



CHURCH HILL NEWSLETTER

COMMITTED TO INFORMING THE RESIDENTS OF CHURCH HILL
AUGUST 2007

**Last Chance to Come
to a Summer Picnic!**



Next General Membership Meeting

7:00pm Tuesday, August 21, 2007

The third and final CHA picnic of the season is at the CHAT House (Church Hill Activities & Tutoring) - 601 N. 31st Street. No pets please.

Please bring a dish to share consulting with the first letter of your last name.

Main Dish: F - M

Dessert: N - Z

Salad Dish: A - E

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Beth Sarrett 690-8703

Summer Picnics:

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ADVERTISING INFORMATION

The deadline for submission of ad copy is the 25th of the month for ads to be included in the following month's newsletter. E-mail submission of ads is preferred. Ads are black and white and can be accepted in .pdf, .jpeg, .pub or Word .doc format via e-mail to:

newsletter@churchhillrichmond.com

Payment must accompany the copy/ad or be received prior to the publication date in order for the ad to be included in the newsletter.

NOTE: A discount of 10% is provided for pre-paid advertising for three or more months. Ad copy may be changed as long as it is received before the usual deadline.

Please submit ad copy electronically. Send payment to CHA Newsletter, P.O. Box 8031, Richmond, VA. 23223.

Questions? Please contact Trish Bernal at 643-2420 or at trishbernal@gmail.com.

FULL PAGE BACK COVER \$80

FULL PAGE INSIDE FRONT COVER \$75

FULL PAGE INSIDE \$70

HALF PAGE \$40

QUARTER PAGE \$30

CENTERFOLD (TWO FULL PAGE ADS) \$130

Full page is 8 1/2" x 11" with at least a 1/2" border all around. A half page ad would be no more than 7 1/2" W x 5 1/2" H (landscape), and a quarter page ad would be 3 1/2" W x 5 1/2" H (portrait).

The Church Hill Newsletter is distributed by volunteers throughout the Church Hill neighborhood (North and South of Broad Street) and to many of the apartments in the Shockoe Bottom area (including Tobacco Row, Superior Building, and the Poythress Apartments). We also distribute through several local restaurants and area merchants. A total of 1400 issues are distributed each month.

EDITORIAL POLICY

The newsletter is published monthly except for a combined November/December issue. All official opinions of the CHA are found in the minutes of the meetings. All other opinions expressed in the newsletter are the opinions of the individual author. All submissions are welcome. The editorial policy does not permit personal attacks, profanity or anonymous submissions. Submissions may be edited for space. Final approval rests with the Board of Directors. Please submit all articles/letters as e-mails to newsletter@churchhillrichmond.com



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Derek Metzler, 644-1221
btrinc@verizon.net

TIMELY & NOTEWORTHY



A.C.O.R.N. NOW ACCEPTING GOLDEN HAMMER NOMINATIONS! Annual Fundraiser to Recognize Outstanding Renovations in City of Richmond



The Alliance to Conserve Old Richmond Neighborhoods will present its Eighth Annual Golden Hammer awards in late September and is now accepting nominations from the public for Best Residential Renovation, Best Commercial Renovation and Best Infill Construction. If you know of a great renovation project or have been involved in a project that deserves recognition, please print a nomination form from the website.

This is a once-a-year opportunity to honor the good work of those dedicated to restoring the vitality to our oldest neighborhoods. All nominations must be in by Aug. 31. A judging panel will select the nominees by Friday, Sept. 7.

A.C.O.R.N. started the Golden Hammer awards in 2000 to honor excellence in preservation throughout the City of Richmond. Since then, a variety of individuals and organizations have received the Hammer-shaped trophy including Rev. Delores McQuinn, the Poblis Box Factory building, the Department of Historic Resources, and Ed Slipek. You can read about last year's winners on A.C.O.R.N.'s webpage - www.richmondneighborhoods.org.

ATTENTION MEMBERS OF THE ASSOCIATION

The 2008 Church Hill Association Budget is printed in this newsletter issue. It has been reviewed and approved by the Board of Directors. It's now your turn to review it, as there will be discussion at the August Picnic. If you have suggestions for changes, please contact Treasurer Karen Flanders with your ideas before the September 6th Board Meeting. All change requests must be in at that time. Karen Flanders, 804-814-9084, e-mail: seahorse08051@hotmail.com. The General Membership will vote on the final budget at the October meeting.

TOAD'S PLACE, RICHMOND'S NEWEST CONCERT VENUE IN THE RIVER DISTRICT

Upcoming Shows:

Ken Navarro - Aug. 5

Buddy Guy - Aug. 7

GWAR - Aug. 15

Sam Bush - Aug. 17

American Cancer Society: Core By Design - Aug. 18

Keyshia Cole - Aug. 22

Bruce in the USA - Aug. 23

Stone Sour - Aug. 25

George Thorogood & The Destroyers - Aug. 26



Toad's Place Richmond is located on Virginia St. by the Turning Basin along the Canal Walk. The best place to park is the Virginia Street Parking Deck at 100 Virginia St. This parking deck is located 1 block from Toad's Place (across from Siae) and is \$3 to park after 5pm.



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River District Schedule of Events 2007

Brought to you by Venture Richmond

Continuing Events in August

River District Canal Cruises

Canal Turning Basin - Dock and 14th Streets, Wednesday-Saturday Noon-7pm, Sunday Noon-5pm, \$5 adults, \$4 seniors & children 5-12, age 4 and under free with adult

35-minute historically narrated tours of the James River & Kanawha Canal along the River District's Canal Walk. Tour begins every hour on the hour. Private charters also available. For more information call 804-788-6466 or visit www.venturerichmond.com.

Thursday Growers' Market (May 3rd-October 25th)

17th Street Farmers' Market, Free admission, 8:30am-2pm
Farm fresh and homegrown straight from the region's farms to your home. Homemade and handcrafted right here by highly artistic Richmonders. For more information call 646-0310 or visit www.17thstreetfarmersmarket.com.

Fridays at Sunset®

Kanawha Plaza, 6-10pm
Fridays at Sunset is pleased to bring to you high caliber performances that offer wonderful entertainment, good food, a patron-friendly atmosphere and an overall enjoyable experience. This month's line up includes: Aug. 3 Honey James w/ DJ Williams Projekt, Aug. 10 Lyfe Jennings w/ Emily King, Aug. 17 Erykah Badu w/ Eric Roberson (concert on Brown's Island). For more information, event prices and to see the schedule of performers visit www.fridaysatsunset.com.

Saturday Market (May 5th-October 27th)

17th Street Farmers' Market, Free admission, 8:30am-2pm
Farm fresh and homegrown straight from the region's farms to your home. Homemade and handcrafted right here by highly artistic Richmonders. For more information call 804-646-0310 or visit www.17thstreetfarmersmarket.com.

Sunday Open Heirloom Market (May 6th-October 28th)

17th Street Farmers' Market, Free admission, 8:30am-2pm
Antiques, collectibles, jewelry and fine arts and crafts. For more information call 804-646-0310 or visit www.17thstreetfarmersmarket.com.

Sunday Reenactments of Patrick Henry's "Give Me Liberty or Give Me Death" Speech (through Sept. 2nd)

St. John's Church, Church Hill, Free admission (donations accepted), 1-3pm
Experience the spirited debate among 10 of our Founding Fathers that concluded with Patrick Henry's declaration, "Give me liberty or give me death" in the very place these immortal words were spoken. Share in the excitement and tension as Thomas

Jefferson, George Washington and Edmund Pendleton, among others, prepare to battle England and resolve to form an armed militia. For more information call 804-648-5015 or see www.historicstjohnschurch.org.

Special Events in August

Saturday, August 18th In the Cause of Liberty: a Curator's Tour

American Civil War Center at Tredegar, \$10 fee or free with museum admission, free for ACWC members, 2pm
Join the American Civil War Center Curator for a guided tour of the Center's flagship exhibit, *In the Cause of Liberty*. She will share her unique perspective on creating the nation's first exhibit to explore the Civil War from three essential perspectives - Union, Confederate, and African American. For more information call 804-780-1865 ex. 10 or visit www.tredegar.org.

Friday-Saturday, August 24-25 Third Annual Shockoe Craft Beer Festival

Kanawha Plaza (between 7th & 9th Sts. on Canal St.), Admission fee, Friday 5-10pm, Saturday 12-7pm
Taste some of the best our Mid-Atlantic Brewers have to offer with over fifty craft beers from over twenty different craft and microbreweries showcasing local and regional breweries and microbreweries. Delicious eats and treats, cool beer gadgets, educational seminars, and great music await you at this end-of-summer festival. In keeping with the tradition of great, home-grown music, the concert line up showcases tunes to get your feet tappin'! Friday: Shockoe Bottom Boys, Billy Ray Hatley & The Showdogs and Jackass Flats. Saturday: ThermoUs, The Taters, The Atkinsons, and Scott Miller and the Commonwealth. For more information call 804-249-9123 or visit www.richbeau.com.

Sunday, August 26th Canal Boats and Cobblestones Walking Tour

Meet your guide at the James Center Clock Tower at 10th and Cary Streets, \$10 fee, \$9 in advance, \$5 for History Center members, 2-4pm
This walking tour focuses on the history, architecture, and preservation efforts of the canal area. Come explore the historic and architectural treasures of Shockoe Slip, and see the work that is being done in the River District along the James River, the Great Basin and Richmond's canals. For more information call 649-0711, option 4.

* Schedule Subject to Change

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August Special

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CCH's Friday Flower Special

Summer Mixed Bunch

\$9.95 (Cash and Carry only)

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CHA BOARD MEETING



PROPOSED MINUTES OF THE JULY 9, 2007 BOARD MEETING

By CHA Secretary, Logan Vetrovec

President Jim Daab called the meeting to order at 7:05pm at the Nolde Conference Room.

The attendees were:

- ✓ PRESIDENT, Jim Daab
- ✓ VICE PRESIDENT, John Johnson
- ✓ SECRETARY, Logan Vetrovec
- ✓ ASSISTANT TREASURER, John Whitworth
- ✓ DIR. AT LARGE, Tony Mosteleone
- ✓ DIR. AT LARGE, Beth Saerett
- ✓ DIR. AT LARGE, Aimee Perron Seibert
- ✓ DIR. AT LARGE, Rob Pate
- ✓ DIR. AT LARGE, Bill Pickering
- ✓ PAST PRESIDENT, Richard Worsam

Treasurers Report: John Whitworth presented a draft budget. John Johnson noted that a budget proposal this early in the year is unprecedented and that the members of the budget committee should be recognized for their efforts. The Board approved the following motion which will be submitted to the membership at the next general meeting.

Motion

"The budget will be recommended to the membership as discussed with the addition of a capital expenditure of \$700."

Committee Reports:

Zoning: Beth Saerett summarized the past zoning committee meeting and made one motion which was approved by the board and will be submitted to the membership at the next general meeting.

Motion

"The Church Hill Association Zoning Committee recommends acceptance of the proposed zoning change (1900 Block of East Marshall rezoned from M1 Light Industrial to B6 Mixed Use Commercial Residential) independent of building design and density yet to be proposed subject to the like mindedness of neighboring civic groups."

Newsletter: No new updates.

Clean and Safe: New Chairs are being sought for this committee.

Holiday Festival: Chairs are needed for the House Tour, Doceats, and Vespers.

Membership: No new updates.

Old Business: Rob Pate is identifying and contacting members of the community to serve on the Church Hill Advisory Board.

New Business: John Johnson proposed a template for a Church Hill Historic Plaque. This will be revisited after further investigation.

Having no further business the meeting was concluded at 8:35pm.

Church Hill Creative Homemakers Society "The Chi Chi's"

Ask you to join them
The 3rd Saturday of every month
at 11am
For Dutch lunch
At Leigh Street Church
521 N. 25th Street
On the Main Floor (enter through the
double doors)

Knitting, crocheting, great
conversation and company!

For more information call
Ruth Anne Barden at 643-1278



Dr. Susan C. Ware is pleased to announce the opening of her new practice, **New Market Veterinary Clinic**, at its temporary location at **6415 Osborne Turnpike** in Varina.

Currently under renovation, the future home of **New Market Veterinary Clinic** will be located at **2458 New Market Road**.

She is excited to be back in the area again offering full service veterinary care including several new innovations such as digital radiology, digital dental radiology, and video otoscopy.

Beginning at Battlefield Veterinary Clinic in 1987, Dr. Ware has practiced in eastern Henrico County for the last 20 years. In 1991 Dr. Ware and her partners from Battlefield established Varina Veterinary Clinic where she practiced until leaving in the spring of 2006 to pursue her own vision. Dr. Ware is grateful for the wonderful rapport that she has developed with the pet owners of the community and looks forward to renewing and building new relationships.

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ZONING COMMITTEE MEETING



APPROVED MINUTES OF THE JUNE 25, 2007 CHURCH HILL ASSOCIATION ZONING COMMITTEE MEETING

The Church Hill Association Zoning Committee met Monday, June 25, 2007 at Nolde Bakery Condominiums' Conference Room. In attendance were Martha Broughton, Mort Casson, Ruth DeBoer, Rob Pate, Tom Sanders, Beth Sarrett and Richard Worssam. Dennis Craig and Ben Cox of Marcellus, Wright, and Cox Architects attended as presenters. The meeting was called to order by Chairman Beth Sarrett at 7:00 PM.

1. Introductions

Beth made some introductory remarks.

Presentation

1903 East Marshall Street

Dennis Craig and Ben Cox of Marcellus, Wright, and Cox Architects presented their proposal to have the 1900 Block of East Marshall rezoned from M1 (Light Industrial) to B-6 (Mixed Use Commercial Residential). The rezoning would impose a 50-foot height restriction on any construction. Although conceptual drawings of possible configurations of 50-foot tall buildings were shown, the request was limited to the rezoning. A letter of support from the CHA was requested.

Motion

The following motion was made, "The Church Hill Association Zoning Committee recommends acceptance of the proposed zoning change independent of building design and density yet to be proposed subject to the like-mindedness of neighboring civic groups." The motion passed.

3. 5-29-2007 Meeting Minutes (Sanders)

The Minutes were passed as amended.

4. Liaison Updates

Board of Zoning Appeals (Sarrett)

There were no relevant items on the BZA agenda.

Committee for Architectural Review (Sanders)

3101 East Broad Street

Disposition of the following changes on the consent agenda were left to CAR: Install 6'x6" wood fence across opening of existing garage, install structural wood beams in original pockets.

304 North 31st Street

Disposition of the following changes on the consent agenda were left to CAR: replace existing pine siding with

new cedar lap siding on front façade, replace deteriorated wood siding on sides and back with smooth Hardi-plank.

320 North 21st Street

Pending more information, the zoning committee took no position on the following changes on the regular agenda of CAR: approval of on-site deviations from original plans, install wood privacy fence on property line.

Planning Commission (Broughton)

There were no relevant items on the Planning Commission agenda.

Meetings to be attended

No additional meetings were identified as needing attendance.

5. Old Business

Proposed changes to Zoning Committee meeting schedule and authority

Beth reported that the Board of Directors has approved for consideration by the membership the following changes: the Zoning Committee meeting will be on the Monday before the monthly CAR meeting; and due to timing issues, under specific circumstances, the Zoning Committee be empowered to ask CAR for a month's delay in its consideration of certain projects. [Those proposed circumstances are: requests for zoning changes or Special Use Permits, new construction, changes to footprint, façade or roofline of existing structures, and changes to setback requirements.]

6. New Business

There was no new business requiring Zoning Committee action.

7. Adjournment

The meeting adjourned at 8:17 PM.

Submitted by Tom Sanders

PROPOSED MINUTES OF THE JULY 23, 2007 CHURCH HILL ASSOCIATION ZONING COMMITTEE MEETING

The Church Hill Association Zoning Committee met Monday, July 23, 2007 at Nolde Bakery Condominiums' Conference Room. In attendance were Martha Broughton, Ruth DeBoer, Rob Pate, Tom Sanders, and Beth Sarrett. John Sanchez and Beth Anne MacKinnon attended as presenters. Laura Daab and Lee Ann Gudorp attended as interested neighbors. The meeting was called to order by Chairman Beth Sarrett at 7:00 PM.

ZONING COMMITTEE MEETING



PROPOSED MINUTES OF THE JULY 23RD MEETING CONT...

1. Introductions

Beth made some introductory remarks.

Presentation

Que Pasa Restaurant

John Sanchez presented the specifications of Zoning changes he is seeking for 623 North 25th Street in order to open a single floor restaurant with an inside occupancy of 46, patio seating for 4 and a staff of 4-6 people; operating hours 11:30 AM to 2:00 AM Monday-Friday and 9:30 AM to 2:00 AM Saturday and Sunday; and a full ABC license [on only]. Mr. Sanchez is seeking from the City a Special Use Permit to waive the parking requirements, which would normally be 15 spaces. He requests a letter of support from the CHA to the Planning Commission [meeting Monday, October 1st] and City Council [meeting Monday, October 8th] in support of his requests.

Motion

The following motion was made, "The CHA Zoning Committee recommends approval of the request pending verification of support by the immediate residential neighbors." The motion passed.

3. 6-25-2007 Meeting Minutes (Sanders)

The Minutes were passed as amended.

4. Liaison Updates

Board of Zoning Appeals (Sarrett)

There were no relevant items on the BZA agenda.

Committee for Architectural Review (Sanders)

318 N. 23rd Street

Replace deteriorated existing rear addition with new two-story frame addition. The Committee took no action on this item.

519 N. 28th Street

Construct new single family two-story frame structure on vacant lot. The Committee instructed its representative at the CAR meeting to request a continuance because a nearby neighbor reported not being notified of the proposed new house construction. [This action is the first use by the Committee of its authority to request a month's delay from CAR under certain circumstances which was approved by the membership at the June 2007 meeting.]

2609 E. Grace Street

Replace deteriorated existing rear porch with new to match details on second floor. Replace deteriorated wood gate between 2609 and 2607 with salvaged steel gate. Construct two-story two-car garage at rear. The committee judged the design inappropriate and empowered its representative at the CAR meeting to request a month's continuance if CAR did not request revisions to be presented at a later date.

520 N. 26th Street

Reconfigure front and side façades, re-introducing vertical window openings. Install new vinyl clad 1/1 wood windows. Install hardi-plank. Install new contemporary light fixtures. Having previously approved the project, the Committee took no action on this item.

Planning Commission (Broughton)

There were no relevant items on the Planning Commission agenda.

Meetings to be attended

No additional meetings were identified as needing attendance.

5. Old Business

Beth Sarrett reported that the Board and General Membership approved the rezoning of 1903 East Marshall Street per the Committee's recommendation.

6. New Business

Beth Sarrett distributed copies of the flyer promoting the City's solicitation of input for revisions to the downtown Master Plan.

7. Adjournment

The meeting adjourned at 8:47 PM.

Submitted by Tom Sanders

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EVERY SUNDAY AT 1:30PM, FROM MEMORIAL DAY THROUGH LABOR DAY
REENACTMENTS of the Second Virginia Convention which convened here at St. John's on March 23, 1775, are being conducted each Sunday. In the presence of Washington, Jefferson and other notable Virginians, Patrick Henry delivered his passionate call for liberty, uttering the immortal words ".....liberty.....or death!" There is no admission charged for these events which are performed each Sunday through the Labor Day weekend. Donations are accepted. The program begins at 1:30 PM with a music program of patriotic music performed on the organ by Mr. Robert Copeland, the Organist/Chorussinger here at St. John's. Please bring family and friends, so that all may enjoy re-living this pivotal moment in our nation's history!



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2008 BUDGET



Church Hill Association
Calendar Year 2008 BUDGET
(January 1, 2008 - December 31, 2008)

REVENUE	Current Budget CY 2007	Proposed Budget CY 2008
Holiday Festival		
Sales	17,000	18,000
Expenses	(12,000)	(12,000)
Net Holiday Festival	<u>5,000</u>	<u>6,000</u>
Newsletter		
Revenue - Ads	7,370	8,000
Expense - Printing	(9,460)	(9,000)
Net Newsletter Revenue	<u>(2,090)</u>	<u>(1,000)</u>
Membership	4,000	6,000
Planters: Funds raised	0	300
Donations/Grants		
High on the Hog	1,000	0
St. Patricks Church	0	1,000
Net D/G Revenue	<u>1,000</u>	<u>1,000</u>
TOTAL REVENUE	<u>7,910</u>	<u>12,300</u>
EXPENSES		
Operating Expenses		
Meetings/Membership	1,100	2,100
New Member Social	0	500
Welcome Packets	0	500
Picnics	450	400
Meeting Space	700	0
Insurance	550	1,200
Supplies (Stamps/Envelope/Misc)	185	300
Website	525	200
Financial Review/RS Filings (900)	500	100
Contingency	0	400
Total Operating Expenses	<u>4,010</u>	<u>5,700</u>
Donation and Project Expenses		
Reed's Square Maintenance	400	400
Crime Watch	1,000	1,000
Alley Rally (two)	300	200
North District Initiative	500	0
Block Captain	100	100
Planter's Society - Funds raised	0	300
Sub-Total	<u>2,300</u>	<u>2,000</u>

2008 BUDGET



Church Hill Association
Calendar Year 2008 BUDGET Continued
(January 1, 2008 - December 31, 2008)

Education		
Donation: Bellevue	500	500
Donation: Chimborazo	500	500
Donation: CHAT	0	500
Donation: Memorial Child Guidance Clinic	0	500
Sub-Total Education Expense	<u>1,000</u>	<u>2,000</u>
Preservation		
Donation: ACCORN	300	300
Sub-Total Preservation Expense	<u>300</u>	<u>300</u>
Community Relations		
Donation: Richmond Hill	300	300
Donation: Planters Society	0	1,500
Donation: Undeclared	0	500
Sub-Total Cmty Relations Expense	<u>300</u>	<u>2,300</u>
TOTAL EXPENSES	7,910	12,300
PROFIT / LOSS	<input type="text" value="0"/>	<input type="text" value="0"/>
CAPITAL BUDGET		<input type="text" value="700"/>

It was agreed that no donations would be paid out unless the recipient requested the monies in writing.
It was further agreed that the CHA would not expect to dictate how the monies would be spent.

Purchase of tables, folding chairs and other necessary items for use in Fundraising, PR activities
and other CHA events:

Passed by the CHA Board on 9th July 2008

CHA MEMBERSHIP



CHURCH HILL ASSOCIATION MEMBERSHIP

If you would like to renew your Church Hill Association membership, come to the next meeting or fill out the form in the Newsletter and mail it to us to avoid the lines. A book, *Living with History*, is included with your membership as well as an expanded number of discounts at local businesses. If you have already joined for 2007-2008 and have not received your book or your new membership cards, we will be at the meetings and you can pick them up there - or call us and we will make arrangements for you to receive them. Don't wait 'till the last minute - start enjoying your membership benefits now! Church Hill phone directories are also available for brand new members at the meetings. Call Lee Ann & Bill Pickering at 643-1025 or e-mail billpickering@msn.com.



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Church Hill
Richmond, Virginia



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Richmond, Virginia

CHURCH HILL ASSOCIATION MEMBERSHIP FORM P.O. BOX 8031 RICHMOND, VIRGINIA 23223

Mail form to the CHA address above or bring form to the next General Membership meeting.

Member Name #1 _____

Member Name #2 _____

Street Address _____

City/State/Zip _____

Phone _____

E-Mail _____

Cash _____ Check _____ (Make payable to CHA) \$20 per person _____ Memberships - \$ _____

JOIN THE CHURCH HILL ASSOCIATION ! JOIN THE CHURCH HILL ASSOCIATION !

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POINTS OF CONTACT



STATE AND LOCAL GOVERNMENT

Governor **TIMOTHY Kaine**
Virginia State Capitol
3rd Floor
Richmond, VA 23219
PH: 786-2211
FAX: 371-6351



State Senator **HENRY L. MARSH, III**
PH: 698-7516
FAX: 698-7958
Senate Legislative Information: 698-7410

State Delegate **JENNIFER McCELLAN**
PH: 648-1171
FAX: 772-1512
House of Delegates Legislative
Information: 698-1500
E-MAIL: DelJMcClellan@house.state.va.us

Mayor **L. DOUGLAS WILDER**
900 E. Broad Street, 2nd Fl.
Richmond, VA 23219
PH: 646-7970
E-MAIL: wilderld@ci.richmond.va.us



City Council Member **DELORES MCQUINN**
VM: 646-5429
Home PH: 222-1574
FAX: 236-9122

7th District Richmond City School Board Member
KEITH WEST
PH: 644-1081

EAST DISTRICT AGENCIES

East District Families First	646-4508
EDI - W.I.C.	646-0775
Family Resource Center	644-4496
Health Center	780-0840
Social Services	646-7212
Va. Cooperative Extension	786-4150
Deborah Earley, Office Asst.	646-4599

RICHMOND RESOURCES

Alliance to Conserve Old Richmond Neighborhoods (ACORN)	422-2148
Association for the Preservation of Virginia Antiquities (APVA)	648-1889
Black History Museum	780-9093
Carpenter Center for the Performing Arts	225-9000
Children's Museum of Richmond	474-7000
Commission of Architectural Review	646-7550
Edgar Allen Poe Museum	648-5523
Historic Richmond Foundation	643-7407
Library of Virginia	692-3500
Museum of the Confederacy	649-1861
Richmond Ballet	359-0906
Richmond Braves	359-4444
Richmond Coliseum	262-8100
Richmond National Battlefield Park	771-2148
Richmond Symphony	788-1212
Science Museum of Virginia	367-6552
Valentine Richmond History Center	649-0711
Virginia Historical Society	358-4901
Virginia Museum of Fine Arts	367-0844
Virginia Opera	643-6004
Virginia War Memorial	786-2060

NEIGHBORHOOD MAINTENANCE

Citizen's Assistance	646-7000
City of Richmond Public Utilities	644-3000
Clean City Commission	646-5659
Environmental Control	646-7448
Graffiti Hotline	646-1406
Truancy Hotline	646-ABCD
Housing Code Enforcement	646-6419
Northeast District Parks Maintenance	646-3216
Zoning Administration	646-6340

POLICE AND SAFETY

Church Hill Crime Watch	648-2710
Emergencies	911
Non-Emergency Police	646-5100
Fire Station #1	646-4229
CAPS - David Alley	646-4249
Officer Steven Jones	646-2277



of the Month...

Chronic Stress + Junk Food

According to a study published online July 1, 2007 in the journal *Nature Medicine*, the combination of chronic stress and a junk-food diet causes more weight gain than the diet would on its own. The researchers advised,

"Our brains are hard wired to seek fat when we're stressed."

"If you are stressed and hungry, try to eat something healthy."

Teens Healthy Diet Promotes Healthy Lungs

According to government statistics, about 20% of Americans under the age of 18 have chronic asthma, making it the one of the most common diseases among children and adolescents.

Asthma is a sometimes-debilitating condition in which lung tissue periodically becomes inflamed. Asthma can lead to hospitalization and occasionally has fatal complications.

Jane Burns, the study's lead author (published July 9, 2007 in the journal, *Chest*) is a research fellow at the Harvard School of Public Health in Boston. She found that key nutrients—like the antioxidants found in fruits and omega-3 fats—may prove vital for maintaining lung health. Antioxidants such as vitamins C and E may "protect the lung from stress," she says, and "omega-3 tends to reduce inflammation."

The study found that the more teens skimp on eating fruit, vegetables, and other nutrient-rich foods, the more likely they are to report breathing problems such as coughing, wheezing, episodes of bronchitis, and even chronic asthma. The study involved more than 2,000 high school seniors from across the US and Canada. Participants measured their lung function and gave detailed accounts of their eating habits and any respiratory problems.

Smoking caused a teen's risk of developing lung problems to quadruple. And teens with both poor nutrition *and* a cigarette habit had seven times the asthma risk that their peers faced. Where respiratory health is concerned, Burns surmises, a bad diet may "enhance the effect of smoking in a negative way."

The Bottom Line...The Bottom Line...The Bottom Line...

Let's add this all up...chronic stress + a bad diet + smoking + being a teenager = a lifetime of health problems that make that person dependent on medication for the rest of their lives. And, even with multiple expensive prescriptions that they will have to take until they die, their quality of life will be permanently impaired. Sounds like many Americans today. Imagine the solution is as simple as a healthy lifestyle where we eat well, learn to deal with stress and never smoke.

This issue of the HealthTip of the month is brought to you as a public service by...
Dr. Franklin Luke if you have any questions please contact River City Chiropractic
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Thanks for the support, Church Hill.

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