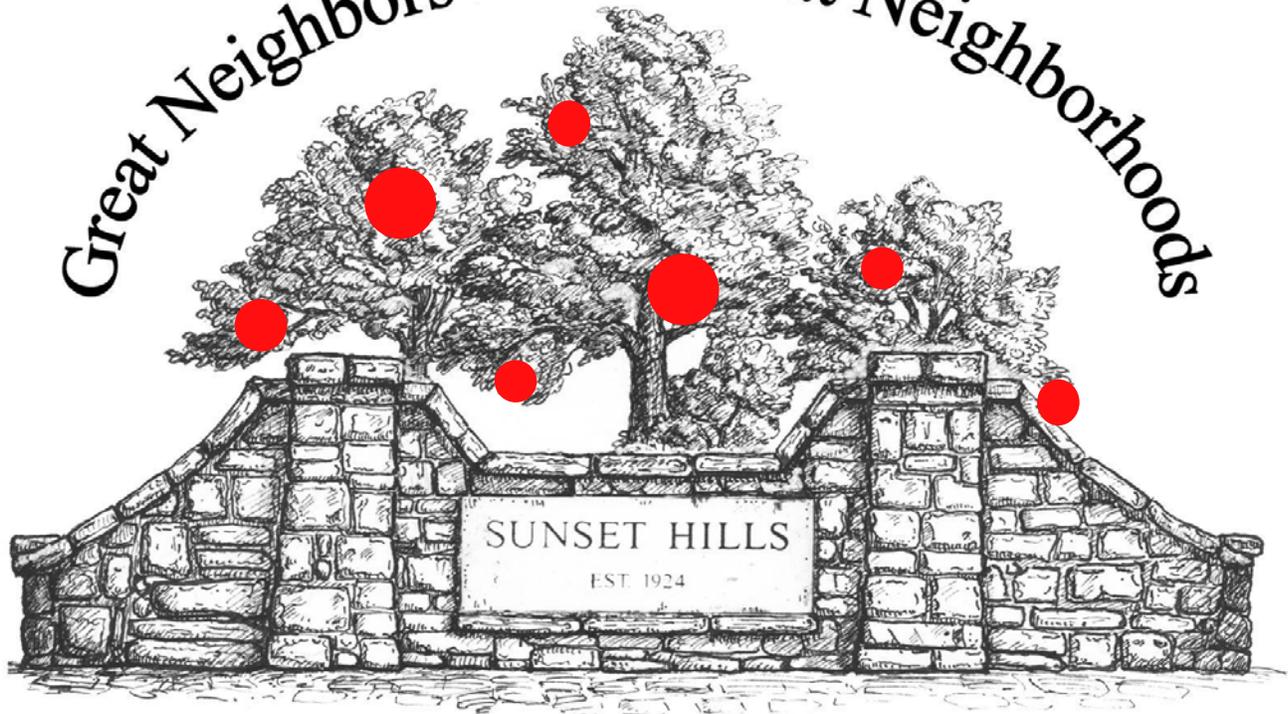


Great Neighbors Make Great Neighborhoods



## Sunset Hills December 2017

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*

### TRAFFIC SAFETY IN SUNSET HILLS

The Sunset Hills Neighborhood Association (SHNA) had two meetings with Adam Fischer, Director of the Greensboro Department of Transportation (GDOT). These meetings were arranged through the efforts of Sunset Hills resident, Todd Jones, and District 4 City Council Representative, Nancy Hoffmann. Todd enlisted Nancy's help following a serious accident on May 19th at W. Greenway and W. Friendly Ave. The first meeting was held on Thursday, Sept. 28th. About 50 SH residents attended the meeting to listen to Adam Fischer address speeding and other traffic issues in Sunset Hills. Todd had compiled a list of concerns that SH neighbors sent him via e-mail which he forwarded to Adam Fischer.

SH residents asked for a stop light at W. Greenway and W. Friendly to reduce the excessive speeding. Adam Fischer said that a stop light was not warranted at that intersection because of the low volume of traffic. He promised he would investigate other possible methods of reducing speed, including flashing lights on W. Friendly. He also addressed the issue of putting in four way stops on several of the "cross through" streets to slow down traffic and make it safer. We initially agreed to have a follow-up meeting on November 16. However, because of the city elections, Nancy and Adam asked to have the meeting pushed up two weeks, so it was rescheduled for November 30.

(continued on Page 3)

## Sunset Hills Neighborhood Association Board of Directors

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### Secretary

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### Social Events

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

### Event Coordinators

#### Easter Egg Hunt - Open

#### Fourth of July -

Jane and Scott Harkey scott@windshieldglass.com

#### Halloween in the park -

Michael Driver michael@yourhometriad.com

#### Annual Pig Pickin -

Gary Rogers grgrlr@mindspring.com

### Environmental Affairs - OPEN

### Garden Club Representative

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### Representative to the Neighborhood Congress

Mike Pendergraft, Gerry Alfano



### Sources of Neighborhood Information

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

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

When you have a question about tradespeople, spot a stray dog or cat or note something unusual, submit a message to the listserv and the message goes out to all the members. The listserv is monitored to keep the messages relevant to this area and on topics about the neighborhood. You must have paid your 2017 dues to submit a non-emergency message to the listserv.



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

The November 30 th meeting was attended by about 25 residents. Adam Fischer, NancyHoffmann, and 4 police officers – three from the traffic squad, including Captain Price, and one of our resource officers, B.J. Wingfield, attended the meeting. Captain Price spoke about the traffic monitoring and enforcement that his unit has been doing in SH. The police have used the radar trailer, monitoring boxes, and officers from the motorcycle traffic enforcement squad to assess speeding. They found that 85% of drivers on W. Friendly are going 45 mph or higher (the speed limit is 35). During a 96-hour period (over 4 days), there were more than 57,000 vehicles. The highest recorded speed was 81 mph. Clearly, we have a lot of traffic and most of the drivers are going well above the speed limit. The traffic enforcement officers issued 170 citations.

Adam Fischer reiterated that a traffic light is not warranted at W. Greenway and W. Friendly. Because the City of Greensboro receives federal funding for W. Friendly, GDOT must follow guidelines that require a certain level of traffic to install stop lights. GDOT purchased some radar signs and they will be utilized on W. Friendly for 3 to 4 months. Adam also suggested eliminating left hand turns into E. and W. Greenway. There was quite a bit of concern that this would only shift the problem to other interior streets.

The City will take the following steps in SH: (1) Traffic Enforcement police will continue to focus efforts on W. Friendly; (2) GDOT will install the radar signs; (3) GDOT will consider closing off one of the Greenway streets so that traffic on the open Greenway street may warrant a traffic light; (4) A pedestrian cross light will be installed at N. Elam and W. Friendly. The SHNA will look into what has been done by College Hill to reduce speeding on Mendenhall. GDOT will also be promoting the Pace Car Program which involves taking a pledge to obey the speed limit and displaying a car magnet.

Speeding and red-light running is a serious problem all over the city. SH is competing with other neighborhoods for resources (funding and police enforcement). Currently, the police motorcycle unit has only five officers for the entire city. Last year, there were 41 traffic fatalities in Greensboro. The City of Greensboro is making some effort to increase traffic safety for everyone – drivers, bicyclists, and pedestrians.

**Sunset Hills Neighborhood Association Financial Statement as of 11/28/17**

360 Members	
<b>Beginning Balance 1/1/2017</b>	<b>\$ 18,397.39</b>
<b>Income</b>	
Dues 2017	\$ 1,840.00
Contributions 2017	\$ 710.00
Advertising	\$ 5,040.00
Other	\$ 493.00
Dues 2018	\$ 650.00
Donations with 2018 Dues	\$ 150.00
<b>Income Total</b>	<b>\$ 8,883.00</b>
<b>Expenses</b>	
John Kelly/Lighted Christmas Balls in Park	\$ 793.72
PayPal Transaction Fees for Dues	\$ 40.71
Greensboro Neighborhood Congress	\$ 200.00
<sup>1</sup> Newsletter Printing	\$ 2,584.96
<sup>2</sup> Website Hosting Fees	\$ 499.57
Garden Club Neighboroods Expenses	\$ 689.26
Garden Club Park Maintenance	\$ 600.00
Postage	\$ 9.80
4th of July expenses	\$ 743.41
Pig Pickin expenses	\$ 316.54
National Night Out expenses	\$ 443.04
Engraving Pan	\$ 29.84
<b>Expense Total</b>	<b>\$ 6,950.85</b>
<b>Ending Balance</b>	<b>\$ 20,329.54</b>

- Notes:**
- \$2500 requested by Sunset Hills Garden Club for 2018 Maintenance of Park Beds North of Market and Stream Cleaning
  - \$\$ requested by Mary & Scott to donate to Police office dinner. \$96 spent last year
  - <sup>1</sup>Newsletter Printing expense to be incurred mid December
  - <sup>2</sup>Website Hosting Fees a 5 year license

**Rates for 2017 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](mailto:clindse@gmail.com) and I will be glad to help.

**Market Street Brass  
Holiday Pops Concert  
Thursday, December 14th at 7PM  
At Ebenezer Lutheran Church  
Corner of Walker and Tremont in Sunset Hills**

Ebenezer Lutheran Church invites the community to a free will donation concert followed by a light reception. The music of Market Street Brass is a combination of secular and sacred including many traditional carols and new favorites. Please join us in the holiday spirit.

The Market Street Brass was founded in 1974 as the resident faculty brass quintet at UNCG. They perform music in all styles from Renaissance to jazz in a variety of settings. Particularly noteworthy are the many Christmas Concerts and performances in church services during the months of November and December. Because of the vast and varied library of the quintet, special concerts and performances regularly are created for specific events, celebrations, and services. Though the quintet has changed throughout the years it is still led by Edward Bach, trumpet; Christian McIvor, trumpet; and Randy Kohlenberg, trombone.



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*Home means everything, especially at the holidays.*

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# Neighborhood Watch

Monday Nov 13 was the latest Community Advisory Council (CAC) meeting with the Greensboro Police.

Here are the highlights:

-Aggressive solicitor: The Starmount neighborhood experienced a man, selling a cleaning product, who became verbally aggressive with several homeowners (this was also discussed on the Nextdoor app where his photo was included). Police advise that we avoid engaging in conversation with such solicitors and call 911 if this happens. Provide the dispatcher the best description possible, so that the police can look for the solicitor elsewhere in the neighborhood. Don't threaten to harm a solicitor (and don't do anything to physically harm them); call the police to handle unwanted/unruly solicitors. Homeowners will be held responsible for their actions as will the solicitor. The GPD doesn't suggest that homeowners purchase a product or not...however, if sales are good, the company stays in the area, if sales are poor, they move on to other neighborhoods.

-In the Hamilton Lakes area, a video was taken of a person on someone's property, heading to the porch area, seeing the **Ring** door bell, leaving the premises, and running to a car that was slowly following. Police have noticed this happening - one person walks and checks for unlocked cars or valuables on a porch, then stashes the stolen valuables in their car, and uses their car as a quick getaway, if needed. LOCK your cars & don't leave valuables in sight. These people are not carrying tools for breaking in - they are looking for open opportunities, so don't give them any. See video below:

<https://ring.com/share/6487330448848969103>

-A rumor going around states that if you dial 112 when being pulled over by an unmarked police car, they can let you know if it is legitimate. 112 is an European emergency number. In Greensboro (and most other places), we should dial 911 if we want to verify that an unmarked car with lights/sirens is an officer. Officer Wingfield suggested putting on flashers and driving very slowly while you call 911 to verify - do not take too much time or drive fast as the person in the car will think you are disposing of drugs or trying to get away. Use common sense when being pulled over, it's OK to go to a lighted area if there is one nearby. (There are some phone carriers that will transfer the 112 number over to 911...but it's best to start with 911). FYI, the number of unmarked cars that GPD uses is very low so this doesn't happen often.

-December 11 will be the traditional 'Holiday Thank You' to our Greensboro Police Officers. Neighborhoods and individuals who wish to send a food item and a card for the officers can do so. It is much appreciated by the officers who work so hard for us. Scott & I will be asking the Sunset Hills Board if we wish to participate again this year.

-Be smart with holiday packages and such as the holidays approach. Let your neighbors know if you will be out of town, help each other with mail, lights, and other things that make our homes look vacant.

There is not a CAC meeting in December, but let me know if there is anything you want us to bring up at the January CAC meeting.

Mary Schwarz  
Scott Michaels

# Hi Neighbors!

*Submitted by Nicole Naviglia*

As newbies to the Lighted Christmas Ball festivities last year (I guess we're still kind of new to it!) and seeing others on NextDoor and Facebook asking for help, I thought it might be a good idea to gather the collective wisdom of the more experienced ball makers and ball hangers!

I know if it weren't for our awesome neighbors helping us out, we'd still be tangled up in our own lights and extension cords on the front lawn.

With that - I have set up a public Google document where you can add your own instructions or helpful suggestions. Please check it out at (<https://docs.google.com/document/d/1XZogr0pV6pZr7f3618qxpmAbnsqsbfkCVnp3HsvZz9Q/edit>), and add to it!

Important to note this is an open and public document that anyone can edit or share, so please don't share any personal information and let's refrain from debating the "right" way to do something unless you see something potentially unsafe.

Please feel free to share this document with those who could benefit from it.

## **Lighted Christmas Balls Tips and Tricks**

Please read first:

1. **Add your own tips and advice below! Anyone can add or edit this document.**
2. **This is a public Google document. Do not share any personal information such as names, emails, home addresses, or phone numbers.**
3. **This document includes suggestions, recommendations and tips—not rules— shared by those who have learned a thing or two over the years. There is no need for debate. Not everyone will agree and there is no one, right way to make or hang Lighted Christmas Balls. The types of trees you have, the height you hang them, and how you choose to get them in a tree can make a difference. If you see a suggestion you think is potentially unsafe, please make a note.**
4. **Try to keep organized tips by topic (see below) to make it easier for people to find the information they need.**
5. **Refrain from selling products or services, but feel free to link to products that you have used and would recommend.**

### **Materials Needed:**

- Chicken wire
- Strands of outdoor mini lights - any colors, LED or "old style" are fine
- Electrical tape
- Twine - A good one is: No 18 Braided Seine Twine from Memphis Net and Twine
- Green or brown twine and extension cords blend in best
- Outdoor extension cords 50', 100' to run from balls/trees to your power source. Lowe's carries green cords that look OK during the day and disappear at night.
- Scissors/safety knife/Swiss Army knife, etc. to cut twine
- Rubber or latex-coated work gloves for added grip

### **Tips for Making Balls**

- Use 200 mini lights per ball (2 strands of 100) for best results
- Wrap connections in electrical tape
- Test all lights to make sure they're working before you hang them up.

### **Tips for Connecting and Hanging Balls**

- How do you get them so high? An arborist sling shot is your best bet.
- Daisy-chain - or connect - 2- 4 balls together using shorter outdoor extension cords so you can hang multiple balls at once. Make sure there is always a "male end" at the bottom/lowest ball to connect to your long extension cord that connects to power.
- Secure all connection points with tightly wound electrical tape. This will help keep them together.

(continued on page 7)

### Tips for Getting Them Down

- Cut the lines and lower them carefully - Don't let balls crash to the ground.

### Storing The Balls

- Neatly wind up, bundle and label all your extension cords (6', 10', 50', etc.). You do not want to have to deal with tangled messy cords next year.
- Store all of your ball-making and ball-hanging supplies in a box/crate etc. You will thank yourself next year.
- Discard any cords that are damaged. Do not recycle - the city does not want wire mixed in with other recyclables.
- Loosely pack up balls in a box or bag as-is (you do not need to unwrap them!) but make sure they don't get smashed.

### Money-Saving Tips

- Buy lights in the days after Halloween (you can usually find red, purple, and orange) and just after Christmas - they're often 50-70% off at the big box stores like Home Depot and Target.
- Put your lights on a timer so they're only lit during the evening hours.

### FAQ's

#### How many? What colors?

As many as you want! The more the merrier. Any colors you want. You can do solid balls with one color or multi-colors. Be creative. Mix in some twinkling (blinking) lights, too.

#### How high do the balls need to be?

Hang them as low or as high as you want.

#### Where do you plug them in?

Ideally plug them into an outdoor outlet and use a hub or surge protector rated for outdoor use.



## Front Porch and Back Deck Land Development Changes (Proposed)

A number of people have asked The Planning Department about adding porches to existing single-family homes which would extend into their front setback. A text amendment to broaden the parameters for front porches has been prepared and will be presented to the City Council at its December 19 meeting. The text amendment proposes several changes to the Land Development (Zoning) Ordinance which are outlined as follows:

1. Creates definitions for stoops, open-air covered porches, and facades.
2. Specifies that the following items will now be permitted to encroach into front setbacks:
  - a. Uncovered Stoops
    - i. Maximum of 5 feet into the front setback, and
    - ii. Maximum of 35 square feet into the front setback.
  - b. Open Air / Covered Porch
    - i. Maximum of 10 feet into the front setback,
    - ii. Can be along the entire facade of the dwelling,
    - iii. Must be outside of the required side setbacks, and
    - iv. Must be a minimum of 15 feet from the front lot line.
  - c. Uncovered Decks
    - i. Can be within 50% of the required rear setback.

If you have any questions concerning this matter or need additional information, please contact Steve Galanti at 336-373-2918 or by email at [steve.galanti@greensboro-nc.gov](mailto:steve.galanti@greensboro-nc.gov), or Michael Pendergraft at 336-339-2788 or [mrp\\_mlp@bellsouth.net](mailto:mrp_mlp@bellsouth.net).



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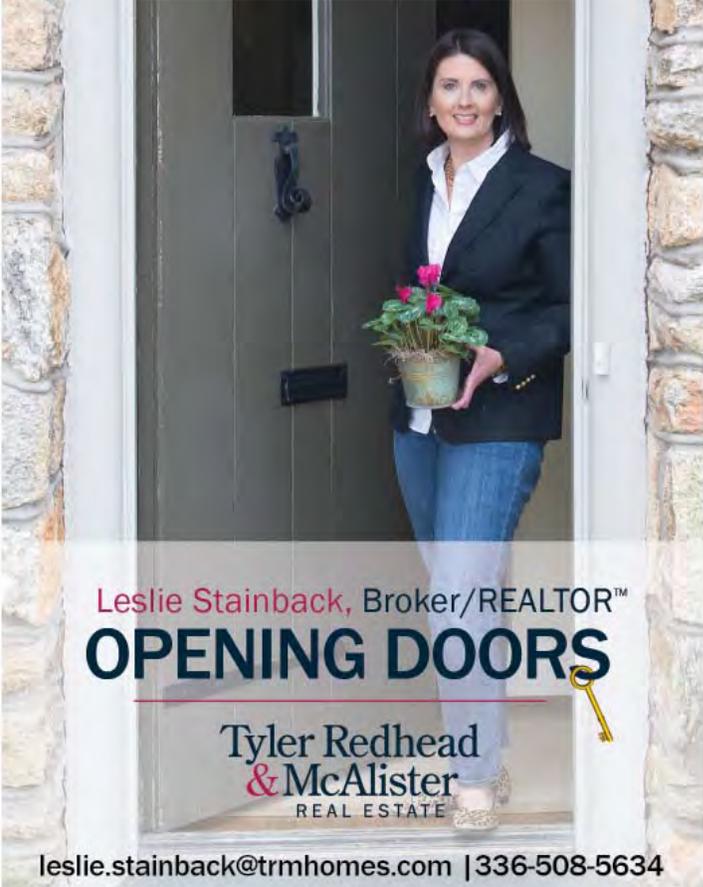
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## Lindley Elementary School Recycling Drop Site Is In Danger of Being Closed

We are fortunate to have good trash, recycling, and yard waste pick-up in Greensboro. Many of our Sunset Hills residents do a really good job of recycling. In fact, they do such a good job that they have too many recyclables for one container. One of the solutions is to bring the excess recyclable materials to the Lindley Elementary School drop off containers. We need to make sure that we follow the City of Greensboro's regulations so that we don't lose our drop off site.

The Lindley Elementary (2700 Camden Rd ) drop off location has become a hotspot for illegal dumping of furniture, construction materials, and household hazardous waste, like paint and pesticides. The City may close this recycling drop site if inappropriate materials continue to be left there.

Please help the City keep this location open by:

- disposing of your garbage properly
- placing large items at the curb for collection on your bulk pickup day
- taking household waste to the Household Hazardous Waste Collection Center

The Household Hazardous Waste (HHW) Collection Center is open to residents of Greensboro and Guilford County. The HHW program provides residents with a safe, economical, and environmentally sound disposal option for hazardous materials. (Businesses are not allowed to use the program.)

Location: ECOFLO Inc., 2750 Patterson St., Greensboro, NC 27407

Hours: 10 am to 6 pm Wednesdays through Fridays, and 8 am to 2 pm Saturday

- taking construction materials to the White Street Landfill or the Solid Waste Transfer Station

The White Street Landfill accepts only construction debris and yard waste.

Location: 2503 White St., Greensboro, 27405

Hours: Mondays through Fridays, 7:50 am to 4:50 pm; Saturdays, 7 am to 1 pm.

Residential, commercial and industrial trash should be disposed of at the Transfer Station, 6310 Burnt Poplar Rd.

- reporting individuals who dump illegal materials to 336-373-2222. Illegal dumping can carry a fine of up to \$1,000 and, in some cases, may be a felony offense.

Help us spread the word about this issue, so the City will continue to offer this public service in our neighborhood.

If you have questions or would like more information, contact [recycle@greensboro-nc.gov](mailto:recycle@greensboro-nc.gov) or 336-373-2053.



## Know thyself

By R. S. Gingher

There are truths that cannot be taught, that are only discoverable through experience. Socrates famously said the Oracle at Delphi only declared him the wisest man in Greece because he was the only man who knew that he knew nothing. His dogged questions put holes in the arguments of the most celebrated thinkers of his time.

These philosophers cherished their systems of thought, but without self-knowledge were blind to their inherent contradictions. “Know thyself,” the admonition inscribed within the Temple of Apollo at Delphi, was Socrates’s defense at the infamous trial.

I mused on this while absorbed in our neighbor Michael Gaspeny’s new volume of poetry. The gracious conceit underlying *Re-Write Men* is the human need to learn from our mistakes. At the core of these poems is a paradox: “good judgment comes from experience, but experience comes from bad judgment”—truths that cannot be taught.

These 24 poems all point to the most important life lesson we can learn in our brief time here in these present forms—who we are. One senses a growing depth of consciousness on the teller-in-the-tale, the distinctive persona behind the various portraits (barking mad preacher, vacuum salesman, cancer-ridden floor mopper, nurse’s aid, and more). There’s even a paean to the peerless jazz pianist and master of impressionist harmony, Bill Evans

In the first, “Elementary School,” a man recounts two boyhood misadventures in which he came perilously close to murder, then concludes with these cautionary lines.

*Sixty years later, I still fear myself.  
I don’t need the Bible to show me Hell.  
It’s right here in my hands.*

Many tableaux derive from the poet’s work as a Hospice volunteer, and there’s no lack of human suffering in these sketches. Trying to sleep, the narrator feels his own “mattress pitched with stroke-wracked patients.” Ultimately, however, there’s the sense that there is no finality in death, that birth and death are but co-opposite transitions, that there is only ever the One Life. That our sojourn here is not designed to make us happy but to make us conscious. And that knowing oneself means learning something about the uses of adversity, seeing the world as what Keats called a “vale of Soul-making.” Self-knowledge reveals self-absorption for the illusion it is. Unhappiness is merely an option.

In the final poem “scorn for me and bourbon” kill the wife of a reporter who

*clarified garble, killed clichés, bridged gaps,  
commanded facts like a cop directing traffic.  
I was the story I couldn’t revise.*

(continued on page 11)

*across the Grand Canal, the sea-winds tore off  
the festering lapels of my self-pity. My lungs swelled  
like a gondolier's. I howled with the gale.*

*For now I have been rewritten.*

*Look Homeward, Angel* is not just a novel but an imperative for meaningful poetry and a consolation for each and all of us, a magical key that unlocks the door to the insoluble cosmic kinship of all forms here and now. In the end *Re-Write Men* is a bright anthem to human connectedness, to the interrelatedness of all us bozos on the same bus, to the raw reality of being human, a spirit bound in time.

These glimpses of trials and transcendence are tonic catalysts for self-remembrance, signposts for our common origin. And not just in December's treasured tradition here, when the chickenwire aurora borealis of these neighboring hills (Rolling Hills in *Re-Write Men*) glimmers from sunset to sunrise. Our default setting, the long human habit of being, is to be legally blind to this dimension of consciousness. For this reader, well-wrought lines which manage to open a door to "the lost end-late of heaven" are always welcome and salutary.

Veteran Sunset Hills walkers will recall lines in one poem ("From the Plastic Pumpkin") found on an off-sidewalk spot not far from our neighborhood stone entrance-way and the end of Overlook Street. Here is



the key not to be overlooked, the one to the "lost end-lane of heaven" in the Rolling Hills we all share. "Magic is believing. /Belief is in the heart. /The heart holds the key. /The key unlocks the door." These words answer that Delphic admonition and fundamental question, "Who are you?" As a template for essence, they inform these remarkable poems about authentic being and self-knowledge.



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Poet, short story writer, and reporter, Michael Gaspeny has published widely. For nearly four decades, he taught English and Journalism, mainly at Bennett College and High Point University, where he received the distinguished teaching award. While taking an M.F.A. in creative writing at the University of Arkansas, he worked as a sportswriter covering the Razorbacks and as a general assignments reporter. His features on Bill Clinton's first campaign for national office have been frequently quoted in biographies of the former president. Gaspeny holds an M.A. from the University of Richmond and an undergraduate degree from Randolph-Macon College. He lives in Greensboro, North Carolina with his wife Lee Zacharias, the novelist and essayist. They have two sons.



## Albany Cake Recipe

*Submitted by Donna Plyler*

These are actually cookies. It is my grandmother Becker's recipe. She was a great cook. My mother says it is because my Grandmom Becker's mother died when she was about 10 and that's when she took over cooking for the family. Grandmom Becker was a jolly, plump woman with a twinkle in her eyes. She could have easily been Mrs. Santa Claus' twin. She was always cooking something and you better believe it was something good! These cookies are no exception.

Growing up, we had cookies galore at Christmas time and these cookies were plentiful. We made at least a double batch if not more. Oh yes, and if you want a good giggle, ask the men in the house or the kids to try to roll this dough from a round ball into a long rope. It's usually hard for them to keep from squishing it flat as a pancake!

The rolling and shaping into a figure 8 like shape takes time and patience. I have always called baking these cookies a labor of and for love. Enjoy!

### Ingredients

3 cups Flour  
3/4 cup shortening/Butter  
1/2 cup Heavy whipping cream  
2 Tbsp Cinnamon  
1/2 tsp baking soda  
2 eggs  
1-2 tsp vanilla  
1 cup & 2Tbsp brown sugar  
Sugar granulated

Cream sugar and shortening, then eggs. Add dry ingredients, 1/2 to 1 cup at a time. If dough is too sticky to handle, add a little extra flour. Roll dough into thick, 1/2" rope, 6"-8" long. Roll rope in granulated sugar. Twist ends over each other at least two times. Bake at 350degrees for 15 minutes .

Double recipe makes about 36 large cookies.

*Hint: Grandmom put an apple slice in the container with cookies after they cooled to keep them soft. Some of us don't do that so they do get crunchy and make good milk dippin cookies!*

(continued on Page 14)



# Herford's Christmas Wish List

1. Catnip
2. Toy mouse stuffed with catnip
3. Real mouse rolled in catnip
4. Tuna flavored treats and catnip
5. Have a Merry Christmas and a great New Year (Did I mention catnip?)

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(continued from page 12)

## Granddad's Stroganoff

*Submitted by Karen McCullough*

1 lb ground beef  
1 can Cream of Mushroom Soup  
1 can Cream of Chicken Soup  
(Note: you can substitute a cup of sour cream for either can of soup)  
1 cup rice  
1 (12 oz) package broccoli (optional)

Brown the ground beef and drain off excess fat. Cook broccoli and drain it according to package directions. Add broccoli and the soups to the ground beef. Simmer for about 5 minutes. Serve over cooked rice.

It's not a particularly healthy recipe, but it's a simple and tasty one-dish meal. Jim created this recipe one day many years ago when my Dad visited us unexpectedly and we had to scramble to put together something for dinner using ingredients we had on hand. My dad loved it and raved about it, which is why we call it Granddad's Stroganoff. Our kids liked it too, although they preferred it without "the green stuff." After that it became part of the meal rotation in our household.



## Christmas Coffeecake Wreath

*Submitted by Deb*

We first enjoyed this coffeecake since the 70's when our new pastor's wife made it for my parents. We have enjoyed it every year since.

1 Tbsp yeast, dissolved in 1/2 cup warm water - Let bloom for 5 minutes  
1 egg at room temperature - beat into yeast mixture

1 Tbsp.+ sugar  
2 1/2 cups Bisquick (gluten-free Bisquick works as well)  
1/4 cup powdered milk Stir into yet & egg mixture.  
Coat counter with Bisquick and knead until smooth. Roll into 9"x16" rectangle.

2 Tbsp. softened butter - Spread on dough

1/3 cup brown sugar 2 tsp cinnamon Mix together and sprinkle on buttered dough 1/3 cup raisins or pecans (or both, or neither) Sprinkle on dough

Roll up dough jelly-roll fashion and pinch together to make seam. have into ring on greased cookie sheet, being sure that the seam is is facing out. With kitchen scissors, cut 2/3 the way through dough at 1" intervals. Pull dough outward so that seam is down and cuts are facing out. Let rise for about 1 hour. Bake at 375\* for 12-15 minutes. Cool completely, then frost with cream cheese frosting. Sprinkle well with green sugar, and add clusters of red hot candies to resemble holly berries. Use wide tip to pipe a large red bow. Enjoy!



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*Dear Sunset Hills Neighborhood,*

*Almost a year ago, armed with a new selection process for deciding which neighborhood would receive the NeighborWoods tree-planting award, the Greensboro Beautiful Urban Forestry Committee readily selected the Sunset Hills neighborhood. You scored the highest of five applicants based on the organization of the neighborhood, the leadership of the association, the need to replace aging and lost canopy trees, and the initiative shown by the Sunset Hills Garden Club members.*

*As the Greensboro Beautiful Staff and Urban Forestry Committee waded into the process, we felt like we were on a cruise ship enjoying the ride, and welcomed working with so many ambitious and responsible people. Your involvement in the process made it so much easier for Greensboro Beautiful. While everything was mentioned on your application, like the Listserv, we witnessed how efficiently information and checkpoints could be circulated and help the process unfold. It started with Arbor Day, which was quite a turnout and a delightful kick-off celebration on a cold Saturday morning in March.*

*Together on November 4, as an act of stewardship for the neighborhood, the City, and the Earth, we planted more trees at this event than ever before. There were so many doughnuts available that the Garden Club drove around the neighborhood sharing them with determined tree-planters. We were in charge of locking up St. Andrews Episcopal Church, who opened their building for us so we could use their restrooms (dozens of people with muddy shoes - who would do that?). We know of at least three people who cleaned the restrooms and building before it was locked. The unexpected shortage of augered holes for the trees may have caused sore backs, but did not deter the spirit of the green-gloved volunteers. Usually we take the support poles and flagging on the trees off, but it was so nice to be able to see so many decorated trees standing at attention for all who passed-by. The neighborhood's future looks bright and it was truly a momentous event to orchestrate and participate in.*

*Post-NeighborWoods: Please water your tree's root ball if it doesn't rain or snow. You will be receiving watering and maintenance recommendations soon. Greensboro Beautiful's Memorial & Honor tree Program continues, so please keep this tree planting option in mind for loved ones or to commemorate special occasions.*

*We go forward boldly with this success, and thank all of you personally. We will keep you informed of the neighborhood that is selected for next year's grant award. Maybe Sunset Hills can provide "mentors" for the next neighborhood?*

*With it being our 50th Anniversary there may be a special NeighborWoods planned.*

*Randal Romie, Co-Chair*

*Greensboro Beautiful Urban Forestry Committee*

*Representing everyone at Greensboro Beautiful - 50 beautiful years! (1968-2018)*

# The NeighborWoods Project

By Beverley Gass and Randal Romie



Sunset Hills did it. No surprise there. Sunset Hills is probably the best neighborhood in Greensboro, for sure, and maybe even all of North Carolina. Possibly you are thinking that maybe that is just going too far. But think, the gorgeous balls of light, the food collections, the Running of the Balls, things that most neighborhoods don't even get close to pulling off. And Sunset Hill's response to the NeighborWoods project was no less remarkable. No surprise at all.

At the last meeting of the Urban Forest Committee of Greensboro Beautiful where the committee did a debriefing of the project, the praise about what the Sunset Hills neighborhood did was abundant. Looks like we may have raised the bar for them to an all-time high.

At the Arbor Day kick-off in April, the attendance by Sunset Hill folks was record-breaking. From April 1 through August 1, residents requested nearly 250 trees. On October 5, we had over 30 people attend a meeting to learn final details of what would happen between that day and November 4. It sounds small to me, but it was an impressive number to them. At every point, all I heard was how amazing and unprecedented our work on this project has been – and how much fun it was!

Then came tree-planting day on November 4. The weather was favorable and nearly 240 volunteers showed up in the parking lot at St. Andrews Episcopal Church for their team assignments, coffee and doughnuts, and the planting of these trees. Of those 240, 70 were from the neighborhood. We were all so good, that the praise became almost an embarrassment.

In addition to the great community spirit in Sunset Hills and our love of trees, it is interesting to note that the Sunset Hills Listserv may have been one of the things that insured our success. Social media really is powerful. And (if you do not belong to the Listserv, a benefit of membership in the Sunset Hills Neighborhood Association), then you are missing out on a great deal. But I digress.



Here are some final numbers to bring this all into perspective:

- Trees planted in residents' yards - 200
- Volunteers – 192
- Tree planting supervisors - 23
- Planting teams - 20
- Volunteers from Sunset Hills - 56
- Trees planted in the Sunset Hills Park – 9
- Trees planted in College Hills Park - 22
- Honor trees and memorials planted - 9

(continued on Page 18)

(continued from page 17)

Lots of folks deserve praise and thanks for the success of a venture with many long-term benefits:

- Thanks to the residents of Sunset Hills for their belief in the necessity of reforesting our neighborhood and adding nearly 100 new tall shade trees.
- Thanks to Greensboro Beautiful for creating and sponsoring the NeighborWoods project, for finding so many volunteers and being there on November 4 to make sure everything ran smoothly.
- Thanks to the City of Greensboro for hole augering, delivering the trees, setting up tents, advice, and planting Memorial & Honor Trees in the Sunset Hills Park.
- Thanks to St. Andrews Episcopal Church for the use of its parking lots and restrooms.
- Thanks to the Sunset Hills Neighborhood Association for its financial and all-round support and encouragement for the project.
- Thanks to the Sunset Hills Garden Club who collected door prizes for the Arbor Day celebration, delivered flyers throughout the neighborhood, hung and planted signs, and partially funded coffee, doughnuts, and hot chocolate, procured a donation from Krispy Kreme and served it in the parking lot.



Finally, a reminder. Go look at all the new trees – future light-ball carrying trees. As you are admiring the lighted balls, look down, too. You'll see beauty above and below. And please don't forget the magic ingredient – water! (We haven't had rain in way too long. Pour a 5-gallon bucket of water on your tree's root ball in these beautiful Sunset Hills sunny days.)

What a day. What a project. What a neighborhood! Thank you, thank you, thank you.

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## Thanks to Beverley and Randal



Beverley Gass and Randal Romie with other members of the Sunset Hills Garden Club worked very hard to see that the NeighborWoods trees were planted on Saturday, Nov. 4. We thank them for their leadership on this project. Members of the garden club include (left to right) Catherine Crowder, Kris Markham (from Sioux City, Iowa), Patricia Martinez, Michiko Savert, Sherry Harris, Jackie Tanseer, Paula Tedford, Anne Holliday, Beverley Gass, Michelle Togut.



## Gratitude

Thanks to the many groups who volunteered through Greensboro Beautiful. These kind people were from NC A&T State University, Girl Scout Troop 12641, Kathleen Clay Edwards Branch Library, Sunset Hills Garden Club, Boy Scout Troop 365, Our Lady of Grace Youth Group, Greensboro Day School, the Early College at Guilford, UPS, and the UNCG Biology Club. Several families and many individuals also participated.



Mike Davis of Sherrill Tree generously donated an arborist's sling shot to the neighborhood. Residents of Sunset Hills may use the sling shot to launch the string into the trees for hoisting the Lighted Christmas Balls. Mike's hope and those of the Smiths is that the tool will help to raise funds for the Shine the Light on Hunger campaign. For a donation to Second Harvest Food Bank or Greensboro Urban Ministry Food Bank, you may sign out the sling shot for half days. Mike recommends safety goggles and a hard hat and an understanding of how the sling shot works. Instructions are available, but please borrow or buy your own hard hat and goggles.

A heart thanks to Mike for this magnificent contribution to the Shine the Light on Hunger campaign.

## From Okay to Comfortable

*Submitted by Jeff and Linda Hayes*

Our family has lived on Ridgeway Drive for over twenty-seven years and we have loved every minute in our charming old home and our wonderful neighborhood. Our home was built in the early thirties and has very good bones. Through the years of being owned by four different families, there have been many updates done by the previous owners. We have slowly done updates as well, including replacing old windows hoping to reduce our heating and cooling bills. We were pleased with the result but still felt the home was drafty and that there was room for improvement.

We researched several companies and decided to call Energy Reduction Specialists of North Carolina. Paul Swenson met with us to assess our needs. From the beginning, Paul's complete focus was on us and our expectations. Our first step was a full home assessment to identify the problem areas and to construct a road map for moving forward.

To say the assessment was thorough would be an understatement! They covered every area of our home from the crawl space to the claustrophobic attic. A pressure test was conducted to determine how much air was escaping our home. Dampness had been an issue in our basement area. Paul educated us about the role of humidity in total home comfort. Our air conditioning unit was old, and he suggested we consider a new, high efficiency unit that would offer a significant savings in energy costs. We now have even, comfortable temperatures on both levels of our home. We also replaced our gas hot water heater with an electric heat pump water heater which immediately resulted in reduced humidity in our basement. The icing on the cake was the insulation and lining of the crawl space surface. It is now a clean, finished space. No more dehumidifier running all the time!

We saw value in Paul's recommendations. He is a customer-focused professional who kept us involved in every step of the process. The entire crew was courteous and friendly. We were informed of the work schedule and were notified in advance of what to expect. The crews were absolutely first rate! We highly recommend Paul and Energy Reduction Specialists of North Carolina.



**Scott Michaels**



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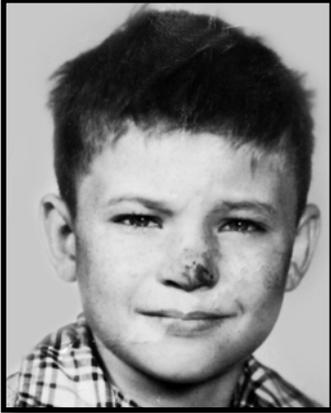
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# Sky Cleaver

By R.S. Gingham

Nine years ago I began collaborating on a documentary. About 40 years ago photographer and former news publisher David Spear had witnessed an ex-paratrooper's nearly fatal jump. The more he told me about Charlie Case the more his story seemed worth exploring. We both deemed this septuagenarian's tale would make a riveting documentary. Over several years the interviews with Case, his family and friends began to point toward a story arc and the life of a remarkable man. But documentary work is notorious for taking a long time. By now three of our 14 interviewees have "crossed to the other shore."



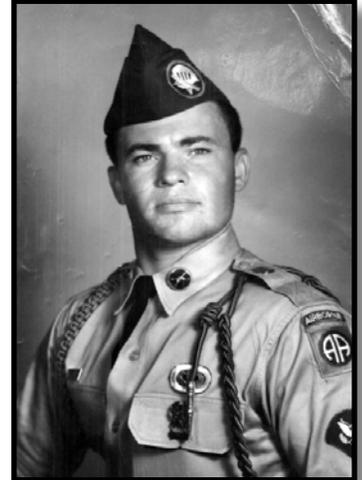
Case's life is replete with its own peculiar whacks of fate, a journey of extremes, of fear and faith, an—in the words of one of his old friends and fellow skydivers—the kind that "makes a man stand out."

As a boy in Moncks Corner, SC, Charlie was particularly close to his mother. Tormented repeatedly by two schoolyard bullies, the six-year-old rose from was the dust one morning to see the tiny but fierce-hearted figure standing there with his tormentors collared and standing at attention. "Hit 'em back!" ordered Vera Case. Here was a valuable lesson about confronting fear.

Three years later on July 4th, from the back window of his father's 1941 Ford he saw the Model A his mother was driving overturn on the rain-drenched highway. Hearing a preacher's blasé words at her funeral—"The Lord giveth and the Lord taketh away; blessed be the name of the Lord"—the nine-year-old walled off any tears. He began having recurrent, fearful dreams of falling into a deep, dark place. One day he saw a paratrooper in military blouse pants and jump boots striding down the roadside by his home. He determined then and there that one day he would be a man like that man.

In his twenties he began training as an Army paratrooper. After the first few jumps the nightmares of falling ceased. Combat training furthered Case's resolve never to succumb to fear. Paratroopers were trained to avoid enemy fire by pulling their ripcords at dangerously low heights. Given terminal velocity at 500 feet, for instance, there's less than one second before impact with the ground. Some ex-paratroopers grew infatuated with the thrill of pulling low.

They did so for a chemical high—the adrenaline rush and the body's release of endorphins. With Case the addiction lasted for more than two decades. In those days he lived for the off-work weekends when he could pursue the low pulls for that chemical rush. Back then the rest of the week for him was "just like being in prison." Case continued to push the edge in thousands of jumps. Often his canopy didn't open until treetop level. Banned by the FAA from most drop zones, he was given a moniker by fellow skydivers—"The Grim Reaper Cheater."



I am convinced that Case and other risk-takers do what they do for more than a chemical high alone. Why did Philip Petit walk the high-wire between the Twin Towers? "Life is on the wire," Karl Wallenda once said, "the rest is just waiting." He once told his wife, "I feel like a dead man on the ground." Four years after Petit's daring stunt, a 73-year-old Wallenda, trod the high-wire between two ten-story towers in Puerto Rico. But halfway to the other side, with sudden 30-knot gusts of wind and an improperly secured wire, he lost his balance, falling 12 stories to his death. (There's a harrowing youtube video of the tragic 1978 failure.)

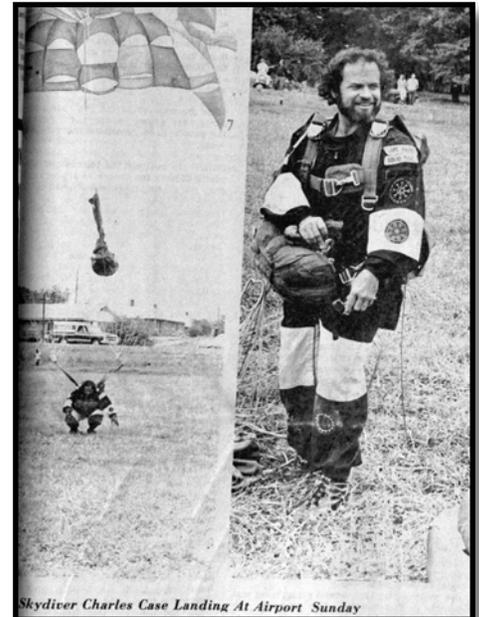
(continued on page 22)

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What drives mountain climbers, daredevils, and “extreme sports” enthusiasts to risk their lives repeated-ly? It’s about feeling truly and vividly alive and present. In our waking moments most of us are lost in thought, living for the next thing, trapped in mental concepts—in anticipation or memory, future or past, fear or regret—never fully here, now, present. The certain knowledge of our mortality, Dr. Johnson said, destroys us into consciousness. “Depend upon it, Sir, when a man knows he is to be hanged in a fortnight, it concentrates his mind wonderfully.” This explains why old soldiers revisit battlefields and drivers rubberneck at the site of a likely highway fatality.

What drove Papa Wallenda and urged him to make such a claim was this: living on the razor edge of the present leaves no room for distractions and abstractions, no room for time or mental drifting but only for unutterably real and vivid, rooted presence. Life rushes in and we become properly aligned with it precisely because one tremor of fear, one false step, means death. We’re forced into the timeless present—all there truly is.

Case’s flirtation with death was about more than endorphins. From the get-go one sensed there was more to this man than meets the eye. That suspicion was confirmed when I learned his life had taken a radical turn—from daredevil to evangelist, from a man with anger issues to a man “red-hot for God.” In March of 1984 he had an epiphany, a shocking reevaluation of his identity and his place in the world.



Words like “God,” “love,” and “faith” are rightly suspect because they have so often been abused. Had I only heard about Case or briefly met him I would almost certainly have classified, judged, labeled, and dismissed him as “delusional.” But not after the discoveries in the years since this project began. Now I recognize that it wasn’t Case but I who was wearing the blinders. While my early impressions were of an obsessive, an “extreme Case,” I now see his story as a parable. Here is a potential Everyman, a benevolent human being at peace with himself and the world. You might be able to fool an interviewer in a half-hour, but not over many hours and several years of footage in which nuances of attitude and character reveal a man who emerges less “person” than presence.

(continued on page 24)

# What is my Sunset Hills Home Worth?

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314 Warren Street	3	2	\$209,900	\$200,000	8	10/12/17	2,277
110 N Lindell Road	3	2	\$248,900	\$244,000	63	10/18/17	2,270
1708 Sylvan Road	3	2	\$249,000	\$247,500	3	09/21/17	1,488
2205 Wright Avenue	4	3	\$319,000	\$310,000	172	09/28/17	3,033



**Andy Leung**

336-508-1111

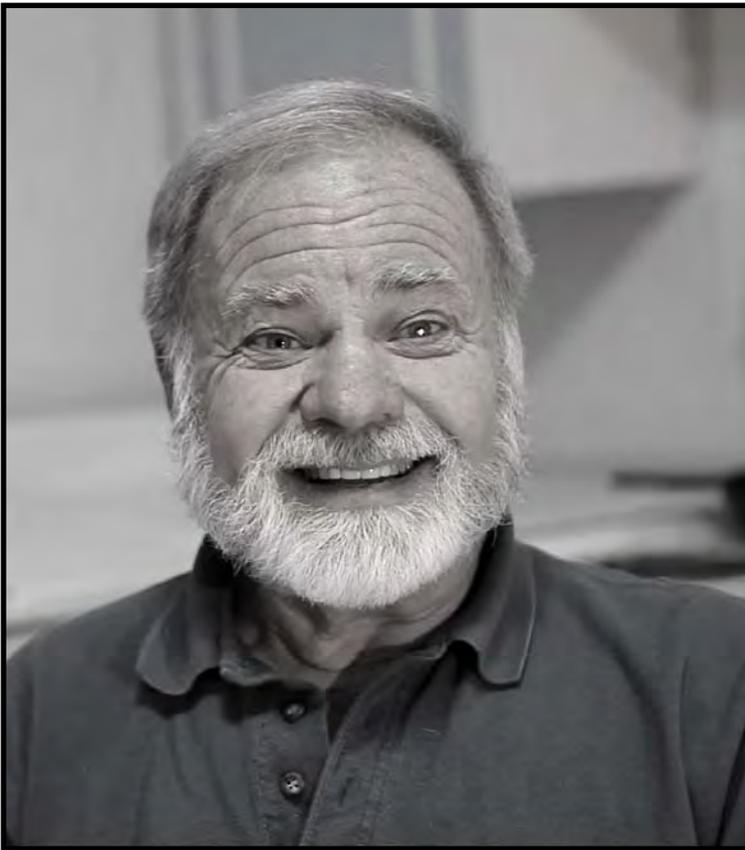
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In Hindu philosophy *turiya* is the fourth state of consciousness, the background that underlies and transcends the three common ones—waking consciousness, dreaming, and dreamless sleep. Charlie Case has somehow managed to transcend the world's noisy foreground and align himself more with the quiet, spacious background of *turiya*. Tired of chasing thoughts and forms, everything that comes and goes, and living so many years in fear and resistance, he has learned to say "yes" to life instead of "no." Someone once said that no problem cannot be resolved at the same level of consciousness that produced it. How then did Case transcend the long human habit of being and his own limitations?

Our default setting is not lightness of being but the heavy gravity of self. We're like a fish wondering what water is. Conditioned to identify ourselves with transient form, with the seductive movement of clouds rather than the never-changing spacious sky, with the surface dimension of ripples or waves rather than the calm sea below, to superficial, time-bound surface identity rather than the true oceanic depth of who we really are. The Buddha insisted that self is only an illusion, that our real identity was formlessness or emptiness. Identification with form and self, he taught, only creates suffering. Modern physicists confirm what Buddhists have been saying for 2600 years—that we humans are 99.99% empty space. Jesus, too, pointed to "the kingdom of heaven within you." Heaven and sky are the same words in many languages. Jesus alluded to the sky, to spaciousness or emptiness. It was curious that Case, who spent so much of his life defying fear, dueling with death by delving the sky, now embraced it. "Cleave"—to make a way through or to embrace—is one of the few, if not indeed only, words in our language whose two definitions are antonyms. Case had cleaved the sky, heaven, in both senses of the word.



The challenge here is to use the power of a visual medium to bring home the meaning of this man's journey. Deeply suspicious of what he calls "lukewarm Christians" and "false prophets," Case is critical of doctrine and institutional religions. He prefers the term "spiritual" to "religious" in describing his own orientation. His language includes words like "angels," "demons" and "miracles." They will likely alienate most of the audience, as indeed they initially did me. In 2009 I wondered whether he might be un-hinged, the kind of character Sherwood Anderson, Spear's famous grandfather, called a "Grotesque." So looking at the life of this man has taught me much about my own. After his deepening Case manifests a quality of presence that can, I believe, teach us how to live more fully. Antoine de Saint-Exupéry reminded us that "it is only with the heart that one can see rightly; what is essential is invisible to the eye." Case sees with the "heart's eye." And we amateur filmmakers must strive to coax away your blinders, too, in the narrative of this pilgrim's progress. Finally, it's less about Case's story than what underlies it—trial, transformation, and the irresistible call of the Unseen.

All my life I've wanted to meet someone who managed to find, through his own moral resources, a kind of conscious presence. To encounter such a being is to be convinced that, despite our failings the human condition can indeed be exemplary and admirable. Case's self-knowledge and sense of trust and good will, I am convinced, reveal a truly exceptional quality, a greatness of soul and constancy which can only have come from something beyond himself. So I must admit my tremendous respect for the guileless, determined subject of this story and will strive to show within but an hour's space what really can only be seen with the heart.

## Membership Report as of November 30

2017 closes with 360 paid households. It has been traditional to collect next year's dues at the Lighted Christmas Ball Workshop. 45 neighbors dropped their dues in the little red post box at the workshop's entrance. Thank You!

The envelope enclosed is for 2018 dues of \$10. Additional amounts are considered a contribution. Membership entitles you to use the listserv, a great way to ask for help; sell/give away stuff; get vendor recommendations; and more. Annual events for social occasions are made possible by dues and contributions.

Mail a check, payable to SHNA, in the envelope or drop payment by 2504 Sylvan Road. Indicate how you want names listed in the newsletter. PayPal is another dues payment method. The link can be found on our website.

Call me at 336 601 5719 if you have any questions. Thank you, thank you, thank you! Elaine Brune, Treasurer

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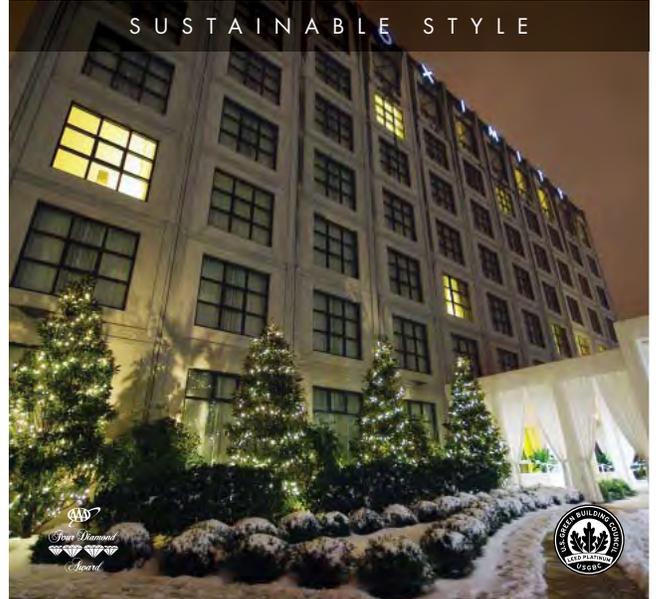


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