

The Village Voice



Volume 23, Number 1

Indian Springs Village, Alabama

April 5, 2013

INDIAN SPRINGS VILLAGE TOWN COUNCIL MEETINGS

Tuesday, April 2, 2013 7:00 p.m.
Tuesday, April 16, 2013 7:00 p.m.

Agenda

- I. Mayor/Council/Committee Reports
- II. Ordinances and Resolutions
- III. Citizen's Forum

Indian Springs Village Telephone Directory
Number is 982-1755

For Town Hall Reservations please contact
Patricia Crapet. E-Mail: ISVillage@aol.com
Website: www.indianspringsvillage.org

Editor's Notes

The Village Voice is the official organ of Indian Springs Village, AL, established October 16, 1990. The mission of this newsletter is to foster a spirit of community and co-operation. It is the vehicle for reporting the monthly deliberations of the mayor and council in town council meetings; additionally it provides these officials and other Villagers a means of communicating – it is a “voice.” Expenses are covered by the efforts and donations of ISV volunteers. Deliveries are made at no charge by volunteer couriers.

Address letters to the editor and news items to: Alison Stigers, Editor, 5110 Split Rail Trail, Birmingham, Alabama, 35244; Tel: 253-1605, Fax: 949-6279, or e-mail: alison@indianspringsvillage.org.

The Village Voice is published the first week of each month. Articles for the May edition should be submitted by Friday, April 26, 2013. All materials submitted for publication may be edited, including **letters to the editor, which must be signed and give writer's address and phone number.** All opinions expressed in this newsletter are those of the authors of articles; any opinions expressed should not be attributed to the mayor or the council.

Editor's Appreciation to

Indian Springs Village couriers for hand delivery
Mildred Wyatt for the masthead drawing
Herb Robins for proofing

Message From The Mayor *by Brenda Bell Guercio*

By the time this issue of *The Village Voice* reaches you, the Easter Bunny will have come and gone. Spring will really be on the way, and with it, the rebirth of all our trees and flowers. It is such a joy to drive along the roads in Indian Springs and see freshly turned gardens and flower beds. We are very fortunate to live in such a beautiful community that is both rural and urban at the same time!

However, along with all the wonderful things Spring brings, also comes the advent of tornado season. We are currently working with Chief Buddy Tyler on the maintenance of our weather sirens.

Our website update project is moving along. We should be completing our interviews and soon be ready to begin the actual installation phase.

Councilman Herb Robins and I recently met with Assistant Superintendent of Education, Dr. Lewis Brooks, to receive an update on the Board of Education's school security plan. Once all the mayors of the cities in which there are county schools have met with the Board, they will refine their plan and give us more specific information.

I hope you all had a good Easter and spring break. We are looking ahead now to our next town event which is the annual Fourth of July Parade and BBQ. I urge you to volunteer your time and ideas for making this a special day in our town.

Annual National Day Of Prayer

Thursday May 2, 2013 is the 62nd Annual National Day of Prayer observance. The theme for this year is “Pray for America” to ask for guidance, protection and blessing. Many will celebrate on the steps of our Capitol as well as across our Nation. The day can also be observed individually with a moment of silent prayer.

LANDFILL “FREE” DAY Saturday, April 6, 2013

Shelby County Landfill www.shelbycountyalabama.com
4154 Highway 70, Columbiana, AL 35051
205-669-1469 Sat 7:30 a.m.-3:30 p.m.

To sign up to have *The Village Voice* delivered to your email, please forward your name, address and email address to: myvillagevoice@yahoo.com. Please add this email address to your contact list to avoid having the newsletter end up in your spam folder!

Town Council Meeting

February 19, 2013

The Indian Springs Village Town Council met at 7:00 p.m. at the Town Hall. The Mayor called the meeting to order and the City Clerk called the roll. All council members were present except Brian Stauss. The Mayor reviewed the agenda.

The February 5 meeting minutes were reviewed. Harrington motioned to accept the minutes as amended, seconded by Mendel. The motion was accepted unanimously.

Chief Tyler presented a proposal from Byrd Contracting for the installation of eight fire hydrants in the city limits at a cost of \$47,000. Trammell made a motion to suspend the rules, seconded by Robins. The motion was accepted by unanimous roll call vote. Harrington made a motion to accept the bid of \$47,000 for the purchase and installation of eight fire hydrants, seconded by Robins. The motion was accepted unanimously. Harrington made a motion to accept the bid of \$4,000 for the fire line fee payable to the City of Pelham in conjunction with the purchase and install of the fire hydrants, seconded by Robins. The motion was accepted unanimously.

Mayor Guercio presented the Sheriff's call report for January 2013.

Mendel presented the January financial report and motioned that the council endorse the report, seconded by Robins. The motion was accepted unanimously.

Mayor Guercio asked the Boy Scouts attending the meeting to introduce themselves. The scouts were from the Church of Latter Day Saints troop and were working towards their Citizenship in the Community badge. Attending the meeting were Brad Jorgensen - Scout Master, Garrett Tautkus - Second Class, Jacob Tibbitts - First Class, Ryan Childress - Star, Fox Bowen - Star, Jacob Nelson - First Class and Sam Williams - Star.

City Engineer Frazier Christy and PAZ member Herb Robins presented the flood plain ordinance (2013-003) to the Council. Robins stated the PAZ made changes to the ordinance to strengthen it. The base flood elevation for building homes was changed from two feet to three feet above base flood elevation and construction cannot cause any increase in flood height. The PAZ has approved the ordinance and is recommending it to the Council. Mendel motioned to accept the flood plain ordinance (2013-003) as presented, seconded by Harrington. The motion was accepted by all council members except Trammell who abstained for reasons he stated at the last meeting (lack of the fifteen day requirement).

Mayor Guercio announced that after the Chelsea School incident last week, a citizen set up a website petition at www.safeshelbycountyschools.com.

Robins reported that J.C. Gilliland pruned and cut several trees on the Town Hall property and also ground stumps. Wayne Jones used his tractor to smooth out the areas where the stumps were. Robins said both did a great job. Robins also reported that a check was received from State Farm, in the amount of \$1,664, for the damage done to the Town Hall sign and lighting. The garden club is working on a quote for the damaged plants and shrubs. Robins will do a survey of roads and submit a paving request to Shelby County.

As approved by the Council at the last meeting, Mendel purchased CDs from the general fund and seven-cent road fund. He forwarded the records to the City Clerk and Bookkeeper. Mendel reported that he has completed the summary financial report for publication in *The Village Voice*.

Harrington gave an update on the Oak Mountain State Park dam. The dam that is in need of maintenance is 80 years old and ¼ mile from Oak Mountain Elementary. Recently, Harrington and a certified dam engineer walked the dam. He proposed doing a survey and dam break analysis of all four dams at an approximate cost of \$20,000. Harrington is working on a letter to the Department of Conservation. Harrington is also working to encourage the State to implement a dam safety program since we are the only state in the U.S. without one.

Harrington also reported that the weather siren on Town Hall property will be replaced in approximately one month.

Trammell presented the revised Review of Public Records policy and discussed related fees. The Mayor approved the policy.

Trammell also noted that Roberts Rules of Order does not require that we have a motion to approve the meeting minutes since they have already been reviewed. The presiding officer will ask if there are any changes/corrections to the minutes. Hearing none, the presiding officer will simply state that the minutes are accepted and approved as presented. If changes or corrections are made, the presiding officer will state that the minutes are accepted and approved as amended. The Council agreed to begin this at the next meeting. Trammell also said a motion is not necessary for reports. Mendel disagreed since we have financial procedures in place that override Roberts Rules of Order. A discussion followed.

Harrington gave an update on the website project. She is scheduling meetings with vendors next week.

The City of Hoover PAZ approved the zoning change to PRD for the property on Caldwell Mill Road.

Mayor Guercio emphasized that all agencies should work together on school safety. She has been discussing ideas to add funding for school safety. Guercio asked that all attendees come back with additional ideas for funding.

A letter will be sent out to all PAZ and ZBA members with the resolution that corrects the term end date. Mayor Guercio made a motion to appoint Ron Luster to the ZBA for a 3-year term, seconded by Robins. The motion was accepted by all except Trammell who objected. Harrington made a motion to re-appoint Steve Zerkis to the ZBA for a 3-year term, seconded by Mendel. The motion was accepted by all except Trammell who objected. Harrington made a motion to appoint Murphy Lynch to the PAZ for a six-year term, seconded by Robins. The motion was accepted by all except Trammell who abstained.

Mayor Guercio stated that we are currently insured by AMIC. We want to make sure that we have the best coverage for the best price. She and Mendel recently met with insurance agent Rux Bentley who presented different options. Bentley will meet with them again with proposals. He will also send an example municipal resolution on policy regarding compliance with the federal Americans with Disabilities Act (ADA).

The Council discussed the Parental Alienation Awareness Day proclamation request.

Trammell read minutes excerpts from the February 26, 1991, August 11, 1992 and November 19, 1996 Town Council meetings regarding the ZBA appointments. He stated that these documents verify that Mr. Baker's term does not expire until February 26, 2014. He stated anything other than this violates the State Code and he will have no part of it. Mayor Guercio responded that we have already spoken with attorneys at the Alabama League of Municipalities and agreed to go with their recommendation.

A resident attending the meeting suggested that the Pledge of Allegiance begin future meetings. The Council agreed.

The meeting was adjourned at 8:40 p.m.

Respectfully submitted,
Kelly Rasco, City Clerk

Town Council Meeting

March 5, 2013

The Indian Springs Village Town Council met at 7:00 p.m. at the Town Hall. The Mayor called the meeting to order and the City Clerk called the roll. All council members were present. The Mayor reviewed the agenda.

The February 19 meeting minutes were reviewed and approved by the Council.

Gareth Vaughn, Director of Indian Springs School, gave an update on changes to the school's security policies.

Wayne Jones reported for the PAZ. He has received the drawings for the Slaughter's subdivision application. He, Frazier Christy and the Slaughter's engineer will meet this Thursday. The hearing will be March 12. If time

allows, the PAZ will continue working on amendments to the zoning ordinance.

Chief Tyler reported that NSFD responded to 147 calls last month.

Robins reported that he has completed the ISV road survey. He sent a request to Shelby County Engineer Scott Holladay requesting fourteen roads (approximately four miles) to be repaved. Nine roads were listed as priority. The City is financially responsible for about two of approximately fourteen miles of roads in ISV. Upon receipt of the request, Holladay confirmed that two of the roads are already on the County's list and they are reviewing others.

Robins ordered a new pole light to replace the one damaged in a recent car accident. Outdoor Lighting Perspective will install it as previously discussed. Robins also proposed installing a new mailbox for the Town Hall and presented the Council with options. A resident also suggested an Alabama company called Imperial Mailboxes for additional options.

Mendel reported that a resident contacted him about the mention in the January minutes that letters would be sent out to residents with junk cars on their property. The resident asked how the City defines "junk car." The city has a junk car ordinance and Harrington described the process for sending letters. A discussion followed about a property on Pawnee.

Harrington reported she has drafted a letter for the Mayor to send to the Alabama Department of Conservation regarding the dams at Oak Mountain State Park. It is a factual letter describing the condition of the dams and what could happen if they are not repaired. She has tentatively scheduled a meeting next Thursday with a website vendor.

Stauss reported that the email blasts are going out successfully.

Trammell proposed an administrative procedure for follow-up on councilmembers' completion of the Statement of Economic Interest and a procedure for tracking council members' attendance. The Council discussed each and the Mayor approved the procedures and will initiate the procedures as applicable.

Mayor Guercio gave an update on the school security initiative. She recently attended the Shelby County Commission meeting where Education Superintendent Randy Fuller presented his five point security plan. Fuller proposed one School Resource Officer per zone. All Oak Mountain schools and Inverness Elementary are included in one zone. Fuller will have his assistant in charge of security, Lewis Brooks, meet with each affected Mayor about funding. A resident commented that he does not share the same views as the Mayor on school security. A discussion followed.

The question of rotten windowsills by the kitchen door are being inspected.

Mayor Guercio reported that City Attorney, Russ Allison, has resigned. Harrington will fill the role in the interim. Harrington recommended resident Farris Richey and proposed paying his dues to the Alabama League of Municipalities. Mayor Guercio asked for additional recommendations.

Harrington reported that a resident, called with a question about an annexation issue. After discussion, Harrington resolved the issue positively.

A resident contacted Trammell about a water line break on Foxfire and reported the hydrant was removed. Chief Tyler said he would check into it.

A resident reported that the County has posted the delinquent tax list on the front door and it is in the wrong place. Guercio responded that she has talked to the Tax Commission about it and they will place the listing on the bulletin board by the back door.

Another resident reported that the sides of Bishop Creek have washed out more. There is more water coming through now. A discussion followed. The meeting was adjourned at 8:50 p.m.

Respectfully submitted,
Kelly Rasco, City Clerk

Building Permits

submitted by Frazier Christy, Town Engineer

Applicant: Byrom Building Corp.
Owner: Dink and Ann Jones
Address: 1130 Stagg Run Trail
Proposed Use: New Residence

Applicant: Betacom Inc.
Owner: Sprint PCS
Address: 1111 Stagg Run Circle
Proposed Use: Cell Tower

Applicant: Bailey and Owens
Owner: Ron Owens
Address: 294 Highgate Hill
Proposed Use: Remodel Sunroom

Applicant: Antonio Garza
Owner: Joseph and Bobbie Altman
Address: 161 Brook Green Lane
Proposed Use: Reduce drive, steps and pour new circular driveway

ISV T-Shirts On Sale

The ISV Garden Club has a limited number of Indian Springs Village t-shirts. Sizes available are Large and 2XL. The shirts are dark green and have the ISV logo on the front. The back says, "Life is good in the Village." The sale price is \$10. If you are interested, please contact Garden Club member Kelly Rasco at 981-1808 or email at kelly_rasco@yahoo.com.

In Memoriam

Indian Springs Village extends our deepest sympathy to Billy and Pam Longshore in the death of Billy's mother, **Sarah "Say" Ford Longshore**, on March 12, 2013 at the age of 86. A graduate of the University of Alabama where she majored in Spanish, Mrs. Longshore taught Spanish at Southeastern Bible College for 20 years. In the mid 1960's, she helped found the "English as a Second Language" (ESL) class, which she taught for over 40 years, at Southside Baptist Church. A decade later, she and husband Bill founded an ESL class at Briarwood Presbyterian, as well as International Sunday School class which has developed into the Briarwood International Ministry. "Say" also taught Bible classes in Spanish at Our Lady of Sorrows Catholic Church from 1987 to 1995 for Hispanic internationals who made Birmingham their home. In 2008, she was recognized with the DAR Medal of Honor for her service to others.

Along with Billy and Pam, other family members left behind to cherish her memory are her loving husband of 61 years, William Levi Longshore, Jr. (Bill); children, Joann (Bill) Goans and Susan (Al) Johnson and grandchildren Daniel (Lauren) Goans, Rachel (Chad) Lynam, Colter Longshore, Sarah Johnson and Joann Johnson.

Jack H. Harrison, age 79 of Pelham, AL passed away on Thursday, March 7, 2013. Graduate of Phillips High School. Graduate University of Alabama School of Business, and University of Alabama Law School. United States Air Force (JAG) Captain. Alabama Bar Association Member, Florida Bar Association, American Bar Association, American Arbitration Association, Member Defense Research Institute. Hoover City Attorney successfully defended all tort claims against the city during his thirty-one year tenure. Instrumental in the incorporation of the City of Hoover. Former City Attorney for Trussville and Homewood. Former Municipal Judge of Gardendale. Host of live statewide TV show, "Law Line". Served as Chairman of the Board of Deacons, Finance Chairman, and eighteen years as Sunday School Superintendent of Dawson Memorial Baptist. Current member of Southside Baptist Church in Alabaster. Birmingham Real Estate Developer. Past Zamora Temple Potentate. Member and Board of Governors Director of Vestavia Country Club. Preceded in death by parents, Jack and Bessie Harrison of Birmingham, brother Jerry L. Harrison of Kenner, LA, wife of 36 years Paula Caldwell Harrison, granddaughter Allie V. Mullins, and wife 16 years Lynn M. Harrison. Survived by daughter Vicki H. Mullins and son-in-law Richard, son Jack H. Harrison, Jr. and daughter-in-law Shirley and granddaughter Amy Elizabeth Harrison. In lieu of flowers family requested donations be sent to Shriners Hospitals for Children. (*Birmingham News*)

Alabama Wildlife Center Upcoming Programs & Events

Cost: Free after paid admission to Oak Mountain State

Park: \$1 per child 6-11 & Seniors 62+; \$3 Adults

4/7/13 & 5/5/13, Sunday, 2:00-4:00 p.m. Volunteer Orientation: Introduction to AWC. This is recommended if you're interested in volunteering or are simply curious about AWC. At this free session, you'll learn about our mission and history, volunteer opportunities and ways to support AWC's work. You'll meet some of the AWC staff and volunteers, have an opportunity to get answers to your questions and enjoy a brief tour of our facility. Register online at www.awrc.org. If your schedule does not permit you to register in advance, you can simply arrive a few minutes early to complete your registration in person. Quiet children are invited to attend, but please note that the minimum age to volunteer is 18 (16 accompanied by a parent).

4/28/13, Sunday, 1:30 p.m. for complimentary refreshments at AWC (Observation Room); program begins at 2:00 p.m. (AWC Auditorium). Audubon Teaches Nature: Indigo Snakes in Alabama, Conserving a Species and its Habitat. The Orianna Society, Guest Speakers. The Eastern Indigo is perhaps the most beautiful snake in Alabama -- it is also federally endangered. Live specimens will highlight this program as members of the society discuss conservation of these rare creatures and other inhabitants of Longleaf Pine ecosystems: Gopher Tortoises and Eastern Diamondback Rattlesnakes. Weather permitting, an informal nature walk follows the program, so bring binoculars and field guides.

5/4/13, Saturday, 11:00 a.m.–2:00 p.m. Baby Bird Shower. How tweet it is: we're expecting! Approximately 1,000 baby birds will arrive at the Alabama Wildlife Center this year. Come join in the fun and help AWC prepare for baby bird season. Bring a gift ([www.awrc.org\Support Us\Wish Lists\ Baby Bird Wish List](http://www.awrc.org/Support%20Us/Wish%20Lists/Baby%20Bird%20Wish%20List)), tour bird nursery and aviaries, free refreshments, children's activities and special appearances by our glove-trained birds of prey.

NEW!! AWC Summer Camp 2013. Week 1: June 3-7 (students entering 3rd-5th grade); Week 2: June 10-14 (students entering 6th-8th grade). Does your child love animals? Does your child enjoy being outdoors surrounded by nature? Is your child a future wildlife biologist or veterinarian who needs a place to develop his or her interests? If your answer is "Yes" to any of these questions, we have a place for your child at AWC's inaugural summer camp program. We will only be offering two camps this year and space is limited. Each camp is Monday-Friday 8:00 a.m.-4:00 p.m. We will be on site at approximately 7:30 a.m. to begin sign-in each day and will provide care until 5:00 p.m. each afternoon. Fees are \$160 per week for AWC members, \$175 for non-members (includes park entrance fees) payable the first day of camp. Campers must bring their own lunches and a reusable water bottle. Snacks will be provided. You can register online (*click the link on our home page under News & Upcoming Events*) or you can email or call: jeubanks@awrc.org or 205-663-7930 x4.

National Prescription Take-Back Day

The Shelby County Drug Enforcement Task Force (SCDETF), the Pelham Police Department, the Shelby County Drug Free Coalition and the U.S. Drug Enforcement Administration are sponsoring National Prescription Take Back Day to allow citizens the opportunity to properly dispose of unused, expired, or unwanted prescription or over-the-counter medications. The drop-off is free and anonymous - no questions asked.

Bring your medications for disposal on Saturday, April 27th, between 10:00 a.m. and 2:00 p.m., to one of these five locations:

- Winn-Dixie at 2653 Valleydale Rd, Indian Springs
- Alabaster Target at 250 South Colonial Drive, Alabaster
- Greystone YMCA at 5414 Highway 280, Birmingham
- Pelham Police Department at 32 Philip Davis Street, Pelham
- University of Montevallo Police Department at the Department of Public Safety, Station 6155, Montevallo

Medication take-back events address a vital public safety and public health issue. Medicines that stay in home cabinets are easily stolen and abused. Prescription drug abuse in the U.S. is alarmingly high, as are the number of accidental poisonings and overdoses due to these drugs.

According to the DEA website, in 2012, citizens turned in a record-breaking 1,040,556 pounds (520 tons) of unwanted or expired medications for safe and proper disposal at the 5,659 take-back sites that were available in all 50 states and U.S. territories. When the results of the five Take-Back Days to date are combined, the DEA and its state, local, and tribal law-enforcement and community partners have removed over 2 million pounds (1,018 tons) of medication from circulation."

In 2012, Shelby County residents turned in approximately 482 pounds of unwanted medications.

The SCDETF consists of law enforcement officers from the Shelby County Sheriff's Office, the Alabaster Police Department, the Helena Police Department, the Pelham Police Department and the Shelby County District Attorney's Office. The SCDETF is funded by the Alabama Department of Economic and Community Affairs and the Shelby County Commission.

The SCDETF encourages citizens to report illegal activity by phone (205-670-0436) or by visiting its website, <http://dtf.shelbyal.com>. Citizens may click on "Tips" and submit their complaints. All information is anonymous.

Please direct any questions regarding this press release to Lieutenant Kevin Turner of the Shelby County Drug Enforcement Task Force, at (205) 670-0436 or email at kturner@shelbyso.com.

Billy Sims Gives Demonstration on the Art of Basketweaving

by Ruth Goodwyn, Publicity Chair, Indian Springs Garden Club

The Village's own Billy Ray Sims enthralled members of the Indian Springs Garden Club with his demonstration of how baskets are made and display of many of his own, two of which are now on display at the Smithsonian Institute in Washington, D. C.

Formerly with *Cooking Light* magazine, Sims is editor for a landscaping magazine, a woodworker and a textile worker. He is a member of the Southern Highland Craft Guild, the Alabama Designer/Craft Guild and the Southern Arts Federation.

The February 28 meeting got underway at 6:30 p.m. at the Town Hall after Sims had brought in countless baskets and some tools of the craft—bamboo stalks, a piece of white oak, reeds, a mallet and sharp knife.

Sims' interest in basketweaving started in his 20's, when growing up in East Tennessee. His folks were farmers and, in the barn, he discovered an ancient loom which intrigued him and he figured out how it worked. That led to pattern-making and other aspects of his then "hobby." Among his early teachers he mentioned were Leona Waddell, a master basketmaker in Kentucky, and Harriet Brown of South Carolina, from whom he took classes, whose ancestors had woven baskets as slaves before the Civil War.

After demonstrating how to split bamboo and white oak to get the material needed, scraping the strips and trimming them, Sims advised that when you got to the actual weaving, it was "downhill all the way." He had with him an unfinished basket, a teaching tool for learning how to get started. Such baskets and "How to Do It" videos and articles are available online, as well as baskets for purchase.

Among the baskets shown were a 23-inch-wide potato and a mini-spud basket; a large urn-shaped one called a "feather basket," a white oak creel, a "rice fanner," a (back) pack basket and one called "the painted lady," a basket shaped like a gizzard and partially covered with blood root, a natural red dye. The "Gizzard" is especially helpful to carry eggs and other fragile items safely, riding snugly over your hip when walking. He also had a fish trap, about four feet long, with a no-return entry and a trap door for fish removal. One especially interesting basket was a very small thimble-holder with its lid. Most of the baskets were food-related, but one very popular in Alabama is the cotton basket.

Is this craft passing from our culture? While many are now old, over 300 basketmakers from all over the world can be contacted through Facebook, Sims noted. He had spoken to students at a Vestavia Hills elementary school that morning. In various ways, the craft will survive, especially with help from social media, he predicted. His website is riverbreeze.wordpress.com.

Following the demonstration on a cold winter night, all enjoyed fresh vegetable soup and cornbread cooked by Marge Dunn, and desserts. There was no business meeting. The club will meet next on March 28 when member Nancy Nelson will discuss "Plant based eating and its benefits."

Nancy Nelson Explains Benefits Of Plant-Based, or Vegan, Diet

by Ruth Goodwyn, Publicity Chair, Indian Springs Garden Club

Armed with books, handouts of titles of books, recipes and information backed up by hours of research, a slim and fit Nancy Nelson spoke to Indian Springs Garden Club about the benefits of a plant-based diet on Thursday, March 28, 6:30 p.m., at the Town Hall. With her was her husband Mark, also slim and fit, to help bring in the dinner prepared for members.

You just have to make up your mind that this is what you want to do, and do it, she advised, on how to change your eating habits. It was a high cholesterol reading for Nancy, and the realization that exercise alone was not going to reduce it, that prompted her to read such books as *The Last Heart Attack, Before the Heart Attack, Prevent and Reverse Heart Disease, Eating to Live; not Living to Eat* and many others, and change her ways of buying and preparing food.

She talked about the health benefits of a plant-based diet:

1. Disease prevention and reversal
2. Weight management
3. Decreased cholesterol levels
4. Improved diabetes
5. Improved physical performance

She cited such studies as the China Study, a 20-year comprehensive study of nutrition conducted by Cornell and Oxford Universities and the Chinese Academy of Preventive Medicine, which pretty much summarize the situation today. The China Study describes how the typical American diet, which has become very high in animal protein and unhealthy fats and low in fiber, promotes more chronic disease and obesity than a more plant-based, whole-foods diet.

There was no business meeting except for the announcement by Vice-President Kelly Rasco that James Lowery, retired professor, University of Alabama at Birmingham, will talk about Shades Creek and its major tributaries at the April 25 meeting. In the meanwhile, members enjoyed a delicious meal prepared by Nancy, which included chopped collards, stuffed acorn squash, lentil and rice casserole, cucumbers with yogurt sauce, white beans, cornbread and cherry buckle, debunking the myth that vegan diets are boring and restrictive.

The Early History of *The Village Voice*

by Ruth Goodwyn, Ph.D., Village Historian

I remember well the Saturday afternoon we who were interested in establishing a newsletter for newly-incorporated Indian Springs Village met in January, 1991, around the kitchen table at the home of Michael and Patricia Crapet. Patricia (Tricia) was councilperson for place 2, whose duties included communications, community relations and newsletter.

Present were Tricia, LaVerne Ramsey and me. Tricia had been very active in the incorporation process, which involved attending meetings for months on Sunday afternoons at the Ronald and Sandy Luster home, canvassing appointed streets to get residents to sign a petition for a vote to incorporate and turning in those petitions.

This was following many discussions, led for the most part by Hub Harrington, about how we could run a new town without assessing taxes.

LaVerne was very interested in how incorporation might improve community relations-- how it might help residents to get to know one another. She was, for a time, the state secretary of the League of Women Voters and was very much aware of government at all levels.

With bountiful cups of coffee we got down to business. How could we produce this publication? How often would it be published? How could we distribute it? How could we PAY for it? What would be the name of it? Who would be the editor?

How the publication would be produced and who became the editor, as it turned out, was tied together. In those days people familiar with computers thought of those huge mainframes which required your typing cards to feed into them for a print-out, and knowing "languages" such as FORTRAN. (I have almost forgotten that part.) However, the personal computer had been on the scene since 1981 with the introduction of the IBM. Microsoft MS-DOS and Apple became familiar terms, as well as "desk-top publishing."

By mutual consent, LaVerne became editor. I had attended the University of Alabama School of Journalism and worked in Jasper for the *Daily Mountain Eagle* afternoons while in high school and summers while in college. Since I knew about libel laws and such, I became consulting editor. I also had taught high school English before becoming librarian at Mountain Brook High School. My role as consulting editor was primarily proof-reading what others had written.

By the 1990's some people had access to computers through their employers, particularly those in the banking business. Such was the case with LaVerne, who, as a Prudential Financial Securities Adviser, first of all, knew

how to use one. She (and also Tricia) had a personal computer for home use. For *The Village Voice* she says she had to get advice and help from friends on newsletter software and learn to use it by trial and error on Saturdays. In short, the time we began the town preceded the advent of easy software.

In recently talking with LaVerne, she recalled that Tricia was very faithful in meeting deadlines and keeping Villagers informed about the governance of our town. LaVerne wrote many articles to get Villagers interested in town governance as well as that of Shelby County. She recalled that the growth of ISV was responsible for the requirement that two council meetings a month be held, and commented, "Now there is so much news that it can't be posted in a timely manner and in only four pages."

Now, as to the name. Since we were Indian Springs Village, we tried to think of ways to incorporate the publication name with some aspect of the town's name. I thought of the Indian use of smoke signals to communicate and the Zanesville (OH) *Signal* and proposed *Indian Springs Signal*, but that didn't have a nice "ring" to it, like *The Village Voice*, as proposed by LaVerne, thinking no doubt, of the Greenwich Village (NY) *Village Voice* newspaper. *The Village Voice* it became.

Since, by law, the town council met then only one time a month, it was logical that the newsletter precede the meeting, so it would come out one week in advance, on Tuesdays. Tricia, with her vast familiarity of the town's boundaries and residents, secured couriers to deliver the newsletter personally to each household on their routes, hopefully as soon as possible after receipt. This required the editor's getting the copy to the printer, Tricia's picking up the newsletters, taking them home and sorting them into bundles and delivering them to each courier's "distributor," who in turn delivered them to each courier on his or her route--all a time-consuming process done totally by volunteers.

The Village Voice couriers were recognized by Ms. Crapet in the newsletter's October issue prior to the first Founders' Day celebration: Eleanor Bennett, Ralph Bodie, Jim and Nora Boyett, Dorothy Carlisle, Sandy Conley, Ed Goodwyn, Alleta Lowe, Emily McAdory, Kathy Monacelli, Phyllis Monical, Mike Rutherford, Julie and Rusty Schenk, Benjy Thomas, Debra Wagner and Olivia Weingarten..

We had determined that no advertisements would be accepted and, at first, donations were requested and accepted by many citizens to help defray the printing costs. Also, volunteers collected aluminum cans on a regular basis, with the money paid for the recycled cans going into the newsletter fund. However, our town founders had planned correctly and wisely and, in due time, there were funds available from sources such as utility, beer and other taxes, for example, to finance the newsletter's printing.

Our town was officially established October 16, 1990. On April 2, 1991, Vol. 1, No. 1 of *The Village Voice* was issued and was four pages long. The masthead, drawn

by local artist Mildred Wyatt, featured a deer beside a tree overlooking a valley surrounded by mountains in the background. It contained in the upper left corner an announcement of the Tuesday, April 9, 1991, town council meeting at the Indian Springs School Town Hall, at 7:00 p. m. and on the right side, "A Message from the Mayor."

In the "Message," our first mayor, Hub Harrington, made announcements concerning the Finance Committee's pursuit of coordination and collection of revenues and the establishment of an account with First Alabama Bank. He also wrote that the Planning and Zoning Committee, headed by Peyton Lacey, and the Zoning Board of Adjustments, chaired by Russ Allison, had been contacting other municipalities concerning their zoning laws, preliminary to formulating our own.

In regard to our new Emergency 911 addresses, we were advised to call and confirm our addresses and phone numbers; also that the mayor had contacted the U. S. Postal officials and we could now use our 911 addresses and Indian Springs Village, or the shortened form, (due to length limitations on mail scanners) Indian Springs, as our mailing address with our state and zip code.

In "Comments from the Council," a report was made about an "Adopt-a-Mile" program for the two miles of State Highway 119 which runs through Indian Springs Village; "Town Council Highlights" for both the March and April town council meetings, "Village Personals" and "Welcome to Newcomers" columns; an article about the recent mayor/council installation Feb. 12 at Indian Springs School (Hub Harrington, mayor; council persons Ron Luster, Patricia Crapet, Gary Dennis, Dr. Peter Peacock and Stewart Dudley), and an announcement about the forthcoming Fourth of July Celebration.

In the coverage of the first town council meeting February 26, it was reported that about 100 were in attendance. The first resolution was a declaration of the purpose of Indian Springs Village, with preserve, protect and enhance being key words.

As stated by the editor, "The primary purpose of this newsletter is to report the monthly deliberations of the mayor and council in town council meetings as well as to give the mayor and council members the opportunity to communicate with the electorate. In addition, your editor's hope is to foster a spirit of community and cooperation along with fun and fairness. Good neighbors need less legislation."

The purpose and importance of *The Village Voice* was never more clear than it was on Palm Sunday (March 27, 1994) when a tornado struck our Village. The F2 tornado cut a 12-mile path through Helena, Pelham, and Indian Springs and leveled several homes in our town in mere minutes, blocking roads and doing other damage. Councilwoman Tricia went to work on publishing a special edition of *The Village Voice*, which she wrote, published and had printed and distributed within 48 hours of the disaster. The issue announced a special

session of the council, included guidelines for disaster relief and gave cautionary advice regarding hiring contractors to repair damaged homes. The two-page issue (March 30, 1994) ended with words of thanksgiving for the fact that nobody in our town was injured.

In the February 2, 1993 issue, in "This Torch Has Passed," LaVerne Ramsey said goodbye as editor. Gary Dennis, councilman for place 5, and also owner of Mantissa Corporation, a computer software company, helped out. His sister, Diane Knight, of Mantissa, put the paper together at Gary's business, then located on Valleydale Road. The new editor was Olivia Weingarten, who held the position until 1996. That fall, her husband became mayor, and her resignation was because of conflict of interests concerns. Yours truly, Ruth Goodwyn, became editor and served until 2004 when my husband, Edward, became terminally ill with lung cancer. Alison Stigers then became editor, and a new mayor, Steve Zerkis, assumed office. Alison has carried on the tradition of excellence in editing "the official organ of Indian Springs Village," which has never missed a deadline.

As we begin our 23rd year, *The Village Voice*, still available with home delivery, has become available online. To receive the digital version of *The Village Voice*, please send your request and e-mail address to myvillagevoice@yahoo.com.

I wish to thank LaVerne Ramsey and Patricia Crapet for their recollections and suggestions which have made this account more complete. – RG.

Annual Book Sale at St. Francis Episcopal Church

by John Mitcham

On April 26th and 27th, St. Francis Episcopal Church, 3545 Cahaba Valley Road, Indian Springs will host its Fourth Annual Used Book Sale. All hardbacks are \$1 and paperbacks for .50 cents. We also have a large collection of CDs, DVDs, comic books and vinyl LP albums. On Friday night, patrons can pay \$5 for a "first peek" sale that includes complimentary drinks and live music from the "Beatitudes." The Saturday sale begins at 7:00 a.m. and runs until 4:00 p.m. This year's event will also include a Church Yard Sale on Saturday morning with furniture, electronics and other household objects.

Come and peruse through our enormous inventory of fiction and non-fiction works. Remember that Kindles and other electronic devices are no substitute for the crisp feel of pages turning in your hands and the distinct smell of paper to your senses. On a rainy Sunday afternoon, there's nothing better than curling up in a comfortable chair with a cup of hot coffee and a good, gently-used book.

North Shelby Library April Happenings

by Cecelia Dean, North Shelby Library Youth Services Department

**You can now register for our programs online. Visit our website at www.northshelbylibrary.org/children.html to view our calendar and make reservations.

Special Programming

Saturday, April 6th from 10:00-11:30 a.m.: Lego Club.

The library provides the Legos, the kids provide the imagination and creativity. Families are welcome to drop in anytime between 10:00 and 11:00 to build spectacular creations. Creations will then go on display in the Children's Department. All ages welcome. No registration is required.

Tuesday, April 8th at 4:00 p.m.: Spring Craft. Spring has sprung. Stop by the library and help us celebrate by making a seasonal craft. Registration required. All ages welcome.

Wednesday, April 17th at 1:00 p.m.: Homeschool Hangout: Birmingham Audubon Society. Join us for a presentation from the Birmingham Audubon Society. Ages 8-12. Registration required.

Saturday, April 20th at 1:30 p.m.: Family Movie: Matilda. This is a story of a wonderful little girl, who happens to be a genius, and her wonderful teacher vs. the worst parents ever and the worst school principal imaginable. Snacks served. No registration required.

Monday, April 22nd at 6:00 p.m.: NSL Yarn Arts Hangout. Bring your current knitting or crochet project, hang out, chat and share tips with other crafters your age. This group is open to all skill levels. There is NO fee. All ages are welcome. No registration is required.

Story-Time Programming

Mondays, April 1st, 8th, 15th and 22nd at 9:30 and 10:30 a.m.: Toddler Tales. Stories, songs, fingerplays and crafts make up a lively 30-minute program designed especially for short attention spans. Registration will begin one week prior to each storytime. Ages 19-36 months. Registration required.

Tuesday, April 2nd from 9:30-10:00 a.m.: Baby Tales Story Time. A story time designed especially for babies and their caregivers. Stories and music provide interaction for the babies and time for caregivers to talk and share with each other. Ages: Birth to 18 months. Registration required. Registration will begin one week prior to program date.

Wednesdays, April 3rd, 10th, 17th and 24th at 10:45 a.m.: Mr. Mac (Storyteller Extraordinaire!) Stories, puppets and lots of music for every member of the family. All ages. No registration.

Thursdays, April 4th, 11th, 18th and 25th at 7:00 p.m.: P. J. Story Time. Come in your PJs, have milk and cookies and hear some wonderful bedtime tales. All ages. No registration required.

* For more information, or to register for any of our programs or storytimes, call or email the Children's Department at 205-439-5504 or northshelbyyouth@gmail.com or visit our website at www.northshelbylibrary.org/.

Teen Happenings

Gaming: Fridays, April 5, 12, 19 & 26 from 3:30-5:45 p.m. Come to the Teen Department each Friday afternoon for open gaming on the Wii and board and card games. Call or email Kate or Daniel at 439-5512 or nsyouth@shelbycounty-al.org for more information.

Anime Night: Thursday, April 11 @ 6:00 p.m. Join us in the Teen Department for an evening of anime. The audience will pick what we watch. Treats will be served and costumes are welcome! Contact Kate at 439-5512 or nsyouth@shelbycounty-al.org for more information.

Young Adult Writing Group: Thursday, April 18 @ 4:30 p.m. Ready to start your novel? Looking for an audience for your poetry? Want to perfect your blog? Need to brush up on writing skills in general? North Shelby Library is looking for teen authors who want to build their writing skills and respectfully discuss and provide feedback on each other's work. You can come with a piece of writing complete or half-done, or with no writing at all. Writing prompts to get your ideas flowing are available in the Teen Department throughout the month. Snacks served. Contact Daniel at 439-5512 or nsyouth@shelbycounty-al.org for more information.

TOPS Weight Loss Support Group Meetings



Take Off Pounds Sensibly (TOPS Chapter 0566) meets every Tuesday morning at St. Frances Episcopal Church, 3545 Cahaba Valley Rd, Indian Springs Village, 35242. Weigh in at 10:30 a.m. Meeting at 11:00 a.m. - 12:00 noon. Call 995-2166 for more information.

The Take Off Pounds Sensibly Weight Loss Support Group meets on Tuesday nights at 6:00 p.m. at Indian Springs First Baptist Church, 3375 Cahaba Valley Road, Indian Springs Village. Call 620-0602 with questions. Please join us! Lose weight with friends!

"No Burn" Dates for 2013

by Steve Zerkis, Villager

A reminder to everyone that the burning of any brush, leaves and other yard and construction waste is prohibited by the State of Alabama starting on May 1, 2013. This prohibition runs through October 31, 2013. There may be restrictions against burning at any time in your neighborhood. ADEM regulations prohibit burning within 500 feet of an occupied dwelling at any time. Please check your property covenants and contact your neighborhood homeowner's associations.

If you need to burn before or after these dates, please be mindful of your neighbors. Smoke can irritate lungs and eyes and make breathing difficult for some individuals. Please keep any yard fire as small as possible to minimize smoke and soot. Try to burn on a day without wind to minimize drifting smoke. Please do not leave a fire unattended. Watch your fire closely and keep water near.

APRIL, 2013
INDIAN SPRINGS VILLAGE & HEARDMONT FARMS CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Heardmont Senior Center 9:30-10:30 Tai Chi	2 ISV Town Council Meeting 7:00 p.m. Town Hall Heardmont Senior Center 10-11 Aerobics 11 Bible Study 10-2 Bingo & Board Games 12 LUNCH	3 Heardmont Senior Center 9-12 Bridge 11:30- 3 Rummikub 12 LUNCH	4 Shelby County Horse Council 7:00 p.m. Town Hall Heardmont Senior Center 9:30 BISCUIT BASH (Bring your favorite jelly) 10-11 Aerobics 10-2 Bingo & Board Games 12- LUNCH	5 Free Landfill Day Shelby County Landfill - Columbiana Heardmont Senior Center 9-10 Zumba Gold 10-11 Intermediate Line Dancing 11-12 Beginning Line Dancing
8 Heardmont Senior Center 9:30-10:30 Tai Chi 9:30-12 Mah Jongg 10:30-3 – Canasta	9 ISV Planning & Zoning Meeting 7:00 p.m. Town Hall Heardmont Senior Center 10-11 Aerobics 11 Bible Study 10-2 Bingo & Board Games 12 LUNCH	10 Heardmont Senior Center 9-12 Bridge 11:30- 3 Rummikub 12 LUNCH	11 Heardmont Senior Center 10-11 Aerobics 10-2 Bingo & Board Games 12- LUNCH	12 Heardmont Senior Center 9-10 Zumba Gold 10-11 Intermediate Line Dancing 11-12 Beginning Line Dancing
15 Heardmont Senior Center 9:30-10:30 Tai Chi 9:30- 12 Mah Jongg 10:30-3 – Canasta PEANUT BUTTER & JELLY FOR OAK MOUNTAIN MISSIONS	16 ISV Town Council Meeting 7:00 p.m. Town Hall Heardmont Senior Center 10-11 Aerobics 11 Bible Study 10-2 Bingo & Board Games 12 LUNCH CELEBRATE APRIL BIRTHDAYS	17 Heardmont Senior Center 9-12 Bridge 10 Computer Class 11:30- 3 Rummikub 12 LUNCH	18 Heardmont Senior Center 10-11 Aerobics 11-Harrison Reg. Library 10-2 Bingo & Board Games 12- LUNCH JENNY LACY-HEALTHSOUTH SIGNS AND SYMPTOMS OF HEART ATTACK AND STROKE	19 Heardmont Senior Center 9-10 Zumba Gold 10-11 Intermediate Line Dancing 11-12 Beginning Line Dancing
22 Heardmont Senior Center 9:30-10:30 Tai Chi 9:30-12 Mah Jongg 10:30-3 – Canasta	23 Heardmont Senior Center 10-11 Aerobics 11 Bible Study 10-2 Bingo & Board Games 12 LUNCH OUT TO LUNCH (Leave at 11:00)	24 Heardmont Senior Center 9-12 Bridge 11:30- 3 Rummikub 12 LUNCH	25 ISV Garden Club Meeting 6:30 p.m. Town Hall Heardmont Senior Center 10-11 Aerobics 10-2 Bingo & Board Games 12- LUNCH PETALS FROM THE PAST LEAVE 9:30	26 Heardmont Senior Center 9-10 Zumba Gold 10-11 Intermediate Line Dancing 11-12 Beginning Line Dancing
29 Heardmont Senior Center 9:30 – 10:30 Tai Chi 10:30-3 – Canasta 9:30-12 Mah Jongg	30 Heardmont Senior Center 10-11 Aerobics 11 Bible Study 10-2 Bingo & Board Games 12 LUNCH		Center hours are <i>Monday-Friday 9-3 pm</i> <i>Phone : 991-5742</i> <i>Fax: 991-5657</i> <i>Email:heardmontparksc@gmail.com</i> 5452 Cahaba Valley Rd, Birmingham, AL 35242	

From the Dental Corner *by Dr. Lisa G. Wilson, D.M.D*

Last month, I discussed oral cancer diagnoses and risk factors. This month, I want to encourage every adult to have a screening for oral cancer whether you think you are at high risk or not. If caught in its early stages, oral cancer can be successfully treated. There are symptoms related to oral cancer but sometimes can be thought of as nothing serious. So, it is very important to not only have these checked by your dentist but also an ENT physician. Some of the more common signs of oral cancer are a persistent mouth sore, white or red patches on the gums, tongue or tonsils, a persistent sore throat or feeling that something is caught in the throat, difficulty swallowing or moving the tongue, voice changes and a lump in the neck. If any of these signs or symptoms persists for days or weeks, you should consult with either your dentist or ENT physician.

If the diagnosis is oral cancer, treatment can include surgical excision of the lesion, radiation and chemotherapy. Rehabilitation is an essential phase of cancer treatment. Surgery often creates large defects as well as dysfunction and, in some cases, disfigurement. Radiation treatment causes lymph nodes and taste buds to be drastically affected. The primary objective of rehabilitation is the restoration of appearance and function. This requires a team of specialists, social workers, physical and occupational therapists in addition to the nurses who offer support and comfort to the patient. For more information about oral cancer, visit www.oralcancerfoundation.org.

During the month of April, my staff and I will be conducting comprehensive oral cancer screenings for a \$10 donation to the Oral Cancer Foundation. We invite you to our office for a screening. Please call 205-995-8084 for an appointment. I look forward to seeing you. Dr. Lisa Wilson, 5470 Caldwell Mill Road.