



Hills

Newsletter

Musings from the Mayor...

Spring is always a fun time of year as things begin to sprout and come to life. It is a great gateway into summer. We have so much going on this time of year.

We have a special election coming up on Tuesday, May 13th. Please take the time to read about the candidates in the newsletter and make sure to get out and vote on May 13th!

Our Hills mural is scheduled to go up on May 7th and should be a nice addition to Hills. Most of the cost of the mural was paid for with grants and donations. It will be installed on the south wall of the fire station.

This year we will again be offering reimbursement of up to \$100 to residents that plant a butterfly garden. We will also be offering a similar reimbursement to residents that plant bird-friendly yards. Please contact City Hall to find out more about how to qualify.

Once again, we will be having a variety of food trucks and coffee trucks in Hills. Be watching social media, for who will be here and when, in the coming months.

The Fourth of July Parade committee has been meeting recently. The theme for this year's parade is 'Show Your Pride in '25!' Our Grand Marshals this year will be residents from Atrium Village. Start planning your float or entry now. Contact City Hall for more information.

Antelope Lending Library requested permission from the City to make monthly stops in Hills through October. They were founded in 2012 as an independent, non-profit bookmobile. They make a variety of stops throughout Johnson County. All materials are lent on a no-fee basis. You can read more about them at antelopelendinglibrary.org.

Last month, on Earth Day, as you can see in other parts of the newsletter, we dedicated Songbird Sanctuary Park. This project was overwhelmingly paid for by grants and donations. Plants for the pollinator habitat will be going in within the next several weeks.

Music in the Park will start on Thursday, June 5 with the Deja Blue Band and will again coincide with Sharon Telephone's customer appreciate night. You can find the lineup elsewhere in the newsletter, but it does include country, blues, and rock bands. The concert series will conclude on Thursday, July 3rd with the Dogfathers.

So overall we have a lot of things going on in Hills this spring and summer. I hope you all get a chance to take part in some of them.

DON'T FORGET TO VOTE MAY 13th!!

By Tim Kemp

Community Calendar

HCC: Hills Community Center – 110 E Main Street
SBSP: 1st Street at Songbird Sanctuary Park

May

- 5/5** Caregiver Support Group **3pm** – Atrium Village Conference Room
- 5/6** Food Truck: La Esperanza **11am–2pm** – SBSP
- 5/7** Mural Installation on Fire Station Wall
- 5/7** Food Truck: Eaton Good Kettle Corn **1pm–3pm** – Hills Bank Lawn
- 5/9** Blood Drive **2:30–6:30pm** – Sharon Center UMC
- 5/9** Hills Town & Country Meeting **5:30pm** – HCC
- 5/11** Hills Fire Department Pancake Breakfast Fundraiser **7am–1pm** – HCC
- 5/12** Ice Cream Social Nursing Home Week Kickoff **3pm** – Atrium Village
- 5/12** City Council Meeting **7pm** – HCC

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City News

Community Calendar continued...

HCC: Hills Community Center – 110 E Main Street
SBSP: 1st Street at Songbird Sanctuary Park

May continued

- 5/13 **Special Election 7am–8pm** – HCC
- 5/13 Food Truck: Revels Meatery and Malt Shop **11am–2pm** – SBSP
- 5/13 Senior Dining **Noon** – St Joseph Church Hall
- 5/14 Everything I Know, I Learned in the Barnyard **10am** – Atrium Village
- 5/14 Planning & Zoning Meeting **6pm** – HCC
- 5/14 Game Night **6–8pm** – Sharon Center UMC
- 5/14 Yoga **7pm** – HCC
- 5/15 Big Bingo **10am** – Atrium Village
- 5/16 Lou's Favorite Things **10am** – Atrium Village
- 5/19 Food Truck: Bagel Shop **8am–2:30pm** – SBSP
- 5/20 Utility Bill Payments Due
- 5/22 Antelope Lending Library Trial Run and Community Conversation **2:30–4pm** – SBSP
- 5/24 Yoga **8am** – Hills City Park
- 5/24 Hills Splash Pad Park (Possibly) Opens
- 5/26 Memorial Day – City Office Closed
- 5/27 Last ICPL Bookmobile of the Winter/Spring Season
- 5/27 City Council Meeting **7pm** – HCC
- 5/28 **No Trash or Recycle Pick Up Due to Holiday**
- 5/29 **Rescheduled Trash and Recycle Pick Up**
- 5/29 Food Truck: La Esperanza **11am–2pm** – SBSP
- 5/30 Meter Read

June

- 6/2 Caregiver Support Group **3pm** – Atrium Village Conference Room
- 6/3 Mural Celebration **11am** – Hills Fire Station
- 6/3 Food Truck: La Esperanza **11am–2pm** – SBSP
- 6/5 Stroke Prevention Education **10:30am** – Atrium Village
- 6/5 Sharon Telephone Co. Customer Appreciation BBQ Dinner **6pm** – City Park
- 6/5 Music in the Park: Deja Blue Band **7–9pm** – City Park
- 6/6 – 6/7 City Wide Garage Sales
- 6/9 City Council Meeting **7pm** – HCC
- 6/10 Senior Dining **Noon** – St Joseph Church Hall
- 6/11 Food Truck: Da Flava Unit **11am–2pm** – SBSP
- 6/11 Game Night **6–8pm** – Sharon Center UMC
- 6/11 Planning & Zoning Meeting **6pm** – HCC

June continued

- 6/11 Yoga **7pm** – HCC
- 6/12 First 'Official' Antelope Lending Library Bookmobile stop **2:30–4pm** – SBSP
- 6/12 Music in the Park: Dave Zollo and the Body Electric **7–9pm** – City Park
- 6/13 Hills Town & Country Meeting **5:30pm** – HCC
- 6/16 Grandma's Kitchen **10am** – Atrium Village
- 6/17 Food Truck: La Esperanza **11am–2pm** – SBSP
- 6/19 Juneteenth – City Office Closed
- 6/19 Music in the Park: Royce Johns Duo **7–9pm** – City Park
- 6/20 Utility Bill Payments Due
- 6/21 Yoga **8am** – Hills City Park
- 6/23 City Council Meeting **7pm** – HCC
- 6/25 **Last Day to Use LRS Trash Tags and Yard Waste Bags**
- 6/26 Food Truck: Revels Meatery and Malt Shop **11am–2pm** – Hills Bank Lawn
- 6/26 Music in the Park: Detour Band **7–9pm** – City Park
- 6/29 Bluegrass Festival **Noon** – Sharon Center UMC
- 6/30 Meter Read

Coming in July...

- 7/1 **New Trash and Recycle Pick Up Day**
- 7/3 Music in the Park: The Dogfathers **7–10pm** – City Park
- 7/4 Euchre Tournament **Time TBD** – HCC
- 7/4 Other events still being planned...
- 7/4 Parade **5pm**
- 7/4 Fireworks! **Dusk** – Hills City Park

Participants Invited for 4th of July Parade

The 4th of July Parade will start at 5:00 pm, with registration at 4:00 pm. This year's theme is **Show Your Pride in '25**. Whether you are a proud resident of Hills, a proud American, a proud small business owner, or proud of something else entirely, start thinking about your float or entry now. Trophies will be awarded for Best Overall Float, Best Theme, Best Theme Business, Best Antique/Restored Vehicle, Best Antique Tractor, Most Humorous Entry, and Best Kid's Entry.

For more information, contact the Hills City Office at **319-679-3197**.

Special Election to Fill Council Seat

Tuesday, May 13, 2025

7:00 am – 8:00 pm

Hill Community Center

110 Main St

A special election to fill the city council seat vacated by Guy Sommers will be held Tuesday, May 13th at the Hills Community Center. The winner of this election will begin service at the May 27, 2025, council meeting and serve until December 31, 2027.

Meet Your Candidates:

Julian Bujanowski

Background: I have worked in the insurance industry for the last three years focusing on risk management, customer satisfaction, and claim resolution. I pride myself on strong communication, understanding, and truly listening to customer needs.

Why Hills: My wife and I chose Hills to escape the hustle and bustle of Iowa City. We both grew up in Mount Pleasant, Iowa, and are accustomed to small town living. We wanted to put down our roots in a place that felt like home. We value a neighborly community where we feel welcomed and safe. We look forward to continuing to grow our family here.

As a City Council Member: I want to use my background to help warrant safe and sustainable growth while holding on to the warm small town feel we all love. I also want to place importance on gathering more information from our citizens and allowing them to communicate freely regarding their concerns or questions.

Patrick Muller

Background: I've lived in Hills, off and on, since the 7th grade. I'm retired from a career in education and health with the University of Iowa, ACT, Inc, and Kirkwood, always focusing on process improvements.

Why Hills: Basically a lifelong resident, I enjoy the small town feel with quick access to many other places via 218. Along with my siblings, I established

the Kenneth and Hazel Muller Hills Community Endowment Fund (still being funded) with the Community Foundation of Johnson County.

As a City Council Member: What time is it? It's Hills O'clock. I want Hills to be ready for its next opportunities. My service will be proactive and forward-looking with transparent decision-making that invites robust community input and uses consensus building to generate enthusiasm and buy-in for community improvement projects. I would like to raise the profile of Hills (and it's work-live-shop assets) within the county.

I've always liked the motto, "Where town and country meet," but I've created a new one in honor of the school and the Bolts – "Hills: We're electric."

Jackson Willette

Background: I've lived in Hills for four years with my wife and our two young daughters. I work locally at STC as the Network Operations and IT Infrastructure Manager, and my background includes a Bachelor's in Network Operations and Security and an MBA in IT Management. My experience has given me strong skills in problem-solving, strategic planning, and community collaboration.

Why Hills: We chose Hills for its safe, welcoming environment and strong sense of community – qualities that make it a wonderful place to raise a family. We love participating in local events like Music in the Park and the 4th of July festivities, and value the unique character that sets Hills apart.

As a City Council Member: I would prioritize responsible growth, maintaining and improving infrastructure, supporting local businesses, and ensuring all residents have a voice. I am committed to transparency, fiscal responsibility, and keeping Hills a thriving, family-friendly community. In particular, I would look at zoning policies to ensure they support responsible growth for our community, making sure we are using our land resources as efficiently and responsibly as possible.

Note: If candidates provided additional information, it is available online in PDF format at:

<https://hills-ia.org/>

Trash and Recycle Service Provider (and Date) Change

The City will be changing its trash and recycle service provider to N&N Sanitation, effective July 1, 2025.

- **Trash and recycle pick up day will change to Tuesdays, effective July 1, 2025.**
- Trash cart sizes (35- and 65-gallon) and recycle cart size (65-gallon) remain unchanged, but costs will increase slightly:
 - The monthly cost for a 35-gallon trash cart will increase \$0.50 to \$17.00.
 - The monthly cost for a 65-gallon trash cart will increase \$1.00 to \$19.50.
 - Recycle remains free.
 - These new charges will be reflected on your August bill.
- The new trash and recycle carts will be black with a black lid (trash) or a gray lid (recycle).
- N&N Sanitation will distribute these carts sometime during either the week of June 9th or June 16th.
- **You must continue using your blue LRS (Johnson County Refuse) carts through Wednesday, June 25th.**
 - If you use your new black N&N carts before July 1st, LRS will not pick up your trash and recycle.
- LRS will pick up their blue carts either at the end of the day June 25th or the following day, June 26th. **If your carts are not picked up on June 25th, leave your carts at the curb for LRS to collect on the 26th.**
- **June 25th is the last day to use your LRS trash tags and yard waste bags.**

Because the carts must be exchanged, the City is offering a **one-time, fee-free change in trash cart size**, effective July 1st. If you would like to change the size of your trash cart, complete the form on the back of the newsletter and return to the City Office no later than 4:00 pm May 15th. Please note, future requests to change the size of your trash cart will incur a \$70 fee.

If you have any questions, please call the City Office at **319-679-3197**.

Music in the Park

7 pm – 9 pm
Hills City Park Stage
201 W Main St

Thursday, June 5th *Deja Blue Band*
~Jazzy/Funky/Rocking Blues~

Thursday, June 12th *Dave Zollo & The Body Electric*
~Blue-Eyed Soul~

Thursday, June 19th *Royce Johns Duo*
~Country~

Thursday, June 26th *Detour Band*
~Classic Rock/Classic and Top Country~

Thursday, July 3rd **7 pm – 10 pm** *Dogfathers*
~Rock 'n Roll Classics~



***We want to thank our sponsors
for making this great lineup possible!***

City of Hills
Absolute Outdoor Services
Colbert Lawn Care
Eldon C Stutsman
Grout Electric
Hills Bank & Trust Company
LL Pelling
Monarch Nursery & Garden Center
Our Shop
Precision Electric
Riverside Casino & Golf Resort
Sharon Telephone Company
Shive-Hattery Architecture & Engineering
Stevens Erosion Control
Thompson Welding & Repair
Venteicher Heating & Cooling

Remember to Bring Your Lawn Chairs!

- If cancelled due to inclement weather, the City will attempt to reschedule the band
- Schedule changes or cancellations will be posted on our website (hills-ia.org) and Facebook page (facebook.com/hillsiowa/), and at the Post Office
- Coolers, wine, and beer are allowed

HILLS FIRE DEPARTMENT PANCAKE BREAKFAST

FREE WILL DONATION

PANCAKES	CINNAMON ROLLS
SAUSAGE	POTATOES
EGGS	BISCUITS & GRAVY

Sunday, May 11th, 2025 | 7AM – 1PM
Hills Community Center, Hills, Iowa



Bookmobile Winter/Spring 2025

Tuesdays May 6th – May 27th, 2025
2:45 pm – 3:15 pm
Atrium Village
117 S 3rd St

Hills residents may get a library card from the Iowa City Public Library (ICPL) with full access to the library's services. For convenience, the ICPL Bookmobile makes a stop at Atrium Village on Tuesdays. The Bookmobile is stocked with new and popular books and DVDs. You may also place a hold on any item in the ICPL's collection and request pickup via the Bookmobile, as well as return library items to the Bookmobile.

The summer schedule for the ICPL Bookmobile was not available at the time the newsletter was printed.

For more information, or to get your library card, visit <https://www.icpl.org/> or call **319.356.5200**.

Antelope Lending Library Coming in June

Thursdays June 12th – October 30th, 2025
2:30 pm – 4:00 pm
1st Street at Songbird Sanctuary Park

Antelope Lending Library is an independent, non-profit, fees-free bookmobile library. All materials are lent on a no-fees basis, so access is always free, no matter what.

They will be visiting Hills on Thursday afternoons from 2:30 – 4:00 pm beginning June 12th. They will be providing library book checkouts, games, snacks, and activities. In addition to their regular services, they will be making this a "sensory stop" with a sensory friendly activity each week.

The bookmobile will park at Songbird Sanctuary Park on 1st Street and activities will take place in the park. Sign up for a FREE library account, no identification or proof of address required. Visit their website at **AntelopeLendingLibrary.org** for more information.

They will be making a trial run and having a community conversation on **Thursday, May 22nd from 2:30 – 4:00 pm** at Songbird Sanctuary Park. Stop by to meet/greet/ask questions. They can't wait to see you!



Notice

Minimal spot-spraying of weeds on City properties using over-the-counter herbicides may occur around the first of each month.

Hills Butterfly Garden Reimbursement Program Returns

Many pollinator populations, particularly bees and butterflies, are in decline, and this is a problem for anyone who likes to eat. It is estimated that as much as one out of every three bites of food we eat relies on pollination, primarily by bees, but also butterflies and other pollinators.

Chief among the reasons for the decline is habitat loss and degradation. Adding habitat by planting a butterfly garden will help conserve and sustain pollinator populations, as well as attract beautiful butterflies to your yard.

If you would like to plant a new – or enlarge an existing – pollinator garden to attract butterflies, the City of Hills would like to help. The City will reimburse expenses for seeds, plants, and soil amendments up to \$100 per person/address until funding is exhausted or the program expires.

Applications and information can be found on the City's website, hills-ia.org → **Government** tab → **Permits, Licenses & Forms**, or by stopping in at the City Office (**201 N 1st St**). The deadline for applying for the program is **June 2, 2025**. The deadline for submitting receipts for reimbursement is **June 16, 2025**.

Please review the program policy portion of the application carefully. A few changes have been made this year, including reimbursement being limited to the Iowa-native species listed with the application, and the requirement to submit copies of plant tags with receipts for reimbursement.

2024 Consumer Confidence Report

The City of Hills recently completed its Consumer Confidence Report which provides water quality information for 2024. The report is available upon request at the Hills City Office, **201 N 1st St**, and is posted on the City's website (hills-ia.org). If you have any questions, please call the City Office at **319-679-3197**.

New! Hills Bird-Friendly Yard Reimbursement Program

Birds are good for our mental health. Research has shown that observing birds and listening to birdsong decreases stress, anxiety, and depression, improves cognitive function, and increases life satisfaction. (Listening to birdsong can even reduce paranoia!)

But the overall population of birds in North American has been in serious decline since 1970. Turning your yard into a bird-friendly space by planting Iowa-native, bird-friendly trees and shrubs can help to reverse this decline and improve your mood at the same time.

If you would like to help the birds, the City of Hills would like to help you. The City will reimburse expenses for trees, shrubs, and soil amendments up to \$100 per person/address until funding is exhausted or the program expires.

Applications and information can be found on the City's website, hills-ia.org → **Government** tab → **Permits, Licenses & Forms**, or by stopping in at the City Office (**201 N 1st St**). The deadline for applying for the program is **June 2, 2025**. The deadline for submitting receipts for reimbursement is **June 16, 2025**.

Please review the program policy carefully. A list of approved trees and shrubs is included with the application.

Hills Splash Pad Park Opening

The target date for the opening of the Splash Pad is Saturday, May 24th. However, the pad, damaged during the March 2023 tornado, will be replaced soon – and replacement is temperature-dependent. Once the pad is replaced, it must cure for 7 days before use. This might affect the opening of the park. If this occurs, we will announce it on the City's website (hills-ia.org) and Facebook page (facebook.com/hillsiowa/) and post it at the Post Office.

Community News



Bringing Food Trucks to Hills

1st Street at Songbird Sanctuary Park

unless otherwise noted

Tuesday, May 6, 2025

11:00 am – 2:00 pm

La Esperanza

Wednesday, May 7, 2025

1:00 pm – 3:00 pm

Hills Bank Lawn

Eaton Good Kettle Corn

Tuesday, May 13, 2025

11:00 am – 2:00 pm

Revels Meatery and Malt Shop

Monday, May 19, 2025

8:00 am – 2:30 pm

Bagel Shop

Thursday, May 29, 2025

11:00 am – 2:00 pm

La Esperanza

Tuesday, June 3, 2025

11:00 am – 2:00 pm

La Esperanza

Wednesday, June 11, 2025

11:00 am – 2:00 pm

Da Flava Unit

Tuesday, June 17, 2025

11:00 am – 2:00 pm

La Esperanza

Thursday, June 26, 2025

11:00 am – 2:00 pm

Hills Bank Lawn

Revels Meatery and Malt Shop

We'll see you in line!

Sharon Center United Methodist Church

2804 520th St SW, Kalona

319-683-2564

Rev Olympia Muller, Pastor

Email: olymarmuller@gmail.com

Misty Christner, Secretary

Email: sharoncenterumc@gmail.com

Website: sharoncenterumc.wordpress.com

Facebook: www.facebook.com/Sharon-Center-UMC-631969050162157/

Sunday Service Schedule

First Sunday of the Month:

9:00 am Combined Service

10:00 am Adult and Youth Sunday School

All Other Sundays of the Month:

8:30 am Casual Worship Service with Praise Band

9:30 am Adult and Youth Sunday School

10:30 am Traditional Worship Service

Upcoming Events – Please Join Us!

Crafting Weekend

Thursday, May 1, 2025, at 9:00am until

Saturday, May 3, 2025, at 9:00 pm

Come when you can and bring a craft to work on.

Eat with us and stay as long as you like.

Game Night

2nd Wednesdays (May 14th and June 11th)

6:00pm – 6:45pm Potluck

6:45pm – 8:00pm Games

Fellowship Hall

Bring a dish to share, dinnerware, and a game, deck of cards, or a puzzle.

Blood Drive

Friday, May 9, 2025

2:30pm – 6:30pm

Fellowship Hall

To book an appointment, you can contact Jackie Gibbs at 319-330-4467 or Dawn Allen at 319-594-9018.

Bluegrass Festival

Sunday, June 29, 2025

Noon

Join us for an afternoon of music, starting at noon.

Lunch will be served. Donations welcome.

Community News

Our Three Parish Cluster

Sts Mary & Joseph Catholic Churches

Lone Tree, Nichols, Hills

St Mary Church

216 W Jayne St, Lone Tree 319-629-4225

Church of St Mary

201 Short St, Nichols 319-330-5324

St Joseph Church

209 Brady St, Hills 319-679-2271

Rev David O Paintsil, Pastor

email: paintsild@diodav.org

Carol Kaalberg, Pastoral Associate

email: kaalbergc@diodav.org

Nancy Waldschmidt, Director of Faith Formation

email: nwaldschmidt@gwaea.org

Rev Lou Leonhardt, Retired

PO Box 454, Lone Tree, Iowa 52755

Website: stsmarijoseph.com

Facebook: [Facebook.com/stsmariandjoseph](https://www.facebook.com/stsmariandjoseph)

Saturday Mass Schedule:

4:00 pm St Mary Church (Lone Tree)

Sunday Mass Schedule:

8:00 am Church of St Mary (Nichols)

10:00 am St Joseph Church (Hills)

Daily Mass Schedule (Tuesday – Friday):

8:00 am Rosary Atrium Village Chapel (Hills)

8:30 am Mass Atrium Village Chapel

Wednesday Holy Hour Eucharist Adoration (and Confessions)

5:00 pm St Joseph Church (Hills)

First Saturday of the Month Healing (Spiritual, Physical, and Emotional) Mass

9:00 am Confessions St Joseph Church (Hills)

9:30 am Rosary St Joseph Church

10:00 am Healing Mass St Joseph Church

Healing Masses in the Catholic Church are powerful and sacred events that offer individuals the opportunity to seek spiritual and physical healing through prayer, the sacraments, and Mass. Attending a **Healing Mass** can have numerous benefits for those seeking solace, comfort, and renewal in their lives.

We invite and welcome individuals and families from all faiths, or if you have been away from the Church, to worship with us at either a Healing Mass or any of our services to learn more about our rich Catholic faith within our Cluster communities.

Food Pantry

**Wednesdays 10:00 am – Noon
East Door, St Joseph Church
209 Brady St**

The food pantry is for anyone who is food insecure.

- No forms to complete.
- No income requirements to meet.
- No appointment necessary.

Just pull up to the east door and tell the volunteers your household size. You will receive a week's worth of food. Pre-packed boxes containing either frozen chicken, pork, or beef plus canned vegetables and fruits, as well as other goods, will be loaded into your car.



ATRIUM VILLAGE

NOW HIRING

● ● ● ● ●

Certified Nursing Assistant (CNA):
2nd shift: Full-Time & Part-Time

RN/LPN: Part-Time weekends

DIETARY AIDE: Part-Time Evenings

Please send resume to
atriumv@sharontc.net

Or call (319) 679-2224 to inquire
about current opportunities

Community News



MUSIC IN THE PARK
GREAT MUSIC + FREE BBQ

JUN. 5TH • **BBQ STARTING AT 6 PM** • **MUSIC STARTING AT 7 PM**
HILLS CITY PARK

JOIN US
FEATURING DEJA BLUE

BBQ SPONSORED BY **STC**
Where Connections Matter

GRILLING PROVIDED BY
JOHNSON COUNTY PORK PRODUCERS

Senior Dining

2nd Tuesdays (May 13th and June 10th)
Noon – 2:00 pm
St Joseph Church Hall
209 Brady St

Senior Dining is...

... **A potluck**, so bring a dish to share, and your own table service. Drinks are provided.

... **Open to the entire community** – and friends and guests are welcome. There is no age minimum!

... Hosted at St Joseph because they have **plenty of parking** in their adjacent parking lot, **and an elevator** to take you to the hall downstairs.

... Followed by cards and bingo.

Yoga in the Community Center

Wednesdays, May 14th and June 11th
7:00 pm – 8:00 pm
Hills Community Center
110 Main St

Yoga in the Park

Saturdays, May 24th and June 21st
8:00 am – 9:00 am
Hills City Park
201 W Main St



Join Megan Palmer, certified yoga instructor and former Hills resident, for **FREE** yoga classes in the Hills Community Center on Wednesday, May 14th and June 11th at 7:00 pm and in Hills City Park on Saturday, May 24th and June 21st at 8:00 am.

Yoga has many physical and mental health benefits, including improved flexibility, strength, balance, and mood. Megan designs her classes to be appropriate for all levels, including those with no yoga experience at all.

Come join in the camaraderie! All are welcome and encouraged. Participants are required to sign a liability waiver and bring their own yoga mat.

Reminder: Lawn Mowers (the People, not the Machines)

Please avoid blowing your clippings into the street. Clippings in the street can be washed into the sewer drains during a rain, which can (and usually does) result in an expensive sewer problem. Thank you!

Note: You can buy 30-gallon yard waste bags at the Hills City Office (201 N 1st St) for \$1.65 each through June 24th. These (LRS/Johnson County Refuse) bags must be used by June 25th. Thereafter, you can buy N&N Sanitation bags for \$1.75 each for use on or after July 1st.

Put the bags out with your garbage cart. The garbage truck driver will note your address and send a truck out to pick up your yard waste.

BEFORE UPGRADING YOUR HOME...

✔ Contact Sharon Telephone before adding onto or siding your home. We'll make sure our equipment is removed safely, ensuring your connection is uninterrupted and avoiding unnecessary costs.

✔ Call 811 (Iowa One Call) before installing or removing fences, trees or shrubs. Not only is it the **law**, you'll be safe knowing what utilities are below ground before digging.



→ **Call Today!**
319.679.2211

STC
Where Connections Matter

Community News

Scenes from the Dedication of Songbird Sanctuary Park



Left, Michelle Wilson, Iowa DNR REAP Coordinator, speaks. Right, Mayor Tim Kemp, former City Admin Kelley Schlitz and Deputy City Clerk Tamara Frembgen Kesner cut the ribbon.



Sunshine and Your Skin (and Eyes)

While the “sunshine” vitamin D is created via photochemical reactions stimulated by the sun's ultraviolet B (UVB) rays,¹ UVB rays are also the cause of sunburns, and are the primary cause of most skin cancers, including the deadly malignant melanoma.^{2,3}

UVA rays have a lesser, but still significant, role in causing some skin cancers. (They are also the primary cause of skin photoaging [e.g., wrinkles, liver spots, leathery skin]).^{2,3} UVA rays outnumber UVB rays 500:1,² and UVA rays pass through window glass, while UVB rays do not,⁴ making it likely that you have more exposure to UVA rays than you realize.

UV radiation is also harmful to your eyes. It can burn the cornea or cause it to become inflamed. It can also lead to the formation of cataracts on the lens and growths on the surface of the eye, both of which can impair vision.³

So, protect your skin and eyes. Wear hats – each inch of hat brim can lower your lifetime risk of skin cancer by 10%.⁴ (Make sure your straw hat has top and brim liners in place.) Minimize your exposure during the middle of the day, wear protective eyewear, and use sunscreen. Look for full-spectrum sunscreens, with a minimum sun protection factor (SPF) of 30. If you are concerned about chemicals, zinc oxide or titanium oxide are physical sunscreens; look for concentrations of at least 7.5%.

¹Drake, V. Nov 2011. Vitamin D and Skin Health. Linus Pauling Institute, Oregon State University.

²[https:// https://uihc.org/health-topics/](https://uihc.org/health-topics/) Last revised July 2, 2016.

³ACS publication 8045, *Ultraviolet (UV) Radiation* Last revised July 10, 2019.

⁴Information provided by Townsquare Dermatology

The ABCs of Identifying Melanoma:

- **Asymmetry:** A melanoma lesion is often oddly shaped
- **Border:** It has an irregular border
- **Color:** It has varying color
- **Diameter:** It is usually 6 millimeters (or more) wide, about the size of a pencil eraser
- **Evolving:** It changes quickly on the skin

Community News

ATRIUM VILLAGE UPCOMING EVENTS



Monday,
May 5
3:00

Caregiver Support Group
Conference Room

Monday,
May 12
3:00

Ice Cream Social Kick-off
With Hills Mayor Pro Tem: Cathy Knebel

Wednesday,
May 14
10:00

**Everything I Know, I Learned in
the Barnyard**
Presentation by Dwight Seegmiller

Thursday,
May 15
10:00

BIG BINGO
With Surprise Guest Caller

Friday,
May 16
10:00

Lou's Favorite Things
Herbert Hoover Presidential Library &
Museum. RSVPs required.

Thursday,
June 5
10:30

Stroke Prevention Education
Program by UIHC Rehab for Stroke
Prevention Month

Monday,
June 16
10:00

Grandma's Kitchen
Presentation by Doris Montag

****NURSING HOME WEEK**

CAREGIVER SUPPORT GROUP: 1st Monday of each month, 3pm, Atrium Village
Conference Room

ST. JOSEPH'S CHURCH BIBLE STUDY: 2nd & 4th Tuesday of each month, 6:30pm, 2nd
floor lounge. Everyone is welcome!

City-Wide Garage Sales

Friday – Saturday, June 6–7, 2025



ATRIUM VILLAGE

Currently Available:

One Semi-Private Room (Female) in the Care Center
One Semi-Private Room (Male) in the Care Center

Wait List:

Independent Living Apartment

Call or stop in to visit:

319-679-2224 | 117 S. 3rd Street Hills, Iowa
www.AtriumVillageHills.com

Shout Out to Hills Town and Country

...for putting on another fun Easter Egg Hunt for kiddoes this year.

We appreciate all they do for the city and its residents.

Hills Hometown Pride Mural

The Hills Hometown Pride Mural, which was painted on panels, will be installed on the south wall of the fire station on Wednesday, May 7th.

A celebration for the mural will be held on Tuesday, June 3rd, at 11:00 am. We think you're going to like it!



*Wishing you a safe Memorial Day weekend,
as we remember those who made
the ultimate sacrifice.*

Council Members

Emily Hudachek
Cathy Knebel
Michelle Rummelhart
Teresa Volk

City of Hills

201 N 1st St / P O Box 345
Hills, Iowa 52235-0345
Phone 319-679-3197
www.Hills-IA.org

Mayor

Tim Kemp

City Administrator

Adriane Sedlacek

Deputy Clerk

Tamara Frembgen Kesner

The city office is open from 9am – 4pm, Monday through Friday, except holidays.

Trash Cart Change Request Form

With the City's change in trash and recycle services provider, effective July 1, 2025, the City is allowing residents a one-time, free of charge, change in trash cart size.

If you would like to change the size of trash cart you use, please complete the following: (If you want to keep the same size trash cart, you do not need to do anything.)



Name: _____
(Please Print)

Street Address: _____

Select Size of Trash Cart Desired:

35 Gallon 65 Gallon

By signing below, you acknowledge that you are requesting a change in trash cart size. This one-time change request is free of charge, and will be effective with the July 1, 2025, change in trash and recycle provider. Future requests to change trash cart size will result in a \$70.00 charge.

A change in trash cart size will change the monthly billing amount to \$17.00 per month for a 35-gallon trash cart, or to \$19.50 per month for the 65-gallon trash cart. This change in charge will be effective July 1, 2025, and will be reflected on your August bill.

This completed form must be returned to the City Office no later than 4:00 p.m. Thursday, May 15, 2025. The City is not responsible for incomplete, incorrectly completed, or late submissions of this form.

Signature: _____

Phone: _____

*****ECRWSEDDM*****

P O Box Holder

Hills, Iowa 52235

City of Hills
P O Box 345
Hills, Iowa 52235-0345

Please Note: Preslee Lane residents are required to use 65-gallon trash carts only.