MaidPro and Eco Carpet Pro

Helping others have better lives is what it’s all about

Page 11
Your Pets Are Like Family To Us!

- Bathing
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- Microchipping
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- Vaccinations
- Preventive Care
- Boarding/Drop Off
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Dr. Geoff Campbell, Dr. Rachel Mapes, Dr. Shane Mulderrig and Dr. Heather Price

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If you are 62 or better, a Reverse Mortgage may allow you the flexibility to open a line-of-credit that grows as you age, while you continue to live in your home.

With 15 years of experience I understand the financial needs and possible challenges seniors face. Call me today for more information or to schedule your free consultation.

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READ DEE’S STORY ON: THESHOPPER.COM

See these and other photos at TheShopper.com

Gala Brings Mardi Gras to Chesapeake

The 20th Anniversary Mardi Gras Gala was recently held at the Chesapeake Conference Center. The gala has been a signature philanthropic event for nearly two decades, raising funds in support of Chesapeake Regional Healthcare. Net proceeds from the annual black-tie event provide substantial support to help fund program and equipment needs, such as the Interventional Neurology Suite, the renovation of the Emergency Department and the purchase of new furniture in the Mother/Baby Department.

From left: The Shopper Publisher Jean Loxley-Barnard, Dr. Don Buckley and his wife Alvene, Debbie and Bud Moulse, and Lisa Buckley-Lewis standing with her husband Bob

See these and other photos at TheShopper.com
The Robert Stamey Team
Licensed in both NC & VA

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Publisher’s Point

A Time to Work and Now...
A Time to Play

Forty years is a long time for one career. So I have been told, and so I now tell myself as I prepare to retire. I’ve loved my business since day one, and have never regretted founding it, growing it, and loving all of it. Not every day has been perfect, but not one day was bad enough to make me regret my choice of careers. I wanted it to last forever, but there’s a season for everything in life. So, going forward, I will find joy in my memories of an utterly fulfilling career. I will, of course, miss my long-time team who made The Shopper what it is today. They have all been with me from six to thirty-three years. We have celebrated weddings, births, graduations, divorces, deaths, camaraderie, sorrow, joy. We became family.

An early Shopper cover from December 1981

Come June, after 40 years in business, I will be ready to enjoy vacations, finish my book, and love my new life. Stay tuned.

The clients and readers who, over the years, have gifted The Shopper with their devotion continue to encourage us as we go forward. For this I am eternally grateful.

The Shopper is a monthly, direct-mail, magazine serving six community editions in Chesapeake, Portsmouth, Suffolk, Smithfield, Carrollton, in Virginia and communities in northeastern North Carolina. The Shopper has a circulation of at least 10,000 direct mailed in each zone, totaling over 60,000. Additional issues are placed in our advertisers’ stores and in professional offices in our circulation area.

Opinions expressed by contributors are not necessarily the opinion of this publication. ©2020

Congratulations to Doctor to Doctor Magazine – celebrating its 10 year anniversary!

Looking back over the years, this featured cover is from Fall 2010

Call 757-547-0520 to reserve your advertising space.
Email: info@DoctorToDoctorMagazine.com
Read our current issue online at: DoctorToDoctorMagazine.com

I am in conversation with others who value The Shopper and are exploring the path to shepherding it into the next 40 years. These include individuals, publishers, and entrepreneurs—some of whom are excellent fits for the magazine we have nurtured. At this point, I am just weeks into ongoing discussions regarding this important decision and, yes, I will take serious inquiries until we have inked an arrangement that we believe is beneficial for all concerned.

Those of you who know me know that I value our magazines and want the next generation to serve you as we always have. By summer, I expect The Shopper will have embarked on the next 40 years. It will deserve a great party! Please accept my heartfelt appreciation to all our dedicated clients, readers, and team members who have made the past 40 years so meaningful. What a grand life you have given me. What glorious memories I will take into the future. I may stick around part-time for a bit if needed to help launch the next chapter in the story of our hometown magazines, including our continued online presence at TheShopper.com. Then, come June, after 40 years in business, I will be ready to enjoy vacations, finish my book, and love my new life. Stay tuned.
UPCOMING SPEAKER

Mae Jemison

March 3, 2020

7:00 PM - Musical Program
by local youth musicians
7:30 PM - Keynote Speaker Program
Chesapeake Conference Center

Engineer and physician Mae Jemison is the first woman of color in the world to go into space as a NASA astronaut. Dr. Jemison leads 100 Year Starship – nonprofit focused on human travel beyond our solar system.

For more information and tickets
www.thechesapeakeforum.org
The Estate Planning Solution

Preventing stress, frustration, and a family meltdown by creating customized estate plans for seniors

Long before Linda became Linda M. Sherfey, Attorney and Counselor at Law, she was an officer in the U.S. Navy. It was a career that brought her to Hampton Roads, where she retired from service after 20 years. During the last four years of her military service, Linda, a self-described planner, began preparing for a law career by attending Regent University law school at night, where she found herself especially drawn to estate planning.

“In my own life’s journey, I was completely clueless about estate planning until I was in law school,” Linda says. “It saddens and scares me that so many people don’t know what I now know, and so my mission has become to write and speak about estate planning in a way that is not only informative but also interesting.”

To accomplish her goal, Linda wrote a book entitled The 5 Declassified Estate Planning Secrets You Can’t Afford to Ignore...

Linda sponsors monthly seminars about estate planning where everyone who attends receives a free copy of her book.

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

Linda Sherfey is dedicated to helping you provide the gift of estate planning to your loved ones.

To accomplish her goal, Linda wrote a book entitled The 5 Declassified Estate Planning Secrets You Can’t Afford to Ignore... The book’s subtitle says it all: What You Don’t Know Can Sink You, Your Family, Create Unnecessary Stress, Frustration, Cost Thousands of Dollars and Result In a Family Meltdown. In addition, Linda sponsors monthly seminars about estate planning where everyone who attends receives a free copy of her book. (Watch The Shopper for seminar dates.) The book is also available for purchase in print or as an e-book at Amazon and Barnes and Noble.

Linda is confident and articulate when she describes her approach to practicing law. “I am a problem solver,” she says. “I listen. Clients tell me about their family, their issues, and their goals. I provide the legal know-how. We work together as a team. I have a process for providing a customized estate planning experience and building relationships – lifelong relationships – with the people I serve.”

It was this desire to provide outstanding service for her clients that inspired Linda to open her own firm in 2005, a firm completely and solely dedicated to estate planning and estate administration.

As an expert in her field, Linda knows what works. “Most people want to do the right thing by their families but just don’t know what that actually means,” she says. “Estate planning today is so much more than planning for what happens to our assets after we die. The reality is that we live long lives. Mental disability and some level of long-term care are likely. The earlier people begin to plan for this reality, the better.”

Linda has redefined the estate-planning experience for her clients. “I want to be a family’s trusted legal advisor for the long haul,” she says. “I don’t charge by the hour but by the service, at a flat rate, so there are no surprises. I meet with families in their homes and, when necessary, at a nursing home or assisted living facility. In other words, I make house calls. My clients know I’ve thrown the time clock out the window and want to concentrate only on designing a customized plan for each of them.”

Linda offers a unique, printed monthly newsletter. In addition to legal advice in plain English, the newsletter contains a word search puzzle and a tested recipe. Anyone can get a free subscription.

“My clients know I’ve thrown the time clock out the window and want to concentrate only on designing a customized plan for each of them.”

“Estate planning is really a gift to your loved ones,” she says. “I want to do everything I can to encourage seniors who want to prevent stress, frustration, and a possible family meltdown by creating a customized estate plan,” she says. “Estate planning is really a gift to our dear loved ones.”

Clearly passionate about her subject, Linda continues, “Estate planning is so much more than writing a will. Planning avoids a crisis, and the longer we wait the fewer options we have. I help families put their plan in place, and remind them to keep their plan up-to-date. Mostly, I make sure my clients can rest easy at night knowing they have a plan, a guide, and a resource if their family has questions.”

According to Linda, clients say that what they like best is her clear and easily understandable way of explaining estate planning. They also say that Linda asks leading questions, really listens, and offers customized solutions. She has a ‘put at ease’ kind of attitude, and never tries to rush or pressure clients.

Being a wife, mother, and grandmother herself, Linda brings a true empathy for families to her work. She and her husband, Sol, have been married since 1983. They have a daughter, Joanna, five grandchildren, and a great-granddaughter.

Linda offers a unique, printed monthly newsletter. In addition to legal advice in plain English, the newsletter contains a word search puzzle and a tested recipe. Anyone can get a free subscription.

“My clients know I’ve thrown the time clock out the window and want to concentrate only on designing a customized plan for each of them.”

“Estate planning is really a gift to your loved ones.”

Linda Sherfey is dedicated to helping you provide the gift of estate planning to your loved ones.
Attention: Seniors Who LOVE Their Family

“It’s Easy to Give the Best Gift Ever for Valentine’s Day”

Okay, an estate plan is likely not the first thing to pop into your mind as a gift for your family, but you should consider it nevertheless. The truth is that life doesn’t always give us warning signs for mental incapacity and death.

“Bill and Sue” came to see me for an estate plan. Sue noticed that Bill wasn’t feeling well. They decided to return to finish our meeting when he was feeling better. That night, Sue took Bill to the emergency room, and he was admitted to the hospital. Two days later, Bill was in a coma. A week later, he died.

Surprises happen all the time all around us. Instant mental incapacity due to stroke, falling, and car accidents can throw a family into crisis and cause a lot of stress.

“Sam” lives in Maine. His parents, “Al and Edna,” live here. Sam explained that his mother was in the hospital and not expected to survive. His dad was fighting cancer. Edna handled the finances, and Al just didn’t have the energy to figure things out. I was able to help by preparing a General Power of Attorney for Al so Sam could manage his parent’s finances. Sam felt stress, frustration, and had sleepless nights because his parents were not prepared.

If you want to make it easy for your family to help you manage your assets, pay your bills, and have a counselor to turn to in case of an emergency or death, call today for an appointment. I can help you prevent a family crisis.

The Estate Planning Solution
Linda M. Sherfey, Esq., USN retired
966-9700 Chesapeake
www.sherfeylaw.com
Read my story at TheShopper.com

At-your-place appointments available

Call, because you must have a reservation to attend one of these seminars—near Battlefield & Volvo Pkwy 638 Independence Parkway, Chesapeake

Call or text us at 966-9700 Chesapeake

A Morning with Linda Sherfey, the Author of:
“The 5 Declassified Estate Planning Secrets You Can’t Afford to Ignore”
Attendees receive a free copy of my book sold on Amazon for $24.95 (1 per household).
Call, because you must have a reservation to attend one of these seminars on Saturday, February 29 from 10:00 am - 12:00 pm
638 Independence Parkway, Chesapeake—near Battlefield & Volvo Pkwy
or Saturday, March 28 from 11:00 am -1:00 pm
Russell Memorial Library
2808 Taylor Road, Chesapeake—near Chesapeake Square Mall
Refreshments will be provided.
This seminar is for you if:
• You want to know the big myth you probably believe about probate that is untrue.
• You have resisted or procrastinated, but know you need to get it done.
• You want to know the fib that your banker unknowingly told you.

The faces of Russell’s
HEATING • COOLING • PLUMBING • ELECTRIC
www.russellshvac.com
By Jean Loxley-Barnard

Nicole Harrell
Service Dispatcher Extraordinaire

It is not every day that we meet a truly happy person whose job it is to solve problems for customers who are often without heat or having a plumbing emergency. But after two years working for Buddy Smith’s ever-expanding company, Nicole Harrell is energized, not spent, as she cheerfully helps callers. Customers can sense a connection with her. They feel that she genuinely cares and will work to solve their problems.

Nicole experienced feeling tuned-in to others long before joining the team at Russell’s. After all, she is a twin, and, as is often the case, even with fraternal twins who are brother and sister, she knows what it’s like to feel a connection to someone else.

“I remember when my brother was in a serious car accident,” Nicole notes. “I got very sick at the same time, without knowing what had happened.” Now working day in and day out with customers, she is tuned in, not at the twin level, but surely at the person to person level.

“I really enjoy picking service technicians who are the best fit for the job each customer presents.”
—Nicole Harrell

“It is very rare that we can’t take care of a customer. Satisfied, happy customers are the norm! Working here is all-around fun!”

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By Jean Loxley-Barnard

“You have resisted or procrastinated, but know you need to get it done.”
—Nicole Harrell

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Friends Gather to Celebrate!

Keith Tolarchyk, husband of Shopper Graphic Designer Jennifer Tolarchyk, recently gathered with family and friends to celebrate his birthday. Lockside Bar and Grill in Great Bridge was a perfect location for the laid-back festivities.

Photographer Michele Thompson and Graphic Designer Jennifer Tolarchyk

That’s a lot of candles!

Back row from left: Brian Thompson, Don Eason, Eric Gyuricsko, Keith Tolarchyk Tim Westerman

Front row from left: Michele Thompson, Nilima Gyuricsko, Jennifer Tolarchyk and Jolene Westerman

See these and other photos at TheShopper.com

“Carpet Cleaning That Is Thorough, Dries Quickly, and Stays Clean Longer. No Returning Spots GUARANTEED!”

If you’re like most people, you have put off cleaning your carpet until it’s so dirty and embarrassing you think there’s no hope for saving it.

You may even be worried, thinking you’ve waited so long that replacing it is the only answer.

You can stop worrying! Bobby has developed a cleaning system that removes years of neglect, saving his clients money compared to replacement.

Your flat, matted down, dirty, embarrassing carpet will come back to life and feel soft and look beautiful again. GUARANTEED!

Note: If you’re tired of disappointing carpet cleaning results, give Bobby a try. You’ll be glad you did.

So don’t wait, call now!

382-7171

For more information, please visit www.EthicalCleaner.com

Black Pelican

Seafood Co. Greenbrier

HAPPY HOUR 3-6:

$8 Steamed Shrimp
$8.50 Steamed Oysters
$6 ½ Dozen Chicken Wings
$4 Wine by the Glass
$4 Well Drinks
$4 Draft Beers

½ Price Appetizer

with the purchase of an entree

With this ad. One coupon per table. Offer expires 2/15/20

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Open 7 days a week!

Valentine’s Day Feature Menu February 13th - 15th

APPETIZERS

Baked Oysters Rockefeller $13
Sampler for Two — Key West rock shrimp and crab dip, tuna bites and stuffed jalapeños $15

SOUP Black Pelican crab bisque $4 / $6

SALAD Charred romaine hearts and grilled exotic mushroom salad with roasted pepper balsamic dressing, shaved Romano cheese and garlic oil grilled crouton $9

MIXED GRILL Grilled beef tenderloin with red wine demiglace and jumbo crab stuff shrimp, red skinned mashed potatoes, and asparagus $35

PASTA Sea scallops, shrimp and salmon sautéed with Mediterranean vegetables, farfalle pasta and feta-pesto wine sauce $24

FISH DUO Blackened swordfish and sweet potato crusted mahi-mahi finished with orange beurre blanc, over butternut grilled artichoke couscous and sugar snaps $28

ROCKFISH WELLINGTON Chesapeake Bay rockfish and fresh crab meat wrapped in golden pastry with saffron rice, wilted spinach and asparagus, finished with sauce a la vodka $30

LOBSTER FEAST FOR TWO Two 1# lobsters, baked lobster mac-n-cheese, buttered cobb corn, steamed red potatoes and two glasses of spumante

Ask about our large private event room seating 55 guests. No room rental fee.

Valentine’s Day Feature Menu

March 13th - 15th

LUCKY ROASTED LAMB with garlic mashed potatoes, spring vegetables, and red wine demi-glaze $24

ROSEMARY LEMON ROASTED CHICKEN with roasted heirloom tomatoes, garlic and feta cheese $22

SUNDAY BRUNCH 10am - 2pm

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HAPPY HOUR 3-6:

$8 Steamed Shrimp
$8.50 Steamed Oysters
$6 ½ Dozen Chicken Wings
$4 Wine by the Glass
$4 Well Drinks
$4 Draft Beers

½ Price Appetizer

with the purchase of an entree

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LOBSTER FEAST FOR TWO Two 1# lobsters, baked lobster mac-n-cheese, buttered cobb corn, steamed red potatoes and two glasses of spumante

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Valentine’s Day Feature Menu

February 13th - 15th

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LOBSTER FEAST FOR TWO Two 1# lobsters, baked lobster mac-n-cheese, buttered cobb corn, steamed red potatoes and two glasses of spumante

3 FOR $30 DEAL

Choose any: starter salad or cup of soup + any menu entree + any dessert!

SUNDAY BRUNCH 10am - 2pm

Now offering

FREE LOCAL full menu and party platter DELIVERY!

Available: Monday - Friday 11 am to 5 pm

(757) 424-3171 1625 Ring Road, Greenbrier www.BlackPelicanGreenbrier.com

Open 7 days a week!
Chesapeake Sheriff’s Office Awards

Recently, the Chesapeake Sheriff’s Office held their Quarterly Awards. Sheriff Jim O’Sullivan recognized six individuals for their years of service above and beyond the call of duty.

From left: Sheriff Jim O’Sullivan presented “Medals of Valor” to Deputy Q. Burke and Deputy R. Hastings Jr.

Above: Sheriff Jim O’Sullivan, left, presented Senior Deputy N. Peng with the “Award of Excellence”

From left: Sheriff Jim O’Sullivan, Troy Merritt, Senior Deputy C. Gray, Master Deputy H. Gard, Senior Deputy Gray and Master Deputy H. Gard received “Life-Saving Awards.” Troy Merritt received a “Citizen’s Service Award.”

See these and other photos at TheShopper.com

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NEW Music FunTime CLASSES
If a child can learn their letters, numbers, shapes, animals, animal sounds, etc., at such an early age—why can’t they learn to read music? They can with this music program designed from research from Johns Hopkins University. This is a theory-based program that teaches children 2 years and up to read musical notes and play music.

We Have Classes for Everyone!
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Inspiring The Love of Dance
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February is National Pet Dental Month!

10% OFF your pet’s dental cleaning

now through March 15, 2020

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Accepting new patients | Evening & Saturday hours available
New Year, New Rules
Killing the Drone Industry?

On December 31, 2019, the FAA published a proposal outlining new rules enabling a system to track all drone flights in the USA. The proposal, released in the interest of public safety and awareness, has a few items that have many drone pilots very unhappy and on the verge of leaving the hobby.

The FAA already requires all drones larger than 0.55 pounds (250 grams) to be registered. They also want the drone to broadcast identifying information in order to fly in most locations.

The main issue is that current drones do not broadcast all the information the FAA wants. This means that current drone owners, both recreational and commercial, might have to buy additional equipment and also subscribe to a proposed monthly data service to comply.

It is unknown how expensive these will be for regular users. There are fears that they could price out all but larger commercial operators.

Based on the wording of the document, a drone without the extra equipment and monthly subscription may not be able to take off unless traveling an estimated 15 miles to one of a few locations—usually fields called FAA-recognized identification areas (FRIA).

A major concern of most pilots is that the data subscription system will be cell-service based. This means that someone operating the drone in a location with bad, or no, cell service will also be stopped from flying.

I have flown my drones commercially in rural locations like the Eastern Shore, where there has been very weak cellphone service. If I was on a commercial job, not being able to fly when I arrived on-site would be expensive and frustrating.

Another concern is that the FAA wants pilot identifying information to be publicly accessible in real-time, for example, via cell phone apps.

This has led to concerns over issues of privacy and possible endangerment.

Because drones are still relatively new and have often been sensationalized in the media as spying machines, some drone pilots have been harassed, injured, and had their property destroyed while flying legitimately. There have also been cases of pilots being robbed or having their apparatus stolen from their vehicles.

Many pilots fear that if the public (including criminals) are able to see details on them, including their exact location, there could be an escalation in confrontations, thefts, violence, and worse.

The next few months are critical in the process, and we expect to see the initial version of the FAA’s rules soon.

Terry Young is an FAA licensed drone pilot and professional photographer and videographer. His 30 plus years of experience in pre- and post-production of both still photography and video, coupled with the latest equipment, enable him to create amazing high quality images.

Read our story at TheShopper.com
Lily Carson’s business, MaidPro/Eco Carpet Pro, is a labor of love—love for people, love for community, and yes, a love of cleaning. “When I was pregnant with my first daughter, I had this eagerness to clean everything!” Lily laughs. “I’d never been a clean freak, but during my pregnancy, everything had to be clean! I had fallen in love with cleaning and really enjoyed it!”

It was also during that time that Lily was considering her next career move. With two engineering degrees from Purdue University, Lily had willingly walked away from her lucrative job in corporate America to focus on starting a family. Throughout her pregnancy, Lily began considering a new family-friendly career path.

“I wanted to do something that would allow me to be there for my child,” Lily explains with a smile. “Without any business background, I wasn’t sure where to start. I wanted my own business, so I began to consider a franchise.”

But which franchise remained a question until the day Lily’s friend pointed out a cleaning business truck. Knowing Lily’s newfound love of cleaning, her friend exclaimed, “You can do that! That’s a franchise.” Thus the seed was planted. “That piqued my interest,” Lily notes. “So, I started researching cleaning franchises online and found MaidPro.”

As part of her research, Lily applied to a local cleaning company to experience first-hand the life of a professional cleaner. “I wanted to know what it was like to work in the field,” she recalls, “so for two weeks, I actually worked as a cleaner for a different company before purchasing my franchise. I wanted to experience a cleaner’s life and see if it was something I would want to do.”

What Lily found during her brief employment as a professional cleaner would profoundly impact her philosophy on running her business and how she would treat her employees. “Not only did I see unhappy employees and low morale, but I was shocked at how differently people perceived me when they thought I was a maid,” she notes. “Coming from corporate America I was used to being treated with respect, dignity and as someone with intelligence. When people heard I was a maid, they immediately treated me differently. The change in attitude was instantaneous. It was quite surprising. I decided then that I would foster an environment that was very supportive of employees, where they know and feel they’re important. Essentially, we are the same; we just have different professions. No profession’s better or worse than any other. As long as someone honestly puts forth their best effort, they should be respected as an equal. I want to support and encourage my employees, so I treat them equally, fairly, and provide them opportunities.”

All of Lily’s employees are offered paid holidays, vacations and sick days, healthcare, 401K accounts with matching payments by the company, and profit-sharing. Lily’s dedication to providing a positive, supportive workplace has paid off in more ways than one. Since it opened in 2008, Lily’s MaidPro franchise has continued to grow, even during the recession.

Lily attributes this success to her team. “I believe it’s because we really have good people,” she states earnestly. “We have a group of like-minded people who are honest, hardworking and want to help others. We’re all a family. I wouldn’t be where I am without my team,” she states earnestly.

Lily and her team succeed because of the consistent, high-quality customer service they provide, from the first phone call until the job is done. “My goal at MaidPro is to provide top-notch service at reasonable prices,” Lily insists. “We work hard to understand our customers’ cleaning needs and budgets, and we tailor our services to their fit those. We also provide customers flexibility. We don’t require contracts, so people can cancel anytime.”

To ensure that her customers get the best cleaning possible, Lily never assigns newly-trained cleaners until they have cleaned her own home to her exacting standards. “After my employees are trained, they have to clean my home first,” she smiles. “Then, I can provide feedback. If they’re good enough for me, then they can clean for our customers.”

After every cleaning, MaidPro’s quality control coordinator reaches out to customers to ensure their satisfaction. “We have a 100 percent customer satisfaction guarantee,” Lily explains. “To stay successful, we have to provide customers with excellent cleaning and customer service. That’s what we do.”

“After my employees are trained, they have to clean my home first. Then, I can provide feedback. If they’re good enough for me, then they can clean for our customers.”

—Lily Carson

Lily’s satisfied customers soon began to inquire about carpet cleaning. Unable to find a carpet company to partner with that would provide service according to her standards, Lily created her own. “My husband, Neil, heads Eco Carpet Pro,” she explains. “We offer carpet, upholstery, area rug, and tile and grout cleaning. In some ways, we’re like a one-stop shop.”

Lily shares MaidPro’s top-notch service with the community as well through MaidPro’s the Gift of Clean program. In partnership with the American Cancer Society, the program provides free house cleaning to local cancer patients.

“At a time when cancer patients need a clean environment the most, they don’t have the energy to do it themselves.” Lily says. “This program is our way of giving back. Since 2015, we’ve provided $20,000-worth of free cleaning. For our single parent employees who often don’t have the resources to give, the Gift of Clean is a gift of giving for them. During this process, they can see what difference they can make in someone’s life, and it makes them feel good and gives their job meaning.”

Warm, friendly, modest, and smart as a whip, Lily Carson was able to take a strong case of nesting instinct 12 years ago and turn it into one of the most successful MaidPro franchises in the nation through her commitment to excellence, to her employees, and to her community. Her dedication to what she does is summed up succinctly. “We are in the people business. Our services help people have better lives, and for us, that’s what it’s all about.”
You’d be surprised at what people forget about planning their wedding,” says Dana Clarke Epstein, who, with her husband, Philip, owns the Grey Goose in Hampton. “Over the years, we’ve planned and catered countless weddings. Couples will be particular about the venue, the food, the drinks, the décor, and the dress—everything. Then we’ll ask who is performing their wedding, and we’ll get blank stares. You’d be shocked at how often couples forget to hire someone to officiate—to actually perform the wedding.”

When this happens, Dana recommends Carey Whitley and Rob Lauer of CareRobe Expressions. As ordained ministers, Carey and Rob are licensed by the Commonwealth of Virginia to serve as wedding officiants. They offer their services to couples who are either religiously unaffiliated, are entering an interfaith marriage, or having difficulties finding clergy to marry them.

“Recently, Dana directed a couple our way who had planned out their entire wedding—except for finding someone to perform the marriage itself,” Carey recalls. “Neither one of them belonged to a church or faith community, so they weren’t interested in having a religious ceremony. They wanted a strictly secular ceremony in front of about two dozen family and friends in a banquet hall they had leased for the occasion. After the ceremony, the couple planned to join their guests for a sit-down dinner. The bride told me that she wanted the ceremony to be celebratory, but also quick, sweet, and simple.”

“Like a growing number of people who aren’t affiliated with a particular faith, this couple hadn’t given a lot of thought to the words they wanted to be spoken at their wedding,” Rob explained. “They weren’t interested in writing their own vows or having a lot of flowery language. They wanted to keep their vows short, simple, and direct. We were happy to oblige. We also presented them with several other elements to incorporate into the ceremony. We suggested beginning the ceremony with a simple but beautiful reading on the nature of love and commitment. We recommended ending it with an Apache wedding blessing. This blessing was not explicitly religious, but it beautifully celebrated the emotional importance of the couple’s commitment, as well as their hopes for their future life together. After the ceremony, a number of the guests commented on how moved they had been by this very simple blessing.”

Recently a couple contacted Carey and Rob just two weeks before their wedding. A hall had been rented for the occasion. Caterers had been contracted. Family members from out of state had made travel arrangements. The couple, however, had no one to perform the wedding. The bride had no religious affiliation, but the groom had been raised in a very devout Southern Baptist home. Though he was not currently active in a church, his identity as a Christian was essential to him. He wanted liturgical elements in the ceremony that were explicitly Christian—Bible readings as well as prayers and blessings. The couple had written their own vows. They wanted a candle-lighting ceremony in which each of them took individual candles and lit one single candle, symbolizing their union. The bride also wanted her two teenage daughters to participate in the ceremony. Carey and Rob were able to customize a wedding liturgy that perfectly met this couple’s needs. They presented a wide selection of Biblical readings, Christian prayers, and blessings for the couple’s consideration. They listened to their thoughts, offering advice and suggestions as needed. To involve the bride’s daughters, they composed a vow for the groom in which he promised to care for the girls as if they were his own children. In turn, the daughters vowed to support the couple in their marriage. This was followed by a sand-pouring ceremony. The groom, the bride, and their daughters each poured separate containers of colored sand into a large glass urn—creating a rainbow that signified the blended nature of their family.

Carey and Rob excel at creating individualized wedding ceremonies that meet the needs of any couple.

Because so many families now are blended, Carey and Rob are dedicated to helping people celebrate the commitments they are making in ways that resonate with their most deeply-held beliefs and values.

Since the establishment of marriage equality in 2015, same-sex couples often have a difficult time finding clergy who are willing to marry them. “I can’t believe how same-sex couples struggle to find ministers who will marry them,” Dana Epstein says, shaking her head. “I have actually gotten on the phone myself and called around, trying to find clergy who are willing—or able—to marry my same-sex clients. Now, when those situations arise, I call Carey and Rob. I know they will help everyone.”

“Often, people mistakenly assume that same-sex couples as not as devout as opposite-sex couples,” Rob says. “This isn’t true. One wedding I performed was for a mixed-faith same-sex couple. One gentleman had been raised as an Evangelical and still believed in important aspects of that faith. I have an extensive background in comparative religious studies and American religious history. So, I am able to craft a liturgy that articulated and blended the beliefs of both men.”

Carey and Rob excel at creating an individualized wedding ceremonies that meets the needs of any couple. A nationally-recognized, award-winning playwright, Rob's inspirational writings have been published in such diverse religious publications such as The Upper Room, Friends Journal, Quaker Life and Sunstone. “I enjoy finding the right words to express a couple’s emotions, thoughts and convictions as they commit to one another,” he says.

Having previously worked for years as a funeral director, Carey has served people from virtually all religious backgrounds. His understanding of and appreciation for religious diversity is further accentuated by his training in pastoral care, community building, life coaching and liturgical music.

“I always considered my work in the funeral industry to be a part of my ministry,” Carey says with a smile. “I was offering advice and solace to people during the most difficult time of their lives—when they lost a loved one. Officiating at a wedding is an expansion of my ministry—one that I happily embrace. It brings me a sense of deep fulfillment to help people—whatever they are, whatever their faith—celebrate one of the most joyous events in life. I am honored to help them consecrate one of the most important commitments they will ever make.”

For a consultation with Carey Whitley and Rob Lauer call (757) 284-7012 or (757) 344-1148 or email them at anubus63@gmail.com
Near the entrance to I-168 bypass and Battlefield Boulevard N / Kempsville Road. One mile south of Chesapeake Regional Medical Center, this beautiful building is convenient to everything!

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Call (757) 547-0520 weekdays or (757) 287-0440 weekends and early evenings
Q What dermatological warnings do people need to know?
A Rachel Byrd, MD is a board-certified dermatologist who attended the University of Richmond and went on to study medicine at VCU. She lives in Virginia Beach and is passionate about educating people about the dangers of direct sun exposure (particularly between 10 a.m. - 2 p.m.) and tanning bed use, which can lead to skin cancer and accelerated aging of the skin.

Additional suggestions for protection are:
1. Use daily sunscreen of SPF 30+. Reapply every two hours when spending time in the sun.
2. Wear clothing with UPF (Ultraviolet Protection Factor) which is more reliable than sunscreen in protecting the skin.
3. All adults should consider getting a baseline skin exam by a board certified dermatologist to identify individual risk factors.
4. Check your own skin regularly. Skin lesions that are different than the rest, asymmetric, have irregular borders, multiple or dark colors, larger than a pencil eraser should be evaluated by a dermatologist.
5. Any skin lesion that is enlarging, painful, itching, bleeding or otherwise changing should also be evaluated.
6. Your family history of skin cancer and your own sun exposure history may contribute to your risk of developing skin cancer.
7. A large number of moles may increase your risk of developing melanoma.

Pariser Dermatology Specialists
510 Independence Parkway, Suite 600, Chesapeake
3907 Bridge Road, Suite 200, Suffolk
Additional offices in:
Virginia Beach • Norfolk • Newport News • Williamsburg
Call (757) 995-1543 to schedule your appointment
www.pariserderm.com Read our story at TheShopper.com

Q What does every taxpayer need to know this year?
A CPA Beverly Jones did not hesitate to answer. “I would like everyone to know if they owed money last year, now is the time to fill out a new W-4. This is a new form that will allow them to withhold more accurately.”

This simple statement is an example of why those of us who are not IRS savvy need a professional to help us through the trying and important tax season. Keeping up with tax changes takes a full-time commitment that few of us have, and all of us need.

We all need to remember that while we focus on tax time once a year, a CPA is essential year-round to entrepreneurs and individuals whose tax returns are just not simple.

Beverly Jones CPA
817-A Greenbrier Parkway
Chesapeake
(757) 463-2585
www.bljcpa.com

Q What is STOP Inc.?
A STOP Inc. is a designated Community Action Agency with a 54-year history of addressing local issues of poverty for low-to-moderate-income families and individuals. Funded by various government sources as well as contributions from foundations and individuals, STOP attacks the root causes of poverty. Regina Lawrence, STOP’s President and CEO, has been with the organization for 45 years. She explains, “We have four main departments. These cover health and wellness initiatives, homeless intervention and support, housing and economic development and management, support and special projects. We embrace a total family concept—a two-generation approach. We go to every individual in a family to determine the needs of each.”

Health and Wellness focuses on nutritional education and training. It issues referrals for much-needed physical and mental health services, with an emphasis on preventing opioid use and abuse. Led by V.P. Christian Joyner, it provides substance abuse prevention training and education. The team presents “Hidden in Plain Sight” demonstrations—interactive drug-educational programs for parents. Christian knows, “Parents need to look at their kids’ phones and be aware of signs.”

STOP interacts with the homeless and housing providers to ensure homelessness is rare, brief, and nonrecurring. Plus, it works with the Homeless Veterans’ Reintegration Program to assist veterans in finding employment.

STOP welcomes volunteers, donations, and community support. All help, no matter how small, is so appreciated!

STOP Inc.
5700 Thurston Avenue, Suite #101, Virginia Beach
(757) 858-1360 www.StopInc.org Read our story at TheShopper.com

Q What leads a young woman to become a dentist?
A Simply stated, Dr. Kelly B. Paxton of Midgette Family Dentistry gives the credit to her childhood dentist, who was both kind and professional. The young Kelly loved going to the dentist, and remembers knowing since middle school that she wanted to be a dentist. Kelly’s career path to becoming a dentist wasn’t always easy. She ran track during her undergraduate studies, and traveled with her team while pursuing her degree. She explains that when she went to dental school, it was a breath of fresh air because she could focus more on her studies and not be torn to pursue two passions at once. “I still run,” she smiles.

When looking for a practice, Kelly remembers the day she discovered Midgette Family Dentistry. “I fell in love with this office and doctors from the moment I walked in, 14 years ago!” she explains. “Dr. Baker and Dr. Midgette had the same morals and values as my childhood dentist. They care about their patients and provide top-notch technology.”

When asked what advice she would give to women pursuing careers in business, she counsels, “Find what you enjoy doing and do that to the best of your ability. Don’t do something halfway. If you want to be the best at it, you have to keep going. Education, learning—it’s a long-term pursuit. Things that are truly worth fighting for sometimes take a little longer, so don’t give up.”

Midgette Family Dentistry
3326 Taylor Road, Chesapeake (757) 483-4700 www.MidgetteFamilyDentistry.com Read our story at TheShopper.com Kelly B. Paxton, DDS
Q What is the best thing about owning a hair salon?

A Denise Query has owned Hair Kingdom for 31 years, and this attractive owner stands out due to her reputation for being a businesswoman who cares for three groups of people:

1. The hairstylists and personnel of Hair Kingdom are as important to Denise as she is to them.
2. Their clients are important, not just for their patronage, but for the satisfaction the entire team feels when each patron is truly happy with the results of their expertise. Long term clients have become more beautiful and part of the “family.”
3. Finally, everyone who works with Denise knows her heart goes out to anyone in need of help.

Hair Kingdom’s support of charities such as the Her Shelter, Locks of Love, and countless others, who have benefitted from the devotion of Denise and her wonderful team.

Hair Kingdom
344 Battlefield Blvd S, Chesapeake
(757) 482-1900
www.HairKingdom66.com

Q What is the biggest attraction for the Corner Cafe at Bide-A-Wee?

A “The beautiful 18-hole Bide-A-Wee Golf Course is not only centrally located, but also open to the public for events and golf. Since expanding last year with Corner Cafe at Bide-A-Wee, we have also expanded our popular catering facilities to serve the Golf Course Pavilion!” Sheri Spires-Skipper, owner of both Corner Cafe and Corner Cafe At Bide-A-Wee, is excited about all the weddings and events held at this beautiful venue. The spacious Bide-A-Wee Golf Course Pavilion can accommodate any size event.

“We love catering there. Each event is different. We have everything from birthdays and retirements to family reunions, showers and weddings,” Sheri enthuses. “We love being a part of so many joyous events.

“Whether serving regulars and small informal parties in the Corner Cafe at Bide-A-Wee or the big events in the Pavilion, we are in a business that we love where we get to feel part of every event! Thank you, Portsmouth!”

Corner Cafe at Bide-A-Wee
1 Bide-A-Wee Lane, Portsmouth
(757) 404-1801
www.CornerCafeAtBideAWee.com
and visit our other location
Corner Cafe
3610 Western Branch Boulevard
Portsmouth
(757) 397-5500
www.CornerCafePortsmouth.com
Read our story at TheShopper.com

Q What happens to The Shopper when its founder retires?

A Jean Loxley-Barnard, founder, publisher, CEO, is planning to retire this summer as The Shopper celebrates 40 years. She is already in discussions with publishers and interested individuals. The Shopper may have a life of its own,” Jean hopes. “We have raving fans among our readers, who bring an issue to an advertiser, or simply say, ‘I saw you in The Shopper.’” I have always been grateful for them.

It is likely all issues will be acquired by existing publishers, but it is possible publishers will acquire particular areas, with others acquired by entrepreneurs, including account executives or writers like Jean. Interested parties showed up at the first inklings of her retirement. Retiring entrepreneurs often refer to their business as their baby, and Jean can relate. “I might keep an interest in one or two of the issues,” she admits, but adds, “Being spiritually oriented, I am willing to be guided by what should be.”

The name The Shopper is generic and Jean owns TheShopper.com website, in an era when digital keeps growing along with thousands of visitors each month. When asked in 1997 what she wanted her domain name to be, Jean answered, “TheShopper.com.” Asked for her second choice, she replied, “I don’t have a second choice.” Told that, “TheShopper.com probably wouldn’t be available,” Jean replied, “Trust me, it will.”

The Shopper
133 Kempsville Road, Chesapeake
(757) 547-0520
www.TheShopper.com

Q What distinguishes Premier Roofing and Siding from other home improvement companies?

A In the home improvement industry, it is rare to find women in charge. Premier Roofing and Siding is run by two such women: President Pam Standish and Vice President Ann Strader.

Premier has kept the same owner, company name, and slogan for 30 years! And all of the management staff have been with the company for 15+ years. It’s sales consultants are very knowledgeable, going to clients’ homes to measure in person, working up the quotes, and answering questions. Pam and Ann note they are fortunate to have long-standing in-house installers who are employees of Premier, along with great subcontractors with whom they’ve worked with for years.

Everyone at Premier takes pride in their slogan of Promises Made, Promises Kept. They uphold their promises by writing down all work to be performed on the contract and keeping communication with customers open. Premier’s office staff is also available to answer clients’ calls directly.

Both Pam Standish and Ann Strader cite how very rewarding it is to have clients tell them they have done an outstanding job. They have set a standard for their industry.

Premier Roofing and Siding
(757) 543-8958
PremierRoofingAndSiding.com

Jean Loxley-Barnard

Beverly Jones CPA
www.bljcpa.com
(757) 463-2585

Regina Lawrence, STOP’s President and CEO, has been with the organization for 45 years. She explains, “We have four main departments. These cover individuals and families of all ages. We go to every individual in a family to determine the needs of each.”

Additional offices in: Virginia Beach • Norfolk • Newport News • Williamsburg

Additional suggestions for protection are:

1. Wear sunscreen on exposed skin and lips and reapply every two hours when spending time in the sun.
2. When possible, cover up with long-sleeved shirts, long pants, and hats.
3. Protect children’s skin; infants need sun protection more than adults.
4. Check your own skin regularly. Skin lesions that are multiple or dark colors, larger than a pencil eraser should be evaluated by a dermatologist.
5. A large number of moles may increase your risk of developing skin cancer. People who have more moles than normal should be especially careful to keep their skin protected.

Funded by various government sources as well as contributions from foundations and individuals, STOP attacks the root causes of poverty.

STOP Inc.
3907 Bridge Road, Suite 200, Suffolk
(757) 483-4700
www.HairKingdom66.com

STOP welcomes volunteers, donations, and community support. All help, no matter how small, is so appreciated!

WOMEN in BUSINESS
“I feel that advertising in The Shopper has contributed to our having had one of our best years ever. It provided us the ability to remind people that Freemason Abbey is only minutes away.”
— Lori Maddux
Freemason Abbey Restaurant

“I’ve gotten 90 percent of my patients from The Shopper!”
— Dr. Julia Stevenson
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“I’ve gotten more clients from my Shopper advertising than from any other source of advertising I’ve done.”
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and Estate Planner

“I have had good results with The Shopper.”
— Beverly Jones
CPA, PC

Join our Shopper family by calling 547-0520!
Suffolk Art League’s 37th Antique Show & Sale

Treasures from the past support arts education in the future

By Allison Williams

Searching for an 18th-century Canterbury tavern table to fill that empty nook at home? On the hunt for an eclectic, repurposed piece of vintage furniture?

Whatever one’s taste may be, the Suffolk Art League’s 37th Annual Antiques Show and Sale on February 22 and 23 will have something to sate every appetite.

With 38 antiques and collectibles dealers from Virginia and North Carolina, the show will feature a variety of experts specializing in jewelry, silver, glass, furniture, and fine arts, according to Linda Bunch, the organization’s executive director.

The show, which is being held at King’s Fork Middle School, will be open from 10 a.m. to 5 p.m. Saturday and from noon to 4 p.m. Sunday. It’s expected to draw about 2,000 people from across Hampton Roads, Richmond, and northeastern North Carolina.

“We’ll have something for everyone,” Linda says with a smile. “It’s a fun event. Even if you’re not buying, it’s always interesting to see things from the past and enjoy lunch with friends.”

The two-day antiques show and sale is the Suffolk Art League’s only fundraiser for the year, according to Linda. Proceeds help fund art classes and workshops held at the Suffolk Art Gallery, in Suffolk’s public and private schools, and at other off-site locations in the city.

“We have a lot of dealers returning this year, and we have nine new dealers,” Linda continues. “In addition to the wonderful antiques and collectibles, we have opened this year’s show up to include some vintage items.”

The art league is hoping to welcome more of the often elusive millennials into their fold of antique shoppers.

“Millennials want to invest in experiences and in things that have meaning to them,” Linda says. “We want to offer younger collectors the opportunity to purchase quality items that have history and soul. Older pieces have a backstory, and buyers can find that history from the dealer.

“Repurposing well-crafted items from the past is also ‘greener’ than buying new,” Linda continues. “Buying old furniture is good because it is not harming another tree. It leaves no new environmental footprint.”

Collectors of Mr. Peanut — the late iconic legume that has represented Planters Peanuts for 104 years — are in for a special treat.

“The Peanut Pals—an organization of Planters and Mr. Peanut memorabilia collectors—will be making a fourth appearance at the antique sale,” says President Scott Schmitz. The group will have one display table showcasing some rarer Mr. Peanut treasures and six tables of Planters’ advertising memorabilia that will be for sale.

“Things created by past generations that are still in existence and useful today never cease to amaze me.”

— Van Worrell

“We always enjoy visits to Suffolk because that is where Mr. Peanut originated,” Scott says. “We have a lot of people stopping by our tables, sharing stories about how their mother used to work at Planters. Some show us photographs of Planters memorabilia that has been handed down in their families for generations.”

Dealer Van Worrell, owner of Father Time Antiques in Newsoms, always looks forward to the Suffolk Art League’s show.

“I always enjoy trying to get more people interested in antiques,” Van says. “Things created by past generations that are still in existence and useful today never cease to amaze me.”

Van’s professional expertise is in mechanical-time pieces: pocket watches, grandfather clocks and the like. But he will be bringing a variety of items to the Suffolk show, including furniture, glassware, collectibles and advertising pieces.

He will also be replacing batteries in watches and wall clocks on-site and providing verbal appraisals on vintage timepieces.

Dealer Madalyn Grimes, who has been coming to the Suffolk show for 24 years, will be offering a plethora of items: vintage postcards, sheet music, pocket knives, Boy Scout memorabilia, and several small pieces of furniture.

“I enjoy the Suffolk show,” she said. “This is also a social event. After all these years, you get to know many of the other dealers and your repeat customers.”

Veteran dealer, Peg Lockwood of Zuni, who owns a shop in Norfolk’s Ghent, is excited to return to the Suffolk.

“We always have a good crowd there,” Peg says. She specializes in 18th- and 19th-century English furniture, as well as English and Asian ceramics and silver.

Peg adds that she is glad the show’s proceeds support art workshops for young people. “I think art enriches all of us,” she declares. “It’s particularly important to foster an interest in creativity among kids.”

Kim Mason, an art teacher at Nansemond-Suffolk Academy, couldn’t agree more.

“No one of my students will go on to become a professional artist,” Kim says. “My goal is to have students who have experiences that make them appreciate and respect the arts when they become adults.”

For years, the Suffolk Art League has brought in professional artists to conduct quarterly workshops that rotate between the city’s public and private high schools. Small groups of students join one art teacher from each high school in hands-on workshops, learning new mediums and skills to take back to their respective classrooms.

“The best part is that teachers become students,” Kim says, a laugh in her voice. “We get to create and learn, as well. We can bring it back to class to share with students who weren’t able to participate in the workshops. As a school system, we could never afford to pay to have a professional artist come in and spend an entire day working with us.”

At the middle school level, the Suffolk Art League sponsors visits by local and regional artists for half-day workshops on mediums the schools don’t cover, Linda explains. Past workshops have included clay, quilting, bookmaking, and painting with pastels.

This year, for the first time, the organization has expanded its offerings to include one-hour art workshops in the city’s elementary schools, according to Linda.

Kim says she is looking forward to attending the antiques show and sale.

“I’m always a big supporter of the Suffolk Art League,” Kim says. “They care about the (arts) education in Suffolk’s schools, and are always looking for workshops that will continue to spark students’ interests in the arts.”

Suffolk Art League’s 37th Annual Antique Show & Sale

Saturday, February 22, 10:00 a.m. to 5:00 p.m.
Sunday, February 23, 12:00 to 4:00 p.m.
Kings Fork Middle School
350 Kings Fork Road, Suffolk
Chesapeake Planetarium Presents “Death of a Star”
February 6th, 20th and 27th • 8 p.m.
Chesapeake Planetarium, 310 Shea Drive, Chesapeake
Stars have a “life cycle” based on their mass. Smaller less massive stars will last longer due to their slower fusion. At the end of a star’s life its fate may be one of the most powerful events in the Universe. We will examine the fate of our own star the Sun. Due to limited seating, reservations are necessary and may be made by telephoning Chesapeake Public Schools between 8:00 a.m. and 4:00 p.m. weekdays at (757) 547-0153. For more information visit https://cpschools.com/planetarium/

Flavors of Isle of Wight 2020
February 27th • 5:30 p.m. – 8 p.m.
The Smithfield Center, 220 N. Church Street, Smithfield
Come join the Chamber of Commerce and celebrate the Sixth Annual Flavors of Isle of Wight...Mardi Gras style! Enjoy theme-flavored cuisine and house specialties from area restaurants, caterers and food businesses. Get some refreshments at the bar and meet your friends and laissez les bons temps roll on! Tickets are $30 per person before February 1st, $35 per person after February 1st and at the door. Funds raised benefit the Isle of Wight Community Foundation Scholarship Program! For more information call 757-357-3502 or visit https://www.theisle.biz/

The Chesapeake Forum – Mae Jemison
March 3rd • 7 p.m. - 10 p.m.
Chesapeake Conference Center, 700 Conference Center Drive, Chesapeake
The Chesapeake Forum provides an opportunity for the community to come together and be challenged by diverse speakers to include scientists, artists, historians, judges, financiers, humorists, philosophers, journalists, former government officials, writers, and other leaders in their respective fields. The Forum will neither engage in promoting political persons, positions, candidates, or parties in selecting speakers, nor in its marketing to audiences. Mae Jemison is an engineer, physician and former NASA astronaut. For more information and tickets, visit thechesapeakeforum.org.
A vision of youth

By Breonna Loxley

The Journey

It still seems strange to reflect on my high school graduation and acknowledge that five years have passed. I had no idea what my life would look like after receiving my diploma. I felt daunted by choosing what I wanted to do and be for the rest of my life, and I recognized the same uncertainty in many of my peers. Some people identify their calling at age five and never stray from it. Others are in college, still trying to figure out their career paths. In the end, I sought a position at an animal shelter and remain in that field today. I also pursue my love of writing and aspire to publish a novel. Sometimes our passions will not lead us into sustainable careers, and we must weigh the pros and cons of following a more unconventional path. Now that some time has passed, I can look back and recognize the significant experiences throughout my childhood that influenced where I am today.

My passion for animals and animal rescue blossomed throughout my childhood. What began as a fundraiser for our local animal shelter turned into years of dedicated volunteering. I got my first look at what it meant to be a guardian of the forsaken, and I discovered a mission I feel called upon to answer. In the drive-through window last week and waited for my penny change, he closed the cash register. He then looked at me through window last week and waited for my penny change, he closed the cash register. He then looked at me and said, “I didn’t think you would want a penny back.” I smiled as he reopened the register and handed me the penny. I dropped it into the cup holder in my car and drove off. He’ll probably get it back next week with some other coins. What is a penny worth? It depends on how you use it.

I can look back and recognize the significant experiences throughout my childhood that influenced where I am today.

Children First

What is a Penny Worth?

Walking through any parking lot of a big box store, strip mall or fast-food chain, all you have to do is look down. Inevitably your eyes will spot a small coin nestled in the concrete or sidewalk. Some are shiny, and others appear to have been there for years. People walk by or step on them. No one seems to pay attention. Every few years, a news story will suggest that the federal government is considering the possibility of doing away with the penny since it is not worth what it used to be, and people find it annoying to carry it around in their pocket or purse. What exactly is a penny worth? Can it make a difference in a child’s life? How could that happen?

I remember a teenage boy in our city who would stop at the drive-through line on a Friday night and open the car door at the pick-up window. On the ground he sometimes found enough dropped change to buy a dollar taco or two. What did he learn about managing money and how to accumulate it for what you desire?

What exactly is a penny worth? Can it make a difference in a child’s life? How could that happen?

In 2000-2001 the Chesapeake General Hospital Foundation had a Silver Millennium Campaign to raise funds for an endowment and to celebrate the 25th anniversary of the hospital’s founding. School children participated in the Million Pennies Project and raised thousands of dollars. Some schools had Math-a-thons that included having children complete a booklet of 200 math problems with parents and collect pledges for the program. Schools counted the pennies donated and made long lines outside the school building to measure how many miles their collected pennies represented. Pennies were integrated into math and science lessons. What were those pennies worth? As children learned not only math skills but also the importance of community service?

Parents can have a fun activity with their children with pennies and a magnifying glass. Start by having both parent and child guess what is on the front and back of a penny and write it down on a piece of paper. Don’t look at a penny until after you have written your ideas. Then take the magnifying glass and check out your answers. On the front of the penny is the profile of President Lincoln with the word Liberty on one side of his head. On the other side of his head is the coin’s mint date, as well as a letter indicating where it was minted. Around the top will be the words In God We Trust. On the back of the penny the words United States of America will be at the top followed by E PLURIBUS UNUM (United States motto in Latin meaning for “out of many, one”) above the picture of the Lincoln Memorial in Washington, D.C. What is a penny worth in this activity as parents share time together learning about the history of our country and noticing the little things in their daily lives?

As I handed a dollar bill to the young man at the drive-through window last week and waited for my penny change, he closed the cash register. He then looked at me and said, “I didn’t think you would want a penny back.” I smiled as he reopened the register and handed me the penny. I dropped it into the cup holder in my car and drove off. He’ll probably get it back next week with some other coins. What is a penny worth? It depends on how you use it.

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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Sincerity

By Dr. Becky Adams
Pariser Dermatology Specialists, LTD
Where the latest medical advances and compassion converge

Dr. David Pariser, Managing Partner, and Dr. Robert Pariser put their heads together so that medicine, business, and personal compassion could converge. They connected with like-minded providers and support staff to open new locations. Patient education was deemed a high priority, with technicians taking the time to explain every detail and answer every question.

The Parisers’ pioneering spirit inspired a clinical research initiative to help effective new treatments reach the public sooner. Virginia Clinical Research (VCR), an independent enterprise led by the Parisers, formally conducts FDA-compliant studies on treatments seeking FDA approval. Since extensive testing on a new treatment can be costly and time-consuming, helpful new treatments can get needlessly bogged down in the approval stage. When the Parisers saw how many local patients were willing to do their part, they began conducting clinical trials in the Norfolk location.

“All of our growth has happened organically as more and more patients relied on us. We expand by bringing in the resources best suited to their needs.”
—Robert Pariser, MD

“Even if a patient can’t find proper treatment available on the market yet, they shouldn’t give up,” Dr. Pariser notes. “Exciting new options are under development. A clinical trial gives patients early access to potential new treatments, along with the satisfaction of having helped the treatment reach other patients sooner. This allows patients to play a small part in medical history. Patients who come to our practice for medical visits can get information about studies that may interest them.”

Tireless efforts by clinical researchers first paid off about two decades ago when biologics were introduced. Chronic conditions like psoriasis and eczema, sometimes severe enough to disrupt a patient’s daily life, were tamed at last. Dr. Pariser recalls the flood of suffering patients who came in for relief upon learning of this breakthrough. Patients who’d spent their lives nursing rashes were finally able to sleep through the night. Overjoyed at the results, Virginia Clinical Research pressed on into new frontiers.

As the biologic breakthrough re-invigorated dermatology, a medical student named Kelly DeHart was in West Virginia trying to choose his destiny. He attended a seminar on the field of dermatology, which showed him an amazing world of subcutaneous conditions at the forefront of modern research. By 2008, he was a board-certified dermatologist.

One of his schoolmates, Molly Smith, MD, had joined Pariser, where she found a niche in dermatopathology. She told Dr. DeHart about Pariser’s high standards, modern access, and genuine patient care. He joined the practice 12 years ago and never looked back. And four years later, Dr. Kelly DeHart’s identical twin brother, Dr. Kevin DeHart, also joined the staff at Pariser Dermatology.

“I have every available tool to care for my patients, and I’m surrounded by an amazing team working for patient success,” Dr. DeHart shares. “Patients who come to us get answers and solutions. It makes me love my job all the more!”

Teamwork is a popular word among Pariser employees. Clinical Supervisor Shelly Carpenter, who’s been with the practice since 1984, plays an integral role in leading Pariser’s exemplary technician team. When asked to describe her job, her passion for patient empowerment quickly begins to animate her voice. She speaks of removing obstacles to care, standing up to insurance companies, finding less invasive diagnostic tools, and comforting children in pain. She also does public speaking on skin cancer prevention to slow the rise of skin cancer in young adults.

“We’re pathfinders in dermatology. We open new avenues and offer new solutions in a much-needed field,” Shelly remarks. “I’m thankful to the Pariser family, and all of our wonderful providers, for giving us this incredible practice where we can make a difference.”

The physicians at Pariser Dermatology recommend a yearly skin exam starting in adulthood. Tanning beds, pollution, and other factors are now causing problems for some patients as early as their twenties. A dermatologist can check hard-to-reach places, examine suspicious areas, and even discuss safe cosmetic options. Children who struggle with excessive acne or chronic inflammation can also benefit from a visit to Pariser Dermatology.

Since 1946 the practice has grown to include 16 physicians, five physician assistants, a nurse practitioner, and four aestheticians. The services and expertise have expanded to include Mohs surgery, dermatopathology, many forms of light therapies, and a full range of cosmetic dermatology services. Patients can be seen at any of the six office locations in the Hampton Roads area from Williamsburg to Virginia Beach. For those not able to be seen in person, Pariser’s teledermatology solution, InTeleDerm, is an option. Patients can be treated by one of Pariser Dermatology’s board-certified dermatologists, 24 hours a day, anywhere they have an internet connection by going online and sending in clear pictures of their skin conditions.

“I tell patients to contact us whenever they’re in doubt,” Dr. DeHart says. “We’re always looking for new ways to make the process easier and more effective. Patients are often surprised by how much we have to offer.”

From its humble beginnings as a small family-run practice, Pariser Dermatology Specialists has grown into a regional multi-site team that’s setting new standards for Hampton Roads. It has the resources to invest in the latest technology, which in turn attracts highly talented and qualified providers. Yet, it hasn’t lost the heart that underlined its initial success. Excellence in every arena—from the personal experience to effective treatment to patient education—has come to define Pariser Dermatology.

“We put thought into every part of this practice,” Robert Pariser, MD explains. “Our medical technology, our support staff, our hiring decisions, everything. All of our growth has happened organically as more and more patients relied on us. We expand by bringing in the resources best suited to their needs.”

Meeting patients’ needs was the motivation that sparked Pariser’s growth several decades ago. Dr. Robert Pariser remembers growing up in Norfolk when his father, Dr. Harry Pariser, founded the practice. It was a small one-man operation in 1946, treating neighbors at an office downtown. Dr. David Pariser joined his father in the practice in 1976, and Dr. Robert followed in 1978. Since then, they have been determined to bring innovation in dermatology to Hampton Roads.

Pariser Dermatology Specialists’ office in the Greenbrier area of Chesapeake is the newest of six locations throughout Hampton Roads.
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A MATTER OF TASTE

By Nathalie Dupree

Homemade spaghetti an institution in homes of all-American families

Spaghetti is one of those dishes that never will be dated and always is a pleasure to anticipate. When I was a girl, spaghetti was the first thing you wanted to learn how to cook. It was the first meal a bride served to neighbors and friends. It was what your mother made in the fall, simmering it for hours on the back of the stove.

The pasta was plunged into large pots – sometimes two or three – of boiling water. Only we didn’t call it pasta then; we called it noodles. No one ever had fresh spaghetti noodles, but we still loved spaghetti.

Normally, the spaghetti was cooked just as you were ready for it, not a minute before. We reheated the noodles only if absolutely necessary, by placing them in a colander over the top of the pot with water simmering underneath.

Being able to cook all your noodles at one time was a sign of coming up in the world. As families gained affluence, they purchased tall pots that were called spaghetti pots. When the gourmet cooking rage swept the country, these same pots were renamed stockpots.

The spaghetti sauces were as good then as they are now, combining the best of ingredients and letting their flavors blend for a long time. We knew that spaghetti was supposed to be Italian, but, to us, it was all-American, with a designated position in the week starting in September and ending in May. Most homes had it once every week on a rotating cycle – every Thursday, for instance. It couldn’t be Wednesday because that would interfere with going to church Wednesday night.

Since my mother worked, our spaghetti day was Saturday or Sunday, days when she had time to let it cook all day. My mother made spaghetti once with mushrooms. She didn’t write down the recipe, and I long for it still.

One recent Saturday, I yearned for a thick, rich spaghetti sauce made from scratch. I wanted to luxuriate in the promise of crisp weather, to fill my home with its aroma. I had an abundance of fresh, lush, nearly over-ripe tomatoes ready to burst with juiciness, purloined from my garden. As so many of my favorite spaghetti recipes call for canned tomatoes or Italian plum tomatoes, I made up my recipe as I went along, using what was in the house.

When it was done, all that was needed was someone to share it, so I called my friend Cliff and took a plate of it to him at his store. He held my breath as he ate, and only when he pronounced it “the best spaghetti he’d ever had” did I release my breath and feel satisfied.

It’s a darn good sauce.

Nathalie Dupree is the author of fourteen cookbooks and syndicated columnist who, since 1986, has hosted hundreds of cooking shows on PBS, the Food Network, and the Learning Channel. Honored as the 2013 Woman of the Year from the French Master Chefs of America she is known for her understanding of Southern cooking and started the New Southern Cooking movement. Two of her books, New Southern Cooking and Mastering the Art of Southern Cooking, are on the 2017 Southern Living 100 best cookbooks of all time list.

A Different Spaghetti

4 tablespoons olive oil
2 onions, chopped
3 cloves garlic, chopped
2 pounds fresh or 1-lb, 12-oz can peeled tomatoes
1 cup tomato juice, optional
1 tablespoon fennel seeds
5 tablespoons combined fresh herbs – basil, thyme, oregano and/or rosemary (if fresh herbs are not available, use half as much dried herbs, taste and add more as necessary)
1 12-ounce package country sausage links or country sausage
1 tablespoon sugar
2 tablespoons tomato paste, optional
1/8 teaspoon cayenne or red pepper, optional
Salt freshly ground black pepper
2 7-ounce packages spaghetti freshly ground Parmesan

Heat olive oil in heavy saucepan. Add onions and garlic and cook until soft. Cut tomatoes roughly and add to pot. Cover and let juices cook out. If liquid is needed, add tomato juice. Add the fennel seed and 2 tablespoons of the freshly chopped herbs. Cover and simmer for 2 hours.

Fry the sausage in separate pan, cut into slices or break into pieces and add to the sauce. Taste sauce and add tomato paste, juice, sugar, red pepper and salt as necessary. Move lid to half cover, and simmer very low for half an hour, taking care not to scorch.

Cook spaghetti in boiling water 9-10 minutes. Drain well. Taste sauce, add rest of fresh herbs and serve with Parmesan. Leftovers may be mixed together and refrigerated or frozen to be reheated later.

Serves six.
Every year, my wife, Karen, and I get together with two of my childhood friends and their wives. I have known both of them since we were in Boy Scouts together. We stay connected by getting together each year at a different location. Since we live in different parts of the country, we have found that reminiscing helps us reconnect. Last year, we traveled to Missouri to the home of one of our childhood friends. While we were there, we visited our old Boy Scout camp. Seeing it brought back wonderful memories of times we spent there long ago. The special thing about this was that these two old friends knew my past; they had been a part of it. Most of the people around us now only know the person we are. They didn’t experience the past events and witness the struggles of the person we were.

Research shows that it’s essential to maintain strong long-term relationships ties. A great way to boost our present happiness is to remember happy times from the past. That’s why reminiscing while looking at old photographs, scrapbooks, souvenirs, and home movies is so worthwhile and precious.

Reminiscing can help revitalize a marriage. Sometimes, our relationship may get into a rut. We focus on what is wrong with our marriage. One way of changing how we see our marriage is reminiscing about the good memories. We talk about the times when we felt close to each other. We talk about such things as what we thought when we first met, the funny times, and special life events. By reminiscing, we see our marriage in a more positive light, and this gives us hope.

Studies have shown that reminiscing can help people suffering from Alzheimer’s and dementia. Looking at old photos of an ice cream truck, a car with a food tray on the door at a drive-in restaurant, a childhood school, or family pictures can stir memories. Also, playing music from our early years can help. Looking at old school pictures of ourselves might make us laugh. I have to laugh at the photos of my brother-in-law in some of our family pictures. He is dressed in a leisure suit with sideburns!

A great way to boost our present happiness is to remember happy times from the past.

One caution: in an organization, we have to be careful about reminiscing if someone is new to the group and doesn’t share our history. It could make them feel left out. We also have to be careful reminiscing with people who did not have a good history with us.

Reminiscing with others allows us to review our life stories and contemplate our accomplishments. This can lead to feelings of self-worth and of a life well-lived.

Dr. Austin has decades of experience dealing with relationships. He charges clients on a sliding scale according to their ability to pay. 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, publishesales.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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W e've been friends for a long time,” Mickey Ferrell says of his buddy, Will Rice. “We were working at the same office, and we dreamed of owning our own business. So, we decided to finally take the plunge and get our hands dirty.”

Ironically, the two friends are getting their hands in soap suds. As the owners of Sudsy House Washing, Mickey and Will offer an alternative to traditional methods of cleaning home exteriors.

“For outdoor cleaning, high pressure power washing is the traditional method used the majority of the time,” Mickey continues. “While 4000 pounds of water pressure per square inch will certainly remove dirt, it can also damage exterior surfaces, break wood and vinyl, and force water behind the siding where the moisture can cause damage later on. We offer an alternative—soft washing with detergent. It doesn’t damage a house and it fights destructive bacteria like mold and mildew.”

That Mickey would go into a business devoted to cleaning and protecting houses seems natural given that he once worked in real estate. “Before that I also worked in pest control, so I have a background in chemical mixing,” Mickey shares with a smile. “Instead of getting rid of six-legged creatures, I’m now getting rid of mold and mildew.”

Will’s background was considerably different: past jobs included 16 years working in local government. Like anyone venturing into business ownership, Mickey and Will were a bit nervous at first. “But it’s an exciting opportunity to do something new that is out of my comfort zone,” Will attests with smile.

“Going form a steady paycheck that paid well was scary,” Mickey shares. “Will we have enough to support our families? Can we do it? That was the mental challenge. But then I thought what is the worst thing that can happen? I might fail and have to go back to an office job.”

If success in business depends on belief in one’s product, these two friends seem poised for a bright future: their faces light up when sharing the advantages of soft washing a house.

“Unlike power washing, soft washing does not shoot water directly at a house at high pressure,” Mickey explains. “We do all exterior cleaning: windows, gutters and roofs. We also clean driveways—on which we use power washing because the pavement can take the pressure.”

“While most people want the siding on their houses cleaned, a lot of them think of roof cleaning as a luxury item,” Mickey continues. “Actually, it is an important part of upkeep—of maintaining a roof’s integrity. The black streaks that are often visible on roofs are actually mold. If those black streaks are left there long enough, they will shorten the life of the roof itself.”

“Cleaning one’s roof is about preventing damage, not just maintaining aesthetics,” Will explains. “Cleaning can add five or six years to a roof’s life, extending it to 25 or 30 years.”

“Fall is the perfect time for cleaning a roof because temperatures are milder,” Mickey adds. “The summer heat makes shingles pliable, so they could be damaged if cleaned at that time of year.”

The men maintain that autumn, with its milder temperatures, is also the ideal time to clean and brighten a house’s guttering.

“November, after the leaves have fallen, is a great time to clean gutters in preparation for next spring,” Mickey explains. “People often wait until warm weather returns, so there always seems to be a mad rush in April. Homeowners don’t give their guttering a lot of thought, but a gutter with a steady drip is evidence of a clogged drain spout. If it goes uncleaned and the situation gets worse, when the time comes that it must be fixed, the job can be very costly.”

Will and Mickey maintain that soft washing a home’s exterior prevents the unintended damage that can result from pressure washing. “Not only can the high water pressure damage wood or vinyl siding, it can also hurt a brick house by damaging the mortar,” Will notes.

“While 4000 pounds of water pressure per square inch will certainly remove dirt, it can also damage exterior surfaces... We offer an alternative—soft washing with detergent. It doesn’t damage a house and it fights destructive bacteria like mold and mildew.”

—Mickey Ferrell

“You can see effects of high-pressure power washing on a house,” Mickey observes. “It can break the seal around double glass windows so that moisture gets in between the glass. The inside of the glass becomes dull and foggy, and the window will always look smudgy. Power washing can also force water into outdoor electrical outlets. They are typically designed to resist rain fall—that is, water running down the side of the house—but not water being shot at the house sideways at high pressure.”

“Decks—particularly wooden decks—can be damaged by power washing,” Will points out. “Wood on a deck has two parts. Power washing can break the bond between those two parts so that water gets into the wood and damages it. Once that damage occurs, if homeowners wants to re-varnish a deck, they’ll have to sand it first.”

One visually impressive result of power washing is how it seems to immediately strip away mildew and other visible bacteria on a surface. But things aren’t exactly as they appear, Mickey insists. “Power washing only breaks off the mildew at the stems,” he explains. “The roots of the mildew are still in the siding, so it will grow back faster and be visible again in even less time than before. With soft washing, the detergents get to the root of the problem. They kill the mold and mildew down to their source so that surfaces will be cleaner for longer than traditional power washing.”

The frequency of soft washings really depends on the environment around the house. If it is near the water or in a heavily landscaped or wooded yard, a house might need cleaning once a year. In other locations, a house might only need cleaning every three years or so.

Mickey and Will pride themselves on the fact that a house can be soft cleaned in three to four hours, and that through Sudsy House Washing’s website, scheduling and paying for the service is quick and easy.

“We offer a frustration-free process,” Mickey concludes. “We connect with our clients one-on-one, give them a quote and schedule the cleaning. Using my knowledge of home upkeep, I do the cleaning quickly and effectively without any damage to their property. The homeowner can go to work in the morning and return home to the cleanest house on the block.”

Mickey Ferrell and Will Rice, owners of Sudsy House Washing

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Up and Away
By Terry Young

Preparing for a Spring Sale

This is traditionally the time that the market is deluged with new listings for homes. I am not a realtor, but I love being the photo and drone pro for sellers.

When potential buyers and realtors are looking over the MLS properties, aerial shots of houses can tell much more about the area around the home.

Rather than simple outside shots of the front and back of the house, aerial photos can give the buyer a feel for the whole neighborhood.

Seeing well-kept properties all around their possible future home can create an immediate extra trust in that house.

Photos showing, for example, nearby water, woodland trails, a golf course, or proximity to interesting places, can be invaluable when trying to get a lead on the other houses in the search results.

Aerial photos can also give the viewer an overview, literally, of the property and how it is laid out. Whether showing a deck, pool or patio, the viewer can see how things are positioned in relation to each other.

They can also enhance selling features, by showing things like the condition of the roof.

Photos from normally unobtainable positions can captivate more people; a shot showing a dock from out over the water will be extra attractive for a boater.

When you want to make an impression using aerial photography or video, imagination is the only limitation. Call me to discuss how to bring a new perspective to buyers through your listings.

Terry Young is an FAA licensed drone pilot and professional photographer and videographer. His 30 plus years of experience in pre- and post-production of both still photography and video, coupled with the latest equipment, enable him to create amazing high quality images.

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The Write Sense
By Betsy Patterson
Master Graphoanalyst

I CAN RELATE
Part I

“I understand your point of view.” How many times have you heard that, or said it to someone? This is a key ingredient in forming friendships and other social bonds - in 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 writer above can relate to people who differ from herself as long as they are not too different.

my story is funny.

By contrast, this third writer has no material imagination. If they had a choice between watching a DVD alone or going to a party, they would probably choose the DVD. It is hard for them to relate to other people. If they don’t get the amount of solitude they crave, they could become irritable.

(Part II next month. Check your lower loops.)

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Throw a Dinner Party and Save the World

Recently, my friends, Brigitta and Christian, recalled how, shortly after moving to the U.S. from Germany, they invited friends over for dinner. “We spent the day preparing the food,” Brigitta recalls. “Our friends arrived. After appetizers and drinks, we sat at the table and ate. When we tried to usher them to our living room for drinks and conversation, they said it was getting late, and they needed to go.”

“I was confused,” Christian says. “I asked them, ‘How can it be late? It’s not bedtime yet?’”

“In Europe, a dinner party is not only about eating but spending an entire evening with friends,” Brigitta explains.

I wish it was so here. Seven years ago, Carey and I invited friends over for dinner one Saturday night. After we cooked all afternoon, our guests arrived at 6:00 and were gone by 8:45. We wanted them to stay longer, but we cooked all afternoon, our guests arrived at 6:00 and it was “getting late.”

The average U.S. household spends around $3,000 a year eating out. Our social lives revolve around breaking bread together, but are we doing much more than filling our bellies?

When I was younger and living in New York City, I worked for six years as an actor in national theatrical touring companies. Nine months each year were spent on the road, eating every single meal in restaurants. Eating out ceased to be a big deal by week two of my tour, and there was a realization that we are spending a lot of money eating out. The food had been eaten, and it was “getting late.”

Eating out is overrated and expensive. For less than what Carey and I spend on one meal out, we can prepare dinner for six at home. Of course, that preparation takes time—the one thing most of us have convinced ourselves we lack. But the time we put into preparing a meal is a gift to our friends and family. And the time that they take to enjoy that meal and the conversation afterward is their gift to us.

In 2017, Rico Gagliano and Brendan Francis Newnam published a hilarious—and in my opinion, important book: Brunch is Hell: How to Save The World by Throwing A Dinner Party. They contend that the dinner party—“where friends new and old share food, debate ideas, and boldly build hangovers together”—is the cornerstone of civilized society. By reviving “the fading art of throwing dinner parties, the world will be better off, and our country might heal its wounds of endless division.”

Societal salvation through dinner parties? Think about it. Greek philosophy was born as dinner conversation. Judaism has survived for four thousand years because of weekly Sabbath meals. Christianity has lasted for two thousand years because believers gather for a symbolic meal—“Communion.” Studies show that families who regularly eat dinner together deal better with the problems that life inevitably throws their way.

Perhaps a better response to the seismic social divisions all around us is not another online post or Tweet but a dinner invitation.

Throw a dinner party and save the world? Hey, it’s worth a try.

Rob Lauer is an award-winning, nationally-produced and published playwright with over 35 years of experience in the entertainment industry. His national credits include production work for MGA Films, Time/Warner TV, The Learning Channel and The History Channel. Locally, Rob has been producing, directing and hosting three TV series for PCTV (the City of Portsmouth’s official channel) since 2011.

Chesapeake Sports Club

The latest Chesapeake Sports Club luncheon was held at the Chesapeake Conference Center. Carl Farris, who attended with his family, was recognized as the club’s new Legend of Honor. The guest speaker was Will Driscoll, Virginia Sports Hall of Fame Executive Director.

Hickory High School's Erin McQueeney, Outstanding Cheer Student Athlete

Oscar Smith High School's Malcomb Britt, Outstanding Football Student Athlete

Hickory High School's Sydney Love, Outstanding Girls’ Volleyball Student Athlete

Oscar Smith High School’s Zakary Tucker, Outstanding Boys’ Volleyball Student Athlete

Guest Speaker Will Driscoll with Chesapeake Sports Club President, Jim Cleavenger

Carl Farris, January 2020 Legends of Honor recipient

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March’s Issue

Our March centerspread is designed to focus on all the businesses that help you with the real estate process—repairs and upgrades, real estate agents, insurance and titles, and places to live.

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