



COVID FATIGUE - FOLLOW THESE TIPS TO BUILD RESILIENCE AND MANAGE JOB STRESS (CDC)

Happy New Year! With open arms we welcome 2021 and say goodbye to a year most of us would not want to repeat. The coronavirus disease (COVID-19) pandemic has touched all aspects of society including how we work. As we await access to vaccinations and return to work after the holidays it is important to continue best hygiene practices and important to increase communications with our coworkers, supervisors, and employees about job stress while maintaining social distancing (at least 6 feet).

- Identify things that cause stress and work together to identify solutions.
- Talk openly with employers, employees, and unions about how the pandemic is affecting work. Expectations should be communicated clearly by everyone.
- Ask about how to access mental health resources in your workplace.
- Identify those things which you do not have control over and do the best you can with the resources available to you.
- Increase your sense of control by developing a consistent daily routine when possible - ideally one that is similar to your schedule before the pandemic.
 - Keep a regular sleep schedule.
 - Take breaks from work to stretch, exercise, or check in with your supportive colleagues, coworkers, family, and friends.
 - Spend time outdoors, either being physically active or relaxing.
 - If you work from home, set a regular time to end your work for the day, if possible.
 - Practice mindfulness techniques.
 - Do things you enjoy during non-work hours.
- Know the facts about COVID-19. Be informed about how to protect yourself and others. Understanding the risk and sharing accurate information with people you care about can reduce stress and help you make a connection with others.
- Remind yourself that each of us has a crucial role in fighting this pandemic.
- Remind yourself that everyone is in an unusual situation with limited resources.
- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting and mentally exhausting.
- Connect with others. Talk with people you trust about your concerns, how you are feeling, or how the COVID-19 pandemic is affecting you.
- Actively connect with others through phone calls, email, text messages, mailing letters or cards, video chat, and social media.
- Check on others. Helping others improves your sense of control, belonging, and self-esteem.
- If you feel you may be misusing alcohol or other drugs (including prescription drugs) as a means of coping, reach out for help. Call 1-800-332-4224 to reach a crisis counselor.
- If you are being treated for a mental health condition, continue with your treatment and be aware of any new or worsening symptoms.



POLICE DEPARTMENT WELCOMES NEW OFFICERS

Hiawatha Police Department is pleased to introduce our newest members of our department to the community. Over the last year, Officers Morgan Mehlert, Garrett Hinrichs and Keith Bell have joined our staff. Officer Mehlert is a graduate of Kaplan University and joined us as a Certified Peace Officer from the Mount Vernon Police Department. Officer Hinrichs is a graduate of Kirkwood Community College and will attend Academy training in the coming months. Officer Bell is a graduate of University of Northern Iowa and joined us as a Certified Peace Officer from the Anamosa Police Department. Both Officer Mehlert and Officer Hinrichs are military veterans, and all three grew up in the area. We are fortunate to have a community that is supportive of our Police Department which helps us attract qualified Officers, such as these gentlemen. Please welcome them to the community as you meet them.

WINTER SAFE DRIVING TIPS

- Plan ahead so you are not rushed when driving
- Watch the weather forecast and plan accordingly
- Completely clear your windshield and windows of snow, ice and frost
- Make sure all your exterior lights are clearly visible
- Practice defensive driving
- Check that your tire tread is sufficient for slippery roads
- Utilize your hazard lights should you become disabled
- Keep a charged cell phone with you at all times

LearnHowtoBecome.org states that returning to college as an adult can yield a wealth of rewards. Here are a few reasons they noted as to why you may want to consider it for yourself.

1. More Pay
2. Gain Qualifications
3. Personal Growth
4. Sense of Accomplishment
5. Change Careers
6. More Free Time
7. Networking
8. Obtain Valuable Skills
9. Improve Teamwork Skills
10. Learn Management Skills

Whether you're looking to advance your current career, offer advancement to your employees, or start an entirely new career, Hiawatha is home to two incredible resources, Upper Iowa University and Kirkwood Linn County Regional Center.

Newer to Hiawatha, the University of Upper Iowa offers access to most of their 40-plus undergraduate majors – either face-to-face in the classroom during the evening or through online and self-paced programs. Their unique academic year consists of classes offered during five 8-week sessions and one accelerated 6-week summer session. As a result of these more concentrated sessions, students usually need to take just two to three courses at a time to graduate on schedule. Many students blend their degree plan by taking in-person, online and hybrid (both face-to-face and online) courses.

UIU's Corporate Advantage Partnership (CAP) program is a great way for employers to provide an extra benefit to its employees and their families while saving them money on their education. As part of the program, UIU provides tuition grants and other benefits to employees of participating companies.

Kirkwood Community College Linn County Regional Center offers in-person and online courses for traditional students and non-traditional adult learners. Kirkwood offers multiple learning format options to help meet the different needs of its diverse student population. In a recent interview with The Gazette, Vice President of Academic Affairs Bill Lamb said, "The pandemic has changed many of our routines, but in response, we've really been able to focus on how to help our students succeed in this new world. As the college has adapted, we've created an environment that allows our students to be more adaptable as well."

Corporate training from Kirkwood offers your organization an incredibly deep, diverse resource base to develop leaders from within, employee behavior change, and skill mastery. Their training is led by industry-proven experts and focused on real-world application so your people spend more time coming through for the business.

This opportunity awaits you and the time is now. For additional information about the educational opportunities at UIU visit uiu.edu, call 319.848.8488 or email cedarrapids@uiu.edu For more information about Kirkwood Linn County Regional Center visit kirkwood.edu, call 319-398-1052 or email linn.regional@kirkwood.edu

Corporations interested in participating in UIU's Corporate Advantage Program should email Jill Hansen at hansenj01@uiu.edu or information on Kirkwood's Corporate Training should email Amy Lasack at amy.lasack@kirkwood.edu



Put
a

FREEZE on Winter Fires



Did you know?



Half of all home heating fires occur in December, January and February.



1 in every 7 home fires and 1 in every 5 home fire deaths involves heating equipment.



Have a qualified professional clean and inspect your chimney and vents every year.



Plug only 1 heat-producing appliance (like a space heater) into an electrical outlet at a time.



Keep anything that can burn at least 3 feet from any heat source.



Store cooled ashes in a tightly covered metal container and keep it outside at least 10 feet from your home and any nearby buildings.

As the snow begins to fall, the Hiawatha Fire wants to remind you of some important fire safety items. More than half of all home heating fires occur in the winter. Winter fires are challenging for firefighters, and devastating for the occupants. In fact, 1 in every 7 home fires involve heating equipment, and 1 in every 5 fire deaths involve heating equipment. With a little attention, you can eliminate most home fire causes. For example, remember that “Space Heaters Need Space”. Not just space heaters, keep anything that can burn at least 3 feet from ANY heat source, such as fireplaces, wood stoves, radiators, and of course, space heaters. Also, remember to only plug one heat producing appliance into an electrical outlet at a time, and NEVER use an extension cord or power strip for a space heater. Many fires have been started when someone thawing pipes left a space heater too close to the frozen pipe, or was careless with a torch.

Properly installed and maintained fireplaces are safe and add a cozy feeling to your home. Remember to have a qualified professional clean and inspect your chimney and vents every year. When you are cleaning the ashes out, remember that they can have embers that will stay hot for days. Store cooled ashes in a tightly covered METAL container, and keep them outside at least 10 feet from your home and any buildings.

Carbon monoxide becomes a greater problem during the winter, as gas burning home appliances are used more. Be sure to test carbon monoxide and smoke alarms at least once a month, and replace the batteries once a year. Both smoke alarms and carbon monoxide alarms begin to fail after 10 years, so be sure to replace those older alarms. One of the big sources of carbon monoxide during winter storms is the use of generators during power outages. If the power goes out, make sure to keep your generator outside, away from windows and as far away from your house as possible. Never leave the generator running in your garage. Even with the door partially open, small engines can quickly produce enough Carbon Monoxide to render someone unconscious in just minutes. And if the power goes out, use flashlights rather than candles for light.

With these safety tips you can keep your family safe, and remember to review your fire escape plan with your family.

THE FACTS ABOUT ASBESTOS

Many homes built before 1980 contain asbestos. This article includes the information you need to know to keep you and your family safe.

What is asbestos?

Asbestos is a naturally occurring mineral fiber mined from the earth. It is heat and chemical resistant, and is easily formed into just about any shape or product. It was used in more than 3,000 different construction materials and manufactured products, including many found in homes.

Why is it a concern?

When disturbed, asbestos breaks down into very small fibers up to 1,200 times thinner than a human hair. These tiny fibers easily become airborne and when inhaled, they can travel deep into the lungs and become trapped in lung tissue. Once trapped, these fibers can cause mesothelioma, lung cancer and asbestosis. There's no known safe level of asbestos exposure, and medical research indicates these fibers can cause severe lung diseases and cancer in 10 to 30 years after the initial asbestos exposure. This is why it's important to identify asbestos-containing materials in your home so you can protect your health as well as your family's health.

How do I find out if it's asbestos?

You can check for asbestos markings on the material or its packaging, or you can hire an Iowa-certified asbestos inspector to sample the material or perform an asbestos inspection. Companies that perform sampling and inspections are listed in the Yellow Pages under "Asbestos Consulting and Testing", or contact the Iowa Department of Public Health.

Aren't all asbestos products banned?

No. The United States Environmental Protection Agency (EPA) has only banned the use of the following asbestos-containing products in new construction and renovation:

- Spray-applied material
- Pipe insulation
- Boilers and hot water tank insulation
- Various paper and sheet products
- New uses of asbestos

The EPA has no existing bans on other asbestos-containing products or uses.

If you have asbestos in your home...

Leave it alone- Asbestos is only a problem if asbestos fibers are released into the air. If the asbestos material is in good condition and if it is not being disturbed, then it will not release asbestos fibers. The safest and least costly option may be to leave the asbestos material alone.

Repair it- Sometimes, asbestos materials can be repaired. If the asbestos material has minimal damage, it may be repaired with a special coating called encapsulant. Check with your hardware store or a safety supply store for materials to repair or encapsulate asbestos.

Remove it- Removing the asbestos material may be the best option if the asbestos material is extensively damaged or if it will be disturbed by renovation or other activities. Homeowners may legally remove asbestos materials themselves from the single-family home they own and occupy. However, it is strongly recommended that a licensed asbestos contractor is utilized. Licensed contractors use techniques that are unavailable to homeowners, so the asbestos is handled safely. They also perform air monitoring to see if the air in your home meets acceptable standards during and at the end of the project.

What products contain asbestos?

Visit www.asbestosnetwork.com/is-asbestos-lurking-in-your-home/ to identify materials in your home that may contain asbestos.

How do I get more information?

For more information about asbestos, contact the Iowa Department of Public Health at: 1-866-227-9878 or visit www.idph.state.ia.us/



Fitzroy Road has been extended, providing access to the new park and all year around half mile limestone trail. A crosswalk, parking lot, site grading and fencing has also been completed. You can now enjoy the trail for all your recreational needs! Staff will begin to plan out Phase Two development with MSA Professional Services over the next few months based off the completed 2019 Park Master Plan. A park concept is currently in the works to provide you with a visual of the park moving forward.



It is time to cozy up with a good book. Hiawatha Public Library is offering a winter reading program beginning January 4th through February 13th. Open to all ages, the goal is to reach 500 points. Chapter books, audio books and e-books are worth 125 points and for younger readers, each picture book is worth 25 points. Answer six winter trivia questions for additional points! Visit <https://hiawathapubliclibrary.org/winter-reading-program> or library curbside pickup to get started or for additional information.

HIAWATHA NOW OFFERS A SEASONAL OUTDOOR ICE SKATING RINK!



Winter has arrived! Take advantage of the weather by visiting the 85-foot by 90-foot outdoor ice rink that's been installed on top of the tennis courts at Guthridge Park. Bring your own skates and have some fun this winter!

Hours:

The rink will be open to all ages for free skating during the hours of 9:00 AM - 9:00 PM daily during the season (December-March) as long as weather conditions are accommodating.

Closures:

The entry gate will be locked if the ice surface does not allow for safe skating. Check the Hiawatha Parks and Recreation Facebook Page for rink status.

Rink Guidelines:

We ask for your help to make the Guthridge Park ice rink an enjoyable experience.

For the safety and enjoyment of all skaters, please follow these guidelines:

- Skating is at your own risk.
- All children under 10 years of age must be accompanied by a responsible adult.
- Helmets are strongly recommended.
- Do not sit or lean on the walls of the rink.
- Avoid stepping on the tennis court surface with skates.
- Enter and exit the rink via the rubber surface on the north side of the rink near the benches.
- No digging or chipping at the ice surface. This helps keep it as smooth as possible. The ice will only be resurfaced a few times each season.
- No food or drinks inside the tennis court.
- There is no carrying children, racing, or jumping on the rink.
- Music is not provided but welcome if it is of appropriate volume and family-friendly. Headphones are not allowed.
- Pucks are not allowed on the ice for everyone's safety.
- The City of Hiawatha is not responsible for personal property, damages, or injuries.
- The City of Hiawatha reserves the right to remove anyone from the ice deemed reckless or possibly harmful to other skaters.
- Be respectful to everyone who comes to enjoy public skating.
- If a conflict or incident arises, contact the Police Department at (319) 393-1212.
- For maintenance issues, contact Parks and Recreation Department at (319) 393-1515.

Rules will be posted onsite.

VOLUME 153

January Calendar

- 01 City offices closed
- 06 City Council meeting 5:30 PM
- 12 Parks Commission Meeting 6:00 PM
- 12 Library Board Meeting 7:00 PM
- 13 Council meeting airs 7:00 PM
Ch 4 (IMON) 7:00 PM Ch 18 (Mediacom)
- 19 Water Board Meeting 5:30 PM
- 20 City Council Meeting 5:30 PM
- 25 P & Z Meeting 5:30 PM
- 27 Council meeting airs 7:00 PM
Ch 4 (IMON) 7:00 PM Ch 18 (Mediacom)

February Calendar

- 03 City Council meeting 5:30 PM
- 09 Parks Commission Meeting 6:00 PM
- 09 Library Board Meeting 7:00 PM
- 10 Council meeting airs 6:00 - 7:30 PM
Ch 4 (IMON) 7:00 PM Ch 18 (Mediacom)
- 15 City offices closed
- 16 Water Board Meeting 5:30 PM
- 17 City Council Meeting 5:30 PM
- 22 P & Z Meeting 5:30 PM
- 24 Council meeting airs 6:00 - 7:30 PM
Ch 4 (IMON) 7:00 PM Ch 18 (Mediacom)

Empower
by **GoDaddy**

Lifting the entrepreneurial community through education, social capital growth, and mentorship! Empower focuses on developing and supporting small business owners and entrepreneurs in the surrounding areas. They offer a free, intense 12-week educational program designed to provide the basics to launch or grow your business. Their structure allows for community support and feedback while developing your business and providing vital connections to other business professionals.

For more information visit
www.janeboyd.org/programs/empower

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VALENTINE'S DAY Craft Kit



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- "I LOVE YOU" KEY CHAIN CRAFT
- MUSTACHE HEART PICTURE FRAME



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DOORSTEP ON FEBRUARY 1ST
\$10 PER KIT

REGISTER ONLINE AT
WWW.HIAWATHA-IOWA.COM



The City of Hiawatha does not provide Christmas tree pickup and removal. It is the responsibility of the resident to contact their garbage hauler and make arrangements for the removal of your Christmas trees after the holidays.

CITY DIRECTORY

TITLE	NAME	PHONE	EMAIL ADDRESS
City Manager	Kim Downs	319-393-1515 x523	kdowns@hiawatha-iowa.com
City Clerk	Kari Graber	319-393-1515 x526	kgraber@hiawatha-iowa.com
Finance Director	Cindy Kudrna	319-393-1515 x522	ckudrna@hiawatha-iowa.com
Parks & Recreation Director	Kelly Willadsen	319-393-1515 x251	kwilladsen@hiawatha-iowa.com
Community Development Director	Patrick Parsley	319-393-1515 x229	pparsley@hiawatha-iowa.com
City Engineer	Jon Fitch	319-393-1515 x528	jfitch@hiawatha-iowa.com
Public Works Superintendent	Rod Jasa	319-393-6601	rjasa@hiawatha-iowa.com
Water Superintendent	Marty Recker	319-393-1515 x232	mreckere@hiawatha-iowa.com
Police Chief	Dennis Marks	319-393-1212	chief@hiawathapolice.com
Fire Chief	Mike Nesslage	319-393-4180	mnesslage@hiawatha-iowa.com
Library Director	Jeanal Weeks	319-393-1414	weeks@hiawatha-iowa.com

For more information about City of Hiawatha and its services, call 319-393-1515 or visit www.hiawatha-iowa.com

CITY COUNCIL | City of Hiawatha Regular Council Meetings are the first and third Wednesday of each month.



MAYOR
BILL BENNETT
mayor@hiawatha-iowa.com



COUNCIL MEMBER
JERRY MOHWINKLE
jmohwinkle@hiawatha-iowa.com



COUNCIL MEMBER
DICK OLSON
dolson@hiawatha-iowa.com



COUNCIL MEMBER
AIME WICHTENDAHL
aimew@hiawatha-iowa.com



COUNCIL MEMBER
ROB ARCHIBALD
rarchibald@hiawatha-iowa.com



COUNCIL MEMBER
STEVE DODSON
sdodson@hiawatha-iowa.com

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Hiawatha Council Action

The Hiawatha City Council meeting minutes may be obtained online at www.hiawathaiowa.com/government/city-council-documents/ or by request to the City Clerk's Office at City Hall at 319-393-1515 ext. 526

Hiawatha!
Say hello to a great place to live, work and play