



# OEM CHRONICLE

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Boone County  
Office of Emergency Management

**FEBRUARY IS**

**earthquake**

**Awareness Month  
in Missouri**



## **EARTHQUAKE AWARENESS MONTH**

February is Earthquake Awareness Month for Missourians, a time to remember what to do before, during, and after an earthquake occurs.

Read on to learn more about earthquake preparedness, safety, and our very own New Madrid Fault Line in this month's OEM Chronicle.

# EARTHQUAKE AWARENESS MONTH

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## What are earthquakes?

According to the U.S. Geological Survey, earthquakes are the result of two blocks of the earth called faults suddenly slipping past one another.

While those earth blocks are stuck together energy is being stored up. When the force of the moving blocks finally overcomes the friction of the fault edges, all that stored up energy radiates outward in all directions in the form of seismic waves like ripples on a pond.

## Do we need to worry about earthquakes in Missouri?

Yes! The New Madrid Fault Line is the most seismically active area in the United States, east of the Rocky Mountains, experiencing about 200 small earthquakes a year.

Major cities within the New Madrid Fault Line area include St. Louis, Missouri; Memphis, Tennessee; Little Rock Arkansas; Louisville, Kentucky; and Nashville, Tennessee. During the 1811-1812 New Madrid earthquakes, cities as far away as St. Louis recorded damaged buildings.

A 2004 FEMA study estimated that a 7.7 magnitude earthquake in the New Madrid Seismic Zone would cause \$296 billion dollars worth of damage across the region and displace nearly 730,000 people from their homes. In Missouri alone that study estimates economic losses of \$69 billion dollars and 87,000 damaged buildings.

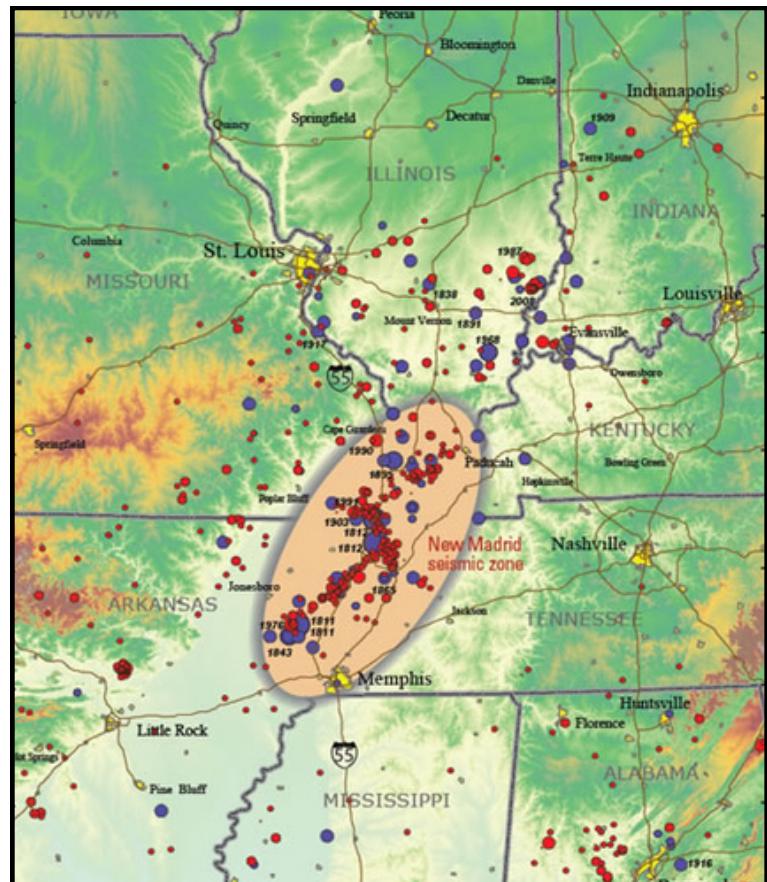


Photo: This topographic map of the New Madrid Fault Line shows earthquakes greater than 2.5 magnitude, with red circles representing earthquakes after 1972 and blue circles earthquakes prior to 1972.

## What do I do during an earthquake?

Get to a safe place as quickly as possible! Stay indoors until the shaking has stopped and you are sure it is safe.

### If you are indoors:

- **Drop, Cover, and Hold on** – Take cover under a sturdy desk, table, or bench, or against an inside wall, and hold on. If there is no desk or table near you, cover your face and head with your arms and crouch in an inside wall of the building.
- Stay out of elevators.
- Stay away from glass, windows, outside doors and walls, and anything that could fall, such as lighting fixtures and tall furniture.
- If you are in bed when the earthquake strikes, stay there. Hold on and protect your head with a pillow. If you fall out of bed, stay on the floor against the bed. If you are under something heavy that could fall, then move to the nearest safe place.
- Stay inside until the shaking stops and it is safe to exit the building. Most injuries during earthquakes occur when people are hit by falling objects while trying to leave a building during an earthquake.
- Be aware that electricity may go out, that pipes, including fire sprinkler systems, may break or that fire alarms may turn on.

### If you are outdoors:

- Stay outside! Move away from buildings, telephone poles, trees, or anything else that could fall on you.

### If you are in a car:

- Stop as quickly as safety permits, pull to the side of the road, and stay in the car.
- Avoid stopping near or under buildings, trees, overpasses, and utility wires.
- Proceed cautiously after the earthquake has stopped, watching for road and bridge damage. Do not attempt to drive across or under bridges or overpasses that have been damaged.



## What do I do after an earthquake?

- Check yourself and those around you for injuries. Use the phone only to report a life-threatening emergency.
- Be prepared for aftershocks. Aftershocks can occur minutes, hours, or days after the initial earthquake.
- Wear sturdy shoes in areas covered with fallen debris and broken glass.
- If the electricity is out – use flashlights or battery operated lanterns. Check the main utility panel.
- Be prepared for damage to your home.
  - If you smell gas or hear a hissing sound – open a window and leave the building. If you know how to shut off the main gas valve outside the building.
  - If water pipes are damaged – shut off the water supply at the main valve.
  - Check your chimney for structural damage
  - Check household appliances for damage.
  - Clean up spilled medicines, bleaches, gasoline and other flammable liquids.
  - Do not flush toilets until you know sewage lines are intact.
- Open cabinets cautiously because objects may fall off shelves.
- Listen to news reports for the latest emergency information.

## What do I do before an earthquake?

So now that you know what you can do during and immediately after an earthquake, here are some things you can do to prepare for prior to an earthquake occurring.

- **Make a plan!** Identify escape routes, safe spots and danger zones for your home.
- Purchase bottled drinking water and canned or dried non-perishable food that does not need to be cooked (tuna and crackers, for example), a can opener, flashlights, first aid supplies, battery powered radio, seasonal clothing and blankets. It may also become your “go kit” if you need to leave your home.
- Learn how to shut off your utilities.
- Anchor overhead lighting fixtures.
- Store bottled foods, glass, china and other breakable items on low shelves or in cabinets that can fasten shut. Place large or heavy objects on lower shelves.
- Brace bookshelves and heavy furniture to walls to keep them from toppling.
- Repair any issues with your home, like defective electrical wiring, plumbing, or foundation issues.
- Install flexible lines to water heaters, gas stoves and other appliances.
- Securely fasten water heaters and gas appliances to wall studs.

### References:

- <https://www.ready.gov/earthquakes>
- <https://dnr.mo.gov/land-geology/hazards/earthquakes/awareness-preparedness>
- <https://dnr.mo.gov/land-geology/hazards/earthquakes/science/facts-new-madrid-seismic-zone>
- [https://sema.dps.mo.gov/earthquake\\_preparedness/](https://sema.dps.mo.gov/earthquake_preparedness/)

# TRAINING & EXERCISE

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Since our last Chronicle, Training & Exercise has been busy!

Last month's training for CERT, provided by the Missouri Department of Conservation (MDC), was on wild medicinal and edible plants.

This month's CERT training was Basic Radio Operator training to gain experience in two-way radio etiquette, use, as well as the common frequencies used in our area.

Also this month CERT Program Manager Matt Brown conducted another CERT Basic Practical session, welcoming several new members to the team.

Our office hosted G288 - Local Volunteer and Donations Management, sponsored by the Missouri Emergency Management Agency (SEMA). The G288 course helps local jurisdictions successfully prepare for and handle volunteer and donations management issues during disasters.

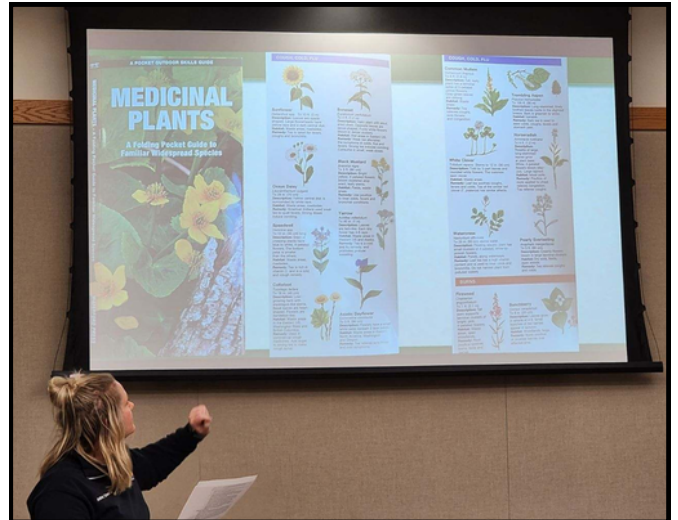


Photo: Ashley Edwards, Conservation Educator with the Missouri Department of Conservation, presenting a lecture to CERT on medicinal plants.



Photo: CERT member Kraig Johnson practices splinting techniques during CERT Basic.

Our office also hosted three sessions of the two day Modular Emergency Response Radiological Transportation (MERRT) training, provided by Technical Resources Group, a Department of Energy training provider.

The MERRT training provides fundamental knowledge for those who respond to transportation incidents involving radioactive material.

Over 40 first responders, the majority from the Columbia Fire Department, attended this training, where they learned about:



- Radiological Basics
- Biological Effects
- Shipping Packages
- Hazard Recognition
- Patient Handling
- Radiological Survey Instruments
- Decontamination, Disposal, and Documentation
- Assessing Package Integrity
- Contamination Surveys
- Patient Gross Decontamination
- Instrument Use



# MEET CHRIS LEWIN

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Chris Lewin, our most recent addition to the team, began his position this month as Boone County's Mitigation & Recovery Specialist. Traveling all the way from the sunny state of Florida, Chris earned his bachelor's degree in public safety administration with a concentration in Disaster Management from Florida Atlantic University.

During his academic career, Chris gained practical experience as an Intern at FAU's Department of Emergency Management where he had the opportunity to lead exciting projects, some of which included producing public outreach campaigns, supporting training & exercise programs, and developing strategic planning elements to build resiliency for his FAU community. Chris' mission is to transfer these skills to further build capacities here in Boone County to create a more resilient community.

Outside of the office, Chris spends most of his time going on nature walks, watching movies, cooking, and taking care of his Betta fish (Bubbles)!

Welcome Chris!



Photo: Chris Lewin

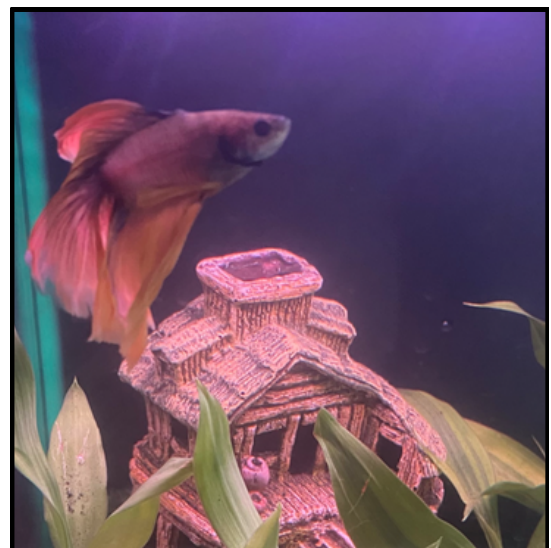
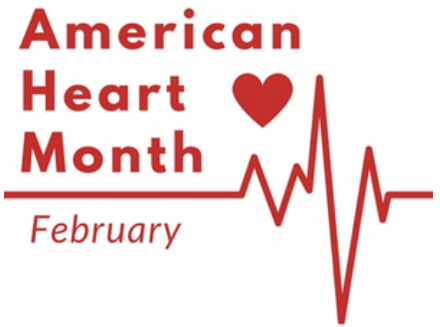


Photo: Bubbles the Betta fish.

# AMERICAN HEART MONTH

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February is also American Heart Month, which is when organizations like the American Heart Association and the Centers for Disease Control and Prevention highlight heart disease, the No. 1 killer of Americans.

Heart disease can be preventable for many people when healthy lifestyle practices are adopted, including:

- Smoking cessation
- Healthy weight maintenance
- Blood sugar & cholesterol control
- High blood pressure treatment
- Moderate-intensity physical activity weekly
- Regular checkups

Some tips to achieve these healthy practices can be found on pages 7-8.

**Get Enough Quality Sleep** – Lack of sleep or getting poor-quality sleep increases the risk of having high blood pressure, heart disease, and other medical conditions.

- Try to aim for 7-9 hours of sleep a night.
- Go to bed and wake up at the same time each day.
- Exercise regularly, but not within 2-3 hours before bedtime.
- Avoid caffeine and nicotine.



**Manage Blood Sugar** – Maintaining stable blood sugar levels is crucial for heart health, especially for people with diabetes or those at risk of developing diabetes.

- Eat a diet rich in whole foods, including vegetables, fruits, whole grains, lean proteins, and healthy fats.
- Monitor your carbohydrate intake and choose complex carbohydrates, like whole grains and legumes, to help control blood sugar levels.

**Maintain a Healthy Weight** – Maintaining a healthy weight is important for overall health and can help you prevent and control many diseases and conditions.

- Choose healthy snacks like fruits, vegetables, yogurt, or nuts, instead of sugary or high-calorie snacks.
- Stay hydrated with water as your primary beverage.
- Aim for at least 150 minutes of moderate-intensity aerobic exercise (such as brisk walking) or 75 minutes of vigorous intensity (like running) exercise per week.
- Consider keeping a log of what you eat throughout the day.

**Manage Stress** – Learning how to manage stress with healthy coping strategies helps improve your emotional and physical health.

- Use relaxation techniques that combine breathing and focused attention on pleasing thoughts and images to calm the mind and body.
- Consider meditation, as it can help to lower stress.
- Take a yoga class to help lower stress and improve mindfulness.

**Be More Active** – Getting enough physical activity helps to lower your risk of heart disease and stroke.

- Adults should spend at least 150 minutes (2 ½ hours) each week doing physical activity.
- Sit less! Take the stairs. Park farther away. March in place or take a walk around the block.
- If you don't have a lot of time in your day, try being active for 10 minutes at a time. Anything that gets your heart beating faster counts!



Photo: Director Kelley and Specialist Chris Lewin give a tour of the Emergency Communications Center to a group of Boone County citizens.



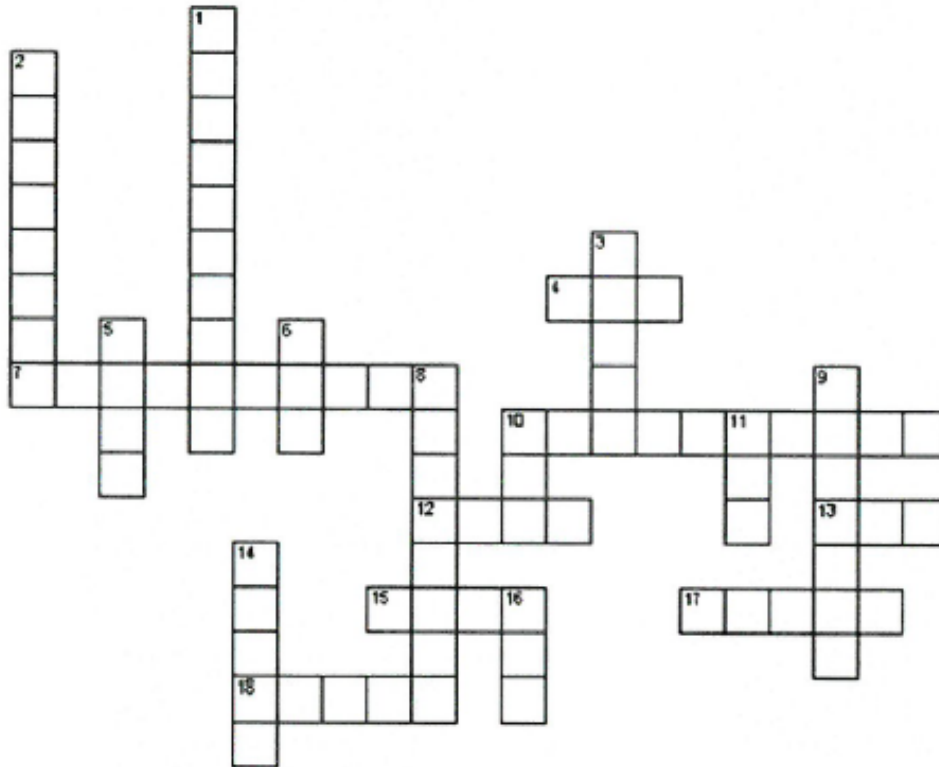
Photo: Specialists Chris Lewin (pictured) and Matt Brown providing our Youth Preparedness Program curriculum to 60 Sturgeon Elementary students.



Complete this Winter Emergency Preparedness crossword puzzle and be entered into a drawing to win a prize!

Email the completed puzzle to [EM@boonecountymo.org](mailto:EM@boonecountymo.org).

## Disaster Preparedness Crossword



### Across

4. Type of phone you may need in a disaster
7. Disaster risk in the Bay Area
10. Test this once a month to prepare for a fire (2 words)
12. Keep petty \_\_\_ on hand for emergencies if ATMs fail
13. Life-saving training taught by the American Red Cross
15. Be prepared to take care of your own needs for 3 to 5 \_\_\_
17. Store 1 gallon/person/day as part of disaster kit
18. \_\_\_ valuable papers in a watertight, fireproof container

### Down

1. Keep a \_\_\_ with batteries by your bed in case of a disaster
2. \_\_\_ your disaster plan by conducting drills twice a year
3. Battery-operated device used for emergency news
5. \_\_\_, cover and hold on in an earthquake
6. Don't \_\_\_ outside right after an earthquake
8. To leave your home or neighborhood
9. Install \_\_\_ on cupboard doors to protect items during an earthquake
10. Universal distress signal
11. Type of fire extinguisher
14. Put \_\_\_ aid supplies in an emergency kit
16. Rotate water & food supplies every \_\_\_ months

# BOONE COUNTY SPOTLIGHT

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Starting this year, we'd like to spotlight one of our local partners who work hard to make Boone County such a great place to live, work, and recreate in. This month we'd like to recognize Teri Walden.

**Please introduce yourself and your organization:**

Teri Walden, Executive Director of Meals on Wheels of Columbia

**What does your organization provide?**

We provide a hot noon meal every day, Monday-Friday, with the options of a box dinner and frozen weekend meals. Our clients are individuals who are 65 and over; individuals with disabilities; and, anyone who has been recently hospitalized and needs food support at home. We are also available during public health crisis like COVID to help when needed.

**What are some challenges you face?**

Because our meals are delivered by a volunteer force of about 130 people a week, we often need volunteers to drive once a week. We also are facing the challenges of increasing food costs.

**How do you like to spend your time outside of work?**

I like to flower garden and take long walks with my dogs.

**What's one thing on your bucket list?**

To see my son on the autism spectrum in a rewarding full-time job using his video-editing skills.

**Thanks so much for the work you do – what else should our readers know about you and your organization?**

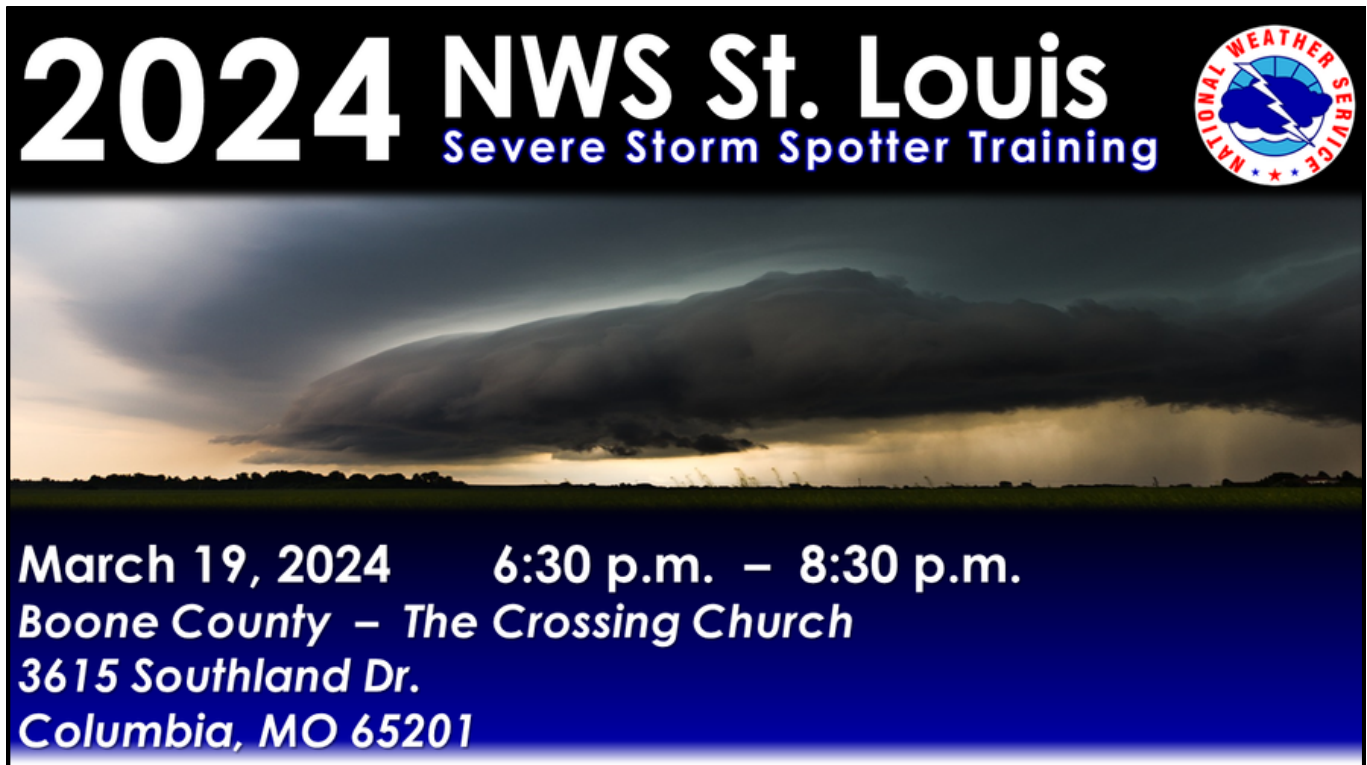
Meals on Wheels will be having their annual BIG WHEELS fundraiser, April 22-26th. Individuals or organizations order Panera prepared box lunches from us, and we will deliver them across Columbia during this week. All proceeds help us do what we do. For more information, contact us at 573-886-7554.



# UPCOMING TRAINING

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February 2024

A banner for the 2024 NWS St. Louis Severe Storm Spotter Training. The top section is black with the text "2024 NWS St. Louis" in large white font, and "Severe Storm Spotter Training" in smaller blue font below it. To the right is the National Weather Service logo. Below the text is a photograph of a dark, stormy sky over a landscape. The bottom section is a blue gradient with white text providing the date, time, and location of the training.

**2024 NWS St. Louis**  
Severe Storm Spotter Training

**March 19, 2024      6:30 p.m. – 8:30 p.m.**  
**Boone County – The Crossing Church**  
**3615 Southland Dr.**  
**Columbia, MO 65201**

Join us Tuesday, March 19, from 6:30 pm – 8:30 pm for National Weather Service Severe Storm Spotter Training.

These FREE presentations train regional weather spotters to gather and relay real-time observations of severe weather events such as tornadoes, damaging winds, hail, flooding, and winter weather.

These reports assist National Weather Service (NWS) meteorologists in making warning decisions and as a spotter you will help the NWS fulfill their mission of protecting life, property, and your local community with life saving information. These classes are open to anyone, regardless of age or experience, and run about two hours long.

If you want to learn more about the weather, join us at The Crossing Church on the 19th!

# STAFF UPDATE

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## **Chris Lewin, Mitigation & Recovery Specialist**

Chris has been busy working through his department orientation, which included a three hour job shadowing session in the 911 dispatch room. He also has been familiarizing himself with the Mitigation and Recovery plans, and attended a shelter survey in Centralia with Matt.

Chris also helped teach a Youth Preparedness Program (YPP) course for elementary school students in Sturgeon.

## **Matt Brown, Training & Exercise Specialist**

Matt did work preparing for our upcoming Storm Spotter course in March, taught several CERT monthly trainings and a CERT Basic offering, and a Youth Preparedness Program (YPP) for elementary school students in Sturgeon.

He also had several planning meetings for the upcoming exercises supporting our Local Emergency Planning Committee (LEPC), Transportation Security Administration (TSA) and the Boone County Clerk's Office.

## **Kraig Johnson, Planning & Preparedness Specialist**

Kraig finished his CERT Basic training and attended courses on Mass Fatality Planning & Response, Crisis Management for School Based Incidents, Active Assailant, and Wireless Emergency Alerts (WEA). He also tested the Rave alerting system for the 13th Circuit Court and conducted another winter weather conference call.

Kraig also continues to work on continuity planning, the Emergency Operations Plan, and the Disaster Recovery Plan.

## **Bart Messer, Administrative Assistant**

Bart worked on building active assailant kits with Della. He also answered phone calls to the ECC, updated our EOC computers, checked the OEM vehicles biweekly, and paid the bills.

## **Chris Kelley, Director**

Chris represented Boone County at the National Association of Counties (NACo) in Washington, D.C., attended the Region F Emergency Management Director's meeting, and assisted with reviewing American Rescue Plan Act (ARPA) applications.

## **Jake Waller, Deputy Director**

This month, Jake finished up two classes in the Emergency Management Institute Basic Academy totaling 64 hours of instruction, conducted interviews for the open part-time position, and finalized the internship project.

He also attended the Boone County EMS Advisory Committee and assisted with reviewing American Rescue Plan Act (ARPA) applications.

## **Della Luster, Administrative Coordinator**

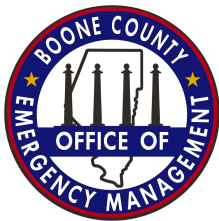
Della built active shooter kits with Bart and attended a Reunification Workshop. She also reconciled our purchasing cards and made sure that everyone in the office got paid!

# ENGAGE WITH OUR OFFICE

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The Boone County Office of Emergency Management OEM Chronicle contains preparedness information to help those who live, work, and visit Boone County become better prepared for emergencies.

If you have any suggestions about content to add to the Chronicle, please don't hesitate to reach out by emailing [EM@boonecountymo.org](mailto:EM@boonecountymo.org).



Come join almost 7,000 of your friends and neighbors and follow our socials. We are: **@BooneCountyOEM**



For weather information, monthly giveaways and preparedness tips please visit: **@boonecountyready**

**Sign up for Free Boone County Ready Alerts**  
Get weather, emergency, and special-event text and email alerts.

**Emergency Alerts:**

Text BCALERT to 67283 to opt-in to receive emergency notifications.

**Preparedness Notifications:**

Text READY to 67283 to opt-in to non-emergency preparedness messaging.



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