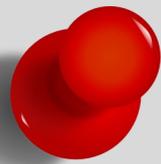


May 2014

Muncie Action Plan 2



MAP Reading

Muncie in Transition

EVENTS

MARK YOUR CALENDARS - MAP WILL HOLD ITS REPORT TO THE COMMUNITY ON MAY 7, 5:30 P.M. AT MINNETRISTA. PLEASE PLAN ON JOINING US .

On Tuesday, April 29, the E.B. Ball Center presented a talk by Muncie Action Plan's Co-chair George Branam about the history, effectiveness, and future of MAP. Dr. Branam, who was accompanied by Co-chair Donna Browne, explained how MAP evolved from a coalition of civic, university, and community agencies in the city with the objective of creating a plan to revitalize and improve Muncie. The effects of the MAP effort, which has involved thousands of volunteer hours, have been significant. Twenty-four new viable neighborhood associations have been established. The B-5 initiative has been funded and has a staff to help reach MAP's goal of every child being Kindergarten ready within the next decade. Numerous infrastructure and beautification projects have been implemented. Stay tuned!

NOT ALL THE STARS ARE IN THE SKY

When people talk about Muncie's assets they usually refer to Ball State, IU Ball hospital, our revitalized and emerging downtown, the arts scene, and a growing and sustainable business environment. There is another star in their midst. For decades, The Human Performance Laboratory at Ball State has been doing groundbreaking work in exercise science that can be directly applied to our community. It started in 1965 with a young scientist named David Costill. Working initially in a small laboratory on campus, he led major studies looking at cardiovascular fitness and the physiology of human performance during exercise, in the process mentoring many students as they passed through the program. Fast forward three decades to the mid-1990's. The lab got involved with NASA to study the effect of exercise on people in space. Take note of this — three to six months in space causes the same effect on the

human body (heart, bones, muscles) as aging 50 years. If we were ever going to Mars or live on a space station for a year, there needed to be an antidote. It turns out that exercise is the best antidote. Using tests on astronauts from around the world before and after flight as well as doing "bed-rest" studies (you get paid to lay in bed for 90 days!), they determined that various exercise programs could offset the effect of being in space. Today, Dr. Scott Trappe, and his brother Dr. Todd Trappe, lead a team of professionals and graduate students who continue to work with NASA. In addition to bringing significant economic stimulus to our community, they provide outlets for people young and old. On Friday, April 25 NASA's space "hauler" came to Muncie and hundreds of local school children got to experience an astronaut's existence from the food they eat to moon rocks.

The HPL also runs the Adult Physical Fitness Program at Ball State. This program is open to the general public and employs many of the exercise principles utilized during HPL's research. These programs are very effective in maintaining fitness in senior citizens. Who knows, there may be an HPL center in The Lofts at Roberts 55+ in the future! As a side note, MAP Co-chair George Branam has worked with the program many years and currently serves on its advisory board. We asked Dr. Scott Trappe his thoughts on the findings — Keep Moving!



THE STATE OF THE CITY

On Thursday, April 24, Mayor Dennis Tyler spoke to a packed auditorium at the Horizon Convention Center on the state of the City. Part of his talk focused on how the Muncie has handled the tribulations of this winter, dealing with extraordinary costs for road salt, having personnel on the job to keep the roads clear,

and the decision to open City Hall and other venues to those who were homeless or without power during these times. He also praised the ongoing relationship between the City and Ball State citing President Jo Ann Gora's efforts and the willingness of BSU to maintain the roads in its vicinity. He recognized BSU Coach Pete Lembo's commit-

ment of his team to community service and the overall theme being "One Team, One Mission, One Muncie." He also stressed the contribution of BSU student volunteer hours (350,000 in 2013) which were estimated to contribute \$2.5 million to the local economy.

View the **MAP2** Report at <http://muncieactionplan.org>

PHOTOS



Emerson
Dog Park

Neighborhood Presidents Council

The Neighborhood Presidents Council met on April 15 focusing on how neighborhoods can work together to increase residents' participation in their neighborhood associations through active involvement and volunteer efforts. It is an important goal of Task Force 2 and this will be a key point of discussion at the MAP2 Report to the community on May 7, 5:30 p.m. at Minnetrista.



HISTORIC PRESERVATION MONTH

May is Historic Preservation Month and the Muncie Historic Preservation and Rehabilitation Commission will be holding their annual celebration on May 22nd at the Muncie Fire Department Museum (418 E. Main St.) at 5:00 p.m. Susan Lankford, Ball State instructor for historic preservation, will give a presentation. Awards honoring the private and commercial rehabilitation of historic buildings as well as for the promotion of preservation efforts will be given. Light refreshments will be provided.



NEIGHBORHOOD MEETINGS

- Anthony-Northside** - Wednesday, May 21 at 6:30 p.m. at Kennedy Library.
- Blaine/Southeast** - Tuesday, May 13 at 6:00 p.m. at the Serenity Club, 1218 S. Brotherton St.
- East Central** - Sunday, May 4, 6 p.m. at Blood and Fire, 300 N. Madison St.
- Grove Park/Meadowbrook** - Thursday, May 15 at 7:00 p.m. at Munsee Lanes, 601 E. 26th St.
- Forest Park** - Thursday, May 15 at 6:30 P.m. at the Delaware County Senior Citizens Center at 2517 W. 8th St.
- Gatewood** - Sunday, May 4, 4 p.m. at the Kitselman Center, 3401 W. University Ave.
- Halteman Village Neighborhood Meeting** - Tuesday, May 13 at 6:00 p.m. at the Lutheran Church of the Cross, . 4401 N. Wheeling Ave.
- Indian Village** - Thursday, May 1 at 6 p.m. at Pilgrim Holiness Academy, 2720 Apache Pass.
- Industry** - Thursday, May 22 at 6:00 p.m. at Price Hall, 704 S. Madison St.
- Mayfield/Eastside** - Saturday, May 3, 4:00 p.m. at Head Start, 3900 E. Wysor St.
- Minnetrista Central Neighborhood Association** - Tuesday, May 6 at 6:30 p.m. at Minnetrista.
- Old West End** - Tuesday, May 27 at 6:30 p.m. at the Dining Room, Friends Memorial Church, 418 W. Adams St.
- Riverside/Normal City** - Wednesday, May 28 at 7:00 a.m. at Hazelwood Christian Church Fellowship House (Mansion), 1400 University Ave.
- Thomas Park/Avondale** - Thursday, May 22 at 6:00 p.m. at Forest Park Church of the Nazarene, 2105 W. 12th St.
- Western Woods**, Wednesday May 7 at 6 p.m. at West View Elementary, 3401 W. Gilbert St.
- Whitely** - Monday, May 12, 5:30 p.m., Muncie Area Career Center, 2500 N. Elgin St.