



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

March 2018

A Letter from Mayor Dave Wood



Boy Scout rule number one is: "always be prepared." We just never know what northern Indiana weather will bring. For that reason, we at the City of Mishawaka and Mishawaka Utilities are continually planning and preparing for just about every possible scenario. Last week saw a unique combination of factors that led to what could have been a catastrophic event. Major snow storms gave way to rapid melting with warm temperatures. Just as a foot and a half of snow melted, 6.39 inches of rain falls on frozen ground over a 27-hour period. Much of the 4,685 square mile St Joseph River watershed experienced similar conditions and as a result, the St. Joseph River and its tributaries rose

rapidly and escaped containment along their banks. In Mishawaka, water levels rose 11.1 feet above their normal water level, or about a half a foot above the 100-year flood level. The result was the great flood of 2018.

I grew up in the Princess City within sight of the river. I have seen many floods of varying degrees in my fifty years. That got me to thinking; was this a record flood or a 500-year flood as it has been called? Probably not. Me, being the history geek that I am, I decided to look back in Mishawaka's history to see if there have been worse. What I discovered is that indeed there have been much worse floods in terms of fatalities and property damage. Significant floods were recorded in 1859, 1883, and 1887 but the floods of 1908 (11.0 feet) and 1982 were very similar in river level to the flood of 2018. One particularly tragic flood in 1859 caused a railroad bridge to wash out resulting in a train wreck that killed 39 people. Six passenger cars, the engine and tender were buried under silt and water. One was not found for nearly a week. In 1883, a flood caused part of the

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Know Your Numbers...Watch Your Blood Sugar

Health Information from Saint Joseph Health System

One out of three American adults has prediabetes, and most of them do not know it because usually there are no symptoms. Having prediabetes means your blood glucose (sugar) level is higher than normal but not high enough to be diagnosed as diabetes. This raises your risk of type 2 diabetes, heart disease and stroke and other health problems.

Exams and tests

There are several tests used to diagnose diabetes and prediabetes. In general, targets for each test are:

- A1C: Provides your average levels of blood glucose over the past three months — below 5.7
- Fasting plasma glucose: Measures your blood glucose level after you fast for at least 8 hours — 99 or below
- Random plasma glucose test: Done at any time — 200 or above is symptomatic of diabetes.

Treatment

Losing weight — at least 5 to 10 percent of your starting weight — can prevent or delay diabetes or even reverse prediabetes. You can lose weight by cutting down on the amount of calories and fat you eat and being physically active at least 30 minutes a day.

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UPCOMING EVENTS!

Mar 5	Movie Night "Manchester By The Sea" (Battell Center)
Mar 9	Family Fun Night "Kubo and the Two Strings" (Battell Center)
Mar 16	Winter Concert Series "Ground Control" (Battell Center)
Mar 25	Easter Egg Hunt (Merrifield Park)
Apr 6	Battle of the Bands (Battell Center)
Apr 9	Movie Monday "Café Society" (Battell Center)
Apr 24	Urban Forestry Seminar (Battell Center)
Apr 25	Brunch/Classic Movie "Gigi" (Battell Center)

STATE OF THE CITY ADDRESS

Presented by
Mayor David A. Wood

March 12, 2018 - 7:00pm
Battell Center Auditorium

Volunteer Income Tax Assistance

Free tax prep & e-filing!

CALL 2-1-1 to schedule your appointment or schedule online at

www.uwsjc.org/vita.html

ONLINE ACCESS



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A Letter from Mayor Dave Wood *(continued)*

Mishawaka dam (near what is now Central Park) to wash away. In 1887, a disastrous flood caused a factory to collapse and be carried away in the river.

While the current flood might not have caused catastrophic damage, it was a very serious if not record flood event in terms of flood level. Neighboring communities, both upstream and downstream from the Princess City saw major flooding breach homes and businesses leading to evacuations, abandoned vehicles resulting in water rescues and more. Some area wastewater treatment plants even failed leading to millions of gallons of sewage being spewed directly into the area rivers. Streets and whole neighborhoods were closed down with people not able to access their property and emergencies were declared all over the region. *But not in Mishawaka!*

Mishawaka streets remained open, no residents were evacuated, no businesses were forced to close and all city services and utilities were operational throughout the flood. The Riverwalk and some riverfront parks took the full brunt of the flood but sustained no serious damage. Mishawaka was fortunate for sure, but not lucky!

So why did Mishawaka escape serious damage despite past floods of similar level causing serious damage in Mishawaka and serious damage from this flood in neighboring communities? I believe it is because of good long-term planning and investment in infrastructure. Since 1990, the City has invested hundreds of millions of dollars in infrastructure; all of it designed with flooding in mind. There have been new sewers, roads, bridges and parks that have not only been designed to take the heavy stress of floods and shed water quickly, they have been designed to operate normally during floods. Our wastewater treatment plant has had two major renovations that have exceeded requirements on flood guidance. The result, the plant operated at 100% despite treating three times its normal daily volume for several days and did not put one drop of waste into the river.

You may also notice that along the riverbank, there are low banks and high banks. The low banks and islands are typically in the flood plain. There you won't find many structures including homes and business. What you will find are several parks that are designed to take lots of water for short periods of time. In fact, if you happened to drive by Beutter Park, you probably saw that it was underwater yet the lights were still on as normal. That is because they were designed to be waterproof in the event of flooding. Likewise, park restroom facilities are designed to take and shed water and only require a good cleaning after floodwaters recede.

Unfortunately, we know that some people were affected by recent weather events throughout the City, particularly with flooded basements from groundwater seepage, failed sump pumps, etc.. If you were impacted with any damage at all, please report that to the St. Joseph County Emergency Management Agency at (574) 235-9378.

While out monitoring flood conditions, I had the opportunity to talk to many citizens who were out witnessing this rare event at various parks. One thing I love about the Princess City is that in situations such as these, Mishawaka's best come out. People were eager to offer a hand, engage in friendly conversation or share memories about past floods. I hope that fellowship is the lasting impact of the flood of 2018.

Yours in Mishawaka,



Know Your Numbers... *(cont.)*

Health Information from Saint Joseph Health System

"Without weight loss or moderate physical activity, many people with prediabetes can develop type 2 diabetes within five years," said Dr. Ben Garman, primary care provider at River Park Family Medicine. "Type 2 diabetes is a serious condition that can lead to health issues such as heart attack, stroke, blindness, kidney failure or loss of toes, feet or legs."

Your provider may also prescribe medicine to help control the amount of glucose in your blood. If you think you are at risk for developing prediabetes, talk with your primary care provider.

OUTDOOR FITNESS COURT UPDATE

In my last article, I wrote about the City of Mishawaka Patronicity campaign for the new Fitness Court in Central Park. I am very excited that so many individuals from our community have reached out to find ways that they can donate to making world-class fitness free for everyone! The goal for the Fitness Court is to not only promote a healthy lifestyle, but also bring a new twist to the thought of making fitness fun. By utilizing the free app, you not only have a free fitness coach and customized workouts, but you also have the capabilities to challenge your friends and family members.

https://www.patronicity.com/project/fitness_court_mishawaka_parks

