YMCA at Edinburgh

Exciting new workout program makes national debut right here

Page 6
Our Lowest Rate & No Annual Fees!
Langley Platinum Select VISA Credit Card

Open yours today at:
Greenbrier Branch
109 Volvo Parkway
Chesapeake, VA 23320

*APR = Annual Percentage Rate. Rates stated available on approved credit and may be different as determined by the individual creditworthiness of each applicant. The maximum annual percentage rate for a Langley Platinum Select VISA is 18.00%. Rates current as of Aug 05, 2019, and are subject to change based on market conditions and borrower eligibility. Insured by NCUA.

The Robert Stamey Team
Licensed in both NC & VA

Call us for a FREE Market Analysis!
NOBODY WILL CHARGE LESS TO SELL YOUR HOME, WE GUARANTEE IT!
Our extreme marketing plan is designed to sell your home quickly and for the highest amount possible.

Don't pay more commissions without calling us first!
Currituck's #1 Sales Team

Visit www.moyockpropertyvalues.com to instantly learn your home's value!
4483 Caratoke Highway, Suite 1 • Barco, NC
(252) 455-1122
www.robertstamey.com
Is your system ready for the change of seasons?

$69 TUNE-UP SPECIAL

with this ad - Expires 9/30/19

Full-Service Dealer
Residential & Commercial
Heating & Air Conditioning Repairs

Duct Work & New Installations
Air Quality
Maintenance

It’s Hard To Stop A Trane.

Serving all of Hampton Roads for over 32 years

Read our story at TheShopper.com

Portsmouth
Location
4825 Portsmouth Blvd.
(757) 397-3020

NEW Virginia Beach
Location
789 Seahawk Cir #105
(757) 716-3404

www.smileysheatingandcooling.com

When you trust Smiley’s, you’re trusting the best!

www.smileysheatingandcooling.com

$69 TUNE-UP SPECIAL

with this ad - Expires 9/30/19

Full-Service Dealer
Residential & Commercial
Heating & Air Conditioning Repairs

Duct Work & New Installations
Air Quality
Maintenance

It’s Hard To Stop A Trane.

Serving all of Hampton Roads for over 32 years

Read our story at TheShopper.com

Portsmouth
Location
4825 Portsmouth Blvd.
(757) 397-3020

NEW Virginia Beach
Location
789 Seahawk Cir #105
(757) 716-3404

www.smileysheatingandcooling.com

When you trust Smiley’s, you’re trusting the best!
Publisher’s Point

How to Eat an Elephant!

One of the most helpful pieces of advice I heard in recent years took me by surprise. Eat an elephant one bite at a time. What?

It certainly grabbed my attention; then made me smile. How else could anyone eat an elephant?

This odd offering of advice turned out to serve me well.

So many situations, tasks, and difficulties seem overwhelming at first. It is only when we consume something “one bite at a time” that we realize almost everything benefits from a paced, purposeful perusal.

When a toddler takes the first step, parents are thrilled – even when it is followed by a fall. They know that first step leads to success in walking! If we can adopt that outlook with almost everything, what could be debilitating stress can be replaced by optimism.

The one-step-at-a-time philosophy makes life so much simpler. It encompasses almost everything. Why we ever think we can accomplish the impossible in short order, I do not know. But, once we recognize the value of a steady approach, it becomes a saving grace.

When a toddler takes the first step, parents are thrilled – even when it is followed by a fall. They know that first step leads to success in walking!

My only trait that remotely relates to an organized, step-by-step approach to life has been my optimism. Believing that everything would, let alone could, turn out well, saved me. At the same time, it allowed me to procrastinate.

Finally, I have realized that I can apply the one bite at a time approach to any task, even if it is just that very first step. Every single step makes a big difference. It has begun! It is progressing! It can be finished!

To any task, even if it is just that very first step, it can be finished!

My only trait that remotely relates to an organized, step-by-step approach to life has been my optimism. Believing that everything would, let alone could, turn out well, saved me. At the same time, it allowed me to procrastinate.

Finally, I have realized that I can apply the one bite at a time approach to any task, even if it is just that very first step. Every single step makes a big difference. It has begun! It is progressing! It can be finished!

Any progress delights me. Not only does it signal a process has begun; it is a victory over procrastination, no matter how small.

For those who feel their work never ends, the image of eating an elephant one bite at a time has a very positive advantage. The outcome, after all, is that it ends. When we look at each task or problem as finite, it becomes manageable. When we realize it will end, we can do it.
**Residential Services**

- Weekly Lawn Service
- Flower Bed Maintenance
- Shrub Trimming
- Fertilization & Weed Control
- Sod / Mulch / Flowers
- Tree Work

**Commercial Services**

- Grounds Maintenance
- New Construction
- Landscape Installation & Grading
- Snow Removal & Ice Management
- Pressure Washing

Contact us to get more information or request a complimentary consultation with our landscaping pros.

(757)301-2304  landscapeplusvb.com

---

**Landscape Installs**

- Landscape Renovation
- Paver Patios / Fire Pits
- Bobcat Services/Grading
- Drainage Solutions
- Landscape Lighting
- Bush Hog Cutting
- Hydroseeding
- Silt Fence Installation

---

**EDINBURGH ANIMAL HOSPITAL**

141 Hillcrest Pkwy, Chesapeake • www.edinburghanimalhospital.com

Dr. Geoff Campbell, Dr. Rachel Mapes, Dr. Shane Mulderrig and Dr. Heather Price

**EDINBURGH COMMONS EAST**

432-0488

Edinburgh Commons
East

141 Hillcrest Pkwy, Chesapeake

• www.edinburghanimalhospital.com

Dr. Geoff Campbell, Dr. Rachel Mapes, Dr. Shane Mulderrig and Dr. Heather Price

**YOUR PETS ARE LIKE FAMILY TO US!**

- Bathing
- Dental Care
- Microchipping
- Radiology (X-Rays)
- Vaccinations
- Preventive Care
- Boarding & Drop Off
- Hip Dysplasia / OFA / PennHIP Evaluation
- Surgery
- Orthopedic Surgery
- Laser Therapy

**40th Annual Great American Food Fest**

Wednesday, October 2nd 3:00 - 7:00 pm
Chesapeake City Park (Jubilee Grounds)

TICKETS:
ADVANCE $30 ★ DAY OF $40
CHILDREN UNDER 10 FREE

Call: 757-382-2879
TowneBank: 757-548-7200
Online Ticket Purchases: CoVaTix.com/events
or See a Member of the Chesapeake Sheriff's Office or a Member of the South Norfolk Ruritan Club

MENU:
- BBQ Pork & Chicken
- Fried Fish
- Domestic Beer
- Clam Chowder
- Mixed Drinks
- Hush Puppies
- Soda
- Corn on the Cob
- And many more foods!

Proceeds to benefit the Sheriff’s Office Charities and Ruritan Community Projects.
The YMCA at Edinburgh

Exciting new workout program makes national debut right here

By Christine Knapp

The YMCA in the Edinburgh area of Chesapeake is bringing the heat to local residents. Its newest program offering, REGYMEN, gets the blood pumping and the energy flowing, motivating members to achieve maximum results. An exciting concept, REGYMEN is a high-intensity training workout that utilizes heart rate monitors and a combination of cardio and strength training. The YMCA of South Hampton Roads is the very first YMCA in the United States to offer REGYMEN at its facilities.

REGYMEN workouts are different from typical group fitness classes because they are uniquely tailored to each individual while providing the feel of a group-based class. Workouts include personal heart-rate monitors that digitally display data onto a screen in the gym. An individual’s maximum heart rate is set at the beginning of each class and is tied to age and weight. Attendees can watch heart rates fluctuate up and down as they move from zone to zone, modifying the intensity of a workout as they go and maximizing calorie burn.

What sets this program apart is that no two workouts are the same, so unlike other classes where a routine is learned and performed for an extended period of time, every REGYMEN class is different, offering a unique, yet energy-packed experience that burns up to 1,000 calories per workout! These intense workouts also have an afterburn effect: For up to 36 hours after a workout, one may continue to burn calories at up to 15 percent of the workout rate, even when resting.

During a REGYMEN class, attendees rotate through three different areas of the room: treadmills, strength training to maximize calorie burn.

The constant changing of the zones and the raising and lowering of the heart rate are keys to participants’ success. The REGYMEN rooms are fully equipped with state-of-the-art equipment, including ski ergs, towers, kettlebells, Core Max, and slam balls.

Before each class, a coach introduces the new workout of the day, explaining the program to any new attendees. The excitement of new exercises minimizes boredom while interval training helps individuals reach their fitness goals faster.

“REGYMEN-certified coaches do not participate in the workouts, but rather, provide the feedback to help members achieve results,” Linda Reiske, Senior Health and Wellness Director of the YMCA of South Hampton Roads, says. “As a coach, we don’t take the class, we are just here to help guide our participants during their workouts. We lead each class and offer modifications to exercises, check participants’ form, and push members to reach their potential. Basically, the coaches do everything that a personal trainer would do.

The REGYMEN community is tight-knit. The friendships that participants form in and out of the gym help provide them with motivation and encouragement. The program also has a social media component which allows those participating in the workouts to challenge one another, offer support, and compete for points and bragging rights.

“I started doing REGYMEN in January. I lost over 10 pounds and really toned up. I enjoyed the program so much that I became a coach!”

—Jenn Lyashenko

“I started doing REGYMEN in January,” Jenn Lyashenko, a YMCA member, explains. “I lost over 10 pounds and really toned up. I enjoyed the program so much that I became a coach! Because participants end up going to class with the same people quite often, they make some amazing friendships.”

For parents attending the Y, childcare facilities at Edinburgh are open six days a week (excluding Sundays). Children six months to seven years old are welcome in the “Stay and Play” area containing an immaculate infant area and separate toddler section, brimming with toys.

“As a Mom, it’s easy to find a time to participate in a class because there are so many classes available,” Jenn explains. “From 5 a.m. to 7 p.m., we have classes going on, so anyone can find an hour to work out—even busy moms. We also get two hours of free childcare here, and all of the benefits of being a Y member.”

The level of fitness doesn’t even matter because we can adjust the workout to accommodate any need. REGYMEN is for anybody—wherever they are in their fitness journey!”

The YMCA in Edinburgh launched REGYMEN in January of 2019, and it has proven to be so popular that 154 members now participate in the program. Current YMCA members can register online monthly for unlimited REGYMEN workouts. Three free workouts, which include free heart rate monitors, are available to those who are interested in trying REGYMEN workout but are not currently Y members.

Memberships at the YMCA of South Hampton Roads include benefits at 22 locations, including access to all facilities, indoor and outdoor pools, rock walls, splash pads, free childcare, group X classes, saunas, and more! If one joins the Y between September 9 and September 23, joining fees will be waived. Financial assistance is available for those families looking for discounted rates on membership based on income as well.

According to the District Vice President Jen Silvers, a LIVESTRONG program is also offered to cancer survivors.

“Our LIVESTRONG program is free and available to anyone who has ever been diagnosed with cancer at any time,” Jen explains. “The program lasts for 12 weeks and is offered to anyone over the age of 18. A new LIVESTRONG program is starting in the next month, offering everything from yoga to wellness to group support sessions, getting people out of the clinical setting and into the gym around others in a positive environment. This program has truly saved people’s lives.”

YMCA at Edinburgh
1933 Edwin Drive, Suite 101
Chesapeake
(757) 204-7320
www.ymcashr.org
One of my most interesting contracts has been for the recording of ongoing construction progress on an apartment building on Shore Drive.

For several months I have been taking photographs and video from similar positions and heights, so that comparisons can be made.

The photos I take are then delivered for viewing by the sites' project managers and construction company owners. This process saves a lot of time because the photos can be sent to any other relevant people for analysis.

Because the photographs are high resolution, the viewers can zoom in and examine items in detail, which is convenient, especially for higher up elements that wouldn't usually be easily visible without a ladder, or lift cradle.

The project has been fascinating, as I had never observed the construction process very closely before. It was as if buildings suddenly appeared.

I look forward to the next shoot just to see what has been added in the last week or so, watching as the building moves closer to the picture on the 'Coming Soon' board.

Several things have to be considered when using aerial photos and video for self-promotion. This is where an experienced, licensed and insured photographer can really make you stand out from the crowd.

Storm Damage Survey

Aerial photos and video are an invaluable tool for home owners and businesses to assess and document property damage and aid in insurance claims.

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.
Quality Music and Dance

Teaching kids performing arts... and the art of being a good person

By Rob Lauer

T

o walk into Quality Music and Dance is to be greeted by the sound of music drifting in from the dance rooms, rehearsal studios, and classrooms. Within minutes of meeting owners Wayne and Muffy Hoover, it is obvious they are dedicated to teaching others how to become high-quality dancers and musicians. But just as important to this dedicated couple is that their students become high-quality human beings.

“When parents are deciding to let their sons or daughters study music or dance, they’re probably not thinking about how the experience will help their child develop skills that will benefit them in all other aspects of life,” Muffy concedes. “But the performing arts are unique in that respect.”

“The performing arts teach us how to stay focused, how to prioritize, how to practice and work as a unit,” Wayne adds. “These are life lessons that all of us need to know in all aspects of our lives.”

Among the variety of music lessons offered at Quality Music and Dance, piano, guitar and voice lessons are the most in-demand. “We also teach a lot of drums, violin, viola, and cello,” Wayne adds. “There’s been a growing demand for lessons in brass and wind instruments—including trumpet, trombone, clarinet, flute, and sax. Recently, even banjo and ukulele lessons have become popular.”

“Many think that they can learn how to play an instrument by watching online videos,” Wayne observes. “But one can’t ask YouTube a question if one doesn’t understand something or can’t see the video clearly; nor can it correct the student when they’re playing something wrong. YouTube and other online videos are great tools if you have an understanding of music theory and how to use it. If not, that’s the teacher’s job—to explain why this chord or riff was used here and how the student could use it in another song the same way.”

“To be a well-rounded musician, one has to learn music theory,” Muffy points out, “and that requires personal interaction with teachers.”

“There’s the old truism about music: one has to know the rules to break the rules.” Wayne maintains. “Understanding music theory allows a student to be innovative from a place of knowing. That builds the kind of confidence that a musician—that any artist—needs to be truly creative.”

“In dance, we offer jazz, ballet, tap, hip hop, lyrical, contemporary, musical theatre and acro/tumbling,” Muffy adds. “We even have classes for children as young as two years old. Ballet helps develop incredible lower body strength—as much as any athlete develops from playing a sport. Studying dance can help kids who are interested in gymnastics develop the grace, flexibility, and strength needed for that sport. If students are only interested in gymnastics, our acro/tumbling classes help them build the strength to execute cartwheels, tumbles and other ‘big moves.’

“With this training, Wayne and Muffy also make sure that all students are given plenty of opportunities to perform before audiences. ‘Sharing one’s talent with others is part of the training,’” Muffy explains. “QMD students have performed all over Hampton Roads and beyond. Community involvement is one of our core values. We’ve shared our love of music and dance at such places as the Chesapeake Jubilee, Kings Dominion, and Walt Disney World, as well as at charity events with CHKD (Children’s Hospital of the King’s Daughters), FACT (Families of Autistic Children in Tidewater) and local retirement homes.”

“Sharing one’s talent with others is part of the training... Community involvement is one of our core values.”

—Muffy Hoover

“Unfortunately, many people in retirement communities may only have a visitor once a week,” Wayne adds. “We think it’s important for young people to connect with older generations; to interact with people who are dealing with the challenges of aging, and to learn from them how things were in the past so that they can truly appreciate the advances that have been made in society and the advantages they enjoy.”

The appreciation goes both ways. “Wherever our students perform, they put smiles on people’s faces,” Muffy remarks. “Recently, after performing at a retirement home, one gentleman—Ed, a veteran who parachuted with the 101st Airborne Division—stood up and said how important it is to support the arts and arts education. He said that having the kids come there and perform had touched him deeply.”

“Another program we are involved with is Camp Gonnawamagogain—which serves the autism community,” Wayne adds. “We believe these sorts of experiences are important for helping our students develop empathy for others.”

Wayne and Muffy are particularly excited about a new program that Quality Music and Dance will implement in September. Called Wingman for Dance, it was launched in 2016 by professional dancer and teacher, Jessica Michael of Newtown, Connecticut—the site of the 2012 mass shooting at Sandy Hook Elementary School. One of the shooting’s young victims was Dylan Hockley, a six-year-old with autism. Dylan’s Dad, Ian, recognized that Dylan had experienced more happiness, peace, and joy when those around him accepted him, protected him and included him in their activities and daily lives—when others were his Wingman. In his son’s memory, Ian founded Dylan’s Wings of Change—a foundation dedicated to sharing the dream of acceptance and inclusion for all. Joining forces with the foundation, Jessica created the Wingman for Dance program as a way to bring those same values into dance studios around the world.

“We’re the first dance studio in Virginia to adopt this program,” Wayne says with a smile. “We decided to join the organization because their values are what we’re all about. Yes, we teach music and dance, but at the end of the day, we want to make this world a better place. Some people might think that sounds hokey, but our goal is to produce well-rounded kids who have developed their talents; who are self-motivated and disciplined; who know how to work well with others, and who have a genuine interest in the welfare of people in their community.”

“The great thing about this program is that it’s designed to be run by youth leaders,” Wayne adds. “It won’t be adults coming in and telling the students what to do.”

“We will choose a team of four to six school students to lead the program,” Muffy explains. Adult Mentor Champions will meet with this Teen Leader Team once a month to prepare them for presenting the next month’s activities. The Teen Leader Team will then lead the younger students in Wingman experiential activities which are designed to teach and promote understanding of and empathy for others, as well as compassion, inclusion, positive communication and respect for others despite differences.

“In the end, we want to empower kids,” Muffy concludes. “Our students are learning an art, but they’re also learning the art of being good people.”

From left: Wayne Hoover, Jessica Michael and Muffy Hoover

A Quality Music and Dance student performs for residents of Lighthouse Point Senior Living Community.

717 S. Battlefield Boulevard, Chesapeake
(757) 324-3690
qualitymusicanddancelessons.com
EDINBURGH FAMILY DENTISTRY
Creating Beautiful Smiles With A Personal Touch

We treat you like family!

- Family-Oriented (all ages welcome)
- Comprehensive Dentistry
- Gentle, Compassionate Team
- Digital X-rays & Imaging
- Quiet Electric Handpieces
- Same-day Crowns
- Emergencies Seen Promptly
- Convenient Evening Appointments
- TVs in Treatment Rooms
- Complimentary Refreshments and WiFi
- Insurance Friendly (call us about your plan)
- Flexible Financing Options

Drs. Jerel Gutierrez, Caleb Conrad, and Joshua Curling

SAME-DAY CROWNS AVAILABLE
New Dental Membership Discount Plan Available
Call us for details!

200 Carmichael Way - Suite 612 • Chesapeake
(757) 204-7210
EXTENDED HOURS Mon, Wed, Fri 8-5 and Tues, Thurs 8-7

“Like” us on Facebook! www.EdinburghFamilyDentistry.com
Read our story at TheShopper.com

What’s the difference?

Selling your home?

We offer a $495 Basic Flat Fee Listing or $2995 Agent Assist Flat Fee Listing (not the customary 3% fee) saving sellers thousands!

Buying a home?

Buyers who work with us receive a 15% commission rebate at time of closing!

Carol King
Licensed Real Estate Agent
(757) 748-6377 | Carol@SoutherlandRE.com

CELEBRATING 31 YEARS in Business

Most of the store is 30% off and selected items are 50% off!

Hurry in!
The celebration ends at the end of September.

701 North Battlefield Boulevard
Across from Chesapeake Regional Hospital
757-436-1920
www.longjewelers3.com
Read our story at TheShopper.com

We treat you like family!

200 Carmichael Way - Suite 612 • Chesapeake
(757) 204-7210
EXTENDED HOURS Mon, Wed, Fri 8-5 and Tues, Thurs 8-7

“Like” us on Facebook! www.EdinburghFamilyDentistry.com
Read our story at TheShopper.com

What’s the difference?

Selling your home?

We offer a $495 Basic Flat Fee Listing or $2995 Agent Assist Flat Fee Listing (not the customary 3% fee) saving sellers thousands!

Buying a home?

Buyers who work with us receive a 15% commission rebate at time of closing!

Carol King
Licensed Real Estate Agent
(757) 748-6377 | Carol@SoutherlandRE.com

CELEBRATING 31 YEARS in Business

Most of the store is 30% off and selected items are 50% off!

Hurry in!
The celebration ends at the end of September.

701 North Battlefield Boulevard
Across from Chesapeake Regional Hospital
757-436-1920
www.longjewelers3.com
Read our story at TheShopper.com

We treat you like family!

200 Carmichael Way - Suite 612 • Chesapeake
(757) 204-7210
EXTENDED HOURS Mon, Wed, Fri 8-5 and Tues, Thurs 8-7

“Like” us on Facebook! www.EdinburghFamilyDentistry.com
Read our story at TheShopper.com

What’s the difference?

Selling your home?

We offer a $495 Basic Flat Fee Listing or $2995 Agent Assist Flat Fee Listing (not the customary 3% fee) saving sellers thousands!

Buying a home?

Buyers who work with us receive a 15% commission rebate at time of closing!

Carol King
Licensed Real Estate Agent
(757) 748-6377 | Carol@SoutherlandRE.com

CELEBRATING 31 YEARS in Business

Most of the store is 30% off and selected items are 50% off!

Hurry in!
The celebration ends at the end of September.

701 North Battlefield Boulevard
Across from Chesapeake Regional Hospital
757-436-1920
www.longjewelers3.com
Read our story at TheShopper.com

We treat you like family!

200 Carmichael Way - Suite 612 • Chesapeake
(757) 204-7210
EXTENDED HOURS Mon, Wed, Fri 8-5 and Tues, Thurs 8-7

“Like” us on Facebook! www.EdinburghFamilyDentistry.com
Read our story at TheShopper.com

What’s the difference?

Selling your home?

We offer a $495 Basic Flat Fee Listing or $2995 Agent Assist Flat Fee Listing (not the customary 3% fee) saving sellers thousands!

Buying a home?

Buyers who work with us receive a 15% commission rebate at time of closing!

Carol King
Licensed Real Estate Agent
(757) 748-6377 | Carol@SoutherlandRE.com

CELEBRATING 31 YEARS in Business

Most of the store is 30% off and selected items are 50% off!

Hurry in!
The celebration ends at the end of September.

701 North Battlefield Boulevard
Across from Chesapeake Regional Hospital
757-436-1920
www.longjewelers3.com
Read our story at TheShopper.com

We treat you like family!

200 Carmichael Way - Suite 612 • Chesapeake
(757) 204-7210
EXTENDED HOURS Mon, Wed, Fri 8-5 and Tues, Thurs 8-7

“Like” us on Facebook! www.EdinburghFamilyDentistry.com
Read our story at TheShopper.com

What’s the difference?

Selling your home?

We offer a $495 Basic Flat Fee Listing or $2995 Agent Assist Flat Fee Listing (not the customary 3% fee) saving sellers thousands!

Buying a home?

Buyers who work with us receive a 15% commission rebate at time of closing!

Carol King
Licensed Real Estate Agent
(757) 748-6377 | Carol@SoutherlandRE.com

CELEBRATING 31 YEARS in Business

Most of the store is 30% off and selected items are 50% off!

Hurry in!
The celebration ends at the end of September.

701 North Battlefield Boulevard
Across from Chesapeake Regional Hospital
757-436-1920
www.longjewelers3.com
Read our story at TheShopper.com
DID YOU KNOW?

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.

DEE LILES
Reverse Mortgage Consultant | NMLS# 455170
(757) 408-1258 | Dee.Liles@TowneBankMortgage.com
TowneBankMortgage.com/DeeLiles

READ DEE’S STORY ON: THESHOPPER.COM

TowneBank Mortgage NMLS# 512188. A full or partially funded set aside of proceeds may be required for payment of property charges on the new loan. Home must be occupied as principal residence, required taxes and insurance paid, and all necessary repairs made to avoid deterioration of the property. When the house is sold, the loan, along with any interest and fees, are paid to the lender; any remaining equity belongs to the borrowers or heirs. Advertising materials are not provided or approved by the Department of HUD or FHA.

We’ll get you there in comfort and style

Enjoy the convenience of our comfortable bus for scheduled appointments, shopping trips, and other errands. We’ll also regularly plan special excursions to cultural events, day trips, museums and other places of interest. If you’d rather stay home, the choice is yours. It’s easy to be as private or as social as you wish. Willow Creek features beautiful common areas, and there’s always a variety of planned activities and a chance to socialize with friends and neighbors every day.

Call today to arrange your complimentary chef-prepared meal and personal tour!

757-547-7876

Willow Creek
Gracious Retirement Living
516 Great Bridge Blvd, Chesapeake, VA 23320
Great Bridge Frame & Art

Affordable custom picture framing

Customized Framing:
- Senior Photos
- Diplomas • Awards
- Photos • Artwork
- Glass & mat replacement

Dealers for
- John Barber
- Casey Holtzinger

Authorized Dealer

Best Service, Best Prices, Guaranteed.
Support your local small business.

Stop in or give us a call.
We’re always ready to help with all of your picture-framing needs.

316 Battlefield Blvd. South    (757) 482-1771
Across from the Great Bridge Shopping Center
M - F  9:30 - 5:30 | Sat 10:00 - 4:00
www.GreatBridgeFrame.com

Family Veterinary Center
of Chesapeake

Quality loving care for the pets close to your heart.

Accepting new patients; evening & Saturday hours available

Surgical & Dental Services
Complete Diagnostic Lab
Behavioral Counseling
Ultrasound • Boarding

Dr. Monique F. Jones   410-7754
1101 South Battlefield Blvd. • Suite 5

Clean, safe drinking water at your kitchen sink.

- Removes pesticides
- Removes lead
- No more plastic bottles

Smelly, Rusty or Hard Water?
We can fix that, too.
We tailor systems to fit your needs.

ASK ABOUT OUR SEPTEMBER SHOPPER SPECIAL
CALL 757.546.7125    CLICK swswefixwater.com
Premier Roofing and Siding
Making and keeping promises for 30 years

When Jeff and Pam Standish started a home exterior business in 1989, they chose the name Premier to signify a heartfelt pursuit of perfection. They wanted it all: a local family business with personal, attentive service; industry-leading access to innovative products; in-house craftsmen who consistently deliver spectacular results; and to make this level of quality available to ordinary homeowners at a fair cost. They were indeed shooting for the moon. The journey took a few unexpected turns, but as Premier Roofing and Siding celebrates its 30th anniversary, Pam is proud to say they hit their target.

It’s still a family business with trusted long-term employees who were there during Premier’s early years. Along the way, they became a Platinum Preferred Contractor for Owens Corning, with access to the latest products and the most robust warranties. They also became an exclusive provider for Cedar Ridge’s ground-breaking insulated siding in Hampton Roads. As if that weren’t enough, they also pioneered custom-shape trim that never needs painting, to give their customers the best of style and durability.

Premier is a full-service Class A contractor that offers roofs, siding, stone accents, windows, trim, gutters, and porch rails. The business is known for creating new construction looks at remodeling costs, overseen by a leadership team that genuinely connects with their customers. It specializes in giving homeowners a dream exterior that increases property value while often lowering the maintenance workload.

Jeff got Premier off to a great start, but Pam, along with General Manager Ann Strader, has beaten the odds to elevate this business since Jeff passed away. When Pam suddenly assumed sole responsibility for the couple’s commercial and personal property, she focused on better understanding Premier’s customers.

“I learned some hard lessons on my own property,” Pam recalls. “Undersized gutters that stay chronically clogged; wet leaves making a weak spot on the roof, wood trim that has to be painted and repainted — these things are exhausting! At least I had a business through which I could solve these problems.”

Bringing on Ann as General Manager, Pam sought to make Premier a problem-solving company. She personally visited house after house to see what challenges her workers faced. Old siding and shingles were often removed to reveal deteriorated wood hidden beneath, giving Premier’s installers an extra task before the job could even begin. Meanwhile, elderly homeowners with no means of doing labor-intensive maintenance work themselves often had to pay for repairing damages that could have been avoided. Dissatisfied with merely offering standard options, Pam and Ann sought solutions.

“If people honor us with a chance to work on their home, we make specific promises, and we keep them.

That’s our business in a nutshell.”

—Pam Standish

“We use the Cedar Ridge Insulated product,” Ann explains. “It is innovative, and now has built-in water drainage channels, radiant heat reflection properties, and it is infused with a pest repellent in the insulation that is fully adhered to the back of the siding panel. The siding is warranted to withstand up to 160 mph winds to cover materials and labor to repair or replace if necessary.”

“Standard siding is great for keeping the elements out—as long as nothing goes wrong,” Pam explains with a smile. “If undesirable elements find a way to get back there, standard products have no Plan B. We wanted to offer our customers something better. We are definitely excited and honored to still offer this great product as the exclusive contractor in Hampton Roads for 20 plus years.”

Next came the issue of conventional trims. While the initial low cost of wood trim may be appealing, carpenter bees and the need for constant repainting eventually drive homeowners to search for a better product. There are bendable aluminum options that look good but may still require routine painting. Premier Roofing and Siding uses a pvc coated aluminum metal that we custom bend to form around the exterior trim of your home,” Ann says. “Our installers create stunning crown mold designs that we bend on-site during installation to ensure a custom fit.” Creating custom trim is a highly advanced skill that Premier’s in-house craftsmen train for years to master before being put to work on a customer’s property.

“Our guys light up when they see the fruits of their labor,” Ann relays with a chuckle. “This isn’t just a job to them; it’s a badge of honor. We send them to a customer’s home in full confidence that they’ll stay until the work is perfect.”

Perfection is one word that homeowner Nancy Murphy could use to describe Premier’s recent renovation her Colonial-style home’s front porch.

“Our front porch turned out beautifully!” Nancy says, enthusiastically. “With new railing, posts, porch ceiling, and guttering, Premier made the entire front of our house look brand new! The crew’s attention to detail made all the difference. All of our neighbors were so impressed. When they asked who did the work, I was happy and proud to tell them it was Premier Roofing and Siding!”

General Manager, Ann is something of a perfectionist herself. Her impact on the company has been so profound that Pam is in the process of making her a partner.

“Teamwork is an essential concept at Premier and is responsible for everything from the smooth communication between departments to timely completion of tasks. Customers are kept updated every step of the way with detailed, easy-to-understand documents outlining what needs to be done.

Premier’s product lines come in a variety of textures, styles, and colors to create a fresh look that will last. If there’s a way to alleviate common homeowner hassles, Pam’s team offers it. Homeowners often call first for the basics such as roofing, unaware that affordable solutions exist for other maintenance issues. Premier meets with customers for casual, no-pressure conversations in which homeowners’ needs are discussed, and service options are explored. Clients are often so impressed by the first project that they call again with new requests.

“As a busy woman, I lead my company to treat people the way I like to be treated,” Pam notes. “No hard sales tactics. No wasting people’s time. We offer information as clearly and efficiently as possible, then we let customers make their own decisions. If people honor us with a chance to work on their home, we make specific promises, and we keep them. That’s our business in a nutshell!”
Web Works
By Terry Young, CEO

Website Content

Writing your own is best

In last month's column I addressed cases in which business owners would rather pay a web designer to make changes to their website, even though they could easily make them themselves for free.

Additionally, I have also met with people who want a website, but want the web designer to write all of the copy for them. For a business that wants good search engine results, this can be a very bad move.

Because the web designers are just that, web designers, they are not able to write content based on first-hand knowledge of the business. Instead, the only option is for the designer to use Google to find websites of similar businesses and simply try to cobble together content found on those other sites.

I have seen some cases where the designer has, almost verbatim, used the content from other sites, simply changing the business name, location and area covered.

From a search engine standpoint, the content is nothing more than generic, or even an almost direct clone of other websites, some of which may have been created in the same way themselves.

I have met with people who want the web designer to write all of the copy for them. This can be a very bad move.

This closeness is picked up by the search engines, and results in a small drop-down arrow next to the search result, saying 'Similar.' Having such highly generic or cloned content can prevent a site reaching a high position on Google. It is being ranked below websites with content that was written by the companies themselves, and then tweaked by their designer for search engine compatibility.

Whenever I meet with clients, I always advise them to write their own content. They are the ones who best know what they do and how they do it. During the writing process, they are likely to bring up things that they do differently from other companies, or word things in other, less generic, terms.

Individuality and uniqueness are appreciated by the searches and can help single a site out in the search results, not only because they show that the company made an effort, but because they also bring up unique things that the more generic sites don't mention.

If you didn't write your site's content, and it is doing badly in the search results, it can pay to simply search for similar business websites and see if you have the Similar arrow.

Another thing you can do is to find a few generic sentences in your site and search for them inside quotes on Google. See if other sites show up because they are using the same copy.

If you have concerns with your website, now is the time to look into our WebUpdate system sites. Not Open Source, they take advantage of advanced security, SEO, social, and responsive features to give your business the best competitive edge online.

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.
The Great Bridge Village/Mt. Pleasant Shopper   September 2019

Home and Garden

Auto/motorcycle transport
Furniture/appliance pick up & delivery
Apartment/home moving
Licensed and Insured

Will Watson followed a 25-year career in the Navy by serving customers through Watson's Transport and Delivery services. The friendly, reliable business can move just one item to take to a consignment store or pack up your entire houseful to move across town!

Pest Control
Termite Control
Moisture Remediation
Free Crawl Space Evaluation
10% OFF Termite Treatment
$250 OFF Encapsulation System

With this ad. Offer expires 10/31/19.

www.pestva.com
CALL: (757) 499-1078
TEXT: (757) 508-8049

Licensed & Insured
Residential & Commercial
Landscape Management
turf programs • aeration • seeding • mulch
weed control • pruning • landscapes
FREE Consultation/Estimate
757-235-2559

Fall is right around the corner and it’s time to start preparing your lawn for seeding and aeration.

Residential & Commercial Landscape Management
Design & Installation
turf programs • aeration • seeding • mulch
weed control • pruning • landscapes

$25 off Seeding & Aeration Service when you mention this ad

www.targetgroupva.com
757-435-7543

ALL TRADESMEN ARE LICENSED AND INSURED.
We’re staffed to do the smallest job to the biggest...and everything in between

Read our story at TheShopper.com

www.mrhandyman.com/virginia-beach/
757-689-2900

This coupon is valid for $20 worth of services provided by Mr. Handyman. Minimum of 2 hours of service. Offer valid one time per household. Available at participating locations only. Not valid with any other offer.

OFFER EXPIRES: 10/31/19

Mr. Handyman is the most trusted and professional handyman you can call for all your household maintenance and repairs!

Say hello to Mr. Handyman & goodbye to that “To-Do” list!

Subscribe to our newsletter to receive special offers and coupons!

Pest Control Termite Control Moisture Remediation

Free Crawl Space Evaluation
10% OFF Termite Treatment
$250 OFF Encapsulation System

With this ad. Offer expires 10/31/19.

www.pestva.com
CALL: (757) 499-1078
TEXT: (757) 508-8049

Licensed & Insured
Residential & Commercial
Landscape Management
turf programs • aeration • seeding • mulch
weed control • pruning • landscapes
FREE Consultation/Estimate
757-235-2559

Fall is right around the corner and it’s time to start preparing your lawn for seeding and aeration.

Residential & Commercial Landscape Management
Design & Installation
turf programs • aeration • seeding • mulch
weed control • pruning • landscapes

$25 off Seeding & Aeration Service when you mention this ad

www.targetgroupva.com
757-435-7543

ALL TRADESMEN ARE LICENSED AND INSURED.
We’re staffed to do the smallest job to the biggest...and everything in between

Read our story at TheShopper.com

www.mrhandyman.com/virginia-beach/
757-689-2900

This coupon is valid for $20 worth of services provided by Mr. Handyman. Minimum of 2 hours of service. Offer valid one time per household. Available at participating locations only. Not valid with any other offer.

OFFER EXPIRES: 10/31/19

Mr. Handyman is the most trusted and professional handyman you can call for all your household maintenance and repairs!

Say hello to Mr. Handyman & goodbye to that “To-Do” list!

Subscribe to our newsletter to receive special offers and coupons!

Pest Control Termite Control Moisture Remediation

Free Crawl Space Evaluation
10% OFF Termite Treatment
$250 OFF Encapsulation System

With this ad. Offer expires 10/31/19.
Watson’s Transport & Delivery

Will Watson followed a 25-year career in the Navy by serving customers through Watson’s Transport and Delivery services. The friendly, reliable business can move just one item to take to a consignment store or pack up your entire houseful to move across town!

- Auto/motorcycle transport
- Furniture/appliance pick up & delivery
- Apartment/home moving

Licensed and Insured

Auto Transport

(757) 339-2570

TARGET GROUP LLC

General Contracting & more

ALL TRADSMEN ARE LICENSED AND INSURED.

- We’re staffed to do the smallest job to the biggest…and everything in between

  - Painting (Residential and Commercial)
  - General Home Repair and Maintenance
  - Plaster and Drywall | Vapor Barriers
  - Carpentry | Power Washing
  - Electrical Repairs and Re-Wiring
  - Kitchen and Bath Remodeling
  - Roof Repairs, Tear Offs and Nail Overs
  - Roof Stain Removal | Storm Drain Repairs
  - Standing Water Issues | Mold Testing and Remediation

$100 off painting of 3 rooms
$100 off exterior painting of $1000 or more

www.targetgroupva.com
757-435-7543

Call us for an evaluation of your project and a FREE estimate

Read our story at TheShopper.com

Don’t clean gutters this fall - Get LeafGuard®

50% OFF LABOR!*

Visit our showroom at 1429 Crossways Blvd., Chesapeake

EXTERIOR SOURCE®

GUTTERS | SIDING | ROOFING | WINDOWS | DECKS | SUNROOMS | DOORS

Free Estimates 757-578-1971

Learn more about us at ExteriorSourceVA.com

*Restrictions apply. Call for details. Lic. #27003670E

Watson’s Transport & Delivery

Auto/motorcycle transport
Furniture/appliance pick up & delivery
Apartment/home moving

Licensed and Insured

COPPER BIT BOUTIQUE

ONLINE BOUTIQUE FEATURING:

Equestrian Consignment
Dresses • Jeans • Shirts/Cardigans
Gently-Used Clothing

Boots, hats, jewelry,
100% handmade local leather goods and jeweled/painted cow skulls coming soon!

Order online at: www.copperbitboutique.com

(757) 560-6636

New location coming soon!

Read my story at TheShopper.com

SUDSY HOUSE WASHING

BUY 1 SERVICE, GET THE SECOND ½ OFF!

- House washing
- Gutter cleaning
- Window cleaning
- Roof washing
- Gentler than traditional power washing

Commercial & Residential

Learn more about Sudsy House Washing by reading our story at TheShopper.com

www.sudsyhousewashing.com

(757) 750-0400
On weekday mornings, Nick Lauer starts his day with a run through the Miar’s Farm neighborhood in Western Branch where he lives with his parents. Returning home, the recent graduate of Longwood University, showers, dresses for the day, eats breakfast and heads off to his office to work. His office is his family’s front living room. There Nick spends the day working as the newest and youngest storyboard artist of Nickelodeon’s hit animated TV series, *SpongeBob SquarePants*.

Wildly successful since premiering in July 1999, the series has won countless awards, including four Emmys. It has also spawned lines of SpongeBob toys and merchandise, two successful feature films, and a critically-acclaimed, Tony Award-winning Broadway musical hit. Doubtlessly many children and their parents living in Miar’s Farm are SpongeBob fans, having no idea that one of their neighbors is hard at work in his front living room on the nineteenth season of the animated hit series.

Nick developed a love of animated films as a small child, beginning with Disney videos. At an early age, he also began drawing the characters that he and his sister, Sydney, watched on TV. “I was watching Disney’s *The Three Little Pigs* at my grandparents’ house and then drawing them,” he recalls. “I must have been about four years old. I went on to draw Mickey Mouse and other Disney characters. My grandparents babysat my sister and me, and I remember doing a lot of drawing at their house. The adults in my family thought I had talent and were always very encouraging when it came to my art.”

“I guess I was six when I watched *SpongeBob SquarePants* for the first time,” Nick continues. “It was different from the old Mickey Mouse cartoons and *Rug Rats*—another series I used to watch. The humor was goofier and a little more cynical than the humor in Disney cartoons. The characters were different visually and personality-wise—and super funny. It was only natural that I wanted to draw those characters.”

By the time Nick entered elementary school, his knack for drawing a wide range of popular cartoon characters drew the attention and praise of his teachers and fellow students. “The others kids usually called me ‘the best artist in class,’” he remembers. “Whenever there was a class art project, I was always chosen to do the drawing.”

When Nick entered Western Branch Middle School, one of the things he was most excited about was joining the school art club. All students were required to submit samples of their artwork to be reviewed before being accepted as members. Nick submitted a collection of his best drawings, confident that he would be accepted. But a week later, when the names of new art club members were read over the school’s PA system, Nick’s name was not among them.

“I remember sitting next to my sister on the bus ride home that day and crying,” Nick recalls. “A few days later, I went to the art teacher’s room to pick up the drawings I’d submitted. They were tossed aside, mixed in with other rejected drawings. I had to sort through things just to find my work.”

The message was clear: cartoons were not considered “real art.”

“I was aggravated, but I wasn’t discouraged,” Nick says. “I still knew I could draw, and I loved doing it. I thought the teacher was wrong, but her decision did not make me want to stop drawing. I knew even then that I wanted to work in animation when I grew up.”

“I always knew that people had careers in that field,” Nick explains. “As a little kid, I watched the documentaries and behind-the-scenes extras that came on the Disney and *The Simpsons* DVDs that my family bought. I remember watching videos of actors in recording sessions for animated features and realizing those features were just like other movies or shows.”

As a student at Western Branch High School, Nick took art classes, developed his abilities in other art genres and displayed his work in student shows. Graduating from high school, he went on to earn an Associate Degree in art from Tidewater Community College, with plans to then pursue a BA from VCU. But at the last minute, his plans changed.

“For the first time, I took classes focused on subjects specifically related to a career in animation—like storyboarding and film language,” Nick continues. “Those were a lot of fun! I learned a ton from someone—Tuck Tucker—who actually worked in the entertainment industry, his initial hope was to merely make some contacts that might lead to work in the future. Instead, his work drew the immediate attention of the show’s production team. Within a matter of weeks, Nick—at age 23, while still a student at Longwood—was contracted by Nickelodeon as a freelance storyboard artist for the 19th season of *SpongeBob SquarePants*. In April and May, between finishing school assignments, he worked on storyboard assignments sent from Burbank.

“It seems surreal—like a dream,” Nick says with a smile. “This storyboard job is perfect for me. The producers send me very rough storyboards, and I add the details—funny poses and facial expressions, visual jokes—things that fill out the original ideas. I have a lot of input into the finished show. The elements that I add determine what the animators after me will do and what the audiences will see on the screen.”

Nick’s future plans include moving to Los Angeles—a necessity for a sustained career in TV or film. But for the moment, he considers it a dream come true living at home with his family while working on one of the most successful animated series in TV history.

“If you love what you do, it never really feels like work,” he says with a grin. "I was visiting my sister, Sydney, at Longwood University,” he explains. “Her roommate—a graphic design major—knew I liked SpongeBob. She told me that William ‘Tuck’ Tucker—one of the animators behind *Th e Simpsons* and *SpongeBob SquarePants*—had joined Longwood and had started an animation department at the university. I made the decision then and there to go to Longwood.”

“Those were a lot of fun! I learned a ton from someone—Tuck Tucker—who actually worked in the business.”

While at Longwood, he was contracted to provide art for a cookbook inspired by the Super Nintendo JRPG *EarthBound*. Throughout 2018, Nick served as the cartoonist for *The Shopper*.

Longwood animation majors were required to devote their last year to a senior project. While other students created elaborate storyboards, Nick decided to do something that would stand out from his previous work and produce a short animated film. The result was *Attack of the Mozzarella Martians*. An hysterical film about a pizza delivery guy who is abducted by aliens, *Mozzarella Martians* not only won praises from Tuck Tucker, but was accepted as an entry in the juried 2019 Longwood Animation Film Festival. Judged along side films produced by animators from across the country, *Mozzarella Martians* won the festival’s award for Best 2D Film.

This past spring, during his last semester, encouraged by Tuck, Nick submitted his portfolio to the producers of *SpongeBob SquarePants* at Nickelodeon Animation Studios in Burbank. Understanding the competitive nature of the entertainment industry, his initial hope was to merely make some contacts that might lead to work in the future. Instead, his work drew the immediate attention of the show’s production team. Within a matter of weeks, Nick—at age 23, while still a student at Longwood—was contracted by Nickelodeon as a freelance storyboard artist for the 19th season of *SpongeBob SquarePants*. In April and May, between finishing school assignments, he worked on storyboard assignments sent from Burbank.

“It seems surreal—like a dream,” Nick says with a smile. “This storyboard job is perfect for me. The producers send me very rough storyboards, and I add the details—funny poses and facial expressions, visual jokes—things that fill out the original ideas. I have a lot of input into the finished show. The elements that I add determine what the animators after me will do and what the audiences will see on the screen.”

Nick’s future plans include moving to Los Angeles—a necessity for a sustained career in TV or film. But for the moment, he considers it a dream come true living at home with his family while working on one of the most successful animated series in TV history.

“If you love what you do, it never really feels like work,” he says with a grin.

As this issue goes to press, Nick is relocating to Los Angeles to work on Netflix’s new animated series *The Cuphead Show*—based on the popular game.

**Cartoonist Nick Lauer works as a storyboard artist on the hit animated series *SpongeBob SquarePants* from his family’s Western Branch home.**

**Former “Shopper” cartoonist lands job on “SpongeBob SquarePants”**

Nick Lauer’s animated short film *Attack of the Mozzarella Martians* can be seen at www.nicklauer.carbonmade.com
“Having advertised our business for almost 30 years, The Shopper continues to be one of our primary sources of business leads.”
— Peter & Angie Lowry
Decorating Den Interiors

“I have gotten the most measurable, direct, and immediate results from The Shopper—much better than any other source of print advertising!”
— Buddy Smith
Russell’s Heating & Cooling

“We have been extremely pleased with our advertising in The Shopper. We’ve had customers come to our site with the article in hand! Our turnout has been wonderful! We plan to use The Shopper regularly.”
— Cindy Godsell
Rose & Womble Realty
Riverview at the Preserve &
The Retreat at Bennett’s Creek

“Of all the advertising we’ve done, The Shopper is the best.”
— Jeff Jechura
and Tony Johnson
Family Flooring

“I have gotten the most measurable, direct, and immediate results from The Shopper—much better than any other source of print advertising!”
— Buddy Smith
Russell’s Heating & Cooling

**DAILY SPECIALS**

**MONDAY**
Lunch: ’7 Meatloaf • ’4 Draft Beers • Dinner: ‘9.99 Pizza

**TUESDAY**
Lunch: ’7 Tacos • ’5 Margaritas • Dinner: Tapas Night

**WEDNESDAY**
Lunch: ’7 Southern Fried Chicken • ’8 Specialty Drinks
Dinner: Burger and Beer Night

**THURSDAY**
Lunch: ’7 Country Fried Pork Chop • ’½ Price Bottles of Wine
Dinner: ’13.99 Prime Rib

**FRIDAY**
Lunch: ’7 Freestyle • ’4 Well Drinks

**SATURDAY**
Lunch: ’7 Chef’s Choice • ’1 Off Bottled Beers
SUNDAY: ’½ Bloody Marys and ’4 Mimosas

**SUNDAY BRUNCH** 10am - 2pm

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

**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 10/15/19

**Now offering**
**FREE LOCAL full menu and party platter DELIVERY!**

Available: Monday - Friday 11 am to 5 pm

Read our story at TheShopper.com

Open 7 days a week!

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

Photo courtesy Coastal VA Magazine

Black Pelican
SEAFOOD CO. GREENBRIER

*Delivering Delicious to Your Door*
Register Now For Fall Music And Dance Classes

You don’t have to wait to get started at Quality Music and Dance. Call and start today!

We offer music and dance lessons year round, no appointments, no special registration times. We are open 6 days a week with a dedicated staff to answer your questions and help you get started. Don’t Wait Call and Start Today!

QMD Meeting the needs of today's families.

We Have Classes for Everyone!

We Offer Private Music Lessons For:

Guitar * Piano * Voice * Drums * Violin
Viola * Cello * Trumpet * Flute
Trombone * Banjo * Ukulele * and More!

NEW Pre School 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.

Come and Try a Free Music FunTime Class.

We Offer Dance Classes For:

Tiny Two's/Creative Movement Classes For 2-3 Years
Acro / Tumbling For 5 Years and Up
Ballet/ Tap Combo Class 4-5 Years
Ballet/Jazz Combo Class 4-5 Years
Tap Classes For Beg/Int/Adv
Jazz Classes For Beg/Int/Adv
Hip-Hop Classes For Beg/Int/Adv
Lyrical Classes For Beg/Int /Adv
Contemporary Classes For Int/Adv
Musical Theatre Classes For 6 years and Up

Quality Music and Dance

757-324-3690
717 South Battlefield Blvd., Chesapeake, VA 23322
qualitymusicanddancelessons.com
See our story at TheShopper.com

Inspiring The Love of Dance
Non-Competitive
Quality Dance Education
Come and Try A Free Dance Class.
Start Now! Call Today
Children start off their journey in life in different time zones. Some are born into loving families that can provide many resources to enhance their learning. Others are born into situations with many challenges.

Children start off their journey in life in different time zones. Some are born into loving families that can provide many resources to enhance their learning. Others are born into situations with many challenges whether economic, educational, or emotional. Other children face medical challenges that impact the early time zones during their development.

Each September teachers face their new classrooms filled with a wide variety of students, each in a personal time zone. This is one of the multiple challenges in teaching. The teacher must meet the needs of all students while challenging each child to develop to their personal capacity. Nobody (including all the “experts” you hear) can predict with certainty what the capacity of a child will be.

Teachers provide learning opportunities in the early years of elementary school that will impact the time zones through which a student will pass. One of the critical activities teachers should incorporate into every year’s curriculum is for a student to stand before a group to speak. The earlier in life this is done, the sooner the child will develop self-confidence in those situations. It was such a pleasure to watch a very poised seventeen-year-old student stand before the Chesapeake City Council and advocate for policies regarding solar and wind energy as well as rising sea levels. Having witnessed her speak in front of her third grade class and later participate in church youth groups, I knew how far her time zones had moved over the years.

A few weeks later the parent of one of my former school’s fifth graders stopped to tell me that her son was defending his dissertation in polymer science—the last step before receiving his doctoral degree from the University of Massachusetts. I had watched him in earlier years become an Eagle Scout. Each of these students had countless opportunities over the years in their schools, churches, communities, and families to move through their time zones of life. Adults have the responsibility to provide those opportunities to reach as many time zones as possible.

A career educator, Dr. Rebecca Adams has served as a teacher in grades two through graduate school, reading specialist, principal, and an educational foundation administrator. She was selected as Chesapeake’s First Citizen 2016 for her community service.
The following is an excerpt from *The Hope Trap*, Jean Loxley-Barnard’s forthcoming book.

**Focus On Kitty**

I received a call from Dr. Joy Renfrow, Kitty’s psychologist. She asked if I would consider coming to the private psychiatric hospital to visit Kitty, who had asked for me.

“Of course,” I replied without hesitation.

I was somewhat nervous on the drive out. With me was Matthew, the teddy bear I had purchased in Arizona during my week of family therapy, part of Rob’s month-long rehab. I brought the bear to share with Kitty.

The feeling in the building was one of both hospital and jail. It was, after all, primarily for adolescents, most of whom, if not all, did not think they belonged there.

The doctor’s renowned husband was also Kitty’s psychiatrist. His wife was a dignified, attractive woman who spoke calmly, yet rapidly, as we took an elevator. Perhaps, I thought, she wants to tell me a great deal in a short space of time. I felt comfortable in her presence.

“Kitty is doing quite well for being here just five days,” the doctor told me quietly. “But she is very nervous about seeing you this morning.”

“I can understand that,” I replied, asking, “Is there anything you want me to say or do?”

“Just that you be honest with Kitty,” Dr. Renfrow counseled, “and let her say whatever she needs to say. This is very important for her.”

The doctor opened the door to a small room, just a few yards from the elevator, and I took a seat, assured the wait would be short. It wasn’t long enough! Dr. Renfrow ushered Kitty in before a minute had passed.

“Kitty is doing quite well for being here just five days,” the doctor told me quietly. “But she is very nervous about seeing you this morning.”

“I can understand that,” I replied, asking, “Is there anything you want me to say or do?”

“Just that you be honest with Kitty,” Dr. Renfrow counseled, “and let her say whatever she needs to say. This is very important for her.”

The doctor opened the door to a small room, just a few yards from the elevator, and I took a seat, assured the wait would be short. It wasn’t long enough! Dr. Renfrow ushered Kitty in before a minute had passed.

Kitty’s eyes were very large as she glanced at me furtively. She looked like a deer suddenly looking into headlights. And how young she looked! I had met Kitty before, even spent time in her company, not knowing that she was involved with my husband. I knew she was young; that fact impressed itself on me each time I had seen her after discovering the affair. Now, she seemed even younger.

I felt compassion for this girl, who could almost be my granddaughter. How frightened she must be in a mental hospital, discovering how society really views her affair with a 50-year-old married man, a physician entrusted with her care.

“Thank you for coming, Mrs. Hood,” Kitty said in a clear voice.

“Thank you for asking me to come,” I answered quickly, hoping to put the girl at ease.

“I want to tell you I am sorry,” she began again, “and hope that sometime you will be able to forgive me.”

“I forgive you now, Kitty,” I said.

The girl continued, looking straight at me. “I should have known better. I knew, even though I didn’t want to know. Rob,” Kitty began, suddenly hesitated, then said quickly, “Dr. Hood, I mean…”

“It’s all right,” I interrupted. “It is natural for you to call him Rob at this point. It doesn’t hurt me.”

“Thank you,” she said, continuing. “Rob told me you and him were having trouble, and you didn’t care about him anymore. Sometimes I felt guilty, like the times we saw you driving your car when we were together. I felt kinda embarrassed them times. But Rob said never mind. He thought it was kinda funny.”

I told Kitty about our marriage, about the affairs, careful to add, “that I knew about” over the years. I knew about five during our 30 years.

As I talked to Kitty, without anger, just with the sadness and awareness that time brings, I watched her eyes fill from time to time. In her face, I saw the compassion one female has for another. Strange, I thought, to feel a sisterhood with a girl one-third my age who had been having an affair with my husband, the affair that would finally mean divorce.

“I’m so sorry for what you’ve been through,” Kitty said softly, sincerely. “I’m so very sorry to be the one to cause you more pain.” Tears welled up in her eyes again.

“You need not apologize anymore, Kitty,” I reassured. “I’m not angry with you. This is not fair to you.”

I took the teddy bear across the room. “I bought this bear during my week of family therapy when Rob had his month of rehab in Arizona. I’d be happy to let him visit here with you if you want.”

Kitty took the bear eagerly. “Thank you,” she cooed, hugging it, “he’s soooo cute.”

As I left, Dr. Renfrow followed me into the hallway. “You did great,” she complimented. I was relieved, even knowing I still needed to tell my attorney, who had urged me to steer clear.

Additional text from this excerpt is available on TheShopper.com
“Here Are Examples of How Your Life Can Change in Minutes”

How much time do you have to prevent a crisis, stress, or a family meltdown by putting an estate plan in place? The truth is that life doesn’t give us warnings for mental incapacity and death.

Bill and Sue came to see me for an estate plan. Sue noticed that Bill wasn’t feeling well. So, they decided to come back and finish our meeting when he was feeling better. That night she took him to the emergency room. Bill was admitted to the hospital. Two days later, he was in a coma, and a week later, he died from West Nile disease (right here in Chesapeake). In only a few hours, Sue’s life changed.

The truth is that life doesn’t give us warnings for mental incapacity and death.

Ed was finally retiring. Ed and his wife, Jane, were going to hit the road in their motorhome. One day, Jane wasn’t feeling well, and she fainted. Unfortunately, Jane was standing on a ceramic tile floor and hit her head hard enough to cause brain damage. Her symptoms are just like dementia. Jane can’t be left alone. In an instant, both of their lives changed.

You want to make it easy for family to help you pay your bills, manage assets if you lose your mental capacity, and easily transfer your assets at your death. Let me help you prepare for the unexpected.

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, September 28 from 11:00 am - 1:00 pm
Russell Memorial Library
2808 Taylor Road, Chesapeake—near Chesapeake Square Mall
or Saturday, October 26 from 10:00 am -12:00 pm
638 Independence Parkway, Chesapeake—near Battlefield & Volvo Pkwy
(last one this year at this location!)
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.
• You want to know how a devastating accident can change your life in minutes.

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

“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!

Services Offered:
• Carpet Cleaning
• Upholstery Cleaning
• Tile & Grout Cleaning

Fall Savings:
25% OFF and choice of FREE SCOTCHGARD or PET DEODORIZING on any carpet or upholstery cleaning!
Offer expires September 30, 2019

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
We all have a story to tell. Do you need help telling yours?

The Shopper is pleased to announce that Dr. Bill Austin’s new book will be published by Press Pass Agency. This fascinating memoir recounts his experiences in the mid-1960s among the Kuna—a people living on an isolated island in the Caribbean whose culture is one of the most ancient on earth. Please enjoy the following extract from Coconuts for Hammocks.

Here’s an excerpt from
Dr. Bill Austin’s forthcoming book,
Coconuts for Hammocks.
Imagine how your story might read...

A Matriarchal Culture

The San Blas men governed the island’s community life, but the women ran the home. The family structure was matriarchal, with the oldest female in a home—usually the grandmother—in charge.

Our interpreter, Eladio Gracia, said that the women were the owners and managers of a family’s belongings. His grandmother owned his family’s home, land, and possessions. If Eladio wanted to buy or sell something, he had first to ask his grandmother for permission. But if the women wanted to buy or sell something, they did not have to ask the men: they simply did it.

Girls were considered more important than boys, and their birth was a time for rejoicing.

As the bearers of San Blas traditions, women were not allowed to marry outside the tribe or be influenced by foreigners. In some cases when a San Blas lady had intercourse with a foreigner, she and the foreigner were put to death.

Although the San Blas women were revered and controlled the family affairs, they had many duties to perform. A woman went twice a day to the mainland river for freshwater and to wash the family laundry. She was responsible for feeding the family.

The men of the family were responsible for providing food for their family. I remember being awakened at 4:00 in the morning by the blowing of a conch shell, used to call the men together for a fishing trip. At the end of a day fishing, the men usually returned with a large catch. Sometimes the men went to the mainland to gather coconuts, plantains, pineapples, bananas, or hunt game. The men were also responsible for building and repairing the family home.

Girls were considered more important than boys, and their birth was a time for rejoicing. When a girl was born, it was customary for her father to go to the mainland and plant as many coconut trees as he could plant. When the boy was born, he did nothing. Our guide told us: “When I first went to San Blas, none of the boys had clothes until they were fifteen years old, but every girl was clothed because girls are assets. When a girl marries, she brings her husband home to live under her father’s direction. A man with four daughters is considered rich because he will eventually have four sons-in-law as workers.”

For more information on commissioning your book, call 757-547-0520 and ask to speak to Editor Rob Lauer.
Growing up in Tennessee, I heard my share of far-fetched fishing and hunting stories. One of my favorites was about two colorful characters, Clyde and Rufus. Both men would argue about who had the best hunting dog. One day, Clyde invited Rufus to go duck hunting, announcing that he had a new hunting dog and wanted to try him out.

As they sat in their boat with the new dog, a flock of ducks flew over. Rufus shot a duck that fell into the water about 100 yards away. Rufus offered to steer the boat over to the fallen duck, but Clyde said, “No! My dog will get the duck.” The dog sprang from the boat, ran on top of the water, picked up the duck, and ran back to the boat on top of the water.

Clyde looked to see if Rufus was impressed with the dog. Rufus appeared unimpressed. Another duck was shot and retrieved in the same way. After several times of the dog fetching ducks and walking on water, Clyde couldn’t stand it any longer. “Rufus, haven’t you noticed anything different about my dog?” he asked.

“Yeah,” Rufus replied. “Your dog can’t swim.”

Some people are like Rufus. They’d never acknowledge our accomplishments or gifts even if we walked on water. These people often make statements such as, “You should know that I appreciate what you do. You know I love you; I should not have to tell you.” We all know people who brag about never complimenting others, as if not doing so is a virtue. Others resist giving praise because they see it as a tool of manipulation.

But in many of our relationships, there is a danger of taking others for granted. We assume that others know we appreciate what they do for us. The truth is that it is crucial to acknowledge what others do for us. We all want to know that what we do is of value to the other person. So it would be good to think of praise as acknowledging, valuing, encouraging, and showing gratitude.

When our boys were growing up, Karen and I wanted dinner time to be pleasurable. One of our after-dinner activities was to have one person in the family be the guest of honor. Then the rest of us took turns saying one or two things we appreciated about something the guest had done.

We all know people who brag about never complimenting others as if not doing so is a virtue. Others resist giving praise because they see it as a tool of manipulation.

We shouldn’t have to walk on water just to be acknowledged.

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, publishamerica.com, and at the Parrish Book Store in Virginia Beach. He is also a sought-after speaker.

Tidewater Pastoral Counseling
(757) 623-2700
Internet Marketing and Design
Helping businesses navigate the World Wide Web now offering ground-based and aerial imaging

As an avid sailor, Terry Young knows that it is risky to set out on the water without knowing where you’re going or what markers to look for.

As CEO of Internet Marketing and Design, he also knows that it’s equally foolhardy—and potentially costly—for a company to set out on the equally choppy seas of the Internet without a capable and secure vessel.

“The Internet is an invaluable tool, and setting up a website looks easy,” Terry says. “The truth is, web development is a very complex and ever-changing field. While initial design is a part of the process, the designer must also understand coding, screens, browsers, connection speeds and search engines.”

Business owners know the value of a strong, flexible, and results-producing website. Terry Young, CEO of Internet Marketing and Design, loves to help them meet that essential need. “Nothing pleases me more than helping our clients achieve their business goals,” he says in his charming British accent.

Terry has spent most of his professional life overseeing the building of websites for companies, medical practices, and individuals as far afield as the UK, Australia, Spain and Bermuda.

Terry started Internet Marketing and Design in 1997, when the Web was still in its infancy. Over the next 22 years, his company has grown and prospered, based largely on customer satisfaction, because of its ability to stay ahead of the curve and adapt to rapidly changing technologies.

With a clear eye on the future, Internet Marketing and Design is always evolving and growing. After years of offering ground-based photo and video services, a natural business progression was to add high quality, professional aerial photography and videography services.

Here, Terry answers some critical questions business people often ask about why it’s crucial to have a true professional on their team.

What makes an effective web site?

A web site needs to cover many elements if it is to generate new business. Not only does a site have to be attractive and easy to navigate, but it also needs to add value to whatever the visitor is viewing on it.

The site has to work on whatever browser they are using, or whether they are on a PC, Mac, tablet or phone. It also has to take advantage of newer technologies, like social media linking. All of this has to be done while being aware of what can help the company, and what will just create more work.

Finally, the biggest issue most companies have is that the developer needs to understand the functions of the dreaded search engines. If they do not, the company will have to pay heavy ongoing “Pay-per-Click” fees in order to be seen.

What are the biggest misconceptions about having a business website?

Even after 30 years of the Internet, people still believe that “if you build it, they will come.”

Many businesses think that web design is simple, just some pictures and text on some pages. They believe that their site will immediately be found on Google, and the calls and orders will come flooding in.

Unfortunately, they don’t consider that all of their competitors are thinking the same.

With only 10 places on Google’s first page, a web developer has to literally light against your competitors’ sites, and their web designers, if you’re going to have a chance of being found.

The bottom line is that if you have 50 competitors in the area with websites, at least 40 of them hired web designers who couldn’t do what they promised.

What qualifications/skills are necessary to create a good, functional website?

There are very few formal qualifications that cover all elements of the web, because each element requires different brain ‘wiring.’ It is not enough to be artistic for the design; you also have to be an extremely logical thinker for coding, and understand how and why other people have coded a certain way.

Finally, you must possess a strong business mind for the marketing and promotional aspects.

Unfortunately, businesses don’t ask web designers about experience or qualifications. All the designer has to do is show some pretty client sites, usually pre-made templates, and know some technical jargon.

It is a sad fact that the majority of web designers only work in the web field part-time, and have little relevant training or experience other than knowing how to download free, and very insecure, web site software. Our qualifications and experience span decades in marketing, advertising, design and programming. I, myself, was a commercial programmer for over 12 years before starting Internet Marketing and Design.

Since then, we have been full time 24/7 in the web development, design, and marketing fields.

Can’t business owners just use a template online and make their own site?

These days, a very large percent of other web designers simply download free software and some templates, it’s free for them, and they can make thousands from it.

Because many businesses think that a web site is just pages of pictures and text, most use those designers first to save money.

About 80 percent of our clients tried these ‘budget’ sites, or used employees or friends to build them a site, usually part-time around their day job.

These initial web sites didn’t achieve anything.

At that point, the business realizes that they need a professional company to promote them effectively online, especially if they have competitors who rank high on the search engines and get a lot of business.

How does Internet Marketing and Design differ from other companies?

The biggest difference is that we do not use free ‘open source’ software. Open source software, such as WordPress, is used by other web designers and even companies because it means a fast profit with very little knowledge needed. Also, this software is maintained by volunteers. As such, it is extremely insecure, so much so that a recent security study showed that WordPress made up 90 percent of all hacked websites in 2018.

WordPress also has many bugs—which can take days or weeks to fix.

We create and code our sites ourselves. This gives us control over the quality and security. It allows us to build additional features as the client requires.

Also, because we created the coding, if there are future issues, such as new browsers or devices, or search engines change something, we can make adjustments very quickly. Probably the biggest difference is that our clients do not need to pay outrageous extra fees just to be found online.

Is there a difference between web development and web design?

There is a vast difference. It is like asking what the difference is between a builder and a painter. The actual design of a site only makes up around 15 percent of the total development time. The other 85 percent consists of setting up the server and database, coding the site, social media linking, search engine promotion, etc.

This 85 percent is also what separates us from other web designers. We custom write our own code.

The resulting site is more stable and secure than free sites, like WordPress or Joomla—and when a site goes live, it has been tailored to the clients’ needs and requests.

How do your costs compare to other web companies?

Our prices for custom development can work out to be less expensive than companies who resell free software and templates. The typical cost of one of our custom-developed brochure sites is $4,500. We also offer a full range of custom-developed sites, including e-commerce and video sites, at very reasonable rates. While other companies may charge less initially to get the business, they have mandatory ongoing ‘maintenance’ plans, sometimes costing thousands of dollars a month. Over time, a site can cost tens of thousands.

Our prices cover everything, including search engine optimization and submission, and customization. We also provide free support for six months after the site goes live. After that, we offer a very reasonable maintenance package.

What is next for your company?

We have always pursued additional services which can benefit clients. Three years ago I underwent training and FAA testing, we opened our new aerial photography and video department - Air Aspects.

For years we have offered video production and editing services, and so adding aerial services was not only a natural business progression, but also something unique and not widely available.

Read more about our drone services at our web site at AirAspects.com.
Rise of the Front Yard People

Recently, it dawned on me that my neighborhood resembles a sort of ghost town. Obviously, people live here—lawns are mowed, shrubs manicured and houses are well-kept—but they’re rarely seen.

On weekdays, I sometimes drive past my next-door neighbor and her friend on their morning walk. My drive home often coincides with a neighborhood boy playing in his parent’s front yard. A woman from four doors down walks her large dog by our house some evenings. An older gentleman from several blocks away walks by with his tiny dog some mornings. But my neighbors and I only seem to meet in passing; our connections consist of half-hearted little waves and quick smiles. Because front porches are things of the past, neighbors aren’t visible in the way they once were.

I’m not alone in feeling that I live among people I don’t really know. A 2017 Pew Poll found that only about four in ten Americans know some or all of their neighbors, while fewer than five in ten say that they trust them.

A 2017 Pew Poll found that only about four in ten Americans know some or all of their neighbors

Four years ago, Houston mother-of-four, Kristin Schell, suddenly realized that she didn’t know her neighbors by name; she identified them by their clothing. There was the neighbor who always wore red, and the woman who went for daily walks in yoga pants. “We would wave and give a friendly ‘Hi,’ but garage doors would go up, garage doors would go down, and people would disappear inside,” she recalls.

Attempts to connect with neighbors through dinner parties, picnics and book clubs fell through: preparations required too much time, and scheduling was a nightmare. What was needed was something that could fit effortlessly into the fabric of daily life. Kristin asked herself: “What if we were to take ordinary activities—things we’re already doing inside—and move them into the front yard? Just live in a more visible way?”

Moving her patio picnic table into her front yard, Kristin painted it an eye-catching shade of turquoise. She and her kids brought much of their daily routine outside to the table: meals, homework, reading, playing games, and simply relaxing together. Neighbors out for a walk or jog initially waved in passing; then slowed down to speak; then stopped to sit and talk for a few minutes. Names were learned; common interests were discovered; friendships were born.

Soon turquoise picnic tables began appearing throughout the neighborhood, and spending time with neighbors became a part of daily life. These folks started identifying themselves by a new name: Front Yard People. In 2017, Kristin published an account of her experiences. Entitled, The Turquoise Table: Finding Community and Connection in Your Own Front Yard, the book sparked a nationwide movement of Front Yard People. These folks are transforming their neighborhoods into energetic communities where people genuinely connect with one another.

If our neighborhoods seem like empty ghost towns, a turquoise table in the front yard just might be the answer. Or if we’re lucky enough to have a front porch, maybe we could do a bit more of our living there. Perhaps we could all benefit by becoming Front Yard People.

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.
The latest Chesapeake Sports Club luncheon was held at the Chesapeake Conference Center. Dick Arculen, who attended with his wife, Vicky, was recognized as the club’s new Legend of Honor.

Beautiful came as a kitten to the house after the divorce, brought by concerned friends trying to give solace. He became her cat immediately and named himself by running up and purring in response to, “You’re beautiful.”

The cat has stayed through the teenagers’ comings and goings. He knows when every member of the household gets home, sensing their presence before anyone else does. Even when they arrive in a taxi and slip quietly up the stairs, he is there at the door, mewing to announce them before they enter. He is like a guard at his mistress’s feet, slipping off the bed before a key turns in the lock.

Even when the eyes of his mistress are closed and she doesn’t stir, Beautiful knows when she is awake, and, just to play cat and mouse with her, he pads up to her and kneads the covers. They open to him, and Beautiful slides down, purring. They rest a few minutes.

Normally, he sets the time for breakfast, demanding his food by bounding up and rattling any papers or loose objects he can find. He returns to bed after eating, prancing on the coverlet, begging to be brushed.

When Sunday comes and life is slower, Beautiful behaves quite differently. Knowing there is a treat in the offing, he doesn’t nag to get fed dried food. His mistress brings in the paper and comes back to bed. Then, with Beautiful curled beside her or quietly at her feet, she sips tea or Coke and reads until hungry.

There was a time when the mistress dreaded a late breakfast alone. She ate mundane meals and lost weight. Now she plans her breakfast with the cat.

They debate each dish seriously. Sausage? Beautiful’s ears go back. How about sausage and apples or ham with pepper jelly? Or Coca-Cola sauce? He props himself up on his mistress’s foot, savoring her voice, translating her desires, anticipating his pleasure. How about Toad in the Hole? Or scrambled eggs? Or poached?

Finally, his mistress gets up. She opts for sausage and apples. The sausage is frying while she cuts the apple into wedges and adds it. She slips the eggs into the bread, in which she’s made a hole. By then, the sausage and apples are done.

Out comes a favorite tray, a crystal glass of juice, tea or Coke, depending on the day, perhaps a flower, china plates and napkins. Beautiful watches in silence, smacking his whiskered lips once or twice.

He jumps back in bed, nestling just below the food. He is sliced a bit of egg (good for his fur) and some sausage (no medical justification)—all put onto his own china plate on the floor. They both eat.

Satisfied, the mistress moves the tray down next to his plate on the floor, and finishes the paper as Beautiful delicately cleans his paws, one by one, and then his whole body in grave self-satisfaction.

The timing is just right. As his mistress leaves for church, he jumps to the window to supervise the birds.

A MATTER OF TASTE

By Nathalie Dupree

Cooking for a person and a cat can be Beautiful experience

Fried Sausage and Apple

1/3 Pound bulk sausage
1 Sliced cooking apple, cut in wedges

Fry the sausage in a skillet. If in link form, prick first. When nearly done, add the apples and sauté in sausage fat until nearly soft, but not mushy. Remove and drain on paper towels.

Feeds 1 person and 1 cat.

Toad in the Hole

4 Tablespoons butter
2 Slices bread
2 Large eggs

Melt the butter in a heavy skillet large enough to hold both slices of bread. With a biscuit cutter, cut a hole in the center of each bread slice. Place the bread in the butter and fry until browned on one side. Turn. Crack the eggs separately and drop into the holes. Cook slowly until the eggs are fried and the bread browned, three or four minutes. If the bread browns before the eggs cook, cover and let sit for about a minute until done.

A Matter of Taste

By Nathalie Dupree

Cooking for a person and a cat can be Beautiful experience

Fried Sausage and Apple

1/3 Pound bulk sausage
1 Sliced cooking apple, cut in wedges

Fry the sausage in a skillet. If in link form, prick first. When nearly done, add the apples and sauté in sausage fat until nearly soft, but not mushy. Remove and drain on paper towels.

Feeds 1 person and 1 cat.

Toad in the Hole

4 Tablespoons butter
2 Slices bread
2 Large eggs

Melt the butter in a heavy skillet large enough to hold both slices of bread. With a biscuit cutter, cut a hole in the center of each bread slice. Place the bread in the butter and fry until browned on one side. Turn. Crack the eggs separately and drop into the holes. Cook slowly until the eggs are fried and the bread browned, three or four minutes. If the bread browns before the eggs cook, cover and let sit for about a minute until done.

A Matter of Taste

By Nathalie Dupree

Cooking for a person and a cat can be Beautiful experience

Fried Sausage and Apple

1/3 Pound bulk sausage
1 Sliced cooking apple, cut in wedges

Fry the sausage in a skillet. If in link form, prick first. When nearly done, add the apples and sauté in sausage fat until nearly soft, but not mushy. Remove and drain on paper towels.

Feeds 1 person and 1 cat.

Toad in the Hole

4 Tablespoons butter
2 Slices bread
2 Large eggs

Melt the butter in a heavy skillet large enough to hold both slices of bread. With a biscuit cutter, cut a hole in the center of each bread slice. Place the bread in the butter and fry until browned on one side. Turn. Crack the eggs separately and drop into the holes. Cook slowly until the eggs are fried and the bread browned, three or four minutes. If the bread browns before the eggs cook, cover and let sit for about a minute until done.

Available October 1st

Wherever books are sold

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 person may get into the habit of glossing over topics that cause anxiety. More often than not, people indulge in superficial thinking when they are so well-versed in a topic that they reach a conclusion by using mental shortcuts. Surprised?

Evidence of superficial thinking is found in the writing of people of any degree of intelligence. They prefer to skim the surface.

Picture a butterfly flitting from flower to flower, not staying long to gather nectar from just a few flowers.

A person may get into the habit of glossing over topics that cause anxiety. More often than not, people indulge in superficial thinking when they are so well-versed in a topic that they reach a conclusion by using mental shortcuts. Surprised?

The couple quickly discovered Amethyst’s sweet nature, and soon returned with their parents to proceed with the meet and greet. The potential adopters spent time with Amethyst in the interaction room as well as outside to walk her on a leash. Afterwards, they decided to think about Amethyst overnight. Already convinced they were a great fit, I was a little disappointed. As I put Amethyst in her kennel, I prayed the family would return. Amethyst was an older girl who was found as a stray. Though we’ll never know why her owners never came for her, what we did know was that despite the humans who had failed her, Amethyst still loved people. She adored attention and had a vivacious personality for her age. When a couple came to meet Amethyst, I was surprised to hear they weren’t looking for themselves, but were helping their parents with the adoption process. “We’re just trying to make sure Amethyst seems like a good fit,” they said. When I learned that the family who might take Amethyst home was a retired couple with a 42 acre property, I couldn’t wait to meet them, and neither could Amethyst!

The rest of the day passed quickly as I stayed busy assisting visitors. Towards the end of the afternoon, I stopped by the front desk and noticed Amethyst’s visitors standing in the lobby. “Did you decide about Amethyst?” I asked. “We couldn’t stop thinking about her,” they said. They had come back for her!

Shelter staff want nothing more than to see their animals get a second chance.

A few weeks after Amethyst’s adoption, I was elated to discover a follow-up letter about Amethyst posted in my workspace. The letter described how wonderfully Amethyst was settling into her new home and how happy they were to have her in the family. She had, as they put it, “fallen in love with retirement.” Shelter staff want nothing more than to see their animals get a second chance. With all the exhaustion and heartache that comes with animal rescue, adoptions are the reason we keep going— the reason we push through fatigue and sadness. It’s why we greet every adopter with a bright smile, despite the heartbreaking things we witness every day. Our dogs sit by our sides, walk where we walk, sleep where we sleep. They inspire us to go on adventures, whether that means a walk in the sun or a trip out for ice cream cones. They remind us to watch the birds and enjoy long drives, to grieve less and celebrate more. We think of adopting an animal as rescuing that animal... yet in so many ways, it is they who end up rescuing us.
Fall in Virginia is beautiful, but it also brings unpredictable weather. Make sure your home is comfortable no matter the temperature outside.

$89.00
System tune-up & cleaning
With this ad. Not to be combined with any other offers. Expires 10/01/19.

$25.00 OFF
Any HVAC, plumbing or electrical repair
With this ad. Not to be combined with any other offers. 10/01/19.

Call or text us at 757.215.4473
COMMERICAL & RESIDENTIAL
*Serving YOU since 1977*
www.russellshvac.com
www.TheShopper.com

Our October center spread is designed to highlight a variety of businesses that help kick-off the start of fall – events, food, drink, entertainment, early shopping and getting ready for the holidays.

Call (757) 547-0520 for information or to reserve space

The Shopper is an upscale monthly magazine, direct mailed to distinct communities in separate editions of 10,000 homes each

133 Kempsville Road, Chesapeake • (757) 547-0520 • email us: information@TheShopper.com

Be sure to check out all of our editions online at www.TheShopper.com