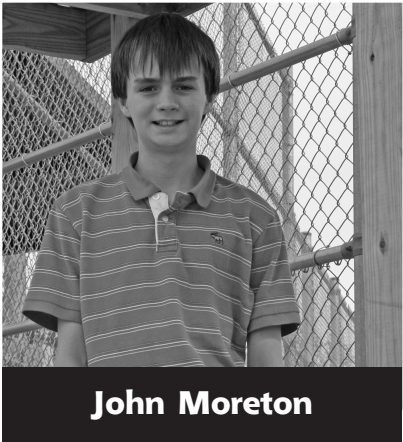


January 2009 Volunteer of the Month



John Moreton

When John Moreton was searching for an Eagle Scout project, the City of Columbia suggested a shelter and scorekeeper’s table in Cosmo Park. The City provided photographs of a similar structure located in Kansas City as a model, and that’s where Moreton’s design and construction took over.

Moreton’s project supervisor, Mike Snyder, senior parks planner, said “John is an outstanding young man. He is detail-oriented, and I was really impressed with his use of computer software before he built the structure, and his ability to

accurately plan it.”

Based on the number of donated volunteer hours, the value to the City might exceed \$3,140.

Not only does Moreton’s project bring much needed shelter from elements for the scorekeepers at the Antimi Baseball Complex, it’s provided an additional benefit. Another Eagle Scout has also chosen to build a second scorekeeper’s pavilion based on Moreton’s design.

Moreton is an eighth grader at Columbia Independent School. He is the son of Ann and David Moreton. Besides his involvement in Boy Scouts, he stays busy with cross country and as a soccer referee with Columbia Parks and Recreation.

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

–Written by volunteer Sarah Madden

Winter Motivation

Your couch and a warm blanket might seem inviting when it’s freezing outside, but physical activity is just as important now as it is in the warmer months. Experts recommend that children and teenagers get at least 60 minutes and adults at least 30 minutes of physical activity daily.

- Protect yourself outside this winter with these simple tips:
- **Layer it on.** Dress in layers and if it's very cold or if you have asthma, wear a face mask or scarf over your mouth.
 - **Protect your extremities.** Try wearing a thin pair of gloves under a pair of heavier gloves or mittens. And don't forget a hat or headband – 30 to 40 percent of your body heat is lost through your head.
 - **Remember sunscreen.** Wear a sunscreen that blocks both UVA and UVB rays and has an SPF of at least 15 or higher. Protect your lips with a lip balm that contains sunscreen.
 - **Drink plenty of fluids.** Drink water before, during and after being active — even if you're not thirsty. You can become just as dehydrated in the cold as in the heat.

Don’t let the cold weather keep you inside. Winter activities can cure cabin fever and the winter blues. Plus, being active increases your energy and boosts your immune system.

There are a number of ways to “move more” this winter. So turn off the TV, bundle up and have fun!

Flu Reminder

It’s not too late! The Columbia/Boone County Department of Public Health and Human Services is offering flu vaccinations on a walk-in basis.

Date:
Monday – Friday

Time:
8 a.m. – 4:30 p.m.

Location:
Health Department Clinic
1005 West Worley
Columbia

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



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CITYSOURCE

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Your source for City news and information



winter weather

BE SAFE.



Snow Removal



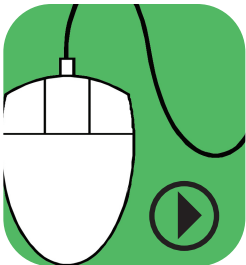
When it snows in Columbia, the City depends on its citizens to be helpful, responsible and aware of the need to remove snow and ice from public sidewalks, including walks and ramps leading to a crosswalk. Citizens are required to keep their sidewalks clear of snow and ice to maintain compliance with the

ADA so individuals in wheelchairs or limited mobility can easily get around Columbia. The Boone County Council on Aging provides assistance to seniors who need help with snow removal. To find out more about this service, or to volunteer, call 443-1111.

When it comes to scooping snow from your driveway, the City recommends keeping snow to the right side (as you are facing the street). This will help avoid having your driveway plowed shut with snow when the snow plows come down your street.

In order to run the snow plowing operations efficiently, the City asks citizens to keep parked cars off streets as often as possible during snow and ice events. Parked cars are an obstacle to clearing the street well, posing a hazard that plows must maneuver around. Your street will be plowed more thoroughly if there are fewer parked cars.

Additional information about cleaning sidewalks is covered in City ordinance 24-12. View the City’s snow policy and priority map at www.GoColumbiaMo.com.



DID YOU KNOW?

Keep your New Year’s resolutions by taking a class! Parks and Recreation is offering a whole slate of new life enrichment and fitness classes this winter. Did you know that you can register for classes online? Go to the City’s Web site at www.GoColumbiaMo.com, click on the “Register for Activities” box at the top of the page, and follow the step-by-step instructions.

Winter weather advisories from Columbia Transit

During extreme weather conditions (heavy ice or snow), Columbia Transit buses will operate on an emergency weather schedule. Passengers are advised to listen to local radio stations KBIA, KCLR, KFRU and KPLA or watch television stations KOMU, KMIZ and KRCG for emergency information. Passengers should allow more travel time for their trip to be completed. Columbia Transit does not cancel service unless major city streets are completely impassable and/or deemed unsafe due to very heavy snow or ice.

For more information regarding the emergency weather schedule, please call Columbia Transit at 874-7282 or check the City’s Web site at www.GoColumbiaMo.com (search GoBus).

Neighborhood Leadership Program kicks off Feb. 17

The City of Columbia invites you to participate in the first Neighborhood Leadership Program, a six-session series aimed at helping those who serve in a leadership role in their neighborhood organization or have a desire to serve in the future. Participants will leave the course with more information on how their local government operates and leadership skills that can be applied in any setting.

Sessions will be held the evenings of Feb. 17, March 3, March 17, March 31, April 14 and April 27. There is a \$25 registration fee; space is limited. To learn more, contact the Office of Volunteer Services at 874-7504 or visit the City’s Web site at www.GoColumbiaMo.com.

Boards and Commissions

The City is accepting applications for the following boards and commissions:

- UMC Extension Council of Boone County
- Human Rights Commission



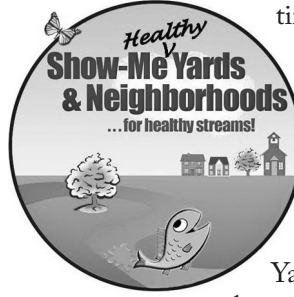
Application deadline is noon, Feb. 6. Applications and current vacancies are available online at www.GoColumbiaMo.com or at the City Clerk's Office. Call 874-7208 for information and requirements.

Celebration set for King holiday



The annual candlelight walk and memorial celebrating the life of Dr. Martin Luther King Jr. will be held Monday, Jan. 19. The walk will begin at 6:30 p.m. at Douglass High School and will proceed to St. Luke United Methodist Church for a memorial celebration scheduled to begin at 7 p.m. For more information, contact Parks and Recreation at 874-7460.

ShowMe Yards & Neighborhoods Workshops
Feb. 12, 19 & 26



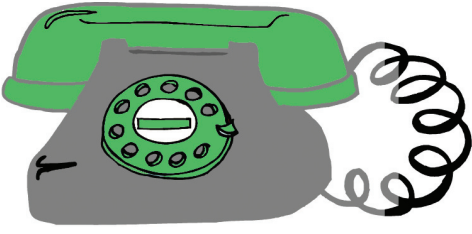
Did you know that homeowners apply 10 times more chemicals per acre in their yards than farmers do on crops, and some of those chemicals are finding their way into the nation's streams and waterways?

If you're interested in environmentally-friendly yard care methods, Show-Me Yards and Neighborhoods can help. This three-part workshop, to be held Feb. 12, Feb. 19 and Feb. 26 from 6:30-9 p.m., covers topics from moles and insects to turf problems, mowing questions and organic products. Show-Me Yards introduces new ways to achieve beautiful results using native plants, rain gardens and helpful insects and organic alternatives.

To register for this three-part workshop or for more information, call 449-8515 or e-mail mona.menezes@GoColumbiaMo.com.



Why does the city need my correct phone number?



When the power goes out, don't spend extra time on the phone while 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 report a service problem, Columbia Water and Light's automated reporting system can efficiently handle your call. Having correct contact information also helps the utility make necessary follow-up calls to you.

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



Youth Recreation Scholarships

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 www.GoColumbiaMo.com.

Public art guide revised

The City's guide to public art has been revised to include several of the newer works placed as a result of the Percent for Art program. Outlined as a self-guided tour, the brochure also includes a listing of related activities for kids. Pick up a free copy of the brochure at the Convention and Visitors Bureau, 300 S. Providence; City Hall, 701 E. Broadway; or the Office of Cultural Affairs (OCA), 1 S. Seventh Street. To have a copy sent to you, call or e-mail the OCA: 874-6386, ca@GoColumbiaMo.com.

The 2009 CARP Volunteer Program begins March 2



The City of Columbia is looking for volunteers interested in working in parks, caring for the environment and enjoying an occasional splash in a lake or stream. If that describes you, then you may want to participate in C.A.R.P.

The Columbia Aquatic Restoration Project – C.A.R.P.– was created by the Parks & Recreation Department to involve volunteers in implementing an aquatic plant and shoreline management plan.

The 2009 program will begin with a class on Mondays March 2, March 9 and March 16, from 6-8:30 p.m. at the Parks Management Center, 1507 Business Loop 70 West. Classes include information on aquatic plants and insects, storm water management and lake ecology.

Volunteers are asked to share 18 hours on projects held in city parks on Saturday mornings. Since the program began in 2007, 39 C.A.R.P. volunteers have shared 522 hours of service. Space is limited for the C.A.R.P. class. To register or learn more, contact the City's Office of Volunteer Services at 874-7499 or volunteer@GoColumbiaMo.com.

Free online energy audit

Columbia Water & Light is now offering a free energy audit on the City's Web site at GoColumbiaMo.com. Gather your old bills before you get started so you can fill in your consumption history.

There are many energy saving projects that cost little to no money to implement. The utility still offers onsite visits as well. Both of these programs are a great tool to save energy, money and the environment.



Check out our new Web site at FlyMidMo.com

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.

PARKS & RECREATION
CALENDAR

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

- January •
- January 5
Registration starts for adult winter volleyball
- January 6
Session I of swim lessons begins, Hickman Pool
- January 12
CARE program applications available
- January 15
OAK (Older American Klub) Movie Sing-Along, Stephens Lake Activity Center, 1 p.m., free, must preregister
- January 16
OAK (Older American Klub) Snowflake Dance, Stephens Lake Activity Center, 7-10 p.m., \$3
- January 17
Session II of swim lessons begins, ARC
- January 19
Dr. Martin Luther King Jr. Memorial Celebration, candlelight walk at Douglass H.S. 6:30 p.m., celebration at St. Luke UMC, 7 p.m.
- January 23
OAK (Older American Klub) National Pie Day, Stephens Lake Activity Center, 1 p.m., free, must preregister

