

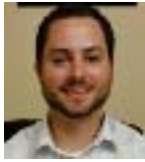
COLUMNS



THE LINDLEY PARK
NEIGHBORHOOD ASSOCIATION
NEWSLETTER
LINDLEYPARKNC.COM

Neighbors of all ages enjoyed the lights and music provided by DJ Danny at Love, Lindley 2. Photo by Shaun O'Connor.

After a few false starts, spring has finally sprung in Lindley Park. The new weather has neighbors going on walks, sitting on porches, and frequenting parks. We ushered in the season with the annual St. Patrick's Day Parade on Scott Avenue (p.3) and our planning the best Spring Fling yet for early May (p.4). We're also celebrating FIVE years of the Corner Market (p. 8-9), and have some other fun events in the works as well (p. 5). As usual, this issue is chock full of great information for our neighbors: the latest on participatory budgeting (p.6), tax tips for homeowners (p.7), the surprising relationship between kung fu and tai chi (p.11), and an in-depth look at the Greensboro Burrowing Crawfish (p.14-15).



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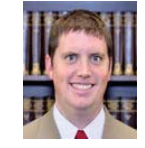
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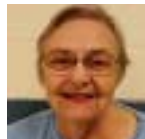
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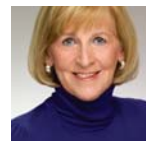
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The Columns is published by the Lindley Park Neighborhood Association. Hand-delivered copies go to more than 1,200 households in the area. If your street does not receive the newsletter, we probably just need a volunteer to deliver it! Contact Joyce Eury about delivery at joyceury@gmail.com.

The Columns is posted digitally at www.lindleyparknc.com. Sign up to get it by email by contacting us at lpnagso@gmail.com.

The Columns also can be found at Bestway, Gene's Barber Shop, Lindley Rec Center, Spring Garden Bakery, the Corner Farmers Market and Common Grounds.

GOT IDEAS?

Of course you do! We want to hear from everyone! Send stories, ideas, photos, history or questions to Kate Silton at newsletter@lindleyparknc.com

WANTED – Volunteer AD COORDINATOR for Lindley Park newsletter, The Columns.

Duties involve

- Serving as primary contact with local businesses wanting to place ads in The Columns.
- Providing information to prospective advertisers on size of ads, rates and distribution process.
- Coordinating with the Editor about placement of ads in the Columns
- Distributing copies to several neighborhood businesses, and the Rec Center for residents to pick up an extra copy.
- Billing businesses for the ads.
- Turning over ad money to Treasurer.
- Six issues are produced yearly
- Most of duties can be handled via email.

This is a great way to learn more about local, neighborhood businesses while helping the neighborhood association. The ads not only pay most of the costs of the newsletter, but also help provide funding for many of the neighborhood activities like the Easter Egg Hunt, Spring Fling, Fall Fest and Holiday Luminaries. For more information – contact Patti Eckard, patti.eckard@gmail.com.

ST. PATRICK'S DAY PARADE 3

THE PARADE

By Milo Duez

1. The parade hasn't started yet but soon.
2. More people have come.
3. I won the Jello eating contest!
4. The parade is starting.
5. Treasure hunt!
6. Play time

I made this when I was 6 and when I was at the St. Patrick's Day parade on my street.



The parade is about to start. Photo by Milo.



Photo by Milo.

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A photo of Milo taking pictures, by her dad, Michael Duez.

4 SPRING FLING

Spring Fling Pig Pickin'

by Blake Sagar

Please join your neighbors as we celebrate the coming of 2018 LPNA Spring Fling on Saturday May 5th at 4pm. This year we are mixing it up and smoking a whole hog, and serving it in the park at the corner of Lindell and Springwood Drive.

Hog cooking is an ancient tribal ritual practiced around the world. Practically every society has celebrations and ceremonies surrounding the sharing of whole a beast. There's a lot of meat between rooster and tooter so that means we'll need lots of neighbors and friends to join us and enjoy this feast.

A little background on the origins of this idea: I grew up in the mountains of western North Carolina, and my dad and his friends would cook a hog pretty much annually throughout my youth. It was a very social experience, and as I grew older I began to appreciate the community interaction when it comes to cooking a whole hog. Last summer I revived the practice for a little party in the park that many of you may have seen. If you saw the tarp and the fire barrel you may have wondered why a homeless camp was set up in the park. Well, that cook went well and myself and others on the LPNA board decided it would be fun to try it on a larger scale and invite the whole neighborhood. We will be getting all the necessary permits for the fire and use of the park as I did last year. If you have any questions please feel free to send me an email at bsagar@cfmccpa.com.

This party will be quite similar to past Spring Fling events. We will have the tables and garbage cans provided by the city. Depending on the weather we may set up the slip & slide. As always, there will be music. What we need from you, our neighbors: We most likely will have the cooking covered, but we could always use a helping hand as we will put the pig on around 5pm Friday and take her off around 2pm on Saturday. We will be chopping the meat after we remove from the heat, and that is always my favorite part. Also, Bill Eckard has been kind enough to donate some wood for smoking the pig. If there is anyone else out there that has some good hard wood (hickory, pecan, etc) that would be much appreciated and reduce the cost of the event.

Per usual, we hope you are able to bring a side or dessert to share. The LPNA will supply plates, cups, and silverware.

Hope to see you there!

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Lindley Park 11th Annual Yard Sale

Saturday, April 28, 8am until

It's that time of year again! Time to clean out the garage, attic and spare room to make room for more stuff! Here's your chance! Join in the neighborhood yard sale! All you have to do is set up your sale table in front of your house – and sell your stuff! If you don't have enough to sell – get a neighbor to join in with you. And, if you make a profit, we hope you will consider making a donation to Lindley Park Neighborhood Association. All proceeds go to benefit the neighborhood.

The yard sale is sponsored by Lindley Park resident, Patti Eckard of RE/MAX Realty Consultants. The ad in the paper, directional signs and flyers listing all of the locations will be provided to you. This is a great way to get rid of your stuff, make a little money, make a voluntary contribute to the neighborhood association – and meet your neighbors. Deadline to reserve your spot is Wednesday, April 25.

Contact Patti Eckard – email: Patti.Eckard@gmail.com or by home phone - 632-1448.

Craftsboro

Craftsboro is hosting their 2nd maker fair on April 21st, from 11-5pm at Hope Chapel Greensboro. This event will benefit the Barnabas Network, a furniture bank serving Guilford County. Shop from 30-40 handmade vendors, be entertained by local musicians, and enjoy treats from Pita Delite, Yeehaw Donuts, and Wired Cafe. This event is free for the public and family friendly!



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6 PARTICIPATORY BUDGETING



RESULTS OF THE SECOND ROUND OF PARTICIPATORY BUDGETING

By Angela Ben-Zekry

Background:

You may have noticed the awesome painted crosswalk at the Camden/Elam intersection, the new crosswalks at corner of Howard/Spring Garden Street, or the new bridges at the Arboretum. These are examples of some of Lindley Park's winning projects from Round 1 of the Participatory Budgeting Process, and the Lindley Park neighborhood stands to benefit from funding put forth by the City of Greensboro for the second round of the Participatory Budgeting process too. Each of the 5 Districts was allocated \$100,000 for FY 2018-2019 to address capital projects proposed and voted on by the public. Lindley Park falls in District 4 and is represented by Nancy Hoffman on City Council. According to City records, District 4 had the highest number of voters that participated in the process at 28% of the 1,199 eligible votes counted!

Process Recap:

Ideas were collected in April and May of 2017 and then developed into full proposals between June and October 2017. The proposal process was important to determine the cost and feasibility of each project. Then, final proposals were showcased at an Expo event in October, and voted on from October 26-November 18, 2017. Projects will be addressed between July 2018-June 2019.

Winning Projects:

Lindley Park will soon see work done on the Spring Garden and Elam intersection to improve pedestrian safety. It will cost approximately \$14,900 to put in crosswalks at the intersection. Also, we'll see new inclusive playground equipment installed at Lindley Park, which will cost \$37,400. Other projects funded in our District include: making the Muirs Chapel Rd. & Market Street intersection safer for pedestrians (\$33,230), installing a bus shelter at Friendly Center (\$19,920), and partial funding for upgrades to Greenway Park in Sunset Hills.

As a note, we are still waiting on the completion of one final project from Round 1 of Participatory Budgeting – the Walker Avenue Bridge Railing upgrade.

The City of Greensboro is currently in the planning stages for Round 3 of Participatory Budgeting. Stay tuned for more details.

We're Looking for People Like You!

The Adult Cognition Laboratory at UNCG studies how age impacts learning and memory. If you are interested in participating in one of our research projects or would like more information, please call us at **336-256-0038**. Participants will complete various memory and learning tests on paper and the computer. No previous computer experience is necessary. Scheduling is flexible and research participation takes up to 3 hours. Our lab is located on the UNCG campus. Participants will be paid for their time. To participate, you must be aged 60 to 75 and be reasonably healthy. We will be glad to answer any questions when you call.

New Year, New Tax Plan – What Every Homeowner Needs to Know

by Leslie Stainback, Broker/Realtor (see add on p. 10)

By now you've likely heard that a new tax bill recently passed. But, what you may not know is how homeowners will be impacted by the changes. If you're in the market to buy or already own your home, here's what you can expect in 2018 and beyond:

Deductions to your Deductions

Arguably, the most significant change to the tax plan is in how many interest deductions are now available to homeowners. With the previous plan, Americans received several tax incentives that made home ownership more affordable and quite appealing. The new plan impacts the following deductions:

1. **Mortgage interest.** Previously, qualified homeowners could reduce their taxable income by the amount of mortgage interest they paid each year – up to one million dollars for married couples filing jointly (\$500k for singles or married couples filing separately).

Mortgage interest is still tax deductible with the new plan, but only up to \$750k for married couples filing jointly (\$375k for singles or married couples filing separately). This change impacts all homes purchased after December 15, 2017, and is also applicable to mortgages on second homes.

2. **Property tax.** The new bill now includes restrictions on the amount of property tax you can deduct from your taxable income. **Now, homeowners may deduct up to \$10k in property taxes** (\$5k for couples filing separately and singles), including state and local taxes or sales taxes.

3. **Home equity.** With the former tax plan, homeowners could deduct the interest paid on home equity debt for reasons other than to renovate your home (like for college expenses, for example). **The home equity deduction was completely eliminated with the new tax plan.**

4. **Moving expenses.** The old plan included deductions for qualified homeowners relocating for a new job. **Now, moving expenses are only deductible for active duty members of the armed forces.**

To itemize, or not to itemize.

Another significant change: an increase in the standard tax deductions (or, the flat amount that the tax system lets homeowners deduct, no questions asked). **Beginning in 2018, the standard deductions per household nearly doubles, increasing from \$12,700 to \$24k** (for married couples who file jointly).

This change means more Americans will likely forego itemizing their taxes for 2018. In previous years, itemizing typically resulted in more money in your pocket at refund time. Now, you may be able to save time by not itemizing and still benefit financially.

Ultimately, the new tax plan will impact every taxpayer differently. Even with the lower interest deductions, the bill introduces new tax brackets, which could reduce your individual tax rate and increase your paycheck. How you are personally impacted is contingent upon various factors beyond homeownership. Be sure to do your homework to know what you can expect with the new tax laws.

8 FIVE YEARS DOWN AT THE CORNER

Words and photos by Kathy Newsom

This month The Corner Farmers Market celebrates five years down at The Corner. The market has swelled to include about forty vendors every Saturday morning in the Sticks and Stones lot, offering multiple choices for produce, meats, breads and other baked goods of all kinds. There are even more unique items like kombucha, kimchee, gourmet mushrooms, gluten free and vegan offerings. But this is not a snobby market. Our growers and bakers and artisans are passionate about their crafts but they are all right there on site to chat and answer questions. They'll get to know your kids and dogs. Heck, many of them like Marco and Stephen live right up the road.



Neighbors peruse offerings at a recent market.

Sometimes we say it's like a family reunion - lots of familiar faces and hugging and kids, great food and recipe swapping. There's always a craft for the kids, and they love to find the elusive market chicken for a weekly reward. It's just a great place to get caught up and refill your baskets.

On the Saturday morning of April 14 we'll have a community birthday celebration at the market. We'll have live music, vintage farm equipment, kids crafts, face painting and fairy hair. Basically the usual market --on steroids! If you haven't visited in a while, we promise you'll be surprised. Breads made with ancient grains? Gourmet cheesecake? Indian and African cuisine? Microgreens? Oh. Yes.

The market is community run, started by a bunch of folks looking to create a sustainable local food (and art) economy. We are committed to making the market accessible to all — we offer free vending and run a grassroots, community supported SNAP doubling program. We love to have kids sell their art, community groups do fundraising, voter registration, participatory budgeting, you name it. We think it's cool to have kids from Lindley Elementary selling the veggies they grew in the school garden alongside Mike Faucette who's family has farmed their land for five generations. Or a kid selling slime or origami next to an accomplished potter. Keeps things interesting and fun.

And like a family reunion, there are always lots of familiar faces but also some surprises - we host buskers of all skill levels, some days we're tuning up bikes, and others we might be washing dogs.

**we are five
and
celebrating!**



**Saturday
April 14
8 am til noon**



live music from
The Fantastic String Band
'Meet Me at The Corner'
t-shirts - printed live
face painting & fairy hair
vintage farm equipment
kids games and crafts
more than 40 vendors with
-spring plants, food and art

The Corner Farmers Market
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The Corner of Walker and Elm

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Bed and Breakfast
808 Northridge Street
Greensboro, NC 27403
336-451-7742
www.daileyrenewalretreat.net



Stephen Johnson and Kathy Newsom enjoy a springy-day at the market.

This year Stephen and I have teamed up with Liz Seymour who manages the Grove Street People's Market to form a non-profit called Neighborhood Markets, Inc. Our mission is to support small, community based markets in the Greensboro area. We have seen how a neighborhood market can grow a sense of community as it builds important local food infrastructure and stability.

And because of our non-profit status, any donation you make to support our markets is tax deductible. If you'd like to donate, you can go online to www.cornermarketgso.com - or better yet, come see us!

Lindley Parkers, thank you for participating and supporting us as we grow. A special shout out to Neil Reitzel and the staff of Sticks and Stones for so generously sharing their space with us.

And if you're new to the market, we can't wait to "Meet you at The Corner!"

Emma and Jason from KW Homestead are all smiles.

When the cold winds blow we pull the tents in close and huddle around steaming mugs of coffee and hot chocolate. In the fall we run an urban hayride 'round the corner and through the Suds and Duds parking lot. The market is as unique as The Corner itself and the Lindley Park neighborhood that surrounds us.


The Corner, dubbed by Jeri Rowe as "the most colorful corner in Greensboro," has grown with us. In addition to the awesome Saturday breakfast offered at Sticks and Stones, you can also enjoy brunch at Lindley Park Filling Station or get a diner style breakfast at Emma Key's Flat Top Grill. Common Grounds is a neighborhood stand-by for coffee and conversation, and Bestway rounds out your food (and beer) needs.



Stephanie McGovern and other parents let the kids get messy at the market's free weekly make-and-take.



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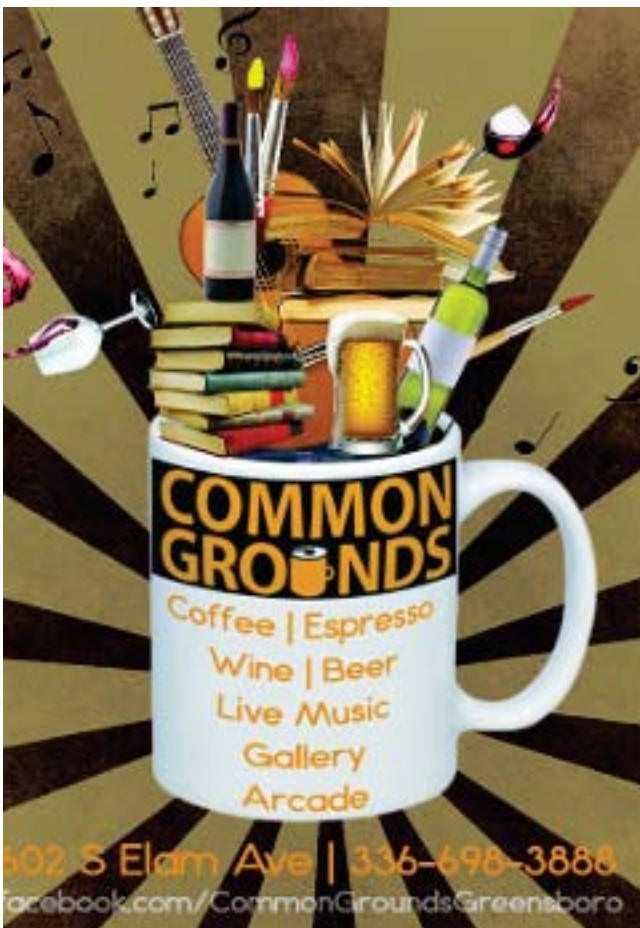



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KUNG FU MEANS HARD WORK

By Nancy Calkins

How did the Lose 10# Challenge go? So far, I lost 5 pounds and expect to lose 10, if not in 10 weeks, then in 20 weeks. Losing ½ to 1 pound per week is achieved through “gong fu,” working hard over time. By losing weight slowly, we’re more likely to keep it off, retraining our “set point.” If we lost 10 pounds in 10 weeks—great work! If we are still working on it—even better!

Tai Chi Ch’uan means “supreme ultimate exercise.” Practitioners believe it is the best exercise, like the holistic Yin Yang symbol, encircling opposites and all parts in between. We can practice gently or vigorously while increasing flexibility, balance, muscular strength, and aerobic capacity.



Kung Fu, or Gong Fu, means the “result of hard work over time.” The martial art Kung Fu was born of Tai Chi, whose parent is Qi Gong, meaning “energy work.” Chinese exercise unblocks energy meridians that connect acupuncture points, allows energy to flow through joint and organs, moves toxins and removes blockage for positive energy balance throughout the body.

Qi Gong can be meditative, a series of calisthenic movements, or a choreographed form such as Tai Chi. The most popular type or family of Tai Chi is Yang style. My teacher, Eric Reiss of Silk Tiger School, offers classes at several locations.

My husband and I practice the long form of Yang style Tai Chi, a series of 108 moves that flow from one to the other in the same order. There are three sections, and we can perform the whole form in 10-15 minutes at a moderate pace. We don’t have to memorize—Tai Chi begins as a “Simon Says” type activity where we just follow along, performing exercises with names like “white crane cools its wings.” Camaderie is a big part of Tai Chi. Standing in rows, arms-width apart, we feel the energy (qi) of the group. It is energizing, relaxing, helping us heal and strengthen gradually.


I invite you to participate in World Tai Chi Day -- try Tai Chi with Silk Tiger School, and be part of a worldwide effort that sends healing energy throughout our planet at 10:00 a.m. worldwide. Studies show that violence goes down during World Tai Chi Day practice. Wear comfortable clothes and outdoor shoes. Find us in Lindley Park, next to the Arboretum, in the grass near the playground, facing Market Street, from 9:30 – 11:00 a.m. on Saturday, April 28.

For more information, see the following resources:

www.WorldTaiChiDay.org

www.SilkTigerTaiChi.com

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Words and Pictures by Shaun O'Connor

The 2nd annual "Love Lindley" was a great success! For the 2nd straight year, Lindley residents packed the Rec Center gym for an evening of fun, dancing, punch, and of course, cake. DJ Danny was back in the house and kept the party lively all night. There were line dances, freeze dances, and once again the legendary Lindley Limbo contest.

This year several residents brought homemade cakes to the party, providing a delicious variety for the partygoers. And once again, Lindley residents demonstrated their generosity for their Neighborhood Association by making significant donations at the door. The event just about paid for itself thanks to y'all! If you missed the fun this time, be on the lookout for "Love Lindley 3" next year!



Right: Lindley dads Shaun O'Connor and Blake Sagar oversee the limbo contest.



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WILDLIFE IN LINDLEY PARK: BURROWING CRAYFISH

by Elizabeth Link

For those of us that enjoyed playing in a neighborhood creek as kids, and finding the occasional crayfish hiding among the rocks, it may come as a surprise to know that there are over 300 different species of crayfish in the southeastern United States. Most of them live in the flowing waters of streams, but a few species have a very different lifestyle, living in burrows dug in soft wet soil where the water table is shallow. Sometimes these burrows can be over ¼ of a mile from any stream. One species of burrowing crayfish can be found in at least one location within Lindley Park.

The Greensboro Burrowing Crayfish is so named because it was discovered in Greensboro in the late 1950's, in the backyard of a house on East Whittington St. A college biology student on home for vacation noticed a small burrow in his parents' backyard and decided to see what had made it. He dug up the crayfish, and took it back to his biology professor, who eventually determined that it was a previously unknown species. In 1967, the two published a paper on the crayfish, assigning it a scientific name – *Cambarus catagius* – and describing its unique features.



Crayfish burrow. Image from <https://www.ncpedia.org/wildlife/crayfish>

A Kiss Is Not Just a Kiss

Pet Dental Health Month is over and your pet's teeth are free of bacteria, plaque and calculi. Your pet is kissable again. Now is the time to begin oral health care maintenance. Daily brushing with an enzymatic toothpaste is still the gold standard for dental care. Adding dental diets, chews, oral rinses and dental powder can control the reformation of plaque, tartar, gingivitis and bad breath. To help keep your pets' teeth healthy, we are offering 5% discount on dental hygiene products during April and May.



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— of Greensboro, PLLC —



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(At corner of W. Friendly Ave. & Westover Terrace ext.)
www.DrChristineHunt.com



Not much more research was done on the species until the early 1990's, when the director of the Piedmont Environmental Center went back to the neighborhood where it was first found, found other crayfish in their burrows in the same neighborhood, and got the word out about its existence. Today, anyone wishing to develop open land in our area has to do an environmental study, and the crayfish is one of the animals and plants they're required to look for.

The Greensboro Burrowing Crayfish has now been found in Davidson, Guilford, Montgomery, and Randolph counties – basically from Greensboro down to the Uwharries. The crayfish is only a few inches long, and is rarely seen as it is usually active at night. The crayfish dig their burrows by rolling up little balls of mud and pushing them out around the opening, forming a distinct miniature “volcano” of mud surrounding the opening. The volcanoes are usually about 6” high and 8”-10” across, and the opening usually only about an inch across.

Not much is known about the Greensboro Burrowing Crayfish, or most of the other species of burrowing crayfish. They are hard to find, because they have small populations in disjunct areas, and so hard to study. It is known that their diet is similar to that of other crayfish, consisting of bugs, worms, and plant material, including fallen leaves, which also contain a good portion of protein from the microbes living on them. The crayfish that live in flowing streams breathe through gills on their abdomen, and the burrowing crayfish are able to do this as well, keeping the gills wet through contact with the wet soil. It is thought that populations of the crayfish may be on the decline due to development in their habitat.

The burrows are constructed within a foot or two of the surface of the ground. They are frequently branching, and also usually descend to where shallow groundwater flows. A shallow water table can form when there is a thin layer of organic soil over a layer of dense mud or weathered rock, as is the case in some areas of our neighborhood. The groundwater takes the path of least resistance, flowing between the organic layer and the dense clay. The topography of our neighborhood, with its general slope down towards the creek in the Arboretum, may also contribute to a shallow water table, and so to habitat suitable for burrowing crayfish. I have found their burrows in the middle of the block that I live on, where the groundwater is within a couple of feet of the surface. I've gone out with a flashlight at night in the spring and found them sitting at their openings of the burrows. I would be very interested to know if they are in other places in the neighborhood. So if you find a burrow in a muddy part of your yard that you think might harbor a crayfish, please let me know by sending me an email at elizlink04@gmail.com.



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