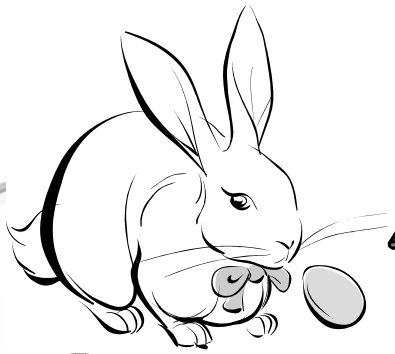
The Town of Wynnedale Newsletter

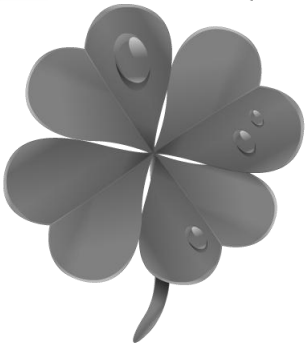
Wynnedale News & Views

"One Newsletter for One Wynnedale"

February – March - April

2010





February 2010 Edition

Letter from the Editor

This is our first edition for 2010 and my last as editor. We are very fortunate to have a new neighbor who has graciously volunteered to take over these duties so our venerable publication will live on!

Please join me in welcoming Cheryl Bulcher to the role as Editor and give her the support she needs to lead our wonderful and dedicated newsletter team to greater heights.

As you read in the February 2009 issue, we have decided to go to four newsletter issues a year – starting in 2009. As you can see from the cover, this issue encompasses all the major holidays between now and the next issue due out in May 2010.

We hope to be able to include as many upcoming events for the period between each current issue and the next one – so please be sure you are thinking ahead and communicating your future ideas or notices to one of the newsletter team. (You can see their names in their "bylines")

Please be sure you are sharing anything you want placed in the newsletter with one of your newsletter team members well in advance of the deadline for submissions. We need any information you wish to be included in a given issue, in the editor's email **no later than the first weekend of the month of issue**.

Email Cheryl at:

We are still looking for:

- Event Coordinators & Participants for the "Town-wide Garage Sale(s)" – Our next sale will be held in May or June – for that Spring Cleaning and another in the Fall - before it gets cold - to give us a chance to de-clutter for the winter holidays!

Plus:

"The J. Stephen Talley Memorial Town Beautification Event" coordinator for 2010 will be his wife Charlotte Talley but she would like a "Co-Coordinator". So if there is someone out there with a love of gardening and time to help set this wonderful event in motion – your assistance would be greatly appreciated! Just contact Charlotte by the end of March.

"Our mission is to keep the newsletter vibrant and relevant while using it to maintain a strong bond of community in our town; fostering a sense of inclusion for all by living up to our new motto "One Newsletter for One Wynnedale".

Our Young Wynnedaleans!

By Cheri Moore

Mark your calendar for Wynnestock #2!

Hosted by Anne-Marie and Roy Christian
4280 Roland Road
Saturday, June 26th, 1:00 pm - ???
All Town Residents are invited
4 bands confirmed
Kid friendly with games and moonwalk
Chicken, burgers, hotdogs and drinks will be provided

If you would like to perform, please contact us at 329-9213 and we will get you on the schedule.

Winter Wonderland of Outdoor Activities

Tis' the season of snow-blanketed landscapes, crisp, starry nights and hot chocolate!
Enjoy the outdoors with your family at Eagle Creek Park.

Ice Skating

This is the only outdoor ice skating pond authorized by Indy Parks. Flags will be on site at the pond designating if it is safe to ice skate: red = not safe; green = safe. When skating on a pond, stay near the shoreline, and be on the lookout for open or thin ice.

Eagle Creek Pond
7840 W. 56th Street
Hours: dawn to dusk (same as park hours)

Cross-Country Skiing

Cross-country skiing is a great winter workout for the entire family! All of the trails at Eagle Creek are groomed for this sport and ski rental is available.

Hours: dawn to dusk (same as park hours)

Sledding

Sledding is only permitted during park hours, dawn to dusk, and all sledding must take place in the designated sledding area. While sledding, children must be supervised by an adult.

71st Street Gatehouse (317-327-7120)

Sledding Safety Tips

• Dress warmly enough for conditions. Sledders should wear thick gloves or mittens and protective boots to protect against frostbite as well as potential injury.
• Sled only in designated areas of the park.
• Make sure the sledding path does not cross traffic and is free from hazards such as large trees, fences, rocks, picnic tables, or telephone poles.
• Don't sled after dark or when visibility is bad (like when it's snowing).
• The proper position for sledding is to sit or lay on your back on the top of the sled, with your feet pointing downhill. Sledding headfirst increases the risk of head injury and should be avoided.
• Keep all equipment in good condition. Broken parts, sharp edges, cracks and split wood invite injuries.

NOTE: Report all park sledding accidents to the respective park manager or call 327-7615. Make sure someone has a cell phone to call 9-1-1 in case of an emergency.

In Care & Concern

by Janet Gibson

Please keep our neighbor Don Frydell in your prayers – he is ill again.

As always - please keep all our neighbors and friends in your prayers.
If you have any information regarding illnesses or deaths of town residents or their families, please notify me, so that we can share that information with the rest of the town.
You can contact me, Janet Gibson, at: 293-5597 or email me: gbsn2@sbcglobal.net

Who's "On The Move" in Wynnedale?

By Janet Gibson

Steve and Mary Koers report that daughter **Erin**– who is with the US Centers for Disease Control in Atlanta – has returned from a trip to Uganda, Africa, and will be leaving on a visit to Turkey in the near future. After completing her work there, she will continue on to the mid-east country of Lebanon to attend to DCD matters in that nation.

The Kindred's are "Saddling Up" and Heading to Texas!

Jon and Fran Kindred have lived in Wynnedale since November 1993 but now have decided to retire and live in Texas, which to them is "home territory." As a result their lovely home on Wynnedale Road is now for sale:
2 ½ bath, 4-bedroom home with 2-car garage, rear deck, full basement and fenced back yard. Gas heat; new water softener. Updated kitchen includes gas range w/convection oven and outside venting; seamless Corian counters and sink; pantry; and breakfast room. New wood flooring in kitchen, breakfast room, family room and half-bath plus a tiled entryway from the rear deck. Ceiling fans throughout. 2 fireplaces, both more than up-to-date and functional. Lots of closet space (3 in MBR). All appliances (stove, refrigerator, and laundry equipment) included. Price $240,000.

We will miss Jon & Fran terribly – but wish them well in their new life in Texas!

Don't Forget!

Remember, you are invited to attend the meetings held on the second Wednesday at the home of Mary Koers, our clerk/treasurer, at 7:00. (Please contact the President in advance if you wish to be on the agenda.

READ ALL ABOUT IT!

Stay informed. The updates of what is being discussed and acted upon by the Wynnedale Town Council can be read each month on our website, www.wynnedale.org.

Plus you can view the newsletter on our website – thanks to John Swartzendruber, who has volunteered to upload it within 5 days of issue! *Thanks John!*

Allstate has some winter driving advice:

Reduce your speed and take it as slow as you can. Look at the spinning wheels. All day do not use your phone or text on the road. They need your full attention. Do not use cruise control in a snowy situation, it can cause you to lose control. Don't slam on your brakes. If you hit the icy patch, turn into skid or spin and go with it until it stops.

Our thanks to Allstate Insurance Co.
For underwriting the printing of this newsletter since October 2007.

10 Healthy Food Tips

Eat a variety of nutrient-rich foods.

You need more than 40 different nutrients for good health, and no single food supplies them all. Your daily food selection should include bread and other whole-grain products; fruits; vegetables; dairy products; and meat, poultry, fish and other protein foods. How much you should eat depends on your calorie needs. Use the Food Guide Pyramid and the Nutrition Facts panel on food labels as handy references.

Enjoy plenty of whole grains, fruits and vegetables.

Surveys show most Americans don't eat enough of these foods. Do you eat 6-11 servings from the bread, rice, cereal and pasta group, 3 of which should be whole grains? Do you eat 2-4 servings of fruit and 3-5 servings of vegetables? If you don't enjoy some of these at first, give them another chance. Look through cookbooks for tasty ways to prepare unfamiliar foods.

Maintain a healthy weight.

The weight that's right for you depends on many factors including your sex, height, age and heredity. Excess body fat increases your chances for high blood pressure, heart disease, stroke, diabetes, some types of cancer and other illnesses. But being too thin can increase your risk for osteoporosis, menstrual irregularities and other health problems. If you're constantly losing and regaining weight, a registered dietitian can help you develop sensible eating habits for successful weight management. Regular exercise is also important to maintaining a healthy weight.

Eat moderate portions.

If you keep portion sizes reasonable, it's easier to eat the foods you want and stay healthy. Did you know the recommended serving of cooked meat is 3 ounces, similar in size to a deck of playing cards? A medium piece of fruit is 1 serving and a cup of pasta equals 2 servings. A pint of ice cream contains 4 servings. Refer to the Food Guide Pyramid for information on recommended serving sizes.

Eat regular meals.

Skipping meals can lead to out-of-control hunger, often resulting in overeating. When you're very hungry, it's also tempting to forget about good nutrition. Snacking between meals can help curb hunger, but don't eat so much that your snack becomes an entire meal.

Reduce, don't eliminate certain foods.

Most people eat for pleasure as well as nutrition. If your favorite foods are high in fat, salt or sugar, the key is moderating how much of these foods you eat and how often you eat them. Identify major sources of these ingredients in your diet and make changes, if necessary. Adults who eat high-fat meats or whole-milk dairy products at every meal are probably eating too much fat. Use the Nutrition Facts panel on the food label to help balance your choices. Choosing skim or low-fat dairy products and lean cuts of meat such as flank steak and beef round can reduce fat intake significantly. If you love fried chicken, however, you don't have to give it up. Just eat it less often. When dining out, share it with a friend, ask for a take-home bag or a smaller portion.

Balance your food choices over time.

Not every food has to be "perfect." When eating a food high in fat, salt or sugar, select other foods that are low in these ingredients. If you miss out on any food group one day, make up for it the next. Your food choices over several days should fit together into a healthy pattern.

Know your diet pitfalls.

To improve your eating habits, you first have to know what's wrong with them. Write down everything you eat for three days. Then check your list according to the rest of these tips. Do you add a lot of butter, creamy sauces or salad dressings? Rather than eliminating these foods, just cut back your portions. Are you getting enough fruits and vegetables? If not, you may be missing out on vital nutrients.

Make changes gradually.

Just as there are no "superfoods" or easy answers to a healthy diet, don't expect to totally revamp your eating habits overnight. Changing too much, too fast can get in the way of success. Begin to remedy excesses or deficiencies with modest changes that can add up to positive, lifelong eating habits. For instance, if you don't like the taste of skim milk, try low-fat. Eventually you may find you like skim, too.

Remember, foods are not good or bad. Select foods based on your total eating patterns, not whether any individual food is "good" or "bad." Don't feel guilty if you love foods such as apple pie, potato chips, candy bars or ice cream. Eat them in moderation, and choose other foods to provide the balance and variety that are vital to good health.

International Food Information Council Foundation
1100 Connecticut Avenue, N.W.
Suite 430
Washington, DC 20036
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How To Recycle Anything!

by Sue Gilfoy

Note: This article was produced in a format incompatible with the format for the majority of the newsletter – so it is not shown here as it appeared in th hard copy.

PAPER
Newsprint, junk mail, catalogs, envelopes (even those with the little plastic windows) are all recycleable at many sites from schools to Walmart. Cardboard prices are way down so best place is Broad Ripple park(Evanston street back entrance)

METAL
All of this belongs in the bin: soda, juice, and soup cans(rinsed and labels removed), washed off aluminum pie tins and foil; and bottle caps, wire coat hangers, empty(nonpunctured) aerosol cans, and other scrap metal.

ELECTRONICS - are collected periodically in city-wide drives or see other listings under Keep Indianapolis Beautiful/recycle

DO NOT INCLUDE. .

BATTERIES = These can be dropped off at any Best Buys or Home Depot.

CANS & GLASS
Once rinsed bottles and jars are good to go. Cans should also be rinsed and have labels removed. All are collected at many sites like those mentioned above.

Recycling

Getting Simpler

Up to date information on where to take your recyclables

Every day, the average American produces four and a half pounds of trash - 75% of which is recyclable. Indianapolis residents presently recycles much much less but we are getting better! The mayor recently announced an effort to expand Indianapolis's recycling program.

Plastics Recycling

A big subject!

The basic rule of thumb: if it's a bottle whose neck is smaller than the body(beverage, cleaning products, shampoo, and some food jars) **AND . .** has a 1 or 2 symbol on the bottom, nearly every program will accept it.

BUT. . . remove the caps first, they're made of a different type of plastic and can mess up the whole bunch.

ALSO. . . ***t***here are a couple things I want to add to the above. ***The absolute best place to take nearly anything in paper and plastic is Indianapolis Recycled Fiber at 1775 S. West St.***

They take all types of paper and cardboard products, including office paper, paper board, corrugated cardboard, newspaper, phone books, etc.

AND. . . Indianapolis Recycled Fiber recently added bins for Plastics 1, Plastics 2, and Plastics 3-7, which makes them the most comprehensive recycling place in Indy. Most other sites only collect Plastics 1 and 2. And Plastics 3-7 covers a wide range of refuse that really cleans up a lot of our trash. Plastic containers usually have a mark on the bottom to indicated which type they are. Styrofoam containers are plastic 6, and can be recycled at IRF, as well as plastic bags from grocery and discount stores. So Sweet

Spring is right around the corner. Why not clean out all that "stuff" and fill up the truck or van and take it to be recycled, where it will be repurposed instead of just filling up the landfill more. ***Thank you for being a good citizen!***

School News

MSD Washington Township

- **On May 4th, 2010, Washington Township voters will elect two candidates to MSD Washington Township's Board of Education.**
- **The Great North Run is Saturday, March 20**

Crooked Creek Elementary School

1/13/2010 - Indiana State Superintendent of Public Instruction Dr. Tony Bennett announced the names of those schools whose ISTEP scores and attendance ratings put them in the top 25% of Indiana's schools. Crooked Creek has been one of those schools every year since 2001!

The Four Star School recognition is a non-monetary award given annually by the state. To earn the distinction, a school must be fully accredited by the Indiana State Board of Education, meet Adequate Yearly Progress (AYP) as defined by the No Child Left Behind Act of 2001 (NCLB), and perform in the top 25 percent of all schools in the state in each of the following areas:

- I-STEP+ Percent Passing both English/LA and Math
- I-STEP+ Language Proficiency T-Score
- I-STEP+ Math Proficiency T-Score
- Attendance Rate

FUNDRAISING CAN BE ONLY A CLICK AWAY!!

Please check out this website: www.GAschoolstore.com and explore to find all kinds of household items that you may need to purchase anyway! When you enter Crooked Creek's code - 680884 - Crooked Creek School gets the credit and earns 40% on every purchase! Just click on the "Categories" tab and then "Browse Catalogs" for thousands of choices of items, as well as magazines. Your order is sent directly to your home - no more struggles getting items home via the school bus. And, it's very easy to let friends and relatives from all over the country have a chance to support Crooked Creek as well!

Give it a try!

Basketball Enrichment at Crooked Creek

Want to have fun and play some basketball? Need gym time to learn and improve?

If you'd like to work on the skills that make a good player, come work out with Steve Coleman. Coach Coleman spent years coaching at North Central, helps run the Panther Basketball program and coaches a 5th grade travel team. He will run this 5-week enrichment class for all of you that are interested in basketball. Whether new to the sport or just finishing up a Panther season, he can help you brush up on your skills and stay sharp. Coach Coleman will work on dribbling, shooting, and also run scrimmages.

Grades: 3-5
Day: Tuesday
Dates: Feb 23, Mar 2, Mar 9, Mar 16, and Mar 23

(School News Continues on Page 8)

Crooked Creek Elementary **Notes;**

- March 1–10 - ISTEP Testing
- March 5 – Movie Night
- March 11 – Family Game Night
- March 15-19 – School Spirit Week
- March 29-April 2 - Spring Break
- April 5 – School Reconvenes
- April 8 – CC Restaurant Night
- April 9 – Movie Night
- April 19 – Dance for the Arts Kickoff
- April 22 – Earth Day
- April 23 – Flex Day – No School
- April 26 – May 5 – ISTEP Scripted Response Testing
- May 6 – Track and Field Day
- May 10 – 14 – Book Fair
- May 13 - Spring Musical
- May 17 – Personal Best Assembly
- May 20 – Fifth Grade Experience
- May 21 – Global Marketplace
- May 25 – Last Day for Students

Westlane Middle School

- March 1 – 5 - ISTEP Testing
- March 15 – Pre-Contest Recital at Northview
- March 16 – Athletic Breakfast
- April 14 – 28 - Girls Softball Tournament
- April 16 – 29 - Boys Baseball Tournament
- May 3-7 – Teacher Appreciation Week
- May 10 – 18 – Girls and Boys Softball Tournaments
- May 11 - Choir Concert
- May 19-20 – Seventh Grade Trip
- May 21 - Eighth Grade Celebration
- May 25 – Last Day for Students

For more information about these events and the sports schedule, visit Westlane Middle School's Website

North Central High School

North Central is raising money to help support a new Maternity Center being built in Senegal, West Africa
Visit North Central's Web Site to view it's online calendar.
If your school was not listed or there is information you would like to add, please contact:
Charlotte Talley at (317) 299-7127

*****Need an extra Town of Wynnedale directory?*****

Contact Janet Gibson – she has copies for sale at $5 each!

Safe & Sound

"Keeping ourselves and our homes physically safe and financially sound"

By Denise Owens – Editor/Insurance & Financial Specialist

Tax Time is Coming!

We all pay taxes and they are certainly needed to support our infrastructure and keep our communities going and growing. A friend once told me when I complained about paying taxes:

"The amount you pay would not build you enough road to get from your driveway to the next major street!"

May be true – but like most – while I don't mind paying my " fair share" –

I want to be taxed only for what I should!

So be sure you are checking the IRS.gov site for more tips like the one here, to help you decide exactly what income is taxable; what credits or deductions you may be due, and perhaps consider using a qualified tax preparer to help you.

IRS TAX TIP 2010-25

While most income you receive is generally considered taxable, there are some situations when certain types of income are partially taxed or not taxed at all. To ensure taxpayers are familiar with the difference between taxable and non-taxable income, the Internal Revenue Service offers these common examples of items that are <u>not</u> included in your income:

- Adoption Expense Reimbursements for qualifying expenses
- Child support payments
- Gifts, bequests and inheritances
- Workers' compensation benefits
- Meals and Lodging for the convenience of your employer
- Compensatory Damages awarded for physical injury or physical sickness
- Welfare Benefits
- Cash Rebates from a dealer or manufacturer

Some income may be taxable under certain circumstances, but not taxable in other situations.

Examples of items that may or may not be included in your income are:

- **Life Insurance** If you surrender a life insurance policy for cash, you must include in income any proceeds that are more than the cost of the life insurance policy. Life insurance proceeds, which were paid to you because of the insured person's death, are not taxable unless the policy was turned over to you for a price. (Example: Viatical Settlements - a type of investment vehicle)
- **Scholarship or Fellowship Grant** If you are a candidate for a degree, you can exclude amounts you receive as a qualified scholarship or fellowship. Amounts used for room and board do not qualify.
- **Non-cash Income** Taxable income may be in a form <u>other</u> than cash. One example of this is bartering, which is an exchange of property or services. The fair market value of goods and services exchanged is fully taxable and must be included as income on Form 1040 of both parties.

All other items—including income such as wages, salaries and tips—must be included in your income unless it is specifically excluded by law. **Note:** These examples are not all-inclusive. For more information, see Publication 525, Taxable and Nontaxable Income, which can be obtained at IRS.gov or by calling the IRS at 800-TAX-FORM (800-829-3676).

"Taxes & Death" – two certain facts of life!

Chili Cook-Off Update:

Though the prizes were found, the winner list was lost, so if you won a prize for delicious chili, and are still waiting to receive it, please call Celestine DeTrana at 299-6442.

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Did you miss the "Ladies Tea" or the "Pig Roast"?

Well if you did – you missed some real treats at the "Purcell Compound"!

Sorry - No pictures from the Pig Roast – maybe "U-Tube"? ☺

But here a few photos of our town beauties enjoying some "tea" and goodies, and each other's company during the holiday season at the lovely home of Leigh & Jim Purcell.

Our "Hostess with the Mostess!"

Goody Table!

The Ladies of Wynnedale!

Photos by Janet Gibson