A Letter from Mayor Dave Wood

Dear Friends and Neighbors,

I would like to take this opportunity to pass along some important news about some increased options for summer recreation for you and your family. Mary Gibbard Pool will reopen on a one year trial basis beginning in June. Several public meetings were held throughout the past year. Input provided at those meetings revealed a strong desire from neighborhood residents to keep the pool at Mary Gibbard open. Based on that input, the City Council and I have agreed to reopen this facility and received Park Board approval to offer this pool for use to our residents.

Mary Gibbard Pool is located at 1024 Somerset Avenue just north of Dragoon Trail in the southwest part of the City. The pool features an 80,000 gallon swimming/wading pool with depths from 3 to 5 feet, a round tot pool with a water umbrella, and a pool house and changing facility. The main attraction for this pool is the water slide that will reopen with the pool. Mary Gibbard pool has been a favorite spot for families to relax and cool off on a hot summer day. This pool has a great community atmosphere and is located in beautiful Mary Gibbard Park.

Merrifield Pool is our flagship water recreation facility and will continue to offer a safe and secure place to swim and spend the day for the whole family. At almost one million gallons, your community pool complex on Mishawaka Avenue offers a 50 meter pool with a diving well, one meter diving boards, one and three meter diving platforms, and a water slide that is the main attraction for kids throughout the summer. Both pools can be used with the annual and daily passes. Mary Gibbard is especially suited for rentals over the summer offering a unique opportunity for your next family reunion or large party.

(continued on next page)

The Right Shoe for You

Advice from Saint Joseph Regional Medical Center on the appropriate shoe for your level of exercise

If you play a sport three or more times a week, wearing shoes made for that activity is smart. Footwear tailored for running, basketball, and other activities can protect against sprains and other injuries.

• Walking shoes provide extra shock absorption in the heel and under the ball of the foot. They allow you to shift your weight smoothly from your heels to your toes.
• Running shoes are designed to absorb shock as your heel hits the ground.
• Tennis shoes are firm on the sides to support your feet during quick side-to-side movements.
• Basketball players need shoes that have thinner mid-soles. These help keep ankles stable during side-to-side movements. Thinner soles also make it easier to “feel” the ground so you’re less likely to take a misstep.
• If you only engage in an activity once or twice a week, all-purpose cross-training shoes should be adequate. Cross trainers combine features of shoes designed for specific activities.

(continued on next page)

B&B Organic Express has added the Battell Center as a pick up location for organic box produce orders! For all the details just visit www.mishawaka.in.gov.

Upcoming Events in Mishawaka

April 18th - AARP Driver Safety Class, Battell Community Center. Check back for more information on our website as the date gets closer.

April 22nd - The Michiana Concert Band presents: A Spring Concert, 3:00pm, Battell Center Auditorium. FREE concert. ALL are welcome!

May 19th/20th - Relay for Life, Mishawaka High School

2012 TRIAD Pill Drop - May 16, 2012 and September 19, 2012 from 7:00 A.M to 2:30 P.M. Both Mishawaka collection dates will be held at the Mishawaka Fire Department, Station 3 located at 333 E. Douglas Road, Mishawaka, In 46545. We ask that all pill form medications be emptied from the containers and placed in clear plastic bags. Liquid form medication should remain in the original container.
Work is being done to get both pools ready for the season, and at Mary Gibbard, we are adding new chairs, picnic tables, and umbrellas to enhance the comfort and enjoyment of our patrons. We are also looking at a change in the hours and fees for Mary Gibbard Pool for this season to give the highest number of people the most opportunity to enjoy all that this facility has to offer.

The following are the proposed open/close dates, pool hours, and rates:

Opening Date: June 1st - We will kick off the season with a "Re-Grand Opening Summer Bash" to showcase all events that will take place and get the community involved with this pool location. (Times to be announced).

Closing Date: August 18th - We will conclude the season with an "End of Summer Pool Party" to showcase all events that have taken place over the summer of 2012. (Times to be announced)

The regular hours will be from 11:00 am – 5:00 pm with the exception of Sundays and Wednesdays.

Sundays and Wednesdays we will be closed for rentals from 11:00 am – 5:00 pm, however we will be open from 6:00-9:00 for Family Nights.

On days we do not have Family Nights scheduled (Every day except Sunday and Wednesday) we will be available for rental.

Rental Pricing: $45.00/ first hour and $ 30.00/ per hour after initial hour.

On Family Nights we will charge $5.00 for families whom reside within the city limits of Mishawaka and $10.00 for families whom reside outside our limits, all must have a valid Park Issued Photo ID to enter.

This location will offer two sessions of swim lessons for the public from 10:00 am- 10:45 am. Session 1 will run from June 25th- July 9th and Session 2 will run from July 16th- July 27th. The ages will be 5-18 years at $25.00/ participant.

We are currently trying to secure an instructor for Water Aerobics for Seniors and Adults. Also our department is planning multiple special events to get the community involved at this great location.

It is the priority of mine, the City Council, and the Parks Board to make sure that Mishawaka residents have a viable option for swimming. Likewise, we will continue the efforts to bring you as many choices as possible in your community parks, because we know that our parks make a positive difference in the quality of life for all of the residents and visitors of Mishawaka.

These Shoes Were Made for Walking
Brisk walking is one of the healthiest exercises around. But if you’re not wearing the right shoes, you could harm your knees, shins, ankles, and hips. Wearing the wrong shoe during exercise also can cause blisters, calluses, or corns.

Shoes made specifically for walking are generally more lightweight than those made for running and have better arch support. A walking shoe should have:

- A rounded shape
- Wide heel landing
- Soft upper portion
- Heels that are about a half-inch high

Test Drive New Shoes
Before buying a pair of shoes, try them on in the store during the afternoon - a time of day when feet are slightly swollen. Experts suggest trying on several different pairs of shoes while wearing the socks you plan to walk in. Make sure to try on both shoes in each pair, and lace them securely. Shoes don’t need a “break-in” period—they should fit well right away.

Experts recommend replacing old shoes:
- After 500 miles of exercise
- If you notice any pain in your feet, ankles, or legs, even though your exercise routine has stayed the same
- If your shoes lean inward or outward when placed on a flat surface

Providing wastewater services to citizens requires energy – and a lot of it. Energy management is a priority for the Wastewater Division. Digester gas, containing 65% methane, is a byproduct of the treatment of wastewater. This gas provides “free” energy that replaces natural gas for process and building heating. The central heating system efficiently burns digester gas and distributes “free” heat wherever there is a need. The beneficial use of digester gas saves approximately $85,000 annually.