# COLUMNS

January/February 2018





Kids of all ages enjoyed the sledding hill at Lindley Elementary during January's epic snowstorm. Photo credit: Laurie Lanier

The new year brings a fresh start. LPNA begins the new year with a fresh slate of officers and events (p.3). Mother nature took this concept literally as we were blanketed with eight inches of snow on January 17th. Our neighbors, regardless of age or species, got out and enjoyed the snow (p.8-9). Patti Eckard has her annual home sales report this month, bringing good news for sellers (p.4-5). We have some updates about neighborhood events, and local businesses old and new (p.6-7). For those of us with new year's resolutions, Nancy Calkin of TaiRoGa fame and Tori Carle from the City of Greensboro have some great advice for us. Finally, we have an update of goings on at the Corner Market on p. 13.

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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.

#### **GOTIDEAS?**

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

## LPNA ELECTIONS AND EVENTS 3

## LPNA GENERAL MEETING AND ELECTION JANUARY 30,6PM AT LINDLEY RECCENTER

LPNA kicked off the year with its first General Meeting on January 30. At this meeting, the association elected new officers. After three years of service, Stephen Johnson stepped down as Chair. Our new LPNA Chair is Adam Spivey, who has previously served as Vice Chair. Josh Sherrick has assumed the role of Vice Chair. Rebecca Medendorp and Blake Sagar will continue to serve as Secretary and Treasurer, respectively.

LPNA Business meetings are held on the last Tuesday of each month at 7pm at Common Grounds. The next LPNA General Meeting will be on Tuesday, May 29 at 6pm at the Lindley Recreation Center.

It's going to be a great year in Lindley Park, with a full calendar of events. Here are some highlights:

February 10: Love, Lindley 2 (see page 6 for more information)

March 24: Annual Easter Egg Hunt

May 5: Spring Fling

Spring TBA: Neighborhood Yard Sale

August 7: National Night Out

Fall TBA: Chili Cook-off

If you are interested assisting with Love, Lindley 2 or the Easter Egg Hunt, please contact



336-292-1226



Shaun O'Connor at

shaunliam@gmail.com.

## 4 2017 HOME SALES REPORT

By Patti Eckard, Realtor

For 17 years I've tracked home sales in Lindley Park. Some years have been better than others. In most years, the market has been a buyers' market. Meaning more houses on the market than there were buyers to purchase them. In 2017, the market shifted from a traditional buyers' market to more of a "sellers" market. While mortgage interest rates stayed competitive, buyers were plentiful, we experienced a low inventory of houses to sell. This was not just Lindley Park, but other neighborhoods as well. In turn, full price offers, multiple offers – and houses going under contract before even hitting the market, was not uncommon.

While we sold fewer houses in 2017, the houses were on average, bigger and the average sale price increased significantly. Days on Market (DOM) dropped sharply to only 33. Home sales in 2018 should remain strong in Lindley Park. If you are thinking about moving – now is a good time to get your house on the market. Buyers are eagerly waiting to check out new



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At your service: Frank Dorrity, Ben Ma, Jim Nelson, Bill Young, John Ma properties coming on the market. With interest rates starting to inch up – time is of the essence for many of these buyers. Note: Information compiled from the Triad Multiple Listing Service. Houses sold by owner not reflected in this report.



YR	# Homes	Aver SQFT	AVER #BR	AVER #Full Baths	AVER # Half Baths	AVER #Garage Spaces	AVER Yr. Built	AVER List Price	AVER LP S/SF	AVER Closed Price	AVER CP \$/SF	AVER DOM (days on market)
2000	21	1505	3	1	1	1	1940	\$132,238	\$89	\$128,588	\$86	51
2001	38	1557	3	1	1	1	1941	\$139,676	\$92	\$136,164	\$90	71
2002	34	1441	3	1	.1	1	1948	\$136,441	\$96	\$133,064	\$94	73
2003	36	1416	3	1	1	1	1942	\$138,872	\$100	\$134,105	\$98	73
2004	39	1458	3	1	1	1	1944	\$148,436	\$104	\$145,244	\$102	79
2005	56	1493	3	2	1	1 -	1947	\$155,284	\$105	\$151,378	\$103	67
2006	40	1382	3	2	1	1	1952	\$162,140	\$119	\$158,116	116	45
2007	38	1415	3	1	1	1	1944	\$184,723	\$118	\$160,049	\$115	42
2008	44	1443	3	2	1	1	1944	\$171,177	\$119	\$166,638	117	76
2009	38	1,571	3	2	1	1	1945	\$179,225	\$114	\$172,076	\$109	68
2010	36	1,482	3	1	1	1	1943	\$167,043	\$113	\$160,928	\$109	89
2011	29	1,504	3	2	1	1	1947	\$189,279	115	\$163,455	\$111	65
2012	43	1,662	3	2	1	1	1942	\$165,293	\$103	\$157,671	\$97.8	85
2013	26	1,668	3	2	1	1	1947	\$180,271	\$109	\$172,929	\$104.8	85
2014	39	1,635	3	2	1	1	1944	\$193,444	\$120	\$187,492	\$116	94
2015	37	1,512	3	2	1	1	1949	\$187,803	\$114	\$162,716	\$111	78
2016	55	1,476	3	2	1	1	1945	\$176,556	\$120	\$170,670	\$ 116	97
2017	49	1,554	3	2	0	2	1917	\$204,871	\$133	\$201,883	\$131	33

2017 LINDLEY PARK HOME SALES: A Year in Review
By Patti Eckard, Realtor

#### Nobody knows your neighborhood Better than your neighbor



For more than 16 yrs I've been honored to work with many of my neighbors, helping to buy or sell their home. For exceptional service, knowledge of the neighborhood and results, please give me a call.

> Patti Eckard 336-339-5927 patti.eckard@gmail.com



## 6 LOVE LINDLEY 2 / NEW BAKERY

## LOVELINDLEY 2: FEBRUARY 10

Bring the family out the Rec Center from 6:30-8:30pm to show some love and celebrate our great neighborhood!

Come shake a leg during this winter time gym jam dance party. DJ Danny will be back in the house spinning a mix of old and new. Come for the dancing, stay for the cake! Admission is free but donations to the Lindley Park Neighborhood Association are accepted and appreciated.



### **NEW BUSINESS IN LINDLEY PARK**

Visitors to the corner of Holden and Spring Garden may have noticed a new business. POUND: Cakes by Margaret Elaine has moved into 3008 Spring Garden St. The shop is currently open from Tuesday-Saturday 10am-6pm and Sunday from noon-6pm. They are holding their grand opening on March 4th, which happens to be National Pound Cake Day. Welcome to the neighborhood, Margaret Elaine!

**3rd ANNUAL JAMBALAYA SALE** 

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## SQUARE DANCING AT THE RECCENTER

Did you know that the Greensboro Swinging Stars offers square dancing lessons at the Lindley Rec Center? They meet every Thursday evening at 7pm. Four months of weekly lessons is only \$25/person. No partner? No problem. Singles are welcome. For more information, contact the Rec Center at 336-373-2930.

## COLLEGEHILL CO-OPUPDATE 7

#### by April Forsbrey

College Hill Childcare Cooperative closed its doors on Spring Garden Street on March 31, 2016. After several failed attempts at finding a new location, we entered a one-year lease agreement with First Presbyterian Church in March 2017 and opened our doors on April 5, 2017. At the time, we had only seven families. Three teachers and the director, Katie Southerland, remained committed through the transition and so we were able to reopen with continuity for the few families who remained. Over the past ten months, Co-op has worked on rebuilding and creating a new narrative of community. On Tuesday, January 23rd, Co-op signed a lease addendum that extends our agreement with First Presbyterian until June 30, 2019 with an option to extend again. Also included in the lease is an option to add an additional classroom. Co-op currently serves 18 families (some part time and some full time) in two classrooms. The infants and toddlers are combined in a very large room with a divider and the preschool class has its own room. When the time comes to add the additional space, the infants and toddlers will separate into their own respective rooms. Our time at First Presbyterian has been comfortable and exciting. We have access to two playgrounds and walks through Fisher Park which is directly across the parking lot. On rainy days and during pickup time, we have access to a large open room that allows for big movements and car riding. We currently offer yoga and Kinderdance on campus, and have a growing garden a mile down the road at Black Diamond Backyard. We have so many fond memories of our time in Lindley Park and many of us still continue to consider the neighborhood home. That being said, we now have families from all parts of Guilford County and beyond. We even have a family who lives in Siler City! These are exciting times for Co-op. As we rebuild our community and take comfort in a supportive and functional relationship with First Presbyterian, we will begin to make plans to own our own place in the future. We've been around for 32 years and we want to keep that tradition going for 32 more and beyond!





College Hil Co-op kids learn and play at their new location at First Presbyterian. Image credits: April Forsbrey.

## 8 2018 SNOW

#### by Kate Silton

On Wednesday, January 17, Greensboro was blanketed with eight inches of snow. Much of the city shut down, schools were closed for three days, and many Lindley Park residents took to the outdoors to celebrate this highly unusual weather event. Between sledding, cross-country skiing, snowboarding, and snowman building, our neighbors made the most of their snow days.



Photo by Faithe Jobe.





Photos L-R: Rebecca Medendorp, Anne Bushell



Snowed in at Elam Gardens. Photo by MaryBeth Gilbert.



Photo by Sara Agre





Yoga the cat explores the snow. Photo by Leslie Cantu.



Photo by Shazma A. Khan



Photo by Lauren Sellers







Photo by Anne Embrey





Photo credits L-r: Adriana Vanucci, Sam Harlow, Leslie Cantu

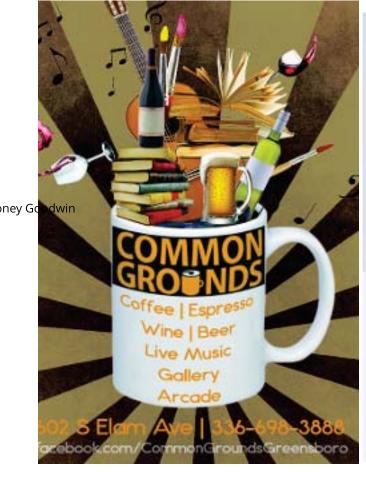






Worship with us Sundays at 11 a.m. Gathering to worship ... Departing to serve.

Lindley Park Baptist Church





## HEALTHY NEIGHBORHOOD 11

#### 10#RESOLUTION:LOSE 10 POUNDS

By Nancy Calkins

Let's really do it this year-- lose 10 pounds in 10 weeks. Too bad GIGO (garbage in, garbage out) doesn't work for diets. Supposedly basic math does. A pound equals 3500 calorie, so we need to either cut out or burn off a total of 500 calories a day. The hard way is to burn 500 extra calories each day with an hour of high intensity exercise like spinning or running. Even harder may be cutting out 500 calories of food. A good strategy is to split the difference -- add 250 calories of exercise while cutting 250 calories of food.

#### What exercises burn 250 calories in about 30 minutes?

- ·Run, swim, or bike ride
- ·Calisthenics like push ups or jumping jacks
- ·Basketball or Football
- ·Yard work

#### What exercise burns 250 calories in about an hour?

- ·Walk
- ·Low-impact aerobics
- ·Yoga or tai chi
- ·Weight lifting
- ·Dance
- ·Play on playground with kids

#### What foods to cut back?

- ·Coffee stir-ins (try skim milk?)
- ·Alcohol—5 oz wine is about 125 calories, 12 oz beer about 150,

light beer 100, a shot of alcohol about 100, mixed drink 250-600

- Juice has about 100-200 calories a cup
- ·White foods like bread, baked goods, crackers, dairy
- ·Dessert

#### **Stop Doing List**:

·Adding sugar, cleaning your plate, eating after dinner

#### To Do List:

- ·Put half of your meal in a container for later
- ·Remove the top bread from your sandwich
- ·Package tomorrow's meals the night before
- ·Take your lunch & cook dinner; eat soups & big salads
- Intermittent fasting (14-16 hours)
- ·Eat probiotics (healthy bacteria may eat some of the calories so you won't)
- ·Drink a glass of water before a meal
- ·Keep a log—see what you are eating
- ·Clean your teeth/put in bite guard after dinner
- ·Sleep
- ·Exercise ½ hour a day, or add an extra ½ hour, & switch it up!

What If I'm hungry? Drink a glass of water first and wait a few minutes. If you are you still hungry, eat a little snack. Protein snacks help satiate for longer periods. Try these 100 calorie snacks:a jumbo hard boiled egg, ½ avocado, ¼ cup cottage cheese or hummus, ½ cup yogurt, or 5 slices of lean turkey. Four Hershey's kisses are about 100 calories if you need a treat. Hang in there—after a few days your "stomach will shrink" and your "taste will change" from unhealthy cravings. Challenge a friend to-10#with you. Have a healthy new year!





TaiRoGa is a workout and a nap in just one hour!

Tai chi style warmup, 30 minutes of aerobics, yoga cool down, & relax.

Lindley Rec Center Yoga - Mon 6p; TaiRoGa - Wed 6p \$10/class or \$35/4 Mix & Match

Bryan YMCA Tai chi - Wed 7:30 p \$20/Y member/\$40 nonmember/mo

> Nancy Calkins, 336-451-6017 Nancy@TaiRoGa.com



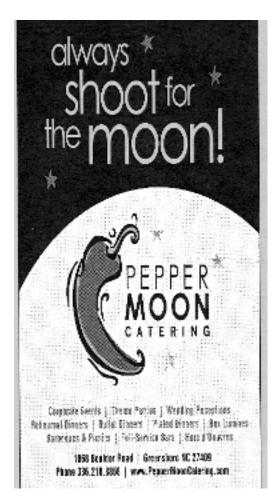
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## THE CORNER MARKET 13

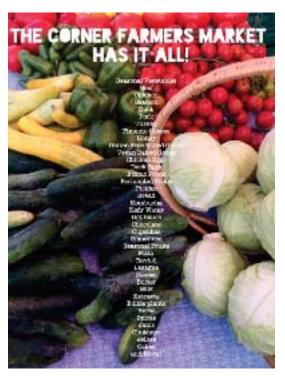
## NEW VENDORS, A RAFFLE, AND MORE AT THE MARKET

#### **RAFFLE**

Make sure you buy a ticket to enter to win a truly amazing Valentine's Day gift basket! It includes vegan shortbreads, chocolate zucchini bread, bookmarks & poetry, candles, earrings, a necklace, vegan and dairy free macarons, vegan brownies, fudge, a "lovers" serving dish, and even MORE! Tickets are \$2 and the drawing will be held on Saturday, February 10.

#### **SCRUB YOUR SUGAR**

On Saturday, February 10, Donna "the soap lady" of Donna's Delights will have all the fixin's for kids to make a sugar scrub to give as a Valentine's gift. We'll also have Valentine card making supplies on hand.





#### **NEW VENDORS**

Breadservice: Jeff, the baker and brains behind Breadservice, is offering market customers an artisan bread CSA - stop by his table for a sample and find out more.

E.A.T. Microgreens: Jason, the grower at Edible Acres Twist (EAT) will have an intriguing array of sprouts - spicy oriental mustard? lemon balm? Daikon radish? Yes, please!

## 14 RECYCLING

#### RECYCLING AWAY FROM HOME

by Tori Carle

I often hear from residents that they recycle EVERYTHING they can. But here is a question for you... do you recycle even when it isn't convenient?

Let's have a moment of honesty: who has ever had a recyclable bottle or can that you put in the garbage? I know I have (forgive me... it was before I joined the light side). Lots of us don't recycle 100% of the time when it's inconvenient. You may think to yourself, I know I recycle all the time... but consider this: What if you're out and you only see a trash can around? How long are you willing to hold on to that bottle before you give up and just throw it in the garbage? Ever been to a sports event, concert, or park and not seen recycling containers? It can be really frustrating to feel like you only have the choice to throw something in the garbage, but you do have the choice to take that bottle with you to recycle later.

When I was on vacation last year, I got a drink in a plastic bottle while walking around a city. When I finished it, I was disheartened to see no recycling containers around. I carried that bottle with me for about 30 minutes looking for a recycling container. When I could not find one, I decided to put it in my bag because I knew the bed and breakfast we stayed at had recycling containers.

About a week later, when we got home and I was unpacking, I found that bottle in my luggage... and ended up recycling it at home. My husband and I had a BIG laugh over this.

I am not saying that you have to be as crazy as me... but I wanted to drive home the point that you should be recycling away from home, just as much as you recycle at home. Ever been to a sports event, concert, or park and not seen recycling containers? It can be really frustrating to feel like you only have the choice to throw something in the garbage, but you do have the option to take that bottle with you to recycle later.

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Do you know how many bottles are recycled in NC each year? 80%? 50%? No... it's only 30%. That means that 70% of the bottle waste we generate is being buried in landfills. Recycling is a choice you make. Sometimes it's not always the easiest choice, but when you choose to recycle, you are helping create American jobs. How?

When you recycle a plastic bottle, it can become a new plastic item like a bottle, container, or toy, but in Greensboro, it can also become something unexpected... yarn.

Anyone wearing polyester? Or ever heard of polyester? Well, it's made from oil based products. The company Unifi is headquartered here in Greensboro, and has processing facilities in Reidsville and Yadkinville that transform plastic bottles into polyester yarn. The cool thing about this is that it's chemically identical to polyester sourced from oil, but created from recycled materials.

The uncool thing is that the Reidsville plant that processes the bottles has to source recycled bottles from all over the US, as well as Canada and Mexico. In fact, all of the bottles collected from NC would only run the facility for one day out of the entire year. The plant literally is buying Mexico's waste, because some are too lazy to recycle.

Because I am too lazy to recycle.

Let's change that. Can you join me in one additional New Year's Resolution? Recycle all your plastic bottles this year. Simple enough, right? Maybe take it one step further and try to make sure your entire family recycles all of their plastic bottles, even if there are no recycling containers around when you are away from home.

For more information and videos about plastic bottle recycling, visitwww.yourbottlemeansjobs.org



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