

**Great Neighbors Make Great Neighborhoods**



## **Sunset Hills February 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*

### **The Neighborhood With A Heart**

This year's lighted Christmas ball season raised over \$42,000 and collected more than 11,208 lbs of canned food. Since "Shine the Light on Hunger" was added to the lighted ball event the totals collected are \$124,900 and over 52,900 lbs of food. That equates to over 900,500 meals for those in need. We are truly a neighborhood with a heart. Since we have opened our own eyes to what could be accomplished, I can't help but wonder what we could do next.

Joann Strack and I have two passions we would like you to consider. These passions are the two biggest killers in Guilford County... heart disease/stroke and their side effect, diabetes. These are at an all time high. If we continue on the same track, this generation of children will be the first generation to have a shorter lifespan than their parents. We could continue to fret and wring our hands or we can do something to break this trend. Joann teaches classes at the YMCA on how diet and exercise can reverse diabetes. The Guilford County Heart Association heart walk is on May 16th at UNCG. We, Sunset Hills,

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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 can only submit a message to the listserv if you have paid your dues.

.....

Dues

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, Emily Herman at 2512 Berkley Place. Checks for more than \$10 will be accepted as donations to the Sunset Hills Neighborhood Association.

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already have a team in place, but we are missing YOU, Sunset Hills neighbors. We need you to sign up and be on the team to fight heart disease and stroke.

As mentioned in our December newsletter, we will have a neighborhood event on Thursday, March 19th at 7PM, at the First Christian Church (at the corner of Market St. and Overlook). This meeting will help us learn what each of us can do to fight this trend. Please mark your calendars now and plan to attend. It will be informative and fun. The following groups will be there to help us.

Guilford County Heart Association

Cone Health

Whole Foods

Omega Sports

Friendly Pharmacy

JoAnn Strack and Carl Phillips will share personal stories

Please visit [www.guilfordheartwalk.org](http://www.guilfordheartwalk.org) to sign up to be a walker in the May Heart Walk at UNCG. On the left side of the website click on “find a team”. Type in Sunset Hills Neighborhood to be part of our team. Let’s show other neighborhoods that Sunset Hills has a big heart.

## Small Potatoes

*By Jeri Rowe*

You’ll see it near the corner of West Market and South Tremont, a big metal rectangle pulled by a big Ford truck.

That’s Elizabeth Gibbs’ truck. Her trailer, too. It’s 10 steps long, three steps wide with a small kitchen inside and on the outside, the sign “Small Potatoes Mobile Kitchen.”



She calls it “Small Potatoes” because she used to teach cooking classes to kids in Durham. But she also calls her mobile kitchen “Small Potatoes” because Elizabeth doesn’t want, in her words, to become “too big for my britches.”

So, she’s starting small. Kinda.

She’s joined two other people – restaurateur John Jones and her boyfriend Steve Scott – and they’re trying to deliver, according to their website, “the most delicious and sustainable mobile food in North Carolina.”



Elizabeth and Steve will hold a free tasting of at least four soups February 22 at the house they share near the corner of West Market and South Tremont. Then, they plan to hold another soup tasting in March at Bestway supermarket near the corner of Elam and Walker.

Check their website for more. Or just look for the big metal rectangle.

Then, you know you’re close.

Elizabeth, John and Steve do know food. John helped start many local restaurants, including Southern Lights at the bottom of Madison Avenue. Steve has participated in various local food efforts, from building mobile chicken coops to growing vegetables in his backyard to feed his daughter, Charlotte.

As for Elizabeth, food must be in her blood.

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Her maternal grandparents were good cooks. Everybody on her mother's side was a good cook. They were all half Italian, half French Canadian, and when Elizabeth was younger, her relatives watched her eat spoonful after spoonful of homemade ravioli and her Aunt Mary would exclaim, "Look! She's taking more!"

That's how it started.

Armed with a master's degree in environmental management from Duke, Elizabeth has run two farmer's markets – one in Durham and most recently the one in Greensboro near War Memorial Stadium.

She also has been a caterer, a manager in a Whole Foods Market and the education program coordinator at the Carolina Farms Stewardship Association. She still has a 27-acre farm in Yancey County beside the South Toe River where she once grew everything from cucumbers to kale.

But now, at age 50, with her new mobile kitchen, she believes her life is just getting started. This is what she has always wanted to do – provide people healthy meals with food grown close.

That means chicken from John Handler's farm in Climax for her Cock-A-Leekie soup and pork from Garland McCollum's farm near Madison for its Spanish braised pork sandwich.

But get Elizabeth talking about food, well, she won't stop. She'll talk fast and moves her head to emphasize some thought, just enough for her peace-sign earrings to sway as if in a slight breeze.

"This is my chance to live up to what I've always stood for in my life," Elizabeth says. "To be authentic. I put chicken from John Handler's farm in the soup. It's not chicken I buy from Costco. What I try to do is feed people with what sustains them.

"There was a time when we knew our farmers and talked to our farmers before we went to the grocery store. But we don't do that much anymore, and because of that, I feel we lose our humanity. People need to eat vegetables, not from a can or a box, but from the ground.

"We're destroying our bodies so we're losing our spirit to me. Food is very spiritual. It grounds us."

She pauses, as if to take a breath, and continues.

She is passionate about her kitchen. For her, it's her church.

"I try not to preach about it. But that's what happens. I get to preaching."

Steve and Elizabeth met at the Greensboro Farmers Curb Market, when Elizabeth managed the place. Steve was the "Chicken Coop Guy." He's passionate about food, too.

"I was feeding Charlotte a Sun Gold tomato, and I watched her gobble it up and I got it from right there," says Steve, 63, pointing outside his back door. "I would pick my own salad for dinner, and you can taste the difference, and I'm convinced the closer we are to food, the better off we are."

Elizabeth left the Greensboro Farmers Curb Market nearly two years ago and looked for a new food venture. Right away, she found one. She took over Stone Soul Soup, a soup subscription business from a friend of hers in the mountains. She calls it Soupscription: Weekly Homemade Soups To Go.

Then, she heard about something from a local farmer, Larry Smith.

"I got the perfect thing for you," he told her.

A mobile kitchen with a three-foot window. Her future on wheels.

Using all her savings and a credit card, Elizabeth bought the mobile kitchen in July 2014. Her purchase gave her the idea. But a book she found in a Little Free Library around the corner from her house gave her the gumption she needed.



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sunset hills.  
my neighborhood.  
your neighborhood.  
we make great neighbors.



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**Melissa Greer**, GRI, CRS  
Chairman's Circle Gold Award 2010, 2011, 2012  
Chairman's Circle Platinum Award 2013  
**336-337-5233**

It was Michael Gerber's "The E Myth Revisited: Why Most Small Businesses Don't Work and What to Do About it." "That book showed up to save my soul," Elizabeth says.

Some kind of discovery. All from a small wooden box in someone's front yard on Kensington.

Elizabeth got started. With planning from John and help from Steve, The Small Potatoes Mobile Kitchen has gone everywhere – from the Elon Law School in Greensboro to Krankies Coffee in Winston-Salem to the Goat Lady Diary at a bend in the road in Randolph County.

She has at least 70 recipes, and she can tell a story with almost every one. She makes soup from local ingredients she can find in season, and right now, with her Soupscription, she has a dozen customers and provides a quart of soup for six- to 12-week cycles.

Elizabeth makes her soup every week in a catering kitchen near Guilford College. When she's there, she doesn't talk – except to herself. Even then, it's only a few words. She'll slip on an apron and pull her mala beads, or Buddhist prayer beads, from her wrist and slip them around her neck.

Then, she starts. Spoons clink. Meat sizzles. Elizabeth slides from cutting board to pot to burner, just enough for her peace-sign to sway once again.

This is her time, as Elizabeth says, to just be. That, she says, is a necessity.

Want to go?

**Small Potatoes Soup Tasting**

**When: 2- p.m., Feb. 22**

**Where: 101 South Tremont Dr., Greensboro**

**Information: [stevescott@usa.net](mailto:stevescott@usa.net); [eagibbs2010@gmail.com](mailto:eagibbs2010@gmail.com)**

Visit [www.eatsmallpotatoes.com](http://www.eatsmallpotatoes.com) to find out more about Small Potatoes Mobile Kitchen as well as Soupscriptions. You'll also find them on Facebook. (recipe for Cock- A- Leekie on page 6)

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## Cock- A- Leekie

One 5.5 - 6 pound fowl or rooster, or two 3.5 - 4 pound broilers with all the giblets except the liver and 1 veal marrow bone

8 or 9 large leeks

fresh thyme sprig or 1/2 t. dried thyme

10 black peppercorns (I just use a teaspoon)

2-3 t salt, to your taste

2/3 cup medium pearl barley, washed

4 - 5 quarts of water as needed

1/2 cup minced fresh parsley

(For color I add some diced carrots with the barley.)

Place the chicken, giblets and veal bone, if using, in a 10 quart soup or stock pot preferably non-reactive material.

Use the white bulbs of the leeks plus about 1.5 inches of the yellow green tops. Separate the layers and wash thoroughly under running water until all the sand is gone.

Slice the leeks diagonally into thick ovals and add to the chicken along with the peppercorns. Set aside a few of the larger but tender leaves in a bowl of cold water.

Add to the chicken with the peppercorns, salt and

barley - I actually add the barley, salt and leeks after the chicken has cooked an hour.

Pour in 3 quarts of water and bring to a boil slowly. Skim top as needed. When the soup is clear, cover the pot loosely and reduce to a very low but steady simmer.

Cook the soup all together for about 3 hours or until the meat falls from the bones. The slow simmer is the key.

Discard the marrow bone, reserving the marrow to dice and add back to the soup.

Discard the giblets and thyme sprig. Remove the chicken and discard the bones and skin. Shred the meat into spoon size pieces.

Skim the fat off the broth (I often chill the strained broth so I can remove the fat more easily).

Thinly slice the reserved green leeks to add in as well as the shredded chicken. Bring the soup to the boil, reduce the heat and simmer gently until the green leeks are tender.

Stir to keep the barley from scorching. Add the parsley and adjust for salt. Serve in heated bowls. When reheating this soup from cold, heat slowly as the barley scorches easily.



# Cozy Energy Star Homes in Sunset Hills

*By Jo Rainey Tisdale and Kathy Lautermilch*

Can an older home be cozy in the winter and comfortable in the summer? Can an older home be Energy Star rated? From our experiences my neighbor Kathy and I say "yes!" The home must be well insulated and the holes must be sealed. We each had our homes tightened up by Energy Reduction Specialists (ERS) of North Carolina. I had my house done first and I was so convincing when telling Kathy about what was done that she called ERS for a consultation. We are both pleased with the resulting comfort and savings and will tell you about our experiences in this article.

My house on Wright Ave. was built in 1924 and has one and a half stories, meaning that the upstairs does not cover the whole of the downstairs. When we bought it in 1984, it had storm windows upstairs. We added storm windows downstairs as well as having insulation blown into the lower attic. The kitchen sticks out the back of the house and has an attic over it which is accessible through a door from the small sewing room. There is also an upper attic accessible by a hole in the ceiling of the sewing room. The house has a very steep roof, and this attic is small and under the upper part of the roof. Even at that point I knew the value of insulation, so we added what was standard for the time.

The kitchen tended to be cool, especially in very cold weather. When we had it painted and some repair work done in the early 90s, we also had insulation put under the floor which is over a crawl space. This helped a lot. However, it was still drafty. Part of the problem was that the new dishwasher was a bit smaller than the old, leaving a gap along the cabinet edges. My handyman blocked the drafts as best he could.

By 2010 I needed to replace my air conditioning unit and this eventually led to my wanting to make my house even more energy efficient. My concerns about the environment had greatly increased. After all, the house did have some insulation and was fairly comfortable. I soon found out that the standards had changed and there was a lot more I could do. My heating and air conditioning (HVAC) guy convinced me to upgrade to a heat pump instead of just a new air conditioning (AC) unit. I use it for heat downstairs as long as the outside temperature is above 40 and I do not need heat upstairs. For total house heat I still have radiators heated by a boiler. One unit serves upstairs and downstairs. Although I know many people have switched out their radiators, I like them. After coming inside when it is really cold outside, you can always sit on them for an instant warming up. A separate AC unit cools the upstairs.

I came across Gary Silverstein and his company Energy Reduction Specialists of North Carolina (ERS) while researching ways to save energy. Gary used to build energy efficient houses. After the recession hit and that market dried up, he turned his considerable skills to making older homes more energy efficient and started this new company. Gary and his team went over my whole house and found many, many leaks in the process of doing an energy assessment. They took over 100 pictures which served as their "to do" list, explained things as they went around the house, and came up with a detailed plan to seal the leaks and add additional insulation. The plan involved four days of work. I chose to have the caulking, air sealing and some insulating done that fall (2010). The next year I had the rest done: adding insulation under all the floors, installing a vapor barrier in the crawl space and blowing more insulation into both attics.

Among other things during that first two days ERS thoroughly insulated the stair well going down to the basement, pulled out the stove and dishwasher and sealed holes behind them, caulked everywhere it seemed like, installed weather stripping around the doors, took off the AC vents and caulked around them, put insulation behind the electrical outlets and light switches, put rigid insulation on the attic wall next to the sewing room, and insulated the back of the door into the attic. Since it was November I could feel a difference as soon as they finished. The kitchen was no longer so drafty. After they installed a cover over the attic fan, I could feel that the upstairs was warmer. The whole house felt more comfortable.

Compared to my energy costs from the previous year I saved \$436 during the (2010-2011) season. Some of this was due to using the heat pump in the fall and spring, but a lot of it was from sealing all those leaks. I had the rest of the work done in July 2011. A month later my daughter and granddaughter moved in with me. When it got cold that fall, I had the heat on upstairs the whole time. This made it impossible to calculate the savings from all of the work that was done. Never the less, I am sure the savings have been considerable. In our area of North Carolina our highest energy costs and, therefore, potential for savings are for heating, but all this insulating and caulking helps with cooling costs as well. According to the people at Energy Reduction Specialists, heating and cooling account for about 60% of the total utility bill. I just opened "My home energy Report" from Duke Energy. It ranks my home as being among the most efficient in my area for December 2014.

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The folks at Energy Reduction Specialists have done careful research on the savings clients realize from the work done. They want to be accountable for the work they do. Homeowners generally see a 20% – 35% savings in their energy bills. The draftier the house is to start with, the more savings will result. All those little leaks added together amounts to leaving a small window open year round.

I had read that insulating electrical outlets was important and had even bought some of the foam pads. However, I never made time to apply them. When the technician was installing them, he said he could feel drafts from several of them. He also caulked around the edges, something I would not have done if I had ever gotten around to putting the things in. He emphasized that sealing the little leaks really does make a difference. In fact, according to the folks at ERS, insulating and air and duct sealing are more effective in preventing heat loss than replacing windows and, generally, cost less.

Kathy's report follows here: "I have a 1920's bungalow home, and converted from radiators some time ago to a heat pump/AC for the upstairs, and gas/AC for the downstairs. This allowed me to control my heating/AC quite a bit but I still had uncomfortable rooms. ERS came to my home to do an assessment and did the "blower door" test first. (All windows and doors (except one) are closed and the air sucked out of the house from one opening in a plastic sheet covering the one door. With few leaks the number associated with the tests is low and with more leaks the number is higher. The same test is done after the work to compare the results.) After evaluation, the men from ERS spent 5 days sealing, caulking, insulating, etc. On the second day, I was surprised to find that my house was quieter - a nice bonus. It has not yet been a full year since the work was completed, but I have been delighted with how much more comfortable my house is. All the rooms heat up evenly, I no longer use an additional heater in my living room, and I am seeing savings on my gas and electric bills. Since I had the blower door test done both before and after getting the work done, my home qualified for a "Home Performance with Energy Star" certificate. It comes from a voluntary partnership sponsored by the U. S. EPA and U.S. DOE. Now I have an Energy Star home, just like my refrigerator! I received a statement from Duke Energy indicating my home is very energy efficient."

Kathy and I both highly recommend getting this work done and we recommend that Energy Reduction Specialists to do it. They are very knowledgeable, efficient and effective. Clearly they know where to look for leaks and what to do about them when they find them. Plus they are pleasant to work with and clean up afterward. They are listed in the Sunset Hills Neighborhood tradespeople recommendations.

## *Herford says* **Attention: All Cats & Dogs!**

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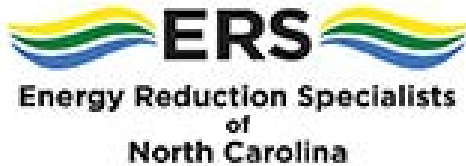
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## Neighborhood Meeting

March 19, 2015

Heart Healthy Hills

7 p.m.

First Christiam  
Church

## Greensboro Neighborhood Congress Report for December 2014 and January 2015

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, etc.) that was formed in 2003. GNC no longer has paid staff support and has operated as a totally volunteer organization during the last year.

SHNA is a member of the group and currently has two representatives: Mike Pendergraft and Gerry Alfano. According to the GNC bylaws, SHNA is entitled to 3 members, so there is an open position. GNC meets every month at the Central Library on Church St. either on Thursday evenings or Saturday mornings. For more information on GNC, go to the website, [www.greensboroneighborhoodcongress.org](http://www.greensboroneighborhoodcongress.org).

### December

In lieu of a regular meeting, GNC hosted its annual holiday dinner on Thursday, December 11 at the College Park Baptist Church on Walker Ave. This is an annual event for neighborhood representatives and guests. City Council representatives Marikay Arbuzuaite, Jamal Fox, and Nancy Hoffmann attended the dinner.

### January, 2015

The guest speaker for the January 10th meeting was **Melanie Neal**, Acting Director and Operations Manager of **Guilford Metro 911**. She described professional procedures of over 92 Guilford County staff who yearly answer over 800,000 **911 emergency and non-emergency calls**, make quick professional decisions based on each caller's situation, and immediately pass information to local emergency medical services, our county sheriff's office, city policy department, city fire department, or emergency responders in adjoining communities. There is no charge for **911** calls except after deliberate misuse. Citizens are asked to call **911** promptly, whether experiencing an emergency or to report suspicious behaviors observed.

In each case, the caller is asked **where and what type** of help is needed, the caller's **phone number, and situational specific information** (weapons/drugs/etc.), all of which helps determine the most appropriate and expedient assistance. Cell phones do not automatically supply exact locations so **911** dispatchers must ask the caller. **911** now offers **text input**, especially beneficial to the hearing impaired or in situations where the caller cannot safely

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speak. But response to text messaging is not as fast as dialing **911**, is limited to 160 characters, can't transmit photos, and provides no location information. If you employ an alarm service, advise your service to call **911 first** because burglaries are often accomplished in 3-4 minutes.

All calls to **911** are recorded but some information later can be redacted. **911** dispatchers can communicate in the 5 most common locally spoken languages. Currently there are 10 Guilford Metro 911 staff vacancies accepting applicants 18+ years of age with no felonies, able to type 35 wpm, and skilled in stress management and multitasking. Salaries begin at \$30K/year plus excellent benefits. For additional information, call Melanie Neal at 336-373-2646 or [Melanie.neal@greensboro-nc.gov](mailto:Melanie.neal@greensboro-nc.gov). We might consider a request for a presentation about **911** at a neighborhood meeting.

The presentation by the Ms. Neal was followed by committee reports. **Jack Zimmerman, Treasurer**, reported that as of December 31, 2014 GNC bank accounts have a checking balance of \$203.40 and savings balance of \$259.37 for a total balance of \$462.77. GNC does not have a regular source of income and depends on donations.

Elections for open positions on the Executive Committee will be held at the February meeting. The February meeting is on Thursday, February 12, at 7 pm at the Nussbaum Room of the Central Library..

## All Electric Journey to the Territory!

*By Robert Sterling Gingham*

Last May, before heading to Illinois to hear my son's recital, we made a momentous decision. Having driven that far already, why not take some time off and seriously light out for the Territory? The last time I'd really seen the West in its glory was before the Beatles began recording "Abbey Road."

For the past two years I'd been driving an all-electric vehicle. I'd named it Iceless since it had no internal combustion engine. With the prospect of a journey into the alien hinterlands, I felt a dangerous, irresistible urge to test it out. A few months before we'd driven it to Savannah, recharging en route in Lumberton and Santee. 30 minutes charge (free, the car was charged, not us) gave you an additional 170 miles. Rest, snack, look around a bit. Then return to a fully charged, 265-mile capable car with no exhaust.

What was exhausting was the worry about running out of power, maybe in the deserts or Badlands. We soothed the "range anxiety" by making extra charging stops. That trip would eventuate in more than one month and 9,000 miles of travel.

05.22.2014

I've always wanted to view Meteor Crater, a gargantuan bowl in the earth 700 feet deep and more than 4,000 feet across...all from a meteorite that pierced this rocky plain about 50,000 years ago. The actual size of the iron-nickel meteorite or dense cluster of them has been estimated at only 150 feet in diameter. Trust me, this place has manna. When you walk to view or photograph, either on the parapet at a level with the rim or another view, 30 feet or so higher, the winds here over the plains and bowl-shaped cavity are fierce indeed! Today they were clocked at about 63 mph and have been recorded at 95 mph. That's why I held fast to the rail with one hand, to my hat with another, and bent with the



wind to minimize possible impact of my camera's lens barrel should it sweep with a will of its own into rail or stone.



05.23.2014 | Sedona, AZ

Orange and sometimes blood-red sandstone here in Sedona as well as in Arches National Park and many a post-Moab site. The spirit of Antonio Gaudi has been playing in the sandbox of northern Arizona. We took a birthday biplane cruise over the Grand Canyon today. Didn't have much hope for visibility after fire has consumed so many thousands of acres of woodland in the Flagstaff area. Human agency, of course...the pyre started in Slide Rock, AZ, and



haze has obscured the usual visibility. But winds caused by desert, heating sun, and low humidity can make for “pockets” of clarity, one of which we explored while flying over the eastern part of our 37-mile exploratory stretch of the Canyon.

Our pilot was a wag. Very sharp, amusing, and informative. He told us the fire was doubling in size daily and that only about 5% has been contained. 20-mph desert winds do not help. All manner of animals, including some bipeds, are leaving their natural refuges. Some parts of 89 have been closed off, so we had to take a different route via 17S and 179 yesterday. Today we saw the landscape of fire, smoke, and old forest burnings. The small Sedona airport has been co-opted as the emergency fire-control center, with many planes and maintenance vehicles/

crews coming here now. In Phoenix (am guessing on airport here) a DC10 loads up repeatedly to drop payloads of 2,500 lbs. of fire retardant into the conflagration.

05.28.2014 | La Quinta, CA

Today we explored this fantastic old 1920's hotel with its authentic Spanish architecture, miraculously and extensively manicured bougainvillea and gardens, jacaranda and oleander. We also dined at two authentic Mexican diners: El Maxicali for lunch and Garibaldi Plaza for dinner. The large shrimp and seafood cocktail at Mexicali was almost more than I could eat, though I ate all and even sucked down most of the delicious ceviche-briny liqueur. For dinner we had “quail”—really Cornish game hen but with annato, peas, Spanish rice, refried beans, cilantro, lime, lettuce, tomato, and a wonderful fowl jus that jus' hit the spot. Our Mexican room cleaner, Esmeralda tells me that Garibaldi Plaza has the best authentic Mexican food around here. In nearby (15 minutes) Coachella Garibaldi has hand-made corn tortillas, topped with cilantro, onion, lime. She recommends the goat meat and pozole. But when we arrived late tonight we could see no goat on the menu. The “quail” dish, however, was absolutely superb. This place gobsmacks you with its savory authenticity.

In May motorized tourists descend in hordes upon the regions surrounding Moab. But by December the tourists are but a trickle compared to the spring and summer droves. A good time to be there. In Desert Solitaire Edward Abbey rightly notes that his pleasure is greater in contemplating the natural world “if there are not too many others contemplating it with me, at the same time.”

So seven months later I returned to the glorious realm. This time I flew out with an old friend. We'd been talking about taking such a trip for a half-century or so, and I hadn't gotten nearly enough of the red Martian sand and weird sandstone monoliths surrounding Moab, UT. We hiked to Delicate Arch and later drove our rental car, a 4-wheel-drive Ford, way down onto the canyon floor. Such silence, stillness, and immemorial beauty. I have to come back before the year is done.



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## Sunset Hills is Alive with the Sound of Music

By Kristy Jackson

If you happened to have been watching the Country Music Countdown on Dec. 15, 2014 on Fox TV, you might have seen Reba McEntire accepting the first ever Nash Icon Award. Country music artist Miranda Lambert and former American Idol winner and pop sensation Kelly Clarkson paid tribute by singing excerpts from three of Reba's most famous songs. One of those songs was "Take It Back". I wrote that song. It's true. I wrote and published one of Reba's most iconic songs back in the 90's.

I am fortunate to have been able to make a living with my music for many years. For years I commuted back and forth to Nashville and garnered more "cuts" by various artists on Giant Records, MCA and Universal Records. My most powerful song was written in the fall of 2001. I wrote a song called "Little Did She Know (She'd Kissed A Hero)" inspired by the heroes of Flight 93 on 9/11. Jack Murphy from WKZL played my work tape on the air. Within 2 months, 200 radio stations had downloaded the song and it was the #1 most requested song on the largest radio stations in New York and other major markets. I eventually pressed a single CD and sold them in every state of the US and 17 countries. Donating all royalties to charities, I raised over \$30,000 for 9/11 charities.

I feel so fortunate to have been the last generation of songwriters who were able to make a living writing music. Sadly, with the arrival of the Internet, illegal downloading became prevalent cutting into a songwriter's income. Digital streaming (spotify, Pandora) have also reduced royalties to percentages of a penny as people don't feel inclined to purchase music anymore. For example, I'm sure you're familiar with "Happy" written by Pharrell Williams. He made only \$2700 in songwriter royalties from 43 million airplays on Pandora alone. Yes, you read that right.

Seeing this trend coming down, I went back to school, got my national certification in medical coding and put plan B into place. As of today, I'm the office manager for a 130 patient out-patient opioid treatment facility. Am I still writing songs? More than ever! I just finished collaborating on a film score for a film due out later this year. I recently collaborated with a member of the Greensboro homeless community and wrote a song called "So I Write" included in this year's "The Healing Blues" project, a fundraising project for the Interactive Resource Center (IRC). I've written a song, "I Can't Drink The Water" raising awareness of the necessity of clean water in West Virginia. It will be included in a box set including artists John Gorka, Kathy Matthea, Jon Veznor and will be released later this year. And I have the title cut, "Shine" for pre Grammy nominated band, Nu-Blu, being released in November 2015. You can read about all my musical adventures at my website: [www.kristyjackson.com](http://www.kristyjackson.com)

I live with my husband, Bobby Kelly, who's also a musician, on West Market Street and have been a member of this awesome Sunset Hills community since 2001. My studio is on the second floor with command central in the dormer overlooking West Market. I fondly call it the cockpit. So if you're driving along West Market St. and you see a light on in the cockpit and a shadow, honk your horn. There's music and hopefully a little magic being made up there!

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## Lindley Elementary

By Palmer McIntyre

Lindley Elementary has grown and has 525 students! This is a reflection of our outstanding teachers, staff and PTA, who work together to create a wonderful community of learning for our children. As families with young children consider school options, please consider Lindley Elementary! There will be tours this spring for rising kindergarten families. Register early to help school officials plan appropriately.

News updates from Lindley with ways for neighbors to help:

### Denim Recycling Project

Lindley's Energy WISE team is kicking off an exciting program called "Blue Jeans Go Green". This program recycles denim into insulation that is distributed to help communities in need; some of the insulation is used in Habitat for Humanity houses. Anything made of denim and any color denim is okay. It can be torn and have buttons or zippers (these will be removed when made into insulation). Items can be dropped off at the Northridge Street entrance at the school, or at 622 Scott Avenue.

### Box Tops

Lindley earns dollars from box tops! Please clip any box tops and Labels for Education to support the Lindley PTA. These can be dropped off at school. Our next deadline is February 20th.

### Beautification

Interested in gardening and plants? Lindley could use your help with campus beautification. We are promoting an "Adopt-a-Spot" program where you could adopt a small area to focus on. This could be our small butterfly garden, our courtyard, our blueberry patch, the Northridge Street circle and more. Please contact Palmer McIntyre if you might be interested. Sunset Hills residents are also welcome to join our Lindley Garden workday on February 28th (rain date March 7).

### Become a Learning Buddy at Lindley

Many students benefit from one-on-one reading or tutoring in math. You can help make a difference for eager children who need a little extra help. Here are some ways to help:

- You can be a "Reading Buddy" by reading with a child 15 minutes once/twice weekly.
- You can be a "Learning Buddy" by tutoring a child or children for 30 minutes weekly/biweekly.
- You can be a "Lunch Buddy" by joining a child for lunch weekly or biweekly.

All activities occur at Lindley and will be coordinated in cooperation with our classroom teachers and our guidance counselor, Jackie Mason. Please contact Anna Taylor (annataylor02@gmail.com) if you are interested in participating. Your gift of time and care for a child can have an impact for a lifetime!

### Long Walk to Water Project

Last spring, Lindley Elementary students raised more than \$5,500 to sponsor a well in South Sudan. The well is on schedule to be constructed sometime between now and May of this year. We will receive a picture and updates when this happens. Thanks to all the Sunset Hills residents who supported this project. Lindley students learned so much about the needs of others while working on this project.

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## Crime Prevention Tips:

*By Doug Thurbon*

1. If a person knocks on your door, don't pretend you're not home. They may be looking for empty homes and go around back and break in while you are home. I would advise calling out that you are on the phone and you are not interested. Or look out the window while holding your phone, as if you are talking with someone, and call out that you're not interested.
2. Report all crime! If you find that someone has gone through your car or garage, even if nothing is missing, report it. This allows the police to track trends in the area and then shift patrol resources to those areas. We have to help the police help us.
3. Report suspicious activity in the area. If you see something suspicious call 911 or the non-emergency number 373-2222. The police will not come to your house if you don't want them to, but they can still drive by the area to determine if the activity is legitimate.
4. Animal Control is available 24/7. There may not be an active Animal Control officer on the road 24/7 but there is always one on call. The dispatcher can always call one to an incident.
5. It is recommended that you keep shrubbery cut to below your windows. If a bush is hiding a window it can provide an area prime for thieves to hide behind while breaking in.
6. Several homes broken into this year had alarms systems that were not turned on.
7. Several cars were stolen this month when people started their cars and went back inside while the car warmed up. When they went out to leave, the cars were gone.
8. Most cars broken into are either left unlocked or have goodies visible through the windows.
9. Two homes within two miles of Sunset Hills proper had attempted entries with people home. Keep your doors locked even while you're home.
10. Officer Rosann Talbert is our Central Division Community Resource Officer (office number 373-2658). Call 911 for any emergency.
11. Central Division has boxes and boxes of reflective vests they want to give away. They are great for walking safely or riding a bike. Give me a call and I'll work out getting you as many as you want. (Doug 336-564-5142) or email me (dougkaren@att.net)
12. It's cold out. At our resource meeting the resource officers emphasized that in the winter months we should be sure to lock up our cars or we might find a homeless person seeking shelter in a car.
13. Leave a radio or TV going when you're away.

### **Things actual burglars have told police:**

1. Yes, I do actually look for piled up newspapers to see if you're away (Ask a neighbor to pick up your papers while you are away.)
2. I have left flyers on your door and come back to see if they are still there
3. When it snows I look for foot prints or tire tracks in your driveway. (if you're away get a neighbor to pull up into your driveway and walk around the property while you're gone)
4. If you don't answer when I knock on your door. I then try the door. If it is unlocked I'll come in.
5. If I see mail overflowing from your mailbox I know you're away. (Tell your letter carrier to hold your mail.)

Note: There are amazing new security systems available that just 2 years ago were not available. Some even have pan around cameras that you can control from your smart phone to check on the house and your pets. If you'd like to talk about what is out there you can call or email me.

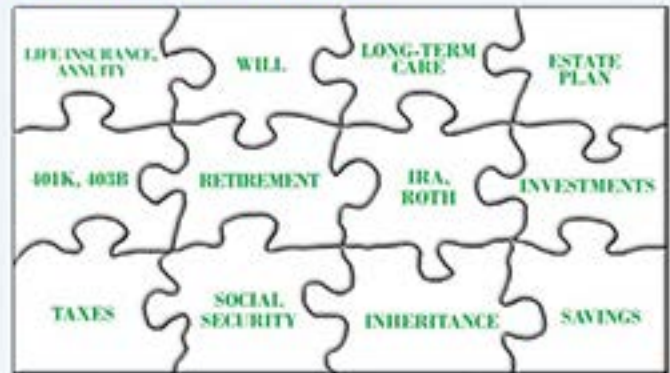


## Are All Your Financial Pieces Working Together?

With the New Year, now is a good time to review your overall financial situation ...

- Is your retirement plan on-track?
- Are your investments keeping pace?
- When was the last time you reviewed these documents?
- Financially, would your spouse know where things are?
- Is your advisor asking these tough questions?

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## Sunset Hills and Friends make Lighted Christmas Balls



The Shine the Light on Hunger project was a huge success. The last load of food was delivered and the total pounds is 11,208 and the total dollars including the Running of the Balls is \$42,190.



## Sunset Hills and Second Families

by Carlee Dempsey

In 1996, Kayne Fisher and Chris Lester opened Old Town Draught House on the edge of their alma mater's campus. Recent UNCG alumni, running their first place, the pair never imagined they'd be living right up the street as next-door neighbors. Over the next 19 years, Kayne and Chris would open two more draught houses, Natty Greene's Brew Pub downtown in 2004, buy a plot of land, and build neighboring homes for their growing families in Sunset Hills. This is when the Lesters and Fishers officially became my second family.


As a teenager in Sunset Hills, there was never a lack of babysitting opportunities; between my brother, the Jenkins, and the McLardys, I had my hands full. Then I met the Fisher and Lester kids and my summer weeks instantly became filled with early morning walks to the park, bicycling races down Pinecrest, movie nights cuddled around kids and pups, and eventually (second) family reunions. By the time 2010 came around, I was content with being a full time babysitter, but in August college called and I moved to Wilmington, NC. Little did I know that one day, Kayne and Chris would give me an opportunity for which I will never be able to thank them enough.

Four years after entering college, I moved back to Greensboro, dog and boyfriend in tow, to start my first post-grad job at Natty Greene's Brewing Co. After "getting my toes wet" for about a week, I dove headfirst into my dream job. Craft beer and socializing are my forté so PR (public relations) came naturally at Natty's. The next step was rediscovering Greensboro as a young adult sans curfews and age limits. Our first and favorite "discovery" was the Tasting Room at Natty Greene's Brewery on Lee St, called the Bunker, which is also my office during the week. Just a few blocks from my house the Bunker quickly became our Friday night hangout. As a hidden gem, it's a place to reconnect with old friends, meet new ones, and let them get a "taste" of what I do. Not only am I able to spend my evenings trying new and different craft brews but I have also become part of a growing company. The part of my job that I truly enjoy the most is planning events that bring my neighborhood and the brewery together.

In Sunset Hills, live music, 4th of July in the park, the Running of the Balls, Pig Pickin's, Easter egg hunts and cook outs are just a few of the things that bring us together. I have learned over the years that old school values are what make Sunset Hills such an amazing place. The neighborhood has provided me with lifelong friendships, second families and my dream job. I am beyond thankful to have returned to the place I call home.



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## Festivus for the Rest of Us!

*By Kevin Prufer*

For those who have not participated in our Festivus celebration's Airing of the Grievances, let me explain who we are, what Festivus is and how and why we celebrate it.

We are the Prufer/Hall/Macchia family on Berkley Street. We moved to Sunset Hills about 9 years ago. We are a blended family with 4 sons and a daughter ranging from 30 years old to 20 years old. My wife's parents are from the Bronx and transferred to Greensboro about 40 years ago. We all enjoy the sitcom Seinfeld. Not every time, but it seems that just about every topic we talk about we can relate to a certain Seinfeld sitcom episode and laugh.

Festivus is a holiday that Seinfeld's character Frank Costanza invented when he was "reigning blows on another man" who had taken the last doll from the shelf that he wanted to buy for his son, George, for Christmas. Frank felt that there had to be a better way to celebrate the season, so Festivus was born!

Festivus is observed on December 23rd. Instead of a tree, Frank decided to have an aluminum pole as the decoration that he keeps in the crawl space. He found the Christmas tree's tinsel distracting so the pole requires no decorations. There is a "Festivus Feast" where the "Airing of Grievances" takes place. You may tell all there "how many ways they have disappointed you" throughout the year. The holiday ends when the "Head of the Household" is pinned in what's called the "Feats of Strength".

I have always enjoyed decorating the outside of our house for Christmas. We do not put lighted orbs out yet as our trees are not big enough to do so. In 2011, my lights were getting old and finicky, it was cold and I made a comment to my stepson, James, that I was considering putting a Festivus Pole out in the yard. His eyes lit up and said, "Do It!" almost as a dare! That was all I needed....

That year, I placed the Festivus pole in the front yard with a sign that read "Festivus for the Rest of Us". I was amazed how many times people would walk by and ask me to take their photo next to it, cars would drive by, honk and give the thumbs up. It amazed my family how much that pole resonated with people.



Then, one morning, we discovered about a dozen baggies were tied on the pole during the middle of the night. Our good friends, the Sandbanks, had written grievances directed towards our family. We saved those and during our Christmas dinner, we past them around and read them out loud; they were hilarious!

In 2012, I decided to expand the "Festivus for the Rest of Us" sign to give an explanation and history of Festivus so the neighborhood wouldn't think we were completely nuts. I also decided to give passersby the tools so that they could "air" their grievances as well. We also have made it a tradition for my father-in-law, "The Don" Nick Macchia, to light the Festivus pole after our Thanksgiving meal.

After we celebrate Festivus on the 23rd, we take down the pole and sign and place the baggies of grievances in a sealed box. The box is made with a small hand opening in the side. Ideally, we would read these during the Festivus Feast, but with our busy family, we usually wait until our Christmas dinner. The box is past around the table with each family member or guest getting to read one until they are all gone.

Each year we get more grievances. Some are funny ("not enough grievance boxes around town"), some are serious ("pray for the families of Newtown"), some are personal ("my sister is annoying"), some are a message to the community ("use your turn signals GSO people!"), some hurt ("sub-par construction of Festivus pole") (I will find that guy....) and some we just don't get (drawing of a bug). It doesn't matter, we take each one and try to get a laugh from it, take a moment to reflect on what is being said and more importantly, try to connect with what someone was trying to convey with their grievance.

That's it. We took something that we liked off a TV show, put it in our yard as a joke (to us mainly) and it has grown each year. We enjoy everyone who participates and hope that we don't offend or cause anyone grief when we post the grievances on the email list. We have enjoyed being identified as "oh, you're the ones that have the Festivus pole in the front yard". If you get a chance to watch Seinfeld's "The Strike", do it; it is one funny show. Thanks for airing your grievances, we hope more will join us this Festivus season and we hope 2015 blesses you and your family with many Festivus miracles!

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## Bones is coming to Greensboro

By Barry Miller

Do you watch the TV show *Bones*? Do you enjoy stories about forensic pathology? If so, or if you're just curious, you are invited to attend the April 8 Friends of the UNCG Libraries annual dinner featuring Kathy Reichs.

Kathy Reichs is the author of sixteen New York Times best-selling novels featuring forensic anthropologist Temperance Brennan. Like her protagonist, Reichs is a forensic anthropologist—one of only about a hundred ever certified by the American Board of Forensic Anthropology. A professor in the department of anthropology at the University of North Carolina at Charlotte, she is the former vice president of the American Academy of Forensic Sciences and serves on the National Police Services Advisory Council in Canada. Her own life, as much as her novels, is the basis for the long-running TV shows *Bones*.

Tickets, priced at \$60 for Friends members and \$70 for non-members, are on sale from Triad Stage, and may be obtained by calling 336-272-0160. If you want to attend only the presentation by Dr. Reichs, tickets are \$22. Proceeds support the University Libraries at UNCG. A wine reception begins at 6 pm, followed by a seated dinner. Those coming for the presentation only will be admitted at 7:40.

While it is perhaps the most visible event each year, the Friends dinner is by no means the only program or service offered by the Friends, who also enjoy checkout privileges from Jackson Library and the Harold Schiffman Music Library for as little as \$25 per year. More than 1 million books and a large collection of DVDs are available to be checked out.

Neighbors are invited to take part in any or all of the following Spring 2015 events, all of which are free except the Friends Dinner on April 8:

**Thursday, March 26:** Screening and discussion of Ivory Tower documentary film  
3:30 p.m. Elliott University Center Auditorium, UNCG.

**Wednesday, April 8:** Friends of the UNCG Libraries Annual Dinner with Author and Forensic Scientist Kathy Reichs.  
6 p.m. Cone Ballroom, Elliott University Center, UNCG. Fee. Tickets on sale from Triad Stage by calling 336-272-0160.

**Tuesday, April 14:** Presentation by Andrew Delbanco of Columbia University, "What is College For?"  
4 p.m. Virginia Dare Room, Alumni House, UNCG.

**Monday, April 20:** Friends of the UNCG Libraries Book Discussion - Ordinary Men: Reserve Police Battalion 101 and the Final Solution in Poland by Christopher Browning, led by Karl Schleunes of the History Department.  
4 p.m. Hodges Reading Room, Jackson Library 2nd floor, UNCG.



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## Membership and Treasurer's Report

As of January 25th we have 202 paid households. Many people took advantage of the envelope that came in the December newsletter. Dues are \$10. Our fiscal year goes from January to December, so dues are due now. Dues are for the current year only. Any additional amount is considered a contribution. 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 me, Emily Herman, 2512 Berkley Pl. 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 me at 275-6015 if you have any questions.

Thank you, thank you, thank you!

Many thanks to the following people who included contributions with their 2015 dues: Maureen O'Keefe & Paul Ashby, John & Charlotte Bernard, Jamey Presley & Phil Burlington, Chris & Sandra Canipe, Cynthia Carrington, Brigitte Chauvigne, George & Frances Cheek, Margaret Avery & Jerry Everhardt, Robert, Nancy & Kate Foster, Michelle Togut & Vladimir Goldenberg, Melissa Greer, Elaine Talbert & Ken Gruber, Janis Hammett, Bob & Sherry Harris, Linda Goolsby & Dana Harris, Bobbi Hoover, Bailey & Cathy Jordan, Kristy Jackson & Bobby Kelly, Charles & Mary Lewis, David Mingia, Bob & Evelyn Nadler, Buzz & Martha Newland, Wally & Martha Overman, Tom & Lisa Pickard, Henry & Donna Robinson, Grady & Brenda Scott, Margaret Sharpe, Joe & Barbara Small, Ron & Victoria Small, Carolyn Shankle & Moreland Smith, Michiko Stavert, Mac & Linda Stroupe, Maggie Jeffus & Ted Thompson, George Lancaster & Douglas Thornton, Patrick & Andrea Tierney, Jo Rainey Tisdale, Deborah Koper & Steven Truitt, Anne Beatty & Adam Wallace, Patricia Webb, Wayne & Gail Whitworth, Bill & Nine Williams, Elizabeth Hart & Winton Williams and James & Janet Windham.

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Thanks to the Sunset Hills Garden Club and the City of Greensboro, the Sunset Hills Park has a decorative wall facing Friendly Avenue at the culvert. This area has been an eyesore for many years. Until the spring of 2013, there was an ugly, rusted chain between metal pipes and unsightly weeds growing around them. As a result of the City Manager's walk in Sunset Hills in April, 2013, the area was cleaned up and the chain and pipes were replaced by the standard City of Greensboro handrail. The plans were to replace it with a wall that was more attractive and in keeping with the historical character of the neighborhood. Jackie Tanseer, past president of the Sunset Hills Garden Club, and her committee researched possible replacements and sources of funding. Jackie wrote a proposal for a grant from the Neighborhood Small Projects Program which was funded by the City of Greensboro in 2014. It has taken several months and lots of follow-up by Jackie, but we finally have an attractive wall and railing.



Before and after. After photo is shot from the back. Check the front when you drive down Friendly... it does look quite good. You will be surprised that the other side of the cement is pretty rock.

**This month's newsletter was formatted by Carole Lindsey-Potter. Thank you, Carole!**

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