

KANSAS CITY
MISSOURI

THE

Fountain Pen

October 2011

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Happy 75th Birthday Municipal Auditorium!

Let's flash back 75 years, shall we? The Depression was ongoing, Mary Tyler Moore was born, *Gone with the Wind* was the book, and Kansas City's own Municipal Auditorium was dedicated.



Construction for Municipal Auditorium began in 1934 as part of Harry S Truman's "Ten Year Plan," an initiative that streamlined public works and construction projects in Jackson County.

Opening in 1935, the Architectural Record named Municipal Auditorium one of the 10 best buildings of the world. The formal dedication was on Oct. 13, 1936 by Franklin D. Roosevelt. The auditorium features Streamline Moderne and Art Deco architecture and consists of three halls: – the Arena (7,316 permanent seats +3,405 temp seats); the Music Hall (2,400 seats); and the Little Theatre (400 seats).

Municipal Auditorium has a very rich history, and many residents have happy memories of events they attended there.

Municipal Arena hosted nine NCAA Final Four tournaments – the most of any venue nationwide. U.S. presidents graced the arena stage. Many famous entertainers rocked that same stage, performers including Elvis Presley, Aretha Franklin, Louis Armstrong, Jimi Hendrix, ZZ Top, the Commodores, Bruce Springsteen, Van

Halen and Styx.

Children (and children at heart) from past and present recall fondly the Ararat Shrine Temple Circus and the Greater Kansas City Auto Show, which still take place there today. The Arena also presently hosts the Mid-America Intercollegiate Athletic Association's tournament and the NAIA Men's Division I Basketball National Tournament. When the Big 12 Tournament comes to Kansas City, the women's games are played at Municipal Arena. The Kansas City Roller Warriors also call the arena home.

The Music Hall holds the historic Robert Morton Theatre Pipe Organ, occasionally presenting pipe organ concerts. In addition, a variety of touring Broadway shows, orchestras, operas and ballets perform dynamic shows that wow audiences.

Many newlyweds have celebrated at The Little Theatre, an ornately decorated ballroom ideal for wedding receptions, parties and other formal events.

While many Depression-era buildings have come and gone all across America, the Municipal Auditorium has remained for 75 years, and will likely remain another 75 years. Its history, its architecture, its legacy – it all has made a lasting impression on Kansas Citians young and old alike.

Happy 75th Birthday, Municipal Auditorium. You don't look a day over 25. :)

Help celebrate the Municipal Auditorium's birthday on Thursday, Oct. 13 from 11 a.m. to 1 p.m. at Municipal Arena, 301 W. 13th St.

Come by and enjoy food, games, entertainment and prizes!

KCMO Charity Kickoff



Damp weather didn't deter the many City employees who participated in the Charity Campaign Kick Off in Ilus Davis Park on Friday, Sept. 16! The event kicked off the City's month-long effort to meet this year's donation goal of \$500,000.

The kick off featured games, a raffle, food and a talent show!



Congratulations to the talent show winners – **Christopher Nickens** of Water Services won first place after playing a stunning saxophone performance, and **Cassandra**

Midgyett of Finance took second place for singing.

Congratulations also to the 19 winners of the raffle prizes! Prizes included Chiefs tickets, giftcards and more!



EnergyWorks KC makes energy efficiency easy!

By Danielle Baulckim, EnergyWorks KC marketing coordinator

EnergyWorks KC is a new initiative to improve the energy efficiency of homes and businesses throughout Kansas City, Mo. EnergyWorks KC is funded by the Department of Energy's BetterBuildings Program and is made available from the American Recovery and Reinvestment Act of 2009 (ARRA).



EnergyWorks KC provides participating residents and businesses with individualized and economical energy-efficiency upgrade recommendations and helps them select local, certified professionals for both an energy analysis and improvements. The initiative also has no income restrictions and most buildings (single-family homes, apartments, businesses, churches, and schools) are eligible.

Now, the best part: Financing assistance such as low-interest loans, rebates and tax credits may be available to you in your choice of energy efficiency upgrades.

EnergyWorks KC (EWKC) core partners include:

- City of Kansas City, Mo., Office of Environmental Quality manages the program;
- Metropolitan Energy Center (MEC) provides coordination, management, financing options, outreach and serves as a single point-of-contact for you; and
- Mid-America Regional Council (MARC) works region-wide developing "green job" training opportunities, researches energy efficiency policy for replication of best practices, implements an educational region-wide campaign, and translates lessons learned from the Green Impact Zone throughout the metropolitan area.

October is the right time to improve the energy efficiency of your home/business. Prepare for the upcoming winter and future by scheduling an analysis today!



Contact us:

City of Kansas City, Mo.
www.kcmo.org/EWKC
816-513-3401
InfoEWKC@kcmo.org

Metropolitan Energy Center
www.EnergyWorksKC.org
816-531-7283
EnergyWorksKC@kcenergy.org

Mid-America Regional Council
816-474-4240
Energy@marc.org

KCEmployeeClinic

KANSAS CITY
HEALTH CARE TRUST
EMPLOYEE CLINIC



www.kcemployeeclinic.com • 816-513-6001.

Take safety education classes online

By Eric Hallerud, Corporate Safety Manager

In an effort to offer expanded training opportunities to City employees, the City's Corporate Safety Division offers online safety education classes through our contract with LocalGovU Online Training.

- Courses are self-paced and typically take about 30 minutes to complete. You can also stop in the middle of a course and come back later – the system remembers where you left off and allows you to begin from that point.
- You can retake the quiz at the end of the course as many times as needed to pass.
- Courses have both text and audio. If you don't have sound on your computer, you can still take all of the courses. The audio provides the same information as you see on the screen.
- You can print a certificate of completion once you pass the quiz at the end.
- Classes cover a wide variety of topics, including:

Absorbents and Spills
Back Injuries
Bloodborne Pathogens & Other Hazardous Materials
Chain Saw Safety
Chemicals and MSDS
Commercial Motor Vehicle Safety
Confined Spaces
Dealing with Cold Stress
Dealing with Heat Stress
Defensive Driving Basics & Advanced Defensive Driving
Designing and Maintaining Safe Playgrounds
Electrical and Fire Safety
Emergency Preparation and Egress
Forklift Safety
Investigating Incidents

Ladder Safety
Lawn Care Equipment Safety
Lockout/Tagout
Personal Protective Equipment
Power Tool Safety
Preventing Accidents in the Workplace
Preventing Slips, Trips and Falls
Respirators & Air Quality
Snow and Ice Management
Trench Safety
Understanding Carpel Tunnel Syndrome
Work Zone Safety for Local Government
Workplace Ergonomics



To participate, contact LocalGovU directly to request your courses and get started. Simply email customerservice@localgovu.com and include your name, log in code (your six digit employee number), your department name, and the names of the courses you would like to take. LocalGovU will respond to requests within three business days.

More questions? Call Corporate Safety Manager Eric Hallerud at 816-513-1430 or LocalGovU at 866-845-8887.

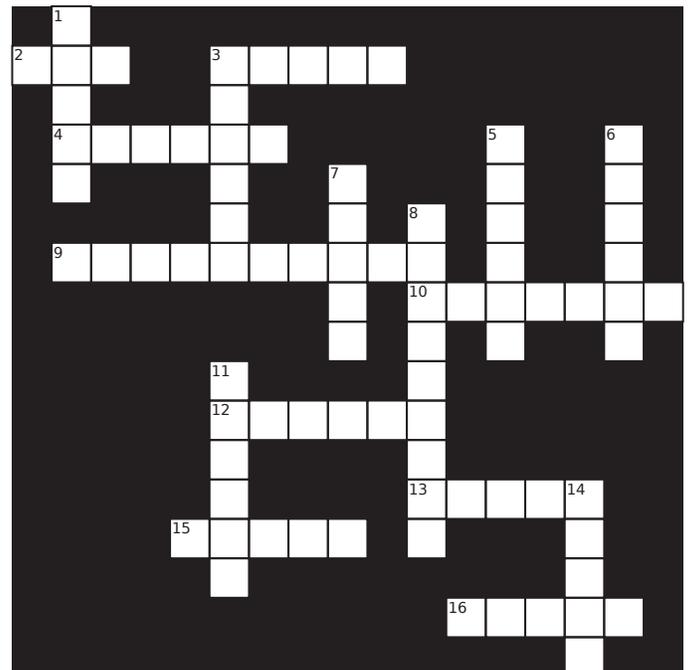
Fountain Pen crossword

Across

- 2 It's vaccination season for this
- 3 recommended type of sole
- 4 avoid this fabric for workout clothes
- 5 happy birthday to this municipal building
- 10 a flavorful type of low-fat cake
- 12 ...works KC
- 13 shook his pelvis at Municipal Auditorium
- 15 Color of this sustainable KC initiative
- 16 type of fats that are bad for your body

Down

- 1 the new color for curbside recycling bins
- 3 Street for Employee Health Clinic
- 5 an ideal season to get outside and walk
- 6 Waterfire represents this type of free art
- 7 to keep your vehicle and contents' think like one of these
- 8 participants in the Charity Campaign
- 11 Graduation from the Fire Academy was a favorite...
- 14 another way to describe audio



Need exercise? Don't discount walking!

You don't need to run a mile or use fancy equipment to get exercise. Exercising can be as simple as going on a walk, and what better time of year to take a walk? Moderate temperatures, changing leaves, crisp air – Autumn is an ideal season to get outside and get walking.

Many City employees are participating in "Walktober," a 31-day employee walking program, complete with resources, interesting articles, a motivating team competition and more. If you didn't sign up in time for Walktober, no worries! Grab a friend or go solo (but be safe!) and try walking 30 minutes a day, five days a week. If time is of the essence, try to incorporate walking into your routine: park your car far away from an entrance, take the stairs instead of the elevator, or go on a brisk walk during your lunch break.

Need extra motivation? Here are just some of the benefits of walking:

- Lowers blood pressure
- Lowers your LDL cholesterol (the bad cholesterol)
- Increases your HDL cholesterol (the good cholesterol)
- Better weight control
- Improved sleep
- Increases energy
- Alleviates symptoms of depression
- Reduces risk or helps manage Type II Diabetes
- Builds physical strength
- Decreases risk of certain cancers (including breast and colon cancer) and other chronic conditions
- Strengthens the heart

Fall brings changes... and it's not just the leaves

Update your fitness gear for some outdoor fall fun!

FITNESS SOURCE By Tara Jarvis, Health Promotion Specialist

Fall is a great time of year to stretch those legs, get outdoors and find new fun ways to stay fit.

Summer heat is behind us, and we have a small window of outdoor opportunity before the temps plummet to frigid!

Find an excuse to get outside for some fitness this fall. Take a walk around work or home, ride your bike, jog with a friend at lunch time, practice yoga on the front lawn...the possibilities are endless!

Check out these cool weather fitness gear tips and be prepared for any activity you choose.

Pick Your Favorite Temperature:

50-80 degree temps are great for outdoor activity. Be sure you have a wide variety of fitness gear to choose from for all weather conditions:

- T-shirts – long sleeve and short sleeve
- Workout shorts or capris
- Long wind pants and wind jacket
- Sweatshirt
- Ball cap
- Gloves
- Ear coverage

Consider Your Fabrics:

Gone are the days of all cotton workout clothes. Cotton does not wick sweat away from the skin and keeps you damp. Instead, choose a synthetic fabric that wicks sweat away from the skin and keeps you dry and comfortable (example: Dri-Fit Materials).

Layer Out the Cold:

Dress in layers to be best prepared; then remove items as your body warms.

A general rule is you should feel

comfortable or slightly cool when you first begin outdoor activity.

(The heat produced by your body will make up for any coolness you feel).

Think of this concept - under layer, warming layer and outer shell like below:

- long sleeve Dri-fit shirt
- short sleeve over shirt
- wind jacket

Don't Forget Your Feet!:

Remember to wear comfortable footwear. Choose shoes with good arch support, a flat heel and thick flexible soles. But most importantly, walk around the store before you purchase a shoe to make sure it's comfortable. If you feel any discomfort at all, try another pair.

Know the Outdoor Rules:

Keep these important tips in mind before heading out in the cooler weather

- Hide the head, hands and ears – gloves and head wear are a MUST.
- Be wary of windchill – if it's below freezing, stay inside!
- Know your body – head inside if you feel any numbness or pain in your extremities.
- Watch for water and ice on your route - reduce your speed if you see wet pavement
- Avoid early morning and dusk outings – these are the hardest times for people to see you!

Embrace this fantastic fall weather and take advantage of it while it's here!

Grab a friend, co-worker or loved one and head out on a fall adventure.

See the leaves, feel the cool air and stay fit while you're at it!

Parks and Rec Events



Harvest Festival

Shoal Creek Living History Museum

7000 N.E. Barry Road

Saturday, Oct. 8, 10 a.m. to 4 p.m.



Travel back in time with the whole family at this old fashioned county fair! Bring your baked goods, home sewn items and handcrafts for judging and prizes. Plus, learn how to can, garden, quilt and other skills. \$5/person; Children 5 and under are free.

T.A.K.E. Foundation Defense Training

Southeast Community Center

4201 E. 63rd St.

Saturday, Oct. 8, 10 a.m. to noon



Westport-Roanoke Community Center

3601 Roanoke Road

Tuesday, Oct. 18, 6:30-8:30 p.m.

This program provides women and girls with hands-on self defense training. Learn defense techniques, awareness and practical skills that just may help save your life.

The program is free, though it requests a suggested donation of \$10.

Waterfire



Brush Creek on the Country Club Plaza

Saturday, Oct. 22, Dusk to Midnight

Waterfire is a creative and free public art performance that combines water, fire, music and dance to create a powerful show for all who attend. This year, 55 floating bonfires will be lit on Brush Creek while local artists, including opera singers, Irish vocalists, jazz musicians, fire dancers and more perform.

Wilderness Run



Hodge Park at the Shoal Creek Living History Museum

7000 N.E. Barry Road

Saturday, Nov. 5, 9 a.m.

Runners may participate in a 5-mile race or a 2-mile fun run all through the beautiful Hodge Park. They will receive a long sleeve T-shirt, homemade soup, bagels and fruit. And, new for the run's 10th birthday, all 5-mile course finishers will receive a commemorative medal.

For more information or to sign up for any of these events, visit www.kcmo.org/parks and click on the Event calendar. Be sure to check out the Parks and Recreation Activities Guide for Fall/Winter 2011-12! It was published in the Sept. 18 Kansas City Star and can also be found online at www.kcmo.org/parks.



It's that time of year again – pumpkin spice lattes have returned to the coffee shops (yes!) and seasonal comfort food has found its way to restaurant menus. It's the season for autumny sweets, a prequel to the holiday treats.

While it's tempting to indulge in festive desserts, it's also important to maintain moderation and avoid sweets that are high in sugar and fat – especially trans fat and saturated fat. So whether you're planning an autumn-themed party or if you just have a hankering for pumpkin, this Fountain Pen-approved low-fat pumpkin cake recipe is a good, healthier alternative to many seasonal desserts.

Ingredients:

- 1 box of organic yellow cake mix*
- 2 tsp of pumpkin pie spice
- 2 eggs (look for organic eggs with Omega-3)
- 1/2 cup cinnamon applesauce
- 1 15-oz can organic pumpkin

* Tip: Look at the nutrition facts. Avoid cake mix with anything that lists "partially hydrogenated oil" or "fully hydrogenated oil" in the ingredients. That is just code for trans fat. Yes, even if the nutrition information says 0 g trans fat, if there are any hydrogenated ingredients, that still means some trans fat. And trans fat is bad news for your body.

Preparation:

1. Preheat oven to 350 degrees
2. Coat a 9x13 inch baking pan with non-stick cooking spray
3. Place cake mix and pumpkin pie spice in a large bowl
4. By hand, mix in the eggs, applesauce and pumpkin, until smooth
5. Empty mix into baking pan and bake for 30-35 min.

Makes 24 small squares.

If I were a thief ~Information provided by Sarah Boyd, Police public relations specialist

Want to keep your vehicle and what's inside it safe from theft? Kansas City Police recommend you think like a thief.

If a thief could give you advice, here's what he or she would say:



Always lock your vehicle with the windows rolled up: "Almost half the thefts I pull are from an unlocked vehicle. If a target is too hard, I'll move on."

Do not leave items of value in plain view inside your vehicle: "I look for things like cell phones, radios, briefcases, laptops, purses, packages, CDs, GPS device and other stuff that means quick cash for me. Even loose change could attract me. You better take anything that looks valuable with you."

Know when and where to place valuables in your trunk: "I could be watching you arrive at your parking destination, so if you use your trunk, do so well before you park here."

If you have an anti-theft device, use it: "I like to work fast and quietly; so I do not like an alarm being set or a steering wheel 'club' being put in place correctly."

Do not leave your keys in your unoccupied vehicle: "Even in a second, I could hop in your ride and be gone. I like to hang at convenience stores, and I do not care if your kids have to go for a ride, too."

Remove GPS units/electronics as well as their indicators (mounts, chargers, etc.): "Knowing people will simply place the device in a console or glove box, if I see indicators, I will still break in and take my chances. Once I have your GPS, I know where you live and frequent."

Make sure the license plates on your car are properly secured: "I can take your plates, put them on another vehicle and commit a crime. That gives me your street identity. But if your plates are tightened down, I'll move on."

When it's dark or overnight, park in a well-lit area: "I prefer working unseen, so I tend to avoid bright lighting. Not only is your car safer, but you will be safer walking to it."

Remove spare change from cup holders or ashtrays: "I have broken into cars for 35 cents in spare change, costing you hundreds of dollars to fix your broken window."

Report any incident to police as quickly as possible: "Even if I don't commit a crime the police need to know if you see me behaving suspiciously. You can make crime harder for me by sharing what you see with police by calling 911."

If you discover a crime already has happened, report it, too: Make a theft or damage report or loss. Or, you can make life easy for me by not reporting your stuff was taken. No heat. Thanks, victim. If you want to see where I have been busy recently, go to www.kcpd.org and click on 'crime,' then 'crime mapping.' Theft of Vehicle, Theft-TFA (from auto) and Theft-ACC (attached to) are vehicle-related crimes on the map."

KC Green Fair a success

More than 650 City employees and residents flocked to Illus Davis Park on Thursday, Sept. 22 to celebrate sustainability at the KC Green Fair. This year's fair focused on sustainability at work, at home and in the community. More than 25 booths, set up by different City departments and City partners, lined the park and provided employees and residents with sustainable information, demonstrations, giveaways and prizes.

"This year's KC Green Fair provided a great opportunity to showcase how the City of Kansas City and many other organizations in our community are making sustainability a part of our operations and integrating it into our corporate culture," said Councilwoman Cindy Circo.

For example, employees who stopped by the EnergyWorks KC booth learned tips to make their homes more energy efficient, and those who visited with Bridging the Gap discovered the simplicity of composting from home. Employees who checked out the prominent KC Green table received a free green bag and obtain a "Ticket to

Sustainability". Those who got their ticket stamped at 10 booths received a green gift, including reusable lunch bags, travel tumblers and weatherization kits. In the meantime, Eco Elvis performed onstage, and food carts from a variety of local vendors lined Locust Street.

During the fair, two tours were offered showcasing local green buildings. A tour of the Wolf Parking Garage demonstrated how the City uses renewable energy sources as a power source, and a tour of JE Dunn's LEED Gold Certified described the energy efficiency and other sustainable practices used in the building's construction.



City introduces new, more sustainable recycling bins

The next time you need to purchase a new recycling bin, don't be surprised if you receive a black bin instead of the traditional blue recycling bin.

As part of its effort to go green, the City has stopped distributing blue bins, which were made of new plastic, and has begun dispensing black recycling bins, which are made of up to 80 percent recycled plastic.

"The City's adoption of black recycling bins demonstrates how recycling goes full circle," said Tonya Davis, sustainability manager for the City's Solid Waste Division of the Public Works Department. "It's totally possible that the plastic bottles you've been recycling have been used to create the new black bins."

Not only are the black recycling bins more sustainable, they're a bit less expensive to make and research shows they're just as durable as the blue recycling bins, Davis said.

Need a recycling bin? Head on over to the Westlake Ace Hardware or Price Chopper. Bins are \$9 each. To participate in the City's recycling program, place at least one KC Recycles bin out on your curb, as this signals the recycling truck to stop.

If you have more recyclable materials than will fit in a single bin, set the extra recyclables in cardboard boxes, paper bags next to the bin.

For more information about the City's recycling program, visit www.kcmo.org/kcrecycles.



Recent City Retirees

Thank you for your service to the City and best of luck on your future endeavors!

Ronald G. Bell (Fire)

Retirement effective Date: Aug. 14, 2011

Willie D. Brown (Water Services)

Retirement effective date: Sept. 1, 2011

Charles E. Crocker (Water Services)

Retirement effective date: Sept. 1, 2011

Stanley J. Harris (Public Works)

Retirement effective date: Sept. 1, 2011

Terry D. Paige (Water Services)

Retirement effective date: Sept. 1, 2011

Odie H. Moore (Parks & Recreation)

Retirement effective date: Sept. 1, 2011

Edward J. Pfeifer (Fire)

Retirement effective Date: Aug. 26, 2011

Frank J. Pisciotta, Sr. (Fire)

Retirement effective Date: Sept. 1, 2011

Judy M. Randle (Municipal Court)

Retirement effective date: July 1, 2011

Robert C. Wendel (Fire)

Retirement effective Date: Sept. 1, 2011

David P. Young (Fire)

Retirement effective Date: Aug. 18, 2011

James A. Young (Fire)

Retirement effective Date: Aug. 13, 2011

Parting Shot with James "Jay" Young

FIRE DEPARTMENT

LAST POSITION: Fire Apparatus Operator

FIRST JOB WITH THE CITY: Firefighter

FAVORITE MEMORY OF THE CITY:

Graduating from the Fire Academy

WHY I CHOSE TO WORK IN THE FIRE DEPARTMENT:

I had some firefighter experience in the Navy, and I also had two brothers already in the Fire Department. I thought it would be a very interesting job, and it turned out it was.

IF I COULD GIVE ONE PIECE OF ADVICE TO NEW CITY EMPLOYEES IT WOULD BE:



Do the best you can! Do what you're capable of doing and hang in there. And have fun while you're doing it.

MY PLANS FOR RETIREMENT INCLUDE:

We bought a travel trailer and we're camping every weekend as long as the weather holds out.

Employee Discounts

Support your Kansas City sports teams while taking advantage of these special employee discounts! For more information about these discounts, read "What's Happening" in your email.

Sporting Kansas City:

Cheer on your winning Sporting KC soccer team at their final home game of the season!

Saturday, Oct. 15, 3 p.m., vs. New York Red Bulls, Tickets: \$15-\$25

Visit: <https://oss.ticketmaster.com/html/go.html?l=EN&t=sportingkc&o=14&g=713>

Promo code: kcmo

Kansas City Chiefs:

Employee discounted tickets for two Chiefs games are available this year!

Sunday, Nov. 13 at Noon, vs. Denver Broncos, Tickets: \$39-\$84

Register: <https://www.kcchiefs.org/register/cityofkcmo2/>

Saturday, Dec. 24 at Noon, vs. Oakland Raiders, Tickets: \$39-\$84

Register: <https://www.kcchiefs.org/register/cityofkcmo/>

Deadlines

The deadline to submit article ideas for the November issue is **Friday, Oct. 7.**

The deadline to submit article ideas for the December issue is **Friday, Nov. 4.**

For more information about article and graphics guidelines, call the City Communications Office, a division of the City Manager's Office, at 816-513-1349.

Staff

Dennis Gagnon, Executive Editor

Megan Kelly, Writer and Editor

Jose Gonzalez, Graphic Designer

Lora Bell, Contributor

Sign up for your flu shot now!

City employee flu clinics are taking place all throughout October at many City facilities!

All benefits eligible City employees may receive a flu shot for free, though Blue Cross members must bring their member ID card to their appointment. Flu vaccines for pregnant or nursing mothers will also be available - please indicate your preference at time of registration and bring consent from doctor.



Flu Clinic Schedule:

(Make an appointment via phone/in person for the following clinics)

Tuesday, Oct. 4, 7-8 a.m.

Parks & Rec D1, 1301 Chouteau
Sign up: Barbara Scott, 513-9559

Tuesday, Oct. 4

11 a.m. - 12:30 p.m.
Parks & Rec Admin, 4600 E. 63rd St.
Sign up: Diana Tinnin, 513-7514

Wednesday, Oct. 5

7:30-8:30 a.m.
Public Works, 4725 Coal Mine Road
Sign up: Lori Brady, 513-8851

Thursday, Oct. 6, 7:30-9 a.m.

Public Works, 5300 Municipal Ave.
Sign up: Rachele Cornelius, 513-9207

Thursday, Oct. 6, 7:30-8:30 a.m.

Parks & Rec D2, 1520 W. 9th St.
Sign up: April McCrary, 513-8567

Tuesday, Oct. 11

7-8 a.m. and 3-4 p.m.
Water Supply, 1 NW Briarcliff Road
Sign up: Tracy Holland, 513-7103

Tuesday, Oct. 11, 7:15-8:15 a.m.

Parks & Rec D3, 6901 Elmwood Ave.
Sign up: Sylvia Sims, 513-8931

Wednesday, Oct. 12, 9-10 a.m.

Neighborhoods, 4900 Swope Parkway
Sign up: Dewanna O'Guinn, 513-9030

Thursday, Oct. 13, 7-8 a.m.

Water, Blue River, 7300 Hawthorne Road
Sign up: Beverly Gibson, 513-7222

Tuesday, Oct. 18, 7-8 a.m.

Water Services, 2409 E. 18th St.
Sign up: Rhonda Sutton, 513-8037

Wednesday, Oct. 26

2:30-3:30 p.m.
Municipal Arena, 301 W. 13th St.
Sign up: Mark Cunningham, 513-5068

Make an appointment online for the following clinics. Visit the City Employee Homepage at <http://kcmo.org/CKCMO/Depts/InformationTechnology/EmployeeHome/index.htm> (Visit kcmo.org, choose the "E-Services" tab, choose "Employee Home".)

Wednesday, Oct. 5, 9 a.m. - 1 p.m.

City Hall, 414 E. 12th St.

Thursday, Oct. 6, 8 - 10:30 a.m.

Water Admin., 4800 E. 63rd St.

Tuesday, Oct. 11, 1-2 p.m.

Century Towers, 635 Woodland Ave.

Wednesday, Oct. 12

10 a.m. - noon

Aviation, 601 Brasilia Ave.

Thursday, Oct. 13, 8:30-10:30 a.m.

Health, 2400 Troost Ave.