



Indian Head Lehigh Neighborhood Association, Inc.

NEWSLETTER ** Fall 2011

HALLOWEEN PARTY

The traditional Halloween Party and potluck, sponsored by the Neighborhood Association, is scheduled for **Saturday, October 29th** at Optimist Park, from 4:30 pm to 7:00 pm. This event is open to *all* residents of the neighborhood – it is not for kids only!

The party in the park will include live music provided by the ever-popular band Tao Jones and the Ontological Elephants. The costume parade, with musical accompaniment, is open to all ages and ogres.

As always, you and your neighbors will bring the most scrumptious foods for the potluck dinner. The Neighborhood Association will provide plates, utensils, and drink.

The party preparation and decoration of the clubhouse will take place from 11 am to noon that day. All decorating volunteers welcome! For more information on how to help with the party, contact Grant Gelhardt before Wednesday, October 26th, at [grant.gelhardt\(at\)gmail.com](mailto:grant.gelhardt(at)gmail.com).



Other events to put on your calendar

October 15 - Cash for Trash, 8 am – 2 pm, City Solid Waste Office at 2727 Municipal Way.

Every 1st Saturday of the month through May – Household Hazardous Waste Collection, 9 am – 1 pm at 2280 Miccosukee Road (corner of Blair Stone and Miccosukee).

The evening of **November 5th** (or 2 am on Sunday, November 6th, to be official) - Turn your clocks back one hour (“fall back”) to adjust for the end of daylight saving time.

The **2nd Sunday of each month** - “potluck in the park” at Optimist Park. In addition to the potluck dish to share, please bring your own utensils and perhaps a chair or blanket for sitting and visiting.*

Spring, 2012 – 4th Annual Nene Fest at Optimist Park.

* See article in this newsletter.

Local Farmers' Markets by Patty Ceci Sharp

Tallahassee has growing options when it comes to local farmers' markets. Sometimes it isn't easy knowing what all our options are and how local is the food being sold. Some of our community markets feature produce from re-sellers and this isn't necessarily bad, but don't be afraid to ask the seller if he/she is the farmer and where the produce was grown.

The markets closest to Indianhead/Lehigh include:

The Lafayette Street Organic Growers' also known as the "Moon Market" – Thursdays from 3:00 to 6:00 PM under the trees of the Moon parking lot. This market is supported by FAMU's Small Farms Program. Contact Dr. Jennifer Taylor at 412-5260.

Farmers' Market at the Y – Mondays from 11:30 AM to 2:00 PM at the YMCA, 2001 Apalachee Parkway. The market usually features a local organic grower and is supported by Whole Child Leon and the YMCA. Call 414-8344 with questions.

Sunshine Growers' Market – Mondays from noon until 2:00 PM, between 4025 and 4055 Esplanade Way in Southwood. This market is supported by FAMU's Small Farms Program. Contact Dr. Jennifer Taylor at 412-5260.

Growers' Market at Lake Ella – Wednesdays from 3:00 to dusk and Sundays from Noon to dusk. This market is also supported by FAMU's Small Farms Program.

Downtown Marketplace – Saturdays (spring to fall) from 9:00 AM to 2:00 PM in the Ponce de Leon Park. Call 224-3252.

Another great new option for Indianhead/Lehigh is the Red Hills Online Farmers' Market where you can find products grown or produced within a 100 mile radius of Tallahassee. Shop from Sunday (6:00 AM) to Wednesday (6:00 AM), and then pick up your items inside the Bread & Roses co-op at 915 Railroad Avenue. Go to <http://www.rhomarket.com> for more information. The market would also like to start a pilot program with Indianhead/Lehigh to institute its neighborhood hub program. One volunteer picks up all the orders and then neighbors go to the volunteer's house to pick up their individual orders. If you are interested in volunteering contact Patty Ceci Sharp at [cecisharp\(at\)embargo@mail.com](mailto:cecisharp(at)embargo@mail.com) or 309-0260.

And the 4th Annual North Florida & South Georgia Farm Tour is October 15 & 16! If you haven't tried the farm tour – give it a go – truly, it's one of the best events in North Florida (and South Georgia). Go to <http://www.newleafmarket.coop/> for more information.

Talking Trash with three big news items of the year! by Cyndy Brantley

1. New expanded Plastics Recycling collection now includes yogurt cups, butter tubs, deli trays, etc. Any plastic container, (excluding black), 3 gallons or less can be tossed in your bin for recycling.
2. New City ordinance states that all recycle bins and garbage cans should be taken back to your house by 12 noon on the next business day. For us, that translates to: NOON on TUESDAY.
3. New City ordinance enforces proper placement of Yard Debris and Bulky Waste. These must be in **separate piles** when set at curbside for pick up.

Communication is Key by Elizabeth S. Roach

One of the beauties of living in this neighborhood is the people. But even among friends and neighbors, there can be the occasional disagreement. That does not need to be seen as a completely negative thing. A disagreement is simply an opportunity to see a situation from a different viewpoint.

The key to resolving any dispute is communication. A basic skill to help you communicate in a tense situation is “active listening.” Active listening has 3 steps – hearing, retaining, and responding. Don't just wait to talk. Listen to what the other person is actually saying, think about it, and then say what you think you heard. By paraphrasing, you internalize and understand what was said, the speaker has the opportunity to clarify any misunderstanding, and you encourage them to listen to you, as well. With open communication we can keep our relationships and our neighborhood happy places.

Crime Watch by Michael Murphree

The Neighborhood Crime Watch Program has been very successful this past year in assisting the police in the capture of several thieves. This is a wonderful reflection of the great people who live here and the love we have for our community.

How do we keep this spirit going?

One important thing we all need to do is welcome newcomers who move here and make sure they get on Grant's email list. Go by and say hello and let them know the benefits of being connected. Then have them send a note to grant.gelhardt@gmail.com.

That way they can get up to speed on all the wonderful things that go on here and see how our Crime Watch network operates in practice.

If you don't feel comfortable doing it yourself, send me an email at michaelrmurphree@yahoo.com and I'll visit them. I always enjoy talking about how much I love Indianhead-Lehigh.

Take care and report suspicious activities to the Police at 891-4200.

School Choice by Marie-Claire Leman

As parents of young children, we have a number of interesting options to choose from when it comes to their education. One of these options is our local school, Frank S. Hartsfield Elementary: a pleasant, friendly and positive learning environment where energetic teachers and forward thinking administrative staff are receptive to the needs of children and the aspirations their parents have for them.

As part of the process of choosing a school for your child, we encourage you to visit Hartsfield, meet with Principal Cora Franklin, and get in touch with neighbors who send their children to Hartsfield. Many of them would be very happy to answer any questions you might have about the school and share with you their family's experience there. If you don't know anyone who attends Hartsfield, you are welcome to contact one of us and we can put you in touch with other families like ours.

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More than meat and potatoes - OUR potluck by Edward Reid

You've read about it in the newsletter, you've seen the signs. You think it's a great idea for the neighborhood to hold a monthly potluck. Get to know your neighbors. Support neighborhood cohesion.

But you didn't make it last month. Or last year.

Why do we have a neighborhood potluck? After all, we are united mostly by geography and the real estate market, not because we chose to join a group based on common interests or beliefs. Yet our lives are brought together by that geography. Our sense of comfort and belonging is enhanced by knowing who lives around us.

Neighborhood activities are also advertising for our neighborhood. I've met people who first came to one of our activities -- potluck, Halloween party, etc -- and decided to move here. Like any potluck, ours is a way to share food and ideas and fellowship.

I'm not saying everybody should come every month. I just want everyone to know that there's a lot of welcoming souls around, and a core of regulars at the potluck. We'd like to see more of our friends and neighbors, especially newcomers.

So if any of this sounds good to you, please join us. It's the second Sunday of every month. Starting in October, we'll meet at 4:00 pm and keep that time for the winter. Next May, we'll switch to 6:00 pm for the summer. Our usual place is under the trees by the playground at Optimist Park.

If you have any ideas for making the potluck more exciting, drop me a line at [edward\(at\)paleo.org](mailto:edward(at)paleo.org).



Natural plant dyes by Ramona Abernathy Payne

Morning temperatures are starting to moderate a bit, hinting that fall will come again. Soon we'll start to see fall colors developing in our neighborhood—golden rod, ageratum, yellow leaves and red. Many plants can also share their colors with us by transferring the colors to fabric.

Plants are the oldest source of dye materials. Some that grow unwanted in our yards give truly beautiful shades. Mimosa yields a range of greens from lightest celery to a dark mossy green. Spanish needles (also called Fleabane) gives bright, clear yellow. Goldenrod, as you'd expect, dyes yarn and cloth shades of golden yellows.

Other local dye plants and their colors include: Begonias (gray-green); blackberries (purple-brown); black walnuts and bottlebrush (chocolate brown); bougainvillea (tangerine-orange); chickweed (gray); chrysanthemum, marigold, zinnia, dahlia and sunflower (shades of gold); elderberry (lilac-blue).

The methods for extracting dye materials from these plants varies but all involve hot water and some sort of mordant to make the dye stick to the fiber. Protein fibers like wool and silk take the dyes more readily than cellulose fibers like cotton and linen. Mordants can be as common as alum used for pickling or can run to much more toxic materials, the use of which is much discouraged.

On Oct. 8, **1020 ART** on Lafayette Street will host Seven Hills Handweavers Guild as the guild members demonstrate dyeing yarn and cloth using dyes from plant materials collected in the area. The event is open to public viewing. Come learn what glorious array of colors nature has to share with us, many growing right in our own yards.

Calling Hartsfield Volunteers by Sandy Neidert

Our neighborhood school is off to a great start this year! You may have already seen several of our neighborhood children riding their bikes to school and playing on the school's outdoor fields. Parents of these children will tell you that Hartsfield Elementary is full of caring and committed teachers and staff. They will also tell you that the students could benefit from neighborhood support and that the school offers many local volunteer opportunities.

Kindergarten and first grade students (and their teachers!) love help in the classroom – reading with students (this is really rewarding!), helping with math, or being creative with a class art project or bulletin board. The staff in the media center always need help, as do the art and music teachers. Volunteer hours, both days of the week and hours of the day, are flexible. Also, volunteers are needed to mentor students. Mentor training is available through the district office (Betsy McCauley-488-7800). The afterschool programs also need assistance. If you have a particular talent – chef, musician, artist, etc. – the afterschool programs invite you to share your talent with the children.

Call Judi McDowell, Parent Liaison, at 488-7322 or email her at [mcdowellj\(at\)leonschools.net](mailto:mcdowellj@leonschools.net). The Hartsfield staff and students would love to have you as a member of the Hartsfield family!

Bees Need More Friends! by Donna Klein

I moved to Indianhead with my husband, Larry, two years ago because I am SURE that this is the Friendliest Place in the GALAXY to live!!! Since that is True, I know that the Honeybees, and ALL bees, are in very good hands in our neighborhood and that they can count on our love and support! In fact, we have at least two beekeepers who live in our neighborhood, and they happen to live right next door AND right behind our house. I've learned a LOT about Honeybees in particular recently and one thing I know is that I'd like to give them a BIG HUG to say Thank You, but since that probably wouldn't work very well, I've decided the best way to show my appreciation and honor of them is to help my neighbors learn to love them, too! Here's why: they are our tireless little friends! We have a lot in common with them: we socialize, eat honey, dance, get sick, mimic each other and even Vote! Yet people-in general-have not been holding up our end of the bargain in our delicate relationship, mostly because we don't understand how important our little buzzin' buddies are to our lives. They are responsible for pollinating \$44 BILLION dollars worth of crops in the U.S. annually! Isn't that amazing? One thing is for sure, and that's that the bees are quietly hoping that we will wake up and taste the honey before it's too late. Their auto-immune systems are shutting down and bee colonies are collapsing at an astronomical rate of speed. If bees aren't helped by lots of people, Soon, and they keep getting sick, you can't even imagine how much our lives will change--and I'm not just talkin' "no more Baklava", friends!

If you'd like to help them, I strongly recommend reading this tiny little dynamo of a book called The Incomparable Honeybee and the Economics of Pollination by Dr. Reece Halter. Dr. Halter has many suggestions as to how we can help the bees survive. One of the most crucial things they need is for us to make the decision to NOT use pesticides. Our beekeeping neighbor, Michael, echoes this huge concern and asks that people consider getting on the "No Spray" list with the City of Tallahassee so that the mosquito truck doesn't fog the bees with pesticides, which is devastating the local bee populations.

Keep the chemicals out of your grass, too! Larry and I are kinda bummed out because we have cinch bugs, Big Time, but we've decided that the bees are WAY more important than having a thick, lush green lawn!

Our beekeeping neighbor, Heather, says that the bees in Indianhead would be terrifically helped if we would all try to plant flowering trees for them--like tulip poplars, dogwoods, crepe myrtles, for example. She says that flowers are great, but we should also "think vertically" for our bees--there is more available pollen and nectar for them in our trees than in flowerbeds. If you'd like to plant flowers for them, Dr. Halter says to be sure they are native flowers. It also helps the bees to SEE the flowers if they are planted in beds at least 3 feet by 3 feet, and that yellows and blues are the easiest for them to see with their ultraviolet light-seeking eyes! Isn't that fascinating? When I'm riding my bike or taking a walk now, I find myself Looking for these trees and big, bright flowerbeds, and when I Find one, I say, "oh! yay! they are helping the bees here!"

I hope you'll consider getting psyched up with me about helping the bees, cuz BEES ROCK! Thanks, Neighbors!

Myths About Trash & Recycling by Cyndy Brantley

Household/Kitchen Garbage goes to the Leon County Landfill

NO— the landfill stopped receiving household garbage in 2003. Household/Kitchen garbage goes to the Leon County Transfer Station on Gum Road. It is then trucked 85 miles to Jackson County to a landfill owned by Waste Management, Inc. Leon County averages 35 tractor trailer loads a day.

Curbside Bulky Waste Goes to the Leon County Landfill

NO-The Landfill stopped receiving bulky waste in 2009. Bulky waste is now taken to Marpan Recycling on Woodville Highway. Marpan averages ~ 65% recycling rate. Whatever Marpan cannot recycle is then hauled to the Leon County Solid Waste Facility on the Apalachee Parkway (about 3 – 6 tractor trailer loads daily).

Curbside Yard Debris is buried in a landfill

NO— Yard Debris is hauled to the Leon County Solid Waste Facility where it is ground up for mulch and given away free to all Leon County citizens. The county has a contract with a company that processes the incoming 27 tons annually. They hire day labor to break open every plastic bag before it is sent through the grinder and mulched. You could help reduce government spending by bagging your yard debris in large paper yard bags sold at Ace Hardware, Esposito's and Lows. An even better idea is to keep your yard debris for composting or mulching your gardens, hedges and perimeter plants.

Recycling costs more than sending everything to the landfill

NO---Not only does recycling save local governments money, it actually can generate money and "Green Jobs." Garbage costs us \$41/ton, but the city is *paid* \$35/ton for recyclables by Recycled Fibers.

Our recycling really ends up in a landfill anyway – why bother.

NO.... The City of Tallahassee has a contract with Recycled Fibers on Springhill Road for processing of all curbside recycling collection. The City is paid for their materials

It is OK to throw Styrofoam and plastic bags in the Smart Cart

NO— But you can take clean Styrofoam trays and egg cartons to Publix. Leon County Recycling on the Apalachee Parkway collects clean "white packaging" Styrofoam. Publix, Wal-Mart, and Winn Dixie collect plastic bags, such as plastic grocery bags, bread bags, Ziploc bags (with the *Zip* removed), etc.

Plastic Bottle lids cannot be recycled

WRONG---All bottle caps, both metal and plastic, CAN be recycled.

Black Plastic can be recycled

NO---Black plastic such as microwave dinner trays CANNOT be recycled in Leon County/Tallahassee.

No one really cares anyway...

WRONG!---most people want to do the right thing—help by posting fliers in your home and work place. Download the fliers at <http://www.leoncountyfl.gov/recycling/>

My recycling gets all mixed up together in the truck.

NO... The truck is separated according to type of material. Just like your recycling bin, one side is for paper products; the other side is for aluminum & steel cans, glass bottles and plastic containers. So it is important to put your items in the correct side of the Smart Cart. (If you need new stickers for your cart, call **891-4968**) In addition, please set your cart with the wheels closest to your house. This ensures that the material ends up on the correct side of the truck.

Indianhead Online by Edward Reid

We are always looking for better communication. The Indianhead-Lehigh Acres neighborhood has had a paper newsletter for a long time, which is currently produced twice a year. Over the past decade, we've tried several things to address the communication/information gap between newsletters.

Currently, Grant Gelhardt, the IHLNA president, maintains a list of residents' email addresses, and forwards emails to this list as appropriate. If you are not currently on the neighborhood e-mail list, send a note to [grant.gelhardt\(at\)gmail.com](mailto:grant.gelhardt(at)gmail.com). Email has the advantage that it's delivered directly to you rather than waiting for you to check a web site. This immediacy is important when distributing information about lost pets, crimes in the hood, potluck reminders, etc.

I created the web site <http://ihlna.org>, which is currently our primary web presence. Included are upcoming events, Nenefest information, past and current newsletters, and photo albums from events. (Have you checked out the aerial photographs of Indianhead from 1957?)

Grant has also set up a Facebook "group" called "Indianhead Lehigh Neighborhood", which continues to grow and be used by our neighbors.

See you online!

IHLNA membership

Thanks to all of you who so generously responded to our membership drive last January. Your membership helps to support neighborhood activities and keeps us all involved with making this a great neighborhood. We will be sending out reminders to renew or join the neighborhood association in **January, 2012**.

Officers of IHLNA

President: Grant Gelhardt	grant.gelhardt(at)gmail.com	At-Large: Sandra Neidert	656-7894
Treasurer: Patty Ceci Sharp	309-0260	At-Large: Tony Biblo	656-2528
At-Large: Mary Louise Bachman	877-6344	At-Large: Connie Bersok	942-7904
At-Large: Cyndy Brantley	656-7445	At-Large: Mike Murphree	219-1223
At-Large: Daphne Holden	459-1138	At-Large: Edward Reid	edward(at)paleo.org

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