

# TABB LAKES NEWSLETTER

DECEMBER 2012



## DISTRACTED DRIVING—RON MADDOX

### Board of Directors

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**Ellis Sharadin, 867-8816;**  
**Jim Magnotta, 867-8880**

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Recent studies by the National Safety Council illustrate dramatically that we as people do not really multitask well. Our brains actually process tasks one at a time and switch back and forth very quickly. Without special training, the brain will make compromises we are unaware of, stealing time away from certain mundane tasks to perform more cognitively intensive



tasks. Their most recent research shows that even using a hands-free cell phone will create tunnel vision; and although we are looking out the

windshield, we do not process all the information we ordinarily would. The majority of people tested were 20% compromised using a hands-free cell phone.

Now, texting is a step worse than this in that you're taking part in a conversation, but timesharing your visual processing and attention. Your driving skill is compromised just as much as driving drunk! The latest Virginia studies attribute 8 out of 10 accidents to distracted driving. 8 out of 10!

Now, many people say, not me, I'm ok... that unless you're a fighter pilot or a professional truck driver, it

is unlikely that you have had any special training and will become distracted as tasks queue up.

8 out of 10, think about it.... My observations are that it happens to everyone. It could be someone just plowing into a car stopped at a stop light, just like what happens every day somewhere on HWY 17, or zooming by a 3 year old standing by a parked car on Bridgewood and not seeing him, like I saw this summer. It could happen to you next. Keep an eye out, and think about this and how you drive.

The two scariest things I've seen in our neighborhood is a minivan not even slowing down for a stop sign on Bridgewood. They rounded the corner with a cell phone in one hand and loudly yelling at the kids in the back seat. Distracted? I'd say yes! Just think about it and reflect on your level of driving distraction. If you would not drive drunk, then why do you allow yourself to drive distracted so easily?



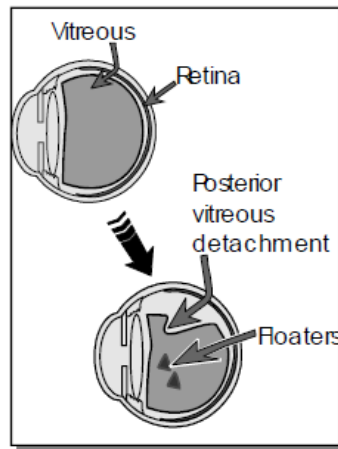
## THINGS THEY FORGOT TO WARN YOU ABOUT—ELLIS SHARADIN

Sometimes we're forced to learn new things all by ourselves, even though they may be common occurrences, simply because no one ever forewarned us. Hopefully, my personal account will help you be forewarned, and also ease your mind about a very common aging process; and I'll give you some tips to get through it gracefully.

Recently I was operating an airliner from Atlanta, GA to Providence, RI. It was a perfect, clear night and promised to be a routine flight. About 20 minutes after takeoff, I noticed a random flashing in the cockpit. I thought we had a flickering light bulb somewhere, but neither the Captain nor I could find the source. This kept on happening, however, and I soon realized there was a pattern, in that it only seemed to occur when I looked to my left. The little flashes were appearing in the left corner of my eye and looked like little lightning bolts. No pain and no discomfort, except that it was a bit distracting, and it lasted for the better part of an hour before it seemed to subside.

Arriving at our hotel, I quickly signed onto my computer and looked up my symptoms. To my dis-

may, there were a host of possible causes for the flashing in my eyes, which is called "photopsia". Google Search listed such things as: *ocular migraines, high blood pressure, diabetes related symptoms, and* – most worrisome of all – *a pending retinal detachment in the eye.* In every case, the reader was warned to seek immediate medical attention.



I got in a good night's sleep but after I arose the next morning, I noted an increase in "floaters" in my left eye and about 20 minutes of photopsia, though not as frequent or pronounced as the night before. I coordinated with crew scheduling to get off the trip when I returned to Atlanta, and the Captain flew the leg to home base. I then caught the next flight to Norfolk, where my wife picked me up and took me straight to ER at the

Navy Hospital in Portsmouth. Doctors there conducted neurological tests and a painless ultrasound exam of my eyes, which led to an initial diagnosis of "posterior vitreous detachment", or "PVD". Two days later, an ophthalmologist seconded the diagnosis.

So, what is PVD? The vitreous layer is a jello-like layer that fills the eyeball, giving it shape, and cushions the retina. For most people, sometime after age 55, the vitreous layer changes to "soup" and begins to tear away from the back wall of the eye. The initial tearing away was what created the increase in eye "floaters" and sensations of photopsia that I reported. For most of us, this is a normal aging process and does no harm PROVIDED the retina remains undamaged.

In my case, I had only experienced PVD, which affects 75% of the population over age 65. Thankfully it's also not a grounding item on my FAA physical. But the bigger point here is that when/if you experience these symptoms, you need to seek a health professional ASAP to ensure you're not having a retinal detachment, which could make you go blind in the affected eye. It can often be immedi-

ately corrected with laser surgery, but if left to go on for too long, can require hands-on surgery that may greatly affect your eyesight and most certainly ground you if you're a flyer. Furthermore, near-sighted people are about 5 times more likely to suffer retinal detachment than a far-sighted person like me. Timeliness and a professional diagnosis are essential.

So, now you know my story, and hopefully you've been forewarned on one condition to expect as you arrive in your golden years! I'll be happy to answer anybody's questions about my experience. Hopefully, my story has eased your concerns and helped you be better prepared for what, to most of us, is an eventuality. Peace and good health to all of you in the holiday season.

# WELCOME

If you are new to Tabb Lakes as a homeowner or a renter, we welcome you to our community. If you have not been greeted by our Welcome Committee, please contact them. Contact info on last page of newsletter. If you have a new neighbor, also please call our Welcome Committee.

FROM "CITIZEN NEWS" OF YORK COUNTY

**HOLIDAY SCHEDULE CHANGES**

Recycling—Materials scheduled for Tuesday, December 25, and Tuesday, January 1 will be collected the Saturday prior to the regularly scheduled collection day (December 23 and December 31).

Garbage—Collections for the week of December 24 through the week of December 31 will move forward by one day each week beginning with Tuesday collections. Monday collections will be on the normal schedule.

Waste Management Center—Operations at the center will be closed on Tuesday, December 25, and Tuesday, January 1. The Administrative office will also be closed on Monday, December 24, and Monday, December 31; however, most operations, including the Transfer Station and citizen Drop Off areas for recycling and/or garbage disposal will be open. The VPPSA Composting facility will be open on Monday, December 24, from 8 a.m. to noon.

**2012-13 LEAF COLLECTION PROGRAM**

Beginning the week of November 12 and continuing through the week of January 28, York County residents can place an unlimited number of clear bags of leaves at the front roadside for collection



every other week. Tabb Lakes is in the Southern Zone of York County. Collection weeks for us are: December 10 and 24 January 7, 21, and 28

Leaves must be in clear bags and bags must be easy to handle. Bags must be at the front roadside by 7 a.m. on the Monday of your collection week. Call 890-3780 for more.

**Free Pruning Clinics**

February is the time to prune ornamental plants, and there are several demonstration clinics to ensure that you are pruning your plants to promote proper health and growth. These clinics include hands-on demonstrations, so be sure to bring your pruning shears.

Clinics are held from 10 a.m. to noon. To register, please call 890-4940 or e-mail [ex199@vt.edu](mailto:ex199@vt.edu).  
 Grafton True Value Hardware—February 2  
 Taylor's Do-It-Best (Poquoson) - February 16  
 Ken Matthews garden Center - TBD



**York County School District Calendar**

Dec. 7	Early dismissal
Dec. 20	Early dismissal
Dec. 21-31	Winter break
Jan. 1	Winter break
Jan. 21	MLK, Jr. holiday
Jan. 22-24	Early dismissal—Exams
Jan. 25	Student/teacher holiday
Jan. 28	Student holiday
Feb. 18	Presidents' Day holiday
Mar. 1	Early dismissal

If you are receiving this newsletter via USPS and would rather receive it electronically, please go to our website: [www.tabblakes.org](http://www.tabblakes.org) and fill out the form.

Please don't feed the geese!



**TABB LAKES EMERGENCY RESPONSE COMMITTEE – LOU LAFRENAYE**



CERT training provides citizens the with the knowledge, skills, and abilities to help their families and neighbors be better prepared for emergencies like hurricanes, earthquakes, and other disasters. York County plans to start their next class in January 2013. This class is free and early registration is encouraged. Interested citizens should contact the York County Dept. of Fire and Life Safety at 890-3600 or visit their web site at [www.yorkcounty.gov/fire](http://www.yorkcounty.gov/fire)

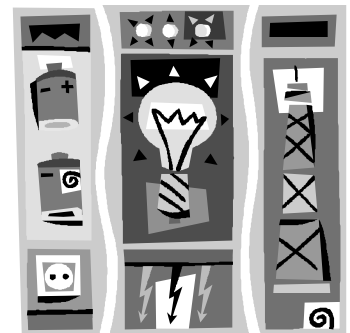


**HURRICANE SANDY - SOME LESSONS LEARNED**

Below are some "lessons learned" I noted after reading news reports about the impacts of Hurricane Sandy. It is information we should all consider as we prepare for the next hurricane season. We plan to provide a more extensive list once emergency management agencies publish their formal lessons learned reports.

- Maintain 7 days of supplies (food, water, medicine, batteries, etc.) for you and your family.
- Prepare for the loss of electricity for several days. Think through the impacts of being without electricity for several days. It means no heat, lights, refrigeration, can openers, wireless phones, cooking, etc.. so prepare accordingly. Stock up on food that does not need refrigeration.
- Prepare for the loss of communications for several days. Maintain a "wired" phone in the event of loss of electricity and cell phones. Sometimes they work even when there is no electricity. Cell phones may not work during and after a storm due to extreme congestion, power loss, or damage to cell towers. If cell lines are congested, text info. That method has a much better chance of going through. Use cell phones only in emergencies to reduce congestions and conserve battery power.
- Stay informed. Ensure you have a battery operated radio and plenty of backup batteries to listen to emergency information during and after a storm. The designated emergency station in York County is FM 99.1. Purchase and use an "all hazards" weather radio.
- Prepare a kit for your family to survive in your home or a shelter if your home is damaged from the storm.
- Prepare to move to a "warming" shelter after a storm if the weather is cold.
- Gas up vehicles before a storm and minimize the use of fuel. Gas stations could be closed for an extended period of time or gas rationing could be in place.
- Prepare for possibility of a "boil water" mandate. Water purification plants may not be working due to loss of power or damage.
- Stay safe and be extremely careful after a storm. 911 calls will increase and first responders will be extremely busy. Roads may be closed. Response times to emergencies may be much longer. Hospitals may be operating on emergency backup power or closed due to lack of power.
- Stay alive: Hurricane storm surge kills more people than any other event. Stay away from mandatory evacuation zones before and during a hurricane. Improper use of generators and chain saws injure and kill more people after a storm. Know how to operate this equipment safely.

If you are interested in joining the Tabb Lakes Emergency Response Committee, contact Lou Lafrenaye at 867-8333 or e-mail at [TLERT@tabblakes.org](mailto:TLERT@tabblakes.org)



**WINTER PREPAREDNESS WEEK—LOU LAFRENAYE**

**2-8 DECEMBER 2012**

Governor McDonald and the National Weather Service have declared 2-8 December 2012 as Winter Preparedness Week. Below are some recommendations on how you can stay safe during the winter season.

**Get where you need to be before the weather gets bad.**

It's always best to stay off roads during winter storms. Most traffic crashes happen within the first two hours after a storm starts. Get road conditions by calling 511 or visiting [www.511Virginia.org](http://www.511Virginia.org).

**If you heat with a fireplace or wood**



**stove:** Have a professional check it, especially if it has been a long time since the last cleaning. Residue can build up and cause fires.

**Safe use of space heaters:**

Never plug them into extension cords; plug into wall outlets. Keep space heaters at least three feet from other objects, and turn off before going to bed.

**Stay informed during power outages.** Be sure you have a

battery-powered and/or hand-crank radio (and extra batteries). Get one with the NOAA Weather Radio band so you can hear winter weather reports directly from the National Weather Service as well as local radio stations. Models are available for those with special needs.

**Don't use candles during power outages:** Many home fires in winter are caused by candles. Flash-

lights are much safer. Be sure to have plenty of extra batteries.

**Most importantly:** You need a family emergency plan. If your family cannot return home because of severe weather or closed roads, you need to decide now on where you will meet to reunite. You also need an out-of-town relative or friend to be your family emergency contact. Learn more about "making a plan" for winter weather and all emergencies at [www.ReadyVirginia.gov](http://www.ReadyVirginia.gov).

**YORK COUNTY EMERGENCY PREPAREDNESS WEBSITE**

York County has a new website called Ready York County. This site contains a lot of good information on general preparedness, including power outage tips, storm surge zones, special needs registry, etc.. In addition, the site was updated hourly during Hurricane

Sandy to provide detailed information on what the County was doing before and during the storm to help our citizens. The site

is located at [www.yorkcounty.gov/Default.aspx?tabid=16777](http://www.yorkcounty.gov/Default.aspx?tabid=16777)



**volunteer!**

Would you like to help your community in Tabb Lakes by volunteering for one of the two vacancies we have? If so, please contact one of the BOD members listed on the front page. The following two committees need managers:

- ◆ Neighborhood Watch
- ◆ Activities

# AMERICAN PRIDE

Automotive

Auto Sales & Service You Can Trust

Did you know that American Pride Automotive is your neighborhood repair shop? We are located just around the corner from Tabb Lakes, between Coventry and Victory Boulevards on Route 17. Check us out online at AmericanPrideAutomotive.com. To schedule your next service call 595-4100.

- \* Engine & Trans. Repair
- \* Air Conditioning Repair
- \* Oil Changes & State Insp.
- \* Tune Ups & Diagnostics
- \* Quality Used Car Sales

**Free**  
**State Inspection**

valid at Yorktown location only

Your ad could have been here!



## Robert's Roofing & Home Improvement

Roofing • Decks • Painting  
Trim • Siding • Remodeling

ROBERT PHAUP  
867-8300  
Cell Ph. 570-4643

Over 25 Years Experience  
Licensed - Insured - Guaranteed

## Honey-do List!

- Install Screen Door
- Fix Leak In Sink
- Install New Fence
- Build Deck

Do It THIS WEEK!  
Better Call  
Done Right  
Home Repair!



Get Your Honey-Do List  
Done Now and DONE RIGHT!

Call Greg Moxley  
291-7843

FULLY INSURED  
License #2705116904

Your ad could have been here!

## Hanson Tree Care

Tree Removal\*Pruning\* Storm Damage



Licensed/Insured/Free Estimates

Over 20 Years Experience

757-784-0723

These advertisements are not an endorsement by the Tabb Lakes Homes Association.

If you are a Tabb Lakes homeowner who owns your own business, you still must fill out a form from our web-site and submit it in order for your ad to appear in our newsletter.

If you are a business in our community, you must fill out the form and submit it with your check. Please see our web-site for instructions. <http://www.tabblakes.org>

## Royall Painting & Repair

Interior / Exterior  
Reconstructive Carpentry  
Pressure Washing  
Decks Stained /Sealed

Ed Tyler  
(757) 867-6615 (Office)  
(757) 897-1082 (Cell)



Free Estimates

Tabb Lakes Homes Association  
P.O. Box 8088, Tabb, Virginia 23693

**Architectural Review Committee (ARC) Request for Approval**

Name: \_\_\_\_\_ Date of request: \_\_\_\_\_

Address: \_\_\_\_\_ Email: \_\_\_\_\_

Telephone: \_\_\_\_\_ Alt Telephone: \_\_\_\_\_

**Type of modification:** (deck, patio, outbuilding, addition, fence, etc.)

**Plans and specifications:** Please attach a copy of plat with a sketch of proposed modification. Show approximate shape & measurements. List colors and materials to be used if needed for approval.

***I have provided an accurate representation of the planned modification. I have contacted my immediate neighbors to inform them of my proposed project. I will notify the ARC of any changes that need to be made which would affect their approval prior to resuming work on the project.***

Homeowner's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Homeowner check list:**

- County permits: 890-3522
- Call Miss Utility before digging, to locate underground utilities: 1-800-552-7001

**To Submit:**

- E-mail form to Cox & Lee Management for minimum turnaround time: [coxleemgt@gmail.com](mailto:coxleemgt@gmail.com).
- Mail form to the following address:

TLHA ARC Committee  
c/o Cox & Lee Management  
458C Wythe Creek Road, #141  
Poquoson, VA 23662

**NOTE:** This form can be downloaded from our webpage: [www.tabblakes.org/arc.html](http://www.tabblakes.org/arc.html).

**Questions:** Call Cox & Lee Management, 757-593-6088

**Committee Action** \_\_\_\_\_ Date of receipt: \_\_\_\_\_

- \_\_\_\_ Approved as submitted
- \_\_\_\_ Approved subject to modifications as required by covenants
- \_\_\_\_ Disapproved for reason listed on reverse side

**Architectural Review Committee or Cox & Lee Management representative signature and date:**

\_\_\_\_\_

**TABB LAKES HOMES  
ASSOCIATION**

P.O. Box 8088  
Yorktown, VA 23693

<http://www.tabblakes.org>

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**COMMITTEE CHAIRPERSONS**

COMMITTEE/MANAGERS	CHAIR	TELEPHONE	E-MAIL
Activities Committee	Vacant		
Architectural Review Manager	Cox & Lee Management	594-6088	coxleemgt@gmail.com
Emergency Response Committee	Lou Lafrenaye	867-8333	tlert@tabblakes.org
Grounds Maintenance Manager	Bill Hopkins	867-9229	grounds@tabblakes.org
Lake Maintenance (Lake 1) Manager	Bob Spell	867-8184	lakemaint1@tabblakes.org
Lake Maintenance (Lake 2) Manager	Gary Porter	867-9120	lakemaint2@tabblakes.org
Neighborhood Watch Committee	Vacant		
Newsletter Editor/Manager	Shirley Flanagan	867-6860	newsletter@tabblakes.org
Storm water Committee	Lou Lafrenaye	867-8333	stormwater@tabblakes.org
Web-Site Manager	Clint Flanagan	867-6860	webmaster@tabblakes.org
Welcome Committee	Keith Ebert	867-7133	welcome@tabblakes.org