

INDIANHEAD LEHIGH NEIGHBORHOOD ASSOCIATION

2015

Spring Newsletter

***Nene Fest 2015** – May 9th, 3:00 to 9:00 pm at Optimist Park*

Nene Fest 2015 will be held on Saturday, May 9th, 3 to 9 PM, at Optimist Park. We hope you can attend! We have an exciting Festival planned, including music, food, art, crafts, kids' activities, and giant puppets. We'll be selling T-shirts, posters and water bottles with Nene Fest designs.

Food at 5:00

New Leaf Market will cater a main dish (with a meat, vegetarian, and vegan option), and neighbors will donate side salads and bread. We will sell a plate with lasagna, sides and bread for \$6 and the proceeds will go back to the neighborhood association for future Fests and other events. We will also separately sell neighbor-made single servings of dessert. Serving starts at 5:00 pm and ends at 8:00 pm or when food runs out. Based on past experience food probably will run out, so don't wait until the last minute! ***Here is what we need:***

SIDE SALADS AND BREAD: We are looking for people to make and donate side salads



CALENDAR

2nd Sunday of Each Month: Potluck in the Park

Optimist Park, 6:30 pm In addition to the potluck dish to share, please bring your own utensils and perhaps a chair or blanket for sitting and visiting.

Saturday, April 11: Neighborhood Yard Sale, 8 am-Noon, Optimist Park

Monday, April, 13: Crime Watch (Nene Watch) Meeting Optimist Clubhouse, 6 pm

Saturday, May 9: Nene 5K & Fun Run, 8 am, Optimist Park

Saturday, May 9: Nene Fest, 3-9 pm, Optimist Park

Saturday, July 4: Bike Parade, meet at Optimist Park

In This Issue:

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- Stormwater Mitigation / Neighborhood Sewer Projects

of about 20 portions or a couple of loaves of bread. Everyone really appreciated your wonderful homemade sides last year! Please contact Wendy as soon as possible at yashimaluAHotmail.com if you can help.

DESSERTS: If you can donate a dozen or more single-servings of sweet treats (with proceeds funding neighborhood projects) please contact Connie at cbersokATnettally.com.

SERVERS: We need volunteers for one-hour shifts from 5 to 8 pm to serve food! Please contact Wendy as soon as possible at yashimaluAHotmail.com.

PAPER GOODS COORDINATOR: We need someone who can organize existing inventory, buy more, and take it to the Fest. Please contact Wendy at yashimaluAHotmail.com.

CLEAN UP: We need someone who can coordinate cleaning up the food at around 8 pm, or whenever we run out. Please contact Wendy at yashimaluAHotmail.com.

PICK UP: We need someone who can pick up the food from New Leaf and bring it to the park. Please contact Wendy at yashimaluAHotmail.com.

COMPOSTING

Composting is back at Nene Fest. Like last year, we will reduce waste by not only recycling but also composting. We will have compost stations at the park where you can dispose of your food scraps as well as your plates (they will be compostable!).

The best way to reduce our waste is not to produce any to begin with. **Please bring your own utensils and cup (or plan on buying your very own Nene Fest 2015 water bottle!).**

MUSIC

Our Festival features neighborhood musicians. If you would like to perform, contact Richard Bertram at bertram63ATgmail.com. Slots fill up quickly, so let him know by April 20th and he'll try to fit you everyone in. We encourage new musicians as well as seasoned professional to play!

If you are interested in MC'ing the stage (even for an hour-long shift), contact Richard at bertram63ATgmail.com. Being an MC would involve

announcing bands and reminding people about scheduled events (e.g., food served at 5:00pm).

FEST MERCH (3:00 to 8:00)

The popular Nene Fest t-shirts will return! Our neighborhood artist Charity Myers has created a new design for 2015. We will also sell 2015 posters and a limited supply of T-shirts and posters from previous years. All items will be on sale 3:00 to 8:00, but shop early for your choice of size and style. Proceeds from the sale will go back to supporting the Fest.

Adult 2014 T-shirts:\$20
Child 2014 T-shirts: \$10
All vintage T-shirts:\$5
Posters 2014:\$5
Buttons:\$1
Stickers:\$2
Water bottles: \$10



PUPPET SHOW

Don't miss the interactive live giant puppet show! The original script, narration and music are provided by the incomparable Nene Puppet Show Band (neighborhood musicians who come together only once a year). If you want to have a part in the puppet show (to produce, direct, build props, play music or sing) please contact Doug Schrock at dpschrockATcomcast.net.

ACTIVITIES

If you have a great idea for an activity for kids or adults, please do it! This Fest depends upon community participation to make it great. In the past, we've had a bubble wagon, bean bag toss, music video making, mask making, tie-dye shirt making, face painting, a shadow puppet show booth, a hayride, maypole dancing, message in a Nene Relaxation Station, and children's chorus—just to name a few! Let's make this one even more creative, surprising and delightful with new ideas and energy. If you need to solicit help for your idea, you want to be on a schedule, or you need space in a booth, please contact Daphne Holden at daphne.holdenATcomcast.net.

NEIGHBORHOOD ART, CRAFT, AND BUSINESS SHOWCASE

We want neighbors to set up tables and booths where they can sell their hand-made art or crafts or let others know about their businesses. Please do not sell individual portions of food, as this may interfere

with our plans to sell food to support neighborhood events (including the Fest itself). Rather, if you are a baker, chef, or food producer, please sell whole loaves of bread, whole pies, jars of honey, or other food that people may buy to take home. You will need to provide your own table or booth and materials and let us know your plans by April 15th. If you have questions or are interested, please contact Kevin Hattaway at kevin.hattawayATcomcast.net.

OTHER VOLUNTEERS NEEDED

Stage set-up coordinator and stage set-up crew: The coordinator will need to plan how to set up the stage so that bands have shade. Being part of the crew requires getting out to Optimist Park the morning of the Festival and helping. We will need people with long ladders and trucks. Contact Grant if interested at grant.gelhardtATgmail.com.

Break down and garbage crew: coordinate getting enough trash containers and stay after the Fest has ended and break down the stages, and pick up trash and recycling. Contact Grant if interested at grant.gelhardtATgmail.com.



A Tribute to our Nene Neighbors

By Stacie & Tom Linley
2015 Chowkeebin Nene

In a word, well two, our neighbors are rock stars! Hopefully you like your neighbors too, but we love ours.

When the torrential storm on Christmas Eve came through, we were out of town. I said to Tom that we should probably check the weather in Tallahassee. Not long after that, we got the call from Jess, next door (neighbor #1). She had the unpleasant task of bearing bad news. Sheila from across the street (neighbor #2) had alerted her that a tree had gone down on our house. Well, not exactly “on it” but “swiped it.” It was blocking our driveway and lying on the power lines which in turned pulled the power masthead off its mount on our roof.

During a break in the rain, Jess took some photos and sent them on so we could see the damage. This enabled us to provide specific details about the incident when we phoned the city, the insurance company, and the tree service company—on Christmas Eve, ugh.

Amazingly, the power was still on in the house, but we knew the city would be coming to cut the lines and would not restore power until we had the masthead fixed, which wouldn't happen until six days later when we returned.

So again, Jess willingly went out in the storm (I think with our favorite four year old—her daughter and superhelper, Lydia—neighbor # 3) and retrieved an extension cord from our utility room to get our refrigerator hooked up to their house power. Our cord wouldn't reach but Sheila & Terry (neighbor #4) came through with one that would, so a melting fridge/freezer crisis was averted.

Meanwhile, we got a call and text from Mike S. next door on the other side (neighbor #5) to see if we knew about the tree. He also sent pics and offered help.

We asked Jess to send us another set of photos after the city workers left. Imagine our surprise—cut wood stacked by our fire pit, limbs and trunk chunks piled at the curb—no trace of a mess. I said, “Wow, the city did all that, how can that be”?!



The city workers are good but not that good. We found out later that Jess's husband, Mike K. (neighbor #6), had spent considerable hours with no power tools hand sawing, hauling and stacking our mess. He didn't want her to tell us, preferring to serve anonymously. His humility and generosity are wonderful. I labeled Mike as neighbor #6, but he's really #1 Super-Neighbor!

We came home to virtually no evidence that a tree crisis had occurred—it just doesn't get any better than that!

Help! Help! The Indianhead Greenway is being eaten by Coral Ardisia!

By Judy Rainbrook

When I moved to Indianhead three years ago and took my first stroll through the greenway with my dog, I noticed a sprinkling of 3-4 foot tall dark green plants covered with bright red berries and thought nothing of it. Now when I walk the greenway at the Apakin Road end of it, there is nothing but tall dark green plants with red berries. They cover the entire woodland floor. And I just recently became aware that this plant—Coral Ardisia—is becoming a major hazard to native habitats throughout Florida. A recent article in the Tallahassee Democrat by Glenn Mayne from the UF/Leon County Cooperative Extension office, published on January 30, 2015, outlined just why they are a problem.

This plant has a 95% germination rate. That means for every 100 berries that hits the ground, 95 will turn into plants. Consider one plant with 500 berries: one year means 500 new plants; two years means 500 plants x 500 berries x 95% = 237,500 new plants—in just two years! And there are thousands of plants in the greenway and in neighborhood yards right now.

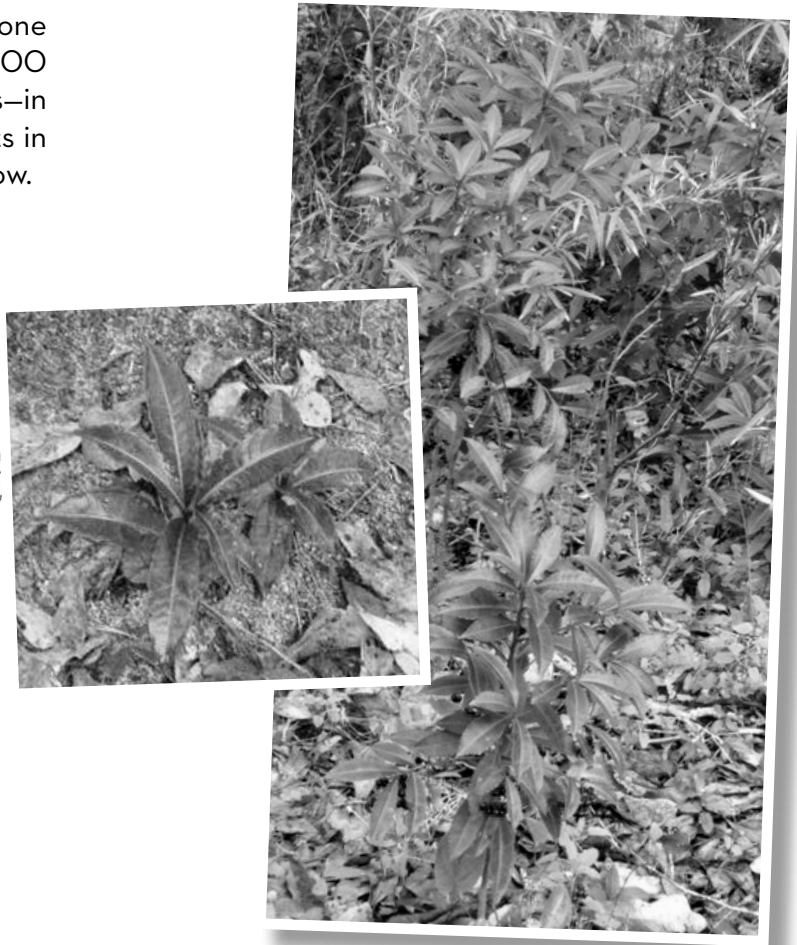
Ardisia crenata
coral ardisia, coral berry, spice berry



Illustration of plant, Univ. of FL

What to do:

- The minimum response is to remove all the berries every time you see one of these plants and make sure they go in a sealed bag into the trash, not the compost. That means you may want to consider taking some sturdy scissors and a plastic shopping bag with you whenever you walk the greenway or the neighborhood.
- Remove the plants. They do not respond to herbicides. They need to be dug up and put in the trash. This is much harder to do but perhaps manageable on your own property. Best time to dig them up is after a rain.
- Anyone interested in helping to organize a berry-removal project for the greenway, please email me at dragonpcATearthlink.net.



Photos, left to right:
Baby Coral Ardisia Plant
Adult Coral Ardisia Plant

by Peggy Sanford, Geoff Brown and Marie-Claire Leman

We hope the following few “rules” will encourage and inspire your participation:



Composting Intervention Unit—ongoing

Foxes in our Neighborhood

By Sandy Beck

Sandy Beck is education director with the St. Francis Wildlife Association. A local author and educator, she teaches about co-existing with the wildlife in our neighborhoods.

"There has been a fox running around the neighborhood this month. Would St. Francis Wildlife relocate it? I have seen several foxes run over and was hoping to prevent that outcome for this fox. Thanks for your advice."

Every spring, St. Francis Wildlife receives dozens of phone calls and emails like this one from people who are concerned about seeing normally nocturnal animals out during the day. They worry that these animals may be sick or might tangle with their pets. People also worry about them getting hit by cars. Many ask us to trap them.

Beginning in March, people see more foxes and raccoons during the day because this is "baby season," and these animals are working day and night to feed their babies. Baby foxes play and chase each other, just like puppies. Unfortunately, mama doesn't teach them to look both ways before crossing the street. It is so sad to see these beautiful animals dead on the road; this is just one more reason to drive slowly through our neighborhoods.

Tallahassee is rich with wildlife, even downtown. Trapping and relocating one of these animals is pointless because another individual will soon move in to fill the empty niche. These are also wily animals ("smart as a fox"), and it is nearly impossible to lure a healthy individual into a trap.



One way to help them is to discourage neighbors from feeding wild mammals. Feeding concentrates them in unhealthy numbers and exposes them to traffic and pets; it is also illegal.

Make sure pets' vaccinations are up to date. Keep small pets inside, and feed all pets indoors. Never touch foxes or any wild mammals, even babies. If you find a sick or injured animal or an orphaned baby, call St. Francis Wildlife Association at 627-4151. Florida's squirrels, opossums and rabbits are not known to carry rabies.

Feeding squirrels will also attract their predator, the fox. Install baffles on bird feeder poles and spray poles with cooking oil to thwart squirrels and raccoons.

Then just relax and enjoy the surprise of a beautiful fox, with her long bushy tail, trotting across your lawn.

www.stfranciswildlife.org

Fun Ride to the Arts

By Peggy Sanford

Indianhead Resident and Board Member of Sustainable Tallahassee

On Saturday, April 18, two big arts events will be held downtown: the LeMoyne Chain of Parks Art Festival and the Southern Shakespeare Festival at Cascades Park. Both these events are family-friendly and neither charges admission.

Sustainable Tallahassee and StarMetro have partnered with the sponsors of these events to provide another “fun ride” occasion. This time, all StarMetro buses will be fare-free all day. (Note: this is pending city approval. If not approved, regular fares of 1.25 for adults and .60 for seniors will apply.)

In addition to the fare-free ride, six locations around town have been designated to be boarding spots for riders who are new to the bus system or who want to ride together as a group. The nearest one to us is the Governor’s Square Mall entrance, nearest JCPenney. Representatives of Sustainable Tallahassee will be at that bus stop from 9:00 am until the Evergreen bus arrives at approximately 9:20 am, to answer questions and assist riders.

Once aboard the bus, riders will be taken to Steele Plaza to meet with riders from the other five locations.

From the Plaza, participants can either walk directly to the Chain of Parks event or to the Doubletree Hotel where a free trolley service will be available to transport people to Cascades Park. The trolley will run every 15 minutes throughout the day. Riders can then depart from Steele Plaza, at their leisure, to return to Governor’s Square.

No advance registration or sign-up is required to take part in the ride or the downtown events. Both downtown events are expected to have food available and additional vendors. For more information, visit: <http://chainofparks.com/> and <http://southernshakespearefestival.org/>.

This will be a great opportunity to experience alternative transportation and to avoid the parking hassles associated with two such big events happening simultaneously downtown. Please plan to participate and bring the family!

For more information, please contact Peggy Sanford at peggy Sanford1981ATgmail.com.



Carpooling and Ridesharing Services Available

By Peggy Sanford

Indianhead Resident and Board Member of Sustainable Tallahassee

Carpooling and ridesharing are economical and environmentally-friendly alternatives to driving to work or school. Commuter Services of North Florida is making it easier to access alternative modes of transportation.

Commuter Services of North Florida assists riders in finding existing carpools and rideshares or starting new ones. The service is free to anyone who lives or works in Leon County or any of the surrounding

seven counties. The service can even match up riders with unusual schedules.

If one uses the services at least three times weekly, he or she qualifies for the Emergency Ride Home program. This service is available to anyone who rides the bus, walks or bikes to work at least three days a week. It provides a free taxi ride home, when needed, due to family emergencies or unexpected work assignments.

Commuter Services of North Florida is funded by the Florida Department of Transportation and managed by the Marketing Institute at the F.S.U. College of Business. **For more information, call 888-454-RIDE (7433) or visit: www.commuterservices.org.**

Home Sales in Indianhead-Lehigh-2014

By Terry Anne Kant
Resident and Realtor

Information provided below is gathered from the Multiple Listing Service provided to realtors through the Tallahassee Board of Realtors.

In 2014, 41 properties sold in the general Indianhead area. They ranged in size from 816 square feet to 3,240 square feet, and priced from \$34,900 to \$275,000—no cookie cutter houses here! They were on the market an average of 91 days and sold for an average price of \$137,725. The average square footage was 1,558. This all translates to \$89.37 per square foot. Houses on Magnolia Drive and Jim Lee tended to go for less.

That said, if you take the total and remove the ones considered “compromised,” meaning foreclosed or the like, then you’re left with 31 properties that were not compromised. These remaining properties were in differing conditions—some nicely renovated and in great shape, others needing updates and repairs.

For these 31, the average time on the market was reduced to 58 days, the average size was the same, and the average selling price rose to \$153,266 or \$98.50 per square foot. The lowest price per square foot was \$49.64 and the highest was \$137.68.

The number of homes for sale in the Indianhead area is currently low. Homes that are priced well, look good and are in good condition go quickly. The range of sizes and prices in our neighborhood is unusual and makes pricing a home for sale more complicated. When considering selling, it’s a good idea to have a realtor do a comparative market analysis to evaluate the surrounding neighborhood. Most will do this at no charge or obligation.



Website Update *ihlna.org*

Have you visited ihlna.org lately? The neighborhood website underwent a major renovation. Along with a new look the updated site allows for easier access from your mobile devices. Renew your membership online, read past newsletters and keep up with neighborhood goings-on between newsletters. Check it out today!



Reducing Crime in Indianhead-Lehigh and Tallahassee

By Sylvia W. Smith

In anticipation of the release of Tallahassee's Community Leadership Council on Gun Violence 2015 Report and in light of a spike in crime, IHLNA members have shown an increased interest in learning about ways to reduce crime in Indianhead-Lehigh and in Tallahassee at large. Following is an update:

IHLNA was represented at the recent "TPD and You" breakfast. Tallahassee Police Department's (TPDs) newest Chief of Police, Michael DeLeo, outlined his two strategic priorities: to reduce violent crime, especially gun violence; and to become a model agency using evidence-based practices. His underlying message was that crime is a community and social issue, not just a police issue, "You cannot arrest away crime."

DeLeo shared a preview of what the Council on Gun Violence Report will address:

- Tallahassee rates of violent crime are now higher than several other Florida cities due to the increase in violent crime over the last five years.
- The community and police need to better cooperate when it comes to violent crime, especially in the bond-south neighborhood, west of Indianhead-Lehigh between Jim Lee/FAMU and Magnolia/Orange Avenue.
- DeLeo explained how the findings in the report would support his fiscal year 2016 budget request. He will be seeking new officers for the creation of a new violent crimes unit as well as the addition of unsworn staff dedicated to responding to Tallahassee's 10,000+ annual car crashes. The budget will also include positions to better support TPDs bare bones public relations units and funds to support additional training.



In Indianhead-Lehigh, over a dozen neighbors have volunteered to help develop a more effective crime watch program ("Nene Watch") for the neighborhood. They also intend to work toward Tallahassee's broader crime prevention goals. For those interested in joining this group, please phone Sylvia Smith at 850-322-2258.

Don't miss our annual neighborhood Nene Watch meeting where you will have the opportunity to meet and ask questions of TPD staff. Snacks and door prizes! Monday, April 13, at 6 pm, Optimist Park Club House.

NENE WATCH NEIGHBORHOOD CRIME WATCH MEETING

**Monday, April 13th
6:00 pm**

Optimist Park Club House

**Door prizes for the lucky and
snacks for all!**

Need a Free Security Survey?

The Tallahassee Police Department will conduct a free survey of your home and property and make specific recommendations. Call 891-4251 to request scheduling.

City Offers Flood Mitigation Program & Loans for Qualified Residents

Articles on this page submitted by Catherine Bray, Indianhead Resident with City of Tallahassee, Water Resources Engineering

We had a rainy year in 2014! The City of Tallahassee, Leon County, and the Northwest Florida Water Management District own and manage many rain and stream level gauges throughout the city and county. In fact, we have a Chowkeebin Nene rain gauge in our neighborhood. For 2014, the gauge recorded a rainfall total of 71.1 inches, with the highest monthly total pouring in at 12.03 inches in April. To access these real-time rain gauges, visit: nwfwmd.state.fl.us/data-publications/hydrologic-data/district-wide-map-of-rainfallstations/. If these big rain events have highlighted trouble areas on your property—from stormwater runoff, erosion, or flooding—call the City's Stormwater Management group to request a site visit and to discuss options available to you. For more serious property issues, the City's Stormwater

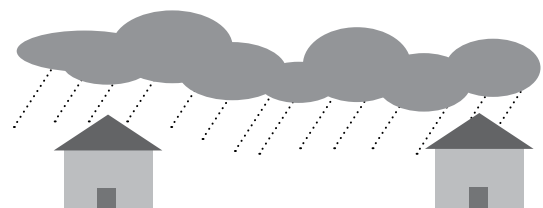
Onsite Mitigation Loan Program may be of help. The Stormwater Loan Program offers assistance to homeowners experiencing certain kinds of drainage issues. If the problem is of the type eligible for this program, the application will be approved, and the City will provide a grant to cover 75% of the cost, up to a maximum of \$750, for homeowners to hire an engineer to develop a concept plan and cost estimate. Once the plan is complete, homeowners may qualify for some level of additional assistance to get the work done through the City's loan program. To find out more, visit: talgov.com/you/you-products-home-stormwater-loan.aspx, or call 891-6860. Remember, reducing erosion helps improve the water quality in our local lakes and streams.

Sewer Projects in the 'Hood

On another note, the City is proceeding with sewer improvement projects within Indianhead Acres. The following projects are two of the many that the City undertakes each year to keep the water and sewer systems operable and efficient. Charles Savering at 891-6163 is available to answer any questions about these.

Winchester Lane - This utility construction (due to be complete in August) will result in reduced utility maintenance activities, more reliable sewage service and improved fire protection throughout the area. Winchester Lane, located between Indianhead Drive and Lafayette Street, lies at the rear of Pier One Imports, the former Ming Tree restaurant and other commercial properties. The water and sewer main within this roadway are being replaced with new systems. The roadway is closed to thru traffic during construction.

Chowkeebin Nene - This project includes the replacement of approximately 500 feet of gravity sewer lines and manholes on Chowkeebin Nene, immediately north of the Hasosaw Nene intersection. The City routinely monitors piping throughout the service area and assesses the condition of the system. Recent inspections of the below-ground clay piping identified the need to replace this damaged piping. Construction is anticipated to begin later this year. Residents should anticipate a road closure and detour during construction but access to homes within the project area will be accommodated. Advance notice will be provided, and the City will strive to reduce any inconvenience that this may cause.



Membership Renewals-Treasurer's Update

Your Board sends a big thank you to all our neighbors who have renewed their Indianhead - Lehigh Neighborhood Association membership this year. Please know that your support is greatly appreciated!

Send or deliver your support, including your mailing address to:

Patty Ceci Sharp
IHLNA Treasurer
2002 Walahaw Nene
Tallahassee, FL 32301

Resident: \$10 20 years+ Resident: \$5

You can always send a little more to support Nene Fest and more signage for the neighborhood.

Our annual treasurer's report is included in the fall newsletter. Contact Patty at cecisharpATembarqmail.com or by phone at 850-309-0260 with any questions.

You can also renew via PayPal! Go to IHLNA.ORG for the link.



Join us on

facebook

www.ihlna.org

Who to Call and When

Following is information gathered from the Consolidated Dispatch Agency (CDA) website:

In an emergency, call 911

An emergency is any situation that requires immediate assistance from the police, fire department or ambulance.

Examples include:

- A fire
- A crime, especially if in progress
- A car crash, especially if someone is injured
- A medical emergency, such as someone who is unconscious, gasping for air or not breathing, experiencing an allergic reaction, having chest pain, having uncontrollable bleeding, or any other symptoms that require immediate medical attention

In a non-emergency, call 850-606-5800

If you need police or medical assistance, but it is not an emergency, call the CDA at (850) 606-5800.

Some examples of non-emergencies include:

- Acts of vandalism
- Property theft
- Fender bender auto accidents with no injuries
- Neighborhood noise complaints

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At-Large: Connie Bersok

At-Large: Daphne Holden

At-Large: Edward Reid

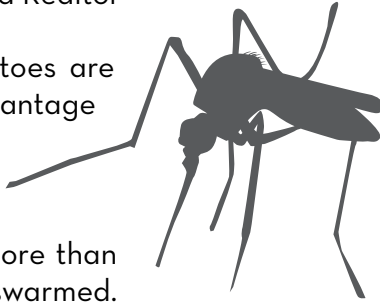
At-Large: Sandra Neidert

Garlic for Mosquito Control

By Terry Anne Kant

Indianhead Resident and Realtor

For most of us, mosquitoes are really the main disadvantage to living in North Florida. Last summer I couldn't walk outside my house for more than a minute without being swarmed. But this summer I'll be ready for them—a fairly new natural liquid garlic product used by one of our pest control companies seems to do the trick in keeping these bugs at bay. I have worked for this company in my real estate business and had the first treatment in August of last year. The day after application, I could be outside again, without bother.



According to company owner, Robert Mixon, his mosquito barrier (Pestloco) is a very strong liquid garlic made from very potent garlic cloves (much more potent than what we can purchase in a store). Apparently garlic contains a natural sulfur which repels mosquitoes. As most of us know, mosquitoes, besides being pests with their bites, can transmit germs and disease.

This product is being billed as safe for pets, plants and humans. It doesn't kill bees or butterflies either. The odor of the garlic (which I couldn't smell) apparently keeps mosquitoes away as long as they can smell it. (According to Robert, mosquitoes can detect odors as much as 10,000 times better than humans.) Pestloco kills adult mosquitoes that come into contact with it, deters most mosquitoes from being around at all, and kills the larvae. My own treatment lasted about six weeks; then, I needed a retreat. I'm planning to get him back here in late April, in preparation for the season.

He says most yards can be treated in three or four applications. Apparently city governments, golf courses, and schools are beginning to use this product as well. Robert can be reached at 850-765-7581, or visit his website at www.pestloco.com.

www.stfranciswildlife.org



St. Francis Wildlife Fest!

Saturday, April 25, 2015

11 am - 4 pm

White Dog Plantation

www.whitedog.co

Celebrate Earth Week with an afternoon of wildlife, wild fun, live music and dancing, lunch by Kool Beanz Café, nature tours and activities for the whole family.

Neighborhood Yard Sale

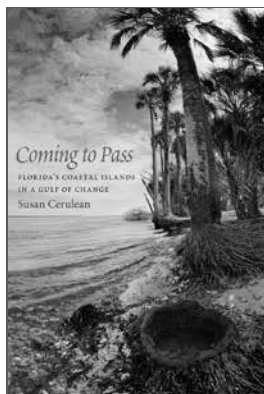
Saturday, April 11

Optimist Park, 8 am -12 noon

\$10 fee for Non-IHLNA Members

Get ready for the neighborhood-wide yard sale! Bring your stuff and join us at Optimist Park from 8 until noon. IHLNA will place an ad in the Democrat and a notice on Craig's List—you just join the fun! There's a \$10 fee if you haven't joined the neighborhood association; it's free for those who have.

SUPPORT YOUR NEIGHBORHOOD BUSINESSES!



Now available!

Coming to Pass: Florida's Coastal Islands in a Gulf of Change

by Indianhead writer Susan Cerulean
with photos by David Moynahan

www.susancerulean.com



Kevin Hattaway

850-980-2134

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Terry Anne Kant, Broker
terrykant@aol.com

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Must have own sewing machine.
Lessons in my home.

Call for more information:
Judy at 850-274-4699

Melissa Farley

www.melissacutshair.com
(850) 591-9590

Second Annual Nene Fest 5k and Fun Run

May 9, 2015 8:00am Optimist Park

Come join your neighbors for our second annual Nene Fest 5k and Fun Run!

The goals of the race are three fold:

Encourage neighborhood/community

involvement: As Robert McAfee Brown once said, "How does one keep from 'growing old inside'? Surely only in community. The only way to make friends with time is to stay friends with people.... Taking community seriously not only gives us the companionship we need, it also relieves us of the notion that we are indispensable." Come be a part of our unique and fun community!

Promote health and wellness: Numerous studies have shown that regular physical exercise helps us stay healthy and strong. Particularly, walking/jogging can help control weight, condition the heart and lungs, strengthen bones, and help you take the first step to a healthier future.

Support our neighborhood school: All proceeds will go to our neighborhood school, Hartsfield Elementary, to enrich the school environment and strengthen the neighborhood-school connection. This year, the money raised will be made available to teachers for the purchase of supplies, tools, and resources needed to ensure that classrooms are well equipped. We thank you all for supporting our school and our community!



How you can participate:

Sign up to run or walk: See race registration form. Or you can register online at eventbrite.com

Volunteer: Last year, both races proved to be a huge success largely due to the almost 50 volunteers who helped make this an exciting, safe, and smooth event for everyone. If you would like to volunteer, please contact **Marie-Claire** at marieclairelemanATgmail.com or 850-728-7514.

Become a sponsor: Consider making a personal or business contribution. We welcome any amount. Please contact **Charity Myers** at thecreativepoolATgmail.com or 850-241-3334.

If you have ANY questions or comments about the race, please contact **Jessica Kennett** at jesskennett0079ATyahoo.com or 850-241-3283.

Check it out on Facebook: facebook.com/nene5k

NENE FEST 5K & FUN RUN

Benefiting Hartsfield
Elementary School



MAY 9, 2015
OPTIMIST PARK,
E. Indianhead Drive
Tallahassee, FL

6:45-8:00 am Registration
8:00 am 5K Race
9:00 am Fun Run

ENTRY FEE:

Before 5/6/2014

\$15.00

\$10 (12 and under)

Day of Race

\$20.00

\$15 (12 and under)

Reusable bag included in price to
first 150 registrants.

Registration: www.eventbrite.com OR Mail completed form with payment to:



Nene Fest 5K/Fun Run
C/O Jessica Kennett
2017 Chowkeebin Nene
Tallahassee, FL 32301

*Not a runner
but still want
to show support?
Circle "Donation"
below—we welcome
any amount.*

First Name: _____ Last Name: _____

Gender (circle): Male Female Age on 5/9: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ Email: _____

Entering (circle): **5K** **Fun Run** **Donation**

Please make checks payable to: IHLNA (Indianhead Lehigh Neighborhood Association)

Check # _____ Amount \$ _____ **Donation Amount \$** _____

WAIVER: I know that participating in running activities is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather (excessive heat and/or humidity), traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of you accepting my application, I for myself and anyone entitled to act on my behalf waive and release the Race Director, Gulf Winds Track Club, or any other sponsoring agent, their representatives and successors from all claims and liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the parts of the persons/agents named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature of Entrant (Parent or Legal Guardian if under 18 years old)

Date

For additional information, please contact Jessica Kennett at jesskennett0079@yahoo.com