



Sunset Hills December 2014

Greensboro, North Carolina

Annual Neighborhood Events

January
February
March
April
Easter Egg Hunt
Great American Cleanup
May
Annual Pig Picking
June
Summer Fun in the Park
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

Dear Neighbors,

As yet another Christmas season is upon us I hope you all are able to experience the pride many of us feel about being part of this wonderful neighborhood. Just last evening I was able to share with Duke Energy and city representatives, the beauty of the Sunset Hills Lighted Christmas Balls as well as the amount of food we are able to collect and money raised for the hungry in our area. And to think that it all started with the Jonathan Smith family. What a shining example (pun intended) of "Great Neighbors Make Great Neighborhoods".

There are two articles in the newsletter that I want to draw your attention to. As you know, from reading the treasurer's report, we have a healthy amount of money in our account. Our neighborhood newsletters play a very important part in generating that income through the advertisers who support us. Your Board has decided we need to start putting that money to work. At our last neighborhood meeting some neighborhood and city projects were suggested. We have decided to conduct a survey so that we get everyone's input. We ask that you take the survey, place it in the envelope provided, along with your dues for 2015 and mail it back to us. Your opinion counts but only if you choose to share it with us. We look forward to putting our extra funds to good use.

Continued on page 3

Sunset Hills Neighborhood Association

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THANK YOU

Thanks to Doug Thurbon for taking on the task of Neighborhood Watch leader and to Carole Lindsey-Potter and Caroline Dempsey for joining the newsletter team.. We can definitely use the assistance.

Newsletter Team

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Representative to the Neighborhood Congress

Mike Pendergraft, Gerry Alfano

Sources of Neighborhood Information

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

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

When you have a question about tradespeople, spot a stray dog or cat, 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.

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.

Rates for 2014 Newsletter Advertising

\$20- biz card size \$80- 1/2 pg (3.75x9.75)
\$40- 1/4 pg (3.5 x 4.5)\$160- full pg(7.5x9.75)

Add \$10 if your dues are not up-to-date. Contact Carl and Marlene above to arrange for an ad. Then send your check to Emily Herman, address above. Thanks to our advertisers for helping to offset the cost of this newsletter.

From page 1

On another note, I have a personal concern for the health and well being of our community. Heart and stroke disease is pacing at an alarming rate, yet it can be cured through diet and exercise. I have started a Sunset Hills Heart Walk team. Here is the url for the team's website www.guilfordheartwalk.org. On the left side click on "find a team". Type in Sunset Hills Neighborhood and be part of the team. Additional information is in the enclosed Guilford County Heart and Stroke Walk article. We will kick it off with a neighborhood heart awareness meeting sometime in March. I have asked The Heart Association of Guilford County to help us get this program underway. Please check out that article in this newsletter and lets all work toward a Heart Healthy Sunset Hills.

Sincerely,
Carl Phillips

Your vote counts but only if you pay your dues and send in your survey

Please add any additional idea(s) you might have about how we should be good stewards with our excess newsletter income. Number each one of them below with one being the most important to you. Please include your name and address. One vote per household.

Youth/ community program at Grimsley

Lindley Elementary

Grimsley general fund

Plant more trees in the neighborhood

Adopt a "sister" neighborhood in east Greensboro

Animal shelter, since we use their services

Neighborhood community board for posting messages.

Duke Energy will be trimming trees in Sunset Hills starting in January. One of the ways we will keep you informed is through the email listserv.

Are you on the listserv? YES NO

If NO please provide your email address so we can add you. _____

Name(s) (Please print) _____

Home Address _____

Sunset Hills Neighborhood Association Meeting Animal Control Officer Melvin

By Kerry Meyers

At the Sunset Hills Neighborhood Association community meeting on November 13th, Officer Melvin from Guilford County Animal Control was a guest. He addressed a recent dog on dog attack in the neighborhood, addressed a few animal ordinances that are important to know, and answered questions.

Animal Control is open 24 hours a day, every day of the year. For Animal Control emergencies, questions or comments, call 336-641-5990. After hours, call 911 and 911 dispatch will contact on-call Animal Control to assist in emergencies.

Some of the situations that Animal Control officers will respond to include rabies exposures, abandoned animals, sick/stray animals, animal bite investigations, nuisance complaints, dangerous/vicious animals, and animal cruelty/neglect.

Important tips for dog owners:

If not in a yard that is fenced in, dogs must always be on a leash.

Check your fencing regularly for holes, and make sure that fences are tall enough to keep dogs from jumping over.

If a dog jumps a fence, the owner is 100% responsible for anything that may occur as a result. (Dog attacks, accidents, etc.) There is a fine for your dog being a public nuisance, and the first offense is a fine of \$100.00.

As of March 1, 2015, a new Unattended Tethering/Chaining of Dogs ordinance will go into full enforcement. Walking your dog on a leash is allowable and encouraged. This ordinance applies to unattended tethering/chaining – restraining a dog with a chain, cable, wire or other device to a tree, post or similar object without its owner present. There will be a \$500 fine associated with this new ordinance.

Officer Melvin stated that most dog attacks are dog on dog. If the unfortunate event happens that a resident finds themselves being charged at, it is very important to stand still and not run. If a resident is on the ground, they should lie like a rock and cover their head. Be aware when leaving the house.

Lastly, Officer Melvin said that Sunset Hills is a safe neighborhood, and our residents are the reason for that. Let's continue to communicate and work together, to make our neighborhood safe for all of our residents, people and pets alike.

Furry friends at the Lighted Christmas Ball making party.



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your neighborhood.
we make great neighbors.



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NORTH CAROLINA BOYS CHOIR to present 90 min. concert, **5:00 p.m., Dec. 14**. Come for an evening of sacred Advent and Christmas music. This 32 member choir, based in Durham, traveled nationally and internationally, held a sold out concert in Carnegie Hall this past summer, will be at **College Place United Methodist Church**, 509 Tate St., Greensboro. The concert is free – a love offering will be received and non-perishable can goods will be collected to support Spartan Open Pantry: helping UNCG community fight hunger/food insecurity. Info: ncboyschoir.org, collegeplaceumc.com, or 275-3363.



Herford's Christmas Song

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

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Heart Health

Did you know that lack of a healthy diet and routine exercise are the top two culprits leading to heart disease? And, if this trend does not change, today's generation of youth will not outlive their parents.

We in Sunset Hills are not okay with this. This is why we formed a Walk Team to participate in the 2015 Guilford County Heart & Stroke Walk on the campus of UNCG on May 16th. You see, it's easy to say that we'll make diet and exercise changes, but often times it takes a village to make personal changes like these.

You, those who make Sunset Hills special, are important to us. This is why we have invited the American Heart Association into our neighborhood to host a fun and informative social gathering where we can learn a few valuable lessons about heart disease, stroke awareness and how all of this is 80% preventable. We simply need to take better care of ourselves so that we can continue to care for each other.

In the spring, we will make an announcement about the day of the gathering. Until then, our Sunset Hill Walk Team (captained by Carl Phillips) is active and waiting for you to join in. There is no fee to walk, simply sign up on www.guilfordheartwalk.org under the "Sunset Hills" team. There, you'll find a wealth of wellness information as well as fun contests around the Walk.

Lastly, the City of Greensboro will recognize the Heart-Healthiest Neighborhood at the Walk by rewarding the community team that has the most team members. They will be creating custom signs to be displayed in the winning community; we hope it's ours! So join us, stay healthy and stay tuned for more information.

Learn even more at: www.heart.org

Cory Phillips

Director of Development

Greater Guilford Heart & Stroke Walk



***Put on your sneakers and tights
and take a walk!***

NEWSLETTER

(PDF format)

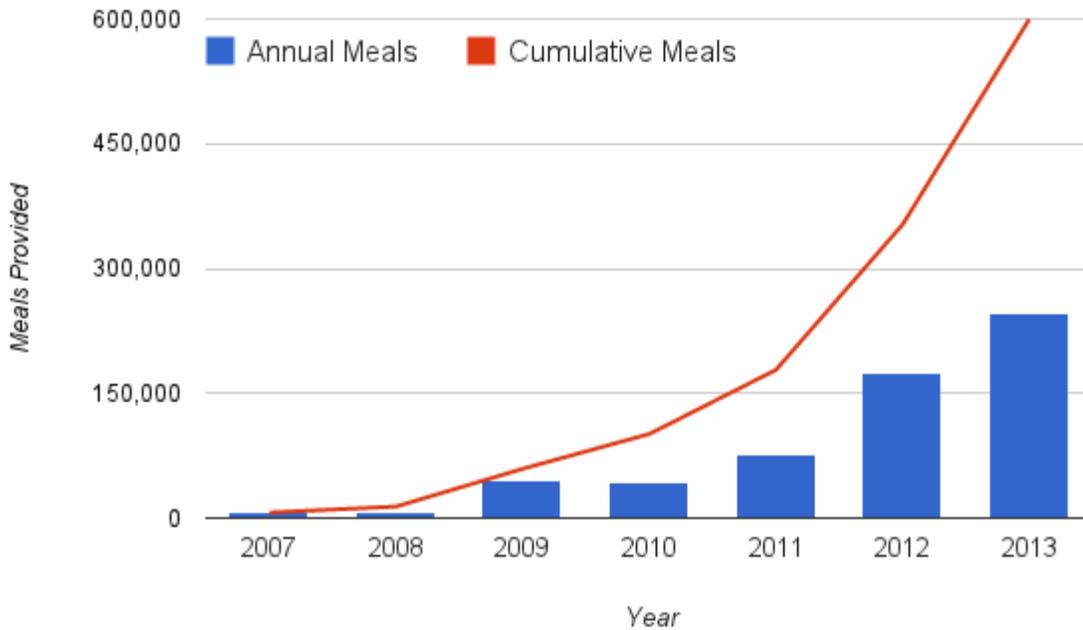
This issue and all issues of the SHNA newsletter are available on the website in **full** color. See NEWS. We especially recommend that you view this issue on the web so that you will see the photos, including Bob Gingher's, and these little feet in wonderful color.

Deadline for February newsletter is Friday, January 23. Please submit ads and articles by that date to mrpsunset@gmail.com. Full page ads are restricted to the first three to submit copy.

Shine the Light on Hunger

By Jonathan Smith

"Shine the Light on Hunger" Donations



This time of year is hard for the homeless and hungry everywhere. The cold weather makes it hard to find work, shelters become crowded, and the prospects of a New Year aren't always so inspiring to someone looking for their next meal.

But the good people in our area continue to "Shine the Light on Hunger" by showing our friends who are homeless and hungry that they are worth caring for and caring about. For the last seven years, our neighborhood has put up Lighted Christmas Balls (www.lightedchristmasballs.blogspot.com) in our trees and collected food and money from the traffic that comes through to see the lights.

Last year, with the 2nd annual "Running of the Balls" contributing mightily, we collected enough food and money to provide another quarter-million meals! **The seven-year total is now \$82,695 and 41,681 pounds of food, which translated into 600,000 meals for those who need it most.**

WANTED Block Captains WANTED

Thanks to all who help to deliver the newsletters. Please help or continue helping. Contact Elaine Brune, bardsley-brune@triad.rr.com. 378-1990 to volunteer south of Market and Carl Phillips, cwpjr5524@aol.com north of Market. Many hands and feet make much lighter work.

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- Navigator of seven bear markets over 38 years

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- Certified Financial Planner (CFP®) Professional 2010
- Director for the National Society of Financial Service Professionals (SFSP)
- Immediate Past President of the Greensboro Chapter of SFSP
- Triad Business Journal's "40 Leaders Under 40"
- SFSP National "Top Leaders 40 and Under"

Nearly 20 years ago, our family unknowing started the Lighted Christmas Ball tradition in Greensboro by fashioning three spheres from chicken wire, wrapping them in multi-colored lights, and hanging them in our front yard. The idea caught on and has spread across the city and around the world. Today, the lights and sense of community have grown to bring joy to thousands and, at last count, some 600,000 meals to the hungry. Thank you friends, neighbors and citizens of Greensboro and beyond for Shining the Light on Hunger. We're proud to know and serve alongside you.



Photo Greensboro News & Record



See Justin Smith tell the full story of the Lighted Christmas Balls at the 2013 TEDxGreensboro.

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Duke Energy and Sunset Hills

By Roger Bardsley and Elaine Brune

On December 4 the Sunset Hills Board and others met with four representatives from Duke Energy about the upcoming tree trimming in our neighborhood. We took away some important points that we would like to share. By way of reference, Roger is a long-time member of the Greensboro Beautiful Urban Forestry Committee and we have done two tree-planting projects in Westerwood to help replace some of the trees in that neighborhood after recent trimming by Duke. Elaine is an Extension Master Gardener.

If you have a distribution line on your property (that is a smaller line that serves several houses directly), then Duke has a 30' easement centered over the line. Within this easement they are legally entitled to do maintenance, including trimming vegetation.

Preventative maintenance is beneficial to Duke and to us. It can help reduce the length and severity of power outages that, unfortunately, visit our neighborhood periodically.

Many, many trees in years past were planted in the wrong place. These are trees that have a mature height that exceeds the height of our distribution lines. There are several options – trim the tree, remove the tree, or plant the right tree for the space.

Duke Energy genuinely wants to work with us to pick the right option. They will begin hanging information packets on doors in January. In that packet will be the name or names of people who will be happy to consult with you about the options. Call them!

In the meantime, **go outside and look around**. If you have branches in the lines on your property they will need to be trimmed. The intent of this effort is to train the tree to grow away from the lines. It can look drastic at first but is intended to keep the lines free for 5-10 years.

Now, as to specifics that you need to know:

Trimming will start in January near Walker and Mayflower and will, hopefully, continue until complete. This may be July, but Duke will try to move quickly and efficiently.

There will be traffic control issues on the main streets, and there may be times when circuits will need to be briefly turned off.

Duke's contractors will generally chip limbs and brush but will not remove logs. These will be cut into lengths and stacked. Stumps will not be ground.

If you want a load of fresh chips, Duke will give you a form to fill out. Fresh chips need to be aged for at least a year before being used as mulch.

We are all in this together! To stay up-to-date USE AND/OR JOIN THE LISTSERV. Tell your neighbors to join!

(To join the listserv, send your email address with your name and address to Carl Phillips, cwprj5524@aol.com OR simply complete and send the survey on p 3. If you do not have internet access and have someone who can get messages for you, please ask that person to sign up and state that it is for your benefit.)

Meet Doug Thurbon

Doug Thurbon is the new **Neighborhood Watch** coordinator. Doug and his wife, Karen, moved to Rolling Road in Sunset Hills a year and a half ago when they downsized. The Thurbons have been married 28 years and are the parents of three daughters, 27, 25, and 18. Doug spent 20 years in the Navy and retired ten years ago. They moved to Oak Ridge for the schools. Karen is employed by Jared on Wendover and Doug is retired. They always loved Sunset Hills so they were happy to find a home here when they downsized.

While Doug was in the Navy he worked three years in the Security Department managing five patrolmen. They assisted on base and off base housing, setting up crime watches, educating people on personal and home security.

The last 12 years of his career Doug was stationed at Assault Craft Unit 3 working with the Navy's hovercraft.

His hobbies are working on old VWs and restoring 30s through 40s vacuum tube radios.

One Year Update on Solar Panel Power Production

By Adam Graham-Squire

In the July 2014 newsletter, I wrote about my experience with putting solar panels on my house in Sunset Hills. It has now been over a year since we started producing solar power, and we wanted to give updates as to what our experience has been.

Overall, we are still very happy with the solar panels and have had no problems with them. We have not needed to do any maintenance of them, and there have been no structural issues with the house since the installation. On the financial side, however, the panels have not produced quite as much electricity or provided the savings that we had hoped. In particular, the energy we produced ended up about 11% below what the company estimated, and the savings in dollars was even less than that, as we will explain in more detail below.

We are not sure what led to the inaccurate estimate for the amount of energy produced. The company estimated we would produce 6.68 Megawatts of electricity over the course of a year, and in reality we only produced 5.93 Megawatts. It is possible that the estimate was accurate for an average year, and we simply had 11% less sunlight last year than in an average year. I have no way of testing this hypothesis, but it seems doubtful since last year seemed about normal in terms of the number of sunny days we had. It seems more likely that the company's estimate was simply inflated. This could have been intentional (it definitely made their quote look a lot better than the other company's estimate) or accidental. In particular, our east-facing panels have produced, on average, about 30% less energy than our south-facing panels, and that could explain the discrepancy in overall production. With that said, however, the company's estimate should have taken that into consideration, as they know that in general the south-facing panels will produce the most electricity.

On the financial side, our electricity costs for the year were approximately cut in half. However, the original estimate we got from the company was still an overestimate. They estimated that we would save approximately \$700 over the first year in electricity costs, whereas in reality we only saved about \$530 dollars. This discrepancy is partially explained by the overestimate in energy generation explained above (as well as \$35 we lost when Duke zeroed out our excess energy production on June 1st), but the main reason was an error in calculation. Our electrical bill has a fixed service charge of about \$12 (which we pay whether we have used any electricity or not), and then we pay about 9.4 cents per kilowatt-hour we use. On an average bill, this looks like we are being charged around 10.7 cents per kWh (which is what the company used for their estimate of our savings). In reality, though, the power we produce from the panels just offsets our charges at a rate of 9.4 cents per kWh, which is why the savings were so much lower.

When I recalculated the financial benefits using the actual numbers (instead of the estimates from the company), it will take us closer to 12 years to break even on our investment (instead of 10 years). The approximate return on our investment of \$21,000, over 25 years, will be about 5% (instead of 8%). Still a solid return for a safe investment, but not as good as it originally looked.

From the environmental side, we offset about 4 tons of carbon in our first year of production, approximately equal to that of 100 trees. There are a number of much more inexpensive ways to save energy as well. Doing an energy assessment and sealing all of the places where heat is escaping your house can pay huge dividends with relatively little up-front cost. Feel free to email me at adam.grahamsquire@gmail.com if you are interested in the solar panels and/or have more questions.

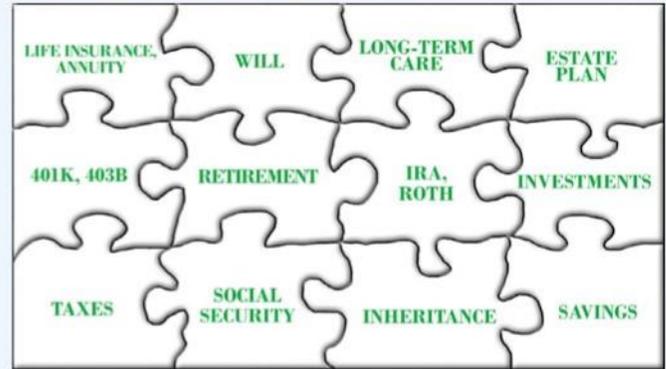
	Energy Production	Savings per year	Years to break even	Interest Rate (when thought of as an investment)
Estimated	6.68 MegaWatt-hours	\$708	10	8%
Actual	5.93 MWh	\$530	12	5%
Percent difference	-11%	-25%	-20%	-37%

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?

If you're not sure, we at Starboard Wealth Advisors have been helping local families for over 15 years. We can easily organize your financial life and help achieve your financial goals through a personalized and comprehensive financial planning and investment approach. Our service model is straight-forward and hassle-free, and built upon a foundation of honesty and integrity.



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Know a Neighborhood Church

By Pastor Lee Hull Moses

First Christian Church (Disciples of Christ) began life as a congregation in 1917, in a small building on North Elm Street. In the early 1950's, the congregation purchased land and built a new building on the corner of Overlook and Market, where our current church stands.

We have a few members who remember the old Elm Street church, and a number of people remember watching the new building being built. The building has been through a number of renovations since then - an elevator was installed in the 1980's, and an education wing was added a few years later. In recent years, we've renovated our entryway and gathering space, added a portico, and built a columbarium in our front yard. When we replaced our steeple in 2011, we threw a big party to watch the cranes lift the steeple to the roof. One family had four generations here that evening, watching history happen.

As the old song goes, though, "The church is not a building, the church is not a steeple, the church is not a resting place. The church is the people!" That's true of First Christian, where the *people* are the church. Our congregation is active within our walls and beyond, caring for one another and serving our community and our world. We take seriously our identity statement, which calls us to be "a movement for wholeness in a fragmented world."

Every summer, our garden ministry generates produce (from our off-site community garden), which we donate to the Servant Center food bank. During the school year, we send backpacks of food to Cone Elementary School to help feed families on the weekend. We work closely with a local community center to support refugee families, and earlier this fall, we had a large group of people walk in the CROP Walk to raise money for hunger relief.

We're glad to be the meeting place for the Sunset Hills Neighborhood Association, and we want to welcome to play in our playground, attend one of our special events, or come

worship with us on Sundays at 10:00 am. Please visit us online at www.fccgreensboro.org to learn more about us. You'll also find a schedule of special services for Advent and Christmas.



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just

stop by and say hello. We're neighbors.

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lux aeterna

by Bob Gingher

This time of year Sunset Hills becomes Sunrise Hills, and dusk's first dark announces dawn's first light. The whole neighborhood is aglow as trees become pyrotechnical candelabra. The garden club's original request for "the traditional Williamsburg Style of tasteful greenery and all white lights" is burlesqued in a colorful hullabaloo of multi-hued spheres, cylinders, cones, cubes, and pyramids. The hood morphs into Dr. Seuss's Whoville, where neighbors resolutely keep their tree candles trimmed and burning.

Swelling traffic at night and ugly extension-cord briar patches by day can urge the Grinch in even the most neighborly Who. But just then, when the heart feels, "two sizes too small," one recalls the family and friends of cancer patients who ritually detour down Ridgeway Drive on the way home from the local oncology unit. The annual festival of lights swallows up occasions both secular and sectarian in a boundless celebration of hope—one that has spread to other neighborhoods, cities, states and countries.

Jonathan and Anne Smith began hanging the lighted balls eighteen years ago. Their across-the-street neighbor, Marlene Pratto, suggested that the ritual be yoked to a larger purpose, a food drive. Since then many tons of food and thousands of dollars have been donated to local food banks. That mission is furthered by an annual charity run.

Everything is shown up by being exposed to the light, and whatever is exposed to the light itself becomes light. St. Paul's words underscore the singular power of light over dark whenever friends join together in a united hymn. Today "Shine the Light on Hunger" walks the talk. "Once you've developed a love for the lighted balls," says Smith, "there's no known cure."

No one knows better, of course, that they are only signposts. *The finger pointing to the moon*, runs an old Buddhist saying, *is not the moon*. Here and elsewhere they point to an impulse which humanizes us all: *caritas*, the very source of light.

See Bob's art work on the next page and then GO to the web to see the art in glorious color. You will be pleasantly surprised.

Volunteers Needed to Get Cancer Patients on Road To Recovery

American Cancer Society seeks volunteer drivers to transport patients to local treatment

Every day many cancer patients need rides to Cone Health Cancer Center for treatment. To help solve this problem, the American Cancer Society is having a recruitment campaign for its Road To Recovery program in the Sunset Hills neighborhood. Through this program, volunteers provide free transportation for local cancer patients in need of a ride to and from cancer treatment at the local treatment facilities.

Dr. Jeff Heffelfinger, Executive Director of Medical Oncology at Cone Health Cancer center explains, "Transportation assistance for medical care is a primary need within our community. Transportation is often identified by our patients as a source of concern and stress. A functional, reliable, Road to Recovery Program is an invaluable resource, assuring that our patients receive the medical care they need as well as relieving their emotional angst and anxiety. In this respect, the Road to Recovery volunteer provides both physical and emotional support to our patients." *(continued on page 22)*



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OR SELLING
A HOME?**

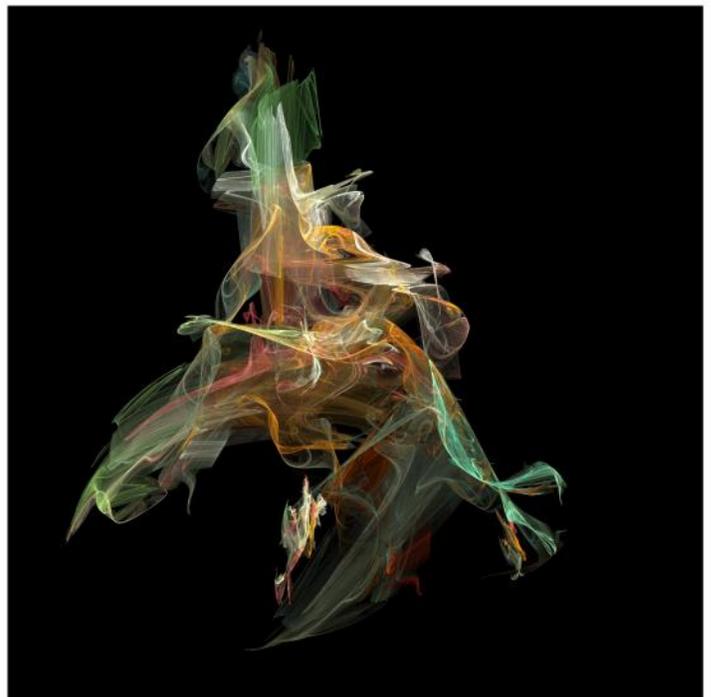
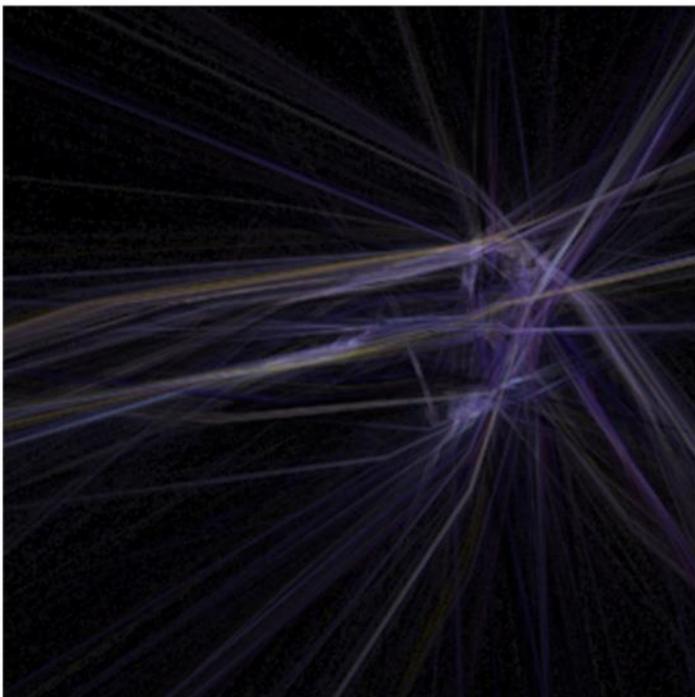
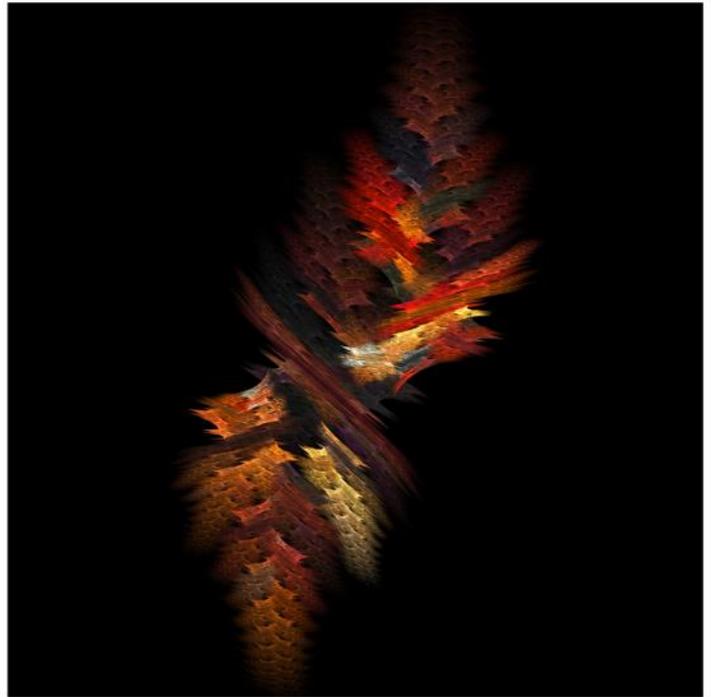
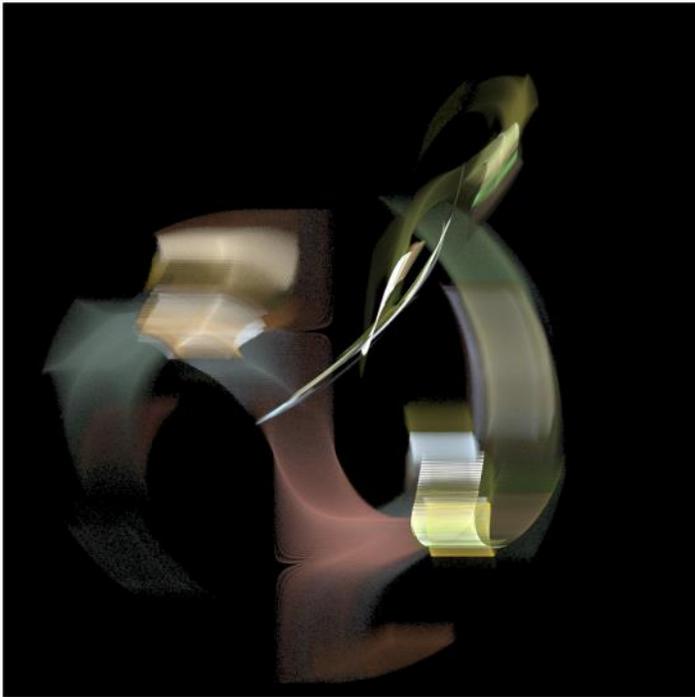
Dream with your eyes open.



Michael K. Driver
Your eyes in
Sunset Hills

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Art work by Sunset Hills resident, Bob Gingher. Check the web to view in full color the lightning of your monitor to make it lively. Address is in the footer. Click on News and then Dec14.pdf.

Do You Live in Sunset Hills?

By Gerry Alfano

There always seem to be some confusion as to who lives in Sunset Hills. I, like many of my neighbors, have assumed that the boundaries of the neighborhood are static. What I have learned is that the boundaries have changed over the years. The current boundaries are set out in Article III of the Bylaws of the Sunset Hills Neighborhood Association. According to the bylaws, the boundaries are “Elam Avenue north from Walker Avenue to Friendly Avenue; Friendly Avenue (south side only) from Elam Avenue to Smyres Place; Smyres Place to West Market Street: West Market St. (both sides) to Mayflower Drive; Mayflower Drive (both sides) to Walker Avenue; Walker Avenue (north side only) from Mayflower Drive to Elam Avenue.” I think it is clear from the bylaws that the south side of Friendly Ave. is the northern boundary of the neighborhood and the north side of Walker Ave. is the southern boundary. It also clear that both sides of Mayflower Drive are included in the eastern boundary. It is not specifically stated that both sides of Elam are included in the western boundary.

How important are the boundaries of the neighborhood? The City of Greensboro, in general, is willing to let the neighborhood define its boundaries. There should not be an issue unless another neighborhood association tries to include the same area. The Sunset Hills Neighborhood Association (SHNA) has been distributing newsletters to both sides of Mayflower Dr. and to both sides of Elam Ave. The last issue of the newsletter was also distributed to residences in College Park, which is the small neighborhood east of Mayflower adjacent to the park between Aycock and Mayflower. This was done for informational purposes. It is obvious that any residents living that close to boundaries of Sunset Hills have common interests and benefit from information on what is going on in the neighborhood. According to the SHNA Bylaws, anyone with an interest in the neighborhood (Article IV, Section B) can join SHNA. Certainly, residents living in areas adjacent to Sunset Hill might have an interest in the neighborhood. The purpose of the SHNA is to be inclusive, not to be exclusive. If you are not in the boundaries of Sunset Hills as defined in the bylaws, you are still welcome to become a member by sending your \$10 annual membership dues to Emily Herman, SHNA Treasurer, 2512 Berkley Place.

And the envelope please!

When you finish enjoying this wonderful newsletter, please fill out the survey, write a \$10.00 check for your dues for 2015, put them in the enclosed envelope and mail it to me. Some people have already paid dues. Call me at 336-275-6015, if you are not sure. Our neighborhood association helps you keep up with what’s going on via the listserv. We have social events throughout the year. And, the listserv is a handy tool if you have an emergency or a question about a vendor or you’ve lost/found a cat/dog/parrot/keys, etc. Don’t depend on others to pay for you. It’s much less than a penny a day! Make your check out to SHNA. Please let me know how you want to be listed if it is different from your name on the check.

Thank you, Emily Herman, Treasurer



Meet Carole Lindsey-Potter (Newsletter team)

Carole Lindsey-Potter has been a Sunset Hills resident since 1974. She worked thirty-two years for the Greensboro Parks and Recreation Department where she founded and supervised the City Arts Program. She then joined UNCG where she was the Program Administrator for the Women's and Gender Studies Program. Now retired, Carole volunteers for Wesley Long Hospital in the Admitting Department and on the Volunteer Board. She also is on the board of the Friends of Women's and Gender Studies. She volunteers for Sportscom for many swimming, diving and skating events at the coliseum. Carole is married to Chip Potter, a Product Development Engineer with Noregon and a multi-talented musician. Her daughter, Dianna Walla lives in Seattle with her husband Chris. She has taught medical English in Hungary, published knitting designs and travel stories in numerous magazines, published a knitting collection and has taught at knitting conferences. She is now applying for her second MA, this time in linguistics. Her son, Greg, also a talented musician, has a diploma from Minnesota State College Southeast Technical in Guitar building and repair. He is now completing two associate degrees from GTCC in Simulation and Game Design, and in Sound Engineering.

MAD HATTER

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1 YEAR ANNIVERSARY

FRIDAY DECEMBER 26TH

- FOOD & DRINK SPECIALS
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- GIFT EXCHANGE*
- CAKE!



MAD HATTER

*Gift swap that Christmas gift you do not want with someone else

Old house heating

By Katherine Rowe, *Sunset Hills* historian

Do you know what this is?

If your Sunset Hills home was built in the 1920s - maybe in the 1930s - you'll know it's a **coal door**, opening up to a coal chute, which led to a coal room in the basement.

The coal room is a strange little room; often just wooden boards nailed to posts to store lumps of coal, or sometimes poured concrete walls to do the job. And the rooms held the fuel to heat our homes. Most all our homes used a coal-fired boiler when first built. The boiler sent heated water to radiators that warmed the rooms of the house. Oil or gas replaced coal starting in the 1920s, as our neighborhood was being developed by A.K. Moore.



Fireplaces? More for pleasure than for heat in Sunset Hills. Although, last year's ice storms made them much appreciated!

You can tell a coal burning fireplace by it's small size - usually about 10 inches deep by 18 inches wide - and its own metal door and attached coal basket. Coal burns with no sparks so the door's purpose was to radiate heat and in the summer, as a cover. If you are missing the door to your coal-burning fireplace surround, try Architectural Salvage of Greensboro for a replacement.

Burning wood is fine in these little fireplaces but a screen **must** be used to contain sparks. A man-made log (like Duraflame) fits the small fire box, burns cleaner and produces no sparks.

An option to fires is to fit the fireplace with a gas-fueled coal basket. Installed when gas logs are too large, reproduction coal baskets look appropriate in historic homes.

Coal fireplaces and wood-burning fireplaces can be found through our neighborhood. As we all know, fireplace chimneys should be cleaned and repaired regularly. Here is a great link to Old House Journal's checklist:

http://www.oldhousejournal.com/chimney_checklist/magazine/1017

Meet Carlee (Caroline) Dempsey (Newsletter team)

Carlee Dempsey was born on Ridgeway Drive where she grew up to know her Sunset Hills neighbors as her "second family". She attended Lindley, Kiser, and, of course, Grimsley (Go Whirlies) and then moved to Wilmington, NC where she spent the next four years at UNCW. Carlee moved back to Sunset Hills in August after accepting a marketing position with Natty Greene's Brewing Co. Carlee will help in the design and article writing for future Sunset Hills newsletters.

The Acropolis Restaurant – a Greensboro Tradition for 47 Years!

By Jimmy Contogiannis

When my family moved to Greensboro in the early 60's, my parents decided to purchase their home on Wright Avenue. Our family quickly enjoyed the friendly families and great neighborhood spirit so much that when I got married I decided to purchase my home in Sunset Hills, actually only one block away from the house I used to call home. My family has enjoyed living there and I have played with my children in the same park that I used to play in as a child. Now I also proudly work in a family-run business that is Greensboro's oldest restaurant still owned and operated by the same family -- The Acropolis Restaurant has just celebrated its 47th year anniversary!

What brought my family to Greensboro was the restaurant business. After my parents, Gus and Eleni (Ellen) Contogiannis, were married they lived in Latrobe, Pennsylvania. My three sisters and I were all born in Latrobe. My mother's sister lived in Greensboro and told my parents of a business opportunity in Greensboro that involved the restaurant business. They came to visit Greensboro and fell in love with the city. My parents opened another restaurant at first, but then settled into operating the Acropolis Restaurant in October 1967. At that time it operated by serving a menu full of a variety of Southern-style and "home cooked" meals. They served breakfast, lunch and dinner.

Over the years you could see any of their four children, Elizabeth, Jimmy, Mary Ann or Anthoula, help in this family-run business as we grew up. Despite easily establishing their business and having a loyal clientele base, they dreamed of changing the menu to Greek food to reflect the name they gave the restaurant. Over time they received a lot of requests to cater Greek food and slowly slipped some Greek dishes onto the menu.

After Gus's retirement in 1979, Ellen continued to operate the restaurant with our help. *Then in 1980, my Mother and I made a bold move. The restaurant closed briefly in early 1980 for remodeling and everyone also was busy designing a new menu. In April 1980 the doors reopened and displayed a Greek menu featuring recipes that had been passed down through many generations and reflected a full service Greek restaurant.* We were the only restaurant in the Triad to offer a full service Greek menu and still are the only ones in Greensboro that do so. The décor had been updated and made you feel like you might be in Greece. However we kept some of the most popular "American" dishes and the lunch specials that so many in Greensboro had come to expect. The decision to renovate and change the menu reflected dedication to stay in the downtown area and show support of downtown rather than relocate at a time when many businesses were doing so. As these changes occurred I decided to make the restaurant a career so I came on board fulltime to continue the family tradition.



Over the years my Mother and I have continued to develop and revise menu options as well as update the look of the restaurant. Old favorites have been kept and new dishes have been offered. Most of the original artwork remains but more has been added. We expanded our services to include catering of both Greek and non-Greek foods in the restaurant as well as off premises. A private dining room has been added to allow meetings, private parties, receptions and special celebrations. Over the years the restaurant has been awarded yearly "Best Greek" titles. Greensboro has embraced Greek cuisine as we had imagined.

With the rejuvenation of downtown Greensboro over the past 10 years, we know that our decision to stay was correct. Now we look to constantly update the menu, changing offerings and enjoying the popularity of foods reflecting the Mediterranean diet, as our society becomes more health conscious. The restaurant menu offers "lighter side" options as well as full dinners, bar specials and daily lunch and dinner specials. Options to purchase Greek deli items such as feta cheese, olives, hummus, stuffed grape leaves and many others will be offered for sale soon. *Wi-Fi is available for customer use.*



But most importantly, we have resisted the temptation to purchase commercially available Greek products and serve them like some of the “Greek fast food” style restaurants that have opened over the past 5-10 years. You will still find authentic Greek dishes prepared from the finest and freshest ingredients and homemade. We take pride in preparing food that is healthy and delicious and that distinguishes us from the rest! When you walk into the restaurant we hope that you can feel the warm, friendly atmosphere we strive to provide as a family-run business. One of the best compliments customers give us is when we see their smiling faces return for another meal.

I would like to invite you, your family and friends to visit the Acropolis Restaurant like so many other generations of local families have done. Look for our advertisement and

special offer on page 22. The Acropolis Restaurant is located at 416 N. Eugene Street in downtown Greensboro across from the NewBridge Bank Grasshopper stadium. Our hours of operation are Lunch 11:00am-2pm Monday through Friday and Dinner 5:30pm-10:00pm Tuesday through Saturday. We are closed on Sundays and Monday nights to allow me to have some family time because that is very important in the Greek culture. When you come please let me know that you are from Sunset Hills as I would like to get to know all my neighbors.

Visit our Face book page ‘AcropolisRestaurantGreensboro’ to ‘like us’ and check-in. (<https://www.facebook.com/pages/Acropolis-Restaurant/111837575520007>).

Our website www.acropolisrestaurantgreensboro.com will be up and running in the near future.

Thanks for letting me tell our story— I look forward to seeing you soon!

=====

Paintings by Helen Farson. See article on p. 21



ART MEETS LIFE IN SUNSET HILLS

By Helen Farson, Artist

For Helen Farson, impressionist oil painter and artist, the studio on Rolling Road is a happy place where Art Meets Life. She and husband Jim have created a charming studio space adjacent to their home and garden, where Helen paints, almost daily, and offers workshops and classes several times during the year. Artists and friends gather here to be inspired, to learn, to be refreshed and to connect.

The studio walls are filled with paintings of gardens, still life, landscapes and interiors and new works are always in progress. Helen is inspired by life's experiences, beauty of nature, and by creative travels. In September she spent two weeks in Provence, France (a favorite place), painting *en plein air* in the countryside, capturing the beauty of olive trees and vineyards while reconnecting with mentor artist friends who live there.

Helen has studied with nationally recognized artists C.W. Mundy, Alice Williams, Connie Winters, Nancy Franke, and Jill Steenhuis. Continuing to fine tune her skills, she never loses sight of the pure joy of creating. Her philosophy is "In painting, if you dance the line between joy and skill...and share with others what you learn, something beautiful happens. I am honored to be an artist."

Studio: 1807 Rolling Road, open by appointment. hfarson@triad.rr.com
336-274-4979 (studio) 336-430-7526 (cell)
Website: www.helenfarson.com



Please see website above for additional paintings and to see the paintings in full color.

Sail Away



(from page 14)

"In my practice, I have seen firsthand the effect that a lack of reliable transportation can have on medical care," said Dr. Otis W. Brawley, chief medical officer, American Cancer Society. "Some forms of treatment, such as radiation, may require a patient to commit to daily office appointments for weeks at a time. When patients cannot get back and forth, they may be left with fewer or more devastating treatment options."

Many of the people in Guilford County assisted through the Road To Recovery program do not own a vehicle, cannot afford bus fare, or do not live close to a public transportation avenue. Some patients are elderly and unable to drive and have no one nearby who can provide regular assistance with transportation. And without transportation they cannot receive their cancer treatments.

"The Road to Recovery program is a tremendous asset to the Greensboro community and most importantly to the individuals seeking cancer treatment," said Aliasha Hendrix, mission delivery manager for the American Cancer Society. "We know that this program saves lives and we need the help of local residents to make that happen."

Anyone interested in volunteering as a driver must have a good driving record, valid driver's license, automobile insurance and a vehicle in good working condition. Rides are needed Monday through Friday between the hours of 8 a.m. and 6 p.m. and the schedule is flexible to each volunteer's availability. The American Cancer Society provides free training. For more information on becoming a Road To Recovery volunteer, contact Carrie Klamut at carrie.klamut@cancer.org or 704-553-5391. If you are a patient in need of transportation to your cancer treatment, please contact the American Cancer Society at 1-800-ACS-2345.

NEWSLETTER

We again have new authors. We are on a roll. Soon it is your turn. We have follow up authors as well. You may submit something at any time to mrpsunset@gmail.com. It might be wise to make the subject NEWSLETTER.

We have a couple who will be interviewing residents and writing about them. If you know a neighbor who should be featured, please send email with the name and address to the email address above.

Deadline for next newsletter is Jan. 23.



BUYING OR SELLING A HOME?

Dream with your eyes open.

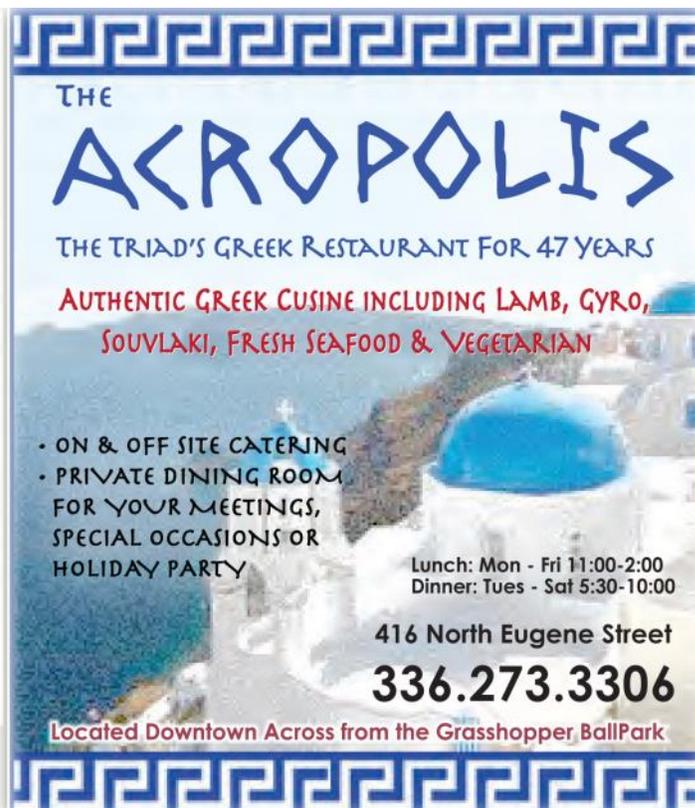


Michael K. Driver
Your eyes in
Sunset Hills

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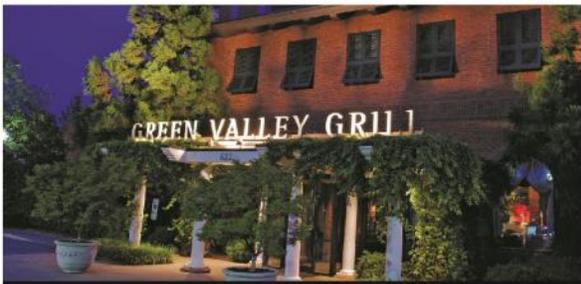
We're kaput if we are not supported by our neighbors, so we are sponsoring this newsletter to support our neighbors.
— Dennis & Nancy King Quaintance



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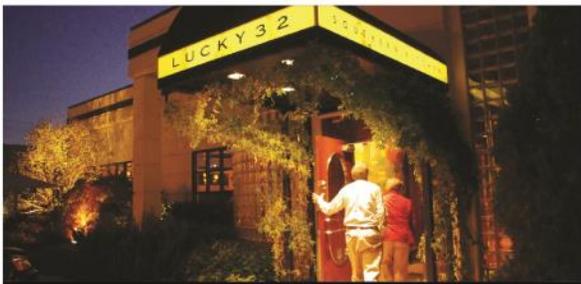


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