

# CITYSOURCE



Your source for City news and information



## Parks and Recreation presents Family Fun Fests



Columbia Parks and Recreation will present a Family Fun Fest event at Flat Branch Park on the third Wednesday of each month through September. The free Fun Fests, held from 6-8 p.m., will feature a new theme each month. Entertainment for the entire family will include music, special performances, art activities, bounce houses, hands-on activities, balloon animals, face painting and guaranteed fun for all ages.

The Family Fun Fests are sponsored by the Convention & Visitors Bureau, KPLA 101.5 Radio, KOMU 8 and Home & Lifestyle Magazine.

### Aug. 18: Around the World

Travel the globe with dancing, games, music and more. Find out what other children around the world do for fun.

### Don't Miss!

Sept 15: Creative Kids (Sponsored by the City's Office of Cultural Affairs and Missouri Arts Council)

## Adopt-A-Spots brighten Columbia



Volunteers care for 95 Adopt-A-Spot beautification beds found throughout Columbia. Maintaining the beds requires weeding, watering and tending the plants during the warmest part of the year. Beds are enjoyed by thousands of residents and visitors, so these volunteers makes a huge impact on our community.

The Adopt-A-Spot program is managed by the City's Volunteer Programs. There are often opportunities for new volunteers to join the program. To learn more, call 874-7499 or visit [www.GoColumbiaMo.com](http://www.GoColumbiaMo.com).



## Boards & Commissions

The City is accepting applications for the following:

- Board of Health
- Historic Preservation Commission
- Tax Increment Financing Commission

Application deadline is noon, Aug. 6. Applications and current vacancies for City boards and commissions are available online at [www.GoColumbiaMo.com](http://www.GoColumbiaMo.com) or at the City Clerk's Office. Call 874-7208 for information.

## Report streetlight problems

Help us keep Columbia's streetlights shining when they should. If you notice a light on during the day or one out at night, please report it to us.

Online streetlight problem reporting form: [GoColumbiaMo.com/Waterand-Light/Forms/stlightout.php](http://GoColumbiaMo.com/Waterand-Light/Forms/stlightout.php)

Telephone: 874-6202

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City of Columbia  
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MAYOR  
Bob McDavid

### CITY COUNCIL MEMBERS

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

Paul Sturtz  
Jason Thornhill  
Gary Kespohl  
Daryl Dudley  
Laura Nauser  
Barbara Hoppe

City Manager

Bill Watkins



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## Volunteer of the Month—Patrick Kane



Patrick Kane

For most people, a walk in the park is just that – a relaxing opportunity to reconnect with nature. But for Park Patrol volunteers like Patrick Kane, time spent in City parks and trails is time on the job, too.

The Columbia Park Patrol program, managed by the City's Volunteer Programs, is designed to keep City parks and trails safe and in top condition. Volunteers are trained in city ordinances, emergency contact information and basic communication skills. They then act as ambassadors to the other users and report any maintenance issues.

Kane was already taking a daily hike around the area that became the Bear Creek Trail when he learned about the Park Patrol program.

"I thought, this is the job for me . . . I've been doing this for years, and why not be of some service to the people using the trails while I'm out there," he said.

Although the minimum commitment is four hours per month from April to October, Kane has volunteered far beyond that, logging more than 2,300 hours since 2003. Kane says that he is motivated by a desire to serve the community.

"It's important to me to meet people's needs and help create a safe place where we can enjoy our parks," he explained.

Neighborhood Services Manager Leigh Britt says that Kane takes his job as the "extra eyes and ears" of the City seriously.

"Patrick has been a dedicated Park Patrol volunteer for the last eight years," she said. "We appreciate his consistent commitment to keeping our trails and parks safe and in good repair."

To learn about City volunteer programs, call 874-7499 or visit [www.GoColumbiaMo.com](http://www.GoColumbiaMo.com) — Submitted by volunteer Sarah G. Madden

## Parks and Recreation fall registration starts July 14

Parks and Recreation's activity guide, the Leisure Times, will come out July 14. The guide will include information on late summer and fall activities such as special events, Heritage Festival, sports, golf and the ARC.

Leisure Times will be mailed and will also be available at the Parks and Recreation office, 1 South 7th Street, at the ARC, at the Columbia Public Library and online at [www.GoColumbiaMo.com](http://www.GoColumbiaMo.com). For more information, call Parks and Recreation at 874-7460.

## Bulk Compost for Sale

Stop by the City's compost facility at 5700 Peabody Road on Thursdays between 1-5 p.m. to purchase compost and give your landscaping a boost. You can also check the online City calendar for available Saturday pickup dates.

For rates and quantities call 474-9145 or visit the City's website at [www.GoColumbiaMo.com](http://www.GoColumbiaMo.com) (search: GoComposting).

## Show-Me Yards and Neighborhood free workshop

DATE: Saturday, Aug. 28

TIME: 9 a.m. to 3 p.m.

LOCATION: City Hall, 701 E. Broadway, Room 1A and 1B

Join us for a free "Show-Me Yards and Neighborhood" workshop to learn about great lawns and clean streams. The workshop will cover environmentally-friendly yard care, answer questions about yard care problems and help you get your yard ready for the winter season.

Register online at [www.GoColumbiaMo.com](http://www.GoColumbiaMo.com) or by calling 817-6447. Space is still available. The workshop is sponsored by City of Columbia Public Works, Boone County Public Works and University of Missouri-Extension.



(L-r) Wendy Wei, Director of the Administration Office of the Exchange and Cooperation Program; Mary Martin, Community Health Division Manager; Stephanie Browning, Director; Linda Cooperstock, Public Health Planner; Yu Wang, Dean - School of Public Health/Director of Nutrition and Food Hygiene Research Institute

## Chinese public health official visits Health Department

The Public Health and Human Services Department was recently visited by the dean of the School of Public Health/director of Nutrition and Food Hygiene Research Institute, Lanzhou University, Gansu China. Dean Yu Wang was accompanied by Wendy Wei, director of the Administration Office of the Exchange and Cooperation Program, and a language interpreter from MU. The primary purpose of the visit was to establish a relationship with local public health and to explore research opportunities.

Wang was interested in an overview of the department and its public health issues. Director Stephanie Browning described the department's divisions, services and the populations it serves. She described the focus on chronic disease prevention, human services activities and partnerships with community agencies, among other topics. She also described how the local health departments fit into the state and federal public health framework.

Wang provided colorful insight into the public health issues in China. He described two extremes of nutrition education needs in his country. Rural people in the remote countryside have very little food and respond enthusiastically to the distribution of free nutrition packets containing vitamins and supplements which they add to their soups and other dishes. On the other hand, the larger cities of China are seeing diseases in their higher income populations, including a rapid rise in incidence of diabetes and hypertension. Wang said these people are educated and know better, but enjoy the ability to eat the more expensive and higher calorie foods. He described their media educational campaign depicting a little oil jar and a tiny spoon of salt, conveying the message to eat small amounts of these things. Wang was interested in HIV and STD management. He explained that in China the rates of these conditions are very high. HIV rates are high not only because of sexual activity, but more frequently because of inadequately regulated blood supplies.

Wang asked about the public health system in the U.S. and was surprised that we do not have a CDC (Centers for Disease Control and Prevention) office in every county and city, as they do.

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



Safety Tips for Bicyclists and Motorists



Bicyclists and motorists have a lot in common. Both use our streets and both are obligated by law to follow the rules of the road. Whether in a car or on a bike, everyone is just trying to get somewhere. So let’s learn to roll together. When all of us – motorists and bicyclists – use common courtesy, we create a safe and friendly community for everyone.

TIPS FOR BICYCLISTS

- 1. Be Safe – Always wear a helmet and use bike lights at night–white in the front, red in the back.
- 2. Be Aware – Look for other traffic and make sure it’s safe before changing lanes.
- 3. Be Predictable – Use hand signals, and move to the center of the lane if the road is too narrow to share with a car.

TIPS FOR MOTORISTS

- 1. Be Safe – When passing bicyclists, allow at least three feet between your car and their bike.
- 2. Be Aware – Bicyclists can be out and about at any time, so pay attention and signal before making turns or exiting a parking space.
- 3. Be Patient – Wait for a safe place to pass a bicyclist when driving on a street too narrow to share side by side.

Visit [www.getaboutcolumbia.com](http://www.getaboutcolumbia.com) for more safety tips, or call the GetAbout Columbia office at 442-7189, ext. 28.



Know the ins and outs of curbside recycling

WHAT GOES IN:

- Aluminum and metal cans
- #1 and #2 plastics
- Glass jars and bottles
- Newspapers
- Cardboard
- White office paper



It’s so easy, even Raven can do it!

WHAT STAYS OUT:

- Styrofoam products
- Plastics other than #1 or #2
- Light bulbs, mirrors, window glass
- Plastic bags
- Motor oil containers
- Used paper towels and facial tissue

To learn more about recycling visit us at [www.Facebook.com/ColumbiaRecycles](http://www.Facebook.com/ColumbiaRecycles) or call us at 874-6291.



Save money on cooling costs

Use these air conditioning efficiency tips to save money on your bills and still be comfortable in your house this summer!

- Set the thermostat at 78 degrees or as high as possible while maintaining reasonable comfort levels while you’re home.
- Set the thermostat to 82 degrees when you’re away from home, or install a programmable thermostat to do that automatically.
- Remove weeds, grass, bushes and other obstructions from around the condensing unit (the outdoor unit).
- Replace the system’s filter every three months or when dirty.
- For windows that receive direct sunlight, keep shades closed during the day.
- Wear loose-fitting clothes.
- Keep the fireplace chimney dampers closed.
- Plant deciduous shade trees on the south and west side of your house.
- Schedule a tune-up for your cooling system by a qualified HVAC contractor.

Sign up for Columbia Water and Light’s free energy audit to have a customized energy efficiency plan for your home or business, or try our online energy audit from the comfort of your home.

ColumbiaPowerPartners.com  
info@ColumbiaPowerPartners.com  
874-7325



The Art of City Hall

As planning for the City Hall expansion was underway, the project was designated for Percent for Art, a unique program that aims to enhance public buildings and facilities with pairings of site-specific public art. Years later, a major component of that effort was recently installed.

Titled “Keys to the City,” the large-scale steel and glass sculpture features imagery of Columbia landmarks, historical figures and early mapping of the city. It is lit from within, with effects starting around sundown each night. The sculpture takes the shape of a giant key hole, and is situated in the plaza of the new building so that visitors to City Hall walk thru it as they access the new building. Artist Howard Meehan intended for the sculpture to be a main entry to City Hall, and for its message to be that an involved citizenry is the real key to the success of our city.

Work by local artists will be featured in interior spaces of City Hall as the Percent for Art effort continues later this year. To be considered, visual artists residing in mid-Missouri should contact the City’s Office of Cultural Affairs (OCA): oca@GoColumbiaMo.com or 874-6386.

For more information about public art in Columbia, go to [www.GoColumbiaMo.com](http://www.GoColumbiaMo.com) (search: arts) or contact the OCA.

Low-interest loans are available for energy efficiency projects

Save money and energy when you partner with Columbia Water & Light! The Super Saver Loan program helps electric customers finance energy efficiency improvements that might be suggested for customers participating in the Home Performance with Energy Star program. With this program, you can save money on your utility bills now and pay for the improvements with a fixed, low interest rate loan.

ELIGIBLE ITEMS

- Energy efficiency assessment
- Air conditioner\*
- Heat pump\*
- Insulation
- Air sealing
- Windows
- Doors

INTEREST RATES

You can select your terms and interest rate by determining the length of your loan. If you borrow the money for up to three years, the interest rate is 1 percent, four to five years is 3 percent and 6-10 years is 5 percent.

You and Columbia Water & Light—  
a Powerful Partnership

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874-7325



Community Foundation of Central Missouri established

A goal of the “Imagine Columbia’s Future” Visioning Project for 2010 – 2011 was creating a community foundation for Columbia. Community foundations are independent, tax-exempt public charities created by and for the people in a local area. They are a popular choice for donors because of the services they provide to connect people who care with causes that matter. Community foundations make it easy for donors to fund a wide range of charitable activities including social services, the arts, education and parks. With more than 700 community foundations throughout the country, they represent the fastest growing sector of philanthropy in the United States.

In late May, the Community Foundation of Central Missouri was established in Columbia. Its mission is “to improve the quality of life in our community by inspiring charitable giving, fostering partnerships and connecting donors to the causes they care about.” With the support of a local board composed of business and nonprofit leaders, and with startup funding from the City of Columbia, Roger Still was hired as its first executive director. If you would like to become involved in the community foundation as a donor, partner or volunteer, contact Still at 817-5027 or [rlstill@GoColumbiaMo.com](mailto:rlstill@GoColumbiaMo.com).

Office of Sustainability

Columbia’s new Office of Sustainability was created to set forth a road map for sustainability in the community. Funding comes from the Department of Energy’s Energy Efficiency and Conservation Block Grant (EECBG) program. The initial goal is to increase energy efficiency in City-owned facilities so that the City can lead by example. Energy assessments are planned for most City facilities and will be finished by the end of the year. Through these assessments, the City will have a baseline for its energy use and then will reduce that use with retrofits funded by the EECBG.

The Office of Sustainability will eventually collaborate with City agencies, business groups, nonprofit organizations and other partners to protect and enhance Columbia’s distinctive environmental quality and livability. The purpose of this office is not only to inform, but also to inspire individuals and organizations -- both within and outside City government -- to take actions because there is an important connection between energy efficiency, a healthy economy and a sustainable future.



PARKS & RECREATION CALENDAR

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

AUGUST 2010

2	Registration opens for fall volleyball
13	U.S. Cellular Movies in the Park, “Tooth Fairy,” Flat Branch Park, 8:30 p.m., \$1 per person, 12 and under free
14	NFL Punt, Pass and Kick competition, Cosmo Park Football Field #4, 9 a.m., free
18	Family Fun Fest: Around the World, Flat Branch Park, 6-8 p.m., free
20	Whiff and Giggle Couples Golf, Lake of the Woods, 5 p.m. shotgun start, \$40 per couple
20	Older American Klub (OAK) Summer Dance, Stephens Lake Activity Center, 7-10 p.m., \$3 per person
20	Teen Garage Band Bash, parking garage at Sixth and Cherry, 7-10 p.m., \$2 per person

Web Did You Know?



Take an audio tour of Columbia’s largest museum by downloading a “downtown” or “around town” tour to your personal MP3 player or listen at your computer. You can learn about more than 16 large-scale publicly accessible sculptures and installations in Columbia.

Many tours have commentary from the artist who created that specific work. Find the audio tour at [www.GoColumbiaMo.com/Arts](http://www.GoColumbiaMo.com/Arts); scroll down to the Public Art Guide section, select the “Virtual Tour” link, and then choose “Take the Tour.”