



# 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)

November 2018

## A Letter from Mayor Dave Wood



Growing up here in Mishawaka, I must admit that I never gave much thought to living anywhere else. I always had a sense of pride in the Princess City and just assumed I'd live here forever. Today's society, however, is much more mobile and transient. Young people have so many more options available to them and there is active competition among cities to attract, relocate, and retain people, especially talented youth, to their communities. Mishawaka is no different, we now have more jobs than people to fill them and attracting people is a top priority. We are engaged in a strategy to make Mishawaka as attractive as any other place for people to live, work, raise a family and retire. The best place to start, in my opinion, is to retain our own talented kids and show them that there is opportunity for them to succeed right here in their

own hometown.

Mayors Youth Councils are a way in which communities can engage their youth to become more active in their cities. They are not a new concept, Mayor Jeff Rea started one here in Mishawaka over a decade ago and there are others around the State of Indiana as well. After I was elected, my wife, Jaimi, and I took particular interest in this program, but we wanted to put our personal touch on it and make it something that was a vital experience for our youth, provided benefit to the City, and give them key input into the future of their city. We have adopted the Mayor's Youth Advisory Council (MYAC) as one of the most important initiatives of my administration and indeed, it has become a passion of ours. With four children of our own and our passion for serving others, we felt that this was a way Jaimi and I, as well as our family, would be able to bring youth together in our community to advance their leadership skills, academics, knowledge of government on a local level and maybe show them that their hometown is a great place for them to live in.

The Mayor's Youth Advisory Council is made up of high school students who want to be involved in their community and learn more about local government affairs. They can be a voice in their community and serve others in many ways through service and volunteer projects. The students are sophomores, juniors, or seniors and serve a maximum of two years. In July of each year we contact the three area high schools - Mishawaka, Marian and Penn - and ask teachers, counselors, or coaches for student's names who would be interested in serving on this Council. The students are sent an application and asked to return it by a deadline. Based on their application answers, ten students from each high school are chosen to serve on the MYAC for the upcoming school year (July to June). Students who were members the previous year must also go through the application process, provided they are members "in good standing".

Throughout the school year these students are given the opportunity to visit City of Mishawaka Departments and learn "hands-on" what these employees do. They have climbed utility poles, used

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## Avoid Added Sugars!

*Health Information from Saint Joseph Health System*

Added sugars are those that manufacturers add to processed foods, as opposed to sugars that occur naturally in foods. Added sugars should be avoided because they add calories without delivering any vitamins, minerals or other beneficial nutrients.

- **Added sugars** – Found in baked goods, sodas and flavored beverages such as tea, coffee, sports and energy drinks, fruit punch and lemonade. This is often sucrose (table sugar) but could also be from natural sources such as honey, which still add extra calories.
- **Naturally occurring sugars** – Found in fruits and some vegetables (fructose and glucose), milk and dairy (lactose) and breads and cereals (starches). These foods also tend to deliver vitamins, minerals, fiber and other beneficial nutrients.

The American Heart Association recommends getting no more than 10 percent of your daily calories from added sugars — about 150 calories (9 teaspoons of sugar) for men and 100 calories (6 teaspoons) for women.

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## UPCOMING EVENTS

Nov 12	Veterans Day City Offices Closed
Nov 22 - Thanksgiving 23	City Offices Closed
Nov 24	Santa's Arrival (Downtown)
Nov 28	Brunch and a Classic Movie - "Meet Me in St. Louis" (Battell Center)
Dec 1	Holiday Craft Fair (Battell Center)
Dec 7	Holiday Fun Night Movie - "The Grinch" (Battell Center)
Dec 8	Winterfest (Merrifield Park)
Dec 8	Ice Rink Opens (Merrifield Park)
Dec 20	Brunch and a Classic Movie - "The Holiday" (Battell Center)
Dec 24 - Christmas Holiday 25	City Offices Closed
Dec 31	New Year's Eve Celebration (Merrifield Complex)

## FALL LEAF PICK-UP

Oct. 22 - Dec 7

Rake leaves curbside. Pick-up will occur each week on the day before your trash pick-up day. Those with a Monday trash pick-up will have their leaves picked up on Friday.

## ONLINE ACCESS

	<a href="http://mishawaka.in.gov">http://mishawaka.in.gov</a>
	<a href="http://facebook.com/cityofmishawaka">http://facebook.com/cityofmishawaka</a>
	<a href="http://mishawaka.in.gov/communicator">http://mishawaka.in.gov/communicator</a>
	<a href="http://mishawaka.in.gov/parksandrecreation">http://mishawaka.in.gov/parksandrecreation</a>
	<a href="https://twitter.com/MishawakaMayor">https://twitter.com/MishawakaMayor</a>
	<a href="https://instagram.com/MishawakaMayor/">https://instagram.com/MishawakaMayor/</a>

## A Letter from Mayor Dave Wood *(continued)*

a taser gun, been given demonstrations by our K-9 Officers and gone up in ladder trucks with the Mishawaka Fire and Electric Departments. They have been invited by area businesses to tour business facilities, taken part in ribbon cuttings, volunteered at community events, and completed leadership projects that have been implemented in city projects. Their largest community service project, the Mayor's Thanksgiving Food Drive, started in 2011 and provided 20 boxes packed with Thanksgiving Dinners (including the turkey) to Mishawaka families in need. This activity has evolved where the students not only will be providing 80 Thanksgiving dinners this year but will also be providing extra food for the Mishawaka Food Pantry. The students, along with parent chaperones, meet and deliver these boxes in a two-hour period right to the door of each family. It is an experience that many talk about for years to come.

These groups of students have not only excelled during their tenure in the MYAC but have gone on to universities all over the United States as well as into the Air Force and Naval Academies. I have had 140 students come through my MYAC and after this year's Thanksgiving Food Drive, they will have served 444 Thanksgiving dinners. The accomplishments of these students are many and I am always pleased when I run into a former member and hear that the MYAC helped shape their future in a positive way. The experience is like none other and one that I wish I had been able to experience in high school.

In 2016, I was contacted by Accelerated Indiana Municipalities (AIM) as they were interested in my Youth Council and wanted to start a state-wide Youth Council and give other Indiana cities information on this successful program. I did a presentation for other Mayors and there are now 30 Youth Councils throughout the state of Indiana modeled after the City of Mishawaka Mayor's Youth Council. Mishawaka's is recognized as a best practice. AIM launched their own Youth Council in 2017 and brought the students together for a Legislative Day. Several of our members traveled to the Statehouse in January to network with other Youth Councils where they met many Indiana leaders and gained a first-hand insight into the Indiana General Assembly. This year, they will again be given the same opportunity and will also participate in a Leadership Summit at Indiana University, Bloomington.

These Youth Council members have changed the course of Mishawaka's future with their leadership and participation. They have helped us conceive new projects, develop new events, feed less fortunate Mishawakans and learn about the level of government that has the most impact on our lives on a daily basis, local government. I am proud to report that we are now in our eighth year of the Mayor's Youth Advisory Council, and on September 17th I held a swearing-in ceremony (similar to that of an elected official) in front of the Mishawaka Common Council. This year our group consists of 31 members with 15 returning members, 15 new members, and 1 Senior Advisor. I look forward to working with them throughout the school year and know that they too, will be given an opportunity to learn more about city government, volunteering, and service to others and will finish this program with a positive perspective of the city they live in.

Yours in Mishawaka,

*Mayor Paul*



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## Avoid Added Sugars! *(cont.)*

*Health Information from Saint Joseph Health System*

Check the nutrition label. Recently introduced labels include the amount of added sugars. You can also check the ingredients for things such as corn syrup, high-fructose corn syrup, fruit juice concentrate, maltose, dextrose, sucrose, honey, agave and maple syrup. If they are near the top of the list, then the food contains large amounts of added sugar.

Don't simply replace a food that has added sugars with the same quantity of naturally occurring sugars. For example, you might think it's better to drink juice instead of pop. But they both have the same amount of sugar per serving.

For more nutrition information and tips, visit <http://www.thiscounts.org>.

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