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Our very first Shoppers went out in November of 1981. They were printed on yellow bond paper at Great Bridge Press, which I had purchased that June, to be able to print our own publication.

We would named the little magazine The Great Bridge Shopper. We printed several thousand that November, then collated and folded them ourselves. My kids and I delivered the new hometown magazine to every other neighborhood, every other street, every other home. I hoped neighbors would talk to each other about it. They did.

This November, we are mailing 80,000 in eight community editions of 10,000 each. Next June we will celebrate the beginning of our 40th year!

There were many changes over the last decade with publications. We watched our newspapers and magazines struggle to maintain readership and advertising.

Why are we still here? Because you, our readers – then and now – have taken our issues with you when you shopped in a store we advertised, went to a dentist whose story we printed, told Mr. Handyman how you found him in The Shopper. Etc. You did that to help us. It did. It does. Thank you!

We have one advantage newspapers do not have. We get to report happy news, show you photos of neighbors at play, doing charity, while loving their work and each other.

We have one advantage newspapers do not have. We get to report happy news, show you photos of neighbors at play, doing charity, while loving their work and each other. And, we are not obligated to report an accident or any bad news.

We offer a magazine about neighbors wanting to do business with neighbors and connecting the dots. Our readers and our clients are connected to each other and to us and we to all of them. How fortunate we are to live in this great state, in friendly towns and cities, among neighbors who care about each other.

This is the time of year to tell our families, friends and neighbors how much they mean to us.

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This is the time of year to tell our families, friends and neighbors how much they mean to us.

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The Shopper Publisher Jean Loxley-Barnard (sitting), with Regina Lawrence, Madgie McRae, and Stephanie Spruill of STOP, Inc.

The Shopper COO Nikki Young and her husband, Terry Young, CEO of Air Aspects and Internet Marketing and Design

Photographer “Mr. Shopper” Terry Barnard on the other side of the camera for a change!

Jimmy and Gale Strickland with a copy of the recent story in The Shopper

Jones CPA Group Assistant Vice President Cathy C. Nadeau with Assistant Vice President Nellie M. Green

Jones CPA Group Vice President/COO Ali E. Gunbeyi and President/CEO Stephen M. Jones

Clydell and Melody Green

The Shopper COO Nikki Young and her husband, Terry Young, CEO of Air Aspects and Internet Marketing and Design

Scott Freeman and Natalie East

From left: Sean Burke, Shannon Lay, and Briana Thornton of Array Digital, LLC

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Jones CPA 40th Anniversary Party
Jones CPA of Norfolk recently celebrated its 40th anniversary with a reception for their clients at their beautiful office in downtown Norfolk.

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Hybrid Air Heating & Air Conditioning
Offering superb service and peace of mind

By Cristi Sanchez

Nothing is worse than trying to warm a home on a chilly night only to find that the heater is not working properly. That’s why Ben Young, president and owner of Hybrid Air Heating and Cooling, recommends that now is the time for homeowners to get their heating systems checked and serviced.

“It’s very important to have gas furnaces and heat pumps checked and serviced for safe and proper operations,” he explains. “Heating and cooling systems are like cars. Without proper maintenance, things don’t work properly. Twice yearly service prolongs the longevity of system equipment, keeping it safe and operable.”

Ben, who has worked in HVAC for 26 years, has seen over and over again how homeowners put to the test the old saying, ‘If it ain’t broke, don’t fix it,’ often to disastrous results. Many have waited until their unit completely stops working, usually at a very inappropriate time, leaving them in a bind without their climate control when they need it the most.

“Even though a system is running, it doesn’t necessarily mean that everything is in perfect working order,” Ben reveals. “There could be mechanical surprises waiting inside even a seemingly well-working unit that could cause it to malfunction or stop working at any time. That’s why it’s so important to have all HVAC systems checked, cleaned, and serviced twice a year—usually in fall and then sometime between late spring and early summer. If a system does have an unseen issue, we can find it before it becomes something larger or more expensive. It’s much cheaper and more convenient to have a system serviced twice a year than to have the whole thing replaced.”

Not only can proper biannual servicing of heating and cooling systems detect and prevent problems, but it can also keep the systems running efficiently, thereby saving homeowners money. “I often hear people complain about higher energy bills.” Ben shares. “I always tell them that if their energy bills are creeping up, chances are the system is inefficient from lack of maintenance. One simple cleaning can save someone up to $300 a year in energy bills.”

Hybrid Air clients have multiple options for the maintenance of heating and cooling systems. One option is the Hybrid Air service agreement. “Clients can get very affordable, reasonable service agreements that cover super tune-ups and pay for themselves in a year,” Ben explains. “We even have a special right now where if a customer purchases a regular cleaning and tune-up, we can apply that cost toward our service agreement program.”

Qualified, certified technicians perform all service and maintenance for Hybrid Air, and Ben is very proud of his workforce and the work that they do.

“It’s much cheaper and more convenient to have a system serviced twice a year than to have the whole thing replaced.”
—Ben Young

“We’ve found truly amazing technicians to work for us,” he says with pride. “It comes down to them. They present themselves as professionals in what they do and provide high-tiered customer service. Of course, we couldn’t do any of it without our amazing support team in the office. It’s a true team effort here.”

Ben ensures high-quality service with his technicians and staff by providing regular inhouse training. “We meet weekly and review standard operating procedures, and regularly train our employees in customer service,” he states. “We’ll simulate real-life scenarios, so technicians know how to treat each customer as a unique individual with courtesy and respect.”

That dedication to high-quality customer service, as well as to technical expertise, has gained Hybrid Air the distinction of being a Trane Comfort Specialist Dealer. Trane, a top of the line heating and cooling brand, assigns that title only to heating and cooling companies who meet their rigorous standards of customer service and continuing education.

“We have to maintain a very high level of customer service from all technicians, and every technician is required to take classes to stay up to date on the latest technologies to obtain this recognition,” Ben says. “By having this seal of approval from Trane, we feel we can offer our customers peace of mind in knowing that we do high-quality work with superb service.”

Along with peace of mind, Hybrid Air offers its clients a unique service: technician tracker. Not only can customers check their technician’s location online to see when they’re close by, but they also get pictures and information about who will be coming to their home to service their unit.

“We’re really excited about this service,” Ben enthuses. “It’s a really unique feature that most companies don’t offer. Customers get to see a photo and bio of the technician coming to their home, so they know who to expect and what their expertise is. They get to learn a little about the technicians before meeting them. It provides our customers with an added sense of security. They will recognize who is coming to their door, and it makes them feel more comfortable about having them in their home.”

That care and service provided to clients over the years have been the foundation of Hybrid Air’s success. Loyal, happy customers frequently recommend Hybrid Air to friends, family, neighbors, and co-workers. “There’s no question that a good portion of our business comes from not just return business, but client word of mouth,” Ben acknowledges. “We’ve built relationships with our clients over the years, and we take care of them. We’ve developed a sense of rapport, and because of that, they trust us.”

Hybrid Air has been so successful that they had to move to a new location. Increased calls for business prompted hiring more employees and adding to the company’s fleet of vehicles. After outgrowing their previous location, Ben decided to renovate a 10,000 square foot building on Voyager Court in Virginia Beach. “We’ve grown a lot and will be celebrating our first anniversary in our new office this month,” Ben smiles. “We’re excited to be here and about where things are going for us.”
Siobhan Sullivan, RN married Jason Tebo on October 12 in Bristow, Virginia. The bride’s great aunt Elaine Thompson (far right below) was in attendance.

Congratulations Siobhan and Jason!

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Decisions, Decisions, Decisions!

by Angie Lowry, Allied Member A.S.I.D. and Peter Lowry

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Great American Food Fest

Chesapeake Sheriff’s Office Charities, Inc. and South Norfolk Ruritan Club recently held their annual Great American Food Fest at Chesapeake City Park in Greenbrier. In honor of the festival’s 40th year, The Deloreans provided the entertainment for the vast crowds. Vendors served sample-sized portions of their delicious foods and drinks. Proceeds went to benefit community projects sponsored Chesapeake Sheriff’s Office Charities, Inc. and South Norfolk Ruritan Club.

Some of the Shopper team from left: COO Nikki Young, Production Manager Karah Angeli, Graphic Designer Jennifer Tolarchyk, and Account Executive Martin Burwell

Volunteer and President of South Norfolk Ruritan Club, Rusty Barath

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Oak Grove United Methodist Church

Where everyone has a place at the table

By Rob Lauer

Oak Grove United Methodist Church has been standing at the busy intersection of Battlefield Boulevard and Kempsville Road for so long that the thousands of drivers who pass it daily probably take it for granted. Its picturesque white sanctuary with dark shutters looks like something from another age—which indeed it is, having been built nearly a decade before the Civil War.

"During the Civil War, the Union Army took control of the church and used it as a hospital," Lay Leader Bette Price explains as she strolls through the building’s sanctuary. "The pews were torn out to make way for hospital beds, and then they were burned in the center of the room to warm the building. If you look up, you can still see the lines where they cut a hole in the ceiling for the smoke from the fire to rise through." Sure enough, a glance upward reveals a circular outline in the sanctuary’s ceiling.

"Oak Grove is one of Chesapeake’s great historic churches," Pastor Frank Holley points out. "It predates the American Revolution and began meeting in 1770 in the Cutherell home in Great Bridge."

At that time, Methodism—one of the newer religious movements of the day—was beginning to make its way from its birthplace in England to Virginia. Daniel Cutherell’s small frame house was less than a mile from Oak Grove’s present location, and worshippers met there to sing and pray “in the Methodist manner.” Over thirty years later, they built a small meeting house near the Cutherell property. Nearly 40 years after that, the meeting house was moved by mules, on rollers made of logs, to its present site. When the current church was built in 1852, it was christened Oak Grove because of the handsome oak trees surrounding it.

As interesting and colorful as Oak Grove’s long history might be, this United Methodist congregation refuses to live in the past; its heart is open to the needs of the surrounding community, and its vision is focused on the future of its people.

“Our mission statement as a church is pretty simple,” Pastor Holley says. “It is ‘Connect, Grow, and Serve.’ It’s simple because our focus is to be a simple church promoting the Gospel of Jesus Christ. Our focus is doing ministry. In doing ministry, we desire that people connect with God and to connect with others, in the church, and in the community.”

Central to Oak Grove’s mission to foster these connections and serve the needs of the community is its Wednesday night dinners.

“Every Wednesday night from 6:00 until 7:00, we serve dinner to anyone in the community,” Pastor Holley explains. “We’ve been hosting these dinners for going on ten years. Many of the people who come to our support groups come to these dinners before their meetings, but the general public is invited to come enjoy a free meal, make new friends, and meet some of their neighbors. Many of the people who come to these dinners never attend worship services on Sunday mornings, but they still think of Oak Grove as their church, and we think of them as one of us.”

Those who do attend Oak Grove on Sundays will find Sunday school classes for all ages and two very different worship services. Traditional United Methodist services are held every Sunday at 8:30 in the historic sanctuary, while contemporary worship services are held at 11:00 in Oak Grove Hall—the expansive building opened in 2007, which now houses most of the congregation’s programs, activities, and ministries.

“Our mission statement as a church is pretty simple. It is ‘Connect, Grow, and Serve.’”

—Pastor Frank Holley

“I think that worship is an important part of a church’s life,” Pastor Holley says, “but we’re not living in the 1950s when Sunday morning services were a regular part of American life. Society has changed, and the spiritual needs of a growing number of people aren’t going to be met by trying to return to the way things used to be.”

Even though more people than ever are “connected” online through social media, a growing number admit to feeling lonely and disconnected from others. Recent surveys indicate that many Americans, particularly young adults, are feeling a desire for community, a hunger to be part of something bigger. To meet this need, Oak Grove sponsors Connection Groups.

“We have several Connection Groups that meet throughout the week for all ages, from youth to young adults,” Pastor Holley explains. “We also offer opportunities for people to serve others—from mission repair work on homes locally and across Virginia, to international mission trips, to serving food at our Wednesday night dinners.”

The Wednesday night dinners have led to Oak Grove expanding its community service in some unexpected ways. When the dinners first began, some of those coming to be fed were migrant workers who spoke little English and had school-age children. To help those children, Oak Grove started a ministry to provide them with backpacks and much-needed school supplies. Through its Vacation Bible School programs, the congregation involved its own children in this program, making them aware of those in the local community who need things that many take for granted.

An awareness of things taken for granted is evident in one aspect of Oak Grove’s Wednesday night dinners. “When we began the dinners, we decided never to serve food on paper plates,” Bette Price says with a smile. “We always use real plates, cups, and silverware. Many of our homeless guests are surprised by this. They comment on how long it’s been since they’ve eaten off of anything that wasn’t plastic, and silverware. Many of our homeless guests are surprised by this. They comment on how long it’s been since they’ve eaten off of anything that wasn’t disposable. Well, we have real plates, bowls and such right here—so why shouldn’t we use them? Those who come to our dinners are our guests—no matter who they are, and we want them to feel welcomed.”

Feeling welcomed is something that is often in short supply in today’s world.

“As a society, we seem intent on picking sides and dividing ourselves from one another because we have differences of opinions,” Pastor Holley observes. “But as United Methodists, we are a more progressive, diverse church. Do we withhold grace from people just because we might have disagreements? Of course not. We’re here to share the good news that God’s grace extends to all.”
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For more information visit www.hershelter.com or contact Volunteer Coordinator at 757-485-1445 or volunteer@hershelter.com.

If you need help from H.E.R. please contact the 24hr Hotline at 757-485-3384.

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- re-decorate a room • movie nights • kids game/craft nights
- childcare for job interviews/support groups
- 24hr Hotline • Goal Coach • Life Skill Presenter
- H.E.R. Ambassador • hold a drive • hold a fundraiser

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CBN Christmas Village
A Holiday Gift to Hampton Roads

By Rob Lauer

The Christmas spirit has come early to CBN as its dedicated team of technicians and artists work to once more transform the campus into CBN Christmas Village. In the process, no one is more apt to break out smiling or humming a carol than CBN Vice President Michael Stonecypher—especially when recounting his memories of the event last year.

“A number of people came up to me and said they felt like they were in a Hallmark Channel Christmas movie,” he recalls with a grin. “The good folks at Hallmark know what they’re doing when it comes to celebrating Christmas, so I take those remarks as proof that we’re doing something right,” he concludes with a warm laugh.

Inspired by the German Christmas markets that each year attract millions of tourists from around the world, CBN Christmas Village was born in the mind of Gordon Robertson—CEO of CBN and the son of its founder, Pat Robertson. In December of 2017, while producing the documentary film Christmas: The Story Behind the Traditions, filming took Gordon to Dresden, where he fell in love with the historic city’s famous Christmas market.

“Gordon called me one night following the filming in Dresden,” Michael remembers, ‘and he was so excited by the atmosphere and the joyful feeling that he found there. He said, ‘This has been an absolutely fabulous trip for me, and I would love for CBN to do something to bring this experience to the people of Hampton Roads’."

Gordon proposed that CBN unveil a Christmas Village, fashioned after the German Christmas markets, less than 12 months later, in December of 2018.

“The logistics for an undertaking that big could be overwhelming,” Michael admits, “but here at CBN, we’re blessed with an organization made up of dedicated, talented people who respond quickly and creatively. We premiered CBN Christmas Village last year, and it was a huge success.”

For two weekends in December of 2018, CBN’s campus became a Christmas wonderland. A massive Christmas tree topped with a Moravian star dominated the scene—a beacon inviting guests to stroll through a festive market place filled with booths offering food, crafts, and gifts. Guests could enjoy live musical entertainment and classic Christmas films in the CBN Chapel and Regent Theatre. There were displays of antique cars; amusement rides for young children, horse-and-carriage rides, marching life-size toy soldiers, wandering elves, and strolling carolers. A red-carpeted walkway led to the front door of Santa’s house. With its bright green roof and red trim, the cozy abode looked as if it had been lifted out of a children’s storybook. Inside, the jolly old elf himself sat on his throne, ready to take youngsters onto his lap and hear what they wanted for Christmas. In a beautifully designed Nativity scene, the miraculous story of Jesus’s birth was reenacted every half hour.

“Last year, people came up to me and said they felt like they were in a Hallmark Channel Christmas movie.”

—Michael Stonecypher

“This year, we will have all of those things and more,” Michael explains. “In the Christmas market, we will have many of the same vendors as last year, but we’ll also welcome a lot of new ones. The Chrysler Museum’s Glass Studio will be here demonstrating glass blowing. Our food court, housed under a giant tent, will be larger this year as well. There, guests can enjoy favorite snacks like pizza and funnel cakes, but to better capture the feel of a German Christmas market, some vendors will offer authentic German food, much of it prepared over an onsite grill. Along with the strolling toy soldiers and elves, there will also be characters dressed in traditional German costumes.

“Because December 7 is the anniversary of the bombing of Pearl Harbor, it will be Military Appreciation Day, and we’ll have military armored vehicles on display,” Michael notes. “Of course, there will be continuous live entertainment in both the Regent chapel and the Regent Theatre. There will be Christmas music performed by local church choirs, carolers, and the Regent University Singers. We’ll also show beloved classic Christmas movies like It’s a Wonderful Life and How the Grinch Stole Christmas.”

The impressive Nativity Scene, which was a central component of last year’s Christmas Village, will be expanded.

“Last year, CBN’s scenic department built a beautiful stable for the scene,” Michael explains. “This year, we are adding more live animals to the stable. We’re expanding the scene also to include an inn. Villagers from the town of Bethlehem will not only participate in the reenactment of Christ’s birth, but they will go through the market, inviting people to come to the stable where they can witness the story of the first Christmas every half hour.”

The theme of redemptive love that is central to the Christmas story is never far from the hearts of the talented men and women behind CBN Christmas Village.

“We think of CBN Christmas Village as our Christmas gift to Hampton Roads for being so supportive of our work through the years,” Michael declares. “The Christmas season is a time for families to come together and show their love for one another. But a large family of four, five, and six children might not be able to afford to take everyone out for a special Christmas event. With CBN Christmas Village, we’re offering them a place where they can come and create beautiful Christmas memories that can last a lifetime. This is a free high-quality event, open to the public, where all are welcomed to come and partake of the Spirit of the Season.”

CBN CHRISTMAS VILLAGE

Thursdays: December 5 and 12
6:00 pm – 9:00 pm
Fridays: December 6 and 13
6:00 pm – 9:00 pm
Saturdays: December 7 and 14
12:00 pm – 9:00 pm

Located on the grounds of Regent University Mall
977 Centerville Turnpike, Virginia Beach
www.CBNChristmasVillage.com
A Holiday Gift to Hampton Roads

CBN Christmas Village

in the CBN Chapel and Regent Theatre. There were musical entertainment and classic Christmas films, food, crafts, and gifts. Guests could enjoy live demonstrations—a beacon inviting guests to stroll through the campus into CBN Christmas Village.

The impressive Nativity Scene, which was a central component of last year’s Christmas Village, will be回来了. It was beautifully designed, and artists work to once more transform the scene.

For two weekends in December of 2018, CBN’s campus became a Christmas wonderland. A massive beautiful stable for the scene, will be returned. We’re expanding the scene also to include an artist-in-residence, who will work on the nativity scene throughout the weekend. A red-carpeted walkway led to the front door of the village. A large snowman, a Christmas tree topped with a Moravian star dominated the campus.

Santa’s house. With its bright green roof and red trim, a horse and carriage ride, and busy elves, it was a lively scene. A red-carpeted walkway led to the front door of the village. A large snowman, a Christmas tree topped with a Moravian star dominated the campus.

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The following is an excerpt from The Hope Trap, Jean Loxley-Barnard’s forthcoming book.

Jail - A Perfect Alibi

Kitty’s parents had Rob convicted of contacting their daughter despite a court order to stay away from her – and not even drive by her home. Even worse, he had taken her across the state line. His punishment was a six-week sentence in the city jail.

Two days before Rob was to report to the jail, we had a reasonably pleasant phone conversation. However, I was surprised to receive a nasty message from him the following morning. Rob had in his head that I had told Kitty’s parents something. What, I did not know, and I had not spoken to them, so I told myself to let it go. After all, he was to be locked up the next day.

I was able to go into the office to get my mind on something else and went home a little early that afternoon. I had not been home ten minutes when Eve showed up, agitated. “Get some things,” she said. “You’re coming with me.”

I must have looked dumbfounded. “Why?” was all I could say. I stood stock-still, just staring at Eve, confused.

“Your phone is out. It’s been disconnected.” Eve was not one to mince words. Neither she, Lee nor Jo minced words. Maybe that’s why I found such comfort from those three friends. They were the opposite of Rob, the storyteller.

Eve had made the point. I got it. I threw a few things into a bag and drove out right behind her.

I had not been home ten minutes when Eve showed up, agitated. “Get some things,” she said. “You’re coming with me.”

I must have looked dumbfounded. “Why?” was all I could say.

“Your phone is out. It’s been disconnected.”

Not three minutes later, we passed Rob, headed toward the house I had just fled. It was just after five p.m., the time I usually arrived home. I felt sick to my stomach.

With my phone out so no one could reach me, what if something happened to me and no one found me till the next evening, or later. Rob was going to jail the next morning, a perfect alibi. Was I putting together a clear picture, or was I going ‘round the bend?

Additional text from this excerpt is available on TheShopper.com

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Cardinal Plastic Surgery

Linda Sherfey
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Midgette Family Dentistry

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The SHOPPER
(757) 547-0520 for information
No-fly zones, and ever changing rules

The Hampton Roads area is a challenging place to fly a drone, especially for commercial projects. With several military airfields, Norfolk International Airport, small airports, and heliports, about 50 percent of the area is officially off-limits for drone flights. Thanks to several publicized incidents over the last few months involving drones flying near airports and other restricted areas, things are getting stricter and more limited, and, hopefully, safer.

In late 2018, the FAA announced that it will introduce new rules for drones, and become more proactive with policing and enforcing the rules. In preparation, a new regulation regarding drone identification came into effect. All drones must now clearly display their FAA identification number on them. This and new FAA database lookup tools make it easier for law enforcement to immediately tell who is trying to fly under-the-radar. The FAA receives over 100 such reports a month.

With penalties of up to $20,000 for people flying illegally themselves, and for the person who hired them, hopefully, people will think twice about hiring an illegal, uninsured drone pilot.

With penalties of up to $20,000 for people flying illegally themselves, and for the person who hired them, hopefully, people will think twice about hiring an illegal, uninsured drone pilot.

Because there are also so many drone accidents, (just search YouTube for ‘drone crash compilation’), the FAA is expected to introduce a basic training and certification procedure for recreational pilots.

Luckily, for those of us who are FAA licensed, flights are getting faster and easier with fewer hoops we have to jump through. Previously, if you were a commercial pilot needing to fly in a restricted zone, you had to call the air traffic control tower, identify yourself and inform them of all the details of your flight. In addition, those using DJI drones sometimes had to unlock the flying area by having a code that had to be entered sent to their phones.

The FAA has rolled out a new system called LAANC—Low Altitude Authorization and Notification Capability, which allows licensed drone pilots to obtain almost immediate permission for FAA controlled no-fly zones through a mobile application.

The application communicates with the tower and the FAA database registration. After answering questions about the intended flight, it generates an authorization code to allow the flight.

Several things have to be considered when you're using aerial photos and video to promote yourself. This is where an experienced, licensed and insured photographer can really make you stand out from the crowd.

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.

Antwerp Diamond SALE

You Belong at Long Jewelers.

Steve Long just returned from his annual voyage to Antwerp. He has skipped the middle man and brought back some sparkling diamonds for you.

In celebration of Steve’s voyage, we are offering beautiful, hand-picked diamonds at a special sale price.

In addition, as an added bonus, we will be offering savings of $250 to $500 off mountings.*

* Certain brands excluded.

Thank you to all the doctors who have submitted quotes—we still have room for more!

Doctors—
We want to hear from you!
What changes would you like to see in the future of medicine?

Here’s what Samir Abdelshaheed, MD of Family Medicine Healthcare says:

“I would love to see Artificial Intelligence used more to help doctors and experts to predict and remove and potentially eradicate cancer at an early stage.”

As we approach our 10th year publishing Doctor to Doctor Magazine, and reflect upon its past, we are also looking forward.

We want to include your thoughts.

Please send a brief opinion and a headshot that we can use to: info@DoctorToDoctorMagazine.com by November 15th.

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Email: info@DoctorToDoctorMagazine.com

Doctor to Doctor Magazine
The Voice of Medical Professionals to Medical Professionals
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Read our current issue online at: DoctorToDoctorMagazine.com

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Most adults will remember having the exterior doors unlocked during the school day... those days are gone.

Out of discussions between school and city leaders, the School Safety Task Force was designed with representatives from the Chesapeake Public Schools, City of Chesapeake, Police Department, Fire Department, Office of Emergency Management, and the State Police in March, 2018. Their regular meetings include reaching out to school staff, students, and community and have brought about a close working relationship between public safety and the schools. The City Council agreed to increase the schools’ capital budget by two million dollars earmarked for school safety. It sounds like a great deal of money, but it has to be utilized in over fifty school buildings. Uses include new AI phone systems that allow the front doors to school buildings to remain locked with a buzzer, intercom, camera, and door latch that school staff can use to identify visitors before they enter. Many buildings had to be retrofitted with a “store type entrance” to separate visitors from walking directly into the building. All exterior doors are kept locked during the school day. Upgraded security cameras have been installed inside and outside school buildings as well as upgraded lighting and “No Trespassing” signs on all properties. Students and parents have access to the school division’s website and each school’s website to report safety issues either anonymously or by name. Their reports go directly to the school administrative team for response.

Schools have been required to hold regular fire drills and a tornado drill for many years. It is now legally required by Virginia Code (22.1-137.2) that all public schools have two lockdown drills during the first 20 days of each school session and at least two other lockdown drills during the rest of the school session. These plans and drills must comply with the State Fire Prevention Code. Every school must submit a very lengthy School Safety Plan each year that deals with all types of safety issues related to schools.

The Supervisor of Safety and Security, Ed Emery, has a strong background in police, fire, and school administration experience that helps him understand that safety of our students is critical to fulfilling the vision of Chesapeake Schools to “inspire, engage, and empower all students to achieve their highest potential.”

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.

By Dr. Becky Adams

What is a Safe School?

Safety has always been a primary goal in schools. What that means has changed dramatically over the last 20 years. Most adults will remember having the exterior doors unlocked during the school day when parents and other community members could come into the schools to visit or do business. A parent could bring homemade cupcakes to the cafeteria for the class to celebrate a child’s birthday during lunchtime. Those days are gone. Increased student allergies impact food available in schools.

Birthday during lunchtime. Those days are gone. Increased student allergies impact food available in schools.
Web Works
By Terry Young, CEO

Sextortion
I have video of you—send me bitcoins, or else!

There is a scam which seems to use a combination of methods to scare people out of their money. Email scams have been a problem since day one of the Internet. The first was the classic Nigerian prince who will send you a large amount of money once you send him some.

Variations of this still go on today and have transitioned to social media and dating sites. With these sites, the scammer can pick their target more directly. They build a fake relationship with their victims and have a longer time to reel them in.

Now there is the Sextortion scam. This scam threatens to discredit and embarrass the victim if they do not pay the extortionist with almost untraceable bitcoin money. This scam uses a password to make it seem more legitimate to the recipient.

The email starts with “I do know, [password here], is your password.”

It then goes on to tell of how the blackmailer placed a video on a porn site which you watched, and that it contained malware which gave them access to your computer and webcam.

The scammer says they recorded a compromising video of you, and also got your contacts list from Messenger, Facebook, and email.

Then the blackmail comes. The email says that $2,900 is required to keep your secret and instructs you to deposit that amount into their bitcoin account.

To create urgency, the scammer says they know when you read the email and that you have exactly one day to pay or they will “send out your video to all of your relatives, co-workers, and so forth.”

If you receive one of these emails, don’t panic.

Most people will spot this as a scam, especially if they do not own a webcam, or if the password is an old one they haven’t used in years. However, since a lot of people still use older passwords, or use the same password for everything, they may fall for it.

Where did they get the password?

In the cases reported, the password used was an older one, sometimes over 10 years old. This would indicate that at some point you signed up for something, which was then hacked and your password and email address recorded. With so many recent large company data breaches, it could also have come from one of those.

If you receive one of these emails, don’t panic.

Look at the password; is it an older one?

If you own a laptop, put tape over the webcam and have someone scan it for viruses, just in case.

If you still use that password for anything online, especially banking or social media, go to those sites and change it immediately.

Safe practice is to not use the same password for everything. Ideally, use different, more complicated passwords for more sensitive things.

Terry Young is the founder and CEO of Internet Marketing and Design. Since 1997, his computer programming and graphic design knowledge have kept his company at the forefront of the latest technology in web development.

Read our story at TheShopper.com

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On The Front Porch With You
by Rob Lauer

Giving Thanks for the Same Old Things

This year, Thanksgiving will be different for my family. For the past 26 years, we’ve gathered at the home of my brother, Chris, and his wife, Robin, for a traditional Thanksgiving feast. Everyone brought a dish or two, and given the prep time, the actual dining always ended far too soon. Drunk on turkey, gravy, and stuffing—not to mention desserts—we’d then plop down in the family room where we’d fight the urge to nap. Some were more prevalent than others in that struggle. For the majority who prevailed, there followed an afternoon of sharing memories, laughs, and the latest news about family and friends.

This Thanksgiving will be Chris and Robin’s first as empty-nesters. My niece, Sydney, married this past summer and will spend the holiday with her husband’s family in Maryland. My nephew, Nick, moved to Hollywood in August and won’t be home until Christmas. Given these changes, we’ve decided to forgo a Thanksgiving dinner at home and opt for eating out.

Those aren’t the only changes. For the past nine years, my partner, Carey, and I have enjoyed a second Thanksgiving dinner with his adopted “Virginia Mom and Pop” in Seaford. (Yes, we have stuffed ourselves silly twice each Thanksgiving since 2010. But if you tasted his “Mom’s” cooking, you’d only forgive our gluttony, you’d envy us.) Because “Mom” is dealing with severe back issues, she is unable to cook and host Thanksgiving this year.

And so, our Thanksgivings are undergoing permanent changes. In the past, this holiday has had its share of stresses related to cooking, arriving on time, and navigating the dangerous shoals of political conversations, but for the most part, it has been joyous. The realization that future Thanksgivings will be very different tinges this year’s observance with a bit of sadness.

And yet, if I’m clear-eyed, I have to admit that our Thanksgivings were always changing. Children were born; loved ones passed on; family members moved away. Thanksgiving celebrations may have remained the same for a handful of years, but then changes came, and we adapted our traditions.

“...But sometime it will be the last time.
The same old things will never be the same again.”

In thinking upon these things, a song I once heard comes to mind. It begins by seeming to lament the monotony of “the same old things” that we do time after time, from day to day and year to year. It ends by stating a simple truth:

“...But sometime it will be the last time.
The same old things will never be the same again.”

That simple fact could serve as a wake-up call to those wishing to be woke. The ever-changing reality of life makes each Thanksgiving—each holiday—unique from all others. And perhaps the transitory nature of life as now we know it is reason enough to be thankful for the present and to be glad.

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.

CALENDAR

Visit www.theshopper.com to see upcoming events around Hampton Roads

Olde Towne Portsmouth Holiday Tree Lighting
November 22nd • 5:30 p.m. – 7 p.m. • Middle St. Mall, Portsmouth
An annual holiday tradition in Olde Towne Portsmouth... the lighting of the holiday tree in Middle Street Mall adjacent to the Children’s Museum of Virginia.

Suffolk Grand Illumination
November 22nd • 6 p.m. – 8 p.m.
Market Park at Seaboard Station Railroad Museum, 326 N. Main Street, Suffolk
This event rings in the holidays with the park opening at 6 p.m. At 6:15, watch the 32-foot tree light up when the switch is flipped and Santa arrives. Enjoy seasonal music by local choirs. Bring along your camera to photograph your children whispering their Christmas wishes to Santa Claus. Purchase tasty treats from local vendors, as your children decorate their letter to Santa and visit the Suffolk Seaboard Station Railroad Museum. Horse and carriage rides available for purchase!

Holiday Craft Show
November 23rd • 10 a.m. – 5 p.m.; November 24th • 11 a.m. – 4 p.m.
Chesapeake Conference Center, 700 Conference Center Drive, Chesapeake
Free event. Get your holiday shopping started early. Over 90 crafters to shop from for handmade gifts and decorations! Winter Wonderland room will be set up for children to make crafts that they can take home. Kids Run Trains will demonstrate their awesome trains. Santa Claus visits from 12-3 p.m on Saturday and Sunday. Chesse, the Parks, Recreation and Tourism mascot, will also be around and available for pictures on both days. Concessions will be available for purchase.

If you have an event you’d like to share, please submit to adcopy@theshopper.com

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Now That Takes the Biscuit!

Shopper columnists are often pleasantly surprised by the favorable reactions they receive from our readers, but according to Decorating Den’s Angie and Peter Lowry, the response of one reader to their September column “may take the biscuit”—as in dog biscuit. Entitled “The Dog Days of Summer,” the column featured references to and a photo of Angie and Peter’s beloved black lab, Ellie May. When Anne Comer of Great Bridge read the piece, she offered the Lowrys a special gift: a folk-art print of a black lab playing with a ball.

“I had inherited the art and wanted it to go to someone who had a black lab,” says Anne—the proud owner of a golden retriever. “They were so nice! They showed up to accept it with a beautiful bouquet of sunflowers. We had a really nice visit.”

“Anne is such a nice lady,” Peter adds. “We plan on meeting with her again in our hometown of Smithfield.”

“I always look forward to reading The Shopper,” Anne says, adding with a laugh, “and now it’s brought more people together!”
A vision of youth

By Breonna Loxley

Behind a Screen

When I was little, a day was full of time, and a summer felt eternal. My brother and I enjoyed an active childhood, and we spent much of it outside. I remember long hours spent fishing by the canal, playing on the swing set, and tossing the hacky sack back and forth in the front yard. We wrestled in the grass and raced the cars that drove by on the street. We swung baseball bats, got Frisbees stuck on the roof, and rescued marooned tadpoles from dried-up puddles. We rode bicycles, kicked soccer balls, and played with dragonflies. When we weren’t getting mud stains on our clothes and grass stains on our souls, we were just as busy inside with toys, books, and art. My childhood taught me the difference in my personality would be altered. It raises the question: if children today are learning to play differently, how does this influence their social skills and creativity?

If children today are learning to play differently, how does this influence their social skills and creativity?

Technology and its role in the lives of children have evolved immensely over the last decade alone. It has become more and more common to see toddlers clutching phones and for children under the age of ten to have such devices of their own. Electronics have changed the way children access, study, and interact with new information, while also doubling as a source of endless entertainment. But while versatile and engaging, technology cannot substitute for the fundamental experiences of learning to run, jump, race, and play. It cannot offer the exercise and movement (mountain climbing.) This specimen shows a strong desire for physical activity. His broad imagination (large loops) in both upper and lower areas feeds that desire. The heavy, straight downstrokes show strength to accomplish (determination).

DEEP CREEK CRAFT FAIR

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Fresh smoked BBQ sandwiches by Pitmaster Tito

Certain sports do not require brute force but rely on timing, precision, and rhythm. Look at the signature of the famous former heavyweight boxing champion, Jack Dempsey.

He has keen comprehension, investigative-analytical thinking (sharp points and v-shape in letter m). He said, “There are men stronger than I am, but they don’t think.”

It is natural for one to think of brain and brawn with an accent on the brawn. This is far from true, for it is the brain that directs the body and brings about the action. Without this direction, the muscles would remain inert.

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VETERANS DAY MEMORIAL CEREMONY

Monday, November 11th
at 11:00 am
Chesapeake City Hall

The public, current and former members of the U.S. military, and their families are invited to join other local veterans, city officials and community leaders for a special Veterans Day Ceremony.

PHYSICAL-MINDEDNESS

What a hunk! With a body like that, who cares if he has a brain! Well, let’s check out his writing and see. (Same applies to females)

Physical-mindedness is the mental desire for physical action—a call for the use of the muscles. If one has this quality, he finds the use of muscles brings pleasure and relaxation, thus relieving tension. This indicator in the writing (lowercase letter p) does not mean that the person is physically active. A handicap or other special circumstances may prevent the expression of this desire.

Look at the lowercase loops in the lowercase p, which may vary in size. The size of the loop indicates the degree of the trait possessed.

A retraced loop means precision (golf.) With a slender loop (pipe) the writer may be satisfied with a walk.

Large loops show a desire for very vigorous movement (mountain climbing.)

This specimen shows a strong desire for physical activity. His broad imagination (large loops) in both upper and lower areas feeds that desire. The heavy, straight downstrokes show strength to accomplish (determination.)

By Betsy Patterson
Master Graphoanalyst

BRAIN AND BRAWN:

Physical-Mindedness

Jack Dempsey

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By Breonna Loxley

an animal care technician at an animal shelter. She is an avid artist, writer, and animal-lover. She lives with her parents, a younger brother, two cats, and one dog.
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.

NATHALIE DUPREE’S FAVORITE STORIES & RECIPES

“While the recipes are like friends, comforting and delighting me, I also refer to the richest part of my life—family and friends, who bring the most joy.”

— Nathalie Dupree

Personal stories and recipes reveal the culinary journey of Nathalie Dupree, deemed “the Queen of Southern Cuisine” (Southern Living, 12/20/2018) and the 2019 Winner of the IACP Lifetime Achievement Award!

Nathalie Dupree is a storyteller, and in celebration of her 80th birthday in December 2019, she shares her favorite culinary stories, which trace her journey from a budding cook for her college friends, though her years as a restaurant cook and cooking instructor.

Her activist spirit, humor, feisty personality, and authoritative knowledge of cooking make this a must-have cookbook for everyone who has watched her on TV, read her articles in magazines and newspapers, or invoked her name in a conversation about Southern food.

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A MATTER OF TASTE

By Nathalie Dupree

There are feelings other than thankfulness at holiday meal

When holidays come around, and family and friends gather together with joy, we start dealing with primitive feelings. In addition to pleasure, tensions can develop. When one takes control of the food, he takes charge of your life, for better or worse. Do you allow long you allow it? When you fix food for another, the food you prepare so lovingly can set you up for rejection or acceptance.

Let's assume there is great love and affection at the meal. As relationships change, there are issues in a family that need to be negotiated and understood. Sometimes these are unspoken, but they are still there.

First, time. What time is the holiday meal to be served? Will it interfere with a football game? A date? Or perhaps a commitment to another set of family, such as in-laws. Will people have to sit, hungry, two hours after church without even a snack while waiting for a lavish meal when they would rather have a sandwich now and a large meal later—after the game?

Will the cook feel obligated to rise early, give up the greater portion of a day (or days) to work the serving time around people who would rather be elsewhere? Does the cook feel that if the meal isn't eaten with gusto at a certain time, it is evidence of a lack of appreciation? Or does the cook need to serve at a particular time to ensure that everything is cooked, or worse, that he or she has time to clean up, alone, before everyone flees to another activity?

I must confess that I time my Thanksgiving meal to be eaten an hour after I get home from church. I feel a pang of hunger during church that is greater than any other time of the week. Maybe it is the only time I have to sit and think. Perhaps it is the struggle of the flesh and the soul.

Whatever it is, when I leave church, I want to eat as quickly as possible. Eating after 1 o'clock on Thanksgiving or Christmas or a Sunday is barbaric to me. I get mean when I get hungry, and no one can stand to be in the same room with me.

Should I eat something—anything—after church to hold me until everyone is ready to eat? Or must I wait so I can appreciate the meal fully with everyone else?

Those who aren't up early, who have no morning commitments and eat a late breakfast find my timing too early. Reaching an agreement with them that also suits the game-watchers takes significant effort. I can rarely be gracious about delayed meals when others don't want to come to the table because they don't want to give up another activity or because they think the time of eating is not crucial.

The guest list is important to everyone. Some people are thoughtful enough to want to invite the homeless or a widowed great aunt, but they are thoughtless in expecting others to entertain them. At the same time, omitting a favorite aunt or girlfriend of a teenager, or not figuring out a way to include in-laws or the needy may make another feel a real loss at an otherwise happy time.

Some people like strangers; others don't. I'll never forget the time I spontaneously invited a stranger in town to an in-law's table, thinking I had checked and thinking I understood. I didn't.

And then there is the matter of the food itself. Once I agreed to take part of Thanksgiving dinner to some fashionable friends' home. They were fixing the turkey; the rest of us were pitching in. I took the most up-to-the-minute vegetable dishes found in any modern magazine; stir-fries, layered vegetable terrines, purees, you name it. I brought enough to feed an army.

What my host was longing for was traditional food, dishes his mother would have made—mashed potatoes, candied yams, creamed peas. I could have brought all that. I thought I knew what they wanted. I thought they wanted what I wanted.

Preparation and cleanup are the other parts of the puzzle. Who does how much of what? I hope we are beyond the days of one person feeling they have to do it all. It's not realistic. But there still are people who feel their power is diluted if others help, and there are still eaters who feel they have no responsibility to others or themselves for their pleasure at the table. Some of them don't even think they should express thanks.

They are the greatest losers, for by giving up expression of their gratitude, they give up the acknowledgment of the good in their lives. All the communication in the world doesn't override selfishness. What a good holiday meal means is finding a way to understand each other's needs and to give a little—time, companionship, help—to make everyone feel loved.

This is the way we will learn to feed the world.
Before you know it, the end of the year will be upon us. If you've been thinking, "I don't want to leave a mess for my family when I am gone," this column is for you. Don't just take my word for it that getting your estate plan completed will give you peace of mind. You can read below why some folks took action.

"I was afraid of high lawyer fees, concerned about sharing my personal information and worried about my being indecisive. What I liked best about working with Linda was that I got the best customer service. I like paying by the job and not by the hour. Linda is for me a 'down home' professional. The main benefit I received was accomplishing a short-term goal, which had been avoided too long, and knowing that she is just a phone call away." (Nancy Marslender, Portsmouth)

"I was concerned about being a widow with no children. I didn’t know how best to divide my assets. I wanted to be organized, so my siblings were not burdened if illness left me unable to handle my affairs. I really liked that Linda came to my home. She personally cares, and her approach was more effective than ‘just business.’” (M.E. Grubb, Suffolk)

You've got just enough time to get your estate plan in place before the end of 2019.

Judith Shuck of Portsmouth says, “Do it now. Don’t put it off! At least go talk with Linda! Don’t wait until it is too late.”

**Last One This Year!**

A Morning with Linda Sherfey, the Author of:
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Attendees receive a free copy of my book sold on Amazon for $24.95 (1 per household).
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• You want to prevent unnecessary stress, frustration and a family meltdown.
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• You want to know how a devastating accident can change your life in minutes.

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Historic movie theatre from cinema’s golden age celebrates the 30th anniversary of its restoration

By Cristi Sanchez

This December, an iconic piece of Portsmouth history celebrates a milestone. The 74-year old Commodore Theatre will be celebrating the 30th anniversary of re-opening its doors in 1989 under the loving ownership and management of Fred Schoenfeld and his partner, Tiffany Brown.

As part of the celebration, Fred and Tiffany have even created a reproduction of the Commodore’s original opening night program from November 11, 1945. Fred insisted that no detail be ignored on these special commemorative programs. “We replicated the programs using the exact same paper, cover material, and layout as the original,” he smiles with pride. “It just seemed fitting that on the Commodore’s anniversary, we pay homage to its great history.”

That same care and attention to detail given to the program are the same that Fred bestowed upon the theatre during its restoration. “There’s a lot of history in the Commodore that predates my involvement with it,” Fred explains. “What I try to do is bring all that history to life and preserve it for future generations who haven’t experienced this kind of theatre.”

No stranger to the movie theatre industry, Fred, an engineer who specializes in theatre projection and sound, had owned and run multiple movie theatres for 17 years before purchasing and restoring the Commodore in 1987. After sitting closed and vacant for 12 years, there were no major structural issues with the grand old theatre, much to Fred’s pleasant surprise.

“Aside from a few roof leaks, it was still pretty much like it was when it closed in 1975,” Fred says, smiling. “We spent two and a half years restoring the theatre, and a quarter of a million dollars on artists to recreate artwork, murals, and other architectural details. The murals alone took 18 months,” he adds. Originally not a history buff, Fred’s research into the Commodore’s history for the building’s restoration kindled in him a love and respect for the historical value of not only the Commodore but for all theatres of its kind.

Fred’s vision was to restore the Commodore back to the elegance of its heyday in the 1940s while setting the single screen theatre apart from its multiplex competitors.

Drawing on his past success with a drive-in theatre he’d once owned in York County, Fred remembered that he did very well with the sale of non-traditional movie fare such as hot dogs, corn dogs, cheeseburgers, and fries. “We had a substantial menu and did very well,” he recalls. “I knew we had to do something similar at the Commodore, but much more upscale. I didn’t want to serve just finger food. We decided to make quality food and use silverware with restaurant-style plates. The whole concept was to make it a very elegant movie-and-dining experience in a historic facility.”

Clearly, Fred was onto something. Still thriving, the Commodore is not an ordinary movie theatre. With its impeccably restored historical details, stunning murals, and elegant table settings, stepping into the Commodore is like stepping back into a bygone era. Art deco in design and décor, the Commodore is a pristine example of what theatres were like in the heyday of single-screen movie theatres. Soft green walls and comfortable club chairs at dining tables with small, dim, art deco lamps, provide a unique entertainment experience for customers combining history, movies, THX technology, and fine dining in an atmosphere that Tiffany likes to call ‘Casual Elegance.’

What I try to do is bring all that history to life and preserve it for future generations who haven’t experienced this kind of theatre.

—Fred Schoenfeld

“Foodservice is an essential part of what we do,” Fred reveals. “It’s what sets us apart from other theatres. We offer a more in-depth dining experience than just popcorn, nachos, candy, and soft drinks.”

Indeed, the Commodore menu is quite unique, offering full dinner options as well as appetizers, desserts, and a full beer and wine list. Menu items often are rotated based on seasons, with heartier dishes for the colder weather such as kale salad and Chicken Parmesan. Desserts are often based on what movie is playing. “When we were showing ‘Downton Abbey,’ I added a cranberry and mandarin orange sauce with mandarin orange butter. “ Tiffany says, excitedly. “It was wonderful.”

Many of the gourmet desserts on the menu are conceived and prepared by Tiffany herself, who not only tries to keep food items interesting and updated, but strives to offer healthier and low-carb options. “Tiffany spends a lot of time researching recipes and ideas and then modifies them,” Fred says. “Then, basically, I just wing it!” Tiffany interjects laughing.

Recently Tiffany added her own gluten-free appetizer creation, Commodore Date Bites. “One of my dear friends became vegan and gluten-free, and I wanted to create something for her and others who have dietary restrictions. So I came up with these based on a vegan cheesecake crust. I had the idea to make a little ball out of the tasty crust, and it’s so good I added it to the menu. I expanded flavors to include dates, apricots, chocolate, and nuts, and I change flavors out every three weeks.”

With its extensive menu and the attention to details old and new, the Commodore has weathered the advent of DVDs and streaming media to remain successful. “Different technologies and trends don’t change the desire for people to have a shared experience,” Fred explains. “Look at history: In the ‘50s people thought movie theatres were done because of television, but they kept going. Then in the ‘70s came VHS tapes and video rental stores, then DVD’s, then Netflix and Prime, but we’re still here. The key is that the human spirit likes to connect with others through shared experiences. People can come to the Commodore with friends and family and enjoy upscale but inexpensive food in state-of-the-art, one-of-a-kind historic facility to have a memorable shared experience. That’s what the Commodore is — it’s not just a movie theatre, it’s an experience.”
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A Holiday Gift to Hampton Roads

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