Fight the flu





The Columbia/Boone County Department of Public Health and Human Services reminds you to "Fight the Flu" this fall. Printing deadlines prevent us from listing specific flu statistics and clinic dates, but you can find the most up-to-date flu information at www.FighttheFluMO.com

In the meantime, the department encourages you to "Fight the Flu" by protecting yourself, protecting your family and protecting your community.

Protect Yourself

- Get a flu shot.
- Wash your hands.
- Keep a distance of at least 6 feet from people who are sick.
- Choose a healthy lifestyle to build your immune system, including:
 - ~ Get adequate sleep
 - ~ Reduce stress
 - ~ Stop smoking and using tobacco products
 - ~ Stay physically active
 - ~ Choose nutritious foods
 - ~ Drink plenty of water

Protect Your Family

- Get your family vaccinated against the flu.
- Establish healthy practices of hand-washing and not sharing personal
- Stockpile food and medication in case you need to voluntarily isolate or quarantine yourself and your family.
- Make arrangements for child care if schools close.
- Talk to your employer about flexible work schedules and the possibility of working from home.

Protect Your Community

- Stay home if you are sick.
- Keep kids home when they have a fever (for at least 24 hours after their fever goes away without the use of fever-reducing medications).
- Cover your cough.
- Wash your hands.
- Don't share personal items.

By following these easy steps, you can help "Fight the Flu". Don't forget, for timely health information, follow the Health Department on Facebook and Twitter. For more information, please call 874-7355 or visit www.FighttheFluMO.com.

911 for emergencies only!

Statistics from the Columbia/Boone County Office of Public Safety Join Communications (PSJC) show that ap proximately 75-80 percent of calls to the 911 Operations Center in 2008 were classified as "non-emergency These include such calls as a lost wal et, directory assistance, asking for di rections or complaints about a parke car. When these non-emergency call are received at the 911 Center, it can delay a response to someone who re ally needs help in a true emergency or non-emergencies, please call 442-

When calling 911 in the event of a rue emergency, residents can help the process go more smoothly by be ng calm, speaking clearly, giving th pperator the proper information and following directions. That, in turn, car help the victim get the assistance he or she needs in a timely manner.

Know the location of the emergency and be patient as the dispatcher asks you questions. While you are answer ing the dispatcher's questions, infor mation on the emergency is being entered and a response is being made while you are still on the line with the dispatcher.

If you call 911 by mistake, do not hang up. Let the operator know it was ar accidental misdial. Otherwise, if ar perator cannot contact someone at the home from which the 911 call was placed, police will be dispatched to he location.



Volunteer of the Month—Chuck Lundquist



Volunteers in Columbia work in every department and even Columbia's finest benefit from their assistance. Chuck Lundquist donates his time so that the Columbia Police Department's officers and staff can devote more of their time to core community services.

Lundquist first became involved after reading an article about what was then a brand new citizen's patrol program. "I just thought it would be fun...and the Police Department does a wonderful job under sometimes difficult circumstances, and if I could help, I would," said Lundquist.

Eight years later, Lundquist has stayed involved and has logged hundreds of hours. Primarily, he assists the Records Unit with its records retention process. Lundquist says that he scans and microfilms "literally tens of thousands of documents" for both the department and the Missouri Secretary of State's Office.

Lundquist says the Police Department also sends out weekly messages to its volunteers to ask for help with community events and enforcement efforts, such as the Show-Me Games or a DWI checkpoint, and he will often volunteer for those, too. In all, he donates about 10 hours per week to the department. When asked to describe the impact Lundquist has had on the department, his supervisor, Sergeant Lloyd Simons, sums it up as "extremely valuable."

Lundquist says, "I like to feel like I'm contributing and giving back some of the free time that I have...the City in general has been very appreciative and that's been so

To learn about City volunteer programs, contact the Office of Volunteer Services at 874-7499 or visit www.GoColumbiaMo.com

Submitted by volunteer Sarah G. Madden

Are vou insulated?

Stay cozy this winter by taking some time to upgrade your insulation. Remember when insulating your home, you must also adequately ventilate it so that your attic

Here are Columbia Water & Light's minimum recommendations:

- Attic Insulation: R-38
- Floor; R-19 above unheated areas
- Crawl Space Wall Insulation: R-10 with a vapor barrier
- Duct Insulation: R-13 in unheated areas
- Rim Joist Insulation: R-13

Electric customers can receive a low-interest loan for adding insulation. Super Saver Loans: GoColumbiaMo.com or 874-7325

Youth Recreation Scholarships

Columbia Parks and Recreation offers vouth 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 www.GoColumbiaMo.com.

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City of Columbia 701 E. Broadway • Columbia, MO 65201 (573) 874-7111 • www.GoColumbiaMo.com

Mayor Darwin Hindman

CITY COUNCIL MEMBERS

First Ward Second Ward Third Ward Fourth Ward Fifth Ward Sixth Ward

Jason Thornhill Karl Skala Jerry Wade Laura Nauser Barbara Hoppe

Bill Watkins

Paul Sturtz

City Manager

vol. 13 • No. 10 • October 2009

School water main upgrade process

CITY SOURCE



Your source for City news and information



CITY UTILITIES

The facts on trash

Recycling and properly disposing of trash are two important ways you can improve our environment and keep your neighborhood clean. The following tips will help you make this weekly chore much easier:

- 1 Place your trash curbside by 7 a.m. on your collection day. If you are unsure of your collection day, check the City's Web site or call 874-6291.
- 2 Per City ordinance, trash set out before 4 p.m. the day before your normal collection day is considered a "trash out early" violation, and pickup will result in an additional fee that will be charged to your monthly utility statement.
- 2 Do not place trash in garbage cans. Trash must be bagged and set curbside. No cans (plastic or metal containers) will be emptied.
- △ Households with curbside collection will receive vouchers each April, August and December in the mail. The vouchers can be redeemed for FREE trash and recycling bags at local retailers. Use these high quality bags to ensure your trash is properly contained.
- 5 Yard waste is no longer picked up separately, and can be placed in with your regular trash. Small branches and twigs should still be bundled, no more than 4 feet long, 2 feet diameter, and less than 50 pounds.
- 6. To make recycling easy and convenient, curbside pickup is provided for CLEAN aluminum/tin food or beverage containers, plastics #1 and #2, glass, paper and cardboard. Only glass, aluminum and plastic should be placed in the blue recycling bags. Paper recycling should be placed in a cardboard box, paper bag or bundled. Cardboard boxes should be broken down.
- 7. If you have oversized items or appliances, call 874-6291 to arrange for a special pickup or complete the form on the City's Web site.
- R Items such as demolition debris, automotive parts, hazardous materials, whole tires and felled trees cannot be collected with regular refuse. For disposal options, call 874-6291.
- Please wrap broken glass, hypodermic needles, sharp metal, etc., and place them in a disposable container that will resist punctures to help prevent injury to your collector. The Health Department (874-7356) also offers a Red Box Program to dispose of needles.

Thank you for helping to keep your neighborhood clean!

Did You Know?



What is in Columbia's water? Columbia Water & Light runs over 4,000 tests each year on samples from 40 locations throughout Columbia. Our water meets all federal and state guidelines. See for yourself by checking the complete water testing results at GoColumbiaMo.com. (search words 'water test')



ellenriek Construction bores through the ground to place a new water main near Jefferon Junior High School. he water main is being pgraded to increase water for fire fighting ourposes and improve





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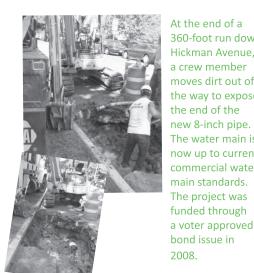
new 8-inch pipe

The water main is

now up to current

nain standards.

The project was





'Get about' Columbia this fall

Autumn is the perfect time to experience Columbia in a whole new way by walking or biking to your destination.

Get the right gear to stay warm as you get out and about this fall:

Beat The Wind

Sometimes it's the wind, not the temperature, that gives you the chills. Windproof gear that includes a lining to completely block the breeze from your body can make all the difference.

Don't Forget Your Hat

When biking, make sure your helmet fits safely over a warm hat.

See and Be Seei

Glasses or goggles that protect your eyes from the glaring sun or rain are great for fall. As the days get shorter, don't forget bike lights, bright-colored clothing and reflective gear for maximum visibility.

Get outfitted for fall weather, and try tailgating on two feet or two wheels at one of the Mizzou Tiger football games this month. Avoid the traffic and celebrate the sights and smells of the season by walking or biking to a game with other Tiger fans. Free bicycle parking will be available near the Tiger Team Store, 600 Stadium Blvd.

For more information about GetAbout Columbia and ideas on getting about, call 442-7198, ext. 29, or visit getaboutcolumbia.com.



"Respect the Red" or expect a ticket



Red light camera photo enforcement is in effect at two Columbia intersections: 1) Broadway and Providence Road; and 2) Stadium Boulevard and Worley Street. Plans call for a total of 16 cameras at various intersections in the coming months.

The fine and cost for a single offense is \$120, if the violation is paid through the City's Traffic Violations Bureau. An individual may plead either guilty or not guilty and request a trial. Pursuant to City ordinances, a red light violation is punished by a fine between \$1 - \$500; by up to three months' imprisonment; or by both a fine and imprisonment.

Violators receive traffic citations by mail. A citation includes photos, date and time of the violation, time elapsed since the beginning of the red signal, vehicle speed, instructions for viewing a video clip online and a court date and time for arraignment hearing.

Cameras capture images of vehicles and drivers who run red lights. Drivers will be able to view the images before deciding whether to plead guilty or not guilty in municipal court. State law requires the court to report all convictions of moving violations to the Missouri Department of Revenue. Signs are posted at these intersections, warning drivers that photo enforcement is in use.

For more information, contact the Columbia Police Department at 874-7652 or check www.GoColumbiaMo.com.

Boards & commissions

The City is accepting applications for the Mayor's Committee on Physical Fitness. Application deadline is noon, Nov. 6. 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.

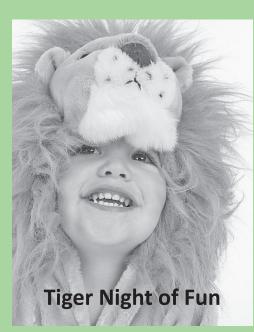
Family Fun Night Parks & Recreation

Register online at GoColumbiaMo.com

On November 6, Columbia Parks & Recreation will have Family Fun Night at the ARC from 7 p.m. - 9 p.m. The cost is \$3 per person. Call 874-7460 for more information.

Thanksgiving holiday

City offices will be closed Thursday, Nov. 26, 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.



Join the fun at the Hearnes Center for Parks and Recreation's annual Tiger Night of Fun Halloween event Saturday, Oct. 31, 5 to 7 p.m. Tiger Night of Fun is a safe alternative to door-to-door trick or treating. Kids will enjoy activities, games and lots of treats—all free. For more information, call Parks and Recreation at 874-7460.



Public Power Week • October 4-10, 2009

The citizens of Columbia started their own utility in 1904 so they would have a safe, reliable, low-cost source for water and electricity. The utility operated as a business within city government since that time. The benefit of a municipally owned utility is that it is run by the citizens of Columbia through the City Council and operated by your friends and neighbors. During Public Power week, we celebrate this wonderful community asset that benefits all of us. Thank you Columbia!

Columbia visitors add up to dollars and sense



Crisp fall weather means the end of summer as Columbia gears up for fall events. Thousands of people arrive to attend festivals, film and music events and, of course, football games. Leaves aren't the only thing to change: there are longer lines at our favorite stores, less likelihood of getting a good spot on the best dining patio and waiting, waiting, waiting for that light to change from red to green.

All those visitors mean more spending and more employment in those businesses impacted by the influx. According to the Missouri Division of Tourism, over \$299 million was spent in tourism-related businesses in Boone County in 2008, supporting more than 9,500 tourism-related jobs. In turn, that generated local property taxes exceeding \$2 million for lodging and entertainment businesses in Boone County. Columbia has a lot to offer fall visitors, so just remember when you're tapping your toe waiting, that good things come to those who wait.



In October 2008, construction began on the Columbia Police Regional Training Center, which will be named the Robert M. LeMone Building. LeMone donated approximately \$500,000 to the project, including the land and many upgrades.

The center is over 11,000 square feet. It houses two offices, four classrooms, a large garage and an outside training area. The largest classroom seats 90 students.

Deputy Chief Tom Dresner said, "It's hard to describe how excited we are to have our own place. I have been here nearly 25 years, and during that time, police training has always been at a borrowed or rented location. That has finally changed. We're now going to be the location of choice, and that's a very good feeling."

The first in-service training was held at the center on July 22.

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.

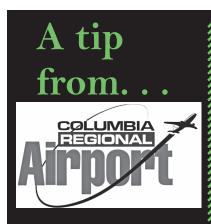
Just call 874-7694. First-time users will need to have their social security number on file at Utility Customer Service, know their account number and set up a pin. Questions? Call customer service at 874-7380.

Free WiFi provided in two parks

You can now get WiFi Internet access for free in Flat Branch and Stephens Lake parks. Coverage is available for both blocks of Flat Branch Park and selected areas of Stephens Lake Park around the park shelters, beach area and Riechmann Pavilion.

The only equipment required to access the free service is a laptop and a WiFi card that is compatible with the 802.11(x) standard. On the laptop, search for available WiFi networks, select the "(park name)" and click on "connect." Users will be redirected to a welcome page. On the welcome page, click on the "connect" link to access the Internet.

Providing free WiFi in the parks was an initiative by the City Council and the Parks and Recreation Department to help keep people connected while they enjoy the outdoors. Thanks to funding from the Park Sales Tax and sponsorship by iZones, citizens can use their laptops to access the Internet in a peaceful park setting.



When flying from Columbia Regional Airport please arrive *ONE HOUR* before your scheduled flight to ensure all flight arrangements and security measures are complete. The ticket counter closes 30 minutes prior to departure and the airline will not issue boarding passes or check baggage less than 30 minutes prior to departure. For more information, check out our Web site at FlyMidMo.com or call 573-874-7508.