
The West Ender

By and for
the West End Neighborhood



January 2004

Lead in the Home

The December meeting of the West End Association featured a guest speaker from the Forsyth County Health Department who presented information on lead hazards and lead-safe work practices. Lead is of particular concern in older homes because it was added to residential paint until a federal ban in 1978. Figures presented by the Forsyth County Health Department estimate that 87 percent of homes built before 1940 contain lead-based paint. Lead exposure can be dangerous to anyone, but children under age 6 are at greatest risk. High levels of lead in children can lead to seizures, unconsciousness and even death. Other permanent effects of lead exposure in children include brain and kidney damage, learning disabilities, attention deficit disorder, decreased intelligence, speech and/or language problems, hearing problems, poor muscle coordination and more. High levels of lead in adults can cause harm to an unborn child, fertility problems in men and women, high blood pressure, digestive problems, memory problems, nerve disorders, and muscle and joint pains.

Usually lead-based paint that is in good condition is not a health hazard. However, if lead-based paint in your home is peeling, chipping, caulking or cracking it is a hazard that needs immediate attention. Lead-based paint can also be a hazard when found on surfaces that children can chew, or that get a lot of wear and tear. These are areas such as windows and window sills, doors, door frames, stairs, railings, banisters, porches and fences. Dust in the home can be contaminated with lead when friction loosens dry, lead-based paint. Settled dust can then reenter the air when vacuuming, sweeping or walking through the dust. Soil can also be contaminated with lead dust from exterior paint. Children are at risk for lead contamination if they play in or eat contaminated soil, or if they bring soil in on the soles of their shoes. While lead pipes can also pose a risk of lead contamination in water, the risk can be reduced by using only cold water for drinking and cooking. The Health Department reports that most cases of lead contamination in this area come from lead-based paint, rather than lead pipes.

Renovating a home with lead-based paint or attempting to remove lead paint without the appropriate lead-safe work practices is potentially dangerous. Just a few of the lead-safe practices mentioned in the presentation include wearing protective clothing, keeping dust to a minimum, confining dust and paint chips to the work area, and using special clean up procedures. Some important procedures that should NEVER be used include using power sanders or grinders without a HEPA vacuum attachment, and using open flame or high heat removal of lead-based paints. There are many detailed precautions and procedures to use when working with lead in a home. The EPA requires that anyone performing renovation or remodeling for compensation in pre-1978 housing shall provide the lead hazard information pamphlet to the owner and occupant prior to conducting such an activity. The Health Department recommends either hiring a lead-certified contractor or attending "lead-safe work practices" training before attempting such work yourself.

The Health Department teaches lead-safe work practice classes quarterly. The next class will be held January 20, 2004 from 8:30 am – 4:30 pm in Meeting Rooms 1, 2 and 3. The cost is \$10 which includes lunch. Please call Joyce McGee at 727-2760 xt.3817 for more information or reservations.

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WEST END TAP ROOM

A Word From Your Co-Presidents:

I stumbled onto an article on revitalizing cities that struck close to home particularly at this time of year when the neighborhood is socializing and enjoying the season of giving. The article was on Chattanooga, Tennessee in the magazine The Next American City. The article explored Robert Putnam's Social Capital theories in contrast with the theories of Richard Florida. Winston-Salem has enjoyed the theories of both as they were invited to speak here and have driven the strategies of development in our city. First Putnam's Bowling Alone where he analyzed trends showing that our tendency to be involved in civic affairs had become severely diminished (thus bowling leagues had become individuals bowling). As a community we agreed with his theory that if we "invested" in social capital then we would come together as a community with a result of revitalization. The social capital theory with its belief in commonalities and belonging resounded with our looking backward with longing at better days in Winston-Salem.

Along came Richard Florida with The Rise of the Creative Class. He lauded the differences within society that spawned diversity and creativity with the resulting "edge" being exactly what a city needed to attract excitement and revitalization. Can the theories of social capital and the creative class both be right? Is there too much tension between the "comfortable public good" which could be interpreted as the conservative good ole' network recreated, and the "creative class" pushing the edges of commonly accepted morality and opening our society to new, different and perhaps uncomfortable ideas and styles of viewing and relating to the world (albeit Florida believes that only 30% of a community needs to be "creative")?


Where are we as a neighborhood? This neighborhood certainly was built in a time of prosperity by what now may be viewed as the good ole' network, but it has been reborn with a spirit of appreciation for diversity and a willingness to try new approaches to creatively build community. We have not flown to the suburbs or skirted issues of urban development, yet we enjoy the styles of latter years and the civility of a neighborhood that cares. Seems we are trying to work through the challenges that both Richard Florida and David Putnam have given us, and so far the tension of the dichotomy feels pretty good.

Hope you had a Happy Hanukah and a Merry Christmas!

George Bryan, co-president of the West End

Historic Homes Trivia


How many of us are familiar with a "t-astrical?" Probably many of us are familiar with this piece of carpentry, but did not realize it. Examine a set of French doors, which is common in historic West



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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.



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FORSYTH COUNTY HISTORIC RESOURCES COMMISSION
Partial Agenda for January 7, 2004, 4:00 P.M.
Public Meeting Room 530, City Hall South
100 East First Street

APPROVAL OF December 3, 2003 MINUTES

CERTIFICATE OF APPROPRIATENESS APPLICATIONS

A. West End Historic Overlay District

1. Mr. Robert D. Richardson, Applicant –
CONTINUED from December 3, 2003
870 West Fifth Street
R. E. Dalton House (Inventory #105)
Modification to Addition
Repair or Removal of Exterior Stucco

MINOR WORK APPROVALS

A. West End Historic Overlay District

1. Mr. Paul Swindler, Applicants
123 North Sunset Drive
Non-Contributing House (Inventory #395)
Tree Removal
2. Ms. Victoria Roemer, Applicant
821 West End Boulevard
Bess Gray Plumly (Inventory #381)
Tree Removal
3. Mr. Peter Crawford and Ms. Linda Shieh, Applicants
612 Summit Street
Lunn-Wolff House (#121)
Installation of Fencing at the Rear of the Property
Installation of Patio Extension
Landscaping Plan in the Rear of the Property

NEXT MEETING: February 4, 2004



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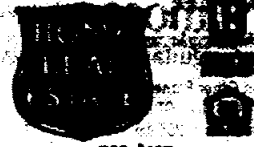
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Chickadees and Friends

We all know the Carolina chickadee well. *PARUS CAROLINENSIS* is a friendly, cozy bird, usually flying in groups, and often in the company of other species. It seems to have no enemies. It can be tamed to eat seeds from your hand. My mother used to feed them this way, and after a time we noticed the birds passed the taming habit on to the next generations. Years later the local chickadees would fly to my mother, perch nearby as she sat on the terrace, and call for a treat. She always carried sunflower seeds in her pockets. The friendly "chick-a-dee-dee-dee" signals a sociable visit from this black-capped, black-chinned, little 4 1/2" bird. "Fee-bee fee-bay" is a four-note call, along with several one-note chirps.

A somewhat similar and related bird is the tufted titmouse, *PARUS BICOLOR*. Both are in the Paridae family. Slate grey in color, it has a crest, and the flanks are washed with salmon. Its call, "peter peter peter" is very familiar, ringing out clearly from the trees. There is a slightly whiny tinge to some of its other calls and notes. It often flies with the chickadee, and they like the same foods; seeds, berries, suet, and so on. The name titmouse comes from "tit," which is Scandanavian for "small" and from "mase," which is Old English for "bird."

A third bird common in our West End neighborhood is the white-breasted nuthatch, *SITTA CAROLINENSIS*. Its grey body, white belly and cheeks, black cap and 6" size resemble both the chickadee and the titmouse. They like to hang out together. The nuthatch climbs on the tree trunks up, sidewise, and often down, looking for insects and eggs. At first glance it's funny to see a bird busily heading down the tree. Due to an extra long hind claw, it has great climbing agility. Its usual call is a quiet, nasal "yank, yank." To me it sounds a little like a chicken clucking. All three of these birds love the feeders, and are permanent residents here.

--- Ann Listokin

If you have ideas for newsletter topics, please contact us:
 Amy Lindsey (general) and Kevin Lindsey (trees): 722-2881 Ann Listokin (birds): 724-7957

Carolina chickadee



Tufted titmouse



White-breasted nuthatch




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