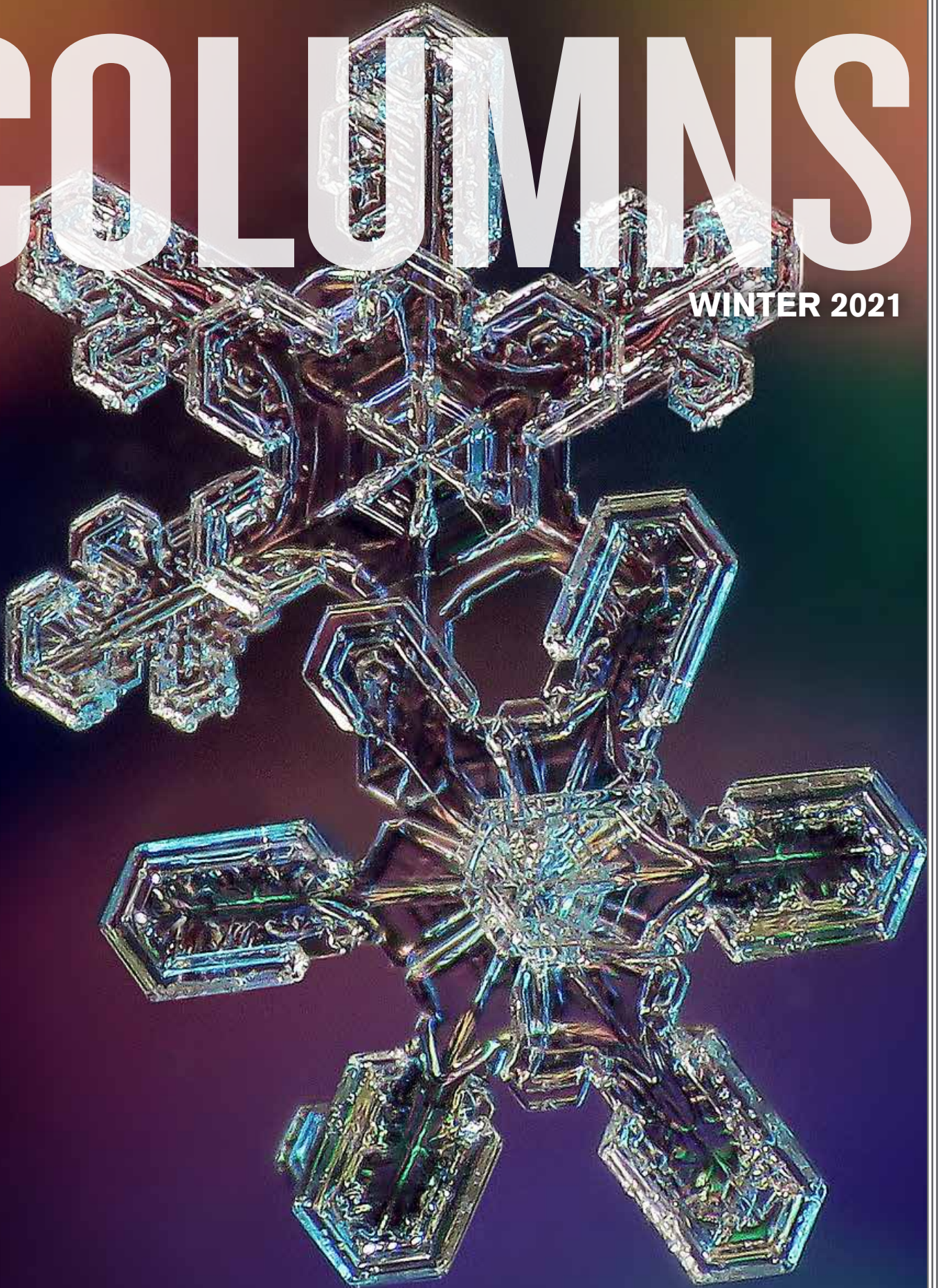


COLUMNS

WINTER 2021



The Lindley Park Neighborhood Newsletter

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THERE'S MORE THAN ONE WAY TO SUPPORT THE LPNA!

WRITE FOR THE NEWSLETTER

If you'd like to contribute to the next COLUMNS issue, please email your articles, stories, or photographs to newsletter@lindleyparknc.com

Story Ideas

- a topic about which you are an expert, such as gardening or home renovation
- historical anecdotes about Lindley Park
- other social/community topics/issues that you think would be of interest to our neighbors

DELIVER THE NEWSLETTER

Contact Joyce Eury at joyceury@gmail.com if you would like to deliver the newsletter on your street, or perhaps another!

FOLLOW US ON INSTAGRAM

The LP is on IG! Follow us. Tell your friends. [@lindleyparknc](https://www.instagram.com/lindleyparknc)

GIVE TO THE LPNA

The past year was absent of the numerous social gatherings like the Easter Egg Hunt, Spring Fling, and Chili Cook-Off that add to the quality of life in our neighborhood. They may not be a necessity, but they sure are nice.

It's things like our social events, the gathering to clean up the park, and even this very newsletter, that make our neighborhood special.

We want to thank those that have been able to give to the LPNA this year (see page 3), and hope that once we're back in the right-side-up (as opposed to the upside-down), we'll be able to again host our social events. We also want to thank our advertisers, many of whom are financially struggling, for sticking with us during our printing hiatus (and not demanding a refund!) On page 5 we've listed all of our advertisers, past and present, as well as a handful of other businesses who have in some way supported the LPNA in the past.

If you have means to contribute to the LPNA during this time, please do. When we're able to gather again, we're going to throw one heck of a party! Please also support and patronize our local neighborhood businesses.

You can donate via the form on page 3 or online at lindleyparknc.com/support

Stay safe. Be well. We look forward to seeing you soon.

The COLUMNS is compiled, edited, and published by the all-volunteer Lindley Park Neighborhood Association. Each quarter more than 1,200 copies are hand delivered by your neighbors!

The COLUMNS is posted online at lindleyparknc.com/newsletter and you can sign-up to receive a copy in your inbox by using the SIGN UP button on our Facebook page, or email us at lpnagso@gmail.com

For the time being, additional hard copies are not being distributed to local businesses.



@lindleyparknc

Message from the Greensboro Neighborhood Congress

August 3, 2020

The GNC leadership has been adapting to the changes of our times just like the rest of you. We are meeting on-line and thinking of ways the organization can be true to our mission and of value to our community.

We hope you all are taking care as best you can during the pandemic and finding the resources you need as even the most basic needs are not as readily met as they once were. We have compiled a list of some city and state resources at the end of this letter.

Nationally, we have seen the recent deaths of African Americans at the hands of the police; read statistics of disproportionate encounters, arrests, and incarcerations; and heard the accounts of fear for one's black and brown life at the hands of the people whose job it is to protect and serve.

*With open eyes,
minds, and hearts,
please continue your
own search for
greater perspective
and understanding.*

Locally, we know our own police department has a history marred in part with racist policy and action. We know our city carries decades old racial divisions in the physical forms of neighborhoods, schools, and resources. GNC has provided an alliance of neighborhoods from throughout Greensboro and endeavored to benefit them all.

With our eyes, minds, and hearts opened wider, we recognize that we must address the systemic racism that is the scaffolding on which our city was built. To be our best collaborators, we must address the systemic racism that continues to threaten the life and liberty of our black and brown neighbors. But how do we address systemic racism?

We are beginning by learning more, and we encourage you to also do so. We have been studying some local efforts including Guilford For All, Greensboro Rising, Black Lives Matter, and the YWCA Greensboro's July Justice Series Virtual Townhall Meetings. If you have other resources to recommend, please share them with us.

With open eyes, minds, and hearts, please continue your own search for greater perspective and understanding.

*Respectfully,
Executive Committee and Co-Chair
emeritus: Gerry Alfano, Laura
Blackstock, Julie Crowder, Joel Landau,
Mike Pendergraft, Marsh Prause, Susan
Taaffe, Betty Watson*

**Please send questions and
recommendations to
gnc.gso.nc@gmail.com**

[Editor's Note: The first virtual GNC meeting was held on August 29, 2020 with the purpose of discussing how the GNC can contribute to the dismantling of systemic racism and support quality of life in all of our neighborhoods.]

Local Justice and Anti-Racism Resources

- **Anti-Racist White Folks Serving Black Lives Matter Gate City**
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- **Campaign Zero**
www.joincampaignzero.org
- **GARA Guilford Anti-Racism Alliance**
www.garanc.org
- **Greensboro Rising**
greensbororising.wordpress.com
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carolinafederation.org/guilfordforall
- **Rise Up Greensboro**
www.riseupgso.com

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2021 LPNA CONTRIBUTION FORM

Contribute online at lindleyparknc.com/support

Your generous LPNA contributions fund all of our social activities as well as this very newsletter. Suggested amount is \$15 per household, but any amount is appreciated! Please fill out the form below and mail it with your check to the address listed, or bring it to a monthly meeting!

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If you'd like to get involved with any of our neighborhood events or community issues, please check your area of interest.

- | | |
|---|--|
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Make checks payable to **LPNA** and mail to: LPNA c/o Blake Sagar, 2621 Springwood Drive, 27403

Why Selling Now May Be Your Best Move

contributed by Leslie Stainback

If you're thinking about moving, selling your house this fall might be the way to go! Take a look at why now is the time to sell.

Buyers Are Actively in the Market

Current data shows that buyer traffic jumped 60.7% compared to this time last year. That's a huge increase. Buyers are ready, willing, and able to purchase – and they're looking! It's not uncommon have multiple buyers competing for the same property. Take advantage of the buyer activity currently in the market so you can sell your house in the most favorable terms.

There Are Not Enough Homes for Sale

Reports show that 1.49 million units are available for sale in the US—down 18.6% from this time last year. This means there aren't enough homes for sale to satisfy the number of buyers. Due to the health crisis, many homeowners were reluctant to list their homes earlier in the year. As the economy continues to recover more houses will hit the market which means more choices for buyers! This means the sooner you get your house on the market, the better for you.

The Process Is Moving Quickly

Today's ultra-competitive environment has forced buyers to do all they can to stand out from the crowd. Buyers are getting pre-approved which is one step beyond pre-qualified and are ready to make an offer and close quickly. This makes the entire selling process much faster and simpler! Reports show the time needed to close a loan currently is only 30 days!

There May Never Be a More Important Time to Move

You've likely spent much of the last six months in your current home. Perhaps you now realize how small it is, and you need more space. If you're working from home, your children are doing virtual school, or you just need more space, your current floor plan may not work for your family's changing needs.

The housing market is prime for sellers right now, so let's connect to get the process started this fall. If the timing is right for you and your family, the market is calling your name!



A note from Charles Cameron, neighbor and park upkeep coordinator

As I expect you are aware we have not held a park workday for several months due to COVID-19 recommendations and restrictions. However, some work has still been done.

Tina Dolan has been working on the bed around the wall at Walker and Lindell and has added fresh wood chips. She has also repaired and added Bluebird nesting boxes throughout the park and added wood chips along Willowbrook near Sherwood Street.

Although I have done some work around the Canna Lilies at Masonic and Springwood, lately my focus has been along Willowbrook between Springwood and Spring Garden. I have been trimming or removing much of what has grown up over the past years. One can now see down into the park from the street and notice that the Parks Department has removed the numerous stumps from that area. In fact one morning while working there Victoria came over and gave me a thank you note saying "Thank you for helping the park look 'buteful'."

I am starting to think that the Parks Department doesn't have an established standard of upkeep beyond mowing. As a result I am feeling my way as we go. So, please check with me if you would like to work on your own in some area of the park as I would like to coordinate the work that we do in the park.

Contact Charles at beautification@lindleyparknc.com

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Celebrating the Trail to Recovery

contributed by
Justin Harmon



In May of 2014 I moved back to my on-again, off-again adopted hometown of Boulder, Colorado to complete my PhD dissertation. While there I became involved with a local non-profit organization called Live By Living. Live By Living provides transformative outdoor experiences for cancer survivors and their caregivers through day hikes, snowshoe outings, and cancer survivor retreats. Through my 15 months of volunteer service, I was profoundly affected by the impact Living By Living had on the people they served—whether they were still in treatment, recently completed treatment, or were caregivers to

others who were diagnosed with cancer. I was so moved that I knew I wanted start a similar program wherever I ended up living next.

In June of 2016 I landed in Greensboro and started Celebrate the Trail to Recovery a hiking program for people who have been affected by cancer in some way. Year-round, every Wednesday and Saturday at 9:30AM (except for holidays and inclement weather), you'll find our group on the vast and beautiful trail system of Greensboro and Guilford County. We typically hike for about four miles on each outing, give or take based on the length of the trail. To date we have had more than 50 participants, many of whom have logged more than 100 hikes. Many of our participants have been with the program for several years and we welcome anyone who wants to hike with us!

While Celebrate the Trail to Recovery is open to anyone who has been affected by cancer, cancer is not the central focus of the group. In that way we differ from more traditional

support groups. While we don't discourage people from talking about their illness or treatment (many do), our emphasis is on wellness, not illness. We are simply a group of people with similar life experiences who come together to enjoy the beauty of nature and get some exercise. Walking outdoors has been shown to decrease stress, blood pressure and heart rate. Research also indicates that depression and anxiety related to cancer and treatment can be positively impacted through exposure to natural environments, and you get an immune system boost to boot! In short, hiking can improve overall well-being, both physically and emotionally.

There is no cost to join or participate in Celebrate the Trail to Recovery. If you or someone close to you has been diagnosed with cancer, come out and hike with us. I hope to see you out on the trail to recovery!

Contact Justin at harmon@uncg.edu or 303-875-3977

Photos contributed by Renee Skudra







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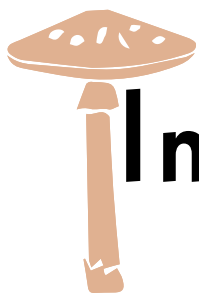
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Intergalactic Spaceships

contributed by Renee Skudra

Nature has put on a pretty epic show lately here in North Carolina including a recent 5.1 earthquake (the likes of which have not been experienced since 1916), hurricanes, tornadoes and a constant torrential downpour of rain to the seemingly infinite power. Combined with the coronavirus pandemic which has now claimed over 250,000 lives, and counting, and caused over 40 million Americans to lose their jobs, keeping one's optimism and equanimity is no longer an easy task. Trying not to succumb to the emotional and spiritual malaise everywhere present, I am trying to "light a candle where there is darkness" in the words of someone whose name I cannot remember and do a little something every day to find a happy moment in my out-of-work-elementary-school teacher life.

When I find myself near the chasm of despair, the device I use as my go-to-rescue is what I call "taking a nature walk." I don't allow myself to have a single negative thought on these sojourns whose total objective is the appreciation of the natural world and its denizens. I'm fortunate because I live right next to the Greensboro Arboretum and its adjoining Lindley Park. The abundance of trees and plants is amazing and if I'm lucky I might get to see cottontail rabbits, deer, groundhogs, squirrels, red-tailed hawks. I've run into a snake or too and given them a wide berth since I have a phobia which doesn't allow these critters to be ones that I am grateful to come across. After a short break in the recent rain, I gathered up my son and our Bichon Frise, Jackson and we went to do some exploring, bent on an adventure of finding something new and fresh in the dewy grass and landscape of the small piece of refined wilderness near our home.

Minutes later we stumbled upon a colony of mushrooms and started

photographing. Somewhere in my memory banks I recalled that mushrooms have a short life, a fleeting beauty and they are therefore all the more precious because of their temporal nature. In the words of Wendell Berry, "they illustrate the peace of wild things." They are an unexpected surprise, mysterious, appearing miraculously, as far as we can tell, after the advent of rain. They

**Nature alone is antique,
and the oldest art
a mushroom.**



-Thomas Carlyle

are diverse in their forms, small bits of eclectic gorgeousness in the broad expanse of the world. As we continued our walk we were fortunate to see many different fungi and continued putting their images on camera, determined to ultimately share them with friends, loved ones and the virtual internet world. It was invigorating to see their glory and be regaled by their beauty and unexpectedly humbling as well. Perhaps their beauty only is enough reason for why they matter, I reasoned. When it began to rain suddenly, we ran quickly back to our home (tennis shoes filling up with water) and the vegan chocolate mousse pie that was patiently awaiting us in the incessantly humming and ancient refrigerator. An hour later, satiated, dry and warm I started to read about the subject of mushrooms on the web and gained a veritable fund of knowledge about these ethereal plant creatures.

I came to my own theory later and somewhat independently after reading of why mushrooms matter. First off, they play important roles in our ecosystems. According to a May 9th, 2017 article by

Mia Stern in "Women Fitness" (an on-line publication) mushrooms, also known as fungi, "absorb and eat pollutants in the environment" and "will eat petroleum and other toxins in the environment... Mushrooms act in their native environment as a method of purification." They were not only glorious to behold but replete with purpose. Not simply window dressing on nature's greenery but ready, willing, and able to provide for the common ecological good and promote the general welfare.

Still, there was much more. Numerous authors lauded mushrooms as being good for you. Virtually every ancient civilization throughout time utilized mushrooms for their healing properties. Some mushrooms, like psilocybin, were used to foster spiritual experiences and are still being studied at universities today for their mind-expanding properties. If you're old enough to recall Dr. Timothy Leary at Harvard, you'll also remember his famous self-experiments with what were euphemistically termed "magic mushrooms" and how he waxed euphoric about their effects. Numerous studies have alluded to their cancer-fighting powers. Various mushroom species have been identified as possessing antitumor compounds. Mushrooms also provide numerous significant nutrients such as potassium, selenium, B vitamins, copper and vitamin D. Great sources of fiber and protein, they are low in calories, a nice benefit for those of us who are (or should be) calorie-conscious individuals.

One commentator whose article I read on the "Food Revolution Network" site mentioned that "mushrooms are a gut-friendly food. They are prebiotic, which means they nourish the good bacteria in your gut. They've also been found to balance the microbiomes' beneficial bacteria, such as Acidophilus and Bifidobacterium." However, not all mushrooms are edible – some are in

**...but I also can't prove
that mushrooms could
not be intergalactic
spaceships spying on us.**

-Daniel Dennett

fact toxic. Consequently, if you're out foraging in the wild in the hope of scoring some mushrooms for a future tasty repast, you might reconsider foregoing such an impulse. Instead, take yourself to a local market and if they carry any of the following seven mushrooms, consider buying these: Golden Oyster, Lion's Mane, Maitake, Pioppino, porcini,

I've gotten rave reviews from even the most stalwart of dinner companions and enthusiastic words about the extreme deliciousness of the shitakes.

Clearly, mushroom lives matter and play an intrinsic role in the better functioning of our world. I have a newly acquired respect for these full-of-meaning plant beings that populate our environment with purpose and announce their proud beauty for as long as it is given for them to do so. In a time of darkness and uncertainty, mushrooms are a reminder that nature trumps everything and we are best to always treat it with unremitting respect and care.



The sudden appearance of mushrooms after a summer rain is one of the more impressive spectacles of the plant world. -John Tyler Bonner

oyster, and shitake mushrooms. They are widely touted as giving one not only a boost in nutrients but might actually aid in increasing one's life expectancy. A personal favorite of mine is to sauté sliced shitakes in canola oil and then toss them on some baked or grilled Atlantic salmon.

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Give. Ask. Gratitude.

Buy Nothing Project

The Buy Nothing Project began in 2013 when friends Rebecca Rockefeller and Liesl Clark created an experimental hyper-local gift economy in Bainbridge Island, WA. Since then, "Buy Nothing" has become a worldwide social movement, with groups in 30 nations. Local groups form gift economies that are complementary and parallel to local cash economies; whether people join because they'd like to quickly get rid of things that are cluttering their lives, or simply to save money by getting things for free, they quickly discover that our groups are not just another free recycling platform. A gift economy's real wealth is the people involved and the web of connections that forms to support them. Time and again, members of our groups find themselves spending more and more time interacting in our groups, finding new ways to give back to the community that has brought humor, entertainment, and yes, free stuff into their lives. The Buy Nothing Project is about setting the scarcity model of our cash economy aside in favor of creatively and collaboratively sharing the abundance around us.

Guiding Principles

- We believe our hyper-local groups strengthen the social fabric of their communities, and ensure the health and vitality of each member.
- We come from a place of abundance, not scarcity.
- We believe in abundance, we give, we ask, we share, we lend and we express gratitude.
- We are a gift economy, not a charity. We see no difference between want and need, waste and treasure.
- We do not buy, sell, trade, barter, or otherwise exchange money for items or services.
- We measure wealth by the personal connections made and trust between people.
- We value people and their stories and narratives above the 'stuff.'
- We are inclusive at our core.
- We value honesty and integrity in all our interactions.
- We view all gifts as equal; the human connection is the value.
- We believe every community has the same wealth of generosity and abundance

Membership

- Join only one hyper-local Buy Nothing Project group
- Give Where You Live
- Our groups are open only to adults
- All members participate at their own risk

Become A Local Admin

There is currently only one Buy Nothing group in Greensboro, **Buy Nothing Greensboro (West), NC**. Given the focus on "hyper-local" giving, the boundaries of the group have grown too large to maintain this focus. Local group admins are looking to split the current group into three smaller, more localized "sprouts". To do this, they will need dedicated, trained volunteers to serve as group admins.

If you are interested in becoming an admin for one of the "sprouts", please contact Jen Hagan, Brittany Hryczaniuk, or Ingrid Chen McCarthy via Facebook messenger for more information. Potential admins are required to attend a free Buy Nothing Project training.

More Information

There's a lot more to learn about the Buy Nothing Project, including questions about eligibility to join, how the groups work, and of course *the fine print*. Check it out at buynothingproject.org, then head on over to www.facebook.com/groups/567630773344072 (or search Facebook groups for "buy nothing Greensboro" and join the local group!

*Buy Nothing.
Give Freely.
Share Creatively.*

Miso Peanut Butter Cookies



Note: this recipe recommends that dough be chilled for at least 2 hours, or overnight, so plan ahead!

INGREDIENTS

- 1 ¼ cups all-purpose flour
- ¾ teaspoon baking soda
- ½ teaspoon baking powder
- ½ cup unsalted butter (1 stick), at room temperature
- 1 cup light brown sugar

- ½ cup granulated sugar
- 1/3 cup white (or red) miso paste
- ¼ cup chunky peanut butter
- 1 large egg
- 1 ½ teaspoons vanilla extract

PREPARATION

1. In bowl, combine flour, baking soda and baking powder, and whisk until incorporated. Set aside.
2. With an electric mixer, mix butter, brown sugar and granulated sugar at medium speed until light and fluffy, about 5 minutes.
3. Add miso and peanut butter to butter/sugar mixture and mix at medium speed for 1 minute. Scrape down sides of the bowl as needed.
4. Add egg and vanilla extract, and mix until just combined.
5. Add 1/3 of the flour mixture to wet ingredients and mix on low speed until flour mixture is incorporated. Repeat with remaining flour mixture in two batches until incorporated.

6. Move dough to air-tight container and refrigerate dough for at least 2 hours or overnight. (Even 15 minutes of refrigerator time will help the dough firm up, and the flavors meld. The longer the dough is refrigerated, the more mellow the flavors will be.)

7. When ready to bake, heat oven to 350°. While dough is still cold, scoop into portions with a small (1 TBS) scoop and place on very lightly greased baking sheet or Silpat. Gently press cookies flat with fork. (Will likely take two batches or two pans.)

8. Bake for 15-20 minutes or until cookies are firm at the edges and slightly puffed in the center.

9. Remove from oven and let cool on pan for 10 minutes, then move to wire racks to finish cooling.

10. Store fully cooled cookies in an airtight container. They should retain their chewy texture for a few days.