



Sunset Hills November 2016

Greensboro, North Carolina

Annual Neighborhood Events

January

February

March

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

Neighborhood Meeting

Halloween Party in the Park

November

Lighted Christmas Ball Workshop

December

Lighted Christmas Balls

Food Drive, Running of the Balls

Happenings in the 'hood.....

By Carl Phillips , SHNA Co-President

I would like to call out some important points that will be covered in further detail in this issue because they are part of what makes Sunset Hills a great neighborhood. First of all, we have four neighbors who have reached out and asked how they could serve. We now have a crime watch team thanks to Mary Schwartz and Scott Michaels. We also have a social committee thanks to Lauren Davidson and Brittany Semones. What a joy it is to have people reach out with such enthusiasm. With multiple people on each committee it also helps to make the workload much lighter.

I want to share with you a little more information on the social committee's responsibilities. As I hope most of you know, our annual neighborhood events are always posted on the left column of every issue. Each of those events occur thanks to the neighbors who have a passion for making those events happen. Our social committee was formed to lighten the load of those neighbors responsible for each of our events. I'm highlighting this to you in hopes that if you have an idea for a social event, but are

(continued on page 3)

Sunset Hills Neighborhood Association
Board of Directors

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Carl Phillips cwpjr5524@aol.com

Vice-President

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Kerry Meyers kerry.meyers@gmail.com

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Mail dues to: 2504 Sylvan Rd.

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Scott Michaels scottmichaels100@gmail.com

Neighborhood Watch/ Block Captain Coordinator

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Jerry Pifer (North of Market) jpifer@earthlink.com

Transportation Committee Chair

Gerry Alfano mtisdel@att.net 272-3512

Social Events

Lauren Davidson laurendavidson1@gmail.com
Brittany Semones bsemones@gmail.com

Event Coordinators

Easter Egg Hunt - Open

Fourth of July -

Jane and Scott Harkey scott@windshieldglass.com

Halloween in the park -

Michael Driver michael@yourhometriad.com

Annual Pig Pickin -

Gary Rogers grgrlr@mindspring.com

Environmental Affairs - OPEN

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Representative to the Neighborhood Congress

Mike Pendergraft, Gerry Alfano

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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 2016 dues to submit a non-emergency message to the listserv.

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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.

concerned about getting it up and running on your own, there are other neighbors here to help. Our new social committee members are creative and I'm sure you will be hearing some additional ideas from them as well. Also, now that we have electricity at the tennis courts, how about some neighborhood events, a pet focused event, or just a once a month potluck at the park. Step up and we'll do everything we can to get your idea up and running.

Before closing, let me share with you a great neighbor story. It's about Bob Strack who has a passion for his fellow man. Bob approached me several months ago, and then again prior to our neighborhood meeting, about Greensboro's food desert neighborhoods. Bob's focus is finding a way to help support the Renaissance co-op market. Bob's challenge to us is to make a commitment, as a community, to help fund the Renaissance market. I would hope that our efforts will spread to other neighbors to eliminate Greensboro's food deserts. Bob's mindset is, "If great neighbors make great neighborhoods then great neighborhoods must make great cities." Check out Bob's article and check out the Renaissance's website at <https://renaissancecoop.com/about>.

So, if you ever wonder why our neighborhood tag line is "Great Neighbors Make Great Neighborhoods", now you know, and I'll put money on the fact that more Sunset Hills neighbors will be stepping forward.

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Ad and Photo Submission

Adobe InDesign is used for layout of the newsletter. All photos and graphics that are submitted should be high resolution (300 dpi plus). Photos should be sent as jpeg images. High resolution pdf is also good. Remember, it is always easy to change to 72 dpi for the web, but not as good to change low resolution to high resolution. Please submit ads in the actual size you want.

If you have questions, please contact me at clindse@gmail.com and I will be glad to help.

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● **Running of the Balls** ●
● **If every runner and every** ●
● **walker brings one can of** ●
● **food we would get over one** ●
● **ton of food in one evening.** ●
● ● ● ● ● ● ● ● ● ●



Community Relations Officer BJ Wingfield reports there has been an increase in auto thefts with a focus on the 120 zone (W Market St corridor). In these cases the cars were taken because keys were left in the vehicle or the unlocked car next to the vehicle had a spare key left in the vehicle. Lock your cars, but more importantly do not leave a spare key in the vehicle. Most of these criminals do not intend to go out and steal cars but if an easy opportunity presents itself the mischief makers take advantage of it.

2016 Guilford County Citizens' Academy

By Marlene Pratto

The 2016 Citizens' Academy graduated October 20th at the County Commissioners meeting. I participated this year and want to encourage you to enroll when the academy is offered again next year.

Our class consisted of thirty-two people who have lived in Guilford County for many years as well as those who have recently moved here. Some class members were members of county boards. The questions from this mixed group were interesting, informative, and provided us with different views.

The course was facilitated by Commissioner Kay Cashion, a resident of Sunset Hills, Robin Keller, Clerk to the Board, and Ariane Webb, Deputy Clerk, and consisted of eight three hour sessions. Attending did require a commitment, but it was well worth the effort. Ms Cashion was instrumental in starting the Citizens Academy in 2011.

Among the officials we met were:

Marty Lawing, County Manager

Ben Chavis, Tax Department Director

Jeff Thigpen, Register of Deeds

Charlie Collicutt, Director of the Board of Elections

We also met others who were in charge of public services, public safety, human services, and administrative services. The final session provided practice in generating the budget for the county.

The Citizens' Academy is designed to help citizens gain insight on how local government works and to promote open lines of communication. For more information go to: <http://www.myguilford.com/boc/citizens-academy/>



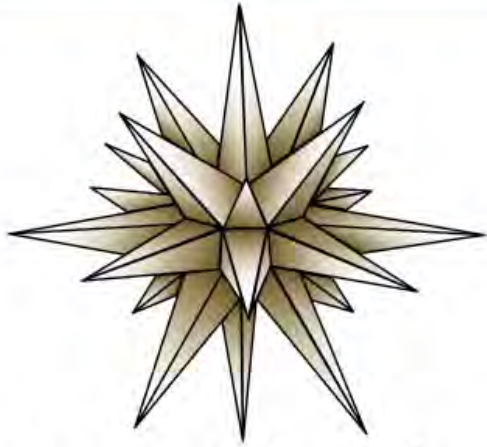
Environmental Pet Toxins

There are many manmade, poisonous types of bait placed in the environment to control various unwanted pests such as insects (especially ants and fleas), rodents, and slugs. These baits are frequently artificially or naturally sweetened to attract various pests. They can also come in pellets or in a cake form which may look like normal dog or cat food to your pet. This is how accidental poisoning occurs in the pet population. Early signs of toxicity from ingested poisons include lethargy, bleeding from the nose, mouth or intestines, a blue or gray pallor of the mucous membranes, vomiting, and sometimes difficulty breathing. As the poison levels increase, many can cause intractable seizures and muscle tremors. In many cases, if toxin ingestion is not treated within 1 hour of exposure, life threatening and irreversible organ failure can occur. Antifreeze from car radiators also has a sweet taste and contains ethylene glycol, a chemical that causes kidney failure. If radiators overflow, the sweet flavor of the antifreeze can attract animals that may lick it off the ground. It takes less than a teaspoon of ingested antifreeze to cause end stage kidney failure in a cat or small dog. Any animal that ventures outdoors without supervision can be at risk for toxin ingestion. If your pet becomes symptomatic, seek immediate veterinary care.

Drs. Christine E. Hunt and Colleen Crozier
University Animal Hospital of Greensboro, LLC

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See our church website at <http://www.greensboromoravian.org/> or First Moravian Church of Greensboro.
Facebook page for additional Candle Tea information for events.

Thanks to David Buckman and Buckman Printing in Guilford, NC.



Neighbors Susan and Spencer Andrews

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Progress in Addressing Food Insecurity in Greensboro and Guilford County

By Gardner Sheffield



In August of 2015, I was blessed to join Second Harvest Food Bank of Northwest NC. This has been an amazing journey and has allowed me to observe and participate on the front lines of hunger relief in our region. We have all heard the bleak statistics regarding food insecurity right here at home and I would like to share some of the amazing efforts that are going on in our community to address those needs. Our organization supports 41 Partner Agency organizations within Guilford County alone and nearly 500 programs across northwest NC. This support to our partner agencies comes in the form of food supplies, grants, storage and distribution capacity, advocacy, and nutrition education. Second Harvest's support of these local agencies provides over 5 million meals annually in Guilford County alone. It's these local Partner Agencies that are the boots on the ground in this war on hunger and I would like to recognize a few of them for their exemplary work.

We all know about Greensboro Urban Ministries and the Salvation Army and their critical efforts to support our community. Backpack Beginnings is focused on feeding children by providing bags of food for hungry schoolchildren to take home in their back packs for the weekend, serving over 1600 children each weekend across 26 schools in Guilford County. Out of The Garden Project operates two food pantries and a Mobile Pantry to bring nutritious food to the food deserts across Greensboro and Guilford County. They serve over 900 families per week. Both of these programs also provide summer meal programs at schools and churches when school is out for summer vacation. These programs help fill the gap for the 73,000 students in Guilford County schools who receive free or reduced price breakfast and lunch at school. Final Call Ministries in east Greensboro operates the Guilford County Food Pantry and provides shelf stable food, fresh meats, and produce to over 2,000 families each month. They also operate a clothing pantry. One Step Further Ministries operates food pantries in Greensboro and High Point, serving over 1,000 families monthly. All of these organizations need financial support, but they also need volunteers. Volunteers are crucial in gathering, sorting, and distributing food to our community. Each of these organizations has a website for donations and volunteer sign-ups, if you wish to support them.

In addition to our Partner Agencies, Second Harvest is fortunate to have many corporate partners in the food business. The most exciting development in new food sources is coming from Wal-Mart. They recently opened a new perishables distribution facility in Mebane, NC. This facility has donated nearly one million pounds of fresh produce since they opened in late July. This is an amazing game changer for us in that we can now distribute first quality, nutritious produce to families across northwest NC.

More good news is the opening of the Renaissance Community Cooperative on Philips Avenue in east Greensboro, near Claremont Homes. This community was clearly a food desert where many residents did not have access to healthy nutritious foods. This new supermarket was founded by a grass roots effort, spearheaded by the neighbors in their own community. They have created a full service supermarket with focus on fresh foods and employing people who live within the community. Their grass roots efforts in securing grants and loans raised \$2.1 million to open the doors. They have recruited over 900 owner/members. You can also become an owner for a one-time fee of \$100, which grants owners lifetime rights to discount prices on all of the items they sell. They need additional owners to help pay down their start-up loans. This opening has been nationally acclaimed as a model that can be replicated in many other food desert communities. To become an owner or learn more visit them at www.renaissancecoop.com

It's almost time to once again celebrate the holidays with the Lighted Christmas Balls. The food collections last year totaled over 22,000 pounds and we expect that to grow again this year. The support from our Sunset Hills neighbors is amazing and is one of the many great things about living in our wonderful neighborhood. We need volunteer help in sorting and delivering food to the local food pantries. If you wish to assist, please contact Gardner Sheffield at (336)601-6825 or gsheffield13@gmail.com. Any volunteer time and food donations will be greatly appreciated.

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What to do when you have Low Back Pain.

By Aaron LeBauerPT, DPT, LMBT, RYT

Low back pain is one of the most common reasons we see patients in our office, and I would like to share with you a few thoughts and pain relief tips.

Lower back pain is the number one cause of missed work and disability in the United States. Most cases of non-specific low back pain will resolve on their own in three months however many people experience these symptoms again. Almost everyone, 85% of Americans, experiences back pain in their lives. It is a normal part of the human experience and doesn't always mean something is drastically wrong or that you've injured something.



Pain is the check engine light of your body and pain is proportional to the perceived threat. If you experience repetitive sharp shooting pain you should temporarily back off that activity. Hurt does not always equal harm. Sore is Safe.

The longer we experience pain, the more sensitized we are to it and the earlier our body feels pain to a stimulus or threat. In general, the best thing to do is to use and move your body.

There are some simple yet highly effective exercises you can do if you have low back pain. The number one best thing you can do if you have lower back pain is to continue with your normal daily routine, activities, work and exercises. I have posted a few videos on YouTube (search for LeBauerPT) showing these exercises and others that you can follow that will help you move your back safely and engage your core.

If you do not already have an exercise program, start with a brisk walk. Walking briskly for 30 minutes five days a week will help your back feel better as well as greatly reduce your risk for diabetes and cardiovascular (heart) disease. You do not need to start with 30 minutes; you can begin with 10 minutes of brisk walking. Once you do this five days a week add an additional 10 minutes each day. You can walk for 20 minutes or two separate times for 10 minutes; as long as your total walking time reaches 30 minutes in one day, you will reap the benefits. Brisk exercise releases your body's own medications and hormones (endorphins) that help reduce pain and make you feel better.

If you see a physician for your lower back pain, you will likely be prescribed pain medications, have an MRI or other imaging ordered, or offered surgery as an option. You are more likely to have surgery for low back pain if you have an MRI, and the chance that you will have an MRI depends on your zip code. An MRI should only be ordered if the results will change your treatment options. If you have an MRI and the results show disc findings, degenerative changes and herniations, please know those are normal findings for adults. 65% of pain free adults have these findings on an MRI. Discs heal. The main things to be concerned about are fractures, spinal cord compressions and tumors.

For many people the first best option is physical therapy, and that is where you should start. Medications may mask your symptoms, can be addictive and have nasty side effects such as gastric ulcers or bleeding. Surgery is no more effective than physical therapy, but it comes with some heavy risk, such as sensation loss, infection and even death. Medications and surgery are much more expensive, for you as a health care consumer and for our government.

Physical therapy is a proven, safe, and less expensive alternative to injections, medications and surgery to help you stay mobile and active if you experience back pain. You have a choice regarding whom you see for physical therapy and in North Carolina, you do not need a physician's referral to see a physical therapist.

Aaron LeBauerPT, DPT, LMBT, RYT

LeBauer Physical Therapy

www.LeBauerPT.com

336-271-6677

Note: Aaron & Andra LeBauer are Sunset Hills residents and together they own LeBauer Physical Therapy which is also located in Sunset Hills, behind the shops on Friendly & Smyres Place. They help active people stay fit healthy and mobile without pain medications, injections and surgery.





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Walking in Sunset Hills

By Melanie Rodenbough

One of the great joys of living in Sunset Hills is walking. There are several of us who are “regulars,” taking near-daily turns over routes that traverse our many lovely streets. Most of us walk alone, on our own schedules, sometimes with dogs or headphones or babies. Others walk regularly with family or friends. Abundant sidewalks and generally light traffic make walking here a pleasure.

There are many reasons to walk; I will share mine and invite others to ponder theirs.

I began walking for exercise several years ago, when it became clear I was not destined to be a runner or a swimmer but needed some regular form of movement. The pleading eyes of my dogs encouraged me to make them walkers too, and they continue to motivate me. But it was not until 2011, the year I spent in treatment for breast cancer, that walking became more than simple exercise, but also critical solace for mind and soul. I discovered in regular walking the joy of time for solitude, prayer and reflection, an escape from all-too-real life.

And what a wonderful walking neighborhood extended right outside my door! My daily two-mile route takes me over several of the main streets between Market and Friendly, around and through the lovely Greenway Park.

Although I generally keep moving at a pace, I also enjoy meeting friends and neighbors (and their dogs), catching up on children that grew up with mine as well as getting to know new neighbors. It's life-affirming to see the next generation of children playing and babies in strollers or carriers. Surely it's also healthy to be able to smile and greet as neighbors those whose political signs tell me we disagree! And I enjoy watching our homes with their diverse architectural styles being renovated and their yards re-worked, sometimes getting ideas for my own.

The park is an especially good place to observe the considerable wildlife living among us: Our regal resident hawk and hooting owl, along with a multitude of songbirds in the stately trees. If you're lucky in early summer you'll spot bluebirds flitting in and out of their boxes. Rabbits and squirrels abound and the antics of the juveniles entertain us in spring. Several years I've observed a mallard pair trying out our little creek, and once even saw a very confused deer. I wonder if one day we'll have one of those young black bear cubs that sometimes pop up in Greensboro, meandering down the creek bed in search of a home.

A great joy for me in walking is marking the changing of the seasons, especially around the park. A spring walk makes me sneeze, but I'm always happy to see the daffodils coming up. That year I was in chemotherapy they gave me such hope. And there is stunning beauty in the brilliant yellow-green of new leaves gradually filling in the dense canopy overhead. (If you walk, don't forget to look up.)

Those same shade trees make even a summer walk a pleasure, if you get out early in the morning. As I'm writing this in mid-September we can see the first signs of fall, early leaves dropping and just a hint of yellow and brown in the canopy. Acorns are just beginning to puddle along the curbs, and the black walnuts to drop on the corner of Rolling and E. Greenway. Soon the colors will be magnificent.

And there is nothing more beautiful than making the turn onto the greenway when our neighborhood lies under a thick blanket of silent new snow. It will take your breath away, if you're there to see it and pause to take it in.

Whether you've been pondering walking for exercise, for the mental and spiritual benefits, to get in touch with nature, to meet and enjoy your neighbors, or for some other reason, I encourage you to give it a try. Alone or with a buddy, grab your dog or your stroller or your Fitbit—or just your walking shoes—and take that first step out your door.

We are blessed to live in a neighborhood made for walking.

Greensboro Neighborhood Congress Report for September 2016 and October 2016

By Gerry Alfano

The Greensboro Neighborhood Congress (GNC) is a city-wide alliance of neighborhoods that seeks to improve the quality of life within the City of Greensboro by addressing issues of city-wide importance and by empowering neighborhoods to resolve neighborhood-specific concerns. GNC is a nonprofit organization of more than 75 neighborhood groups (neighborhood associations, community watch groups, home owners' associations). GNC, established in 2003, operates as a totally volunteer organization.

SHNA is a member of the group and currently has two representatives: Mike Pendergraft and Gerry Alfano. GNC meets every month at the Central Library on Church St., alternating between Thursday evenings and Saturday mornings. Meetings are open to anyone who would like to attend. For additional information on GNC, go to the website, www.greensboroneighborhoodcongress.org.

GNC Meeting on Saturday, September 17, 2016

GNC member Joel Landau moderated a panel of local real estate developers who answered questions from GNC members about local real estate development's effects on neighborhoods. The three local real estate developers were Marty Kotis, Dawn Chaney, and Matt Thomas. Marty Kotis of Kotis Properties has developed primarily retail properties since 1987 and currently focuses on projects adjacent to downtown Greensboro, as well as projects in other cities. Dawn Chaney began Chaney Properties in 1980 and focuses on downtown commercial and residential redevelopment and near-town neighborhood residential development. Matt Thomas, GNC member and organizer of this panel, represents Edge Water Group which purchases vacant or distressed properties, refurbishing them for residential rentals.

Questions covered included the following topics: current redevelopment issues in Greensboro, recognition of legitimate neighborhood concerns, value of Guilford County Schools as a draw for new businesses and residents, unique challenges for east Greensboro redevelopment, nationwide trends toward mixed-use walkable/bikeable communities, local mobility trends, impacts of new infill development on existing neighborhoods, green/sustainable development trends, the value of historic district properties, and the importance of recruiting appropriate service businesses to support residential developments.

GNC Meeting on Thursday, October 13, 2016

Assistant City Manager Barbara Harris spoke about the list of projects proposed for the \$25 million housing bond that was on the November ballot. Ms. Harris explained that the city will continue to serve very low income residents out of federal funds, but the bond money allows an expansion of homeownership opportunities to include those just over the cut-off line and allow leverage of private and additional governmental funds of approximately \$54 million.

Dr. David Wharton, neighborhood activist, spoke about advocating for your neighborhood. Dr. Wharton described how neighbors formed the Aycock Neighborhood Association and how the neighborhood later became a historic district. One of the major challenges faced by the neighborhood has been the division of the neighborhood by Summit Avenue. Over a 20-year period, they have continued to work toward improvements. Their persistence has paid off and improvements are finally scheduled to begin in 2018. These will include a landscape median and bus shelters, and may include reducing Summit to two lanes with bike lanes going through the neighborhood.

Some of Dr. Wharton's tips for advocating for your neighborhood include the following: (1) Keep your neighborhood association active even when there are no major issues. (2) Develop close relationships with city staff and city council members. (3) Lobby by speaking before city council or planning boards and by getting lots of neighbors to write and email city council, if city staff members are unable to resolve issues.

GNC Developing Strategic Plan

The GNC Executive Board recently completed 3 strategic planning meetings funded by a \$3,450 grant from Building Stronger Neighborhoods (BSN). BSN is a community grantmaking program that connects with neighborhoods through grants and activities that mobilize neighborhood assets to enhance the quality of life. A draft of the strategic plan will be presented at the November meeting.

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Where is he or she now?

By Gay Holder

Hi my name is Gay Holder and I am a North Carolina licensed Massage Therapist. I grew up in the Sunset Hills Neighborhood on Tremont Drive right across from Our Lady of Grace church. My parents moved to the neighborhood in 1963 and I spent my childhood through high school living there. Then, after living in Honduras, Florida, and the mountains of North Carolina, I moved back into the neighborhood after getting married in April of 2015.



Over a decade ago I decided to get into massage therapy. I went to the massage therapy program at GTCC and earned my license in 2005. After obtaining my license I had the opportunity to move to Roatan Honduras, where I owned and operated a therapeutic spa in the Mayan Princess luxury resort called A Tropical Knead for two and a half years.

After leaving Honduras I lived in Florida for a few years. I realized I missed North Carolina and decided to move back. Relocating to the mountain city of Brevard, I continued to practice massage therapy part time. Obviously, massage therapy has changed my life, and I see the benefits it brings others every day.

Here are just a few of the benefits of massage therapy.

- Help to lower stress
- Relax muscles and mind
- Manage pain
- Improve physical fitness
- Improve circulation
- Headache relief
- Insomnia related to stress
- Soft tissue strains or injuries
- Relief from Sports injuries

Massage has been practiced for both medicinal and relaxation purposes for thousands of years in both the East (China) and the West (Egypt), dating as far back as 2700 BCE, tending to be practiced most in the East in places like China and India.

Massage Therapy has really taken off in the United States in the past 50 years as more people see the benefits of massage therapy, and enjoy the relaxation that comes from a massage program. Regular massages promote both physical and mental health and well-being, from just relaxing sore neck and shoulder muscles to full body massages that can promote better circulation and pain relief. Some lingering effects of a good massage include better sleep and a general overall mental stress relief.

Most massage therapy sessions are either 60 or 90 minutes, and can be done on either a custom massage table, or sitting in a specially designed massage chair. The table allows the client to lie completely straight and flat giving the therapist the ability to massage all major muscle groups, while the chair allows you to lean forward comfortably while resting your arms and legs. This is best for focusing on the back, shoulders, and arms.

As a private massage therapist, I offer full 60 and 90 minute sessions. You also enjoy sessions in the privacy of your own home, so you're able to fully enjoy your relaxation by not having to drive to and from a separate location. Treat yourself or someone you love to the relaxing benefits of a massage therapy session this holiday season, you'll be glad you did!

QUIET MINDS MASSAGE

by Gay Holder

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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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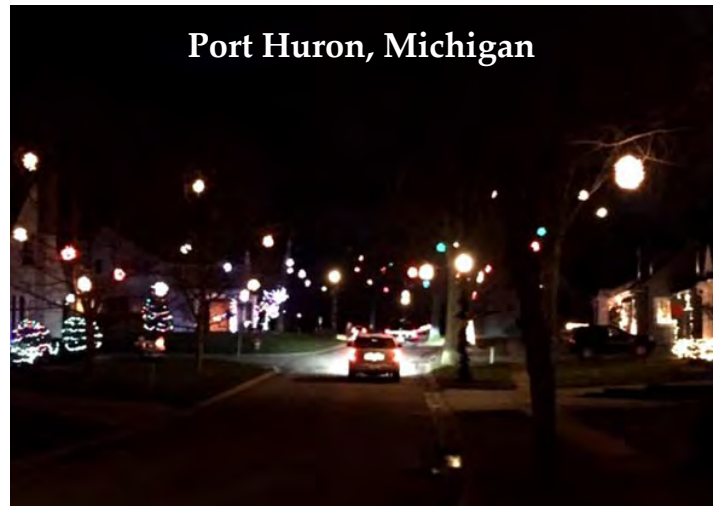
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**Hillside Holiday Hunger Drive Through
in Myers Park, Charlotte, NC**



Gallipolis, Ohio



Port Huron, Michigan



Sweden



Spanning the Globe

By Carole Lindsey-Potter

Greensboro is known for many things - O'Henry, Edward R. Murrow, denim capital of the world, and the sit-in demonstration at Woolworths. Now Greensboro can add the spectacular lighted Christmas balls display of Sunset Hills. From its beginnings by the Smith family in 1996, it has grown to cover Sunset Hills with the glowing balls and expanded in 2007 to raise funds and collect food for the Shine the Light on Hunger project. The "Running of the Balls" added another fundraising dimension to the event in 2013. The 2016 lighted ball workshop for Sunset Hills is planned for the Sunday before Thanksgiving with a rain date of the Sunday after Thanksgiving. Look for announcements on the listserve.

The cumulative totals from the Shine the Light on Hunger efforts since 2007 is \$182,202.25 in donations and 73,090 pounds of food dropped off in trailers scattered around the neighborhood. Last year we calculated that the effort provided 1,311,961 meals from the 2015 effort alone. The donations go to the Second Harvest Food Bank and Greensboro Urban Ministry. One in every fifteen people in Guilford County has no idea where their next meal is coming from and one in every four children is also food insecure. This joint neighborhood project is not only beautiful, but it makes a huge difference in fighting hunger in our city and area.

Visitors to Greensboro are spreading the concept of our holiday celebration to neighborhoods across the United States. In Charlotte, the Myers Park neighborhood has followed our success pattern by collecting food and donations for Loaves and Fishes, a non-profit food bank. Gallipolis, Ohio, plans to work over the next four years to progressively fill their downtown and park with the lighted balls with the goal of bringing visitors from far and near to Gallipolis, thus supporting their local vendors. The display at Kure Beach, NC, collects canned goods to be donated to The Help Center of Federal Point. The making and display of the balls is now in Wendell, NC; Wyomissing, PA; Beaumont, TX; Marietta, GA; Port Huron, MI; and on and on (see the map).



International visitors are now spreading the lighted balls to the far reaches of the world, including Sweden, the far east and Australia where I found a video of Jonathan Smith on their Linehacker Newsletter.

Visit the lightedchristmasballs.blogspot.com for information about the past and upcoming lighted balls. Also visit the facebook page: <https://www.facebook.com/Lighted-Christmas-Balls-167407546622197/?fref=ts>.



Fifth Annual Running of the Balls
A 5K(ish) through Sunset Hills
December 10, 2015

Runners start at 6PM. Walkers start after runners finish.

Over the 4 years of this event we've raised over \$130,000 for Second Harvest Food Bank. To give you some perspective, Second Harvest has used that to provide over 1,000,000 meals for folks here in Northwest NC. This year we're off to our best start yet – raising \$32,500 from our sponsors even before selling tickets to the event by welcoming a second presenting sponsor and additional stage sponsor. We've recently sold out of non-resident spots in our fastest time yet. That's a big deal. Residents will be able to register using a special link located at the bottom of our homepage or directly using the link below. Remind your friends to bring canned goods when they come to run, walk, or watch. Volunteers are always needed. You can find all this information and more on our webpage www.TheRunningoftheBalls.com. Thanks again for allowing us to be part of your special neighborhood again this year.

Blessings.

Nick and the RWH Gang
nick@rwhevents.com
 336-510-9390

Registration for Residents:

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

Volunteer Registration:

<http://therunningoftheballs.com/volunteer>



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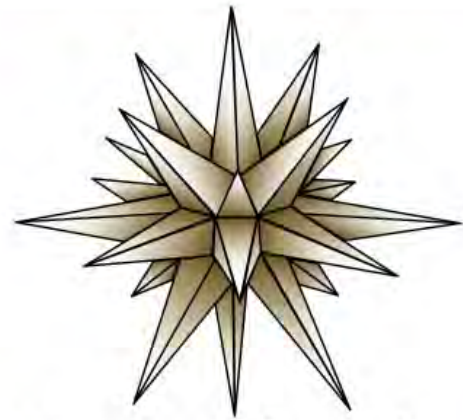
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Candle Tea

A Greensboro Christmas Tradition

Friday, December 2 2:00-9:00
Saturday, December 3 10:00-3:00

There is no charge.

*Join us to celebrate Christmas
in the tradition of Old Salem.*

*candles made & trimmed... the tavern... music...
the Putz... Moravian stars... advent wreaths... crafts...
chicken pies... lovefeast buns... sugarcake...*

*First Moravian Church
304 S. Elam Avenue, Greensboro, NC 27403
(336) 272-2196*

See our church website at <https://www.greensboromoravian.org/> or First Moravian Church of Greensboro Facebook page for additional Candle Tea information for events.

Thanks to Christa Harrison and Barbara Witting @ graphics, Inc.

Scott Michaels



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Sunset Hills Resident and Your
Neighborhood Realtor

Allen Tate Realtors



Helping Those in Need

By Janet Windham

Recently SSH residents have reported being approached by individuals moving through our neighborhood with requests for food. Some of us are not sure how to respond. Do we give a sandwich, fruit, and/or money? Because there is no answer that is always 100% right, the following are some suggestions that we've garnered over the years from reaching out to those in need.

In Greensboro, there is at least one place that serves a free meal every day of the week. This listing is known as "The Little Green Book FREE Meals in Greensboro" by Amy Murphy. [<https://themiraclesisee.files.wordpress.com/2016/03/the-little-green-book-03-26-2016.pdf>]

Jim and I reformatted the Little Green Book to fit on one page, front and back. Those two pages and a third page that gives directions to each of the locations are posted on the website.

We highly recommend NOT giving money. No one truly knows if the money will be used for food. There is a very high probability that by giving money we are only enabling an addiction. So, our view is that giving money is not really "helping".

Giving actual food is certainly permissible. But, if food is given, please give them the listing of where they can count on being fed every day. Most of these places have workers that are trained and have experience in reaching out and helping with specific needs.

We carry bottled water and granola bars in our car along with the listing of locations. This is our small way of helping those on the street corners who are "flying" ["flying" is a term used by our friends on the corners holding [flying] a sign asking for help]. When giving these folks your offering, please look them in the eye and say something. We say, "God Bless you!" But, "Good afternoon", "I hope this helps you", etc., are all fine. For most of these folks, your warm greeting may be the only kindness they experience all week.

One more helpful resource is the IRC [Interactive Resource Center] at 407 E Washington Street. Direct the individual to the IRC as it provides many services for people in need as well as a source of information to them for other services that may be helpful. Below is an initial listing of what the IRC provides:

- Housing: The IRC serves as the initial assessment point for temporary housing within Greensboro and High Point.
- Personal Care: Daily showers for men, women, and non-gender conforming individuals. Hygiene products available. The IRC also offers haircuts and grooming services by licensed barbers.
- Laundry: Daily laundry help.
- Mail: Provides a location for guests to receive mail.
- Case Management: Confidential case management, referral services, shelter referrals, and counseling.
- Phones: A phone bank and unique phone numbers for IRC guests during open hours.
- ID/Document Recovery: Assistance replacing lost ID's, transcripts, birth certificates and other documentation.
- Medical Help: Basic nurse services, mental health and addiction support are offered at the IRC.
- Jobs and Education Program: Resume assistance, job skills classes, employment search and application assistance. Career development classes are offered onsite by GTCC.

Getting our friends to a place that can assess and get their needs met is the best help we can give.

Two feet (or two wheels) leads to a lot of fun!

By Walker Meyers

I love living in Sunset Hills because it is in the center of everything. During the summer, my brother and I ride our bikes to the Friendly Park pool in no time at all! When the game Pokémon Go came out this past summer, we would all walk around the neighborhood, and also over to the arboretum, to play. Once, when my dad and brother went on a winter camping trip, my mom and I decided to walk to Barnes and Noble, eat dinner at Friendly Center, walk around looking at the holiday decorations, and of course eat dessert before walking home!

My family always runs the Running of the Balls, and it's so cool that people come from all across North America to run this race. (Also, my school band plays along the racecourse during this race!) I can walk or bike from my house to the scout hut for Boy Scout meetings, and when I went to Lindley Elementary, my brother and I walked to school all year long.

My family walks to The Corner, in Lindley Park, to eat dinner a lot. We also bike on the Lake Daniel trail, and it takes us across town and back. And when it snows, we always walk to the big hill at Lindley Elementary and join the crowds for sledding and fun! What are some of the fun things your family does around Sunset Hills?



Sunset Hills Neighborhood Meeting

Thursday, October 13th, 2016

7:00 p.m.

Carl Phillips, Co-President of the Sunset Hills Neighborhood Association Board, welcomed everyone and expressed gratitude for taking the time to attend.

Officer Wingfield and Officer Roberts attended. The following is an update from the Sunset Hills Neighborhood Watch team:

- Please keep all bikes locked up. Our neighborhood has had issues with bike thefts and those stolen bikes give access to committing crime in other neighborhoods
- Please make sure your cars are locked and that nothing valuable is visible. Criminals share information with each other and Sunset Hills is “known” among them to be an easy place to rob due to many unsecured cars, bikes, etc. It was mentioned that the low street lighting, especially on Madison Ave, and the abundance of unlocked vehicles, makes Sunset Hills a prime target and the criminals know it.
- Please keep all cars locked, with valuables in the trunk or better yet, in the house.

Discussion:

- Jeff Nimmer attended and gave updates about the end of Madison Avenue, where Mad Hatter is, neighboring the Kotis Properties. The roundabout is in, along with the fence and landscaping. A gourmet doughnut and coffee shop is currently being developed in the space next to the old Southern Lights. They are still seeking restaurant or retail occupants for the Southern Lights space. Still working on the parking areas, hope to be completed by the end of the year, weather permitting. Questions about making the fence and sidewalk at the end of Madison Avenue handicap-accessible, along with additional landscaping on the Madison Avenue side of the fence.
- Running of the Balls: December 10th, 2016
- Food insecurity in Greensboro was addressed, with detailed information about local organizations working with the community on this issue: Simple Gestures, Second Harvest Food Bank, and the Renaissance Community Co-Op.
- Street Toppers on street signs in Sunset Hills, to show our Historic Designation, are expected to begin being installed in January 2017.
- Garden Club: Sunset Hills was awarded \$1200 to maintain the park. The park benefitted beautifully from the Eagle Scout project of Jack King. The Garden Club is always looking for new members.
- The SHNA newsletter will be distributed again in November, before Thanksgiving.
- In 2011, Sunset Hills received a grant to plant 23 trees in the neighborhood. They will soon be trimmed, to help with maintaining their health.
- Rev. Lee Hull Moses, Senior Minister of First Christian Church, introduced herself and welcomed the community.
- Reminder that paying annual dues gives access to sending out messages on the Sunset Hills Neighborhood listserv. Dues can now be more easily paid through PayPal – information is on the Sunset Hills website.
- 322 members, out of 844 households, contributed to annual dues this year.

Meeting adjourned at 8:15pm

Respectfully submitted by Kerry Meyers

Membership Report as of November, 2016

By Elaine Brune

Listed below are neighbors who have paid 2016 association dues since the last newsletter.

Thank You! Many of you have short memories like mine who thought they had paid but did not see their names last time. I feel like I am posting a wall of shame. I'm not. I just want to credit neighbors and others for being Great Neighbors and supporting our Neighborhood.

We want to thank everyone who paid their dues for 2016. We had a lot of great events and activities as a result of these dues. I apologize for any omissions of those contributing additional monies for 2016 that were not recognized and promise to do better this second term as treasurer!

Enclosed in this newsletter is an envelope for the 2017 dues. Any monies collected as of November 1 will be for 2017 dues. We have a mail slot in our door if anyone wants to walk their dues over. You can also pay dues (no additional contributions) via PayPal. The information is on our website: <http://www.sunsethillsneighborhood.org/calendar.html>

We have some exciting events planned for the future!

James & Betty Allen

Jesse & Leslie Anderson

Brian & Audrey Baldwin

Trey & Cheryl Bell

Richard Bowen

Philip & Brenda Bowman

Shanna Letner & David Brown

Jamey Presley & Phil Bullington*

Peggy Byrd

Reeves & Elton Click

Elizabeth Brennan & Bill Cummings

Teresa Dail

Frank & Ann Dörner

Harry S Falk

Susan Hensley

Katharine & William Jennings

David & Laurie Joslin*

John & Amy Kelly

Jean Paul, Marvella & Jean Pierre Koenig

Buster & Lisa Lewis

Beth Livingston

Thomas & Susan Molony

Alexandra Moore & Thomas Welch

Bob & Evelyn Nadler

Rich and Nicole Naviglia

Kerrie Orrell

Jerry & Deborah Pifer*

John P Richardson

E Ann Saab

Kathy Shapley

Gardner Sheffield*

Mark & Elizabeth (Boo) Stauffer

Scott & Jackie Tanseer*

Jeff & Julia Testa

Linda Rhyne & Paul Williams

Erol & Lisa Yurtkuran

Bold - Additional contribution, * 2017 dues paid

Tree Pruning

By Roger Bardsley

Winter is a great time to prune deciduous trees. The leaves are off, giving you a better view of the canopy. The sap has gone down the trunk so the limbs won't bleed. And, working in cool weather beats working in 90 degree heat.

So, what are you looking for? In canopy trees you want to limb up the lower branches, up to head height. These are the limbs that the trees would naturally shed in a forest environment as the tree grew and shaded itself. If your tree is out in the open, you will need to do that job for the tree to keep it growing upwards. Cut the limbs off at the trunk, and trim any sprouts that appear later.

Next, look for crossed limbs. Some trees and shrubs are more prone to these than others. Our beautiful crape myrtles frequently have crossed limbs. Cut one of the limbs off at the trunk. Never cut a crape myrtle branch off in the middle. Karen Neill has written about "crape murder" for years. Branches trimmed in the middle form many weak sprouts that make the shrub look bushy. Some people like the bushy look, but it is not healthy for the shrub. Remember that there are crape myrtle varieties that spread and look bushy naturally. Pick one of those to plant. The old time varieties that reach 25' are magnificent if you treat them correctly.

Last, look for dead wood. Dead branches, particularly small ones, are natural. Cut them to make the tree look better. Dead branches at the top of the tree are often a sign that the tree is not doing well. The emerald ash borer, an unwelcome newcomer to our area, attacks from the top. Dead wood at the top can also indicate problems at the base of the tree indicating it cannot support itself. Have a certified arborist evaluate the tree to determine its long term health.

A tree that is beginning to fail can last many years. We often develop an emotional attachment to trees that can be fairly strong. No problem! If your senior tree is not a "hazard tree" it can continue to live on in your yard for a long time. I remember a tree in Irving Park that was almost completely hollow, and many trees in Japan that had been nursed into very old age.

What is My Passion?

By Tina Ulery

Fashion is my passion. Well, it's one of a few passions that I have. My mom said at age two she came into my room, opened up my closet and pulled out an outfit for me to wear and I said "I dress myself". She said from that day on I refused to let her dress me. I guess that's where it all began.

I grew up in the suburbs of Massachusetts but my step-sister lived outside of Boston so I was exposed to the trends in fashion long before they came to my neighborhood. I guess that's why I was given the superlative "Most Unique" out of my senior class.

I've always loved clothing and fashion yet oddly I don't really know all the big names in fashion. I like what I like whether it's from Gucci or Goodwill. My style is eclectic meaning I like to mix a little of everything with today's trends and yesterday's classic pieces. Variety is the spice of life!

We moved to GSO five years ago on a job transfer with my husband's company. During that time I managed BohoBlu on State Street and worked at Freedom House Thrift store on Bridford Pkwy. I still volunteer there as it holds a special place in my heart because of the mission work it does in the lives of mothers struggling with addiction.

I have recently become a fashion consultant for LuLaRoe clothing. I love their classic styles (pencil skirts, dresses with cinched waists, flared skirts and pockets) paired with vintage patterns and prints that fit women size XXS-3XL. Fashion, comfort and feeling beautiful is for all shapes and sizes!

So if you're interested in seeing my collection, hosting an in-home or online party, have a fundraising event you would like me to help raise money for, or just need another pair of our famous "buttery-soft" leggings then please contact me. Or if you're looking for that perfect outfit for a special event, need some help pairing some of your favorite wardrobe pieces with LuLaRoe or are ready to be bold and step outside of that fashion box and try some pattern mixing then I'm your local girl!



Dusty Guitars

By Bradford Reaves

The music friendship usually starts with "I have a guitar I've had since college" or "I have a guitar I got as a Bar Mitzvah present". "What kind of music do you like?" is always my first question.

You can learn a lot about someone through the music they love, the music that inspires them. "I've had great results teaching folks to play guitar, (or bass or sing, or write songs). Have you ever considered lessons?" A common reply, "I took a few lessons but didn't keep up with them." I'm thinking, "needs a dose of inspiration." This I understand. Desire often ends up stored in a closet, not forgotten enough to sell or donate, but instead silently waiting for something to motivate and hands to pull it out and strum.

Young players and teenagers have always found their way to me, usually through an acquaintance. This I suppose comes from parents wanting their kids to develop a new interest or the kid just wants to do it. Or maybe it's because the parents or grandparents always wanted to play and sing themselves before life took over.

The trend I've seen over the last few years however is a bit different. Men and women, established in professions (or retired), want music THEY play or sing in their lives. Some are busting to jam with friends, or with someone they love, some want to use music in their work or simply as a way to erase the responsibilities and stresses they shoulder. Educators, businesswomen, attorneys, physicians, journalists, Rabbis, corporate trainers, salesmen, nurses...the list goes on.

"Let me check out your instrument to feel how it plays. We can tweak it if it isn't right. Then, maybe you should consider a lesson or two."

Maybe any two people who schedule time to explore a common interest deeply share a sense of fulfillment. Maybe, but for sure whenever a renewed spirit leaves a music session humming, like I always do, carrying a dusted guitar...well, that's what friends are for.

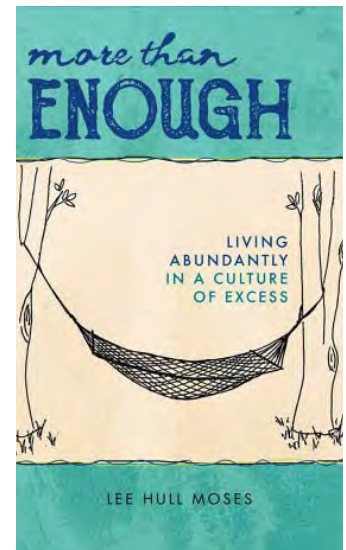
Neighborhood Author Publishes New Book

As the gap between rich and poor grows, many of us are aware that we have more than we need. In her new book, *More than Enough: Living Abundantly in a Culture of Excess*, Lee Hull Moses provides an opportunity to think about the complicated questions of inequality and abundance by providing concrete things we can do to live faithfully and responsibly with the gifts we've been given. With a blend of practical reflection and insight on topics from guilt to delight, *More than Enough* goes beyond a call to gratitude and generosity and invites the reader to a new way of life.

Lee is the pastor at First Christian Church, on the corner of Market and Overlook, where our Neighborhood

Association holds its meetings.

More than Enough is available in Greensboro at Scuppernon Books and at all major online book sellers. Email her at leehullmoses@gmail.com if you'd like a signed copy (she'll even deliver in the neighborhood for free!). Learn more about Lee's writing at: leehullmoses.com



Calendar of free musical events in or near Sunset Hills

Friday, December 2, 6 pm and 7 pm, Living Nativity, First Moravian Church Candle Tea Performance

Friday, December 2, 8 pm First Moravian Band, 304 S Elam Ave (outside unless the weather is bad and then inside)

Saturday, December 3, 11:30 am and 12:30 pm First Moravian Band, 304 S Elam Ave (outside unless the weather is bad and then inside)

Monday, December 12, 7 p.m. Triad Early Music Society, St. Andrew's Episcopal Church on Market Street

Sunday, December 17, 7:30 p.m. Greensboro Youth Chorus, St. Andrew's Episcopal Church on Market Street



2015 Lighted Christmas Balls Party



Early and Ecumenical Eating

The ecumenical Thanksgiving service usually held at Our Lady of Grace will be held at Starmount Presbyterian Church this year. The date is Sunday, November 20 at 7:00 PM. The participating congregations are mostly in Sunset Hills: Peace United Congregational Church, First Friends Meeting, First Christian Church, Our Lady of Grace Catholic Church, Congregational United Church of Christ and St. Andrews Episcopal Church.

Brad Reaves

Musician & Songsmith

bradfordreaves@gmail.com

336.402.1098

Family coming to town or need a break from the holiday hubbub?

We're offering an exclusive **Neighborhood Rate** of \$199 at Proximity and O.Henry Hotels, available November 21 - 27 and December 19 - 26.

For reservations, please call Proximity at 336-379-8200 or O.Henry Hotel at 336-854-2000 (this rate NOT available online!)

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