

## 'Cyclones Care' Promotes Public Health Safety Message

As a community in the midst of a pandemic, Ames residents have collaborated to show their support and empathy towards others. They've held food drives, created cloth face coverings, donated snacks to healthcare workers, checked on neighbors, delivered meals, and more. Now, the community can show its support by uniting around "Cyclones Care," a public health education campaign focused around four pillars of healthy behavior.

Developed by Iowa State communicators with input from experts on behavioral change, accessibility, and diversity, Cyclones Care promotes responsible decision-making to reduce COVID-19 transmission. While initially developed for the campus community, other organizations, such as the City of Ames, have embraced the message and are promoting it.

"We need all citizens to take this seriously, and we welcomed the opportunity to share a consistent public health message encouraging behaviors that reduce virus transmission," said Ames Mayor John Haila.

When embraced by everyone, these four actions make the greatest impact in ensuring that our local health care facilities are able to keep up and treat sick people who need medical attention.

The four pillars include:

- 1. Wear a face covering
- 2. Maintain physical distancing of 6 feet or greater
- 3. Wash/sanitize your hands frequently
- 4. Stay home if you're sick

"People often ask what they can do to help," said Ames Fire Chief Rich Higgins, who leads the City's COVID-19 Response Team. "The answer is simple for most people. Following the four pillars can make a huge difference."

Look for Cyclones Care signs and promotions from



WEAR
A FACE COVERING



**DISTANCE** 6 FEET (2M) APART



WASH YOUR HANDS OFTEN



STAY HOME

IF YOU ARE ILL

IOWA STATE UNIVERSITY



CYCLONES.



other organizations including Mary Greeley Medical Center, McFarland Clinic, Story County Government, North Grand Mall, Ames Chamber of Commerce, Ames Convention and Visitors Bureau, League of Women Voters, ISU Research Park, and more.

### CITY NEWS TO USE

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Staying Safe on CyRide Claim Ames in Census 2020 'Ames On The Go' Makes It Easy Look for the Energy Star Label Energy Q&A

#### LABOR DAY:

City Hall and most City of Ames offices will be closed Monday, Sept. 7, for the Labor Day holiday. For more information about the City of Ames calendar or hours of operation, go to www.CityOfAmes.org.



AMes<sup>™</sup>

## Smart Choice

### CYRIDE LOOKS AT RESEARCH TO INCREASE BUS SAFETY

CyRide has been looking for ways to reduce COVID-19 transmission risk for riders and drivers as part of its preparations for the return of students to Iowa State University this fall.

Recent studies of transit systems in France and Japan found that wearing masks, limiting conversation, reducing exposure times, and increasing ventilation appears to minimize the risk of virus exposure on public transit.

CyRide implemented several safety protocols already and has continued to look for ways to improve. One analysis focused on how air circulates through a bus. A computer model of air flow was conducted with different parameters.



With all the windows open on the bus, the total volume of air is replaced within 20 seconds. With all the windows open, except for the driver's window, the total volume of air is replaced within 52 seconds. Finally, with all windows shut

except for the roof vents, the total volume of air in the bus is replaced within 93 seconds. Maximizing air circulation on the bus will continue to be a goal.

In preparing to serve the community and campus this fall, CyRide is focusing on keeping buses clean and sanitized, minimizing the time to campus during high-demand trips, and keeping air circulating throughout buses. CyRide riders can do their part by wearing a mask, frequently washing hands, and enjoying a book or paying attention to phones (and limiting conversations)!

CyRide is committed to getting riders to their destinations and look to riders to help keep buses as safe as possible.

### CLAIM AMES IN CENSUS 2020

Due to the pandemic, Census 2020 has been operating on a revised timeline. Census forms are being accepted into the fall. It's not too late to "Claim Ames" and complete your census form. The 2020 Census counts every person living in the United States. Once you've received an invitation to respond to a short questionnaire, complete your census form online, by phone, or by mail.

The census provides critical data that lawmakers, business owners, teachers, and many others use to provide daily services, products, and support



for you and our community. Every year, billions of dollars in federal funding is distributed based on census data. The results of the census also determine the number of seats each state will have in the U.S. House of Representatives and are used to draw congressional and state legislative districts. "Claim Ames" by completing your census form at: www.2020Census.gov

### AMES ON THE GO MAKES IT EASY!

Want to report potholes, clogged storm drains, malfunctioning traffic signals, snow and ice hazards, streetlight outages, overgrown trees, or city park and playground issues?

There's an app for that!

Ames on the Go is a custom mobile reporting application that allows users to report public infrastructure and public property (rightsof-way, parks) concerns or issues quickly and directly to the City of



Ames. The app is available through iTunes and Google Play stores, as well as accessible at www.CityOfAmes. org. Look for the purple quick link.

### CITY COUNCIL MEETINGS

City Council meetings will be held via teleconference. See website for more information.

6 p.m. Tuesday, Sept. 8 6 p.m. Tuesday, Sept. 15 (workshop) 6 p.m. Tuesday, Sept. 22

www.CityOfAmes.org/Council



# Appliance Shopping? Look for the Energy Star Label!

Appliances can be expensive. That's why it's important to do a little research before you buy. According to the National Association of Home Builders and Bank of America Home Equity, a new refrigerator will last about 13 years, a washing machine about 10 years, and a dishwasher about nine years. Before you make a purchase, look for the Energy Star label. Energy Star has done all the testing necessary to determine which appliances exceed federal standards for efficiency. Most Energy Star-certified appliances are 30 to 50 percent more efficient than standard appliances.

The Energy Star is only half the story. It's also important to look for the yellow and black Energy Guide label. This handy at-a-glance guide will show you the estimated annual energy consumption and operating cost for each appliance so you can compare them yourself.

The Energy Guide label is required to be placed on all appliances by the manufacturers. The label provides information about energy consumption and shows you how much energy an appliance uses compared with similar models. Keep in mind that the numbers

are averages; actual costs will differ depending on how you use them.

The label shows the following:

- Manufacturer, model number, and size of the appliance
- Estimated yearly operating cost (based on the national average cost of electricity), and the range of operating costs for similar models
- The Energy Star logo, which indicates the model meets strict criteria for energy efficiency
- Estimated yearly electricity consumption
- Key features of the appliance and the similar models that make up the cost comparison range

It is important to note that the yellow Energy Guide doesn't mean the appliance is energy efficient. Only those with the Energy Star label in the lower right-hand corner are identified as exceeding federal standards for efficiency. The Energy Star certification is necessary to qualify for a Smart Energy rebate. For more information, go to www.CityOfAmes.org/



# KEEP ELECTRIC EQUIPMENT CLEAR

When Ames Electric Services crews respond to an electric emergency, getting power restored safely and quickly is the first priority. Unfortunately, when access to electric equipment is limited, restoring electricity can be delayed.

"Electric crews can work in challenging conditions, so anything that impedes our access to equipment can slow down crews and create unsafe conditions," said Mike Brown, Electric Distribution Manager.

Landscaping, fencing, and especially trees around equipment create problems. Tree roots can grow and interfere with underground wire, pipes, and cables. Keep areas around electric meters, transformers or other electrical equipment free of any vegetation that could limit utility service access.

### IMPORTANT NUMBERS

Power Out	515.239.5240
Street Light Out	515.239.5500
Utility Bills	515.239.5120
Energy Questions	515.239.5177
Tree Too Close to Electric Line?	515.239.5500
Digging? Contact Iowa One Call	811
Storm Water Concern	515.239.5160
Rusty Water	515.239.5551

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# **ENERGY Q** $\checkmark$ **A**

#### Q: Can I use LEDs with a dimmer switch?

A. Maybe. If your LED bulbs and dimmers are not compatible with each other, the lights may not respond evenly to the dimmer position. Instead, they might flicker, buzz, or even smoke, and they can be a fire hazard. Because of this, it's important that you make sure the lamp (bulb) and dimmer are compatible. Start by looking for 'dimmable' LEDs and 'LED-compatible' dimmers. Unfortunately even some of those are not compatible with each other. The only surefire way to ensure compatibility is to look for a 'Dimmer Compatibility List' from the lamp manufacturer.

If you're thinking about getting LED-compatible dimmers installed in your home, it's not a bad idea to choose a dimmer from the dimmer compatibility list of some of your LED lamps of choice. That installation will probably cost you around \$100 to \$200 per switch, depending on the type of dimmers you choose and the number of switches you're upgrading.

## Q. What kinds of light bulbs contain mercury and why does it matter?

A. The most common mercury-containing light bulbs are fluorescents, including compact fluorescent lights, or CFLs. Bulbs containing mercury will have an 'Hg' symbol with a circle around it. When these bulbs break, they can release mercury in vapor and solid forms, which is toxic, especially to children and fetuses.

If a fluorescent bulb breaks, have all people and pets stay out of the room and air it out by opening a window for 5-10 minutes.

Turn off your air conditioner, fans, or ventilation system to avoid spreading the fumes throughout the house.

Use gloves and stiff paper, cardboard, or paper towels to pick up larger pieces and sticky tape for small fragments and powder. Do not use a broom or vacuum cleaner. It's best to contain all the pieces in a glass jar



with a tight lid. Store this jar outdoors until you can bring it to the Resource Recovery Plant, 110 Center Ave., for disposal. You can find more detailed clean-up instructions on the EPA's website at www.epa.gov/mercury

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### AT-A-GLANCE ENERGY NUMBERS

FOR JUNE 2020

2.5% ELECTRICITY THIS MONTH WAS

GENERATED BY REFUSE DERIVED FUEL

(RDF) FROM THE RESOURCE RECOVERY

PLANT

SUNSMART AMES POWER PACKS

32 LED STREETLIGHTS INSTALLED FOR A TOTAL OF 5.083

364 KILOWATT HOURS OF VEHICLE CHARGING AT PUBLIC ELECTRIC CHARGING STATIONS

Degree Day Information available at www.CityOfAmes.org/Electric

### INFORMATION

75%

### Power Off? Start Here.

Check if the power is off in the whole house or just part of it. Also, check your main electric panel to see if a breaker has tripped or fuse has blown. If the problem is not in your panel, check if your neighbors have been affected. Report your outage by calling the outage reporting system at 515.239.5240. You will be asked to provide your name, address of the outage, and phone number at the outage address.