

CITYSOURCE

Your source for City news and information

Be Prepared. Be Safe.



National Night Out

Officers Brian Grove and Gamal Castile visit with residents during "National Night Out" Aug. 5 in Columbia. Nearly a dozen groups participated; police officers and firefighters attended every event. "National Night Out" is a crime/drug prevention event where residents are encouraged to come out and get to know their neighbors and community.

The event is designed to: heighten crime and drug prevention awareness; strengthen neighborhood spirit and police-community partnership; generate support for, and participation in, local anti-crime programs; and send a message to criminals that neighborhoods are organizing, educating themselves and working with the Police Department to fight crime.

The Columbia Police Department, in conjunction with the Columbia Neighborhood Watch program and National Town Watch, sponsored the 25th annual "National Night Out."

City of Columbia Solid Waste Division

Household Hazardous Waste Collection Facility: Open first and third Saturdays, 1313 Lakeview, 9 a.m. to 1 p.m., 874-6291 (closing Nov.15 for the season)

Free Mulch Days

Saturday, Nov. 1, from 7 a.m. to 3 p.m., on-site loader provided (Capen Park mulch site only)

Compost for Sale

Every Wednesday from 1-5 p.m. at the City compost facility, 5700 Peabody Road, 474-9145

Free Composting Workshop

Saturdays, Oct. 25 and Nov. 15, 10 a.m. at the compost demonstration site at Capen Park off Rock Quarry Road, 874-6271

You can be a leader in the community

The City is accepting applications for the Mayor's Committee on Physical Fitness.

Applications and current vacancies for boards and commissions are available online at www.GoColumbiaMo.com or at the City Clerk's Office. Call 874-7208 for information and requirements.

Application deadline: Noon, Nov. 7

Trihalomethane research update available

Columbia Water & Light received a first quarter status report from the University of Missouri's Water Resources Research Center on the formation potential of disinfection by-products in Columbia's water. An example of a disinfection by-product in water supplies are trihalomethanes. The research will help Columbia formulate a plan to reduce the level of trihalomethanes in the water.

The preliminary results of the research show that there is a formation potential for disinfection by-products in the wells but there is little variation between the different wells. Initial data also shows that the water treatment process is not reducing the formation potential. The Water Resources Research Center will collect and analyze data through spring 2009.

Any changes to the water treatment process to lower the level of trihalomethanes must be weighed very carefully so there are not other problems that occur with Columbia's water supply. To fully study the treatment process options, a request for proposals will be sent to engineering firms.

Any suggested changes to the treatment process must be approved by the Columbia City Council and the Missouri Department of Natural Resources.

For a copy of the University of Missouri's Water Resources Research Center's first quarter status report, please go to GoColumbiaMo.com.

November Volunteer of the Month – Vanessa Melton



Vanessa Melton, November volunteer of the month, works for the U.S. Geological Survey and Environmental Research Center in Columbia. Her passion for the environment shows in her work and volunteer service!

A City TreeKeeper since 2005, Melton has helped in projects spanning from Dolomite forest restoration to trail tree pruning. She is a charter member of the Columbia Aquatic Restoration Project (C.A.R.P.) that began in March 2007. Melton leads stream teams at Hinkson Creek and Cedar Creek. She is active with the Columbia chapter of the Audubon Society, the Native Plant Society, Hawthorne Chapter and the Master Naturalists. She also volunteers for Cleanup Columbia.

"Since my youth I have enjoyed nature. When I moved to Columbia, I wanted to continue that enjoyment and did so by joining environmental organizations and volunteering with the City through TreeKeepers and C.A.R.P.," Melton said. "What better way to enjoy nature than by bringing nature to you and your community?" To learn more about C.A.R.P., TreeKeepers or other volunteer opportunities, visit www.GoColumbiaMo.com.

~Written by volunteer Donna Lester

Volunteer with Special Olympics

Did you know that Columbia Parks & Recreation has an extensive Special Olympics program? Or that you could volunteer to help these athletes? By volunteering with Special Olympics and adapted sports, you will meet some fantastic people while helping them participate in a sport. Volunteers don't have to be skilled at the sport in which they help – they just need to be kind, supportive, positive and able to make a commitment to help throughout a sports season.

Currently, bowling is held on Saturday afternoons through Nov. 15 at Town & Country Lanes and volleyball on Thursday evenings through Nov. 20 at New Haven Elementary School. Additional sports will be offered this winter and spring 2009. To learn more about volunteering with Special Olympics, contact Jody Cook at 874-7312 or visit the Office of Volunteer Services page of the City's Web site at www.GoColumbiaMo.com.

Fitness classes offered at Stephens Lake Activity Center

Looking for a way to get fit this fall? Parks and Recreation is offering a variety of fitness classes at the Stephens Lake Activity Center (2311 E. Walnut). The price is \$5 per class or \$36 for a 12-session punch card.

Circuit Workout: Drop in as your schedule permits! You'll move from station to station performing strength and conditioning exercises. The class is designed for individual improvement (no machines) and is held from 7-8:30 a.m. on Mondays, Wednesdays and Fridays.

Salsaerobics: Learn basic dance steps and stylized steps and spins, all set to salsa and other Latin rhythms. This class is designed to dance your way to fit. No partners are necessary. This is for fun and exercise if you're 20 or 80! Classes are held from 9-10 a.m. on Mondays, Wednesdays and Fridays.

Aerobic Kick Boxing: This class will teach basic kicks and punches. It will start slowly, teaching the kick and punch techniques in order to evolve into a high impact aerobic workout. Classes are held from 5:30-6:30 p.m. on Mondays and from 10-11 a.m. on Saturdays. For more information, call Parks and Recreation at 874-7460.

Online Utility Services, No Waiting!

GoColumbiaMo.com is the fastest, most convenient way to start new service, terminate your service or transfer your service to a new location.

Already a customer? You can check your account, pay your bill or even e-mail a question. No access to a computer, no problem. You can still access your account, check your balance and due date and even pay your bill. Just call **874-7694**. First-time users will need to have their social security number on file at Utility Customer Service, know their account number and set up a pin. Questions? Call customer service at **874-7380**.

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City of Columbia
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(573) 874-7111 • www.GoColumbiaMo.com

MAYOR
Darwin Hindman

CITY COUNCIL MEMBERS

First Ward	Paul Sturtz
Second Ward	Chris Janku
Third Ward	Karl Skala
Fourth Ward	Jerry Wade
Fifth Ward	Laura Nauser
Sixth Ward	Barbara Hoppe
City Manager	Bill Watkins

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did you know?

A new Web site feature provides citizens with easy access to official event information. Meetings, recreational activities and much more can be found on the new city calendar. Go online at www.GoColumbiaMo.com and look for the city calendar link.

Safety Traveling to and from School

Map out with your children a safe way to school or the bus stop. Avoid busy roads and intersections. Do a trial run and point out places they should avoid along the way, such as vacant lots, construction areas and parks where there aren't many people.

Teach children to follow traffic signals and rules when walking or biking. Stress crossing the street at crosswalks or intersections with crossing guards when possible.

Encourage children to walk with a sibling or friend and to wait at bus stops with other children.

Teach children not to talk to strangers, go anywhere with them, or accept gifts from them without your permission. Tell them to report suspicious strangers hanging around.

Help children memorize their phone number and full address, including area code and zip code. Write down other important phone numbers, such as your work and cell phone, on a card for your children to carry with them.

On the Bus

Have your children arrive at the bus stop at least five minutes before the bus is scheduled to pick them up.

Make sure children know to stand on the sidewalk or on the grass while waiting for the bus.

Teach children to make sure they can see the bus driver and the bus driver can see them before crossing in front of the bus. Tell them to never walk behind the bus.

Be aware that often bullying takes place on the school bus. Ask your children who they sit with, who they talk to and what the other kids do. Let them know that if they see someone being bullied, or are bullied, they can talk to you, the bus driver or another trusted adult.



Weather Terms

When potentially dangerous winter weather events are described on newscasts, it is good to know the difference among these terms:

Warning

A warning is issued when a hazardous weather or hydrologic event is occurring, is imminent, or has a very high probability of occurring. A warning is used for conditions posing a threat to life or property.

Watch

A watch is used when the risk of a hazardous weather or hydrologic event has increased significantly, but its occurrence, location and/or timing is still uncertain. It is intended to provide enough lead time so that those who need to set their plans in motion can do so.

Advisory

Highlights special weather conditions that are less serious than a warning. They are for events that may cause significant inconvenience, and if caution is not exercised, could lead to situations that may threaten life and/or property.

Fall Efficiency Projects

REDUCE YOUR ENERGY BILLS AND HELP THE ENVIRONMENT

Caulk to stop leaks around window and door frames in foundation cracks where siding meets the foundation, roof and chimney outside where wires or plumbing lines meet your structure

Weatherstrip along the bottom of exterior doors or doors that lead to unheated areas on the inside of door jams

Insulate attic (R-38 level or approximately 12 inches) floors over unheated areas (R-19 or approximately 6 inches) exterior walls basement walls ducts that pass through unheated areas

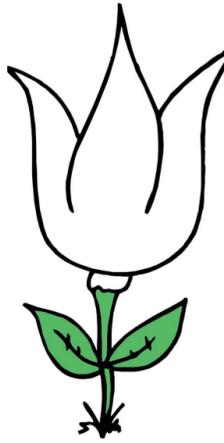
Columbia Water & Light can help you with these projects. Sign up for a free energy audit. Water & Light's low-interest loan program can help finance larger efficiency projects. Call 874-7325 or go to GoColumbiaMo.com to sign up for either program.

Thanksgiving Holiday

City offices will be closed Thursday, Nov. 27, in observance of Thanksgiving. Residential refuse and curbside recycling collection will not be made that day and will be delayed one day the remainder of the week.

Contact the Solid Waste Division at 874-6291 if you have questions. Also, city buses will not operate, the landfill will be closed and parking meters will not be enforced.

Students will 'Plant the Promise'



Local youth will be digging in the dirt Oct. 20-24 for a good cause. Students will participate in "Plant the Promise" as they plant 1,300 red tulip bulbs in central Columbia. By planting the bulbs, youth will demonstrate their promise to be drug and alcohol free while sharing their time and energy with the community.

The bulbs will be planted on public property and in yards in central Columbia. Most street beautification projects occur on the edge of the city as part of street construction projects. "Plant the Promise" will bring more beauty and color to the central city in the spring.

"Plant the Promise" is a joint effort of the City of Columbia's Office of Volunteer Services and the Youth Community Coalition. To learn more, call 874-7504.



874-7325
GoColumbiaMo.com

Compact Fluorescent Rebate

\$2 instant rebate on Energy Star qualified bulbs.

- Available at HyVee and Westlake Hardware locations
- HURRY! From Oct. 1 through Dec. 31, while supplies last.



Compact Fluorescent Bulbs:

- Use up to 75 percent less energy
- Last up to 10 times longer
- Save \$30 or more in electric costs over the life of the bulb



local • renewable • investment

Growing solar energy in Columbia: Workers from Missouri Solar Applications install photovoltaic panels at the West Ash Pump station. The five kilowatts of energy will be sold to customers through the Solar One program. Sign up online at GoColumbiaMo.com.

What is the flu?

Influenza (the flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death.

How Can I Protect Myself?

- The best way to prevent the flu is to get a flu vaccination each year. There are two types of vaccines:
- The "flu shot" – an inactivated vaccine (containing killed virus) that is given with a needle.
 - The nasal-spray flu vaccine – a vaccine made with live, weakened flu viruses that do not cause the flu.

Physicians and nurses will help determine which method is best for you.

How Does the Flu Spread?

Flu viruses are spread from person to person through the coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

When Should I Get Vaccinated?

The Columbia/Boone County Health Department offers mass flu clinics in October and will continue to vaccinate throughout the influenza season. Outbreaks can happen as early as October, while influenza activity usually peaks in January or later.

Who Should Get Vaccinated?

In general, anyone who wants to reduce their chances of getting the flu can get vaccinated. Certain high-risk people should be vaccinated yearly, including:

- Children ages 6 months up to their 19th birthday
- Pregnant women
- People 50 years and older
- People of any age with certain chronic medical conditions
- People who live in nursing homes and other long-term care facilities
- People who live with or care for those at high risk for complications from flu

For more information on the flu vaccine, including mass flu clinics, contact the Columbia/Boone County Health Department at (573) 874-7355.

Youth recreation scholarships available

Columbia Parks and Recreation offers youth financial assistance scholarships for Columbia residents through the Youth Enrichment Services (YES) program. The program is open to those between 3 and 17 who meet the income/household criteria established by the USDA's free and reduced lunch program.

Financial assistance is available for 50 or 75 percent depending on the household. Scholarships can be used for recreational classes and programs, outdoor pool passes and ARC memberships.

For more information, call 874-7460. Application forms can be obtained at GoColumbiaMo.com.

NONSTOP TO MEMPHIS. CONNECT TO THE WORLD.



New nonstop service between Columbia and Memphis and convient connections connections to the world.

Northwest Airlines offers three daily nonstop flights to Memphis. Enjoy the sights and sounds of Memphis or easily connect to more than 1,000 cities in 160 countries on six continents. For tickets, go to nwa.com, contact your travel agent or call 1-800-225-2525.



City establishes Graffiti Hotline

The City of Columbia is dedicated to removing graffiti from public facilities in a timely manner. If you would like to report graffiti, please e-mail bpcantin@GoColumbiaMo.com or call 441-5485.

If the graffiti is on a private residence or business, please leave the address, as well as the area of the property it is located. If the graffiti is in the public right-of-way, such as a light post or traffic sign, please leave as much information as possible to assist the City in locating it—including the side of the street it is on, nearby intersections, etc.

If you wish to have City staff contact you, please include contact information.

Volunteers making impact on Graffiti

Over the last year, dozens of volunteers have shared their time to combat graffiti. Karis Community Church first approached the City in fall 2007 with the idea that volunteers could help with this issue.

Since then, Karis has held three workdays with plans for more and they invite the public to join them. In addition, MU students and community service workers have volunteered to remove graffiti.

If you are interested in helping, contact the City's Office of Volunteer services at 874-7499 or visit the City's Web site at www.GoColumbiaMo.com.

Holiday Shopping Tips

As the holiday shopping season approaches, be mindful of the following safety tips:

- Park in a well-lit area, as close to the mall or store as possible.
- Lock car doors and close all windows. Put valuables in the trunk, under seats or cover them with a large blanket if your vehicle does not have a trunk.
- Avoid carrying large amounts of cash. Use a check or credit cards.
- Don't flash cash or other tempting items, such as expensive jewelry or clothing.
- Avoid displaying presents that are visible through your living room window. After they are opened don't let your trash bins announce the new acquisitions.
- Don't overburden yourself with packages. Don't make several trips to your car, because someone may be watching as you place the packages inside. Instead, spread your shopping over multiple days.
- Have your car key in hand before you reach the car door so you can enter quickly. If you have an alarm attachment, push the red alarm emergency button if you are attacked.
- If you think someone is following you, switch directions and walk toward an open store, restaurant or security area.
- Teach school-age children to find a security guard, police officer or store manager if they have trouble or become lost. Show them where customer service is in the store, and make it a meeting point if you become separated.
- Trust your instincts; if something or someone makes you uneasy, avoid the situation or the person.
- Finally, if someone tries to rob you, do not resist. Give up your property; don't endanger your life.
- Report any crime to police as soon as possible.

STAY ALERT! Your actions may prevent you and others from becoming victims of crime.

For questions or more holiday safety suggestions contact Sergeant Lloyd Simons at 874-7606.



PARKS & RECREATION CALENDAR

- Register online! www.GoColumbiaMo.com
- Call 874-7460 for more information.

• November •

November 7
Family Fun Night
at the ARC,
7-9 p.m.,
\$3 per person

November 15
"Fowl Shooting" Contest
(free throws for a turkey),
Armory Sports Center,
9-11 a.m., all ages,
\$1 per 10 free throws

November 21
OAK/50+ Thanksgiving
Dance, Stephens Lake
Activity Center,
7-10 p.m., \$3

November 22
Holiday Tour and
Toy Exhibit, Maplewood
Home at Nifong Park,
11:30 am-3:30 p.m.,
\$5 for adults,
\$2.50 for children 5
and younger

← cut along line