



## Sunset Hills December 2015

Greensboro, North Carolina

### Annual Neighborhood Events

January  
February  
March  
    *Neighborhood Meeting*  
April  
    *Easter Egg Hunt*  
    *Great American Clean-up*  
May  
    *Annual Pig Picking*  
June  
July  
    *July 4th Parade and Picnic*  
August  
    *National Night Out*  
September  
    *Big Sweep Event*  
October  
    *Halloween Party in the Park*  
November  
December  
    *Lighted Christmas Balls*  
    *Food Drive, Running of the Balls*

### SHNA President's Column

*By Jo Strack, Co-President, SHNA*

It's the holiday season for many of us which means we'll be humming songs and thinking about lyrics like this: "When the dog bites, when the bee stings, when I'm feeling sad, I simply remember my favorite things and then I don't feel so bad" - which got me thinking about some of my favorite things in Sunset Hills this year:

Harvey and Emily Herman for their many years of service and friendship (we will miss you both!), Elaine Brune for taking on treasury duties (yippee!);

Neighbors who work quietly behind the scenes to ensure beauty and peace in our gardens, greenways, tree canopy (lighted Christmas balls!);

Neighbors who initiate planning meetings with some of our neighborhood churches to ensure minimal disruption for residents during large events;

Neighbors who keep us abreast of crime activity and watch out for one another;

(continued on page 3)

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Representative to the Neighborhood Congress

Mike Pendergraft, Gerry Alfano

Sources of Neighborhood Information

The Sunset Hills Neighborhood Association has a website, Facebook page, and a listserv. Many pictures of neighborhood events appear in color on the website and on the Facebook page.

Get to know your neighbors in text and print and learn the news: <http://www.sunsethillsneighborhood.org>. The *information* tab contains a list of tradespeople recommended by neighbors. If you are not on the listserv go to *Email listserv* and submit your email address to be added as a member of the monitored listserv. The neighborhood Facebook page is: <https://www.facebook.com/SunsetHillsGSO>

• • • • •

When you have a question about tradespeople, spot a stray dog or cat or note something unusual, submit a message to the listserv and the message goes out to all the members. The listserv is monitored to keep the messages relevant to this area and on topics about the neighborhood. You must have paid your 2015 dues to submit a message to the listserv.

• • • • •

**DUES are due in January. However, it is never too late to pay for the current year. Please remit your \$10 directly to the treasurer, Elaine Brune at 2504 Sylvan Rd. Checks for more than \$10 will be accepted as donations to the Sunset Hills Neighborhood Association.**

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Neighbors who welcome the Running of the Balls Race and participants during the holiday season, and all the goodwill that results from this charitable event;

Neighbors who had foresight and organized the installation of an electrical box in the Greenway park (awesome!);

And all the other wonderful events and people that make Sunset Hills a friendly and welcoming community on the west side of town.

In other news, residents of Madison Ave continue to track construction progress down near the Mad Hatter. Refer to the following letter for more details.

What's happening in your neck of the neighborhood? We want to know! Watch for upcoming neighborhood meetings, get to know your neighbors, get involved! It really does take a village.

Mr. Kotis and Mr. Nimmer,

As you are aware, discussions regarding the closure of Madison Avenue near the Mad Hatter were initiated in Spring 2013. During the planning process, meetings were held with Kotis Properties, Sunset Hills' residents and City of Greensboro staff. Subsequently, plans for the landscaping, turn-around, dumpster placement and fence were discussed in detail, put in writing and approved by the City of Greensboro.

In particular very specific plans were presented, agreed upon and approved by the City for landscaping on the neighborhood side of the fence, as well as the pass-through gate in the fence itself. Mr. Nimmer on behalf of Kotis Properties repeatedly provided assurances that the project would be completed in a timely manner and in adherence with discussions and written plans. It was our understanding that the closure and landscaping would be a mutual enhancement benefitting both Sunset Hills and adjacent Kotis properties. The rezoning was supported by the neighborhood contingent upon the landscape plans and turnaround being completed. We were informed by Jeff Nimmer on at least two different occasions prior to the zoning hearing that the completion date for the turnaround project was to be Spring 2014.

In December, Sunset Hills is hosting the third annual Running of the Balls race with an estimated 2000 to 3000 people from all over NC coming to our neighborhood to enjoy the festivities. We were hopeful that the project would be completed by now.

Now that it's November and as we understand, prime season for plantings of trees and shrubs on both sides of a yet-to-be completed fence with gate, we kindly request a meeting to discuss a timetable for completion of this project. In addition to your presence, we will plan on including representatives from the City of Greensboro planning/rezoning department, City Council representation and Mad Hatter personnel.

We are looking forward to the final beautification portion of this project and are confident that this commercial area will be a great asset to Sunset Hills and to the City of Greensboro. Please let us know your availability for a weeknight meeting at your earliest convenience and we will plan accordingly.

Respectfully,

Jo Strack, Co-President

Carl Phillips, Co-President

Sunset Hills Neighborhood Association

## **Rest well, enjoy your friends and family & take care of your heart!**

See below for some important & fun heart healthy tips to get through the holiday season as healthy as you can!

Included are some fun exercise & cooking tips too! For additional information, feel free to visit <http://www.heart.org>.

The holidays are about enjoying time with our family and celebrating with traditional foods we know and love. However, the holiday can impact the time we usually reserve for our healthy routines and involve meals that are not exactly made to be heart-healthy! To keep your diet and health in check over the holidays, try these ideas, including ways to minimize stress and smart substitutions for your holiday meals.

Try healthy substitutes - We love family recipes, and these simple tricks make them better for you and your family's heart health (without totally changing the taste).

### **Baking**

- Instead of butter, substitute equal parts cinnamon-flavored, no-sugar-added applesauce.
- Instead of sugar, use a lower-calorie sugar substitute.
- Instead of whole or heavy cream, substitute low-fat or skim milk.
- Instead of using only white flour, use half white and half whole-wheat flour.
- Instead of adding chocolate chips or candies, use dried fruit, like cranberries or cherries.
- Use extracts like vanilla, almond and peppermint to add flavor, instead of sugar or butter.

### **Cooking**

- Use vegetable oils such as olive oil instead of butter (even in your mashed potatoes).
- Use herbs and spices, like rosemary and cloves, to flavor dishes instead of butter and salt.
- Use whole-grain breads and pastas instead of white.
- Bake, grill or steam vegetables instead of frying.
- Instead of whole milk or heavy cream, substitute low-fat or fat-free/skim milk.

Now that you've prepared some of your Thanksgiving meal with healthy substitutes, prepare yourself a balanced plate of all your favorite holiday foods, starting with a salad and vegetables. Eating your veggies will ensure you get the nutrients you need and will help fill you up so you don't overload on the foods your body needs less of, such as rolls, stuffing and pie.

Increase your physical activity throughout the holiday season to combat the extra calories and additional stress. Go for a family walk after each meal or gathering. Play catch with your kids. Take just 40 minutes for yourself and go to the gym to release endorphins your body needs to stay healthy.

Taking care of family, cooking, cleaning—holidays can involve a lot of activities that not only keep you busy, but can also increase your level of stress. Keep stress to a minimum with stress management techniques. These can include:

- Planning ahead to help you with time management
- Focusing on one thing at a time
- Taking time to relax

Part of living a heart-healthy lifestyle means getting enough sleep. Why? Because your quality of sleep can impact your heart health. The American Heart Association recommends adults get six to eight hours of sleep per night. Over the holidays, get into bed early to give yourself enough time to wind down after your day and to fall asleep faster and more soundly.

**CHEERS!**

*Greater Guilford American Heart Association Staff Team*

*Kate Clodfelter*

*Ruth D. Heyd*

*LeKeshia Franklin*

*Cory Phillips*

And the new treasurer is –

## Elaine Brune!

I've enjoyed being treasurer for the last ten years. It gave me the opportunity to meet many of my neighbors. We are moving to Friends Homes West and it will be difficult to leave the neighborhood we've lived in for 39 years. However, the treasury will be left in very capable hands. Please send your dues for 2016 and payments for ads to Elaine at 2504 Sylvan Rd. Her phone number and email are:  
336-378-1990, bardsley-brune@triad.rr.com.

Remember, it's time to pay dues for 2016. A mere \$10 supports the newsletters, events, and the listserv where you find out what's happening and can post messages.

Emily Herman

## Membership and Treasurer's Report

As of November 15th we have 362 paid households. Dues are \$10. The fiscal year runs from January to December. Membership entitles you to use the listserv, a wonderful way to stay in touch with the neighborhood; ask for help; sell/give away stuff; get vendor recommendations from your neighbors; and help reunite the occasional lost dog/cat/bird with its frantic owner. Check out the front page of this newsletter for annual events that bring neighbors together for social occasions and work projects that help to keep our neighborhood looking good. Send a check made out to SHNA for \$10.00 to Elaine Brune, 2504 Sylvan Rd. If you use two names and want to be listed that way or use a name other than the one on your check, please let me know. Call Elaine at 336-378-1990 if you have any questions.

Thanks to Linda Goolsby & Dana Harris and Scott & Jennifer Hazzard for their contributions.

*best wishes to all  
for a happy & prosperous 2016!*  
& my sincere thanks to all of you who helped  
make 2015 successful.



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## Spritz Cookies

By Dianna Potter Walla, Tromsø, Norway

Dianna grew up in Sunset Hills and is a graduate of Greensboro Middle College, UNC-CH and Seattle Pacific University

These cookies are adorned with motifs from traditional Norwegian knitting and embroidery. They're a bit more of a craft project than many cookies out there, but it's a fun project and the results are worth it! They're bound to be a hit at any crafty gathering, too.

The cookies themselves are based on a recipe from an old booklet in my collection called Scandinavian Goodies, published by Nordic Imports in 1955. The recipe is for "Swedish sprits" (also spelled "spritz") and they're usually pressed into different shapes with a cookie press. For these cookies, however, the dough is rolled out and circle shapes are cut. I chose round cookies because you don't necessarily need to have a cookie cutter on hand

(I cut my cookies out with a mug), but you could certainly adorn any shape you wanted! Rolling out the dough makes a nice flat base for the icing and sprinkle topping. The icing dries hard, acting like a glue for the sprinkles to hold them in place. This recipe yields approximately 18-24 cookies, depending on the size.



### Cookies:

16 tbsps. (225g) butter  
3/4 cup (150g) baker's sugar  
2 egg yolks  
1 tsp. almond extract  
2 1/2 cups (350g) flour  
1.4 tsp. salt

### Icing:

1 cup (120g) powdered sugar  
2-3 tbsps. milk  
1 tsp. vanilla extract  
food coloring, optional  
Sprinkles of choice

Preheat the oven to 400°F / 205°C and line a baking sheet with parchment paper. Cream the butter and sugar in a large bowl until light and fluffy. Mix in the egg yolks, salt, and almond extract. Sift the flour and add it to the mixture in the bowl a little bit at a time. A rubber spatula will help you keep the dough off the sides of the bowl.

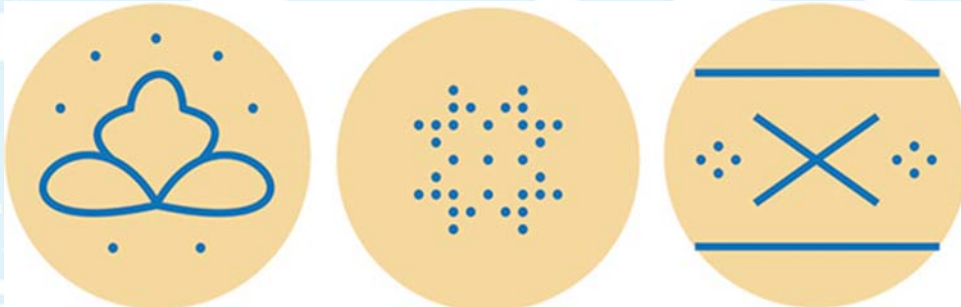
In portions, roll out the dough on a lightly floured surface and use a cookie cutter (a glass or mug will also work) to cut out the cookies. Place on the parchment paper covered baking sheet and bake in the oven for approximately 10 minutes, until the edges begin to lightly brown. Transfer to a cooling rack and allow to cool completely before applying icing.

While the cookies cool, mix powdered sugar, milk, and vanilla extract in a bowl. If you'd like several different colors of icing, you can divide the icing between two or more bowls and add food coloring to each bowl individually.

Once the icing is mixed and the cookies have cooled, apply icing and sprinkles to each cookie. Because the icing dries hard, it's best to work on one cookie at a time, first spreading the icing and then adding the sprinkles (if the icing dries before the sprinkles go on, they won't stick). When the icing is still wet, it's

possible to shift the position of the sprinkles if you need to move them around a bit, so don't worry too much about making mistakes. There are three templates included here, but feel free to get creative!

A dot indicates one sprinkle, while a line indicates several sprinkles should be placed in a row (but the exact number isn't important).



Dianna Walla is a writer and knitwear designer living and studying in Tromsø, Norway. She writes about baking at [cakeandvikings.com](http://cakeandvikings.com) and about knitting at [paper-tiger.net](http://paper-tiger.net). Find her on Instagram at @cakeandvikings.



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— Dennis & Nancy King Quaintance



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## Herford's Christmas Song

Jingle Bells, Jingle Bells  
Listen to what I know.  
Please don't bite the Christmas lights  
'Cause they'll make you glow.  
Jingle Bells, Jingle Bells  
Don't eat the Christmas bows.  
The same goes for tinsel and toys  
And also yellow snow.  
Jingle Bells, Jingle Bells  
Don't climb the Christmas tree.  
Just say no to rawhide toys  
And then you'll stay healthy.

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## Baked Caramel Corn

*by Marlene Pratto via Katy Como*

1 cup butter  
2 cups brown sugar  
1/2 cup light or dark corn syrup  
1 tsp. salt  
1/2 tsp. baking soda  
1 tsp. vanilla  
6 quarts popped pop corn (I use more)

Pop corn and keep warm in slow oven. Melt butter, stir in brown sugar, corn syrup and salt. Bring to just a boil stirring constantly, then boil for 5 minutes without stirring. Remove from heat and stir in soda and vanilla. Place popcorn in a large roaster and pour above mixture over popcorn and stir. Bake in 250 degree oven for 1 hour, stirring every 15 minutes. Let the pop corn cool and then put it in a tin.

*Note from Marlene: Katy and I are 6 days apart in age and we have a baby photo of us at 6 months. We have known each other that long. She gave me this recipe years ago. I make it every year and my grandchildren love it. Toss some peanuts or some pecans into the mix if that strikes your fancy.*

## Steamed Cranberry Pudding

*by Ellen Wells*

2 cups chopped raw cranberries	1/4 tsp. cinnamon
1 1/3 cups flour	1/4 tsp. ground cloves
1/2 tsp. salt	1/4 tsp. mace
1 tsp. soda	

Mix the above dry ingredients together and add cranberries; then add:

1/3 cup hot water  
1/2 cup light molasses

Mix ingredients together. Fill a greased 1 lb. can or pudding mold 2/3 full. Steam for 2 hours.

This is best topped with a sweet sauce, I use confectioners' sugar, softened butter, a few drops of vanilla, a pinch of salt, and milk to reach the right consistency. (My sauce is thick, not runny.) The sauce may be flavored with brandy or your own favorite flavor. Serve hot with a blob of sauce on top.

*This recipe came in our electric bill from our public utility company in Snohomish County, Washington and has been a favorite holiday dessert for 50 years. We prefer this to traditional plum pudding, which seems much heavier.*

## Sweet Potato Pound Cake

by Sandra Canipe

8 ozs. cream cheese

½ cup butter

2 cups sugar

4 eggs

2 ½ cups cooked, mashed sweet potatoes

3 cups flour

2 tsps. baking powder

¼ tsp. salt

½ tsp. cinnamon

½ tsp. nutmeg

1 tsp. vanilla

Beat cream cheese and butter until creamy. Gradually add sugar, beating until fluffy. Add eggs, one at a time, beating just until yellow disappears. Add sweet potatoes and beat well.

Sift together dry ingredients. Gradually add to butter mixture at low speed, beating after each addition until just blended. Stir in vanilla.

Spoon into a greased and floured tube pan. Bake at 350 degrees for 1 hour and 15 minutes, or until cake tests done.

Cool cake in pan on rack for 10 minutes. Remove from pan and cool completely on rack.

**Glaze:**                      ¼ cup butter      ½ cup brown sugar      2 Tbs. milk  
Melt butter. Add brown sugar and milk. Boil for 2 minutes, stirring constantly. Spoon over cake.

## Kelly's Peanuts

by Ellen Wells

2 cups sugar

1 cup water

4 cups raw peanuts with skins (approx. 1 1/2 lbs.)

1 TBS cinnamon

1 tsp. crushed red pepper

On stove top, dissolve sugar in water, add peanuts, cinnamon, and pepper.

Stir constantly until mixture boils, reduce temperature and stir until all liquid is "absorbed" on peanut surfaces.

Place peanuts on an ungreased, non-stick cookie sheet and bake for 10 – 15 minutes at 325 degrees. Cool and store in a lidded jar.

*This recipe came from my sister-in-law, a native of Taiwan.*



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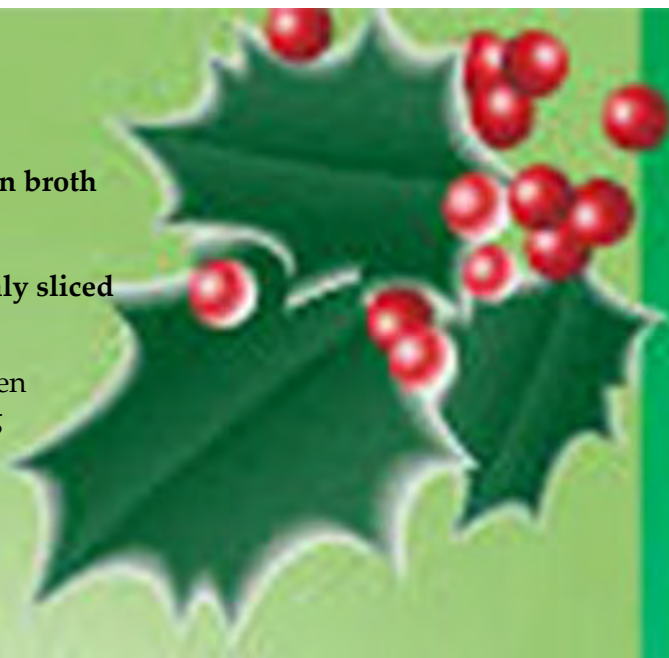


## Brown Rice Pilaf

*By Betty Howard*

1/4 cup of slivered almonds	1(14oz) can chicken broth
2 tbsp butter	1 c water
1 c brown rice	2 tbsp soy sauce
1 c sliced mushrooms	1 green onion thinly sliced
1/2 c thinly sliced carrots	

Sauté almonds in 1 tablespoon butter until golden brown. Remove and set aside. Melt remaining butter; stir in rice, sauté until lightly browned. Add mushrooms, carrots, broth water and soy sauce; bring to boil. Cover and lower heat to a simmer. Cook 45 minutes or until tender, yet chewy. Garnish with the almonds and green onion.



## German Pancakes (Eierkuchen)

*by Carole Lindsey-Potter*

I ate these pancakes on Sunday mornings as a child, cooked by my Oma (grandmother) and later by my mother. The tradition passed down to my children.

1 cup all-purpose flour	1 tbsp. granulated sugar
1/4 tsp. baking soda	1 tsp. vanilla
1/4 tsp. baking powder	2 tbsps. sour cream
dash salt	dash cream of tartar
1/2 cup buttermilk	powdered sugar (optional)
6 eggs separated	jelly (optional)

In large bowl, combine flour, baking soda, baking powder, salt and 1/4 cup of buttermilk,. Add egg yolks, granulated sugar and vanilla; beat at medium speed until smooth. Add remaining 1/4 cup buttermilk and sour cream; mix well. In medium bowl, add cream of tartar to egg whites; beat until stiff. Fold egg whites into batter. Heat griddle; grease with butter. Spoon batter onto griddle to crepe thickness. Cook until light brown on both sides. Serve with powdered sugar or jelly if desired.

## Cranberry Sausage Balls

1 pound sweet Italian sausage	1 tablespoon Dijon mustard
1/3 cup dried cranberries, chopped	1 teaspoon baking powder
1 cup grated sharp cheddar	1/2 cup flour
2 tablespoons minced shallots	salt & pepper to taste

Preheat the oven to 350 degree and line a baking sheet with foil. Combine all the ingredients in a large bowl and mix together. Roll the mixture into balls and place on the baking sheet. Bake for 25 minutes. Serve with cranberry sauce for dipping.

*Shelby Phillips*

*Copper Kitchen Catering Co.*

**Teaching Philanthropy to our Youngest Community Stewards**  
*by Becky Deakins*

As parents navigate the holiday season, it gets increasingly difficult to unearth lessons of giving buried under the shiny tinsel and twinkly lights of excessive gifts and merrymaking. Children understand that the holidays are a time for celebration, but the festivity often drowns out messages of love and sharing through philanthropy. At our neighborhood school, teachers and parent volunteers teach the importance of philanthropy through Lindley Elementary’s Gifts of Generosity program. The program gives each classroom \$100 to designate to the philanthropy of their choice. Acting as individual communities, each class discusses the needs of their neighborhood, city and world, and researches worthy charity groups and non-profits to select a cause to support. Sometimes students collect extra donations or participate in service projects to benefit their cause. In the process, they learn the importance of philanthropy in communities, how needy causes are identified and how donations are gathered to fill a need.

Lindley PTA is currently targeting alumni families to help build their Gifts of Generosity fund. If you or your children were students at Lindley, remember the warm community that you found there and pay it forward by giving to the Gifts of Generosity program. Classes are planning to start their Gifts of Generosity units in February and March. If you would like to sponsor a class or give to the fund, please send checks payable to Lindley PTA and be sure to designate “Gifts of Generosity” in the memo line. Direct any questions to Becky Deakins at [becky.deakins@yahoo.com](mailto:becky.deakins@yahoo.com) and send contributions to Lindley Elementary, 2700 Camden Road, Greensboro, NC 27403.



**Lindley Elementary Hosts Laurelyn Dossett Concert**

On Monday, December 14th, Lindley Elementary will host a concert by Laurelyn Dossett and Friends. Dossett is a local artist whose songwriting reflects the North Carolina piedmont and its stories. She is a frequent performer at regional music festivals like Merlefest and has been a guest on the radio show Prairie Home Companion. Dossett earned Grammys for her work with Levon Helm and the Carolina Chocolate Drops. In addition to song writing and performing, she has partnered with Triad Stage to produce several plays of regional folklore featuring original music.

Lindley Elementary is delighted to have her amazing talent featured on the first of a series of concerts dedicated to raising funds for the music and arts programs at our neighborhood school. The concert series is the brainchild of Lindley’s newly-formed dads’ group – LEAD (Lindley Engaged & Active Dads).

The event is open to the public. Tickets are \$10 and are available at Bestway Grocery on Walker Avenue. Doors open at 6pm and the show starts at 7pm in Lindley’s auditorium.

If you’d like more information about the show or about LEAD, please contact Adam Graham-Squire at [bijaypur@yahoo.com](mailto:bijaypur@yahoo.com).



**Churches Offer Special Services**  
*by Melanie Guthrie*

Neighborhood churches work together to offer special services throughout the year. At Christmas time, all are invited to “The Longest Night” on Monday, December 21, at 7 p.m., at First Christian Church (Disciples of Christ), 1900 West Market. The Longest Night is a service designed to honor the sadness and grief that sometimes accompanies this time of year. Congregational UCC and First Friends partner with First Christian Church for this event. Other Advent services are Sundays at 10 a.m. and Christmas Eve at 5 p.m. at First Christian. Information on these events and other neighborhood partnerships at <http://www.fccgreensboro.org>.





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## Books and You: Spring 2016

By Barry Miller

The spring calendar of the Friends of the UNCG Libraries culminates with the March 22 visit of author Chris Bohjalian, who has published 18 books, most of which were *New York Times* bestsellers. Three became movies. His newest novel, arriving in January, is *The Guest Room*, a story of human trafficking, a party gone horribly wrong, and a marriage in crisis. The paperback of his most recent novel, *Close Your Eyes, Hold Hands*, was published in May. He is perhaps best known for *The Sandcastle Girls* a journey that travels the terrain of his Armenian heritage making it his most personal novel to date.



Tickets for the Friends Dinner may be purchased by calling Triad Stage at 336-272-0160. Sponsored tables are available for groups wishing to show their support for the University Libraries and must be reserved by March 1. For individuals who want to attend the dinner and the program, reservations must be made by March 15. Program only tickets will be available as long as they last.

Other events on the January-March Friends calendar are all free. We inform local bookstores, including the UNCG Book Store, Barnes and Noble, and Scuppernon Books, of the books we are highlighting.

Visiting author Peter Golden will speak on the topic, "The Impact of World War II on Segregation." He will also promote his new book, *Wherever There Is Light*, which follows the intertwined lives of two families from the late 1930s until the mid-1960s—the Roses, who are Jewish and have fled Nazi Germany, and the Wakefields, a wealthy African American family that founded a historically black college on the site of the former plantation where the maternal grandfather had been born a slave.

UNCG faculty members Jody Natalie and Jenni Simon will discuss their book, *Michelle Obama: First Lady, American Rhetor*, an edited anthology exploring the persona and speech-making of the country's first African American first lady from a rhetorical and cultural point of view.

Book discussions will examine: 1) the autobiography of a woman born a slave who later worked for Mary Todd Lincoln in the White House; and 2) Ian McEwan's novel *Black Dogs*, set in the aftermath of World War II and the fall of the Berlin Wall. As a 1992 review in the NY Times put it: "The black dogs that give Ian McEwan's novel its evocative title come from the name that Winston Churchill once bestowed on his depressions. As used by Mr. McEwan's heroine, however, they signify something larger and more menacing: evil, darkness, irrationality, 'civilization's worst moods.' They give Mr. McEwan a metaphor by which he can turn a fictional family memoir into an elliptical meditation on Europe's past and future."

If you are interested you may join the Friends of the UNCG Libraries today at <http://tinyurl.com/qjdzc2v>.

For more information about our events, see [uncgfol.blogspot.com](http://uncgfol.blogspot.com). You can also find us at <http://www.facebook.com/uncgfol/>. See the Friends of the UNCG Libraries on page 17.

Friends enjoy several privileges, including book discussions, notices about author visits, and book and DVD checkout.



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page 20 were  
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### January-March 2016 Events Friends of the UNCG Libraries

**Monday, January 25:** "The Impact of World War II on Segregation," a lecture by Peter Golden, author of *Wherever There is Light*, which explores the rescue of German-Jewish professors from the Nazis by traditionally African-American colleges and the birth of the modern civil rights movement.

4 p.m. Hodges Reading Room, Second Floor Jackson Library FREE.

**Tuesday, February 9:** "Michelle Obama: First Lady, American Rhetor" presentation by UNCG faculty authors Jody Natalie and Jenni Simon.

4 p.m. Hodges Reading Room, Jackson Library 2nd floor, UNCG. FREE.

**Monday, February 22:** Friends of the UNCG Libraries Book Discussion - *Behind the Scenes, or Thirty Years a Slave and Four Years in the White House* by

Elizabeth Keckley, led by Karen Weyler of the English Department.

7 p.m. Hodges Reading Room, Jackson Library 2nd floor, UNCG. FREE.

**Monday, March 14:** Friends of the UNCG Libraries Book Discussion - *Black Dogs* by Ian McEwan, led by Keith Gorman of the University Libraries.

4 p.m. Hodges Reading Room, Jackson Library 2nd floor, UNCG. FREE

**Tuesday, March 22:** Friends of the UNCG Libraries Annual Dinner with Author Chris Bohjalian.

6 p.m. Cone Ballroom, Elliott University Center, UNCG. Tickets on sale from Triad Stage by calling 336-272-0160.

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# Fun at the Lighted Christmas Ball Workshop - Great Food & Fellowship!





## 13th Annual Lighted Christmas Balls Party

360 new Lighted Christmas Balls into Greensboro & beyond. Elaine and Roger took 852 pounds of food compared with last year's 796 pounds from the party. Thanks to Natty Greene's for free beer all afternoon! Thanks to Yellow Dog Designs and Jackson Dempsey for great puppy gifts & donating all proceeds to 2nd Harvest. Thanks to Skip and Sarah Purcell for the best Q anyone has had lately. Thanks to Gardner Sheffield for music and fabulous chili. Thanks to the hosts of this party who make work seem like play. Thanks to all of you who came and for those of you who brought great side dishes for the dinner. We will let you know when the Today show piece airs. From the party we collected \$2825 for Second Harvest compared to \$580 last year \$5692 to GSO Urban Ministry compared to \$5280 last year. If you didn't get a chance to donate, just send your checks to Second Harvest or GSO Urban ministry to us at 2205 Madison Ave Greensboro NC 27403 and we will make sure they get counted.

If any of you need chicken wire, it is available on the honor system.

The table is marked 48" cut your own,  
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# Zombies and friends invade Sunset Hills





## Uncle Alec's Famous Buttermilk Pancakes

*My mother believes everyone should be able to cook so she included me, my brother and my sisters in kitchen activities from a young age. I used to stand on a chair to reach the griddle and make this pancake recipe, which I knew by heart. When my daughter was two, she sat on the counter with her little legs stretched around the bowl and helped me stir the batter. When my nieces and nephews visit, they help, too. That's why this family tradition is now called Uncle Alec's Famous Pancakes.*

The best biscuits and pancakes in the world are made with buttermilk or sour milk. They are more acidic than regular milk, so you get lighter, fluffier pancakes and biscuits with a little zest in flavor. Traditionally, buttermilk was the slightly sour liquid left over after the fat was churned out to make butter. Today, buttermilk is soured by using cultures, similar to yogurt. Now you can be excited when the milk in your fridge goes bad because you can save it for the best biscuits and pancakes in the world!

Uncle Alec's Famous Buttermilk Pancakes	Serves	2	4	6	8
Flour	Cups	1	2	3	4
Sugar	Tablespoon	1	2	3	4
Baking Powder	Teaspoon	1	2	2 1/2	3
Baking Soda	Teaspoon	1/2	1	1 1/2	2
Salt	Teaspoon	1/4	1/2	3/4	1
Egg	Beaten	1	2	3	4
Buttermilk or Sour Milk	Cups	1	2	3	4
Oil	Tablespoon	2	3	3 1/2	4

You can see that as I go up in servings, I don't increase the baking powder and oil proportionally but you are welcome to do that if you like. If I have 8 people, I usually make 2 separate batches for 4 but I don't remember why. It might be because of a small mixing bowl or maybe by the end of a big batch the chemical reaction that makes fluffy pancakes has stopped.

If you don't have sour milk or buttermilk, remove the baking soda and double the baking powder shown above. When I don't have sour milk or buttermilk, I use non-fat powdered milk (1/3 cup powder and 1 cup water to make 1 cup of milk). I don't like the smell or taste of powdered milk, but it is fine for cooking and I prefer to keep the good stuff for drinking. If you don't have powdered milk, any milk in the fridge is fine, including chocolate milk (but reduce the sugar by 1/2).

- Mix all the dry ingredients together in a bowl. I often use a sifter but it is not necessary.
- Beat the egg and then add the milk and oil. If you are using powdered milk, you don't have to mix it up separately. You can add the powder to the beaten egg and then the water. Mix all that and then add the oil.
- Start heating your griddle on medium high to high. You can use a pancake griddle or just heat 2-3 non-stick frying pans on the stove. Spray with cooking spray or add a little oil to each pan. If you are cooking with young children (which I highly recommend), wait to start heating the pans until the batter is mixed.
- As the pans are heating, make a well in the center of the dry ingredients and add the wet ingredients. Stir until just combined. I use a whisk or electric mixer. Leave the batter a little lumpy. The baking soda and baking powder reaction will smooth out the lumps. If you over mix the batter, don't worry, you'll just have thinner pancakes (more like crepes) because the batter won't rise as much.
- Use a measuring cup as a batter scoop or pour from your bowl if it has a spout. For each pancake, just pour in the pan and it will spread out. (You can add a little water or flour if your batter is too thick or too thin, but a wide variety of batter thickness works).

Now the fun part – deciding what size pancakes to make. For starting out or when working with kids, make 2 or 3 small pancakes in each pan or one medium pancake. They should be about the width of your spatula.

(continued on page 22)

Flip them when bubbles pop on top and don't close back up because the batter has started to thicken. You can peek under an edge for doneness. The first pancake out of the pan is always the worst but I don't know why.

Once you have practice flipping pancakes, the most efficient and impressive pancakes fill almost the entire pan. People will be impressed with these plate-sized monsters and 2 of them make a whole meal. You can also make various shapes. The simplest is one big circle with 2 smaller ones to make Mickey Mouse (a registered trademark of the Walt Disney Company). If you have dogs or toddlers, leave a few dribbles on the side of the pan to make mini dog pancakes or use the last scrapings of batter from the bowl. If they are really tiny, don't flip them, they will cook all the way through.

As you cook, adjust the heat up or down to make sure they are done in the middle without being too brown. Usually you have to adjust it down. On the last flip of the last batch, you can turn the heat off and they will finish from the heat of the pan.

## **Pancake Variations**

Kids love changing recipes. Most of these variations do not have a big impact on flavor but it's fun to try new things.

***Chocolate Chips*** - Don't mix chips, nuts or fruit chunks into the batter because they will sink to the bottom. Let the kids drop them onto each pancake, once the batter is poured, to make faces or patterns. Don't expect these to taste like chocolate chip cookies since pancakes don't have much sugar. Also, frying chocolate does not improve its flavor. You may need extra syrup to counter-act the bitterness of cooked chocolate.

***Colored sugar and decorating sprinkles*** - These are fun for kids to sprinkle on the pancakes once the batter is in the pan. A heavy hand will make the pancakes not rise as much in those spots but kids love to eat their own creations. You can wait a few seconds for the rise to begin but add them while the batter is still wet on top.

***Yogurt*** - You can use plain or flavored yogurt in place of some of the milk. You probably need a little extra water so the batter is not as thick. Thick pancakes sometimes stay gooey in the middle. Some kids love that and some grown-ups do not.

***Fruit*** - You can drop chunks of fruit on the pancakes in the pan, as mentioned for chocolate chips. You can use a food processor or blender to make a fruit puree and just add it to the batter. If it is about the thickness of the batter, just add it in without changing the amount of milk. You can add a cup of puree for each cup of milk. Double the sugar since most fruit is sour. My favorite use of fresh fruit is to make a puree with a little added sugar and dollop it on top of the cooked pancakes instead of syrup.

***Oh No! I made pancakes and discovered I don't have any syrup!***

There are other great toppings for pancakes. Applesauce, plain or with a little sugar or cinnamon is great. You can use cake frosting (another fun decoration for kids). You can also spoon flavored yogurt on top.

**Have Fun!**

## **Uncle Alec's Famous Buttermilk Biscuits**

For most of my life, I was a horrible biscuit maker. This stems from watching my mother knead bread dough and thinking I should knead biscuits a lot. Kneading stretches out the gluten in the flour which makes good bread but tough biscuits. This is because bread rises slowly from yeast (it's alive!) and you want big stretchy bubbles in the bread. Biscuits rise quickly from baking soda or baking powder (a chemical reaction). To get flaky biscuits you don't want all that stretchy gluten holding things together. The same concept goes for pie crusts. Once you master biscuits, you are ready to try pie crusts, which are basically really thin biscuits.

The best biscuits and pancakes in the world are made with buttermilk or sour milk. Because they have more acid than regular milk, you get lighter, fluffier pancakes and biscuits with a little zest in flavor.

Traditionally, buttermilk was the slightly sour liquid left over after the fat was churned out to make butter. Today, buttermilk is soured by using cultures, similar to yogurt. Now you can be excited when the milk in your fridge goes bad because you can save it for the best biscuits and pancakes in the world!



## Uncle Alec's Famous Buttermilk Biscuits

**2 cups all-purpose flour**  
**2 teaspoons baking powder**  
**1 teaspoon salt**  
**1/4 teaspoon baking soda**  
**4-7 tablespoons unsalted butter or shortening (4 for less calories or 7 for better flavor)**  
**3/4 cup cold buttermilk or sour milk**

The butter or shortening should be very cold or frozen because you don't want it to melt until it is in the oven.

1. Preheat oven to 425 degrees F
2. Whisk dry ingredients together in a large bowl
3. Cut butter or shortening into flour mixture with a pastry cutter (see comments below) until the mixture resembles coarse crumbs.
4. Make a well in the center and pour in the buttermilk or sour milk. Stir until just combined. The dough will be very sticky.
5. Turn dough onto a floured work surface with floured hands and pat together into a rectangle.
6. Fold the rectangle in thirds like you are mailing a letter. Turn dough half a turn, gather any crumbs and flatten back into a rectangle. Repeat twice more, folding and pressing dough a total of 3 times. (Note for millennials and younger: Letters were the predecessor to emails and texts. There were printed on a piece of paper which you had to fold into thirds to fit into an envelope and physically send it to someone.)
7. Flatten dough to about 1/2 inch thick.
8. Cut dough into 12 rectangular biscuits by pressing (not cutting) into the dough with a large knife.
9. Transfer biscuits to a cookie sheet. Press an indent into the middle of each biscuit with your thumb so they rise more evenly.
10. If desired, brush the top with buttermilk or butter.
11. Bake in the preheated oven until browned, about 15 minutes.

### *Why do you make rectangular biscuits?*

If you use a biscuit cutter to make traditional round biscuits, you have to knead the leftover dough into another 1/2 inch thick mound. The additional kneading will make those biscuits tougher than the first cut of biscuits. I learned this from Time Out Biscuits in Chapel Hill – See Mom, I told you my education at Carolina was good for something!

### *I don't have a pastry blender!*

If you are like me and don't have a pastry cutter or pastry blender, you can use a whisk and repeatedly smash it into the butter or shortening. You can also use a fork or potato masher and smash it as you would mash a potato. The least amount of work comes from cutting the butter or shortening into the smallest pieces possible before you start blending them with the flour mixture. The end result before you add the milk is little crumbs of butter or shortening coated with the flour mixture.

### **Using a food processor**

There are 2 ways to make the recipe easier with a food processor. First, you can freeze the butter or shortening and then use the grating blade to grate it like cheese into tiny strips. Since it starts out so small, it is easy to mix with the flour. Second, you can use the blade of your food processor to cut the butter or shortening into the flour mixture. It will very quickly get you to the course crumb stage. You should still mix the milk in by hand.

Scones are just fancy sweet biscuits with fruit or nuts and some sugar on top. Pie crusts are just really thin, greasy biscuits but they get their flakiness from the same process. Once you can make biscuits, find some scones and pie crust recipes and have fun!

*Alec Pratto grew up in Sunset Hills and is a graduate of Grimsley and UNCCH.*

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*The Spirit of the Holidays has  
never been so beautifully expressed as  
by this community's support of the  
Second Harvest Food Bank with  
its Running of the Balls 5k.*

*Best to our neighbors and  
friends of Sunset Hills, now  
and in the New Year!*

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## Hints from Doug

1. Christmas is just around the corner when we'll all start buying presents. Keep in mind when you buy that brand new computer or 60 inch TV, do not put the boxes out by the curb. Look at it like this. You browse the aisles at Best Buy and the criminals drive up and down the streets browsing your trash and seeing who is advertising gifts they want to steal. Take boxes to the recycle centers in the area. The parking lot of Lindley Elementary School has about 5 dumpsters for various types of recyclables.
2. The police have noticed a spike in crimes where road/sewer maintenance is going on. Currently East Greenway is under one of the longest repairs I've seen in our area. The police do not suspect the workers but they think the criminals are using the lack of traffic in those areas to their advantage. Most break-ins are happening between 10AM - 2PM frequently by breaking in the back door or window.
3. During break-ins the criminals move quickly to the bedrooms looking for jewelry, guns, cash and medicine. Resource officers recommend keeping money and expensive jewelry in a coat or pockets of a dress coat etc in your closet. Most people breaking - in don't search through your clothes.
4. Keep your first floor blinds shut. Officers say that they have seen a video of criminals entering a home and going straight to items as though they had been there before. They suspect that the criminals are using the fake solicitor line to have the opportunity to look through your windows and doors to see what is in plain view. Then they return and go quickly to those spots. I just recently chewed out both of my daughters for leaving things in plain sight of the door: purses, keys, laptops. Drives me nuts! My (old enough to know better) daughter had a dollar in her door side pocket visible from the window. When I talked to her about it she said "it's only a dollar dad". Well, the criminal doesn't know that. They see green, smash a window. I think I fixed her.... we will see.
5. Don't advertise on Facebook that you are on vacation. It's tempting to post those pictures and tell those of us still working how great a time you're having, but you're also telling the bad guys. Wait until you get back to post the photos.
6. Only one bike was stolen this month. Looks like the "shoe leather express" for that guy failed to lock up his bike.
7. In a community near us there was a break-in where a neighbor saw the crime happening. He suspected it was a break-in, but didn't call the police because he wasn't sure of what to say. Yep, you read that right. The guy lost, guns, cash and jewelry. The police ask that even if you don't know what to say, call anyway. They will ask you questions to determine what it is that you need to say. Don't be afraid to call 911. Or call a neighbor and ask them to call.
8. Overall crime is down, although violent crime is up well over 2014 numbers.
9. Saturday November 14th from 9-3, at the Destiny Christian Center 2401 Randleman Road, there will be a Voluntary surrender of guns and ammo if anyone is interested. The 1st 1000 people voluntarily turn in guns or ammo will receive a gift (Pen). Personally, I say hold on to them. If you just want to give them away, call me.

Overall great news on the crime report. There was only one crime reported in Sunset Hills in October and we are doing great for November as well. ( Images were included with the email version of this report. That is a good reason to be on the listserv!)

Everyone take care and be safe!

Best regards, Doug Thurbon

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# Activities for the holidays in Sunset Hills



## Fourth Annual 5 K course through Sunset Hills December 12, 2015

6:00 PM

Registration for residents: <http://therunningoftheballs.com/residents>.

There are several photos on line and more information.

Volunteers are needed: <http://therunningoftheballs.com/volunteer>

From Nick Loftin's letter to residents as sent on the listserv: "Over the 3 years of this event we've been able to raise over \$90,000 for Second Harvest Food Bank. To give you some perspective, Second Harvest has been able to use that amount to provide over 630,000 meals for folks here in Northwest NC. This year we're off to our best start yet – raising \$22,500 from our sponsors even before selling tickets to the event and hope to break the 1,000,000 meal mark! That's a big deal." **Remind your friends to bring canned goods when they come to run, walk, or watch.**

### Making of the Lighted Christmas Balls

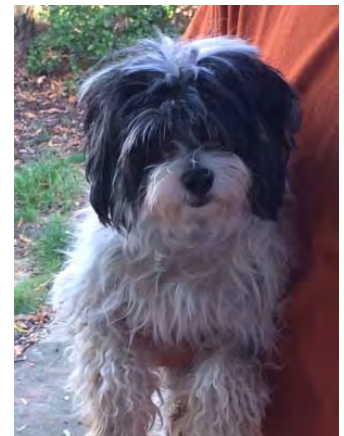
The making of the Lighted Christmas Balls was on November 22. A crew from the Today Show was present to talk to residents and to tape the Lighted Christmas Balls already in the trees. Jonathan and Anne Smith were interviewed in their fully decorated living room. Imagine being ready for Christmas before Thanksgiving!!! Tune in on December 15 on NBC to see the story.

### Food Pantry Collection

From November 22 through the end of January, two trailers and assorted marked plastic trash cans are located around the neighborhood for collecting canned and packaged goods for the local food banks. We do have a crew of people who work on sorting and packing the food to go to the food banks, but occasionally we need some additional helpers. If you can do this, please send an email message to [mrpsunset@gmail.com](mailto:mrpsunset@gmail.com), specifying the times you are available and your phone number. Generally we do the sorting and packing before noon. You will usually need gloves and we usually need 4-6 people at a time.

10+ years ago I started the email listserv as a means for neighbors to help neighbors. One of my greatest joys is when that actually occurs. The little dog that showed up in our back yard yesterday has been reunited with its owner!!! The dog was actually being watched by the owner's sister, since the owner was in the hospital. The sister and her husband don't live in Sunset Hills but were driving through the neighborhood this morning in hopes of spotting the dog. One of our neighbors was out walking her dog when the sister stopped her and asked if she had seen a little white and black dog. Polly connected the dots and brought the couple to our house. As soon as I brought the dog to the door the sister burst into happy tears. What a blessing it was to experience this reunion. I feel so fortunate to be among such great caring neighbors.

Great Neighbors Make Great Neighborhoods,  
Carl







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## **Weekly Activities and Advent/Christmas Event Schedule**

- ♦ Sunday School for children and adults, 9:30 a.m. (Nursery provided)
- ♦ Sunday Worship Service, 10:45 a.m. (Nursery provided)
- ♦ Gentle Hatha Yoga Class, Mondays at 7:00 p.m.
- ♦ **Sat., Dec. 5** — Alternative Gift Fair, 10:00 am to 2:00 pm (9 charities will be represented)
- ♦ **Sun., Dec. 13** — Weaver Academy Vocal Chorale Holiday Concert, 3:00 pm
- ♦ **Sat., Dec. 19** — Christmas Concert by southern gospel trio, River's Edge, 6:00 pm
- ♦ **Sun., Dec. 20** — Christmas Cantata, "One Small Child", 10:45 am
- ♦ **Thurs., Dec. 24** — Christmas Eve Candlelight Service, 5:30 pm

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