

# July Volunteer of the Month

WALT'S BICYCLE, FITNESS AND WILDERNESS COMPANY



Volunteers show and teach bike safety at the annual Kids Bicycle Safety Challenge.

The City of Columbia recognizes Walt's Bicycle, Fitness and Wilderness Company as July's volunteer of the month.

Walt's has played an important role in supporting the Kids Bicycle Safety Challenge, a community effort between the City of Columbia Parks and Recreation Department, the Columbia Police Department, the Downtown Optimist Club and other sponsors. The annual rodeo promotes and educates children on bike safety.

"Bicycle Safety Challenges have been a traditional bike shop outreach program for years," said Mark Binder, Walt's service manager "as it provides

one way for specialists to educate and promote safe cycling." Binder and Sarah Ashman, Walt's general manager, have volunteered with the Kids Bicycle Safety Challenge for seven years.

Every year since Columbia's Kids Bicycle Safety Challenge began, Walt's has helped with helmet fittings and checking for bike safety and mechanical problems.

Walt's has also been an important partner in supporting the Mayor's Challenge: Bike, Walk & Wheel Week.

When they aren't working at Walt's Bike Shop, Sarah volunteers on the PedNet board of directors and previously volunteered on the Friends of Rock Bridge board of directors. Mark enjoys hiking and fishing. Otherwise, the two are kept busy and have fun as new parents.

To learn how you can become involved with the City of Columbia volunteer programs contact the Office of Volunteer Services at **874-7499** or visit [www.GoColumbiaMo.com](http://www.GoColumbiaMo.com).

- Written by volunteer Lauren Kilberg

## Vacation Crime Prevention Tips

### BEFORE LEAVING... SECURE YOUR RESIDENCE

Make the trip more enjoyable by taking steps to reduce the possibility that your house will be burglarized or vandalized while you are gone. A vacant house, or one that appears to be unoccupied, is an appealing target for a burglar.

- Make sure all locks on the doors and windows function properly and use them.
- Give your house a "lived-in" appearance. Put automatic timers on several lights, a radio and a television. Set the timers so the lights and appliances will turn on and off at random times.
- Leave shades and blinds in a position that you would normally leave them.
- Arrange for a neighbor to pick up mail, newspapers and packages. Ask a neighbor to use your driveway and garbage cans while you are away.
- Make sure smoke and burglar alarms function properly and are armed.
- Turn the ringer on your telephone down low or off. Do not leave your lights on 24-hours a day.
- Ask a trusted friend or neighbor to watch your property while you are gone and leave emergency contact information with them.
- Leave a normal message on your answering machine and avoid discussing your vacation plans in public.

Contact the Columbia Police Department at **442-6131** or **874-7652** and request a vacation "watch in passing". Officers will be made aware that you are not home and will drive by the area more frequently.

## Coming to a

### Storm Drain near you

Did you know that the storm drains near your home or business send water straight into our streams? These streams drain the stormwater that falls in Columbia.

Stormwater picks up litter, pollutants and chemicals from parking lots, streets and lawns. The water then goes through pipes to the creeks...not to the wastewater treatment plant.

In an effort to reduce pollutants in our urban stormwater, bold blue and green decals with a picture of a fish and "No Dumping...Drains to Stream" will be permanently glued on curbs next to storm drains. Over 2,000 decals are already in place, thanks to volunteers just like you. You can participate in this effort by getting a group together to help apply these decals. Scouts, clubs, youth groups, families, service organizations...anyone can do it!

Marking the storm drains helps remind people not to pour chemicals, soap, paint, yard waste or anything else down them. This is an easy first step in reducing water pollution and a fun way to help keep our city streams clean!

**For information or to volunteer, call Stormwater Outreach at 817-6447.**

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#### City of Columbia

701 E. Broadway • Columbia, MO 65201  
(573) 874-7111 • [www.GoColumbiaMo.com](http://www.GoColumbiaMo.com)

#### MAYOR Darwin Hindman

#### CITY COUNCIL MEMBERS

|                    |                      |
|--------------------|----------------------|
| <b>First Ward</b>  | <b>Paul Sturtz</b>   |
| <b>Second Ward</b> | <b>Chris Janku</b>   |
| <b>Third Ward</b>  | <b>Karl Skala</b>    |
| <b>Fourth Ward</b> | <b>Jerry Wade</b>    |
| <b>Fifth Ward</b>  | <b>Laura Nauser</b>  |
| <b>Sixth Ward</b>  | <b>Barbara Hoppe</b> |

|                     |                     |
|---------------------|---------------------|
| <b>City Manager</b> | <b>Bill Watkins</b> |
|---------------------|---------------------|



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# CITYSOURCE

Your source for City news and information

## ABC 17's Fire in the Sky 2008

THE 57<sup>TH</sup> ANNUAL CELEBRATION OF AN AMERICAN TRADITION



Enjoy the 57<sup>th</sup> Annual Fire in the Sky celebration at the University of Missouri's Memorial Stadium. ABC 17's Fire in the Sky will be held on Friday, July 4.

Gates will open at 6:30 p.m. with live entertainment beginning at 7 p.m. The Missouri Symphony will perform at 9 p.m. Fireworks will be choreographed to the music of the symphony.

The celebration is free and concessions will be available. Please do not bring fireworks to the stadium. For more information, call **874-7460** or visit [www.fireinthesky.tv](http://www.fireinthesky.tv).

## You Can Be a Leader in the Community

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

- Bicycle and Pedestrian Commission
- Building Construction Codes Commission

**Application  
deadline:  
Noon, July 7**

Applications and current vacancies are on the City's Web site at [www.GoColumbiaMo.com](http://www.GoColumbiaMo.com) on the City Council page.

Call **874-7208** for information and requirements.



### did you know?

You can sign up or disconnect a utility account, pay your bill or review your account online or by phone?

[www.GoColumbiaMo.com](http://www.GoColumbiaMo.com)

874-7694

## Youth Recreation Scholarships are now 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 percent 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](http://www.GoColumbiaMo.com).**

## Columbians Switch to Compact Fluorescents

Congratulations to those Columbians who recently purchased energy-efficient compact fluorescent light bulbs. **Columbia is fourth in the nation for purchases of the bulbs according to [www.18seconds.org](http://www.18seconds.org).**

The Web site reports that Columbia has prevented 122,048,359 pounds of CO<sub>2</sub> by using compact fluorescent light bulbs over incandescent bulbs.

## Money in Your Pockets from Columbia Water & Light

**\$100 TO \$1,600 REBATE**

**HIGH EFFICIENCY AIR CONDITIONER**

If your cooling system is older than 10 years, you have frequent service problems and/or your utility bills are going up, it is time to consider installing a new unit. Upgrading to a higher SEER air-conditioning unit can substantially reduce your cooling costs.

Rebates are offered to Columbia Water & Light electric customers installing units with a SEER of 14 or higher.

For a complete list of the program parameters, please go to [www.GoColumbiaMo.com](http://www.GoColumbiaMo.com) or call **874-7325**.



The City's cycling classes offer adults and kids the confidence and skills they need to ride safely in a variety of settings.

## Cycling Classes Being Offered

Get out of your car and onto a bike this summer! Parks and Recreation, in coordination with GetAbout Columbia, is offering several cycling classes.

All classes are held at the Stephens Lake Activity Center, 2311 E. Walnut.

For more information or to register, call Parks and Recreation at **874-7460**.

### CONFIDENT CITY CYCLING:

A class for ages 14 and older, aimed at giving cyclists the confidence they need to ride safely. Class covers safety checks, fixing a flat, on-bike skills, and crash avoidance techniques.

A student manual is provided. The fee is \$20.

Session 2: Monday-Wednesday, July 7-9, 5:30-8:30 p.m.

Session 3: Tuesday-Thursday, Aug. 19-21, 5:30-8:30 p.m.

### COMMUTING:

A class for ages 14 and older, Confident City Cycling is a prerequisite for this course. The fee is \$15.

This course covers topics including route selection, bicycle choice, dealing with cargo and clothing, bike parking, lighting, reflection and foul weather riding.

Session 1: Thursday, July 3, 5:30-8:30 p.m.

Session 2: Saturday, Aug. 9, 9 a.m.-12 p.m.

Session 3: Monday, Aug. 18, 5:30-8:30 p.m.

### BIKEPRO:

Designed to teach children ages 10-14 the knowledge and skills necessary for safe bicycle operation in a variety of settings. Children must be proficient at riding their bikes and bring a bike and helmet to each class. The fee is \$10.

Session 2: Monday-Thursday, July 14-17, 5:30-7:30 p.m.

Session 3: Monday-Thursday, Aug. 11-14, 5:30-7:30 p.m.

## Protection from Tick-Borne Diseases

From spring to fall, it's important to prevent tick bites and check for ticks. Ticks can be hosts to various diseases, including ehrlichiosis and Rocky Mountain spotted fever (RMSF).

In 2007, Boone County had 14 confirmed cases of ehrlichiosis and 24 cases of RMSF. While the risk of a serious tick-borne disease is low for most people, there have been deaths linked to both of these diseases.

To prevent tick bites, the Columbia/Boone County Health Department recommends:

- Use bug repellent with Deet.
- Wear light-colored clothing, which allows you to see ticks easier.
- Wear long-sleeved shirts whenever possible.
- Perform daily tick checks! Look around arms, ears, belly buttons, knees and in your hair.
- Check your kids and pets!

If you have been bitten by a tick and experiences a sudden fever, headache, rash, achy muscles, nausea or vomiting, seek immediate medical attention.

## July Holiday Schedule

City offices will be closed Friday, July 4, in observance of Independence Day.

Residential refuse and curbside recycling collection for that day will be delayed until Saturday.

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.

## Managing Volunteers Following a Disaster

HELP US PREPARE ON JUNE 26

Should disaster strike our community, Columbia and Boone County have a plan to respond. Included in that plan is how to manage the many volunteers who might want to help following a disaster. Thought has been given to how volunteers will assist. There may be hundreds of people who live in or travel to Columbia with the best intentions of lending a hand, and there will most likely be a need for their help.

Volunteers who want to help following a disaster would be managed through a Volunteer Reception Center (VRC). The VRC is a center point for both volunteers and agencies that need additional assistance. The VRC may require the assistance of dozens of people in order to greet, interview, screen, place and train volunteers.

On Thursday, June 26, an emergency drill is planned in Columbia that would include a test of the VRC. The drill will only take a few hours, and be a huge help in adding to the experiences of our community in preparing for an emergency.

The time and location of the drill is being determined, but if you are interested, contact the City's Office of Volunteer Services at **874-7499** or [volunteer@GoColumbiaMo.com](mailto:volunteer@GoColumbiaMo.com).



## Water Saving Irrigation Tips

### DO YOU NEED TO WATER?

Watering thoroughly, but infrequently, develops a deep root system so plants can use moisture and nutrients deep in the ground. Water according to moisture in the soil; not a fixed schedule. Lawns are dry when footprints remain in the grass long after being made.

### HOW MUCH SHOULD I WATER?

- Lawns need only one inch of water per week; approximately three times a week for 20 minutes.
- Use a tuna can or a rain gauge to accurately measure the amount of water your irrigation system or sprinkler delivers.
- Set a timer as a reminder to turn off the sprinkler.
- Water in the early morning from 6 a.m. to 8 a.m., avoiding windy conditions.



## PARKS & RECREATION CALENDAR

- Register online! [www.GoColumbiaMo.com](http://www.GoColumbiaMo.com)
- Call **874-7460** for more information.

### • July •

July 4  
ABC 17 Fire in the Sky, Memorial Stadium, Gates open at 6:30 p.m., free

July 4  
Special Swim Hours at Oakland Family Aquatic Center, Douglass Family Aquatic Center and Pirates' Landing, 12-5 p.m.

July 11  
Whiff and Giggle Golf, L.A. Nickell, 5 p.m. shotgun start, \$40 per couple

July 11  
Teen Night at Oakland Family Aquatic Center, 8:30-10:30 p.m., \$1 per person

July 11  
Outdoor Cinema Series: Some Like It Hot, 9 p.m., Stephens Lake Park, \$3 per person, 6 and under are free

July 18  
Paquin Music Festival, Paquin Tower, 9-11:30 a.m., free

July 18  
OAK/50+ Star Spangled Dance, Stephens Lake Activity Center, 7-10 p.m., \$3

July 18-20  
Show-Me State Games

July 21-22  
Coca-Cola Junior Championship, Lake of the Woods/L.A. Nickell Golf courses

July 25-27  
Show-Me State Games

(cut along line)

## Columbia Fire Station No. 7

For weekly construction updates on Columbia Fire Station No. 7, visit the City's Web site at [www.GoColumbiaMo.com](http://www.GoColumbiaMo.com).

check it out!

