



# 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

July 2013

## A Letter from Mayor Dave Wood



I have written about the Mayor's Youth Advisory Council (MYAC) in previous Communicator articles and I consider it to be one of my most important initiatives. The MYAC is comprised of 30 students from the 3 local high schools that serve Mishawaka. The goals of MYAC are fourfold; education, community service, leadership and fellowship. Highlights from this year's MYAC were many. The Youth Council planned for, sought donations, organized and distributed 30 Thanksgiving meals to Mishawaka families most in need. The Council also had the opportunity to learn about how various City departments provide services. We didn't just lecture to the kids, we got them up in bucket trucks with equipment to simulate fixing electric powerlines, we let them use the Jaws of Life on a junk car to simulate extracting someone from a vehicle after a crash and we demonstrated the effects of a Taser gun on a dummy. We toured businesses such as Better World Books. I also presented plans to improve Central Park to the Youth Council for their review and input before any other group or the public had a chance to see them. The MYAC is truly interactive and the kids enjoy it while learning a lot.

This year, I decided to add a new element to the Youth Council. I want our kids to have input not only into their City government, but also the community that we are trying to build for them in the future. Last December, I assigned Leadership Projects to the Youth Council Members. They were randomly divided into six teams and each team was assigned one of the following topics:

- 1) **Public Recreation For Our Youth** – how to engage 12-18 year olds with our park & recreation system. Does the City need more or different facilities? How do we combat the "nothing to do here" syndrome? We asked this team to identify up to 5 ways to increase and improve recreational opportunities for our youth including an implementation plan and budget.
- 2) **Sidewalk and Trail Systems** – the City would like to increase non-motorized transportation infrastructure, both as an alternate form of transportation and for recreation. We asked this team to make recommendations for the highest priorities and work with the City Planner on understanding costs, property acquisition, and new concepts.

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## Sunlight: Good or Bad?

Health Information from Saint Joseph Regional Medical Center

Being outdoors, whether in sunshine or shade, exposes us to sunlight and ultraviolet radiation. There are two types of radiation: ultraviolet A (UVA) and ultraviolet B (UVB). Sunburns are primarily caused by exposure to UVB radiation although exposure to both UVA and UVB radiation has been found to age the skin and increase the risk for skin cancers. Sunlight is also important in the production of vitamin D, and exposure to sunlight is known to improve mood. So how do we take advantage of the sun's benefits while protecting our skin?

Fifteen minutes of sunlight exposure to the face, neck, and arms daily can provide as much as 25,000 units of vitamin D. That's more than enough to

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## UPCOMING EVENTS!

### Summer Concert Series 2013

#### Battell Park Bandshell

Mondays 7:00-8:00pm

July 1	High Life
July 8	Michiana Concert Band
July 15	Ron Wiggins Quartet
July 22	St. Mary's String Band
July 29	Billy Nicks Trio
Aug 5	Gene Van w/Vince Del Prete and Jim Bolero

#### Beutter Park

Thursdays 6:30-8:30pm

July 4	Alligator Blackbird (Fireworks afterward)
July 11	Everyday People
July 18	Terry and the Heartbeats
July 25	Ground Control
Aug 1	River City Band
Aug 8	Top Secret

#### Eberhart Deck

Fridays 8:00-9:30pm

Aug 9	Ron Wiggins Quartet
Aug 16	Billy Nicks Trio
Aug 23	Acoustic Justice
Aug 30	Ground Control

#### Family Movie Nights

Movies begin at dusk

July 19	"A Bug's Life" (George Wilson Park)
Aug 19	"Casablanca" (Battell Park Bandshell)

## A Letter from Mayor Dave Wood (continued)

3) **Community Events in Support of Historic Downtown** – at many of our recent events downtown, we've had hundreds of people attend and then stay downtown to eat and shop. In part, this is why the City has a concert and movie series in Beutter Park or Christmas tree lighting ceremony. We would like to encourage more of these activities and we asked this team to develop two or three additional activities that have a low cost and will produce a high turnout.

4) **Public Awareness/Community Promotion** – Mishawaka has great stories to tell about our history, our businesses, and about what is currently happening. We asked this team to research, investigate and create a newspaper-style article on three Mishawaka businesses, events, activities, or history with the intent of helping promote and bring awareness to the City.

5) **Sustainability/Efficiency** - here in a small City in the Midwest, planting a tree has equal CO2 benefits to a \$100,000 green roof in New York City. This team was given an assignment to research and develop initiatives that can be readily applied to Mishawaka to promote efficiencies between departments and within departments and save energy.

6) **Gateways/Branding Mishawaka** – Community identity and image are important marketing tools. Every time someone chooses to live, work, visit or make a business investment, they look at a variety of factors including the livability of a community. Gateways are intended to improve first impressions of the Princess City. People interface with the City in a variety of ways. Gateways can be in the form of road projects, signage markers, the City's web site, social media or mobile apps. We asked this team to make a plan to identify a hierarchy of options (including budget) to create a better sense of place that can be marketed to the region.

On May 28th and May 30th in the Mishawaka City Hall Council Chambers, the Mayor's Youth Council conducted Leadership Presentations to a panel of judges. The judges were Ken Prince, City Planner; Tim Brill, Wastewater Division Assistant Manager; and Karl Kopec, Wastewater Division Manager. The quality of the presentations was impressive and the deliberation to choose the top three was not an easy task. After a few hours of deliberation the Judges made their decision and the top presentations were:

1st Place: **Team #2, Sidewalk & Trail Systems;** Grace Gebo, Carol Martin and Nick VanNevel

2nd Place: **Team #6, Gateways to the Community;** Evan Fras ,Trevor Manspeaker, Sam Schrader and Gina Spalding

3rd Place: **Team #1; Public Recreation for our Youth;** Hunter Siebert

**Team #5, Sustainability/Efficiency;** Sarah Furfaro, Zach Lytle, Maggie Reisdorf, Nick Shide and Haley Wood

The winning team will be giving their Leadership Presentation to the Mishawaka Common Council on Monday, July 15th, and I will also be introducing and recognizing the other teams. These meetings are open to the citizens of Mishawaka and I invite you to attend and meet our bright young community servants and leaders of tomorrow. These students give me great optimism for the future of the City of Mishawaka.

I was so impressed with what these teams presented that I have given my staff the directive that we will implement at least one idea from every group. We have already begun to do this and you will begin to see the great work of our Youth Council in short order. The Mayor's Youth Council has had a real and measurable impact on the Future of the Princess City in the 2012-2013 session. We are currently seeking Youth Council members for the upcoming 2013-2014 session. For more information, contact the Mayor's office at (574) 258-1601.

*Mayor Paul*



## Sunlight: Good or Bad? (continued)

give us our daily requirement of 1,000 units. Vitamin D is also available through vitamin D-fortified milk, orange juice, and vitamin supplements.

### Choosing a Sunscreen

Sunscreen labels can be confusing. According to the U.S. Food and Drug Administration, "broad spectrum" products protect against both UVA and UVB radiation. "Broad spectrum" and "SPF 15" (or higher) sunscreens protect against sun-induced skin damage however there is no evidence that SPF values greater than 50 offer more protection. Remember, it's important to wear sunglasses with a UV rating to protect the eyes' cornea from UV radiation which can cause cataracts and sunburn.