



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

August 2017

A Letter from Mayor Dave Wood



In the July issue of the Communicator I addressed some frequently asked questions by the citizens of Mishawaka. There was no way possible to fit all of these questions in one article but I believe that with the writing of this article, most frequently asked questions will be answered. As promised, here are some additional frequently asked questions by our Mishawaka citizens:

Questions frequently asked of our **Finance Department:**

How do I get information about property taxes or make payments?

The City of Mishawaka has no information about your property taxes nor can we take payments for them. If you have questions about your tax amount or assessment, you would contact the Penn Township Assessor at (574) 256-6208. To make payments or information concerning where or when to make payments, you would need to contact the St. Joseph County Treasurer at (574) 235-9531.

There are many questions asked of our **Mishawaka Utilities Business Office** but here are the top questions people direct their way:

Who should I call to locate buried utility services before I dig?

In all cases, you should call before you dig. You should call 811 at least two business days in advance of digging. That one phone call locates all underground services free of charge to you. The call could save your life.

What utility services do you provide and where are your offices located?

We provide Electric, Water, Wastewater Treatment (sewage), and Trash Removal services. For all new service, you do need to come into the office which is located in downtown Mishawaka at 126 N. Church Street.

Why is my bill so high when compared to my neighbor's bill?

This is a difficult question to answer. Everybody has a different lifestyle - there are really no "normal" bills. If you feel your bill may be in error, you should compare it *(continued on next page)*

Balance Your Workout — Part 3: Flexibility Exercise

Health Information from Saint Joseph Health System

Getting a balanced workout is important to target your whole body to gain health and fitness benefits, and even lose weight. Last month, we covered strengthening exercises, which not only build muscle but also burn fat, lower LDL ("bad") cholesterol, reduce inflammation, improve insulin sensitivity and maintain bone density. This month, we'll discuss the benefits of flexibility exercises.

Whatever exercise you choose, make sure to do it for the appropriate amount of time. Your heart and bones can benefit from as little as 10 minutes a day, while 30 minutes a day of moderate activity or 15 minutes of vigorous activity can build stamina and strength. Exercise for an hour a day to lose weight.

Flexibility exercises are ones that stretch your muscles. This prevents cramps, stiffness and injuries as well as improves joint and muscle movement. "Increased flexibility gives you more freedom of movement for physical activities as well as for everyday activities such as getting dressed or doing housework," said Dr. Weston Carter, family medicine physician at Saint Joseph Family Medicine at Miami Road in South Bend. "It can also help you avoid discomfort when in a confined space for long periods of time such as a long car trip."

Make sure to warm up your muscles first so they can stretch without pain. Try a few minutes of easy walking. Then stretch all muscle groups. Exhale during the stretch, hold for 10 - 30 seconds and repeat 3 - 5 times. Don't jerk or bounce. Keep joints bent slightly, not locked. Try exercises such as:

- Basic stretches (toe touches, calf and hamstring stretches, shoulder rolls, etc.)
- Yoga
- Tai Chi

Before you start any exercise program, make sure to talk to your primary care provider.

UPCOMING EVENTS!

| | |
|--------|---|
| Aug 8 | Grandparent & Me "Back to School" (Battell Center) |
| Aug 14 | Merrifield Pool - Last Day |
| Aug 28 | Harvest Dance (Battell Park Bandshell) |
| Aug 30 | Brunch/Classic Movie "Chitty Chitty Bang Bang" (Battell Center) |
| Sep 3 | Mishawaka Heritage Festival (Central Park) |
| Sep 8 | Family Move Night "Moana" (Battell Center) |
| Sep 27 | Brunch/Classic Movie "The Searchers" (Battell Center) |



MISHAWAKA HERITAGE FESTIVAL

Sept. 3, 2017
Central Park

BACK TO SCHOOL!

August is the time when many schools are back in session.



The Mishawaka Police Dept. along with Mayor Wood and Mishawaka Schools would like to remind citizens

that safety is everyone's responsibility.

ONLINE ACCESS



<http://mishawaka.in.gov>



<http://facebook.com/cityofmishawaka>



<http://mishawaka.in.gov/communicator>



<http://mishawaka.in.gov/parksandrecreation>



<https://twitter.com/MishawakaMayor>



<https://instagram.com/MishawakaMayor/>

A Letter from Mayor Dave Wood *(continued)*

to your bill at the same time last year. If you have done this and you still believe there may be an error, report it to us. We will make every effort to re-read your meter and inspect your service. Remember, there are many variables, like home insulation, water consumption, appliance efficiency, home/work schedules, and other considerations that make every home different.

Can I put electronics/TV's out with the weekly trash or recycling?

Republic services will not pick up electronics or televisions; therefore, they cannot be set out with trash or recycling. These items can be taken to the Environmental Center, 1105 E. 5th Street during their business hours: Tuesday through Saturday, 8:30am to 3:15pm.

Why is the utility deposit so high?

By law, this deposit is based upon a two-month bill.

Why can't you install my services on the same day I request it?

Water service is installed by appointment only and electric crews are booked at the start of each day. We can sometimes get electric installed by the next day, but you should try to contact the office and give them three days' notice for any new service.

One of our largest Departments, **Public Safety**, consists of the **Mishawaka Police and Fire Departments**. Following are many questions asked of our Public Safety.

What is the Survive Alive House?

The Survive Alive House is an actual replica of a home and is located inside the Hannah Lindahl Children's Museum. Children are taught basic home fire safety and the house actually uses heat and smoke simulation. This program is for children in 1st, 3rd and 5th grades.

How can I go about scheduling a Little Red Program for my organization?

Contact the Fire Chief's Office at (574) 247-0928 for scheduling. This program is for preschool and kindergarten age children. The program teaches children about fire safety using a talking fire truck called "Little Red". Concepts that are discussed are:

- Stop-Drop-Roll & Cover Your Face
- Matches are tools, not toys
- Use of 9-1-1
- Home safety

At the conclusion of the program the children are taken on a tour of the fire station and they are shown the fire trucks. This program is conducted at Station #3 which is located at 333 E. Douglas Road in Mishawaka.

How do I file a police report?

If you are reporting a theft or vandalism involving \$2,500 or less in damages or loss you can file a report online. Lost cell phones can also be reported using our online reporting. For other non-emergency reports, please call (574) 258-1678.

If this is an emergency or crime in progress **CALL 911**.

Can I obtain a copy of an accident report without physically going to the Police station?

Yes. The Mishawaka Police Department uses an online service called BuyCrash.com to fulfill accident report requests. You can access www.buycrash.com from our City website via the Online Services menu at the top of the screen.

Finally, I will address some of the most **frequently asked questions in general**.

How do I get information about immunizations, death certificates and birth certificates?

The St. Joseph County Health Department takes care of these issues. They can be contacted at (574) 235-9750. If the death or birth occurred in a county other than St. Joseph you would need to contact the Health Department for that County.

How can I get information regarding Small Claims Court, Superior Court, or Circuit Court? How do I obtain a marriage license?

These services are actually County services. You would need to contact the St. Joseph County Clerk at (574) 256-6201.

How do I report a problem?

You can always call a City of Mishawaka Department directly or you can go to the City of Mishawaka website and use our *Report a Problem* feature to submit information for various issues throughout the City. The appropriate Department will receive the submission and do their best to see that the issue is resolved in a timely manner.

Is there an easy way to keep updated on events in the City?

Yes there are several ways to keep updated. You can check out our Calendars on the City of Mishawaka website or if you are on Facebook, you can click the "Like" button on our page to get up-to-the minute traffic alerts and event information as well.



2017 Summer Concert Series

Battell Park

Mondays 7:00-8:00 PM

| | |
|------|-------------------------------|
| 8/7 | Valleyaires Barbershop Chorus |
| 8/14 | Michiana Concert Band |
| 8/21 | P. T. and the Cruisers |
| 8/28 | Harvest Dance |

Beutter Park

Thursdays 6:30-8:30 PM

| | |
|-------|-----------------|
| 8/3* | Top Secret |
| 8/10* | Rain Date / TBA |

** location subject to change due to construction*