



Richmond, Ky. firefighter Todd Platner

# KLCDirect

A Kentucky League of Cities Publication

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## CITY BEST PRACTICE >>> CITY OF RICHMOND

### FIREFIGHTER/POLICE FITNESS PROGRAMS THAT REALLY WORK!

The City of Richmond, like many, had designated more than \$20,000 annually in funding for public safety employees to use at local gyms. It resulted in limited utilization.

For some time Richmond City Manager David Evans had been considering developing an "in house" fitness program for Richmond's firefighter and police forces.

Enter Todd Platner, a Richmond firefighter, and Shawn Moore, a Richmond police officer. Both had been working on ideas for wellness programming for their respective departments.

Platner, a firefighter of four years, is a certified personal trainer who has worked with people privately for years, worked in management at the YMCA system for 10 years, and has a college degree in adult fitness and physical education. He had been asked to work with the Kentucky State Fire Commission and several other groups on fitness issues. He had also become Kentucky's only National Fire Protection Association (NFPA) certified firefighter meaning he was qualified to train firefighters on their own specific needs. Fitness and firefighting were certainly two of his passions.

Unknown to Platner, police officer Shawn Moore was also interested in fitness and had been studying the possibility of implementing a fitness program for the Richmond Police Department. Moore, an officer of seven years, is also a certified trainer and completed the Cooper Institute Police Officers Professional Standards (POPS) fitness instructor training in Dallas. The POPS test is an indicator for officer fitness. Moore said two specific things led

him back into a serious personal fitness regimen.

"I lost a foot pursuit and that really bothered me," he said. "The other thing that struck me was the Officer Down Memorial Page," which is a website tribute page to fallen officers. "It's very sobering."

#### Best Practice

#### Richmond's Police and Fire Fitness Program

##### Why it works:

- ◆ initial cost of \$17,000 plus staff time
- ◆ uses existing space
- ◆ part of staff "duties"
- ◆ staff driven
- ◆ physician involvement
- ◆ decrease in insurance/workers' comp costs
- ◆ follows legal and medical guidelines
- ◆ employees get healthier; reduce stress

"We (police officers) were talking about the rising cost of insurance," said Moore. "I thought a fitness program could really help us." Moore talked with his chief and began to look at programs around the nation.

When Evans learned about what both were doing he put them together and asked them to develop programming for their peers in the fire and police departments.

"We hope to see a decrease in health care costs and workers' compensation," said Evans. "But the most important aspect of the program is the possibility of saving a life of our public safety responders or a person they have to rescue. That's more important than any cost savings."

In the fall of 2006 Moore and Platner began by assessing the overall needs of their respective fire and police peers (ranging in ages 19-65), as well as talking with Evans about the city's goals to increase the overall health of its employees. Collaboratively, they decided to turn an unused building on a fire training property into a workout facility.

"One of the most rewarding aspects of this was that the city commission voted unanimously to install the fitness center," said Platner.

The city had a budget of \$17,000 to spend on equipment. With that Moore and Platner equipped the entire facility to rival any high-end gym. With Platner's connections in the fitness industry he knew where to shop. They bought some pieces from area universities and high schools as they replaced their teams' workout equipment.

Now Richmond firefighters are required to work out as part of their job. The program is voluntary for police officers, but more than half of them participate, including dispatchers. Moore said they are hoping to implement incentives for officers who pass the POPS fitness test. He is working with the new chief and city manager to create "sustainable" fitness requirements for the Richmond officers.

Police and fire shifts are scheduled with no more than three people at a time at the fitness center. The facility is equipped with dispatch units. And, a fully geared fire truck bay is located in an adjacent building along with a garage for police vehicles so responders who are working out can take off as needed.

Platner and Moore cite that 85-90 percent of fire and police workers' comp injuries are sprains and strains,

so much of their focus is on "lift, push, pull and carry" and flexibility and strength movements.



Police officer Shawn Moore and Firefighter Todd Platner

The other key focus is cardio. Platner said, "During a fire, a firefighter's heart rate and adrenaline can stay up from 10 minutes to an hour. This puts incredible strain on the heart. In fact, 51 percent of firefighters die from heart related illness."

Each fire and police employee first must receive a physical with a local physician who is working with the city program. Upon her approval each person goes on to an assessment with Todd or Shawn. During the assessment lifestyle, diet and other factors such as smoking and heredity are discussed, as well as the person's personal goals and an individualized workout plan is developed. All HIPPA confidentiality regulations are followed and each employee must sign a release form to participate in

*(continues inside)*

#### Richmond Contacts

859-623-1000

City Manager David Evans

Firefighter Todd Platner

Officer Shawn Moore

## CERS Update - Cities Well Represented

The Governor's Blue Ribbon Commission on Public Employees Retirement Systems continues to meet in Frankfort with KLC as a participating member. KLC and the Kentucky Association of Counties made a presentation to the Commission on June 19 about the budget impacts Kentucky's cities and other local governments are facing as a result of the skyrocketing pension and retiree health care costs in CERS.

Our goal was to be sure the Commission was aware of the imminent crisis local governments are facing. We made it clear that CERS is

different from the other retirement systems and we educated the Commission on how these differences will impact our cities when any changes are made to the retirement systems as a whole. We reiterated that our cities are facing a cash flow crisis now and need immediate relief.

Our message was heard. Representative Harry Moberly (D-Richmond) eloquently emphasized our points and noted that the situation our cities and counties are in is just a precursor to what the state will be facing very soon. The only difference is that the cities and counties have

been paying their bills when due and the state has not.

Check the KLC website at [www.klc.org](http://www.klc.org) for the July 23 meeting update and all the latest meeting postings, meeting summaries, PowerPoint presentations and other information relating to the Blue Ribbon Commission. Contact KLC Member Services Manager Robyn Miller at [rmiller@klc.org](mailto:rmiller@klc.org) or 1-800-876-4552 if you have any questions or comments.

*Watch for upcoming information via email on CERS, revenue options and other key legislative issues, and visit [www.klc.org](http://www.klc.org) for updates.*

## LAW ABIDING >>>>>

### KLC Instrumental in Upholding Burnside Annexation

The KLC Legal Advocacy Program was instrumental in a recent decision by the Court of Appeals of Kentucky upholding the City of Burnside's annexation of a parcel of land including Lee's Ford Marina.

KLC intervened as *amicus curiae* ("friend of the court") on behalf of the City of Burnside in the suit after a group of council members and citizens filed the action. The suit asserts that the city enacted an improper corridor annexation. KLC intervened to protect the ability of cities to annex territory and to protect the democratic decision

making process from challenges by disgruntled local legislators.

As *amicus curiae*, KLC weighed in on important municipal law issues surrounding the case, most notably the ability of individuals to challenge annexation procedures. KLC argued and the Court agreed that only directly affected citizens, rather than legislative officers, have standing to challenge the annexation process.

The decision will not be finalized until the deadline to appeal has passed.

KLC is currently involved in a number of other ongoing

lawsuits through its Legal Advocacy Program. Representing the collective legal interests of KLC member cities, the Legal Advocacy Program goal is to present or assist in the presentation of sound and persuasive legal arguments to courts in cases that have state-wide significance to Kentucky municipalities.

*For additional information or questions about the Legal Advocacy Program, on-going litigation or assistance contact J.D. Chaney at 1-800-876-4552 or [jchaney@klc.org](mailto:jchaney@klc.org).*

## INSURANCE NEWS >>>>>

### Building a Better Insurance Policy

**Is a construction project in your future?** Contact Marty Nemes at KLC about the Kentucky Construction Insurance Program (KCIP) through KLC Insurance Services.

The KLC KCIP is a comprehensive insurance program designed exclusively for major construction projects that combine project owner, contractor and subcontractor insurance needs into one

consolidated long-term policy. Public entities including cities,



counties, state agencies, schools, housing authorities, universities and nonprofit organizations can participate. The KCIP is

designed for projects with a value of \$5 million or more.

In addition to many other benefits, the program allows for significantly lower pricing and provides a comprehensive policy to cover general liability, workers' comp and excess liability protection with centralized administration.

*For more information contact Marty Nemes at [mnemes@klc.org](mailto:mnemes@klc.org) or 1-800-876-4552.*

### City Best Practice (continued from front page)

the program. Firefighters are required to work out three hours per week.

The program began at the first of the year and assessments will be done every three months. To date a number of participants have lost weight. Platner said during the "Paddy Wagon" fire, a large fire that took place in downtown Richmond in May, there were no injuries. He said this is an important indicator of the program's success. "I was truly impressed with our firefighters in the downtown fire. It took a lot of arm and leg

strengths, but especially aerobic capacity," said Platner.

Evans, who said he had full support from the police and fire chiefs, attributed the success of the fitness program to having the right people in place. "Todd and Shawn have the respect of their peers. We're very fortunate they stepped up to the plate to help the city do this."

KLC Loss Control Specialist Greg Partin said the Richmond program far surpasses the NFPA criteria and that programs like it can certainly enhance insurance assessments.

"They are tailoring the program to what firefighters and police need ergonomically, which is a tremendous proactive step toward reducing workplace injuries and workers' compensation claims," said Partin.

Mayor Connie Lawson said there is no downside to implementing a program like this as long as you cover all your bases with physician involvement and follow HIPPA and other guidelines. She said individual employees benefit and so does the city.

"Richmond's finest get better all the time," she said.

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## [WORKSHOPS OF INTEREST]

### MAYORAL INSTITUTE SEMINAR For All Hazards Preparedness

Presented by Texas Engineering Extension Service

*This course will be offered at no charge to attendees. A working lunch will be provided.*

The Mayoral Institute Seminar is a forum for the nation's mayors to discuss disaster response challenges unique to mayors; county executive officers; county commissioners; and state, city and county law enforcement officials. This workshop sponsored by the Department of Homeland Security will provide the opportunity to coordinate, network and establish relationships with disaster response partners in advance of a crisis situation and develop a culture of preparedness. It will feature a multimedia terrorism scenario.

**When:**

October 15, 2007

9:00 a.m. - 3:00 p.m. EDT

**Where:**

Transportation Building, Frankfort

**Register:**

Contact Leah Baldwin, RDPTC Project Administrator at [leah.baldwin@eku.edu](mailto:leah.baldwin@eku.edu).

SHOW ME THE MONEY >>>>>

Safety Grants Will Increase to \$3,000 - Apply Now!

2007-2008 KLCIS Safety Grant Program - Plan your purchases now, application period opened September 1.



Again this year members of the Kentucky League of Cities Liability or Workers' Compensation programs are eligible for annual safety grants. The program was developed as a member benefit to supplement existing safety budgets and is made possible by support of KLC's enterprise programs such as insurance and employee benefits. Since the safety grant program began in 1999 KLCIS has awarded in excess of \$1.6 million.

ABOUT THE PROGRAM

- Grants may not exceed \$3,000 per year per member and will provide up to 50 percent of the

cost for specific purchases or training.

- One application per city signed by the mayor and agency director.
- Applications will be accepted September 1-October 15, 2007.

ELIGIBLE GRANT ITEMS

Education

- Kentucky Municipal Environmental Safety and Health Association (KMESHA) registration
- KLC City Officials Academy (COA) registration
- Roads Scholar Program
- Work zone safety
- Lifting (back) training
- Online training ASP/STOPS and similar police training
- Wellness programming

Purchases

- Playground equipment, shock absorbing material, training

- In-Car Video Camera Systems (police, fire/EMS)
- Law enforcement tasers, Stop Sticks, accreditation fees and expenses
- Health programs and equipment for hearing conservation, respiratory protection, Hepatitis B/bloodborne pathogens
- Personal protective equipment such as reflective vests - traffic control and work zone, safety kits, eye and ear protection
- Safety equipment like lock-out/tag-out, confined space entry, trenching/shoring, cones, first aid kits
- Water/wastewater meter lids replacement, confined space training

The grant period opened September 1, 2007, and the application is posted on www.klc.org. If you have questions contact Kathleen Von Mann at 1-800-876-4552 or email kmann@klc.org.

*Please allow me to say thanks again for helping to provide smaller police departments with much needed equipment that we could not afford to obtain without your KLC safety grant support...*  
- Police Chief Ron Lamb, City of Lancaster (writing in thanks for the 2006 grant)

SAFE CITIES >>>>>

Police Department Check Up! Accreditation Makes a Difference

KACP Police Accreditation- Why do it?

The mission of the Kentucky Association of Chiefs of Police (KACP) accreditation program is to provide law enforcement agencies in the commonwealth with an avenue to display that

they meet commonly accepted professional standards for efficient and effective operations. Only 64 of approximately 485 police agencies in the state are currently accredited by KACP.

Mark Filburn and Tony Hampton, KLC loss control law

enforcement specialists, encourage departments to become accredited and are glad to work with KLCIS member cities to earn the distinction.

To learn more about how to apply contact Mark Filburn or Tony Hampton at 1-800-876-4552.

**Congratulations to the Murray Police Department, which received KACP accreditation in May!**

NEWCITIES NEWS >>>>>

NewCities at Work in Kentucky



The American Democracy Project kicked off their national conference in mid summer with Sylvia Lovely as the keynote speaker. Because of the involvement there, Kentucky State University has contracted with NewCities Institute to facilitate their Regional

Stewardship program this fall. The Regional Stewardship program is funded through the Council on Postsecondary Education and is designed to engage local constituencies within the service area of each institution.

NewCities has kicked-off the NewCity Madisonville-Hopkins County project, and is conducting citizen listening sessions and assisting residents in

finding creative solutions for their community. NewCities is also assisting with listening sessions for residents of Nicholasville as they undertake a downtown development initiative.

If you'd like information on the programs and services offered by the NewCities Institute please contact Bobbie Bryant at 888-352-0922 or bbryant@newcities.org.

[CITY PEOPLE & PLACES]

AWARDS AND RECOGNITION

**Bowling Green Mayor Elaine Walker** was elected vice chair of the US Conference of Mayors (USCM) Women's Council and the USCM Advisory Board.

Walker is the first Kentucky mayor to serve on the Advisory Board since Louisville Mayor Jerry Abramson served in 1994. In addition, Mayor Walker was elected chair of the Women Mayors' Caucus, which encourages and develops leadership potential for women mayors.

The attractions of **Bardstown**, including the Kentucky Bourbon Trail, were featured in a lengthy June 6 *The New York Times* "Frugal Traveler" feature piece. Sites in **Loretto** and **Louisville** were also spotlighted.

**Warsaw** recently joined over 470 other cities in the nation and several in Kentucky as a Preserve America community.

*Cincinnati* magazine named the cities of **Bellevue** and **Fort Mitchell** as two of their 10 best neighborhoods if you're looking to make a move.

**Lexington** was named one of the five best cities in the nation for young singles in the June *Kiplinger's* magazine.

**Corbin, London, Springfield, Covington, Scottsville** and **Princeton** were tentatively selected to be featured in a documentary on revitalization efforts set to air on the History Channel and KET this November. Watch for more details on date/times.

**Lexington** and **Louisville** were two of only 10 cities named as Sister Cities International 2007 Award Winners. The awards recognize innovation in building global partnerships and advancing cultural understanding.

Based on strong applications, community support, collaborative spirit, local leadership and readiness, **Bradfordsville** and **New Haven** have been named to participate in a three-year Kentucky Crossroads Rural Heritage Development Initiative model program to encourage small town revitalization.

Congratulations to the following northern Kentucky city officials who were named outstanding city and county area leaders at the August 20 Northern Kentucky Area Development District Annual Dinner: Outstanding City/County Administrator - **William Scheyer**, Erlanger City Administrator; Outstanding Municipal Clerk - **Amy Beth Able**, Fort Mitchell City Clerk; Outstanding Police Chief - Bellevue Police Chief **William D. Cole**; Intergovernmental Unity of Effort for an Individual - Crestview Hills Mayor **Paul Meier**.

**[CORNERSTONE PARTNERS]**

**THANKS PARTNERS!**



KLC members benefit from the "city friendly" businesses whose financial support makes many aspects of our KLC training and education, convention and expo and other programs possible. Cornerstone partners were recognized with a recent reception.



**WELCOME NEW PARTNERS!**

**GRANITE LEVEL**



Contact: Christopher J. Golonka, CPCU, RPLU  
216-706-3034

Chris.Golonka@ace-ina.com  
Cleveland, OH 44113  
www.ace-ina.com

**MARBLE LEVEL**



EXPERIENCE. RESULTS.

Contact: Cheryl Nulman  
803-333-7301, cnulman@csc.com  
Columbia, SC 29202  
www.csc.com

**LIMESTONE LEVEL**

**Tyler Technologies**

Contact: Jay Grewe, 410-551-2723  
jay.grewe@tylertech.com  
Severn, MD 21144  
www.incode-inc.com

**Credit Bureau Systems, Inc.**

Contact: William Mark Edwards  
270-744-9000  
Paducah, KY 42001  
www.credit-bureau.com

**Voltaic Solar**

Contact: David Butler, 859-455-8658  
Lexington, KY 40507  
dbutler@voltaicsolar.com  
www.voltaicsolar.com

For a full listing of Cornerstone Partners go to [www.klc.org](http://www.klc.org) > Partnerships/Initiatives > Cornerstone Partners

**NLC NEWS >>>>>**

**National Committee Reports**

KLC Board Members filed these report from recent NLC meetings:

▶ **Energy, Environment and Natural Resources Steering Committee (June 7-9)** - KLC Board Rep: **Williamstown Mayor Glenn Caldwell**

Meeting highlights:

- ◆ Sustainability issues to pursue energy efficiency, environmental and economic security and ethical concerns.
- ◆ Ad valorem property tax, metered user charges and other mechanisms for recouping construction and operating costs.

Recommendations to KLC membership: Be aware of the concept of a new federal trust fund to be indentified as a future funding souce for water needs.

▶ **Human Development Steering Committee (May 17-19)** - KLC Board Rep: **Lyndon Mayor Susan Barto**

Meeting highlights:

- ◆ Focus on education, specifically pre-kindergarten and early childhood development
- ◆ Alternatives to high school that encourage those who drop out prior to graduation.
- ◆ Ideas from other communities on how detailed information on

education, immigration and health care can be dispersed to residents.

Recommendations to KLC membership: Although cities are often separate from school systems, there are ways to advocate on many levels.

▶ **Public Safety and Crime Prevention Steering Committee (June 14-16)**- KLC Board Rep: **Mount Sterling Mayor Gary Williamson**

Meeting highlights:

- ◆ Discussion of law enforcement's response to false alarm management.
- ◆ Discussion of national increase in crime rate.
- ◆ Discussion of the National Guard role in any perceived U.S. homeland emergency.

Recommendations to KLC membership: Refer to NLC for assistance in emergency planning tools.

▶ **Transportation Infrastructure and Services Steering Committee (May 10-12)** - KLC Board Rep: **Fort Mitchell Mayor Tom Holocher**

Meeting highlights:

- ◆ All forms of transportation are at or near capacity. In 10 years it is anticipated air traffic will increase by 33 percent. If the air traffic control system is not modernized, travel delays

may increase by more than 60 percent. The eastern U.S. will experience the most delays.

- ◆ It is inevitable that taxes related to travel will increase.
- ◆ Trust fund monies for transportation continue to be redirected to other areas.

Recommendations to KLC membership: Challenges in transportation, environment and energy are interrelated. A better understanding of the big picture will help us solve problems.

▶ **Energy, Enviroment and Natural Resources Steering Committee (June 6-9)** - KLC Board Rep: **Paducah Comissioner Robert A. Coleman**

Meeting Highlights:

- ◆ There is a heightened public awareness of environmental issues and how they impact our nation and world.
- ◆ We must begin to act responsibly at all levels.
- ◆ The environment is clearly related to our local economies.

Recommendations to KLC membership: Balance economic pursuits in areas where the environment may be dangerously impacted and ask "what will be the ultimate outcome?"

**MEET ME AT KLC >>>>>**

**KLC Staff Honors**

KLC Insurance Services Customer Service Representative **Heidi Lynn** was recently installed as the second vice president of the Bluegrass Association of Insurance Women.

KLC Insurance Services Senior Underwriter **Linda Shearer** and KLC Underwriting Analyst **Nancy Resinger** passed the Kentucky Property and Casualty licensing test. Both are now licensed agents in Kentucky.

**Whitney Crowe**, a law clerk at KLC, has been selected as a staff member for the Kentucky Law Journal. Whitney is a second-year law student at the University of Kentucky.

The KLC **Communications team and Information Technology team** were acknowledged for several projects. KLC's *City* magazine recently received a national 2007 Gold Circle Award from the American Society of Association

Executives. In addition, KLC materials received awards from the Kentucky Association of Government Communicators on June 26 including *City* magazine (magazine), *KLC Direct* (newsletter) and [www.klc.org](http://www.klc.org) (website).

Loss Control Specialist **Greg Partin** has completed the Essentials of the Risk Management Process.

**Three Amigos . . .**

KLC wishes three outstanding staff members best wishes as they move on to new phases of their careers and lives. Congratulations to **Bert May** and **Phillip Huddleston**, both of whom retired from KLC as of August 31. Huddleston and May enjoyed long careers in public service and are two of Frankfort's most respected lobbyists. Their efforts toward legislation in the

best interest of cities has been invaluable!

**Anthony Wright** will stay connected to KLC as a member. Wright has been named the Lexington-Fayette Urban County Government Director of Economic Development where



(from l-r) Bert May, Phillip Huddleston and Anthony Wright

he began his duties on August 27. Wright served as KLC Community Development Advisor.

**[KLC NEWS]**



**LOUISVILLE BASED RESEARCH CENTER OPENS**

KLC, the NewCities Institute and the University of Louisville (U of L) announced a new partnership during the Mayor's Luncheon in Louisville on August 14. . With a significant commitment from U of L the program will be housed on their campus in Louisville and will provide research and services to governments, community groups and citizens across the commonwealth. U of L provided the first-year funding of \$250,000 for the center and, together with KLC and the NewCities Institute, will develop an organizational plan.

Some of the services will include the following: A U of L academic degree in civic leadership, complementing a two-year degree in this area to be offered by the Kentucky Community and Technical College System (KCTCS); continuing education for elected and appointed local government officials dealing with urban and regional challenges; a statewide clearinghouse for Kentucky's cities and counties on best practices for engaging citizens in civic work; and a statewide repository of current data on metropolitan and regional development across the country.

Watch for more information as the program continues to take shape.

1. *Leadership Louisville Center at the Mayor's Luncheon (l-r) C. Edward Glasscock, Frost Brown Todd LLC; Phil McHugh, President, Fifth Third Bank-Louisville; Bill Hamilton, KLC Deputy Director, Insurance and Finance Services; Sylvia L. Lovely, KLC Executive Director/CEO and NewCities President; and Christine D. Johnson, Leadership Louisville President;* 2. *Sylvia L. Lovely announces the launch of the partnership with U of L;* 3. *Paducah Mayor Bill Paxton, Nashville Mayor Bill Purcell and Louisville Metro Mayor Jerry Abramson at Mayor Abramson's August 14 Luncheon;* 4. *Cynthiana Mayor James Brown and Danville Mayor Hugh Coomer at the Mayor's Luncheon.*

**[FACTOID]**

**ECO-FRIENDLY GOES TO MARKET!**

Nothing tastes better than fresh local produce and, according to *Fast Company* magazine, it's more important than ever to buy local than organic. Why? Shipping. A piece of local fruit travels an average of 45 miles to your local farmer's market versus the same kind of fruit that could travel 1,500 miles before reaching your supermarket, which creates a much higher "carbon footprint."

If 10,000 people purchased fruits and vegetables from a local farmer's market, they'd have the same impact as removing 17 cars from the road a year!



**WELCOME NEW KLC MEMBER!**

**City of Allen**

**SEND US YOUR CITY NEWS!**

Forward us information about city and individual honors as well as unique events, programs and services that other cities could use or learn to adapt. Email to Terri Johnson at [tjohnson@klc.org](mailto:tjohnson@klc.org), fax to 859-977-3703 or call 1-800-876-4552.

**LOCAL GOVERNMENTS KEY TO SUCCESS OF 2010 CENSUS - PACKETS GOING OUT THIS MONTH, CALL 866-511-5822 TO PARTICIPATE**

The Census Bureau estimates there will be more than 310 million people living in more than 130 million households across the country by 2010. The bureau is encouraging local governments to participate in the census effort in order to obtain the most accurate 2010 population count and has begun mailing informational booklets to local governments. The local partnership effort is known as the Local Update of Census Addresses (LUCA) program.

Of particular interest is the effort to improve the list of local addresses for housing units and group quarters, including growth from new construction or annexation.

After registering for LUCA between July 2007 and January 2008, participating governments will receive materials and will have 120 days to review and improve the address list. The information contained in the address list is confidential by law. During the census questionnaire a number of new high tech applications will be used to make the process easier and more efficient.

For more information or to sign up to participate in the LUCA program visit [www.census.gov/geo/www/luca2010/luca.html](http://www.census.gov/geo/www/luca2010/luca.html) or call the Census Bureau Geography Division at 866-511-5822.



**[CITY TO CITY]**

**THANKS FROM CLAY CITY**

Officials from Clay City continue to express their gratitude to the many Kentucky cities and police organizations that have assisted them following the loss of their police chief, Randy Lacy, while he was in the line of duty. Clay City representatives attended a recent Sadieville City Commission meeting to extend a special thanks for the city's donation of a surplus police vehicle.

At the suggestion of Sadieville Police Chief Jerry Power the city donated the car to Clay City, which at the time of Lacy's death had only one functioning vehicle. "The car came at a time when we needed it," said Clay City Mayor Jimmie Caudill.

**IN MEMORIAM**

**Randy Lacy**, Clay City Police Chief (6/13/07)

**Pam Pruiett**, City Clerk, Eddyville (6/17/07)

**James T. Resinger**, Lexington-Fayette Urban County police dispatcher for 62 years (6/18/07) Mr. Resinger was also the brother of KLC Underwriting Analyst Nancy Resinger.

**Carole Huber**, City Clerk, Cold Spring (6/21/07)

**Charlie New**, Councilmember, Somerset (8/6/07)

**Jerry Zuehl**, Mayor, Livermore (8/12/07)

**Bennie Burris**, Councilmember, Hustonville (8/13/07)



**CHECK IT OUT AT THE KLC LIBRARY!**

**Did you know that KLC has its very own library?** Resources are available to all KLC members with over 6,000 tools including more than 600 books, 300 videos and DVDs and 5,000 electronic files accessible from the KLC website.

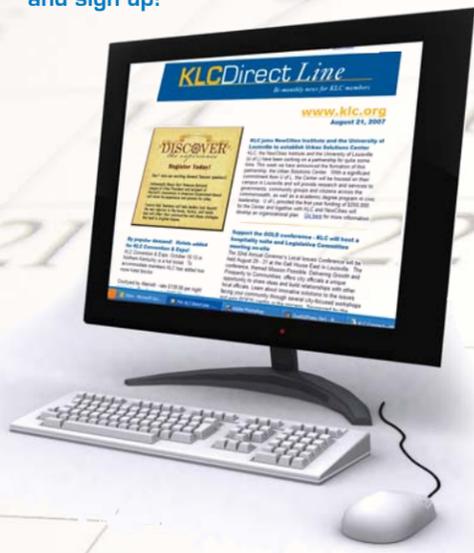
**Need training resources?** The online library has materials covering law enforcement procedures, electrical and confined spaces safety, maintenance operations and many more! Members can download many items directly to their computers. Books, tapes and other items can be checked out online and will automatically be sent to you by KLC Librarian Barb Pace ([bpace@klc.org](mailto:bpace@klc.org)).

**New in the library.** "Writing the Winning Grant Proposal for Municipalities" was reviewed by KLC staff and members as excellent. This 94-page report and workbook is packed with "insider information" on writing a winning grant proposal. It includes examples, checklists, top tips and step-by-step instructions on getting started.

Search the library's full catalog at [members.klc.org/library](http://members.klc.org/library) or just go to [www.klc.org](http://www.klc.org) and click on "member login."

**[KLC DIRECT LINE]**

▶ Watch for KLC Direct Line, a bi-monthly online supplement to *KLC Direct*. If you'd like to make sure you get it go to [www.klc.org](http://www.klc.org) and sign up!



# DISCOVER

*the experience*

KLC Convention & Expo October 10-13, 2007 Covington, Ky.

View the detailed schedule and register online now at [www.klc.org](http://www.klc.org)

Discover dozens of interactive sessions, presentations and mobile workshops plus great networking, activities and KLC hospitality!

**KEYNOTE PRESENTATIONS:**

**"Building a Passion for Cities"** by Indianapolis Mayor and National League of Cities President Bart Peterson. Learn to be the kind of leader your community needs to thrive in the 21st century.

**20-20 Foresight: How Vigilant Leadership Builds Vital Communities** by Futurist Bob Treadway. Successful cities need officials who envision, anticipate and take action on the future. Treadway helps you look beyond the next election to the forces, factors and trends that will affect your community and shape strategies that lead to a bright future. He'll share practical techniques and ideas for seeing ahead, involving stakeholders and building compelling momentum to thrive in a challenging future.



*Treadway was in 22 cities and four countries in the past four months advising groups in government, manufacturing, export, telecommunications, financial services, education and agriculture.*

**[SEND US IDEAS!]**



**FACE LIFT!** *KLC Direct* got an update four years ago with a redesign that saved nearly 80 percent in costs due to a more economical paper size, smarter mailing strategies, staff writing and in-house layout. Now we're rolling out another fresh *KLC Direct*... a publication that is further streamlined with less color and more useful content on cities, people, programs and services.

**We need your help.** KLC Communications has been charged with giving you information that is valuable and that complements the work city officials and employees do across the commonwealth. *KLC Direct* is intended to provide information that you can apply in your day-to-day work or use to spur ideas.

In each issue we'd like to feature a "best practice" on the front page, so tell us what you're doing that qualifies. City officials are generous in sharing good ideas that help colleagues, so please help us tap into them. We'd also like you to share good news about your cities and staff. Just call or email us anytime with your ideas and let us know what's going in your corner of the world - we'll share it. Thanks!

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**KLC Direct**

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*The voice of Kentucky cities.*

**KLC Direct** is published monthly by the Kentucky League of Cities (KLC). KLC is a voluntary association of nearly 400 cities and provides a multitude of services to assist in improving local government. Please address any correspondence to KLC Direct, Kentucky League of Cities, 100 East Vine Street, Suite 800, Lexington, Kentucky 40507-3700. Phone (859) 977-3700 or 1-800-876-4552. Fax (859) 977-3703. [www.klc.org](http://www.klc.org).

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- Director of Member Services, Robin Cooper

For a full list of KLC staff visit [www.klc.org](http://www.klc.org).

By providing pertinent information, the Kentucky League of Cities does not necessarily endorse the views, services, programs or initiatives described in the listed references or websites, nor is the Kentucky League of Cities responsible for any statements or material contained therein. This publication provides information and links as a service to readers for their consideration.

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*KLC Direct is designed internally to save our members money.*



**CITIES**  
MAKE LIFE MORE  
LIVABLE.

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A Kentucky League of Cities Publication



*KLC Direct* is a monthly publication of the Kentucky League of Cities. Any comments or article suggestions should be forwarded to: Kentucky League of Cities, 100 East Vine Street, Suite 800, Lexington, KY 40507-3700. Phone: 859-977-3700 • 1-800-876-4552 • Fax: 859-977-3703 • [www.klc.org](http://www.klc.org)

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2007 KLC Convention & Expo

# DISCOVER

*the experience*

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[www.klc.org](http://www.klc.org) for details or call 1.800.876.4552



*October 10-13, 2007 ♦ Northern Kentucky Convention Center ♦ Covington, Kentucky*

# 2007 KLC CONVENTION & EXPO!

October 10-13, 2007 - Northern Kentucky Convention Center



## CONVENTION AT-A-GLANCE

### WEDNESDAY – OCTOBER 10

7:30 a.m. – 6:00 p.m.	Registration
9:00 a.m. – 10:30 a.m.	KLC Board of Directors Meeting
10:00 a.m. – 11:30 a.m.	Clerks Training Block
10:30 a.m. – 11:00 a.m.	KLC Executive Board Meeting
11:45 a.m. – 1:15 p.m.	<b>City Achievement Awards Luncheon</b>
1:15 p.m. – 3:15 p.m.	Opening General Session/KLC Business Meeting
1:30 p.m. – 4:15 p.m.	Clerks Training Block
3:15 p.m. – 5:00 p.m.	Convention Workshops
4:00 p.m. – 5:30 p.m.	KLCIS Board of Trustees Meeting
4:00 p.m. – 5:30 p.m.	Association Meetings
6:00 p.m. – 10:00 p.m.	Welcome Reception

### THURSDAY – OCTOBER 11

7:30 a.m. – 6:00 p.m.	Registration
7:30 a.m. – 8:15 a.m.	Breakfast Buffet
8:30 a.m. – 10:00 a.m.	General Session
10:15 a.m. – 11:45 a.m.	Convention Workshops
12:00 p.m. – 2:30 p.m.	Interim Joint Committee Luncheon
2:45 p.m. – 5:00 p.m.	Convention Workshops
5:30 p.m. – 8:00 p.m.	Opening Reception and Exhibit Hall
8:00 p.m. – 12:00 a.m.	Hospitality Rooms

### FRIDAY – OCTOBER 12

7:30 a.m. – 8:30 a.m.	Buffet Breakfast
7:30 a.m. – 3:00 p.m.	Registration
9:00 a.m. – 11:00 a.m.	Cracker Barrel Sessions
9:00 a.m. – 1:30 p.m.	Exhibit Hall Open
12:00 p.m. – 1:30 p.m.	Lunch with the Exhibitors
1:45 p.m. – 4:00 p.m.	Convention Workshops
1:45 p.m. – 5:00 p.m.	CLE Workshop (MAAK Meeting)
5:00 p.m. – 6:00 p.m.	Registration (Ticket Sales Only)
6:30 p.m. – 7:00 p.m.	Cocktails
7:00 p.m. – 9:00 p.m.	President's Banquet
9:15 p.m. – 1:00 a.m.	Entertainment

## KLC President's Banquet & Friday Evening Entertainment



**Friday Night!**

We'll honor KLC Board President David L. Willmoth, Jr. and welcome new KLC officers, enjoy a wonderful dinner and dance the night away! Back by popular demand, Sammie Wallace and Nex' Up Band will rock the house with their soulful R & B dance tunes during the convention finale event.



## Exhibit Hall - Expo Opening and Reception

Kick off our biggest exhibit and expo ever. Chat with 100 plus exhibitors and enjoy a relaxing reception with colleagues and friends. This year's expo offers BIG new features as well as Cornerstone Partner Showcase. (Read more in this issue!)



## CONVENTION HIGHLIGHTS



### City Achievement Awards Luncheon

Open to all convention attendees!

A luncheon to celebrate! See who wins KLC's prestigious Enterprise Cities Awards and cheer for peers who are recognized through the KLC Leadership Training Center Public Officials Essential Skills Institute

(POESI). This year, KLC Insurance Services will also celebrate 20 years of serving cities and its distinction today as Kentucky's largest municipal insurer. KLCIS will make special presentations to cities that have been committed KLCIS members for 20 years.



### Welcome Reception from our Northern Kentucky host cities

Join us as Covington's famous Mainstrasse Village hosts a night to remember in Goebel Park! Enjoy traditional German fare and other

delectable food and beverage selections from a variety of food vendors. Then, you can dance the night away or just relax to a great band playing the sounds of the '60s, '70s and '80s. Mainstrasse Village is home to many attractions including the Carroll Chimes Bell Tower and the Goose Girl Fountain. After the reception ends the Mainstrasse Village Merchant's Association invites you to stroll over to the 13 bars, restaurants and entertainment venues on and around Main Street which will be open until 2:30 a.m. for your late night enjoyment. Please come and take part in this wonderful reception that has been planned especially for you.

### General Sessions

#### "A Passion for Cities" presented by Bart Peterson

Indianapolis Mayor and National League of Cities President Bart Peterson will share his vision on how

cities can thrive well into the 21st century.



#### "20-20 Forecast: How Vigilant Leadership Builds Vital Communities" presented by Futurist Bob Treadway



Vital and successful cities are led by officials who envision, anticipate and take action on the future. Futurist Bob Treadway helps you look beyond the next election to the forces, factors and trends that will affect your community and shape strategies that lead to a bright future.

Bob Treadway is a globally-respected futurist, forecaster and consultant. His 21 years in futuring includes projects with Gillette, Motorola, Berkshire Hathaway, the Federal Reserve, ExxonMobil and the National Corn Growers Association. For the last two years Bob worked closely with the Advisory Council of the National League of Cities on identifying emerging trends and forces affecting America's cities and towns.

### Interim Joint Committee Luncheon and Legislative Awards Ceremony

Once again, KLC is proud to host the October meeting of the Interim Joint Committee on Local

Government. The committee will lunch with convention attendees and be part of the 2007 awards ceremony.

### Introduction of the 'Your City, Your Future' Report

Just prior to the Interim Joint Committee Luncheon, Sylvia Lovely will announce a landmark report produced by KLC.

A news conference will precede the luncheon to share the report with media.

### Monte Carlo Night sponsored by ACE USA

Everyone is a high roller at our convention. Join the fun with Vegas games!



### Gubernatorial Candidates Speak

What's ahead for cities? Hear directly from Governor Ernie Fletcher and Democratic Candidate Steve

Beshear on their plans for taking Kentucky cities into the future.

### Cracker Barrel Table Discussions

Cracker barrels are the best way to get a lot of information in a short amount of time. More than 20 sessions will be offered on a range of subjects. After 20

minutes, participants rotate to other tables and topics of interest. Learn about several valuable ideas and resources in just a couple of hours!

**[WORKSHOP HIGHLIGHTS]**

**LEGISLATIVE/LEGAL EDUCATION**

KLC leaders and staff, along with other experts, will provide a number of sessions on key issues affecting cities, including but not limited to:

- ◆ General Updates on Legislative Sessions and Issues
- ◆ Updates on CERS/Pension and the Work of the Blue Ribbon Commission
- ◆ Reading Financial Reports
- ◆ Tax Increment Financing: New Tools for Community Revitalization
- ◆ Lobbying 101
- ◆ Historic Tax Credits
- ◆ Occupational License Fee Changes
- ◆ Publication Requirements
- ◆ Smoking Bans
- ◆ Immigration Policies
- ◆ Municipal Employment Issues
- ◆ Avoiding Litigation

**SESSIONS STILL BEING ADDED!**

**Insurance/Liability and Loss Control Sessions!** KLC Insurance Services “wrote the book” on risk management and loss control. A number of sessions will be offered on keeping your city and employees safe and compliant and save on claims and expenses. More than a dozen workshops will focus on issues including underwriting, property issues and how training lowers losses.

**NEW! POLICE AND FIREFIGHTER TOPICS**

- ◆ Pursuits and Emergency Driving
- ◆ Police Best Practices Procedures: Liability Perspective
- ◆ Successful Firefighter and Police Fitness Wellness Programs
- ◆ Police Officer Bill of Rights
- ◆ Police Hiring and Training

**NUTS & BOLTS**

- ◆ Stormwater Issues
- ◆ Workers' Comp - Return to Work Safety Program
- ◆ Grant Writing
- ◆ Employment Issues
- ◆ Mayor-Manager Relations
- ◆ Fraud: IT and Internal Controls
- ◆ 101 Ways to Maintain Quality without Busting Your Budget
- ◆ Oops! I Did What? - Avoiding Litigation

**TIMELY TOPICS**

- ◆ Greening Your City
- ◆ Retail Business Recruitment Strategies
- ◆ Building Civic Capacity
- ◆ Kentucky Elder Readiness Initiative
- ◆ Ending Chronic Homelessness
- ◆ Talking to Media about Local Needs - Media Panel

*Register online at [www.klc.org](http://www.klc.org)*

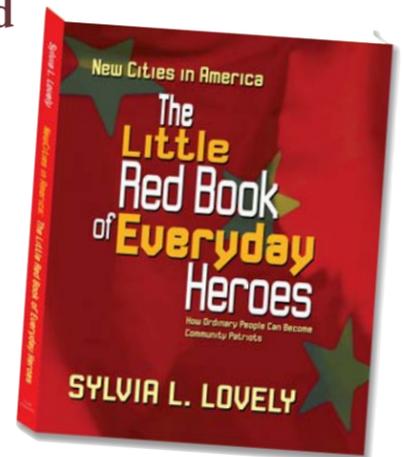
**Sylvia Does it Again: Get a Sneak Peek of Sylvia L. Lovely's New Book, ‘The Little Red Book of Everyday Heroes’**

Telling stories has become a way of life for Sylvia Lovely as she encounters people from all over the world, each working in their own small way to improve their community. She has learned that there are everyday heroes on every corner, citizens who are committed to making the world a better place. Sylvia prefers to call them “community patriots” – people who recognize the new rules of democracy in the 21st century, who are courageously stepping up to change the status quo, who are taking the bold strides and small steps that are both necessary for community building today.

In *The Little Red Book of Everyday Heroes* you’ll meet some

real, ordinary folks just like you who are working to change their communities for the better by implementing the NewCities Institute 12 Principles of Community Building. Sylvia described the 12 Principles in her first book, *The Little Blue Book of Big Ideas*. *The Little Red Book of Everyday Heroes* goes further showing how people are putting their ideas to work in their hometowns. It’s all about “seeing the possible,” Lovely likes to say.

It’s also about coming together, citizen by citizen and city by city, to sustain ourselves for the next century and beyond. As Lovely writes: “Our work is to save our communities one at a time ...



and perhaps, paradoxically, to save the world.”

Get a sneak peek of the book before it hits your favorite store. The author will be signing copies for KLC members during convention!



**Special Track Just for Clerks!**

**Wednesday, October 10**

Membership Pays: Ten Things You Might Not Know About KLC Insurance Services

Why Can't We All Just Get Along? Understanding and Managing Workplace Conflict

Legal Requirements for the Publication of Municipal Notices

**‘Your City, Your Future’ Report to be Released**

The *Your City, Your Future* (YCYF) report by KLC and the NewCities Institute is a comprehensive state of cities compilation of issues and challenges facing Kentucky communities. This first of its

kind research report, specific to local needs, will serve as a tremendous tool for gauging the commonwealth’s needs today, as well as projections for tomorrow. The *Your City, Your Future* report will assist leaders in talking with

media, citizens and businesses and building awareness around local needs. A workshop focused on using the report and the companion YCYF city toolkit will be held during convention.

**WHAT DO THEY HAVE IN COMMON?**

**WE'VE GOT THEM COVERED.**

Our insurance pool started with 51 city members in 1987.

Now, the Kentucky League of Cities Insurance Services (KLCIS) and the Kentucky League of Cities Insurance Agency (KLCIA) are celebrating 20 years of assistance to communities and agencies in Kentucky.

We are proud to be the Commonwealth’s largest municipal insurer with thousands of insured employees and more than \$2.6 billion in covered property ... and 47 police dogs.

## NEW! Cornerstone Partner Showcase Theatre

The KLC Cornerstone Partner Showcase will be 20-minute presentations with the opportunity to ask questions about the innovative products and services available to cities. Topics include:

- WiFi networks
- Using pervious concrete for storm water issues
- Web hosting
- Software for containing expenses and increasing revenue collection
- Medicare set-aside solutions

## NEW! Large Equipment Area

Get up close and personal with some of the larger items that your city purchases each year. You'll see everything from a mobile training center to street sweepers as well as a number of unique vehicles.

### Expo Etiquette:

#### How to make the most of your Expo experience:

- >>> Wear your name badge at ALL times.
- >>> Ask questions...the exhibitors are there for YOU!
- >>> Introduce yourself to any exhibitors you speak with.
- >>> Be mindful that the exhibitors are there to promote their products or services to everyone - don't monopolize their time.
- >>> If you like what you see and want to learn more, schedule an appointment to talk with the exhibitor during off-peak hours.
- >>> Remind your spouse to identify himself or herself as a spouse when speaking with an exhibitor.
- >>> Take handouts and business cards from exhibitors whose products interest you.
- >>> Manage your time well - look over floor plans to determine which exhibitors are offering products/services that interest you the most and plan your route.
- >>> Participate in any activities or drawings offered by exhibitors.
- >>> Don't be afraid to ask an exhibitor to call you after the show to schedule a time to talk or meet about products/services that interest you.
- >>> Have FUN!
- >>> And, most importantly, remember to thank the exhibitors for coming to OUR convention and expo. Their participation ensures an enjoyable convention for everyone.

## Chill Zone and Communications Corner

Check your emails at our communications station, get a little exercise with some indoor games or just network and chill out for a few minutes on comfortable sofas in the KLC Chill Zone and Communications Corner.

## Welcome - We are pleased to host these groups!

Kentucky Black Caucus of Local Elected Officials  
 Kentucky City/County Management Association  
 Kentucky Municipal Clerks Association  
 Kentucky Government Finance Officers Association  
 Area Development Districts Directors

## First Look at Online University!

Check out KLC's new Online University - customized online training that can save your city travel and resources.



## Need Hotel Information?

Visit [www.klc.org](http://www.klc.org) to make hotel reservations.

## Thanks to Our Cornerstone Partners

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(As of September 4, 2007)