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Notable Trees of the West End: The Sassafras

One day while enjoying the babble of Runnymede Creek an interesting tree caught my eye. It had an immense trunk and deeply furrowed bark with ridges breaking up into cork-like plates.



As I looked up at its contorted branch structure and variable leaves that looked like mittens with one to three lobes, I realized that it was a sassafras albidum. This was the largest sassafras I'd ever seen. This particular sassafras is in the ravine that runs down the west side of Hanes Park between Hawthorne and Wiley. It is near the stone bridge that goes over Runnymede Creek. There are other smaller specimens on the park edges along Glade and Sunset that are more typical of sassafras. Thickets form where the roots of these trees sucker up and create many small trees from one. However, the most picturesque sassafras in the West End is on the YMCA property. It sits on an eroded hillside overlooking the YMCA's main parking lot to the left of the men's entrance.

In the spring you may notice the small yellow blooms of the sassafras before much else comes to life. The tree's aromatic bark and roots have been used to treat various ailments as teas and also to make root beer. The oils have been used in perfumes. And if you like gumbo then you've probably eaten sassafras leaves. The filé that is used to flavor and thicken this Cajun dish is made of dried and crushed sassafras leaves. There is evidence however, that points to sassafras as a carcinogen. I have heard this about basil, black pepper and grilled foods too. On the other hand, these plants have nutritive and medicinal values. There is little we enjoy that doesn't have some potentially negative element in it. So I will eat my gumbo, grilled whatever, and sassafras tea – just not every day!

If you know of a notable tree that you think should be featured or would like more information, please contact Kevin Lindsey at 722-2881.

West End Association Membership Application

Join the West End Association and help create a friendly and beautiful neighborhood. Membership is as low as \$15 for families in 2003. You will help support the newsletter, park and roadway enhancements, and monitoring of zoning and the Historic District Commission. You can join the West End email list (<http://thewestend.tripod.com>) to receive information on houses for sale and their prices, notes from your Alderman, crime statistics, invitations to monthly gatherings, and much more! **Send to: WEA, POB 10055, WS, NC 27108**

Name _____ Phone _____

Address _____ Email _____

New Member Renewal **Enclose \$15 for Family Membership; \$30 for Business Membership**

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The West Ender

By and for the West End Neighborhood

January 2003

2002 Homes Tour a Great Success!

Many thanks to EVERYONE who helped make the 2002 Historic West End Homes Tour such a great success! Braving ice and snow, over 600 (!) visitors converged on the West End on Sunday, December 8th to enjoy a Homes Tour like no other. It was a great day to enjoy the best of the West End, from the homes on the tour to the shops and restaurants that opened for special hours and events. The tour would not have been possible without the countless volunteers who did everything from driving vans to posting signs to greeting guests at the homes ... the list could go on forever! Thank you for showing our visitors famous West End hospitality!

Special thanks to the homeowners on the 2002 Homes Tour:

- Bill and Ansley Browning**
- Brian and Cindy Clark**
- Phil Hammond and Sally Schumaker**
- Mary Horan**
- Ed and Jean Irvin**
- Kilpatrick Stockton LLP**
- Marc Lawrence**
- Lynn Murphy and Lynette Murphy-Matthews**
- David and Toni Phillips**

Thank you again, EVERYONE, from your 2002 Homes Tour Committee,
Nora Garver, Ann Doherty, Lee Ann Manning

FIRST WEST END ASSOCIATION MEETING OF 2003!
Tuesday, January 7th, 7PM,
Tice House (on Grace Court, just down the hill from the West End Café)
Please join your neighbors and find out what is on the agenda for the West End in 2003!
All West Enders are welcome!

PLEASE JOIN THE WEST END ASSOCIATION IN 2003! HELP MAKE OUR NEIGHBORHOOD GREAT! (SEE MEMBERSHIP FORM ON THE BACK PAGE)

	 <p>JUNE DINKINS REALTOR</p> <p><i>Twin City Investment Co., Inc.</i></p> <p>401 Jersey Ave., Winston-Salem, NC 27101 Complete Real Estate Office: 722-9121 Home: 725-9012</p>	 <p>Restaurant & Tavern</p> <p>Great Food Near Grace Court 926 W. 4th St. 723-4774</p>	 <ul style="list-style-type: none"> • Mus-Art Day Camps • Private Music Lessons • Group Music Lessons • Summer Music Camps <p>MindMusic learning center</p> <p>842 west fourth street winston-salem, nc 27101 1-336-773-0074 1-336-773-0034 www.mindmusic.com</p>
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 <p>915 Burke St. Winston-Salem, NC</p> <p>336.722.2774 citybeverage.com</p>	 <p>Alan J. Scardina</p> <p>1105 Burke Street • Winston-Salem, NC 27101-2414 (336) 725-2343 • Fax: (336) 725-3894</p>	 <p>1033 Burke Street Winston-Salem, NC 27101 336.724.1754 (t) 336.724.1755 (f) cabinetstudio.com</p>	 <p>116 Burke St. Winston-Salem NC 27101 336-724-2270 FAX 336-722-0527</p>
 <p>480 West End Blvd, Winston-Salem 722-9030 www.erloriginals M-F 8:30-5:30, Sat 10-5</p>	 <p>Since 1954 724-9619 A neighborhood restaurant at 905 Burke Street</p>	 <p>825 Burke St. Winston-Salem NC</p> <p>Elvis on Other Planets. A Weight Chart Elvis on Mercury...97 lbs. on Venus...232 lbs. Elvis on Earth ... 255 lbs. on Mars ... 97 lbs. Elvis on Jupiter...648 lbs. on Saturn...275 lbs. Elvis on Neptune...303 lbs. on Pluto ... 13 lbs.</p>	<p>Let us Manage your West End Property</p>  <p>Sam Ogbum, Jr. 1056 Burke Street Winston-Salem, NC 27101 748-0700</p>

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Joe Dillon
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A Word from our Co-presidents:

We would like to thank the West End for the great showing at the 2002 West End Home Tour. Lee Ann Manning, Nora Garver (and Ann Doherty) did a great job planning the event. The homeowners decorated wonderfully and we all did a great job volunteering. I hope many of you will begin to nominate your home for the Tour of 2004 (let Lee Ann know)!



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January is time to renew your membership to the West End Association. Please return the form for another year. Membership entitles you to newsletters, Association votes, email notifications, monthly police reports, collection of historical documents, monthly get-togethers and knowing that you are bettering your neighborhood. Your membership is supporting the newsletter, our website, planting trees and numerous other projects. Even if you cannot be actively involved, this is a great way to show your support for the West End.

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This year we are awaiting our cast home nameplates. The West End Association is supporting the costly design and casting process. You will soon be able to order your personalized plaque. While a great master plan has been designed by the city for this whole section of Winston-Salem, the Board will be strategically planning for specific improvements that will benefit our neighborhood and the value of homes and apartments in the West End.



(336) 724-4203
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Happy 2003!

George Bryan and Ann Doherty, Co-Presidents of the West End Association



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A First Person View of the West End

**St. Paul's Episcopal - A New Creation
By Ian Hammon**

Today at noon, I met with the property manager of St. Paul's Episcopal Church, John Markle. St. Paul's is the ornate cathedral-like edifice on Summit Street, between Fifth and Sixth streets. John has worked there for the past decade and is now supervising the construction of the addition to the central core of buildings that make up the church.

John took me on a tour of the bell tower, where I wanted to get an eagle's view of the surrounding property. From behind the choir pews in the chancel, we entered a small, spiral staircase in a narrow shaft going up for a breathless fifty steps. On the way up, we passed small, medieval-looking embrasures in the wall, as well as a small door leading to the innards of St. Paul's pride and joy, the Skinner organ. At the top of the stairs, another small door led to a chamber acting as an attic, dusty and rough-hewn. The ceiling above was actually the platform for the bells. A ladder led past the bells to the top of the tower.

John preceded me up the ladder. I felt like we were climbing up the tower of Notre Dame, especially as we passed three large bells on the way up. At the top of the ladder, we reached a platform housing the mechanical motors that power the bells. As soon as we caught our breath, the bells began to ring, signaling the noon hour. The peals were so deafening, I had to hold my ears. The top of the tower offered a 360-degree view of downtown, the rest of the West End district, and across the Hawthorne curve toward Baptist hospital and the Ardmore neighborhood. Through narrow windows in each wall, I could get a look around.

As I looked down, John explained the construction that we saw below us, which will transform this church community. The additions, housing a chapel, new areas for the education department and the administrative offices, as well as more space for parking, will occur over the next couple of years. Jane Munden, whom I spoke with after I returned from my lofty visit to lower perches, mentioned these activities as she directed me to the scaled model of the church, complete with the additions.

“I hope I live to see this happen”, Jane said, pointing out the changes in store for the choir. Jane and her husband have been members of the choir for several years. Their rehearsal space will have to relocate during the construction. Barbara Beattie, the choir director, and the various adult and children's choirs will eventually settle into their new places when the work is finished. The nave, the chancel, and the sanctuary will not be affected by the work done on the rest of the church. The members of St. Paul's can count on an uninterrupted worship schedule while they prepare to live into a new church home.



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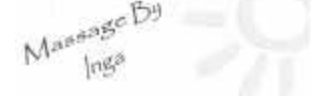
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WEST END BULLETIN BOARD

All West End residents are welcome to submit notices for the West End Bulletin board in the newsletter. Do you have new neighbors that should be introduced? A new baby? A birthday?

Please send any submissions to Andrea Thomas, email: Laowai99@aol.com or tel: 723-9893



Claire Giffin Tina Gray
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Do you have an interesting tale to tell or a view of the West End you'd like to share? If so, please contact Andrea Thomas, email: Laowai99@aol.com or tel: 723-9893



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