

City Reports



VOLUME XXIII No. 11

November 2012

PETE BUTTIGIEG, MAYOR

A Look into our Rights

We have just finished voting, and as we think of our country, it is always good to look at what our rights as citizens are. We also think of our Veterans and want to thank each one of you for your service to our country. It is because of you we enjoy our freedom. We appreciate your sacrifice.

Here is the Preamble to the Bill of Rights and the Bill of Rights:

Congress of the United States begun and held at the City of New-York, on Wednesday the fourth of March, one thousand seven hundred and eighty nine.

THE Conventions of a number of the States, having at the time of their adopting the Constitution, expressed a desire, in order to prevent misconstruction or abuse of its powers, that further declaratory and restrictive clauses should be added: And as extending the ground of public confidence in the Government, will best ensure the beneficent ends of its institution.

RESOLVED by the Senate and House of Representatives of the United States of America, in Congress assembled, two thirds of both Houses concurring, that the following Articles be proposed to the Legislatures of the several States, as amendments to the Constitution of the United States, all, or any of which Articles, when ratified by three fourths of the said Legislatures, to be valid to all intents and purposes, as part of the said Constitution; viz.

ARTICLES in addition to, and Amendment of the Constitution of the United States of America, proposed by Congress, and ratified by the Legislatures of the several States, pursuant to the fifth Article of the original Constitution.

Amendment I

Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances.

Amendment II

A well regulated Militia, being necessary to the security of a free State, the right of the people to keep and bear Arms, shall not be infringed.

Amendment III

No Soldier shall, in time of peace be quartered in any house, without the consent of the Owner, nor in time of war, but in a manner to be prescribed by law.

Amendment IV

The right of the people to be secure in their persons, houses, papers, and effects, against unreasonable searches and seizures, shall not be violated, and no Warrants shall issue, but

upon probable cause, supported by Oath or affirmation, and particularly describing the place to be searched, and the persons or things to be seized.

Amendment V

No person shall be held to answer for a capital, or otherwise infamous crime, unless on a presentment or indictment of a Grand Jury, except in cases arising in the land or naval forces, or in the Militia, when in actual service in time of War or public danger; nor shall any person be subject for the same offence to be twice put in jeopardy of life or limb; nor shall be compelled in any criminal case to be a witness against himself, nor be deprived of life, liberty, or property, without due process of law; nor shall private property be taken for public use, without just compensation.

Amendment VI

In all criminal prosecutions, the accused shall enjoy the right to a speedy and public trial, by an impartial jury of the State and district wherein the crime shall have been committed, which district shall have been previously ascertained by law, and to be informed of the nature and cause of the accusation; to be confronted with the witnesses against him; to have compulsory process for obtaining witnesses in his favor, and to have the Assistance of Counsel for his defence.

Amendment VII

In Suits at common law, where the value in controversy shall exceed twenty dollars, the right of trial by jury shall be preserved, and no fact tried by a jury, shall be otherwise re-examined in any Court of the United States, than according to the rules of the common law.

Amendment VIII

Excessive bail shall not be required, nor excessive fines imposed, nor cruel and unusual punishments inflicted.

Amendment IX

The enumeration in the Constitution, of certain rights, shall not be construed to deny or disparage others retained by the people.

Amendment X

The powers not delegated to the United States by the Constitution, nor prohibited by it to the States, are reserved to the States respectively, or to the people.

Citywide Anniversaries

November 2012

35 Years–1977

William Young Park Dept

20 Years–1992

Vanessa Brown Wastewater

Brian Young Police Dept

10 Years–2002

Darwin Shipley Traffic & Lighting

Tom Stankiewicz Equipment Services

5 Years–2007

John Gast Police Dept

Darric Cole Water Works

Jason Biek Fire Dept

James Biernacki Fire Dept

Joshua Comeau Fire Dept

Karl Hopkins Fire Dept

Ryan Kakalia Fire Dept

Mark Mammon Fire Dept

Nicholas Miller Fire Dept

Corey Powell Fire Dept

Aaron Randall Fire Dept

Jason Roose Fire Dept

Michael Willamowski Fire Dept

Matthew Zimmerman Fire Dept

Adopt a Pet

Rita

Corgi/Jack Russell Terrier mix, small, young female, Pet ID: A17417715

Adorable, playful, lovable little Rita was surrendered to the shelter when her family decided she was “too much work.” This sweet little girl is so happy when someone pays her some attention we can’t understand how anyone could leave her behind. We are committed to finding this little angel a family who will give her the love and care she deserves for the rest of her life. Rita is 2 years old, weighs 15 pounds, is heartworm negative and is current on her vaccines. Up-to-date with routine shots, house trained.



Simon

Domestic short hair, medium, young, male, Pet ID: A16686570 Hi, my name is Simon. I am a playful, young male cat who will grow up into a wonderful, lifelong companion. I would love to grow up with you! Please come see me. You won’t regret it! I am up to date on my vaccines and am Felv/FIV negative.

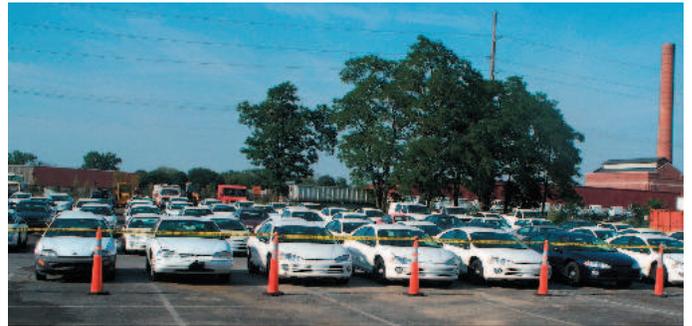


Vehicle Auction

Central Services held the annual City Vehicle Auction on August 25. We had about 90 city vehicles that we sold that day and some misc. items. (The snazzy two tone car was a seized vehicle.) The cars we sell are either damaged or have too many miles on them. We always hold the auction on the last Saturday of August and everyone is welcome. It doesn’t cost anything to sign up and bid on a vehicle. Kaser Auction conducts the auction and puts the list of vehicles online. The Traffic Department helps us with getting the lighted signs up to advertise and we appreciate their help.

The money from the sale goes back to each department involved.

submitted by **Mary Wisniewski**



Orlando, Florida–Getaway

Interested in staying at a Marriott Grande Vista Resort for 7 days for \$450.00? We have a special offer from our Time Share that we purchased for a family but they cancelled, so I can transfer this to anyone interested. We had booked for the week of December 3-10. We can possibly change the week. The special runs thru February 2013. We would have to see if any rooms are available, and it can’t be used on a holiday week.



If interested, contact **Mary Wisniewski** at Equipment Services, 235-9220. This Resort is a few miles from Downtown Disney, Disney World, and SeaWorld. The resort is beautiful. If you want to look it up on line, the address is 5925 Avenida Vista, Orlando FL 32821

submitted by **Mary Wisniewski** (Equip. Services)

Sodium: A Good Thing...in Moderation

We may malign the salt shaker, but sodium plays an important role in the body. It's essential for fluid balance, muscle strength, and nerve function. But most of us get too much. **U.S. guidelines call for less than 2,300 milligrams of sodium per day—about 1 teaspoon of table salt.** And half of Americans should drop to 1,500 milligrams a day. Surprisingly, most of our salt intake is hidden in the foods we buy at the grocery store.

Frozen Dinners: a 5-ounce frozen turkey and gravy dinner can pack 787 milligrams of sodium.

Ready-to-Eat Cereals: Some brands of raisin bran have up to 250 milligrams of sodium per cup. Puffed rice and puffed wheat are sodium free - try mixing with your favorite cereal.

Vegetable Juices: One cup of vegetable juice cocktail contains 479 milligrams of sodium. Many brands make a low-sodium version.

Canned Vegetables: A cup of canned cream-style corn may contain 730 milligrams of sodium. Rinse vegetables thoroughly, or buy "no salt added" or "low sodium" or check the freezer section.

Packaged Deli Meats: Beef or pork dry salami (2 slices) can pack 362 milligrams of sodium. Be a label reader. Some brands have meats with 50% less sodium.

Soups: Soups are typically loaded with sodium. Look for reduced-sodium versions of your favorites. And always check the label.

Marinades and Flavorings: Teriyaki sauce (1 tablespoon) contains 690 milligrams of sodium, and soy sauce (1 tablespoon), contains up to 1,024 milligrams of sodium. Try vinegar and lemon juice to enhance flavor and try orange or pineapple juice as a base for meat marinades.

Spaghetti Sauce: Half a cup of spaghetti sauce may pack 554 milligrams of sodium. Look for "no salt added" versions of your favorite pasta sauces.

Spicing It Up: Adding spices to an entrée can be an easy way to forgo the salt shaker. Just make sure there's no hidden sodium in your selection. For example, canned jalapeno peppers (1/4 cup, solids and liquids) contain about 568 milligrams of sodium.

Aw Nuts! An ounce of dry-roasted, salted peanuts contains 192 milligrams of sodium but an ounce of oil-roasted, salted peanuts rings in at only 76 milligrams of sodium.

The Obvious Offenders: Here's how a 1-ounce serving compares. Potato chips = 136 milligrams. Cheese puffs = 240 milligrams, Pretzels = 385 milligrams. Even "baked" or fat-free snacks can pack the same amount of sodium or more, so read the label.

Pre-Packaged Pitfalls: Foods such as rice, potatoes, and pasta in their natural forms are naturally low in sodium. But an "all-in-one" box with the flavor packet could mean eating more than half of your daily allowance of sodium in just one serving.

Condiments Do Count: 1 tablespoon Ketchup = 167mg. Try cranberry relish or apple butter for a lower sodium choice.

Watch the Serving Size: Don't fool yourself by thinking that the sodium content listed on a nutritional label is for the entire package. Read carefully to see what one serving equals.

Food Label Claims: Sodium-free = Less than 5 mg. per serving; very low-sodium = 35 mg. or less per serving; Low-sodium = Less than 140 mg. per serving; Reduced sodium = Sodium level reduced by 25%; Unsalted, no salt added, or without added salt = Made without the salt that's normally used, but still contains the sodium that's a natural part of the food itself.

What's in a Name? When you're scanning a food label, watch for various forms of sodium or other names for the same thing:

sodium alginate, sodium ascorbate, sodium bicarbonate (baking soda), sodium benzoate, sodium caseinate, sodium chloride, sodium citrate, sodium hydroxide, sodium saccharin, sodium stearoyl lactylate, sodium sulfite, disodium phosphate, monosodium glutamate (MSG), trisodium phosphate

Check Your Medicine Cabinet Too: Some headache or heartburn medicines can contain sodium carbonate or bicarbonate. Read the ingredient list and warning statement to be sure.

Pitfalls When Eating Out: Restaurant soups or appetizers with cheeses or meats, casserole entrées, Rice Pilaf are all common pitfalls. Most sauces are high in sodium.

Better Menu Choices: Fish, depending on how it is seasoned, steamed vegetables (prepared without salt) are smart choices. Also, try a salad with dressing on the side. Low-sodium dessert options include fruit, ice cream, sherbet, or angel food cake.

Avoid a Fast-Food Fiasco: Skip the cheese, go easy on condiments, but keep the lettuce and tomatoes. Don't supersize; order off the children's menu. Eat a low-sodium diet for the rest of the day. Ask for a nutrition fact sheet.

Who Should Go Low-Sodium? U.S. guidelines call for about half of Americans to limit sodium to 1,500 milligrams or less per day, including: People ages 51 and older, African Americans, People with high blood pressure, diabetes, or chronic kidney disease.

The American Heart Association recommends less than 1,500 milligrams per day. Eating less sodium can help lower blood pressure in some individuals. It can help reduce the risk of heart disease, stroke, and kidney damage in those with hypertension.

Track Your Sodium Intake: Unsure of how much sodium you're getting every day? Keep a daily tally of the foods you eat and drink. Then calculate how much sodium is in each. Any surprises? The average American takes in 3,400 milligrams of sodium each day, well above the limits recommended for good health.

taken from WebMD.com



Employees' Corner

Administration and Finance



Congratulations to **George King** (Purchasing Manager) and his wife, Marianne, on the birth of their first grandchild! Eli Grant was born November 8 in Fort Collins, CO. Eli weighed exactly 7 pounds at 19½” and his proud parents are Stephanie and Kevin Bahus.

Community & Economic Development

We are very happy for our Director, **Scott Ford**, on his marriage to the lovely Susan Howard, October 13. They were married in Peoria, IL and honeymooned in the Caribbean.

Equipment Services

Congratulations to **Tray Coleman** and his wife Delisa on the birth of their new baby girl, Nia. Her stats: born September 26, 7lbs 7 oz, 19 ¼ L. Tray brought his new baby in for us all to see; she's a cutie!!!

submitted by **Mary Wisniewski**



Morris PAC

Jim Monroe and Susan Nugent were married on September 28. The wedding and reception were held at the luxurious Palais Royale. The newlyweds enjoyed their honeymoon at Mackinaw Island in Michigan. The bridal party (pictured at the fountain located in the Jon R. Hunt Plaza) are Jim and Sue's daughters, Abbi, Maddy, Kelsey, Katie and Sofie. Our best wishes to the Monroe family!



Safety & Risk

Congratulations to **Gloria Estrada Lopez** and her husband, Jose, on the birth of their daughter, Gloria Marlene, born September 27! Baby Gloria weighed 4 lbs. 15 oz. She joins big sisters, Juliana and Angelina.



From the South Bend Tribune

Kudos to the Department of Public Works, Street Department, Parks Department and anyone else I might have left out. We recently took advantage of the city's curb and walk program to have a new sidewalk installed and couldn't have been more pleased.

The workers were professional, competent, friendly and helpful. They took great pride in their work and most of all, wanted us to be pleased, too. What a great boon this program is to South Bend to help make our city more attractive and at the same time to be extremely beneficial to our residents.

Many thanks to all responsible and involved in this work.
Armand and Jan Paluzzi

For those of you who don't know, the City of South Bend offers a curb & sidewalk program to fix and improve dangerous and deteriorated sidewalks and curbs within the city limits. High five and great job to those that participated in making this happen. Awesome job!

Second Annual Community Pet Day another big success!

On Sunday, October 21 a number of animal welfare organizations came together to host a low cost vaccine and microchip clinic to help pet owners who may not have been able to afford these services otherwise. This event offered pet owners rabies and distemper vaccines as well as microchips for only \$5 a piece.

Councilwoman Valerie Schey worked with Stephanie Coleman of the Parks Department to host this event at the Martin Luther King Jr. Recreation Center. Both Schey and Coleman were very pleased with the success of the event. Schey said, "Ideally, this will help keep animals healthy and in their homes instead of being owner-surrendered pets at our shelter."

Although the event began at 10:00 a.m., the first customer arrived at 6:50 a.m. in order to claim her place in line. Schey said, "There were so many guests who said how grateful they were for these services. It was very rewarding to help so many people and so many pets. Not counting the distemper vaccines, we provided 386 rabies and/or microchips!!!"

Our thanks go to the doctors, staff and volunteers from University Park Veterinary Hospital, Kryder Veterinary Hospital, South Bend Animal Care and Control, Heartland Small Animal Rescue, Pet Refuge, CARE of South Bend, Casa Del Toro, Linda's Camp K9, Keri's Unlimited Pet Care and the BASS Club for volunteering their time to make this event possible.

submitted by **Valerie Schey** (Common Council)

Set the Night to Music

Plan to attend the 11th Annual New Year's Eve Dinner/Dance Gala at the beautiful Palais Royale Ballroom on Monday, December 31, 2012.

Festivities begin at 7:00 PM. Music provided by The Tom Milo Big Band. Dance to Glenn Miller 40's, Frank Sinatra, Bill Joel and other artists.

Come enjoy Hors d'oeuvres and fine dining followed by a champagne toast at midnight. More information is available on the Morris website at www.MorrisCenter.org or by calling the Morris Box Office at 235-9190. Palais Royale is South Bend's Premier Event Facility.



A Little Name Dropping...

Welcome August 2012

Tricia Deal..... City Clerk's Office
Richard Low.....Streets
Heather Mosley Parks/Zoo
James Rudnicki Water Works
Dennis RyansStreets
James Seward Park Dept.

Resignations August 2012

Michael Cwidak-Kusbach..... Comm. & Econ. Dev. (4 mo)
James Hassig..... Police (3 mos)
Roland KellyComm. & Econ. Dev. (7 mos)
Rebecca Pelky Parks/Zoo (7 yrs 1 mo)
Gloria ResendizSafety & Risk (11 yrs 4 mos)

A Magnificent Gift Idea

This holiday give a unique gift that will make a lasting impression—purchase a brass seat plaque. We will attach your plaque to a seat in the theater section of your choice at the Magnificent Morris Performing Arts Center. Each commemorative plaque holds up to two lines of text (18 characters per line) that can be inscribed with your name, the name of family members or friends or a short message. Seat plaques make a great gift for hard-to-buy for people on your shopping list, theater fans, or as an extraordinary tribute in memory of your loved one. Be a part of the historic Morris!

Available Options & *Pricing:
 Orchestra, Main Floor, or Mezzanine, \$250 1st Balcony, \$125 2nd or 3rd Balcony, \$50



As an added bonus the Morris will include FREE a Commemorative Certificate. For more details or to order, email kking@MorrisCenter.org Get a brass plaque today!

*Please note that the above prices reflect a 50% discount for City of South Bend Employees! This promotion is available for a limited time and does not reserve your seat for performances.

Change of Pace August 2012

Gerard Ellis Fire from Firefighter 1st Class to Captain/Public Education
Kevin Kurtz Fire from Firefighter 1st Class to Pump Engineer/First Driver
James Luccki Fire from Captain to Battalion Chief
Daniel WiczorekFrom Equipment Operator III Street to Equipment Operator III Sewer

Retirements August 2012

Phillip CustardAdmin. & Finance (5 yrs 6 mos dedicated service)
Scott RossPolice (21 yrs 10 mos dedicated service)
Ronald Vogler Morris Performing Arts Center (10 yrs 0 mos dedicated service)
Peggy WrightAdmin. & Finance (15 yrs 3 mos dedicated service)



For more information on the following events contact:

CENTURY CENTER	9711
COLLEGE FOOTBALL HALL OF FAME	5715
S.B.REGIONAL MUSEUM OF ART	9102
MORRIS PERFORMING ARTS CENTER.....	9190
PARKS/RECREATION DEPARTMENT.....	299-4765
NOTRE DAME	631-5031
ST. PATRICK'S COUNTY PARK	288-3472
NO. INDIANA CENTER FOR HISTORY.....	235-9664
ST. JOE COUNTY 4-H FAIRGROUNDS	291-4870

Century Center

- 11/1 South Bend Community Schools – K-12 Magnet Fair
 - 11/14,11,18,25 New Life Deliverance Center – Church Service 10am
 - 11/10 Hello Gorgeous Annual Dinner
 - 11/10 Beaux Arts Ball – South Bend Museum of Art
 - 11/10 Operation 1ST Response Fundraiser
 - 11/12 The Acting Ensemble Stage Works – “Alive & Dead In Indiana”
 - 11/14 South Bend Hall of Fame Annual Dinner
- For more information on events, please visit our website at www.CenturyCenter.org or call us at 235-9711

The Morris Performing Arts Center

- 11/15 Lewis Black “Running On Empty” Tour - Comedy
- 11/22 Black Friday Love & Laughter Extravaganza R&B, Comedy
- 11/24 Disney Live Presents “Mickey’s Music Festival”
- 11/29 Mannheim Steamroller - Holiday Music
- 11/30 Dein Perry’s Tap Dogs - Broadway
- 12/01 Dein Perry’s Tap Dogs, Broadway
- 12/15,16 Home for the Holidays, Symphony
- 12/19 Under The Streetlamp with special guests: Gentleman’s Rule, Doo Wop
- 12/31 New Year’s Eve Gala at the Palais Royale
- 1/27/13 State Ballet of Russia Presents “Cinderella”
- 2/02 Hungarian/Polish Heritage, Symphony MasterWorks
- 2/08 Shrek the Musical, Broadway
- 2/09 Shrek the Musical, Broadway
- 2/18 A Valentine from Gershwin, Symphony Pops
- 2/22, 23 Rock of Ages, Broadway

Operation Releaf begins 11/5

Be sure to rake your leaves to the curb.

City Reports Reporters

Department	Reporter	Phone#
Administration/Finance.....	Mary Ramsdell.....	9935
Building Department.....	Nikki Durr	9554
Century Center	Priscilla Phillips	9081
City Clerk.....	Mary Beth Wisniewski.....	9222
Code Enforcement	Deborah Mobley	9325
Common Council	Valarie Schey	5981
Communications	Debra Johnson.....	5853
Comm and Econ Dev	Jenny Hullinger.....	5832
Engineering Department	Marcia Qualls.....	9251
Environmental Services	Mark Rzepnicki.....	277-8515
Central Services	Mary Wisniewski	9316
Fire Department	9255
Football Hall of Fame	David Saba	5717
Howard Pk Sr Citizens.....	Rose Kaufman.....	9428
Human Rights	Nancy O’Brien	9425
Legal Department.....	Pam Paluszewski.....	5865
Mayor’s Office	Shay Davis	5850
Morris Perf. Arts Center.....	Karen King.....	5584
Park Department	Paula Garis.....	299-4778
Police Department.....	Barb Holleman.....	9311
Potawatomi Zoo	Pat Fenters.....	9800
Street Department	Ashley Rzepka	7563
Studebaker Nat’l Museum	9714
Water Works.....	Laura Vance	5650
Water Works.....	Jodie Spradlin.....	5663

If you have anything you would like to put into the paper, either contact your reporter (above), or you can fax it (235-9171) or send a typed or neatly printed copy to **Marcia Qualls (Engineering) or Mary Beth Wisniewski (City Clerk)** Please do not send anything without a name and phone number in case we have questions.

Mark Your Calendar for December

Breakfast With Santa, Saturday 12/8, 8:00 am, Fiddler’s Hearth, 127 N. Main St., *pre-registration required* at O’Brien Recreation Center or on-line at www.sbpark.org.

Tea With Santa, Saturday 12/8, 12:00 Noon & 1:15 pm
Cost: \$7.00 per person, Erskine Park Clubhouse, 4200 Miami Street, *Pre-registration required* at O’Brien Recreation Center or on-line at www.sbpark.org.

Ice Skating with Santa, Sunday, 12/9, 4:00-6:00pm, Howard Park

Tree Lighting Ceremony, Friday, 12/7, 5:30pm at the Jon Hunt Plaza

This paper is published as a service to the employees of the City of South Bend. It is a non-profit publication and any views presented are not necessarily those of the Mayor or any other City Official. Coordinators: Marcia Qualls and Mary Beth Wisniewski; Layout: Jenny Hullinger.