



Mishawaka Communicator



Working together to build the "Best Hometown in America" by delivering exceptional services, promoting safe and clean neighborhoods, elevating the quality of life, and inspiring pride in our community.

Mishawaka, Indiana

Jeff Rea, Mayor

September 2010

A Thank You from Mayor Jeff Rea

Dear Friends and Neighbors,

It has been my honor to serve as your Mayor for the past seven years. Thank you for the confidence you have bestowed upon me to lead this community. As you now know, I have taken a new position as President and CEO of the Chamber of Commerce of St. Joseph County as of September 7th. As Chamber President, I will continue to work hard for the citizens of Mishawaka, just in a different way.

I want to thank all of you for your kindness through the years to me and to my family. In return my staff and I have worked very hard to deliver exceptional city services to you, our citizens. I am extremely proud of all that we have accomplished and feel that the city is in a wonderful position for my successor. I look forward to working with our new Mayor to ensure a transition that is as smooth as possible. Mishawaka means a lot to me, this is my home. I hope to continue to see you in the park, in the grocery store, and when I am running along the River-walk.



5K Fun Run/Walk
 Beutter Park
 Saturday, September 25, 2010
 8:30 a.m.
 Registration begins at
 7:30 a.m.
 Health Fair Begins at 9:30 a.m.
 Exercise Demonstrations begin
 at 10:00 a.m.

September 2010 Battell Community Center

September 2nd & 3rd – The Needle Works presents a sewing workshop – Shopping Bags

September 7th - Blood Pressure Testing 11:00 am

September 7th – Beginning/Intermediate Watercolor Begins

September 8th – Texas Holdem Basic/Intermediate Classes Begin

September 9th – Creative Watercolor Class Begins

September 13th – Children's Pom Classes Begin

September 15th - Children's Baton Classes Begin

September 14th – Portraits & Florals Class Begins

September 15th – Fall Gardening Classes Begin

A Letter From Mayor Jeff Rea

Dear Friends,

Everyday I try to go on a run. Running not only helps clear my mind and relieve stress, but also helps to keep my body working and in shape. But as you know it wasn't always that way. There was a time when I was out of shape and needed to get off the couch and get moving!



I thought about that when I recently read an article that First Lady Michelle Obama had written about her Program Let's Move Cities and Towns and it said that today, nearly one in three children are overweight or obese. One third of all children born in 2000 or later will suffer from diabetes at some point in their lives, and many others will face chronic obesity-related health problems like heart disease, high blood pressure, cancer, and asthma. I realized that included 1 out of 3 children in Mishawaka, too!

I am happy to announce that the City of Mishawaka has joined First Lady Obama's Program and adopted a three pronged health initiative, called *Let's Move Mishawaka*, in order

A Letter From Mayor Jeff Rea (continued)

to get everyone in Mishawaka – children and adults *moving* towards a healthier life. Now we are not doing it alone, we have many wonderful partners who will be helping us along the way, the University of Notre Dame, St. Joseph Regional Medical Center and Memorial Hospital just to name a few.

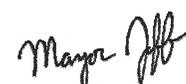
The first part of the health initiative is the elementary school intramural sports program. The program usually run by School City of Mishawaka will now be co-partnered by the Mishawaka Parks Department and School City. The program will be expanded beginning this school year and we hope to offer six sports—Boy’s Football, Girl’s Volleyball, Boy’s and Girl’s Basketball, Boy’s and Girl’s Track, and Boy’s Wrestling—to children between 4th and 6th grade. It will be a project that we hope the entire community will be able to rally around.

The second part is a grant for afterschool programs. This grant will focus on helping various afterschool programs promote education, healthy living, and physical activity. We hope this added monetary boost will translate into better test scores, lower dropout rates, fitter children, and a healthier community in general.

The final part of the program will include active events, such as group walks and sports, classes teaching healthy practices and exercise techniques, and a community emphasis on general health. We hope to make these events fun for everyone!

While obesity may be an individual’s issue, the impacts affect nearly all aspects of our community. From increasing health care costs to disqualifying citizens from military service, the risks associated with childhood obesity show it is no longer enough to simply sit idly by and point fingers. Instead we must take action to protect our future.

Let’s get out, Let’s go, Let’s eat healthy, and exercise. And when it comes to our children, *Let’s Move, Mishawaka!*



Let’s Move, Mishawaka - Classes, Programs, and Partnerships

The *Let’s Move, Mishawaka* program is now underway. The program’s purpose is to improve the health of Mishawaka citizens, and in order to help everyone accomplish that goal some special events and classes are being offered. With special support and partnership from St. Joseph Regional Medical Center and Memorial Hospital along with many wonderful local doctors, nurses, dietitians, and community organizations various classes and events will be held for our citizens for free.

Some of the programs offered include parent and toddler open gym, yoga, dancing, group exercise classes, nature walks, and many more. These programs are aimed at a wide variety of ages, will be held at many different times, and will be located in many different places including the Battell Center and throughout our community in order to make it easy and accessible for everyone! Full schedules of all events are located on the City’s web site www.mishawaka.in.gov just find the *Let’s Move, Mishawaka* icon on the home page.

One of the other popular programs that has been extended this year is the Mishawaka Public schools elementary athletic program. The Mishawaka Parks Department previously was only involved with football and wrestling for 4th through 6th grade boys. The Parks Department has joined in partnership with School City of Mishawaka and will now offer Girl’s Volleyball, Boy’s and Girl’s Basketball, and Boy’s and Girl’s Track for 4th through 6th graders. Students can sign up at their elementary school or by calling the Parks Department at 258-1664.

 <p>LET'S MOVE MISHAWAKA!</p>	<h3>Tip of the Month</h3> <p>Children and families tend to consume more the foods that they have easy access to. Keep fruits and vegetables within easy reach and you're more likely to make healthy choices.</p> <p>Healthy Tip: Keep a bowl of fresh fruit (apples, oranges, grapes, bananas) on the kitchen counter in easy access for the kids to grab for a healthy quick snack.</p> 
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