**JULY MEETING****Monday July 9****Doors open at 6 pm****Meeting at 6:30 pm****Norfolk Collegiate School****Meeting Program:****Dr. Brad Robinson****Norfolk School Board****Dr. Robinson will address &  
answer your questions on  
school board issues****Door Prizes !****50 / 50 Raffle!****Inside this Issue****Civic league, Archers  
Green receive Keep Nor-  
folk Beautiful awards...****Page 3****4th of July Parade route  
and information...****Page 5****Greater Wards Corner  
Taskforce update...****Page 8****and...****2 Civic League Officers  
and Contacts****3-8 Civic League and  
Community News****7 Yard of the Month****8 Crimeview statistics****9 Suburban Acres  
Green****10 Announcements  
Events****11 Membership Form  
Word Search****12 Neighborhood  
Calendar  
Suburban Help**

"I was born in Philadelphia on June 14, 1777. I symbolize the patriotic ideals of a nation conceived in liberty and admired around the world. From the dawn's early light to the twilight's last gleaming, you'll be proud to display me. I am Old Glory, the flag of the United States of America."

**From the President...**

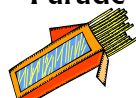
Independence Day honors the birthday of the USA and the adoption by the Continental Congress of the Declaration of Independence on July 4th, 1776.

As always, the 4th of July will be marked by parades, picnics, and backyard barbecues across the country. To me, those smaller family and neighborhood events are

the most special. I hope you will join the neighborhood for our annual

4th of July parade and picnic at 10:30 am before heading  
downtown to the Great American Picnic and Fireworks

from 5-10 pm. Norfolk knows how to do  
fireworks! And Suburban Acres knows  
how to do neighborhoods !

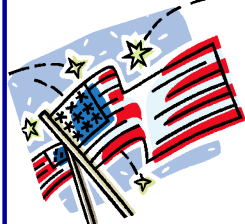
*Kevin***FOOD DRIVE***benefitting***Foodbank of Southeastern  
Virginia****Wednesday July 4th***during the***Suburban Acres 4th of July  
Parade**

Please drop off your donation of non-perishable food items for the foodbank at the after-parade neighborhood picnic at Suburban Park Elementary School  
11 am—12:30 pm.

If you live along the parade route, you may donate CURBSIDE as the Food Drive Float passes by.

The foodbank serves 1 in 4 people in our community at some point.

Help those in need today...Everyone has the power to help someone!

**THE GREAT SUBURBAN ACRES 4TH OF JULY PARADE****WEDNESDAY JULY 4TH, 2012**

Line-up begins at 10 am; parade steps off at 10:30 am.

See route map and other information on page 5.

Your family's participation makes our parade great!

Picnic follows the parade at Suburban Park Elementary.

**Parade entry prizes for:**

- Best youth entry
- Best family entry
- Best adult (age 18 & up)
- Greenest parade entry

**Prizes Courtesy of:**

*Farm Fresh, Mermaid Winery,  
Tanners Creek Garden  
Center, and more...*

**Desert cook-off winner:**

*Blue Ribbon and concert tickets from Farm Bureau Live / Virginia Beach Amphitheater*



## Suburban Acres Civic League Officers

**Kevin Janney, President**

587-1616

[sacipresident@gmail.com](mailto:sacipresident@gmail.com)

**Lori Cloud, Vice President**

583-0250

[sacvicepresident@gmail.com](mailto:sacvicepresident@gmail.com)

**Diane Ruhl, Secretary**

531-9121

[sacsecretary@gmail.com](mailto:sacsecretary@gmail.com)

**Marsha Lockard, Treasurer**

559-1157

[sactreasurer@gmail.com](mailto:sactreasurer@gmail.com)

## Board of Directors

**Jeb Clarke** 626-0076

**Chris Clagget** 588-2261

**JoDee Cook** 587-7918

**Larry Tice** 480-3194

### Newsletter/Communications

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[jkjanney@verizon.net](mailto:jkjanney@verizon.net)

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[suburbanacres@gmail.com](mailto:suburbanacres@gmail.com)

### Newsletter Distribution

**Mary Verykousis**

587-1221

### PACE Officer

**Officer Odell Davis**

[odell.davis@norfolk.gov](mailto: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](mailto:ltice2@cox.net) 480-3194

### EARNN (Environmental Awards

for Recycling in Norfolk Neigh-

borhoods) Coordinator

**JoDee Cook**

587-7918

### Military Family Coordinator

**Susan Thornes**

[suzyqqqq@cox.net](mailto:suzyqqqq@cox.net)

333-7776

**Visit our website at**

[www.suburban23505.com](http://www.suburban23505.com)

## Suburban Acres Civic League Meeting Minutes for June 11, 2012

Meeting called to order by Kevin Janney, President at 6:45 pm. Quorum was established. (29 members attended the meeting, 1 visitor).

### Pledge of Allegiance

May meeting minutes approved without correction.

### Pace Report—Officer Odel Davis

There was 1 incident: Burglary of copper piping at vacant home near Yorktown. There are more patrol cars in the area with the new Wards Corner project starting. They are preparing to start knocking down the buildings, which means more security during the evening time. Please stay away from the area for safety reasons. The Neighborhood Watch is doing a great job, keep it up.

### Neighborhood Watch—Larry Tice

No additional information to report.

### Presentation—Sid Bass, Vector Security.

Kevin Janney introduced our guest speaker; Sid Bass of Vector Security. Sid spoke about what to do in order to keep your home safe. It was not just about the security system. For example: Turning your outside lights on at night, cutting hedges near windows, stopping the newspaper and mail if you go out of town or letting your neighbors or friends know when you'll be out of town. Mr. Bass will donate \$75 to the civic league for every new customer in the neighborhood.

### Committee Reports—

**Meetings and Events:** (Lori Cloud had to leave the meeting unexpectedly). July 4th parade: We have a lot of guests participating in the parade to include the Caesars Pizza Mascot, RipTide, The colorful ODU "TedHead" guys and Delegate Lynwood Lewis as our Grand Marshall. Brian from Tinee Giant will be providing hot dogs and the fix'ns as well as chips, soda's and water.

- Anyone interested in a Community Yard Sale???
- There will be an electronics pickup day in the Fall again.
- Next SACL meeting will be 09 July at Norfolk Collegiate High School.

**EARNN:** (JoDee Cook) Archers Green Apartments has been selected to receive an Environmental Award from the city. We recently had several of our youth out putting on medallions on storm drains. All together we have received over 85 EARNN points and should be receiving our \$750.00 from the city. Many of the points were earned from our recycle program. Continue to put out your blue recycle bins!!!

On the note of recycling, we are in need of 3 folks to push the blue recycle bins in the July 4th parade.

**Membership:** (JoDee Cook) walkers still out encouraging new memberships.

### Treasurer's Report—Marsha Lockard

Beginning balance was \$2,017.14 and end balance after payment of newsletter, gift card for Andrea (painted yard of the month mermaid) and other misc expenses was \$1,767.47.

Marsha also mentioned we now have a new address for the Suburban Acres Civic League: 7649 Granby Street #337, Norfolk, VA 23505 (a box at the Copies & More store) to alleviate confusion when there is a transition of civic league officers.

### Old Business—None

**New Business—**Claudia Cary presented Kevin a trophy from for the civic league from Suburban Park Elementary for "Partners in Education" recognition.

### Announcements—

- \$24.00 collected for 50/50 raffle. Ray Marie won half the raffle pot (\$12.00) but gave it back to SACL. Thank you Ray Marie. Margaret Cordoana won Green bag & items from askHR-green.org and \$10.00 Taco Bell gift card. Claudia Cary won a the Tiger Eye plant (donated by Ron Keller). Sid Bass won a wine bag (carrier) and gave it to Ray Marie. Susan Thornes won the 2nd Tiger Eye plant. Wes Wilson won the door prize (home fire extinguishers) donated by Sid Bass.
- Next SACL meeting will be held at Norfolk Collegiate School (Upper School, Suburban Pkwy. & Granby St.) on July 9, 2012. The speaker will be Dr. Brad Robinson, Norfolk School Board member and owner of Wards Corner Chiropractic.

**Meeting Adjourned** at 7:50 pm.

Respectfully submitted,

Diane Ruhl, Secretary

*PRESIDENT'S NOTES...Secretary Diane Ruhl will be out of town on a month-long recreational trip to Minnesota, so her Mom will be filling in as secretary in July. And I thought a week in Ocean City was a great vacation!*

**Suburban Acres Civic League • 7649 Granby Street No. 337 • Norfolk, VA 23505**



## Civic League and Community News

www.suburban23505.com

### Civic league gets max EARNN rebate; Archers Green wins environmental award

By Kevin Janney

On Friday July 15<sup>th</sup> Keep Norfolk Beautiful presented the city's annual Environmental Action Awards and announced civic league winners in the EARNN (Environmental Awards for Recycling in Norfolk Neighborhoods) program.

The afternoon ceremony and reception at the Virginia Zoo in Norfolk featured a number of businesses and community organizations who were honored for environmental stewardship.

Nominated by Suburban Acres Civic League, Archer's Green Apartments was honored with a Rivers and Watershed Protection Award. The apartment community was nominated due to its litter prevention partnership with the civic league, installation of dog poop stations, community engagement by participating in civic league activities and helping with cleanups, and the attention to the community's landscaping.

The litter prevention partnership agreement coordinated by SACL's Steve Collins and Archer's Green Property Manager Jennifer Hewett is being used as a model in the city for other civic leagues and businesses.

Waitzer Property's Richard Waitzer and Signature Management Corporation (Archer's Green property management company) Vice President Kathy Scott attended the award ceremony with Hewett and Archer's Green staffer Tony Coppock. Archer's Green and other Signature properties have won numerous property management and real estate awards over recent years.

Suburban Acres Civic League was one of three small (less than 1000 homes category) civic leagues to earn the maximum \$750 rebate in Norfolk's EARNN program, and the only civic league to exceed the 100 points required to earn the rebate. The measured recycling rate in the neighborhood fell between 60% and 70%, earning the neighborhood 25 points for recycling, adding to the other 85 points SACL had on balance.

SACL earned the 85 points with neighborhood cleanups, youth involvement in environmental activities, the monthly Suburban Acres Green column by Karen Mayne, installation of storm drain medallions, hosting a home electronics recycling event, hosting speakers on topics of environmental stewardship and



**Top Photo:** (From left to right) Jennifer Hewett, City Councilman Anthony Burfoot, and Tony Coppock. **Bottom Photo:** Richard Waitzer examines the award presented to Archer's Green by Keep Norfolk Beautiful.

sustainability at monthly meetings, and other activities during the July 2011-May 2012 program.

In the three years of the EARNN program Suburban Acres has received cash rebates in all three years, receiving the maximum rebate this year and in 2010.

The new EARNN cycle gets underway in July. EARNN Coordinator JoDee Cook says this year the city is requiring two (2)

neighborhood representatives to attend the EARNN orientation meeting on July 12 at 7 pm. The orientation, to be held at the Ernie Morgan Center at the Virginia Zoo, lasts about one and half hours. SACL needs at least one, and preferably two neighbors willing to attend the orientation meeting and assist with coordinating EARNN activities in 2012-2013.

Kevin can be reached at 587-1616 or [jkjanney@verizon.net](mailto:jkjanney@verizon.net)

## The Wellness Column

Presented by Dr. Brad Robinson



### Acne Linked to Dairy Products

Acne is a problem for people of all ages, especially teenagers. Studies of teenagers and young adults with mild to moderate acne frequently report poor self-image, social impairment and diminished quality of life as a result of their skin condition. Dr. Brad Robinson also cautions patients that many of the medications prescribed for acne control have hazardous side effects.

Fortunately, making a few simple dietary changes can make a world of difference in the battle for clear skin. For instance, according to a study published in the medical journal *Clinical Dermatology*, dairy products are often singled out as dietary contributors to acne. Indeed, milk is designed by nature to promote the growth of baby mammals, so it's no surprise that it affects levels of the growth hormone IGF-1 in the body.

However, not all milk is created equal. One study published in the *Journal of the American Dietetic Association*, shows that IGF-1 levels are much higher in milk from cows treated with the hormone rbST. Organic milk has even less IGF-1 than rbST-free conventional milk.

IGF-1 levels increase when milk is treated with heat. Finally, acne is more strongly associated with skim milk than whole milk consumption. For clear skin and optimal health, the Dr. Robinson recommends that patients who consume dairy choose milk that is as close as possible to its natural state.

To find out more about the chiropractic approach to nutrition, call Dr. Brad Robinson, a chiropractor and holistic-care provider, at (757) 588-8908 or visit us at our office at 7400 Granby Street, Suite F in Norfolk. Dr. Robinson is a noted health speaker. If you would like Dr.



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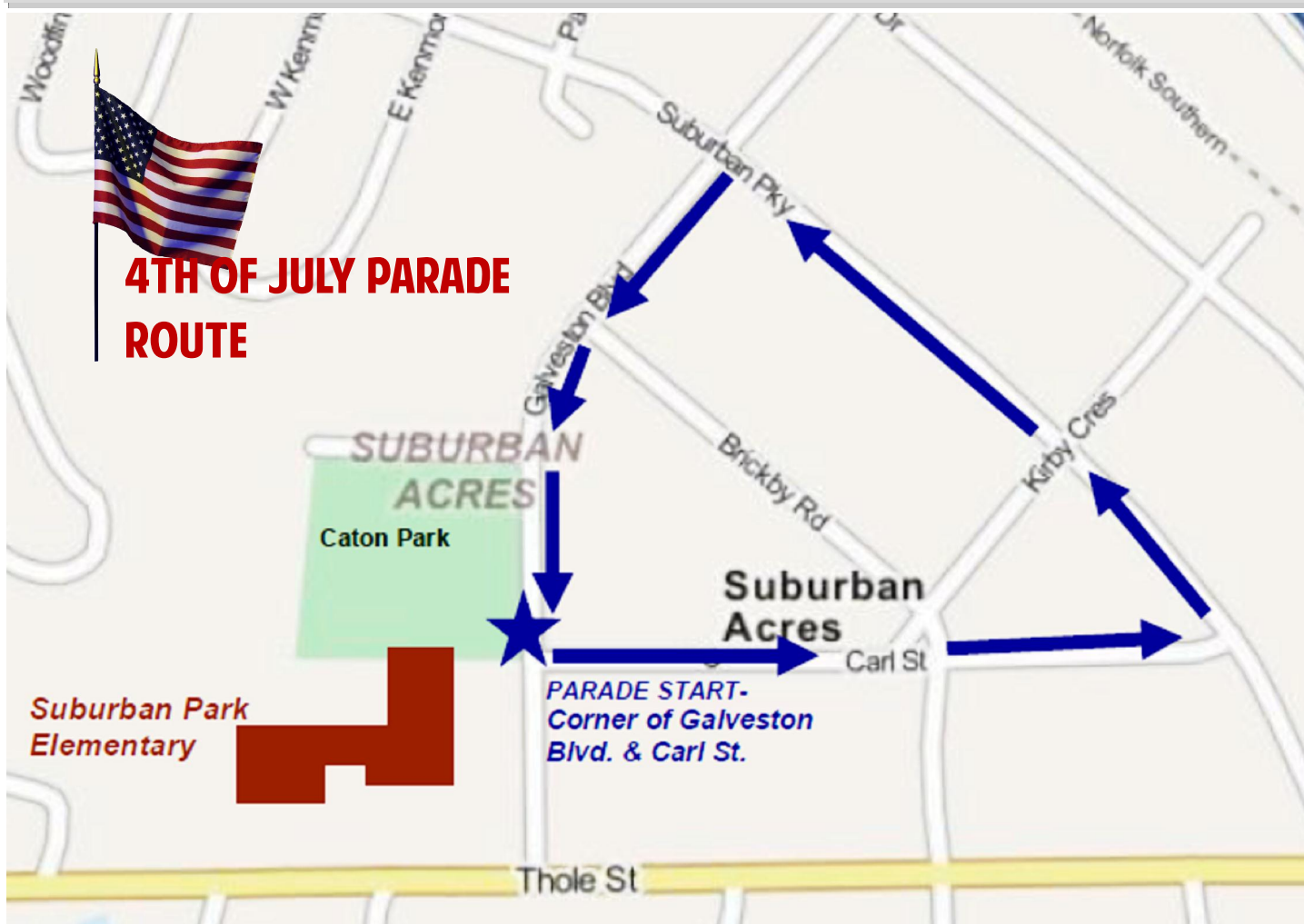
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## Civic League and Community News

www.suburban23505.com



2012 parade route beginning at corner of Galveston Blvd. and Carl Street, going up Carl and taking a left on Suburban Pkwy, going down to a left on Galveston, and back to the starting point at Suburban Park Elementary for the after-parade picnic.

### 2012 4th of July Parade to be biggest yet; prizes to be awarded for neighborhood entries

What do ODU's TedHeads, the Tidewater Tides' *Riptide*, a U.S. Navy Color Guard and Norfolk Admirals' mascot *Salty* have in common? They will all be at the Wednesday, July 4th Suburban Acres Civic League 4th of July Parade!

Lineup for the parade begins at 10 am, and the parade starts moving at 10:30.

For the first time prizes will be awarded for neighborhood parade entries in several categories including "Greenest" (as in environmentally friendly/educational) entry, best youth entry, best family entry, and best adult over age 18 entry. A desert contest is being held at the after-parade picnic; the desert contest winner will also get prizes, so bring your best sweet creation to share.

Also for the first time the civic league parade has an official grand marshal, Delegate Lynwood Lewis, our state representative in the House of Delegates.

The parade will also feature the Ryan Academy of Norfolk Griffons cheerleaders, fire-rescue units from the City of Norfolk and U.S. Navy, and Norfolk Police and Sheriff's Department units plus antique cars and other entries.

Families and individuals (and pets, if past parades are any indication) are encouraged to participate with vehicles, floats, bicycle, or walking entries.

The after-parade picnic at Suburban Park Elementary features hot dogs and refreshments donated by Tinee Giant food stores and the Zenarolla family, and will last until about 12:30.

See you at the parade!



### 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](http://www.suburban23505.com)

### Home security systems topic of June civic league meeting

Vector Security's Sid Bass was the guest speaker for the June 11, 2012 Suburban Acres Civic League meeting.

Mr. Bass has worked for Vector for ten years, and has been a customer for twelve. Bass said he worked in plastics and was 'downsized'. Bass said his response to people who ask him "When are you finally going to retire?" is, "When it stops being fun, or the company doesn't want me anymore!"

Bass highlighted what he called three myths about home security systems. The first myth is "I live in a safe neighborhood." Bass pointed out that even in a safe neighborhood like Suburban Acres there are occasional break-ins and burglaries.

The second myth is "I have a gun." Bass said that works only if you are home to use it, and if you know how to use it.

The third myth is "I have a dog." Bass said dogs are easily distracted, and possibly intentionally poisoned by only a half-pound of ground beef.

Bass speculated that the upcoming construction as Wards Corner is redeveloped will result in more strangers in the neighborhood, and possibly an increase in crime.

According to Bass Vector Security is the number 2 company in the United States for commercial security applications. Bass's office is near Mount Trashmore in Virginia Beach, and the company's district office is in Richmond. Vector has monitoring stations in Richmond, Philadelphia, and Pittsburg. The company is owned by the Philadelphia Contributionship, the nation's oldest property insurance company founded in 1752 by Ben Franklin and his fellow volunteer fire fighters. The contributionship acquired Vector Security in 1968.

-The Suburban



Claudia Cary, SACL's volunteer liaison to Suburban Park Elementary presents president Kevin Janney an Outstanding Partners in Education award for the league for the 2011-2012 school year.

### City announces 4th of July closings

The City of Norfolk's government offices, including City Hall, will be closed on Wednesday, July 4, 2012 in observance of Independence Day. Offices will reopen at regular business hours on Thursday, July 5, 2012.

Libraries, recreation centers and all indoor pools will also be closed Wednesday, July 4, but outdoor pools will be open during normal business hours. Beach lifeguards will be on duty from 10 am until 6 pm on July 4.

-Norfolk Division of Communications



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### Libraries to reopen on Mondays

Effective July 1st with the city's new fiscal year budget, all Norfolk Public Library branches will be re-opening with regular Monday hours.

-The Suburban

### Parade Street Parking Note

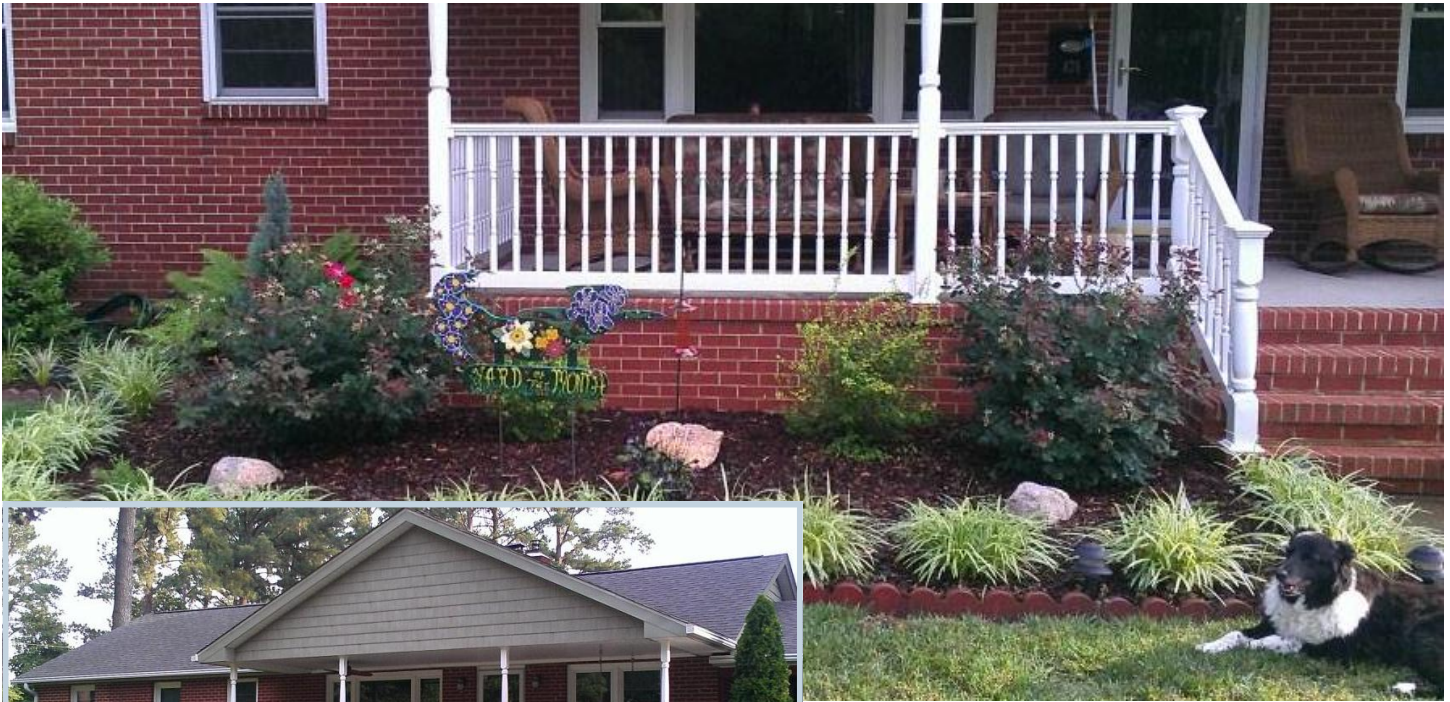
If you live along the Suburban Acres 4th of July Parade route (see page 5) please move your cars off the street if at all possible.

A clear route will enable the Food Bank float to collect curb side contributions and increase visibility for parade waters.

The parade begins at 10:30 and lasts approximately 30 minutes.

-The Suburban





Flora, the Suburban Acres mermaid, has graced the beautiful home of Steve and Ann Kennedy at 471 Suburban Parkway as the **June 2012 Suburban Acres Yard of the Month!** The Kennedys win a month-long visit by Flora. And doesn't Flora's new paint job look great! *Congratulations, Kennedys!*



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## Civic League and Community News

For more news and events visit our website at [www.suburban23505.com](http://www.suburban23505.com)

### Norfolk CrimeView statistics Suburban Acres, May 1-31, 2012

CRIME TYPE DESCRIPTION	ADDRESS	DAY OF WEEK	DATE/TIME	INCIDENT #
LARCENY-PARTS FROM AUTO	100 BLOCK SUBURBAN PARK	MON	06/11/2012 15:00	120611460104
LARCENY-OF BICYCLE	100 BLOCK LOUISIANA DR	SAT	06/16/2012 17:30	120617000032
LARCENY (ALL OTHERS)	100 BLOCK SUBURBAN PKWY	THUR	06/21/2012 09:04	120623000018

**TOTAL INCIDENTS: 3**

### Neighborhood Watch Update

By Larry Tice

At the last SACL meeting we had a presentation on burglar alarms. I had one installed when I moved into my home 25 years ago and I still use it every day.

I encourage everyone to consider having an alarm system installed. Because of advances in the technology, they are actually more efficient and less expensive than in the past. Some systems can also monitor for fire and carbon monoxide. A system can be configured to call your cell phone directly if your alarm is set off while you are not at home. You also get a discount on your homeowners insurance.



If you do decide to get a system, get at least three estimates. The home alarm system business is highly competitive and you can save money by shopping around. Alarm companies make their money on monitoring contracts. If you decide to have your system monitored, negotiate the price for the service. Also be sure to check out the company with the Better Business Bureau.

Larry can be contacted at 480-3194 or [ltice2@cox.net](mailto:ltice2@cox.net)

### Update on Suburban Park Shopping Center

In mid-June Chris Perry provided a brief update on the Harris Teeter-anchored shopping center. All of the tenants are out of the property and demolition should begin in July.

There are no firm leases for any of the new tenants yet. Mr. Perry promises to keep us aware of the construction schedule as well as road closings and other safety issues as he moves forward with the redevelopment.

-WardsCornerNow.com

### New mailing address for civic league

To alleviate confusion and delayed correspondence when new officers are elected, and provide a consistent address for advertisers and city officials the civic league has leased a box at Copies & More. The new civic league address is 7649 Granby Street, Number 337, Norfolk, VA 23505.

-The Suburban

### Wards Corner Task Force update

The City is in the process of funding Virginia Power to conduct a detailed cost analysis of putting the power lines underground along the section of Granby and Little Creek where the new Suburban Park Shopping Center will be. However, Councilwoman Theresa Whibley pointed out that there is only so much money currently allocated for the overall redevelopment of Wards Corner and that the task force may have to consider whether the priority is the continued acquisition and demolition of the problematic apartments in the Texas streets area or putting the utilities underground.

According to Chuck Rigney the city is still looking at the site plan and traffic analysis/costs for the new shopping center. Rigney said the city is looking into a designated left turn lane from southbound Granby Street onto Louisiana, and whether it should actually be two turn lanes because of the volume of traffic. Placing turn lanes in this location would mean removal of the current vegetated median.

Facade makeover is underway, and Mid-Town Shopping Center (the Dallis property) is negotiating leases for vacant storefronts. Farm Fresh has started its renovations, which should be completed by October.

The Wards Corner Task Force will be on summer break for the next couple of months, reconvening in September.

-The Suburban

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# SUBURBAN ACRES GREEN

By Karen Mayne

## July 2012 – Composting

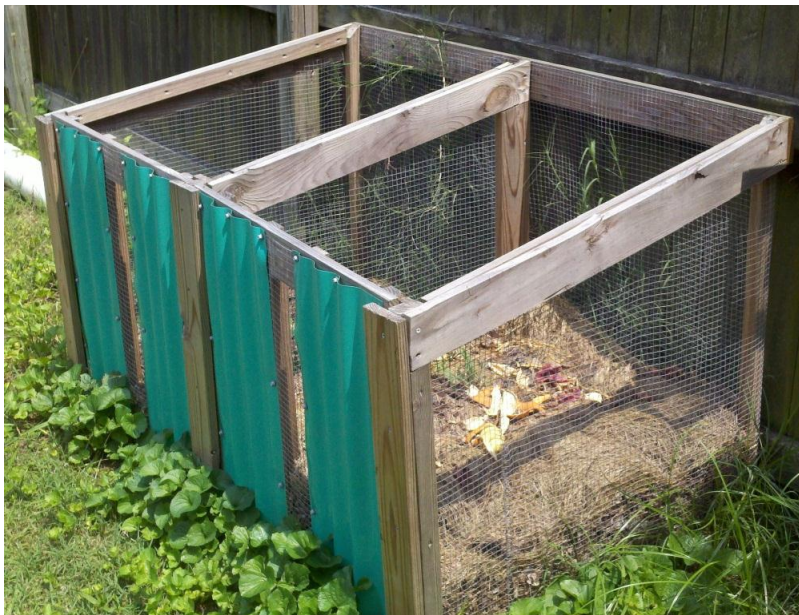
How would you like to have something called “black gold” for your yard and garden that provides fertilizer, cuts down on the need to water, and reduces landfill costs? And better yet, it’s free! Mother Nature makes its own compost when plants die, decay, and return to the earth, forming the top layer of soil. We can use the same process in our back yards by setting up a compost pile. All it takes is some sort of bin (homemade or store-bought) and the basic ingredients of compost: brown yard waste, green yard waste, water, and air.

**The Compost Bin** – There are many commercial compost bins of every imaginable design, but you can easily make one yourself by using fence posts and hardware cloth or chicken wire, or left over fencing or wooden pallets. The key is to allow air to enter the compost pile and to leave one side open to make it easier to turn the pile and scoop out the finished compost. A bin that is about 4 by 4 feet is the right size. You can make two or more bins to have compost developing at various stages. A website with bin designs is [www.CompostBinPlans.com](http://www.CompostBinPlans.com).

**Making Compost** – There are “formulas” for making the perfect compost, but who has time for that? Take the lazy approach and toss in a mixture of brown yard waste – dried leaves, twigs, wood chips, sawdust, shredded paper; green yard waste – plant clippings, dead annuals and flowers; and kitchen waste such as fruit and vegetable peels, coffee grounds (including the filters), and egg shells. While you can use grass clippings, it is better to leave them on the lawn to add nutrients and cut down on the need for lawn fertilizer. Never use meat, seafood, or dairy products in the compost pile, as these will attract animals. Don’t add weeds that have gone to seed or plant materials that are diseased or have been sprayed with pesticides. If you can add some soil (old potting soil works great), a little bit of manure (horse or cow only), or existing compost, that will jump start the process. Water the pile periodically and turn it every few weeks with a pitch fork. Or, continue the lazy gardener’s approach and let rain do the watering and don’t turn the pile. A compost pile that is left to fend for itself will be ready in one to two years. A pile that is turned and watered regularly may be ready in several months. You will know the compost is ready to use when it has turned a dark brown color, is crumbly like soil, and smells like rich earth.

Sift out any remaining large chunks such as corn cobs.

**Using Compost** – Gardeners call compost “black gold” because it really does help plants grow. Compost has the nutrients and microorganisms plants need to thrive, and acts like a sponge to absorb and hold water. Compost can be added as top dressing to existing flower beds or tilled into new vegetable gardens. Spread compost as a thin layer over lawns, which will give the grass a boost of nutrients and improve the soil’s water holding ability. If you have clay or sandy soil, adding compost



Example of a home made two-bin compost bin in use in Suburban Acres.

will improve its texture. Sifted compost can also be used in potting mixes.

**Hole Composting for the Really Lazy Gardener** – If you don’t have the room or energy for a compost pile, you can use hole composting in your flower or vegetable beds. In the garden, dig a hole about 10 inches wide and deep. Back in the kitchen, use a kitchen blender or food processor to grind up kitchen scraps (but no meat or dairy) with a cup of water. Once blended, take the mixture outside and dump it in the hole. Add a little soil back into the hole to get the microbes working. Once that hole is filled with kitchen scraps, start another hole somewhere else.

The EPA estimates that more than 25 % of landfill space is taken up by yard and kitchen waste. By composting at home, you will be doing good for your yard and garden, helping to save precious landfill space, and doing good for the earth! A website for learning more details about composting is [www.HowToCompost.org](http://www.HowToCompost.org).

Karen can be reached by e-mail at [KarenLMayne@aol.com](mailto:KarenLMayne@aol.com) or by phone at 587-1287



Enjoy your pet...without the mess!

## DoodyCalls

Offering friendly and affordable pet waste removal services that will make you happy. We are the nation's super duper pooper scoopers!

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(757) 857-4533

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Norfolk, VA 23518

COMMERCIAL • RESIDENTIAL

MICHAEL TERRELL

OWNER

## Eggleston Garden Center at Tanners Creek

### Dollar Days are Back!

Select annuals are just \$1 while  
supplies last

**eggleston  
GARDEN CENTER**

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

Phone: 625-2044

[www.egglestongardencenter.com](http://www.egglestongardencenter.com)

### Announcements

Send your  
announcement to:  
[suburbanacres@gmail.com](mailto: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!*

**Get well soon Drew Barnhart!** Drew was recently involved in a motorcycle accident and spent a few days in the hospital. He is recuperating at his parents home. Keep the Barnharts in your thoughts.

**Clyde Odom...**we're thinking about and hope you are back out and about soon!

Exhibit **The Drawing Board** through July 7th at One Eleven Art Gallery & Studios in Riverview. 111 Pennsylvania Ave, 625-1110 for hours and info.

Exhibit **Senior ArtFest 2012: A Celebration of Art and Life** through July 23, Primeplus Norfolk Senior Center, 7300 Newport Ave., 625-5857.

**Farmers' Fare at East Beach.** Vendors with baked goods, local farmers with heirloom produce, meat, fish, poultry. 9 am-noon Saturdays through Oct. 19th. Pavilion Park, 4730 Hammock Lane. [www.shopfarmersfare.com](http://www.shopfarmersfare.com) for info.

**Norfolk Historic Cemeteries** announces **Fall Workdays** for Fall 2012: workday hours are 8:00am to noon. Fri. Sep. 14th and Sat. Sep. 22nd at CedarGrove Cemetery; Sat. Oct. 6th and Fri. Oct. 19th at Elmwood Cemetery. For more information contact Bobette Nelson, Norfolk Cultural Resource Management, Department of Recreation, Parks & Open Space, Bureau of Cemeteries at (757) 441-2654.

Primeplus Norfolk Senior Center Offers **"Best Foot Forward" Program** to help seniors maintain healthy nails and feet each Friday afternoon with services including manicures, pedicures, soaks and trims, and diabetic foot treatment massages by licensed staff. Fees range from \$9 for the massage to \$22 for a pedicure. Services are available between 1 and 4:30 p.m. each Friday. Appointments should be made by calling the Center at 625-5857. 7300 Newport Ave. in the Norfolk Fitness and Wellness Center.

*The hurricane blew it away last year...we're going to try again!*

Suburban Acres

Annual Neighborhood Ice Cream Social

Saturday August 25, 2 pm

Fire Station No. 9 on Thole Street

Join your neighbors for good fun and a cool summer treat!



## 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

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for nearest location



Mike Strader  
Owner

866-824-5173



Strader Lawn Services

[straderlawn@yahoo.com](mailto:straderlawn@yahoo.com)



## Mosquito Time in Hampton Roads

Mosquitoes seem to be everywhere and earlier due to the warm winter. There are 25 different types of mosquitos in Hampton Roads.

Mosquitos lay their eggs in water (even a few drops may do) and rest in shady, moist vegetation. While City truck spraying may help to kill mosquitos along the streets, the spray cannot reach backyards. To help reduce the number of mosquitoes, make sure to get rid of any standing water in pots, saucers, buckets, tarps, boats, etc., and clean and replace water in wading pools, bird baths and fountains at least weekly.

If you have a pond, consider adding fish to feed on the aquatic mosquito larvae – plain old gold fish from the pet store are a cheaper alternative to koi. Just make sure to cover the pond to keep the local herons from feasting on the fish for dinner!

Use bug repellents or cover up with light clothing while outside to prevent getting bit by mosquitos that can carry the West Nile virus. Use a fan while on the deck or patio – it will keep you cooler and the breeze will keep the bugs away.

Norfolk's Bureau of Environmental Health Services performs spraying and conducts inspections and takes samples throughout the city in an effort to reduce the possibility of diseases such as Eastern Equine Encephalitis and West Nile Virus. For more information call 683-2840.



-The Suburban

## Our condolences to the Falls family...

Mr. Michael E. "Mike" Falls of the 500 block of Virginian Drive passed away on June 8, 2012; he was 68.

Mike Falls was one of the very first block captains when the Neighborhood Watch was established in Suburban Acres and was an active and friendly member of the neighborhood.

Mr. Falls was a native of Rhode Island and had a civil service career as a planner and estimator.

He is survived by his beloved wife of 47 years, Mary Jane Falls, three sons, David W. Falls and wife Kolleen and Travis W. Falls and wife Lori, both of Norfolk, and Todd A. Falls and wife Lindsey of Williamsburg as well as a brother, Patrick Falls and sister, Cindy O'Hara and husband Mickey, both of Norfolk.

To the Falls: sympathies and prayers from your neighbors.



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



S	U	M	M	E	R	I	S	O	F	U	N	B	Y	A
T	H	E	T	I	L	L	E	R	I	S	R	O	N	G
A	U	N	C	L	E	S	A	M	R	C	E	I	A	N
R	M	U	S	I	J	A	F	R	E	E	D	O	M	I
S	U	E	L	S	U	B	U	R	W	O	R	D	E	S
P	L	U	R	A	L	S	A	B	O	N	U	S	N	W
A	E	R	O	I	Y	I	T	A	R	U	B	E	Y	A
N	G	R	U	A	C	O	B	N	K	A	Y	H	U	T
G	L	A	D	P	I	A	R	E	S	H	A	O	N	E
L	O	G	E	R	O	C	P	A	R	A	D	E	C	R
E	O	D	T	U	A	R	E	S	Y	T	B	E	L	L
D	B	A	N	N	E	R	I	N	S	K	Y	R	E	I
R	P	L	A	S	Q	U	I	N	T	I	L	I	S	L
I	N	D	E	P	E	N	D	E	N	C	E	D	A	Y
L	J	U	L	I	U	S	Y	A	N	E	K	E	M	C

AMERICA	JULIUS	RED RUBY
DOG DAYS	JULY	STAR SPANGLED BANNER
FIREWORKS	LIBERTY	SUMMER
FREEDOM	PARADE	UNCLE SAM
INDEPENDENCE DAY	PATRIOT	WATER LILY

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Contact [suburbanacres@gmail.com](mailto:suburbanacres@gmail.com) for rates and availability 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 July 6 &  
August 3



**Recycling Pick Up** (Blue Bins)  
July 5 & 19; August  
9 & 23

**July 4 Annual Suburban Acres 4th of July Parade and Picnic** parade lineup begins at 10 am, parade at 1030. Picnic follows on grounds of Suburban Park School. See page 5 for details and parade map.

**July 4 Great American Picnic and Fireworks** downtown Norfolk at Waterside, 5 pm to 10 pm. Free. U.S. Army Training and Doctrine Command Band. Fireworks at 9:30 pm. Town Point Park. [www.festevents.org](http://www.festevents.org) for info.

**July 9 Suburban Acres Civic League Meeting**...doors open at 6 pm, meeting at 6:30, Norfolk Collegiate School (Upper School, Suburban Pkwy. & Granby St.).

**July 20-21 30th Annual Norfolk Jazz Festival** 5-11 pm each evening. Town Point Park downtown. Info and ticket sales at [www.festevents.org](http://www.festevents.org).

**NOTE: Greater Wards Corner Task Force and Federation of Civic Leagues** are on summer break and will resume regular meetings in September.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 2 pm Council Work Session	4 <i>Independence Day</i> Parade 10:30 am	5 	6 	7
8	9 Civic League Meeting 6:30 pm	10 5 pm Council Informal Session 7 pm Council Formal Session	11	12	13	14
15	16	17	18	19 	20	21
22	23	24 5 pm Council Informal Session 7 pm Council Formal Session	25	26	27	28
29	30	31				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>August</b>			1	2	3 	4
5	6	7 City Council Summer Recess – No meeting	8	9 	10	11
12	13 SACL Meeting 6:30 p.m.	14 City Council Summer Recess – No meeting	15	16	17	18
19	20	21	22	23 	24	25 Ice Cream Social 2 pm 
26	27	28 5 pm Council Informal Session 7 pm Council Formal Session	29	30	31 	

## 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