



Preventative Maintenance Work at Garages

PARK Roanoke is working in partnership with the City's Engineering Department and a Structural Engineering Firm to follow a preventative maintenance plan for all garages. This year's work will occur in five of the seven garages. The first phase of this work will begin this week at Elmwood Park Garage and Gainsboro Garage. The work will be mostly confined to the roof of each garage and last approximately three weeks. We will send email updates as the project moves forward and will notify parkers when the contractor changes locations. We apologize in advance for any inconvenience this may cause, but it is important preventative maintenance and repair work for the garages. Please notify our office with any questions or concerns. 540-343-0585



Time to Spring Forward

Daylight Saving Time begins every year on the second Sunday and March. This year it begins on March 11, 2018. Clocks are set forward by one hour and hence the meaning of "spring" forward. It's also a good time to review safety for your home. See rest of article on last page.



Did You Know? March was named for the Roman God "Mars"

March means more than Madness, It's

- Irish American Month
- Music in Our Schools Month
- National Craft Month
- National Frozen Food Month
- National Irish American Heritage Month
- National Nutrition Month
- National Peanut Month
- National Women's History Month
- Red Cross Month
- Social Worker's Month



Party in the Market— March 8 5:30 to 9:30

Roanoke Valley Gives Day—March 14 All day

St. Patrick's Day Parade and Shamrock Festival—March 17 11 to 5

WWW.DOWNTOWNROANOKE.ORG



Resolve to Explore Your Transportation Options

Submitted by Jeremy Holmes, Director of Ride Solutions

Each New Year, we make resolutions to improve our lives some way. Perhaps you have set a goal to get healthier, or save a little more for retirement or college this year, or maybe to tread a little more lightly on the planet. Perhaps you just want to challenge yourself to try something new this year.

Making resolutions is easy – the hard part is keeping them. Fortunately, we can all do one thing that can support all these resolutions: take advantage of our transportation options! Here are some ways that biking, walking, carpooling, and public transit can help keep those 2018 promises:

I resolve to try something new

Use Google Maps' trip planning tool to look for your closest bus stop. Just pull up Google Maps on your smartphone or computer and click the bus icon. You'll see information about Valley Metro, the Star Line Trolley, and the Smart Way Bus.

I resolve to get healthier

Walk or bike to a neighborhood store instead of driving across town.

If your commute is too long to switch to cycling, consider park-and-biking by driving your bike to a parking area and completing your trip on two wheels. Submit a Safe Bike Route Request at ridesolutions.org to find the safest route from home to your destination.

I resolve to save more money

Carpooling can save you \$3,000 a year or more off your commute expenses. Even carpooling just one day a way cuts your commute costs by 20%. Sign up for a free match list at ridesolutions.org

I resolve to be greener

Every gallon of gas you don't use saves 20 pounds of CO2 from entering the atmosphere, not to mention the other pollutants such as particulates, nitrous oxides, and carbon monoxide that affect air quality right here in the Roanoke Valley.

Every mile you don't drive helps keep the planet and our community cleaner – all while saving you money, helping you get healthier, and providing an excellent reason to explore our community!

Like any resolutions it's best to take it slow – pick one day a week to carpool to work, or walk with your family to the neighborhood pizza place, or bike to a friend's house for dinner. No matter where you're going in Roanoke, there are lots of ways to get there – and even a small change can have a big impact on your health, pocketbook, and the community.

Visit ridesolutions.org or call 1-866-424-3334 to get started

March 1—National Pig Day
 March 2—Old Stuff Day
 March 3—I want you to be happy Day
 March 3—If Pets Had Thumbs Day
 March 4—Holy Experiment Day
 March 6—National Frozen Food Day
 March 7—National Crown Roast of Pork Day
 March 8—Be Nasty Day
 March 9—Panic Day
 March 10—Middle Name Pride Day
 March 11—Worship of Tools Day
 March 13—Ear Muff Day

March 14—Learn about Butterflies Day
 March 15—Everything You Think is Wrong Day
 March 16—Everything You Do is Right Day
 March 18—Goddess of Fertility Day
 March 20— Extraterrestrial Abductions Day
 March 21— Fragrance Day
 March 22—National Goof Off Day
 March 23— Melba Toast Day
 March 24—National Chocolate Covered Raisin Day
 March 25—Pecan Day
 March 26—Make up Your Own Holiday Day
 March 27—National "Joe" Day

March 28—Something on a Stick Day
 March 29—Smoke & Mirrors Day
 March 30—I am in Control Day
 March 30—Take a Walk in the Park Day
 March 31—Bunsen Burner Day
 March 31—National Clam on a Half Shell Day

March 2018

Bizarre and Unique Holidays



Payments for Monthly Parking and for Citations may be paid on-line or over a toll free telephone line.

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.

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

Spring Forward, Review Safety Checklist

Courtesy of The National Safety Council

With spring comes a feeling of renewal. Families everywhere begin cleaning out their basements and garages. Windows are opened, flowers bloom and the days grow longer thanks in part to Daylight Saving Time.

When you set your clocks forward, the National Safety Council reminds you also to review a safety checklist for your home.

Smoke Alarms Smoke alarms save lives – if they are powered by a fresh battery. You should test them every month to make sure they work and **replace the battery at least once a year**, according to the National Fire Protection Association. If the alarm makes a "chirping" sound, replace it immediately.

Smoke alarms should be located in every bedroom and in the common areas on each floor of a home. Mount them at least 10 feet from the stove to reduce false alarms, less than 12 inches from the ceiling and away from windows, doors and ducts.

Did you know smoke alarms can be interconnected wirelessly? That means, when one sounds, they all sound.

A **Consumer Product Safety Commission** survey found this is the best way to notify everyone in a home if there is a fire. Be sure to purchase smoke alarms with the label of a reputable testing agency, like **Underwriters Laboratories (UL)**.

Three out of every five home fire deaths resulted from fires in homes with no smoke alarms, according to NFPA.

Carbon Monoxide Detectors Carbon monoxide(CO) is an invisible, odorless gas, and it can kill you. Anything in the home that burns fuel can potentially become a source of carbon monoxide. CO alarms should be installed in a central location outside each bedroom and on every level of the home. The **safety tips for CO detectors** mirror those of smoke alarms: change the batteries, test them and interconnect them, if possible.

Also, make sure vents for your gas appliances (fireplace, dryer, stove and furnace) are free and clear of snow or debris.

Family Emergency Plan The National Safety Council recommends every family have an emergency plan in place in the event of a natural disaster or other catastrophic event. Spring is a great time to review that plan with family members to make sure they know what to do.

Have a home and car emergency kit. The Federal Emergency Management Agency says an emergency kit should include one gallon per day of water for each person, at least a three-day supply of food, flashlight and batteries, first aid kit, filter mask, plastic sheeting and duct tape, and medicines. Visit the **FEMA website for a complete list**.

The emergency plan also should include:

- A communications plan to outline how your family members will contact one another if they are not in the same place and where you should meet if it's safe to go outside
- A shelter-in-place plan if outside air is contaminated; FEMA recommends sealing windows, doors and air vents with plastic sheeting

A getaway plan including various routes and destinations in different directions

What Else Should You Do This Spring?

NSC recommends you take unwanted or expired medicines to a prescription drop box or take-back event near you, update your first-aid kit and, most of all, get outside and have fun!

www.PARKRoanoke.com