

www.GoColumbiaMo.com

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CITYSOURCE



Your source for City news and information



BIKE, WALK & WHEEL WEEK

12th Annual Mayor's Challenge

May 11 - 18, 2013

Visit Parks and Recreation at GoColumbiaMo.com/parksandrec for updates.

SATURDAY, MAY 11

Kids Bike Safety

10 a.m.-noon, Shelter Insurance, 1817 West Broadway

SUNDAY, MAY 12

Bike or Hike to Church Sunday

Mother's Day Cyclofemme Ride - We Ride Together!

3 p.m. Scott Boulevard Trailhead, 3662 Scott Blvd.
Free bike tail light to participants who RSVP by email to jlgodon@GoColumbiaMo.com.

MONDAY, MAY 13 & THURSDAY, MAY 16

Bike is Your Ticket on Transit (All Week)

Try Transit Day, Thursday, May 16

As part of the 12th annual Bike, Walk & Wheel Week, Columbia Transit encourages residents to try public transit as an alternative commute. Try a "combo-commute" by riding your bike to the bus stop. Each bus has a bike rack. Your bike is your ticket to ride all week. Everyone is invited to try transit for FREE Thursday, May 16. For information about schedules and routes, visit GoColumbiaMo.com and type "bus" in the search bar.

GetAbout Columbia Open House

Parks and Recreation, Gentry Building, 1 S. 7th St,
8 a.m. - 5 p.m.

Stop by for trail maps, on-road guides, transit information and helpful tips.

Walking Public Art Tour

6 p.m., Flat Branch Park, 101 South 4th St.
For information, call 874-6386.



TUESDAY, MAY 14

MKT & County House Branch Secret Access Trail Ride

6 p.m., Flat Branch Park Gazebo, corner of 4th and Cherry. Thirteen-mile, round trip bicycle ride. Helmets required.

WEDNESDAY, MAY 15

Family Fun Fest: Fitness is Fun!

6-8 p.m. at Flat Branch Park

THURSDAY, MAY 16

Bike Maintenance Workshop

6:30-7:45 p.m., Walt's Bicycle Fitness & Wilderness Co., 1217 Rogers St.

FRIDAY, MAY 17

Breakfast Station Day - National Bike to Work Day

7-9 a.m. at various locations around Columbia. Stop by and enjoy a free breakfast. Check locations online.

SATURDAY, MAY 18

Trails Day; 5K Walk/Run & 10K Bike Event

9-10 a.m. at MKT Trail Access, 800 S. Stadium Blvd.
Free, untimed event; participants get a free T-shirt.

Trilogy of Trails Family Bike Ride

10 a.m., Stadium Boulevard Trailhead. Eleven-mile, round trip ride.

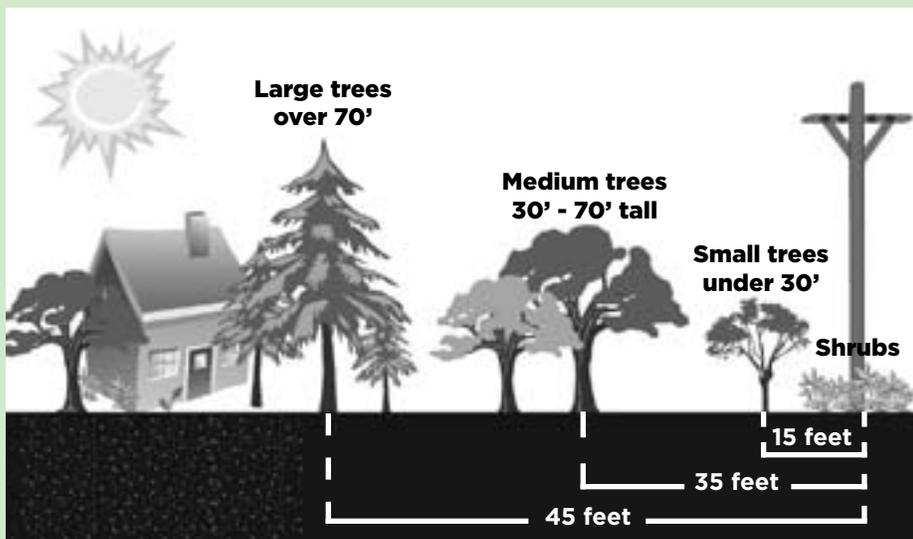
ONGOING

Story Book Trail

Forum Nature Area, 2701 Forum. Read a story book as you walk the trail.

Columbia's Wheelchair Accessible Environment

Call Sara Snodderley, Services for Independent



Trade A Tree — avoid electrical problems due to trees

If your property has trees growing into power lines, it's likely you will experience "blinks" in your service or even a possible power failure during a storm. Why not trade the problematic tree for a free, small-growing ornamental tree?

Sign up for the Trade A Tree program and Columbia Water & Light will inspect your trees growing near the City's main electric distribution lines. If the tree on your property qualifies for the program, Water & Light will remove the problematic tree. You can then select a small-growing tree or bush to be planted in your yard.

SIGN UP:

GoColumbiaMo.com (search for Trade A Tree) • 874-6205

Water efficient landscaping

Up to 60 percent of all household water used during summer months is outdoors on the landscape. A considerable amount of water can be saved through well-planned and well-managed landscapes. Try xeriscaping (water-efficient landscaping) and spend less time watering and more time enjoying your beautiful landscape!

Plant Selection: Select plants according to the site conditions and stresses. Native Missouri plants are good choices since they tolerate temperature and moisture fluctuations.

Soil: Clay soil types commonly found in Columbia don't absorb water well. Deeply cultivated, amended soil will improve drainage, save water and keep your plants healthy.

Water Zones: Divide the landscape into three water-use zones: low, moderate and high. Place plants with high water requirements in areas that receive the most water, like drainage ways, depressions or bottom of hills.

Mulch: Mulch to retain moisture in the soil and prevent water-robbing weeds. Avoid using rocks around your plants since the heat they radiate will increase evaporation.

Irrigation: Pay attention to moisture in the soil to determine when to water. It also pays to do your homework on the water needs of the plants you have selected.

See the City's website for a list of shrubs, ornamental grasses and perennial flowers to use in your yard: **GoColumbiaMo.com, search for "water efficient landscaping."**

Pick up the phone before you grab the shovel

1-800-DIG-RITE

If you are digging in your yard this spring, remember to call for utility locates so you avoid disruptions to your utility services.

Power outages: quickly report a problem

When the power goes out, don't spend extra time on the phone trying to report it. Make sure you have the correct phone number listed on your utility account so when you report 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 875-2555. Customer reports during an outage help crews troubleshoot problems.

Update utility account information at **GoColumbiaMo.com, search for "account update."** **874-7380**

Public Health and Human Services shines during National Public Health Week

It's a great time to talk about the importance of public health, as communities around the country celebrate National Public Health Week (NPHW) with this year's theme: "Public Health is Return on Investment: Save Lives, Save Money." Every day, Columbia/Boone County Public Health and Human Services works to ensure everyone in our community has the opportunity to lead a healthy life.

In partnership with other organizations, Public Health and Human Services employees review data that show our most significant health risks to determine where resources are needed most; convene diverse stakeholders to tackle problems and sustain efforts over the long term; and empower community members with the tools, knowledge and resources to make a difference and take charge of their health.

The hard work of your local public health professionals is all around us — it's in the air we breathe, the water we drink, the food we eat and the places we live, learn, work and play. It's in the thousands of people whose lives are saved by seat belts, the young people who say "No!" to tobacco and the children given a healthy start thanks to vaccines. Whether it's through health education, policy change or direct services, public health lays the foundations and creates the conditions that put the healthy choice well within reach. It is no stretch to say that we are all living examples that "Public Health is Return on Investment."

Reminder: Try Transit is May 11-18!

Your bike is your ticket to ride all week. Everyone is invited to try transit for FREE on Thursday, May 16. For information about schedules and routes, visit GoColumbiaMo.com and type "bus" in the search bar.

(For more info., see front page.)



**BIKE, WALK &
WHEEL WEEK**

Sapp named winner of Lang Volunteer Award

Jo Sapp was chosen to receive the fifth annual Howard B. Lang Jr. Award for Outstanding Volunteer Service to the City of Columbia. This is the first time in its history that the award was given posthumously. The award was presented to Sapp's husband, David, and other family members during a brief ceremony at the April 1 City Council meeting.

Sapp passed away in September after more than 20 years of vibrant volunteer service to the City of Columbia. The impact of her service is far reaching. Dedicating countless hours to local boards, committees, projects and commissions, Sapp was a connected, informed and engaging citizen. Among the nearly 30 volunteer posts she held were president of the Columbia Public Library District Board of Trustees and member of the Imagine Columbia's Future Visioning Committee, Columbia Comprehensive Plan Task Force, Mayor's Task Force on the Arts and Development Excellence Awards Committee (Columbia).

According to one of Sapp's nominators, "many people have suggestions about how to improve things in their community, but Jo Sapp put her time and considerable effort behind her suggestions."

Her passionate pursuits included establishing the City's Office of Cultural Affairs, expanding the Columbia public library building, establishing Community Access Television (CAT TV) and facilitating the Imagine Columbia's Future process.

Past recipients of the Lang Award are Ed Kaiser, Darwin Hindman, Dave Griggs and Robert C. Smith.

City offices closed for Memorial Day

City offices will be closed Monday, May 27, in observance of Memorial Day. Residential refuse and curbside recycling collection will not be made this 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 May 27.



New fitness equipment added at MKT-Stadium Boulevard Access

New fitness equipment added at MKT-Stadium Boulevard Access Trail users can now get a full-body workout using the new outdoor fitness equipment at the MKT trailhead, 800 S. Stadium Blvd. The old wooden fitness stations along the MKT Trail have been removed and replaced by 10 new pieces designed to build upper-body, leg and back strength and enhance agility and flexibility. The outdoor gym was funded by the park sales tax.

Movies in the Park

Columbia Parks and Recreation is kicking off the 2013 Movies in the Park series at Flat Branch Park in May! "Brave" will be shown at 8:30 p.m. May 3. Moviegoers should bring a blanket or low lawn chair. There are no rain dates. Concessions are available. Movie admission is \$2 per person; free for children ages 8 and under.

Other movies include:

- June 14, 9 p.m., *"Hotel Transylvania"*
- July 12, 9 p.m., *"Rise of the Guardians"*
- Aug. 9, 8:30 p.m., *"Escape from Planet Earth"*

The Movies in the Park series is sponsored by Parks and Recreation and KPLA 101.5.

Parks & Recreation presents Family Fun Fests

Columbia Parks and Recreation is bringing back Family Fun Fests in 2013! The free Fun Fests will be held from 6-8 p.m. on the third Wednesday of the month at Flat Branch Park. Entertainment for the entire family will include music, special performances, art activities, balloon animals and face-painting.

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

May 15: Fitness is Fun (sponsored by the Activity & Recreation Center) Learn about ways to get fit from a variety of community organizations.

Coming Up:

- June 19: Explore Outdoors
- July 17: Summer Fun
- Aug. 21: Around the World
- Sept. 18: Creative Kids

Summer Youth Volunteering

Looking for a way to solve summer boredom for teens? Volunteering is a perfect opportunity to make good use of time, have fun and make a difference for Columbia.

Columbia youth 12-15 years old can make good use of their extra time this summer by participating in Youth In Action. Sponsored by the City's Volunteer Programs, Youth In Action allows kids to participate in a wide variety of supervised, structured projects at events and with agencies throughout the community. Youth In Action projects begin when school is out.

Another great resource is the Directory of Summer Youth Opportunities, a listing of opportunities with City departments and community agencies for young people.

To apply for Youth In Action or access the directory, call 874-7499 or visit the Volunteer Programs page of the City's website at GoColumbiaMo.com.

Neighborhood best practices - share your stories!

The Office of Neighborhood Services (ONS) is working with the Neighborhood Association Revitalization Action Team (NARAT), a sub-committee of the Unite 4 Healthy Neighborhoods initiative with Pednet, on a neighborhood promotional video.

ONS and NARAT are looking for people who will go on camera to promote forming active neighborhood associations by telling why they feel neighborhoods are important and sharing stories about their projects, backyard barbeques and other successful events. ONS and NARAT intend to use electronic media (websites, Facebook, Twitter, Youtube, etc.) to distribute this video to build enthusiasm for creating active and energetic neighborhood associations where there are none currently.

Please call ONS at 874-7248 or email bpcantin@GoColumbiaMo.com if you are interested in helping with this project.

Bag Vouchers

Columbia Solid Waste customers will receive vouchers for refuse and recycling bags, redeemable at a number of local retailers, during the second or third week of April. If you have not received your voucher by April 22, please call Waste Zero at 1-800-866-3954.

For a list of the voucher program participating retailers, visit GoColumbiaMo.com and search "bag vouchers."

Columbia Imagined moves forward

Interested in the future of Columbia? Want to know how to contribute? Find out more about Columbia Imagined! Columbia Imagined will be the City of Columbia's new comprehensive plan, providing guidelines for citizens and decision makers in determining the City's future growth.

Columbia Imagined is currently in preliminary draft form and can be viewed at www.columbiainimagined.com. A series of public meetings on the plan will be held this spring to continue gathering input from citizens to enhance the final document. Please take advantage of this unique opportunity to help shape the future of the City of Columbia.

For more information, call 874-7239 or email planning@GoColumbiaMo.com.



Employee Wellness

Over the past 20 years, American corporations have increased efforts to create and establish health and wellness programs for employees and employee families. The importance of an employee wellness program is to improve employee and dependant health and reduce claim costs to the City's health insurance program.

A 2000 study conducted to determine the relationship between total health care costs and modifiable health risks of 46,026 employees from six companies showed modifiable risk factors (i.e. smoking, obesity, nutrition, high blood pressure, stress, diabetes, etc.) attributed to 25 percent of health care costs. In 2004, it was estimated that lost productivity caused by heart disease would cost companies \$20.6 billion, and the total cost of all cardiac-related diseases was an estimated \$33.6 billion.

In 2011, the City joined the wellness movement with the formation of Employee Wellness, a division of the Human Resources department. Employee Wellness was designed to create wellness programs for City employees with the goal of keeping employees healthy and reducing health-related costs and/or injuries.

The Employee Wellness division provides monthly wellness presentations to City employees on topics such as weight management, heart disease prevention and coping with stress. The division also coordinates physical programs such as monthly one-on-one personal training sessions to employees, a stretching program for solid waste employees, a walking program for transit employees and ongoing physical training programs for the fire and police departments.

Citizens Academy returns

After a one-year hiatus, the Columbia Police Department is holding a Citizens Police Academy in 2013. Come learn about the mission, units, equipment, training and dedicated men and women of the Police Department. Observe demonstrations from specialized units such as K-9, Mounted Unit, Traffic Unit and SWAT. Participate in simulated police activities that will give you a chance to make decisions officers may face.

The Citizens Academy will be held Tuesdays from 6 p.m.-9 p.m. on June 18, June 25, July 2, July 9, July 16 and July 23. If you are interested in attending, please fill out the registration form at GoColumbiaMo.com/Police. Class size is limited to 35 participants. If you have questions, please contact Sergeant Joe Bernhard at jkbernh@GoColumbiaMo.com.

PARKS & RECREATION CALENDAR

Call 874-7460 for more information.

May

2	Stephens Lake Park Amphitheater Concert Series, Norm Ruebling Band, 7-9 p.m., free
3	Movies in the Park: <i>Brave</i> , Flat Branch Park, 8:30 p.m., \$2 per person, 8 and under free
4	MLB Pitch, Hit and Run, Albert-Oakland Park, 9:30 a.m. check-in, free
10-11	Wonders of Wildlife (W.O.W.) School, Philips Park
11	Kids Bicycle Safety Challenge, Shelter Insurance parking lot, 10 a.m.-noon, free
11-18	Mayor's Challenge: Bike, Walk and Wheel Week
12	Mother's Day Cyclofemme Ride, MKT-Scott Boulevard Trailhead, 3 p.m., free
15	Family Fun Fest: Fitness is Fun, Flat Branch Park, 6-8 p.m., free
17	Breakfast Station Day, 7-9 a.m., various locations, free
18	Trails Day 5K/10K, 9 a.m. at MKT Trail at Stadium
18-19	Stroke Play Championship/Senior Stroke Play Championship, L.A. Nickell Golf Course
25	Albert-Oakland Family Aquatic Center open
28	Lake of the Woods, Little Mates Cove at Twin Lakes, Douglass Family Aquatic Center open

WEB DID YOU KNOW?

Did you know that you can apply for building permits online? Search "*Online Building Permits*" at GoColumbiaMo.com and you'll find the link.



Volunteer of the Month—Belinda Thompson



Thompson

Belinda Thompson has compassion for Columbia's underprivileged youth and identifies with surviving a hard childhood. This led to a passion for volunteering at the Youth Journalism Project, where she helps youth publish the bi-monthly newspaper *Speak Up Be Heard*.

"All of the kids in the class have family problems and financial issues; for them to have a place they can express themselves and be heard is important," Thompson says.

The Youth Journalism Project is a free class offered through Parks and Recreation. Currently, 18-25 youth grades 1-12 participate on Thursdays from 4-6 p.m. at the Armory. Five or six youth have regular features in the publication. The youth write using pencil and paper and save their work in portfolios.

"They are developing communication, social and academic skills while having fun," Thompson noted.

Thompson is pursuing a graduate degree in teaching and runs an elder business. She says she volunteers because it is important and makes a difference. Camren Cross, recreation supervisor, says that Belinda's work empowers the kids.

"She has the kids looking forward to writing. Seeing their work in publication gives them a taste of success," Cross said. "This will hopefully happen in other areas of their lives as well, driving them to want bigger successes in the future."

To learn more about volunteering with the City, contact Volunteer Programs at 874-7499 or volunteer@GoColumbiaMo.com.

Written by volunteer Theresa Nelson

Community Development programs assist homeowners

Are you a homeowner? Is your home in need of repair? Do you lack the monetary resources to make these repairs? The Community Development Department would like to offer assistance! Community Development has three programs focused solely on helping those in financial need make repairs to their homes:

- The Code Deficiency Abatement Program is designed to provide financial assistance to eligible homeowners for necessary repairs to correct cited or potential City building code deficiencies.
- The Emergency Repair Program provides funds for emergency actions necessary to safeguard against "imminent danger to human life, health or safety."
- The Owner-Occupied Rehabilitation Program offers low-interest loans to low- and moderate-income property owners to make necessary improvements to their homes.

For more information, call 874-7244 or email kesides@GoColumbiaMo.com.

City Arts Funding

Each year, the City supports local arts programming. In fiscal year 2013, funding from the Office of Cultural Affairs 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. The application deadline for fiscal year 2014 is May 1, 2013. To learn more, contact the Office of Cultural Affairs at 874-6386 or oca@GoColumbiaMo.com or access guidelines at GoColumbiaMo.com/Arts.

Flash Flood Safety Rules

- Avoid driving, walking or swimming in flood waters. Move to higher ground.
- Stay away from high water, storm drains, ditches, ravines or culverts. Six inches of fast-moving water can knock you off your feet.
- Do not let children play near storm drains.
- Never drive through a flooded roadway. Two feet of rushing water can carry away most vehicles, including SUVs and pickups.

TURN AROUND, DON'T DROWN!

For more information about flood safety, visit www.floodsafety.noaa.gov.

Boards & Commissions

The City is accepting applications for the following:

Application deadline: May 3 at 5 p.m.—

- Board of Plumbing Examiners
- Columbia Housing Authority Board
- Disabilities Commission
- Environment and Energy Commission
- Parks and Recreation Commission

Application deadline: June 7 at 5 p.m.—

- Board of Mechanical Examiners
- Columbia Library District Board
- Commission on Cultural Affairs Standing Committee on Public Art
- Water & Light Advisory Board

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

CITY SOURCE is published by the City of Columbia as a public service to the residents of Columbia, Missouri.

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MAYOR
Bob McDavid

CITY COUNCIL MEMBERS

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<i>Second Ward</i>	Michael Trapp
<i>Third Ward</i>	Gary Kespohl
<i>Fourth Ward</i>	Daryl Dudley
<i>Fifth Ward</i>	Laura Nauser
<i>Sixth Ward</i>	Barbara Hoppe
<i>City Manager</i>	Mike Matthes



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