



## Sermon Center Renovations Provide More Workout Options

A new year often brings a resolution to get into shape. If you and your family are interested in starting or continuing a fitness program, consider the Roger T. Sermon Community Center. Operated by the Parks and Recreation Department, the Sermon Center is located on the southeast corner of Truman and Noland Roads at 201 North Dodgion.

The Center recently updated the weight room and locker room facilities. These two upgraded areas are in addition to the previously updated cardio area, circuit training room, and third-floor fitness studio.

The new weight room (located on the lower level) has brand new equipment, industrial wall treatments, ceiling fans, and the list goes on. The new equipment includes a cable crossover, leg press, chest press, dumbbells (5 lb. to 90 lb.), a back extension piece and adjustable abdominal bench. A full-cage Max Rack was also repurposed and moved from the personal training area.

The locker rooms have been completely redone. New lockers, benches, flooring, paint, restroom and shower partitions. Just about everything in this space is new.

The Cardio area, while not brand new, was also recently remodeled. There you will find treadmills, ellip-



The new weight room is located on the lower level.

ticals, Adaptive Motion Trainers and recumbent bikes. In the Circuit Training room there are 12 cabled weight machines and a stretch trainer. On the balcony outside the Circuit training room are an additional two ellipticals.

The gym floor has been replaced and is now in use. There remain a few final installation adjustments and some painting to be done.

The cost to get fit may be less than you thought. An annual membership for Independence residents is just \$30 per year for those aged 13 – 59, and \$20 for those age 60 and older.

The Sermon Center is open 9 a.m. to 9 p.m., Monday through Thursday; 9 a.m. to 5 p.m. on Fridays; and Noon to 6 p.m. on Saturdays. Stop by anytime during business hours to take a self-guided tour of the facility and get signed up for your membership.

While there, be sure to check out the schedule for exercise classes. There are many reasonably priced classes offered for any fitness level. Membership is not required to participate in classes.

Call (816) 325-7370 for more information about our renovations, programs or memberships. The Sermon Center staff looks forward to seeing you soon!



New equipment has been added to the weight room.

## Use Care With De-Icing Products

Winter snow and ice storms are a sure thing, but is there an environment-friendly way to de-ice sidewalks and driveways?

Rock salt (sodium chloride) is effective but is a highly corrosive toxin that ruins the surrounding soil (adversely affecting grass, shrubs and flower beds), corrodes metal, contaminates groundwater and is harmful to pets and wildlife. It can never be removed once it is introduced into the environment and it does not break down or evaporate.

One eco-friendly method is to use sand, kitty litter, or ashes – which will help with traction and assist the sun in melting ice. This method is not as effective as rock salt but is much healthier for the environment.

If you use a commercial deicer, look for one labeled environmentally safe. Products containing calcium magnesium acetate (a salt-free compound) are effective, easy-to-use and biodegradable, but tend to be more expensive. Calcium magnesium acetate prevents ice from attaching to cement and will break down and melt layers of ice already on sidewalks and driveways.

Products with calcium chloride work well in very low temperatures and are effective using smaller amounts compared to rock salt.

Deicers work better when applied before the ice or snow falls. If that isn't possible, remove as much snow and ice as you can before putting it down. Remember, deicers are most effective when applied to a thin layer of ice.

When choosing a product to use, read the labels in order to find out the ingredients, and only use the product as directed. Follow directions carefully and apply only as much as is needed. A little goes a long way.

Be prepared with a good supply of deicing product on hand before the ice or snow hits. Making good environmental choices helps the earth, which helps everyone.

## Quick Facts About Snow Removal

When winter comes and the snow flies, the Street Maintenance Division of the Public Works Department kicks into high gear. Here are some quick facts about snow removal in Independence.

### Street Miles

There are approximately 566 miles in the City, which equals 1,198

lane miles, divided into four categories:

- 374 lane miles (31%) First Priority streets: Arterial streets made up of four-lane or high volume two-lane streets.
- 299 lane miles (25%) Second Priority streets: Collector streets which tie arterial streets to the residential areas.
- 94 lane miles ( 8%) Third Priority streets: Known slick spots, hills and dangerous intersections.
- 431 lane miles (36%) Residential streets: Residential streets including dead-end streets and cul-de-sacs.

MoDOT is responsible for state highways in Independence, including Truman Road, 24 Highway, 7 Highway, 40 Highway, 23rd Street (Rte. 78) and M-291.

### Materials

The City's salt dome holds 2,500 tons of salt with additional salt storage space

available. The dome is located at the maintenance yard on Vista Avenue north of Truman Road.



### Employees and Equipment

Two snow shifts of 28 employees per shift alternate on 12-hour shifts. Each truck and driver has an assigned route. The crews utilize a

total of 26 snow vehicles, broken down as follows:

- 21 snow plow trucks (tandem and bobtail dump trucks)
- 4 pickup trucks with blades
- 1 loader with a blade

The cost of supplies budgeted for Fiscal Year 2014-15 includes \$25,000 for sand and \$140,000 for salt.

You can assist the snow removal crews by making sure all vehicles are parked off the street so the plows can get through. Remember when snow is falling, visibility is reduced. Stay back and give the salt trucks and snowplow drivers plenty of room.

If you believe your street has been missed and it has been at least 48 hours since the snow stopped falling, call the Street Maintenance Division at (816) 325-7627.

## Citizen Ideas Requested for Planning

The Community Development Department needs your opinion. To help identify critical needs in low-income households and neighborhoods, the department is requesting input from Independence residents and local partners.

Possible areas of attention include job creation and job training projects, public services, infrastructure improvements, home repair, creation of affordable housing and public facility improvements.

All information collected will be used in developing the City's 2015-2019 Five Year Consolidated Plan, and to establish priorities for expenditure of funding received through the federal Community Development Block Grant (CDBG) and HOME Investment Partnerships (HOME) Programs. The City expects to receive approximately \$775,000 in CDBG funds and \$300,000 in HOME Program funds.

The Consolidated Plan is designed to help cities to assess their affordable

housing and community development needs and market conditions, and to make data-driven investment decisions. The consolidated planning process serves as the framework for a community-wide dialogue to identify housing and community development priorities that align and focus funding from the formula block grant programs.

Citizen input on the Five Year Consolidated Plan will be gathered through March 2015. The Consolidated Plan must be submitted to the U.S. Department of Housing and Urban Development by May 15, 2015 and will be effective beginning July 1, 2015.

Your opinion is valuable and greatly appreciated. Comments may be submitted to Christina Leakey by mail at City Hall, 111 E. Maple, Independence, MO 64050, by phone at (816) 325-7397 or by email at cleakey@indepmo.org.

## Sign Up Now For May Park Trot 5K

On your mark, get set, go! It's cold now, but mark your calendar for the fourth Annual Independence Park Trot 5K on Saturday, May 2. Registration is now open for this free, family-friendly event!

The Independence Health Department has teamed up with Centerpoint Medical Center to encourage physical activity among residents and promote increased use and access of the City's parks and trails. The annual run/walk will begin at 8 a.m. at Waterfall Park, 4501 S. Bass Pro Drive in Independence.

Everyone is welcome, no matter the age or fitness level. There is no limit to the number of participants, and the Park Trot will go on rain or shine. This event is great for entire families to enjoy, whether participating in the race or cheerleading from the sideline. A free run for children 10 and younger will be held immediately following the 5K.

If you want to be chip-timed, make sure you register on the website ([www.IndependenceParkTrot.com](http://www.IndependenceParkTrot.com)) **before** April 19. Packet and T-shirt pick-up, as well as in-person registration, will be held from 3 to 7 p.m. Friday, May 1 at Bass Pro Shops, 18001 Bass Pro Drive, and from 7 to 7:45 a.m. on Saturday, May 2 near the start line of the course. Only those pre-registered through the website will be chip-timed.

Adult and child sized t-shirts will be available for \$10 through the Park Trot website until April 12. A parent or legal guardian must sign a waiver for anyone under age 18 participating in the race.

Register today at [www.IndependenceParkTrot.com](http://www.IndependenceParkTrot.com) or call the Independence Health Department at (816) 325-7185 for more information. Come on out and explore the healthier side of Independence. Get moving and get healthy!



**Participants crowded the start of the 2014 Park Trot 5K Run/Walk at Waterfall Park.**

## February Events Focus On History

February is Black History Month, dedicated to recognition of the contributions of African

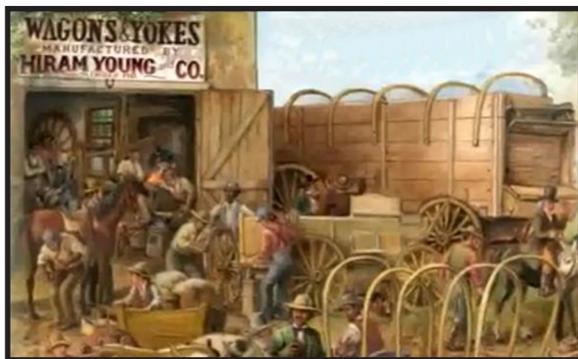


Americans in this country. The westward expansion of the frontier borders of the United States included pioneers of color, and their participation will be celebrated with several programs at the National Frontier Trails Museum, 318 W. Pacific.

At 2 p.m. on Thursdays, February 5, 12, 19 and 26, discover how African Americans participated in one of the greatest chapters of American history during a special 30-minute guided tour. Regular museum admission applies.

Discover the personal stories of African American pioneers during a special tour of the exhibit gallery at 2 p.m. on Sunday, February 8. Hear readings from the letters of the Gold Rush widow Rachel Brown, and from journals of other pioneers of the time. End the day by writing your own journal entries. This family event at the Museum requires advance reservations by calling (816) 325-7575.

Want to learn even more? Bring your lunch to the Museum for a free “brown bag” lecture on Hiram Young at noon on Friday, February 20. Born into slavery, Hiram Young dreamed of becoming a free man and earning his way in the world by hard work, de-



**Cheryl Harness featured the Hiram Young & Co. wagon-building business of Independence in this 2011 painting.**

termination and ethical behavior. His inspiring rise to become one of the prosperous citizens of Independence is a true “rags to riches” story.

End the month by attending the Amazing African American Art Workshop from 9 to 11 a.m. on Saturday, February 28. Have fun sculpting, painting, creating and exploring the world of African American Art. The Workshop is facilitated by award-winning Sarah Poff and the \$15 fee includes museum admission. Make your reservation today by calling the Museum at (816) 325-7575.

Looking for a different type of en-

tertainment? Bring the kids to the Puppetry Arts Institute in February for the presentation of

Beauty and the Beast. Performances will be held at 11 a.m. and 2 p.m. on Saturday, February 14 and Monday, February 16. This timeless classic will be brought to life with marionettes by Elsenpeter Productions. Tickets are \$5 per person; reservations can be made by calling (816) 833-9777. The Puppetry Arts Institute is located at 11025 E Winner Rd. in the Englewood Arts District.

The thermometer may remind us it’s still winter, but the Third Friday Art Walk in the Englewood Arts District provides a perfect distraction to the weather! From 5 to 9 p.m. on Friday, February 20, pop into one of the seven art galleries and talk with local artists. For more information call (816) 252-3372 or visit [www.Englewoodstation.com](http://www.Englewoodstation.com).

Hey kids, it’s time for Power Palooza! This will be the 11th year for the annual event, which will be held from 10 a.m. to 3 p.m. on Saturday, February 7 at the

Roger T. Sermon Community Center, 201 N. Dodgion. Bring your parents along for the free festivities, including carnival games, face painting, puppet shows and a variety of treats. Tickets for games and activities will be available for purchase.

Questions? Contact Independence Parks & Recreation at (816) 325-7370.

The younger crowd will also enjoy Nature Story time at George Owens Nature Park, 1601 S. Speck Road. Designed for ages 2 to 5, this free program includes listening to a nature story, completing a craft and a short nature walk. February’s program is “Valentines for Groundhogs,” presented at 11 a.m. on Saturday, February 14.

Watch for more events and activities each month by visiting [www.independencemo.org](http://www.independencemo.org) and clicking on the “Calendar of Events.”

## City Recognized for Technology

The City of Independence ([www.independencemo.org](http://www.independencemo.org)) has been ranked seventh in its population category (75,000 - 124,999) in the 14th annual Digital Cities Survey conducted by the Center for Digital Government.



This is the twelfth year Independence has been ranked as one of the most technology-advanced cities in America.

Independence Mayor Eileen Weir praised the Technology Services Department for the accomplishments of the department in serving the citizens of Independence and repeatedly receiving recognition for their efforts.

“Developing and implementing innovative technology is a core goal of the City of Independence. The City Council has identified the use of technology as one of its four council goals, especially as a way to improve efficiency and increase citizen engagement,” said Mayor Weir.

Winners were honored at a special awards ceremony in November.

### Utilities Customer Service Tips

Before calling Customer Service at (816) 325-7930, make sure you have your account number. If you don’t know it, your representative will ask for personal information to verify your identity before discussing your account.

For faster service, avoid calling or visiting the first thing in the morning, the first day of the month and the first Monday of the month.

Regular business hours are 8 a.m. to 5 p.m., Monday through Friday, (closed on legal holidays). Options for paying utility bills include:

- Mail-in check
- Pay at City Hall or Customer Service offices
- Night Drop at Customer Service drive-through
- “On-Line” with credit card or check
- Credit card on the Integrated Voice Recognition phone line, (816) 325-SERV (7378)
- Automatic withdrawal from bank account

# Directory

CityScene is published monthly by the City Manager's Office, 111 East Maple Street, Independence, Missouri 64050. For information call 325-7019. Web-site address is [www.independencemo.org](http://www.independencemo.org). Follow us at [Twitter.com/CityofIndepMO](https://twitter.com/CityofIndepMO).



## Where To Call

The City of Independence has an automated voice-response telephone system. Call **325-7000** and say the name of the person or the department you wish to contact.



- Adopt-a-Street** 325-7602
- Barking Dogs** 325-7213
- Building Permits** 325-7401
- Business Licenses** 325-7079
- Crime Stoppers Tips** 474-8477
- Drop-Off Trash** 325-7623
- Drugs** 325-6272
- Graffiti** 257-7824
- Municipal Court** 325-7230
- Neighborhood Watch** 325-7643
- Park Vandalism** 325-7208
- Police Non-Emergency** 836-3600
- Fire Non-Emergency** 325-7123
- Potholes** 325-7624
- Report Power Outage** 325-7550
- Street Lights** 325-7535
- Storm Water Pollution** 325-7727
- Utilities**
- Customer Service** 325-7930
- Pay by Phone** 325-SERV
- Payment Assistance** 254-4100
- Weeds, Trash** 325-7193

## City Drop-Off Depot

**CLOSED FOR WINTER**  
**Reopens March 14, 2015**  
 875 Vista Avenue

## Utility Bill Payments

The City of Independence offers many convenient options for paying utility bills.

To pay by phone call **325-SERV**. You will need to have your Account Access Code and your utility account number in order to pay by phone.

To pay online go to:  
[www.independencemo.org](http://www.independencemo.org)

NOTE: There is a \$1 per month discount offered to residential customers age 62 or older on their sewer bill if they receive Social Security payments (or similar retirement benefits) and their sewer usage is 100 to 400 cubic feet per month. Call 325-7930 for more information.

## Watch City Meetings On Streaming Video

City Council meetings and study sessions are available as live and archived streaming video on the City's website, [www.independencemo.org](http://www.independencemo.org).

Each live City 7 TV broadcast is available online during the 6 p.m. Monday City Council meetings. An archive of the program is available on the site the next morning for viewing 24 hours a day. Archived videos are available for a few months following their posting. If you would like to purchase a copy of a Council meeting call 325-7762.

## CITY COUNCIL

- Mayor**
- Eileen Weir 325-7027
- City Council Office** 325-7022
- [www.independencemo.org/citycouncil](http://www.independencemo.org/citycouncil)
- Councilmembers**
- Marcie Gragg District 1
- Curt Dougherty District 2
- Scott Roberson District 3
- Tom Van Camp District 4
- Karen DeLuccie At-Large
- Chris Whiting At-Large
- City Manager**
- Robert Heacock 325-7170

## 5K INDEPENDENCE RUN/WALK PARKTROT

**FREE 5K**  
**FREE KIDS' FUN RUN**  
**SAT., MAY 2, 2015 • 8 a.m.**

### WATERFALL PARK



**Registration open now at:**  
[www.independenceparktrot.com](http://www.independenceparktrot.com)  
 Online registration ends April 19

## Regional Animal Shelter

21001 E. Hwy. 78, Independence

**Help them find a forever home. Adopt a homeless pet.**

**Noon - 8 p.m. Tuesday-Friday**  
**11 a.m. - 6 p.m. Saturday-Sunday**

**Call (816) 621-7722**

**Always Spay or Neuter!**



Become a fan of the City of Independence at [www.facebook.com](http://www.facebook.com). To follow the City on Twitter, go to <http://twitter.com/CityOfIndepMO> and click the follow button.




## Recycling Centers

**13600 E. 35th Street**  
 10 a.m. - 6 p.m. Fridays  
 8 a.m. - 4 p.m. Saturdays

**875 Vista Avenue**  
 8 a.m. - 4 p.m. Sundays  
 10 a.m. - 6 p.m. Mondays

MRC operates the two City recycling centers. Items accepted include paper, cardboard, steel, aluminum, plastic, glass, electronics, appliances, computers, flat screen TVs, lawn and garden equipment and rechargeable batteries. A fee will be charged for non flat-screen TVs: \$20 for TVs 27" and smaller and \$40 for larger TVs. All other items are free of charge, including computer monitors.



**City of Independence**

**Government Access Television**

### CITY COUNCIL

6 p.m. Mondays\*  
 10 a.m. Tuesdays  
 7 p.m. Wednesdays  
 2 p.m. Sundays

### PLANNING COMMISSION

6 p.m. 2nd & 4th Tuesdays\*  
 10 a.m. Wednesdays  
 7 p.m. Thursdays

For more information:  
[www.City7.TV](http://www.City7.TV)

\*Denotes live meeting, all others are rebroadcasts.