Healthy Life Center Would Offer Holistic Approach to Living Well

What is the secret to a long, healthy, fulfilling life? There isn’t a single answer, but research suggests a combination of factors and experiences can improve a person’s mind, body, and overall wellness, ultimately leading to a higher quality of life! That’s the philosophy behind the Healthy Life Center. This one-of-a-kind facility would make the life-long goal of healthy living accessible and enjoyable to people of all ages and socio-economic status.

The City of Ames has partnered with Mary Greeley Medical Center, Iowa State University, Des Moines Area Community College, Story County, and Heartland Senior Services to explore building an intergenerational Healthy Life Center on property currently owned by Iowa State University on Scholl Road, just north of Ontario Street.

Through a holistic approach, the Healthy Life Center would provide opportunities for physical activity, social connections, improved nutrition, multi-generational interaction, rehabilitation services, and an overall focus on health promotion.

In addition to housing Heartland Senior Services Adult Day Center and physical therapy space for Mary Greeley Medical Center, the Healthy Life Center would include an indoor playground, walking/jogging track, teaching/participation kitchen, meeting and classroom space, community gardens, cafe, and gymnasium space. An indoor warm-water aquatic center would include a lap pool, current channel, and splash area for kids.

Funding for the proposed Healthy Life Center would come from the collaboration partners and private fundraising, and would also require community support through a bond referendum. The total cost for the facility is estimated at $48.7 million. Once built, the Healthy Life Center would be owned and operated by the City of Ames.
Calendar

City Council Meetings
The following meetings will be held in the Council Chambers, 515 Clark Ave.:

- 6 p.m. May 8
- 6 p.m. May 22

A Council workshop will be held at 6 p.m. May 15. For the most current information, go to: www.CityOfAmes.org.

Get Your Neighbors Together For Fun

The Street ‘N’ Greet Block Party Trailer is a great way to build neighborhood connections and is available free of charge to Ames residents for use at neighborhood block parties. To reserve the trailer, go to www.CityOfAmes.org/trailer. Once you have completed the online form, City staff will contact you regarding your requested date and event details. Contact Joe Newman, Parks and Recreation Department, at 515.239.5341 with questions.

The Block Party Trailer holds tables, chairs, road barricades, games, a karaoke machine, and more. A block party event can bring neighbors together, build connections, and create great memories for everyone!

Parking Fees to Increase; Funds Needed to Cover Costs

The hourly fee for metered parking and the monthly fee to rent parking will increase beginning on July 1. The bump is necessary to adequately fund parking expenses including the maintenance and replacement costs of 16 municipal parking lots located around the community. Parking fees have not changed in more than 20 years and no longer cover parking costs.

There are approximately 600 parking meters in Downtown and an additional 300 meters in Campustown. Depending on its location, each meter allows a different maximum parking time. The new hourly rates will be $1 per hour for two-hour parking, 75 cents per hour for four-hour parking, and 50 cents per hour for 10-hour parking.

Specially marked meters allow motorists to use either coins or special parking “SmartCards” to pay for parking. With the implementation of new fees, the City is exploring other options for app-based parking meter payments to make it easier to use credit cards and smart phones.

Metered parking is enforced daily with the exception of Sundays and holidays. The new parking fees also include an increase in monthly rental rate to $50 for each reserved parking space.

Pavement Marking Begins Soon

To counter the wear and tear of winter, City of Ames traffic crews will begin re-striping streets; painting curbs, crosswalks, stop bars, and symbols; and refreshing parking lot lines on Monday, May 7.

This work typically begins when the weather warms and takes until the end of August to complete. Street and curb painting can have a temporary impact on traffic flow by requiring brief lane closures. Drivers can help by being cautious and proceeding slowly when traveling in areas where crews are working.
Smart Business Challenge Participants Recognized

A big congratulations to our platinum level Smart Business Challenge award recipients who were honored recently at the Smart Business Challenge Recognition Luncheon. These local businesses have made huge improvements in reducing their carbon footprints. Smart Businesses that received awards from Mayor John Haila include Duck Worth Wearing, The Loft, Green Hills Retirement Community, McFarland Clinic, Wheatsfield Cooperative, and The Fighting Burrito.

The Smart Business Challenge is a free program offered by Ames Electric Services that helps businesses explore energy and water conservation, transportation, waste reduction, indoor and outdoor environmental quality, carbon footprint, and community engagement. Businesses can participate in rebate programs and implement a business energy plan that saves money while helping the environment.

Be a part of creating a sustainable Ames by involving your business in the Smart Business Challenge. Joining the Smart Business Challenge is easy. It reduces energy use, and it saves money. Learn more at www.CityOfAmes.org/SmartBusinessChallenge.

From the upper left, the Platinum Smart Businesses that received awards from Mayor John Haila include Ron Frantzen, McFarland Clinic; Rod Copple, Green Hills Retirement Community; and Matthew Goodman, Fighting Burrito. At left, Linda Johnson, Wheatsfield Cooperative, and right, Eric Abrams, Duck Worth Wearing and The Loft, were also recognized.

Power Off? Start Here!

- Check if the power is off in the whole house or just part of it.
- 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 to see if neighbors have been affected.
- Call your outage reporting number at 515.239.5240. You will be asked to provide your name, address of the outage, and phone number at the outage address.

Iowa One Call

As the weather turns warmer, always remember to call before you dig. The Iowa One Call number is easy to remember. Just dial 811!
Q: What is an electric utility peak and why is it important?
A: Think of electric utility peak like a mountain top. The highest point on a mountain, its peak, is synonymous with a utility peak. It is the highest demand for electricity. The goal for Ames Electric Services is to keep the demand for electricity as low as possible and avoid setting a new peak. Why is it a good idea to reduce our summer peak? Quite simply, cost.

During the summer, temperatures and humidity create a seasonal demand for more energy. Over time, customers demand more and more electricity as the community grows and we bring more electrical stuff into our homes and businesses. As a result, the utility sets higher and higher summer “peaks.” The higher the peak, the more expensive it is to serve customers as the utility spends more money making sure it has all the necessary generation, distribution, infrastructure, and power purchases from the grid in place to serve this maximum amount of electricity demanded.

In 1992, the demand for electricity in Ames was around 65 megawatts (MW). Since then, the demand has increased 200%. The current high demand for electricity is 130.6 MW. When the demand for electricity increases, there are three solutions to meet increased electric demand.

- Other utilities or our supplemental “peaking” generators. Power from these sources can be expensive.
- Installation of additional generators to supply more power. Again, this is a very expensive alternative.
- Reduce the demand for electric use.

Reducing demand costs less than buying or installing generation, and this can have a huge impact on future costs. Practicing energy conservation and participating in Smart Energy and Prime Time Power help by saving energy and removing some of the demand for electricity.

**Renewable Energy**  
For February 2018  
**18.48%** of electricity used this month was generated from wind.  
**2.0%** of electricity this month was generated by refuse derived fuel (RDF) from the Resource Recovery Plant.  
135 Ames customers have invested in solar voltaic systems.  
90 LED street lights installed for a total of **2,134**.