



Historic Aycock Neighborhood News



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INSIDE THIS ISSUE

- 1 **Happening Now:
Aycock's Pecan Festival**
- 2 **Residents and Girl
Scouts Spruce Up
Aycock**
- 3 **Greensboro Celebrates
10th Annual Farmers
Appreciation Day**
- 4 **Earthquake Damage Can
Be Costly**
- 5 **A New Kind of Food
Preparation from the
Perspective of a Meat
Lover**
- 6 **Goodwill Develops New
Website**
- 8 **Local Students Chosen
As National Merit
Scholarship Semifinalists**

Happening Now: Aycock's Pecan Festival

By Linda J. Fusco

Neighbors and friends: Please join us at Sternberger Park on Saturday, October 1, 2011 for our Second Annual Pecan Festival. The action starts at 4:00 p.m.

Bring a covered dish and some blankets and/or chairs and enjoy live music by Lauren Light and Mystkdog. There will be FREE face painting and pumpkin painting for the kiddies.

Please use the following schedule for food items if you are attending. For instance, if your last name begins with **A-F**, please bring a main dish.

- **A-F** – Main Dish
- **G-L** - Side Dish
- **M-S** – Salad/Appetizer
- **T-Z** – Dessert



The Neighborhood Association will provide paper products and utensils. Drinks and water will be available at \$1 per bottle or can. We also have commemorative T-shirts for sale. Donations are gratefully accepted and will be used to help fund future community events.

The event is sponsored in part by a Building Stronger Neighborhoods grant for Zora Medor's **Good Green Fun Fair**. The event is also sponsored by local Aycock merchant Breedlove Radiator and Automotive located on Percy Street.



**Historic Aycock
Neighborhood News**

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**Charles B. Aycock
Neighborhood Association**

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Reach Us At:

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Residents and Girl Scouts Spruce up Aycock On *Big Sweep Cleanup Day*

Aycock residents participated in the annual Big Sweep Cleanup sponsored by City Beautiful on Saturday, September 17, 2011. The cleanup effort is an annual event designed to help keep Greensboro clean.



Volunteers met at Sternberger Park at 8:30 a.m. and cleaned up our streets, sidewalks, and tunnel. The Homeowners Association provided cake and coffee before

the cleanup, and the City provided pizza and bottled water at Memorial Stadium afterwards.



Our thanks go to Lynn Leonard from City Beautiful for coordinating the citywide event, and to residents Khalil Perilstein, Linda Fusco, Shawn Wriede, Bob Coltun, Rebecca Fagg, and David Wharton, who

cleaned the neighborhood. Also special thanks go to Melody Rose and her Girl Scout Troop #1714 for helping out. Melody's group was formed less than one year ago and consists of Daisies grades K-1st, Brownies grades 2nd – 3rd, and Juniors grades 4th – 5th.





Donna Myers and Daughter Josie



Music Trio Out of the Garden

Greensboro Celebrates 10th Annual Farmers Appreciation Day

By Linda J. Fusco

Patrons gathered on Saturday, September 10, 2011 at the Greensboro Farmers' Curb Market to celebrate the 10th Annual Farmers Appreciation Day. Visitors and farmers enjoyed a locally produced breakfast and live music from 7 am until 12:00 noon.

Neill Clegg Jr., Bryan McFarland and the group *Out of the Garden* provided live music, and local author Ashley Memory read from her new book *Naked and Hungry*.

In honor of 9/11 National Day of Service and Remembrance, non-perishable food was collected and taken to Greensboro Four Seasons Town Centre Mall to be donated to veterans, children and families living hungry in the community.

The event was coordinated by local resident Donna Myers in cooperation with Greensboro Department of Parks and Recreation. Proceeds will be used to help construct a permanent outdoor seating area for patrons and farmers.

Welcome New Neighbors

Niki Lefaive and Ethan Archer: who just moved into their house at 750 Chestnut Street. Niki teaches elementary students with developmental disabilities at Mclver Education Center, and Ethan cooks at The Corner Slice at Fisher Park.

Just Elected

New Board Members for 2011-13

Betsey Baun, Sara Farnsworth, Lillian Govus, Khalil Perilstein, Cathy Scott, and David Wharton

Officers for 2011-12

President – Bert VanderVeen

Vice President – Linda Fusco

Christina Cantrell – Secretary-Treasurer

Earthquake Damage Can Be Costly

By Tom Garcia, *Fix it Friday* Host

Earthquakes, hurricanes, drought and economic peril! So what is next - pestilence? Regardless, we got it, and now we need to deal with it.

The various rumbles that kept rolling through the area after the famous earthquake of August 23, 2011 could be causing damage to your home; and it is important to keep a watchful eye for signs of fatigue. Some of the prime areas to look are your walls, ceilings and foundation.



Most especially susceptible to cracking are plaster walls and ceilings because they don't have the ability to flex. If you see cracks develop, call a contractor soon to make repairs. The more the plaster cracks, the more prone it is to cracking. This could cause a hunk of plaster to fall and cause damage to your floor, furniture or even worse - yourself. What could be an inexpensive fix now could turn into an expensive one later on.

Take a walk around your foundation and look for cracks in your brick work. Just because you see a crack develop does not mean your house is getting ready to fall down, but it could be an indication that a repair is needed. After all, your foundation is holding up your house; and

it needs to be strong and uncompromised.

So, keep a keen eye out for signs of damage to your home, and don't worry about what is coming next. I am sure it will be fine. Wait, what is that sound? No, not locusts...

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.

Earthquake Insurance Pros and Cons

By Phoebe A Azar, *CPCU, CIC, CRM /Scott Insurance*

The tremor from our 5.8 earthquake on August 23 sent me running to check my homeowner policy to see if I had added earthquake coverage. Most ordinary homeowner policies do not cover earthquake loss unless specifically endorsed.

Older homes such as ours in the Aycock area tend to be more vulnerable to quake damage, especially those with plaster; and wood homes tend to withstand quake stress better than brick homes.

Earthquake coverage carries a higher deductible than your usual homeowner policy – typically 5-10%. Rates depend on a combination of factors including age, construction and location. Here in NC the cost is much lower than in quake-prone CA.

In looking at my policy I found that I had not added the coverage as I had intended. The cost was \$54 with a 5% deductible. Generally insurance companies will not add the coverage for 30 days after an earthquake due to the potential for aftershocks, but I plan to add it as soon as I can.

A New Kind of Food Preparation from the Perspective of a Meat Lover

By Christina Cantrell

I attended a **Raw Foods** demonstration on July 30, 2011 at Susan Elliott's home on Percy St. The class was sponsored by Zora Medor's **Good Green Fun Fair**, a program designed to introduce people to better living through green initiatives. I should set the record straight and admit that I love meat in all forms. I don't suffer from any health issues at all, and I maintain low blood pressure and low cholesterol thanks to healthy genes and not to a healthy life-style. Therefore, I did not consider myself a likely candidate to embrace alternative eating habits.

However, Greensboro is an area that has so many options for fresh, locally grown ingredients; and since I don't use a lot of processed items in cooking anyway, a **Raw Foods** class seemed like an interesting way to spend a Saturday afternoon. In addition, I had already met the instructor, Dana McMillan, at last year's Aycock Pecan Festival, and she was so full of positive energy and joy that it was easy for Zora to talk me into signing up for the class. I am very glad I did.

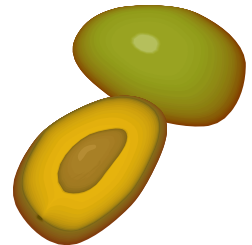
First of all, Susan's home is absolutely lovely. It is spacious and elegant but not at all stuffy or formal. Her kitchen is roomy enough to host the medium-sized group of people who attended, all curious about raw foods. Secondly, the class was an opportunity to meet more of my great Aycock neighbors.



The class itself was really fascinating. Dana was able to whip up an entire meal for us, including a soup course, entree, and dessert, with nothing more than a knife and a Vitamix blender – all this while we watched. So an important criterion – for me at least - was met: can't take too long to fix something to eat. The food was all incredibly delicious.



I can't decide which course was my favorite. I love gazpacho, and Dana's version is a twist on the traditional because it contains pineapple and avocado. Very tasty! The main course was Mexican-themed: tostadas topped with salsa, sour cream, guacamole and vegetables, all of it made right in Susan's kitchen. The tortillas were not "cooked." Instead, after mixing the ingredients and shaping into thin, flat tortillas, they were placed into a dehydrator (at a maximum of 115 degrees) for several hours. That way all the nutrients remain alive and beneficial. The "sour cream" has no dairy in it; rather it is blended from coconut meat and pine nuts. And the dessert – oh my! A flavorful mango flan made with fresh mangos and almond "milk" that was creamy and refreshing. I was guilty of licking my bowl! Dana provided opportunities for all of us to assist and get comfortable with ingredients and techniques that were new to some of us (like making almond milk from soaked almonds and purified water). Best of all Dana shared all her recipes with us so we can recreate this delicious food at home.



Dana is a trove of information about purchasing ingredients and tools, and she is very familiar with the literature that details the benefits and pitfalls of eating vegan, vegetarian, and raw. Many people have undiagnosed food allergies (some of the most common are gluten and dairy) which result in low energy. Modifying eating habits is one way to help keep physically fit and mentally alert. Dana also stressed that simply replacing meals with fresh fruit is not sound nutrition because fruit has a lot of natural sugar. A balanced diet, especially for vegans, requires more diverse sources of essential nutrients.

I came away from the class with new ideas to improve the nutritional balance of my home-cooked (or not) meals. I learned I can put high-nutrition dinners on the table without spending a lot of time. I appreciate Dana McMillan sharing tips and tricks with us, and a great big thank-you to Zora Medor for sponsoring this terrific class.

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Goodwill Develops New Website for Donation Program Participants

By Deanna Miller, Marketing Specialist
 Goodwill Industries of Central North Carolina



Goodwill continues to develop its home donation program with a new website for participants. The program makes donating easy, keeps reusable items out of the landfill, and funds a mission to provide job training for the unemployed.

The website is TriadGoodwillAtYourDoor.org. In the *Pickups* tab is a link for Aycock neighborhood participants to get pickup dates and additional information pertinent to the neighborhood. The information is password sensitive, so contact neighborhood program representative, Linda Fusco, at Linda@historicaycock.org or (336) 617-7533 for additional information on how to use the site or if you would like to be added to the participant list.

The History of Tea

By Suzan Magee, Co-Owner of *The Secret Tea Room*

Legend has it that tea was discovered roughly 5,000 years ago by the Chinese Emperor Shen Nung. The Emperor was fond of drinking hot water. One day a single leaf blew into his pot of boiling water. He found that not only did the leaf improve the taste of the water but it seemed to have a stimulative effect as well. The rest, as they say, is the history of the world's favorite beverage.

*Tea is the second-most consumed drink in the world, surpassed only by water. An often-surprising fact to tea novices is that all teas (Black, Green, Oolong, White and Pu'erh) come from the same plant. The scientific name of this versatile plant is *Camellia sinensis*, and it is actually related to the lovely camellia flowers seen in botanical gardens and landscapes.*

To steep the perfect cup of tea:

Use 1 rounded teaspoon of loose tea leaves per 8 oz. cup. Black and red tea steeps best in 4 minutes, green in 3 minutes, white in 90 seconds and Chai in 7 minutes (best done 1/2 milk, 1/2 water).

Use boiled water for black, red and Chai. Use water just short of boiling for green and white.

To enjoy a second steep, follow the directions above using the same tea leaves.

Caffeine in black tea is diminished by about 75% on the second steep; however, the taste is not affected.

If you want a stronger cup of tea, use more tea. Steeping longer than the recommended time makes the tea bitter.

Aycock Kicks Off Annual Fund Drive

The Neighborhood Association is ever in need of funds to help defray the costs of neighborhood events such as National Night Out, our Annual Pecan Festival, and Luminarias. To help kick off our Annual Fund Drive, we have made it even easier for you to make a donation – via our website.

Please visit www.HistoricAycock.org and click on “Donations.”

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Local Students Chosen as National Merit Scholarship Semifinalists

Local students Elliot Billington from Grimsley High School and Christopher Ebright from Ragsdale High School were both named as National Merit Scholarship semifinalists in September of this year. Elliot is the son of Susan and Ned Billington of 691 Percy Street. Christopher is the son of next door neighbor Vickie and Len Ebright of 695 Percy. The Billingtons have lived in the neighborhood since 1995, and the Ebrights bought their home last year.



Elliot Billington



Christopher Ebright

As semifinalists, the boys were chosen from among about 1.5 million high school juniors who took the Preliminary SAT/National Merit Scholarship Qualifying Test in 2010. Less than 1%, or 16,000, of those tested qualified as semifinalists in the competition.

Semifinalists will be evaluated on their academic record, SAT scores and application. Less than half of the semifinalists will become winners. Winners will be announced April - July 2012. Good luck, boys.

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