



the Current

Get Ready for the Great Shakeout Feb. 7

On Tuesday, February 7, 2013, at 10:15 a.m. Central Standard Time, millions of Americans will participate in the Great Central U.S. Shakeout (ShakeOut), the third annual public earthquake drill in the region.

This date coincides with the anniversary of the February 7, 1812 earthquake near New Madrid, Missouri. Scientists estimate that there is a 20-40 percent probability of a damaging earthquake occurring in the mid-west within the next 50 years. A large earthquake could have major impacts on national transportation, communication, utility, and financial systems. The 2011 M5.8 earthquake that occurred in Virginia showed many Americans that the central and eastern U.S. are not immune to seismic activity.

The ShakeOut is based upon a simultaneous "Drop, Cover, and Hold On" drill, and provides communities valuable time to practice this simple, yet potentially lifesaving, activity. Drop, Cover, and Hold On involves: Drop to the Ground, Take Cover under a sturdy table or desk if possible and protect your head and neck, and Hold On until the shaking stops.

The Great Central US ShakeOut is your chance to practice what to do before an earthquake happens in your community, and to get better prepared for a quick recovery. For more information, go to www.shakeout.org/centralus.

Not Your Typical Running Club

Twice a week, a group of girls and their coaches meet at EH Young Park to hit the pavement and do a little running and a lot of learning. The team, made up of girls in 3rd through 5th grade, is part of the national Girls on the Run program, which encourages girls to develop self-respect and healthy lifestyles through running.

Throughout the 10-week program, the girls train for a 5K (3.1 miles) while learning fun and valuable lessons about things like community, gossiping, bullying, communication skills, standing up for yourself, peer pressure and body image.

"At the core of this program is the message to the girls that they are amazing, incredible, and good enough," said Meredith Hauck, Riverside Director of Administration. "The City wanted to get involved with Girls on the Run because we felt this is an important message to arm our girls with as they get older and start facing the pressures that come with being a teenager."

Riverside Girls on the Run Coach Kristy Cope agrees.

"Running and accomplishing new goals the girls set for themselves during the program gives them a great sense of accomplishment and helps build 'I Can' attitudes," Cope said. "I am so proud of each girl I have had the privilege to work with in the last year - seeing the big smiles as they cross the finish line at the 5K is an amazing experience, and I am very excited for the spring session."

How to Join

The Girls on the Run spring session begins March 4 and runs through May 18. Teams meet across the metro, including at a number of YMCAs and schools in the Northland. Area sites include: EH Young Park (T/Th from 5 to 6:15); Vivion Road YMCA (M/W from 5:45 to 7 p.m.); Parkville YMCA (T/Th from 6 to 7:15 p.m.) To register, go to www.gotrkcmo.org. The registration fee is \$105 and scholarships are available.



Girls on the Run is open to girls in 3rd through 5th grade. The Spring season starts on March 4. Register today!

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Fitness Classes

The Riverside Community Center offers free fitness classes and league play during the week.

- M/W/F from 8 to 9:30 a.m. is Yoga/Cardio/Strength Class
- M/Th from 10 to 11 a.m. is Line Dancing and Weights.
- M/Th from 6 to 9 p.m. is Adult Volleyball (open to all)
- Wed. from 10 to 11 a.m. is Stay Strong Stay Healthy Class
- Wed. from 6 to 9 p.m. is Pickleball
- Thurs. from 9 to 10 a.m. is Zumba

The Community Center is also open for Open Gym hours, Monday-Thursday from 3 to 6 p.m. and Sundays from 1 to 5 p.m.

Questions? Contact the Community Center at 741-4172.

Stay Connected

www.RiversideMo.com

www.RiversideMo.com/blog

www.RiversideMo.com/facebook

@RiversideMo (Twitter)

Trash Pick Up Schedule

FridayFebruary 1
FridayFebruary 8
FridayFebruary 15
FridayFebruary 22
FridayMarch 1

Municipal Elections - April 2

Riverside voters will go to the polls on April 2 for the Municipal Election. Candidate filing closed on January 15 and the following individuals have indicated their intent to run:

Ward 1: Mike Fuller, incumbent
Cindy Ecton

Ward 2: Aaron Thatcher, incumbent
Nicholas Welliver

Ward 3: Brad Cope



Polls will be open at the Riverside Community Center from 6 a.m. to 7 p.m. ↪

Riverside Employee Honored

Operations Support Division Director Mike Shelton was recently honored by the Mid-America Regional Council for his work on the regional 9-1-1 system. MARC's Regional Public Safety Communications program recognizes individuals who have gone above and beyond to help clean up the 9-1-1 database and mapping data. This recognition is unique because the individuals being honored work across various departments — such as planning and zoning, community development and public safety. Shelton is one of nine individuals who have received this honor to date.



Scholarships Available for Girls on the Run

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The Riverside Fire/Police Athletic League has also joined with Girls on the Run to provide scholarships to qualifying Riverside girls to help cover the cost of the program and provide them with a new pair of running shoes. To qualify, girls must be eligible for the free/reduced lunch program through school. Scholarship applications are available by contacting Meredith Hauck at 372-9023 or mhauck@riversidemo.com. ↪

Healthy Eating Lunch and Learn

Thursday, February 7 at 11:15 a.m.
Riverside Community Center
FREE!

Join us to learn quick and easy meal ideas, shopping on a budget, tips for managing diabetes, and more! Presented by Riverside Nursing and Rehabilitation.

Questions? Contact the Riverside Community Center at 741-4172.

Make the Upgrade and Save

A few months ago, MARC launched www.beyondthebulb.org as the regional “hub” for information about energy savings, conservation and efficiency investments. It focuses on the types of conservation and energy efficiency improvements that homeowners and small businesses typically need: lighting, air and duct sealing, insulation, ventilation, furnace efficiency, HVAC and water conservation. It also connects homeowners and small-business owners to financing for those improvements and contractors who can do the work. Beyond The Bulb offers tips for do-it-yourselfers, too.



Upgrade or Maintain Your HVAC System

How much are your gas and electricity bills? Regardless of the type of heating, ventilation and air-conditioning (HVAC) systems you’re operating in your home or business, you can lower your usage and overall utility bills by simply maintaining or by upgrading your equipment.

If you choose to replace your old, worn-out, oversized heater with a high-efficiency furnace, you will also save energy and money on your energy bills. Be sure to select the right size energy-efficient furnace to maximize energy savings and comfort. Selecting the right furnace will also affect the maintenance and operation needs associated with the lifespan of your new furnace. Opting for an oversized heater can create large temperature swings in your home or business. Your contractor or installer can perform the calculations needed to correctly size your energy-efficient furnace.

What’s more, dropping the temperature by seven or eight degrees in the winter and raising it by seven or eight degrees in the summer will reduce your energy bills. A programmable thermostat will allow you to set temperature changes to occur automatically while you’re away or asleep. Combine HVAC upkeep and upgrades with programmable-thermostat settings, air sealing and attic floor insulation to save money and increase comfort.

Switch to CFL Bulbs

Compact fluorescent lamps (CFLs), light-emitting diodes (LEDs) and halogen incandescent lights are three of the most common kinds of energy-efficient light bulbs. Switching to energy-efficient lighting is top choice among a property owner’s most cost-effective energy-efficiency investments.

CFLs last up to 10 times, LEDs up to 25 times and halogens up to three times longer than an incandescent bulb. Energy-efficient bulbs cost a bit more than regular ones, but will pay for themselves over time. In fact, the popular CFLs pay for themselves with energy savings in less than nine months. Look for ENERGY STAR-qualified bulbs and select the kind that provides you with the highest quality light for the use you have in mind.

If CFLs are your chosen, energy-efficient bulb, remember that they contain a small amount of mercury (less than four milligrams, which is less than the estimated 500 milligrams contained in older thermometers). If you break a bulb, follow the clean-up and disposal steps described at www.epa.gov/cfl. Once the CFL reaches the end of its life, it can be recycled at any one of a number of locations in the metropolitan area. ☺

2013 Senior Dance Schedule

Mark your calendars for these upcoming free Senior Dances:

Monday, February 25
Monday, March 25
Monday, April 29
Monday, June 24
Monday, July 29
Monday, August 26
Monday, September 30
Monday, October 28

All dances are from 1 to 3 p.m. at the Riverside Community Center, 4498 NW High Drive, and feature the Ed Smith Band.

Questions? Contact the Riverside Community Center at 741-4172. See you there!

Storm Spotter Training

Join the City of Riverside, Platte County and the National Weather Service for a Storm Spotters Class on Monday, March 25 from 7 to 9 p.m. at the Riverside Community Center.

During this FREE training, a National Weather Service meteorologist will discuss various aspects of severe weather, storm spotting, and severe weather safety. Additional trainings are offered throughout the Metro. Check the NWS website for more details.

Calendar

February 5

Board of Aldermen – 7 p.m.

February 6

Park Board – 6 p.m.

February 11

Tourism Commission – 6 p.m.

February 14

Planning and Zoning – 7 p.m.

February 18

City Offices Closed

February 19

Board of Aldermen – 7 p.m.

February 28

Planning and Zoning – 7 p.m.

Get Healthy in 2013!

Riverside residents are now eligible for reduced rates at area fitness centers through the Riverside Healthy Citizens Initiative. Through this program, residents will pay 25 percent of the membership fee and the City will pay the remaining 75 percent.

Eligible Fitness Facilities

Platte County Community Centers/YMCA
8875 Clark Ave, Parkville, Mo.
(816) 505-2622

North Kansas City Community Center
1999 Iron Street, NKC, Mo.
(816) 300-0531

Gladstone Community Center
6901 N. Holmes, Gladstone, Mo.
(816) 423-4200

How to Sign Up

Contact the Riverside Community Center at 741-4172 between 8 a.m. and 5 p.m. for details on how to register for the program. More information is also available on the City website, www.riversidemo.com.

