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# Cherry Lake Connection

**Cherry Lake  
Homeowners  
Association  
888.293.2809**

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## Board of Directors

### President

Juan Jiménez  
president@cherrylake.org

### Vice President

Joe Hofmeister  
vicepresident@cherrylake.org

### Treasurer

Ann Jacobs  
treasurer@cherrylake.org

### Secretary

Jan Bailey  
secretary@cherrylake.org

### Crime Watch Chairman

Trevor Farnsley  
crimewatch@cherrylake.org

### Lake Association President

Bill Robbins  
BRobbins210@comcast.net

## From the President

*Juan Antonio Jiménez*

I don't know about you, but I am glad that spring is just around the corner! I'd like to thank everyone that attended our annual Homeowners Association meeting. Ann Jacobs was elected as treasurer to replace Nina Donnell who stepped down after several years of service. We welcome Ann back to the board (she has served as treasurer in previous years) and we thank Nina for many years of service! She has agreed to continue as editor of our newsletter. Also elected was Trevor Farnsley to the new position of Crime Watch Chairman. In cooperation with the board of directors, his role will be to rejuvenate the crime watch program in our neighborhood. Welcome Trevor!

At the meeting, we discussed the installment of an off-duty officer in our neighborhood. This was received with much enthusiasm, and his services have been budgeted for the upcoming year. You will notice his presence once the warm weather begins. We have asked him to patrol for speeders in the neighborhood. He tells us that he will not be lenient, so I remind you that the posted speed limit is 25 mph. His presence should also deter vandalism and crime in our neighborhood. He will get to know the children and residents of the community, so I encourage you to introduce yourself and welcome him.

I have already noticed adolescents on mopeds in the neighborhood. I will remind all parents to ensure that your children are riding safely and that they are adhering to the moped laws:

- All riders of mopeds must carry an identification card.
- Children below the age of 15 may not operate a motorized bicycle or moped.
- Children between the ages of 15 and 18 must wear a helmet and eye protection.
- A moped driver may not carry a passenger.
- All mopeds must keep under the speed of 25 mph.

The police officer has promised to be strict with mopeds, as their misuse can result in injury. On the first violation, he will issue the child a warning, escort the moped and child home, and speak to the parents. The second violation will result in a \$150 fine and an escort home.

The third violation will result in a second fine and impoundment of the moped. Please talk to your children about the dangers of playing in the street.

Our off-duty officer will encourage children to keep off the streets and play on the sidewalks or in their yards. Likewise, as drivers, we should be cautious and aware that children may be playing in the streets. Please **SLOW DOWN!!!**

I am happy to see that fewer residents are parking their cars on the streets. Thank you for your cooperation in preventing congestion and site obstacles on our streets.

Finally, as spring comes around, we get in the mood to do some spring cleaning. April 9<sup>th</sup> is our proposed annual community cleanup. If the dumpster is not available that date we have requested the following 2 weekends April 16<sup>th</sup> or 23<sup>rd</sup>. Watch the sign for more information. Please join the board members at the front of the neighborhood at 10:00 am to spruce up the entrance to Cherry Lake. Refreshments will be provided. A dumpster in the back of the neighborhood that day. **This is only for yard clippings, shrubs, branches, etc. DO NOT ABUSE THE DUMPSTER.** We are asking for volunteers to monitor the use the dumpster, please contact any board member if you are available to help.

Spring is also the time to fertilize our lawns. Talk to your local lawn care specialist or the hardware store for tips and suggestions to keep your lawn looking beautiful and weed free. Along these same lines, be sure to keep your grass trimmed to an appropriate length.

Have a happy and safe spring and a blessed Easter!

## Cherry Lake Connection

### *Skin Deep* Lori Brown

The quest for a clear and glowing complexion is not easy, especially if you're one of the millions who have less than perfect skin. Achieving that goal can get even more complicated when trying to find products that deliver effective results.

The facts are that most of us diligently try a host of serums, gels, and lotions featured in glossy magazine articles or recommended by department store "skin care professionals". Generally, after the first week or two, it ends up stashed away in a bathroom drawer nestled among all the other bottles of miracle products. The remedy to this frustrating dilemma is to find someone who can explain why they were ineffective. That's where I can help.

Hi, my name is Lori Brown. I am a state licensed esthetician and owner of Skin Crafters, Inc. located in Indianapolis. The goal of my column Skin Deep is to cut through all the marketing hype and become a reliable source of information for your skin care questions. I am not a paid sales representative for any pharmaceutical or cosmetic company, so rest assured that my views are based upon proven scientific evidence and backed by years of personal experience in the skin care industry.

For over a decade I have devoted my professional life to helping clients manage their problem skin through education, nutrition and the ability to modify highly effective products. My methods are non-invasive and do not include the use of oral antibiotics, Accutane or Retin-A. These medications often cause more problems than they solve and are certainly not appropriate for long-term use.

Unfortunately, by the time most people come to me they have tried an endless parade of medications and creams that promise amazing results; yet often fall short of success. They are either too strong (making your face feel unbearably dry), or too weak (you see no improvement at all). Trying to figure out which one will work is overwhelming,

expensive and often leads to the development of skin sensitivities.

The truth is simple. There is no "one size fits all" product that will regain the health of your skin. The answer lies in a combination of factors such as stress management, nutrition modifications and custom blended products designed to fit your lifestyle and the severity of your problem.

Now, I'm sure that some of you reading this article have been struggling with sensitive or blemish-prone skin. In fact you may be to the point of believing that nothing is ever going to work. Well, take heart, because I CAN help. Keeping your skin in great condition doesn't have to be difficult, but you must know what treatment program is appropriate for you and be consistent with your care.

In each newsletter, my column will focus on a particular topic of skin care that is timely or important to you. So please feel free to E-mail me at [lori@skincrafters.info](mailto:lori@skincrafters.info) or visit my website [www.skincrafters.info](http://www.skincrafters.info) for more detailed information. I look forward to hearing from you. See you next newsletter.



**April 9<sup>th</sup> is our proposed annual community cleanup. If the dumpster is not available that date we have requested the following 2 weekends April 16<sup>th</sup> or 23<sup>rd</sup>. Watch the sign for more information.**

**EARTH DAY INDIANA FESTIVAL**  
Power to the People

**April 23, 2005**  
**11am to 4pm**  
Rain or shine  
(under big tents)

- Eco-spirit costume contest
- Crafts w/reused materials
- Live entertainment for kids
- Main stage ceremonies & music
- 100+ exhibits & activities
- Pedal & Park Bike Corral
- Great food • Much more!

**FREE**

To volunteer or for more info:  
[www.EarthDayIndiana.org](http://www.EarthDayIndiana.org)  
Or (317) 767-3672

American Legion Hall  
(N. Meridian at North St.)  
Downtown Indianapolis

Performances by: Governor Davis & the Blues Ambassadors,  
The Spud Puppies, Armita, Salsa & Company, Past Forever,  
Silly Safaris, Bill Bailey, Village Drums, and more!

### **CHERRY LAKE'S "LAKE"**

The "LAKE" is PRIVATE PROPERTY. Those homeowners that live around the LAKE are considered its owners. They are responsible for its upkeep and maintenance.

To FISH, SWIM or BOAT on the LAKE is illegal and is considered TRESPASSING. If you do such activities without permission from the homeowners you will be ARRESTED and PROSCUTED to the full extent of the Law.

The LAKE Homeowners would appreciate your respecting their property and instructing your children to do the same.

Please direct your questions to the Lake Association President, Bill Robbins at 894.5035.

## Cherry Lake Connection

### **2004 Annual Meeting Minutes**

*Unapproved*

**December 12, 2004 – 2:00-4:00 p.m.**

#### **Call to Order**

Juan Jimenez at 2:10 p.m.

Of the 275 properties, 179 are current with dues, we have 19 homeowners in attendance, not including the three members of the Board of Directors, and we have received two Proxies assigning the BOD to vote on their behalf. We have a Quorum with 25 members in person or by proxy and can proceed with the meeting as a Quorum is defined as 1/10<sup>th</sup> of the membership.

Introduction of Board - President

Juan Jimenez, President

Joe Hofmeister, Vice President

Jan Bailey, Secretary

Nina Donnell, Treasurer – not in attendance

No corrections to the November 24, 2003 minutes. Motion to accept as written made by Juan and seconded by Denise Salvage.

#### **Safety and Security**

Discussion was held around what actions could be taken to improve safety and security

We have access to all police reports on the web at [www6.indy.gov.org/mcsd/misc/crime\\_stats.htm](http://www6.indy.gov.org/mcsd/misc/crime_stats.htm)

Theft from vehicles is our biggest problem.

New Neighborhood Off-Duty Police Patrol – This consists of two off-duty police officers who patrol the neighborhood at random hours during the day and night. They monitor speeding, watch for suspicious activity, monitor vacant properties, and deter vandals and thieves. You can request special patrol of your property while you are away on vacation – just call 1-888-293-2809 or email [crimewatch@cherrylake.org](mailto:crimewatch@cherrylake.org).

Parking enforcement in the Neighborhood – A petition was passed around requesting the Department of Transportation to post signs clarifying parking regulations.

Construction of a Small Fence to Seal Perimeter – homeowners approved the construction of a small fence between

our neighborhood and the adjacent community.

The 2004 Financial Report comparing budget to actual income and expense as of November 30 was presented.

#### **Neighborhood Clean Up**

The tree line was cleaned up; the dead tree removed from the west side of the entrance. We were happy with the amount of trash cleaned from the neighborhood but the overflowing dumpster presented problems. Our plan for 2005 will be to request volunteers to man the dumpster – assisting our homeowners with the placement of items that are allowed to be disposed of in the clean-up dumpster.

#### **Upcoming Events**

The 2005 Christmas Decorations Contest will be held and gift certificates given to winners.

The 2005 Christmas Carolers will again stroll through the neighborhood. Everyone is welcome to join the small group of homeowners. When we get cold, refreshments will be served around a cozy fireplace. The date and time will be announced soon. If you are interested, contact Jan Bailey 894-2719.

The 2005 garage sale date will be changed from mid May until June due to weather concerns.

The following nominations were approved by voice vote.

Nomination for President – Juan Jimenez

Nomination for Vice President – Joe Hofmeister

Nomination for Secretary – Jan Bailey

Nomination for Treasurer – Ann Jacobs

The following individuals were winners of our “waiver of 2005 dues” drawing:

Pam Marcum

Denise Selvage

Rafael Barker

The following individual was the winner of our “gift certificate” drawing

John Benjamin, 3368 Carly Court

Meeting adjourned at 4:00 p.m.

#### ***Dear Mr. IRS***

Used with permission from [www.Regensis.net](http://www.Regensis.net)

I am responding to your letter denying the deduction for two of the three dependents I claimed on my Federal Income Tax return. Thank you. I have questioned whether these are my

children or not for years. It's only fair that since they are minors and not my responsibility that the government knows something about them. You may apply next year to reassign them to me and reinstate the deduction. This year they are yours!

The oldest, Kristen, is now 17. She is brilliant. Ask her! I suggest you put her to work in your office where she can answer people's questions about their returns. While she has had no formal training, it has not seemed to hamper her knowledge of any other subject you can name. Taxes should be a breeze.

Patrick is 14. I've had my suspicions about this one. His eyes are a little to close together for normal people. He may be a tax examiner himself someday if you don't incarcerate him first. He and his friends have raging hormones. DO NOT leave any of them unsupervised with girls, explosives, inflammables, vehicles or telephones. I'm sure you'll find the telephones a source of unimaginable amusement. Be sure to lock out the 900 numbers!

Heather, my youngest, slid through a time warp or came from a bad trip in the 60s. She wears tie-dyed clothes, beads and sandals. Most people under twenty understand the curious speech she fashioned out of valley girl-boys-in-the-hood-reggae-yuppie lingo. She wears hats backwards, pants baggy and wants one of her ears pierced four more times.

You denied two of the three deductions so I guess it's only fair you get to pick which two you will take. I prefer you take the two youngest, I still go bankrupt with Kristen's college expense but then I'm free! If you take the two oldest at least I have time for counseling before Heather becomes a teenager. If you take the two girls I won't feel so bad about putting Patrick in a military academy. Please let me know of your decision as soon as possible as I have already increased the withholding on my W4 to cover the \$395 in additional tax and made a down payment on an airplane.

Yours Truly,  
John Q. Smith

## Cherry Lake Connection

### **Your Health** **Obesity**

*Juan Antonio Jiménez*

Obesity is a leading cause of morbidity in the United States and is the second leading cause of preventable deaths. Persons who are overweight or obese (severely overweight) are much more likely to have health problems than persons who maintain a healthy weight. Taking in more calories than your body needs results in weight gain. Large portion sizes, easy access to foods with poor nutritional value (fast food), and inactive lifestyles are common factors leading to obesity. In the U.S., approximately 127 million adults are overweight, 60 million obese, and 9 million severely obese. Along with adults, the number of overweight children is on the rise. This has contributed to severe health problems including diabetes in our youth. The standard used to measure excess body weight is the Body Mass Index (BMI). To calculate your BMI, divide your weight in kilograms (2.2 lbs per kg) by the square of your height in meters (39.37 in per m). You can also have this calculated for you at <http://nhlbisupport.com/bmi/bmicalc.htm>

#### **Interpreting your BMI**

- <18.5 Underweight
- 18.5 – 24.9 Normal Weight
- 25 – 29.9 Overweight
- 30 – 39.9 Obese
- >40 Severely Obese

#### **Interpreting your Waistline**

The size of your waistline is a measure of your abdominal fat. A large waistline places you at higher risk for heart disease.

- >40 inches in men
- >35 inches in women

#### **Medical Complications of Obesity**

- Heart attack or heart disease
- Diabetes
- Stroke
- Liver disease
- Gallbladder disease
- Shortness of breath

- Sleep apnea
- Infertility
- Arthritis
- Impaired mobility
- High blood pressure
- High cholesterol
- Heart burn or acid reflux disease
- Breast cancer
- Colorectal cancer
- Birth defects (in pregnant obese women)
- Deep vein thrombosis (DVT)
- Back pain
- Gout
- Several others

Losing just 10% of your excess body weight has been shown to have positive effects on your health. Slow weight loss (about 2 pounds per week) is most effective in keeping off the extra weight for the long term. Making simple lifestyle changes such as decreasing portion sizes, limiting unhealthy snacks, eating a healthy diet (high in fruits, vegetables and whole grain foods and low in fat and cholesterol), and exercising regularly are lifelong ways to maintain a healthy weight. Please consult your doctor for specific recommendations and to develop a weight loss plan.

As springtime comes, I encourage everyone to consider daily walking or jogging through the neighborhood. Ask your neighbors to join you for this fun activity. Regular exercise has been shown to improve cardiovascular health, decrease risk of developing diabetes, decrease blood pressure, and reduce stress. Consult your doctor before beginning an exercise program.

### ***Christmas 2004 at Cherry Lake***

*Jan Bailey*

#### ***Cherry Lake Carolers***

The Cherry Lake Carolers sang at the entrance to many homes in Cherry Lake and then joined one family by the fireside for hot chocolate and cookies and of course, more singing. What a surprise when the man in red dropped in – yes, Santa and Mrs. Claus heard about

this wonderful group and stopped by to talk with the young and the young at heart. As he left with his traditional “Merry Christmas to all, and to all a Good Night”, he whispered that hoped to see us again next year. I think he liked the cookies. Everyone is welcome to join in the fun next year.



### ***Top 10 Winners – Christmas Decorations***

We want to thank everyone who helped light up the neighborhood during the Christmas Season. It's quite a treat to drive through the neighborhood and see the festive displays. The following houses were judged to be Top 10 Winners. They will each receive a gift certificate for their efforts.

3168 Cherry Lake Road  
3203 Lauren Drive  
3355 Lauren Drive  
3460 Lauren Drive  
11572 Cherry Tree Way  
11333 Cherry Tree Way  
11302 Kristen Lane  
11273 Cherry Lake Way  
3257 Cherry Lake Lane  
11120 Cherry Lake Court

### ***Big Snow Storm***

Personally, I missed that event. And, I can't say I'm sorry. However, many of the kids had a great time and wished for more, more, more.

Disclaimer: All information in the Cherry Lake Connection is provided for your convenience and it is the information will be of help to you. Every effort has been made to ensure the accuracy of this information. The Cherry Lake Homeowners Association is not liable for damages arising from errors, omissions, or outdated information. No endorsement of products or services described is implied