

Lake Smith Ripples



Newsletter of the Lake Smith Terrace / Haygood Point / Governor Square - Civic League

January 2026

Volume 29 Issue 5

Civic League Meeting and Program

Tuesday, 20 January
Bayside Presbyterian Church

Social Period - 6:30 p.m.
Meeting called to order - 7:00 p.m.

Presentation
Haunted Virginia Beach

by
Al Chewning

President – Virginia Beach/Princess Anne Historical Society



*Happy
New Year!*



Civic League members enjoy dinner, conversation and entertainment at the Annual Civic League Christmas Potluck Dinner



Santa brings joy to Christmas Dinner



President's Corner

Lake Smith Terrace / Haygood Point / Governor Square Civic League, Inc.

P.O. Box 68883
Virginia Beach, VA 23471
www.LHGCL.org

Meetings held 3rd Tuesday, September through May,
at Bayside Presbyterian Church

Officers, Directors, & Representatives

President:	John Eason, 757 473-3458 jeason913@verizon.net
1st Vice President:	Sam Hribal, 757 232-3018 samhri@verizon.net
2nd Vice President:	Rick DeJaegher, 757 575-1407 rhdejaegher@gmail.com
Treasurer:	
Secretary:	Ed Douglas ed0236@verizon.net
Hospitality:	Edi Eason, 757 473-3458 edieason@verizon.net
Membership:	Jean Bowman, 757 286-7455 jean@bowmanrealtyva.com
NWBP/VBCCO REP:	Megan Earlenbaugh earlenbaughm@gmail.com
Programs:	Jack Molovinsky 757-460-5853 pairofjacks507@cox.net
Community Maintenance:	Pete Cook, 954-270-8315 peter.cook@computersandnetworking.com
Newsletter: Editor	Rick DeJaegher, 757 575-1407 rhdejaegher@gmail.com
Fundraising:	Newsletter Advertising Doug Earlenbaugh, 757-761-5582 dearlenbaugh@remax.net
Web Master:	Don Krudop dkrudop@mac.com
Youth Rep:	Logan Wilson loganwilson@gmail.com

The "Lake Smith Ripples" is published nine months of the year, September through May, by the Lake Smith Terrace, Haygood Point, Governor Square Civic League. Neither its Officers, Directors or members are responsible for the content of our advertiser's advertising or our contributors, nor do they endorse or recommend any product or service offered by them. The right to reject any ad or article deemed to be inappropriate is the absolute and sole discretion of the LST / HP / GS Civic League Officers, Directors or members is retained.

Newsletter deadline: 25th of the month prior to month of publication.

I hope all of you were able to spend enjoyable time with family and friends during this holiday season. Now we are moving into the heart of winter – at least for the next couple of months. By the way, Happy New Year – it's 2026. The Christmas Dinner event was a great success. More than 80 residents came to BPC and shared delicious food and great entertainment courtesy of the Silver Tappers dance group. Our own Santa Claus (Pete Cook) was a big hit with the youngsters. I very much appreciate all who worked to plan and facilitate this annual event.

Now that we are in the new year, I trust everyone is setting some goals/ resolutions – both personal and professional. Here is a suggestion for 2026 goal Number One: join the civic league. In this month's edition of the Lake Smith Ripples you will find a copy of an information letter with membership form, and a pre-addressed envelope. I truly hope every household will clip and complete the form, write a check for \$20, and mail it back to the civic league. It's that simple and all that is needed to support our very active civic league. We work on behalf of this neighborhood every day. Your support is both welcome and needed. The larger our member base, the more programs we can field to benefit this community. We constantly strive to defend our neighborhood from harmful activity. Most recently we have held off the installation of the traffic signal at Paul Revere and Independence for over five years. The city is pushing forward at this time and has scheduled the installation to be completed by this summer. I suspect they want to finish this project before its chief sponsor, Councilman Joash Schulman's term ends in December. If you are a member of the Civic League, and receive our email broadcasts on this subject, you are also aware of our move to petition the city manager to close the Paul Revere intersection at Independence. This has all been brought about by the city's insistence on spending (wasting) \$1.1 Million to install a traffic light at that intersection. A much less expensive solution to their perceived safety concerns could have been achieved by installing a 'RIGHT TURN ONLY' on the Wakefield Rd side. Unfortunately, our District 9 councilman, a Thoroughgood resident, preferred a traffic light with totally unnecessary pedestrian crosswalks. We know the traffic signal light will serve to increase cut-through traffic in our neighborhood. Our second line of defense is to request a cul-de-sac on Paul Revere at Independence. That is being pursued through a petition drive headed by Doug and Megan Earlenbaugh.

I hope goal Number Two is to strive to attend the monthly Civic League meetings. We meet in the fellowship hall at Bayside Presbyterian Church at 7:00 PM on the Third Tuesday of each month – January to May, and September to November. Write this information on a 3 x 5 card and tape it on your bathroom mirror. It's a good reminder and you see it every day. This month our main program being presented by the President of the Virginia Beach/Princess Anne Historical Society. The topic is HAUNTED VIRGINIA BEACH. Sounds good - you don't



John Eason

**HAPPY
NEW YEAR**

LST/HP/GS CIVIC LEAGUE PRE-PAID 2026 MEMBERSHIPS AS OF 12-31-2025

IF YOUR NAME IS **NOT** LISTED HERE, PLEASE COMPLETE ENCLOSED MEMBERSHIP FORM
AND MAIL ALONG WITH YOUR CHECK IN THE ENCLOSED PRE-ADDRESSED ENVELOPE

LAST	FIRST	LAST	FIRST	LAST	FIRST
ADAMS	DAVID & LILIA	FEDOROWICZ	RICHARD & MAUREEN	O'NEILL	JAMES & MARY
ALBERT	MARTIN & RINDA	FOSHAY	WAYNE & TEEN	O'NEILL / WEISS	PEGGY / DOUG
ANDERSON	FLOYD (ANDY)	FULTZ	BETTY	PARR	MARIE
BAKER	BILL & SANDY	GARRISON	RONALD & PAULA	PASQUALINO	NANCY
BAKER	ROSS & FAMILY	GILLIAM	DANIEL & MONICA	PETERSON	ABBY & CARL
BANNISTER	THOMAS & LYNNE	GILMAN	GLENN & KAREN	PRENTISS	GREG & GLENDA
BEATTY / WOMBLES	B.T. / ALAN	GRISWOLD	JACK	RAMIREZ	JOSE & DELORES
BELL	ELLEN	GUSTAFSON / TEPOVICH	CARL / PAT	ROBERTS	CHAD & JENNA
BETZ	CAROLYN	HAAS	BILL	RUMNEY	BOB & DEANNA
BOCK	RON & ROBERTA	HANDRAHAN	JAMES & PATRICIA	RYAN / DUNHAM	BARB / JIM
BOWLYOU	CHUCK & SUE	HARPER	JOE & SUE	SANDIFER	MIKE & MICHELE
BRIGGS / CHIU	JOHN / SAMMI	HELTZEL	MICHAEL & MARISA	SAUNDERS	JEREMY & LINDSEY
BRINKMAN	HEATHER & SCOTT	HENNESSY	JOE & LAURA	SCHLUTER	MARILYN
BROWN	JANIE	HICKMAN	BILL & DEANIE	SCHOENFELD	BARBARA & STEVE
BUCKLEY	STEVE & DONNA	HO	RAYMOND & PO YING	SEYRLEHNER	HEINZ & PILAR
BURINSKAS	BOB	HOFFMAN	DRAKE	SHERMAN	RICHARD & ANDREA
CADDY	TIM & PAT	HOLCOMB	DONNIE	SHOURDS / ROSS	RAY & CLAUDIA / JOHN
CAREY	MAXINE	HOLDA	BILL & MARY ANN	SILVA	ROB & TRACIE
CARNEY	APRIL & RICH	HOWARD / BOSSOLA	REBECCA / RAY	SILVERBERG	SHARON
CARVEY	JERRY	JAQUITH	ADA	SNEE	JOHN & DENISE
CHERWA	MIKE & ANNIE	JOHNSON	WILEY & VICKI	SOUDERS	ROBERT L.
CHISOLM	EDDIER & MONICA	KERNKAMP	WILLEM & ELSE	STALLINGS	STEVE & JEANETTE
CONNORS / CALDWELL	ERIN / STEVEN	KILLMON	LISA & WAYNE	STEFFENS	TOM & ELLIE
CONRAD	MARY ANN	KINLOCH	BERNIE & DOUG	STEIN	GEORGE & MYRA
COOK	RICHARD & CAMERON	KIRCHEVAL	DOUG & ROBIN	STEPHENS	RICK & CHRISTI
COOPER	KEVIN & MARY HUNTER	KLAGES	JENNIFER & PARRY	STEVENS	STEVE & BARBARA
COOPER / CASE	PAUL / CATHY	KNOFCZYNSKI	DREW & MEGHAN	STUART	MIKE & TARA
COULL	GRANT & LYNN	KRESSEL	MIKE & KATHRYN	SUGGS	PHYLLIS
CREAMER	MARK & TRACY	LADRILLONO	CONRADO & NIEVA	SUTLIFF	ANN
CRUTCHFIELD	LYN & MARY JAYNE	LAMPELLA	JIM & LESLIE	TERRIEN	LINDA
CRUTHERS	BARRY & SHARON	LAWRENCE	GRACE	THEISZ	TRAUTE
CURLING	KRIS & MARGARET	LECKER	ADAM & CHRISTINA	TOKCAN	EYLEM
DAVIDOSKI	MARK & KATHY	LEMAY / PARKER	RUTH / ANNIE	TONNESEN	ERIK & ANGELA
DAVIS	SARA LOU	LOVEJOY	JAY	TOONE	BETH & JIM
DAWSON	BILL & MICHELLE	LYALL	DANIEL & YVONNE	UFFORD	MARK & ABIGAIL
DEAN	JAMES & MARY	MARCHAND	BILL & VICTORIA	WADE	MR & MRS M.
DECARLIS	DEAN, JILL & LEAH	MARLOW	FRANK & JUDY	WALSH	CAROLYN
DEGARMO	HANEPEHA & THOMAS	MAY	ASHLEY	WATERS	ALLEN & DEBRA
DESTEFANO	ROBERT	MAYS / HOLMES	CECIL / KATHERINE	WILSON	CARLISLE & GAYLE
DOUGLAS	EDWARD & DEBBIE	McCARTHY	TIM & LouEllen	WILSON	JAMES & ELIZABETH
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DUCKWORTH	EDDIE & NICOLE	MENDOZA	GLORIA	WONG	THOMAS & YEN NAN
DUFFY	MICHAEL & BRITTANY	MILES	ROGER & MARY ELLEN	WOOLARD	RICK & SANDY
DUNBAR	MICHAEL & YVETTE	MILEY	TERRY & DEBORAH	XEFTERIS	KATHERINE
DYCUS	RICHARD & MITRA	MILSPAWE / RABIE	ABIGAIL / KEVIN	YOSHIDA	BILL & ISSY
DYER	SCOTTIE & SPRING	NOAH	LOUIS & KAY	YOSHIDA	MICHAEL & CHRISTINA
EASON	JOHN & EDI	NOLAN	ELEANOR & PAUL	YOUNG	ALVIN & NINA
EDWARDS	JAN	NORFLEET	ERIC & ETHEL	ZABEL	ERIN & BRENT
ELLIOTT	SHERRI & ROBERT	NOVAK / BLAKEBURN	DIANA / ROY	ZERHOUNI	MOUSTAFA & ZAIA
FAUNDA	ANTHONY	OATES	RON & ELIZABETH		

ANNUAL CIVIC LEAGUE DUES - STILL ONLY \$20 PER HOUSEHOLD

PLEASE INCLUDE YOUR HOUSEHOLD ON THIS LIST OF COMMUNITY SUPPORTERS BY JOINING TODAY

PLEASE CONTACT JEAN BOWMAN - MEMBERSHIP DIRECTOR WITH QUESTIONS (jean@bowmanrealtyva.com)

Paxton and Rutledge Dentistry

We Know When You are Sleeping

We try to drill (no pun intended) into everyone's head that it is necessary to brush your teeth before going to sleep. But many additional sleep-related issues can be discussed with our dentist at your next dental health visit. From dry mouth to nighttime grinding to sleep apnea, we are here to help you rest your head a little easier.

Brushing your teeth should be part of everyone's nightly routine. This is to remove the daily buildup of plaque on your teeth. Plaque is formed when food debris mixes with saliva and makes a sticky film substance on your teeth. The film also holds bacteria, which when not removed ultimately aids in cavity formation.

To further complicate the situation, everyone normally has less saliva flow at night. Less saliva flow is commonly referred to as having dry mouth. When dry mouth is severe enough you will have an increased risk of cavities, mouth sores and thrush.

Nighttime grinding or clenching is called bruxism. This may be seen by your dentist or hygienist as excessive wear on the edges of your teeth. There is a normal wear and tear that your teeth experience as you age, and this is taken into consideration when discussing sleep bruxism. Treatment is necessary when we see breakage of fillings or teeth, increased sensitivity or muscular discomfort. When early-stage damage is seen, we don't want to wait until you have discomfort and will recommend a preventative guard to wear at night. Please ask your dentist at your next visit if they see signs of excessive tooth to tooth damage.

Sleep apnea is another issue that we may help identify but will work with a medical doctor to diagnose and treat it. When we see children with large tonsils, we often ask the parents about the child's sleep pattern. If there is enough concern, we will recommend that the parents have a conversation with their child's pediatrician. We ask adult patients a series of questions regarding daytime sleepiness and nighttime snoring. This quick questionnaire helps us identify if there is a need for further evaluation by a sleep medicine doctor. Many adult patients are aware of their condition and are looking for an alternative treatment. Some dental appliances may be able to be used in addition to or instead of a CPAP machine. Our dentist will work with your sleep medicine physician to determine which treatment is best for you.

With the holidays upon us out-of-town guests may be staying at your home. We all want to make others feel welcome and at ease while visiting. Don't let your snoring wake your guests after bringing in the new year. or a lack of good sleep cause your holiday to be a humbug event.

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*HAVE A
HAPPY TOOTH YEAR!*

Hello Neighbors,

Our annual membership drive is underway and we need your support! For a modest fee of \$20 per household per year, you and your family can be members of the civic league. The annual dues help to keep your neighborhood civic league up and running. Our fiscal year runs from 1 January to 31 December. Please show your support by sending in the completed membership application along with your \$20 annual dues made out to the LST/HP/GS Civic League. Membership entitles you and your household to participate in our many neighborhood events. Below are some of the services we provide to our members:

- Monthly membership meetings with guest speakers
- Supports a Certified Neighborhood Watch Program
- Publishes and hand-delivers the Lake Smith Ripples
- Maintains civic league website (www.LHGCL.org)
- Provides family activities including the Annual Easter Egg Hunt, Fall Festival and Christmas Dinner
- Provides email broadcasts to members regarding safety, lost pets, and other areas of concern or interest

Our civic league is very active and one of the best in Virginia Beach because of the strength of our membership. Please take a moment and join today!

Civic League Membership Form – New or Renewal

(Please Print)

Name(s) _____**Please mail your check to:****Address** _____

LST/HP/GS Civic League

Phone # _____

P.O. Box 68883

Email _____

Virginia Beach, VA 23471

(For email broadcast of crime alerts and other community interest topics)

Dues are \$20.00 per household for the Civic League Year which runs from January 1 to December 31

The Civic League is always looking for members to volunteer in the following areas:**(Please check any position(s) for which you would like to volunteer – not required for membership)** Neighborhood Watch Easter Egg Hunt Christmas Dinner Fall Festival (Picnic, Hayride & Pumpkin Patch) Community Maintenance Refreshments for Meetings & Events Civic League Board of Directors You name it, I'll do it

The following new and renewing civic league memberships were received and recorded between November 26, 2025, and December 26, 2025. Thank you for supporting your civic league. Neighborhoods are the building blocks of our society. Memberships are through **2025** unless otherwise shown.

Ross, Claudia, Claire & Russell Baker (2026)
Ron & Roberta Bock (2028)
Rich & April Carney (2026)
Eddier, Rayer & Monica Chisolm (2027)
Edward & Debbie Douglas (2026)
Michael & Yvette Dunbar (2026)
Bill Haas (2026)
Harry, Mary Jo & Catherine Hall
Conrado & Nieva Ladrillono (2027)
Jay Lovejoy (2026)
Ashley May (2026)

Tim & LouEllen McCarthy (2027)
Joe & Pamela McNaught (2027)
Roger Miles (2026)
Eleanor Nolan (2027)
Barb Ryan & Jim Dunham (2026)
Traute Theisz (2028)
Allen & Debra Waters (2026)
Becky Whitson
Bill & Issy Yoshida (2026)
Mike & Christina Yoshida (2026)

Happy New Year! from your Neighborhood Watch.

We made it through 2025 without too much crime activity in Lake Smith Terrace, Haygood Point, or Governor Square. That's thanks to all of our good neighbors that keep watching out for suspicious activity and keeping our vehicles locked and our valuables out of sight. Criminals come into our community and soon leave empty handed and they spread the word that it's slim pickings in this community. We have nine hundred families living here and with that many eyes watching we do not miss much that goes on around our homes. Everyone caring for their neighbors helps keep us all safe.

One of the things that bind a community together and help to make it safe is having a strong, active Civic League. We are fortunate to have one of the best if not the best Civic League in Virginia Beach. With all that our Civic League offers it's hard to believe that only 343 of 904 families are members. It's time for the other five hundred plus families to make a New Year's resolution and join. You can use the membership form in this newsletter to join. If you can find a better bargain than the \$20 per family that you will spend on your Civic League membership please let me know.

We are now in the two coldest months of the year for Virginia Beach. We have to be prepared for the wild area weather that we experience here. We could have rain, ice, snow or 80 degree days in the span of only a few days. If you are not able to shovel snow you can have one of our neighborhood kids do it for you or if you don't have to go anywhere just wait a day or so and it will usually melt.

When we do get snow the main roads will get plowed, eventually. Getting to the main roads is the tricky part for our neighborhood. As the temperature rises the

plowed snow will melt and flow onto the roads and as the evening approaches and the temperature drops below freezing that melted snow will freeze and become hazardous. Please be extra careful when the temperature drops below freezing when driving or walking.

Make 2026 a joyous year for you and your family. Remember the happy times and enjoy them. There will be days that challenge us and it's how we react to those days that get us through to the next day.



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The month of January is usually associated with a resurgence in the real estate industry, as buyers and sellers plan their real estate needs for the new year.

It is also a perfect time to look back and see how the real estate market fared in the City of Virginia Beach. Below is a “snapshot” of housing statistics for the past year, which overall was an extremely good year:

Current Inventory: 804 detached and attached properties (remains historically low, but higher than last year).

Pending: 291 properties are under contract and preparing to close (slightly lower than last year).

Sold: 5,940 properties have sold in the past year (slightly higher than last year).

Below are the price ranges for the homes SOLD:

0-\$100,000	4
\$101,000-\$200,000	194
\$201,000-\$300,000	1173
\$301,000-\$400,000	1741
\$401,000-\$500,000	998
\$501,000-\$600,000	577
\$601,000-\$700,000	356
\$701,000-\$800,000	201
\$801,000-\$900,000	156
\$901,000-\$1,000,000	121
\$1,001,000-\$2,000,000	346
\$2,001,000-\$3,000,000	50
\$3,001,000+	23

The lowest price sold in the past year was \$76,900 and the highest price was \$ 7,375,000. Future prices will be determined by the “supply and demand” as well as values of previously “SOLD” homes within the past 12 months.

Source: Real Estate Information Network (REIN)

Jean Bowman
Bowman Realty
Licensed in Virginia



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www.bowmanrealtyva.com

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Jean Bowman *Broker/Owner*

  
LICENSED IN VIRGINIA

**Homes for Sale and Sold
in our Neighborhoods
Since November 2025**



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For Sale

1020 Miles Standish Rd

1052 Miles Standish Rd

4640 Miles Standish Rd

952 Ewell Rd

4661 Truman Ln

1025 Walt Whitman Way

1108 Miles Standish

Pending

4660 Copperfield Rd

4712 Bromfield Ave

Sold

4604 Copperfield Rd

HAYGOOD POINT

For Sale

4712 Crossborough Rd

Sold

4721 Haygood Point Rd

840 Five Forks Rd

828 De La Fayette Ct

GOVERNOR SQUARE

Sold

4617 Truman Lane

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Building Community

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Mine is to meet more neighbors build deeper friendships and help more people move in to our amazing community.

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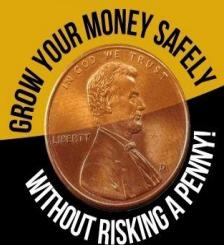
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*See service advisor for full details. Offer cannot be combined with other offers.

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*See service advisor for full details. Offer cannot be combined with other offers.

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LAKE SMITH TERRACE GARDEN CLUB

Our next meeting will be January 27, 2026

At Bayside Presbyterian Church, Independence Blvd @ Ewell Rd

Social 6:30pm – Program 7:00p

January 27, 2026 Meeting

Join us at our January meeting. Our program will be Houseplant Basics presented by Melissa Smith of Lucky Leaf in Virginia Beach.



Pictured Melissa Smith, Founder

Happy New Year!



November Yard of the Month By Lake Smith Terrace Garden Club

Lake Smith Terrace Garden Club continues their “Yard of the Month” and we are delighted to share a photo of our November winner! We enjoyed driving around the neighborhoods looking at your flowers, plants, and holiday décor. You could be next!



If you would like to visit our club and learn more about us, contact our President, Debbi Newenstyn @ shutterbugdebbi@gmail.com.

Come Grow With Us!!!!!!

January Garden Tips

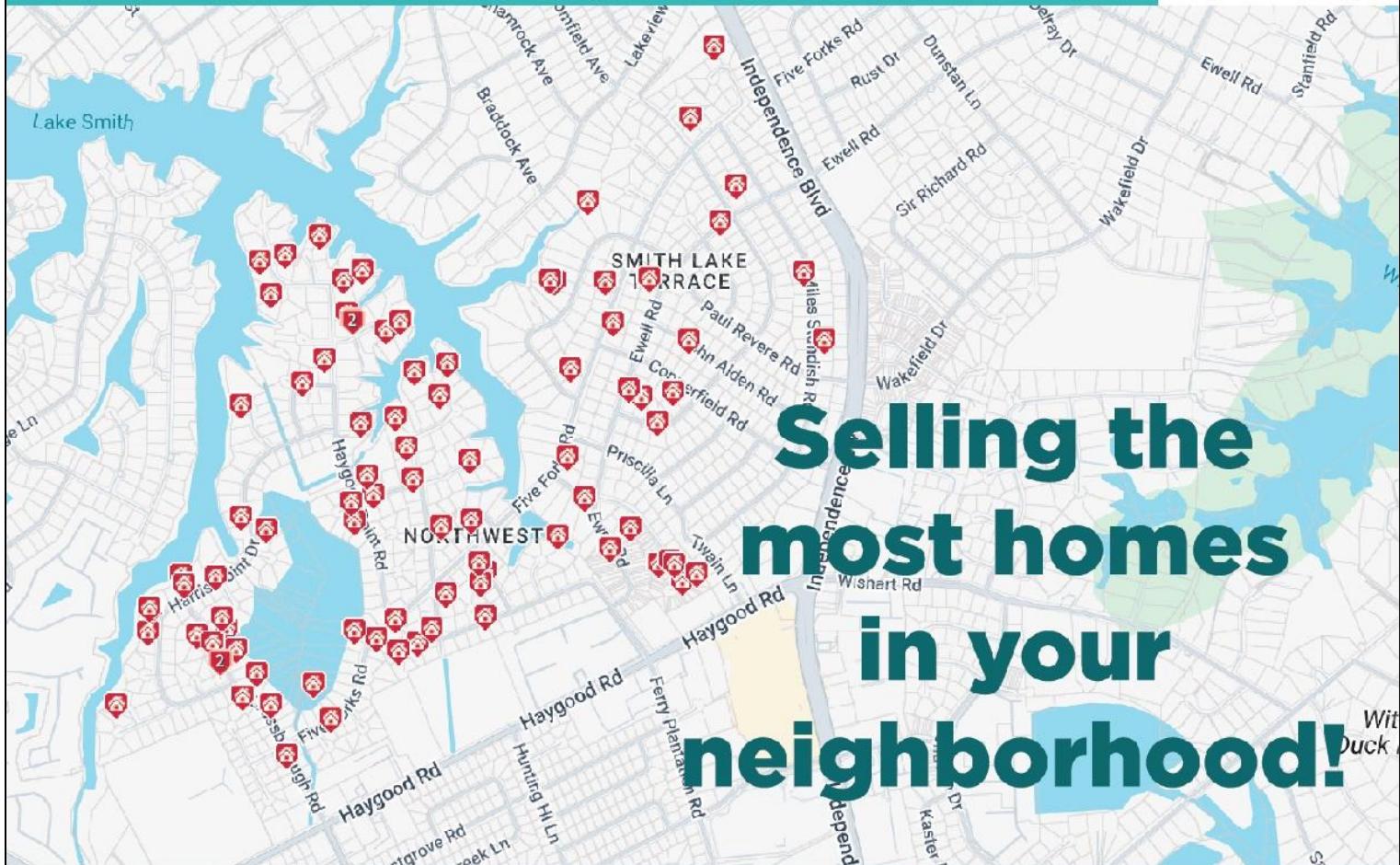
Did you know the US discards more food to our landfills than any other country in the world? Nearly 40 million tons - 80 billion pounds - every year. That's estimated to be 30-40 percent of the entire US food supply and equates to 219 pounds of waste per person. Once buried at our landfills, this organic waste produces potent greenhouse gases like methane that directly contributes to global warming and climate change. One solution? Composting! Consider starting a compost pile or use a service like www.tidewatercompost.com



(757) 325-5495



Your Neighborhood Experts



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