



The SUBURBAN

Newsletter of the Suburban Acres Civic League

JULY MEETING

Monday July 14

Doors open at 6 pm

Meeting at 6:30 pm

**Norfolk Collegiate
Upper School**

Meeting Program:

**Scott Kennedy &
Shepelle Watkins-White**

**Norfolk Collegiate
Re-Zoning Application**

50/50 Raffle

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Arthur nixes parade; Letter from the President

By Kevin Janney

The dilemma the board of directors faced on July 2nd and 3rd as Tropical Storm / Hurricane Arthur swept up the East Coast was one of scheduling and safety.

We had decided early on that our annual 4th of July parade really could not be rescheduled due to the coordination work involved, and the time commitments and schedules of so many participants including our grand marshal, color guard, the deejay, and other guests—not to mention the difficulty of reaching everyone (neighborhood and guests) with the word quickly.

Lori and I were in communication with the mayor's office and office of emergency management Wednesday and Thursday as we anxiously watched the weather forecasts.

With the specter of police and sheriff's deputies responding to emergencies and blocking

flooded streets and being unable to coordinate our parade route traffic, I made the decision to cancel the parade around midday Thursday, when Norfolk made the decision to move their fireworks and events to July 5th, in consultation with Emergency Manager Jim Riddick.

You can imagine how I felt on July 4th as we experienced near-perfect weather at parade time!

While the situation is disappointing, we really don't need the parade as a reminder of how close knit, friendly, and patriotic our neighborhood is.

The picnic will be rescheduled for early August, and will also incorporate bicycle registrations by NPD, our desert contest, and perhaps a smaller-scale patriotic bike and pet parade and other activities; so keep an eye on the web and this newsletter.

Continued...see "Letter", Page 3



From left, Bryan Zenarolla, August "Bud" Raber, Jackie Holmes, and Assistant Principal Beverly Ellis at Suburban Park Elementary School's "A Year of Celebration" Volunteer Appreciation Luncheon on June 10 at Suburban Park Elementary. See story on Page 3.



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Visit our website at

www.suburban23505.com

Suburban Acres Civic League

Meeting Minutes for June 9, 2014



Meeting called to order by President Kevin Janney at 6:40 pm., Suburban Park Elementary School cafeteria. 26 members and 3 visitors in attendance.

Pledge of Allegiance

May 12 meeting minutes approved without correction.

Community Resource Officer Report – Officer Billy Old

There were three reports: (1) Larceny (Auto) 7500 block of Granby street. Vehicle broken into. Victim mentioned that a car key was lost or stolen, possibly used by thief; items taken. (2) Larceny: 7200 Block of Granby Street during Greek fest, pills stolen from a purse. (3) Larceny: 7300 Block of Kenmore. Vehicle broken into with items taken.

Members mentioned a few issues to Officer Old. One was about the intersection of Kirby Crescent and Suburban Pkwy. This is a four way stop and many drivers go right through without stopping. Officer Old said he would get a car there to randomly check that intersection.

Another member mentioned having her bike, that was stolen a few weeks before, found by Officer Old. We talked about getting your bikes licensed to help with tracking if this happens again. Mention was made about having someone from the bike licensing department attend the July 4th picnic to have applications available for residents.

Guest Speakers – Scott Mahone, Deputy Emergency Manager, City of Norfolk

Scott has been with the city for 24 years. Security Manager for 911 operations and 6 years with the Emergency management. He spoke about Disaster Preparedness for the present Hurricane season. A few items he spoke about were the three things to prepare: Get a kit prepared, make a plan, and stay informed. Know how to contact loved ones: Discuss with your family, friends and neighbors what to do in case of severe weather in our area, and where to meet. Know where all the evacuation shelters are in our area. In the Suburban Acres area, we have Granby H.S.

Committee Reports –

Events: Lori Cloud (Chair). Parade and picnic planning is in full swing for July 4th. We need help with refreshments for our meetings. If you are interested in bringing a dish, picking up some munchies etc, contact Lori Cloud or Karen Mayne. Reimbursement is provided.

EARNN: The season ends in June. Diane Ruhl, Mary Ann Grogan, and Susan Thornes will attend annual Clean City Picnic at the Norfolk Zoo on June 13 to represent the civic league. EARNN Program results and rebate amounts will be presented to civic leagues, as well as the Environmental Action Awards. Please put out your blue bins every two weeks.

Membership: Dues are still being taken for 2014. Mention to your neighbors about becoming members. Remember its only \$5.00/year for singles and \$10.00/year for families.

Treasurer's Report: (Jen Hewitt, Treasurer) \$714.56 as of June 2014. We will be adding a few checks from donations. \$500.00 from Chris Perry and the new Towne Bank at Wards Corner.

Old Business –

4th of July parade/picnic planning. Tinee Giant will be providing all food and drinks for the picnic. If you are interested in volunteering to walk in the parade, pull a float, ride a bike, walk with your dog, please come out. There will be prizes for best float, best dressed dog, cat, goat, Best Family participant.....Rip Tide and other guests will be in the parade.

New TowneBank branch at Wards Corner opens June .

Suburban Park Elementary is still collecting books and donations for their "every student takes a book home for summer" drive. Thanks to the members for bringing book and cash donations; The Book Exchange at Wards Corner donated \$500 in gift cards/store credit.

New Business –

Tree Grant (FONE Neighborhood Woods) Friend of Norfolk Environment. You can select 2 trees for your home out of 8 to choose from. We are trying to do this as a neighborhood, so we can get the trees all together. We have until the end of June to put in a request. Please contact the President Kevin Janney if interested.

Good of the Order—

Announcements

- Next meeting is 14 July 2014 at 6:30pm. Place is TBD but will probably be Norfolk Collegiate.
- 50/50 raffle—During the meeting 50/50 we donated our SACL share to Officer Brian Jones family fund. We collected \$80.00. With SACL's half of 50/50, the league's check for \$25, and another donation the total donation to the Jones Fund is \$75.

Meeting Adjourned at 8:15 pm.

Respectfully submitted, Diane Ruhl, Secretary

Suburban Acres Civic League, Inc. 6555 Tidewater Drive #14, Norfolk, VA 23509

Civic League and Community News

www.suburban23505.com



Suburban Park Elem. volunteers recognized

Suburban Acres Civic League, members Bud Raber and Karen Mayne, and community supporter and business owner Bryan Zenarolla were honored at Suburban Park Elementary School's Volunteer Celebration Luncheon on June 10th.

The luncheon honored more than 35 volunteers who have assisted with school programs over the 2013-2014 school year including mentoring, reading coaches, Angel Tree, holiday food drive, book drives, and other school programs.

Suburban Acres Civic League is part of the school system's A+ Community Partners program, and provides support to several school programs. At the June civic league meeting several members donated books and cash for the summer book drive, the goal of which is to send each student home with at least one grade-appropriate book to read for the summer. The Book Exchange at Wards Corner donated \$500 of store credit for the summer drive.

-The Suburban

Norfolk Collegiate to improve, rearrange athletic fields; asks city for rezoning

Norfolk Collegiate School has applied to rezone residential lots it owns at 7307, 7309, 7311, 7315, 7317, and 7321 Woodfin Ave. from R-7 (single family) to IN-1 (institutional district).

The school plans to demolish the homes in order to expand and reorient athletic fields and tennis courts, making way for a new athletic building in the future.

Improvements include installing synthetic turf on the soccer/lacrosse/field hockey fields, and improved outdoor lighting. Collegiate officials say the lighting will be pointed downward, and will not be left on after events. The school does not plan any additional access points to the complex from Woodfin Ave.

The rezoning request is scheduled for a public hearing at the July 24th city Planning Commission meeting.

Headmaster Scott Kennedy and other Collegiate representatives will be at the July 14th Suburban Acres Civic League meeting to explain the project and show the school's plans to the neighborhood.

The civic league previously endorsed the school's request for the city to abandon a right of way on school property at the end of Midfield Street as part of this project. Abandonment of the right of way, originally planned as a traffic circle/turnaround, was sought due to the expense of installing synthetic turf over that area.

-The Suburban

President's Letter...continued from front page

I want to thank our gracious sponsors, Coastal Convenience Store Group/Tinee Giant and Suburban Asset Management. I am extremely proud of the close coordination between and dedication of our board of directors and other volunteers. And I was extremely pleased with the professionalism and communications by city staff including the Special Events Office, Police Department, Mayor's Office, Office of Emergency Management, Sheriff Bob McCabe's staff, and many others.

So here's to next year, neighbors! Have a great summer, and I hope to see you at our meeting on July 14th at Norfolk Collegiate School's Fine Arts Center.

Kevin

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Civic League and Community News

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TowneBank branch opens at Wards Corner

The newly redeveloped K&K Square Shopping Center's outparcel was finally and officially occupied on June 12th with a grand opening and ribbon cutting ceremony at TowneBank.

Remarks were given by John Matson, President-TowneBank Norfolk, and Norfolk Mayor Paul Fraim.

The manager of the new 4,500 square foot branch is Anna G. Bowerman, a bank vice president.

TowneBank presented \$5000 donation checks to Granby High School, and Access Aids Care during the ceremony.

The new branch features a beautiful interior, drive through banking and ATM, and safety deposit boxes.

The Suffolk-based community bank opened in 1999 with three branches. The Wards Corner location will be the bank's 28th branch in its Eastern Virginia and Northeastern North Carolina service area. TowneBank has two other Norfolk branches downtown and in Harbor's Edge, with a Ghent branch under construction.

K&K Square developer Chris Perry says there is but a single space left to lease in the new shopping center, a restaurant space on the Louisiana Drive end of the main building. Perry says he is in talks with several potential tenants.

-The Suburban

One less vacancy for Midtown Center

The Original Mattress Factory is opening a new location in the Midtown Shopping Center at Wards Corner. It will be located in the spaces between the Radio Shack and the Jackson Hewitt facing E. Little Creek Road.

The Original Mattress Factory is a national brand that has



Norfolk Mayor Paul Fraim, John Matson (President, TowneBank Norfolk), Anna Bowerman (Vice President and Branch Manager), and Morgan Davis (President and Chief Banking Officer) cut the ribbon at the new Wards Corner TowneBank branch on June 12.

11 factories, over 100 showrooms and more than 400 employees. One of those eleven factories is in Virginia Beach. The Wards Corner store will be a showroom. The estimated opening date is early Fall 2014.

-WardsCornerNow.com

City manager seeks 2016 budget input

Norfolk has announced a "city manager listening tour" to gain public input during development of the city's fiscal year 2016 budget. The city manager will accept citizen input at two events scheduled in July:

Thursday, July 17th, 5-8pm, Norfolk Police Department Third Precinct, 901 Asbury Avenue and Saturday, July 19th, 3-6 pm, Huntersville Multi-Purpose Center, 830 Goff Street.

Food trucks will be available at the events. For more information or to RSVP email or call [757-664-4031](tel:757-664-4031).

-Norfolk Division of Communications

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Civic league applies for NeighborWoods tree grant

Suburban Acres Civic League has submitted a grant application to acquire fourteen trees for the neighborhood for planting this fall.

Friends of Norfolk's Environment is granting \$20,000 to increase the tree canopy in Norfolk by allowing property owners and neighborhood organizations to apply to receive eight different types of large and understory trees, limited to two trees per property.

The grant announcement came out after the June SACL newsletter had gone to press, and the initial application deadline was prior to publication of the July issue, so the civic league used its email distribution list and web site to get the word out. Six families and one business expressed interest in receiving two trees each, and the league's consolidated grant application was submitted on June 27th.

The Friends of Norfolk's Environment web site says the group is sponsoring the NeighborWoods program "as part of its mission to promote the Beautification and Greening component of the Keep Norfolk Beautiful initiative." It further says, "Participation in NeighborWoods will increase the tree canopy in Norfolk while teaching the value of neighborhood stewardship of trees. The result will be a more beautiful city and a city with a healthier environment."

If the civic league wins its grant request, property owners will be responsible for site preparation, planting, and caring for the new trees.

Civic league president Kevin Janney decided on a consolidated grant approach to increase participation by minimizing administrative application requirements for individuals, and to make the civic league's application more competitive. Janney also hopes the project will help bring neighbors together, and said the civic league "can help match neighbors if a willing participant needs

help with the heavy lifting aspect of planting and caring for trees."

Finalists from the initial application process will be invited to submit more detailed proposals including site plans by July 25th, with notification of projects selected for funding coming in August. Tree planting training will be held on October 4th, and trees will be available for pickup during the second week of November.

-The Suburban

Federation combines meeting, event for Sept. 11

The Norfolk Federation of Civic Leagues will combine its first general meeting this fall with an event to commemorate the victims and heroes of September 11, 2001.

The meeting/event will be held on Thursday, Sept. 11, 2014 at 7 pm at the Norfolk Botanical Garden's Rose Hall.

The event will feature Norfolk Fire-Rescue Chief Jeffrey Wise, Norfolk Police Chief Michael Goldsmith, honor guard, and Norfolk Public Schools' "Strolling Strings" musical group.

Admission to the Botanical Gardens and train tours are free for meeting attendees starting at 5 pm. The Botanical Gardens is located at 6700 Azalea Gardens Road.

-Norfolk Federation of Civic Leagues

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Civic League and Community News

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Norfolk CrimeView statistics Suburban Acres, June 1-30, 2014

CRIME TYPE DESCRIPTION	ADDRESS	DATE/TIME/DAY	INCIDENT #
LARCENY-OF BICYCLE	300 BLOCK THOLE ST	06/08/2014 06:00 SUN	140611416503
SIMPLE ASSAULT	100 BLOCK SEEKEL ST (Bollingbrook)	06/08/2014 13:50 SUN	140608000042
SIMPLE ASSAULT	100 BLOCK THOLE ST	06/14/2014 07:52 SAT	140614000026
LARCENY-FROM AUTO	7000 BLOCK SUBURBAN ARC	06/15/2014 13:04 SUN	140615000060
LARCENY (ALL OTHERS)	7300 BLOCK WEST KENMORE DR	06/25/2014 13:05 WED	140629000051
NARCOTICS VIOLATIONS	500 BLOCK THOLE ST	06/25/2014 22:45 WED	140626000006
VANDALISM	100 BLOCK E LITTLE CREEK RD	06/26/2014 10:15 THUR	140626483401
BURGLARY-NONRESIDENCE	300 BLOCK SUBURBAN PKWY	06/27/2014 16:00 FRI	140628000037
TOTAL INCIDENTS: 8			

Neighborhood Watch Report

Tips when Witnessing and Reporting Crimes

By Phil Cary

This month we have some tips to remember when witnessing or reporting a crime.

Call 911 whenever you are a Victim or a Witness to a crime in progress. You are a victim if your personal safety is being threatened. This could be by an intruder entering your home or somebody trying to abduct or attack you anywhere. If you see or hear somebody screaming for help, somebody being physically attacked or a child or other person being forced into a car against his or her will, *call 911*.

Following are some things that may signal a crime:

- Someone running from a car or home
- Someone going door-to-door asking unusual questions or asking about past residents, or looking into house or car windows
- Business transactions conducted from a vehicle; this could be drug or stolen property sales
- Someone removing property from unoccupied homes or closed businesses
- Some loitering in a neighborhood, on foot or in a vehicle, who is there with no apparent purpose or destination
- A stranger entering a neighbor's unoccupied home or yard



What the Police need to know when you report a crime:

Describe what you saw briefly and clearly. Describe the suspect in as much detail as possible: age, height, weight, hair color, race, sex, clothing worn and anything special like facial hair, tattoos, a limp etc. If a vehicle is involved, describe its color, make, model, year, license plate and any special markings like broken lights or body damage; describe the direction it went when last seen.

Neighborhood Watch issues, questions, or concerns? Neighborhood Watch Coordinator Phil Cary can be reached at cd Cary@cox.net or 583-8165.



COMMONWEALTH OF VIRGINIA
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Commonwealth's Attorney



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Civic League and Community News

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SUBURBAN ACRES GREEN

By Karen Mayne

July 2014 – Mosquitos or Midges

If your yard has been like ours recently, there have been large swarms of insects that look like mosquitos. They are everywhere – flying out of the vegetation, hovering around your body, and drawn to outside lights. But the funny thing is, they never bite.

Those mosquito look-alikes are non-biting midges. The adults swarm during mating periods. Their eggs are laid in water and their larvae are known as blood worms, which are sometimes used as fishing bait. While it's hard to tell the difference between them, a close look will reveal that midges rest flat with their body touching the surface while mosquitos rest standing high on their legs. Midges are part of the natural ecosystem, serving as food for fish, birds and other insects.

While we haven't had many mosquitos in our yard this spring, summer is in full swing and mosquitos will be, too. Only the female mosquito bites to obtain a blood meal to allow her eggs to mature. Her preferred hosts are actually other mammals and birds. Humans are the least preferred host, but the female mosquito can zero in on our large size and heat, the carbon dioxide we breathe out, and the smell of our sweat. The female lays her eggs in water (even a thimbleful will do), where they turn into larvae called "wigglers" and hatch into adults in about two weeks.

Besides their itchy bites, mosquitos can carry West Nile virus, so we naturally want to keep them away. While mosquito spraying and misting is popular, widespread spraying is not good for the environment or for people and pets. Even so-called mild pesticides, made from chemicals found in chrysanthemums, are toxic to beneficial insects such as bees and butterflies. And we have several honeybee keepers in our neighborhood. If you do use a mosquito spraying service, check with your neighbors to see if they are raising bees or have children with asthma. Ask the



spraying company to spray in the late afternoon or evening when bees are less active. Better yet, leave the spraying to the City of Norfolk, which has an integrated control program for managing mosquitos. While this program does at times use pesticides to kill larva and adult mosquitos, the decision to apply pesticides is based on staff surveys of existing conditions. The spraying typically takes place at night to minimize the impact on public health and the health of other insect species living in the area. So leave the chemicals to the professionals and use natural methods to control mosquitos around the yard!

Homeowners have access to cheap, effective and earth-friendly strategies to control mosquitoes. Ditch the pesticide spray and follow these tips from the experts at the Mosquito Prevention and Protection Association (www.mosquito.org).

DRAIN – Most neighborhood mosquito problems come from standing water around our homes. Change the water in birdbaths, wading pools, and fountains every week. Pet dishes should be cleaned every day. Check around your yard weekly and empty flowerpot saucers, buckets, toys, tarps, boats, etc. – anything that collects water. Make sure gutters are regularly cleaned of debris so rainwater flows freely. For ponds and other standing water, there are mosquito "dunks" and a fine oil that stop the development of mosquito larvae. You can find these at big box and hardware stores and garden centers.

Continued...see "Mosquitos" on Page 10

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The Wellness Column

Presented by Dr. Brad Robinson

Eat Right to Fight Inflammation

Inflammation is the immune system's response to injury or infection. The inflammation process cleans out damaged tissue and sets the stage for healing to begin. But if something interferes with the complex chemical balances, the body fails to produce an anti-inflammatory response, resulting in chronic inflammation.

According to Dr. Robinson, the negative effects of chronic inflammation range from allergies to life-threatening diseases. Headaches, back pain, and neck pain may be signs of chronic inflammation.

Along with regular chiropractic care, you can reduce or prevent chronic inflammation with smart food choices.

Antioxidants protect cells from damaging chemicals called free radicals. Fruits and vegetables are rich in antioxidants like vitamins A, C, and E, and selenium. Flavenoids, found in berries and cherries, also offer powerful antioxidant activity.

Carotenoids, responsible for the striking orange color of winter squashes, carrots, and sweet potatoes, have strong anti-inflammatory properties. Other foods reputed to be rich in inflammation-fighting antioxidants include asparagus, broccoli, peppers, tomatoes, spinach, red wine, and dark chocolate.

Sugar and trans fats are best avoided altogether.



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Opposition forms against proposal to loosen Hampton Blvd. truck restrictions

By Kevin Janney

An online petition has been launched to show displeasure with extending the time tractor trailers are allowed to transit Hampton Blvd. West of East Little Creek Road.

In 2007 the city restricted trucks with four or more axles from using Hampton Blvd. between 4 pm and 6 am in an effort to curb congestion at the Midtown Tunnel and calm traffic and road noise in the Old Dominion University and West Ghent areas.

A June 26th Virginian Pilot article by Patrick Wilson says Mayor Paul Fraim has proposed that council extend the time big trucks can use Hampton Blvd until 7 pm.

Proponents of loosening the restrictions say congestion and loading delays at Norfolk International Terminals will be improved, and traffic logjams on Hampton Boulevard between 2 and 4 pm, when truckers are rushing to get through to the tunnel prior to the 4 pm deadline, will be reduced.

The proposal has ignited criticism from neighborhoods affected by the plans, as well as council members Theresa Whibley and Andy Protogyrou. Protogyrou and the West Ghent Civic League point out that a long review and consideration process including engagement with affected neighborhoods was undertaken prior to implementing the restrictions in 2007, and it seems that the Mayor now is trying to move too quickly to lift restrictions without consulting with neighborhoods.

Whibley points out that NIT, which operates from state property that is real estate tax exempt, has not offered the city anything to compensate for making the change.

Councilman Barclay Winn says any lifting of the restrictions should be accompanied by a mandatory review process after six months.

The online petition at www.petitions.moveon.org has the stated goal of killing the ordinance, and will be delivered to city council members. As of July 6th the petition had 451 signatures.

-Kevin can be reached at 587-1616 or
sacpresident@gmail.com

Norfolk Citizens Police Academy plans fall session starting August 28th

The Citizen's Police Academy Fall Session number 37 will be held from August 28 through November 20, 2014; applications are now being accepted. To enroll in the academy, participants must: be 18 years of age or older, complete an application for enrollment, and pass a limited background investigation.

Applications are available by contacting the Norfolk Police at 664-6921.

The Citizen's Police Academy is designed to provide Norfolk residents first-hand information about how their police department works, and develop partnerships with the citizens to help make the City of Norfolk a strong, safe community. More than 1000 citizens have received training in the academy, which requires the commitment of one night a week (Thursdays from 6:30 to 9:30 pm) for a 13-week period.

To learn more about the academy or to download and print an application for the upcoming session visit the CPAAAN website, www.cpaaan.org, click on the "About the Citizens Police Academy" link in the left column, and then click on CPA Application. Completed, signed applications should be returned to the Norfolk Police Department Citizens Police Academy, 2500 N. Military Highway, Norfolk, VA 23502.

-Norfolk Police Department



SACL Secretary Diane Ruhl represented the civic league at the annual Clean City Picnic; she is pictured here in front of "All Things Within", public art by Matthew Gray Palmer, a life size African elephant built of thousands of aluminum butterflies.

Civic league awarded EARNN rebate at Clean City Picnic

Suburban Acres Civic League was awarded a \$450 rebate at Keep Norfolk Beautiful's Clean City Cookout on Friday evening June 13th at the Virginia Zoo.

The Clean City Cookout is hosted annually by the Norfolk Environmental Commission and Keep Norfolk Beautiful to honor volunteers, present annual Norfolk Environmental Action Awards, and honor civic leagues which participate in the city's EARNN program.

EARNN (Environmental Awards for Recycling in Norfolk Neighborhoods) is an incentive program that promotes curbside recycling, litter prevention, and environmental stewardship in the city. Participating civic leagues perform various activities throughout the city's fiscal year and are awarded points for featuring guest speakers with environmental stewardship topics at meetings, organizing neighborhood clean-ups, and promoting recycling and litter prevention. The largest number of points possible are awarded based on neighborhoods' curbside recycling rates, which are calculated by Tidewater Fiber Corp.

(TFC), the city's recycling contractor. According to TFC the overall curbside recycling rate in Suburban Acres for FY 2014 was 63.8%.

2014 was the first year in which scanners were used to record the number of blue bins placed curbside; the scanners notably increased the accuracy in determining actual recycling bin set out rates across the city.

While Suburban Acres earned 25 points for its recycling set out rate the neighborhood earned 85 total points through the year, 15 points short of the 100 points needed to receive the maximum award possible of \$750 for small civic leagues.

Suburban Acres ranks in the top third of Norfolk neighborhoods, with recycling rates of 60% or higher.

A June notice to civic leagues from Keep Norfolk Beautiful said that the 2015 EARNN program will include enhanced point-earning opportunities and new point categories.

Neighborhood volunteers will attend FY 2015 EARNN training in late June. Steve Collins is the EARNN Coordinator for FY 2015, replacing outgoing coordinator Marsha Lockard, who moved to the Bayview neighborhood. Many thanks to Marsha for continuing to serve as EARNN Coordinator to finish out the fiscal year even after she moved. The civic league uses its EARNN cash rebate for newsletter publication expenses and other neighborhood activities.

-The Suburban

The Cat Hospital of Tidewater

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Norfolk, VA 23510 757-664-7890
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Flora, the Suburban Acres Mermaid, enjoys making her rounds through the neighborhood despite the summer heat. She particularly enjoyed the gardens and landscaping at the home of John and Susan Warner at 554 Thole Street, which she designated as the **June 2014 Suburban Acres Yard of the Month**. Congratulations, John and Susan, and enjoy your month-long visit from Flora!



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Mosquitos...

Suburban Acres Green continued from page 7

DRESS – Wear light colored, loose clothing that covers arms and legs, since some mosquitoes are attracted to dark clothing. Don't wear perfumes, etc. – strong scents may also attract other insects such as wasps and bees.

DEFEND – Avoid going outside at dawn and dusk when mosquitoes are most active. Set up fans around a deck or patio to blow the bugs away. Use an insect repellent and follow its directions for how often to reapply. The three types of approved repellents are DEET, and two natural products – oil of lemon eucalyptus and picaridin. DEET comes in different concentrations – don't use one with more than 30 percent to reduce the chance of side effects. Follow your pediatrician's recommendations for use of mosquito repellents on children under six.

*Karen can be reached at 757-587-1287
or at KarenLMayne@aol.com*



BARCLAY C. WINN
COUNCILMAN

SUITE 1006, CITY HALL BUILDING
NORFOLK, VIRGINIA 23510

E-MAIL: barclay.winn@norfolk.gov

OFFICE (757) 494-1400

CELL (757) 636-3434

FAX (757) 494-1217

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!

ECOCYCLING needs 5 gallon buckets for our Compost Pilot Program. Please donate your new & gently used 5 gallon containers to us so we can collect organic waste, make soil and grow food for our community. Email us at Compost@ecocycling.org or drop off your 5 gallon buckets at the Tri-Community garden located on the 2500 block of Fawn Street Norfolk VA. ECOCYCLING is a group that combines bicycling and environmental stewardship and activism. More info at www.ecocycling.org.

Your donation to the Norfolk Animal Care Center helps fund special medical needs of some sheltered animals through the Medical Assistance Program, which pays to treat costly medical conditions that might make animals less adoptable, as well as Surrender Prevention programs like the Norfolk Pet Pantry to assist needy families with pet food and supplies so they are not forced to give up their animals. NACC is located at 5585 Sabre Road. Info at 441-5505 or www.friendsofnacc.com.

Final Fridays Twilight Tours through September. Walk into the sunset at Elmwood Cemetery on the last Friday of each month now through September. Stroll the historic carriage paths once traveled by Norfolk's forefathers. Hear their stories, both tragic and triumphant. Look into the faces of angels. Discover unique Victorian memorial art and architecture. Tour the exquisite Core Mausoleum, an Exotic Revival inspired temple built for a farmer who was a soldier and his beloved bride. Please bring a flashlight as the tour will end as it begins to get dark. Some lanterns will be provided. No RSVP required. For More information email cemeteries@norfolk.gov or call (757) 510-5879.

Caregiver Support Group at Norfolk Primeplus Senior Center meets on the fourth Monday of each month, at 7300 Newport Ave. Call 800-272-3900 to register.

July Word Search



Since it's getting hotter we thought an ICE CREAM puzzle would be great for July. Find and circle all the ice cream flavors. The Words may be hidden in any direction.

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

ALMOND	CINNAMON	PEACH
BANANA	COOKIE DOUGH	PISTACHIO
BLUEBERRY	HAZELNUT	PUMPKIN
BUTTER PECAN	LICORICE	ROCKY ROAD
CHERRY	MAPLE WALNUT	STRAWBERRY
CHOCOLATE	NEAPOLITAN	VANILLA

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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 Membership Form 2014

☐ 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 Jen McConnell-Hewitt, Treasurer, Suburban Acres Civic League, Inc.
6555 Tidewater Drive #14, Norfolk, VA 23509. **And thank you for your support!**

Neighborhood Calendar

Calendar Notes...



Street Sweeping
Friday July 11



Recycling Pick Up (Blue Bins)
June 3, 17, & 31;
August 14 & 28.

July 11 4th Annual Summer Brewfest, 5-9 pm, Town Point Park. Live music by Major & the Monbacks. Beer tasting packages available, general admission free. www.festevents.org

July 14 Suburban Acres Civic League Meeting...doors open at 6 pm, meeting at 6:30, Hacney Theatre, Norfolk Collegiate School arts center.

Big Bands on the Bay 7-9 pm every Sunday in July, gazebo at Ocean View Beach Park. Info at www.festevents.org

July 18, 19, 20 32nd Annual Norfolk Waterfront JazzFest Town Point Park. 5-11 pm Friday & Saturday; 1-6 pm Sunday. www.festevents.org

The Greater Wards Corner Taskforce meets bi-monthly at 8:30 am, Norfolk Fitness & Wellness Center, 7300 Newport Ave. The next meeting is August 14, 2014.

Norfolk Federation of Civic Leagues is on Summer hiatus and will resume meetings September 11, 2014.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July		1	2	3	4 Independence Day	5
6	7	8 2 pm Council Work Session	9	10	11 	12
13	14 Civic League Meeting 6:30 pm	15 5 pm Council Work Session 7 pm Council Formal Session	16	17	18	19
20	21	22	23	24	25	26
27	28	29 5 pm Council Work Session 7 pm Council Formal Session	30	31	2014	

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Suburban **HELP**

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 (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

Commonwealths Attorney's Community Collaboration Center (Wards Corner) 823-4333

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