

Great Neighbors Make Great Neighborhoods



Sunset Hills Newsletter | September, 2024

What's Inside:

- *It's time to get rucking around Sunset Hills - page 14*
- *Lifelong learning through the Emeritus Society - page 5*
- *A different look at hanging our Christmas Balls - page 21*
- *A list of the Donors to the Centennial Sculpture - page 16*
- *New neighbors to receive a special gift - page 23*
- *Centennial Sculpture base takes shape - page 25*
- *A guitar student meets the challenge of improving - page 10*
- *The Sunset Hills History Project moving forward - page 13*
- *The happenings in Sunset Hills Park - page 8*
- *Running of the Balls is almost here - page 7*

A Letter From The President

by Scott Michaels



Goodbye, Summer. Hello, Fall!

Goodbye to the pool and hello to autumn walks.

Goodbye to children heading off to school and kids heading off to college. Hello to another season of change in Sunset Hills.

One of the joys of living in a historic neighborhood such as ours is being able to enjoy the cycle of change with the realization that change also has a continuity. Seasons and residents come and go, but our beautiful and giving neighborhood remains. The houses may be updated and changed, but they remain the anchor of our neigh-

borhood. And the spirit of giving continues to live in our residents.

The beauty of nature as reflected in Sunset Hills changes with the seasons and we change how we enjoy it. Thanks to all the folks on and working with the Environmental Affairs Committee, our parks are changing to a more natural environment with native plants and more sustainable landscaping practices.

One of the changes I encourage folks to embrace is our Tree Replacement and Reforestation program. We are losing some of

(continued on page 3)



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Cindy Ramsay | ramsayc01@gmail.com

Historian

David Hammer | davidhammer@gmail.com

Listserv Coordinator

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Social Events

Garland Turner | garlandturner1@gmail.com

Emily Nunn | emily.p.nunn@gmail.com

Environmental Affairs

Erin Reis | erin.reis.1@gmail.com

Event Coordinators

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Michael Driver | michael@yourhometriad.com

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Coordinator of the Lighted Christmas Balls Activities

John Kelly | kelly336@gmail.com

Garden Club Representative

Kathy LaMuraglia | kdowd22@aol.com

Neighborhood Watch

Ferdinand Stout | ridgeway1031@hotmail.com

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Newsletter Team

Robert Arms

bobarms@icloud.com

Denise Baker

dnbaker3@gmail.com

Roger Bardsley

bards09@gmail.com

Elaine Brune

sunsethillsgsonc@gmail.com

Bob Holden

rwh22652@gmail.com

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cwpjr5524@gmail.com

Carole Potter

clindse@gmail.com

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To submit an ad, please contact Carole Potter at clindse@gmail.com

Thanks to our advertisers for helping make this newsletter possible!

A Letter From The President

(continued from page 1)

our gorgeous trees due to age and disease. This program, with more information in this newsletter, helps homeowners restore our tree canopy and ensure there are branches to hang our Christmas Balls in the future! Please read more about it and participate if you can.

We also recognize change as we celebrate milestones. This is our neighborhood's 100th Anniversary. To recognize that, we are placing a sculpture in the park to commemorate the Centennial. This is a very different city and neighborhood than the builders must have imagined when they began to build homes here. We still need contributions to finish the installation of the sculpture. I encourage you to contribute any amount to help complete the project. This is not only our recognition of a milestone, but a celebration of our neighborhood and a gift to future residents.

We will soon begin to get ready to celebrate the fall and winter holidays. Before we know it, we will begin hanging the balls in the trees to create the Winter Wonderland that continues to be our gift to the City of Greensboro. Before our next newsletter comes out, we will be having the Christmas Ball Workshop and registration will begin for the Running of the Balls. We will continue to raise money and collect food for the food pantries for those less fortunate.

Change and Continuity...What doesn't change is the spirit of giving that makes this neighborhood so special. That continues throughout the year and over the years.

So many people in Sunset Hills contribute time and money to make our small part of the world a better neighborhood and city. A lot of them neither seek nor receive recognition. However, I know I and my neighbors appreciate their contributions. We are quietly aware of their quiet support. We may not say it often enough, but thank you to all of you who continue to make this place so special!

_____ sh _____



A Note From Your Treasurer

by Elaine Brune



Dear Neighbors: It's not too late to pay 2024 dues! Dues are \$10 per house per calendar year. Make checks

payable to Sunset Hills Neighborhood Association (SHNA) and drop off in the red postal box on my porch or drop in the door slot of my home at 2504 Sylvan Road. Payments via PayPal are available through the website: <https://www.sunsethillsneighborhood.org/duesanddonations>.



Please make sure to include the names as you want them to appear in the newsletter and the address. Just \$10 gets you events and activities in the neighborhood (such as the Halloween party, Pig

Pickin, Rock the Block and Tree Reforestation project) Plus you can list items or notices on our ListServ.

Questions? Email me at sunset-hillsgsonc@gmail.com

_____ sh _____

Stay In The Loop

You can follow along with regular happenings, updates, and news by following us on our Facebook page and on our website.

You can also join our community email listserv by emailing Adam Graham-Squire at adam.grahamsquire@gmail.com

Please note that only current members who have paid their annual dues may send non-emergency messages to the community listserv.

www.sunsethillsneighborhood.org
www.facebook.com/SunsetHillsGSO

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EMERITUS SOCIETY PROVIDES LIFELONG LEARNING

by Dr. Elise Eifert, Director - Emeritus Society

I

n the words of Mark Twain, “Never let formal education get in the way of your learning”. That’s the essence

of Emeritus Society, the lifelong learning program affiliated with the University of North Carolina at Greensboro. Lifelong learning refers to the ongoing, voluntary, and self-motivated pursuit of knowledge throughout one’s life. It’s about continuously seeking out new information, being and staying curious, and personal growth- all which enable a person to thrive.

are curious about. Subjects are wide-ranging in the liberal arts and science such as history, music, art, literature, film, philosophy, current events, culture, and more.

also offers single lectures such as our lunch-&-learn program, Food for Thought, as well as our scholarly book and journal club, Curious Minds.



Above: Emeritus Society classes are well attended by interested and eager learners

With Emeritus Society, lifelong learners can attend classes but never receive a grade, homework, or cram for midterms or finals. Learners are not trying to earn an additional degree or retrain for a new career. Rather, Emeritus Society is a community of like-minded adults who participate for the fun and joy of learning!

Emeritus Society courses are not specifically skill-based, like learning a language or painting. Instead, lifelong learners generally explore subjects that participants

Emeritus Society holds classes during business hours on UNCG’s campus as well as satellite locations around Greensboro. Courses are held once a week, ranging from three to eight weeks and are taught primarily by current or retired UNCG faculty, which sets Emeritus Society apart from other lifelong learning programs in the area. These professors bring the passion for their topics to the classroom, offering lifelong learners endless opportunities to learn something new. Emeritus Society

So, why should you participate in Emeritus Society? From improving your well-being and mental health to helping you create new relationships, Emeritus Society offers a wide array of benefits. Here are five reasons to become a lifelong learner with Emeritus Society:

1. **Personal Growth:** Emeritus Society promotes intellectual stimulation, curiosity, and a sense of fulfillment. It enhances critical thinking skills, creativity, and problem-solving

(continued on page 18)



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It's Almost That Time Again!

by Nick & the RWH Gang



Sure, the AC might be the only thing running right now, but it's never too early to start lacing up your sneakers and pulling that light-up reindeer sweater out of storage. We're excited to announce that Running of the Balls 2024 is officially on the calendar for drumroll, please **December 14th!**

Because reminders are our friend, sign up to receive one when registration opens by clicking the link below:

**Get A Reminder Email
When Registration Opens**



Second Harvest, Running of the Balls has provided 5 million meals to families in need over the years, and that wouldn't be possible without wonderful folks just like yourself. You won't want to miss the great music, holiday spirit and of course, Christmas balls, that are in store for you

this year — we hope you'll come enjoy it all with us!

Boom (and blessings)



Running with Horses, LLC
Info@TheRunningoftheBalls.com
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Save The Date!
Lighted Ball Workshop - Sunday, November 24 from 2 - 5pm
More information to follow on the Sunset Hills Listserve

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Park Happenings

by Sue Riley & Erin Reis



We have had a long, hot, dry summer! The rainfall we did get was very well received, especially by the team of people who signed up to spend part of their summer watering the corner gardens and the newly planted dogwoods on W Market. Special thanks to a kind neighbor, who purchased a 30-gallon water bladder for the Garden Club's use!

Some of the plantings at the corner on Madison were suggested by Sunset Hills resident Ron Small, our local Bee Keeper. Ron spoke to the Sunset Hills Garden Club in May and he presented some great ideas on ways to help urban honeybees. Lack of forage is one obstacle; he suggested that flowering plants like mountain mint, hollies, blackberries, and hydrangeas are all good for our bees, and all can be found in Sunset Hills Park.

However, Ron says his bees' all time favorite flower- without exception- is on the tulip pop-

poplar to help our busy, buzzing, and very necessary little friends.

The project to mark the neighborhood Centennial is progressing. Greensboro Parks and Rec has been cleaning up the park, and removing diseased ash trees, especially around the sculpture site on W Greenway. This fall Sunset Hills Environmental Affairs (SHEA) and the Garden Club will come together to



Above: Watering the new trees is of vital importance during the hot summer months

Right: Garden Club member Mary Lewis and helper caring for one of the new Dogwoods in our park

lar tree. Every month the Garden Club presents a non-profit, like Greensboro Beautiful, with a \$50 donation in honor of our guest speaker. This coming year we are earmarking donations for purchasing a tulip



replant the sculpture site area with natives and canopy trees. One of the trees will be the red mulberry, a favorite of butterflies, birds and even humans; the fruit makes a great jam!

Keep on the look out for the Fall stream clean-up run by SHEA. All the supplies are provided; we just

need you! It only takes an hour, is a great way to meet up with neighbors and friends, and provides a crucial service to our beloved park.

Also, remember Lights Out for Birds runs from Sept 10 to Nov 30. The Audubon Society asks that we turn off nonessential lights from

exterior lighting this fall will help the birds stay straight on course for their journey south.



Above: Remember the Fall Clean-up of the stream running through Sunset Hills Park

11 pm to 6 am during fall and spring migration. Turning off non-essential lights, along with using motion detectors and down-shield

and will join with us in keeping the momentum going!

_____ sh _____

SHGC, SHEA and Greensboro Parks and Rec have been working hard to make our park better for us all. We hope you love and enjoy the park as much as we do,



AT UNCG, LEARNING NEVER STOPS

Engaging classes for inquisitive adults begin soon. Find an online or in-person emeritus course that matches your interests.

EMERITUS SOCIETY

Lifelong Learning



Adam The Challenger

by Brad Reaves



The Weaver Academy for Performing and Visual Arts is a wonderful Greensboro asset. I have readied multiple students for auditions in the Magnet School guitar and vocal programs. Patrick Lui, the wonderful classical guitar instructor, retired this year.

Adam started his guitar study with me in the sixth grade. As he continued he aimed for an audition for Weaver when entering high school. He was a bright and motivated student and a pleasure to work with. He easily passed the audition.

I would tell him, "You're playing better and better, your discipline and commitment are paying off". "I wish Mr. Lui knew it," Adam would tell me. "Remember Adam, He will always move the expectations up as you grow. That's his job."

Adam developed great technique and musical knowledge in the classical guitar discipline. His first love, however was Tommy Emmanuel, THE world class fingerstyle player.

As a "play what inspires you" teacher I analyzed Emmanuel songs and crafted accessible arrangements for Adam. My wife,



Above: Adam the Challenger practicing for the challenges ahead

seeing me ready for a break after an hour of deep musical focus from a lesson would say, "You look jet-lagged, who was the student".

"Adam," I'd say.

"Oh... Adam The Challenger"

I attended his final senior concert at Weaver last May and spoke to

Patrick Lui. "Adam has done well," I said. "Yes, between you and I we got him through it," was his response.

Mr Lui honored Adam as the year closed with the "Outstanding Guitar Senior Award" 2024.

Funny thing is after graduating Adam brought in the song "Church Street Blues" by Tony Rice, a Reidsville, NC Bluegrass icon. This is a new direction for Adam, but with all students of the guitar new

musical frontiers await. Adam heads for college this month and I couldn't be prouder.

Understanding their interests and goals is the where I begin with all of my students. To contact Brad: BradfordReaves@gmail or 336-402-1098

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AN UPDATE ON THE SUNSET HILLS HISTORY PROJECT

by David Hammer



i everyone. Here is the latest information on the Sunset Hills history project:

We have 11 video interviews ready for the website, but are waiting for the video person to download them in the correct format. Several of you have provided documents for scanning, either to me or directly to our UNCG contact, David Gwynn.

We have had some video snags, so the last video we completed was done on my iPhone and it turned out well, so we are now able to complete these without having a videographer join us. That will make it easier for any future interviews.

I am still trying to connect with a few of our longer-tenured residents to set up a time to meet with them, but I am not sure we will be able to work it out with them for various reasons.

So, there are four options for those of you who wish to participate:

1. Record your own video and send it to me. (I can give you the instructions; very easy to do!) Note that we will need to get a signed release form from you in order for UNCG to add it to the site.

scanning. They have been very good about returning the documents quickly, so they won't be gone for long.

3. Contact me to arrange a time for me to come and do the video for you. I am happy to do more of these.
4. Write a summary of your history in the neighborhood and we can get that posted instead of a video.



Above: Recording a video for the Sunset Hills History Project is simple and only takes a short amount of time to set up and complete

I hope several more of our neighbors will participate in this project. This is a way for Sunset Hills and its history to be preserved for future generations to see and for researchers who use these kinds of sites to get a better feel for how Sunset Hills has evolved over the years. Please call me any time with any questions. My cell number is 336.312.2647.

2. Submit any documents you run across related to the history of the neighborhood and/or your home. Again, you can send to me or directly to UNCG for

I will let everyone know when the website is up and running - hope that will happen soon.

_____ sh _____

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Rucking Around In Sunset Hills

by Nicole Naviglia

Full disclosure: I am not a fitness expert or a healthcare professional. Nothing in the article is medical advice. I'm just a middle-aged mom who started rucking as one way to get moving again.



Last week on one of my usual neighborhood walks, someone asked if I was going on a hike. I had to think for a second and then remembered the thirty-pound ruck pack strapped to my back.

If you spent any time in the military (which I have not), you're familiar with rucking: walking or hiking with a loaded backpack, typically over varying distance, pace, and terrain. Rucking is still part of military conditioning today. However, it's caught on as a fantastic way to exercise solo or with a group.

Rucking has caught on for many reasons:

- It's an easy way to improve functional fitness and strength.
- It's beginner-friendly; almost anyone can ruck.
- It's low impact.
- It's cheap.

Get Rucking

Rucking requires no fancy gear. Just add some sandbags, bricks, or other weighted objects to a sturdy backpack, and you're ready to ruck. Many beginners start by wrapping a few bricks, barbell plates or hand weights in a towel

distribute the weight to help you avoid muscle strain or injury.

Also: comfortable and supportive shoes are a must. I don't recommend rucking about in flip flops.



Above: A pair of ruckers take to the trail with their weighted rucksacks (photo courtesy of WildGym.com)

Left: Rucking is simple with just a loaded rucksack (backpack) and comfortable shoes (photo courtesy of WildGym.com)

(for comfort and stability) and shoving it into a backpack.

If you don't have a sturdy backpack, I recommend the APEXUP weighted sand vest on Amazon. It's affordable, comfortable and comes in 10–40-pound options. If you decide to ruck more than 10-12 pounds, a more supportive vest or ruck pack will help evenly

ruck and how far you ruck depends on your personal fitness level and goals.

Consider how long you can walk without weights and cut that time in half for a ruck. Start light. For example, if you can comfortably walk for 30 minutes, try rucking for 15 minutes with 10 pounds of weight. As you build strength and

How Much to Ruck?

How much weight you

stamina, increase the load, distance, pace, and elevation of your rucks.

Do as I say, not as I do: STRETCH

I can't tell you how many times I throw on my pack, walk 100 yards and then stop to stretch. Before you load up, stretch your arms, legs, back and shoulders! (Next time you see me stretching on Sylvan Rd., just ignore me ignoring my own advice.)

The Benefits of Rucking

1. Rucking Is "Functional" Fitness

Functional fitness is exercise that supports your everyday movement, such as carrying groceries, lifting kids, or lugging bags of mulch. Carrying weight on your back engages various muscle groups, including your legs, back, and core; building overall strength.

2. Rucking Is Good for Your Cardiovascular System

While it may not look like much in terms of sheer athleticism, as an aerobic exercise, rucking can improve your heart and lung health to build stamina, strong bones, improve lung function, and even lower blood pressure. Some peo-

ple add squats and lunges to their ruck. The streets of Sunset Hills offer lots of long, slow inclines which definitely add to the challenge and benefits of rucking.

4. It Supports Healthy Bones
As we age, our bones lose density putting us at a greater risk for injury and longer healing times. Rucking is one way to build stronger bones so you can move with more ease and with less risk of injury.

5. Rucking Is Good for Your Brain

All exercise releases endorphins, the feel-good hormone that can alleviate pain, lower stress, improve mood, and enhance your sense of well-being. Add the benefits of being outside, walking around our beautiful neighborhood, and you'll be feeling better, too.



Above: Two women combine a walk with baby with their rucking (photo courtesy of RUKR.com)

Left: Weighted vests can be used while walking or jogging (photo courtesy of Amazon)



3. Rucking May Improve Your Posture and Stability

When you're wearing a backpack, especially with added weights, your upper trapezius muscles, shoulders, and back muscles engage, and that can be helpful for people with poor posture. Rucking also requires you to stand up straighter to support the pack weight. (You don't want to hunch over on your ruck.)

ruckers of all levels.

- WildGym.com
- GoRuck.com
- RUKR.co - a women-owned company
- r/Rucking on reddit.com

Hope to see you out there, rucking around in Sunset Hills!

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Centennial Sculpture Donors

A big **Thank You** to all the donors listed below for supporting the Centennial Sculpture.

If you have not donated yet, it is not too late. Please consider a donation. We are approximately \$2,000 away from our goal.

(If you feel that you have donated and your name is not included or you would like a different name listed, please reach out to Cindy Ramsay - cramsay01@gmail.com)

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Emeritus Society Provides Lifelong Learning

(continued from page 5)

abilities, leading to a richer and more fulfilling life.

- 2. Enhanced Cognitive Function: Engaging in lifelong learning activities through Emeritus Society can help maintain cognitive function and reduce the risk of cognitive decline as individuals age.
- 3. Enhanced Social Connections: Emeritus Society involves interacting with peers who share similar interests. This fosters social connections and builds networks which can re-

- duce isolation and loneliness.
- 4. Personal Enrichment: Learning new subjects or exploring different interests can enrich



Above: Emeritus Society participants are engaged and enthusiastic learners

- one's life by providing opportunities for self-expression, creativity, and cultural understanding.
- 5. Improved Health and Well-being: Studies have shown that

lifelong learning is associated with better overall health and well-being. Engaging in mentally stimulating activities can reduce stress, enhance mood, and contribute to a sense of purpose and fulfillment.

Come have fun with us at Emeritus Society! We welcome all who want to attend and participate. Our fall program will be released soon, and I hope to see you there.

If you have questions or would like more information on the Emeritus Society, contact Dr. Eifert, Director- Emeritus Society by email - EKEIFERT@uncg.edu

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You are always invited to join us!

at St. Andrew's Episcopal Church

Sunday Worship at 10 a.m. with Nursery & Children's Ministry



standrewsgso.org

Fall 2024 Special Services & Events

Sunday, September 8
Fall Kickoff for Children's Ministry
Festive Picnic Lunch after Worship

Sunday, October 6
Celebration of Creation
Blessing of the Animals

Sunday, November 3
All Saints' Celebration

Sunday, December 8
Advent Service of Lessons & Carols

Sunday, December 22
Nativity Pageant in Worship

Tuesday, December 24
Christmas Eve Worship

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WELCOMING OUR NEW NEIGHBORS TO SUNSET HILLS

*Melissa's Quick Guide to
2024 Sunset Hills Sales Activity*



Address	Status	List Price	Sale Price	Sq. Footage	Beds	Baths
306 N Chapman Street	Sold	\$655,000	\$640,000	2,323	3	2.5
2412 Camden Road	Sold	\$575,000	\$625,500	2,463	4	2
305 Woodbine Court	Sold	\$475,000	\$468,000	2,092	3	2
2214 & 2216 Pinecrest Road	Sold	\$1,050,000	\$1,150,000	4,541	4	3.5
302 Ridgeway Drive	Sold	\$750,000	\$752,000	2,626	3	2.5
300 Woodbine Court	Sold	\$643,000	\$635,000	2,262	4	2
312 S Chapman Street	Sold	\$759,000	\$797,775	2,342	4	3
1701 Friendly Avenue	Sold	\$364,900	\$335,000	1,843	4	2.5
2106 Rolling Road	Sold	\$535,000	\$576,175	2,558	4	2.5
2009 Wright Avenue	Sold	\$295,000	\$295,000	1,181	2	1
302 Warren Street	Sold	\$365,000	\$395,000	1,400	3	2
2405 W Friendly Avenue	Sold	\$449,900	\$440,000	2,050	3	2.5
224 Kensington Road	Sold	\$400,000	\$380,000	1,998	5	2

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Hanging Christmas Balls

by Tom Guthrie



Christmas ball season approaches, and I admit that I'm ambivalent. I know: heresy! Please forgive me (or stop reading). I dislike my own

unconventional thinking, my inability to enjoy the things that bring people around me such joy. Why does hanging Christmas balls make me feel sad? I offer this not as an argument but as a lament, the confession of an aberrant.

My wife, Kate, made our nine balls. I remember hanging them last year, and the year before. As I chuck a tennis ball over the branches of the big oak in our front yard, I think about the tree. Having shed its leaves, it stands bare and beautiful. Long ago my dad had a friend who said he loved trees in wintertime because he could see their architecture. I agree. Our willow oak, like all the deciduous trees around it, has a magnificent structure. I marvel at its overall symmetry and the uniqueness of each branch. This tree needs no decoration. It is perfect as it is.

As we hang our balls and prepare to light up the night, I think about darkness. At Christmastime there are so many extra lights, most of them artificial. Maybe they make a dark season merrier. I find them overwhelming (along with the ex-

I can't help thinking about the electricity that lights our balls. We followed the advice of the Sunset Hills Environmental Affairs committee and replaced our incandescent bulbs with LEDs (they're more energy efficient—and even brighter).

The lights are silent at night, but the electricity comes from burning coal extracted from the earth by blowing up mountains. Christmas joy is one outcome of this process, climate chaos another. I try not to think about this as I hang our balls. I try to think about the neighborhood I love and about delight. Meanwhile, the stars in the sky grow fainter; they can't compete.



Above: The lighted Christmas Balls over Sunset Hills Park prior to the 2023 Running of the Balls

tra noise and bustle and stuff). Years ago I lived in New Mexico. I remember happily returning to the high desert after spending Christmas with my family in Georgia. New Mexico in January was so quiet and dark, except for the reflection of starlight and moonlight on the snow. My body sensed relief and release. I need the darkness to calm my senses and rejuvenate my soul.

Getting the darn balls in the tree isn't easy. Kate and I struggle and curse each year, untangling knots, yanking the tennis ball when it gets stuck, puzzling out how to use our limited supply of extension cords to connect all the balls. Neighbors come by and talk to us, but I'm mostly too frustrated for conversation. We joke that hanging the balls presents another opportunity for working on our marriage.

(continued on page 22)

Hanging Christmas Balls

continued from page 21)

As we struggle to get the balls up in the tree, I think about gravity, so unremarkable, so awesome. Everything falls down. It's a law of nature. Water falls. Snow used to fall when it came. The trees drop their leaves, their acorns, their pinecones. To defy gravity requires energy and ingenuity. (Behold the mighty oak, persevering in its growth upwards!) So of course it is a struggle to get something up into the tree. And I wonder why we bother. Gravity pulls us back to the earth, to the ground, to the soil. I stand rooted in the earth, not quite like a tree, but when I'm still and pay attention, I feel the connection between my body and the ground and I feel the earth energy rising in me.

Kate finds the Christmas balls in our neighborhood magical year after

year. I admit: the balls around the park are spectacular. Light is sacred. The Christmas story (the one about Jesus) prominently features starlight. Jesus even called himself the "light of the world." Every other religious tradition I know also venerates light and uses it in ceremony. As human beings we know deep in our souls how precious light is. Without light there is no life.

I also know that darkness is sacred. In darkness we rest and dream. Our imaginations come alive. We slow down and yield. Why do we remain afraid of the dark in our culture?

I know that trees are sacred. I see God in them. They give back more than they take, nourishing life. As sunlight decreases, they wisely drop their leaves and hunker down. They know there is a season for letting go and falling to the earth.

If we really listened to the trees in our neighborhood, I wonder what they would tell us. Slow down? Stop? Prepare for the season of darkness? Or maybe even: rein yourselves in?

I am torn between the cheer of Christmas ball season (the comradery, the light) and the deep holiness of dark winter. I want to celebrate. I want to hibernate.

Last year we took our balls down soon after Epiphany (January 6). As our neighbors took theirs down, nighttime became a little darker (though still not very dark). I'm no stargazer, but before bedtime I enjoyed watching Orion traverse the night sky. Our Christmas balls may be magical, but they cannot compete with the magic of the stars.

_____ sh _____



Help PGI continue our mission to provide advocacy, connection, and education to those who want to protect and promote the historic buildings, neighborhoods, and cultural heritage that give our community character and life. We receive no state or city funding so the support we receive from individuals and businesses is vital to our mission.



We are a member-centric organization. We have fun together, learn together and work together to promote preservation in our community. All members enjoy advance notice of educational programs, lectures, and special events, two free tickets to tour Blandwood Mansion, and our monthly newsletter LandmarksOnline.

MEMBERSHIP DRIVE

All new members who add "Sunset Hills Membership Drive" to the contribution notes will be entered into a drawing of a PGI SWAG bag, including merchandise, items from our giftshop, and a giftcard to Architectural Salvage of Greensboro!

Membership Levels	Preservation Leader	Morehead Leader	1986 Leader	Landmark Leader	Heritage Leader	Partner	Advocate	Friend
Early Event Access	✓	✓	✓	✓	✓	✓	✓	✓
Event Discounts	✓	✓	✓	✓	✓	✓	✓	
10% off in Giftshop	✓	✓	✓	✓	✓	✓		
2 Invitations to Holiday Party	✓	✓	✓	✓	✓			
10 Person Candles Tour of Blandwood	✓	✓	✓	✓				
Free PGI Hat, Tshirt, or Tote Bag	✓	✓	✓					
Feature on our Partners Page of our Website	✓	✓						
2 Tickets to the Paid Event of Your Choice.	✓							

New Neighbor Welcome Box

by Beverley Gass



urely it's safe to say that Sunset Hills is a special place to live with

a park with tennis and pickle ball courts and trees and streams, playgrounds, good people, lighted balls in our trees at Christmas, a foot race, food donations, music on summer nights! Now the Sunset Hills Neighborhood Association wants to be sure new neighbors understand what a special place this is from the outset. Beginning in early Fall, we will start delivering a welcome box to all new residents.

The box will be filled with information and gifts from local businesses and residents. Tucked in a sleeve inside the top of the box will be useful information about neighborhood events, how we communicate, the park, the lighted Christmas balls, a welcome to the hood message and a copy of the newsletter.

Then the box will be stuffed with gifts. We have commitments for lots of wonderful things for the



welcome box, including jars of honey from Ron Small, a tape measure from Ashley Furniture, pens and pads of paper from Comer and Shuford, gift certificates from Bestway and Fishbones and Emburs and Tex and Shirley's and Plants and Answers. And we have bicentennial tote bags, Running of the Balls T-shirts, and more on the way.

Left: Prototype of the New Neighbor Welcome Box

Below: Various items will be included in the Welcome Box as well as information on Sunset Hills and its surrounds

If you or your business want to add to the box,

we still have some room. Contact Beverley Gass, New Neighbor Coordinator (336-255-3173 or beverleygass@gmail.com) or Bob Holden, box designer and creator (336-456-6929 or rwh22652@gmail.com) if you want to contribute to the gift box somehow or want to help us find more gifts!



_____ sh _____

Rock The Block - July & August

When: **Thursday, July 11**
Music by: **The Jared Stout Band**
Sponsored by: **Britney Blue**

When: **Thursday, August 22**
Music by: **Sam Fribush**
Sponsored by: **John Martin**



Above: Strollers, favorite pets and more are all a part of Rock The Block (July)

Below: Rock The Block is a great excuse for dinner out with friends (August)



Above: The Jared Tucker Band performing at Rock The Block (July)

Below: Fans gathered in an array of seats or milled through the crowd to visit (July)



Above: Sam Fribush and his band brought their exciting and entertaining brand of music to Rock The Block (August)

Left: Crowd settles in to get a great seat to listen to The Jared Stout Band (July)





Left: Rock The Block is promoted for several weeks throughout the neighborhood

Right: Sunset Hills' own Sam Fribush (August)



Above: A big crowd came to hear Sam Fribush and some even had special transportation (August)

Right: Fried Oreos and sugar-topped Funnel Cakes were some of the delicious offerings from a variety of food trucks (July)



Base For Centennial Sculpture Takes Shape In Sunset Hills Park

Our Centennial Sculpture's base is under construction in the park - with some special helping hands!



Above: Wade Sparks, grandson of Susan and Jim Gentry, poses with Shawn Dennis, Lakeside Masonry, by the base of the Centennial Sculpture in Sunset Hills Park near W. Greenway



Left: Wade helps Shawn Dennis lay one of the stones in the Sculpture's base

Right: Kids had a great time with the music... and the bubbles (August)



Left: Catching up with old friends and meeting new ones is all a part of Rock The Block (July)



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Members as of September 8, 2024

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 Robert & Patricia Arnett*
 Ellen Atkins
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 Diane Aycoc
 Shelley Clayton & Caine Ayres
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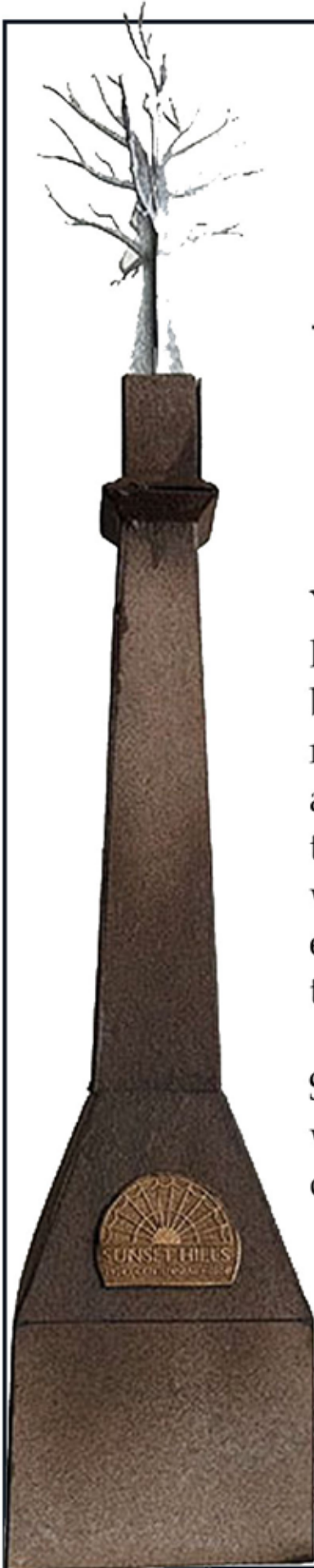
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