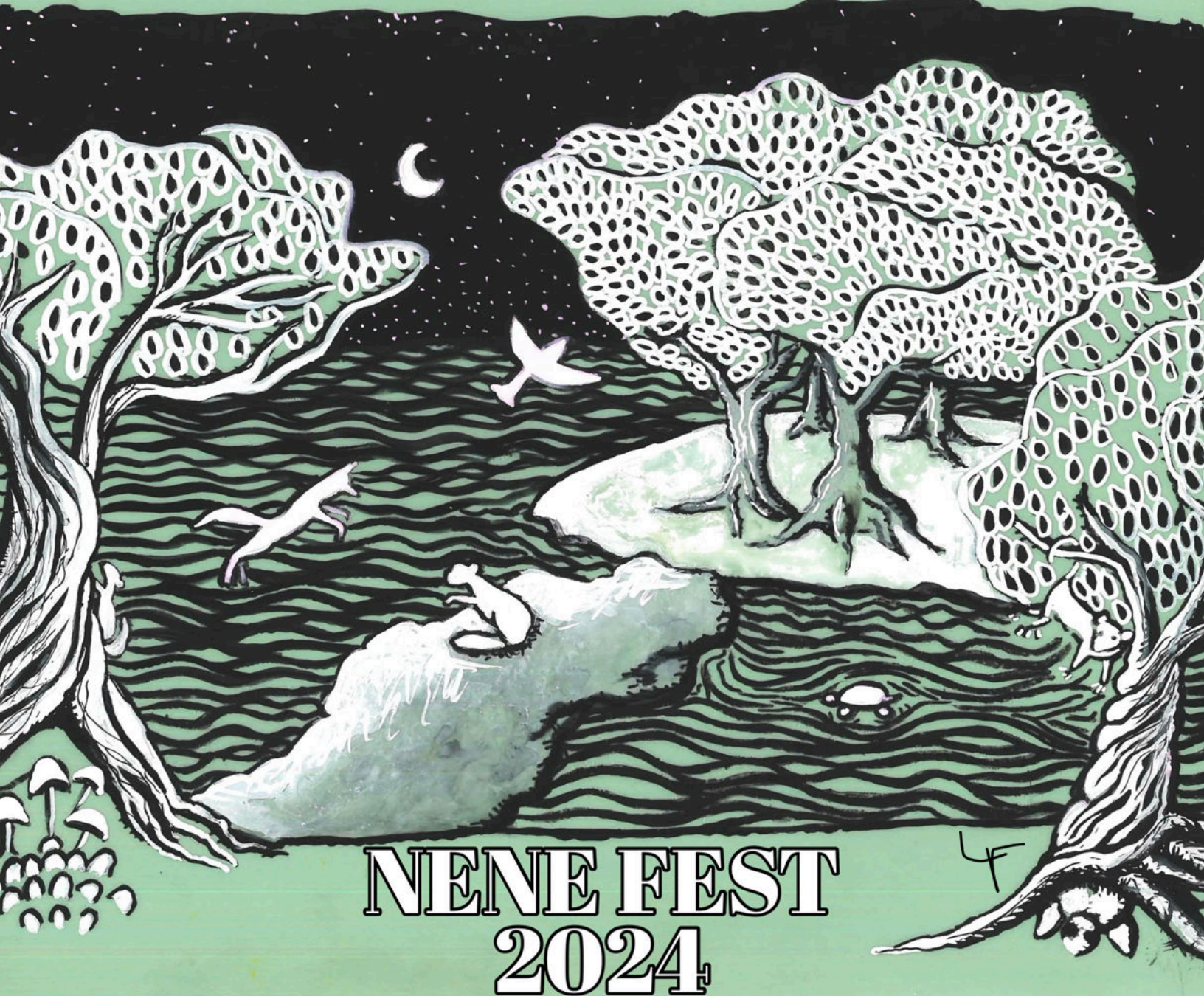


The Optimist

Spring 2024



INDIANHEAD LEHIGH NEWS



NENE FEST
2024

LF



Nene Fest 2024 — Saturday, April 13

By Nene Fest Planning Committee
Cover drawing by Laura Nicole Floyd
Photographs by Bob O'Lary

Race times: 6:45 to about 9:30 a.m.

Other events: 4:00 to 9:00 p.m.

We are so excited for Nene Fest that we decided to host it two weeks earlier this year, on April 13! Truth be told, we moved up our festival for neighbors by neighbors to mid-April to avoid conflicting with another neighborhood favorite, Word of South.

The cooler mid-April weather will be perfect for a morning jog: start your day off with the Nene Fest 2-way 5K or 1-mile Fun Run, on the well-marked course through the Indianhead neighborhood. Later in the day, from 4:00 to 9:00 p.m., we hope you'll join your neighbors at Optimist Park to enjoy music, food, family-friendly activities, and booths showcasing art, crafts, and community projects.

Are you interested in lending a hand with the race or the festival? Anyone can be part of the team! Please see the lists below of all the ways you can participate. To sign up, visit <https://tinyurl.com/IHL-NF2024>



You can also contact festival organizers at indianheadlehighna@gmail.com if you have any questions.

As the festival date approaches, volunteers will be contacted regarding when their help is needed.

Nene Fest 5K and Fun Run

More race and run details on page 4

Registration: from 6:45 to 8:00 a.m.

Times: 5K begins at 8:00 a.m.; Fun Run begins at 9:00 a.m.

Needed: runners, walkers, supporters, and volunteers



T-Shirt and Merchandise Sales

Time: T-shirts go on sale at 4:00 p.m. along with other Nene Fest merchandise. Open while supplies last. Pay with cash or Venmo.

Needed: sales assistance in one-hour shifts from 4:00 to 8:00 p.m.

Art, Craft, and Business Showcase

Time: setup at 2:00 p.m.

Needed: artisans, artists, crafters, businesses, and organizations who would like to share information about their organization or sell handmade products. Exhibitors must bring their own canopy (if desired), table, and supplies.

Food

The Nene Café will sell regular and vegetarian hot dogs and burgers, with sides and desserts made by neighbors. Pay with cash or Venmo.

Time: the Nene Grill opens at 5:00 p.m. The Nene Dessert table opens at 5:30 p.m.

Needed: volunteers to make sides and desserts and to help serve food. We will also need volunteers to help keep water and tea coolers filled throughout the afternoon.



On Stage

Time: from 4:00 to 9:00 p.m.

Needed: performers and bands from the neighborhood



Puppet show

The Nene Puppet Show is a long-standing Nene Fest tradition, designed, written, and performed by our residents.

Time: approximately 7:00 p.m., coordinated with the other stage events

Needed: kids and kids-at-heart to prepare and participate in the puppet show



ART BY LAURA NICOLE



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Nene Fest 5K + Fun Run

This race benefits Hartsfield Elementary School. Proceeds from the run go directly to the Hartsfield Elementary PTO to help fund field trips, support classroom needs, celebrate the teachers, and fund school wide social and cultural activities.

Help the race succeed: run, sponsor, or volunteer! To get involved:

Register for the 5K race or Fun Run:

- Go online to runsignup.com, click “Find a Race”, and search Nene,
- Or sign up on race day at Optimist Park, starting at 6:45 a.m.



Entry fee

- Before April 10: 5K—\$20; Fun Run—\$10
- Day of race: 5K—\$25; Fun Run—\$10
- Hartsfield Elementary students: \$5

Race schedule

- 6:45 a.m.: packet pickup begins at Optimist Park
- 8:00 a.m.: 2-way 5K starts
- 9:00 a.m.: 1-mile Fun Run starts

Course marshals will assist motorists to find alternate routes that morning.

What’s a 2-way 5K?

All runners begin together on East Indi-anhead Drive. After 700 yards, counterclockwise runners split left, while clockwise runners continue straight up the hill. The groups cover the middle miles of the course in opposite directions. The two courses converge 550 yards before the line, and runners finish together. Counterclockwise runners hit the highest point of the hilly course at Hartsfield Elementary School, after four kilometers. Clockwise runners hit the peak after 1K. Participants decide which direction they want to take.

How to help, donate, or sponsor

Volunteers are needed to help with setup and to ensure the event runs smoothly and is fun for all. They will help with registration on the morning of the race and serve as marshals along the course and at the finish line.

Businesses, organizations, and individuals are encouraged to become race sponsors and help support Hartsfield Elementary. Various levels of recognition are offered based on the level of the sponsorship.

To be a sponsor, a volunteer, or for questions about the race, contact Marie-Claire Leman at (850) 728-7514 or marieclaireleman@gmail.com.



Runners' post-race snack table. Photo by Marie-Claire Leman

For Sale: Everything

By Bill Bielecky

If you want a true evaluation of your net worth, have a yard sale. I guarantee, you are not worth as much as you thought. This is because the things you own are not worth what you paid for them. Having a yard sale is the quickest way to understand today's economy, which is to say it is the fastest way to figure out why you are always in debt.

I found out last Saturday. I spent three hours under a very large oak tree watching my possessions devalue faster than the peso in the early nineties. It was an important lesson. A quick comparison of my credit card balances with the net return from the reselling of the items that caused the credit card balances showed that my buying skills never properly developed.

I hope I remember this lesson next time I go shopping. Throwing a yard sale right before a trip to the mall is equivalent to visiting a slaughterhouse while eating a knockwurst. It causes a slight diminishment of appetite.

Yard sales are a vital component of this country's economy. There was a time when people bought goods based only on need, and then they used the goods until the items were completely worn out. Economists say buying less Stuff leads to recession. People lived in poverty, listened to radios with no dials, and wore shoes with holes in the soles.

Then came the New Deal. The New Deal was a political manifesto designed to stimulate the economy by encouraging people to craft cardboard signs advertising yard sales where they would sell items they had recently purchased. Yard sales were an immediate hit. People began rummaging through their houses looking for items they had not used for several hours, and a yard sale was born.

There are several rules that apply to selling your belongings at a yard sale. It is much less painful if you know these rules going in.

The first rule is that any particular item should be priced by the seller at half the value that the seller actually thinks the item is worth. A lamp that cost \$150 that the seller thinks he can get \$30 for should be priced at \$15. This allows the shrewd buyer to offer \$2 and settle at \$3.50.

Using this formula, anyone can easily see how yard sales help stimulate the nation's economy. The seller now has three bucks—the buyer didn't have quarters so the price was rounded down—in payment for a \$150 lamp that is still accumulating interest on a platinum credit card.

The second rule of yard sales is that your stuff is worth its highest value before you bring it out of the house. Buyers always pass up the displayed, priced items, and head for things you are still unpacking. For example, a pair of boots that is missing one boot can be sold for \$7 if the solo boot has not yet been placed among the sale items.

The third rule is simply an extension of the second rule. Any item depreciates in value exponentially every time a potential buyer simply looks at it but doesn't buy it. If more than three people look at an item without buying it, the item is worthless and should be removed from the yard sale before it diminishes the value of other items.

The fourth rule of yard sales is probably the most intriguing. Buyers would rather pay \$2 for broken, cracked, faded, worthless items than pay \$5 for a state-of-the-art toaster that has never been out of the box. In fact, never-used items only draw suspicious glances from buyers. The seller should always take the toaster out of the box and hit it several times with a rusty hammer to enhance its value.

The fifth rule of yard sales is the most important to learn. You are not going to make enough money to pay off all your bills and start a new life on the West Coast. You might make enough for a takeout pizza and a six-pack, but that's if you thought far enough ahead to have quarters to make change.

When the yard sale is over and you're schlepping the unwanted items that couldn't be priced low enough back into the house, and you're tired and sweaty and depressed, remember this. Your self-perceived net worth dropped due to the yard sale.

Excerpt from "Chin Music: A Collection of Columns, Poems, and Other Musings" by Bill Bielecky. Originally published May 11, 1998

A Well-loved Child in Indianhead During Turbulent Times

By Laura Cassels

Photos courtesy of Laura Cassels

I was four. My mother was filling the bathtub with water at our little house in Indianhead



Acres. Missiles were pointed at us for some reason, and if the important man on the island not far from Florida decided to fire them at us, Mom wanted there to be clean water at hand. Over the next few years, I learned more about dangers from afar because my schoolmates and I had to do duck-and-cover drills at Hartsfield Elementary in case of a nuclear attack. I was glad my school was just a hill and a hoppable fence away from my house on Apakin, so I could get home fast when the attack was over. We knew that if Mom didn't get home before us, Dianne would meet us at the fence, to shoo us indoors, out of the radioactive fallout.

Dianne was a sweet and beautiful lady who lived in Frenchtown, though she did not strike me as French based on what I had seen in movies. Her daughter Jackie, my age, sometimes came with her to our house. Dianne was generous with hugs and snacks and she helped with our housework when Mom was at her job as a secretary for the State of Florida. Her skill with an iron made my home-sewn dresses look store-bought.

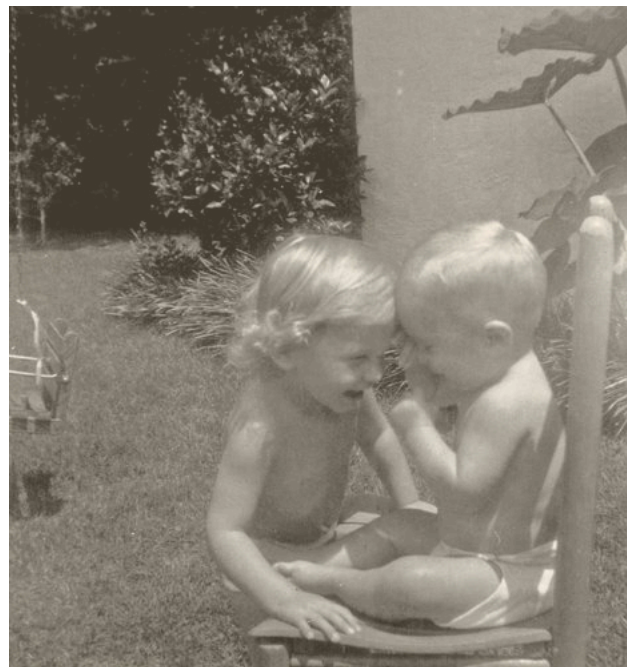
Pretty soon, Mom drained the bathtub and things got back to normal. The man on the island and our president and some other man on a different continent had worked things out so that no one would fire any missiles at

us anytime soon. I got the feeling from Mom that our president had really stood up for us.

I thought of our president often. I reasoned that he and his scientists were doing atmospheric tests for the Space Program when I spotted a strange array of colors floating in the sky as I walked from our house on Apakin to my friend's house on Kolopak. Next

day, my teacher said as much. Our teachers at Hartsfield apparently admired the Space Program because they rolled TVs on carts into our classrooms so we could watch all the NASA rocket launches and splashdowns.

I thought of our president when I got to Mrs. Dunn Rankin's first-grade class and found,



seated near me, a girl named Patricia who became one of my best friends and was the first child I knew personally to personify what I came to understand was Integration. Mom said our president helped me and Patricia to become schoolmates and friends, which seemed great to me, but I had relatives in Alabama who seemed pretty upset about it.



Our house was like many others in Indianhead then: small, three bedrooms, one tiled bathroom (ours was blue), an open carport, a detached utility room, vertical casement windows that opened outward with a hand crank, and no air-conditioning. Our heat came from a kerosene furnace, which latchkey kids learned to ignite on cold days after school by opening a valve to spread fuel on the furnace floor and then tossing in a burning match. A swinging door separated the kitchen from the dining room. Like our neighbors, we were working class with high hopes.

Few days were cold, it seems, and we spent every possible hour outdoors, playing with

neighborhood kids and schoolmates. We rode our bicycles everywhere, often with playing cards pinned to the spokes. We rode to Optimist Park for ball games and Scout meetings and to Sears on hot days to cool off in front of the store's display of oscillating fans festooned with silver and blue tinsel. One eventful summer, heavy equipment heavily altered the Hartsfield school grounds, cutting down an incline from the school to my house to make a large, level playground for the school. Dad helped us fashion large boxes into cardboard sleds that we rode wildly down the Big Hill toward the playground. Neighborhood kids flocked to our house for the ride until late evening when their mothers shouted for them to come home.

We sunned as a family on mattresses dragged into the back yard, our faces shaded by straw hats. On Halloween, we prowled the Nenes—Apakin, Chowkeebin, Chuli, Heechee, Kolopakin and others—in costume and unsupervised to shout trick-or-treat at neighbors who, despite being scared out of their wits, showered us with candy. We explored giant ditches, chased lightning bugs, and scampered obliviously in the mist sprayed by The Mosquito Man that ultimately killed the lightning bugs off.

Near Thanksgiving of 1963, I was sitting cross-legged on the floor of a neighbor's house in front of her TV, snacking on Rice Krispies treats, when a newsman told me that our president had been assassinated. I wasn't sure what that meant, until I saw my neighbor, Mrs. Alligood, weeping and clenching her fists. That's when I knew assassinated meant someone killed him on purpose. I started crying, too. Everybody in Indianhead cried. Families gathered somberly in various houses to watch the funeral.

I thought about our president's wife, how sad she must be, and I saw a picture of her little son making a salute to his dad as his coffin rolled by. I hoped no one would shoot my dad. I worried about what would happen to the Space Program and the Integration that brought Patricia to me, and whether we would get missiles pointed at us again. I could tell that my teachers had been crying, but they just kept on teaching us about space and math and music and how chemicals that

kill mosquitoes can be dangerous to children, too.

Many friends and schools and wars since then, I live in Indianhead again, in a house that echoes the one I lived in first. I am so grateful that residents here over the years protected the houses, trees, streets, parks, and customs (such as looking out for fragile neighbors). The children here are living in such a way as to better understand what it means to go through good times and bad times, united as neighbors.



New Neighbor Impressions

By (a new neighbor)

Last fall my husband and I made the radical move from the slopes of Maui's 10,000-foot volcano, across land and sea, to Tallahassee. Not just to Tallahassee but to Indianhead, near two of my three sisters and to urban living. Leaving that stunningly beautiful island behind, where we had a quiet, rural existence, was made easier knowing we were embracing a completely new lifestyle with family close by, a friendly neighborhood, and city amenities at hand. The tragic fires on Maui last summer (the first of which started a mile up the road from us) were a sad ending to our time there.

And what a neighborhood Indianhead is! We've been warmly welcomed by everyone we've met. We had neighbors moving heavy furniture onto our porch months before we even arrived. When our U-Haul box was

delivered, a neighbor went above and beyond by emptying the entire unit single handedly. The community spirit we've encountered is not only impressive but inspiring. Isn't this sense of connectedness what being human is about? I never used to go on Facebook, but now I see folks reaching out for help and others rallying to offer it. And there's so much going on in this neighborhood! Then there's the greenway, a sweet little retreat into nature.

I don't know if you old timers even notice, but the trees (the live oaks especially) in this town can stop one in their tracks. I remember them from my college days here in the 70s, and they still enthrall me. A walk down most any street in the 'hood is a walk in the presence of the ancient.

I have learned that many trees in the neighborhood are non-natives. We need to urgently fix that—I plan to do my part by planting natives in my yard. The truth is that 70% of Hawaii's flora is not endemic. However, at the moment, and putting those facts aside, I'm in awe of the blooms here. The Japanese magnolias steal the show with the Loropetalum coming in second—beautiful explosions of pink. These are followed by the azaleas and camellias. We look forward to the many offerings from each season.

A heartfelt thanks to my new neighbors!

Instagram: @tallyhomeseller

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News and Notes

Spring Indianhead Lehigh Yard Sale

Saturday, March 30 • 8:00 a.m. to noon • Optimist Park

We are hosting a neighborhood yard sale at Optimist Park on Saturday March 30th from 8 a.m. to noon. It's a great opportunity to find a new home for those objects that don't make the post-spring-cleaning cut, as well as to browse and chat with neighbors.

Participation as a seller is free for folks who have paid their 2024 IHLNA dues and \$10 for non-members. The Neighborhood Association will post on Craigslist, and also create a public Facebook post that can be shared widely. For questions, contact us at indianheadlehighna@gmail.com.

Neighborhood Final Friday Gatherings

Experience the vibrant camaraderie of the Indianhead-Lehigh neighborhood through the Nene Final Friday parties! Each last Friday of the month, from September to May, a different neighbor hosts a casual get-together at their home. These typically feature a potluck dinner and music. The gatherings are a fantastic way to unwind, catch up with friends, meet new neighbors, and enjoy the company of our diverse community.

To sign up to be a Nene Final Friday host or to find out when and where the next party will be held, email Molly Jameson at mcjam88@gmail.com. Information about upcoming parties also will be posted to the Indianhead-Lehigh Community Facebook page and sent out to the neighborhood email list monthly.

Donation Yoga @ Optimist Park

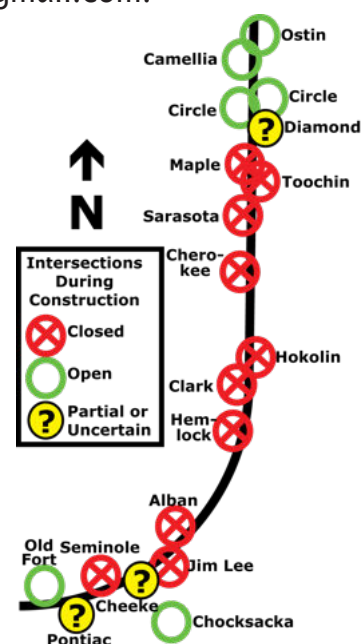
Join "Yoga by Laura Nicole" for open level yoga at Optimist Park, in the field along Hokolin, on the 3rd Saturday of each month. Starting in March, the lessons will start at 11 a.m.; they will be earlier in the warmest months, and later once the weather cools. Each session offers equal amounts of relaxation and strengthening/stretching. "Open level" means that the amount of challenge is entirely up to your preferences.

This is a very inclusive, encouraging, and non judgmental group!

Donations are appreciated, but not required (via Cashapp, Venmo, PayPal, or cash at time of lesson). No one will ever be turned away due to lack of funds. Up-to-date information regarding the time of the next session, payment links, and inclement weather info can be found on Facebook by typing "Donation Yoga @ Optimist Park" in the search bar or by emailing Laura at yogabylauranicole@gmail.com.

Magnolia Drive Construction Update

The construction bid from Sandco was approved by the Leon County Commission in February. The anticipated start of construction is the latter half of April, though this depends on the contractor's schedule.



Your IHLNA officers

IHLNA president and VP: duties of these offices are currently shared by other officers and directors.

IHLNA Treasurer: Melissa Farley

IHLNA Corresponding Secretary: Marie-Claire Lemam

IHLNA Recording Secretary: John Tomasino

IHLNA directors: Ashley Arrington, Katie Clark, Jason Khan-Hohensee, Doug Martin, Gordon Magill, Ceci Michelotti, Edward Reid, KC Smith, Charlotte Stuart-Tilley, Eli Wilkins-Malloy

Contact point for IHLNA officers and directors is indianheadlehighna@gmail.com.

Ruby-throated Hummingbirds Return

Co-written by Jody Walthall & Chase Brestle

Jody Walthall—former owner of Native Nurseries

Chase Brestle—Indianhead neighbor, Native Nurseries employee, and birder

Photos by Native Nurseries except as noted

Every March we look forward to the return of the ruby-throated hummingbird from its usual winter range in Central America and Mexico. Many congregate on the Yucatán Peninsula, using it as the jumping off point for a 500-mile, eighteen-hour, non-stop flight across the Gulf of Mexico. The birds have probably doubled their weight to use as fuel to make the dangerous Gulf crossing. Hoping to ride a tailwind, some instead meet

adverse winds or storms and use up their small energy supply of stored fat before they reach our coast. For those that make it, it is an amazing feat of endurance and navigation for a bird weighing 0.1 to 0.2 ounces. The first arrivals in our area show up around March 15th mighty hungry.

Ruby-throated hummingbirds breed in the eastern United States from the Gulf coast of Texas up north to Canada. Many of the hummingbirds you see in your yard are passing through on their way to their breeding grounds farther north and just using our yards as a refueling stop. Some will stop in north Florida to find mates and raise young. After mating, the female goes to

her preferred nesting habitat, often near a woodland stream, river, or swamp. She builds the nest out of spider webs and bits of moss, raising the two babies with no help from the male.

After hatching, the young stay in the nest for about three weeks with mom feeding them a regurgitated mixture of insects down their throats. For this reason, native trees and shrubs are very important to the survival of hummers. These plants are used by the native insects that hummers consume by the thousands. Insects provide all the protein, vitamins, minerals, and fats hummers need for a balanced diet and are critical for feeding the baby hummingbirds. These insects are found almost exclusively on

American native plants. Ornamental plants from other parts of the world, such as camellias, loropetalum, azaleas, Ligustrum, crepe myrtle or Chinese elm are mostly useless for providing hummingbirds with insects. Doug Tallamy, a well-known conservationist, author and professor, claims a landscape with 70% or more native plants is

needed for our yards to function as nesting habitat for birds.

The best way to attract hummers is to plant a wide variety of nectar producing plants. Try to use natives like red buckeye, wild azaleas, Indian pink, coral honeysuckle, firebush, columbine, red swamp mallow, wild



Hummingbird and coral bean. Photo by Nick Baldwin.

red salvia, and silverbell. Non-natives like pentas, perennial salvias, shrimp plant and cardinal guard are also good choices as nectar sources only.

Feeders are another way to attract hummingbirds. Use only white sugar and mix with water at a ratio of four parts water to one part sugar, or one cup of water to ¼ cup sugar. Commercial nectar mixtures containing added vitamin, protein, or flavors are not recommended. Red food coloring is not necessary and may be harmful. Never use honey since it carries a fungus that is fatal to hummers. Regular weekly feeder cleaning is needed to keep this food source fresh and healthy for hummingbirds. I would recommend putting this feeder 5 feet or more above the ground and near a porch or good viewing window.

By mid-July, northern hummers are already migrating south, with mostly males arriving at first. From April through September, the bird visiting your feeder, the bird you call 'your hummer,' is probably a different bird every day. Fred Dietrich, a certified hummingbird bander, caught seventy-two birds in his yard during this period. Only three of them were recaptures. The latest you'll likely see a ruby-throated hummingbird



Columbine

in your yard is around mid-October as very few choose to overwinter here in north Florida with us. I'm always amazed by these feisty little animals that share their neighborhood with us and I am happy to do whatever I can to make my yard work better for them.



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Taught by Ashley Pickard, LMFT



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WHAT IS TRE?

TRE or Trauma/Tension Releasing Exercises, is a
revolutionary way to de-stress and relax tension &
process trauma stored in the body. TRE can be
used by anyone, including those with PTSD, to
establish a sense of safety and balance.

IHLNA Financial Statement for 2023

Opening balance, January 1, 2023	\$11,181.47
Revenue	
IHLNA Dues + Donations	\$4,675.17
Spring Optimist ads	\$358.33
Fall Optimist Ads	\$222.93
Nene Fest neighbor donations	\$220.00
Nene Fest merch + food sales	\$4,940.00
N3 donations from neighbors	\$1,290.00
Total Revenue:	\$11,706.43
Expenses	
Gandy-Membership Flyer	-\$190.57
Gandy Printers-Spring Optimist	-\$985.12
Gandy Printers-Fall Optimist	-\$985.12
Insurance	-\$1,205.64
Florida Department of State	-\$61.25
Harland Checks	-\$25.45
Nene Fest merch + supplies	-\$2,487.12
Nene Fest City of Talla. park fee	-\$334.84
Nene Fest Sound + Stage	-\$2,083.88
N3-Neighborhood Donations	-\$1,290.00
Larry McGraw-Halloween Band	-\$400.00
Total Expenses:	-\$10,048.99
Closing balance, December 31, 2023	\$12,838.91

Help The Optimist

The Optimist is published twice a year by
the IHLNA. It's a 100% volunteer
publication except for printing.

Contact for everything below is
indianheadlehighna@gmail.com.

SUBMIT: Articles, essays, notes, photos,
drawings, by residents and/or about the
neighborhood. We publish a Call for
Submissions a couple of months before the
issue is distributed, but we'd love to get
your creation at any time.

EDIT and PROOF: Join our small team of
editors and proofreaders

LAYOUT: We use Affinity Publisher. The
software is cheap but admittedly a bit
daunting. Currently this is a choke point in
production, with only one person prepared
to get us through this step. The current
layout person, Edward Reid, is interested
in helping one or more others get up to
speed on layout. If this appeals to you,
please contact us.

DISTRIBUTION: Join the volunteers who
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Terry Anne Kant, Broker **Sharon Kant-Rauch, Broker**
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