

# East Bank Ink

The Weekly Paper for the East Bank

Est. 2020

Thursday, August 27, 2020

Issue #4

## Newest Local Weekly Newspaper

Welcome to the East Bank Ink, a new weekly newspaper about us, our neighbors, and our neighborhood. We each love South Bend and care deeply about our neighborhood, your neighborhood, the East Bank. Together we invite you to join us on this journey to produce East Bank Ink. Initially this publication will be a single two-sided paper, with pages added as our neighborhood contributors write more. Thank you for reading—we will be back next week.

### East Bank Health

By Dr. Matthew Teters



Unfortunately, with many gyms closed or operating with restricted access, it is difficult for us to achieve our fitness goals. But never you fear! The great outdoors is our friend.

The East Bank Neighborhood offers wonderful outdoor exercise opportunities that are safe for the public even during a pandemic. A prime example of this is the East Bank Trail, which runs from Veterans Memorial Park near IUSB and terminates at Angela Boulevard. This trail, which has several access points in the East Bank Neighborhood, is perfect for walking, running, and biking.

There are more exercise resources available than most realize. Our friends and  
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EastBankInk.com

### East Bank History

Excerpt from the National Register of Historic Places

The railroad came to South Bend in 1851, with the first through train in October of that year. The line, after consolidation, was known as the Lake Shore and Michigan Southern, but it didn't traverse the East Bank area. Later, in 1870, the Michigan Central line came down with a branch line which terminated at the Singer Manufacturing Company facility on East Madison, with railroad yards across Niles Street (then called Emmerick) to the east. Finally, a conglomerate of various companies conspired to bring the Grand Trunk Railroad through South Bend. At first it operated under the name of the Chicago & Lake Huron company, but by 1879 it was taken over by the Grand Trunk of Canada. This east/west line bisected the East Bank in the south and a concrete and steel railroad bridge was erected in 1929 across the St. Joseph River at the foot of Howard Park. Although the railroad line has long since  
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### Buy Nothing East Bank

By Caroline Shapcott



Buy Nothing is not just about giving and receiving items.

It's about reusing and repurposing: this week Lori turned a load of her neighbor's discarded pavers into a new patio. It's about keeping things out of the landfill and preventing unnecessary purchases: baby food, cat food, greeting cards, and playdough were all gifted neighbor-to-neighbor this week. It's about having fun: our most exciting post was a random draw from 30 participants for a set of outdoor wicker chairs. Kristen was the lucky winner! It's about spreading joy: 18 neighbors received a cutting from Caroline's trailing jade plant.

And at its heart, Buy Nothing is  
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South Bend, Indiana

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neighbors at the East Bank Townhomes formed an exercise group that meets twice a week on the front lawn. Eric Forest leads us in exercises (and live streams on Facebook). Exercising outside together allows us an opportunity to maintain social distancing while enjoying all of the advantages of group exercise. This team approach improves exercise compliance and offers support to reach fitness goals.

A world of outdoor exercise opportunities awaits you here in the East Bank Neighborhood. Enjoy!

Yours in Health,  
Matthew Teters, M.D.

**Events in the Neighborhood**

Thursday, Aug. 27

6 p.m.  
Zumba  
Howard Park

Friday, Aug. 28

4:30 p.m.  
Friday Night Dinner  
The Marine Corps League

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vanished, this bridge recalls the era when rails carried the manufactured goods of the town to Port Huron in the east, or north to Chicago.

About the time that the East Bank was annexed into South Bend, the municipality (which had also just been incorporated) established its first systematic grades for streets. Most streets during this era were gravel, with a few gutters or streets paved in cobblestones. It wasn't until 1889 that the city began paving streets in brick. Money was scarce for such improvements, which had, by law, to come within a two percent limit of indebtedness.

*Based on information provided to the National Park Service.*

Saturday, Aug. 29

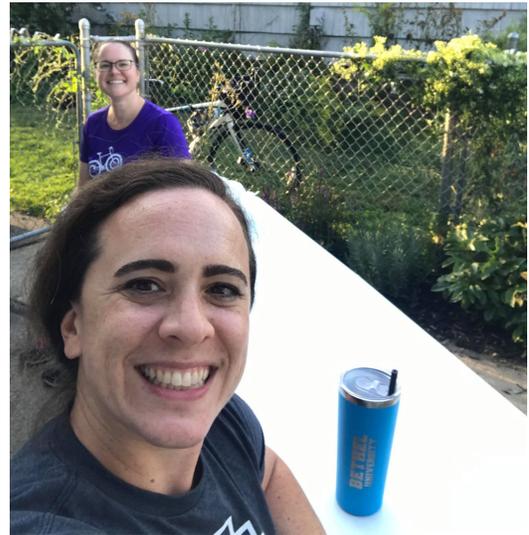
7 a.m. to 3 p.m.  
River Valley Farmers' Market  
The Commerce Center

Tuesday, Sept. 1

2 p.m.  
Storytime in the Park  
Howard Park

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about friendship: Laura and Therese posted, "Did you know you can't buy or sell friendship, but you can find it in this group?!!!"



Laura Maddux and Therese Dorau  
fb.com/groups/BuyNothingEastBank

Tuesday, Sept. 1

7 p.m.  
Live Acoustic Flow: Yoga & Live Music  
Howard Park

Tuesday, Sept. 1

6:30 p.m.  
September Book Club  
Ironhand Vineyard

**What's Next?**

Volunteer! Want to publish a weekly comic? Share sports highlights from the local schools or pickup games? Visit EastBankInk.com or find us on Facebook to share your news and stories.

**East Bank Ink Organizers**

Carol Bradley, Grant Carlile, Cathy Dietz, Thomas Friesner, Carl Hetler, Eddie Jurkovic, David Matthews, Caroline Shapcott, Matthew Teters

