



# 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.*

Dave Wood, Mayor

[www.mishawaka.in.gov](http://www.mishawaka.in.gov)

November 2012

## A Letter from Mayor Dave Wood



Having served as Mayor for a few years now, and having served as a councilman for a decade before that, I have been able to witness and participate in much of the recent growth, improvement, and reinvestments that have been made in Mishawaka. In the last 20 years we have witnessed some remarkable changes and improvements including the demolition of Uniroyal complex downtown, the construction of the St. Joseph Regional Medical Center on the north side, building the Main Street underpass, construction of the Riverwalk, and the doubling of the capacity of our wastewater treatment plant that will improve the water quality of the St. Joseph River for generations to come.

This brings me to what we are looking at now...what will Mishawaka look like in 20 years? The year of Mishawaka's 200th Birthday is in 2033, and this milestone date is where I would like to focus our long range planning efforts. At this point, I'd like to ask for your help. Projects, improvements, and how the City operates does not happen by accident. Typically large projects take years to identify, plan and fund. How will this generation leave our City for future generations?

As a City, we routinely ask for the input and participation of our constituents. We do this in public meetings for official business. We have large public meetings on projects such as the recent discussions on constructing a railroad overpass on McKinley Avenue. I also go into schools and ask the question "what would you do if you were Mayor?" In our schools, this really serves as a tool to educate on what local government does...with a smile I need to explain sometimes the reality of being Mayor of a small city and my limited role in promoting world peace, ending the gridlock in Washington, and even fixing pot holes on State roads such as Lincolnway.

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**HAPPY THANKSGIVING!**

### Upcoming Events!

#### **Battell Center Auditorium**

Dec. 9 - Time TBA  
"Holiday Concert"  
with *Everyday People*

Dec. 13, 14 - 7:00 pm  
"The Little Mermaid"

Dec. 16 - 3:00 pm  
"A Christmas Concert"

#### **SANTA'S ARRIVAL**

**November 30<sup>th</sup> - 6 PM**  
**Downtown Mishawaka**

Pictures with Santa, hot chocolate, caroling, cookies, and the lighting of the Beutter Park Christmas Tree!

#### **WINTER FESTIVAL**

**December 8<sup>th</sup> - 5-8 PM**  
**Merrifield Park**

Free, family-friendly event with ice skating, a bonfire, hayrides, caroling, refreshments & pictures with Santa.

#### **"ROCKIN' THROUGH THE WINTER"**

##### **DAY CAMP**

Dec. 26, 27, 28 and  
Jan. 2, 3, 4

Youths ages 6-11. Indoor and outdoor activities planned.

9:30am - 3:30pm  
or

7:30am - 5:30pm

Contact Mishawaka Parks at  
(574) 258-1664 for more info.

(camp fee required)



## Cooking Light for the Holidays

*From Clinical Nutritional Services at Saint Joseph Regional Medical Center*

For most of us, holidays are about food and family. While it's usually a time for home-cooked meals, the expectations of the people doing the eating are what shape the menu (which doesn't change much from year to year). So – how do we keep our family's tradition going when we're also trying to stay healthy? Below are a few tips to adjust recipes (taking out much of the fat and carbs) while keeping the customary flavors intact.

- 1) **Decrease fat from traditional recipes by one half or more.** You may need to replace the fat with liquid such as water, fruit juice, skim milk or high-moisture foods (puréed fruit; frozen concentrated juice). Other substitutes such as fat-free sour cream; fat-free cream cheese or egg substitutes may also work. Use lean meats, trimming fat before and after cooking.
- 2) **Poultry – remove skin and visible fat before cooking poultry parts.** When cooking a whole bird, at least remove the skin and fat after cooking. Remove poultry oil from drippings to make reduced fat broths and soup.
- 3) **Use non-stick sprays and non-stick pans.**

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## A Letter from Mayor Dave Wood (continued)

Our direct responsibility in local government is to provide for public safety, build and maintain local roads and parks, and provide water, sewer, and electric utilities. Under this umbrella, the City also is responsible for positively impacting the environment and quality of life for the businesses and residents that choose to do business and live here.

As Mayor, I am committed to the City's Mission Statement "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."



This mission can be implemented in many ways, and means different things to different people. **This is where I need your input.** Thinking long term, and understanding the limited role of local government, if you were Mayor and could direct City resources, what would your priorities be? I understand the big picture of the City and its financial management. What I want and need is more input on what is important to you, your family, and/or business. We have intentionally left this question open ended. Your input can be grand, small, or about anything that is on your mind. What we want is a lot of participation!

Rather than provide an extensive survey, we have created a specific webpage (<http://www.mishawaka.in.gov/2033>) and e-mail address ([mishawaka2033@mishawaka.in.gov](mailto:mishawaka2033@mishawaka.in.gov)) that you can use to send us your thoughts. Just a few sentences could make all the difference. We will assemble all of your responses and use this input to help shape our on-going long term planning efforts. You will not be asked your name, only your address and age group so we can track priorities based on geographic areas and age. Understanding that Mishawaka is a commercial center of the region, this is open to anyone and not just Mishawaka residents. We look forward to hearing from you!

*Mayor Paul*



## Cooking Light for the Holidays (continued)

- 4) **Avoid frying.** Instead try roasting, broiling, stewing or slow-cooking.
- 5) **Gravy preparation:** Chill meat drippings until fat congeals and lift off fat to discard (reserving the flavorful meat broth). Or use a gravy skimmer. Thicken with cornstarch or flour.
- 6) **White sauce preparation:** Substitute skim milk for whole milk. Omit the added fat by simply whisking flour in cold milk before heating.
- 7) **Season with lower sodium seasonings.** Use herbs, spices, lemon juice, reduced fat and salt broth or flavored vinegars instead of pre-made (and high fat) sauces and gravies.
- 8) **Reduce mayonnaise or use fat-free mayonnaise in salads** such as tuna, chicken, potato and macaroni.
- 9) **Substitute oil or tub margarine for butter in cooking** (but not diet margarines containing water – which makes them difficult to cook with).

## GOVERNMENT IN ACTION

The Indiana Lineworkers "Rodeo" now in its 2nd year, took place in the City of Anderson at the Firefighter's Training Facility on Friday and Saturday, August 24th and 25th. The rodeo, the only one of its kind for lineworkers in the state, is designed to showcase the skills and knowledge of a lineworker in a fun and safe environment.

The Mishawaka Team of **Chuck Bailey, Shane Reynolds, Matt Stull** and **Tim Draskovits** placed 2nd Team Overall and 1st in the Hurtman Rescue and Arrestor Change-Out. Apprentice **Nate Prenkert** placed 1st in the Overall Apprentice and Written Test; Apprentice **Jak Kudlacz** placed 2nd in the Overall Apprentice, 1st in the Hurtman Rescue, Obstacle Course, Sidewalk Guy, and Fuse Replacement; **Chuck Bailey** placed 1st in the Hurtman Rescue, winning him and the City of Mishawaka the coveted Transformer Trophy.



Front (l-r): Journeyman Shane Reynolds, Journeyman Scott Flynn, Apprentice Jak Kudlacz. Back (l-r): Mayor David Wood, Journeyman Chuck Bailey, Apprentice Matt Stull, Apprentice Nate Prenkert, Journeyman Tim Draskovits.