

DOWN IN THE VALLEY

Dear Hope Valley Neighbors,

Warm weather is finally here and your Board is not slowing down a bit.

The first annual HVNA Night at the Bulls was a project a long time in the making. I hope this grows each year complementing our fall event, the Halloween Parade. For those of you able to join us, thank you for your support and for those unable to attend, we hope to see you next year!

Another exciting project is the installation of the Little Libraries throughout Hope Valley. You will be seeing them soon on public and private property. Please consider donating books for both adults and children to enjoy. Special thanks to our neighbors who have agreed to be the stewards of the structures and allow them on their property.

The last stages of the Historic Gate Restoration project are in sight and, with help from the Mother Nature, they will soon be finished.

Finally, with school out and travel plans being made, remember the basic safety tips to protect your family and your home. Lock doors, arm your security systems and don't make yourself an easy target.

Happy Summer!

Tommy Kinney

An "Angie's List" Service for

Hope Valley Residents!

Subscribe to the

HVNA Neighborhood Bulletin Board!

- An HVNA Members Only Forum -

This new unmonitored email list service is a great way to:

- **Recommend a service vendor like a plumber, painter, electrician, mason, etc.**
- **Ask your neighbors for a vendor recommendation**
- **Publicize your personal charity activities (Durham or Hope Valley only please!)**
- **Advertise babysitting, house sitting or pet sitting services**
- **Advertise a yard sale, house for sale or rental**

This service is available to Hope Valley residents only.

No spam, no phishing, just Hope Valley neighbor-to-neighbor communication!

To join, or to determine whether you have paid your \$30 annual dues, send an email to:

donstanger@hvna.org

NOTE: This does not replace the current monitored HVNA listserv for crime, emergency, lost pets, and HVNA-related informational posts.

LITTLE FREE LIBRARIES ARE COMING TO HOPE VALLEY!

The HVNA is pleased to announce that ten Little Free Libraries are coming to Hope Valley this summer. The little library movement has gained steam all over the country, and they are now often seen in many cities and neighborhoods. Check out freelittlelibrary.org

Little libraries are pedestrian friendly, community building, community centered amenities. They promote neighborly and social interaction. They often serve as destinations for walkers, runners, and mothers strolling young children.

Our libraries are being built by local carpenter and little library specialist Mike Fisher. Baker Roofing is installing real slate roofs free as a community service. Little Free Libraries are boxes with shelves for adult and children's books located on posts throughout the neighborhood. Each box will have a steward family that will monitor the box and insure it stays neat and stocked with books.

Each Little Library will evolve and reflect the community that shares books in that area. This is where we need all the residents of Hope Valley! Each library relies on the community surrounding its location for donations. Stewards will help maintain each box, but residents are needed to donate and circulate books.

Current plans call for libraries to be located on Dover at Banbury, Devon at Norwich, Avon Cul de Sac, Bristol Cul de Sac, Northampton at St. Marks, Nottaway at Leeds, St. Stephens Church, Somerset Drive, and Buckingham at Hope Valley Road. We are currently looking for a final location on or near St. Marks between Chancery and Westover.

So get ready to share, get ready to explore, get ready to read! Join your neighbors, share your passions and interests, learn about your neighborhood, check out the Free Little Library near your home this summer.

FAQ's

What is a Little Free Library and what's so special about it?

A Little Free Library is a "take a book, return a book" free book exchange. They come in many shapes and sizes, but the most common version is a small wooden box of books. Anyone may take a book or bring a book to share.

Little Free Library book exchanges have a unique, personal touch. There is an understanding that real people are sharing their favorite books with their community; Little Libraries have been called "mini-town squares."

How can I donate books?

If you want to give a few books, simply put them in a Little Free Library book exchange near you. Find a Library in your area, then stop by and drop off your books!

Can anyone give or take books from any Little Free Library? Do I have to return the exact book I take?

Yes, anyone may contribute or take books. The more the merrier! If you take a book (or two) from a Library, you do not need to return that exact book. However, in order to keep the Little Library

full of good choices for the whole neighborhood, the next time you swing by the Library bring a few books to share. Little Library book exchanges function on the honor system; everyone contributes to ensure there are always quality books inside. This way, we all win!

How did this get started and is Little Free Library a registered nonprofit organization?

Yes, Little Free Library is a registered nonprofit organization that inspires a love of reading, builds community, and sparks creativity by fostering neighborhood book exchanges around the world.



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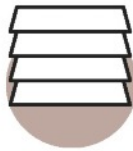
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Hope Valley Night at the Durham Bulls!

Tuesday, June 12, 2018

Durham Bulls vs. Charlotte Knights

The HVNA hosted the inaugural Hope Valley Night at the Durham Bulls on Tuesday, June 12. The ticket price included admittance to the ball game and a buffet with non-alcoholic beverages. Beer and wine was available for purchase. The HVNA plans to hold this event each spring.

Raising the Woof

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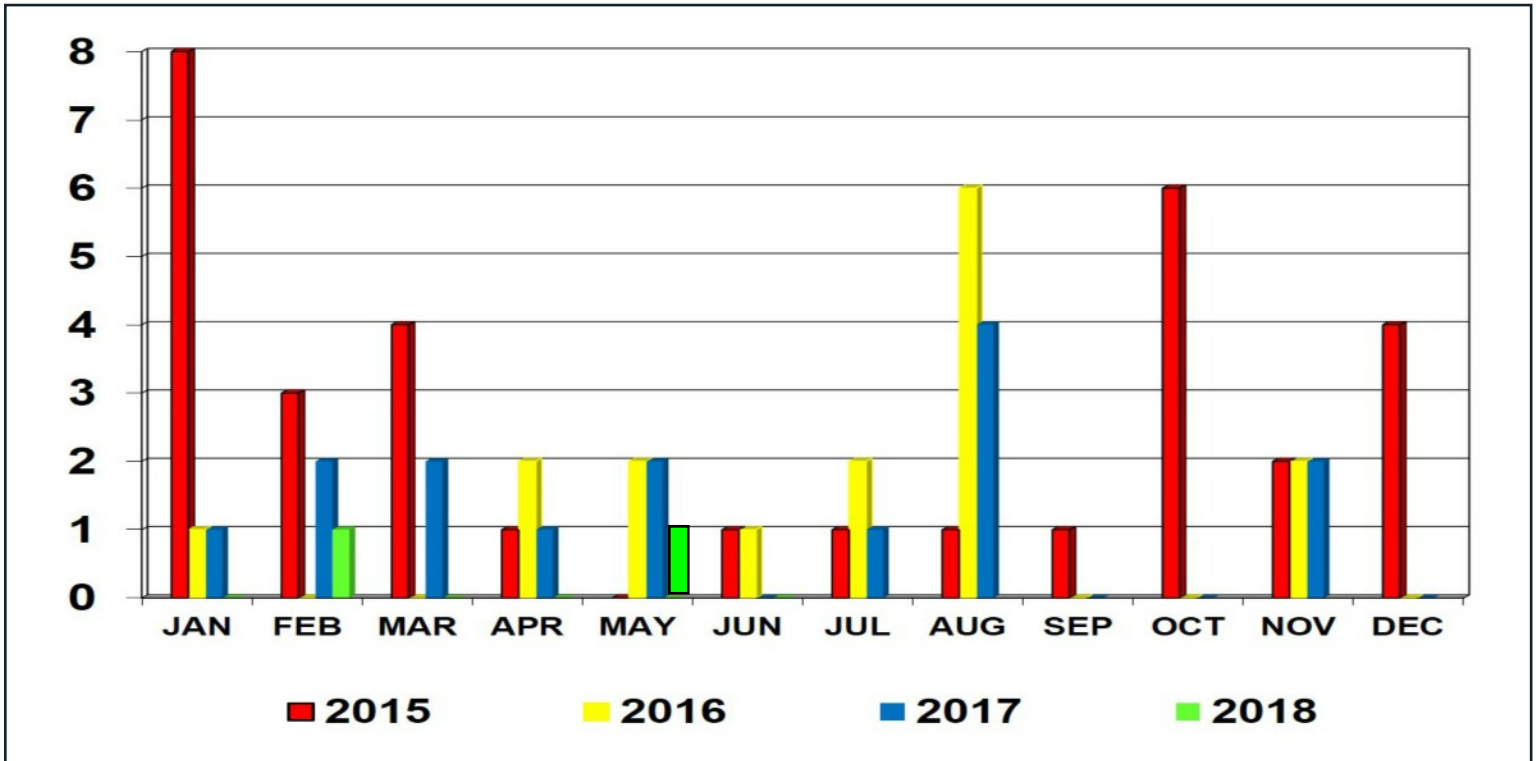
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Hope Valley Burglaries

- 2015 through 2018 YTD -



We are currently experiencing a period unlike any other since we began keeping detailed Property Crime statistics in 2009. Historically, we have averaged ten to one and a half burglaries per month. Therefore, if we were realizing historic burglary rates, we would have had experienced ten to 15 burglaries since last September 1. In fact, we have only seen four burglaries during that period. The number of burglaries in the first five months of 2017 totaled 7; we have experienced just two for the first five months of 2018. In a conversation with our City of Durham Police Chief C. J. Davis last week, there were several factors that may be driving down burglaries, including better policing, arrest of perpetrators responsible of serial burglaries, neighbors focusing on crime reduction, and an improving economy.

Larcenies have continued to occur at a very low level; in 2017, we had only had five total and three for the first five months. We have had only one larceny this calendar year and no stolen vehicles.

Our friends in the Durham Police Department suggest we call '911' if we see anything or anyone suspicious in the neighborhood. In addition, they recommend we take the following precautionary actions:

- Ensure our homes are locked and house alarms are armed when we are working in the yard, away and at night
- Watch out for any suspicious activity around our homes and around the homes of our neighbors
- If cars cannot be parked in the garage, ensure that any valuables are removed (or out of sight) and cars are locked
- If you see anything or anyone suspicious in the neighborhood, CALL '911'

Burglary is defined as the criminal offense of breaking and entering into any dwelling or building illegally with the intent to commit a felony or crime. Larceny is the taking of someone else's property without the use of force.

Larceny is defined as the the wrongful taking and carrying away of the personal goods of another from his or her possession with intent to convert them to the taker's own use.

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An Interview with Renee Hodges - Author of *Saving Bobby* -

By Don Stanger

Editor's Note: *I just finished reading Saving Bobby, an account by our neighbor, Renee Hodges, of her courageous quest to help her nephew, Bobby, overcome his addiction to prescription drugs. It is well-written, brutally honest, and revealing. It is a tale of loving dedication by Renee, her husband, Will, and others to the proposition that drug addicts can recover from the darkness of addiction to become happy, productive people.*

Why did you write this book?

I didn't start out writing a book to be published. After Bobby had lived with us for sixteen months and we felt he was ready to go back to school, Bobby asked if I would write down our journey for him so he could remember how far he had come, and he would "never have to go back to that hell again." I compiled computer emails, cell phone texts, notes, and my journal, to recreate and chronicle as much of his story as possible. I shared this initial manuscript with my two book clubs, both key parts of the community that had embraced Bobby during his recovery with me. I didn't realize just how powerful Bobby's story was until people began asking if they could share Bobby's story with their friends, family, etc. to give their loved ones hope. *Saving Bobby* became somewhat viral and Bobby and I mutually agreed that if it might help one person, we should publish it. The book was first written as a "Dear Bobby, this is how much I love you" gift and later turned into a memoir. Both Bobby and I had to be sure we wanted this story in the public eye. The answer was clear to us-- what a hypocrite I would be if I only shared Bobby's side of this journey without telling mine. As his caregiver, and as someone who had been affected by addiction throughout their life, I had a recovery story also, and I wanted to tell it. I could now say it without feeling any stigma or shame.

Why did you offer to help Bobby initially?

I have a personality that tends to be impulsive. I knew next to nothing about addiction until Bobby came, as it was not talked about openly in my family. Bobby was newly released from a rehab center, but he still had back pain, a pain for which he was originally prescribed opioids in college. Rationally, I thought, "let's bring Bobby here because we have excellent medical care. If we can fix his back pain, it might lessen his need for pain medicine." I was not prepared for how ill-prepared Bobby was to re-enter society. He had been recently discharged from a treatment center and he was substance-free, but he was not recovered. We expected him to be able to get a job and be normal. I believe we are not addressing this critical period following treatment, and that recovery is just beginning when someone leaves a rehab or half-way house. Because of the

immense hurdles recoverers have to overcome, this is the period when many relapses occur.

What was the most difficult aspect of the recovery project?

Balancing my family and the needs of someone who was beginning recovery. I was so ignorant, so innocent and, so hopeful for him. We were newly empty nesting, and Will recognized quickly that it would be a much longer process for a full recovery than the two weeks we had initially thought. The best decision I made was to put myself into the care of a psychologist and for Bobby to be in the care of a drug counselor. I always tried to put Will first, unless it was an emergency, and depended on professionals to guide us through the most challenging times.

What was the most rewarding aspect of the recovery project?

So much good has come out of this-- Bobby has his Master of Social Work, and he is close to becoming a licensed therapist and is now helping others with drug addiction. But the bigger story is that by sharing Bobby's story, people now realize that addiction is a brain disease, and blame and shame only hinder a recovery. I am getting emails daily. I recently received one from a mother who said that her son just got out of rehab, had a bad setback and then read my book. He told his mom to please find me and give me a message that said, "Thank you. You probably saved my life!"

What were the 'lessons learned' about addiction and recovery?

I am still learning, but some of the lessons are "Secrets make you sick," and we have to talk openly and honestly about addiction in our families so that the next generation is not vulnerable to the disease. Talking openly also helps lessen the shame of the recoverer and the family members, and helps take the stigma out of the disease. There has to be more done to help with recovery after leaving a treatment center or half-way house. If you are in recovery, find your community. Whether it is AA, church, family or sharing Aunt Renee's community, no one can recover in isolation, nor should they have to.

Lastly, why shouldn't Big Pharma bear part of the treatment expense for those who are less fortunate or cannot pay? And, while we are at it, let's make public the names of politicians who are taking money from Big Pharma.



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You can pay your 2018 HVNA Dues at www.hvna.org

The Snows - Hope Valley History -

By Don Stanger



Horace North Snow, born in 1843, was a Civil War telegraph operator who came to Durham to be General Julian S. Carr's secretary. He subsequently worked for WT Blackwell (and represented Blackwell's Durham Tobacco Co. at the 1884 World's Fair/Cotton Centennial in New Orleans.) He left BDTC in 1900 and bought an interest in the SE Anderson Book Store, located in the 100 block of West Main St., which later burned.

Snow was married Anna Exum. Upon their marriage, her parents gave them a large amount of land. That land is downtown Durham. Anna E. Snow was the first woman on the Trinity College (now Duke) Board of Trustees. Following the death of her husband in 1924, Anna commissioned the Snow Building at Five Points in downtown Durham. The building was completed in the early 1930s.

In 1927, the Snow's son, Horace, Jr. and his wife, Sue built the house at 3301 Devon Road, designed by renowned Philadelphia architect Charles Barton Keen, who designed Reynolda for the R. J. Reynolds family in Winston Salem.

Horace and Sue Snow left Hope Valley for Trinity Park some time in the early 1930's.

The Snow House is currently owned by Dr. Kim and Dr. Fraser Leversedge.

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