



Lake Smith Ripples



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

December 2025

Volume 29 Issue 4



Civic League Christmas Potluck Dinner

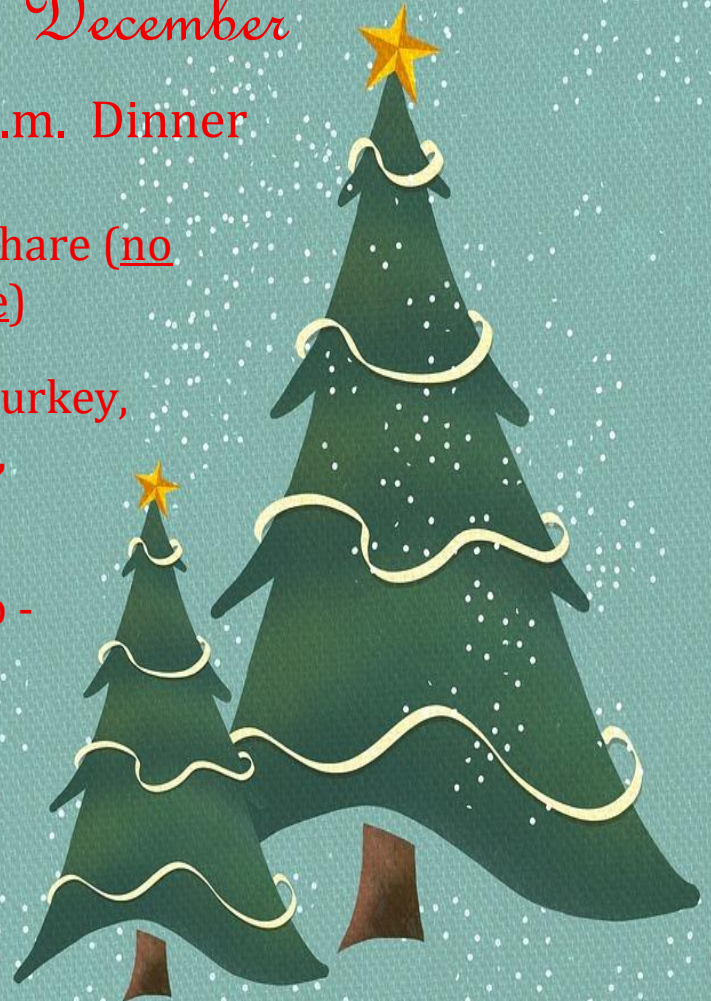
Bayside Presbyterian Church
Tuesday, 16 December

5:30 p.m. Social 6:00 p.m. Dinner

- Bring a side dish for 8 to share (no Desserts or bread - please)
- Civic League to provide - turkey, ham, shrimp, drinks, rolls, desserts, and tableware
- Visit from Santa (photo op - bring your camera)

Live entertainment, Door Prizes & 50/50 Raffle

Free for all Civic League Members and their families. Not a member - not a problem. Join at the door.



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

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

I trust everyone is ready for Winter – cause here it comes. The trees are just about bare, and Christmas decorations are appearing across the neighborhood. It's a joyous time of year and I hope all can enjoy the season with families and friends.

Our November civic league membership meeting was well attended, and we enjoyed an excellent presentation from Virginia Beach Sheriff Rocky Holcomb accompanied by some of his senior officers. Larry and Missy Huggins grilled up some delicious hot-dogs for the evening, and all-in-all it was a nice event. Don't forget this month we will be having our Christmas pot-luck dinner in lieu of a membership meeting on December 16th. In addition to great food, we will enjoy live entertainment courtesy of the Silver Tappers, a visit from Santa Claus and some great door prizes. See all the details on the front page of this newsletter. Christmas comes but once each year – don't miss it.

We are very thankful for Ed Douglas as he has stepped up to fill the position of secretary of the civic league. He was voted-in as an officer of the civic league at the November board meeting. Ed and his lovely wife Debbie are longtime residents of Governor Square. Ed retired from the Norfolk Police Department after a 30+ year career and subsequently retired again from the Norfolk Sheriff's office 20 years later. If you see Ed around the neighborhood, please thank him for stepping up to a leadership role with the civic league, and for his years of service in law enforcement.

In our ongoing battle in opposition to prevent the installation of a new Independence Blvd traffic signal at the Paul Revere Road intersection, we offered the compromise of closing Paul Revere at Independence. It seemed like a reasonable request to offset the anticipated cut-thru traffic a new signal will bring to our residential streets. Virginia Beach Public Works has replied with a denial of that request. We have requested an on-site meeting to discuss further options. Public Works has yet to explain the justification for adding a crosswalk at that intersection along with the traffic signal. There are no businesses on either side, and no apparent neighborhood connection between Lake Smith Terrace and Thoroughgood Colony, yet suddenly there is an urgency for a crosswalk – a mere three tenths of a mile from the crosswalk at Haygood Road. Five years ago, our councilman, the late Louis Jones, looked at the proposed traffic signal and said it was not needed. The project stopped. Louis possessed the wisdom and years of experience to assess these types of projects – and the city listened to him. Unfortunately, his replacement, a resident of Thoroughgood, has yet to demonstrate any such situational awareness on this matter. We will continue our efforts to oppose the project that has no positive benefits to this neighborhood.

As the winter months arrive, watch out for your elderly neighbors. A little kindness goes a long way.

Wishing everyone a very Merry Christmas, Happy Hanukkah, and a Happy and Safe New Year. Stay warm and watch your speed in the neighborhood.

Happy Holidays

John Eason

10 Painting Tips for Cutting In

Tips on getting a crisp sharp line at the edge of your paint.



1. Invest in a High-Quality Brush
Investing in quality paint brushes is half the battle. For cutting in, One popular maker is Purdy. I prefer the angular version, but it's a great brush that produces a sharp, crisp line with minimal brush strokes. Clean the brush thoroughly after you paint.
2. Skip Painters Tape
Spending more time cutting in carefully saves a lot of time spent taping up everything
3. Lightly Load Your Brush & Keep It Clean
I only use the bottom quarter of the brush when cutting in... and make sure it's not dripping! A mistake I often notice is a loaded brush that contains *too much* paint. An overloaded brush can get messy and doesn't create that crisp line. Try to keep your brush relatively clean, only using the bottom portion
4. Don't Start Exactly on the Line
When you gently press your brush to the corner, don't place it exactly on the edge or line you want to paint. Pull back about a quarter of an inch to begin with, then slowly move closer as you gain control of the brush
5. Fan Out the Bristles & Apply Even Pressure
As you're dragging your brush down the line or edge, apply gentle even pressure, fanning the top bristles slightly as you pull the brush. The fan should barely touch the edge or corner, creating a crisp line.
6. Use a Light Hand
Applying too much pressure can cause the paint to ooze or drip from your brush. Try to use a light, gentle, and steady hand. I've found that if you pull the brush too slowly, it can actually be more difficult. Find a good medium pace with light pressure
7. Feather it Out
If you're noticing any excess paint or ridges, use the backside of the brush to feather it out, blending any harsh edges or noticeable brush strokes.
8. Work in the Right Order
It's important to cut in *before* you beginning rolling a wall. Always work from the edges inward. The texture or nap from the roller should seamlessly blend over top of the border that you previously cut in.

9. Tackle One Wall at a Time

I always recommend finishing one wall completely before moving onto the next. This way, you'll have a seamless transition, and all of your walls will match perfectly. It's also important to continue stirring your paint throughout the duration of a paint project, so the color and viscosity is consistent.

10. Keep a Wet Rag Nearby

Keep a wet rag nearby and clean mistakes immediately... paint is more forgiving than you expect and is easy to wipe off if you mess up. If you don't cut in perfectly the first time, wipe it up and start again! No harm done.

Bonus - Read up and Watch Some Videos on Painting Technique. I have painted since I was 14 in houses and such and just started a deep dive into proper technique and finding lots of slight improvements that greatly speed up painting time and improve the final product. Brushes are quite expensive so spend some time on cleaning technique also

Food and Toy Drive

Sponsored by LST/HP/ GS Civic League

When: December 6, 10 AM -12 PM

Where: Haygood Point Park, 4775 Haygood Pt. Rd

What: Toy Drive to Benefit Toys for Tots

Please bring new,
unwrapped toys
Especially needed
are toys for infants
and older kids



Food Drive to Benefit SonRise Church Pantry
Nonperishable food items such as canned tuna, chicken, salmon, beans, lentils, peanut butter, brown rice, white rice, old fashioned oats, canned vegetables, canned fruit, unsweetened applesauce cups, shelf stable milk, baby food pouches, granola bars.



Paxton and Rutledge Dentistry

Restorative and Esthetic 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 leads to 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 approaching, 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 the kids before Santa arrives, or a lack of good sleep causes you to be a grinch to your guests.

Kelly Paxton DDS
James Rutledge DDS MAGD
2025 Pleasure House Road
Virginia Beach, VA 23455
(757) 464-0271
www.jimrutledgedds.com



Merry Toothmas!

Tis the Season to join the Civic League! Your annual fee of \$20 allows admission to our Annual Christmas Dinner this month!!! The more who attend, the merrier it will be!! Please show your support by sending in the completed form along with your \$20 check made out to LST/HP/GS Civic League. You may also join on the evening of our Christmas Dinner!! We really need more members to help support our Civic League Events that we have throughout the year. Your support is greatly appreciated! Merry Christmas and have a blessed holiday season!!

Civic League Membership Form – New or Renewal

(Please Print)

Name(s) _____

Address _____

Phone # _____

Email _____

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

Please mail your check to:

LST/HP/GS Civic League
P.O. Box 68883
Virginia Beach, VA 23471

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)

<input type="checkbox"/> Neighborhood Watch <input type="checkbox"/> Christmas Dinner <input type="checkbox"/> Community Maintenance <input type="checkbox"/> Civic League Board of Directors	<input type="checkbox"/> Easter Egg Hunt <input type="checkbox"/> Fall Festival (Picnic, Hayride & Pumpkin Patch) <input type="checkbox"/> Refreshments for Meetings & Events <input type="checkbox"/> You name it, I'll do it
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The following new and renewing civic league memberships were received and recorded between October 26, 2025, and November 25, 2025. Thank you for supporting your civic league. Neighborhoods are the building blocks of our city. Memberships are through **2025** unless otherwise shown.

Cindy & Larry Black
Amy & Ron Bruffy
Kevin & Mary Hunter Cooper (2026)
Donnie Holcomb (2027)
James & Mary O'Neill (2026)
Ronald & Elizabeth Oates (2026)
Nancy Pasqualino (2026)
John & Denise Snee (2026)
Rick & Christi Stephens (2027)
Al & Nina Young (2026)

Bring the family to the Christmas Party and join at the door!



Happy Holidays





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It's that time of the year again. We just ate our way through Thanksgiving and now we are getting ready for Christmas. While you are stressing about how you can make this another great Christmas make sure that you take time to pause and enjoy this joyful season.

We live in one of the best neighborhoods in Virginia Beach. When outsiders drive through our community, they notice the well-maintained lawns and the pride of ownership we take in our homes. These things contribute to the reason that our crime rate is lower than other similar sized communities in Virginia Beach. Criminals know a neighborhood like ours is not the kind of place that is productive for them. We keep our vehicles locked and valuables out of sight, our garages and sheds are locked and we watch out for our neighbors, so criminals move on to more lax areas. We need to continue making our community unattractive to criminals.

I have been working with our Community Police Liaison Officer to get the speed monitor placed on Five Forks Road for the last couple of months to no avail. He told me that they will have an officer assigned to monitor speed in the interim until the monitor becomes available.

Since the time change and darkness comes earlier I have noticed more people out running, walking or biking wearing dark colored clothing. At least, please wear light colored clothes so that drivers can see you sooner. Don't forget about your dog. A reflective collar just might save its life.

Remember: Criminals Love Holidays and Shopping Too! The arrival of Thanksgiving officially kicks off the holiday shopping and celebration season. Your Virginia Beach Police Department will have extra officers on patrol around the malls and shopping centers and on the roadways throughout the city. BUT "WE need YOU to help US help YOU" and this statement is especially important during this time of year. Please do not put yourself or your property into the situation of being an easy or inviting target to would be thieves. Your situational awareness does make a difference and is of the utmost importance in the prevention of crime.

Helping a Neighbor in Distress

Because our neighborhoods are so safe, friendly and such great places to live, many elderly homeowners choose to live here into their later years. Unfortunately, the report of a recent incident, that is very uncharacteristic of our residents surfaced, and is worth mentioning:

Approximately three weeks ago an elderly neighbor who lives alone was in desperate need of assistance after falling in his yard and breaking his hip. Shockingly, a passing individual, walking a dog, refused to assist the fallen resident stating 'the police would be called' – unfortunately the call never occurred. Subsequently, it took the injured resident, with other physical issues, an excruciatingly painful hour and a half to drag himself into his home to summon assistance on his own.

Fortunately, the injured resident was able to summon help, received assistance, and is on the way to recovery. It should go without saying that if you are involved in a situation such as this and you are **the witness:** – render assistance by making a 911 call. If possible, stay with the injured person until help arrives, or if for some reason you must leave, see if a neighbor can assist. **Please do not abandon the injured. In Virginia the Good Samaritan law will protect you so don't be afraid to get involved.**

For our older residents: face up to the reality that the number one cause of injuries in and around the home is slips, trips and falls, and if you are involved the chances of a serious injury are much greater for you than for a younger person.

If you live alone or are doing outside chores alone, have your cell phone with you or purchase a fall detection or medical alert device (I've fallen and I can't get up) ***and wear it***, so you can contact someone to assist you or to make an emergency 911 call.

Have a Safe and Merry Holiday Season!

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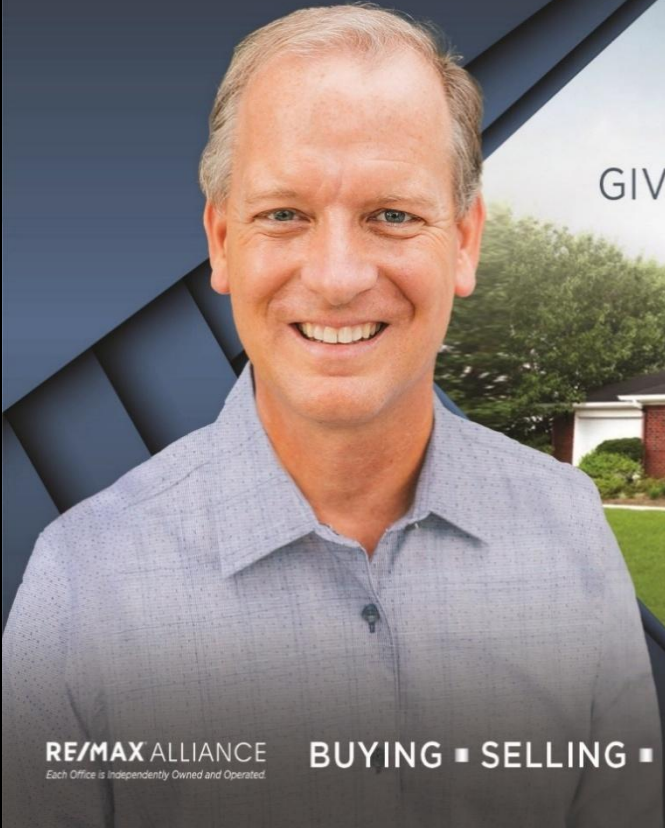


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Historically, the real estate market tends to slow in the month of December. Even though mortgage interest rates have been on the high side, many buyers continue to search hoping to find the home of their dreams.

That said, December may be an opportune time to place your home on the market. Citywide inventory tends to be lower than the Springtime, possibly resulting in less competition.

Homes show beautifully when adorned with Christmas lights and Holiday decorations. And most importantly, buyers who are out "shopping" this time of year are very serious and in need of a home!

Source: Real Estate Information Network (REIN)

Jean Bowman
Bowman Realty
Licensed in Virginia



Homes for Sale and Sold in our Neighborhoods Since October 2025



LAKE SMITH TERRACE

For Sale

1020 Miles Standish Rd
1052 Miles Standish Rd
4604 Copperfield Rd
4660 Copperfield Rd
4640 Miles Standish Rd
1025 Walt Whitman Way

Sold

4712 White House Lane
1144 Revere Point Rd

HAYGOOD POINT

For Sale

4712 Crossborough Rd
4700 Springtree Ct
828 De La Fayette Ct

PENDING

4721 Haygood Point Rd
840 Five Forks Rd

GOVERNOR SQUARE

For Sale

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Sold

904 Ewell Rd



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Jean Bowman Broker/Owner



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Do You Have A Small Business?

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Join the Neighborhood Network & Let Us Know

My commitment to Hampton Roads goes beyond real estate sales. For over 23+ years, I've been fostering community spirit by organizing block parties and other local events to bring neighbors together.



Scan to connect

Even if you have no plans to sell, knowing what this market means for your home is smart.

Coffee's on me, and I'll bring the Creamer!



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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 6:30 pm – Program 7:00 pm

Thanksgiving Holiday Candle Ring Wreaths at our November Meeting

At our November meeting we held a workshop that allowed members to make candle ring wreaths just in time for their Thanksgiving table!

We had a great time learning to make these and everyone went home with their own design!



Debbi Newenstyn, LSTGC President
Cell: 757-630-9090 or email:
shutterbugdebbi@gmail.com

Happy Thanksgiving!



October Yard of the Month By Lake Smith Terrace Garden Club

Lake Smith Terrace Garden Club has started a “Yard of the Month” and we are delighted to share a photo of our October winner! We enjoyed driving around the neighborhoods looking at your flowers, plants, and autumn 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!!!!!!

December Garden Tips

This is the time of gift giving! Why not give yourself or a friend the gift of a garden club membership! Our dues are only \$25. We will provide an eGift Card



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