

### DMV Select Office Opens in Downtown!

A New DMV Select Office has recently opened by the City Treasurer. Skip the DMV in person fee of \$5.00 and conduct these types of transactions:

- Titles
- Plate Issuance
- Specialty Plate Issuance
- Surrender Plates
- Driving Record Copies
- Vehicle Record Copies
- Disabled Placard Issuance

City Treasurer's Office  
 Noel C. Taylor Municipal Building Room  
 215 Church Avenue, SW, Room 254  
 Roanoke, VA 24011  
 Monday to Friday – 8:00 a.m. to 4:30 p.m.  
 (540) 853-2561



Go online to [www.DMVNOW.com](http://www.DMVNOW.com) or visit a full service customer service center for driver-related transactions such as Driver's License renewals, application or replacements, Veteran ID cards, name changes, compliance transactions, etc...

### Did you Know?

Studies Show that taking the stairs gives you as much energy as a Cup of Coffee!

Our garages have lots of stairs waiting to help you gain energy and fitness.

**Interested to learn more?**

See article on Page 3. **Walk This Way!**

### Attention!

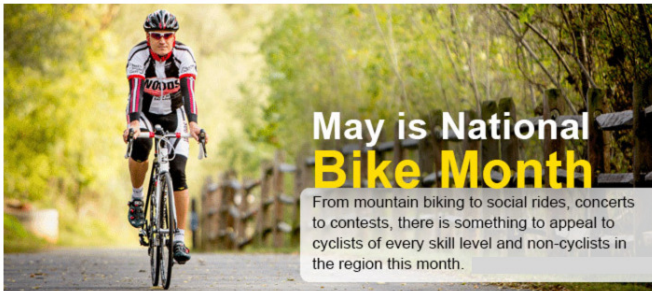
### Residential Decals Expire May 31, 2017

To renew your decal, It's Easy

Visit [www.PARKRoanoke.com](http://www.PARKRoanoke.com)

Download and complete the applicable residential decal application form. Mail us \$5 decal fee along with the completed application and a copy of your vehicle registration. If you are a downtown resident, please also include a copy of your lease or utility bill proving downtown residency.

Mail to or visit us at  
**PARK Roanoke**  
 117 Church Ave SW  
 Roanoke, VA 24011



### May is National Bike Month

From mountain biking to social rides, concerts to contests, there is something to appeal to cyclists of every skill level and non-cyclists in the region this month.

**ROANOKE OUTSIDE.COM**  
 ROANOKE REGIONAL PARTNERSHIP





Payments for Monthly Parking and for Citations may now be paid on-line or over a toll free telephone line.  
[www.PARKRoanoke.com/payments](http://www.PARKRoanoke.com/payments) or dial  
 1-888-272-9829 Use Jurisdiction Code 6246  
 A nominal processing fee of \$1.95 applies to credit/debit card payments.

PARK Roanoke  
 P. O. Box 83  
 Roanoke, VA 24002  
 117 Church Avenue, SW  
 Roanoke, VA 24011  
 Phone: 540-343-0585  
 Fax: 540-342-6447  
 E-mail: [parking@PARKRoanoke.com](mailto:parking@PARKRoanoke.com)

IT'S EASY TO PARK ONCE AND ENJOY ALL THAT DOWNTOWN ROANOKE OFFERS!

## Accept the Ride Smart Challenge Submitted by Jeremy Holmes, Director Ride Solutions

### Log your trips during the Ride Smart Challenge

Each year, RIDE Solutions challenges area commuters to take miles off our region's roads by exploring their commute options. And each year, commuters throughout the Roanoke Valley and beyond find creative ways of avoiding tens of thousands of miles worth of trips. To participate, visit [www.ridesolutions.org/challenge](http://www.ridesolutions.org/challenge) and log in to your existing account or create a new one. Together we can make the Roanoke Valley a cleaner, safer, and more prosperous place to live.

**Logging Your Trips** Throughout May, log **ANY** trip you take at [ridesolutions.org](http://ridesolutions.org). Logged trips will earn you extra entries into weekly contest and will count towards your Ride Smart Team total for other great Prizes! Commuting, Shopping, Dining, Every Mile Counts! Some great examples of trip ideas can be found below:

- Walk with coworkers to lunch in the Market Building
- Hop on your bike to head to Co-Op for groceries
- Carpool with friends to happy hour at Jack Browns
- Take the trolley to Fork in the Alley for dinner.

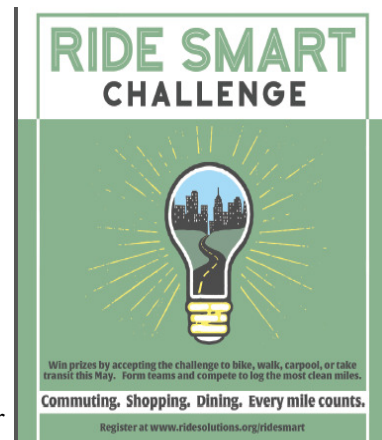
Log your trips this May and you could win prizes for the trips you already take!

### Benefits of Taking the Challenge

Using alternative transportation can have a positive impact on almost every aspect of our community. For example:

- Saving money:** carpooling, taking the bus, and cycling all cut your commute costs in half or more – that means more money in your pocket!
- Keep dollars local:** 90% of what you spend on a gallon of gas leaves the local economy, so saving money by driving less means more of the money you keep will be spend right here in the Roanoke Valley, supporting local businesses.
- Keep it clean:** Driving less reduces vehicle emissions, which helps keep our valley's air clean and our skies blue. May is the traditional start of the summer ozone pollution season, so getting out of your car from time to time helps reduce the changes of smog on summer's really hot days.
- Keep fit:** Using alternative transportation is a good way to fit exercise into your daily routine, whether it's a five-mile bike ride to work, or a one-block walk to the bus stop.

Visit [www.ridesolutions.org](http://www.ridesolutions.org) for more information on the challenge and for tons of resources to help you explore your options, from Google Transit to safe bike route requests and free carpool matches.



## Batter Up! Submitted by Scott Leamon, Crime Prevention Specialist with the Roanoke City Police Department

Hello again! This month I want to talk to you about... softballs. Softball is of course a noun. One of my best friends plays in a rec softball league here in Roanoke and he loves it! I'm about as athletic as one of my ex-girlfriend's cats, Maxwell, who for weeks I thought was a realistic looking cat doll because I never saw him move off the couch. But I believe that, given a few practices, I could contribute on a rec softball team. And I also truly believe that, no matter how many times I tried, and even with Don Mattingly as my coach, I could never get a hit off Chicago Cubs closer Wade Davis.



Softball can be a verb too. It's funny... I used to get that from some viewers almost every time when I worked for WSLS after I interviewed a politician: "Oh! Scott Leamon, you're a wimp! You didn't ask anything but softball questions." They thought I took it too easy on them.

So why would we want to play softball with the crooks, criminals, and thieves? Why would we want to make it so easy for them?

Remember that when you forget to lock your doors, or leave something valuable in plain view... you're playing rec league softball. You're making it easy for the thieves to steal from you.

I don't know about you, but when it comes to crime prevention, I want a bunch of major league closers running around here in Roanoke. Wade Davis's ERA at the time I wrote this was 0 because he hasn't given up a run all year. He makes it hard on opposing hitters and that's the mindset I want for you.

So no softballs when you park in the garage the next morning before work. Let's give any would-be thieves 100 mph chin music!

## **Walk this Way...Walk this Way..... It's more than the lyrics from Aerosmith...**

### **It's a Healthy Connection.....**

Parking is not always about cars. It is about people. Parking, walking, bicycling, ridesharing, and trolleys are all important factors for a healthy community. Whether you are working or living in downtown or in the many pedestrian friendly neighborhoods, the City offers a mobile and pedestrian environment. It is entirely possible to "Park Once" and walk to your destination or to explore all that the city has to offer.

**PARK** Roanoke promotes healthier lifestyles by encouraging more walking or simply taking the stairs. Consider the health benefits of choosing to park off-street in one of the 7 garages or 4 surface lots or park in one of these facilities a little farther away from your destination or place of work and then walking.

Health Professionals recommend 30 minutes of moderate physical activity daily for 3 or more days a week. Adults can reduce their risk of developing heart disease, diabetes, and high blood pressure, and also improve their quality of life by adding a modest amount of physical activity to their day. One way to achieve daily physical activity is to take advantage of resources available each day such as your nearby Parking Garage or Lot. Incorporate stairs or walking into daily activities that you would be doing anyway. Studies have shown that people are most likely to stick to exercise when it is a part of their daily lives.

#### **Walking has many health benefits**

- ◆ Aids weight loss
- ◆ Improves health and reduces risk of chronic disease
- ◆ Reduces Stress and Anxiety
- ◆ Helps relaxation
- ◆ Reduces feelings of depression
- ◆ Stimulates creative thinking
- ◆ Provides social interaction



If this article piques your interest, here are some resources to new strategies and tools that are emerging to promote walking:

- Vision Zero Initiative promotes Safe Streets [www.visionzeroinitiative.com](http://www.visionzeroinitiative.com)
- Alliance for Biking & Walking [www.bikewalkalliance.org](http://www.bikewalkalliance.org)
- America Walks [www.americawalks.org](http://www.americawalks.org)
- Walkable and Livable Communities Institute [www.walklive.org](http://www.walklive.org)
- Health Economic Analysis Tool helps to gauge how walking or bicycling trips extend people's lives from the Center for Disease Control and Prevention For more, visit [www.cdc.gov](http://www.cdc.gov)
- Walk with a Doc [www.walkwithadoc.org](http://www.walkwithadoc.org)
- Every Body Walk! Collaborative [www.everybodywalk.org](http://www.everybodywalk.org)

For more information visit [www.PARKRoanoke.com](http://www.PARKRoanoke.com) and look for Community & Environment