

# The connection

The City of Groveport's Media Hub

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## When "White Death" Hits

It's not a question of if, it's a question of when. If you live in the City of Groveport, please keep in mind that when we get 3 or more inches of snow, there is no parking on certain designated city streets. (codified ordinance 351.20). Those streets are: Main Street (from College Street east to corporation limits), east side of Front Street (from Main Street to corporation limits), Blacklick Street (from Blacklick Park west to College Street) and Elm Street (from Blacklick Park to West Street).

Codified ordinance 521.06 requires owners and occupants of buildings to keep sidewalks free from snow and ice.

## Happy New You!

There's still time to get one of your friends to make a New Year's Resolution. Purchase a gift certificate for a friend and they can apply it towards an annual recreation center pass. If they join by Feb. 29, they can get 13 months for the price of 12 or pick another gift from us, such as (4) one-day passes to the award winning Groveport Aquatic Center OR (4) one-day passes to the Groveport Recreation Center OR (1) free round of golf at The Links At Groveport.

*HAPPY NEW YOU 2016*

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

May be used between 1/2/16 and 2/29/16. 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. Coupon may only be used one time by same person or persons.

7370 Groveport Road  
 Groveport, OH 43125  
 614-836-1000 / [www.groveportrec.com](http://www.groveportrec.com)  
[www.groveportrec.com](http://www.groveportrec.com)



You test drive a car before you buy it. So why not test a community rec center before you decide to purchase a pass? Share this coupon with a friend and encourage them to give us a try on their way to living a happier & healthier life.



# GROVEPORT PARKS & RECREATION DEPT.

## - General News -

614-836-1000 / www.groveportrec.com

### Recreation Coordinator resigns

Vance Casebolt (Recreation Coordinator) resigned his full-time position with the Groveport Parks & Rec. Dept. Vance's last day on the job was January 18, 2016. Vance has accepted a position with the State of Ohio. The City wishes Vance the best of luck in his new job.



The Parks & Rec. Dept. will be looking to fill this position in the near future. In the meantime, questions regarding youth sports, general programming & special events should be directed to Stephania Bernard-Ferrell (Sports/Fitness Manager) at 614-836-1000 ext. 1513 or sbernard@groveport.org.

### Feb. Climbing Wall Hours

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



### 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 Rec. Center.

### Stay Informed

The City of Groveport has partnered with Nixle to implement a Community Notification System to alert persons in real time for localized emergencies, relevant community advisories and community announcements. Once you have registered, you will have the ability to receive information.

There are several simple ways that you can register.

1. Text 43125 to 888777 from your mobile phone to receive mobile phone text messages. This will provide you with general city wide alerts and announcements and police department alerts.
2. Text the keyword (noted below) to 888777 to sign up for department specific announcements that interest you.

Adult Athletics  
GVPTADULTSP

Aquatics Center  
GVPTPOOL

Rec Center Fitness  
GVPTFITNESS

Golf  
GVPTGOLF

G.R.E.A.T. Program  
GVPTGREAT

KidSpace  
GVPTKIDS

Police Department  
GVPTPD

Recreation Center  
GVPTRECCTR

Rec. Ctr. Programs  
GVPTPROGRAMS

Senior Center  
GVPTSRCTR

Senior Transportation  
GVPTSRTTR

Swim Lessons  
GVPTSWLESSON

Town Hall  
GVPTTH

Youth Athletics  
GVPTYOUTHSP

### Mark your calendar...

Registration for **Youth Spring Soccer** begins February 1. Don't get put out in the dog house by missing to sign your son or daughter up for this very popular program. Volunteer coaches and soccer officials (paid) are needed for this athletic program.

For more specific information about the Youth Spring Soccer Program, please turn to page 5.



### Birthday Parties

If you are a parent with an active child, you need to read further. For **\$12.50** per person your child and his/her friends can celebrate a birthday at the Groveport Recreation Center. \$250 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 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). Additional party guests are only \$5/person. To check room availability, please call 614-836-1000 or stop by the front desk.

# GROVEPORT PARKS & RECREATION DEPT.

## - February Group Fitness Class Schedule -

614-836-1000 / www.groveportrec.com

<u>DAY</u>	<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
Mon.	6:30 a.m.	The Wheel Deal	Birk
	9:15 a.m.	Trim Tummies	Denune
	10:00 a.m.	Water Aerobics	Frank
	10:00 a.m.	SilverSneakers Classic	Denune
	11:15 a.m.	Arthritis Aquatics Program	Frank
	5:00 p.m.	Arthritis Land Based Program	Frank
	5:00 p.m.	*Tae Kwon Ki Do/Karate Ki Do	Evans
	6:00 p.m.	Water Aerobics	Denune
Tues.	6:15 p.m.	Zumba	Frank
	7:00 a.m.	*PuroFitness	James
	8:30 a.m.	Water Aerobics	Denune
	5:30 p.m.	Pilates	Neu
Wed.	6:45 p.m.	Stretch, Sculpt & Slim Down	Neu
	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
	6:00 p.m.	Piloxing® Barre	Neu
	6:15 p.m.	Aqua Zumba	Frank
	7:15 p.m.	Shake & Sweat Fitness	Ferrell
Thurs.	7:00 a.m.	*PuroFitness	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.	7:30 a.m.	On the Ball	Denune
	8:30 a.m.	Water Aerobics	Denune
	10:00 a.m.	Cycling with Sara	Denune
	5:30 p.m.	Pilates	Neu
Sat.	8:45 a.m.	Flow Yoga	Kuhn
	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

### Free Blood Pressure Screenings

Compliments of the Madison Township Fire Dept., free blood pressure screenings will be offered in the lobby of the Groveport Recreation Center on the following dates; \*Due to emergency runs, there may be times when the Madison Twp. Fire dept. staff may not be available.\*

<b>Date:</b>	<b>Time:</b>
Thursday, February 4	9:00 AM - 12:00 PM
Thursday, February 18	9:00 AM - 12:00 PM

### \*NEW CLASS\*

#### Shake & Sweat Fitness

Get ready to melt off the calories in this fast paced, high energy fitness class. This class focusses on cardiovascular fitness by introducing Zumba-style moves to great music. Have fun and get an amazing workout!

<b>Who:</b>	Ages 13 and over
<b>Days:</b>	Wednesdays
<b>Times:</b>	7:15 PM - 8:15 PM
<b>Location:</b>	Groveport Recreation Center
<b>Fee:</b>	\$5 Res/\$6 NR *Use your Fitness Freedom Pass
<b>Instructor:</b>	Kalynn Ferrell

### \*NEW CLASS\* Flow Yoga

In this Vinyasa Flow class, you will synchronize breath with movement. Students will focus on linking conscious breath with mindful flow. In Vinyasa class, students awaken their strength, energy and flexibility in a fun atmosphere.

<b>Who:</b>	Ages 13 and over
<b>Days:</b>	Saturdays
<b>Times:</b>	8:45 AM - 9:45 AM
<b>Location:</b>	Groveport Recreation Center
<b>Fee:</b>	\$5 Res/\$6 NR *Use your Fitness Freedom Pass
<b>Instructor:</b>	Allison Kuhn

**\* Pre-registration REQUIRED.**

# GROVEPORT PARKS & RECREATION DEPT.

- Fitness -

- Adult Sports -

614-836-1000 / www.groveportrec.com

## CHALLENGE Yourself

2016 is the year to push the limits and CHALLENGE yourself physically. Every month, a fitness challenge will be presented. Challenges may be to complete 60 minutes or more of cardiovascular exercise weekly OR to complete 3 different chest exercises, 3 times a week for 1 month. We will give you ideas on exercises or tips on how to accomplish the CHALLENGE. Set a goal to complete each monthly challenge and share your results with us! We would love to see your progress. Your dedication will provide you with a healthier perspective AND a chance to win prizes!

Good Luck and Happy Health!

## February CHALLENGE

Try at least 10 minutes of a new cardiovascular machine each week, the entire month of February. Log your mileage and see how far you have travelled.

Treadmill • Elliptical • Recumbent or Upright Bicycle • Indoor Cycle • AMT - Adaptive Motion Trainer • Octane X-Ride • Octane Cross Trainer • Rowing Machine

\*Do you need help with a machine? Ask a fitness attendant for help. We will be happy to show you how the machines work.



## Pass Holder Appreciation Day

- Sunday, Feb. 28 -

Annual Pass Holders can bring a friend or family member to the Groveport Recreation Center for FREE. Proper I.D. required.

## Adult Spring Softball Leagues

The sunshine will be here before you know it! Get your team and your gloves ready. The Groveport Parks and Recreation Dept. is offering 4 Adult softball leagues for the 2016 Spring/Summer season. Each team will play 10 regular season games. Top 6 teams will be invited into a single elimination tournament.

**Who:** Men and Women 18 and over  
Monday - Men's Competitive  
Tuesday - Men's Open  
Thursday - Men's Open  
Friday - Co-Ed

**Season:** Tent. begins week of April 25

**Location:** Groveport Park

**Registration:** March 1 - April 18

**Team Fee:** \$375



## Adult Spring Co-Ed Volleyball Tournament

Each team will be placed into team pools (guaranteed 3 games). Based on standings, each team is then placed into a single elimination tournament. Games are rally score to 25 with a 2 point advantage best of 3 games. T-shirts are awarded to the Tournament Champion.

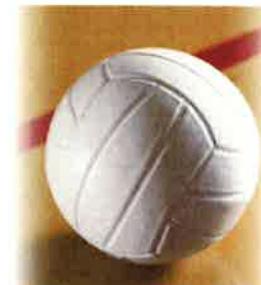
**Who:** Men and Women 18 and over

**Date:** Saturday April 23, 2016

**Location:** Groveport Recreation Center

**Fee:** \$150

**Registration:** March 1 - April 15



## 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. - Youth Athletics -

614-836-1000 / www.groveportrec.com

## Little Hoop Stars (Jump Start Sports)

Professional coaches from Jump Start Sports will run this instructional and recreational basketball program for children ages 4-6. Players are taught the basics of dribbling, passing, shooting, positioning, defense, and rebounding, then apply what they have learned in fun, non-competitive games. Parents are welcome to assist in the coaching, but classes will be run by Jump Start Sports instructors. Players will be assigned to teams and each session will include a game as well as instruction. Fee includes T-shirt and Medal.

- Who:** Boys and Girls 4 - 6 Years  
**Dates/Time:** Session 2  
 Tuesdays, March 1 - April 5  
 5:30 - 6:30 PM or 6:30 - 7:30 PM  
**Location:** Groveport Recreation Center  
**Fee:** \$60  
**Registration:** Feb. 1 - 26



Questions regarding Jump Start Sports programs should be directed to Aaron Bally at [abally@jumpstartsports.com](mailto:abally@jumpstartsports.com)



**This is a very popular class among 4 - 6 year olds. We recommend that you register early as this class may fill to capacity.**



## Spring Soccer League

The Groveport Parks & Rec Dept. will begin accepting registration for one of its largest programs on February 1st. The season will consist of 8 games, which will be tentatively played on weekday evenings & Saturday mornings/afternoons. Practices will be scheduled by the individual volunteer coach. Volunteer Coaches are needed. Interested persons should contact Stephania Bernard-Ferrell (Sports/Fitness Manager) at 614-836-1000 ext. 1513 or [sbernard@groveport.org](mailto:sbernard@groveport.org).

**Leagues:** 4.5 - 6 Yrs., U8, U10, U12  
 Age determined as of Jan. 1, 2016

Separate divisions for boys & girls except for 4.5 Yr. - 6 Yr. Old Division.

**Practices:** Tentatively begin late March

**Games:** Played between April & May

**Registration:** Feb. 1 - March 14

**Fee:** \$45 Resident / \$55 Non-Res.



## Soccer Officials Needed

Are you looking to make a little extra money? Do you enjoy the sport of soccer? Are you at least 14 years of age? If so, you should consider becoming a soccer official with the Groveport Parks & Recreation Department.



For more info., please contact Stephania Bernard-Ferrell (Sports/Fitness Manager) at 614-836-1000 ext. 1513 or [sbernard@groveport.org](mailto:sbernard@groveport.org)

# GROVEPORT PARKS & RECREATION DEPT.

## - Classes & Special Events -

614-836-1000 / [www.groveportrec.com](http://www.groveportrec.com)

### 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 swimsuit 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 years  
**Dates/Time:** Fridays, Feb. 12 & 26  
**Fee:** \$8 Res. / \$10 NR

### Parent Tot Open Swim/Gym

**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)  
**Dates:** Mon. & Wed (Gym) & Friday (Swim)  
**Times:** 10:00 - 11:00 AM  
**Fee:** \$2.50 one child; \$4 two children;  
\$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.

**Registration:** Drop In

### Daddy Daughter Dance

Girls grab you dad, grandpa, uncle or older brother for our 5th Annual Daddy Daughter Dance for ALL ages. Sonic Sounds Entertainment will be here turning out the music that will surely have you and your dad up and dancing. Opportunities for photos, food, games, and fun will also be readily available. The theme for this year's event is: *Under the Sea*

**Who:** All ages  
**Dates/Time:** Friday February 19, 6 - 8 PM  
**Fee:** \$15 Res. / \$20 NR  
\$5 Additional Guest  
**Registration:** Jan. 1 - Feb. 16, 2016



### Groveport Community Garden

Persons interested in planting a garden at the Groveport Community Garden should stop by the Groveport Recreation Center and pick up a Plot Request Form. Groveport residents may apply beginning February 1. If plots are still available, non-residents may apply for a plot beginning March 1. \$10 per plot/per year (no refunds).

The Groveport Community Garden is located at Heritage Park (551 Wirt Rd.). A fence surrounds the garden and only gardeners and city staff have access to the garden. A water spigot is available for use, but hoses may not be used.

Why Garden? 1). Grow you own organic food, 2). Exercise, 3). Socialization, 4). Continual learning, 5). Sharing, 6). Reconnect with nature, 7). Assist those in need.

For further information, please visit our website at [www.groveportrec.com](http://www.groveportrec.com). Click on the PARK SYSTEM button and then click on the COMMUNITY GARDEN button.



### Kayak Workshop

Quickstart Your Kayak workshop is a brief introduction to paddling a kayak. Participants are presented the basic information on clothing, paddling safety, potential hazards and simple rescues. A minimal paddle skill set is presented and practice allowing kayakers to safely and comfortably maneuver on still water.

**Who:** All participants must be 12 years of age and be able to 1) Independently participate 2) Hold their breath under water 3) Independently turn from face down to face up position, keeping their head above water while wearing a lifejacket 4) Effectively communicate with the instructor 5) Manage all personal care and mobility independently.  
**Dates:** Sunday, February 28, 2016  
**Times:** 4:30 PM - 8:00 PM  
**Fee:** \$7 Res. / \$10 NR  
**Location:** GRC Indoor Pool  
**Registration:** December 10 - February 25

# GROVEPORT PARKS & RECREATION DEPT.

## - Aquatics -

614-836-1000 / www.groveportrec.com

### SCUBA Lessons

Are you in the mood to try something new? Why not SCUBA? The Groveport Parks & Recreation Department is currently accepting registration for its new SCUBA program. This class is being taught by PADI certified instructors from Columbus Scuba at the Groveport Recreation Center's Indoor Pool.

This is an Open Water PADI entry level course. Columbus Scuba offers Open Water certification (lifetime certification). Course includes all three segments, rental gear (both Confined and Open Water), required textbooks, log book, dive tables & certification fees. Questions regarding the class should be directed to Columbus Scuba at 614-500-7234.

**Who:** Persons 10 Yrs of age and up  
**Dates:** Jan. 31 - Feb. 7, 14, 21  
**Times:** 5 PM – 6 PM Classroom; 6 PM - 8 PM Pool  
**Fee:** \$375.00. Checks only. Please make checks payable to Columbus Scuba  
**Location:** Groveport Rec Center Indoor Pool

**Registration:** Registrations are being taken on a first come first served bases. Registration deadline is the first day of class. Persons must be at least 10 years of age by the first day of class to participate.



### 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.



### Group Swim Lessons

Let our staff 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. The Groveport Parks & Rec. Dept. is a local provider of the American Red Cross Learn-to-Swim Program. To learn more about all of the levels offered, please visit our website at www.groveportrec.com.

**Who:** 6 months - 15 years, plus Adults 16+  
**Fee:** \$45 Resident / \$55 Non-Res. \$5 late fee applied if registering after deadline, provided space is available.

Class Dates	Registration
T/Th., 2/9 - 3/3 (PM)	1/25 - 2/8
T/Th., 2/29 - 3/14 (PM)	1/29 - 3/14



### Lifeguard Certification Classes

Are you at least 15 years of age? Good swimmer? Enjoy working around people and outside? If so, you should consider becoming a LIFEGUARD with the Groveport Parks & Rec. Dept.

**Why become a lifeguard?** 1). Provide amazing public service, 2). Start a career in the parks & recreation industry, 3). Stay fit and get more fit, 4). Work with like minded people, 5). Compete on one of our lifeguard teams in local & state competitions, 6). Gain a life skill that will come in handy the rest of your life, 7). Work outside (work on that tan), 8). It's challenging mentally & physically, 9). Get resident rate and a 20% discount on your Groveport Recreation Center Pass, 10). Flexible hours.

**PREREQUISITES:** There are a number of pre-course skills that you will have to pass. To learn more about the pre-requisites and free skill assessment, pick up a brochure in the Groveport Recreation Center lobby.

**Dates:** Session 1: Feb. 15 - 20  
 Session 2: March 14 - 19  
 Session 3: April 18 - 23  
 Session 4: May 9 - 14  
 Session 5: June 6 - 10

**Times:** Session 1 thru 4: M - F, 4 PM - 9 PM,  
 Sat. 9 AM - 2 PM  
 Session 5: M - F, 9 AM - 6 PM



**Fee:** \$220 (Credit Cards Only)  
**Questions:** Steve Hawkins (Aquatics Manager)  
 614-836-1000 ext. 1510 / shawkins@groveport.org

# GROVEPORT PARKS & RECREATION DEPT.

## - Sports Medicine Minute -

614-836-1000 / [www.groveportrec.com](http://www.groveportrec.com)

### How to Choose Orthotics

Improper foot alignment can cause pain anywhere in the foot, legs, and back. Over time, these aches and pains may potentially result in overuse injuries such as shin splints, tendonitis, and stress fractures. Some lower extremity pain and injuries may be helped and/or prevented by orthotics.

#### What Are Orthotics?

Some people refer to orthotics as "arch supports," but they do more than that! Orthotics are shoe inserts that help to correct improper foot alignment during activities like walking and running. Even though orthotics work directly on foot position, they also affect the alignment of ankles, knees, hips, and the low back, because everything is linked together in a biomechanical chain! The guide below will help you determine how to find the right pair of over-the-counter orthotics for your foot type.

#### Foot Types and Orthotic Qualities

Low arched feet or flat feet are those that do not have much of a gap between the floor and the arch of the foot when standing. This foot type is very flexible and needs a rigid orthotic.

**Rigid Orthotic:** This type of orthotic controls the motion in the foot. Look for an orthotic that is inflexible with good arch support. Push down on the arch. If it collapses under finger pressure, it is not rigid enough. Note that this type of orthotic may feel strange when first worn because of its rigidity and shape.

High arched feet are those that have a large gap between the floor and the arch of the foot when standing. This foot type tends to be rigid and needs a **soft orthotic**.

**Soft Orthotic:** This type of orthotic is somewhat flexible and is cushioned so it can absorb the shock of running. Look for an orthotic that has flexibility and cushioning, but that still supports the arch and has some stiffness. Note that this type of orthotic may need to be replaced more often once the shock absorption

#### How to Tell if it's the Right Fit

Once you have selected a pair of orthotics, take them out of the packaging and place them on the floor. While barefoot or in just socks, stand on both pieces before you place them in shoes. If you are shopping for an orthotic for flat feet, note the arch support in the orthotic: does it work? If you are shopping for a soft orthotic, does it seem to absorb shock and provide enough cushioning?

#### Fitting the Orthotics to Your Shoes

Your orthotics may have to be trimmed down around the toe area in order to fit into your shoes. Follow the instructions on the package, trimming off only small sections at a time, following the curve from the ball of the foot all the way around the toes. After trimming a small section, attempt to insert them in your shoes. If they still do not fit, repeat. Remember: you can easily trim more off, but you can't put it back if you trim too much!

#### How to Break In Orthotics

Sometimes, when people start wearing orthotics, they may experience soreness in their feet, legs, or low back. A short period of soreness is normal, but can be reduced and/or eliminated if you gradually get your body used to your new orthotics. Follow these steps to break in new orthotics:

Get used to your new orthotics during activities of daily living, such as school and shopping. Wear your orthotics in the shoes that you will be using them in the most (if possible).

Increase your wear time by 2 hours each day. For example, on the first day, wear your orthotics for 2 hours, and then remove them from your shoes. On the second day, wear them for 4 hours and then remove them, and so on.

If you notice soreness, you can remain on the same level of wear time for a few days until the soreness subsides. Then, continue increasing wear time by 2 hours each day.

Wait to use your orthotics in your sport shoes until you can wear them comfortably for a full day during activities of daily living. Then gradually increase the use of the orthotics in your sport shoes over a few days. Start by just using them for running, and then increase the amount and type of activity performed while wearing them.

#### A Note About Shoes

A good pair of sport-specific athletic shoes is essential to injury prevention. To learn more read our informational article, [How to Choose Running Shoes](#).

#### Choosing a Store

If you are unsure how to shop for orthotics, specialty running shoe stores have experienced salespeople that can help you find the proper fit. Your coach or sports medicine specialist may be able to recommend specific stores in your area that will meet your needs and budget.

#### References

American Podiatric Medical Association  
American Academy of Podiatric Sports Medicine

#### For More Information

Please note that not all aches and pains can be attributed solely to foot mechanics, nor can all injuries be completely fixed or prevented by orthotics. If you have persistent problems, consult your sports medicine specialist in a timely manner before the issue becomes worse.

As an added resource, the staff at Nationwide Children's Hospital Sports Medicine is available to diagnose and treat sport-related injuries in youth and adolescents. For more information about our services, visit our website at [www.nationwidechildrens.org/sports-medicine](http://www.nationwidechildrens.org/sports-medicine) or call (614) 355-6000.

# GROVEPORT PARKS & RECREATION DEPT. - Important Dates -

614-836-1000 / [www.groveportrec.com](http://www.groveportrec.com)

EVENT / PROGRAM	DATE
Youth Spring Soccer registration begins	Feb. 1
Little Hoop Stars (Session 2) registration begins	Feb. 1
Groveport Community Garden registration begins for Groveport Residents	Feb. 1
Free Blood Pressure Screening at GRC	Feb. 4
Kids Night Out	Feb. 12
A.R.C. Lifeguard Certification Class (page 7)	Feb. 15 - 20
Daddy Daughter Dance registration deadline	Feb. 16
Free Blood Pressure Screening at GRC	Feb. 18
Daddy Daughter Dance	Feb. 19
Kayak Workshop registration deadline	Feb. 25
Kids Night Out	Feb. 26
Little Hoop Stars (Session 2) registration deadline	Feb. 26
Kayak Workshop	Feb. 28
Pass Holder Appreciation Day at GRC	Feb. 28

Please see page 7 regarding all important dates regarding Swim Lessons



**The Groveport Recreation Center is offering American Red Cross Lifeguarding Classes in February, March, April, May & June. Please turn to page 7 for more information or give Steve Hawkins (Aquatics Manager) a call at 614-836-1000 ext. 1510.**



## 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](http://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](http://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, 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	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.
Thursday	Crafts	9:30 a.m.
	Lunch	11:45 a.m.
	Hand & Foot	Times Vary
Saturday	Progressive Euchre	4:00 p.m.

### UPCOMING ACTIVITIES

**Foot Care Clinic** - We will have a registered nurse from **Everyday Divinity** here on the first Thursday of every other month to do foot care. The cost is \$27 for a 30 minute appointment and will include a complete foot assessment, expertly trimmed, thinned and filed nails and corns and calluses filed and buffed if necessary. Call or stop in to schedule your appointment for **February 4**.

**Monthly Craft** - Join us as we make a different craft each month. Pre-registration is required for this FREE event taking place on **February 12**, at 10:30 a.m. This program is sponsored by the Inn at Winchester Trail.

**Wellness Clinic** - A nurse from Winchester Place will be at the Senior Center on the 3rd Thursday of each month (10:30 a.m. - 11:30 a.m.) and will offer free blood pressure checks. Please stop in and get your blood pressure checked. The next scheduled Wellness Clinic is scheduled for **February 18**.

**Hearing Screenings** - Avada Audiology & Hearing Care will be at the Senior Center on Feb. 11 between 9:30 a.m. and 11:30 a.m. to offer FREE hearing screenings and to check for wax blockage. Call the Senior Center to schedule a 15 minute appointment or just drop-in. Screenings will now be held quarterly.

**Canvas Painting Class** – Explore your inner artist and enjoy a relaxing break from everyday life with a guided painting class at the senior center on **February 3rd**. Art Studio 7.5 artist, Christine K. Jones will take us step by step to complete your very own 16 x 20 canvas painting. She will make it easy and fun! We will be painting a winter scene. The class is from 10am-1pm and the cost of \$25 is due by January 27.

### UPCOMING TRIPS

**February 4** - Join us for La Comedia Dinner Theatres production of *"Love, Sex (gender) and the I.R.S."* This musical proves that tax season can be downright comical! Jon and Leslie Arthur are just two guys trying to make it in New York City. To save money, they capitalize on Leslie's first name and file their tax returns listing the pair as a married couple. The hilarity ensues once the I.R.S. informs the "couple" they're going to be investigated. The cost is \$60 per person and includes deluxe motorcoach transportation, a delicious lunch buffet and of course the show. Registration and payment is due by January 5.

**March 25** - The production of *"Fiddler on the Roof"* at La Comedia Dinner Theatre is one you will not want to miss. It has touched audiences around the world for over 50 years with its humor, warmth and honesty. *Fiddlers* celebrated score features songs loved the world over such as "If I were a Rich Man," and "Matchmaker," just to name some. The cost is \$60 per person and includes the show, the buffet lunch and transportation. Registration and payment is due by February 18.

Happy  
Valentine's  
Day

**GROVEPORT**  
Senior Center

Deb Scholl-Saulnier  
Senior Citizens Coordinator  
7370 Groveport Road  
Groveport, OH 43125  
614-836-4599  
[www.groveportrec.com](http://www.groveportrec.com)

# GROVEPORT CULTURAL ARTS CENTER

## - Adult Programs -

614-836-3333

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:** Mondays & Wednesdays  
10:00 AM - 11:30 AM

**Location:** Groveport Town Hall, 648 Main Street

**Cost:** Free

**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 PM - 8:00 PM

**Location:** Groveport Town Hall, 648 Main Street

**Cost:** \$4 resident / \$5 nonresident

**Registration:** Drop in

### TOPS Weight Loss Support Group

**Who:** Everyone

**Dates/Times:** Wednesdays / 9:30 AM - 11:00 AM

**Location:** Groveport Town Hall, 648 Main Street

### Cook's Corner

Adult (kid friendly) program series on the first Friday of each month. Join the fun and be a part of the demonstrations that include hands on cooking, discussions, experiencing new foods and learning new skills. February's Topic: *Mini Cheesecakes*

**Who:** Adult

**Dates:** Friday, February 5

**Times:** 10:00 AM - 11:00 AM

**Location:** Town Hall, 648 Main Street

**Registration:** By February 3

**Fee:** Free

### Tuesdays@One

Adult (child friendly) art and education program every Tuesday. Speakers, demonstrations, creative projects and activities. Registration is required, due to supplies being provided.

**Who:** Adults (child friendly)

**Dates/Times:** Tuesdays / 1:00 PM - 2:00 PM

**Location:** Groveport Town Hall, 648 Main Street

**Cost:** FREE

**Registration:** Accepted thru Tuesday of each class

February 2	<b>Seasonal Wood Blocks</b> Supplies provided
February 9	<b>Valentine Cards</b> Supplies provided
February 16	<b>Chalkboard Painting Craft</b> Supplies provided
February 23	<b>Keychain Holder</b> Supplies provided

### Knitting-Fair Isle Cardigan

This beautiful cardigan is knitted with a method called fair-isle. Fair-isle is a great "blank canvas" for testing yarns and colour combinations. No prior fair-isle experience needed. Students must have a rudimentary understanding of and experience with the basic skills of knitting, cast on, knit, purl, and bind off. 3 week program series.

**Who:** Everyone

**Dates/Times:** Thursdays, February 4, 11 & 25  
6:30 PM - 8:00 PM

**Location:** Groveport Town Hall, 648 Main Street

**Supplies:** Please call for supply list

**Cost:** \$8 resident / \$10 nonresident

**Registration:** By February 2



# GROVEPORT CULTURAL ARTS CENTER

## - Adult Programs -

614-836-3333

Community Affairs Department

### Sewing Group

Do you have sewing projects that you think you don't have time to finish, or maybe need help figuring out the next step on a sewing project? Come and be a part of the Sewing Group for support and advice on how to start or complete your sewing projects.

**Who:** Everyone  
**Dates:** Fridays in February  
**Times:** 10:00 AM - 2:00 PM  
**Location:** Groveport Town Hall, 648 Main Street  
**Registration:** Drop In  
**Fee:** Free  
**Supplies to Bring:** Sewing machine & sewing project / supplies

### Mommy & Me Cookie Bar Decorating

Kids bring an adult helper to have fun learning the art of cake decorating. Learning together is best! Join Danyel, Cake Décor of Groveport. Space is limited.

February's Theme: Valentine Cookie Bar

**Who:** Ages 5 and up  
**Dates:** Sunday, February 7  
**Times:** 2:00 PM - 3:00 PM  
**Location:** Town Hall, 648 Main Street  
**Registration:** By February 5  
**Fee:** \$8 per person resident /  
\$10 per person nonresident



### Tips for an 8 Month Vegetable Harvest in Central Ohio

It's possible to harvest vegetable crops in central Ohio from late March into late November. Topics to be discussed include starting your own vegetable from seed, including supplies needed and timing, when to start planting outside both in the ground and using containers, and the many uses of cold frames. Learn timing of planting for the fall garden, crop rotation & much more!

**Who:** Adults  
**Dates:** Part 2 on Wednesday, February 17  
**Times & Fee:** 6:30 PM - 7:30 PM / Free  
**Location:** Groveport Town Hall, 648 Main Street  
**Registration:** By February 15

### New Program-Wood Builders

Do you like to build or would you like to learn how? This new class is for you. Each month we will learn how to build a project. February's project: Wine Bottle Centerpiece. Power tools will be in use. Come be a part of this fun group!

**Who:** Adults  
**Dates:** Friday, February 19  
**Times:** 10:00 AM - Noon  
**Location:** Groveport Town Hall, 648 Main Street  
**Registration:** By February 17  
**Fee:**

### Snowman Mesh Wreath

Come and learn how to make a beautiful floral mesh snowman wreath for yourself or to give away as a gift.

**Who:** Adults  
**Dates:** Saturday, February 20  
**Times:** 1:00 PM - 3:00 PM  
**Location:** Groveport Town Hall, 648 Main Street  
**Registration:** By February 18  
**Fee:** \$13 resident / \$15 nonresident

# GROVEPORT CULTURAL ARTS CENTER

## THIS AND THAT

614-836-3333

Community Affairs Department

### RECIPE OF THE MONTH

#### Red Velvet Swirl Brownies

##### Ingredients

1 tablespoon unsalted butter, for pan

Red Velvet Brownie Layer:

1 stick unsalted butter

1 cup sugar

1 teaspoon vanilla extract

1/4 cup cocoa powder

Pinch salt

1 tablespoon red food coloring

1 teaspoon vinegar

2 eggs

3/4 cup all-purpose flour

1/4 cup chopped toasted walnuts

Cream Cheese Layer:

8 ounces cream cheese, softened

1/4 cup sugar

1 egg

1/8 teaspoon vanilla extract

Special equipment: 8 by 8-inch baking pan



Preheat the oven to 350 degrees F.

Butter an 8 x 8 inch baking pan, and set aside

**Brownie layer:** In a saucepan on medium heat, melt the butter. Remove the butter to a large bowl and add the sugar, vanilla, cocoa powder, salt, food coloring and vinegar, in that order mixing between additions. Whisk the eggs in a small bowl and stir it into the cocoa mix. Fold in the flour until lightly combined. Stir in the walnuts and pour the batter into the prepared baking pan, saving 1/4 c. of the batter for the top.

**Cream Cheese layer:** Blend together the cream cheese, sugar, egg and vanilla in a medium bowl. Gently spread the cream cheese layer on top of the brownie batter in the pan. Dollop the remaining brownie batter over the cream cheese layer. Using a skewer or the tip of a knife, drag the tip through the cream cheese mixture to create a swirl pattern. Bake the brownies for 30 min. Remove to a cooling rack and allow them to cool completely before cutting.

### WORDS OF WISDOM



Things Always Change

**Change will never happen when people lack the ability and courage to see themselves for who they are.**

### DID YOU KNOW

- **Did you know:** 11% of people are left handed
- **Did you know:** unless food is mixed with saliva you can't taste it
- **Did you know:** 8% of people have an extra rib
- **Did you know:** reindeer like bananas
- **Did you know:** the smallest bones in the human body are found in your ear
- **Did you know:** most lipsticks contain fish scales
- **Did you know:** the most commonly used letter in the alphabet is E
- **Did you know:** the least used letter in the alphabet is Q
- **Did you know:** each time you see a full moon you always see the same side
- **Did you know:** Tennessee is bordered by 8 states: Alabama, Arkansas, Georgia, Kentucky, Mississippi, Missouri, North Carolina and Virginia - more than any other in the US
- **Did you know:** stewardesses is the longest word that is typed with only the left hand
- **Did you know:** that you burn more calories eating celery than it contains (the more you eat the thinner you become)
- **Did you know:** the fortune cookie was invented in San Francisco
- **Did you know:** the average speed of a skydiver is 200kph (124mph)
- **Did you know:** all the blinking in one day equates to having your eyes closed for 30 minutes

# GROVEPORT CULTURAL ARTS CENTER

## - Youth Programs -

614-836-3333

Community Affairs Department

### Preschool Playgroup

#### Grow with Me

Activities designed to accommodate different age groups within the same setting. Lessons, snacks, and free play help children grow academically and socially. Adult participation is required.

**Who:** Preschool children  
**Dates:** Every Tuesdays & Wednesdays  
**Times:** 10:00 AM - 11:30 AM  
**Location:** KidSpace, 630 Wirt Road  
**Registration:** No registration - Drop in  
**Fee:** Free

### Preschool Playgroup

#### Rock n' Rollers

Music and movement centered program for your junior rocker. Adult participation is required.

**Who:** Preschool children  
**Dates:** Every Thursday  
**Times:** 10:00 AM - 11:00 AM  
**Location:** KidSpace, 630 Wirt Road  
**Registration:** No registration - Drop in  
**Fee:** Free

### Preschool Picassos

Creative crafts that little hands can easily construct. Adult participation is required.

**Who:** Preschool children  
**Dates:** Every Friday  
**Times:** 10:00 AM - 11:00 AM  
**Location:** KidSpace, 630 Wirt Road  
**Registration:** No registration - Drop in  
**Fee:** Free



### Preschool Art Pizzazz

Come join us for an evening hour of fun arts and crafts.

**Who:** Ages 3-5  
**Dates:** Tuesdays, February 2 & 16  
**Times:** 6:00 PM - 7:00 PM  
**Location:** KidSpace, 630 Wirt Road  
**Registration:** Two days before each program date  
**Fee:** Free  
**February 2:** Woven Paper Heart Mat  
**February 16:** Mini Art Book

### Home School Art - Water Painting

Children can join us in making a beautiful water color art painting that can be displayed in the home. This simple art uses paper, paint and water and can easily be duplicated.

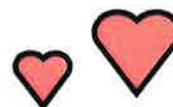
**Who:** Ages 4 and up  
**Dates:** Thursday, February 4  
**Times:** 10:00 AM - 11:00 AM  
**Location:** Groveport Town Hall, 648 Main Street  
**Registration:** By February 2  
**Fee:** Free



### Kid's Night - Mini Valentine Banner

Children can show their "love" and have fun creating this mini Valentine banner.

**Who:** Ages 5 -12  
**Dates:** Tuesday, February 9  
**Times:** 6:30 PM - 7:30 PM  
**Location:** Groveport KidSpace, 630 Wirt Road  
**Registration:** By February 7  
**Fee:** Free



# GROVEPORT CULTURAL ARTS CENTER

## - Youth Programs -

614-836-3333

Community Affairs Department

### Preschool Story Time

Join Angela for a story and craft designed for Preschool children.

**Who:** Ages 2-6  
**Dates:** Wednesday, February 10  
**Times:** 6:00 PM - 6:45 PM  
**Location:** Groveport KidSpace, 630 Wirt Road  
**Registration:** By February 8  
**Fee:** Free

### Junior Chef

Join in the cooking fun! Junior Chef is a three week cooking series. Your child will learn cooking techniques and how to follow steps to complete a recipe. Your Junior Chef will cook on a hot surface at least once during the series. After each cooking class your Chef will be able to enjoy what they have made. Hands on cooking class. Please dress prepared for mishaps! Space is limited.

**Who:** Ages 7-12  
**Dates:** Thursdays, February 11, 18 & 25  
**Times:** 6:30 PM - 8:00 PM  
**Location:** Groveport KidSpace, 630 Wirt Road  
**Registration:** By February 9  
**Fee:** \$10 residents / \$12 nonresident

### Nature Program - Bird Seed Heart

Come and join us in making a bird seed heart for our feather friends and learn some interesting facts.

**Who:** Everyone  
**Dates:** Saturday, February 13  
**Times:** 11:00 AM - Noon  
**Location:** Groveport Heritage Park, 551 Wirt Road  
**Registration:** By February 11  
**Fee:** Free



### Science Experiment Night

Join the fun and be a part of the things that make us go, "OHH and AHH". February's project: Candy Heart Experiments. Dress for mess!

**Who:** Ages 5-12  
**Dates:** Monday, February 15  
**Times:** 6:30 PM - 7:30 PM  
**Location:** Groveport KidSpace, 630 Wirt Road  
**Registration:** By February 13  
**Fee:** Free

### Kid's Night - Games on the Go

Join us in making this homemade, popular, classic game that you can take on the go. You will make a small travel size tote bag, game pieces and game board. Great for the car, or anywhere! Take it out anytime you need to keep the kids busy. You can give as a gift or a party favor.

**Who:** Ages 5-12  
**Dates:** Tuesday, February 23  
**Times:** 6:30 PM - 7:30 PM  
**Location:** Groveport KidSpace, 630 Wirt Road  
**Registration:** By February 21  
**Fee:** Free

### Preschool Science

Are you ready for a messy, fun time? Learn about science with hands on activities. Dress for mess! Space is limited.

February's project: Winter Science - Snow & Ice

**Who:** Ages 3-5  
**Dates:** Monday, February 29  
**Times:** 6:00 PM - 7:00 PM  
**Location:** Groveport KidSpace, 630 Wirt Road  
**Registration:** By February 27  
**Fee:** Free



# GROVEPORT CULTURAL ARTS CENTER

## - News -

614-836-3333

Community Affairs Department

### February's Art Gallery

#### Gourd Art

Sheryl Cline is a gourd artist from Columbus, Ohio. She has been creating gourd art for 10 years. Her art brings character and life to gourds by using a number of mediums and techniques such as ink dyes wax and wood burning to create unique pieces. She enjoys sharing her passion with others and has taught young and old alike how to enjoy crafting with gourds.



Art Gallery is open during Town Hall's normal business hours. We invite you to come and view the talent of our exhibitors. Free.

### February– Town Hall will be collecting pet supplies for donation to Franklin County Animal Shelter.

Please drop off clean towels, blankets, collars, leashes, toys and food.

Drop off boxes located inside Town Hall & The Groveport Recreation Center.



### Random Acts of Kindness

#### Celebrating Random Acts of Kindness Week

During the month of February Town Hall will be working with Groveport Schools to recognize student's random act of kindness. Students names will be displayed in a beautiful art piece. Parents, guardians, students, and all are welcome to come see the display and all that Town Hall has to offer. The final art piece will then be displayed again during Groveport's schools annual art exhibit at Town Hall.

### Date to Remember

#### Irish Gig: Lone Raven Band

Come and join us on **Sunday, March 20** at Town Hall from 3:00pm-4:30pm for our Irish Gig. Lone Raven band performs an eclectic blend of traditional music from the Celtic lands as well as their own original compositions. Free.



### 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. \$25.00 nonrefundable fee for residents to reserve a room. Please contact Town Hall at 614.836.3333 for nonresident rates or for more information.

# Important Dates

614.836.3333

February

Community Affairs Department

EVENT / PROGRAM	DATE
Line Dance Pony Bead Extravaganza	Mon., Feb. 1
Preschool Grow with Me Tuesdays@One -Seasonal Wood Blocks Quilting 5 of 6 Preschool Art Pizzazz	Tues., Feb. 2
Preschool Grow with Me Line Dance TOPS	Wed., Feb. 3
Preschool Rock n' Rollers Homeschool Art Art of Movement Knitting	Thurs., Feb. 4
Preschool Picassos Cook's Corner Dare to Dance 2 of 6 Sewing Group	Fri., Feb. 5
Mommy & Me Cake Decorating	Sun., Feb. 7
Line Dance Pony Bead Extravaganza	Mon., Feb. 8
Preschool Grow with Me Tuesdays@One - Valentine Cards Quilting 6 of 6 Kid's Night - Mini Valentine Banner	Tues., Feb. 9
Preschool Grow with Me Line Dance TOPS Preschool Story Time	Wed., Feb. 10
Preschool Grow Rock n' Rollers Art of Movement Knitting Junior Chef 1 of 3	Thurs., Feb. 11
Preschool Picassos Sewing Group Dare to Dance 3 of 6	Fri., Feb. 12
Nature Program - Bird Seed Heart	Sat., Feb. 13

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

EVENT / PROGRAM	DATE
Line Dance Pony Bead Extravaganza Science Experiment Night	Mon., Feb. 15
Preschool Grow With Me Tuesdays@One - Chalkboard Painting Preschool Art Pizzazz	Tues., Feb. 16
Preschool Grow With Me Line Dance TOPS Part #2 for Tips for an 8 Month Vegetable Garden Harvest in Central Ohio	Wed., Feb. 17
Preschool Rock n' Rollers Art of Movement Junior Chef 2 of 3	Thurs., Feb. 18
Preschool Picassos Wood Builders Sewing Group Dare to Dance 4 of 6	Fri., Feb. 19
Snowman Mesh Wreath	Sat., Feb. 20
Line Dance Pony Bead Extravaganza	Mon., Feb. 22
Preschool Grow With Me Tuesdays@One - Keychain Holder Kid's Night - Games on the Go	Tues., Feb. 23
Preschool Grow with Me Line Dance TOPS	Wed., Feb. 24
Preschool Rock n' Rollers Art of Movement Knitting Junior Chef 3 of 3	Thurs., Feb. 25
Preschool Picassos Sewing Group Dare to Dance 5 of 6	Fri., Feb. 26
Line Dance Pony Bead Extravaganza Preschool Science	Mon., Feb. 29

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**Follow us @GroveportGov**





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



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,	
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.....	Golf Director
Kyle Lund.....	Parks & Recreation Director
Patty Storts.....	Community Affairs Director
Tom Byrne.....	Facilities Management Director
Dennis Moore.....	Public Works Superintendent
Stephen Moore.....	Chief Building Official
Bob Dowler.....	Transportation Director

**Department Phone Numbers**

Administration.....	614-830-2042
Building & Zoning.....	614-830-2045
Clerk of Council.....	614-830-2053
Clerk of Court.....	614-830-2052
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
Transportation.....	614-836-7433
Utilities.....	614-830-2048

**Community Meetings (655 Blacklick Street)**

Mon., Feb. 8, 5:30 PM	Tree & Decorations Comm Mtg.
Mon., Feb. 8, 6:30 PM	Council Meeting
Tues., Feb. 16, 6:30 PM	Council Comm. of Whole Mtg.
Mon., Feb. 22, 6:30 PM	Council Meeting

