Volume 9, Issue 8

www.suburban23505.com

August 1, 2012

Newsletter of the Suburban Acres Civic League

CETHE SUBURBAN

Monday Aug. 13

Doors open at 6 pm Meeting at 6:30 pm Norfolk Collegiate School

Meeting Program:

Karen Burns

Virginia Aquarium & Marine
Science Center
Sustainable Seafood

Door Prizes! 50 / 50 Raffle!

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Around the NeighborhoodBy Karen Mayne

The old saying, "children are our future," might be a cliché, but it's certainly a true one. Do you remember when you were a child? Well, YOU are now the future! And so the children of today are the adults of tomorrow. Today's children will become the decision makers, the taxpayers, the voters, the civil servants (from teachers to police and firefighters to your Social Security benefits administrator). They will be the politicians who sit on city councils, school boards, and state delegates who decide our tax rates. So, whether or not you have children of your own, the children of our community really are important - you might say they will determine the future of our nation.

The Suburban Acres Civic League has a strong partnership with Suburban Park Elementary School. The school is in our neighborhood, our civic league meets there, and many of our children go there. In return for the support our civic league has given the

school, the civic league was once again honored to receive the school's "Outstanding Partners in Education" Award for the 2011 – 2012 school year.

Our civic league is now taking a "next step" to formalize the partnership with Suburban Park Elementary School. The Suburban Acres Civic League has just become the school's first official partner through the Norfolk Education Foundation's *A+ Community Partners* program. This program is designed to cultivate long-term partnerships between Norfolk Public Schools and communities. A+ Community Partners help schools and their children by providing volunteer time, in-kind contributions, and financial resources.

In this month's Suburban look for the article about the school's specific needs identified by Principal Brenda Shepherd and the school staff. Think about what you might be able to contribute—on your own or through our civic league. Working together we can all help ensure that tomorrow's adults get off to a great start!



The Naval Station Norfolk Color Guard leads the annual Suburban Acres neighborhood July 4th Parade.

The parade's first ever grand marshal was Delegate Lynwood Lewis.

154 pounds of food was collected for the Foodbank of Southeastern Virginia.

Photo by Dennis Mori.

See more photos on pages 6-7.





Join your neighbors...Bring the kids

Saturday August 25th 2 pm

Thank You, Tinee Giant!

Fire Station No. 9 115 Thole Street





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saclpresident@gmail.com

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587-7918

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suzyqqqq@cox.net 333-7776

Visit our website at www.suburban23505.com

Suburban Acres Civic League Meeting Minutes for July 9, 2012

Meeting called to order by Marsha Lockard, Treasurer. Quorum was established (24 members). SACL president Kevin Janney and vice president Lori Cloud are absent this month, tending to government business. Darlene Ruhl is filling in for secretary Diane Ruhl, who is on vacation.

Pledge of Allegiance

June meeting minutes approved without correction.

Pace Report—Officer Odel Davis

Officer Davis reported four larcenys (1 license plate taken). Reminded us to secure our plates. Incident at Talbot Park. The mermaid on the Perry Building at Wards Corner was taken. Police are investigating.

Neighborhood Watch—Larry Tice

Larry Tice reiterated what Officer Davis said regarding the Talbot Park incident.

Committee Reports—

<u>Meetings and Events:</u> Karen Burns from the Virginia Marine & Science Center will be our speaker next month, talking about Sustainable Seafood.

- The SACL meeting next month (August 13, 2012) will again be at Norfolk Collegiate.
- Eleven new members were signed up on July 4th.!!
- Yard of the month goes to: 134 Glen Echo, Keith and Christine Oliver.

Treasurer's Report—Marsha Lockard

Beginning balance June 1,2012 was \$1,767.47. Additional deposits of \$90 in membership dues, \$750 from EARRN, and \$500.00 from the Chris Perry Group (developers of the new shopping center) as a thank you. Ending balance of \$2,920.01.

Old Business— There were lots of July 4th parade watchers along the parade route; some were from other areas of the city. The Ice Cream Social at the firehouse will be on August 25, 2012 at 2:00 pm. More conversation about a community yard sale. Someone is needed to coordinate it.

New Business—Conversation about another electronic, batteries, cables pick up. Should it be an annual event?

Presentation—Dr. Brad Robinson, Norfolk School Board Member and owner of Wards Corner Chiropractic gave us a very interesting scenario of the work involved in being a school board member. And passed on information of two Gates Scholarships given to Norfolk students at Lake Taylor and Booker T high schools which is very encouraging for the school district.

Meeting Adjourned.

Respectfully submitted, Darlene Ruhl

From the President

Wow! There is so much going on! You know, many civic leagues and other community groups and organizations go on "break" during the summer months. I'm grateful that we don't, since there are so many great things continuing to happen in the neighborhood and Wards Corner.

I'm sorry to have missed the July meeting. To answer a question that came up, YES we will be doing another Home Electronics Recycling site in the fall. The first one in the spring was very well received, and netted us EARNN points. More to follow on that.

Several folks have suggested a community yard sale in the fall. Any takers on volunteering to be an organizer?

Continue to watch Wards Corner—great things are happening with demolition beginning on the Perry property, façade renovations underway on the Dallis property, and Guad's opening in the old Wards Corner Pub site. And Farm Fresh's renos are also underway—the walk in beer cooler is TWICE its old size!

Please join us for a big day on Saturday August 25th. At 8 am for a joint community cleanup (with Tabernacle Church) at Suburban Park Elementary School. Come pitch in for an hour or so (bring your rakes and shovels) to spruce up the school's landscaping for the new school year. Then at 2 pm at the fire station is the annual Ice Cream Social—hope to see you there!

Let's all keep an eye out and try to 'arrest' the weekend car break-in trend. We've had a rash of vehicle break-ins that tend to happen late night/early morning over weekends. See you soon,

Kevin

Civic League and Community News www.suburban23505.com

Suburban Park Elementary A+ Partnership Needs Volunteers

The civic league is now an "official" partner with Suburban Park Elementary school through the *A+ Community Partners* program. If you have time to help the children and school, here is a list of needs and opportunities:

- Join with the Tabernacle Church and the civic league on August 25 and 26 to work on sprucing up the exterior and interior of the school (see details elsewhere).
- Mentors/academic support is needed for African-American male students.
- Support in assisting students with special needs meet with academic success and state assessment criteria.
- Assistance with updating the school's physical environment, inside and out.

If you would like to volunteer at the school, please contact the school's volunteer coordinator, Mrs. Dalmida, at 531-3118.

-The Suburban

Intersection improvements planned for E. Little Creek Road & Tidewater Drive intersection

The City of Norfolk and VDOT are in the preliminary design stage of improvements slated for the intersection of E. Little Creek Road and Tidewater Drive. Dave Pfiffer with the City of Norfolk Public Works Department will be the project manager. He indicates that there is not a definitive timeline set at this point. He does not expect construction to begin in 2012 but he does hope to get out to the civic leagues this coming fall with the proposed renovations.

The current E. Little Creek Road bridge that spans over Tidewater Drive is at the end of its life-cycle at 55 years old. The bridge will be replaced with a bridge of the same size but the renovated intersection is slated to be greener, more pedestrian friendly, and more bike friendly.

All new traffic signals and travel lanes are expected. All 4 ramps to/from Tidewater Drive will received a new layer of asphalt. The concrete on the underpass will be milled and repaved. The walls of the underpass will be painted similar to the Monticello Ave underpass as well to give it a cleaner look.

The Tidewater Drive underpass is expected to be repainted similar to the Monticello Ave N&S Railroad underpass.

Mr. Pfiffer indicates that E. Little Creek Road and Tidewater Drive is the third most traveled intersection in the City and he will be taking both the planning and scheduling of the work to the civic leagues and the businesses in the area so as to minimize any negative impacts. He assures that the outcome will be a cleaner, greener, more pedestrian and bike friendly intersection and that he expects the new bridge to last another 50 years.

-WardsCornerNow.com

8 am Saturday August 25th
Suburban Park Elementary School
With Tabernacle Church
Indoor Cleaning & Outdoor
Landscaping projects, please bring
your gardening tools!



Flora meets Flora...Flora Goldsticker of Suburban Parkway meets the newly rehabbed SACL Flora-the-Yard-of-the-Month Mermaid at the July 4th picnic.



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Norfolk CrimeView statistics Suburban Acres, July 1-29, 2012

CRIME TYPE DESCRIPTION	ADDRESS	DAY / DATE / TIME	INCIDENT #
LARCENY-FROM AUTO	500 BLOCK VIRGINIAN DR	FRI 07/06/2012 20:00	120709460107
SIMPLE ASSAULT	7300 BLOCK EAST KENMORE DR	SUN 07/08/2012 12:15	120708000032
LARCENY-FROM AUTO	100 BLOCK CROMWELL PKWY	WED 07/11/2012 17:00	120712460105
DRUG PARAPHERNALIA; NARCOTICS VIOLATIONS	500 BLOCK THOLE ST	WED 07/11/2012 19:26	120711000072
BURGLARY-RESIDENCE	400 BLOCK SUBURBAN PKWY	TUE 07/17/2012 19:50	120717000092
STOLEN VEHICLE	100 BLOCK CROMWELL PKWY	SUN 07/22/2012 18:30	120723000074
LARCENY-PARTS FROM AUTO	500 BLOCK SUBURBAN PKWY	MON 07/23/2012 02:00	120723000047
LARCENY-FROM AUTO	400 BLOCK VIRGINIAN DR	FRI 07/27/2012 21:00	120728000027
TOTAL INCIDENTS: 8			

Neighborhood Watch Update By Larry Tice

On Tuesday, July 17th, there was an attempted burglary in the 400 blk. of Suburban Parkway. At 7:45pm, the victim homeowner and his wife were at home. The wife was mowing the back yard and the garage door was open. The suspect entered the residence through a closed but unlocked door adjoining the garage. The suspect probably thought that while the victim was mowing the back yard, they would be unaware that



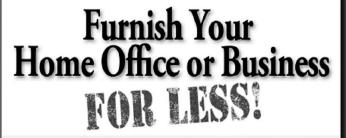
he was inside the house. He walked into the kitchen area and was confronted by the victim. The suspect ran out and was

apprehended by police officers several blocks away on a bicycle. The victim was told that the suspect was currently out on bond on a robbery charge. This incident should be a reminder to lock doors whenever you are working in your yard and remain vigilant of strangers in the neighborhood.

Neighbors report several cars broken into on Suburban Parkway and Thole Street the weekend of July 22, and along Virginian Drive on Friday and Saturday July 27-28. While nothing of any value was reported in any of the vehicles, side windows were smashed to gain entry.

Bruce Larson reports Norfolk motorcycle police motorcycle units have been patrolling Thole Street during the last week of July. The Neighborhood Watch welcomes new block watchers Joan Wilson and Bill Fehlhaber, at opposite ends of Thole Street.

Larry can be reached at Itice2@cox.net or 480-3194





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The Wellness Column

Presented by Dr. Brad Robinson

End Sciatic Pain Without Medication

The sharp, shooting pain of sciatica ranges from uncomfortable to downright debilitating. Numbness and muscle weakness in addition to pain in the sciatic nerve — the longest and widest nerve in the body — may strike anywhere that this nerve travels, from the lower back and buttock down to the foot.

While bed rest and medication are often useless against sciatica, there is hope, says Dr. Brad Robinson. Study after study shows that safe, drug-free chiropractic care can make a real difference for those who suffer from sciatica. A recent research review published in the *journal Physical Medicine Rehabilitation Clinics of North America* shows that chiropractic is effective for sciatica.

Another promising trial published in the *Spine Journal* looked at 102 patients with moderate to severe back pain and sciatica associated with disc protrusion (a precursor to herniation in which the disc bulges but is intact). Half the group received up to 20 chiropractic adjustments while the other half received simulated adjustments. The actual adjustments outperformed sham adjustments in terms of both total relief and number of days without pain.

Another study published in the *Journal of Manipulative and Physiological Therapeutics* included 40 patients with sciatica from disc herniation who had unsuccessfully tried medication, physiotherapy, massage therapy, lifestyle changes, and/or acupuncture. These patients were randomly assigned to chiropractic care or microdiscectomy, a surgical procedure which removes tissue that has escaped from the herniated disc. A full 60 percent of the patients receiving chiropractic care had improvement. This was equal to the recovery rate of the microdiscectomy patients — but without the risks inherent in surgery.

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



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Have story or feature idea? Recipe? Would you like to be a regular or occasional contributor to The Suburban?

Contact the editor at: jkjanney@verizon.net

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Thank You!

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"Beautiful! Absolutely beautiful," exclaimed Flora, the Suburban Acres mermaid, when she saw the home of Keith and Christine Oliver at 134 Glen Echo in the Granby Park neighborhood. The Olivers have been selected as the **July 2012 Suburban Acres Yard of the Month**, and receive a month-long visit by Flora, and the admiration of their neighbors. *Congratulations*, *Olivers*!

•

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By Karen Mayne

August 2012 – Flooding & Storm Season

Although hurricane season officially starts in June, most of the tropical storms and hurricanes we experience in Tidewater come in August and September. But we can have bad weather any time of year - severe thunderstorms, tornados, snow and ice storms have all hit here. Any of these weather events can lead to flooding, wind damage, and power outages. Are you prepared to survive a week without electricity? Do you know where NOT to drive in Norfolk during heavy rains and flooding? As we saw with the disaster in New Orleans during hurricane

Katrina, we cannot rely on the government to help us during a serious emergency.

Flooding is a constant issue in Norfolk since the city is surrounded by tidal waters and many parts of the city sit on filled-in creek beds. The City of Norfolk wants to increase citizen awareness of flooding problems through its new website, www.norfolk.gov/ flooding/. This website has maps of flood prone areas and a list of things homeowners can do. One of the most important things to remember is not to drive or walk through standing water. Water in the streets may be deeper than it looks, and as little as one foot of water can "float" most vehicles. Flood waters can seriously damage your car, which may not be covered by your car insurance if you do not

carry comprehensive damage on your policy. Standing water may be tempting for children to play in, but there could be downed electric lines hidden in the water, and flood waters often contain chemicals, bacteria, and viruses. And speaking of insurance, adding flood and sewer back-up coverage to your homeowner or renter's insurance is an important consideration, since basic homeowners' policies do not cover these events. You don't need to live on the water to experience flooding here in Tidewater!

Everyone should have an emergency preparedness plan - and not just for hurricanes. Wind or tornado damage from a thunderstorm; a long-term power outage; a toxic chemical release from a railroad or business accident; or a terrorist attack may require immediate evacuation with no warning. Do your family members know how to reach each other or where to evacuate to if such a disaster strikes? Having appropriate phone numbers and a family member or friend outside our area as the point of contact and a place to go is recommended.

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There are many sources of information on how to develop a family emergency plan and advice on what to put into a disaster kit. The Federal Emergency Management Agency (FEMA) has a comprehensive website at www.ready.gov. Every home should have a basic first aid kit, a "ready-to-go" container, and a "stash" for stay-at-home disasters. Think about who lives in your home and what they would need to survive for a week without electricity or the ability to leave the house: medicines and specialized medical devices such as oxygen tanks; water and non-perishable food (don't forget pets); battery operated

lights – preferably LED lights, which last longer (candles are a fire hazard), and a battery operated or hand-cranked radio. Important documents should be copied or backed-up for offsite storage and to take with you if you leave home in a hurry. Keeping some cash

Emergency Propered on hand and vehicles half full with gasoline at all times will ensure you can make purchases or leave the area if there is no electricity. Car batteries can serve as an emergency battery charger for cell phones with a power inverter. If you have family members who rely on electricity for medical devices or must have air conditioning, consider a stand-by generator or have a plan to evacuate them.

> Business owners should also develop emergency and continuation of operations plans. FEMA has a section of its website just for businesses at www.ready.gov/business.

> Many of us don't do this advance planning because it seems overwhelming. But by tackling just one aspect a week - 1) making a plan, 2) setting up kits, 3) stocking up on food and water, and 4) backing up important documents – in a month, we can all be ready to handle an emergency. And won't you sleep better knowing you have planned to care for your loved ones?

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

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Shout Out! Good News About our Neighbors...

Caleb Daniel Smith and John Michael Neary made the Fleet Rec Park Juniors All-Stars Baseball team.



(Above) Caleb Daniel Smith, #11, Pitcher, Catcher and Short Stop of Suburban Pkwy, Rising Granby High School Freshman. (Below) John Michael Neary #14 Short Stop and 3rd Base, Thole St, Rising Maury High School Freshman.



SHOUT OUT...Good News About our Neighbors continued



Two staff members of Signature Management Corporation, (the property management company that operates Archer's Green Apartments for owner Waitzer Property), were recognized with Merit Awards at the Tidewater Multifamily Housing Council's annual awards on July 19th. Kathy Scott was awarded the Chairwoman's Plaque for her work in leading the council in 2012; Chrissie Arocho received the Above and Beyond Award.

The Tidewater Builders Association TMHC recognizes professional members and properties with awards and graduates its Registered in Apartment Management (RAM) certification course each Summer.



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!

Butterfly Society of Virginia provides guided tours and answers questions about gardening for butterflies. Saturdays in August, 10 am-2 pm, Norfolk Botanical Garden. Info at www.butterflysocietyofva.org.

Bike Nights at Botanical Gardens. Mondays, Wednesdays, and Thursdays, 4-7 pm. Norfolk Botanical Gardens, 6700 Azalea Garden Road. 441-5830 for info.

Paddle for the Bay fun paddle and race (kayaks, canoes, paddleboards). Benefits Chesapeake Bay Foundation. Aug. 4, 9 am-noon, Sarah Constant Beach, 300 W. Ocean View Ave. \$40 entry. 404-6603 for info.

Forum to consider a no discharge zone (NDZ) for Lafayette River. Hosted by Elizabeth River Project. Monday Aug. 6 at 6 PM. Norfolk Zoo in the Education Classroom to the right @ main entrance. RSVP to Joe Rieger, Elizabeth River Project, phone 757-399-7487 or jrieger@elizabethriver.org

Volunteers needed for Norfolk Bureau of Cemetaries Spoken' Through History Bike Race & Scavenger Hunt, Forest Lawn Cemetary, Sat. Sept. 22, 4 pm to 7 pm. Course marshals and entry/parking attendants needed. Contact Bobi Nelson at bobette.nelson@norfolk.gov or 441-2654 to volunteer.



AUGUST WORD SEARCH

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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 Memi	bership	o Form	2012
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(Please print. For Family Membership, list head of household and all eligible voting members)

Street Address

Name

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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 August 3 & September 7



Recycling Pick Up (Blue Bins) August 9 & 23; September 6 & 20

AUG 7 National Night Out Ceremony and Parade 5:30 pm, New Hope Church of God in Christ, 3232 Brest Ave. Hosted by Fairmount Park Civic League.

AUG 13 Suburban Acres Civic League Meeting...doors open at 6 pm, meeting at 6:30, Norfolk School Collegiate (Upper School, Suburban Pkwy. & Granby St.). Program: Sustainable Seafood with Karen Burns.

AUG 25 Community Cleanup at Suburban Park Elementary School 8 am with Tabernacle Church.

AUG 25 Annual SACL Ice Cream Social 2 pm at Fire Station No. 9. Thole Street.



Traffic Note: Through mid-August watch for alternating lane closures on Granby Street, between W. Severn Road

and West Belvedere Road for utility work. Norfolk's 24-hour Construction Concerns Hotline number is 664-7220.

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
Au	gu	sŧ	1	2	3	4
5	6	City Council Summer Recess – No meeting	8	9	10	11
12	SACL Meeting 6:30 p.m.	City Council Summer Recess – No meeting	15	16	17	18
19	20	21	22	23	24	8 am School 25 Cleanup Ice Cream Social 2 pm
26	27	5 pm Council Informal Session 7 pm Council Formal Session	29	30	31	School School



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664-7860

Norfolk Treasurer

664-7800

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441-5505

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E-waste recycling (common household electronics)

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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