adult Sports Junkies! Don't have a team? Want to play?

Call Stephania Bernard (Sports/Fitness Manager) at 614-836-1000 ext. 1513. She will then put you on a Free Agent List and try and get you on a team. If there are enough Free Agents, a "Free Agent Team" may be formed.

GROVEPORT PARKS & RECREATION DEPT.

- December Fitness Class Schedule -

614-836-1000 / www.groveportrec.com

DAY	TIME	CLASS	INSTRUCTOR
Mon.	9:15 a.m.	Trim Tummies	Denune
	9:15 a.m.	*PUROFitness	James
	10:00 a.m.	Water Aerobics	Frank
	10:00 a.m.	Boot Camp	Newland
	10:00 a.m.	SilverSneakers Classic	Denune
	11:15 a.m.	Arthritis Aquatics Program	Frank
	5:00 p.m.	Arthritis Land Based Program	Frank
	6:00 p.m.	Water Aerobics	Denune
	6:15 p.m.	Zumba	Frank
Tues.	7:00 a.m.	*PUROFitness	James
	8:30 a.m.	Water Aerobics	Denune
	6:30 p.m.	Hot Yoga	Blanton
Wed.	9:15 a.m.	*PUROFitness	James
	9:15 a.m.	*Cycling with Sara	Denune
	10:00 a.m.	Water Aerobics	Frank
	10:15 a.m.	SilverSneakers Yoga	Denune
	11:15 a.m.	Arthritis Aquatics Program	Frank
	6:15 p.m.	Aqua Zumba	Frank
	7:15 p.m.	Power Yoga	Blanton
Thurs.	7:00 a.m.	*PURO Fitness	James
	9:15 a.m.	Stretch to Fitness	Frank
	9:15 a.m.	H2O Kickboxing/Step	Denune
	10:30 a.m.	SilverSneakers Classic	Frank
	5:00 p.m.	Arthritis Land Based Program	Frank
	6:15 p.m.	Zumba / Strength & Tone	Frank
Fri.	8:30 a.m.	Water Aerobics	Denune
	5:00 p.m.	*Tae Kwon Ki Do/Karate Ki Do	Evans
Sat.	8:30 a.m.	Advanced Zumba	Ferrell
	10:00 a.m.	Boot Camp	Newland
	11:15 a.m.	Indoor Cycling	Newland
Sun.	11:00 a.m.	Restorative Yoga	Finneran
	12:15 p.m.	Power Yoga	Finneran

*** Pre-registration REQUIRED.**



BEAT MICHIGAN TAILGATE PARTY



**Friday, Nov. 21 (6:30 PM - 9 PM)
Groveport Recreation Center**

- food & drinks • music • contests • prizes • raffle
- corn hole • kids' activities • inflatables • face painting • craft • and more

\$5 youth / \$7 teen & adult... chili dog, chips, drink, dessert & 30 seconds to see how much damage you can inflict on a "State Up North" vehicle. Cash, check & credit cards will be accepted.

ALL PROCEEDS FROM THE EVENT WILL BENEFIT GROVEPORT-MADISON HUMAN NEEDS.
Also collecting non-perishable food items for Groveport Food Pantry.

Mission SLIM-possible

NOW is the time to reach your fitness & weight loss goals. Achieve what you have dreamt. Cash prizes to top 3 weight loss champions. Initial weigh-in is on Monday, January 5. Participants have 12 weeks to achieve Mission SLIM-possible. Totals are based on total weight loss percentage. Receive tips and inspiration from staff to help you with your health & wellness journey.

As an added bonus, Mission SLIM-possible participants will receive 1/2 off the Resolution Run entry fee.

Ages: 18 & Over
Date: Jan. 5 - March 30
Fee: \$15 (Cash only)

Registrations will be accepted thru
Jan. 2, 2015



GROVEPORT PARKS & RECREATION DEPT.

- Fitness -

614-836-1000 / www.groveportrec.com

Important Fact

You do not have to be a Pass Holder/Member to register or participate in any of our classes or programs. Annual Pass Holders pay the resident rate.

Fitness Freedom Pass

This pass allows you take participating fitness classes at a reduced rate. Simply purchase the package that best suits you and start enjoying. Pick up a Fitness Guide to see all participating classes.

5 Classes	\$20 Resident/Pass Holder	\$25 NR
10 Classes	\$40 Resident/Pass Holder	\$50 NR
20 Classes	\$80 Resident/Pass Holder	\$100 NR

Zumba Freedom Pass

This pass is similar to the Fitness Freedom Pass. The pass allows to take all Zumba classes at a reduced rate.

5 Classes	\$25 Resident/Pass Holder	\$30 NR
10 Classes	\$50 Resident/Pass Holder	\$60 NR
20 Classes	\$100 Resident/Pass Holder	\$120 NR

Week To Give

(Dec. 7 - 13, 2014)

The Week To Give is an opportunity for our fitness community to give back. Additional fitness classes and special instructor combinations make The Week To Give a fun and worthwhile experience. 100% of the class fees are donated to the Center for Groveport Madison Human Needs. In 2013, we raised \$1,251.00. Look for a schedule of events at the front desk and fitness desk.

Things that make you go hmmm

"The excellence of a gift lies in its appropriateness rather than its value." - Charles Dudley Warner

Happy Holidays!

Stuck in a Workout Rut?

We've all been there. Whether you need some extra motivation, training tips or diet assistance, one of our three personal trainers can give you what you want or need. Further information regarding Jordan, Sara and Joe is located near the fitness center desk.



GROVEPORT PARKS & RECREATION DEPT.

- Adult Sports -

- Youth Sports -

614-836-1000 / www.groveportrec.com

Men's Winter Basketball League

It's time to get off the couch, find your high tops and grab some of your buddies for some rec league hoops action. Teams will play a 10 game schedule and we will wind down the season with a single elimination tournament. Registration is on a first come - first served basis. Games are on Sundays at the beautiful Groveport Recreation Center.

- Ages:** Men 18 years of age & older
- Days:** Sundays, beginning Dec. 7
- Fee:** \$525/team
- Registration:** Oct. 6 - Nov. 30



Co-Ed Winter Volleyball Leagues

The Groveport Parks and Recreation Dept. is offering an Adult Fall Volleyball League. This league will play on Wednesday evenings and is competitive. All teams will play 10 matches then all teams will then be invited into an end of season, single elimination tournament.

- Who:** Men & Women 18 and over
- Date:** Tentatively begins week of January 14, 2015
- Location:** Groveport Recreation Center
- Team Fee:** \$250
- Registration:** Thru Jan. 7, 2015

Co-Ed Winter Pickleball League

Pickleball is a fun game and a great way to get exercise. We provide all equipment. Participants are guaranteed 2 games, self scored for eight weeks. Games will be played as doubles. Partners will be assigned and will change weekly. All levels are encouraged to play. If this is your first experience with Pickleball, do not worry. The first night of play is an open gym for all players. A morning and evening session are available for league play.

- Date & Time:** Open Gym – Thursday January 15
Morning Session - 10:00 AM - 1:00 PM
Evening Session - 6:00 PM - 9:00 PM
- Location:** Groveport Recreation Center
- Fee:** \$40
- Registration:** Thru Jan. 15, 2015



Questions regarding the Jump Starts Sports Programs should be directed to Aaron Bally, Area Manager at 440-371-6585 or abally@jumpstartsports.com. *denotes a \$10 late fee will be assessed if registering after deadline, provided space is still available.

3rd - 4th Grade Volleyball Clinic

This is a fun instructional clinic that will cover serves, sets, spikes, blocks, returns, positioning & team strategy. Whether your child is an experienced player or complete novice, they will have fun learning about the sport. Fee includes t-shirt. Knee pads are recommended, but are optional. This program is run by Jump Start Sports.

- Who:** 3rd - 4th Grade Boys & Girls
- Dates/Times:** Mon., Jan. 19 - Feb. 23, 5:30 pm - 6:30 pm
- Location:** Groveport Rec Ctr. **Fee:** \$60*
- Registration:** Accepted thru Jan. 13



Now this is some serious fun!

5th - 6th Grade Volleyball League

The Jump Start Sports Staff will teach the fundamentals of the game of volleyball. Practices will take place on Monday evenings and games will be played on Thursday evenings. Fee includes t-shirt. Knee pads are optional.

- Who:** 5th - 6th Grade Boys & Girls
- Dates/Times:** Mon., Jan. 19 - Feb. 23, 6:30 pm - 7:30 pm
Thurs., Jan. 22 - Feb. 26, 7:30 pm - 8:30 pm
- Location:** Groveport Rec Ctr. **Fee:** \$70*
- Registration:** Accepted thru Jan. 13



GROVEPORT PARKS & RECREATION DEPT. - Youth Sports -

614-836-1000 / www.groveportrec.com

Little Hoop Stars

Coaches from Jump Start Sports will run this instructional program. Player will be taught the basics of dribbling, passing, shooting, positioning, defense & rebounding, then apply what they learn in fun non-competitive games. Parents are welcome to assist. Players will be assigned to teams and most sessions will include instruction & game. Fee includes t-shirt & medal.



Who: 4 - 6 Yrs.
Dates/Times: Sat., Jan. 17 - Feb. 21
 1:30 pm - 2:30 pm or 2:30 pm - 3:30 pm
 based on your team's schedule
Location: Groveport Recreation Center
Cost: \$55
Registration: Accepted thru Jan. 11



5th - 6th Grade Basketball League

Games will be played on 10 foot hoops with rules geared towards making the league fun with focus on building basketball fundamentals. Players will be evaluated and placed on teams in an effort to create a balanced league. Teams will typically practice one evening per week and will play games on Saturdays and possibly weekday evenings. Fee includes keepsake t-shirt jersey and award. Separate Boys' & Girls' Divisions will be offered. However, in the event that there are not enough players registered to have separate divisions, the divisions will be combined and a co-ed league will be formed. Volunteer coaches are needed.

Who: 5th - 6th Grade Boys & Girls
Dates: Jan. - Mar.
Cost: \$45 Resident / \$55 Non-Res.
Registration: Thru Dec. 29



OnLine Registration for Programs



In order for you to register online, your email address must match the email address that we have in our database. If your email does not match the one in our system, please stop by the Groveport Rec. Center and check to make sure that we have your correct email address. You will need to provide us with a picture ID (Driver License or State Issued ID Card). This will ensure that your information is current. We will then be able to assign you a User ID and Password (PIN).

If you are a **City of Groveport resident or corporate resident** and have NOT participated in any type of program or have not purchased a membership/pass within the last 6 months, you will need to come into our office so we can verify your residency status. Please bring a valid Driver License and Groveport Water Bill and/or another utility bill. Once we verify your residency status, you will be able to register online and receive the Groveport resident rate.

If you are a **Non-Resident** and have never registered with us, please complete the Non-Resident OnLine ID Request Form, located on our website. Please fax, email or drop-off the completed form to our office so your household information can be entered into our system. Your Username and Password will then be emailed to you so that you can use the online program registration system.

This article is continued on page 9.

Indoor Soccer

Kids will learn the basics of soccer, including dribbling, passing, trapping, shooting & defense. This 6 week session consists of instruction, drills and low key games. All coaching will be conducted by Jump Start Sports staff, but parents may assist. This class is limited to 20 participants. Fee includes t-shirt & medal.

Who: 3 - 4 Yrs. (5:30 pm - 6:30 pm)
 5 - 6 Yrs. (6:30 pm - 7:30 pm)
Dates: Thursdays, Jan, 22 - Feb. 26
Location: Groveport Recreation Center Gym
Cost: \$55
Registration: Accepted thru Jan 16



Photo courtesy of Rick Palsgrove at Messenger Newspaper

Pumpkin Derby entries gain speed down the track at the Groveport Recreation Center in late October.

GROVEPORT PARKS & RECREATION DEPT.

- Sports Medicine Minute -

614-836-1000 / www.groveportrec.com

What is Spondylosis?

Spondylosis is a stress or fatigue fracture of an area of the spine called the pars interarticularis. Typically, "Spondy" is caused by repetitive hyperextension (arching) and rotation of the back; muscle tightness and strength imbalances of the back and core muscles may also contribute. This repetitive or excessive force causes injury that exceeds the bone's ability to heal. Rarely, it can occur due to an acute fracture with severe trauma from a sudden blow. This injury is commonly seen in adolescent athletes complaining of low back pain.

What are common signs and symptoms?

- Chronic pain (> 2 - 3 weeks) in the low back that is worse with hyperextension and twisting.
- Stiffness of the lower back
- Tightness of the hamstring muscles

Can "Spondy" be prevented?

The following can decrease the risk of obtaining "Spondy":

- Using proper technique
- Wear proper protective equipment and ensuring correct fit
- Appropriately warming up and stretching before practice or competition
- Maintaining appropriate conditioning, back & hamstring flexibility, back & core muscle strength & endurance and cardio fitness.

What increases the risk for "Spondy"?

Risk factors associated with "Spondy" include:

- Any sport in which movement causes hyperextension of the back with either excessive rotation or repetition. It is commonly seen in: gymnastics, football, diving, weightlifting, dance, rifle shooting, wrestling, tennis, swimming, running, volleyball, track & field, rugby, contact sports
- Poor physical conditioning (strength & flexibility)
- Inadequate warm-up before practice or play
- Family history of "Spondy"
- Poor technique

What possible complications are associated with "Spondy"?

- Delayed healing or resolution of symptoms, particularly if sports are resumed too soon
- Frequent recurrence of symptoms, resulting in a chronic problem.
- Chronic pain and non-healing of the fracture
- Prolonged disability
- Progression to Spondylolisthesis (slippage or movement of one vertebrae on another)

How is "Spondy" commonly treated and what is the prognosis?

Initial treatment consists of rest from activities that cause the pain (no hyperextension). Non-steroidal anti-inflammatory medications (such as ibuprofen) or other minor pain relievers (such as acetaminophen) are sometimes recommended for pain. Application of ice may also be used to relieve pain. A back brace may be recommended to prevent hyperextension. As pain subsides, a referral to a physical therapist or athletic trainer may be recommended for evaluation and further treatment. Rehab exercises focus on improving strength and flexibility and learning

proper back mechanics. Symptoms typically improve within 6 - 12 weeks and return to sport is often possible within 3 - 6 months. Surgery is rarely necessary and is reserved for those athletes who have persistent pain despite 6 - 12 months of appropriate conservative treatment.

Consult your primary care physician for more serious injuries that do not respond to basic first aid. As an added resource, the staff at **Nationwide Children's Hospital Sports Medicine** is available to diagnose and treat sports-related injuries for youth and adolescent athletes. Services are now available in five locations. To make an appointment, call 614-355-6000 or request an appointment online.



**NATIONWIDE
CHILDREN'S**

When your child needs a hospital, everything matters.™

OnLine Registration for Programs - continued from page 8

1. Visit our website (www.groveportrec.com).
2. On our home page, click the ONLINE REGISTRATION line. This will take you to a Login Page.
3. Type in your Username (ID) and Password (Pin).
4. Change your password. You will be prompted to do this immediately. NOTE: Please make note of your password as our staff will not have access to your password. If you forget your password, please click "Forgot my Password".

If you have any questions, please contact:

Cathy Kirkwood, Administrative Assistant
614-836-1000 ext. 1504 / ckirkwood@groveport.org

Braydon Jordan, Front Desk Coordinator
614-836-1000 ext. 1508 / bjordan@groveport.org

GROVEPORT PARKS & RECREATION DEPT.

- Aquatics -

614-836-1000 / www.groveportrec.com

The Groveport Parks and Recreation Department is a local provider of The American Red Cross Learn-to-Swim program.

Parent & Tot (6 months to 2 years of age):

This class is designed to give children an introduction into the world of pool water. Hands-on parent involvement required. You and your child will gain confidence in the water and learn water safety skills.

Pre-school Program (3 years to 5 years of age):

Splash, play games and build confidence. Class is designed for children that are unsure of the water.

LEVEL 1 - Introduction to Water Skills:

Helps students feel comfortable in water. Participants learn to enter & exit water safely, open eyes underwater & pick up submerged object, swim on front & back using arm & leg actions, submerge mouth, nose & eyes, float on front & back, follow basic rules, exhale underwater through mouth & nose, explore arm & leg movements, use a life jacket.

LEVEL 2 - Fundamentals of Aquatic Skills:

Participants learn to enter water by stepping or jumping from side, open eyes underwater, pick up a submerged object, roll over from front to back & back to front, swim on side, exit water safely using ladder or side, float on front & back, tread water using arm & leg motions, move in the water while wearing a life jacket, submerge entire head, perform front & back glide, swim on front & back using combined strokes.

LEVEL 3 - Stroke Development:

Participants learn to jump into deep water from the side, bob with head fully submerged, perform survival float, butterfly (kick & body motion), use check-call-care in an emergency, dive from kneeling or standing position, use rotary breathing in horizontal position, change from horizontal to vertical position on front & back, perform the HELP & Huddle position, submerge & retrieve an object, perform front & back glide & crawl, perform a reaching assist.

LEVEL 4 - Stroke Improvement:

Participants learn to shallow dive or dive from stride position, perform open turns on front & back using any stroke, swim underwater, tread water using sculling arm motions & kick & perform feet first dive. Swimmers will perform front & back crawl, swim on side using scissors-like kick, breaststroke, butterfly & elementary backstroke.

LEVEL 5 - Stroke Refinement:

Participants learn to tread water with two different kicks, learn survival swimming & perform rescue breathing. Swimmers will perform standing dive, pike surface dive, butterfly, shallow dive, front flip turn, breaststroke, backstroke flip turn, elementary backstroke, tuck surface dive, front & back crawl, sidestroke.

LEVEL 6 - Swimming & Skill Proficiency:

Participants will refine their strokes so they swim with ease, efficiency, power and smoothness over greater distances. This class prepares swimmers to participate in more advanced courses, including Water Safety Instructor & Lifeguard Training Courses. These options include: personal water safety, fitness swimming, lifeguard readiness & fundamentals of diving.

Group Swim Lessons



Let our staff teach your child the skills they will use the rest of their life. Classes normally fill quickly. Registrations are taken on a first come, first served basis. In the event of "bad" water chemistry or storms in the area, some classes may be held out of the water.

Ages: All (6 months - 15 years & Adults 16+)

Fee: \$45 Res / \$55 Non-Res

\$5 late fee assessed if participant is registering after posted registration deadline & provided space is still available.

Dates: Jan. 6 - Jan. 29 (T/Th., PM @ indoor)

Registration = Dec. 22 - Jan. 5

Jan. 10 - Feb. 28 (Sat., AM @ indoor)

Registration = Dec. 29 - Jan. 9

Feb. 10 - March 5 (T/Th., PM @ indoor)

Registration = Jan. 26 - Feb. 9

Private & Semi-Private Lessons

Is your little one having a hard time integrating into a group lesson? Are you looking for stroke refinement for your older swimmer? Private Lessons might be just what you need. We offer Private (1 swimmer) or Semi-Private (2 or more swimmers) Lessons with an instructor.

Please contact Kelly Carter (Aquatics Coord.) at 614-836-1000 ext. 1512 to be set up with an instructor. The cost is \$180 for six 30-minute Private Lessons or \$240 for six 30-minute Semi-Private Lessons.

Master's Swimming

Are you at least 19 years of age? Enjoy swimming as part of your workout? If so, give Kelly Carter (Aquatics Coord.) a call at 614-836-1000 ext. 1512 or send her an email at kcarter@groveport.org. She would be happy to give you more information regarding our Masters Swim Team. Practices are Mon., Wed. & Fri., 6 - 7 AM.

SCUBA

Register now for winter classes.

Jan. 25, Feb. 1, 8 & 15 Class Room: 5 - 6 pm

GRC Indoor Pool: 6 - 8 pm

\$375 (Checks payable to Columbus Scuba).

Questions: call Columbus Scuba at 614-500-7234

GROVEPORT PARKS & RECREATION DEPT.

- Classes & Special Events -

614-836-1000 / www.groveportrec.com

Parent-Tot Open Gym & Swim

Open Gym - We provide the space, music, toys & opportunities for gross motor play, as well as some structured staff led activities. Come have fun and make some new friends. Participants must wear soft soled shoes and all children must be accompanied by an adult. **Open Swim** - All children must be accompanied by an adult and children that are not toilet trained must wear swim diapers.

Who: Parents & their kids (5 yrs. & under)
Date & Time Mon. (Gym), Wed. (Gym), Fridays (Swim)
 10:00 AM - 11:00 AM
Cost: \$2.50 one child; \$4 two children;
PARENTS ARE FREE. \$5 three children; \$8 four+ children
 \$20 for a 10 visit punch pass.
 Kids must be in same family to receive multi-child discounted rate.

Kids' Night Out

Ditch the parents and head to the GRC for some good old fashion fun. Well, you might need a ride. Play games, swim, eat pizza, climb the wall (on occasion) and more under the watchful eyes of our staff. Pack your swim suit and towel as well. Don't forget your tennis shoes! Space is limited so sign up early. Where else can you find a deal this good?

Who: 6 - 11 year olds
Dates/Times: Fridays: Dec. 12 / 5:30 PM - 8:30 PM
Cost: \$ 8 Res. / \$10 Non-Res.
Registration: The deadline to register is the Wed. before the scheduled Friday.

MARK YOUR CALENDAR NOW so you don't miss our annual Santa special events.



Dinner With Santa

Santa will be in Groveport and we have made arrangements with Mrs. Claus to have Santa stop at the GRC for Dinner on the evening of Saturday, Dec. 13. He is finalizing his List and wants all area children to come and visit him just in case there are any last minute requests. Semi-formal dinner and drinks will be provided. Other activities include photo with Santa, caroling, crafts, coloring, dancing and tons of holiday fun. All children must be accompanied by an adult. All participants must pre-

Who: All (Family Event)
Dates/Time: Sat., Dec. 13 / 5:30 PM
Cost: \$6 per person
Register: Accepted thru Dec. 1

Santa's Calling

Would you like to have your son or daughter receive a personal phone call from Santa or Mrs. Claus? We've made arrangements with the Jolly Ole Family to help us out over a two-day period. Forms are available at the Groveport Rec. Center. This program has been a big hit in year's past. Please do not wait until the last minute to register.

Who: Children 3 years & above
Dates/Time: December 16 & 17 (5:30 PM - 8:30 PM)
Cost: Free
Register: Accepted thru Dec. 15



Swim With Santa

Santa will be visiting the indoor pool and kids & adults will have an opportunity to swim with the Big Elf. Santa and his lifeguard elves will be listening to holiday wishes and handing out candy & gifts to all registered participants. Bring your camera if you would like to have your photo taken with Santa. All children must be accompanied by an adult. All persons attending event must be registered.

Who: All
Dates/Time: Friday, Dec. 12 / 6:30 pm - 8:30 pm
Cost: \$4
Registration: Accepted thru Dec. 10
Location: GRC Indoor Pool

GROVEPORT PARKS & RECREATION DEPT.

- Classes & Special Events - - Home School -

614-836-1000 / www.groveportrec.com

Women's Self Defense

BACK BY POPULAR DEMAND. The November class SOLD OUT. Women will learn how to recognize and fight off hand and arm grabs, grabs from behind, choke holds and other unwanted touches by an attacker. Participants will learn how to stand and where and how to strike and kick. The techniques can be physically challenging so your level of participation should be based on your physical & mental abilities.

Why take this class? 1. Crime can happen to anyone at any time. This class will teach you what to do when faced with violence. 2. Be a role model for the next generation. 3. Become empowered. 4. You hope you never need it, but when you do, you are glad you have it. 5. Do it for the ones that count on you.

- Who:** Participants must be a minimum of 14 yrs of age by Jan. 14
- Dates / Times:** Wed., Jan. 14 & Jan. 21 / 6 pm - 9 pm
- Cost:** \$5 per person (covers both days)
- Location:** Groveport Recreation Center
- Registration:** Accepted thru Jan. 9, or until the class fills. Limited to the first 30 registrants.



The Women's Self Defense Classes are taught by Groveport Police Dept. Officers

This class could one day SAVE YOUR LIFE!

Pass Holder Appreciation Day

Grab a friend or a family member and head to the GRC on Sunday, Dec. 28. If you are an Annual Pass Holder, your friend or family member is FREE. Just make sure that they bring identification. Adults must bring either driver license or State ID. High school students must bring school identification card.

SUNDAY, DECEMBER 28
Save the date!

Fun With Fitness

This class will help your child develop motor skills, learn teamwork, improve social skills all while getting exercise. Your child will be engaged in active group games as well as learn the basics of traditional and non-traditional sports. Please wear appropriate gym attire along with soft-soled, closed-toe shoes.

- Who:** 4 - 6 Yr., 7 - 10 Yr. & 11 - 18 Yr.
- Dates / Times:** Fridays / 10:15 am - 11:15 am
Winter Session: Jan. 9 - March 13
- Cost:** \$25
- Location:** Groveport Rec Center Gym
- Registration:** Accepted thru Jan. 8



Water Fun

This class is an instructional swimming course, but is not the American Red Cross Learn to Swim Program. Participants do not need to be enrolled in an additional class to participate.

- Who:** 5 - 10 Yr.
- Dates / Times:** Fridays / 9:00 am - 10:00 am
Winter Session: Jan. 9 - March 13
- Cost:** \$25
- Location:** Groveport Rec Center's Indoor Pool
- Registration:** Accepted thru Jan. 8



Swim Time

Participants must be enrolled in Fun With Fitness in order to enroll in Swim Time. This is an open swim time designed to allow your child to have fun in the water without instruction. Children under 10 years must be accompanied by an adult who must directly supervise them while in the water.

- Who:** 4 - 18 Yrs.
- Dates / Times:** Fridays / 11:30 am - 12:30 pm
Winter Session: Jan. 9 - March 13
- Cost:** \$25
- Location:** Groveport Rec Center Indoor Pool
- Registration:** Accepted thru Jan. 8

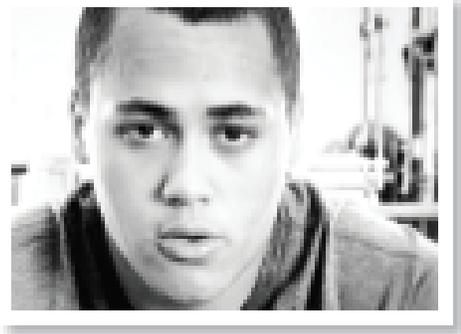


GROVEPORT PARKS & RECREATION DEPT. - Important Dates -

614-836-1000 / www.groveportrec.com

EVENT / PROGRAM	DATE
Men's Winter Basketball League registration deadline	Nov. 30
Dinner With Santa registration deadline	Dec. 1
Free Blood Pressure Screenings at GRC (9 am - 12 pm)	Dec. 4
Week To Give	Dec. 7 - 13
Groveport Rec Center CLOSED for scheduled maintenance	Dec. 5
Swim With Santa registration deadline	Dec. 10
Swim With Santa at GRC (pre-registration required)	Dec. 12
Kids Night Out at GRC	Dec. 12
Dinner With Santa at GRC (pre-registration required)	Dec. 13
Santa's Calling registration deadline	Dec. 15
Free Blood Pressure Screenings at GRC (9 am - 12 pm)	Dec. 18
Christmas Eve (GRC open 5:30 a.m. - 12:00 p.m.)	Dec. 24
Christmas (GRC Closed)	Dec. 25
GRC Annual Pass Holder Appreciation Day	Dec. 28
5th - 6th Grade Basketball League registration deadline	Dec. 29
New Year's Eve (GRC closes at 5:00 p.m.)	Dec. 31
New Year's Day (GRC Closed)	Jan. 1
Mission SLIM-possible registration deadline	Jan. 2

Please see page 10 for Important Dates regarding our Learn To Swim Program.



There's only one sports medicine leader for serious athletes.

We're the best at getting them ready for battle. The best at getting them back in the game. And the best at bringing their goals into reach. We're the sports medicine experts at Nationwide Children's Hospital and we're the best equipped to treat concussions, rehab sports injuries or prevent them from happening in the first place. So, if your athlete is 18 or under, don't risk their career to anyone else.

For more information about our five central Ohio locations, visit NationwideChildrens.org/Sports-Medicine



**NATIONWIDE
CHILDREN'S**

When your child needs a hospital, everything matters.™

GROVEPORT SENIOR CENTER

- General News -

614-836-4599 / www.groveportrec.com

Are you 55 years or older? Do you enjoy shooting pool, playing cards, going on day and overnight trips, playing board games, participating in educational seminars, dancing, exercising, playing shuffleboard, making crafts, eating meals, playing ping pong, participating in holiday special events and more? If so, you might want to consider joining the Groveport Senior Center. Under most cases, persons must be a member of the Groveport Senior Center to participate in programs. Annual membership dues are only \$6. Questions, call Deb at 614-836-4599.

DAILY ACTIVITIES

Monday	Bridge	11:30 a.m.
	Progressive Euchre	12:30 p.m.
Tuesdays	Line Dancing	9:30 a.m.
	Pinochle	11:00 a.m.
Wednesdays	Game Day	11:00 a.m.
	Quilting	12:00 p.m.
	Pinochle	3:30 p.m.
Thursday	Crafts	9:30 a.m.
	Lunch	11:45 a.m.
	Hand & Foot	Times Vary
Saturday	Progressive Euchre	4:00 p.m.

UPCOMING ACTIVITIES & TRIPS

Be a Santa to a Senior

This program runs until the middle of December and is a way for us to brighten the lives of lonely, isolated senior citizens in our own communities. Here's how it works... area nursing homes, senior housing communities, etc., provide the names of people who could use some holiday cheer. Ornaments are made and hung on trees in local Walgreen & CVS stores naming the item(s) that these people need. You simply visit the store, select an ornament from the tree and either purchase it there and leave it there or shop the store of your choice, buy the item and return it along with the ornament, back to the store where you got the ornament. The items will be stored in safe keeping until collected by program volunteers.

Giving Tree

The Senior Center will have a giving tree and will be accepting gloves, mittens, hats and scarves to be donated to area families in need. Donations will be accepted through Dec. 15.

Holiday Food Drive

Drop off any non-perishable food items to the Senior Center before December 15 and help us feed those in need.

Dec. 9... Oglebay Lights

If you have not been to Oglebay Park to see their spectacular display of lights then now is the time to go. The cost is \$30, due upon registration, and includes deluxe motor coach transportation and a guided tour of the fabulous light display. Dinner will be on your own at Mehlmans Cafeteria in St. Clairsville. Call the Senior Center at 614-836-4599 or stop in and register.



Dec. 12... Monthly Craft

Join us at 10:30 am as we make a craft. Sponsored by Winchester Place. FREE.

Dec. 17... Gift Wrapping Party

Join us for an hour or two as we wrap gifts for our local senior citizens who are a part of the "Santa to a Senior" program. Just give us a call at 614-836-4599 and let us know that you are coming. All supplies are provided.

The Groveport Senior Center staff & members want to wish you and your family a safe and happy holiday season.



GROVEPORT CULTURAL ARTS CENTER

- Adult Programs -

614-836-3333 / www.groveport.org

community affairs department

Line Dancing

All skill levels and ages are invited to participate in this daytime line dancing program. Please wear shoes with leather soles or socks.

Dates/Times: Monday & Wednesday / 10:00 -11:30 am
Location: Groveport Town Hall
Cost: Free
Registration: Drop in

Elegant Profile Dance

The Elegant Profile Dance Class focuses on the most beautiful and graceful synchronized dances in a similar to Rumba and Waltz line dances. Dress is casual, and no previous experience is necessary as each dance will be instructor led. Ages 15 and up.

Dates/Times: Wednesdays / 7:00 pm
Location: Groveport Town Hall
Cost: \$6 resident / \$7 nonresident
Registration: Drop in

Art of Movement

The Art of Movement Foundations combines the East and West intuitive dance practices to help you add energy and relieve stress.

Who: 16 and up
Dates/Times: Thursdays / 6:30 - 8:00 pm
Location: Groveport Town Hall
Cost: \$4 resident / \$5 nonresident
Registration: Drop in

TOPS Weight Loss Support Group

Who: Everyone
Dates/Times: Wednesdays / 9:30 am
Location: Groveport Town Hall

Christmas Pine Wreath Class

Decorate a beautiful artificial pine wreath to adorn your front door. All materials are provided in class fee. Space is limited.

Who: 13 and up
Dates/Times: Monday December 1 / 6:30 -8:00 pm
Location: Groveport Town Hall
Cost: \$35 resident / \$40 nonresident
Registration: Prepay by November 27

Knitting Help for the Intermediate to Advanced Knitter

Are you having trouble with a project you're working on, don't understand a pattern or have knitting questions? This class is for you! In this open class, we can review/discuss knitting challenges, ideas and review patterns. Knitters must have prior experience in knitting. Bring your projects and knit with us.

Who: 13 and up
Dates/Times: Wednesday December 3, 10 & 17 / 6:30 pm
Location: Groveport Town Hall
Cost: \$10 resident / \$12 nonresident
Registration: Prepay by December 2

Scrapbooking Club

Make homemade holiday cards using scrap booking techniques.

Who: Adults - 13 and up
Dates/Times: Thursday, December 4 / 6:30 pm
Location: Groveport Town Hall
Cost: Free / Call for supply list
Registration: Up thru each program date

*Town Hall will be closed
December 24 & 25
in observance of the Holidays.*



GROVEPORT CULTURAL ARTS CENTER - Adult Programs -

614-836-3333 / www.groveport.org

community affairs department

Tuesdays@One

Adult (child friendly) art and education program every Tuesday. Speakers, demonstrations, creative projects and activities. Do to supplies being provided, please call to register.

Who: Adults (child friendly)
Dates/Times: Tuesdays / 1:00 pm - 2:00 pm
Location: Groveport Town Hall
Cost: FREE
Registration: Accepted thru Tuesday of each class

- December 2 **Candy Buckeyes**
Supplies provided
- December 9 **Protecting Your Vision**
By: OSU Extension Office
- December 16 **Light Bulb Craft**
Supplies provided
- December 23 **Craft Hour**
Sponsored by **Home Depot**
- December 30 **Cake Pops**
Supplies provided



Arm Knitting

Learn to knit a chunky scarf by using your wrists and arms. No needles are required but some knitting experience is helpful. Please call for the supply list.

Who: 15 and up
Dates/Times: Monday, December 8 / 6:00 pm - 8:00 pm
Location: Groveport Town Hall
Cost: \$15 resident / \$18 nonresident
Registration: Prepay by December 6



Sewing Class - Jar Cozy

Customize a cover to decorate jars, cans or candle jars of your choice. Limited sewing involved in this holiday project perfect for gift giving. A limited number of machines are provided. An additional \$5 fee paid to the instructor will cover all needed supplies. Paid participants during class time only.

Who: 13 and up
Dates/Times: Tuesday, December 9 / 6:30 pm
Location: Groveport Town Hall
Cost: \$15 resident / \$18 nonresident
Registration: Prepay by December 6

Canvas Painting Party

All ages will enjoy a winter theme canvas painting. It's a great way to spend time with a friend or to meet new friends while making a treasure for yourself or to give as a gift. Prior painting experience is *not* required. This class will be led by a talented artist that will provide step-by-step instructions. All supplies are included. Space is limited.



Who: Everyone
Dates/Times: Friday, December 12 / 6:00 pm - 8:30 pm
Location: Groveport Town Hall
Cost: \$35 resident / \$37 nonresident
Registration: Prepay by December 11

Need a room to hold your meeting or event?



Room rentals at Town Hall and Crooked Alley KidSpace are available. However, open dates will be filling quickly. Starting January 1, 2015 there will be a \$25.00 nonrefundable fee for residents to reserve a room, nonresidents rates have not changed. Please contact Town Hall at 614.836.3333 for more information.

GROVEPORT CULTURAL ARTS CENTER

- Adult Programs -

614-836-3333 / www.groveport.org

community affairs department

Happy Holidays!

20 WAYS TO GIVE BACK FOR THE HOLIDAYS

- Say thanks to our soldiers
- Buy One Give One
- Be Santa's Helper—Toys for Tots
- Just pick up the phone
- Be a Mentor
- Collect socks for Seniors
- Knit for a cause
- Lend a ear
- Spare your change and donate
- Encourage Giving
- Adopt a Family
- Open your home
- Donate your wheels
- Help end Hunger
- Donate an old cell phone
- Donate a coat
- Volunteer
- Share your wheels
- Give a hand—help the elderly
- Start a can do project in your neighborhood

The most precious gift you can give someone is the gift of your TIME and ATTENTION.



Words of Wisdom for December

“Believe you can and you are halfway there”

Theodore Roosevelt

The power of belief can't be overstated, and it's summed up nicely in this quote. Without belief you'll never get there, so believing that you can is crucial to the process. Believing that you can do it summons the forces of the universe behind you to help you along. Doubting yourself and whether or not you can do it means that you'll only give half-hearted effort, and you won't be nearly as powerful as you can be. Belief can come with time, so don't fill you have to believe you can do it all, just believe that you can accomplish the first step in getting there.

RECIPE OF THE MONTH

Cranberry, Sausage and Apple Stuffing

- 1 lb. sweet Italian sausage
 - 1/4 c. butter
 - 6 cups coarsely chopped leeks
 - 3 tart apples peeled/cored/chopped
 - 2 c. chopped celery
 - 4 tsp. poultry seasoning
 - 2 tsp. dried rosemary
 - 1 c. dried cranberries
 - 12 c. dried bread cubes
 - 1 1/3 c. chicken stock
 - Salt/pepper to taste
1. Cook and stir sausage in a large skillet over medium heat, crumbling coarsely, for 10 min. Remove sausage to a large bowl with a slotted spoon. Empty pan of grease.
 2. Into the same pan melt the butter. Add the leeks or onions, apples, celery and poultry seasoning; cook until softened, about 10 min. Add the rosemary, dried cranberries and cooked sausage, Mix all with the dried bread cubes. Season to taste with salt and pepper. Moisten with the chicken stock.
 3. Stuff turkey with 5 c. for a 14# turkey. Add additional chicken stock to moisten stuffing if needed. Remaining stuffing can be baked in a covered buttered casserole at 350 degrees for 45 min. Uncover and bake for another 15 min. to brown top.



GROVEPORT CULTURAL ARTS CENTER - Youth Programs -

614-836-3333 / www.groveport.org

community affairs department

Preschool Playgroup

- Who:** Preschool children
- Dates/Times:** *Grow With Me*
Tue. & Wed. / 10:00 - 11:30 am
Activities designed to accommodate different age groups within the same setting. Lessons, snacks, and free play help children grow academically and socially.
- Rock n' Rollers*
Thurs. / 10:00 -11:00 am
Movement and movement-centered program for your junior rockers.
- Preschool Picassos*
Friday / 10:00 - 11:00 am
Creative crafts that little hands can easily construct. Adult participation is required.
- Location:** KidSpace, 630 Wirt Road
- Cost:** Free
- Registration:** Drop in

Preschool Story Hour

Little ones can join Miss Angela at the KidSpace library for story time and a craft designed especially for ages 1-5. A different children's author will be highlighted each month. A minimum of 10 registrations are needed.

- Who:** Preschool ages 1 - 5
- Dates/Times:** Saturday, December 14 / 2:00 pm
- Location:** KidSpace, 630 Wirt Road
- Cost:** Free
- Registration:** By December 12



New Program... Free Kid's Book Club!

Are you an avid reader? A reluctant reader? Somewhere in between? All are welcome! This club will be led by Ms. Grimmert, a licensed teacher that teaches reading intervention. Bring a list of some of your favorite reads to the first meeting and be prepared to briefly summarize one or two of them. We will decide as a group what our first "Hot Read" will be. Parents are welcome and encouraged to participate with your child. Call to reserve your spot for this free club!

- Who:** Grades 2 - 4
- Dates/Times:** Dec. 2 & 16 / 6:00 -7:00 pm
- Location:** Town Hall
- Cost:** Free
- Registration:** By November 28

The Ink Academy School Readiness Programs

The INK Academy is designed to provide academic enrichment programs for children and youth. We believe that every child is born with abilities and our goal is to assist each child with discovering and unlocking the abilities for reading, writing, and mathematical concepts.

In December, The INK Academy Discovery Programs will offer two different series consisting of 3 classes each. Income based scholarships are available.

- Series1: Reading & School Readiness Skills
Series 2: Math & School Readiness Skills

- Who:** Ages 2 - 5
- Dates/Times:** Dec. 6, 13 & 20
Series 1: 9:00 -10:30 am
Series 2: 10:30 am - 12:00 pm
- Location:** Town Hall
- Cost:** \$90 resident/\$98 nonresident (each series)
- Registration:** By December 4

GROVEPORT CULTURAL ARTS CENTER - Youth Programs -

614-836-3333 / www.groveport.org

community affairs department

Candy Jar Picassos

Children will enjoy transforming an ordinary jar into a decorated candy container at this unique art class. Bring an empty, clean, medium size jar.

Who: Ages 5 –10
Dates/Times: December 2 / 7:00 pm
Location: KidSpace, 630 Wirt Road
Cost: Free
Registration: By December 1

Presents for your Parents

Children can make their own gifts to give to their parents. Space is limited. Register early.

Who: Ages 5 –10
Dates/Times: December 9 / 7:00 pm
Location: KidSpace, 630 Wirt Rd
Cost: Free
Registration: By December 8



It's a Wrap!

We'll make several sheets of specialty wrapping paper using different techniques at this program designed for tweens. All supplies will be provided, just bring your imagination!

Who: Ages 8 –12
Dates/Times: December 16 / 7:00 pm
Location: KidSpace, 630 Wirt Road
Cost: Free
Registration: By December 14



Do you have a hidden talent?

Do you have experience with a particular art form? How about a hobby that you simply love and would like to share with others? Town Hall is looking for additional instructors to teach adult and children's art and education classes. Instructors have the choice to charge a fee or offer classes free of charge. For additional information, please contact Groveport Town Hall 614-836-3333.

Holidaze Craft Camp

Wondering what to do over winter break? Come to KidSpace and participate in our 2014 Holidaze Camp. Register for one or all four days. Supplies are included.

Monday Dec. 29: Let it Snow-Snowman Crafts
Tuesday Dec. 30: Treasure Box
Wednesday Dec. 31: New Year's Crafts and Fun
Friday Jan. 2: Mosaic Madness

Who: Ages 5 -12
Dates/Times: December 29 - January 2 / 1:00 pm
Location: KidSpace, 630 Wirt Road
Cost: Free
Registration: By December 26

Trick or Treat in Groveport

The ghost and goblins and all the pretty little princesses were out in full force on Trick or Treat night in Groveport. With the coordination of the Groveport Police Department and Community Affairs Department hot dogs, popcorn and fruit punch were passed out in front of Town Hall. The newest attraction this year was a pumpkin carver who carved and created custom works of art. Front Street was a popular place to trick or treat and see all the spooky houses that were decorated for Halloween. A big thank you to the Groveport Lions Club in continuing their annual Block Party at 7:00 pm with prizes awarded to the prettiest, most original, ugliest and scariest costumes.



GROVEPORT CULTURAL ARTS CENTER - Holiday Events -

614-836-3333 / www.groveport.org

community affairs department

Santa Night at Town Hall

Bring the whole family to Town Hall and welcome Santa's arrival on a fire truck! Start at the Tree Lighting across from Town Hall at 6:30 pm. Then you can visit with Santa, enjoy some refreshments, and watch an ice sculptor demonstration. Children will be able to take home a small treasure to remember the night. Children will be able to "shop" at our Secret Santa "store" with a donation of money or can goods to benefit Groveport Madison Center for Human Needs. Bring your camera!



Dates/Times: Friday, December 5 / 6:30 pm
Location: Groveport Town Hall
Cost: Free

Victorian Christmas

Journey back in time and enjoy a Victorian themed Christmas evening. Enjoy live music played by the "Many Strings Folk Trio", learn period dances, and partake in refreshments and crafts from an earlier era of Ohio's history. Fun for the whole family. Join us in this fun and relaxing evening.

Dates/Times: Saturday, December 13 / 7:00 pm
Location: Groveport Town Hall
Cost: Free
Registration: Drop in

Wrapping Fund Raiser

Does the prospect of wrapping all your presents seem too daunting? Let us help! Bring your gifts to Town Hall and our volunteers will adorn them in beautiful paper and ribbons just in time for the holidays. All donations will benefit the Groveport Madison Center for Human Needs.

Who: Everyone
Location: Groveport Town Hall
Date/Times: Saturday, December 13 / 1:00 - 3:30 pm
Cost: Monetary Donation
Registration: Drop in

Parent's "Time Out"

Need a little extra time for the Holidays? We can't give you extra hours, but we can offer some child-activities so you can enjoy an evening to get items checked off your to do list. Qualified adults and teenage volunteers will entertain you children with crafts, games, activities, dinner, and a movie! All children must be able to use the restroom independently. Space is limited.

Who: Ages 3 -10
Dates/Times: Sunday, December 14 / 5:00 - 8:00 pm
Location: Groveport KidSpace, 630 Wirt Rd.
Cost: Free
Registration: By December 12

Nature Treats and Gifts

Make holiday gifts from natural items for your human and animal friends. Supplies are included.

Who: Everyone
Dates/Times: Saturday, December 20 / 11:00 am
Location: Groveport Nature Center, 551 Wirt Road
Cost: Free
Registration: By December 18

Swaddled in Love-Cake Auction

Swaddled in Love is a nonprofit organization dedicated to supplying diapers to little ones in need. This free family event will have crafts, light refreshments, cake auction, raffles and a donation bin for diapers. Join the community and have fun, bid on a cake, and help support this worthy cause.

Who: Everyone
Dates/Times: Sunday, December 14 / 2:00 - 4:00 pm
Location: Groveport Town Hall

Santa's Mailbox

Place your letters in Santa's mailbox until December 20. Include a stamped envelope for a reply. The mailbox is located just outside of Town Hall.



GROVEPORT CULTURAL ARTS CENTER

- Important Dates -

614-836-3333 / www.groveport.org

community affairs department

EVENT / PROGRAM	DATE
Line Dancing Christmas Pine Wreath Class	Mon., Dec. 1
Tuesdays@One- Candy Buckeyes Kid's Book Club Candy Jar Picassos Grow With Me-Preschool Playgroup	Tues., Dec. 2
Line Dancing TOPS Elegant Dance Knitting Grow With Me –Preschool Playgroup Knitting for Help-Intermediate to Advanced	Wed., Dec. 3
Art of Movement Scrapbooking Club-Holiday Cards Rock n 'Rollers– Preschool Playgroup	Thurs., Dec. 4
SANTA NIGHT Preschool Picassos	Fri., Dec. 5
The INK Academy	Sat., Dec. 6
Line Dancing Arm Knitting Elegant Dance	Mon. Dec. 8
Sewing Class-Jar Cozy Tuesdays@One– Protecting Your Vision Presents for Your Parents Grow With Me-Preschool Playgroup	Tues., Dec. 9
Line Dancing TOPS Weight Management Class Elegant Dance Knitting Grow With Me-Preschool Playgroup	Wed., Dec. 10
Art of Movement Foundations Rock n' Rollers-Preschool Playgroup	Thurs., Dec. 11
Preschool Picassos Canvas Paint Party	Fri., Dec. 12
Ink Academy Gift Wrapping Fund Raiser Victorian Christmas	Sat., Dec. 13
Swaddled in Love-Cake Auction Preschool Story Hour Parent's "Time Out"	Sun., Dec. 14
Line Dancing	Mon., Dec. 15

EVENT / PROGRAM	DATE
Tuesdays@One– Light Bulb Craft Kid's Book Club It's a Wrap! Grow With Me - Preschool Playgroup	Tues., Dec. 16
Line Dance TOPS Elegant Dance Knitting Grow With Me - Preschool Playgroup	Wed., Dec. 17
Art of Movement Foundations Preschool Rock n' Rollers	Thurs., Dec. 18
Preschool Picassos	Fri., Dec. 19
Nature Treats and Gifts	Sat., Dec. 20
Line Dancing	Mon., Dec. 22
Tuesdays@One – Craft Hour sponsored by <i>Home Depot</i> Grow With Me – Preschool Playgroup	Tues., Dec. 23
Closed	Thurs., Dec. 24 & Fri., Dec. 25
Line Dancing Holidaze Craft Camp - Let it Snow	Mon., Dec. 29
Tuesdays@One - Cake Pops Holidaze Craft Camp - Treasure Box Grow With Me - Preschool Playgroup	Tues., Dec. 30
Line Dance TOPS	Wed., Dec. 31

NOTE: Many of the programs noted have registration deadlines. For more info., please refer to each individual program description. - Thank you.

JANUARY ART GALLERY at Groveport Town Hall By: Steven Riggs



Steven's portrays in his work classical oil painting in the style of post Pre Raphaelite realism and design that is inclusive of drawing and architecture.



City of Groveport
655 Blacklick Street
Groveport, Ohio 43125
www.groveport.org



Merry Christmas and Happy Holidays to you and your family.

Municipal Offices, 655 Blacklick Street	614-836-5301
Crooked Alley KidSpace, 630 Wirt Rd.	614-836-3333
Recreation Center, 7370 Groveport Rd.	614-836-1000
Police Dept., 5690 Clyde Moore Drive	614-830-2060
Public Works, 7400 Groveport Rd.	614-836-3910
Town Hall, 648 Main Street	614-836-3333
The Links at Groveport, 1005 Richardson Rd.	614-836-5874

Lance Westcamp..... Mayor
 Shawn Cleary, Ed Dildine, Donna Drury,
 Jean Ann Hilbert, Becky Hutson, Ed Rarey..... Council

Marsha Hall City Administrator
 Ralph Portier Police Chief
 Kevin C. Shannon Law Director
 Jeff Green Asst. Administrator/Finance Dir.
 Tom Walker..... Director of Golf
 Kyle Lund Parks & Recreation Director
 Patty Storts..... Community Affairs Director
 Tom Byrne..... Director of Facilities Management
 Dennis Moore..... Public Works Superintendent
 Stephen Moore..... Chief Building Official

Department Phone Numbers

Administration.....	614-830-2042
Building & Zoning.....	614-830-2045
Clerk of Council.....	614-830-2053
Clerk of Court.....	614-830-2043
Community Affairs.....	614-836-3333
Finance.....	614-830-2048
Human Resources.....	614-830-2051
Law Director.....	614-830-2059
Parks & Recreation.....	614-836-1000
Police.....	614-830-2060
Public Works.....	614-836-3910
Utilities.....	614-830-2048

Community Meetings

Dec. 8, 6:30 p.m. Council Committee of Whole (Municipal Bldg.)
 Dec. 15, 6:30 p.m. City Council (Municipal Bldg.)

