

# KIRKSVILLE CITY COUNCIL

## **NEWSLETTER . . .**

Mari E. Macomber, City Manager *MEM*

Copies to: City Attorney  
Media

April 9, 2010

### **SUBJECTS:**

**DATES TO REMEMBER  
COUNCIL MEETING UPDATE  
April 19 COUNCIL MEETING  
CENSUS UPDATE  
CITIZEN REQUESTS  
EMPLOYEE WELLNESS  
ISO UPDATE  
BLEACHER UPDATE  
ACCESSIBLE WALKWAYS  
ALTERNATE ROUTE 63 UPDATE  
ELECTED OFFICIALS TRAINING CONFERENCE  
TOURISM UPDATE  
AIRPORT UPDATE**

### **DATES TO REMEMBER**

4/12 – Special Council Meeting @ 5:00 pm  
4/13 – Air Carrier Presentation – second floor conference room @ 6:00 pm  
4/14 – Planning & Zoning @ 7:00 pm  
4/15 – Highway 63 Transportation Corporation - TCRC @ 4:00 pm  
4/15 – AT Still Spirit Awards  
4/16 – State of the Industry - Adair County Annex @ 8:00 am  
4/16 – Ribbon Cutting Cellular Connection - 1714 N. Baltimore @ 12:00 pm  
4/19 – TIF Commission Meeting – second floor conference room @ 3:30 pm  
4/19 – Transportation Alliance - TCRC @ 3:30 pm  
4/19 – Study Session – second floor conference room @ 5:00 pm  
4/19 – City Council Meeting – Council Chambers @ 6:00 pm  
4/21 – Air Carrier Presentation – second floor conference room @ 6:00 pm  
4/23 – Council on the Radio @ 9:35 am  
4/23 – Dedication Courts Learning Center – 204 w. Jefferson @ 3:00 pm

### **COUNCIL MEETING UPDATE**

The City Council's Special Council meeting to consider the election results will be on Monday at 5:00 pm in the Council Chambers. The request from the Chamber of Commerce for use of the airport for the Chamber After Hours will be on the agenda for the current Council to consider. The swearing in of the new Council and the selection of Mayor and Mayor Pro Tem will follow. The Kiwanis met this week, and have chosen to

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not request relocation. However, there will be an ordinance on the April 19 agenda to reflect other changes that were requested of the Kiwanis and to firm up the enforcement to eliminate any problems.

### **April 19 COUNCIL MEETING**

The Council will be asked to consider the following items at its April 19 City Council meeting: Farmers Market Ordinance; Bid approval for tactical body armor; CAP Agreement with Missouri Department of Conservation; Bid approval for pool painting; KHPC Proclamation; SHPO Agreement; and possible appointment to LPRC.

### **CENSUS UPDATE**

We are in the final phase of the Census. We have distributed t-shirts this week. City Hall workers are wearing Census t-shirts today to remind people to complete their census. We are also distributing Census hats to customers to help promote the effort, and have asked several people to place yard signs on their properties to again encourage people to complete the Census. As of today, we are at 72% completion rate. This is up 10% from last week.

### **CITIZEN REQUESTS**

This is a reminder that if a Council member receives a request from a citizen, that I will research the matter, report back to the individual council member and determine who will be responding. As the City Manager, I work for the Council. Individual City Council members should not expect to know all answers to everything. The City has a Citizen Service Request (CSR) system in place. A citizen can either complete a request on line or contact the City and request that a CSR be completed. We have a tracking system in place to make sure that we follow up on CSR's.

### **EMPLOYEE WELLNESS**

When we met with the City Council, we outlined an approach that we would be following to develop a wellness program. The concept was to establish a four component program that consisted of an annual physical examination, participation in two or more wellness programs/activities including one physical program, health screens and health education. A committee comprised of representatives from each city department has been meeting and developed a plan that addresses each of the four areas. Informational meetings with the employees to unveil the plan will be completed next week. As a reminder, according to the biometric screens conducted last year, 47% of those individuals who participated were overweight, 57% had high cholesterol. We have embarked on this wellness program as a way to reduce these numbers and in turn reduce the costs of this employee benefit on the City. We have a responsibility to the citizens to do what we can. It is estimated that for every \$1 spent on wellness, there is a return of at least \$4 in investment. The budget set for the wellness program is \$15,000 of which most of it will go toward programs, pedometers, equipment, and incentives. The plan outline is included with this Newsletter, along with the results of the survey that had been used to develop the wellness program.

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## **ISO UPDATE**

The Insurance Services Office (ISO), Inc. is responsible for evaluating all jurisdictions to determine fire ratings. In the recent past, we discussed the results of our previous inspection. The ISO has informed us that they will be conducting an evaluation of our building code enforcement. The concept with the ISO is simple; communities that both enforce their codes and keep them up to date can see this in the insurance rates assessed to a community.

## **BLEACHER UPDATE**

Twenty new sets of bleachers were delivered to North Park on Monday, March 29. There are 2, 15-foot bleachers for each field except the Doc Gardner Field and Orange. The City and School District partnered together to purchase larger sets of bleachers (27' long) for each of those fields. The bleachers do need to be assembled and 2 sets have been put together by City Staff. We are currently trying to organize a volunteer day with the booster club for April 17 to work on the assembly of the bleachers.

## **ACCESSIBLE WALKWAYS**

In August, City Council approved a change order to the Marion and McPherson Sidewalk and Parking Lot Project that would add ADA compliant sidewalks in Patryla Park, Memorial Park, P.C. Mills Park and Jaycee Park at an estimated cost of \$20,000. This work was deferred due to weather but the sidewalks were poured by Mihalevich Concrete the week of March 29 – April 2. The final pieces were poured at Memorial Park on Monday, April 5. Sometime that evening the area around the shelter house was vandalized with various words including some profanity. The contractor will try to remove as much of the vandalism as possible but may have to pour new sections of concrete where the worst was located.

## **ALTERNATE ROUTE 63 UPDATE**

Preston Kramer, MoDOT Project Engineer, has informed us that the majority of the property for the south 1/3 Highway 63 project has been acquired. Two parcels have gone to condemnation. Final plans are being reviewed at District Two office and will be forwarded to Jefferson City and Federal Government for final approval. There will be a community briefing in the fall/winter to update the community on this project. Construction will be ramping up, all culverts have been set, bridge work underway and should be finished by the end of this year. The goal is to have all of the dirt work completed by the end of 2010. District Engineer Dan Niec has returned from military service. MoDOT plans to overlay Highway 11.

## **ELECTED OFFICIALS TRAINING CONFERENCE**

The League's premier training Conference offers a nuts and bolts review of the myriad of important issues municipal officials need to be familiar with – Sunshine Law, budgets, parliamentary procedure, taxes, conflicts of interest, planning and zoning – these are just a few of the topics to be covered. While the Conference focuses on providing the knowledge base that newly elected municipal leaders need to govern effectively, the changes that continually occur in the municipal arena make this a Conference that all officials should attend. The Conference will be held at the Jefferson City Capitol Plaza

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Hotel, June 17-18. [Registration and agenda information](#) appears in the March/April issue of *The Missouri Municipal Review* and is available on the League's Web site.

## **TOURISM UPDATE**

Tourism Board met this week. The Tourism office is co-sponsoring the Chamber After Hours at the airport this month. Upcoming sport events include: April 10-11 - a vintage motor cross race and banquet; May 1 - antique car group; June – KATZ softball tournament; and July 31 – August 1 – coed softball tournament. The office has approximately \$180,000 in the budget.

## **AIRPORT UPDATE**

Currently there are three presentations scheduled (including Pacific Wings).

Pacific Wings: - 4/13/10 - 6:00PM - City Hall

Mr. Michael Pittman, Asst Chief Pilot for Pacific Wings Airlines and another Planner will be presenting. Pacific Wings is a commuter airline that serves the southwestern quadrant of the US and recently started service in the Tennessee and Georgia region. They are a fully equipped airline flying the Cessna Caravan exclusively.

Cape Airlines: 4/21/10 - 6:00PM - City Hall

Mr. Andrew Bonney, Vice President of Planning and his assistant for Cape Airlines will be presenting. Cape Air is a commuter airline that initially started service from Nantucket Island to Boston, and has expanded westward into the Midwest. They recently initiated service at Quincy, IL and Cape Girardeau, MO. They are a fully equipped airline flying the Cessna 402 exclusively.

Air Choice One: - 4/28/10 - 6:00PM - City Hall

Mr. Shane Storz, CEO and another from Air Choice One will be presenting. Air Choice One is our current carrier and has served Kirksville since July 2008. Since that time Air Choice has started service at Burlington, IA and Decatur, IL. Air Choice One has provided excellent service but has failed to acquire the GDS ticketing functions that we have desired. They are currently flying the Piper Chieftain with the Beechcraft Baron as backup.

## **Attachments**

- Resignation – Jane Bartling – LPRC
- Transportation Alliance Meeting Notice
- Wellness Report
- Wellness Survey Results
- Upcoming Walks and Runs
- Press Release – street closure
- Business After Hours Schedule

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**Mari Macomber**

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**From:** Jane Bartling [janebartling@att.net]  
**Sent:** Tuesday, April 06, 2010 10:27 AM  
**To:** Mari Macomber  
**Subject:** note of resignation

Please consider this note as the official date of resignation from the Kirksville Parks and Recreation Commission. Do hope you are able to identify some older people with interest and background in recreation and people from various social structures of our community to serve on the commission. Best wishes for the future and I am still hoping for a civic/community center for Kirksville.

4/9/2010

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# Missouri Transportation Alliance

Please Join us for the Missouri Transportation Alliance's Regional Forum

Good Afternoon,

Missouri Transportation Alliance District Chairmen Harriet Beard and Sherry Jones, along with MoDOT Engineer Dan Niec, would like to invite you to a public forum to discuss Northern Missouri's transportation priorities. This is for all transportation advocates, local leaders and the general public to provide input into a new statewide vision for transportation. This is a chance for the area to see and discuss a preliminary plan for Missouri's transportation future.

This event will take place on **April 19th, from 3:30 - 5:00 p.m.** which will be held at the **Kirkville TCRC** located at 315 South Franklin Street, Kirkville, Missouri 63501.

For more information about the event, please see the attached invitation. To RSVP for this event, please email [info@missouritransportation.org](mailto:info@missouritransportation.org) or contact Tyler VanLoo at 573-418-0429.

Please forward this email to anyone who may be interested in Transportation issues in and around Northern Missouri.

Thank you, --

**What is the Missouri Transportation Alliance:** The Missouri Transportation Alliance (MoTA) is a nonpartisan, citizen-led group that believes Missouri's transportation infrastructure is critical to citizen safety and job creation. MoTA is focused on assessing regional needs and priorities to create a statewide vision that will meet the needs of the citizens of Missouri for the next decade. For more information, please check the MoTA website at [www.missouritransportation.org](http://www.missouritransportation.org).

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## Wellness Committee Proposal

**Goal:** Make work environment more supportive of healthy behaviors like healthy eating, being physically active, managing stress and quitting tobacco.

**Objective:** Develop a four step program that includes the following:

1. Annual physical examination
2. Participation in a wellness activity
3. Annual comprehensive health screen (blood work)
4. Health education

**Proposal:** All participants of the Worksite Wellness Program will do the following:

1. Annual physical examination
2. Participation in a wellness activity
  - a. Include 'Walk to Branson and Back!'
    - i. Use of pedometers
    - ii. Incentives
    - iii. Rewards
  - b. Wellness Check System
    - i. Exercise
    - ii. Healthy Habits
    - iii. Prevention/Service
    - iv. Rewards
    - v. Four 12-week Levels
3. Annual comprehensive health screen (blood work)
  - a. Biometrics (in house)
  - b. Personal Physician (proof of participation needed)
4. Health education
  - a. Worksite health/nutrition class
    - i. Class for females and class for males
  - b. Worksite stress class
  - c. Distribute wellness handouts on regular basis

### **Tracking and Logistics:**

1. 'Walk to Branson and Back!'
  - a. Manager: Heather Darrah
2. Wellness Check System
  - a. Manager: Cherie Bryant
3. Four Step Program
  - a. Manager: Pat Meredith

### **Recommendation for Incentives and Rewards**

Program: 'Walk to Branson and Back!'

*Kirksville to:*

- Macon (34 mi): Wellness water bottle - \$2.25 each for 200 = **\$490**
- Lake of the Ozarks (167 mi): Sneaker Key Chain - \$2.85 each for 200 = **\$605**  
(includes set up charge)
- Branson (300 mi): Tee Shirt - \$5.50 each for 200 = **\$1,100**

*Branson to:*

- Lake of the Ozarks (129 mi): Relaxation Massage Kit - \$2.85 each for 150 =

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## **\$428**

▪Kirksville (300 mi): Winning team receives: Super 8 Gift Card up to \$70.00 x 6 = **\$420**; All others receive: Drawcord Backpack - \$2.85 each for 200 = **\$620** (includes set up charge); We now have 4 Reserved Seats and 1 Parking Pass to see the Kansas City Royals (FREE!)

► Options for Grand Prize: 2/5/8 hour 'Wellness Vacation'; St. Louis Cardinal tickets for two at \$30.00 each = \$60

### Program: 'Wellness Check System'

- Completion of Level 1: Wellness water bottle – \$2.25 each
- Completion of Level 2: Sneaker Key Chain - \$2.85 each
- Completion of Level 3: Relaxation Massage Kit - \$2.85 each
- Completion of Level 4: Drawcord Backpack - \$2.85 each

► Options for Grand Prize: 2/5/8 hour 'Wellness Vacation'; St. Louis Cardinal tickets for two at \$30.00 each = \$60.00

### Program: 'Four Steps to Wellness'

- If an employee completes all four steps they will receive the following:
  1. Health insurance premium discount - 2012
  2. Name to be placed in drawing at end of year to win one of the following items:
    - a. iPod touch - **\$200**
    - b. Wii Game Console - **\$200**
    - c. Gift Certificate to Hibbitt Sports - **\$200**

### Equipment Purchase

▪Treadmill at Public Works, PD, FD, City Hall - \$600 each = **\$2,400** (other equipment choices: Elliptical - \$700 each; Rower - \$500 each).

### Health Education

▪Worksite Health/Nutrition Class – Health professional to provide two sessions (1 for women and 1 for men) – Possibly hold two or three classes this year.

#### **Cost Unavailable**

▪Worksite Stress Management Class – Health professional to provide two or three classes this year.

#### **Cost Unavailable**

▪Distribute Wellness Handouts Each Month

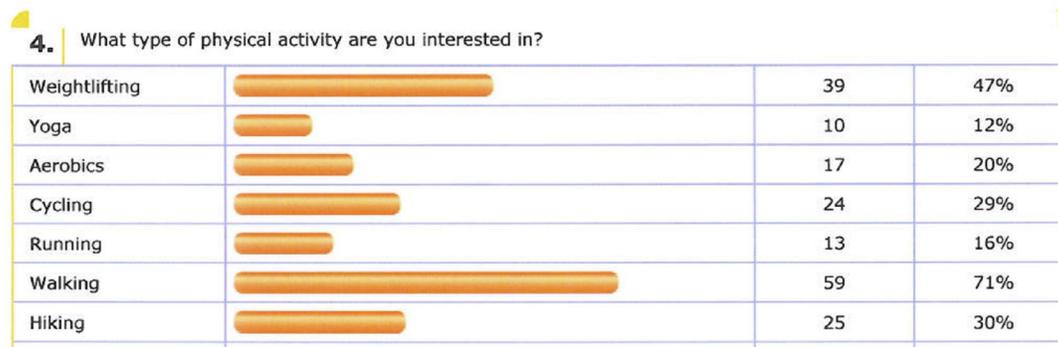
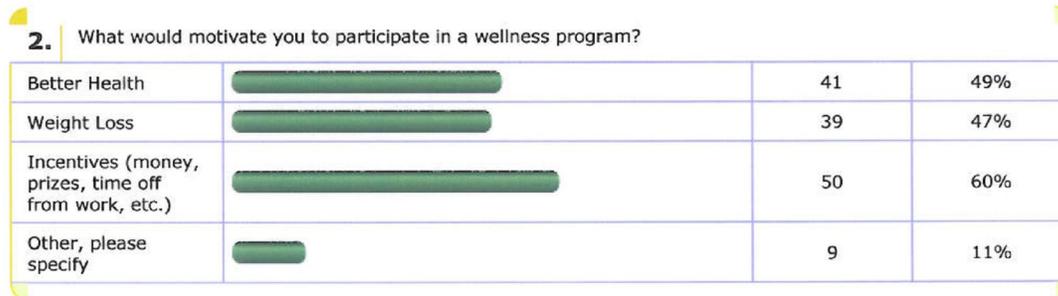
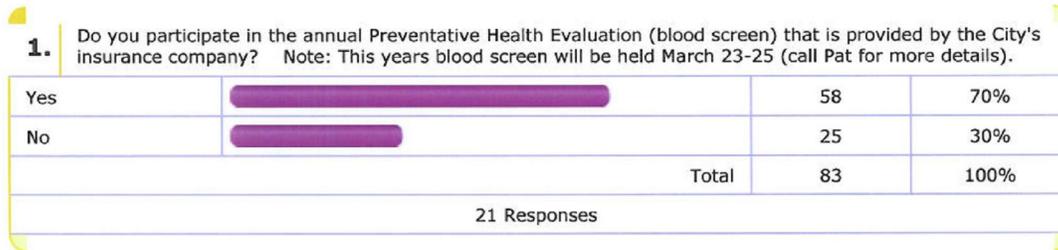
- ✓ Nutrition Guide to Fast Food - \$1.18 for 250 = **\$320** (includes fee)
- ✓ Stress Management Bookmark – 43c for 150 = **\$90** (includes fee)
- ✓ Free On-line Handouts – Cost for paper and ink = **\$200**

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## Wellness Survey Results Overview



Date: 3/4/2010 7:21 AM PST  
Responses: Completes  
Filter: No filter applied



Swimming (water activity)		30	36%
Other, please specify		11	13%

**5.** How would you rate your current state of health.

Poor		2	2%
Fair		27	33%
Good		52	63%
Excellent		2	2%
Total		83	100%

**6.** Are you interested in a competitive program? Examples include: Biggest Loser; Department vs. Department (Ex: Codes Dept. vs. Finance Dept.); Walk to Denver and Back (walking program with pedometers); etc. A competitive program would include incentives.

Yes		39	47%
No		44	53%
Total		83	100%

7 Responses

**7.** If yes, which competitive program are you most interested in?

Biggest Loser Style		13	30%
Department vs. Department (which Dept. can lose the most weight/lower BMI)		22	50%
Walk to Denver and Back (can be any city we choose)		22	50%
Swim to Lake Michigan		6	14%
Other, please specify		5	11%

**8.** Would you participate in a worksite health class?

Yes		57	70%
No		24	30%
Total		81	100%

10 Responses

**9.** Would you use exercise equipment (treadmill, stair climber, etc.) if it were available in your building?

Yes		65	80%
No		16	20%
Total		81	100%
15 Responses			

**10.** What do you want to better about yourself?

Weight		63	77%
Health		48	59%
Stop Smoking		7	9%
Stress Level		40	49%
Other, please specify		6	7%

**11.** Do you currently use the Aquatic Center?

Yes		15	18%
No		69	82%
Total		84	100%
40 Responses			

**12.** Would you be more willing to participate if an activity were offered during work hours?

Yes		61	75%
No		20	25%
Total		81	100%
15 Responses			

**13.** Would you be interested in learning more about nutrition?

Yes		51	61%
No		33	39%
Total		84	100%
4 Responses			

**16.** What is your sex?

Female		30	36%
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Male		51	61%
No Answer		3	4%
Total		84	100%

**17.** What is your age range?

18-27		8	10%
28-37		19	23%
38-47		14	17%
48-57		28	33%
58-67		11	13%
No Answer		4	5%
Total		84	100%

## **AREA SPONSORED RUNS - WALKS**

Sat. April 17<sup>th</sup> – SAA Osteopathic 5K Run & 10K Run (Kirksville)

Sat. April 24<sup>th</sup> – United We Run 5K (Kirksville)

Mon. May 31<sup>st</sup> – Memorial Day/Coal Miner Days 5K Run (Novinger)

Thurs. July 15<sup>th</sup> – 31<sup>st</sup> Annual TCC/YMCA Twilight 5K Run and Tot Trot (Kirksville)

Sat. Aug. 28<sup>th</sup> – Scotland County Antique Fair 5K and 1.5 Mile Run/Walk (Memphis)

Sat. Sept. 4<sup>th</sup> – Run Thru the Jungle 5K Run and Tot Trot (LaPlata)

Sat. Sept. 25<sup>th</sup> – ATSU Founder's Day 5K Run and 1 Mile Walk (Kirksville)



**Date:** 04/06/10

**For More Information Contact:**

Melanie Smith

Community Services Director

(660) 627-1224

**COTTONWOOD STREET TEMPORARILY CLOSED**

(Kirksville, MO) -- The City of Kirksville will be closing Cottonwood Street to through traffic between Baltimore Street and Mohawk Street today, Tuesday, April 6 through Friday, April 30. This street closure is due to new sidewalk installation. We apologize for this inconvenience and request alternate routes be utilized during this time.

##

# 2010 Business After Hours Schedule

All Business After Hours (BAH) events are held from 5-7 pm

January 21	Annual Banquet-Truman State University –SUB Georgian Rm
February 5	Ag Show-NEMO Fairgrounds: Sponsors KIRX/KTUF/KRXL
March 26	Spring Expo-NEMO Fairgrounds: Sponsors Peters Heating & Air Conditioning & Hy-Vee Food Stores
April 22	Kirksville Regional Airport: Sponsors Air Choice One and Kirksville Tourism
May 20	DuKum Inn: Sponsor Chariton Valley Asso. Disabled Citizens
June 17	<b>95<sup>th</sup> Anniversary of the Chamber Celebration</b> NEMO Fairgrounds Outdoor Pavilion: Sponsors Atmos Energy, Whitney Harrisoin Ins/Century 21 and Kraft Foods
July 15	NEMO Fairgrounds: Sponsor NEMO Fair Association
August 6	Chamber Golf Tournament-Kirksville Country Club: Sponsors ETC Computerland and Cable One
September 23	Chamber Silent Auction El Kadir Shrine Club: Sponsors El Kadir Shrine Club, KTVO
October 21	Health and Fitness Center : Sponsor Northeast Regional Health and Fitness Center
November 18	Wooden Nickel Restaurant: Sponsor Wooden Nickel
December 16	Alliant Bank: Sponsor Alliant Bank

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