



# 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)

April 2018

## A Letter from Mayor Dave Wood



On March 12th, I had the honor of delivering my 8th (and the City's 117th) State of the City presentation at the Battell Community Center. With all the new housing, restaurants, commercial buildings, manufacturing facilities and offices being built around the Princess City, I felt that the theme "A Groundbreaking Year" was appropriate. There was a lot of good news to report again this year, and here are a few highlights:

**FINANCIAL CONDITION** - The City remains in sound financial shape with the adoption of another honestly balanced budget with improving cash balances but rising expenses. The coming "fiscal cliff" in 2019-2020 is a big concern and we continue to prepare for it. We also passed our annual audit with the State Board of Accounts with no material findings. We have received the "Excellence in Financial Reporting" award for the 31st consecutive year. This is the highest form of recognition a local government may receive for its accounting practices, and no other government in our area matches this streak.

**PUBLIC SAFETY** - The City continued its trend of decreasing crime thanks to the great work of the Mishawaka Police Department. Overall, crime went down 2% in 2017 with most violent crime categories down by double digit percentages. While no crime is acceptable, there were just six bullet entering flesh gun violence incidents in all of 2017. Mishawaka's low crime rate is even more impressive when you factor in the City's growth and the constant influx of thousands of daily visitors to our Northern Shopping District.

**ECONOMIC DEVELOPMENT** - Mishawaka continues to experience significant growth. In fact, in 2017, we saw a 39% increase with a total of \$136.4 million in new construction. This marks the fourth straight year of double-digit growth and one of, if not the biggest year ever!

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## Know Your Numbers...Check Your Body Mass Index (BMI)

*Health Information from Saint Joseph Health System*

Body Mass Index (BMI) is a measure of body fat based on a ratio of height to weight that applies to adult men and women. It estimates your body fat and, according to the National Institutes of Health, is a good gauge of whether you are overweight or obese as well as your risk for diseases that can occur with more body fat.

"The higher your BMI, the higher your risk for all causes of death as well as certain diseases such as heart disease, high blood pressure, high cholesterol, type 2 diabetes, stroke, osteoarthritis, sleep apnea, gallstones and certain cancers," said Dr. Kelly Marszalek, primary care provider at River Park Family Medicine.

### What Your Score Means

There are many BMI calculators available online. Just enter your height and weight, and the calculator will give you a score. Your score indicates the following:

- Underweight      Below 18.5
- Normal            18.5 – 24.9
- Overweight      25 – 29.9
- Obese             30 and above

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## UPCOMING EVENTS!

Apr 6	Battle of the Bands <i>(Battell Center)</i>
Apr 9	Movie Monday "Café Society" <i>(Battell Center)</i>
Apr 24	Urban Forestry Seminar <i>(Battell Center)</i>
Apr 25	Brunch/Classic Movie "Gigi" <i>(Battell Center)</i>
May 7	Movie Monday "Lion" <i>(Battell Center)</i>
May 12	Macarons with Mom <i>(Battell Center)</i>
May 19	Forever Young - Second Chance Prom <i>(Battell Center)</i>
May 28	Memorial Day Parade
May 30	Brunch/Classic Movie "Cool Hand Luke" <i>(Battell Center)</i>
Jun 2	River Gala <i>(Beutter Park)</i>
Jun 16	SuperDAD <i>(Battell Center)</i>

## MISHAWAKA ORGANIC CENTER

1105 E. 5th Street

- Accepts only grass, brush, and leaves.
- Hours: Tue -Sat 8am-4pm.

Household hazardous waste should be taken to the Household Hazardous Waste Center, 828 Kerr St. in South Bend, IN. (574) 235-9971

### 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)*

**COMING ATTRACTIONS** - Perhaps the most anticipated part of my presentation each year is when we identify and announce upcoming projects. This year there are many to share. On the road construction front, look for the widening and reconstruction of Douglas Rd. from Fir east to near Capital Ave. and Twelfth St. From Capital to Byrkit. There will be many park improvements around Mishawaka as well. Mary Gibbard Park will see a major renovation that will be completed by mid-summer, Twin Branch Park Phase III improvements will begin and thanks to you, we reached our fundraising goal and will soon begin construction on the Fitness Court project at Central Park.

We will also build a new large stage at Central Park this Spring to fulfill a couple of needs in our park system. First, for the next two summers, downtown construction will significantly limit parking and access to Beutter Park. The Beutter Park stage will be unavailable for the Summer Concert Series so the series will move to Central Park for the next two years, then return to Beutter Park once construction is complete. Secondly, since we do not have a stage that is capable of hosting larger concerts or performing arts, the large stage will allow us to host those types of events such as *"Shakespeare in the Park"*. The large stage will have permanent lighting and sound equipment that will make it an attractive, regional destination for outdoor events. Central Park is the perfect place for such a stage. It will be located on the south end of the quarter mile, looped walk and event lawn on the west side of the park.

Speaking of Beutter Park, the biggest announcement is that we will begin a major expansion of that park. Beutter Park is not being reduced, in fact, it is getting much bigger with this project. A second phase of the popular Beutter Park has always been envisioned and with construction of the mixed-use, Mill at Ironworks Plaza building, we feel that this is the right time to expand Beutter Park. The project will be called Ironworks Plaza at Beutter Park.

The concept of the Beutter Park expansion will be to create a year-round amenity that is a popular place for our citizens of all ages. The Park expansion will include a signature café, ice skating area, a picnic patio/beer garden area, permanent public restrooms, an event plaza, additional public parking, art and much more.

The signature café was conceived by my Mayor's Youth Council made up of high school kids from Mishawaka. Owned by the City but privately operated, this unique eatery/coffee house/dessert/evening drink destination, complete with Wi-Fi, will be a great place to meet with friends and enjoy the park year-round. A modern décor of glass, steel, and wood with stone accents is envisioned. The café will have its own outdoor seating area and will contain an outside fireplace contributing to the winter ambience and activities.

One of the park's main features will be a skating path not only to provide unique winter activity, but will complement the signature café, the Riverwalk and other existing and under construction restaurants in the downtown. There will be a building to service the skating adjacent to the signature café. It will serve all skating functions and include a party rental room. The amenity has the ability to attract people even if they are not directly participating in the skating. We are looking at this as a Mishawaka scaled version of Rockefeller Center. The urban setting, the café, public art, the adjacent housing and restaurants all contribute to the allure of the park. In the summer, the skate ribbon will serve as a sculpture walk or may even be used for roller skating. When constructed, this facility will likely replace the City's current rink in Merrifield Park that is at the end of its service life and needs complete replacement.

An outside eating and drinking patio component will be included in this new urban park. This patio can serve as a picnic area most times but also a beer garden for the Summer Concert Series and other events. This will be a permanent solution to the well-worn, temporary tent we currently use. A permanent public restroom will also be built and will remain open year-round.

Construction of the Ironworks Plaza at Beutter Park will take approximately two years and funding will come from the City's Tax Increment Financing District and the State's Regional Cities initiative with no debt anticipated. We think having such an amenity downtown will allow us to attract more people to our downtown and will give us the opportunity to host new events such as farmers markets, art festivals and much more.

Find more information about the park and my State of the City presentation as well as many other happenings around the Princess City online at <http://www.mishawaka.in.gov>.

Yours in Mishawaka



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## Know Your Numbers...Body Mass Index *(cont.)*

*Health Information from Saint Joseph Health System*

BMI does not measure body fat directly, but research has shown that BMI is consistent with more direct measures of body fat. BMI is an inexpensive and easy-to-perform method of screening for which weight category you fall into.

Talk to your primary care provider to see whether you are at an increased risk and whether you should lose weight. Your provider will evaluate your BMI, waist measurement and other risk factors. The good news is even a small weight loss (from 5 - 10 percent of your current weight) will help lower your risk of developing diseases related to body fat.

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Send your questions, comments, or concerns to [communicator\\_feedback@mishawaka.in.gov](mailto:communicator_feedback@mishawaka.in.gov)