



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.

Mishawaka, Indiana

Dave Wood, Mayor

December 2010

A Letter from Mayor Dave Wood

Dear Friends and Neighbors,

As I enter into my fourth month as Mayor, I am amazed at the amount of commitment necessary to maintain and upgrade the aging infrastructure of our city and grateful to the dedication of our employees who diligently work to keep our City the best hometown in America. It is not hard to see that construction projects are spread throughout the city, (and we appreciate your patience as you have driven all summer long throughout our town). Major construction projects have been completed recently and we continue to try to keep you updated as those projects are completed:



Milburn Sewer Improvement Area work consisted of five separate projects which included major storm sewer installation, replacement of curbs, handicap accessible sidewalks and pavement replacement on the east-west streets of Sixth, Milburn Boulevard, Delaware and Panama between Logan and Ironwood. Several north/south streets were also recon-

(continued on next page)

Battling Childhood Obesity

By Robert Gorman, MD, FAAP

Every month, the Communicator will provide a monthly series of articles for our Let's Move Mishawaka Program about healthy eating and lifestyles provided by Saint Joseph Physician Network, courtesy of Dr. Dale Deardorff, Medical Director.

Has anyone recently watched a movie filmed in the 1980s and compared that to one filmed in 2010 and noticed that people twenty to thirty years ago seemed to be much thinner? That is no accident or optical illusion. Obesity has increased across the board and is alarmingly affecting our youngest patients. A combination of decreased activity and consumption of calories in excess of need have resulted in the steadily increasing prevalence of childhood and adolescent obesity. Childhood obesity can be thought of as an accelerator of adult diseases. Obese children and adolescents are now experiencing health problems including diabetes, high blood pressure, high cholesterol, obstructive sleep apnea, and fatty liver that had previously been seen predominantly in adults. Complications of obesity can be life threatening and even life ending. Adolescents who are obese have approximately an 80% likelihood of being obese adults, and there is a 75% chance that children will be overweight if both parents are obese and a up to a 50% chance if just one parent is obese.

(continued on next page)

Congratulations Mishawaka Police Department



The City of Mishawaka wishes to congratulate Lt. Tim Williams, from the Mishawaka Police Department and the Drunk Driving Task Force for St. Joseph County for being named the DUI Task Force Best in the State at the Annual Traffic Safety Banquet at the Indiana Criminal Justice Institute/Governor's Council on Impaired and Dangerous Driving on November 19, 2010. It is their 3rd Best in the State Award in the last four years! The Drunk Driving Task Force is made up of the Commander, Officer Williams and Officers from Mishawaka, South Bend, St. Joseph County, Lakeville, North Liberty, New Carlisle, Notre Dame and Walkerton Police Departments. St. Joseph County has had a steady decrease of alcohol and drug related fatalities since 2006 thanks to the hard work of this task force and the FACT Fatal Alcohol Crash Team. Our community is immensely grateful to the hard work of these teams.

A Letter From Mayor Dave Wood (continued)

structed as a result of the storm sewer installation. These projects complete all major reconstruction south of the railroad. The next phase beginning in early 2011 will consist of the lining of all sanitary sewers in this area. Additional monitoring and design for improvements on areas north of Lincolnway will take place in 2011 with construction scheduled for 2012.

Main Street (Donaldson – Guam) open to traffic on November 1st, this project included the reconstruction of the Main and McKinley intersection to accommodate dual left turns and a right turn lane on all four approaches. A remnant property at the intersection will be placed for sale early in 2011. Also included was the installation of concrete pavement, curbs and handicap accessible sidewalks on both sides of this major transportation corridor. The southern Main Street project between Mishawaka Avenue and Battell Street is approximately 50% complete. Extensive utility conflicts between storm sewer and watermain extensions delayed placement of the west lanes of concrete pavement until October. Traffic was recently shifted to the new pavement to enable the reconstruction of Mishawaka Avenue intersection to be open to traffic after Thanksgiving. All work will stop for the winter with project scheduled for completion in summer of 2011.

Lynn Street Improvements, final phase of reconstruction of streets north of Jefferson, east of Merrifield is an area annexed to the city in the 1950's. The project consisted of installation of curbs, storm sewer, new pavement and sidewalk on the west side between McKinley and Borley.

Juday Creek Force Main Rehabilitation is probably one of the more noticeable since much of the preliminary work is within the Grape Road corridor. This project entails the rehabilitation of approximately 11,086 lineal feet of 18" force main between the Juday Creek Lift Station to Lowell Street south of Bethel College and the upgrades to the Juday Creek Lift Station. The project requires extensive bypass pumping to accommodate the flows the lift station currently handles while the repairs are taking place. The force main rehabilitation is to be via Cured in Place Pipe (CIPP). The project is about 75% percent complete and is anticipated to be completed in the spring of 2011.

Obviously there are several other projects such as the expansion of the River Crossing at Sarah Street, several phases of installation of a major sanitary force main in Christyann Street, traffic signal modernization along McKinley Highway and utility relocation projects associated with INDOT's Capital Avenue project which will be discussed in a future article.



Battling Childhood Obesity (continued)

Following are two areas that parents can control and have an effect on their children's health:

Good Nutrition: This is the cornerstone for health and growth and controlling obesity. Nutritional patterns that may increase the risk of obesity include meals eaten at restaurants, an increase in portion sizes, snacking and meal skipping as well as consumption of soda, sugar-sweetened beverages, and juice. For all children, it is important for the parents to set the tone and utilize healthy snacks and demonstrate healthy eating habits. It is important for parents to know what their child is eating outside the home so they can adjust the in-home meals/snacks accordingly. Examples of healthy snacks include fruit, low-fat yogurt, low-fat oatmeal cookies, baked potato chips, air-popped or lite microwave popcorn, crackers, pretzels, raisins and frozen juice bars. Strive to minimize junk food, pay attention to portion sizes and allow children to participate in deciding which healthy foods and drinks to consume.

Increase in Sedentary lifestyle – Another major source for the risk of obesity has been the increase in television watching, video game playing and time spent on the computer (screen time), along with the resulting decrease in physical activity – the 'Couch Potato' syndrome. Children and Adolescents today spend much less time walking, particularly to school, and parents do not emphasize walking, biking, hiking or other outdoor activities as they did years ago. In terms of combating inactivity, parents should structure after-school and evening time to include not only regular mealtime (e.g. sit-down dinners), homework time, and time for free play, but also limit screen time to less than 2 hours a day.

In summary, home is where good nutrition habits are formed and helping your child lose weight and maintain health should be a family project. Growing appetites should be satisfied with fruits and vegetables instead of snack food and the use of structure and negotiation are effective tools in modifying behaviors. Also don't forget to reward success, a very important issue that is often overlooked.

*Robert Gorman, MD, FAAP
Board Certified in Pediatrics and Internal
Medicine, Physician at Community Pediatric
Physicians and the Pediatric Specialty Dia-
betes Clinic at SJRMC.*

LET'S
MOVE
MISHAWAKA!



Tip of the Month

One of the best ways to increase the overall fitness of a family is by exercising together. Variety of activity is the key to keeping all family members enjoying exercise. The older the children, the more important it becomes for exercise to be "fun". Motivation must come from Mom and Dad through example, creative activities, and persistence. Physical activity sessions do not need to last longer than 30-45 minutes but should be scheduled on a regular basis.



Visit our new web site at www.Mishawaka.IN.Gov

Send your questions, comments, or concerns to communicator_feedback@mishawaka.in.gov