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Michael “Recycle” Benedetto, President and Owner of TFC Recycling
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Losing a tooth can be one of the most emotional experiences of your life. Most of us are lucky enough to be given a healthy set of adult teeth and take their presence in our mouth for granted. Sometimes an accident or dental disease causes the premature loss of a tooth. When this happens, your dentist will review your options to replace the tooth. One of those options is a dental implant, which is often the preferred non-removable option for replacing a missing tooth.

What makes a dental implant a good option for tooth replacement? A dental implant does not rely on natural teeth for support. All natural teeth have the potential to get a cavity, fractures, or nerve disease. A dental implant is commonly made of titanium and ceramic, eliminating failure due to those causes.

Other options for tooth replacement include removable dentures. Dentures can feel bulky, cumbersome, and affect a person’s speech. A dental implant is immovable. With treatment that involves multiple missing teeth, dental implants can be used to make a removable denture more secure or to convert a removable situation into a non-removable appliance.

The procedure for a dental implant varies depending on the treatment goals. Dental x-rays and a CT scan will be evaluated to determine if there is proper space and bone in the area for the dental implant. Additional surgical procedures may be necessary to build up the bone; these will be discussed after the evaluation of your x-rays. When looking at the procedure for a single implant, the placement and recovery are often less distressing than having a tooth removed. Many people return to work the next day. Post-procedure complications can be reduced by following the surgeon’s instructions for healing.

Dental implants sound great, right? So, who cannot have a dental implant? It would be great to say that dental implants are 100 percent successful. Still, existing dental and medical health conditions must be considered when determining how successful an implant will be for you. One huge risk factor for dental implants is smoking; studies show smokers have a significantly higher failure rate of implants compared to nonsmokers. Also, having dental implants does not make you immune to gum disease. Without proper brushing, flossing, and visits to your dentist, you can lose the bone around the implants and cause implants to fail.

When looking at tooth replacement options, the goal is to restore the ability to chew and speak comfortably. Dental implants help to accomplish this and give you the confidence to smile again.

“Amanda is a champion of law enforcement and first responders across Chesapeake. As a former prosecutor, she is a strong advocate for the safety of our families and those who serve and protect. I wholeheartedly support Amanda for City Council.”

-Sheriff Jim O’Sullivan

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NEW ISSUE COMING SOON!
I am a Storyteller!

I have been a storyteller for as long as I can remember. And it fits into what I do with our magazines. Actually, if we stop to ponder what kind of information we want to impart, there are many choices.

“Just the facts” is one objective in communication. “The Truth and nothing but the Truth” reaches for more information. Then, my desire for “color” fits in at length.

I always want to share the “color.” For instance, when we write stories about our clients and neighbors, my goal is to leave our readers with as pertinent a description as possible.

Here is as good an example as comes to my mind: Jon Pittman is the owner of the Moyock Farm Market. I could communicate just that to you very quickly. But I think your picture of who this man is becomes more full when I write that Jon is following in his grandfather’s footsteps. Even more of the picture develops when I add that Jon is a part-time deputy sheriff married to a beautiful soul, Jamie, and they have a son and daughter.

Knowing who someone is, and not just what they do, gives us more information about whom we trust in our business dealings, our homes, and even our lives.

Knowing who someone is, and not just what they do, gives us more information about whom we trust in our business dealings, our homes, and even our lives.

Welcome Back

Lori Granger has returned to The Shopper. After living in Rhode Island, Lori has returned to Southside Hampton Roads and The Shopper.

Lori is an outstanding Account Executive who truly loves working with Entrepreneurs to promote their businesses. And they are delighted to have her back!

Friends can welcome Lori back to The Shopper where she can be contacted at 757-547-0520 or receive email at lorigranger@gmail.com
Family doctors are doctors who care for the whole family. They care for the physical, mental and emotional health of both the patient and their families. Family doctors know the most current treatments and technologies. They normally train for at least three years in a real practice setting, treating patients in the office, the hospital and possibly at home. They also recertify more than any other medical specialty. Family doctors continue to educate themselves as part of their recertification. This allows them to apply the latest medical breakthroughs.

Family doctors are specially trained in preventative medicine. They believe that preventing a health problem is better than having to overcome one. If you are looking for a family doctor, try talking with your friends and family. Once you have the names of a few doctors, call their office to get more information:

- Do they accept your insurance?
- What are the office hours?
- What hospital does the doctor use?
- How many doctors are in the practice?

Once you find a doctor who meets your needs, schedule an appointment so that you can meet and talk to the doctor. During the appointment be sure that:

- You’re comfortable talking to the doctor
- The doctor answers all your questions
- The doctor explains things so that you understand
- You had enough time to ask all your questions

Remember, it takes time to build a relationship with your doctor. For an effective visit, be sure to tell your doctor about any current and past health care issues:

- Any symptoms you are having
- Your health history
- Personal information indicating whether you are stressed or if your life is changing
- Any medicines you are currently taking. Bring them with you or create a list of all your medicines. Include information about what and how often you take the medicine. You should also write down the strength of the medicine.
- Any side effects you have from your medicine
- Vitamin supplements you take
- X-rays, test results, or medical records you have can be brought to the appointment.

Don’t be afraid to speak up. It’s important for you to let your doctor know if you don’t understand something.

**Family doctors are specially trained in preventative medicine. They believe that preventing a health problem is better than having to overcome one.**

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**Choosing a Family Doctor**

Dr. Samir Abdelshaheed

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**Sports with BJ**

By Brandon Johnson

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**Spotlight on the 2023/2024 VHSL Realignment**

Most people know that high school athletics in Virginia are sanctioned by the Virginia High School League (VHSL). What is not well-known is how schools are grouped and that every three to four years, the VHSL realigns schools, thus changing regional and state level opponents in the Commonwealth’s high schools. The next realignment is set to take place in the 2023-2024 athletic season, running through the 2027 season. The Alignment Committee’s recently-submitted proposal will impact several of our local schools, and it can get complicated, but we have you covered with all you need to know!

First, it is important to understand how schools are sectioned. There are districts, regions, and classes. Districts—the smallest of the entities—are given names along with common opponents that comprise a school’s district schedule. Examples of local districts in our area are the Southeastern District (Great Bridge, Grassfield, Hickory, etc.), the Beach District (Kellam, Ocean Lakes, Princess Anne, etc.), and the Eastern District (Churchland, Lake Taylor, Maury, etc.).

Next are the regions, which contain schools from all districts but are still geographically ordered. Regions are assigned by letter, either A, B, C, or D. Our local schools are Region A.

Lastly, and most importantly, there are classes, which are numbered 1 through 6. Classes group schools based on Average Daily Membership (ADM), aka enrollment. The theory behind grouping based on enrollment is that schools with large student bodies have more student-athletes to pull from, thus increasing their chances of having better athletes. This prevents a school like Lake Taylor, which has an ADM of 788, from having to go through schools like Grassfield (ADM of 1,700) for a regional or state title. My opinion is that classes are vital to ensuring competitive fairness at the regional and state levels of post-season play.

The current proposal on the table would impact six of our local schools: Kellam, Ocean Lakes, Deep Creek, Great Bridge, Hickory, and King’s Fork.

Below are two charts: one with the current class based on the 2018 realignment with ADM and one with the proposed class after realignment and the current ADM.

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Send all nominations for local athletes to spotlight@sportswithbj@gmail.com

A 2007 Great Bridge High School graduate, Brandon Johnson is a freelance writer and podcaster, a baseball and basketball coach, and works at Centerville Insurance Agency.
Making Wise Choices
(Part I of 5)
Would you marry this person?

Don’t want to work, you get a divorce! You in person, and check on file!

Marry? Are you kidding me? I wouldn’t even meet this person in broad daylight at Grand Central Station surrounded by the entire New York City Police SWAT team.

The above writing specimen has the following danger signs that indicate hostility:

**Aggressiveness:** (upstroke that departs obliquely from a downstroke)

**Argumentative:** (seen in the buckle lead-in stroke to the small letter p)

**Defiance:** (buckle of the small letter k inflated out of proportion to the rest of lower case letters)

The writer feels defiance when he senses that others are exercising unfair rule and restraint of his freedom. The writer may not display anger openly; he may find quiet, well-mannered ways of defying.

**Dominering:** (light or heavy t-bar slanted forward and downward, like a dagger)

Wanting to control, the writer shows frustration in his sarcasm. If the t-bar is light, the writer will try to order others with light sarcasm. If the bar is heavy, the commands can be brutal. The writer feels a need to be demanding in order to get other people to do things for him.

**Irritability:** a mild hostility trait, telling others to keep their distance.

(i-dots made with jabs or irregular short dashes)

The writer is provoked by trifles. Can appear in writing temporarily, as when a person comes home from work with the day’s tensions.

**Resentment:** always shows hostility to some degree (straight initial upstroke that begins at or below the baseline).

The writer has felt imposition in the past, and is “on guard” against it happening again. Long resentment stroke indicates that the resentment comes from a time well in the past.

**Stubbornness:** (a wedge usually seen in t- or d-stems) Definitely ego-protective, stubbornness is about “saving face.”

**Temper:** the writer with flying t-bars, or very heavy jabbed i- or j-dots, has a readiness to lose his temper when frustrated.

When you correspond with unknowns from the internet or personal ads, what you see may not be what you get. Proceed with great caution!

---

By Betsy Patterson
Master Graphoanalyst

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According to the Declaration of Independence, governments “derive their just powers from the consent of the governed.” This means if people don’t like their government, they have the right to change it. Here in the U.S.A., the vehicle of that change is the vote. Though change often comes too slowly for many, it wouldn’t come at all if every adult U.S. citizen didn’t have—and exercise—this foundational right.

National Voter Registration Day, on September 20th, is an all-out effort to convince all American citizens of voting age to exercise that right and, if they haven’t yet registered to vote, to do so. Volunteers and organizations nationwide collaborate by setting up registration tables, knocking on doors, or producing social and mass media awareness campaigns on the importance of registering to vote. Imagine over 10,000 volunteers working together one full day to educate Americans on one of our most precious rights. On National Voter Registration Day 2016, over 750,000 American citizens registered to exercise a fundamental right that is denied to millions of people in other nations.

National Voter Registration Day is also a reminder of what is required to vote. You must be at least 18 years old, a U.S. citizen, and a current resident of your state. When you see a National Voter Registration Day table or volunteer, you can do more than just register. You can also confirm your polling place, update your registration details, or get more information on upcoming elections.

— Rob Lauer

The 5 Declassified Estate Planning Secrets
You Can’t Afford to Ignore

Author Linda M. Sherfey, Esq., USN ret.

Join me for a 60-minute online presentation where:
You’ll hear real stories about clients’ problems and how we solved them. You’ll discover misconceptions about estate planning that you thought were true. You’ll be amazed by issues that I discovered clients never thought about.

You’ll be shocked by the fib that your banker unknowingly told you. Attendees will receive by mail a print copy of my 129-page book that sells for $24.95 on Amazon.

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Live online seminar on Saturday, September 24 at 10:00 am

Don’t Let Anyone Fool You

Some attorneys would lead you to believe that everyone needs a living trust. That is just not true. What is true is what is best for you and your situation.

A VERY important question I ask before discussing a potential estate plan is, “What do you want to accomplish? What are your goals?”

You will see headlines saying “Wills vs. Trusts.” This idea that they are somehow competitors, or one is better than the other, is completely false.

I don’t think a living trust is the one size that fits everyone. Living trusts aren’t just for folks with a large estate. Wills aren’t just for folks with a small estate.

If you answer yes to any of the five questions below, it is important for you to plan ahead:
1. Do my spouse or I have children who are not “ours”?
2. Do we own out-of-state property?
3. Do I want to protect my spouse financially and protect my children’s inheritance, too?
4. Do I want a younger beneficiary’s inheritance to be managed for them until they are older than 18?
5. Do I want a beneficiary’s inheritance managed for them so they don’t blow it or lose it to their creditors?

Find out what is possible for you by making an appointment with me or attending my book seminar.

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American Business Women’s Day

Kansas City businessman Hilary Bufton Jr. believed that American women, having gained tremendous business knowledge during the war, deserved equal business opportunities with men. In 1949, he sat down in a local coffee shop with Shirley Cupp, Irma Beisel, and Frances Stuckey to discuss founding an organization to support business women.

That meeting resulted in the founding of the American Business Women’s Association on September 22, 1949—the mission of which is “to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support and national recognition.”

That mission statement can also be applied to American Business Women’s Day, celebrated annually on the anniversary of the association’s founding. The holiday was officially recognized in 1983 and 1986 by Congressional resolution and a proclamation issued by President Ronald Reagan.

Today women are essential to the U.S. economy, with 68 million in the workforce and 7.7 million owning businesses. Being a woman-owned business, The Shopper salutes working women everywhere. To read the stories of local businesswomen, as well as businessmen, we encourage you to read each issue in print and online at www.theshopper.com.

By Rob Lauer
M"ichael Benedetto has fond memories of spending summers in Virginia Beach as a teenager during the late 1970s and early 1980s. “I'm originally from New York,” he explains. “But as soon as school ended each year, my parents, three siblings, and I came down to a small condo in Virginia Beach, and we didn’t head back to New York until school started in early September.”

When Michael recalls those summers, one doesn’t hear about sand, surf, and lazy afternoons spent sunbathing or catching a wave. Instead, Michael and his siblings spent those summers working outside at the materials recovery facility for their family’s business, TFC Recycling, located in Chesapeake.

Founded in 1973, Tidewater Fibre Corp (now referred to as TFC Recycling) is now Virginia’s largest residential curbside recycler. Through partnerships and agreements with local and municipal governments and public service authorities, the company provides recycling services for over 600,000 households in six of Virginia’s largest cities and more than 4,000 commercial customers in Virginia and North Carolina. Headquartered in Chesapeake, TFC employs over 350 people and operates more than 180 collection and transfer vehicles.

“We’re a local, family-owned company that’s been doing the right thing for our employees, our community, and the environment for generations,” Michael says with a proud smile. Despite being Virginia’s largest residential curbside recycler, TFC Recycling had humble beginnings. “In the early years, we were operating the business out of a single-wide trailer,” Michael recalls. Before the technological advances of the 1980s, ‘90s, and beyond, the business of recycling was a hands-on, laborious, time-consuming endeavor. Michael’s parents, Joseph and Susann Benedetto, required him to do the toughest, dirtiest jobs, learning the business from the ground up. But this family-owned business’s humble roots go back generations.

“My great-grandfather, Dominic Benedetto, came from Italy through Ellis Island and settled in Brooklyn in the late 1800s,” Michael explains. “At that time, bias against Italian immigrants limited his job opportunities. There’s an old saying: ‘One man’s trash is another man’s treasure.’ My great-grandfather took that to heart. He began collecting old clothes, scraps, and other items, and in 1897, he turned it into a business—one of the first buy-back centers and recycling companies in the U.S. My grandfather, Joseph Benedetto, Sr., born in 1900, continued the recycling business. He began a partnership with a papermill, supplying it with any materials that could be broken down and converted into paper. By the 1950s, he had grown the business into one of the largest recycling operations in the U.S.”

“In the early 1970s, my dad wanted to grow and modernize the company,” Michael continues, “but my grandfather, who had lived through the Great Depression and didn’t want to borrow money, wasn’t interested. So, my dad struck out on his own. Banks in Virginia were more friendly than those in New York, so my dad was able to get a $50,000 loan. In 1973, he opened his own business, Tidewater Fibre Corp., here in Chesapeake, and the loan allowed him to build a 20,000-square-foot building with a baler and conveyer belt. To this day, that building is still part of TFC’s operations.”

“We’re a local, family-owned company that’s been doing the right thing for our employees, our community, and the environment for generations.”

—Michael Benedetto

With TFC Recycling firmly established, the family moved permanently from New York to Hampton Roads. In the late 1970s, methods used to collect and sort recyclable material were still primitive by today’s standards. But the family was determined that TFC be at the forefront of progress and change.

“In the early 1980s, we purchased our first roll-off truck, like the ones now used at building sites to collect debris,” Michael recalls. “We rented these containers to area department stores, and they’d throw their cardboard into them. The roll-off trucks allowed us to place recycling containers at churches and non-profits for fund-raising.”

In the 1980s, American attitudes toward recycling changed for the better thanks to one major newsworthy event.

New York City had reached its landfill capacity and agreed to ship its garbage via a barge—the Mobro 4000—to a landfill in Morehead City, North Carolina. When rumors spread that the barge’s entire shipment had been contaminated by debris from a New York City hospital, Carolina’s environmental watchdogs demanded that the city certify the trash contained no toxic wastes or harmful materials. Unsatisfied with New York’s response, North Carolina officials obtained a court order prohibiting the Mobro from unloading anywhere in their state. States along the eastern seaboard followed suit, as did Mexico. Months later, the barge was finally allowed to anchor in New Jersey, and its cargo was incinerated. The incident—cited by environmentalists and the media as evidence of a landfill shortage—triggered
a national discussion about solid waste disposal, which evolved into mandatory recycling rates by the late 1980s.

“Laws were enacted in Virginia that deemed landfills unsanitary,” Michael explains. “There was concern about contaminating water supplies. Virginia and other states issued recycling mandates. The Southeastern Public Service Authority—founded in 1973 to manage waste—started a pilot curbside recycling program in the late 1980s to meet Virginia’s 25 percent recycling mandate. Needing a home for recycling materials, the SPSA issued a request for proposals. We submitted the most qualified bid and got the contract.”

“Back then, small bins were used for residential recycling,” Michael says. “People would fill them, leave them outside, and SPSA trucks picked them up. The driver would hop out of the truck and personally sort through each bin, dividing the debris into six compartments, each designated for particular materials. Plastic bottle bins filled up quickly in the summers; the cardboard bins filled up quickly during the holidays. When a bin filled up, the driver had to drive the truck back to the facility and empty it before returning to his route to continue collecting. That process was expensive because it required so many trucks, drivers, and man-hours.”

“Recycling is good, and a city-wide curbside collection is the most efficient and effective way to do it.”

—Michael Benedetto

Step by step, TFC made the process of collecting recyclables more efficient.

“A shift began toward using trucks with only two compartments instead of six—one for paper, one for bottles and cans,” Michael explains. “Some trucks even came with dividers that could be moved to accommodate seasonal variations. Soon after, compaction was introduced, and the process became even more efficient.”

Another advance was the move to using larger collection carts in the 1990s. Michael is particularly proud of the partnership that TFC established at that time with the City of Virginia Beach.

“Virginia Beach was a leader in recycling,” Michael says. “By partnering with them, we became the first company in the U.S. to collect and process recyclable materials, all mixed together, from 95-gallon carts with wheels and lids. Collection trucks with arms could pick up and empty these carts. We made a costly, inefficient recycling service more efficient by using technology from other industries to separate materials. Placing all recyclable materials together in a cart made it easier for residents to transport recyclables to the curb; it provided more capacity for more material to be recycled and a lid to keep material dry and from littering the neighborhood. It also limited the number of trucks and drivers because a household could be serviced in less than a minute, versus spending five-to-ten minutes per household. Recyclables could be sorted in our Materials Recovery Facility rather than by the drivers on the street.”

The program that TFC developed was so efficient that the company’s partnership with Virginia Beach served as a model for partnerships now used in over 250 cities nationwide. “We, along with the City of Virginia Beach, take some credit for inventing and perfecting the current single stream collection and separation process,” Michael smiles.

TFC’s role as a leading innovator in recycling technology continued into the 21st century.

“In 2006, we installed the most expensive, automated recycling recovery system at that time in Chesapeake,” Michael says. “Recyclables were dumped from a truck onto a conveyor belt. Materials traveled to a mechanical screen that sorted paper from glass, metal, and plastic bottles and cans by size and shape. Seven optical sorting units—actual cameras over conveyor belts that used infrared technology to sort by size, shape, and composition—were installed. This was the most state-of-the-art materials recovery system anywhere in the world. The optical sorting units assisted the mechanical screens in separating materials for recycling. Additional magnetic separators were installed to remove steel and aluminum cans. After materials were separated, they were baled for shipment to mills worldwide. From 1996 to today, hundreds of visitors from small to multinational companies and dozens of countries have come to see what we are doing and how we are doing it. Additionally, we offer tours to residents and businesses to see that materials are being captured and recycled. We taught the world the most efficient and effective way to collect and process recyclable waste—a technology and system used efficiently today.”

In 2011, TFC started “Recycling Perks,” an incentive program that promotes participation in curbside recycling and environmental stewardship. As residents recycle, they are awarded points that allow them to claim free rewards from local businesses participating in the program. “We really want to get people to recycle more material often,” Michael says. It’s a great win-win-win-win program: businesses get free advertising and door traffic, residents get free products and services, cities collect less waste, and TFC collects more recyclables.

In 2013, TFC became the first company in Virginia to install a compressed natural gas filling station. “There’s so much debate nationally about not supporting hostile foreign countries by continuing to buy fossil fuel from them,” Michael notes. “Compressed natural gas (CNG) is not a fossil fuel. It’s cleaner, doesn’t contribute to climate change, is produced in the U.S., and delivered by Virginia Natural Gas. It was refreshing to see cities and other companies following our lead and changing over to compressed natural gas.”

Concerned about the pace of climate change and how it will affect our children, Michael is nevertheless optimistic about steps that can be taken now and in the future.

“Instead of cutting down a tree to make paper, we use recycled cardboard and paper to make new boxes,” he says. “We can mine aluminum, which pollutes the atmosphere and uses so much energy, or, on the other hand, we can simply recycle existing aluminum cans. Recycling is good, and a city-wide curbside collection is the most efficient and effective way to do it.”

“In our day and age, there are people who recognize climate change and rising sea levels and realize what is happening to our planet,” Michael continues. “School kids and teenagers are teaching their parents about recycling. What drove my generation when it came to our homes—turning off lights, turning off the water faucets while brushing teeth or shaving, adjusting the thermostat up and down to save energy—we need to have that same conservationist mindset when it comes to the environment.”

To those who say recycling will not make a difference, Michael offers a story:

“A father and a son are walking along a beach covered with stranded starfish. When the son throws a starfish back into the ocean to save it, the father says, ‘Son, there are so many starfish that you can’t make a difference.’ And the son, continuing to throw starfish back into the water, responds: ‘I made a difference to that starfish.’”

“Son, there are so many starfish that you can’t make a difference.’ And the son, continuing to throw starfish back into the water, responds: ‘I made a difference to that starfish.’”

Photo by Michele Thompson

Less than 10 percent of plastic is recycled in the United States each year.

1958 Diamond Hill Road
Chesapeake
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September 2022 The Western Branch/Churchland Shopper Page 11
Recently, I’ve become addicted to the Home and Garden Channel. It’s a harmless addiction but not one of which I’m particularly proud. When winding down at night, reading a good book or watching some highly-acclaimed dramatic series seems like a better use of time. But lately, I can’t get enough of TV series featuring ordinary people either looking for “the house of their dreams” or having their current abode made over into said dreamhouse. The make-over shows appeal to my creative side, but I’m also intrigued by the home-buyers featured on series like “House Hunters.”

For those who don’t share my addiction, each episode of “House Hunters” features a couple searching for a new home in a particular city or town. Usually, they’re moving there because they’re starting a new job or retiring from an old one. The couple is paired with a real estate agent to whom they reveal the type of house they’re looking for and how much they’re willing to spend for it.

What some of these people think they can get for the money they’re willing to spend is the stuff of great comedy—or tragedy, take your pick. I mean, who actually believes that for $1,200 a month, they can get a three-bedroom/two-bath rental within walking distance of the trendiest restaurants and shops in a major U.S. urban center? Before I became an addict, I would have said no one over the age of 12. But since my addiction, I’ve learned that such expectations are fairly common among Americans of all ages.

And speaking of Americans of all ages, what has fascinated me is how often these potential home buyers exhibit two particular mindsets.

Those with the first mindset, while wanting privacy when they close their front door, also want to walk out that door and be immersed in community. If they decide not to cook dinner, they want to stroll down the street to a local restaurant. When walking the dog, they want to pass other dog-walkers, window-shop, or grab a cup of coffee. They like living in the heart of the action.

The second mindset is the exact opposite. Give these folks a McMansion on 40,000 acres in some uncharted wilderness. If they can’t have that, they’ll take a house in the suburbs as long as they can’t see or be seen by neighbors. Their ideal backyard wouldn’t face another yard; it would overlook a swath of forest that might bring to mind a magnificent National Park...or the abode of a serial killer from a slasher film.

If one mindset craves the adrenaline rush of constant social connection, the other craves life in a fortress of solitude. I wonder if these mindsets in the extreme have something to do with the divisiveness currently wracking our nation.

Of course, millions of us are somewhere between these two mindsets. We love feeling connected to others while valuing the necessity of time alone. In the end, it’s all about finding the proper balance.
National Family Health and Fitness Day, September 24th

National Family Health and Fitness Day, on the last Saturday of September, promotes families incorporating exercise and a healthy diet into their lifestyle. Heredity certainly influences a family’s health—with paternal genes having a more dominant effect than maternal genes. But a family’s shared habits have as profound an effect on their health as their shared genes. Families tend to eat the same types of foods, in the same amounts, at the same frequency. They also tend to share the same patterns of physical activity or inactivity. All of which points to an uncomfortable truth: our best efforts to break unhealthy habits can be unintentionally undermined by the very people who love us the most. Thankfully, Family Health and Fitness Day USA promotes families prioritizing healthy living together.

Healthy living is the practice of making choices and doing activities that promote physical, mental, and spiritual well-being. As simple and straightforward as that may seem, it has not been the norm for most families throughout history.

Before the 1700s, the health threat facing most families was epidemic disease, such as plague, cholera, and smallpox. A family’s eating habits were usually the result of their social status. Wealthier families could afford tastier, healthier foods, while lower-class families survived on less healthy food in what was usually the result of their social status. Wealthier families could afford tastier, healthier foods, while lower-class families survived on less healthy food in smaller portions.

The 1800s saw the birth of the one-dish meal. Most families weren’t wealthy, and cooking equipment was limited, so they often cooked meals in one stew for dinner. Nutrition wasn’t their main priority. Since many were working families, they cared about filling foods that gave them the high calories needed for dinner. Nutrition wasn’t their main priority. Since many were working families, they cared about filling foods that gave them the high calories needed for physical labor.

In the early 1900s, most meals were prepared from whatever was available in a family’s garden, cellar, or icebox. The majority of Americans, still living in rural areas, might have to travel some distance to get to their “local” general store to buy canned goods. Americans living in towns and cities had easier access to such items but tended to buy most of their groceries from neighborhood vegetable stands and butcher shops. When the first fast-food chain, White Castle, was introduced in 1921, it changed the nation’s attitudes toward processed foods.

In the 1940s, the American Medical Association and the National Committee on Physical Fitness encouraged physical exercise and nutritious eating to improve the nation’s overall health. But it was an uphill climb, thanks to the rise of national fast-food chains, such as McDonald’s, in the mid-1950s. By the 1960s and 70s, convenience trumped nutrition at mealtime. As the average American’s weight and waistline increased, the American lifestyle became less physically active and more sedentary—resulting in a rise in high blood pressure, high cholesterol, diabetes, obesity, and other life-threatening conditions.

In 1996, the Health and Information Resource Center created Family Health and Fitness Day USA, understanding that when families strive to be healthy together, their success rate increases. Incorporating exercise and a healthy diet into a family’s lifestyle is a team effort. It’s kind of like celebrations. Who celebrates alone?

Rob Lauer

It is human nature to avoid things that are difficult or uncomfortable. For instance, most people never try standing on their heads after the age of 25, though they never actually made a decision not to do it. And while most of us don’t miss standing on our heads, unfortunately sometimes we stop doing things that are useful or enjoyable because they have become more challenging. In the field of ophthalmology, this often happens with nighttime driving.

Nighttime driving is a visually demanding task that can be made more difficult with changes in vision. Even subtle declines in vision can make driving in the dark problematic and eventually, it becomes something that we avoid. Most of my patients aren’t aware of a decrease in vision and they can’t pinpoint a decision to stop driving at night, it’s just something that happens over time.

I’d like to deliver some great news for most people who struggle with nighttime driving, the problem is fixable.

The two most common causes of decreased night vision are refractive error (the need for glasses) and cataracts.

The most common type of refractive error is myopia or near-sightedness. Near-sighted individuals require glasses or contacts early in life and they rarely have this gradual night vision problem. Since they are having regular eye exams and updating their prescription, they are unlikely to have any untreated deterioration in their vision.

Nonetheless, the decline in vision can result in behavioral changes, such as the avoidance of night driving. Fortunately, far-sighted eyes can be corrected with glasses just as easily as near-sighted ones, allowing these patients to engage in the activities that they had previously abandoned.

Cataracts can be another cause of gradual vision loss and not surprisingly, night driving symptoms and night driving avoidance are frequently caused by mild to moderate cataracts. Fortunately, modern technology and surgical techniques can easily correct cataracts and improve night vision. This is a safe, smooth and rewarding process for the vast majority of patients.

Humans are social creatures by nature and many events such as parties, sporting events, theatrical productions, concerts and shows, require a drive in the dark. If you are having difficulty with your night vision or have gradually started to avoid driving at night, see your eye doctor. Do not allow visual decline to prevent you from experiencing all of the opportunities for fun and enrichment that life has to offer.

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with the belief that everyone should like us, we are minimized if a person is upset with us or criticizes us. We think the problem is with us, not them.

What if you found out that you have been believing a lie about yourself and your capabilities? What changes would you make?

In her book “Celtic Daily Prayer,” Mary Lyon pointed out: “Nine-tenths of our suffering is caused by others not thinking as much of us as we think they ought.” It seems the more we seek another’s approval, the worse we feel about ourselves. It would be healthy for us to ask ourselves: “Why do I keep trying to impress other people? Each time I do it, I feel worse about myself. I know it doesn’t work, but I keep doing it.”

Perhaps we’re driven by the belief that another person’s approval will change what we believe about ourselves. But even if someone does praise us, we will not accept the compliment unless we believe it to be true.

Constantly seeking approval from others does not work because we are giving someone else the power to decide how we should feel about ourselves. That power and authority should be with us.

Next month we will continue looking at these limiting beliefs and ways to handle them.

Dr. Austin has decades of experience dealing with relationships. His first book, Creating Our Safe Place: Articles on Healthy Relationships, published in 2004, and his second book, Keeping It Safe, published in 2009, can be purchased through Amazon, publishAmerica.com, and at the Parish Book Store at Eastern Shore Chapel in Virginia Beach—call (757) 425-0114 for book availability. Dr. Austin is also a sought-after speaker.

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“Catching the Wave of Change”

At a recent Retail Alliance Breakfast Club event, Harold Lloyd spoke to local business professionals about the importance of “Catching the Wave of Change”—how to spot, embrace and manage change within a business.

From left: Small Business Development Center Hampton Roads Executive Director Jolie Siers and Retail Alliance Vice President Kylie Ross Siebert

From left: The Honor Foundation Program Coordinator Stephanie Haines and The Honor Foundation Director of People Ashley Brown

Retail Alliance CEO/President Ray Maties

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Who Are the Teachers of Our Children?

By Dr. Becky Adams

Anyone who goes shopping in a big box store or any other business selling school supplies in August has been overwhelmed by families jamming the aisles of notebooks, pencils, paper, lunch boxes, backpacks, hand sanitizer, and tissues. That doesn’t even include the back-to-school clothing aisles, with parents trying to weigh their children’s ideas of appropriate attire against what they fear might warrant a phone call from the principal on the first day of school.

September brings out the big yellow buses and the beginning of a new school year. While so many people make this possible, teachers will be the focus of this month’s column. There is a crisis in education today, and we are all affected by it. It doesn’t matter whether you currently have children in school. Schools form the bedrock of our democracy. A well-educated citizenry requires committed, well-trained teachers to open the minds of their students and prepare them to take up the mantle of leadership in a world filled with challenges. Why are we facing a shortage of such teachers? A number of factors have led to this situation over the last fifteen years. Serving as a Principal during those early years, I watched the number of new teachers entering the field for interviews dwindle each year. Then I saw high school seniors avoid choosing to major in education as they headed off to college. For some, it was the low salaries in comparison to the required years of undergraduate and graduate school education. Others had seen how hard their teachers had to work and then still had to write lesson plans and grade papers when they went home at night. I have often heard people say, “but teachers have the summers off.” It is true, but that is the time they have to recharge themselves and often take courses to continue to grow in their field (if they aren’t teaching summer school). Teaching is not a simple process, as many parents found during the recent pandemic when their children needed help at home with online courses.

In this column, I’ve previously written that children have many adults in the community who serve as teachers in their lives. It is certainly true, however, that a significant percentage of children’s early education comes from their classroom teachers. One of my favorite quotes comes from Nelson Mandela: “There can be no keener revelation of a society’s soul than the way in which it treats its children.”

I had the privilege of visiting South Africa with a group of educators in 2013, just two months before Mandela’s death. We traveled to many of the areas that shaped his life. He spoke of the importance of education often. It is the responsibility of all citizens to support the teachers in our schools.

As we begin a new school year, let’s make a commitment to encourage our leaders to solve this critical shortage in our communities.

A career educator, Dr. Rebecca Adams has served as a teacher in grades two through graduate school, reading specialist, principal, and an educational foundation administrator. She was selected as Chesapeake’s First Citizen 2016 for her community service.
The Commodore is a luxuriously restored 1945 Art Deco style motion picture theatre presenting first-run films in a fine dining restaurant within the main auditorium. From phones on their tables, guests can order light meals and spirits served by an attentive waitstaff. It’s an experience that can’t be beat!

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Popular Home Improvements

When it comes to ‘sprucing up the place’ for oneself or the real estate market, these improvements top the list

By Rob Lauer

There are times in the lives of all homeowners when they take a good hard look around and realize they are hungry for some major changes. Maybe the realization is triggered while thumbing through a popular home and gardens magazine or watching one of the countless home-improvement programs on TV. Perhaps they’ve begun comparing their home to those of friends and family members. Or maybe they’re contemplating the possibility of selling their home in the next few years and are thinking of making improvements now that could potentially increase its value.

Regardless of the reason, more Americans than ever are making home improvements. According to a study done by Harvard, the home improvement industry has grown by three percent over the last two years. In 2021 alone, Americans spent $538 billion on home improvement, with projected sales expected to reach $625 in 2025.

Home improvements range from inexpensive do-it-yourself projects to pricey undertakings that require professional contractors. What follows are the most popular areas on which Americans currently are spending their time, energy and money.

Landscaping

Curb appeal says a lot about a home. After all, it alone is responsible for everyone’s first impression of a home. While the house’s outward appearance is obviously an important factor, one shouldn’t underestimate the role of landscape in creating a positive first impression. Investing in new landscaping can help make any house look fresh and appealing.

Every view in landscaping should have a focal point. For the front yard, the focal point should always be the front door, so be sure to frame it. When considering major plantings such as trees, think about how they will frame the front door as people approach the house.

When planting trees in front of a house, remember that they are considered a permanent fixture in the landscape, so think ahead 12 to 15 years. How tall will the species of tree being planted grow? How far out from the trunk will its branches and root system extend? Make sure that trees are not too close to the house. This will decrease the potential of falling branches or limbs damaging the roof or windows in the future, as well as root systems causing issues with the house’s foundation.

Bushes planted around the house should be trimmed so that they do not grow in front of windows. Flowering plants in beds are always a plus, but if one doesn’t have a green thumb or enjoy gardening, consider planting a low-maintenance ground covering.

Add a collection of plants on either side of the front doorway to better tie in the landscaping with the house itself. For a big impact, opt for plants and planters of differing heights, which create a sense of depth in the area. Pick bold colored flowers and verdant greens, or focus on seasonal flowers that can be changed out frequently for a quick refresh.

The Front Door

A new front door is a quick and simple home improvement project that can make a big difference in its appearance and attract buyers when it is put on the market. According to real estate experts, the return on this investment is usually 90 percent.

If a new door isn’t an option, a fresh coat of paint can go a long way in improving a door’s appearance. As long as there are no structural issues (like cracks, chipping paint, or dents), making a front door look new is as easy as a stroll down the paint aisle of a local retailer.

Door knobs, hinges, door knockers, and house numbers can look worse for the wear after years of exposure to the elements. Removing old hardware and replacing it with upgraded new pieces can change a door’s entire appearance. Consider replacing a traditional turn-style knob with a digital keyless entry model or swapping a numerical house number for one that spells the number out in an elegant script.

The Garage Door

As with the front door, homes with front-facing garage can benefit from a garage door replacement. Besides enhancing a home’s overall appearance, an updated garage door can also differentiate the house from all the others in the neighborhood. Because old garage doors can be an eyesore when trying to sell a home, relators estimate the return on this investment usually exceeds the amount spent.

If a home’s driveway is a straight line from the street to the garage door, planting a curved flower bed where the drive meets the front corner of the yard will create a pleasing sweeping effect that enhances the garage’s overall appearance.

Windows

It may come as a surprise, but new windows can significantly improve a home’s appearance, function and value. As windows age, they do a poorer job of insulating a house from the elements. Old windows often mean more allergens in the home, poor insulation, and higher energy bills. Consider replacing them with new, energy-efficient windows. The return on investment for window replacement is generally high, and prospective buyers will appreciate the upgrade when the home is put on the market.

Flooring

Probably no single element of a home’s interior can impact its overall appearance more than new flooring.

In choosing flooring, keep in mind that different board widths create specific effects. Narrow strips (less than three inches wide) are the traditional choice and create the illusion of more space. Wider planks (more than three inches wide) give a room a more rustic appearance, while parquet floors, with their distinctive geometric design, suit formal spaces.

Hardwoods run the gamut from blond to black, depending on species and finish. Consider floors that complement a home’s furniture and accessories when selecting colors and patterns. Hardwoods also vary in durability. Oak, maple, and cherry are used more often due to their hardness. Exotic woods like mahogany and Brazilian cherry aren’t as durable but are prized for their striking appearance.

Hardwoods, such as red oak, will withstand wear and tear for busy households with pets and kids, while softer woods, such as pine, tend to show scratches. The choice between engineered and solid hardwood will most likely be determined by the location, subfloor, and preferred installation...
method. Keep in mind that choosing solid hardwood means scratches from a puppy’s claws or dings from a toddler’s toy can be sanded out and refinishing over and over. Preventive care and proper maintenance can keep floors looking good for years.

By some estimates, new flooring can yield an average of upwards of 300 percent return on the investment when the home is sold.

**The Kitchen**

They say the kitchen is the heart of the home. It’s where a family cooks, eats, socializes with guests, and spends quality time together. So, it makes sense to make this space as welcoming as possible. If appliances look a little dated or the layout is no longer practical, perhaps it’s time to start from scratch with a brand-new look.

Replacing old appliances, including major ones like fridges and stoves, will make a kitchen more attractive and efficient and command a higher price when the home is sold. Recent surveys show that having to replace old and outdated appliances tops the list of turn-offs for potential home buyers.

Drawer pulls and cabinet handles made of metals that were trendy decades ago can make any kitchen look old. Popular metals used in modern kitchen design include matte aluminum, stainless steel, brushed gold, and copper. Installing new pulls and handles on existing cabinetry is a relatively inexpensive upgrade that can make a huge visual impact.

Countertops are a large portion of any kitchen’s landscape. While outdated kitchens may have tile-and-grout or cheap vinyl covering the workspace, the variety of countertop surface options now available is impressive. From solid surfacing varieties that consist of resin and polymers to natural stone varieties such as marble and granite, there’s an option for everyone’s style and budget. Over the last few years, designers have become increasingly creative and are using heavy-duty structural materials for countertops, such as brick, tile, soapstone and quartz.

Because the kitchen is typically the busiest area in a home and the place where people are most likely to congregate, adding an island, countertop, or breakfast bar with seating brings new life to the space. From families with children doing homework to parents entertaining friends while cooking, kitchen seating has become essential to the modern home.

Kitchen lighting, while often an afterthought, is essential for safety and ambiance. If a kitchen contains only one overhead ambient lighting fixture, consider installing recessed lighting with a dimmer switch for versatility while entertaining, cooking, or just relaxing for a midnight snack. Under-cabinet lighting to illuminate countertops and pendant lighting over a kitchen island are practical additions that also create a feeling of elegance.

**The Bathroom**

Over the past decade, homeowners and homebuyers have embraced the idea of the bathroom as a spa-like retreat from the world. But one needn’t do an entire bathroom overhaul to help achieve that aesthetic.

Whether painting the walls or installing new tiles, choose soft, muted colors to establish a tranquil environment. Avoid high-contrast pairings, such as black and white or blue and orange, which often appear bold and energizing rather than calming. Pairing warm neutrals with nature-inspired colors like seafoam green or sky blue creates peaceful palettes that would look right at home in an upscale spa.

Create a bright, airy look by outfitting a bathroom with lots of shimmering reflective surfaces. Large-scale mirrors, chrome fixtures, and polished tile all produce a sense of lightness and brightness, which can lift one’s mood.

Because tubs and showers are usually the focal points of any bathroom, replacing them can completely transform the space. A glass shower door lends a luxurious look to any bathroom, but the reason for installing one might not be all about looks. Because this shower lacks a ledge or lip to step over when entering the shower, it is an excellent choice for aging family members or anyone with mobility difficulties. As in a lavish spa, a seat in the shower will encourage relaxation, making it a fantastic minor upgrade. Tile the bench to match the rest of the shower, or add a bar made of contrasting material like teak or glass.

Replacing outdated faucets, lighting, and bathroom accessories is a great way to refresh the space while tailoring it to one’s personal style.

Does one’s bathroom need more storage? Are family members tired of sharing one sink? Replacing the vanity is an excellent solution that improves a bathroom’s functionality while enhancing its visual appeal.

Changing a bathroom’s flooring or updating tiles can help create a customized look that will attract buyers when the time comes to sell a home.

**A Fresh Coat of Paint**

Sometimes a fresh coat of paint is all it takes to bring a room back to life. It’s also a great do-it-yourself project that won’t cost an arm and a leg. Painting a room in neutral colors such as whites, grays, or creams creates the feeling of a larger and cleaner space.

Kitchens, in particular, can take on a dramatically new look by simply painting the existing cabinets. From white to blue to two-tone looks, color options are nearly limitless. Bring home samples and examine them in the light throughout the day. How does it look in natural and artificial light? Find a color that looks great in both and compliments current fixtures, appliances, and countertops. Painting cabinet boxes, doors, and drawer faces can be time-consuming (experts recommend setting aside three days for the task), but it is also one of the most noticeable and rewarding updates any homeowner can do.
For many Americans, the fall season begins the week after Labor Day. Kids head back to school, Friday night football kicks off, and Halloween candy, decorations and costumes grace store aisles everywhere. The weather may still be hot and humid here in Hampton Roads, but everyone begins bracing for lower temperatures, shorter days, and longer nights.

Of course, the week after Labor Day is the unofficial beginning of fall. The official first day of fall is... when exactly? The date moves around from year to year, with many of us asking, sometime later in September, “Was today the first day of fall, or was it yesterday? Or is it tomorrow?” Sometime in late March, we usually face the same confusion regarding the first day of spring.

So when is the official first day of fall in 2022? And why is the date different every year? To answer those questions, we have to consult the heavens—in particular, the sun and the Earth’s yearly journey around it.

The name for the first day of fall is the Fall Equinox. The word “equinox” comes from two Latin terms: aequus, which means equal, and nox, which means night. So equinox literally means “equal night.”

According to the National Weather Service, an equinox occurs two times each year when the number of daylight hours and nighttime hours in a single day is equal. This happens because the Earth’s axis is tilted neither toward nor away from the sun. Because the sun is over the equator on those two days, the amount of daylight and darkness is the same across the entire Earth.

The Spring Equinox usually takes place between March 20th and 21st. The Fall Equinox usually takes place between September 22nd and 23rd. This year (2022), fall begins officially on Thursday, September 22nd. If one wants to get even more precise, in our region of the eastern seaboard, fall begins that evening at 9:02 p.m.

— Rob Lauer

People retiring in their sixties should plan for thirty to forty years of retirement. A lot can happen during that time to upset your plans.

Decisions you make as you prepare to retire will determine how much inflation will impact your lifestyle as you get older. A good retirement plan can provide an early warning of inflation risk. A five percent inflation rate means that the cost of living will double every 14 years. That guaranteed annuity that appears to be no risk today may not provide the actual income that you’ll need to live comfortably a decade or two down the road.

People retiring in their sixties should plan for thirty to forty years of retirement. A lot can happen during that time to upset your plans. Lower than expected rates of return, major drops in the stock market, cuts in pension or social security income, and long-term care expenses are just some of the things that should be considered. As we strain our budget to fill our gas tank, higher than normal inflation rates should also be considered, especially in times like this.

Retirement planning is our specialty. A good retirement plan identifies where your greatest risks lie. If you don’t know where they are, you can’t afford to retire without one. Give us a call to ask about retirement planning today.

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—Created the School Lock Box which has funded over $100 Million for school construction
—Voted to fund new school construction at Western Branch H.S., Chittum, B.M. Williams, and Great Bridge Primary
—This fiscal year, advocated and voted for an additional $23 Million to help meet Schools’ current financial challenges

You trusted John to support Public Safety to protect our families…and he has!
—This fiscal year, approved a Public Safety Compensation Plan to retain and recruit valuable public safety personnel
—Appropriated $61 Million for the Police Department—a 13% increase
—Appropriated $60 Million for Fire/EMS Services

You trusted John to make common sense decisions…and he has!
—Proposed and voted to keep city-funded curbside recycling
—Voted to protect the interests of our valuable military presence in Hampton Roads
—Voted against major residential rezoning that would burden our schools and roads

“When you want to be trusted, you’ve got to work to earn that trust.”
—John de Triquet

Where to find us

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Ann’s Hallmark
237 S. Battlefield Blvd, Chesapeake

Great Bridge Frame & Art
316 Battlefield Blvd South, Chesapeake

Hemp Haven
480 Kempsville Rd, Chesapeake

Edinburgh Family Dentistry
200 Carmichael Way, Suite 612 Chesapeake

Edinburgh Animal Hospital
233 Hillcrest Pkwy, Chesapeake

Currituck Outer Banks Visitor’s Center
106 Caratoke Hwy, Moyock, NC

Moyock Farm Market
193 Camellia Drive Moyock, NC

Taylor’s Do-It Center
100 Lark Drive, Moyock, NC

Taylor’s Do-It Center
330 S. Battlefield Blvd., Chesapeake

Taylor’s Do-It Center
3235 Bridge Road, Suffolk

Family Flooring
300 Battlefield Blvd. N, Chesapeake

Accordo Chiropractic
733 Volvo Pkwy, #150, Chesapeake

The Bypass 168
237 Carmichael Way, Chesapeake

Greenbrier Library
1214 Volvo Parkway, Chesapeake

Indian River Library
2320 Old Greenbrier Rd, Chesapeake

Major Hillard Library
824 George Washington Hwy N, Chesapeake

Cuffee Library
2726 Border Rd, Chesapeake

EIT Small Business Center
316 Battlefield Blvd S, Suite A, Chesapeake

Dennis’s Spaghetti & Steak House
3356 Western Branch Blvd., Chesapeake

In addition to mailed to homes throughout Hampton Roads, The Shopper is now available at the following locations. Drop by to pick up your free copy, and thank our good friends at each location for carrying “your hometown magazine.”
Popular Home Improvements

When it comes to ‘sprucing up the place’ for oneself or the real estate market, these improvements top the list.

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