

CITYSOURCE



Your source for City news and information



Volunteer of the Month



Herman Traudes

In Herman Traudes' native country, Holland, volunteering is an essential element of civic life.

"Everybody is involved in something. It builds and maintains a community and a sense of ownership and responsibility," he said.

Simple changes = results



We were given space for a 200-word story about healthy living in 2010. After much thought, employees at the Columbia/Boone County Department of Public Health and Human Services decided we didn't need 200 words. We could sum up our advice with four words: "Get off the couch."

Every January you hear and see tips for healthier living, simple ways to improve your health.

Report streetlight problems

Online reporting form: www.gocolumbiamo.com, search word "streetlight"
874-6202 • wmail@GoColumbiaMo.com

Columbia Water & Light maintains 9,000 streetlights. Our staff inventories the condition of the lights on a regular basis but we need your assistance. If you notice a streetlight that is not turning on at night, staying on during the day or is having any other problems, please let us know. Thanks for your help!

So, when Traudes learned of the City of Columbia TreeKeepers Program, it seemed only natural that he would become involved. Over the last four years, Traudes has donated more than 60 hours to the program.

TreeKeepers volunteers help plant trees, mulch, fertilize and prune. They also fight brush overgrowth and remove exotic species that crop up in parks and along nature trails.

Traudes said his time commitment is about 10 Saturday mornings per year, but he welcomes that opportunity.

"TreeKeepers immediately appealed to me because of the training you receive and the expert management of the program," he said. "The combination of being outdoors,

This year, the health department encourages you to make one simple change: "Get off the couch." Consider this, in just 15 minutes, a 150-pound person burns approximately:

- 75 calories walking the dog
- 100 calories shoveling snow
- 80 calories mowing the lawn
- 60 calories cleaning house

So, set a realistic goal for yourself this year. Walk the dog around the block after supper each night. Shovel your own snow this winter. Mow your lawn with a push mower this summer. Crank up the music and clean your house! Moving more doesn't have to mean a gym membership (but you might find you like it!) or a five-mile run each morning (but you might enjoy that too, if you work up to it!).

Moving more simply means getting off the couch and adding a little movement into your life. Your body will thank you.

getting expert guidance and experiencing the effects of good landscaping inspires."

Chad Herwald, Traudes' supervisor in the program, said that his enthusiasm for his work shows. "Herman is very knowledgeable about the process our staff goes through for each individual project . . . and he is always willing to educate and instruct our newer TreeKeepers."

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

Written by volunteer Sarah G. Madden

Boards and commissions

The City is accepting applications for the CARE Advisory Board and the Human Rights Commission. Application deadline is noon, Feb. 5.

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

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

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Soon after Police Chief Ken Burton's arrival, he began making changes within the Police Department to increase efficient use of resources, as well as make the department more accessible to the community and responsive to its needs.

Burton created the Downtown Police Team as his first implementation of geographic policing in May. The following month he took the department's first step toward implementing geographic policing citywide. He reduced the City's 14 police beats to five sector areas. Since then, the command structure and police-response system have continued to fall into place (including reducing the sectors further to just four). The process will become "finalized" in January 2010.

"We use 'finalized' as a tentative term, because if something doesn't work well enough to be called excellent, we're going to change it," said Public Information Officer Jessie Haden.

How does the new system look and how will it work?

The Patrol Division was divided into north and south.

- Captain Brad Nelson supervises the North Division.
- Captain Dianne Bernhard supervises the South Division.
- Each division has two sectors and each sector has two patrol beats.

The Investigative Division was also divided into north and south units.

- Certain detectives are assigned to handle cases on the north side of town, and others are assigned to the south side.
- Two of the department's Street Crimes Unit officers are assigned to the north and two are assigned to the south.

Patrol officers will begin a new 12-hour schedule.

- Officers will work one of the following shifts:
 - 6 a.m. to 6 p.m.
 - 10 a.m. to 10 p.m.
 - 3 p.m. to 3 a.m.
 - 6 p.m. to 6 a.m..
- Officers' days off will rotate but their hours will not.
- The new schedule puts more officers on the street and covers the times of the day when calls for service are heaviest.

To see the sector and beat map, visit the Police Department's page on the City's Web site at www.GoColumbiaMo.com.

Office of Neighborhood Services

The City's new Office of Neighborhood Services (ONS) will open for business beginning Jan. 4 at 3601 S. Providence Road in the old Fire Station 7.

You can reach ONS:

- by phone at 817-5050
- via e-mail at: neighborhood@GoColumbiaMo.com
- online at: www.GoColumbiaMo.com/Neighborhoods
- in person Monday through Friday from 8 a.m. to 5 p.m.

The responsibilities of the ONS include the rental housing inspection program, the volunteer program, property maintenance code enforcement and the neighborhood recognition program.

Web Did You Know?

City Arts Funding

Each year the City supports local arts programming. In fiscal year 2010, nearly \$99,000 is being provided to local arts agencies in support of visual, performing and literary arts projects and related educational offerings. As a result, citizens and visitors have access to numerous exhibitions, concerts, classes, workshops and special events. To qualify to receive City arts funding, arts organizations must have 501c3 status. To learn more, contact the Office of Cultural Affairs, 874-6386, oca@GoColumbiaMo.com or access guidelines at www.GoColumbiaMo.com (search: GoArtsFunding).





Winter biking and walking

The following tips will help bicyclists and walkers stay warm and safe during the colder months.

Bicycling

Regardless of the time of year, it's important to have a set of lights for your bike – white in front and red in back. It's also a good idea to wear light-colored and/or reflective clothing while riding. Just remember, reflective clothing is not a substitute for bicycle lights.

Waterproof gloves help in cold weather. Avoid mittens and wool gloves to maximize dexterity and prevent slipping on the handlebars.

To keep your tires from slipping in the snow and increase traction, use studded tires or tire chains. Also, try a pair of larger platform pedals to keep heavier shoes in place while riding.

Shoe covers are a good way to keep your feet warm and dry. Or, try pulling plastic bags over your shoes and secure the bags with rubber bands or leg bands.

Walking

Layering is key to staying comfortable while walking in cold weather. Multiple layers are a low-cost alternative to high-end performance clothing and can easily be added or removed. Try a base layer that breathes, another layer that provides warmth and an outer layer that keeps out the wind and moisture. Try to keep an extra pair of socks and shoes at work in case you need to change.

Whether you decide to get about on foot or by bike, check the weather before you leave the house so you know what to expect on roads and sidewalks. If it starts to get bad, hop on a transit bus to finish your journey safely. For more information, visit getaboutcolumbia.com.

Check for water leaks

How much water do you use? Check your bill each month to make sure you don't have any water leaks. Water use is recorded in hundred cubic feet (CCF). There are 748 gallons in a CCF. Most adults use around 3 CCF each month. By keeping an eye on how much water you use, you can identify leaks.

Toilets

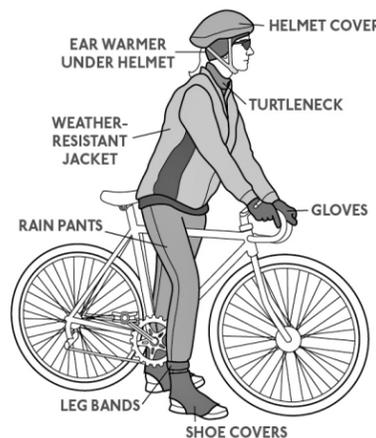
If you hear the water in your toilet running long after you flush, you could be wasting hundreds of gallons a day. Remove the toilet tank lid and flush. Check the overflow pipe. If water is spilling over the top, then the arm needs to be adjusted so the valve shuts the water off sooner. To check for leaks around the stopper, put a few drops of food coloring in the reservoir tank. Don't flush for one hour. If the color shows up in the toilet bowl, the stopper at the bottom of the tank needs to be replaced.

Leaking faucets

A slow leak in a faucet can waste 15 to 20 gallons of water a day. The majority of leaks are due to worn out washers. Turn off the water supply and replace the washer. If the faucet is still leaking, consult a do-it-yourself manual available at most hardware stores or the library.

Other areas

Water leaks can also occur around water heaters, softeners, pipes or other appliances that use water. Leaks can also occur in the water line that serves your home. If you notice water pooling on your property or at your water meter, contact the Water Division at 874-6229 or fill out a form online at GoColumbiaMo.com.



Show-Me Yards and Neighborhoods Workshop



Feb. 18, Feb. 25 and March 4 • 6 - 9 p.m.

Want to save time and money on yard care that's environmentally friendly? Want to have a great lawn plus get answers to your yard-care problems? Did you know homeowners use 10 times more chemicals per acre on lawns that farmers use on crops? Ninety percent of U.S. streams sampled contained pesticide residue. Did any of that come from your yard?

This is a free 3-week session open to everyone.

Some of the workshops will include:

- How to have a healthy lawn that looks good
- Adding nutrients (without adding hazardous chemicals)
- What garden plants thrive in Missouri landscapes
- How and why to build a rain garden
- Controlling insects and other garden pests the healthy way
- Equipment and techniques for your best lawn

• **When:** Thursday evenings

• **Where:** University of Missouri, General Services Building

• **Date:** Feb. 18, Feb. 25 and March 4, 6 - 9 p.m.

Preregister at www.GoColumbiaMo.com or call 817-6447 on the main page under the "What's New" section, click on SMY&N link.

Free parking and a map is on the Web site

* Free to attend, but preregistration is required.

Fire Station 9



Columbia Fire Station 9 is nearing completion. Located at the corner of Blueridge Road and Providence Road, the station is being constructed as part of the 2005 capital sales tax extension approved by voters. The general contractor, Little Dixie Construction, has made substantial progress on the exterior of the station and completed a large portion of the landscaping.

Construction continues on the interior and LEED testing will begin soon. The contracted completion date is March 5. Stay tuned for additional information concerning the grand opening and the Percent for Art project.

Neighborhood Response Team

The City of Columbia's Neighborhood Response Team (NRT) completed another round of property inspections in 2009. The purpose of the NRT is to improve the living conditions of residents by addressing property maintenance issues, such as roof deterioration, peeling paint and debris in yards. The owner of a property with conditions that do not meet City codes is asked to take corrective action. There are several programs in place to assist homeowners in financial need to bring their properties back into code.

More than 3,000 properties in the NRT priority area were inspected from March through October. Of those, 516 were found in violation of the City's codes and asked to take corrective action. In addition, 402 properties had corrected property maintenance code violations cited in 2008.

The NRT conducts annual inspections in a priority area comprised mainly of Columbia's central city, but action can be taken citywide. Staff who work on the NRT are interested in talking with residents throughout the city about our codes so that quality of life and property values can be protected for everyone in Columbia. To learn more about the NRT, please contact Bill Cantin, M.P.A., in the Office of Neighborhood Services at 817-5050 or neighborhood@GoColumbiaMo.com.

Why does the City need my correct phone number?

When the power goes out, don't spend extra time on the phone reporting the outage. Take a minute to fill out the return envelope flap with your correct phone numbers or fill out an online form at www.GoColumbiaMo.com. Then when you are reporting a service problem, Columbia Water & Light's automated reporting system can efficiently handle your call. Having correct contact information also helps the utility make any necessary follow-up calls to you.

When there are problems with the electric system, Columbia Water & Light makes every effort to restore your power as soon as possible. If you experience an outage, please call Water & Light at 875-2555. Customer reports during an outage help crews troubleshoot problems and get the lights back on.

Parks & Recreation CALENDAR

Register online!

www.GoColumbiaMo.com

Call 874-7460 for more information.

February 1

Registration begins for Douglass Baseball leagues

February 10

Black History Month – Discussion of President Obama's First Year, Armory, 6:30-8 p.m., free

February 15

Registration starts for adult summer volleyball

February 15

Registration starts for adult summer softball

February 19

OAK (Older American Klub) Sweetheart Dance, Stephens Lake Activity Center, 7-10 p.m., \$3

February 28

Black History Month – Gospel Explosion and Soul Food Dinner Celebration, St. Luke UMC, 3 p.m., free

cut along line



Take an audio tour of Columbia's largest museum



Download a "downtown" or "around town" tour to your personal MP3 player or listen at your computer, and learn about more than 16 large-scale publicly accessible sculptures and installations in Columbia. Many tours have commentary from the artist. Find the audio tour at www.GoColumbiaMo.com/Arts;

scroll down to the public art guide section, select the "Virtual Tour" link then choose "Take the Tour."

**FIGHT
THE FLU**

www.FightTheFluMO.com