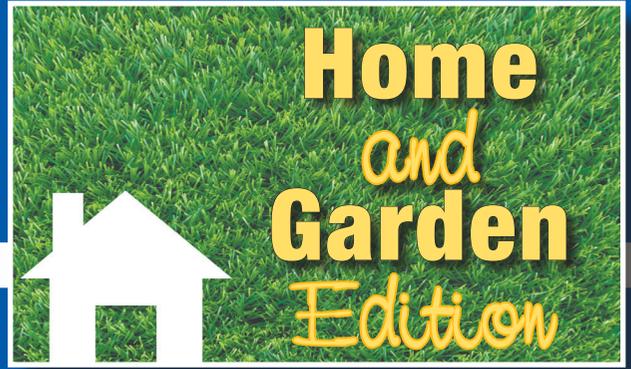


Celebrating 43 years!

The SHOPPER

YOUR HOMETOWN MAGAZINE

April 2024 • Northwest Edition - Harbour View - Churchland - Western Branch



The Importance of Local Connections

Page 7



Asher's Room

Hi, everyone! My name is Asher, and I'm a 10-year-old writer and explorer of the world from the cozy confines of my room. Though I'm stuck inside most of the time because of my autoimmune condition, that doesn't stop me from discovering the wonders of history, unraveling the mysteries of the present, and even diving into the future. Through my stories, I travel far and wide, meet incredible characters, and experience life's big adventures—all from my very own room...



I love reading my friend's stories! If you're a writer, 12 or younger, have your parent or guardian email your short story to our editor at Editor@theShopper.com. Include your full name, age and grade. We might pick your story to print here! See you next month! -Asher

(Stories may be edited for spelling, grammar, and length)

Asher and the Time-Traveling Dinosaur

Greetings, fellow adventurers! It's Asher, back with an electrifying tale from the depths of my room! This month, my journey took me to a prehistoric era when dinosaurs roamed the earth.

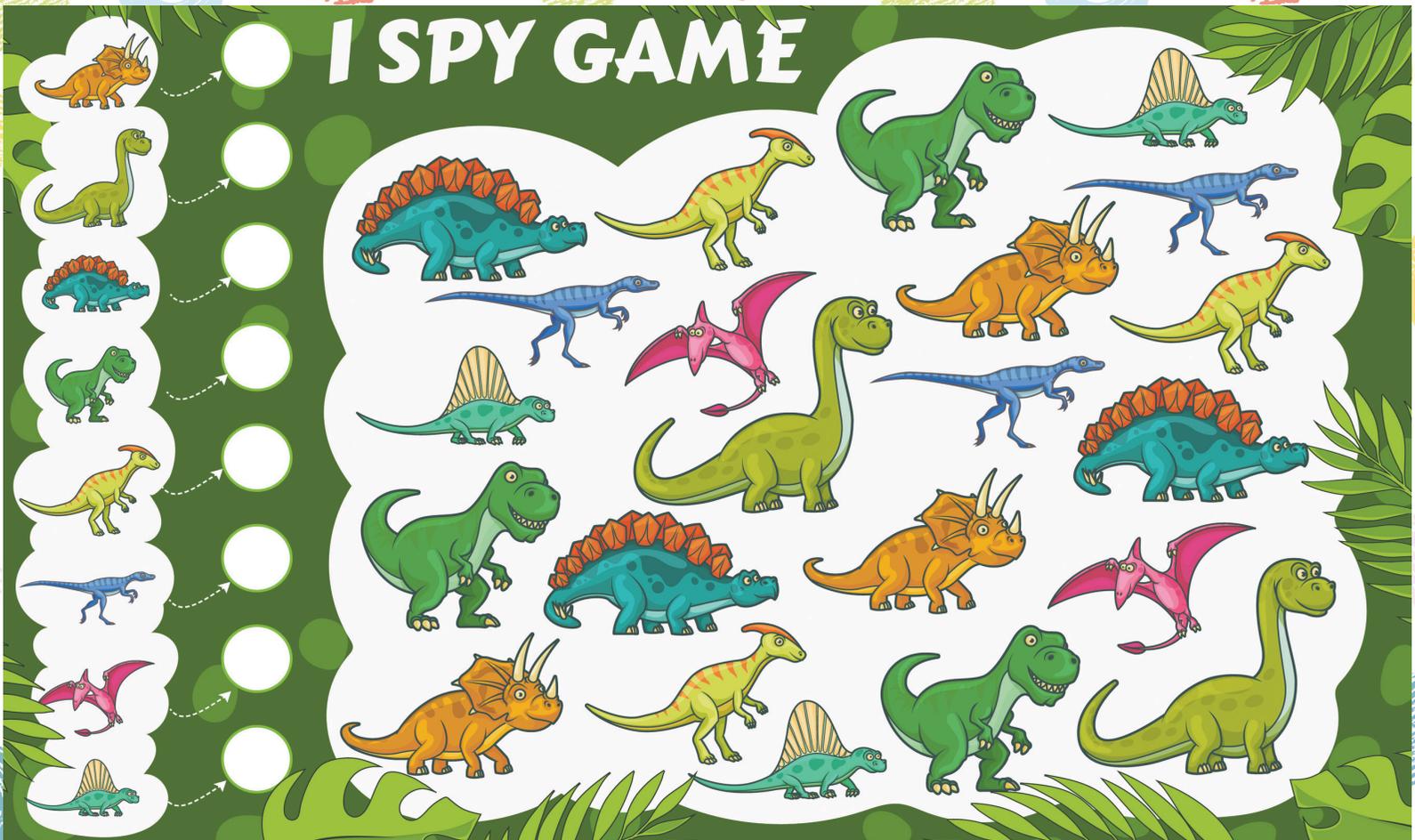
As I delved into a fascinating website about the Mesozoic Era, my room shimmered and morphed into a primordial landscape. Towering ferns and ancient trees surrounded me, and the ground rumbled beneath my feet.

Suddenly, I heard a thunderous roar, and before me stood a magnificent Tyrannosaurus rex! With a mixture of excitement and trepidation, I approached the colossal creature. To my surprise, the T-Rex wasn't as ferocious as I'd imagined. In fact, it seemed curious and friendly!

Together, we embarked on an unforgettable adventure through the prehistoric wilderness. We encountered gentle herbivores grazing in lush meadows and witnessed breathtaking volcanic eruptions in the distance.

But our journey took a thrilling turn when we stumbled upon a hidden cave. Inside, illuminated by shafts of sunlight filtering through the canopy above, we discovered a trove of sparkling gemstones! Each gem glimmered with a mesmerizing brilliance, casting rainbow hues across the cavern walls.

As the sun dipped below the horizon, I bid farewell to my newfound friend and returned to my room. Though my adventure had come to an end, the memories of our time-traveling escapade and the dazzling treasure we uncovered will stay with me forever.



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The SHOPPER

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We made the decision to renovate and turn our screened porch into a year-round room so our six grandchildren would have a bigger place to play when they visit. It was a huge job — a wall between the den and the porch was knocked out, a fireplace was removed, and the ceiling was raised. Barry Hobbs and Addition Associates did a wonderful job. All of their workers are very nice men, and they were meticulous in their work. We highly recommend them and have already given their business card to others.

~Steve and Alyce Lawrence of Western Branch

Before

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After

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Dancing With the Athletes

On March 2, 2024, the Chesapeake Sheriff's Office's 8th Annual "Dancing With The Athletes" fundraiser took over the Chesapeake Conference Center, and what a show it was! The glittering dance competition raised over \$26,000 for Special Olympics Virginia! Undersheriff Dave Rosado and Lieutenant Colonel Christopher Pascal emceed the event as 12 first responders and 12 SOVA athletes teamed up to compete in a "Dancing With the Stars"-style competition. This year's competition featured first responders from the Chesapeake Sheriff's Office, the Chesapeake Fire Department, the Norfolk Sheriff's Office, the Virginia Beach Police Department, and the Virginia Beach Sheriff's Office.

Nyelly Rivera and Deputy J. Johnson had the crowd roaring as they danced to "Single Ladies." For their performance, they took home the coveted Mirrorball Trophy. Congratulations to the top fundraisers, Mary Miller and Deputy T. Kirkpatrick (CSO), who raised over \$3,500 for Special Olympics Virginia.



See these and other photos at TheShopper.com

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Look for us on 

Now in its 43rd year, *THE SHOPPER* is a direct-mail 'monthly' serving four distinct communities in Chesapeake, Portsmouth, Suffolk, and Northeastern North Carolina. With four editions and a circulation of 32,000*—*THE SHOPPER* serves as your window into the heart of our vibrant community. Each issue is a celebration of small business and local enterprise, each showcasing the innovative spirits and inspiring stories that make our hometown unique. With its in-depth profiles and uplifting content, *THE SHOPPER* is your insider's guide to the pulse of Chesapeake's economic landscape, providing information and insights tailored to enrich your connection to the place we all call home. Join our readership today and be a part of the story that propels our community forward. And advertise in *THE SHOPPER* — always a trusted resource for readers — where we've been amplifying the voices of ethical entrepreneurs since 1981.

Some images provided by Getty images.
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Mythic Structure

by Wendell Ward



The Timeless Power of Print

In an era increasingly dominated by digital screens and instant communication, the enduring charm and reliability of print stand as evidence of its irreplaceable value. As the publisher of *The Shopper*, I've witnessed firsthand the unique connection that only print can foster between words and their readers. It's a bond forged not just through the content but through the very medium itself—a tangible testament to the power of stories, ideas, and information.

Print invites us into a world where content is not just consumed but experienced. The tactile pleasure of turning a page, the visual delight of a beautifully laid-out spread, and even the scent of ink on paper contribute to an immersive reading experience that digital platforms struggle to replicate. This tangibility brings a sense of permanence and credibility that is becoming increasingly rare in our fast-paced, digital world.

When you hold a publication like *The Shopper* in your hands, you're engaging with a carefully curated, thoughtfully designed piece of art that invites focused attention and deep understanding.

This depth of engagement is crucial in an age where digital content often skims the surface, racing to keep up with ever-shorter attention spans. Print media, by contrast, encourages readers to slow down, to absorb and reflect. This not only enhances

comprehension and retention but also builds a more meaningful connection between the reader and the content—a connection that is vital if the stories of our local businesses and community endeavors are to resonate deeply.

Moreover, the credibility of print cannot be overstated. In a landscape cluttered with misinformation and fleeting digital posts, print stands as a bastion of trustworthiness. The rigorous editorial standards



behind each article, feature, and advertisement ensure that only the most reliable, valuable content reaches our readers. This trust is paramount, not just for our audience but for advertisers seeking to build and maintain a reputable presence within the community.

The focus that print demands of its readers also translates into a more engaged, attentive audience for our advertisers. Unlike online ads, which compete with countless distractions,

an advertisement in print captures undivided attention, making a lasting impression that often leads to action. This selective, targeted reach is invaluable for businesses looking to connect meaningfully with potential customers.

Lastly, as we navigate the challenges of digital overload, print offers a sanctuary for reflection and relaxation. It's an invitation to unplug from the ceaseless buzz of the internet and engage with content that enlightens, entertains, and informs. For advertisers, this means being part of a reader's moments of calm and focus—a golden opportunity to connect on a deeper level.

In conclusion, the power of print lies not just in its ability to inform and entertain but in its capacity to connect, to build trust, and to endure. As we move forward, *The Shopper* remains committed to harnessing this power to tell the stories of our community, to showcase the spirit of local enterprise, and to provide a trusted platform for advertisers to reach their audience. In a world constantly chasing the next digital trend, print remains a steadfast beacon of quality, authenticity, and connection. Join us in celebrating the unmatched value of print, and discover the impact of placing your message in the hands of those who truly value and trust what they read.

Attention Readers! Do you love *The Shopper*?

Have you ever flipped through the pages of *The Shopper* and felt a deep connection to our stories, our advertisers, and the vibrancy of our local community? Now, imagine channeling that passion into a rewarding career.

We're opening our doors to those who know and love *The Shopper* the most—our dedicated readers! You don't need a resume filled with sales experience. What we're looking for is enthusiasm, a love for our magazine, and the desire to support the lifeblood of our community—its local businesses.

Why Join THE SHOPPER's Sales Team?

- Turn Your Passion into Purpose: Use your knowledge and love of our magazine to help local businesses connect with our readers.
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- Earn While You Learn: Get paid to train, earn commissions, and receive attractive bonuses, right from the start.
- Grow with Us: Opportunities for advancement aren't just available—they're encouraged. Dream big!
- Be the Bridge: Play a pivotal role in strengthening the bond between local businesses and the community you cherish.

No previous sales experience? No worries. Your enthusiasm for *The Shopper* and its mission is the best qualification you can bring. Join our expanding sales team and start your journey in helping our hometown businesses to flourish. Call 757-317-5465.





the Point

by Jean Loxley-Barnard

Time To Move

Moving is difficult, even when we make a decision to find a new dream home. But that is not what I am doing this time.

I had found a dream home in the 1970s on four acres—until we were able to buy three more! It came with a stable and a long driveway circling a small park leading to a large New-England-style home that fit this relocated New Englander to a T. At the time, I said the only way I would ever leave it would be in a box.

We named the property "Sherwood," which fit the Loxley family name and was kept even after I divorced Dr. Loxley in 1993. I was single until marrying Terry Barnard in 1997. The best-made plans can be changed.

I had to notify the good Lord that I had changed my mind and needed to downsize once we realized the property was more than two people could manage after the kids had grown up and moved out. We had begun to ride around seeking a new home.

We found just what we were looking for in Hickory Forest Estates. This neighborhood of 30 homes was only two years old at the time, and every home had at least three acres, some with horses on the property. We loved it and believed it would be our final home.

Terry and I were very happy to settle into our new neighborhood, just a mile from what became Edinburgh. We believed it was our final move. When Terry became ill last year and passed away in October, it was clear to almost everyone in the Loxley and Barnard families that I would need to move. Everyone but me.

The neighbors in this small but spacious neighborhood are simply wonderful. I can't say just how many times they have mowed my three-plus acres, fixed my shower to make it safer, brought me soup, stopped by for a visit, and offered to be "on call" for any need.

"How can I leave this wonderful home and such caring neighbors?" I asked, day after day

Being a "people person," I did not want to live alone, especially in a 3,500-square-foot home. It took all of six months to convince me that I had to move. Donald Buckley was kind enough to suggest that Peggy Mathews urge me to consider moving to Lighthouse Pointe, the senior living community on Cedar Road that she had entered when her beloved husband Howie also passed away last October.

Peggy provided me the comfort of her kindness and, having also gone through what I had experienced, told me, "I love it here!" I am very grateful and will be moving to the beautiful Lighthouse Pointe as you read this. Think positive thoughts...

At the beginning of 2024, I turned *The Shopper* over to Wendell Ward while keeping *Doctor to Doctor Magazine* to publish. I will also serve Wendell as an advisor, and I am pleased he asked me to continue with him. I have known Wendell since he was a teen and have such appreciation for his many skills in writing, managing, and now publishing *The Shopper*.

And we still have the wonderful writing skills of our managing editor, Rob Lauer. Several of Rob's books are available on Amazon and deserve such lofty recognition.

Note: When you read this, I will be moving into the Lighthouse. Stay Tuned!



My husband and I lived in our home on Centerville Turnpike for over 50 years. Chesapeake is a great place to live and raise a family. I would like to say that over the years, we were blessed to have the most wonderful neighbors.

When my husband passed away last October, and I had broken both my legs a couple of months before that, it became apparent that I no longer could live on my own. The opinion was that I would not walk again. I was so fortunate to find a senior independent living facility in Chesapeake—Lighthouse Pointe. It is a wonderful facility with a very caring staff, extremely nice residents, and an in-house physical therapy group that helped me walk again—such a blessing!

It is a wonderful place to live, and I am blessed to be part of the family at Lighthouse Pointe.

- Peggy Mathews

Kristoff Guilbaud
Community
Sales Manager
at Lighthouse Pointe



The wonderful Murphy Brown of The Real Estate Group (and a neighbor!) who will be offering my home for sale at the beginning of May. See our website at TheShopper.com for updates and dates of our sale of household items preceding the home!

the Write Sense



By Betsy Patterson
Master Graphoanalyst

"I Can Relate"

(Part I)

How many times have you heard that or said it to someone? "I understand your point of view." This is a key ingredient in forming friendships and other social bonds and establishing and maintaining **relationships**.

Imagine a good story.

Lower loops of a moderate size indicate an average amount of material imagination. This applies to anything that can be seen and touched, including objects and people. The above writer can relate to people who differ from himself as long as they are not too different.

my story is funny.

This writer has an active imagination and has friends from a broad spectrum of society.

By contrast, this writer has no material imagination. If he had a choice between watching a DVD alone or going to a party, he would probably choose the DVD. It is hard for him to relate to other people. If he doesn't get the amount of solitude he craves, he could become irritable.

Imagine me by myself.

(part II next month.
Check your lower loops)

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The Importance of Local Connections

By Rob Lauer

Living in the Digital Age, our world is more connected than ever. When a newsworthy event erupts anywhere on the globe—whether it's the outbreak of a war or the breakup of a celebrity couple—our cell phones, laptops, TVs, and other devices immediately inform us of it. While previous generations had to wait for the national evening news broadcast or the morning newspaper to learn what had happened on any given day, we now watch politics, international conflicts, and natural disasters unfold in real time. And because of social media, we can just as quickly learn the opinions of distant relatives, former classmates, and social media “friends” regarding those events. We may not know the names of our neighbors three doors down, but we know which TV show Aunt Molly in Utah watched last Sunday night and how a so-called Facebook “friend,” whom we have never actually met, will be voting in the next election.

Thanks to Google, we can, in seconds, find the recipe for any dish that pops into our heads—be it for some traditional comfort food our great-grandma used to cook or some exotic dish from a distant land we know we will never visit. But once we have the recipe, would we feel comfortable walking next door to borrow a cup of sugar or a stick of butter from our neighbor—something people felt comfortable routinely doing just a few decades ago?

Because the world is more connected than ever, it's easy to overlook the significance of our local communities. While being drawn to global news, trends, and developments, we mustn't forget the power and importance of feeling a part of the communities in which we live. Ironically, feeling deeply connected to others helps us develop self-esteem and a stronger sense of ourselves as individuals. We feel less intimidated by the world at large and are willing to venture out in pursuit of our dreams when we feel deeply rooted in a strong, stable, inclusive, and supportive community. That sense of belonging enhances our overall well-being, reduces feelings of isolation, and, according to medical experts, boosts our mental health.

From America's earliest days, locally published newspapers and magazines nurtured a sense of community and belonging. For centuries, U.S. cities of any size typically had several daily newspapers

reporting on local as well as national and international affairs. Even the least populated rural communities typically had a weekly news publication focusing primarily on local events. One major downside of the Digital Age has been the demise of local newspapers and magazines. While the internet has been a bonanza for national and international news coverage, sites covering local news and events are increasingly things of the past. Last year alone, 2.5 local newspapers went out of business each and every week, meaning that more than half of all U.S. counties now have limited access to reliable local news and information.

In this quickly growing “local news and information desert,” *The Shopper* is more important than ever to the people of Southside Hampton Roads. As “Your Hometown Magazine,” we understand the importance of bringing our readers stories of local business owners, charities, and non-profit organizations, as well as advice columns from local experts in essential matters ranging from healthcare and financial investments to relationship and parenting advice. And we are dedicated to promoting and reporting on local community events. Through our stories, columns, photo spreads, and advertising, *The Shopper* strives to help our readers build meaningful social connections and establish lasting relationships that enrich the daily lives of everyone in our community.

Local businesses are the lifeblood of any community. When we choose to buy from local shops, eat at local restaurants, or hire local services, we are directly contributing to the economic stability of our neighbors. This, in turn, helps create jobs, increase property values, and generate tax revenue that supports vital community services like schools and infrastructure. Local small business owners select which goods and services they will offer based on their interests and local needs rather than a national sales plan from some far-off corporate headquarters. The end result is always more choices for local customers. A local marketplace filled with small businesses is



the best way to ensure innovation and low prices over the long term. For 43 years, *The Shopper* has been bringing its readers the stories of local small-business owners—their dreams and aspirations, challenges and triumphs, and their philosophies regarding customer service and community. We do this because we believe most people prefer doing business with a neighbor they know and trust.

Typically, no community is as homogenous as it might seem at first glance. Our neighbors usually have diverse roots culturally, nationally, ethnically, and religiously. By attending and keeping up with local community gatherings—cultural and sporting events, festivals, charitable fundraisers, and commemorations of local history—we can celebrate what makes our neighbors individually unique while honoring values that unite us all as a community. This is why *The Shopper* fills its pages with “Gatherings”—our photo-filled reports on community gatherings—be they entertainment or sporting events, charitable galas or fundraisers, or celebrations honoring local individuals whose dedication and hard work have enhanced the lives of others.

The Digital Age has brought many advantages to our daily lives, which we at *The Shopper* embrace. After all, *The Shopper* is available online, and we host our own *Shopper* Facebook page. At the same time, we acknowledge that most news and information sources focus on national and international news, events, and businesses. Despite that focus, when we lay down our devices and walk outside, we find ourselves on the streets where we live and work with the people who give our daily lives meaning—our families, friends, and neighbors. These streets, these people, these connections are what is most important. They are our actual community.



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So Good It Hurts

by Kelly B. Paxton
DDS



Have you ever taken a bite of your favorite piece of candy and felt a sharp pain? If so, you may have a cracked tooth. A cracked tooth has a small microscopic crack in it that can cause a sharp pain while chewing, but goes away after chewing is completed. The pain can be so intense that you can pinpoint exactly which tooth it is, or be so subtle that you can only isolate it to a general area.

A tooth can crack due to a variety of different reasons. The most common way a tooth is cracked is by chewing on hard objects or food or an accidental blow to the mouth. Other ways may include clenching or grinding teeth, uneven biting, large fillings, and large cavities.

Once a tooth is cracked, extreme temperatures may cause pain in the tooth and cause further destruction. The reason a tooth is painful when it is cracked is due to the pressure incurred when biting, as this opens the crack, and once you finish chewing the crack will again close. The

microscopic opening in the tooth can be deep enough to irritate the nerve of the tooth, which is sometimes irreversible. If the nerve becomes damaged or infected due to this opening, a root canal may be necessary.

Remember, regular dental check-ups can identify these and other problems before things get much worse.

So what do you do if you think you have a cracked tooth? See your dentist as soon as you notice pain while eating. You can help your dentist by noting what tooth hurts and when the pain occurs.

Your dentist will take an x-ray and examine the tooth to determine the best treatment for you. The treatment ranges from a filling, crown, root canal, and, if the crack is severe enough, possibly an extraction. Remember, regular dental check-ups can identify these and other problems before things get much worse.



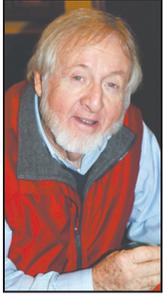
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Relationships

by Dr. Bill Austin

When Your Security Blanket is in the Dryer

Why is it so difficult for some of us to change? What makes change difficult is not knowing what life will be like if we leave our “old securities.”

For many of us, change is like the “Peanuts” character, Linus, having his security blanket in the dryer. While there, he has nothing to hold onto.

What is our security blanket? It is not the same for everyone. For some of us, it is the “familiar.” We may be upset when our partner changes the way she relates to us. The old triggers that used to get her to do what we wanted now don’t work. We are unsure how to relate to her, and we may even question whether or not she loves us. In an effort to get back to our old way of relating to one another, we may even get angry or make threats.

Some of us try to make the changes for a healthier life but find it very difficult. The change brings up all our insecurities. So, instead of working harder to make it work, we return to the old life and settle for less.

When our security blanket is in the dryer, it can be a time of self-discovery. We find ourselves handling situations we never dreamed we could handle.

When we choose to “play it safe” and not take the opportunities for a healthier and more fulfilling life, we do not feel as good about ourselves. Not taking the challenge because of fear is an indication that we do not believe in ourselves.

I dreaded the day one of my parents would die. How in the world would I get through that? Then, one day, during our family reunion, my father had a heart attack and died immediately. What a shock! No warning. I felt like an orphan. I began feeling a sense of insecurity because I did not realize how big a role my dad played in my security system.

Even though he did not have to help me, I knew he was there for me. Now, he was gone, and I had to re-identify myself. Going through the loss was a difficult experience, but I discovered new strengths and resources. I emerged a different and stronger person because of the change that was forced upon me.

When our security blanket is in the dryer, it can be a time of self-discovery. We find ourselves handling situations we never dreamed we could handle. We find untapped inner resources we never knew we had. It becomes a time of stretching beyond our self-imposed limitations.

It is also a time of discovering what is really important and dropping some of the baggage that clutters our lives. It becomes a time to reach for dreams that we have put on hold. New doors open as old doors are closed.

Dr. Austin has decades of experience dealing with relationships. He charges clients on a sliding scale according to their ability to pay.

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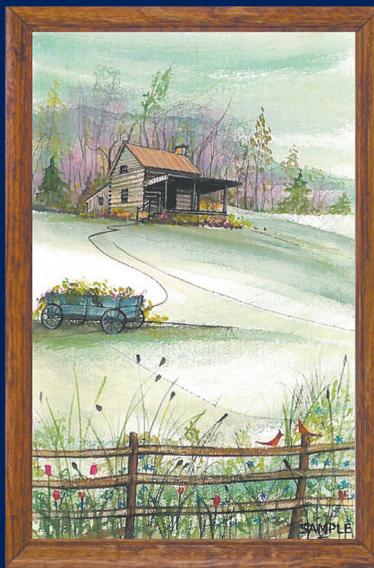
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The 52nd Yuengling Shamrock Marathon

Thousands of runners headed to Virginia Beach to run in the 52nd Yuengling Shamrock Marathon. After giving it their all in the 8K, half marathon, and full marathon, participants celebrated at huge beach party thrown beside the finish line.



Lori Woodhouse and Albert White ran the 8K



Amanda Tobey ran the half marathon



Triplets Jodi, Nick and Ashley Tolarchyk ran the 8K together



Alice Kinney and Jenna Gross ran the 8K



Cassandra Gapski and her daughter ran the final mile together



Marathon runners Matt Cooley and Mike Belew

See these and other photos at TheShopper.com

The Retreat at Harbour Cove & The Retreat at Western Branch

Luxury living for those 55-and-better in the heart of Hampton Roads

By Rob Lauer



The Charleston model at The Retreat at Harbour Cove

When it comes to accessing the best Hampton Roads has to offer, the adjacent areas of Western Branch in Chesapeake and Harbour View in Suffolk are two of the region's most desirable locations. Restaurants, shopping outlets, entertainment venues, parks, and recreational waterways are plentiful here. Located in the heart of Hampton Roads, it is only a ten-minute drive to downtown Norfolk, Olde Towne Portsmouth, Hampton, and Newport News. It is here that Weldenfield and Rowe Custom Homes—one of Virginia's premier builders of 55-and-better communities—has built two of their newest communities: The Retreat at Western Branch and The Retreat at Harbour Cove.

Site Managers Carolyn Hurtado, Donna Lakoski, and Laurie Williamson enjoy introducing potential home buyers to The Retreat.

"Ninety percent of the time, people's first reaction is, 'Wow! These are so big inside. They don't look that big on the outside,'" Donna says. "The builder has created some stunning designs. The vaulted nine-foot ceiling on both levels and the open floor plans with so many windows make these homes much more spacious inside than people assume."

"People walk in and realize they won't have to give up everything to move here," Laurie adds. "But what's most impressive about these homes is the quality of the build."

The Retreat's builder has a 20-year legacy of developing and building over 1000 custom homes across Virginia. Here, high-quality construction, maintainability, and timeless curb appeal are on display everywhere one looks. Three beautiful floor designs are available at both Retreat communities:

the Nansemond, the Shenandoah, and the Lafayette. An additional option is available at Harbour Cove: the Quads are four homes connected in one building. Each is a one-level ranch-style home with a spacious room over the garage.

The quality of the build is what first caught the attention of Randy and Robin Duncan. Convinced that downsizing should not mean settling for less, they checked out houses for sale in various neighborhoods. A visit to The Retreat changed everything. "It had by far better workmanship," Robin explains. "The paint, the woodwork, the different things that went into the homes were so impressive. Before you buy a home that looks good from the outside, make sure that you look inside at all the workmanship and the quality of the materials. The Retreat stands far above all the others we saw."

A finely crafted new home wasn't the only reason the couple decided to move to The Retreat. Because the neighborhood is professionally maintained, residents can enjoy an active lifestyle without yard work demands.

"Ninety percent of the time, people's first reaction is, 'Wow!' These are so big inside."
—Donna Lakoski

"They do a wonderful job maintaining the lawn, flowerbeds, and landscaping," Randy says. "To not have to do it myself is a real plus."

"Each week we hear the lawnmowers running, and it's like, 'Yeah! We don't have to do it anymore!'" Robin adds with a laugh.

To create a vibrant community atmosphere perfect for making new friends and enjoying life to the fullest, both Retreat communities include amenities befitting a vacation resort. The crown jewel of these amenities is the spectacular resort-style clubhouse. Its spacious great room, vaulted ceilings, fireplace, state-of-the-art fitness center, and expansive community kitchen make it the perfect place for parties and gatherings. The clubhouse's outdoor pool is ideal for swimming or soaking up sun. Neighbors can enjoy drinks and conversation around the cozy fire pits or entertain in style at the clubhouse's elegant outdoor kitchen.

"The clubhouse is the social hub for community activities," Laurie explains. "Residents who want to host a large family gathering or event but are concerned about having too many people in their homes can also rent the club for a minimal cost."

"I especially like the pool," Robin says. "I'm a teacher, and in the summer, I love to have that time to lay by the pool. I also love to ride my bike. If I can't ride outside, there's a bike right inside the clubhouse's workout area. I can get on, ride, listen to music, or watch TV. There are a lot of great amenities here that we love."

"There's an awesome dog park," Randy notes. "We have two dogs, so we can take them out and enjoy getting some exercise. There's a walking trail behind the pond with outdoor furniture where you can spend time in the sun or enjoy conversation with neighbors. There's a community garden at the back of the property that some of the residents really enjoy."

The sense of community found at The Retreat may be what residents prize the most. "My educational background is in social work," Laurie says. "For me, it's always been important for people to live together socially and feel part of a community. At the Retreat



Each Retreat has a beautiful pool and clubhouse for all to enjoy



Lafayette model perfect for entertaining



Open floor plan of the Lafayette model

at Western Branch, our motto is ‘Live life socially,’ and that applies equally to the Retreat at Harbour Cove.”

“Buying a home at the Retreat was the best possible decision we could have ever made.”
—Randy Duncan

Robin agrees: “The sense of community is really awesome. They have book clubs, parties, card games, chili cookoffs, Superbowl parties—lots of fun things you can choose to be a part of. We really look forward to when we retire and have more time to get to know everybody and have fun together.”

“That sense of community is so important,” Carolyn notes, “that our builder holds quarterly social events at the clubhouse so that those in the process of building or buying a home can meet the residents and feel part of the community when they move in.”

Given the popularity of both Retreat locations, many people, 55 and better, evidently want to be part of the communities. Since The Retreat at Western Branch opened in the final quarter of 2022, half of its homes have been sold. Since The Retreat at Harbour Cove opened last year, sales have been brisk.

“We have standing properties ready to move in within 30 to 60 days,” Laurie explains, “but clients can also build a home from scratch on one of our available lots, choosing cabinets, floorings, backsplashes and making it their forever dream home.”

“The sense of community is really awesome.”
—Robin Duncan

“And because of our builder’s background in custom home designs, people can also make structural changes to a design,” Carolyn says. “They can add a bathroom, extend a patio, or modify an entertainment space. With Weldenfield and Rowe, the customer is truly always right. Our builder listens to our clients and goes out of his way to meet their individual needs.”



The clubhouse is a popular gathering place, as shown here at Harbour Cove

When moving to the Retreat at Western Branch, Randy and Robin Duncan decided to custom-build their home from one of the available designs.

“When our clients are building their home, we walk them through the entire process,” Laurie says. “It’s a team effort.”

“We had a great experience with the sales team,” Randy recalls. “They were very helpful, pointing out the different available options. We watched the process and got to know some of the people who were in charge. They were always very attentive and responsive to our needs. I could tell from the very beginning that the work was high quality. We love our home. Buying our home at the Retreat at Western Branch was the best possible decision we could have ever made.”

Patricia Cruz feels the same about her new home at The Retreat at Harbour Cove. “My husband and I settled into our new home at the Retreat at Harbour Cove and love living here,” she says. “There are great amenities, a beautiful clubhouse, and a pool. My daughter also loves the dog park when she visits with her fur baby. We have friendly neighbors, and we love not having to mow or weed-wack the yard. “We’re thoroughly enjoying our new life here!”

Randy’s and Patricia’s statements give Carolyn, Donna, and Laurie a deep sense of satisfaction.

“If I sell you a home, I want you to be proud of it,” Carolyn concludes. “I want to bring value to the lives of the people I serve. There’s nothing more rewarding than when a homeowner you’ve worked with and spent time with is excited about their home. Their happiness makes me happy.”



The Shenandoah model at The Retreat at Western Branch

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The Sudsy Dream: Building a Business, One Wash at a Time

By Wendell Ward

Sudsy House Washing stands out as more than your average house washing company. Founded by Chesapeake native Mickey Ferrell, Sudsy embodies the spirit of the family-run businesses.

Raised in a lineage of successful entrepreneurs, Mickey started from the ground up. As a teen, he was imbued with the ethos of hard work and integrity while working alongside his father at his family's pest-control business. Here, Mickey absorbed the nuances of running a successful firm. And after his graduation from Hickory High School, he not only married his sweetheart, Devon, but also took a more pivotal role in the family business, honing his management skills for over a decade.

But Mickey's career took a significant turn when he encountered a dilemma that would catalyze the birth of Sudsy House Washing. After a disappointing experience with a house washing company that failed to show up multiple times, Mickey took matters into his own hands and bought a pressure washer. And though the ordeal of personally pressure-washing his house for nearly nine and a half hours was grueling, the effort sparked a realization -- Mickey's passion lay in hands-on work outside the confines of an office.

Meanwhile, the eventual resurgence of green algae on his home's siding led Mickey down an internet rabbit hole in search of the most effective DIY house-cleaning methods, where he discovered the technique of 'soft washing.' "Here, I found a new career," Mickey recounted, his eyes lighting up with enthusiasm.

"Soft washing is a cleaning method that uses a low pressure washing technique, along with a mixture of algacides, detergents, surfactants, and water, to safely clean exterior surfaces of organic stains, mildew and algae," Mickey says.

So, in 2019, with the unwavering support of Devon, Mickey embarked on the Sudsy journey. He envisioned a business that not only cleaned homes but did so with an unparalleled level of professionalism and care. Mickey's ambition was clear: to elevate the standards of house washing by offering meticulous, dependable service. "I wanted to be so much more than just a guy with a truck cleaning houses," Mickey asserted. "I aspired to

offer a comprehensive, professional service that mirrored the excellence I sought for my own home."

Sudsy House Washing quickly distinguished itself in Hampton Roads and the Moyock area of North Carolina, where Mickey's commitment to excellence and his innovative approach to customer service -- including streamlined estimate processes and responsive communication -- set Sudsy apart. "Clients appreciate the convenience and speed of our estimation process," Mickey noted, emphasizing the value of respecting customers' time. "Most estimates can now be done with a quick phone call or by submitting an online estimate request."

"I like things a certain way and I make sure to leave my clients' exteriors the way I would want mine to look. I want to get it right the first time. I don't want clients to be dissatisfied in any way."

– Mickey Ferrell

But Mickey Ferrell's commitment to excellence and meticulous workmanship stands out as the primary reason for his customers' satisfaction, transcending even the conveniences his service offers.

"I don't want to be second to anybody," he declares. "I like things a certain way and I make sure to leave my clients' exteriors the way I would want mine to look. I want to get it right the first time. I don't want clients to be dissatisfied in any way. We do have a 100 percent satisfaction guarantee, but I prefer to take the extra steps to make sure the job is done correctly from the start. We're very thorough. Since we use detergents to clean, we make sure everything is rinsed off properly and thoroughly, especially shrubs and windows. We walk around the house several times to make sure we didn't miss anything. It's important to spend the extra time to make sure the



Mickey Ferrell, owner of Sudsy House Washing

job is done well. We build our reputation on that -- doing things right."

This unwavering commitment has solidified Sudsy's reputation and driven customer satisfaction sky-high. This satisfaction, coupled with word-of-mouth referrals, has spurred Sudsy's growth. "The growth is exciting," admits Mickey. "This operation is professional, and I am demonstrating to my team that this work is not merely a 'dirty job.' It's a dignified career that can support a family."

Mickey credits the success and growth of Sudsy to the support of his customers, particularly expressing gratitude toward The Shopper's readers, who have been among his most loyal supporters. His vision for Sudsy extends beyond financial success. "We're driven by integrity, not profit. My ambition for Sudsy is for it to earn the community's respect. We're committed to upholding our stellar reputation by ensuring that every job we undertake is completed to the highest standards. Our aim is to deliver exceptional service without the hefty price tag."

For Mickey Ferrell, Sudsy House Washing is more than a business; it's a symbol of his commitment to quality, integrity, and community. As Sudsy continues to expand, Mickey remains focused on ensuring that each job is done with the same level of care and professionalism that he would demand for his own home. With a foundation built on strong values and a dedication to customer satisfaction, Mickey and Sudsy House Washing are set to clean and grow in Hampton Roads for many years to come, one satisfied customer at a time.



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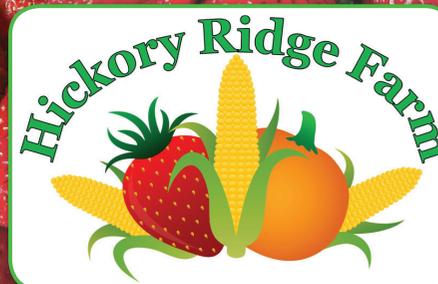
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The Gardens of Hampton Roads

By Rob Lauer

With the arrival of spring, Hampton Roads residents blessed with green thumbs will be heading out to local nurseries and home supply stores to find plants for their flowerbeds and gardens. As surely as April brings showers and May flowers, local garden clubs and civic organizations will be hosting plant sales—such as the River Walk Garden Club’s Plant Sale on Saturday, April 20, and Chesapeake Master Gardener Volunteer’s Annual Plant Sale on Friday, April 26, and Saturday, April 27.

But what about those of us who appreciate a beautiful garden but prefer to let others “do the heavy lifting”—or, in this case, the heavy digging, planting, and nurturing that gardens demand? Fortunately for us, we live in a region filled with beautiful gardens—many of which will be on display during Virginia’s 2024 Historic Garden Week.

For nearly a century, The Garden Club of Virginia has been sponsoring Historic Garden Week—an annual seven-day event during which visitors can tour inspired private landscapes, public gardens, and historic sites across Virginia, enjoying our beautiful state at the peak of spring. This beloved statewide event includes 30 unique tours organized and hosted by 48 member clubs located from the foothills of the Shenandoah Valley to the beaches of Tidewater. To further enhance the experience, these already breathtaking properties will be decorated with over 1,000 world-class floral arrangements created by Garden Club of Virginia members.

Virginia’s Historic Garden Week dates to 1927, when a flower show organized by the Garden Club of Virginia raised an impressive \$7,000 to save some of the trees planted by Thomas Jefferson on the lawn at Monticello. Proceeds from the tour now fund the restoration of Virginia’s historic gardens and provide graduate-level research fellowships. This year, Historic Garden Week is April 20 through April 27, and will feature homes in Suffolk, Newport News, Virginia Beach, and Norfolk. For more information, visit www.vagardenweek.org

Regardless of the week or season, Norfolk Botanical Garden is always open to visitors. Its 175 acres feature more than 60 themed gardens that can be viewed by tram, boat, or foot. Each of these gardens allows guests to see a variety of plants—from the cultivated to the wild. The origins of Norfolk Botanical Gardens date back to the 1930s, when Thomas P. Thompson (Norfolk City Manager from 1935 through 1938) and Frederic Heutte, a young horticulturalist, made it known that Hampton Roads’ climate could support an azalea garden to rival those of Charleston, South Carolina, which even during the Great Depression drew thousands of tourists annually. The City of Norfolk provided Thompson and Heutte with a 75-acre section of high, wooded ground and another 75 acres of the Little Creek Reservoir to establish a city garden. With increased attendance and public support, the Garden continued to expand and grow in popularity and prestige. Today, Norfolk Botanical Garden not only dazzles visitors with its visual beauty but also provides an entertaining, educational experience for guests of all ages. For more information, visit www.norfolkbotanicalgarden.org

Virginia Beach Master Gardeners maintain historically based gardens at two of Virginia Beach’s historic homes: the Thoroughgood House and the Francis Land House. The gardens at each house are free and open to the public, with volunteers regularly available to answer questions and assist the public.

The Francis Land House gardens include an heirloom vegetable garden, demonstration garden, and herb and pollinator gardens. The vegetable garden consists of 36 raised beds that are crop-rotated. The herb garden includes a wide variety of medicinal and culinary herbs that represent what would have been used in colonial times. The Pollinator Garden is both beautiful and functional: bees and other pollinators attracted to the flowers pollinate the vegetables.

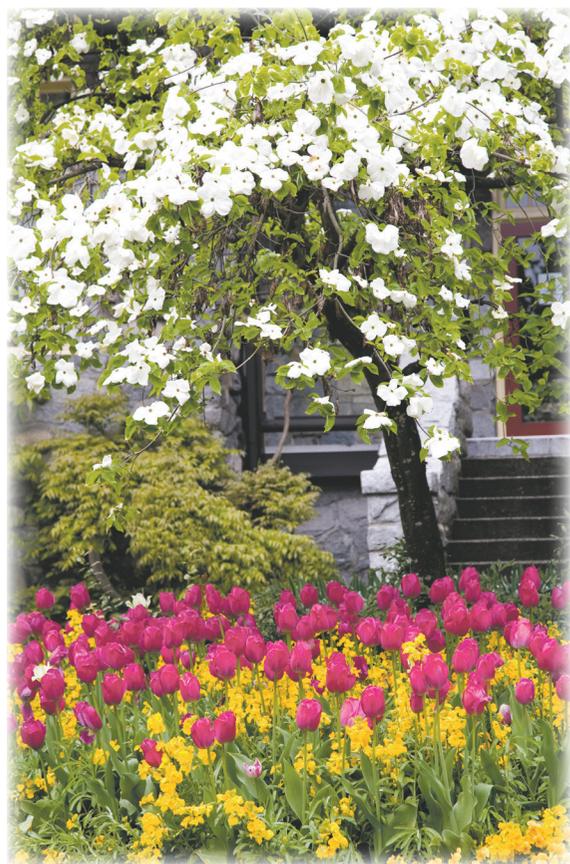
The Thoroughgood House is home to beautifully maintained formal gardens and Herb gardens



featuring herbs used by residents over the generations of house occupancy. For information on both historic houses and their gardens, visit www.vbmg.org

Olde Towne Portsmouth has the largest collection of historic homes north of Charleston, South Carolina, and south of Alexandria, Virginia, with the oldest dating from 1720. For lovers of historic architecture, a plethora of styles are on display here: Greek Revival, Queen Anne, Federal, Late 19th and 20th Century Revivals, Late Victorian, and Romanesque Revival. Red-brick sidewalks and antique street lamps add to the scenic charm of Olde Towne’s peaceful, walkable, tree-lined streets. Four lovely parks grace the neighborhood, as do beautifully manicured backyard gardens and decorative front porches. On Saturday, May 4, these visual gems will be on display when The Olde Towne Portsmouth Civic League hosts its annual Doors, Porches, and Gardens Tour. For information on the tour, visit www.otpcl.org

If one wants a mixture of historic homes and beautiful gardens, no place in the United States compares to Colonial Williamsburg. Garden enthusiasts flock to Williamsburg each spring as the dogwoods and tulips bloom, transforming “Virginia’s Colonial Capitol” into a feast for the senses. More than 30 carefully maintained gardens dot the historic city’s 301 acres—and all of them are impressive. But the brilliant colors, impeccably manicured boxwoods, and perfectly tended rows in the gardens surrounding the Governor’s Palace are truly an inspiration for any gardener or garden lover.





Trigger Points

Dr. Samir Abdelshaheed



Trigger points are discrete, focal, hyperirritable spots located in a taut band of skeletal muscle. They typically produce pain locally, in a pattern, and often accompany musculoskeletal disorders. This knot feels like a pea buried deep in the muscle. This is not the same as muscle spasm, and is a contraction in only a small part of the muscle. These are called trigger points because pulling the trigger of a gun sends out a bullet that causes pain at a distant target site. Pressing firmly on the muscle, trigger points hurt right where you are pressing, making you jump and pull away. Trigger points also send pain or tenderness to other sites.

Acute and repetitive micro-trauma may lead to stress on the muscle fibers and the formation of trigger points. One theory about trigger point pain is that when irritation with repetitive activity or damage happens it might directly affect the nerve system that is responsible for telling the muscle to contract. Normally, the brain tells the muscle to work, but when the system goes off course, the nerve releases chemicals that activate the muscle. This results in the muscles going into a spastic knot that impedes blood flow. This creates a nutshell, which irritates the nerves, and

individuals experience pain.

Trigger points cause local pain and often send pain to other parts of the body. This is called referred pain. At times this referred pain occurs at quite a distance from the location of the trigger point. This can result in regional and persistent pain resulting and decreased range of motion involving the affected areas. At times,

Trigger points cause local pain and often send pain to other parts of the body. This is called referred pain. At times this referred pain occurs at quite a distance from the location of the trigger point.

trigger points manifest as tension headaches, tinnitus, and Jaw pain. Stretching techniques, manipulation, and trigger point injections are some of

what is used to help deactivate the trigger points. Trigger point injections have been shown to be one of the most effective treatments to relieve the pain.

Conditions involving widespread pain complaints such as fibromyalgia are not suitable for injections. Some other contraindications include allergies to anesthetic agents, acute muscle trauma, and extreme fear of needles. Also, those who are pregnant or are on anticoagulation therapy must have a proper medical evaluation.

Trigger point injections and dry needling of trigger points have become widely accepted. This approach of treatment is cited repeatedly as a way to achieve the best results. Trigger point therapy may need to be repeated until the points are deactivated and the patient's pain level and tenderness have decreased.



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The 45th Annual Chesapeake Shrine Club Oyster Roast

The Chesapeake Shrine Club of Khedive Shrine recently held its 45th Annual Oyster Roast at the Khedive Shrine Center in Chesapeake. It was a rainy, dreary day, but that didn't stop attendees who feasted on all-you-can-eat raw, roasted, and fried oysters while enjoying live musical entertainment from the popular local band Hotcakes. All proceeds benefit the Chesapeake Shrine Club.



From left: Shriner Charlie Taylor and Oyster Roast Chairman Joe Ramsey



Frankie Vann, left, and Wallace Chadwick



Amy Dunphy, left, and her mother Leah Casper served delicious fried fish



From left: Laura Williamson with Jim and Coni Spalenka



Tammy Robinson with her adorable daughter, Jocelyn



Paige Prohovich



From left: Volunteers Tracey Bradshaw, Gay Carpinelli, and Stacie Carrero

See these and other photos at TheShopper.com



Parting Glances

William "Bill" Post, Pop-Tarts Inventor

This month, *The Shopper* remembers Bill Post, the genius who brought us the Pop-Tart®, a breakfast sensation that became a staple in many households, including my own. Sadly, this past February, Bill left us at the glorious age of 96.

Back in 1964, while Bill managed the Hekman Biscuit Company in Grand Rapids, MI (later known as the Keebler Co.), Kellogg's executives sought his help to craft something new. And so, that year, the world was introduced to Pop-Tarts—starting with flavors like strawberry, blueberry, brown sugar cinnamon, and apple currant. Now, with more than 20 flavors on the market, it's hard to believe that about three billion Pop-Tarts were sold in 2022 alone.

Bill always said the Pop-Tart wasn't just his doing; it was the result of an incredible team effort that brought Kellogg's idea of a shelf-stable toaster pastry to life in just four months. Bill continued his journey with Keebler, eventually moving to its corporate offices in Elmhurst, Illinois, and retiring as a senior vice president at 56. He even spent another 20 years consulting for Kellogg's.

He and his wife, Florence, enjoyed 72 wonderful years together until her passing in 2020. They raised four children and delighted in their grandchildren and great-grandchildren. Personally, I've found that nothing beats a Pop-Tart, especially when it's smeared with peanut butter. And I'd wager it's a taste sensation that Bill Post himself would have approved of.



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What Inflation Means to You

Do you feel like you're paying more for everything these days? Blame inflation. Here is a brief explanation of what causes inflation and how it is measured.

Inflation is caused by an increase in money supply (the total amount of dollars in circulation) without a corresponding increase in the things that money will buy. Money becomes worthless if everyone has an unlimited supply. Imagine if the government prints money and gives everyone a million dollars. With everyone now a millionaire, lots of people will want a new home. However, the supply of homes is limited, so people will offer higher and higher prices. The same thing happens to everything else that people want to spend their millions on, so prices go up. That's how inflation works.

Inflation is caused by an increase in money supply... without a corresponding increase in the things that money will buy. Money becomes worthless if everyone has an unlimited supply.

In 1990, a McDonald's hamburger sold for about 75 cents. Why have burgers gotten more expensive? Because the money supply is much larger. That's the effect of inflation over time. The money supply in 1990 was about \$810 billion. In 2024, the money supply has ballooned to \$18,000 Billion. *That's \$18 Trillion*, an increase of over 2200 percent.

Let's discuss claims that inflation is going down. This causes a lot of confusion. When the government says that inflation is going down, but you see prices going up, you ask yourself if both can be true. The answer is that inflation always increases prices. Lower inflation doesn't cause prices to go down; it means that prices don't go up as fast.

Let's say that in year one, your bag of groceries costs \$100. If inflation in year two is 10 percent, the same bag of groceries would now cost \$110. The following year, the government announced that thanks to their inflation-fighting efforts, inflation dropped to 5 percent. At the end of year three, the same bag of groceries now only costs 5 percent more, or \$115.50. If inflation is 3 percent in year four, that same bag of groceries costs you \$118.95. So, after four years, you are now spending nearly 20 percent more on the same bag of groceries.

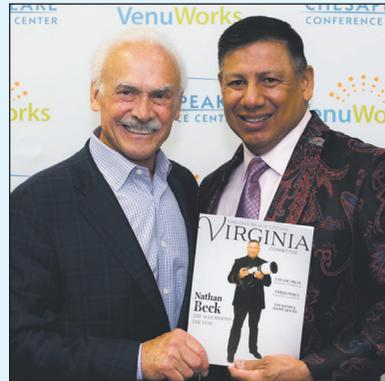
Unless your income rises to match the cost of living and your savings are growing faster than the inflation rate, you are getting poorer.

If you find yourself feeling stuck in neutral or, worse, in reverse, it may be time to see a financial professional. We may be able to identify ways to make your money work harder for you.

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The Chesapeake Sports Club 11th Annual Jamboree

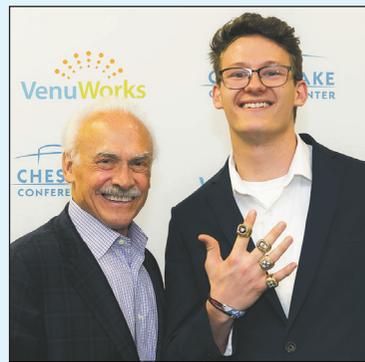
The Chesapeake Sports Club's 11th Annual Jamboree was held at a packed Chesapeake Conference Center. The theme of the evening was "Four Super Bowl Rings, a Purple Heart, and a Bronze Medal," featuring keynote speaker Rocky Bleier, former Vietnam veteran and Pittsburgh Steeler. His inspirational, lighthearted presentation was appreciated by all. The club recognized Bobby Clifton as its Member of the Year, Steve Martin as Chesapeake's Coach of the Year, Trey Marrison as Male Athlete of the Year, and Reagan Davis as Female Athlete of the Year.



Guest Speaker Rocky Bleier with Nathan T. Beck



Sports Club Member of the Year Bobby Clifton with his lovely wife, Linda



Rocky Bleier with Nick Tolarchyk

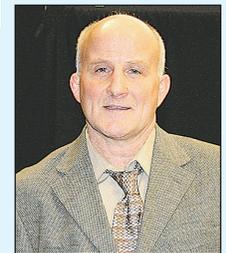
Grassfield High School's Reagan Davis, Female Athlete of the Year for Gymnastics and Cheerleading



Great Bridge High School's Trey Marrison, Male Athlete of the Year and three-time Outstanding Athlete in Golf



From left: Lieutenant Colonel Chris Pascal, Undersheriff David Rosado, and Captain Michael Flint



Great Bridge High Wrestling Coach Steve Martin was recognized as Chesapeake's Coach of the Year



From left: Brian Thompson and his wife, Shopper Photographer Michele Thompson, with Shopper Production Manager Jennifer Tolarchyk and her husband, Keith, and Anne and Don Eason

See these and other photos at TheShopper.com



On the Front Porch with You

by Rob Lauer

Memories of Home

I'm sitting on the floor of my parents' dining room, though one would never know it. The furniture that once made it a room for family dinners has been sold. Gone, too, are the carpets that my mom carefully chose after our family moved here 53 years ago. The hardwood floors I'm sitting on are beautiful. My parents worked hard and pinched pennies during the first 15 years of their marriage to afford this house, so they took care of it.

My mom was artistic with a sentimental view of the past. A stay-at-home mom in the days before most mothers worked outside the home, she lovingly poured her creativity into decorating this house. The living and dining room decor was Victorian, but despite the formality of that style, these were the rooms where my high school friends wanted to hang out when they came over. And Mom loved that. "I want beautiful things in my house, but I still want it to feel comfortable and homey," she'd say.

The rest of the house was "Early American," decorated with an eclectic mix of rustic antiques—wrought iron tools, late 19th-century school desks, an antique Singer sewing machine, a Hoosier cabinet. And everywhere one looked, there were little arrangements of antique bottles, toys, oil lamps, and candles—along with Mom's own creations: framed cross-stitchings, tiny oil paintings, hand-cut

silhouettes, patchwork pillows, and folk-art dolls. Mom's creativity made this house a home.

Mom passed away 14 years ago, but my dad kept the house as she left it until he, too, passed last September at age 94. Now, my brothers and I are preparing our childhood home for sale. We've each taken the pieces that mean the most to us. The rest have been sold, leaving things such as the lovingly preserved clothing stored in my parents' cedar chest: Mom's wedding dress, Dad's cap and gown from his college graduation, our old baby clothes, the dress Mom wore to my brother's wedding, and my paternal grandmother's wedding dress from 1913. They are now folded on the floor next to me, and I can't bring myself to discard them.

And then there are the family photos. In the 1970s, unbeknownst to us, Dad apparently became unbelievably prolific with his Kodak camera. Boxes of snapshots filled one closet. Drawers, chests, and even antique hat boxes were stuffed with hundreds more—too many for my brothers and me to take.

I sit on the exposed wood floors in what was once our dining room, going through piles of these photos, sorting the forgettable ones from those that evoke long-forgotten memories and waves of emotions that are difficult to process. On a deep level, I know the memories and their attendant emotions are what matter most—not the physical objects that inspire them. If all these things disappeared, I would still have the memories. They matter more than these things.

Knowing this, I continue sorting. But it's hard.



"Home Is Where the Heart Is"

It's fascinating to think that a proverb as ancient as "Home is where the heart is" could resonate so deeply in our modern lives. The wisdom behind these words comes from Pliny the Elder, a Roman naval commander and naturalist known as Gaius Plinius Secundus (23 AD – 79 AD).

His insights into the essence of home, drawn from a life of departures and returns, highlight a profound understanding of what it means to belong. Pliny, who also gave us timeless sayings like "From the end spring new beginnings" and "Hope is the pillar that holds up the world," knew well the longing for a place to return to—a sentiment shared by those who navigate the vast uncertainties of life. His perspective, shaped by the rhythms of naval life, offers a poignant reflection on the enduring search for a place that anchors the soul.

— Wendell Ward

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Where is God?

Where is God and is finding Him really easy or is it really hard?

Is He close by or is He in his own distance off afar? Or is the distance actually inside of who we are because of being so far gone, desperately lost in our own Good GOD inventions from the best of spiritual intentions trying to ensure some sort of divine convictions and/or interventions?

Where is God?

Is He In the twinkling of His stars or the boundaries of His seas and oceans where only He sets the bars?

Where is God?

Is He seen by the naked yet very capable eye or hidden in between the many, mini, curtains of life? Where is God?

Is He In the massive degenerative darkness with only a small spark of light where life lives lifeless? Or, is He in the midst of ignorance's Bliss between some spiritual mist of holiness where spirituality can be hit but still missed?

Where is God?

—BLKPYRL

The 7th Annual Revolutionary Beer Fest

Evoking America's Colonial past when the tavern was a staple of social, economic, and political life

By Rob Lauer

To talk of taverns in Colonial America is to evoke images of rowdy Colonists in tri-corner hats raising pewter mugs of beer and ale while drunkenly singing 17th-century ditties. But such images are more fiction than fact. Besides offering food, drink, and lodging, early American taverns played a crucial role in the cultural, economic, and political lives of Colonial citizens. When the mail arrived, it was usually distributed at the local tavern. In rural areas without courthouses, trials were typically held in taverns. As early as 1656, taverns were considered so essential to civic life that even the Puritan-controlled General Court of Massachusetts imposed a fine on any town that did not have one.

Taverns played their most important role in American history in the years leading up to the Revolutionary War. In taverns throughout the colonies, literate patriots drank and read newspapers aloud to their fellow revelers, stoking revolutionary fervor. Taverns were places where news from other colonies was shared, and new “enlightened” ideas from the likes of Thomas Paine and Thomas Jefferson were discussed. As anger against the British crown spread throughout the colonies, many took to the tavern to discuss, argue, and debate what should be done.

The Green Dragon Tavern in Boston was known as the headquarters of the American Revolution because the Sons of Liberty met there and organized the Boston Tea Party. Paul Revere's Ride was sparked when those in the tavern overheard plans for the British invasion of Lexington and Concord. The Tun Tavern in Philadelphia was the birthplace of the

U.S. Marine Corps and American Freemasonry. George Mason, Thomas Jefferson, and others first spoke of America's independence from England in Williamsburg's Raleigh Tavern.

Like most communities in Colonial America, the village of Great Bridge also had a tavern. An ad in a 1769 issue of “The Virginia Gazette” referred to an establishment called the Three Tun Tavern located in Great Bridge across the road from a billiard hall.

In the years leading up to the American Revolution, the Three Tun Tavern served travelers and was a gathering place for Great Bridge residents. As Virginians became increasingly disenchanted with King George and the British Parliament, there can be little doubt that the Three Tun Tavern walls began echoing with revolutionary talk. The surest evidence of this is the historic Battle of Great Bridge—a conflict American historians have nicknamed “The Second Battle of Bunker Hill.” Though this battle, fought on December 9, 1775, lasted less than an hour, the residents of Great Bridge and the surrounding countryside defeated the British troops, forcing the British evacuation of Virginia and igniting a string of events that ended with the signing of the Declaration of Independence seven months later.

Though the Three Tun Tavern no longer stands, it has been brought back to life at the Great Bridge Battlefield Museum, where the tavern's interior, complete with a cage bar, tables, and a fireplace, has been recreated in one of the museum's galleries.

“We believe the tavern existed close to where the museum is now, in the area called South Island, among warehouses where produce and supplies were stored for shipment to Norfolk,” says Louis Scott Mosier, the historical interpreter who portrays Lewis Scott, the Three Tun Tavern's proprietor, during the museum's tavern-themed special events.

Before the American Revolution, Great Bridge was a merchant-class village where the residents were well-off enough to build several dozen homes comparable to those in Williamsburg and Norfolk. The community was even prosperous enough to support two taverns.

“We know the Three Tun Tavern by name,” Louis explains. “We also know that Polly Miller, one of the residents of Great Bridge, also ran an ‘ordinary’—which is another name for a tavern or inn. She's known because she took in some wounded [British] soldiers after



the Battle of Great Bridge and served as their nurse. She was credited with saving the lives of a number of men by taking good care of them.”

The central role taverns played in Colonial civic life may be news to many, who may equate 18th-century taverns with modern-day bars. What beverages were served in Colonial-era taverns?

“Beer and hard cider were the most common tavern drinks,” Louis says. “The beers were all ales. Today's pale, clear lagers didn't come around for another 75 years or so. London Porter, a dark and hearty ale—malty and roasty with a touch of sweetness—was just becoming popular at the time of the Revolution, and newly arrived shipments were advertised for purchase in local newspapers. Strong ale, served at the table, was made with the first run of the malt mash. A second brewing with that mash—rather like making a second cup of tea with a used tea bag—produced a weaker drink called small beer, which was drunk throughout the day. Our founding fathers enjoyed their tipple in moderation. George Washington was known to favor London Porter, while John Adams started each morning with a large tankard of hard cider.”

On Saturday afternoon, April 20, the era of Colonial taverns will be celebrated when The Great Bridge Battlefield & Waterways History Foundation sponsors its 7th Annual Revolutionary Beer Fest. This event, only for adults 21 years and older, will be held at Khedive Shrine Center at 645 Woodlake Drive in Chesapeake. Those attending will be able to sample over 30 craft beers from 15 breweries, enjoy live music from Chesapeake locals Kershaw and Foutz, play cornhole and giant Jenga, and purchase food from local vendors. Great Bridge Battlefield Museum volunteers in historic costumes will also be on hand, bringing Virginia's Colonial past to life.



The 7th Annual Revolutionary Beer Fest
Saturday, April 20, 2024
1:00—5:00 PM

Khedive Shrine Center
645 Woodlake Drive • Chesapeake

Tickets available at [Eventbrite.com/](https://www.eventbrite.com/)
Revolutionary Beer

For more information, call 757-482-4480
or visit www.gbbattlefield.org

Chesapeake Sports Club

The Chesapeake Sports Club March luncheon was held at the Chesapeake Conference Center. ACC College Football Official Chris Brown was the guest speaker, and the Legend of Honor was Jesse T. (JT) Sykes. Four student-athletes were recognized for their outstanding accomplishments.



Legend of Honor
Jesse T. (JT) Sykes



Myryn Nixon from Great Bridge High School, outstanding student-athlete in wrestling



Peyton Worman from Hickory High School, outstanding student-athlete in women's swim and dive



ACC College Football Official Chris Brown with Chesapeake Sports Club President Glenn Koonce



Reagan Davis from Grassfield High School, outstanding student-athlete in gymnastics



Zachery McNabb from Hickory High School, outstanding student-athlete in men's swim and dive

See these and other photos at TheShopper.com



Children First

By Dr. Becky Adams

Dandelion Time

Springtime has arrived, and everyone is anticipating the spreading of mulch, new growth on the trees, cleaning out flowerbeds, planting tomatoes, and cutting the rich new green grass. And then there are the dandelions. Those pesky yellow flowers have been popping up in the lawns and flowerbeds all over the area for the last couple of months. As I sit here writing this article, I am looking at one I just plucked from my yard. It reminds me of my childhood in Richmond.

My mother was a dedicated gardener and always had a lovely yard with a wide variety of flowers growing throughout the year. We lived on a corner lot, so many people walked by and commented on what was growing during the various seasons. I always loved the dandelions because they were among the first colors we saw in the spring. Like most children, I particularly enjoyed the first iteration of the dandelion when the white seeds came out in the shape of a snowball. One of my favorite activities was to pick one and run around with my friends to see how far I could blow those seeds. You can imagine my mother's response to that activity. She calmly explained that each one of those seeds represented another potential dandelion plant that would spread throughout our yard.

I always loved the dandelions because they were among the first colors we saw in the spring.

My childlike mind thought I was bringing more yellow beauty to our yard. We adults need to think like a child. As I look at the dandelion today, I am reminded of several qualities in this plant that I truly appreciate.

The first one is its *strength*. It is a messenger of spring with its strong roots. To remove a dandelion from the yard, it doesn't pay to just pull off the flower and throw it away. Those roots will send a stem right back up the next day to provide one or more yellow flowers.

That brings us to the second quality of the dandelion: its *resilience*. It stays around until the end of the season despite unusual weather patterns. There are also a few stragglers that stay around throughout the winter. They seem to have a propensity for growing close to a house or through cracks in a driveway.

The third quality I appreciate in dandelions is their *beauty*. Just look at a lawn before the first time it is mowed in the spring. You will see those lovely yellow flowers growing among the clover, the purple deadnettle, and a wide variety of wildflowers. They are also natural pollinators, and dandelion tea is high in Vitamins A and C and boosts the immune system.

Help your children appreciate the beauty of some of these natural flowers we often call "weeds." It would be an enriching conversation to have with your children.

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.

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The 7th Annual Revolutionary Beer Fest

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The Retreat at Harbour Cove & The Retreat at Western Branch



Luxury living for those 55-and-better in the heart of Hampton Roads

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Great Bridge Frame & Art
316 Battlefield Blvd South, Chesapeake

Edinburgh Family Dentistry
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