



# 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)

January 2019

## A Letter from Mayor Dave Wood



We are excited to announce that we have successfully completed our City's second community fundraiser project through Patronicity to fund the construction of a new educational resource and amenity for the City of Mishawaka Parks & Recreation Department. This new structure will be a 1,200 square foot greenhouse and exterior community garden that will allow the Parks Department to offer monthly educational horticulture classes, grow a wide range of plants to be used in our parks Adopt-a-Park program, and provide a new meeting place for the students involved in our Landscape & Gardening Club program that is currently being run out of Mishawaka High School.

This project began early this year when members of the Landscape & Gardening program at Mishawaka High School asked if we would do a fundraiser to build a new greenhouse after learning about the Mishawaka Parks Department's Fitness Court program. For the last few years club members have been sharing a small 500 square foot space with the MHS science department and utilizing even less for the program. They traditionally have had a maximum growing space of about 14 flats of flowers with a few other potted plants scattered around the room. They have struggled to fit up to nine people in the room at a time and with many more people interested in being a part of the club they had to look outward to expand, and the fundraiser was born. The spring semester students in 2018 helped create a grant request we sent out to Patronicity, the same program that was used to fund the Fitness Court, and we were awarded a \$23,000 matching grant from the Indiana Housing & Community Development Authority's CreatING Places program provided we could raise an additional \$23,000. Several students became heavily involved in the fundraising process and Club President Christian Hawkins helped secure the donation for naming rights from the Mishawaka Education Foundation to get the project off the ground.

The Landscape & Gardening program partnered with MHS has always been about student engagement and opportunity. Landscaping and gardening are areas of interest that usually cannot be entertained by most schools due to a lack of resources, but thanks to our wonderful partnership with the School City of Mishawaka we were able to create this amazing after school program that involves students in growing flowers, vegetables, and tropical plants. Every year they engage the students both inside the classroom and outside in the Parks. Our Landscape Manager is a firm believer in hands on learning and will take the students out to the parks for activities on warmer days. Students have

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### Avoid Dehydration!

*Health Information from Saint Joseph Health System*

Water is essential to good health. It helps your body carry nutrients and oxygen to the cells, lubricate joints, flush out waste products, regulate body temperature, prevent constipation and more. So, it's important to drink enough fluids to avoid dehydration.

Signs and symptoms of dehydration:

- Excessive thirst
- Fatigue
- Headache
- Dry mouth
- Little or no urination
- Muscle weakness
- Dizziness
- Light-headedness

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### UPCOMING EVENTS

Jan 1	City Offices Closed
Jan 11	Winter Concert <i>(Battell Center)</i>
Jan 12	DJ Night <i>(Merrifield Ice Rink)</i>
Jan 15	Passport To Play <i>(Merrifield Ice Rink)</i>
Jan 20	Frigid Family Fun 5K <i>(Central Park)</i>
Jan 25	Weekend of Giving <i>(Merrifield Ice Rink)</i>
Feb 12	Grandparents & Me <i>(Battell Center)</i>
Feb 14	Valentine's Day Couple Skate <i>(Merrifield Ice Rink)</i>
Feb 22	Mother/Son Dance <i>(Battell Center)</i>
Feb 23	Daddy/Daughter Dance <i>(Battell Center)</i>
Mar 16	Decades Dance (50's) <i>(Battell Center)</i>

### George Wilson Park Tubing Hill

**(574) 258-1707**

Open Daily 10am - 8pm  
*(weather permitting)*

Entrance \$3.00

Tube Rental \$2.00

Please call ahead to confirm the Hill is open.

***(Inflatable tubes only)***

### 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)*

worked in our Japanese Garden pruning plants, installing our wildflower native plantings, and growing a wide range of plants that were planted on our Riverwalk for all to enjoy. The students have the opportunity to take home vegetables and plants for their own enjoyment, and the program has opened up some seasonal job opportunities for students, including here at the Parks Department.

Many minds came together to make this vision a reality, but the project largely remains that of the students. We are so proud of their efforts and dedication to fundraising and creating clear direction on what they would like to see in our future. The Landscape & Gardening program will now meet at the Greenhouse bi-weekly during the school year and students will work towards growing plants for the community, schools, and their homes. They are excited to partner with local gardening groups like the St. Joseph Valley Master Gardeners to offer educational programming to the community on various horticulture topics. The greenhouse will be made of durable twin wall polycarbonate and is designed to help retain heat and diffuse light into the structure. The greenhouse will allow



them to grow hundreds of flats of flowers to supplement what is currently used in the parks to offer larger and more vibrant flower displays. The exterior of the structure will be landscaped with material the students grow and there will be a garden addition that will allow them to showcase what they have accomplished inside the greenhouse. Maintenance and care of the plants will be supplemented by School City's incredible Young Adult Services program that works with young adults with special needs on career and skill development. These greenhouse stewards will assist with watering, planting, and upkeep in our exterior vegetable garden throughout the year.

Thanks to the dedication of our hometown and these students, we were able to raise enough money to fund this incredible new project. To put the generosity of Mishawaka into perspective, this adds up to a grand total of \$130,000 that our community has raised to improve our parks in 2018 alone. Many minds came together to make this vision a reality, and the success of the project is a symbol of the heart of Mishawaka.

While we have finished our initial funding goal on this project, we are still accepting donations to help make sure our programming options are sustainable in the future. If you are interested in helping support this project, please contact the Mishawaka Parks Department at (574) 258-1622 for more information and <http://mishawaka.in.gov/parksandrecreation> to stay up to date on the project timeline.

*Mayor Dave Wood*

## Avoid Dehydration! *(cont.)*

*Health Information from Saint Joseph Health System*

How much water should you drink? Healthy adults can generally judge by thirst, but it's not always an adequate gauge. For example, you lose thirst sensation as you age, so it's easier to get dehydrated.

A basic rule is to drink 1 oz of water per day for every 2.5 lb you weigh. In general, the goal is to drink about 8 cups (2 L) per day.

Make sure that you are sufficiently hydrated before, during and after exercise. Sports drinks are usually unnecessary unless you're engaging in very strenuous activity such as cross-country running, football or circuit training. Children need fluids (3 - 5 oz) every 15 - 20 minutes during practice or games and encouragement to drink whenever thirsty.

Fluid consumption is especially important for those with chronic medical conditions. Those with mobility problems might avoid drinking enough because it's difficult to get up to use the bathroom, and conditions such as heart failure can complicate staying hydrated. Talk with your primary care provider about how to regulate your fluid intake.

To learn more, visit <http://www.thiscounts.org>.

### MERRIFIELD ICE RINK

(574) 258-1665

#### ADMISSION & FEES

Youth (5-7)	\$3.00	Re-entry	\$2.00
Adult	\$4.00	Family Night	\$15.00
Senior (62+)	\$3.50	Skate Rental	\$2.00
Group (10+)	\$2.00	Skate Aid	\$2.00

#### OPEN SKATE HOURS

Tuesday	5pm - 8pm
Friday ( <i>Family Night</i> )	5pm - 9pm
Saturday / Sunday	12pm - 4pm 5pm - 9pm

*Happy New Year!!!*

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