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Your source for City news and information



Columbia Values Diversity Award Winners



Harry S. Truman Memorial Veterans' Hospital Equal Employment Opportunity Program with Mayor Bob McDavid



Dr. Ellis & Pamela Ingram with Mayor McDavid

The 15th annual Columbia Values Diversity Awards were presented at the Columbia Values Diversity Celebration Jan. 12. The awards are given to an individual/family and an organization/group that have made significant contributions promoting appreciation for diversity and cultural understanding in Columbia.

The 2012 Columbia Values Diversity Award for groups was presented to the Harry S. Truman Memorial Veterans' Hospital Equal Employment Opportunity Program, an active community partner that strives to promote an inclusive, supportive environment that embraces and reflects the community's diversity. The program exemplifies the life and teachings of Dr. Martin Luther King Jr. by fostering strong community partnerships in an ongoing pursuit of equal opportunity for women, minorities, veterans, people with disabilities and other traditionally underrepresented populations.

Dr. Ellis and Pamela Ingram were presented the 2012 Columbia Values Diversity Award for individuals/families. Few people in our community embody Dr. King's legacy of empowering others to overcome adversity like the Ingrams. Together Ellis and Pamela Ingram reach countless children in our community through their tireless volunteer efforts in providing much needed opportunities for young people to achieve. The Ingrams exemplify the life and teachings of Dr. Martin Luther King Jr. by empowering young people to achieve in spite of adversity. Dr. King stated, "Everybody can be great because anybody can serve." The Ingrams give young people the power to be great by teaching them the value of service to others and the joy of improving the world around them.

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*The average utility bill savings of those completing the program is 30 percent.

Here's to a healthy valentine!



February is filled with heart-clad images celebrating Valentine's Day. With all the focus on hearts, it's a great time to improve your own heart health by quitting smoking. Cigarette smoking and exposure to secondhand smoke greatly increase your risk for heart disease.

SMOKING AND HEART HEALTH—

If you smoke, cells that line your body's blood vessels react to the poisons in tobacco smoke almost immediately. Your heart rate and blood pressure go up, blood vessels grow narrower and chemical changes caused by smoking have a dangerous clotting effect on your blood. Clots can form and block blood flow to your heart. Smoking can also cause dangerous plaque buildup inside your narrowing arteries. This can trigger chest pain, weakness, heart attack or stroke. Plaque can rupture and cause clots that block arteries. Completely blocked arteries can cause sudden death. Smoking is not the only cause of these problems, but it makes them much worse.

SECONDHAND SMOKE AND HEART HEALTH—

Tobacco smoke hurts anyone who breathes it. When a loved one breathes secondhand smoke, blood platelets get sticky and may form clots, just like in a person who smokes. Even spending time in a smoky room could trigger a heart attack. There is no "safe" exposure to secondhand smoke; even brief exposures are harmful.

QUITTING SAVES LIVES—

You have years of life to gain by quitting smoking. In fact, your risk for heart attack drops sharply just one year after you quit smoking. The Columbia/Boone County Department of Public Health and Human Services can help you quit with free smoking cessation services. For more information, call 874-7356 or visit www.smokefree.gov.



The Plan for How We Live & Grow

Development of the City's new comprehensive plan is in its third phase. Meetings are being held to gain feedback on community characteristics and will focus discussions around the following comment sessions:

- A Favorites Discussion – What's most important to the community.
- Issue Mapping – Identifying community characteristics affecting growth and development. Come share your thoughts regarding citywide characteristics at any of these meetings:
 - Tues., Feb. 7...Gentry Middle School...6 p.m.
 - Wed., Feb. 8...Fairview Elementary School...6:30 p.m.
 - Wed., Feb. 15...Shepard Elementary School...6:30 p.m.
 - Thurs., Feb. 16...Derby Ridge Elementary School...6:30 p.m.
 - Tues., Feb. 21...City Hall Room 1A/1B...6 p.m.
 - Wed., Feb. 22... Activity & Recreation Center...6 p.m.
 - Tues., March 20...City Hall Room 1A/1B...5:30 p.m. (Phase 3 Summary)Phase 4 begins in April focusing on "Where Do We Want to Go?"

Park Site Nomination

The Columbia Parks & Recreation Department is continually identifying opportunities and gathering information for potential park land acquisitions. Community nominations are one of the ways the department learns about these opportunities.

If you have land for sale or know of available property that would be desirable to be preserved as park land or green space, recommend that site be reviewed for park acquisition consideration by filling out the Park Site Nomination Form online at GoColumbiaMo.com. (Search: "Park Site Nomination"). The funding for park land acquisition comes from the voter-approved Park Sales Tax, which is designated solely for the "purpose of providing funding for local parks for the municipality."

February is Earthquake Awareness Month

The Columbia/Boone County Office of Emergency Management (OEM) encourages residents to develop a plan addressing what to do before, during and after an earthquake.

BEFORE: Prepare a disaster supply kit with first-aid items, canned food, a can opener, water, bedding, a battery-powered radio, flashlight, extra batteries and pet supplies. Secure items that may fall when violently shaken. Make a communications plan, designating an out-of-town contact in the event your family is separated.

DURING: Seek sturdy shelter. Drop under a sturdy table or furniture until the shaking stops. If there is no table near you, cover your face and head with your arms and crouch in an inside corner of the building. Stay away from windows, outside doors and walls and anything that could fall. Stay out of the doorway unless you know it is strongly supported and is close to you. Stay inside until the shaking stops and it is safe to go outside.

AFTER: Help injured or trapped persons, but do not move seriously injured persons unless they are in immediate danger of further injury. Stay away from damaged areas. Leave the area if you smell gas or fumes from other chemicals.

For more information on earthquake preparedness and safety, follow the earthquake links on the OEM page of the City's website at www.GoColumbiaMo.com/EM.

Facts about Rental Housing Enforcement

If you rent where you live, you are not alone. More than half of Columbia residents are renters. The City of Columbia enforces the Rental Conservation Law to ensure that those who rent have a safe and healthy place to live. The City of Columbia has more than 8,700 buildings and 24,000 units in compliance with City code.

All rental property is to be registered with the City by the owner or operator. Registration includes an inspection by City staff and compliance with local codes. Tenants should ask their landlord to see a certificate of compliance to ensure the property meets code. Tenants have the opportunity to file a complaint with the City if they have a maintenance issue that their landlord is not addressing.

To learn more about the City's rental ordinances, contact Neighborhood Services at 817-5050 or learn more at the City's website: www.GoColumbiaMo.com.



Wilson Park receives face-lift



The Parks and Recreation Department has completed renovations to Clyde Wilson Memorial Park, formerly known as Rockhill Park. Renovations included the replacement of four old wooden bridges and one memorial bench, trail improvements and the reconstruction of the Rollins park access. This 9-acre park preserves a heavily wooded area in the midst of urban development. The dirt and gravel trail allows park users to enjoy hiking in a natural setting and can be accessed from Rockhill Road, Wilson Avenue or Rollins Street.

The park renovations were funded by the 2010 Park Sales Tax and were part of the \$4.7 million earmarked for repairing and improving Columbia's existing parks.



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Schneider, Stevens sworn in at December

Council meetings



AMY SCHNEIDER
Convention &
Visitors Bureau
director



CHRIS STEVENS
Cultural Affairs
manager

A new Convention and Visitors Bureau (CVB) director and Cultural Affairs (OCA) manager were officially sworn in during regular City Council meetings in December. Amy Schneider, who had served in an interim capacity since February, was named CVB director Nov. 28. Chris Stevens was named OCA manager Dec. 9.

AMY SCHNEIDER—

Schneider replaces Lorah Steiner, who retired from the City in February. Schneider's experience includes more than 16 years in the hospitality business, primarily with major hotels. She joined the CVB in June 2007 as sales manager.

Schneider is excited for the opportunity to guide the CVB into the future.

"The local hospitality community has accomplished some great things in the past few months, and I look forward to working with them toward even greater excellence," she said.

Schneider holds a Bachelor of Science Degree in hotel and restaurant management from the University of Missouri and belongs to several local, regional and statewide organizations. She lives in Columbia with her family.

CHRIS STEVENS—

Stevens is the permanent successor to former OCA Manager Marie Nau Hunter. He takes over for Utility Services Specialist Connie Kacprowicz, who had served as interim manager of OCA since March 14.

Although he is new to the City, Stevens is no stranger to the community. In addition to working 12 years with Boone County National Bank, his rich history with the arts includes previous service on the Cultural Affairs Commission, the Standing Committee for Public Art, the Missouri Arts Council's Community Arts Panel and as treasurer for Ragtag Film and the True/False Film Festivals. Stevens hopes to use his background in marketing and development to help nurture Columbia's arts agencies.

"I would like to see an increase in attendance and participation in the arts by the entire community," he said.

Stevens also wants to coordinate more activities with the Columbia Convention and Visitors Bureau, drawing more tourists to take advantage of diverse artistic offerings. He has plans to start an arts foundation to help better support the arts financially.

Stevens holds a Bachelor of Arts degree in speech communications, with a minor in art history, from the University of Missouri and was a fine arts appraiser. He lives in Columbia with his wife, daughter and son.

PARKS & RECREATION CALENDAR

Call 874-7460 for more information.

MARCH

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|----|---|
| 6 | Women's History Month Film "Oprah, the Past, Present and Future," Armory Sports Center, 6:30 p.m., free |
| 7 | Spring/Summer Leisure Times available |
| 15 | Precious Moments/Women's Recognition Awards, Armory Sports Center, 6:30 p.m., free |
| 17 | Annual Train Show, Paquin Tower, 10 a.m.-3 p.m., free |

Community Development Department

The Community Development Department has finished consolidating offices. The department would like to thank you for your patience and understanding during this process. Now a central location, in the Daniel Boone side of City Hall, is available to serve as a one-stop shop for a variety of inquiries and applications.

The former Building and Site Development location on the third floor will start operating as the Community Development Service Center to provide citizens with a common location for rental licenses, code enforcement inquiries, building and site development, zoning and subdivisions. The majority of staff will be relocated to the fifth floor of the Daniel Boone Building.

The Community Development Department looks forward to meeting your future needs as a unified department. To learn more about the department, visit the City's website at www.GoColumbiaMo.com.

Low-Cost Energy Efficiency Tips

You don't have to spend a lot of money to be energy efficient! Many of the items on the list below are free. Other efficiency measures listed require a very small investment and are easy do-it-yourself projects.

HEATING—

- **FREE:** Wear layers of clothing and use extra blankets.
- Set your thermostat at 68 degrees or as low as possible while you're home.
- Set thermostats to 60 degrees when you're away from home, or install a programmable thermostat to do it automatically.
- If you have a heat pump, do not make a lot of changes in the thermostat temperature during heating season unless you are going to be away for several days. Otherwise the auxiliary heat will come on which makes the system more costly. If you are going to be gone for several days, set the thermostat so the house gradually warms up before you return home.
- Replace the system's filter every three months or when dirty.

WINDOWS/DOORS—

- **FREE:** For windows that receive direct sunlight, keep shades open during the day and close them at night.
- Replace missing window putty or glazing as needed. Close storm windows.
- Caulk window and door frames on the exterior.
- Replace weather stripping on exterior doors as needed.

AIR SEALING—

- **FREE:** Close fireplace damper when not in use.
- Install foam gaskets behind light switches or outlets located on exterior walls.
- Magnetic kitchen exhaust fan covers can keep air from leaking when the fan is not running.
- Seal holes in the exterior walls, crawl space or basement where air conditioning and plumbing pipes penetrate.
- Install weather stripping around the perimeter of attic access hatches and pull down stairs.

DUCTWORK AND AIR DISTRIBUTION—

- **FREE:** Don't block vents and radiators with furniture, curtains or rugs.
- Seal leaky duct connections with duct sealing mastic. Do not use duct tape, as it will dry out and come loose.

Looking for some help or want to make some larger energy efficiency improvements?

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Volunteer of the Month— Clay Elledge



Clay Elledge (right) with a trainee from Moberly Area Community College.

For many City of Columbia volunteers, their service is a way of “paying it forward” for a kind gesture someone paid to them. This is the case for February volunteer of the month, Clay Elledge, coordinator of computer services at Moberly Area Community College. Elledge was asked by a colleague if he would be interested in supervising a student for Columbia’s Career Awareness Related Experience (C.A.R.E) program. He jumped at the opportunity.

The C.A.R.E. program was created to help Columbia youth develop basic skills while working in a professional environment and learning a good work ethic for future career opportunities. As a C.A.R.E. supervisor, Elledge has spent time mentoring and instructing his C.A.R.E. trainee while helping to expand his trainee’s technical aptitude within the Information Technology (IT) field.

Elledge said volunteering for the C.A.R.E. program was an easy decision, as he was grateful for the guidance he received when getting into the IT field. “I was in an electronics program in college, a dying field at the time. I had good professors who took me under their wing and showed me that the building blocks of electronics could take me far in the IT world,” he said.

Elledge says he enjoys the opportunity to help another young person. “I know this field is not easy to get in to. I wanted to help someone else learn the ropes and show them what a job in IT would be like. I enjoy seeing how my student has grown and improved.”

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

~Written by volunteer Brittany Perrin

Marked cars during winter weather

During severe winter storms, it is common to see cars that have slid off of the roadway. If yellow tape is visible on the highest point of the car (antenna or mirror), it has been checked by law enforcement, MoDOT or another agency. There is no need to report that car.



Boards & Commissions

The City is accepting applications for the following:

- Airport Advisory Board
- Board of Adjustment
- Downtown Columbia Leadership Council
- Planning and Zoning Commission

Application deadline is April 6 at noon. 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.

Earth Hour

Earth Hour 2012 will be held Saturday, March 31, from 8.30-9.30 p.m. Read about local Earth Hour events in the March issue of City Source or visit the City’s website at www.GoColumbiaMo.com and search “Earth Hour.”

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

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City of Columbia
701 E. Broadway • Columbia, MO 65201
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MAYOR
Bob McDavid

CITY COUNCIL MEMBERS

<i>First Ward</i>	Fred Schmidt
<i>Second Ward</i>	Jason Thornhill
<i>Third Ward</i>	Gary Kespohl
<i>Fourth Ward</i>	Daryl Dudley
<i>Fifth Ward</i>	Helen Anthony
<i>Sixth Ward</i>	Barbara Hoppe
<i>City Manager</i>	Mike Matthes



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