

Great Neighbors Make Great Neighborhoods



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A LETTER FROM THE PRESIDENT

by Scott Michaels



It's hard to believe summer is almost over. Labor Day is fast approaching. Schools and colleges have started back. It won't be long until the leaves start to change colors and fall to the ground.

To paraphrase a celebrity of another time, after the age of 50, it seems like breakfast comes every 15 minutes.

As we move into fall, lots of events will be popping up in our neighborhood. I want to thank our Social Committee and the Rock the Block team that makes

autumn in this part of Greensboro so special. With Halloween approaching we will have an influx of trick or treaters and others with whom we share the joys of our neighborhood.

I just Googled "Sunset Hills Greensboro NC" and this is the AI response I received:

Sunset Hills is a historic, highly walkable neighborhood in Greensboro, North Carolina, known for its early 20th-century architecture and famous holiday light displays.

(continued on page 4)



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ASK THE EXPERT Q&A

WITH DR. ANDREW REGAL, DPM →



Dr. Andrew Regal, DPM, is a podiatric physician and surgeon at Triad Foot & Ankle Center and a Sunset Hills resident known for his thoughtful, highly specialized approach to care. With advanced surgical and fellowship training in total ankle replacement, deformity correction, and nerve procedures, he focuses on restoring function and quality of life.



Q Can Adults Develop Flat Feet?

Yes, adults can develop flat feet even if they had normal arches earlier in life. Changes to the tendons and ligaments that support the arch can occur over time due to aging, injury, overuse or other factors, causing the arch to gradually flatten.

Q Can flat feet be corrected?

Flat feet can often be treated to improve support, alignment and comfort. Treatment can range from supportive shoes, custom orthotics and exercises to surgical correction for more severe cases. A podiatrist can determine the best approach based on your foot structure and symptoms.

Q Can flat feet get worse over time?

Flat feet can worsen over time as the tendons and ligaments that support the arch weaken or become damaged. As the arch continues to flatten, some people may develop increasing pain, stiffness, swelling or changes in the way they walk, which can place added stress on the ankles, knees and legs and make everyday activities more uncomfortable.

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A Letter From The President

(continued from page 1)

So, even AI knows about our Christmas Balls. As we start to focus on the Holidays these Lighted Christmas Balls (LCB) will turn our neighborhood into a special destination for many people. It's our annual gift to the City of Greensboro and the surrounding areas. I know people who travel all the way from Virginia just to drive through our neighborhood and enjoy the Winter Wonderland our neighbors create.

I want to thank and call attention to the work our Sunset Hills Environmental Affairs committee has done to make this more ecologically friendly and reduce the energy consumption. They have worked diligently to switch

the lights to LED lights and to recycle old strands of lights. Also, the Running of the Balls charges a small Environmental Impact fee that is used to purchase a carbon offset.

The 2026 Running of the Balls is being held on Saturday, December 12th this year. This event brings thousands of people to our neighborhood. Never forget, this seasonal Sunset Hills celebration is more than just pretty lights. A lot of food and funding is collected for local food banks. This is especially important this year when so many people are feeling the impact of higher grocery and gas prices. So far, we have provided over 8.5 Million Meals!

If you grow frustrated with the traffic, please remember that we are collecting food for those who need it most. One of the many things I love about our neighborhood is that so many people give so much. Sometimes, I think Sunset Hills is, in many ways, the heart of Greensboro.

Given the newsletter schedule, I want to wish you all a Happy Labor Day, Happy Halloween and wish you a bountiful Thanksgiving. Hopefully we will be back in touch before the other Winter Holidays are over!

_____ shna _____

A Note From Your Treasurer

by Elaine Brune



January started the new year for your dues payment. \$10 per household per year (\$11 if paying with Paypal). These dues go to events in the

neighborhood, our newsletters, keeping up the park, supporting **Rock the Block** and **Lighted Christmas Ball** activities. Dues also allow you to post on our neighborhood list-serve where you can find, sell, or borrow items, report lost or found animals, etc..

Road, 27403. Make checks payable to Sunset Hills Neighborhood (SHNA), or contactless at <https://www.sunsethillsneighborhood.org/duesanddonations>.

Donations above the \$10 are greatly appreciated and allow us to expand our events and activities. Elsewhere in this edition are the 320 members who have already paid the dues. Thanks, and thanks for the neighbors who gave a donation as well. Hope to see your names in the newsletter next year!



Send or drop your payment off at Elaine Brune's house. 2504 Sylvan

_____ shna _____

Stay In The Loop

You can follow along with regular happenings, updates, and news by following us on our Facebook page and on our website.

You can also join our community email listserv by emailing Adam Graham-Squire at adam.grahamsquire@gmail.com

Please note that only current members who have paid their annual dues may send non-emergency messages to the community listserv.

www.sunsethillsneighborhood.org
www.facebook.com/SunsetHillsGSO

_____ shna _____

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As the leaves turn and the Triad shows off its best colors, fall is the perfect time to make a move – or simply fall back in love with your home.



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Humble Beginnings

By Chris Horney



When our daughter was born, we clipped and framed a Bruce Eric Kaplan cartoon from the New Yorker depicting a proud couple bringing their newborn baby home; the baby's thought-bubble reads: "Oh great, humble beginnings." Our girl is now in her late twenties, and she has been fiercely independent and self-sufficient since college.

As empty-nesters, we've tackled some small-scale renovations to our 100-year-old house, and we truly appreciate the quality and the character of our little bungalow. Recently, two articles I've read have set me thinking about how our origin stories are shaped by both place and temperament, which is to say, quality and character.

First, a New York Times article on August 9 profiled Neil Armstrong's childhood home in Ohio. It has been restored and is open for tours; Buzz Aldrin visited it to pay his respects. Maybe it's the cynic in me, but my first thought was, "What is it we think we will find in such curated childhood sites?"

Maybe we crave an etiological confirmation, that is, we like to look for the earliest evidence of something we now know to be true—confirmation that we were right all along. Why do we think the early bedroom, the bed, the wallpaper, the windows, the view, are so relevant to the adult that we all know, personally or historically? Our nine-year-old selves seem so distant for most of us, and

largely unrelated to who we have become; but with famous people, we assume there are clues to be found just below the surface, clues missed by their parents or classmates.

Secondly, Philosophy Break is a weekly newsletter I read every Sunday. A recent post parsed a 1979 paper by Jane English, in which she proposed a "debt theory," meaning children, in some circumstances, owe their parents nothing: "Relationships shouldn't be built on reciprocity or tit for tat, they should be built on mutuality, on friendship."

The Jane English paper was controversial for its proposition that children, when raised in a loving and kind home, would provide for their aging parents simply because it is what kind and loving people do, not because of a debt owed. Given worse childhood conditions, per Jane English, no debt is owed, as the parents "opted in," as it were, not the children.

So there seem to be two ways of looking at one's early life and childhood home, in search of clues to who we/they became—is it a matter of place, of things, of decor, of window views; or is it an environment, a milieu, not embedded in the fixtures of the home, which cannot be captured in a tour for strangers fifty or a hundred years after the fact.

Whether or not you subscribe to English's "debt theory," as a parent when is it OK to dispose of stuff? Should we save all the artifacts, just in case NASA comes calling

one day? How many of us truly have a Neil Armstrong growing up in the kids room? Which is not to denigrate your exceptional children or my exceptional daughter—after all, she was voted most likely to change the world in high school! (She asked me to leave this out, as it hasn't happened yet.) I have held onto boxes full of her pre-school artwork, her books, her craft projects, just like my parents did for my output.

The onerous task of cleaning out my late parents' attic yielded juvenilia of mine by the boxload that they had saved—NASA never showed up to inquire. My sixth-grade Globe Theatre diorama may only be prescient of my career as a woodworking craftsman and furniture maker, but hardly museum-worthy.

Going back one more generation, a college girlfriend with a penchant for estate sales enticed me to raid the old abandoned house where my father was born and raised. We pilfered boxes of old tobacco tins, pill bottles, a few toys, and other collectible memorabilia and sold it at Super Flea, a crime for which my father never forgave Julia. The house collapsed on itself within a few years, so in the big picture, what were we guilty of? Did the artifacts we sold truly define who my father was as a child? The trove of clothing, receipts, notebooks, and other items in the attic might have been far more valuable to me now as I research family ancestry than a few tobacco tins. What would all these items have told me about the family that lived there?

(continued on page 25)

A Few Fall Favorites

By Betty & Bob Arms



As the cooler weather begins to set in, we like to gather friends around our table for conversations and good food. These recipes are some of the favorites we like to share with new friends and loved ones.

Pumpkin Dip

- 8 oz. Cream cheese (soft)
- 2 cups Confectioners' sugar
- 15 oz. Can of pumpkin puree
- 1 tsp. Cinnamon
- 1/2 tsp. ginger



Beat the softened cream cheese and sugar with a mixer. Add pumpkin and spices; mix until thoroughly

blended. Refrigerate until ready to serve. (can be made a day before) Serve with small ginger snaps (Trader Joe's Triple Ginger cookies) or apple slices, graham crackers, bagels, etc. Makes about 3 cups. Enjoy!

Fresh Apple Crisp

(Serves 6-8)



4 cups of apples, peeled, cored, and sliced - about 4 - 5 apples (I like using a variety of apples, but Granny Smiths are always good)

Topping

- 1 cup packed brown sugar
- 3/4 cup flour
- 3/4 cup raw old-fashioned oats
- 1 tsp. Cinnamon
- 1 stick of butter (melted)

Place apples in a 9x9-inch baking dish. Mix brown sugar, flour, oats, and cinnamon in a bowl. Pour melted butter over and mix until moist and all dry ingredients are incorporated. Sprinkle topping over apples and bake at 350 degrees for 45 minutes. Enjoy!

Autumn Kale Salad

(Serves 6)

- 1/2 large butternut squash - peeled and cut into 1/2 inch pieces (15 oz)
- 6 cups of curly kale leaves -

stems removed and cut into thin ribbons

- 1/4 cup thinly sliced shallots or mild onion
- 1/2 cup toasted pecans
- 1/4 cup dried cranberries
- 1/2 tsp salt
- 1/4 tsp pepper



Dressing

- 3 Tbs. Olive oil
- 2 Tbs. Cider vinegar
- 1 Tbs. Sugar

Preheat oven to 425 degrees. Line a baking tray with foil and lightly grease with olive oil. Toss prepared butternut squash with 1 Tbs. Olive oil and salt. Spread on foil and bake for 25 minutes, until tender. Wash kale and remove stems. Slice into ribbons and toss vigorously with dressing. Let set while squash is baking. Before serving, place kale on a platter and top with onions, pecans, cranberries, and squash. Enjoy!

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KINWARD CENTER FALL 2026 PROGRAMS

scan to register



MULTIPLE SESSION COURSEWORK:

The following programs occur weekly for multiple weeks. Most courses are on-site at the Kinward Center at Revolution Mill unless listed as VIRTUAL. All paid courses require registration, visit our website to sign up today.

Rooted Wisdom | \$850

(25) Mondays: Sep 14 - Nov 30, 2026 + Jan 25 - Apr 26, 2027, 6-8pm, on-site
An 8-month program designed for individuals seeking to deepen their awareness of the Divine, question assumed beliefs, access inner wisdom, and engage spiritual practices for living from a grounded and authentic sense of self in a fast-paced and challenging world. This experiential learning community will explore prophetic, interdisciplinary voices through a variety of media and discern where their unique belovedness is called to greater purpose.

Reclaiming Power | \$75

(4) Fridays: September 11-October 16, 10am-12pm, on-site
This four-week class equips ministry and community teams with community organizing tools and theological insights to analyze hidden power dynamics, overcome systemic barriers, and implement effective strategies for positive change in their congregations and communities.

Holy Hurt - VIRTUAL | \$75

(7) Wednesdays: September 30-November 11, 7-8:30pm, zoom
This eight-week, online facilitated discussion group utilizes Hillary McBride's book *Holy Hurt* to provide a safe, inclusive, and compassionate space for participants to recognize, understand, and collectively heal from the delicate impacts of spiritual trauma.

SINGLE SESSION WORKSHOPS:

The following programs are one-time workshops.
Most workshops are on-site at the Kinward Center at Revolution Mill unless listed as OFF-SITE.

Gospel of Thomas: An Introduction | \$15

Saturday, September 19, 10am-1pm, on-site
This introductory workshop explores the history and text of the unearthed *Gospel of Thomas*, using contemplative practices and discussion to engage Jesus' direct teachings as a wisdom guide for deepening one's spiritual journey.

Facing Mortality and Living Fully | \$15

Thursday, September 24, 10am-2pm, on-site
This interactive workshop helps participants bravely face their mortality across five dimensions of life to gain practical end-of-life tools, process emotions, and discover how embracing death can empower them to live right now with greater purpose, intention, and peace.

Songwriting Your Life | \$15

Thursday, October 1, 10am-2pm, on-site
An experiential mini-retreat that guides participants—regardless of musical background—to use a simple songwriting framework to transform their personal stories, truths, and emotions into meaningful lyrics.

Enneagram Perspective Circle | \$75

Friday, October 30, 10am-2:30pm, on-site
This advanced Enneagram workshop invites participants with a working knowledge of their type to deepen their self-understanding and inner awareness by exploring their wings, connecting lines, and the "Enneagram Perspective Circle" discernment tool to uncover hidden gifts and navigate personal challenges.

Creativity as Spiritual Practice | \$75

(7) Thursdays: October 1-November 12, 6-8pm, on-site
This seven-session course invites participants of all experience levels to explore the interplay of creativity and spiritual practice, using an open heart and grounded body to tap into creative expression as an essential part of the human experience.

Speaking Peace: At Home and Beyond | \$75

(6) Wednesdays: October 7-November 11, 6-8pm, on-site
A 6-week course that integrates the principles of Nonviolent Communication (NVC) with meditation practices to help participants become responsive rather than reactive, enabling them to navigate conflict with empathy, clarity, and compassion in their daily lives.

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Women's Retreat - OFF-SITE | \$15

Saturday, October 3, 1-5pm, Friendship Friends Meeting

This five-hour women's retreat provides a sacred, reflective space for women and women-identified individuals to connect through spiritual practice, sacred sharing, and seasonal reflection on what to harvest, release, or restfully store away for future new beginnings.

Alive to the Sacred: Energy Practices Rooted in Nature | \$15

Saturday, November 7, 10am-1:30pm, on-site

Whether you are a beginner or experienced, this fun and relaxing workshop teaches a variety of holistic energy practices—including Reiki, EFT Tapping, meditation and breathwork—to help you protect your boundaries, stay grounded, and cultivate healing and presence in a demanding world.

The Evangelical Recovery Journey | \$15

Thursday, November 19, 10am-2pm, on-site

For different reasons, many Christ-followers have had to leave the evangelical church in search of a healthy spiritual community. Whether it was political entanglement, power dynamics, theological dysfunction, cultural exclusion, or social neglect, many of us have had to process grief, work through anger, and seek healing from this part of our spiritual story.



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Lighted Christmas Ball (LCB) Workshop

Sunday 11/22 - 2-4 pm - Ridgeway Drive between W Market St & Madison Ave

By Anne & Jonathan Smith



or those of you new to the neighborhood, or if you just want to make a ball or a few more balls to add to your collection

or to the collections in the parks, we welcome you to a block party to learn how or to teach others.

If you are available to cut wire, help set up tables on Sunday, or have a table you could bring (please put your name on the back), please let us know.

For each ball you want to make, bring two boxes of 100 mini lights. Gardening gloves are helpful but not essential.

Chicken wire: \$3.00 per ball. All money collected for the wire will go to Second Harvest. Selling the chicken wire is a fundraiser, and the minimum donation for the cut wire square is \$3.00. Any amount over that is welcome, and you can use Venmo to @Anne-Smith-4, cash, or check to me or Second Harvest. After the workshop, I will send a check for all cash, checks, and Venmo for the wire to Second Harvest.

We hope that the Sunset Hills Environmental Affairs (SHEA) will have LED light strands available for purchase, priced at \$6-10 (depending on availability) per 100 light strands in a variety of colors,

on-site to collect your neighborhood association dues.

The food trailer will be in place, so bring nonperishable food for the food wagon.



Above: LCBs (Lighted Christmas Balls) are a Sunset Hills Neighborhood tradition lasting from mid-November until the end of January

at the ball-making workshop. Cash or Venmo accepted! There will be a designated area to drop off your non-working lights for recycling. (It will be here all season)

In early November, please let us know if you plan to come and how many balls you hope to make, so we will have enough chicken wire.

The Sunset Hills Treasurer will be

Bring checks/donations for Second Harvest or Greensboro Urban Ministry. There will be boxes to collect those!

SO FAR, since 1996, this seemingly simple effort has produced incredible results thanks to the neighborhood and friends who come and participate in the LCB events.

Since 2014, Sunset Hills has collected 118 tons of food, \$1,221,659 in cash donations, and created 8,551,613 meals for hungry folks. This includes funds from the Running of the Balls.

See you Sunday 11/22 - we are looking forward to it.

Shine The Light on Hunger!

Anne: 336 420-9245 -

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Why Do We Bless Animals?

By Rev. Dr. Eric Tuttle | Associate Rector at Saint Andrew's Episcopal Church



To bless something means to pause, recognize its worth, and wrap it in kindness. It says you matter to us. We bless things such as the beginning of a marriage, moving into a new home, or walking across the graduation stage. When we bless someone, we are asking that love, peace, and care follow them all the days of their life.

On Saturday, October 3, at 10 AM, Saint Andrew's Episcopal Church will host our annual Bless-

ing of the Animals to recognize the significant role of animals in our lives.

This tradition has its roots in the 12th century teachings of St. Francis of Assisi, who lived a simple life of kindness towards all creatures. In one story, as Francis was walking, he



Above: Blessing of the animals



Above: São Francisco das Chagas, painted by Ducarmo Teles

spotted a flock of birds and stepped over to give them a blessing. Instead of taking flight, the birds gathered at his feet to listen.

Francis understood the easily forgotten truth

that we do not live alone. We belong within a vast web of other living creatures. Our lives are woven together with the dog faithfully following us, the cat sleeping at our feet, the hawk soaring overhead, the fish in our rivers, and the moss growing on forest floors. When we bless an animal, we give thanks for their life and promise to

protect the air they breathe, the water they drink, and our shared ecological home together.

So please, bring your well-behaved

dogs, cats, lizards, or other animal companions to the front lawn of Saint Andrew's Episcopal Church on Saturday, October 3, at 10 AM. Come meet your neighbors, as we stand among the trees and grass, and let your animal friends know that they matter.



Above: Blessing of the animals

shwa



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Meet Your Neighborhood Gardeners: Growing A Business, A Family, & A Community

By Sarah Ann Blankenship



What started with a love of growing things has grown into something we never quite expected—a family business, a community of gardeners, and a whole lot of conversations about plants.

We're Ryan and Sarah Ann, and we're the family behind Gate City Gardening and Brew, a local gardening and homebrew shop just a few miles away in Midtown Greensboro.

For us, gardening has never been just about putting a plant in the ground and hoping for the best. It's about learning, experimenting, getting your hands dirty, sharing what you've learned, and sometimes figuring out what went wrong when something doesn't grow!

We've always loved the idea that there is something incredibly rewarding about growing your own. A tomato that started as a tiny seed. Herbs growing outside the kitchen door. A houseplant that finally puts out a new leaf after months of waiting. Those little

victories can bring a surprising amount of joy.

And gardening has a way of connecting people.

One of our favorite things about having a local gardening business is the people we meet. We've talked with experienced gardeners who have decades of knowledge, first-time growers who aren't sure where to begin, parents teaching their children how to grow food, and people who simply want to keep one houseplant alive!

At Gate City Gardening and Brew, we try to create a place where people feel comfortable asking questions, trying something new, and learning along the way. We carry gardening supplies, soils, nutrients, plants, pots, grow lights and more, but our favorite part of the business isn't what sits on the shelves.

It's the conversations.

We love hearing what people are growing, what they're planning, what they've tried, and what they're hoping to grow next.

And while the business has become a big part of our lives, at the heart of it, we're still just a family who loves growing things and sharing that passion with other people.

This fall, we encourage our neighbors to look for small ways to help something—or someone—grow.

Share a plant. Share some seeds. Teach a child how to grow something. Give a neighbor some of your garden harvest. Help someone get started. Or simply stop and talk to the person down the street who you've waved to a hundred times but never actually met.

You never know where a small connection might lead.

For us, gardening has grown into a business.

But the part we value most is the community that has grown around it.

And we're excited to see what we can all grow together.

— shwa —

ROCK THE BLOCK: GREAT MUSIC, GREAT NEIGHBORS

by John Kelly

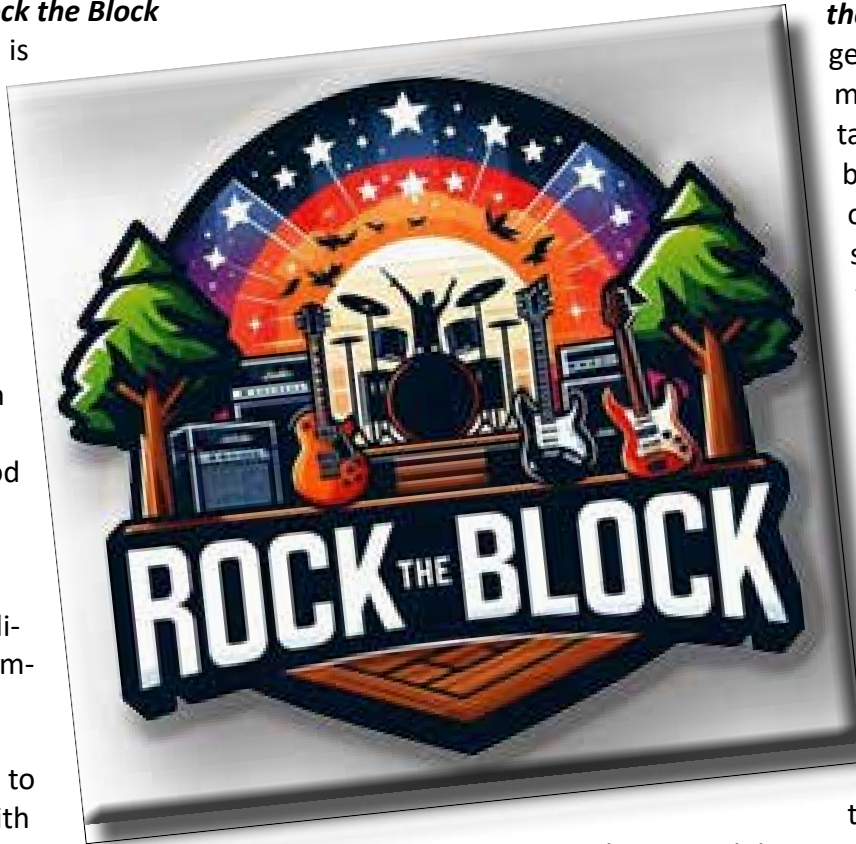


One of the things that makes **Rock the Block** so special is that it has be-

come much more than a concert series. It's a chance for neighbors to get outside, bring friends, meet new people and share an evening filled with great music and good company. Over the course of 2026, our neighborhood has welcomed an incredible variety of performers—and musicians who have traveled significant distances to share their talent with us.

We kicked off the season in May with **Magnolia Boulevard**, featuring **Pressing Strings**, followed by **BlackLight Idols** in June and **Bella Rayne** in July. In August, we welcomed the **Cris Jacobs Band**, bringing another nationally touring act to our neighborhood. These performers have traveled from different parts of the region and beyond to play for us. It's pretty remarkable that our neighborhood has become a destination for artists who spend much of

their time traveling from town to town and stage to stage.



Putting together a season like this doesn't always go exactly according to plan. This year, I had to scramble a bit when two bands scheduled to perform had to bow out—one for health reasons and another because they were presented with an opportunity to join a national tour. Thankfully, we were able to make adjustments and keep the music going. And seeing the park filled with neighbors and friends enjoying themselves makes all the behind-the-scenes scrambling worthwhile.

We also want to give a heartfelt thank you to our **Rock the Block** sponsors. Their generosity provides the means for us to hire these talented musicians and bring live music right into our neighborhood. Their support doesn't just pay for bands—it helps create opportunities for all of us to gather, connect and make memories together. Please take a moment to thank our sponsors for investing in our community.

And we'll wrap up the 2026 season in a very special way on November 21st, when

the **Taylor Scott Band**

joins us and Taylor travels all the way from Colorado to perform. As the music plays, we'll flip the switch and light the park for our Christmas Ball season. It will be a great night of music, lights and holiday spirit—and a fitting celebration of what Rock the Block is all about: bringing great music to our neighborhood and, more importantly, bringing neighbors and friends together.

shwa



*If you would like to see more photos of this summer's **ROCK the BLOCK** events, go to Page 20*

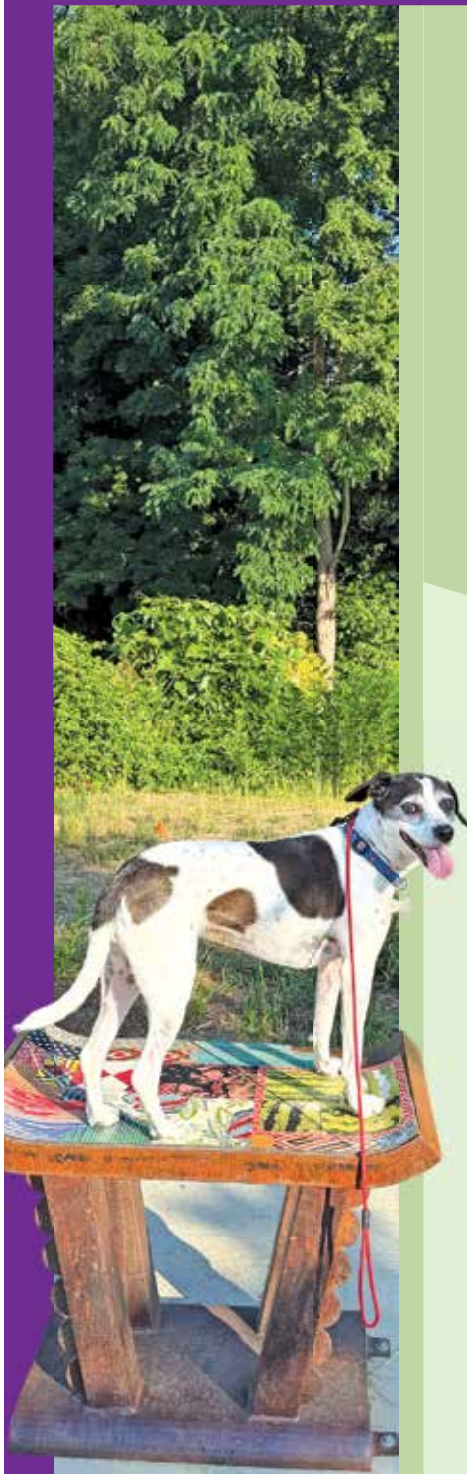
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Thanks To New Neighbor Donors

by Beverley Gass - New Neighbor Coordinator



As we approach the second-year anniversary of welcoming new neighbors to SunsetHills, we would like to express our appreciation and gratitude to those who make our **New Neighbor Welcome Boxes** a reality:

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Special thanks to Bob Holden and the Sunset Hills Neighborhood Association for making this possible.

If you or your business is interested in donating, we welcome your inclusion!

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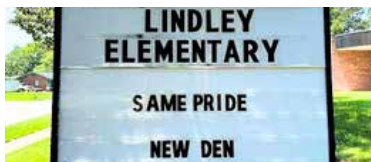
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Lindley's new building is under construction and classes are happening a few miles away at Murphy Elementary, but the students and staff still need their community! Sponsors are needed for school supplies, staff grants, field trips, and more. Neighbors are welcome at community-wide events!

CONTACT:
lindleyptapresident@gmail.com



Kiser Tigers just started the 2nd year in their beautiful new building, but lots of needs still exist. There are ongoing efforts to support teachers and create positive experiences for students. Reach out to Tyler for details on how you or your business can help support admin and PTSA.

CONTACT:
rtwilhoit@gmail.com



Grimsley is well known for athletics, but many needs exist in the classrooms and beyond! The Whirlie Way campaign raises funds for everything from a food pantry to teacher grants. Community support is the only way PTSA & staff can continue these efforts. Contact them for more information!

CONTACT:
whirlie.way.ptsa@gmail.com



NEED EVEN MORE CONVINCING? Listings that feed into top-tier schools sell an average of 8 days faster. Homes near good schools retain market value better during economic downturns. Over 1/2 of buyers cite "good schools" as a significant factor in their search.

Strong academics plus positive community engagement equals enhanced property values. This leads to a "halo effect" that extends to the surrounding areas. Good schools attract engaged people who want to invest in their local area. The result is a "halo" of well maintained properties, active and engaged neighborhoods, multiple community connection points, and increased local business development. The correlation is direct and trackable. Strong public schools correlate to better home values.

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4th Annual Friendship Picnic

By George Fuller - Interim Minister - First Christian Church



We want to invite you all, our neighbors in Sunset Hills, to join us for the 4th Annual Friendship Picnic at First Christian

Church, which will be held on Sunday, September 27th, on the front lawn, right after worship, about 11:30.

This is a time to meet our neighbors and deepen friendships.

As in years past, food will be provided by Smithfield's Chicken 'N Bar-B-Q. Count on some good fried chicken, sides, and some homemade desserts.

We will also have some live music and fun activities for the children to enjoy.

We hope to meet you as we build a neighborhood of compassion and friendship.

We hope all of you have the support you need to build a good life in these tumultuous times. We will be thrilled to see you at 11:30, but if you would like to join us for wor-

ship at 10 AM, I wanted to let you know that we welcome and fully affirm all versions of people. We pledge to help each of us reach our potential for love and kindness. I am the interim minister, and I have been in ministry since 1977. Many churches are friendly. I have found our fellowship to be as

mental ability; or any other designation of individuals who have known the pain of exclusion and discrimination by the church and society. We embrace all people at any point in their faith journey and recognize each person's spiritual gifts. We proclaim God's inclusive welcome to the Com-

munion Table and affirm that full and equal participation in the life, leadership, ministry, and fellowship of our church is open to all. We seek to continue to learn and grow in our efforts to be a movement for wholeness in a fragmented world.

Whether we see you on September

27th or not, we pray you have a deep awareness of the great love God has for you, know grace, be free of all guilt and shame, hear God's affirmation, and know the joy you bring to God. We pray you are safe, healthy, and experience peace and joy in the midst of each day's challenges.

Shine on!

_____ shwa _____



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Humble Beginnings

(continued from page 7)

Should we save the artifacts of our kids' childhoods? If so, for how long? Looking backward at my father's ephemera, and my own ephemera, and forward to my daughter's ephemera, I realize that it's always a process, and we're always in the midst of it. Generations of personal ephemera are the seedbed of antique malls, with their sad baskets of random family photos, fully de-contextualized, ten for a dollar.

If I look at my childhood home and assess what it might reveal about the ME that I have become, I can honestly say it was a house with a fair amount of humor, as my brother and I rolled on the floor laughing with the Carol Bur-

nett Show every Saturday night. The primary dearth, in my opinion, was the lack of books, only one meager book shelf with a few medical texts and quack self-help books relevant to my mother's arthritis. Thank goodness for the World Book Encyclopedia set—I lived in those volumes. I still have a sharp and dry sense of humor, but I am also an avid reader with a penchant for collecting books.

So how is that early view of my life, if you re-opened my childhood home to tourists, in any way related to my life as the adult I became? Does the early lack of books ironically inform the adult avid reader I became? Was the ability to laugh together truly a sign of kindness and love? If opening the childhood home to tourists is only for the famous, the

high-achievers, are there yet any lessons that we commoners can draw from the practice, if only in theory?

I might ask, what would the evidence of my daughter's childhood in this home in Sunset Hills yield, compared to the young astronaut Armstrong? But I might also ask, who cares? She is a kind and loving young adult, still the empathic soul that she was at age three, when she repeatedly burst into tears when I took her to see "Lilo and Stitch" at the theatre — she felt every tiny sad part of that movie cellularly.

So I don't worry too much about tossing a few material things from that era, because I know that she is good, she turned out OK, she doesn't want to hold onto things, or want us to hold onto things. We have each other, the experiences, all the memories. The house where her childhood occurred seems somewhat irrelevant, except that it was a place of love and friendship—the wallpaper is irrelevant, as are the window treatments, the views. If you want to know who she is, yes, you can look at her school years, her swim team years, her speed-skating years, but also look at her annual childhood trips to Georgian Bay in Ontario, or her post-college life in Medellin or Buenos Aires or her summers in Berlin, places she has spent most of her young adulthood. We want to define our children by their time in our home, in OUR nest, humble beginnings perhaps, but it may be wiser to define them by their own early nesting behaviors. They have fledged, and we adapt.

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Identifying & Dealing With Lanternflies In Your Yard According To Experts

(continued from page 30)

Make a DIY trap for egg masses

Sticky bands are no longer recommended because they can trap non-target creatures such as birds. Circle traps were once suggested, but they're difficult to set and often ineffective. Instead, make a lampshade trap. "The traps are highly attractive to females for egg laying," says Oten. "You can set them in July or August, leave them up through the egg-laying season, and remove and destroy them in November.

Each egg mass can have 30 to 50 eggs in it. Removing them will greatly reduce the number of babies hatching the next spring." Learn how to make a lampshade trap here.

Inspect items before moving

Look for egg masses on tarps, trailers, containers, propane tanks, and other items stored outdoors so you don't accidentally bring them with you to your new home. Also, if you're traveling through a quarantine area where SLFs are found, check your vehicle, including doors, bumpers, grills and wheel wells, for egg masses and adult hitchhikers.

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Identifying & Dealing With Lanternflies In Your Yard According To Experts

By Arricca Elin SanSone - from Good Housekeeping Online - Published: Jul 21, 2026



any
invasive
pests
hitch-
hike

to the U.S. on plants, luggage, or in container ships and planes. The biggest issue is that because they have no natural competitors, these invasives can displace native species and multiply unchecked. One relatively recent and worrisome arrival is the spotted lanternfly, also known



Above: Adult Spotted Lanternfly with distinctive wings

Right: Egg masses look like dried mud

ing agricultural crops such as hops, grapes, fruit trees, and hardwood trees.”

SLFs are great at catching a ride, which makes it easy for them to continue spreading. “While the adults are not great fliers, they’re active jumpers and crawlers and will crawl



as SLF. First identified in Pennsylvania in 2014, spotted lanternfly has quickly expanded to neighboring states.

These pests aren’t actually flies. “SLF is a type of plant hopper that will swarm a plant and drain it of its sap using piercing, sucking

Above: Spotted Lanternfly leave sticky residue

Above: Spotted Lanternfly nymphs are smaller with black bodies and white spots

mouthparts,” says Kelly Oten, PhD, assistant professor and extension specialist at North Carolina State University. “Their favorite plant is the invasive tree of heaven. But they feed on more than 100 species of plants, includ-

up something tall, then jump and flutter down, such as onto a vehicle, so that they’re transported elsewhere,” says David Coyle, PhD, associate professor of forest

(continued on page 30)

Identifying & Dealing With Lanternflies In Your Yard According To Experts

(continued from page 29)

health and invasive species, and extension specialist at Clemson University. “The females also lay egg masses which are very difficult to detect on surfaces such as trees, rocks, grills, firewood, cars, campers, and trailers.”

Ahead, here’s how to ID and manage these nuisance pests.

Are spotted lanternflies dangerous?

Fortunately, SLFs don’t bite people or pets, but they’re extremely annoying when they hop around in large numbers on your deck or patio. In infested areas, they may climb around on you, or you may see them piled up dead on sidewalks or swarming the doors of buildings, says Oten.

SLFs also excrete a sweet, sticky substance called honeydew, the excess sugar and water from their feeding on plants. Honeydew can attract stinging insects, such as wasps, which isn’t what you want in outdoor spaces. Honeydew also contributes to the growth of sooty mold, unsightly black fungi that build up on plants or on surfaces such as picnic tables or kids’ play sets if located under an area where SLFs are feeding, says Coyle.

How to identify spotted lanternfly

The textured bit in the center is an egg mass

SLF produce one generation per

year, but the challenge is that each life stage looks totally different. The egg masses, which are laid in the fall, overwinter and resemble a yellowish-brownish smear of mud about an inch long. “They sort of look like dried-up Silly Putty,” says Coyle.

Nymphs hatch in the spring (March to May) and begin feeding on plants. At first, they’re ¼-inch long and black with white spots and leggy, resembling ticks. By late summer, the nymphs are about ¾-inch long with white spots and red patches, says Oten.

You’ll start seeing adults in August. These are the easiest stage to identify and won’t be mistaken for anything else because they’re so distinctive in appearance. They have brown forewings with black spots at the front and a speckled band at the rear. Hind wings are red with black spots at the front and white and black bars at the back. The abdomen is yellow with black bars, says Oten.

How to get rid of spotted lanternflies

Because these pests are spreading, you may eventually find them in your own garden. “If you find a spotted lanternfly in your yard, don’t panic,” says Oten. “You probably won’t be able to eliminate them entirely, but there are lots of options to manage them to reduce their presence in your yard, impact on your plants and your enjoyment of your backyard.” Here’s what to do.

Target your attack

“Focus efforts where their populations are causing the most issues

for you, such as on a high-value shade tree,” says Oten. Your local university coop extension service agent (find yours here) can offer guidance on how to manage them, or you may need to call a certified arborist to assist with large trees. Fortunately, most healthy plants can take some feeding. You also should remove their favorite host plant, tree of heaven, if there’s one on your property.

Report sitings

This pest already is known to have infested parts of the Northeast and Mid-Atlantic. But if you’re in doubt or in an area where SLF is not yet known to occur, report it to your state’s agriculture department (find yours here), says Coyle.

Look for egg masses

In the fall and winter, inspect surfaces around your home for egg masses. Scrape them off, then crush them. This can reduce the numbers of SLFs next year, says Oten.

Smash the adults

It can get messy, but it’s fine to go old-school and simply stomp or squash the bugs. Then hose off the area, says Coyle.

Skip DIY concoctions for adults

There’s no solid scientific evidence that any DIY home remedy works to repel or kill SLFs. That includes essential oils, bleach, hot water, hair spray, or any other mixture, says Coyle.

(continued on page 26)

2026 SHNA Membership List

(continued from Back Cover
page 32)

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2026 SHNA MEMBERSHIP LIST

Neighbors paying dues as of August 18, 2026.

We wish to thank the 320 households out of the 815 households in Sunset Hills who have paid their dues. It is not too late to have your name here in our December issue. See the "Note From Your Treasurer" on page 4 in this issue on how to pay.

Those marked with * have contributed more than the dues. We appreciate your generosity.

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