



# 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)

February 2013

## A Letter from Mayor Dave Wood



It has been said that out of big problems come big opportunities. Such is the case with the City's acquisition of the former Scott Brass building on Union St.

**The problem:** The City's existing Central Services facilities at 500 N. Cedar St. were originally obtained by the City in 1963 at a time when the city was less than half its current size. The site currently consists of eight buildings (55,000 SF) on 5 acres of property that houses a combination of the Street Department, Central Motor Pool, management services, some Park operations, and the Sewer

Department.

In the past 50 years, not only has the City grown in area and population, but the size and amount of the equipment we operate has grown too. The buildings have become sub-standard in many ways. The site sits on a former dump and the City's departments have so much equipment stored there that parts resemble a junkyard. Further, the complex is surrounded by residential neighborhoods. I am sensitive to the fact that we are a 24/7/365 operation; at times, we make a lot of noise and we are not the best neighbor. Simply put, the existing complex is not capable of providing our citizens with the world-class service I expect. We can do better!



A few years ago, considerations were given to constructing two new facilities; one, a cold storage barn to house vehicles on the existing site thereby eliminating outdoor storage of expensive equipment and two, a salt barn which would allow the (continued on next page)

### DID YOU KNOW?

In addition to Valentine's Day, February is also National Heart Awareness Month.

### Upcoming Events!

#### DADDY / DAUGHTER DANCE

February 22 - 7-9pm

\$25 per couple includes refreshments and a picture.

Add'l daughters - \$5 ea.

For more info & registration details contact Mishawaka Parks Dept.

(574) 258-1664

#### EBERHART-PETRO GOLF COURSE

Tentative Opening Date

March 15, 2013

For more information, contact Rick Frye at (574) 255-5508.

#### VITA Free Tax Prep

Volunteer Income Tax Assistance

Starting January 23rd, VITA IRS-certified tax preparers will prepare and e-file your taxes for FREE!

**Call 2-1-1** between 8am-5pm Mon-Fri to **confirm eligibility and schedule your appointment.**

Volunteer Income Tax Assistance (VITA) is a service of the United Way of St. Joseph County.



## Keep Your Heart in Tick-Tock Shape

*Prevention and Detection Tips from Saint Joseph Regional Medical Center*

You've heard that exercise keeps your heart healthy. But we want you to understand just how important it can be. Here are just some of the benefits of cardiovascular conditioning.

**Lower blood pressure, increase HDL cholesterol:** Numerous studies have shown that you can significantly affect your BP and HDL by doing cardiovascular exercise.

**Decrease body fat due to utilizing fat as energy:** At mild to moderate intensities of cardio work we actually utilize our fat stores as our fuel source. Shoot for only being able to speak five to six words at a time before you need to take a breath. This should put you in the proper zone to utilize fat.

**Decrease stress reactions and anxiety:** It has not been pinpointed as to why cardiovascular exercise helps with depression and anxiety although multiple studies show better scores on depression and anxiety surveys after exercise.

**Increase insulin sensitivity:** Study after study shows us how high numbers of Type II Diabetes Mellitus patients decrease or eliminate their medications altogether by increasing their cardiovascular fitness. One of the side effects of cardiovascular exercise is increasing

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## A Letter from Mayor Dave Wood (continued)

city to buy and store salt saving us from running out in times of high demand. In 2010, a local architect estimated the cost for construction of the two buildings combined was \$2,150,000 (est. \$75.00/SF). This expenditure would do nothing to address the substandard condition of the other buildings on the site. Even if we were to build new buildings and renovate old ones, the limited size of the property and location in a residential area make the complex less than ideal to provide adequate service to our growing City.

After becoming Mayor, I put a hold on the process until I had an opportunity to review and assess the situation. Given the high cost of the proposed project and the fact that it would not fully meet the future needs of the City, I could not support moving forward with the two buildings. We then turned our attention to finding suitable alternatives including relocating our operations elsewhere in the City.

**The opportunity:** The former Scott Brass (and prior to that, Dodge) building became available in 2012. Central Services Director Mike Watson and I toured the building and immediately saw its potential to serve our City well. The vacant industrial building provides 145,000 SF and sits on 11 acres located at 700 S. Union St. The building is centrally located and uniquely situated to meet all of our needs now and for the foreseeable future. After performing a due diligence investigation of the property including possible environmental problems, the City approached the owner to purchase the building and acreage. The property was purchased for \$785,000 (the average of two appraisals for the land and structure) and will be renovated with existing designated capital funds over multiple budget years and no anticipated debt will be incurred in the renovation of the new facility. Once the necessary renovations are complete, we expect the renovation of the building to cost just over \$2,000,000 (\$16/SF). The City will also save money by performing some renovations in-house using our skilled workforce.

The new facility (under one roof instead of eight) will allow us to become much more efficient with our operations as well as give us new capabilities. The building can easily handle storage and repair of ALL the City's equipment including hundreds of vehicles ranging from our biggest fire truck to our smallest sewer robots. Several departments will be positively impacted including Central Services, Park, Fire, Police, Electric and Code Enforcement. New uses will include an agility training space for Fire as well as providing additional equipment storage for Electric. Our Parks Department will also be able to centrally store and maintain equipment there that is currently spread throughout many outbuildings in multiple parks, potentially allowing for the removal of some structures in need of significant repair or replacement.

Our goal is to begin operations out of the new facility by the end of 2013. Renovation work has already begun and once the relocation is complete, we will begin redevelopment of the Cedar Street site by demolishing the eight buildings there including performing a significant amount of environmental remediation.

This relocation is part of a major initiative of my administration to assess all of the City's assets, facilities and services with a goal of improving our public service, providing for our anticipated growth, and limiting our long term costs of operation.

*Mayor Paul*



### Keep Your Heart in Tick-Tock Shape (continued)

insulin sensitivity. This is a great example of how exercise can modify a disease.

**Make your heart a better pump:** Cardiovascular exercise not only trains our body to utilize oxygen more effectively, it can also train our heart to become a stronger pump. This allows our hearts to be more efficient at distributing blood to areas of our body whenever they demand it. Remember, our heart is a muscle and it needs to be trained as well.

## GOVERNMENT IN ACTION



On Sunday, January 13th a public dedication ceremony was held at the new Fire Station #4 located at 3000 E. Harrison Road in Mishawaka. In addition to housing the apparatus from the old Station #4, the new facility houses the administrative offices for the fire department as well as supporting expanded ambulance service. The building also features a training room that doubles as a gathering space capable of hosting many community events.