



# Charles B. Aycock Neighborhood News



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## Local Teen Participates in *Escape from Alcatraz - Sharkfest!* To Help Raise Money for Haiti

By Rob Midgett



**Jameson Midgett and Mom. Susan, Swim in Sharkfest!**

You've probably seen Jameson Midgett, the 17-year-old son of Susan & Rob Midgett, mowing the yard at his father's business, BMI Mail Systems, at 610 Summit Avenue. But this summer Jameson decided he would add **swimming with sharks in the San Francisco Bay** to his agenda.

The rising senior at Greensboro Day School just completed the "*Escape from Alcatraz – Sharkfest!*" open-water swim along with his mother in San Francisco on Saturday, June 25<sup>th</sup>. He was not just trying to get out of yard work - it was to raise money for a clinic at an orphanage his family supports in Haiti.

See **Haiti** on Page 2



**Charles B. Aycock  
Neighborhood News**

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Linda J. Fusco, Editor

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**Haiti** - Cont. from Page 1

Inspired by his mom's successful grass-roots **S.O.S. for Haiti** campaign to help raise funds to build a new medical/dental clinic and her participation in the same swim two years ago, Jameson felt compelled to make his own splash. He created the "Match My \$20" fundraiser to challenge Greensboro folks to make the sacrifice of a donation - small or large - that will go a long way in helping children at **Pwoje Espwa**.

**Pwoje Espwa** (Project Hope) is Free the Kids' orphanage/village/school in Les Cayes, Haiti. The funds Jameson is raising are going specifically toward medical equipment, supplies, pharmaceuticals, staffing, and sustainability costs for their new clinic.

To see first-hand what he was swimming and raising money for, Jameson traveled along with his father to Haiti in May. Together they helped with construction of the clinic that their entire family has been involved with making a reality over the past two years.

While the swim is over, Jameson's fundraising is not! If you would like to support Jameson's effort and help make a difference in Haiti, you can hand him a check when you see him mowing in the 'hood or simply go online to <http://www.freethekids.org/sos-for-haiti/>

**Goodwill Offers Alternative for NC Electronics Ban**

By Deanna Miller, Marketing Specialist, Goodwill Industries

As you may have heard in the news, beginning July 1, North Carolina will ban the disposal of electronics in the local landfill. If that computer monitor shows its last Hulu.com video, then don't toss the monitor into your trash.

That's where Goodwill comes in! In a partnership through the Dell Reconnect program, local Triad Goodwill donation sites will accept all sorts of computer equipment and software programs for both Macs and PCs. Your donation is tax deductible and hard drives are always erased. If possible we fix equipment and re-sell it in our Computer Junction store located at 1235 S. Eugene St. Computers that cannot be fixed are de-manufactured and the components are safely recycled.

If it is a television set that you are trying to recycle, Triad Goodwill donation sites will accept LED, LCD and plasma televisions that are in working order. We do not accept broken, damaged or tube televisions. If you have a tube television that is working, we encourage donating the TV to our partner non-profit, The Barnabas Network.

As always, all Aycock residents who are participating in the Goodwill Industries Home Donation Program can leave computer/TV donations in your personal bin for pick-up on designated days.

For more information about donating computers or TVs, visit [TriadGoodwill.org](http://TriadGoodwill.org). To participate in the Goodwill Home Donation Program, please contact your neighborhood program representative, Linda Fusco, at [linda@HistoricAycock.org](mailto:linda@HistoricAycock.org) or (336) 617-7533.

# Storm Season is Here - Are You Ready?

By Tom Garcia

One thing you can count on this time of year - storms – complete with heavy rains, hail, high wind, and dangerous lightning. While this weather is inevitable, you can help your home and family get through these times by having all the necessary preparations in place. With the most active months of hurricane season ahead of us, this is the time to get ready.

It all begins with an Emergency Kit. A proper plan includes at least three days of supplies to survive on your own after an emergency. This means having non-perishable food, water and basic necessities for your family. While help may be on the way, it could be days before you have power, water, and sewage treatment or even telephone/cell service.

## Three-day Supply Kit Should Include These Items

Start with an easy to carry, watertight container – a large, plastic trashcan will do, or you can line a sturdy cardboard box with a couple of trash bags. Next, gather the following items and place them in your kit:

- **Water: 1 gallon per person per day. Fill plastic containers, such as soft-drink bottles, or lay in a supply of filled gallon containers from the local supermarket.**
- **Water purification kit or bleach (use eight drops of regular bleach per gallon of water)**
- **Essential medications**
- **First-aid book and kit that includes:**
  - 20 emergency bandages of various sizes
  - One 5 x 9 sterile dressing
  - One roll of self-adhering elastic bandage
  - Four various-sized sterile gauze pads
  - One roll of 3-inch cohesive bandage
  - Waterless alcohol-based sanitizer and wipes
  - Medical grade non-latex gloves
  - Adhesive tape, 2-inch width
  - Anti-bacterial ointment
  - Instant cold pack
  - Small scissors
  - Tweezers
  - CPR breathing barrier, such as a face shield
  - Non-prescription medicine (e.g., aspirin or non-aspirin pain relievers)
- **Ready-to-eat, non-perishable foods, such as canned meats, granola bars, instant soup and cereals, fruits and vegetables, canned or box juices, peanut butter, jelly, crackers, granola bars, trail mix, bread and any special dietary items you and your family need.**
- **Manual can opener**
- **Paper towels**
- **Disposable plates, cups, napkins and utensils**
- **Baby supplies (if needed): powdered or ready to feed formula, bottles, pacifier, soap, baby powder, clothing, blankets, baby wipes, disposable diapers, disposable changing pads and bibs, jarred food, juices and cereal. Place in a dedicated tote along with a few toys.**
- **Food, water, bowls, leash and carrier for pets. However, if you plan to go to a shelter, keep in mind that most do not allow pets so you may need to make alternate plans for your pets**
- **Sanitary Items:**
  - Large, plastic trash bags for waste and to use as tarps and rain ponchos
  - Large trash cans
  - Towelettes
  - Bar soap and liquid detergent

- Hand sanitizer
  - Shampoo
  - Toothpaste and toothbrushes
  - Feminine hygiene supplies
  - Toilet paper
  - Household bleach for cleaning (including an empty spray bottle to mix a solution of 1 part bleach and 9 parts water)
  - Rubber or non latex gloves
- 
- Blanket or sleeping bag (one per person)
  - Matches in a waterproof container
  - Battery-powered, portable radio or portable TV and plenty of extra batteries
  - Flashlight and extra batteries
  - Extra pair of eyeglasses
  - Extra house and car keys
  - Fire extinguisher (ABC-type)
  - Cash and change
  - Seasonal change of clothing, including sturdy shoes, long sleeved shirt and long pants
  - Paper and pencil
  - Books, games, puzzles or other activities for children

Sure, none of this is very exciting but it is necessary. So do it today. Take the effort to bring your family together to create a storm preparation plan. Their lives could depend on it. If you have any questions or would like further information, feel free to contact Tom at [tom@southernevergreen.com](mailto:tom@southernevergreen.com).

Note about the author: Tom Garcia is the owner of Southern Evergreen, LLC a full service firm that provides Architecture, Construction, Interior Design and Real Estate services. Tom holds a Bachelor Degree in Mechanical Engineering and is a nationally recognized Certified Green Professional. He is also the host of a weekly CBS affiliate news segment called Fix-it Friday which airs in Greensboro, NC and other markets.



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**Happy  
July 4th**

# Save Money on Warm-Weather Energy Bills

By Vickie Maness

Kay Heating and Air Conditioning

Now that the weather is turning warm again, it won't be long before we are staring down huge energy bills related to keeping cool when the temperature goes up. Luckily there are plenty of easy ways to keep comfortable in the hot weather without breaking the bank.

There is no reason to wait until summer heat waves take hold to try and save some cash on your energy bills. After all, by the time you realize you are running the air conditioner all day every day, you have probably already been billed by your power company for the usage. Why not stay ahead of the curve? [The US Department of Energy's](#) summer energy savings tips are designed to give you low-cost or no-cost ways to help you save on energy bills and keep cool at the same time by doing things like letting your home heat up when you're not home, and turning it down only when you're home and need to cool off. Check them out at [www.energy.gov](http://www.energy.gov).

They also suggest opening the windows in the evening to give the AC a break, which those of us with allergies sadly cannot do. Keeping your windows covered in the daytime is a great way to keep the sun from heating up your home or apartment once you have it nice and cool. They also recommend not trying to cool off in front of the fridge, and to avoid using appliances like the dryer and oven on hot days. None of these ideas are particularly new or different, but they bear repeating, especially if you do NOT have air conditioning at all.

Another suggestion: avoid turning your thermostat all the way down to try and get your air conditioner to cool off your home or apartment "faster." It doesn't actually work and will wind up running your AC unit heavily while it tries. Worst case scenario, it will freeze the coolant lines to your AC, and then the AC will stop working until the lines thaw out.

These are some of our favorite ways to stay cool in the spring and summer, and ways to avoid spending tons of money on energy. Please share yours with us.

Just a reminder: there are still rebates from Duke Energy and Piedmont Natural Gas for upgrades on your heating and cooling system. The tax credit of \$500.00 still applies until December 31, 2011! Also many manufacturers have summer rebates!

**Contact Vickie @ [vic@kayheating.com](mailto:vic@kayheating.com) – See Ad Next Page**

## Welcome New Neighbors

*Royall & Jessica Spence, formerly of Asheboro, NC, recently moved into 755 Percy St.  
Royal works as a computer programmer and Jessica is a family therapist.*



### Schedule of Community Events

**National Night Out**  
Tue, Aug 2, 2011  
Porch Parties Starting at 7:00 p.m.

**Board of Directors Meetings**  
Last Mon Preceding Last Wed of Month  
St. Leo's Place at 6:30 pm  
Residents Welcome!

For Other Events/Dates/Times  
Check Calendar of Events at  
[www.HistoricAycock.org](http://www.HistoricAycock.org)

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Vickie Maness, Office Manager  
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## Classified Ads

**Fish, Cat and Dog** feeding - \$5.00, Dog walking - \$3.00, Vicious Dogs - \$4.00. Call Parker Wilson at 336-209-3211.

**Free Spirits Yoga – Grand Opening** Friday, July 1, 2011, 5:30 – 10:00 p.m. Located at 337 Martin Luther King Blvd, Greensboro, NC. Call 336.404.0966 or email [Audrey@freespiritsyoga.com](mailto:Audrey@freespiritsyoga.com) for information.

**Rainbow Vacuums** – Have a cleaner, healthier home with the Rainbow Cleaning System. Based on the principle that "Wet Dust Can't Fly"™. Last vacuum you will ever buy – It's that good! Contact Donna Myers for FREE demo in your home. [epicourier@gmail.com](mailto:epicourier@gmail.com) or (336) 965-8893.

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Contact [Linda@historicaycock.org](mailto:Linda@historicaycock.org) to advertise.

Kids under 18 - FREE Classified Ad with Parent's Permission

## All Snakes Are Not Created Equal

By Cathy Scott

It's that time of year again! Before you panic at the sight of snakes, remember that these creatures help keep your house free of the pests we're not so fond of – mice and rats! Here's a guide to identifying some of the scaly friends around your yard:

**Black Rat Snake** – the largest snake in the Piedmont, the black rat snake can grow to about 5 feet long. As adults these snakes are black with a lighter colored belly. Young rat snakes have a pretty pattern to their scales and are sometimes confused with copperheads.



Adult Black Rat Snake



Juvenile Black Rat Snake



Brown Snake



Adult Copperhead



Juvenile Copperhead

**Brown Snakes:** These snakes love living in flower beds – they eat slugs and snails, so they too are helpful to have around! Brown snakes are small – generally, no more than one foot in length.

**Copperheads:** Finally, the dreaded copperhead! These snakes get a bad rap, but they are in fact the only venomous snake found in the Piedmont. A great tip for identifying juvenile copperheads is that they have a neon green or yellow tail! Copperheads can be identified by the distinct hourglass pattern on their scales.

Again, the copperhead is the only venomous snake in the Piedmont. We do NOT have water moccasins (cottonmouths) – those snakes you see in your pond or stream are Northern Banded Water Snakes. However, they are not people friendly and will bite if you harass them.

**What to Do When You See a Snake:** First, don't get out the shovel to kill it! Remember, YOU are bigger than the snake. Any snake you encounter is unlikely to come after you – we do not have aggressive snakes in our area. If the snake is where your children like to play, you can either wait it out (it will move at some point) or cover it with a trashcan to move it. Rat snakes and brown snakes are unlikely to bite if handled, but do know that any animal with a mouth can bite. In the instances of a venomous snake, just wait until the animal leaves. Keep garage doors closed if you don't want snakes to come visit you – bird food and other things in your garage attract mice, which attract these reptile friends.

Snakes do have a purpose – think before you hurt one! Few people are lucky enough to encounter a snake outdoors, as these creatures are great at hiding and especially sensitive to movement. This is your opportunity to observe a creature with your child and learn more about our reptile friends!

For more snake identification tips, visit Davidson Herpetology's Website at <http://www.herpsofnc.org/>. (All photos are from Davidson Herpetology site).

## Fun Recipe for Kids - Chocolate Dipped Bananas

By Josie Myers



Have you ever wanted a cool refreshing snack after that trip to the pool? Well, here is a snack that is sure to satisfy your taste buds and your mom's wallet. **\*Kids, be sure to have a supervising adult when using the stove.**

- 3 bananas, sliced crosswise
- Your choice of cereals, nuts, sprinkles, dried fruit
- 1 whole Hershey's chocolate bar (or 1/3 cup chocolate chips)
- A metal pan and 6 Popsicle sticks

Heat the chocolate in the metal pan. Next, slice your bananas in half and insert a Popsicle stick into the flat side of each. Dip each banana half into the chocolate and add your extra goodies! Finally, pop your tasty treat into the freezer for three to five minutes to allow chocolate to harden. Enjoy and happy summer!

## Green and Healthy Classes Offered to Aycock Residents

CLASS	DATE/TIME	LOCATION
Raw Foods Preparation I	1 – 3:00 p.m. Choice of Jul 10 or Jul 24	Greensboro School of Creativity 900 16 <sup>th</sup> St
Raw Foods Preparation II	Sat - 2:30 - 5:00 p.m. Jul 30	691 Percy St
Amping Metabolism Through Movement	Tue – 4 – 5:00 p.m. Jul 5, 12, 19, 26	Women's Resource Center 628 Summit Ave
Beeswax Candle Making	Thu – 4 – 5:30 p.m. Jul 7, 14	Greensboro School of Creativity 900 16 <sup>th</sup> St
Re-Re-Create	Wed - 4:30 - 5:45 pm Jun 29, Jul 6 and 13	Trinity Episcopal Church 607 N Greene St

### Class Descriptions:

**Raw Foods Preparation:** Learn how to prepare delicious, healthy raw vegetable, nut, grain, fruit dishes from soup to dessert. Participants will learn dish ingredients, practice preparation of ethnic cuisines in raw foods (e.g. Mexican, Italian, Indian, etc.). We will finish by eating our meals! Recipe handouts provided. Suggested ages: Middle-School through adults

**Amping Metabolism Through Movement:** Learn and practice scientifically-proven exercise techniques for helping you burn calories faster and for building muscle. Suggested ages: Middle-School through adults

**Beeswax Candle-Making:** Learn how to create and use molds for beautiful beeswax candles. Suggested ages: age 9 through adults

**Re-Re Create:** Create artistic, theatrical and useful home items from recycled and re-used materials. Suggested ages: age 5 through adults

Call Zora Medor at 336-273-8724 to register, or email [zoramed@yahoo.com](mailto:zoramed@yahoo.com).

These classes are provided FREE to the community. Aycock residents are priority registrants.