



Neighborhood Yard Sale

The Neighborhood Association will be sponsoring the annual neighborhood yard sale on ***Saturday, April 9th*** from ***8 am until noon***. By popular demand, the sale will return to Optimist Park. This event is free to IHLNA members to sell household goods; otherwise, there is a fee of \$10, payable to the neighborhood association on the day of the sale. (Browsing, shopping and visiting is free to all, of course!) After you set up a table for sales at the park, please remember to relocate your car to make room for the shoppers. If you wish to hold a sale at your own home that day, rather than at the park, you are more than welcome to put notices up at the park. This is a great opportunity for you to clean out your home, visit with neighbors, and find new treasures through re-using and recycling.



Nene Fest, April 30th



Mark your calendars for the ***Third Annual Nene Fest***, to be held on ***Saturday, April 30th*** at Optimist Park from ***3 to 9 pm***. This year's "for neighbors, by neighbors" festival will feature live music and a few surprises. Bring your picnic, a chair, dancing shoes, and a kickball, Frisbee, or whatever else will contribute to the fun. When Indianhead/Lehigh neighbors come together, amazing things can happen!

If you have questions, contact Marie-Claire at [marieclaireleman\(at\)gmail.com](mailto:marieclaireleman(at)gmail.com) or 728-7514.

You can view photos from last year's Fest at <http://ihlna.org>.

Other events to put on your calendar

The 2nd Sunday of each month - "Potluck in the Park" at Optimist Park. ***Note that in spring – summer - early fall, during daylight savings time, the gathering starts at 5:30 pm.*** Bring a potluck dish to share, your own utensils, and perhaps a chair or blanket for sitting and visiting.

April 9th – Neighborhood-wide yard sale, 8 am – noon, at Optimist Park or your own home*

May 10th – Neighborhood meeting, starting at 7 pm, at the clubhouse at Optimist Park.

April 30th - Nene Fest, 3 pm – 9 pm at Optimist Park. *

July 4th – Neighborhood bike parade, brunch, and water slide, 9 am, at the clubhouse at Optimist Park *

October 29th - Halloween Party

* see related articles in this newsletter



Nene Fest 2011 t-shirts

This year will bring another new and unique design for Nene Fest t-shirts. The T-shirts will be available by **pre-order only**. They will not be for sale at the day of the fest. If you'd like to pre-order a t-shirt, contact Grace Francis at 575-4420 or [gfrances\(at\)alltel.blackberry.com](mailto:gfrances(at)alltel.blackberry.com)

Neighborhood Association Membership

Did you remember to renew your membership this year? In order to simplify everyone's life, the IHLNA board agreed to a once-a-year reminder, at the beginning of each calendar year. Membership forms were hand-delivered to households in late January/early February. Since the membership flyer was distributed to the 800 households in our neighborhood this year, 146 new and renewing members have sent in dues for 2011. Thanks for your show of support and appreciation for our activities on your behalf.

Our membership year is January 1 to December 31. However, we will gladly accept your dues (and comments) at any time! Dues are \$5 for residents who have been here for 20 or more years and \$10 for all other residents. Send your dues to Ramona Abernathy-Paine at 2006 East Indian Head Drive.

Neighborhood Watch by Mike Murphree, Neighborhood Watch Coordinator

If you are on the neighborhood email list then you know that the past six months has been an eventful time for our Neighborhood Watch Program. We've heard a lot of great stories about Good Neighbors and I think we all better appreciate what a wonderful and special community we are a part of. We've also learned some concrete steps to take to reduce crime.

And if you are NOT on the neighborhood email list then you need to get on it! Write to our long time president at [grant.gelhardt\(at\)gmail.com](mailto:grant.gelhardt(at)gmail.com) and ask to be added. If you don't have access to email call me at 219-1223 and I'll add you to the list of people I periodically update with printouts.

Over the next year I want to take us all to the next level by helping to organize mutual support groups throughout the neighborhood. We all need to know our neighbors and have a list of their phone numbers.

I look forward to getting to know everybody better as we accomplish this task. Take care. Have fun.

5th Annual July 4th Bike Parade

Join us on **Monday, July 4th** for our 5th annual Bike Parade. We meet at the clubhouse at Optimist Park at 9 am to decorate our bikes and then ride around the park in true parade fashion. After the parade we eat, cool off with a slip-n-slide and sprinklers, and visit with

neighbors. Bring a brunch food item to share. Decorations for your bike will be provided. This event promises fun for all ages!

The IHLNA will provide decorations and drinks; you provide your bike, cover-dish for the potluck brunch, and the fun. For more information, contact Sandy Neidert at 656-7894

Observations from Mike Murphree, Neighborhood Watch Coordinator

As part of my job as Neighborhood Watch Coordinator I try to visit people who move into the neighborhood. I give them a handout which discusses the program and ask them for their email address so we can add it to our list.

Usually I find out about new residents by checking the real estate sales every month. But I recently visited two young couples who moved into rental houses. I learned about them from a fellow Board member.

I once mentioned to our neighborhood realtor, Terry Kant, that I was concerned about houses getting turned into rentals, because renters usually aren't as invested in a community as home owners. Terry replied that while she wouldn't like the neighborhood to become mostly rentals, it was important to understand that rental properties allowed young couples to learn about the neighborhood. If they liked what they saw they might end up buying a home here.

It's a real blessing to have wise friends! The young couples I recently visited are exactly the type of people Terry was talking about.

It's nice to know that our community has social structures in place that allow newcomers to become valued members. For young parents, there's Optimist Park with its once a month potlucks on the second Sunday, City sponsored Community Center craft programs for pre-schoolers, not to mention the home schooling group that meets there Thursday afternoons. Even if you're not interested in home schooling it's a good place to meet other young parents.

These type of social activities where people can mingle and get to know each other in a casual atmosphere are what keep a community strong and viable. Let's make sure our neighborhood stays strong by weaving newcomers into the fabric of our community.

In addition to neighborhood activities for young parents at Optimist Park, there is also a great opportunity there for us seniors to get out of the house and meet others. On Tuesdays between 10AM and 11AM, Tallahassee Senior Services presents a wonderful Brain-Body-Balance class at the community center. It's available for a nominal \$2 donation per visit and is taught by a friendly instructor named Kathy Gilbert.

I finally made it over there recently even though neighbor Janice Hartwell had sent out a glowing testimonial back in January. I found the exercises very helpful and I intend to attend as regularly as possible. After class I had a nice talk with a neighbor who moved up from Miami (where I was born and grew up) last May. We had a wonderful time comparing notes about the place and how much it has changed.

As we age, it's easy to get isolated. Having this opportunity right here in our neighborhood is extremely valuable. I urge other seniors to give it a try. And say hello to the tall, bald guy when you get there, that'll be me!

Take Your Toxics Out on Saturday by Karla Brandt

You can safely rid your home of just about any kind of toxic junk by taking it to a Household Hazardous Waste and Electronics Collection event. Pick a date from the list below, and cart your poisons to the Leon County Public Works Operations Center, 2280 Miccosukee Road (just east of intersection with Blair Stone Road). There's no charge, and they'll take almost anything that's lurking around the house--aerosol cans, ammunition, drain cleaner, electronics (up to five items per household), fluorescent bulbs, fuels, paints, lawn and garden chemicals, tires (limited to one per household at collection events), and more—but they can't accept medical, pharmaceutical, or radioactive stuff. Collection events are held on the first Saturday of the month except for summer. Here's the schedule:

8 a.m. - 2 p.m., April 2, 2011

9 a.m. - 1 p.m., May 7, 2011

No collection events in June, July, or August 2011

9 a.m. - 1 p.m., September 3, 2011

8 a.m. - 2 p.m., October 1, 2011

8 a.m. - 2 p.m., November 5, 2011

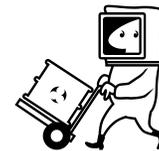
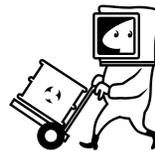
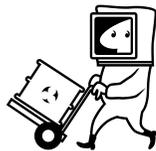
9 a.m. - 1 p.m., December 3, 2011

Cash for Trash

You can drop off household hazardous wastes at the Hazardous Waste Center, 7550 Apalachee Parkway, which is open Monday - Saturday from 8:00 am - 5:00 pm. You can take four tires at a time; more than that, the charge is \$160 per ton (pro-rated if you happen to have less).

Call 606-1816, email Richard Lobinske at [lobinsker\(at\)leoncountyfl.gov](mailto:lobinsker(at)leoncountyfl.gov) or go to www.leoncountyfl.gov/hhw/collection for more information.

I wonder if they'd accept those chocolate-coated Brussels sprouts I made last week.



THANK YOU

- To all the neighbors that pick up after their dogs on walks or in play in the park
- To everyone who takes care of their neighbor's home when they are out of town
- To the drivers that are careful to not hit the squirrels, turtles, snakes and other wildlife that share our neighborhood
- To Jim Wood, for taking care of the triangle landscaping on West Indian Head
- To all the people who regularly pick up litter, both in front of their homes and along the streets
- To everyone who makes Indian Head-Lehigh a better place to live

Stress Management and Yoga by Ellen Shapiro, co-owner of Namaste Yoga, 1369 East Lafayette St

Stress is a part of life that can't be avoided, but we can take steps to counteract its effects. Under the stressors of daily life, our bodies maintain a state of vigilance and our nervous systems prepare for "fight, flight, or freeze." Yoga practices of controlled breathing and deliberate movements in and out of postures allow the nervous system to relax and shift into a state of alert rest called the relaxation response. Research shows yoga improves depression, anxiety, body image, chronic pain, asthma, carpal tunnel syndrome, and fibromyalgia, and many more conditions as well. Anyone can do yoga and reap its many physical and mental/emotional benefits.

School of Arts and Sciences Tour of Gardens



The inaugural **School of Arts and Sciences (SAS) Tour of Gardens** will take place **April 16 from 10 am-3 pm & April 17 from 1 pm-4 pm**. This exciting tour will make stops at several prominent thematic gardens throughout the community. It is open to the entire Tallahassee community and proceeds raised will be used to furnish the SAS Media Center. Stops on the tour include the award-winning organic gardens adorning **the campus of the School of Arts and Sciences** producing vegetables, flowers, and herbs; **Goodwood Museum & Gardens**; **A Backyard Playscape** designed by *From the Ground Up* for the enjoyment of children of all ages; a **Hidden Garden** just off the 10th tee-box of the SouthWood Golf Club; a year-round **Organic Vegetable Garden** in Grassroots Community and **Turkey Hill Farm** showcasing vegetables and fruits grown for market and select local restaurants.



Officers of IHLNA

President: Grant Gelhardt	942-7608	At-Large: Sandra Neidert	656-7894
Secretary: Patty Ceci Sharp	309-0260	At-Large: Tony Biblo	656-2528
Treasurer: Ramona Abernathy-Paine	656-6182	At-Large: Connie Bersok	942-7904
At-Large: Cyndy Brantley	656-7445	At-Large: Daphne Holden	459-1138
At-Large: Mary Louise Bachman	877-6344	At-Large: Mike Murphree	219-1223

Terry Anne Kant, Broker (850) 877-2121
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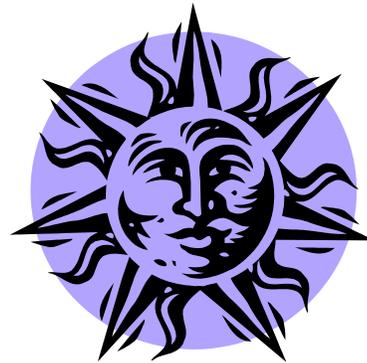
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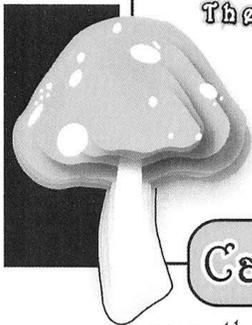


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