



Sunset Hills March 2019

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

A Message from the President

By Scott Michaels

Spring is almost here! It's been an interesting winter in Greensboro and most of us -even those like me who love winter- are ready to move on to Spring!

The daffodils and crocuses are already up across the neighborhood. Soon the azaleas will be blooming. Our neighborhood will be popping with more color and truly at its most beautiful. It will be such a pleasure to enjoy it while walking the dog or just strolling around the 'hood.

There are a lot of activities coming up. Cindy Ramsay and Judy Villella are hard at work on the Easter Egg Hunt planned for the Sunset Hills Park on April 13. Watch the Listserv for details! We are also tentatively planning out next Neighborhood Association Meeting for Tuesday, May 14th at 7:00. Again, please watch the Listserv for confirmation and details.

Speaking of the listserv, some board members are investigating platforms and tools to make it more user

(continued on page 3)

Sunset Hills Neighborhood Association Board of Directors

President

Scott Michaels scottmichaels100@gmail.com

Vice-President

Open

Secretary

Cindy Ramsay

Treasurer

Elaine Brune sunsethillsgsonc@gmail.com
Mail dues to: 2504 Sylvan Rd.

Neighborhood Watch

Mary Schwarz 720marybeth@gmail.com
OPEN

Neighborhood Watch / Block Captain Coordinator

Elaine Brune (South of Market) sunsethillsgsonc@gmail.com
Jerry Pifer (North of Market) jpifer@earthlink.com

Transportation Committee Chair

Gerry Alfano mtisdel@att.net (336)272-3512

Social Events

OPEN

Event Coordinators

Easter Egg Hunt -

Cindy Ramsay
Judy Villela

Fourth of July - Open

Halloween in the park -

Michael Driver michael@yourhometriad.com

Annual Pig Pickin -

Gary Rogers grgrlr@mindspring.com

Environmental Affairs - OPEN

Garden Club Representative

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Jerry Pifer jpifer@earthlink.com

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>. 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 2019 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.

(continued from Page 1)

friendly. The current technology is dated and no longer supported by Yahoo. We would love any input or suggestions you may have for improvements. We are also working to restore and update the Tradesman List that so many people find valuable. I also want to thank Robin Timmins for all her work on the Tradesman List in the past and thank Adam Graham-Squire for taking on the listserv management and doing it so well.

We would also love to have some new members on the board. Cindy Ramsay (Thank you, Cindy!) just volunteered to take on the role of secretary, but we have some additional Open Board positions. We would really appreciate some volunteers take on the roles of vice president and social chairman. We are also looking for someone to head a committee to develop suggestions for improvements to the Sunset Hills Parks. Please contact me or any board member if you are interested.

I also want to thank Marlene Pratto and Carole Potter, who do a terrific job of creating this publication. This newsletter is entirely created and edited by volunteers in the neighborhood. It's an act of love to get it out each time it's published. It is not produced or out-sourced to a media company as are some neighborhood newsletters in the area. Let's help our volunteer editors out by trying to keep the newsletter positive. The newsletter content is meant to be limited to non-opinion based, non-controversial, non-political, positive information about the neighborhood. It's meant to be a place to share good news. We have more leeway on the listserv to discuss issues where a dialogue can be carried out. We never want to decline articles for publication or appear to not allow residents to express their concerns. However, sometimes we do need to encourage topics be broached in a more open forum than this newsletter. Still, we want your articles!!!

Enjoy your spring in our beautiful city and neighborhood! I look forward to seeing you at the semi-annual Sunset Hills Neighborhood Association meeting in May!

Rates for 2019 Newsletter

Advertising

\$20- biz card size

\$40- 1/4 pg (3.75 x 4.75)

\$80- 1/2 pg (7.5x4.75)

\$160- full pg(7.5x9.75)

Add \$10 if your dues are not up-to-date. Contact Carl or Marlene (see Newsletter Team on page 2) to arrange for an ad. Then send your check to Elaine Brune, address on page 2. Thanks to our advertisers for helping to offset the cost of this newsletter.

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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My Neighborhood

By Melanie Rodenbough

Twenty-five years ago we moved into Sunset Hills. Although we have no plans to leave, a quarter century merits marking – and in my case, an expression of gratitude. It has been one of the great blessings of my life to be a part of this neighborhood.

Being firmly planted in one place for twenty-five years is remarkable in today's world ... all the more remarkable when you are lucky enough to have been planted in such a lovely place. When I say lovely of course I mean the towering trees and the blooming gardens, the gently rolling hills and the glowing sunrise over my east end of the neighborhood, the blazing sunset opposite.

But I also mean the people, our neighbors. What creates a neighborhood is, after all, neighbors.

It is a special joy to be among some of the same neighbors who were here when we arrived. We knew we had made a good decision when swarms of kids greeted ours in our first few days. Like us, many of their parents have stayed after the children have grown and gone, the days of PTA and sports carpools behind us.

While we are not as diverse a neighborhood as we might be, I treasure the variety of people with whom we share these streets. Expansive colonial and Tudor homes built in the 1920's and 30's sit side-by-side or back-to-back with bungalows and brick ranches, no impediment to friendships.

We are also gifted with both traditional and non-traditional families and a predominately tolerant outlook. It's a joy to see seniors who can stay in their homes long past retirement, as well as to celebrate with the young neighbors who proudly affix pink or blue bows to their doors. The toddler becomes the standout musician or lithe dancer, the shy girl blooms into the prized babysitter, the rambunctious little boy is soon behind the wheel picking up his friends. Then they fly away to college or jobs or other adventures. And we lucky neighbors get to enjoy it all.

Opposing political signs and bumper magnets are largely forgiven if not forgotten, because what are they compared with the value of good neighbors? Neighbors that show up with the casserole, bring home the wandering pet, share divided spring bulbs, wave from the car, pitch the newspaper up the sidewalk, inquire about the sick dog or the elderly parent or where are the grown children and how many grandchildren do you have now or how's the renovation coming along ...

Walking through the neighborhood stirs many fond memories of our children and friends streaking up and down the streets in packs on their bikes or running through yards playing kick the can or touch football. I can still see kids piled in the old red fire truck in the 4th of July parade – now it's a pick-up truck or a boat, but it's the same concept.

One night one of our son's buddies startled us by showing up at 11:00 p.m. on our porch peering with a flashlight through our windows ... to see if he left his ball glove in our house. In the next block is a house that always had power when most of us were in the dark and cold. Those good folks graciously invited a gang of teens to stay there after a particularly eventful snow, hardly complaining when our kids ate them out of house and home.

Speaking of winter storms, there is no more beautiful sight than the neighborhood park tree canopy draped in new snow. I think of snow too when I drive by Lindley School with its steep little hill out back or pass by the top of the Tremont hill at the intersection with Madison, site of historic sledding adventures. Parents at the summit huddled around a trash can fire and others posted at the bottom to stop errant sleds or cars that dared try to drive through. And more recently the Running of the Balls and concurrent food drive spread holiday cheer throughout our community.

How lucky we are to have central parks as gathering places. And lucky too to have the playgrounds and stream with the occasional pair of mallard ducks cruising by, looking for a place to nest. I recall my little ones in their

(continued on Page 6)

boots exploring that stream and coming home soaked and splattered with mud. I look forward to introducing my granddaughter to those same joys.

Houses turn over and we watch what each new family re-makes, commiserating over our shared experiences with "This Old House." Wet basement? Check. Cranky doors and windows? You bet. Critters in the attic or basement? Yep. Sunset Hills is quite the economic activity generator for contractors and other service providers!

Sometimes jobs or other circumstances don't allow neighbors to stay put for long years. We who can are fortunate. And of course no neighborhood is perfect. We all note with annoyance the errant beer can tossed in our yard, the dog poop left behind, or the too-loud music - as well as the occasional more serious infraction.

But all in all, I can't think of anywhere else I'd rather have spent twenty-five years (and counting) than here, in Sunset Hills ... My neighborhood.



Morky the Yorkie!

by Terry Rader, contributing writer for Yes! Weekly

It was spring on Kensington Road in Sunset Hills where I first met Morky the Yorkie. I was pruning my client's rose garden when I noticed this energetic little ball of fur bouncing down the sidewalk with her person in tow. Being an avid dog lover, I couldn't help but smile at the distraction of watching her headed my way. As she got closer, she saw me and demanded that her Mom, Betty Smith, cross the street. As small as she is, she still showed a lot of strength in pulling her Mom up the steps to say hello. When Betty got to the top of the steps and at the end of the 16' retractable leash, she exclaimed, "I've never seen her that excited to meet anyone before!" I laughed and replied, "Oh, I get that all the

time, animals love me and I love them. My friends and clients call me the dog and cat whisperer and tell me they want to come back as one of my pets in their next life."

Morky was one of the first dogs I began pet sitting for eight years ago due to the way she responded to me in my former home and garden business. Today, her Mom and I are happy to see her doing well after a recent health challenge that had us all worried. Morky, who is now 8 years old, has had her share of being sick just as any older dog has, but she has an inner resolve to bounce back. Morky got better with Dr. Christine Hunt of University Animal Hospital's veterinarian care, medicines, and her approval of the Reiki sessions I gave Morky to help comfort her. Of course, her Mom's undying love and patience played the most important part of her recovery.

Morky was adopted as a rescue with a suspected history of abuse because she was afraid of brooms and men in hats, but with lots of love and care, Morky has become a wonderful companion who likes to dance when you say "walk pretty" as long as she is rewarded with a treat in return for her performance.

I am forever humbled and amazed at the never-ending love that dogs have for us regardless of their circumstances. How amazing would our world be if we were all as forgiving as dogs are?

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see lots of dog/cat clients on Facebook, references on request (on SSH listserve)

Make Your Sidewalks Safe

It's time to inspect your sidewalks and make sure that they are clean and safe. You are responsible, as a homeowner, for all the sidewalks that adjoin your property. This includes any sidewalk that borders your property, including side or back yards. If there is vegetation covering or obstructing the sidewalk, you need to remove it. If there is dirt on your sidewalk, you need to remove it. If there are leaves on the sidewalk, you need to remove them as leaves become very slippery when it rains. Decomposing leaves are unsightly and causes more rapid deterioration of the sidewalk.

You also need to check to make sure that your bushes and trees do not block the sidewalk. There needs to be at least an eight-foot clearance above the sidewalk. Make sure that a passerby can walk on your sidewalk with his or her arms raised and not hit any overhanging branches. If you are putting in additional plantings, make sure that they will not encroach on the sidewalk. No one should be parking on the sidewalk. It is illegal to obstruct sidewalks. It can force the walker or runner into the street, which is dangerous. In addition, sidewalks are not designed for the weight of cars. If your sidewalk needs repair or replacement, the City of Greensboro will do it. The homeowner is not assessed for repairs, replacements, or the installation of new sidewalks. You can call the City of Greensboro at 373-CITY (373-2489) and request that a work order be placed. Damaged sidewalks are unsightly and detract from the appearance of your home. They can also be dangerous for walkers and runners. Let's all do our part to make the sidewalks in Sunset Hills safe.



Morgan Stanley

Four Generations of Plot Twists

He's got a gift for gymnastics. She's got her eye on a little start-up in the valley. And he wants to retire early. How do you create a wealth plan that reflects all the complexity of a modern family? Start with a Financial Advisor who understands individuals and knows how to bring families together around both shared and personal goals. Let's have that conversation.



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Seventy – Nine and Still Digging

By Beverley Gass

Sunset Hills Garden Club (SHGC) is seventy-nine years old! Pretty amazing, the current twenty-one members think. We celebrate every meeting. Well, maybe not that we have been in existence since 1930, but we celebrate learning about green-and-growing things and sometimes bats and bees.

SHGC meets monthly from September – May on the third Wednesday of each month from 10 – 12 noon. We nearly always have an educational program at our meetings where invited speakers share knowledge of their specialty.

At our September meeting, Catherine Crowder described her work as a horticultural therapist. She works with special populations where she shows how therapeutic it is to “dig in the dirt.”

The next month, Linda Thorne, orchid/expert owner of Seagrove Orchids, taught us about orchids and how not to kill them! She was appalled that anyone would use ice cubes on their tropical plants. In what rain forest do they have ice storms? Instead, it is better to generously water your orchid and let it drain well. Then leave the poor plant alone. How reassuring.

In January we heard from Ann Walter-Fromson who is leading the project to clear the Bog Garden of invasive plants and replace them with native plants. She shared a great slide show and a list of resources for us to consult in our own battles with invasive plants.

Here are some of the resources she shared:

- The North Carolina Native Plant Society - an excellent source for all you need to know about North Caroline natives.
- North Carolina State University - informative website about native plants.
- Another important source Ann mentioned is the T. Gilbert Pearson Audubon Society.

Or consult Doug Tallamy’s Bringing Nature Home. Doug was the speaker last year for one of Greensboro Beautiful’s 50th anniversary events. Although I wasn’t sure whether or not I would find Doug’s presentation interesting, I went anyway. Not only is he an expert on native plants, he is a fascinating speaker. His description of the despicable Bradford Pear tree and why we should never, ever plant one again was unforgettable.

Needless to say, some of gatherings are on the social side. But isn’t that what gardening is about? Those who learn together need to play together, too. We would love to have you join us. We begin at 10 a.m. and are always out by 12 noon. We welcome everyone who is interested, even slightly, to join us. Some of us do not consider ourselves gardeners in much of the sense of the word, but we learn lots. And not all of us are women. Some of our members are men (well, one, honestly)! We do not discriminate and we are not a prissy group of women, as someone once suggested to me who was then surprised at the seriousness of our purpose. We are a group that learns together and enjoys nature.

Please join us. Visit us a time or two. Contact Beverley Gass, beverleygass@gmail.com for more information. Or visit our Facebook page.



Duke Home Energy House Calls

By Roger Bardsley

A couple of weeks ago we were visited by a Duke Energy representative who specializes in saving you money on lighting, heat and air conditioning. He brought LED lightbulbs, faucet heads, draft blocks for outlets and weather stripping with him, all of which were free. He spent over an hour in our home, replacing lightbulbs and two faucet heads, and providing advice on weather stripping doors. There was no charge!

How did this happen? Of course, it was Elaine who spotted an ad for the service and arranged a visit. And here is the link: www.duke-energy.com/DingDong. Yes, seriously, Ding Dong. If you want to buy discounted LED bulbs, go to www.duke-energy.com/SaveEnergy. They will also ship you a dozen free standard bulbs. We went to the site to find three-ways and candelabras, but they had the offer for free bulbs on the front page.

To good to be true? I read through the FAQs on the SaveEnergy page and found that Duke was being up front about why they want to save you energy. It boils down to this – electricity saved means that less needs to be produced, and that saves them money. Sounds like a contradiction in terms, but they said it would allow them to shut older inefficient plants (like the Eden plant they shut three years ago) and defer new installation costs. For the cost of one new generating station, they can give out free bulbs to all the customers in their service and come out ahead. While you are changing bulbs, clean your light fixtures so they emit more light.

What are the benefits of LEDs? Nine watts versus 60 watts for the same amount of light. Thomas Edison did a great job with the incandescent bulb, but 90% of the energy used is heat, not light. Duke says that if you buy an LED it will pay for itself in six months, but if it is free, you save immediately!



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Greensboro Artists Gallery

The Greensboro Artists Gallery at Fleet-Plummer (2437 Battleground Avenue) will celebrate its first anniversary in April. Starting with three artists (Jerry Pifer, Judy Lomax, and Jo Ann Smith), The Greensboro Artists Gallery has grown to include more than 10 artists currently displaying more than 175 pieces, and it continues to grow! The watercolors, mixed media, and oil paintings on display and for sale include only original work by local artists. The rapid growth of the Gallery has made it the largest collection of local art in the Greensboro area. Local artists interested in exhibiting their work should contact Reid Plummer, Vice-President of Fleet-Plummer by emailing art@fleetplummer.com or calling 336-282-6970.

Jerry Pifer is a Sunset Hills resident and may be seen going about the neighborhood delivering the newsletter or walking early in the morning with other residents.

Woody Guthrie, Sergeant Swarm, and Hoops 4 Hope

American Folk singer Woody Guthrie recorded over 3,000 songs in his incredible music career. But as he approached 40, his behavior started to become moody, erratic, and violent. He was mistakenly diagnosed with everything from alcoholism to schizophrenia. Eventually doctors found he was showing symptoms of Huntington's disease—a rare neurological disorder. This hereditary, degenerative disease gradually robbed him of his health, talents, and abilities. Doctors also realized that it was the same disease that caused his mother to be institutionalized 30 years earlier leading to her death at a very young age.



Huntington's disease is described by medical professionals as the '**devil of all diseases**'. Because it's directly hereditary there may be 3 generations with HD in the family at one time. It robs people like Woody Guthrie of their ability to feel, think, and even move. There is no cure – BUT THERE IS HOPE! Researchers are making breakthroughs as we get closer to finding a cure.



My family and I are active with the North Carolina chapter of the Huntington's Disease Society of America. My mother-in-law Kathy Martinek (Sunset Hills resident – Berkley Place!) has HD in her family. She has witnessed firsthand how HD can wreak havoc on a family. She works with the HDSA-NC chapter and was the former President.

Together, our family has organized a basketball free throw shooting competition for **all ages**! Our **3rd Annual Hoops 4 Hope for Huntington's Disease Awareness** is **Sunday, March 31 from 3:00-5:00 pm**. We will have a very special guest this year. Sergeant Swarm from our own NBA G-League team, The Greensboro Swarm, will be in the gym cheering, rebounding, and maybe even shooting some free throws himself.

HOW CAN YOU HELP? Come and shoot free throws with us on March 31! You can assemble a team of 4 for only \$20 and compete in our Elementary, Middle, High School, or Adult age divisions--**absolutely any skill level!** Medals will be awarded to each division winner! We have free t-shirts, great music, and delicious snacks for all.

We also have an **AMAZING RAFFLE** which includes a basketball signed by the 2018-19 Charlotte Hornets team, Greensboro Swarm t-shirts, a \$50 Natty Greene's Gift Card, \$25 Barberitos Gift Certificates, UNCG Spartans t-shirts, a \$50 Texas Roadhouse Gift Card, and a \$25 Barnes and Noble Gift Card. Your admission gets you 1 raffle ticket but you can purchase additional tickets for only \$1 each. The more tickets you put in a bucket the better your chance of winning the prize!

Bring friends and family to come and shoot free throws with us! Like us on Facebook: Hoops 4 Hope for Huntington's Disease Awareness and follow us on Instagram @hoops4hope4hd.

Thank you, neighbors!

Peter Martinek-Jenne, Sylvan Road, martinp3@gcsnc.com



Prepping Your House for Sale? Try the KonMari Method

Author and Netflix sensation, Marie Kondo, is tidying up America

Undoubtedly, one of the biggest challenges sellers face when listing their house is decluttering. However, removing your personal décor makes your home more sellable, allowing buyers to imagine themselves living in the house.

If you're planning to sell soon, you're in luck! Marie Kondo, the inventor of the *KonMari Method* -- recently landed a Netflix series that's all the rage now, called: *Tidying Up*. On the show, Marie gives families practical tips and techniques for sorting through years of accumulated possessions collecting in their homes.

What is the KonMari Method

Most decluttering techniques recommend a room-by-room or little-by-little approach. Although these methods can be effective for some, it may take much longer to have a clutter-free home. That's time you don't have when you're prepping your home for a sale.

The KonMari Method is different. Kondo explains, "The KonMari Method™ encourages tidying by category – not by location – beginning with clothes, then moving on to books, papers, komono (miscellaneous items), and, finally, sentimental items. Keep only those things that speak to the heart, and discard items that no longer spark joy. Thank them for their service – then let them go."

Kondo initially introduced her approach in Tokyo as a 19-year-old college student. Now, people all over the world are embracing her technique because it's effective, and also because they're drawn to the idea of being more intentional and introspective – mindsets that Kondo encourages.

KonMari Your Move

When you subjectively look at all of your belongings, you can sort through the things that mean the most to you. By doing so, not only will you increase space for more 'joy-bringing' items in your new home, it will also make it much easier to pack for your move.

As you sort through the more sentimental items you wish to keep, consider packing them away to ensure you know where things are. This way, they are safe during open houses and showing appointments. This will also cut down on the amount of packing you need to do right before you move.

Remember, when selling your house, first impressions matter. Before you or your agent schedule a photographer to take photos for your listing, be sure to 'tidy up' and make sure to tour your home with fresh eyes.

The bottom line: Whether you are selling your house to move into a larger one, downsizing, or moving in with family, only bring the items that truly spark joy for you. Your new life will be more simplified, and your house may sell even faster!





THANK YOU SUNSET HILLS NEWSLETTER DELIVERY VOLUNTEERS!

National Volunteer Week April 7-13, 2019

Volunteer Recognition Day April 20

April 20 is designated as National Volunteer Recognition Day. This is a good time to recognize the neighbors who brave weather, hills, and barking dogs, etc. 4 times a year to get the newsletters to the doorsteps of over 800 homes in our neighborhood. A big shout out to the following neighbors who have for years delivered!

We celebrate them for their part in making our neighborhood great!

Volunteer	Streets	Volunteer	Streets
Emarita Leitner*	Arden, Sylvan & Warren	Sarah Beale	Mayflower
Teri Nelson	Berkley Place	Martha Stepnowksi	Sylvan Road
Laura Gage*	Camden	Elaine Brune	Sylvan Road
Linda Rhyne	South Chapman	Mary Ellen Boelhower	South Tremont
Chris Horney*	South Chapman	Mollie Lyles*	South Tremont
Tina Ulery*	South Elam	Michael Driver*	Walker
Cathy Hampton	East/West Greenway S	Julia Testa	Waverley Way
Monica Clendenin	Kensington	Rick Diehl*	Wright
Molly Norris*	Kensington	Jackie Tanseer	College Park
Need You	Mayflower	Need You	West Market South Side
Laura Oxner	North Chapman	Daniel Hassell	Madison
Jerry Pifer	North Chapman, East Greenway N. & West Friendly	Carl Phillips	Madison & West Market
Laurie Joslin	East. Greenway N.	Sherry Harris	West Market N Side
Susan Davis	North Elam	Mike Sigmon	West Market N Side
Paul Walmsley	North Elam & West Friendly	Meredith Warren	West Market N Side
Jorge Cortes	West Friendly	June Barron	Pinecrest & West Greenway N.
Gerry Alfano	West Friendly	Scott Harkey	Ridgeway
Ellen Ammarito	West Friendly	Jane Stott	Ridgeway
Joann Strack	Madison	Brigitte Chauvigne	Rolling, West. Greenway N.
Mary Louise Smith	Madison	Gwen Strange	Tremont
Renee Lawrance	Madison	Larry Pike	West Greenway N.
Wes Rankin	Substitute N or Market		

P.S. WE NEED YOU! South of Market has 9 volunteers that are delivering 25 or more newsletters (those with * at the end of their name) and we have several streets with no designated volunteer. Consider volunteering. It is a great way to get some exercise, add to walking your dog, and keeping abreast of the neighborhood. And it is only 4 times a year and less than an hour each time.

UPDATE ON TRAFFIC SAFETY IN SUNSET HILLS

by Gerry Alfano

Unfortunately, there has not been much progress to report in our traffic safety campaign since the December newsletter.

Radar Speed Signs – The Greensboro Department of Transportation (GDOT) has left the two signs in place – one on W. Friendly and one on N. Elam. I still believe they are effective in slowing traffic and reminding drivers that the speed limit is 35 miles an hour. GDOT's signs, unlike those from the Greensboro Police Department (GPD), are solar powered and do not have to be removed to recharge the battery. I have asked Adam Fischer, without success, for additional signs on W. Friendly, on both N. Elam and S. Elam, and on W. Market.

Flashing Overhead Light on W. Friendly at E. and W. Greenway - Adam Fischer rejected our request for a traffic light, but he did promise us a flashing overhead light. The original schedule was for the installation in late November, but that was moved up to February. It is March and the light has not been installed.

Overhead Flashing Yellow Lights on S. Elam at Camden – GDOT has installed overhead lights at the school crossing on S. Elam. That is long overdue.

Vision Zero Greensboro – GDOT is participating in this national program. It is a strategy to substantially reduce traffic fatalities and serious injuries with a long-term goal of zero. Vision Zero takes a collaborative and data driven approach to traffic related deaths and serious injuries. Vision Zero Greensboro will focus on identifying the key aspects of why the fatalities and serious injuries are occurring and taking effective steps to prevent them in the future. They are working on a plan of action that should be released soon. For more information on the program, go to <https://www.greensboro-nc.gov/departments/transportation/vision-zero-greensboro-5557>

Please contact me if you have questions or have additional suggestions on how we can improve traffic safety in Sunset Hills.

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Greensboro Neighborhood Congress Report

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 including neighborhood associations, community watch groups, and home owners' associations. GNC, established in 2003, operates as a totally volunteer organization.

SHNA has been a member since the group was formed in 2003 and Mike Pendergraft and I, Gerry Alfano, are the SHNA representatives to the GNC and serve on the GNC Executive Committee. Mike is the Finance Committee Chair and I am the Membership Committee Chair. GNC was meeting monthly up until February. In January, they decided to change the schedule and hold the GNC general meetings every other month. I forward e-mails from the GNC to the SH Listserv and the NextDoor Listserv about the meetings. Anyone interested in the topics being presented can attend.

The GNC has no source of income and does not ask for membership dues. In 2015, I asked if we could start donating to the GNC and the SHNA board decided on a \$200 donation. SHNA has been making this donation annually since then. The SHNA board votes on the donation every year. For additional information on GNC, go to the website, www.greensboroneighborhoodcongress.org.

I have included highlights from the last two meetings. Complete minutes to the general meetings are available on the website.

GNC Meeting on January 10, 2019

Steve Drew, City of Greensboro Water Resources Director and Interim Assistant City Manager, presented an overview of our city water source and treatment capabilities. The City has more than 104,000 water/sewer accounts, 29 significant industrial users, more than 3,000 miles of water and sewer lines, all managed through two water purification plants and one wastewater processing plant. All water/sewer processes operate within city revenues, set annually to match city water/sewer use expenses. The City proactively lines old cast iron water pipe with PVC pipe, and cleans long-lasting old cast iron pipe by applying an 1/8-inch epoxy film to extend the life of old cast iron and ductile iron pipes.

In recent years the U.S. Environmental Protection Agency (EPA) has detected and identified trace amounts of over 80,000 compounds considered to be "emerging contaminants of concern" (ECC) in U.S. water supplies. Many of those compounds are not easily detected and their ultimate health effects remain unknown, so those compounds are not yet nationally regulated. Two such contaminants -- perfluorooctane sulfonate (PFOS) and perfluorooctanoic acid (PFOA) -- are manmade chemicals used in microwave food packages, carpets, fabrics, fire-fighting foams, Teflon, etc., and are considered "probable carcinogens". PFOS and PFOA were first detected in Greensboro city water in 2014. Since then, although not required to do so, city water management staff proactively sample, test for, and perform computer modeling/prediction of levels of PFOS and PFOA and 11 similar ECC compounds in city water. Adding Powdered Activated Carbon (PAC) filtration has reduced PFOS and PFOA levels by half. Future improvements will add Granular Activated Carbon (GAC) filtration, which will lower ongoing filtration costs once the necessary construction is completed. Local Fire Department staff are increasingly careful in their use of PFOS and PFOA foams in fire emergency response. Our City water resources staff aims for complete transparency in reporting and makes all routine water testing results available at www.Greensboro-nc.gov/water.

GNC Meeting on February 9, 2019

Brian Hart, Deputy Director of the Greensboro Public Library introduced us to dozens of free, public library programs and resources. Learn about them at www.GreensboroLibrary.org. Public libraries support lifelong learning (online classes, educational programs, access to digital resources, children's story times), free and equal access to information (free access to online databases of books, magazines, government resources, genealogy resources, North Carolina materials, educational tutorials, computer classes, career-related resources, business resources) -- all at no cost to individuals. To access all of these, simply visit the central library or any of seven (7) branch libraries and provide a photo id to obtain a library card. Learn to use a 3-D Printer at the Central, Glenwood, Hemphill, or Glen-McNairy branch library. The McGirt-Horton branch offers a small recording studio. All branches offer free or fee-based meeting spaces. Vote to select this year's city-wide One City One Book to read.

Next Meeting: Saturday, April 13, 9 am at the Nussbaum Room, Central Library - Guest Speakers: Lydia McIntyre and Yuan Zhou, Greensboro Department of Transportation, on Vision Zero Greensboro



Lindley Elementary Spring Carnival

Ladies and Gentlemen, step right up to Lindley's annual Spring Carnival on Friday, May 3rd from 5:30 to 8:30 PM. With classic games like penny drop, bean bag toss, ring the pony, tin can alley and balloon pop, you are sure to have fun!! Test your strength with the hi-striker, cuddle some furry friends at smooch the pooch, and indulge in too much cotton candy and popcorn. Place your bids at the Silent Auction, get a sweet treat at the Bake Sale, and definitely buy a few ears of corn!

It's a long standing Lindley Elementary tradition of great food, games, live entertainment and family fun for ALL! This is a community event so please share the date with friends, grandparents and neighbors. The silent auction has over 100 items from local businesses including stays at the O.Henry and Proximity Hotels, Disney World tickets, mountain houses and many more treasures from local restaurants and retail stores. Final bidding will take place at 8 o'clock that evening. The rain date will be Sunday, May 5th.

If you want to find out more, buy tickets ahead of the event, or donate to the silent auction please contact Ashleigh Reier at ashleigh@marquisseating.com or at 688.4802.



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RUN CLUB

by Michael Driver

You've seen them, I'm sure. Standing on the corner in front of Sticks and Stones, some wearing bright yellow shirts with some sort of shield on the front. In the rain, in the blazing heat, sometimes even in the snow. Every Monday evening, all year long. Who are these people? It's Run Club, of course. And there I am, right in the middle of them. Well, at the end is more like it.

See, a few years ago, I had to get a physical exam for my insurance and the nurse assistant told me after the results came back that my cholesterol was high and they were worried about my blood pressure.

"Everything looks good except for these cholesterol levels."

"Ok then," I said. "What can I do?"

"Well I can prescribe some medications-"

"Nope" I said. "Not gonna load up on meds."

"Ok then. You can try changing your diet."

"Yeaah, that's probably not going to happen either. Got any other suggestions?"

"How about you exercise more?"



See, though I had given up smoking and tried not to eat a lot of meat and processed foods, I had pretty much gone straight to sitting around all day. Well, I walked to the car to drive around, and sometimes ran to the fridge. And being sedentary, as it turns out, is worse for you than smoking. I was starting to get winded walking up a flight of stairs. So it was time to get my butt into gear.



I'm not a big sports fan, not really coordinated enough to play basketball or anything, not really into weightlifting, but I did run a bit in high school- I was on the cross country team for a month or two when I was 16. But the coach was more interested in our star football team, and so we were left to run laps. All the time. Over and over. With no supervision. I got bored with that really quickly. Figuring I could at least get one foot in front of the other most of the time, I decided I would give running a try.

And I knew I had friends who ran. I had been invited to join a running group- the Wolfman Run. Begun as a lark by Brian Crean and Pete Schroth, based on a conversation at the Green Bean, they started a run every full moon at midnight- howling the whole time. Afterward there was beer, wings, and conversation at Sticks and Stones or Fishbones. These folks had run a few times, with local Sunset Hills residents like Richard Wells and Jon McLean joining in. But Richard recommended that it become a weekly event or it was not going to survive. They debated names, and after vetoing names like Oddballs Running Club,

Pete designed the logo, modeled after the Fight Club logo, and Run Club was born. And I was a member of the club. Well, of the Facebook group. But I never once showed up.

(continued on Page 18)

Every Monday night they were running, and I was simply lurking on the Facebook page. And occasionally yelling out the window of my car at them as they lined up on the Corner.

So I decided it was time. I was going to start running. I bought a secondhand treadmill, set it up in the bedroom (much to my wife's chagrin), and started running. My first attempt ended after 30 seconds with me collapsing like a sweaty, melting marshmallow. But a few days later, after I recovered, I tried it again. And then again. And after a few weeks, I could run a half mile without dying. So I kept doing it.

I read that having a group to run with would help with motivation- and I was already following the Run Club exploits on Facebook, laughing at the conversations continued on the page after the run was done. Like what runs they were going to do, who was winning Trivia night at Scuppernongs, which Netflix shows people were watching (I discovered "Stranger Things" this way) and which R.E.M. album is the best (jury is still out on this one). This was an interesting group, and I wanted to check it out.

But they were actual Runners. Capital R runners. No way was I going to show up with my tired, old lungs. So I kept on my treadmill until it showed I could run a mile. Then I mapped a mile through the neighborhood using Google Maps and ran that one day. And failed miserably. Running on a treadmill is not the same as running through Sunset Hills – it ain't called Sunset Flats. But after another few weeks, I could pull off a decent 10-minute mile. And I decided to show up for Monday night Run Club.

My first time out was ridiculous - the group consisted of Marathon runners like Brian, Ultra runners like Dorothy and Lisa, real actual runners! And when they discussed what route they were doing that week, with names like Dorangle, Yum Yum, and Stand By Me, all I could ask was "how long are they?" because I could only run a mile. Barely. So off everyone went and I ran my mile. Every week. For weeks. Until I could run two miles. And then three. And then finally, I started joining the group on their runs. Always in the rear, but I finished.

It's been over two years now since my first run. Many miles, one major bout of plantar fasciitis (resulting in a cast and basically a summer off), and quite a few events - like the Guerilla Run we sponsor each year in November, with the proceeds going to the Foundation Fighting Blindness; the Pub Run, which benefits not only the bars we make it to but also food is collected to donate to local food banks as an "entry fee." Runs all over town, like the Run for the Greenway, the Old Town Beer Run, and the Running of the Balls (of which I am now a sponsor). I am usually still in the rear (DFL and proud) but a better bunch of folks you won't meet anywhere. Professors, doctors, lawyers, beer meisters, teachers, and little old me. They have kept me motivated- even when I didn't want to run, I always look forward to Monday nights at Sticks and Stones at 6 p.m. regular time, 6:30 p.m. during Daylight Savings.

We're the loud, sweaty group at the big table. Apologies in advance for the noise and the smell.

(Michael Driver has been a Realtor for almost 19 years, a RE/MAX of Greensboro agent for 16 years, and a resident of Sunset Hills for 16 years. He can be seen running around the neighborhood with his Australian Shepherd, Murray, who is not a Realtor but is pretty cute)



New North Carolinians

By Susan Conlon

Looking for a rewarding volunteer opportunity? Want to gain a global perspective? Our UNCG neighbors at the Center for New North Carolinians have several programs which offer participants the chance to lift up our newest refugee neighbors as they join American society.

Since October, I have been privileged to work with a special woman on her journey of preparation for citizenship testing. Let me introduce my friend, Ibtsam, and her family. In Arabic, her name means “smiling” and if ever there was an appropriate name for a person, this is it. Despite the traumas of her life, she remains cheerful, positive and optimistic. She, her husband, and 3 children arrived in the U.S in 2013 from UN refugee camps in Libya and Egypt, where they were forced to flee from the bloodshed of the Sudanese Civil War. Ibtsam’s family is from Darfur, Sudan. (Sudan is the third largest country in Africa, located in the northeast.) Darfur came to the forefront of global news in 2003 as the site of deadly violence against Sudanese citizens, and unrest and persecution persist today. The genocide has been allegedly supported by a group of government-armed and funded militias which have also systematically burned villages, looted economic resources, and polluted water sources.

Although fortunate to escape with their lives, the family endured brutal conditions in refugee camps before arriving in the United States. Refugee services placed them in a Greensboro apartment, and 2 years ago the family moved into their Habitat home. The five children range in age from 15 years to 14 months, and the two youngest were born in the U.S.

Ibtsam’s husband works in Winston-Salem in a beverage plant, and she is a homemaker, having given up her cleaning job with Habitat after the birth of her youngest child. The children have acclimated to American society; like many families, activities such as chess club, soccer and church events dominate their free time, and the oldest daughter attends UNCG Early College to build a foundation for her dreams of service in medical school.



I was connected to Ibtsam when I attended an information session at the UNCG sponsored Center for New North Carolinians. This organization was created in 2001 “to provide research, training, and evaluation for the state of North Carolina in addressing immigrant issues; collaboration with government and social organizations to enhance responsiveness to immigrant needs; and community support to provide training and workshops.” The Center currently provides support for after school tutoring, ESOL and parenting classes, employment assistance, and referrals to health services. My new friend and her husband have applied for naturalization after the required 5-year minimum residence in the US and need help with the rigorous citizenship test.

Ibtsam and I meet weekly to drill on the “100 questions” each applicant for naturalization must be able to answer at their citizenship interview. The questions cover U.S. history, civics, geography and politics from the colonial era to present day, and I suspect many of us born and educated in this country would have difficulty with the test. During the interview, applicants will orally be asked 10 questions of the 100 and must answer 6 of the 10 correctly, read a question aloud and answer, and write a dictated sentence, as well as demonstrate basic English skills. Every applicant also provides comprehensive background information and fingerprinting biometrics, and the \$725 application fee.

Together, we learn. I attempt to explain the intricacies of English grammar (English has so many hybrid roots that render it challenging), we share stories about our children, and we laugh. As with so many volunteer roles,

(continued on Page 20)

I feel this fortunate opportunity has rewarded me as much as those I help.

If you are interested in more information about UNCG's programs and community volunteer opportunities, please contact Tawanna Maryland (volunteer.cnncc@gmail.com) or call (336) 256-1067. There is a special need for afterschool homework helpers for the months of March-May.

Peace Church Builds Tiny House for Homeless Veteran



A homeless veteran in Greensboro, North Carolina, will soon have a cozy place to call home courtesy of a United Church of Christ congregation and supportive community volunteers.

"Peace Church was looking for a mission project that all of our members could participate in," said the Rev. Tom Warren, church pastor. "We started talking to the people at Tiny Houses Greensboro (a local nonprofit that is building safe, affordable, permanent housing), went to a few of their meetings and partnered with them specifically to offer a homeless veteran a place to live." So the people of Peace United Church of Christ (corner of W. Market and Lindell) took on a construction project where they would begin building a tiny house in the Church parking lot.

"A ministry of service to others has always been a vital expression of our faith," said Cindy Spillers, chair of the Peace UCC church mission council. "We felt a need to find a project to bring us all together as one to promote self-understanding as a congregation and to foster our connection with each other. When we learned of the large number of homeless veterans in Greensboro, we felt called to do something about it."



After Warren and

Spillers found out there are 53 homeless veterans living on the streets in Greensboro, they pitched the idea of building a tiny house as a summer ministry. Members of Peace Church immediately got on board. In fact, when Jim Spillers, Cindy's husband and war veteran, got wind of the idea, he decided to fund the entire project and wrote a check for \$20,000. "I think if a person is dodging bullets or doing anything else in the military and then needs help, I want to be part of it," Jim Spillers said. "I feel very blessed that I am able to help. I may become more involved in future projects for the homeless."

Peace Church has had a prototype of the project – a finished tiny house – parked on the church lawn since Easter 2018

(continued on Page 21)

to generate interest and excitement in the community. So when congregants actually started construction three weeks ago, they had lots of help. "We work on it Saturday mornings from 8-2," Warren said, "And every Saturday we have people show up at the project site to help us. These are community members who have nothing to do with our church!"

"Because building a tiny house involves a wide range of talents, everyone from children to older, inactive adults has an opportunity to participate," said Cindy Spillers. "Children raised funds by making jewelry and selling it at our Spring Carnival. Older children helped at the work site. Preparing food for volunteers, donating funds, recruiting friends and family to help, lending tools, providing skilled labor, and publicizing the event required all of us to get involved."

David Murray, part of the Peace Church Kitchen Krew, is making sure everybody stays well-fed and hydrated. "It's been exciting. Tom Bader, the construction superintendent, said he's never seen so much done so quickly," he said. "We have people walk by and see what is happening, and they ask, 'Can I come work on it?' The inner feeling you get when you see a bunch of people work together to help one person is amazing."

After raising the walls of the tiny house on church grounds, Peace Church volunteers moved the building to Causey Street and put it on a foundation, where it can be framed in, finished and connected to utilities. Tiny Houses Greensboro created the neighborhood on a donated city block where there will be six small homes eventually.

When finished in late August, Peace Church's tiny house will have 340 square feet of living space on one level: a small living room, kitchenette complete with a kitchen sink and granite countertops, a small shower in a small bathroom, a stackable washer and dryer, and a small bedroom.

"We will get it move-in ready and provide towels and linen, furniture and a refrigerator filled with food. Then our responsibility is over, but our dedication to the project is not. We hope to develop a relationship with the veteran, whoever he or she may be."



Warren said the idea is to put a roof over someone's head so that person can get back on his or her feet. Give a veteran a home, without a time limit, "to take the pressure off so they can find work, counseling and get medical and other help they may need with a safe, secure place to live, tied to a network of social agencies in town. Our house is permanently dedicated to a veteran. (Even once the first tenant moves on) it will always be a place for a homeless vet to live."

"I hope our congregation will continue to have an impact on solving the problem of homelessness by raising awareness of a practical solution and encouraging others to volunteer with Tiny Houses Greensboro," Cindy Spillers said. "The project has connected our congregation to the

larger community in a new, exciting venture. It has enhanced our visibility in the neighborhood. 'It's been really inspirational to me,' Murray said. "I don't like handouts. I love hands up. I want to help someone get back up. People who are downtrodden can be uplifted. It's an amazing ministry. I am more proud of this mission than anything else we've ever done."

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How to Dye Easter Eggs Naturally with Red Cabbage

By Kristi Haight

We used to enjoy the tradition of dyeing Easter eggs with our girls when they were growing up. Without fail, the Saturday before Easter we would grab our store bought kit and all sit down for an hour of dip dyeing fun.

The girls are out on their own now so it's been years since we dyed Easter eggs. I've missed our tradition of dyeing eggs, so this year I set out to do a dozen just for fun. No store bought kit for me this time though, I wanted to try doing it the natural way. Years ago I'd read about using red cabbage to dye eggs, so I picked up a dozen white eggs and a large head of cabbage from the grocery store and got cooking. There are so many foods and spices that you can use to dye eggs but I was going for simple, and I really wanted robin's egg blue Easter eggs, so I just went with red cabbage this time.

Natural Dye Supplies for Easter Eggs

- large head red cabbage
- dozen hard boiled eggs
- 4 cups water
- 2 tbsp. white vinegar
- pinch baking soda (optional)

The first step is to make the hard boiled eggs. Everybody has their own tried-and-true method of doing this so we won't cover that this time. While the eggs were cooking, I prepared the red cabbage by chopping it up and putting it in a large pot with 4 cups of water.



I brought the water to a boil and let it simmer for 15 minutes.

After 15 minutes, I took it off the stove and let it cool. Once it was cool, I strained out all of the cabbage so I was only left with liquid.

Next I added 2 tablespoons of white vinegar to the strained liquid.

Two glasses were filled with dye, and I was ready to color my Easter eggs.

I'd never done Easter eggs this way before so I did a bit of testing to see how long the eggs needed to stay in the dye. In using red cabbage, I found that it takes a while for the eggs to turn color. I left the eggs in the dye for as little as 30 minutes and for as long as 12 hours to get different shades of blue.



I loved the variation in color I got and the robin's egg blue was just what I was going for.

Because I can't leave well enough alone, I did a little experiment with baking soda. I'd read somewhere online that adding a pinch could help the egg turn color faster and change the intensity.

You can see the difference in the color of the dye in the glasses. The glass on the left, with the lighter liquid, doesn't have baking soda in it, and the glass on the right, which is darker, had a pinch or two of baking soda.

I kept one egg in each glass for the same amount of time but didn't see any difference in the color. Either way, they are beautiful.

It was really fun dyeing Easter eggs again and it brought back wonderful memories of spending the holiday with our girls.

Happy Spring & Happy Easter!!!

Kristi writes for Chatfield Court where she shares her love for easy home DIY projects and decor tips. Currently she is working with her husband to build their dream "home away from home"...a tiny RV. You can follow Kristi at www.chatfieldcourt.com





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March 2019 Treasurer Report - Membership List

By Elaine Brune

As of March 5th we have 258 paid households. Dues are \$10. Our fiscal year goes from January to December, so dues are due now. 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, Elaine Brune 2504 Sylvan Road 27403 or PayPal (see website <http://www.sunsethillsneighborhood.org/>). An let me know how you want to be listed in our records Call me if you have any questions.

Elaine 336 601 5719.

Thanks to all our neighbors who have paid their dues.

2019 Members (Bold and marked with * indicate donations above the membership dues.)

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1829 Villa Dr	2	1	\$71,000	\$68,000	12/20/2018	7	692
2409 Camden Rd	2	1	\$219,900	\$205,000	12/28/2019	20	1,310
217 Kensington Rd	3	2	\$359,000	\$345,000	01/02/2019	21	2,321
2500 W Market St	5	3.5	\$499,000	\$465,000	01/28/2019	178	3,366
2502 W Market St	4	4.5	\$434,900	\$425,000	03/01/2019	113	4,014
304 N. Chapman St	3	3	\$355,000	\$346,000	03/04/2019	91	2,946



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FRIDAY, MAY 3, 2019 • 5:30-8:30

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