



THE SUBURBAN

Around the Neighborhood

By Steve Collins

So much to do! So little time! Can we organize better? Can we frame our lives so we accomplish the essential rather than just the convenient? We will probably all agree that our lives have become very complex, empowered by technology. But could it be that we are "diluted or distracted" by technology? It seems like there is much investment of "time and treasure" in technology for the benefit of a virtual world that reaches outward in a shallow depth but does not reach inward to nurture our unique inner beauty.

"Once upon a time" it was about community-shared vision with shared responsibility for a shared purpose that provided shared benefit. Many of us would appreciate a rhythm of life that did not feel like a *daily tornado* of "crisis response".

Community provides a number of intangible benefits that today seem to get lost in the hustle and bustle of life - a good friend with a listening ear, a surprise celebration of accomplishment, a moment of beauty, shared joy or the recall of an exceptional memory, or

the thought that a little vulnerability among friends is OK. Community provides structure for nurturing those life-long relationships.

Community also provides a mechanism for shared action to opportunities that come our way. But today's rhythms get in the way, distracting our vision and diluting our resolve. And when the busyness of life gets in the way of community, life becomes an individual *marathon* effort requiring discipline and a balance of priorities for individual benefit. Without community the focus is on "you" and the burden is all yours.

Do you miss your community? Spring and summer provide opportunity to check those priorities and make sure that we are enjoying the intangibles of our community - maybe with a conversation with a neighbor, a walk around the neighborhood, a long look at the beauty of our surroundings, or a *moment of awe*. Take that gift of the present and make an investment. The memory will be worth it. A change in priorities may be something you welcome.

Steve



Great American Clean-up Suburban Acres earned 5 points toward our EARNN (Environmental Awards for Recycling in Norfolk Neighborhoods) total by participating in the national cleanup event on Saturday April 28th. Neighbors removed trash from wetland borders along East Kenmore Drive.

-Photo by Diane Ruhl

MAY MEETING

Monday May 14

Doors open at 6 pm

Meeting at 6:30 pm

Suburban Park
Elementary

Meeting Program:

Skip Stiles

Sea Level Rise

Before the meeting see updated
presentations on DePaul
Medical Center & Suburban
Park Shopping Center

Door Prizes!

50 / 50 Raffle!

Inside this Issue

Ceremony makes Harris
Teeter official...

Page 3

Winn sails to fourth coun-
cil term in Superward 6...

Page 4

Dr. Brad's wellness
Column...

Page 11

and...

2 Civic League Officers
and Contacts

3-8 Civic League and
Community News

6 Crimeview Statistics

9 Suburban Acres
Green

10 Announcements
Events

Recipes

11 Membership Form
Word Search

12 Neighborhood
Calendar

Suburban Help



Suburban Acres Civic League Officers

Kevin Janney, Acting President
587-1616
sacipresident@gmail.com

Lori Cloud, Vice President
583-0250
sacvicepresident@gmail.com

Diane Ruhl, Secretary
531-9121
sacsecretary@gmail.com

Marsha Lockard, Treasurer
559-1157
sactreasurer@gmail.com

Board of Directors

Jeb Clarke 626-0076

Chris Clagget 588-

JoDee Cook 587-7918

Larry Tice 480-3194

Newsletter/Communications
Kevin Janney
jkjanney@verizon.net
587-1616

Newsletter Advertising

suburbanacres@gmail.com

Newsletter Distribution
Mary Verykousis
587-1221

PACE Officer
Officer Odell Davis
odell.davis@norfolk.gov
823-4433 390-0417

Police (Non Emergency)
441-5610

Code Enforcement
664-6532

Norfolk Cares
664-6510

Neighborhood Watch
Coordinator
Larry Tice
ltice2@cox.net 480-3194

EARNN (Environmental Awards for Recycling in Norfolk Neighborhoods) Coordinator
JoDee Cook
587-7918

Military Family Coordinator
Susan Thornes
suzyqqqq@cox.net
333-7776

Visit our website at
www.suburban23505.com

Suburban Acres Civic League Meeting Minutes for April 9, 2012

Meeting called to order by Kevin Janney, president, at Norfolk Collegiate School (Upper School) at 6:30 pm. Quorum was established; 58 members and guests attended the meeting.

Pledge of Allegiance

March Meeting Minutes Approved.

Pace Report—Officer Odel Davis

There were 3 incidents: 1 Burglary at Wards Corner Radio Shack, 1 larceny (broke in door of building) and 1 individual was robbed. (They were carrying \$\$ transfer bags to the bank). There are more patrol cars in the area with the new Wards Corner project starting. The neighborhood Watch is doing a great job, keep it up.

Neighborhood Watch—Larry Tice

No report.

Presentation—Norfolk City Council Superward 6 Candidate Forum.

Kevin Janney introduced the individuals running for Norfolk City Council; John Amiral, Marcus Calabrese, Jesse Scaccia and incumbent Barclay Winn. Each spoke for approximately 30 minutes, and then questions were taken at the end of each speech.

Committee Reports—

This was an abbreviated meeting due to the candidate forum; the president dispensed with committee reports in order to give the city council candidates time to speak and answer questions.

Old Business—

Kevin reported that he had been coordinating with the Wards Corner Civic League on a letter to the Norfolk Planning Commission in support of the Suburban Park Shopping Center redevelopment project listing concerns regarding the façade and landscaping, and desire to place utilities underground.

Discussion on needing volunteers for July 4th parade. Next adopt a spot/clean up date is 28 April 2012.

New Business—

Announcements—

Norfolk Senior Center "Men Who Cook" fundraiser event is on April 21st at the Masonic Temple, 6pm-9pm.

Next SACL General Meeting will be held at Suburban Park Elementary School on Monday May 14th.

Meeting Adjourned at 8:04 pm.

Respectfully submitted,
Diane Ruhl, Secretary

Norfolk News Briefs

Annunciation Greek Festival Coming

The annual Annunciation Greek Orthodox Cathedral Festival is coming! The Greek Festival, Tidewater's oldest and largest ethnic festival, will include the traditional Greek cuisine with everything from Souvlaki to Loukoumades to Gyros, exciting Greek entertainment, arts and crafts, beautiful jewelry, and tours of the Cathedral. Please remember the far right lanes of the northbound side of Granby may be blocked with cars waiting for the Drive-Thru so drive carefully over the festival weekend.

Proceeds benefit the Cathedral's ministries and local charities.

Hours are: Thursday, 11am to 9:30pm, Friday and Saturday, 11am to 10pm and Sunday, 12pm to 7pm.

Pothole Repair Month Successful

1,743 potholes were repaired

on city streets in April, which is the official post-winter month for reporting potholes. The Department of Public Works wants to thank all who submitted information, but urges residents and commuters to keep reporting any Norfolk potholes online or at 823-4050.

Mike Strader
Owner

866-824-5173



Strader Lawn Services

straderlawn@yahoo.com

Civic League and Community News

www.suburban23505.com



Architect's rendering of proposed Harris Teeter at Wards Corner (provided by Suburban Asset Management)

Harris Teeter is in

The president of Matthews, N.C.-based Harris Teeter confirmed Wards Corner will be the home of the grocer's second Norfolk location at an afternoon ceremony on Friday April 27th at the development site, the Southeast corner of the Little Creek Road / Granby Street intersection.

Developer Chris Perry of Suburban Asset Management has said all along that the high-end grocer would be the development's anchor tenant, but Harris Teeter would not commit to signing a lease until the necessary city planning commission approvals and rezoning ordinances were finalized and approved by City Council, which occurred in a joint City Council-Planning Commission meeting on Tuesday April 24th.

In addition to acting city Director of Development Chuck Rigney city council persons Barclay Winn, Angelia Williams, Tommy Smigiel, and Andy Protogyrou were in attendance. Winn and Protogyrou, who represent Wards Corner, spoke at the ceremony.

Perry introduced Harris Teeter President Fred Morganthall, who said the grocer loves Norfolk and looks forward to doing more business here. Mortanthal said the location would be a "flagship" store and offer fresh already-prepared and made to order items, fresh seafood, and a deli with dine-in area at the new 53,000 square foot store, projected to open in early 2014.

Morganthall pointed out Rick Burnell of Atlantic Commercial Real Estate Services in the crowd, crediting Burnell for bringing the Wards Corner site to Harris Teeter's attention and for persistently selling the area, as well as Norfolk.

Both the Wards Corner and Suburban Acres Civic Leagues are in support of the project, and provided letters of support to the developer and planning commission. Both leagues asked that the developer incorporate elements of nearby Norfolk Collegiate School and Granby High school into the new center's brickwork and architecture, and emphasized a quality redevelopment job was essential since it will likely be 30-40 years or more before the site is again redeveloped.

The Suburban Acres Civic League also asked that landscaping and design elements be utilized to improve the appearance of or screen the rear of the new shopping center, which will be visible from homes on Louisiana Drive and Virginian Drive.

Demolition will begin within the next 30-60 days; the A.J. Gators restaurant closed after a farewell celebration on April 28th.

The Perry family has owned the site since the area first started to be developed in the 1940's, and opened the 5 & 10 cent store that grew into the nationwide Dollar Tree retail chain.

-Kevin Janney



The crowd at an outdoor ceremony celebrating redevelopment of the Perry property on the Southeast corner of Wards Corner on April 27th.



Harris Teeter President Fred Morganthall (left) and Norfolk City Councilman Barclay Winn (right) at ceremony confirming Harris Teeter as anchor for new Suburban Park Shopping Center on April 27th.

Civic League and Community News

For more news and events visit our website at www.suburban23505.com

Barclay Winn sails to 4th term

Incumbent Superward 6 councilman Barclay Winn swept the polls to a victory in the May 2nd election, propelling him to a fourth term on city council. Outstanding three opponents by 4:1 Winn outpolled his closest challenger by a margin of 2:1.

While cleaning up in Northeast Norfolk neighborhoods like Bayview and Ocean View (winning 6 precincts there), challenger John Amiral earned 28 percent of the vote to Winn's 49%.

It was noted late in the campaign that while Amiral claimed to be a business owner with a tax and consulting service located in Ocean View, he had listed the address of a vacant building in campaign reports. The Virginian Pilot reported in April that Amiral said the business was "on hold". Challenger Jesse Scaccia also noted that the Virginia Public Access Project tracked the majority of Amiral's campaign contributions to Northern Virginia and the Chicago area.

Winn did well in downtown and West side neighborhoods like Larchmont and Ghent, as well as the Wards Corner area. Winn has been an active proponent for redevelopment in Wards Corner and founding member of the Wards Corner task force. Despite winning Winn's outcome can't be called a landslide: this is the first election in which Winn did not win an outright majority of the votes.

-The Suburban

Election Results

CITYWIDE

Barclay Winn	3,982 (48.78%)
John Amiral	2,251 (27.57%)
Jesse Scaccia	1,594 (19.52%)
Marcus Calabrese	318 (3.89%)
Write in	18 (0.22%)
Total Votes	8,163

Election Results

Precinct 215—Suburban Park

Barclay Winn	181 (46.52%)
John Amiral	128 (32.9%)
Jesse Scaccia	52 (13.36%)
Marcus Calabrese	27 (6.94)
Write in	1 (0.25%)
Total Votes	389

More projects add to Wards Corner resurgence

The Virginia Pilot reports in an April 15th article by Carolyn Shapiro that the Wards Corner Farm Fresh will begin renovations this month.

A spokesman for Farm Fresh parent Supervalu, Inc. says the renovations are not connected to the new Harris Teeter grocery planned to anchor a new shopping center on the Perry Property down the street on the Southeast corner of the intersection of Granby Street and Little Creek Road, and that plans for the Farm Fresh upgrade have been on the drawing board for some time.

According to documents submitted to the city Farm Fresh will undergo \$2 million of upgrades affecting the interior and exterior of the store.

Also in April seven Denby Park apartment buildings in the 300 block of San Antonio Blvd. were razed after the city acquired the property for \$2.7 million. The Virginian Pilot quoted Wards Corner Civic League president Jim English who said, "It rids the area of apartments that have been notorious for high crime." English added that the "dysfunction of the neighborhood has been coming out of those apartments."

The 2003 Greater Wards Corner Comprehensive Plan identified the "Texas streets" area of Denby Park as being the most crime-ridden in the Wards Corner area, having a destabilizing effect of the neighborhoods around it. According to the comprehensive plan, the area was "an ideal environment for drug-dealing that has attracted criminal elements from the whole Hampton Roads area and beyond."

-The Virginian Pilot

THE WRIGHT STUFF LAWN SERVICE (757) 588-7176

**Now's the time to schedule your
customized lawn treatment (including
fertilization & weed control)**

- Mowing
- Weedeating
- Edging
- Bushes
- Spring Cleanups
- Mulch
- Aerating
- Seeding
- Fertilizing
- Customized Turf Programs



**WHY CALL ANYONE ELSE WHEN WE CAN SERVICE
ALL OF YOUR LAWN CARE NEEDS?**

A FAMILY BUSINESS OPERATING IN THE TIDEWATER
AREA SINCE 1998. CALL JIM WRIGHT TODAY FOR
A FREE QUOTE.



NORFOLK SHERIFF'S OFFICE

Robert J. McCabe
Sheriff / High Constable

Robert J. McCabe, Sheriff
811 E. City Hall Avenue
Norfolk, VA 23510

Office: (757) 664-4713
Fax: (757) 441-2531
E-Mail: robert.mccabe@norfolk.gov
Web Site: www.norfolksheriffsoffice.com

Civic League and Community News

www.suburban23505.com

Great American Cleanup spruces up Norfolk

On Saturday, April 28, volunteers spread out across Norfolk as part of the Great American Cleanup. The work accomplished was astounding; here are just some the numbers:

- 650 volunteers participated (1760 volunteer hours)
- 10,000 pounds of litter and debris collected from roadways, vacant lots, shorelines and parks
- Painted 25 picnic shelters, 94 picnic tables, 41 picnic benches and 30 charcoal grills, nine ball field bleachers and 4 dugouts.
- Painted 1,000 feet of fence and the band shell at Ocean View Beach Festival Park

The Norfolk Great American Cleanup event was coordinated by John Deuel, the executive director of Keep Norfolk Beautiful, and his dedicated staff and volunteers. Of the many groups and individuals who donated their time, the largest group of over 200 volunteers came from the USS Harry Truman.

Suburban Acres neighbors collected a pile of trash as they cleaned the wetlands at the headwaters of the Lafayette River along East and West Kenmore Avenue adjacent to Archer's Green, with help from the Archer's Green Apartment Community staff (see photo front page).

The civic league earned 5 points toward the Environmental Rewards for Recycling in Norfolk Neighborhoods (EARNN) competition, which nets cash prizes to neighborhoods for recycling and other sustainability activities.

-The Suburban

THINKING JULY 4TH PARADE?



Who isn't! This year's neighborhood July 4th Parade promises to be the BEST and BIGGEST ever!

- Our first-ever official Grand Marshal: Delegate Lynwood Lewis
 - Post-parade hot dogs & picnic fare provided by the Tinee Giant family for the second year in a row
 - Riptide and Norfolk Fire, Police, and Sheriff's units
- And it wouldn't be the same without YOU and YOUR FAMILY!***

Just watch and enjoy the picnic, or participate!

WEDNESDAY JULY 4TH, 2012

SUBURBAN PARK ELEMENTARY SCHOOL

10:30 AM

SEE YOU THERE!



Eggleston Garden Center

at Tanners Creek

May 5—Cinco De Mayo—Take 20% Off all veggies & herbs

Mother's Day Sale – Take 25% off all embossed and monogram flags. Attend our **FREE** Potting class at 2:00 p.m. Call for more info.

**eggleston
GARDEN CENTER**

*Your purchase helps support
Eggleston's mission of
providing employment for
persons with disabilities.*

Phone: 625-2044

www.tannerscreekgardencenter.com

*Your home is your most
expensive investment.*

Protect it with a security system from
VECTOR SECURITY, INC.

Burglary - Fire - Medical



SID BASS 408-0495 or 687-8695
E-Mail: sbass@vectorsecurity.com

Call for a no-obligation evaluation
DCJS#11-2048 Contractors#2705-020459A

Civic League and Community News

www.suburban23505.com

Norfolk CrimeView statistics Suburban Acres, April 1-30, 2012

CRIME TYPE DESCRIPTION	ADDRESS	DAY DATE TIME	INCIDENT NO.
LARCENY-FROM AUTO	400 BLOCK BRICKBY RD	THU 04/05/2012 21:45	120409014302
SHOPLIFTING / CONCEALMENT	7500 BLOCK VIRGINIAN DR	SAT 04/07/2012 18:05	120407000067
ROBBERY-INDIVIDUAL	7500 BLOCK GRANBY ST	SAT 04/07/2012 09:18	120407000021
VANDALISM	7300 BLOCK WEST KENMORE DR	WED 04/11/2012 17:45	120411457601
STOLEN VEHICLE	7300 BLOCK EAST KENMORE DR	MON 04/16/2012 14:00	120416000079
SIMPLE ASSAULT	7300 BLOCK WEST KENMORE DR	MON 04/16/2012 17:05	120416000072
VANDALISM	7300 BLOCK EAST KENMORE DR	MON 04/16/2012 23:00	120417483401
ROBBERY-HOME INVASION	7300 BLOCK WEST KENMORE DR	THU 04/19/2012 00:00	120418181601
AGGRAVATED ASSAULT	400 BLOCK VIRGINIAN DR	FRI 04/27/2012 18:00	120427000106
VANDALISM	7000 BLOCK SUBURBAN ARC	MON 04/30/2012 21:00	120501460106

Take Action on Illegal Signs

We've all seen them – the small signs, often handwritten, stuck in the ground or on the light poles along the streets. They detract from our neighborhood and are illegal. The City of Norfolk has an illegal sign program to remove these signs. Residents are encouraged to call the Norfolk Cares Hotline (664-6510) to report potential violations.

-The Suburban

Neighborhood Watch Update

By Larry Tice

During 2010 there were 2,158 burglaries reported in the city of Norfolk. (FBI Uniform Crime Report) This breaks down to roughly 6 a day, every day of the year. But before you move to the safety of Virginia Beach, they had 2,151. Norfolk also had 596 reported robberies. The bottom line...be aware of your surroundings, note anything out of the ordinary, and report suspicious activity.



Flora sighted in Norfolk

Entertainment and society columns are reporting sightings of Flora back in the Norfolk area. Flora, the Suburban Acres mermaid, visits neighborhood homes in the spring and summer months to designate the Suburban Acres Civic League Yard-of-the-Month. Flora normally rests and recuperates in warmer and more southern climes during the cool months.



An exclusive source tells this reporter that Flora has just completed a full rehabilitation right here in the neighborhood, and is sporting a freshened costume for 2012. Sources also say Flora will begin designating the Yard-of-the-Month this month-May 2012.

-The Suburban

Eggleston Garden Center at Tanners Creek



April 14th
9AM – 6PM

Great specials on
veggies, annuals,
perennials, shrubs,
pond plants and much
more!

eggleston
GARDEN CENTER

*Your purchase helps support
Eggleston's mission of
providing employment for
persons with disabilities.*

Phone: 625-3670

www.tannerscreekgardencenter.com

BUSINESS
(757) 857-0371

FAX
(757) 857-4533

TERRELL'S LAWN & LANDSCAPE

2056 Kenlake Place
Norfolk, VA 23518

COMMERCIAL • RESIDENTIAL

MICHAEL TERRELL

OWNER

The Wellness Column

Presented by Dr. Brad Robinson



Spinal Health Influences the Nervous System


Many people who have never visited a doctor of chiropractic assume that chiropractic is solely concerned with muscles and bones (musculoskeletal issues). But chiropractors, like Dr. Brad Robinson, also focus on the vitality of the nervous system. In fact, chiropractic care's influence on the nervous system may account for much more profound health benefits than mere relief and prevention of musculoskeletal conditions.

The spinal cord is a major component of the nervous system. It is housed in the protective shell of the spinal column. The spinal column consists of bones called vertebrae that are stacked one on top of the other and separated by flexible discs. This ingenious construction facilitates mobility while maintaining structure.

Nerves flowing to organs, muscles and structures throughout the body emerge from and return to the spinal cord. These nerves enter and exit through small canals between spinal bones. And, recent research also reveals that some spinal nerves actually attach directly to vertebrae via miniscule ligaments.

Researchers theorize that subtle alterations in the spine and surrounding structures may interfere with nervous system activity. For instance, studies show that even slight spinal degeneration caused by osteoarthritis may affect nerve flow. This may lead to a myriad of health problems.

To find out more about chiropractic's drug-free, revolutionary and highly effective approach to health care, call Dr. Robinson, a chiropractor and holistic-care provider, at (757) 588-8908 or visit our website at www.WardsCornerDC.com.



Wards Corner Chiropractic

Pain Relief & Optimal Health

The Virginian-Pilot READER'S CHOICE AWARD

BEST of

Norfolk

GOLD WINNER

Voted Best of Norfolk 5 Years in a Row - 2008-2012

Gentle ♦ Safe ♦ Effective ♦ Affordable

Military Discounts, Payment Plans
Most Insurance, Major Credit Cards

Dr. Brad Robinson, D.C.
Dr. David Milot, D.C.

588-8908

Official Chiropractor for the Norfolk Admirals
7400 Granby St., Norfolk ♦ www.WardsCornerDC.com

Congratulations from *The Suburban* to Dr. Robinson, Dr. Milot, and their staff for **ANOTHER** Virginian Pilot "Best of Norfolk" award!



Suburban Acres Civic League...

**IS NOW ON FACEBOOK!
LIKE US...WE'LL LIKE YOU BACK...**

Have story or feature idea? Would you like to be a regular or occasional contributor to *The Suburban*? Contact the editor at: jkjanney@verizon.net

Traffic Safety Note

Please use caution when driving along Suburban Parkway near Granby Street. Norfolk Collegiate School has received permission from the City of Norfolk for parking to be temporarily allowed along both sides of the street while construction of the Arts Center continues.




Let's Go! PET CARE

DOGGIE DAY CARE DISCOUNT

\$10 HALF DAY, \$20 FULL DAY

SELF SERVICE DOG WASH

ALL NATURAL PET PRODUCTS

ALLERGEN FREE FOODS AND TREATS

PET SITTING & DOG WALKING

757-440-3565 110 LA VALETTE AVENUE
LETSGOPETCARE.COM

NORFOLK'S ONLY SELF SERVICE DOG WASH

Civic League and Community News

For more news and events visit our website at www.suburban23505.com

Save the Swarms – and Help Honeybees

Spring and summer are when honeybees swarm, causing a lot of fear. But these swarms are harmless if left alone, and are how bee colonies divide when their hives become too crowded. The queen bee and half of her daughters leave the hive searching for a new home. The swarm (or cluster) of bees may gather on a tree branch, bush, your mailbox, or even a picnic table while waiting for the scout bees to tell the group the location of



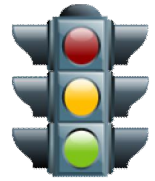
their new home. Local beekeepers encourage citizens who see a swarm to call them so they can collect the swarm to start a new hive. By not spraying the swarm, you will be helping save this important pollinator. The following telephone numbers are local bee-keepers who will come get the bees: 285-4509; 641-5933; 816-2262. For more information on bees and bee-keeping go to www.tidewaterbeekeepers.net or www.norfolkbeekeepers.net.

-The Suburban

Traffic Alerts

Lane closures Hampton Blvd. at Terminal Blvd.

Beginning Saturday, May 5, 2012 through Thursday, May 10, 2012, there will be traffic lane modification work at the intersection of Hampton Boulevard and Terminal Boulevard for safety purposes. This work will close turn and through lanes on Hampton Boulevard and Terminal Boulevard. However, two lanes will always remain open in each direction. The following lanes will be closed:



- Southbound left turn lane from Hampton Boulevard onto east-bound Terminal Boulevard
- Westbound left turn lane from Terminal Boulevard onto south-bound Hampton Boulevard
- One lane coming out of the Virginia International Terminal gates will be closed (intermittently)

-Norfolk Division of Communications

Furnish Your Home Office or Business FOR LESS!



From ugly to gorgeous! Let us transform your existing pieces with our on-site refinishing, refurbishing and electrostatic metal painting services. Or, find your dream furniture in our huge inventory for up to 60% off retail.

OFFICE FURNITURE OUTLET
Quality New & Used for LESS!

- Moving & Delivery Services
- Refinishing & Refurbishing
- On-site Repair & Maintenance
- Electrostatic Painting

1124-B Kingwood Avenue, Norfolk, VA 23502
757.855.2800 • info@ofova.com

Fitz & Sons Garage Doors LLC

A DOOR THAT "FITZ" YOUR NEEDS

Dealer for the finest garage doors and parts by Amarr

Your Door. Your Style. Your Choice.



Full-service residential and commercial installer

- Raised panel & custom Wood
- Steel carriage house
- Door openers
- Service and repair

Read our customers' testimonials and see the many brands and door styles available at

www.fitzandsonsgaragedoors.com

(757)480-5083

10% product discount with this ad - free estimates

SUBURBAN ACRES GREEN

By Karen Mayne

May—Termites, Mold, and Moisture: A Bad Trio!

Despite all the good things about living in Hampton Roads, we live in an area of the country that has high levels of termites and mold. Blame that on the relatively warm year round temperatures, high humidity and rainfall.

In nature, termites serve a vital function as decomposers that break down fallen trees and limbs and return wood to the soil. But the wood in our homes, and especially wood that is moist, can be easy pickings for termites. Subterranean termites cause the most structural damage in our area. They live in underground colonies and enter structural wood via mud shelter tubes that they build to keep moist. Termites will even tunnel through insulation to find wood. They feed constantly, but their presence is seldom noticed until damage is severe or the termites swarm inside a building.

Mold and mildew are generic terms used to describe a variety of species of fungus that eat organic materials (wood, paper, fabric, leather, paint, etc.). These fungi can grow quickly in areas that have been submerged during floods. Mold and mildew can also grow in houses, crawl spaces and attics where there are water leaks or high humidity. For people who are highly allergic to mold spores, the presence of mold can be life threatening.

Luckily, there are things homeowners can do to prevent both termites and mold. Not all preventative measures are cheap, but good home maintenance is cheaper than the alternative – replacing structural wood and drywall is expensive.

Here's how to keep those termites, mold and moisture away:

- Make sure the ground around the foundation slopes away from buildings so that rain water drains away.
- Repair leaks in roofs, plumbing and gutters. Fill and caulk cracks and holes that lead into or under the house, including utility lines and plumbing.
- Clean out gutters and downspouts at least once a year to prevent water from getting into roof soffits and attics. Downspouts should not empty close to the foundation – or add rain barrels to make use of that water.
- Maintain wood siding and trim in good repair – replacing worn caulk and keeping wood painted will help repel both termites and mold.
- Do not store wood close to the house and remove any wood or other organic materials from crawl spaces. Firewood should be stored on a raised platform well away from the house.
- Keep mulch, trees and shrubs away from the foundation. An open area of several feet between the house and plantings will allow good air circulation and make inspections easier. Do not allow sprinklers or drip irrigation systems to soak exterior walls or foundations.

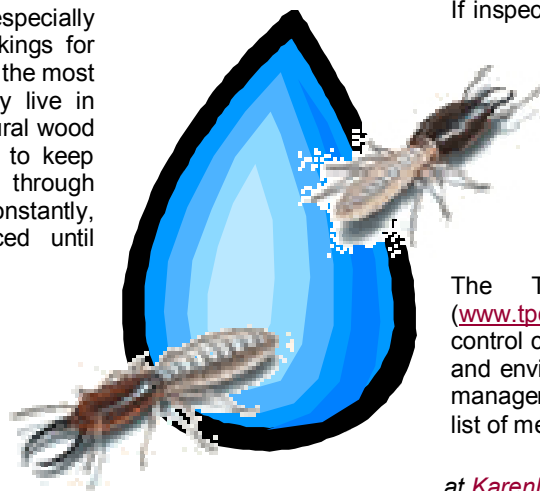
- When building new structures (fences, sheds, porches, etc.), there should be no wood-to-ground contact. All wood posts (even pressure treated) should be embedded in concrete or set in galvanized post holders. New buildings should have the required termite barriers.

Inspect your house once or twice a year (and after bad storms) for signs of termites, leaks and mold. Use binoculars to look at the roof to make sure shingles are in place, then go into the attic to look for signs of leaks or mold. Check around the foundation and in the crawl space for termite mud tubes, wet areas, or damaged wood. Inside the house, look for spongy floors, bubbling paint or drywall, or sawdust. Especially in spring, look for piles of tiny wings, particularly around windows – a sign of termite swarms. Mold and mildew show up as black, brown, green, yellow or red areas on wood, walls, and fabric and should be promptly removed.

If inspections under your house are more than you can handle, or if you see signs of termites, then a call to a professional pest control company is warranted. Pest control companies will check for moisture problems while under your house. There are hundreds of pest control companies in our area. To make sure you use one that is reputable, check with the Better Business Bureau.

The Tidewater Pest Control Association (www.tpca.com) is an association of local pest control companies whose members promote ethical and environmentally responsible business and pest management practices. Their website includes a list of member companies and phone numbers.

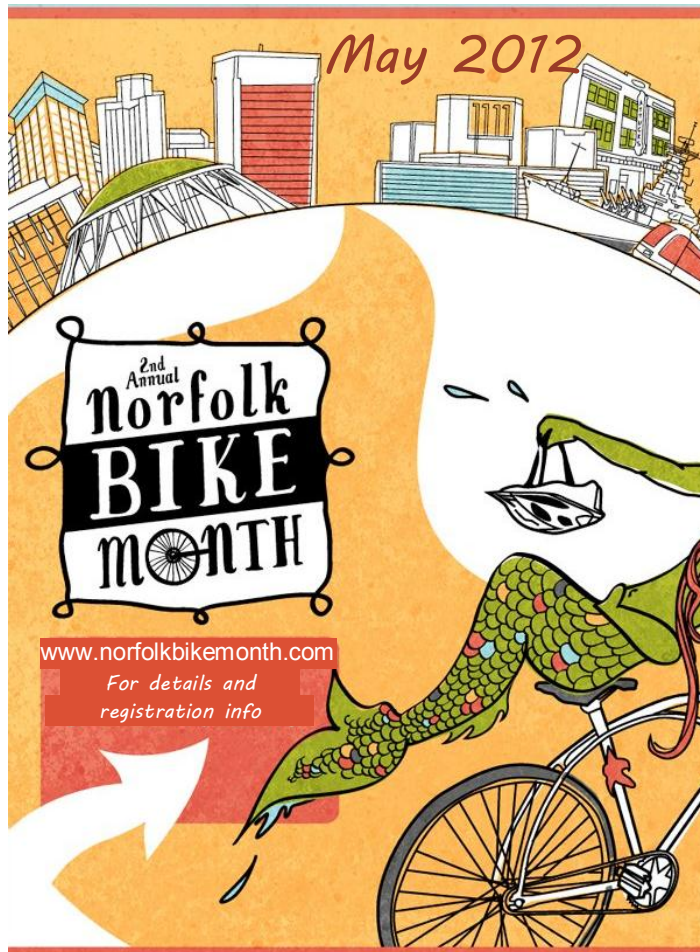
Karen can be reached by e-mail at KarenLMayne@aol.com or by phone at 587-1287



*Stop by your
friendly
neighborhood*

**TINEE GIANT
FOOD STORE**

*Any compliments or concerns,
please contact Bryan at 552-0000,
Ext. 207.*



TAX REFUND JOY

\$25 OFF

tax preparation

Offer valid on tax preparation fees only. Does not apply to financial products, online tax preparation product or other services. Present coupon at time of tax preparation. Valid at participating locations only and may not be combined with any other offer.

EXPIRES: 12/31/2012 COUPON CODE: LRLC2

Call 757-480-2000
for nearest location



Announcements

Send your
announcement to:
suburbanacres@gmail.com

*If you're not currently
receiving updates via
email from SACL
send us a brief email
to let us know you'd
like to be added to*

our distribution list! Birthdays? Anniversaries? Lost & found? Let us know!

Spring Native Plant Sale-South Hampton Roads Chapter, Virginia Native Plant Society spring natives sale, at the Norfolk Botanical Gardens on Sat.-Sun. May 11 and 12, 10 am to 5 pm both days. Regular Botanical Garden admission on May 11 and 12. For info contact Steve Stasulis at 486-5485.

Angels for the Cure Alzheimer's Walk Team Meeting at Our Lady of Perpetual Help, 4560 Princess Anne Rd. Virginia Beach, May 24th, 10:30 a.m. in the conference room. If you would like to attend please RSVP via email to Kat Bennett at kbennett@ourladyperpetualhelp.com or 495-4211. The Angels for the Cure team has been coming up with great ideas to raise money for the Alzheimer's Association and we welcome everyone who would like to be a part of the team.

May 2012 is Norfolk Bike Month Lakewood / Winona Community Ride May 12; ODO / Elizabeth River Trail Community Ride May 19; Ocean View / East Beach Community Ride May 27. www.norfolkbikemonth.com for more information.

Call for entries...SeniorArtFest '12 "A Celebration of Art and Life". Exhibit is June 4-7; entry deadline is Friday May 18th. Art intake May 21-25. South Hampton Roads artists aged 50+ are invited to participate in this spectacular annual exhibit featuring a variety of medium. Primeplus Norfolk Senior Center, for info call 625-5857 or email crandolph@primeplus.org.

Primeplus Norfolk Senior Center offers a variety of wellness, arts and crafts, and education classes as well as games and special events. Call 625-5857 or visit www.primeplus.org for more information.

May 27 Big Bands on the Bay, each Sunday thru the summer beginning May 27th with The Continentals, 7-9 pm Ocean View Beach Park. (Coolers and lawn chairs/blankets allowed, but no alcohol or glass).

June 6-11 Op Sail 2012 Flotilla hosted on the Norfolk Waterfront

June 8-11 36th Annual Norfolk Harborfest in conjunction with Op Sail 2012. Friday & Saturday 10am-midnight; Sunday & Monday 10 am-8 pm. Fireworks Sat. at 9:30 pm.

Norfolk participates in National Bike Month

In celebration of National Bike Month the City of Norfolk will be holding community bike rides throughout various neighborhoods during the month of May. At each ride there will be free giveaways, discounts to local retailers, bike safety demonstrations, and free bike permitting by the Norfolk Police Department.

Don't forget! Bike safety first - *the City of Norfolk requires every person fourteen (14) years of age or younger to wear a protective helmet when riding!* All rides will be escorted by the Norfolk Police Department and include a safety demonstration.

-Norfolk Dept. of Recreation, Parks, & Open Space





Suburban Favorites

Strawberry Fruit Congeal

1 (4 ½ oz.) carton Cool Whip 1 cup water
 1/4 cup sugar 1/2 cup chopped pecans
 1 (3 oz.) package cream cheese, softened
 1 small can crushed pineapple, drained
 1 regular size pkg. Strawberry Jello
 Fresh strawberries (about 1 cup when sliced)

Bring water to a boil with sugar and pineapple. Add Jello, stir until well dissolved. Put in an 8 X 8 or 9 X 9 dish and cool. Let set until it begins to congeal (about 1 hour). Fold in Cool Whip, pecans, cream cheese and strawberries. Chill until firm.

Serve on crisp lettuce leaf with a dab of cool whip and a strawberry on top of each salad.

Note: I add about 1/2 package of additional Jello to make it firmer.

MAY

WORD SEARCH



S	E	L	E	C	T	I	O	N	M	M	A
M	O	O	M	U	E	M	U	E	A	O	Z
T	A	W	E	T	L	A	N	D	Y	T	A
F	A	I	R	T	A	X	L	A	P	H	L
L	S	L	A	Y	V	A	M	R	O	E	E
O	U	T	L	N	I	E	A	B	L	R	A
W	O	O	D	R	D	A	Y	G	E	S	S
E	C	C	O	O	U	Y	O	A	N	D	O
R	U	M	C	A	B	E	R	R	L	A	D
S	E	N	U	R	S	E	S	D	A	Y	A
M	I	L	E	I	O	N	O	E	D	S	Y
C	A	D	B	E	L	T	A	N	E	I	L

Azaleas

Beltane

Cinco de Mayo

Derby

Election

Emerald

Flowers

Garden

Maia

Mayor

Maypole

Memorial

Mothers Day

Nurses Day

Sow



Are you a HELPER?

Help needed managing / coordinating this year's fabulous

July 4th Parade

Please contact Jodee Cook at 587-7918



We need your involvement in the Suburban Acres Civic League. The larger our membership, the louder our voice will be heard! Please join today!

Suburban Acres Civic League Membership Form 2012

☐ Individual \$ 5.00

☐ Family \$ 10.00

Name (Please print. For Family Membership, list head of household and all eligible voting members)

Street Address

E-mail

Phone

Please make check payable to **Suburban Acres Civic League**. Bring to the next meeting or mail this form to Marsha Lockard, Treasurer, Suburban Acres Civic League, 7311 Woodfin Ave. Norfolk, VA 23505. **And thank you for your support!**

Neighborhood Calendar

Calendar Notes...



Street Sweeping
Friday May 4 &
June 1



Recycling Pick Up (Blue Bins)
May 10 & 24; June
7 & 21

May 10 Greater Wards Corner Task Force, 8:30 am, Norfolk Fitness & Wellness Center

May 10 Norfolk Federation of Civic Leagues, 7 pm, Lake Taylor Hospital Cafeteria, 1309 Kempsville Road

May 14 Suburban Acres Civic League Meeting...doors open at 6 pm, meeting at 6:30, Suburban Park Elementary School

May 19 11th Annual Virginia Beer Festival in association with Virginia Arts Festival. 2-6 pm, Town Point Park.

May 19-20 Stockley Gardens Spring Art Show, benefits Hope House Foundation, Sat. 10 am-6 pm, Sun. noon-6, Stockley Gardens Park, Ghent

May 25-31 Virginia Hurricane Preparedness Sales Tax Holiday No sales tax charged on purchase of many items to prepare homes & fill emergency supply kits. More details at www.tax.virginia.gov.

June 4-7 Senior ArtFest 2012, Norfolk PrimePlus Senior Center, 7300 Newport Ave. info at 625-5857.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Election Day (Norfolk)	2	3	4 	5
6	7	8 5 pm Council Informal Session 7 pm Council Formal Session	9	10 8:30 am Greater Wards Corner Task Force 7:00 pm Norfolk Federation Civic Leagues	11	12
13 Mother's Day	14 Civic League Meeting 6:30 pm	15	16	17	18	19
20	21	22 5 pm Council Informal Session 7 pm Council Formal Session	23	24 	25 Hurricane Sales Tax Holiday	26
27 Tax Holiday	28 Memorial Day	29	30	31 Hurricane Preparedness Sales Tax Holiday		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 June 2012				 1	2	
3	4	5 2 pm Council Work Session	6	7 	8	9
10	11 SACL Meeting 6:30 p.m.	12 5 pm Council Informal Session 7 pm Council Formal Session	13	14 8:30 am Greater Wards Corner Task Force 7:00 pm Norfolk Federation-Civic Leagues	15	16
17 Father's Day	18	19	20 Summer	21 	22	23
24	25	26 5 pm Council Informal Session 7 pm Council Formal Session	27	28	29	30

Suburban



Community Resources and Contacts

Norfolk Commissioner of the Revenue
664-7860
Norfolk Treasurer
664-7800
Animal Control, Lost & Found Animals
441-5505

Norfolk Public Works

Accessibility issues, potholes, streetlights in need of repair, curbs and sidewalks
823-4050

E-waste recycling (common household electronics)

Computers, TV's, wiring, printers, small appliances (no smoke detectors or refrigerators)

Free to Norfolk residents at waste management facility:

1176 Pineridge Road
MON-SAT 10 am-2 pm

For complete list of recyclable e-waste items call 441-5813

Virginia Office of Consumer Affairs (investigation of consumer complaints)
1-800-552-9963

Five Points Community Farm Market, 2500 Church Street
640-0300

Norfolk Public Libraries
664-7328

Norfolk Neighborhood Design & Resource Center
664-6770

PRIME PLUS Norfolk Senior Center, 7300 Newport Ave
625-5857

Norfolk Cares...City services, citizen complaints & concerns
Mon-Fri. 8 am-6 pm 664-6510

Norfolk Department of Utilities Customer Service

664-6700

Emergency-Water Main Breaks & Sewer Leaks
823-1000

Miss Utility (Call Before You Dig)
1-800-552-7001