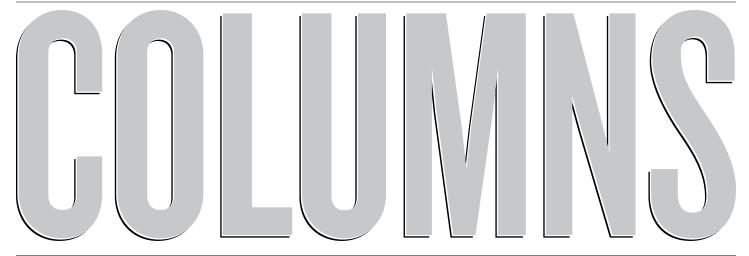


Pictures from Fall Fest PG11 2011 Contributors PG12 District Map PG12



THE LINDLEY PARK NEIGHBORHOOD ASSOCIATION NEWSLETTER www.lindleyparknc.com









2011 Luminaries

On December 4th Lindley neighbors got together to place luminaries around the Park area from Walker Ave. to Spring Garden St. to welcome the holiday season. The weather cooperated and more than 30 volunteers helped prepare and place the bags for what has become a special tradition for our community. Many thanks to Randy Little, Steve Eury and Bill Eckard for pulling it all together and Carrie Little for serving hot chocolate and cookies. ...continued on page 4





First Moravian Church

304 S. Elam Ave., Greensboro 336-272-2196 www.greensboromoravian.org

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Sunday School for all ages, 10 am Worship, Children's Church, 11 am

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NEWSLETTER ADVERTISING

The Columns is published by the Lindley Park Neighborhood Association. More than 1200 households receive hand -delivered copies. Issues are also posted on our website. Copies can be picked up at several neighborhood businesses. Publishing/Distribution is January/February, March/April, May/June, July/ August, September/October and November/December.

Deadline for ads is the 10th day of the month prior to publication. Ad cost is \$35 per issue. Ad size is 1/6 of a page or 2 1/2 inches by 5 inches. The editor of the Columns reserves the right to edit as needed. For more information, or to place an ad, contact Patti Eckard at Patti.Eckard@gmail.com or 632-1448.

From the Chair

by Lauren Smith

Tell me I'm not alone. Tell me I'm not the only person who's home is developing a reputation as a "sick house" for the holidays. Last Thanksgiving I was the unwitting victim who spent all Friday night and Saturday morning trying to find a cool surface for my pounding head. At the time I blamed an ovster, the final one I couldn't resist. But now I'm not so sure. We were away last year for Thanksgiving. I didn't get sick until I returned home, literally two hours later. Remember the picture perfect snowy white Christmas of 2010? My youngest stepson doesn't. He spent the entire day going between the bed and the sofa, he was as green as the Grinch. It was my sister-in-law's turn on New Year's Day. She didn't even make it to the sofa, she just stayed in the guest bedroom all day. My brother was the target this Thanksgiving, again on Friday. This time around he made the oysters. Coincidence? Hmmm. I'm sure my day care attending, three year old nephew has nothing to do with it! Home for the holidays has taken on a new ominous meaning at our house. Although maybe I'm looking at this all wrong. There are benefits of having a "sick house": it's a great kick start for a weight loss plan. Also I'm forced to clean the house after the guests leave, not just before their arrival. And with the cost of oysters, maybe we should just cut them out altogether.

So whomever you're with, and wherever you are (in Lindley Park or not), enjoy the holidays. And don't forget the hand sanitizer.



"FRIEND" LINDLEY PARK If you're a Facebook fan, join the 935 others who have "friended" the neighborhood through the page, "Lindley Park— Greensboro, NC." It's a quick and easy way to post a note, ask a question, and share photos.

LP ITEMS FOR SALE

• Lindley Park T-Shirts (\$15) • History of LP books (\$12) •Bumper Stickers (\$3)

All items are sold at Bestway, with the t shirt proudly displayed at the front of the store!

Thanks to Our Supporters

Listed on page 12 of the Columns are members of the LPNA that made a financial contribution to our Association. With that support we were able to sponsor the Easter Egg Hunt, Spring Fling, Fall Fest and Luminaries as well as support our web site. Thank you! Also, thanks to the advertisers in the Columns we were able to continue publishing. The Columns cost around \$585.00 per issue to print 1250 copies.

We need to support those that advertise. A huge thank you goes to the unheralded folks that deliver the newsletter to every door. It is the neighborly involvement that makes Lindley Park so great.

Need an extra copy?

Lindley Park Columns is available at a number of local businesses. Stop by one of these shops and grab a copy.

Bestway - Walker Ave.

Gene's Barber Shop - Spring Garden St. Lindley Rec Center - Springwood Dr. Sisters Jewelry & Gifts - Tate St. Tate St. Coffee House - Tate St.

REMODELING?

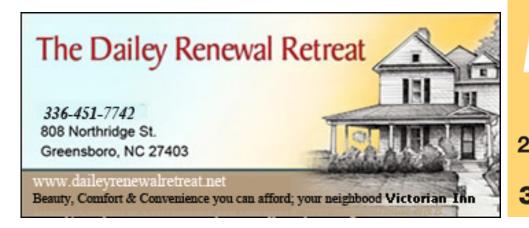
Want to do it yourself? Richardson Home Improvements can help!

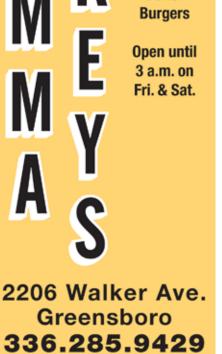
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Luminaries 2011

(continued from page 1)

Hopefully everyone in Lindley Park was able to drive through and enjoy the sight of the nearly 1200 lit bags. It is a labor of love for a few to set up each year to then arise the next morning and pick up and discard the bags and sand. Next year, think about helping out – it is one of many events Lindley Park offers that allow you to meet the others living in the neighborhood we call home.

But where did this tradition of placing luminaries begin?

Some say that luminaries lit the way for Mary and Joseph in their search for lodging in Bethlehem. Other writers place the tradition back even earlier, linking it to the Jewish celebration of Hanukkah, when people mark the miracle of the container of oil that was only meant to last one day but lasted eight.

The American tradition of luminaries comes from Mexico and the southwest. The Pueblo Indians in New Mexico have long lit small fires outside their homes to light their way to church on Christmas Eve. They learned the custom from Spanish settlers who introduced farolitos, or little lanterns, in the sixteenth century. The Spanish settlers burned small bonfires along the roads and in the churchyards to commemorate Christ's birth.

By the 19th century, American settlers brought beautiful Chinese lanterns to hang from their doorways instead of building bonfires. But the lanterns were too expensive for many people so they began to make small lanterns out of paper sacks to save money.

The timing of the Fiesta de Las Luminaries, or the lighting of the way for the Holy Family, varies from community to community. Some concentrate on Christmas Eve, others enjoy their displays throughout December.

Response to Open Letter In Last Issue

October 31, 2011

This letter is a response to the submission by Paul Crosby, Jr. in the September/October Columns.

To suggest that the greater Lindley community would best be served by building a playground on the Craven Elementary lot offers a narrow view of both the residents of Lindley Park, and their interests. A community garden would not only create educational opportunities for children, it would also allow adults of all ages, with or without children, the opportunity to get involved and contribute to the community in ways that a mere playground cannot provide.

I understand and appreciate the concerns for resources (such as water and financing) however, with careful thought and planning, a community garden would be a self-sustaining and valuable resource itself. The key is the involvement of committed, organized, knowledgeable individuals to oversee the management of the garden.

Benefits of a community garden include:

- Improves the quality of life for people in the garden
- Provides a catalyst for neighborhood and community development
- Stimulates Social Interaction
- Encourages Self-Reliance
- Beautifies Neighborhoods
- Produces Nutritious Food
- Reduces Family Food Budgets
- Conserves Resources
- Creates opportunity for recreation, exercise, therapy, and education
- Reduces Crime
- Preserves Green Space
- Creates income opportunities and economic development
- Reduces city heat from streets and parking lots
- Provides opportunities for intergenerational and cross-cultural connections

I encourage Lindley residents to visit the American Community Gardening Association at www.communitygarden.org.

Sincerely— Jessica Beamon 7 year resident (and counting) of Lindley Park

LPNA General Meeting

With 2012 fast approaching, many of us are trying to plan holiday parties, gathering gift ideas for family and friends, and preparing to greet the new year with fresh hopes and ideas. When we all meet again for the January General LPNA meeting, consider bringing those ideas with you in the form of nominations for open committee and district representative positions! Lindley Park is a wonderful neighborhood, and it deserves a dedicated group of people to coordinate events, keep abreast of any issues, and make sure all of our neighbors are represented in the grand scheme of things. Nominations can come from the floor, and you can even nominate yourself! Volunteering for a position is a great way to get involved in your local community, and will be sure to make our Lindley Park family stronger. We hope to see you in January!

SAVE THE DATE: General Meeting January 31st, 7pm

Services for Hire

BABY-SITTING - PET SITTING Services provided by Lindley Park resident. Fees set by Parents/Pet Owners. References provided on request. For more info call Victoria at 340-7044, or email victoriaeve.horsley@gmail.com



The Riot Act...Back in Action

Recently, Drs. Christine Hunt and Catherine Markijohn completed their first on-site adult adipose derived stem cell treatment. Riot, Dr. Markijohn's eight-year old Corgi,



has had chronic pain and progressive arthritis since he was six months old. After diligently managing his pain with chiropracticadjustments, several anti-inflammatory medications, acupuncture, shock wave therapy and analgesics, we chose Riot as our first patient to receive stem cell therapy. Riot's list of ailments includes hip dysplasia, partial tear of his right knee ligament, severe tendinitis of both shoulders and biceps, and inter-vertebral disc disease of his lower back. Stem cells are our bodies' natural healing cells and are concentrated in fat or adipose tissue awaiting activation. They migrate to injured tissues, where they transform and replace the damaged cells. Using cutting edge technology, we can now harvest fat tissue, concentrate the stem cells from the fat, activate the stem cells and inject them directly into the affected joints, muscles and tendons. Within two to four weeks.

most animals are able to walk, run and jump again—and many have either discontinued or dramatically reduced pain medication. Please visit our web site as we track Riot's remarkable journey as he returns to his old riotous self. Just six days after his treatment, Riot performed his famous "frisky dog dance," racing around our hospital and showing off his newfound pain-free health.

University Animal Hospital — of Greensboro, LLC — 1607-B W. Friendly Ave. Greensboro 279-1003 www.DrChristineHunt.com

Hope Chapel's new space

by Michael Van Patter

If you've driven on Spring Garden by the old Diaper Service building, you may have noticed the renovations taking place over the past few months. Hope Chapel, a three-year-old congregation that has been meeting at Lindley Elementary, recently moved into the revamped space, which includes offices, classrooms, and a 300 seat worship area. Sunday worship service is held at 10:30am and more information about the renovation and Hope Chapel can be found at www.hopechapelgreensboro.org. Please come visit and check out the new space! A grand opening service will be held on Sunday, January 15th, at 10:30am.



Hope Chapel - 1825 Spring Garden St. (behind The Blind Tiger)

Newsletter Ideas

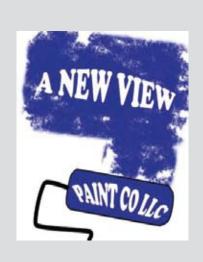
We would love to have you participate in the Columns by submitting articles you feel would be interesting or beneficial to the neighborhood. We would love to have submissions from your kids also (artwork, writing, photos, etc.). Do you have a neighbor with an interesting story to tell? Do you have neighbors that are new to the area? Write us about it. We are always interested in any history of the neighborhood that you may know about or have a connection to.

What makes this neighborhood great is the strong sense of community and the diversity of our residents. The Columns serves as glue to connect us to one another. It is one of the reasons we are the envy of other in-town neighborhoods!

Please send all submissions to roobait@msn. com. Keep in mind that the newsletter is published about every other month with deadlines on (or about) the 1st of Feb., April, June, Aug., Oct. and Dec.

Thanks for making LP great!





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6 LINDLEY PARK NEIGHBORHOOD ASSOCIATION

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Minutes from LPNA Executive Meeting

Novemeber 29, 2011

Officers in Attendance:

Lauren Smith, Bill Schneider, Elizabeth Link, Diane Gackenbach, Carrie Little, Virginia Driscoll, Mary Alice Austin, Larry Barnes, Stephen Johnson, Stephanie McGovern, Patti Eckard, Bill Eckard, Susan Taafe

Meeting called to order 7:08pm

Old Business – discussion regarding NCO; would like to bring Glen back to the table for further discussions in January; changes in City Council may be encouraging

New Business – nominations for open positions are still encouraged; suggestions for a babysitting list should be handled through postings on FaceBook from individuals, not LPNA endorsed

Committee Reports:

Treasury - balance \$3040.66

Social – Fall Fest was a success, timing was perfect; Holiday Luminaries scheduled for Dec. 3, volunteers are welcome to prepare bags, place them in the park, and light candles

Parks & Rec. – to ask Barry to help with the ivy on big trees in the park

Public Works - columns at the end of park are damaged; possibly apply for Small Projects grant to fix

Public Safety - sidewalks are being fixed throughout the neighborhood

Ways & Means – May Home & Garden tour, to be separate from Spring Fling

Newsletter/Advertising – encourage all neighbors to add their email to the list for better communication; have a couple of new ads, and some returning; may need assistance in collection of fees; print deadline is 12/15

District 1 - Craven Elementary is being emptied & treated for rodents; no garden in the plan

District 2 - the sidewalks are fixed, but the lighting issues are still ongoing

General discussion – discussion of some ideas to encourage neighbor involvement & collection for more funding; discussed inviting Mayor Perkins & Councilman Hoffman to the January General Meeting; RUCO is trying to survive, focusing on recommendations to make things fair overall; Home info session on Sat.

February 28, 2012 – next Executive Meeting January 31, 2012 – next General Meeting Meeting adjourned 8:23 pm



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Fall Fest and Chili Cook-off 2011

On November 5th the neighbors got together to hang out in the Park, listen to some good music, catch up with old friends and taste some good chili provided by nearly twenty of our talented cooks. We pushed the get-together back a few weeks for the first time and everyone really enjoyed the cooler fall temperatures. It made the chili tasting great and several people brought down fire pits. The annual pick-up football game was orchestrated by our own Steve "chicken legs" Eury. The gathering lasted well into the evening.

The voting was a little different this year as well. Each resident got one vote only. We also had Greensboro Firefighters come by to taste. Riley Bouras won the kids award and Steve Couthen was the overall winner.

Music was provided by Scott Walker and his friends. They have been great to play for us the past few years More pictures on page 11!





VIC card for Lindley

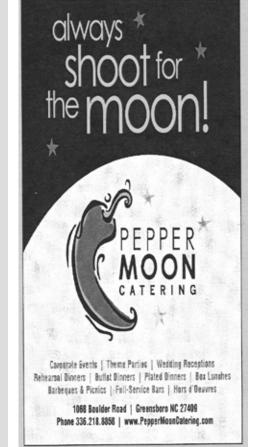
If you shop at Harris Teeter and have a VIC card, show your support for Lindley Elementary School! When customers purchase select Harris Teeter Brand products using their VIC card, Harris Teeter contributes a percentage of those purchase dollars to the schools of their choice. Schools use the money as they see fit on anything from basic supplies to band equipment or computers. It's easy, simply sign up on line, or ask the Harris Teeter cashier to link your card to Lindley Elementary, code 2872. A small effort like this can add up to hundreds or even thousands of dollars for our local school.





Worship with us Sundays at 11 a.m. Gathering to worship ... Departing to serve.

Lindley Park Baptist Church



Natural Plant Supplements and Health through the Seasons

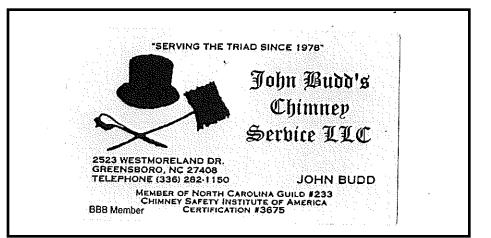
by Joel Gunn

Do you feel like you are out of touch with the seasons? A good way to get back into the swing of the seasons is to pay attention to the natural, annual rhythms of health. Most western cultures have lost contact with their native health customs. However, in northern Europe they have stayed in touch. For example, 80 percent of the products sold from German pharmacies are traditional plants that have been scientifically studied for their effectiveness in improving wellness. Ina broader, worldwide context, since 1987 the World Health Organization has been encouraging the use of local plants to build affordable, national health care systems around the world. In Europe people commonly follow age-old customs of tuning up their health in the fall to prepare for winter. The liver is the center of body operations for dispensing with toxins and converting food to usable substances. Tune ups therefore begin with cleansing the body, especially the liver, using plants that are known to purge the liver of toxic substances and invigorate it for the months ahead. Ten days of desmodium tea is a commonly used liver booster.

As winter comes on, we all know about customs to cheer up our dark season psyches: Thanksgiving, Christmas, and Valentine's Day. For those who need an extra physical boost, there are also plant aids. Flax seed oil, the plant equivalent of fish oil, boosts the intellect and general nervous system health. Ginkgo improves circulation to chilled extremities. Bitter Orange cheers you up. Saint John's Wort reduces stress. Olive leaf improves the body's natural regulatory abilities in case you have fallen out of physiological peace with vourself. Green tea is a powerful antioxidant. among many other functions.

Europeans also do a spring cleanse to rid themselves of the down-side effects of winter's long nights. It sets them to receive the special exuberance of summer's bountiful sunlight and fresh food.

Swing with the seasons. Eat well to stay well, and in case you need little food-borne assistance, take natural plant supplements that swing within.





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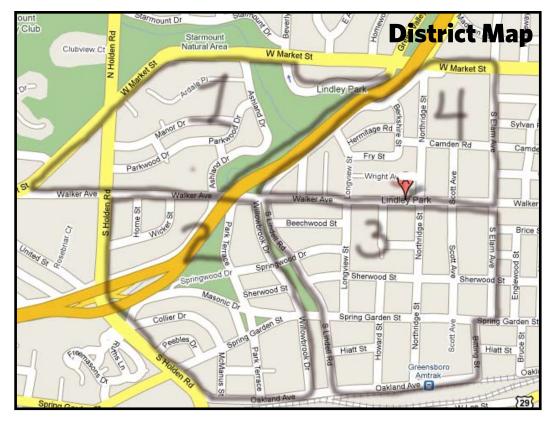
•Delivered at no cost to you in Lindley Park

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Pictures from Fall Fest





Lindley Park Neighborhood Association Supporters, 2011

With neighbor support, the association is able to sponsor the annual Easter Egg Hunt, Spring Fling, Fall Fest, and Holiday Luminaries. Your contributions also helped launch our Lindley Park Web site.

Greg & Allison Chabon Carrie & Randy Little Stephen Johnson & Marnie Thomp-Stacey Ryan & Daryl Morelli Tony Horney & John Neal Martin Swindell Jeff & Rebecca Miles son Annie Cahill & Neil Swenson Sheila Duell & Robert Bellomy Arch & Virginia Nash Clyde & Evelyn Mitchell Allison & Bobby Greiner Mary Ann & David Murray Wendy Helton Jim & Sylvia Chandler Amy Conley Jerry & Ann Baumgartner Azalea Yow Robert McGraw Peggy Parham David & Jane Byrd Cathy Branscom Jerry & Anne Baumgartner Rebecca & Michiel Van der Sommen Tim, Theresa & Chris Byrd Ginny Gaylor & Joe Barvir Norman Smith Mark Toole & Mary Herbenick Toole Mrs. Porter Gibson Kerry Dumich & Joan Glynn Cliff & Becky Berrier Bill & Patti Eckard Susan Taaffe & Henry Rudisill Phillip & Dana Gorham Julia Smith & Glenn Perkins Dyan Arkin & Ken Snowden M. Gertrude Beal Joann Davis Ellen Muratori Palmer & J.P. McIntyre Lauren Smith Joyce & Steve Eury Doris Owens & Judith Mitchell Bill & Michelle Schneider Nancy Schmidt Ron & Theresa Miller Virginia Tucker **2012 LPNA CONTRIBUTION FORM**

Now's a good time to make a contribution to your neighborhood association. Please fill out the form and mail it with your check to the address listed below. If you'd like to be involved with any of the committees, or activities, please check your preference.

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Email:	Home Phone:
PLEASE CHECK YOUR INTEREST(s):	
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Zoning Issues Decide Neighborhood Loing-Range Plan Decide Social Activities (spring, fall events & Christmas Luminaries)	
Newsletter Volunteer — help distribute in your area	
\$\$ household contribution enclosed (\$15 suggested) \$ Date:	
Please make checks payable to LPNA and mail to: LPNA c/o Palmer McIntire, 622 Scott Ave.Greensboro NC 27403	

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