



HAPPY
*Valentine's
Day*



Become A POLL WORKER for the City of Virginia Beach see info on page 3

Civic League Meeting and Program

Tuesday, 17 February
Bayside Presbyterian Church

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

Presentation

The Back Bay Wildlife Refuge



Civic League Scholarship Deadline is 30 April

The Civic League will be awarding its annual scholarship to a deserving 2026 graduating high school senior in May. **This year's scholarship award will be \$1000.** Selection will be based on educational achievement, community involvement and communication skills.

The scholarship recipient will be announced at the May General Meeting. Visit our website (www.lhgcl.org) to learn more about eligibility requirements, instructions, and application. **Deadline for applications is 30 April 2026.**



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

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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.

As I write this column, the sun is shining on a 28 degrees day, and we have just come through a weekend with a forecast that started at up to 12 inches of snow and ended with rain washing the mere dusting that did fall. The forecast includes chances of another snow event this coming weekend. Although it's rare, it just shows the difficulty of forecasting winter precipitation here in Tidewater where our proximity to the ocean includes numerous variables that affect the outcome. In March of 1980 we had a three-day long blizzard. Officially it was about eleven inches of snow, but the five-foot drifts against the side of the house told a different story. But for now, forget the snow, it is just the right time to look out the window and plan what you want to grow in your garden this year.

Our January civic league meeting featured an excellent presentation on haunted locations around Virginia Beach. Based on the number of audience questions, it was an enjoyable topic. This month's civic league meeting will feature a presentation about the Back Bay Wildlife Refuge. Mark your calendar and come to the meeting.

Civic league memberships arriving in the mail this month are encouraging. January's newsletter included a membership letter/form and preaddressed envelope to join the civic league or renew your membership for 2026. If you have not yet mailed yours, please do so today. We have a robust civic league that works on behalf of this neighborhood every day. Help us keep going by becoming a member. It's inexpensive and simple to do. We need your support.

We have election days coming up this year beginning with a primary in June to determine candidates competing in the general election in November. Hopefully eligible voters will research candidates and cast votes accordingly. After you have done your research and voted, about 8:00 pm on election day, you can kick back in your chair and watch the information banner start to scroll across the bottom of your TV screen with election results. Election results don't just happen. They require the efforts of more than a thousand election workers staffing the one hundred polling precincts in Virginia Beach. Yes, you know where this is going – I'm reaching out again to our residents seeking to recruit election officials to work in upcoming elections later this year. Elections occur two or three times each calendar year, so the time commitment should not be a major burden. Many of our residents have served and continue to serve as election officials – how about joining them? Election day is a long but fulfilling day of work at the polls, but it's also a duty that can give you a level of patriotic satisfaction. See complete details on becoming an election official on page 3 in this newsletter.

Although a court has intervened, we may be having a voting opportunity on a referendum this April. This was developed during the latest General Assembly session for the purpose of redefining the House of Representatives districts in Virginia. Is this the right thing to do, or the right time to do it? Be sure to do your research before you vote.

Congratulation to our fellow resident John Fedorowicz for being sworn in as Elder for Bayside Presbyterian Church. John is a retired U.S. Navy Intelligence officer and a teacher at Indian River High School. Bayside Presbyterian recognized John not only for being a strong Christian, but also, a leader and role model. Our right to worship our God, or not, is a right that our forefathers fought and died to enshrine in our constitution. This is a right that we should never squander away.

John Eason

Pruning Roses

Pruning isn't just to maintain the correct form of a rose bush; it also improves the overall well-being of the plant. Pruning benefits a rose bush in many ways.

- Annual pruning stimulates plant and shoot growth, leading to larger blooms and a more robust structure of the rose bush.
- Removing dead, damaged, or diseased canes minimizes the risk of fungal infections and pest infestations to improve the plant's health.
- Thinning out dense growth improves air circulation within the plant to reduce fungal diseases, such as powdery mildew and black spot.
- Shaping the plant through pruning enhances its visual appeal, creating a more attractive-looking bush.



When to Prune

Timing is important when it comes to pruning roses. The best time to prune roses in Virginia Beach is late winter to early spring, specifically **mid-February to mid-March**, when new growth buds begin to swell but before full leaves appear. This timing corresponds with the end of the dormant season and avoids damage from late freezes.

How to Prune

- Use sharp, clean pruning shears and loppers to make precise cuts to minimize damage to the plant. Dip the blades in a mixture of bleach and water to prevent the spread of any disease during pruning.
- Trim back old growth by about one-third to improve the plant's shape and encourage new growth.
- Remove dead, diseased, or crossed canes to maintain a healthy plant.
- Make pruning cuts $\frac{1}{4}''$ - $\frac{1}{2}''$ above an outward-facing bud. Pruning cuts should be at a 45-degree angle, sloping away from the outward-facing bud.



- Create an open, vase-like shape by removing canes from the center of the plant to promote good airflow and sunlight penetration, which is essential for plant health.
- Clear away debris and old leaves beneath the rose to prevent disease spread.
- Apply insecticidal soap or horticultural oil to control pests.

Ref: <https://azgardenclubs.com/pruning-roses/>
<https://visionscapeslanddesign.com/save-the-crapes-and-prune-the-roses/>



Become A POLL WORKER for the City of Virginia Beach

Virginia Beach needs citizens to serve as poll workers on Election Day. Please consider this opportunity to serve your community. Poll workers are paid \$240.00 for each election and an additional \$25.00 to attend a specialized training class. Initial application can be filled in online at

<https://virginiateachva.easypollworker.com>

For the best experience with this website, please use Google Chrome, Microsoft Edge, or Mozilla, Firefox. Internet Explorer is not a supported browser and will not work.

You may also stop by our office at the Virginia Beach Municipal Center, Bldg. 14. Before coming, please go to <https://voter.virginiateach.gov> and select Election Officials - for more information, to review paperwork, and to know what to bring – or give us a call for more information.

Voter Registration & Elections, 2449 Princess Anne Road, Bldg.14, Virginia Beach, VA 23456

Phone 757-385-8683

Paxton and Rutledge Dentistry

Dental Health Progression and Care

Our bodies are impressive things. It is hard to believe in a world where some people trade in their phones every year that our bodies can last 100 years! This is not possible without good genetics and a healthy lifestyle. The secret to a long life is true for our teeth as well. Our teeth go through a lot during life; let's start from the beginning. Our primary teeth (baby teeth) are our first set of teeth. They start developing in the womb and are lost and replaced with new ones in the first 12 to 14 years of life. The teeth seen in our mouths in adulthood are called permanent teeth. They start to break through and erupt in our mouths around age six.

So, what happens to a tooth over the years? Let me walk us through a common scenario for our first permanent tooth—a back molar.

1. When a molar first comes into the mouth, most dentists recommend the placement of a protective filling called a sealant. A sealant protects a tooth from getting a cavity in its most vulnerable spot, the grooves on the biting surface. This may be all your tooth will ever need.
2. Later in life, a cavity may form on one or more surfaces of that tooth. A dentist removes the cavity and replaces it with a filling.
3. As years go by, you get another cavity or fracture, either on a different surface or around the filling. A dentist may be able to place another filling, but sometimes the tooth lacks the correct structure to hold a filling in place
4. In that case, your tooth progresses to the next step, and a crown is placed. A crown covers the whole tooth, but your natural tooth and the nerve are still under it!
5. Years pass and that same tooth becomes painful. You find out that after years of getting cavities, the nerve is now injured and is dying. The next line of treatment on that molar is a root canal.
6. In the unfortunate situation that the root canal cannot save the tooth, the tooth is then removed, leaving an empty space.

Why do we put our teeth through all this? Why not jump to the end and replace all of our teeth with dentures or implants? Those years of maturing growth with baby and permanent teeth allow your jaw to grow and form into a thick bony structure. Without teeth, your jawbone will shrink and cause the face to appear sagging and collapsed. When needed, dentures require bone to be added, and implants cannot be placed in thin, underdeveloped bone.

Get as much life as possible out of your own natural teeth. As we age, there does come a time when the only options are dentures or implants. Take care of your teeth and maintain checkups and cleanings every six months to put that off as long as possible!

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*Happy Valentine's
Day!*

If choosing between candy and flowers for your valentine, choose the flowers - they won't contribute to tooth decay!

Greetings Neighbors! Our Membership drive is underway and we need your help! Our goal this year is to reach 400 members! You can help your civic league reach its membership goal by joining today. Please show your support by mailing in the completed form along with your \$ 20.00 check made out to LST/HP/GS Civic League. Membership dues allow us to fund neighborhood events and provide our newsletter to each household. We really need your support!!!

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 renewed civic league memberships were received and recorded between December 27, 2025, and January 26, 2026. Thank you for supporting your civic league. Neighborhoods are the building blocks of our society and civic leagues are the glue that binds them together.

Memberships are through 2026 unless otherwise shown.

Paul & Jane Ackiss (2028)

Marsha Hiers & Anne Bernardon

Sandra Pittman (2027)

John & Susan Barnes

David & Sandy Huband (2027)

Mary Jane Porter

Steven Battle & Lyne Wyatt

Shannon Hurley & James Blustein

Joe & Mabel Quartararo

Matt & Rose Bouchonville (2027)

Mike Ingle

Dick & Joanne Rentner

Keith & Jean Bowman

Phil & Chris Jones

Barry & Judy Rudacille

Chuck & Sue Bowlyou (2027)

Dana & Patty Kelly

Johnny Salazar

Jackie Branyan

Werner & Linette Knocklein

Kevin & Traci Sanders (2027)

Bob & Jeanine Breault

John & Alexis Krenzke

Steve & Barbara Schoenfeld (2028)

Mike & Marie Buterbaugh (2027)

Don & Susan Krudop (2027)

Dede Schultz

Peter & Becky Cervenka (2027)

Michele & Krzys

Janos & Carla Sipos (2030)

Ron & Dawn Cimbala (2027)

Grace Lawrence

Colin & Sharon Smith

Robert & Nida Christianson

Gene & Carolyn Lempert

Barry Sroka & Carole Pincavage

James & Mary Dean (2030)

Elisa Lewis & Aaron Arndt

Jacob & Jessica Steinmetz

Constance & Esther DeBord

Chase Lozito

Ben & Priscilla Svedberg

Dean & Jill DeCarlis (2029)

Chris Lozito & Phill Primeaux

Tom & Michelle Tyree

Rick & Kathy DeJaeger

Bonne Maixner

Jody & Bill Ullmann (2027)

Jane Dochtermann

Jane & Ed Martin

Charles & Sharon Votava

Roland & Jean Downing

Diana & Greg Mathews (2027)

Adam & Misty Walton

Kathy Duncan

Jack Molovinsky

Carol Wicks

Jan Edwards (2027)

Betty Moye

Steve & Terri Wilkins (2028)

Orzuri Rique Garaizar (2027)

Jenny & Mike Nardelli

Lexy & Josh Willey

Peggy Gentry

Karen Ogletree-Nanez & Sammy

Chris & Liz Williams

James & Sheila Grix

Crum (2027)

Al & Nina Young (2027)

Jim & Patty Handrahan (2028)

Pat & Jerry Pacilio (2027)

Neighborhood Watch

Thanks for everyone keeping our crime rate very low.

Thanks for everyone keeping our crime rate very low. The Third Precinct Commander, Captain Gordon, said that they rarely get any calls for service from Lake Smith Terrace, Haygood Point, Governor Square. Let's keep it that way. Don't hesitate to call the police if you see something that looks suspicious. This is what Neighborhood Watch is -- everyone watching out to keep our community safe. Do not think that you are bothering the police when you see something that doesn't "look right". They would rather that you call than wish you called. Sometimes this is all it takes to get a criminal out of our neighborhood.

When going on vacation we always hear about taking care that our home is secure and being looked after by a trusted neighbor or family member but we also need to stay vigilant and maintain the security of our belongings while on vacation. Do not become complacent just because you are on vacation! Take the time to research crime in the area where you will be staying - where any potentially dangerous areas are and do your best to avoid them. Take the time to discuss situational awareness with your children and have a plan in case you become separated. Don't rely on your cell phone. If you are robbed

it will be taken. Plan ahead – plan for what you would do if you lose it in a strange city.

Scams. The Nigerian prince with millions of dollars they want to send to you is now something that most of us are well aware of. Scammers are getting increasingly more imaginative and coming up with new, believable ways to gain access to our hard-earned savings. Be very suspicious. Good people expect others to behave like they would but that's what works to the advantage of scammers. They prey on good people with some get rich scheme or a sad story, and being compassionate, it is normal to want to help because we want to help someone in need. It goes against our beliefs and principles to be suspicious but that is what we must do. There are too many stories of people who lost large sums of money or suffered physical harm by people who gained their trust.

Do not give money to strangers. Do not let strangers into your home. Keep your vehicles locked. Get to know your neighbors.



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The Real Estate Information Network (REIN) provides a Consumer Disclosure Information Form for buyers and sellers which states:

BUILDING PERMITS: Certain improvements or repairs to buildings on properties require permits from the jurisdiction in which the property is located. Permits are required for some additions, modifications and remodeling including building construction, electrical, plumbing, mechanical installations and Maintenance.

The purpose of a permit is to ensure compliance with the State Building Code. Virginia cities, towns and counties enforce the Uniform Statewide Building Code. A buyer should undertake such due diligence as buyer deems appropriate to ensure the permits have been secured and inspections performed".

Here are a few examples of repairs that require an application for a permit as well as a final inspection from the City of Virginia Beach:

- Removal/abatement of underground oil tanks
- Roofs on attached properties (townhouses)
- Ductwork replacement
- Structural repairs which include crawl space work
- Gas HVAC replacement/ Gas Hot Water heaters-any gas equipment
- Electrical Panel Replacement
- New decks and fences
- Additions
- Crawl Space Encapsulations
- Driveways

Please contact the City of Virginia Beach permit department to verify if any improvements or repairs require a city permit.

Source: Real Estate Information Network (REIN)

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Bowman Realty
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Jean Bowman *Broker/Owner*



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Presidents' Day February 16th

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Make this Valentine's Day unforgettable! Do you have a go-to date night idea, favorite love song, or dessert recipe that always steals hearts?

Share your favorite ideas with the community!

Inspire each other with creative ways to celebrate love—whether it's a fun DIY activity, the ultimate dinner recipe, or a dreamy date night spot.

- Snap a photo or drop a suggestion on the community board.

SCAN THE CODE for the FB group link!

Let's spread the love this season—because the best celebrations are the ones we share!

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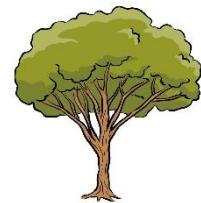
Love is in
the Air

02.15.26

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Why We Need Trees



Trees capture and filter pollutants from water. Mature canopies can hold in their crowns up to 200% of annual rainfall – this reduces the volume of stormwater runoff going into streams, carrying pollutants and causing erosion.

One acre of pavement releases 36 times more runoff than a forest. For example, a one-inch rainfall will result in 750 gallons of runoff from a forest, but an astounding 27,000 gallons from a parking lot.

Trees shade our streets and parking lots, acting as nature's air conditioners. A Science Museum of Virginia study found a 16-degree temperature difference between the higher canopy neighborhoods with less tree canopy. The study also found that 94 percent of study areas display consistent elevated temperatures in formerly redlined areas relative to their non-redlined neighbors. These heat islands correlate to increased hospital visits for heat related illnesses.

Trees clean the air, removing harmful particulates that induce asthma and other respiratory illness.

Living in areas with high levels of trees and greenery can increase physical activity and has been associated with reduced levels of obesity.

Expanding the state's urban forests could save Virginians approximately \$175.5 million annually in reduced energy costs associated with heating and cooling residential buildings.

Trees capture carbon, reducing the impact of climate change.

Trees create habitat for wildlife. In commercial settings, mature trees support a larger and more diverse bird population than recently planted saplings. And oak species support more than 500 species of moths and butterflies that birds feed their young.

Find your community's tree canopy fact sheets at chesapeaketrees.net. Share them with your friends, neighbors and elected officials.



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