Smiley’s Heating & Cooling
Comfort is just a smile away
Page 6

Larry and Taylor Smiley


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Look for the announcement the week of Thanksgiving!
Check out our website, Facebook and Instagram for our Black Friday Specials!

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Publisher’s Point

Thankful for the Milestone

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

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

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

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

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

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show you photos of neighbors
at play, doing charity,
while loving their work
and each other.

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

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

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

The guideline is still Do Unto Others and Give Thanks!

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The Shopper is a monthly, direct-mail, magazine serving 8 community editions in Chesapeake, Portsmouth, Suffolk, Smithfield, Carrollton, and Virginia Beach in Virginia and communities in northeastern North Carolina. The Shopper has a circulation of at least 10,000 direct mailed in each zone, totaling over 80,000. Additional issues are placed in our advertisers’ stores and in professional offices in our circulation area.

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Smiley’s Heating & Cooling
Comfort is just a smile away

By Allison Williams

N
othing brings a smile to one’s face faster than walking into the comfort of an air-conditioned room on a sweltering summer day. So, it seems only appropriate that a home-grown Portsmouth business that has been providing Hampton Roads residents with heating and cooling for 33 years should bear the name Smiley.

It isn’t a gimmick. Larry Smiley is founder and president of the company, and his family’s name is emblazoned on all company vans alongside a smiley-face logo. In recent months, these smiley-faced vans have become a more frequent sight in Virginia Beach where Smiley’s Heating & Cooling has opened a second office.

“We already had a strong customer base at the beach, and it makes it easier for us to serve them more efficiently by having an office out there,” Taylor Smiley, Larry’s daughter and Vice President of Operations, explains. “Business in the Virginia Beach area is really starting to pick up, especially since we now have more of our business vans on the road out there.”

Currently, the Virginia Beach office, which opened in the Lynnhaven area this past February, is staffed with a full-time secretary and sales technician. Although service technicians are still being rotated through the main office in Portsmouth, Larry’s long-range plans eventually call for six HVAC specialist technicians to serve the Virginia Beach site.

“We base our business philosophy on a firm belief in being fair, and providing high-quality service that makes our customers happy and puts smiles on their faces,” Larry declares. “We accomplish all this by hiring quality people who do quality work.”

Taylor agrees, noting that employees’ longevity with the company is also key to its success. She also points out an interesting fact: company employees include several pairs of brothers, a couple of father-and-son duos, and of course, she and her father. Taylor believes that because of the company’s positive atmosphere and welcoming work environment, satisfied employees encourage family members to come on board.

“I think it shows a lot of character, having families who have been with us for decades, and that makes us humble,” Taylor says. “I think my being one of the only women in the HVAC industry—traditionally, a male-dominated field—also gives us the chance to see things from a different perspective.”

Today, Smiley’s headquarters is located in a spacious newly-constructed facility on Portsmouth Boulevard, that boasts a large, professional kitchen and an upstairs recreation room featuring a 72-inch television, a ping-pong table, and exercise equipment.

But Taylor remembers the company’s early years when its only employees were Larry and Terry, a technician who is still on staff. A sparse downstairs office in Larry’s former home off Turnpike Road in Portsmouth served as the company’s office for its first 15 years in business.

“We’ve come a long way since then,” Taylor observes with a laugh.

“We base our business philosophy on a firm belief in being fair, and providing high-quality service that makes our customers happy and puts smiles on their faces.”

—Larry Smiley

Heating and cooling a home can be expensive, but Larry and Taylor have several suggestions for how homeowners can lower utility costs. Larry’s first recommendation is for homeowners to have routine checks on their furnaces and HVAC units. Such maintenance checks should be conducted at the beginning of every heating and cooling season. To the homeowner, everyday may appear to be working fine, but these checks can uncover and correct problems affecting energy efficiency, Larry explains, saving clients money in the long run.

Taylor agrees, also emphasizing the importance of remembering to change the air filters once every month or two. Doing so can prevent a plethora of more serious problems in the future.

Larry and Taylor agree that the most cost-efficient thing people can do is to set their thermostats at the temperature they find most comfortable and then leave it alone.

A lot of people erroneously believe that they save energy by drastically adjusting thermostats when they leave the house to go to work and switching it back again when they return home. But, Larry affirms that this practice actually increases energy bills because the HVAC system has to work harder to achieve the desired temperature.

Replacing ductwork is another way to reduce energy costs, according to Larry. Because ductwork components expand and contract as they move hot and cold air, eventually the seams in the ductwork begin to leak.

Larry Smiley founded Smiley’s Heating & Cooling 33 years ago. Photo by Michele Thompson

Taylor Smiley, vice president of operations, and Larry Smiley, owner and president of Smiley’s Heating & Cooling

“Customers always come first at Smiley’s Heating & Cooling,” Larry pledges. “Everything we do revolves around providing customers with superb service.

This commitment to excellence is borne out by the high customer service reviews that the company has received on social media: a 4.9 score from Google and 4.8 from Facebook. The Better Business Bureau has awarded Smiley’s a grade of A+, while Trane Comfort Specialist, a manufacturer of HVAC units, gives it a rating of five stars. In 2016, Smiley’s Heating & Cooling was named a winner of Hampton Roads Chamber of Commerce Small Business of the Year.

“Our team is proud of the high-quality service we provide our customers,” Larry says. “We offer flexible hours and recognize that our clients may not be available to come home during a regular workday. Therefore, we plan service calls around their busy schedules.”

Larry and Taylor are both Portsmouth natives who still call the city home and are proud to headquartered their business there. “We love it here,” Taylor smiles. “It’s home for us.”

Being local and family-owned, Smiley’s Heating & Cooling offers a genuine sense of caring that often seems to be lacking in larger, corporate-owned companies.

“We can keep our costs down, which in turn means we offer our customers reasonable prices,” Taylor concludes. “Our customers are more than just numbers to us. Frequently, they’re our neighbors and our friends. We take pride in our work, and we want to do what is best for our neighbors. We genuinely care about their well-being.”

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Up and Away

By Terry Young

No-fly zones, and ever changing rules

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

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

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

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

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

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

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

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

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

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

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VETERANS DAY MEMORIAL CEREMONY

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

The public, current and former members of the U.S. military, and their families are invited to join other local veterans, city officials and community leaders for a special Veterans Day Ceremony.
Great American Food Fest
Chesapeake Sheriff’s Office Charities, Inc. and South Norfolk Ruritan Club recently held their annual Great American Food Fest at Chesapeake City Park in Greenbrier. In honor of the festival’s 40th year, The Deloreans provided the entertainment for the vast crowds. Vendors served sample-sized portions of their delicious foods and drinks. Proceeds went to benefit community projects sponsored Chesapeake Sheriff’s Office Charities, Inc. and South Norfolk Ruritan Club.

From left: Senator John Cosgrove, Jennifer Wright, Sheriff Jim O’Sullivan, School Board Member Christie New Craig, Council Member Robert Ike, and Senator Lionell Spruill

Chesapeake’s First Lady, Vicky, and husband Mayor Rick West

Linda Belew, left, with her children, Mike and Holly

From left: Ashley Orlando, Alan Coley, Brandon Quinn, and Leigh-Ann Wynn

Joe Gallagher and Kari Frugard

Joe Meravy and Denise Query, owner and stylist at Hair Kingdom

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

Volunteer and President of South Norfolk Ruritan Club, Rusty Barath

See these and other photos at TheShopper.com

Last One This Year!
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
Saturday, November 23 from 11:00 am - 1:00 pm
Russell Memorial Library • 2808 Taylor Road, Chesapeake
(near Chesapeake Square Mall)

Refreshments will be provided.

This seminar is for you if:
• You want to know the big myth you probably believe about probate that is untrue.
• You want to prevent unnecessary stress, frustration and a family meltdown.
• 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.

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

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

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

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

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

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MONDAY
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TUESDAY: Lunch: '7 Tacos • 15 Margaritas • Dinner: Tapas Night

WEDNESDAY
Lunch: '7 Southern Fried Chicken • 18 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 • 14 Well Drinks

SATURDAY: Lunch: '7 Chef's Choice • 1 Off Bottled Beers

SUNDAY: 15 Bloody Marys and 14 Mimosas

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• Photos of gatherings

• Events calendar

The Shopper is direct-mailed to a total of 60,000 upscale homes and businesses
Dreams Do Come True!

For decades, readers of The Shopper have known Dr. Bill Austin as the beloved author of “Relationships”—one of our most popular monthly columns. What few of us suspected was that Bill is a passionate train and model train enthusiast. Recently his wife, Karen, treated him to a trip to the Western Maryland Scenic Railroad in Cumberland, Maryland, where he realized his life-long dream of driving a train. Dressed like an engineer from the good old days of railroad travel, Bill took his place at the throttle for an experience he will never forget!

Dr. Bill Austin is ready to go. All aboard!

See these and other photos at TheShopper.com
Behind a Screen

When I was little, a day was full of time, and a summer felt eternal. My brother and I raised an active childhood, and we spent much of it outside. I remember long hours spent fishing by the canal, playing on the swing set, and tossing the hacky sack back and forth in the front yard. We wrestled in the grass and raced the cars that drove by on the street. We swung baseball bats, got Frisbees stuck on the roof, and rescued marooned tadpoles from dried-up puddles. We rode bicycles, kicked soccer balls, and played with dragonflies. When we weren’t getting mud stains on our clothes and grass stains on our souls, we were just as busy inside with toys, books, and art. My childhood taught me the difference between tiring my body from play and tiring it from labor—and allowed me to understand the importance of finding a balance between both. But these ways of growing up are becoming lost, and so are the benefits of the adventures such ways entail.

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

Technology and its role in the lives of children have evolved immensely over the last decade alone. It has become more and more common to see toddlers clutching phones and for children under the age of ten to have such devices of their own. Electronics have changed the way children access, study, and interact with new information, while also doubling as a source of endless entertainment. But while versatile and engaging, technology cannot substitute for the fundamental experiences of learning to run, jump, race, and play. It cannot offer the exercise and social interaction found at playgrounds, parks, and outdoor activities in general.

When technology exists in a child’s life without limits, they are in danger of never experiencing these adventures at all—robbing them of a crucial catalyst and outlet for imagination and creativity. If my free time had been occupied by glowing screens, key parts of my personality would be altered. It raises the question: if children today are learning to play differently, how does this influence their social skills and creativity? Is a child’s exposure to technology intrinsically connected to the development of these traits? Adults and children alike are using technology more than ever before. While we reap the benefits of these incredible devices, let us also be mindful of how a screen creates separation from what’s right in front of us, be it a friend, a family member, or a sunny day waiting to be enjoyed. When it comes to making memories, I’ve found very few involved a cell phone screen . . . but many began through a screen door.

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

The Write Sense

Brain and Brawn: Physical-Mindedness

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

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

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

A retraced loop means precision (golf), pipe

With a slender loop ( ), the writer may be satisfied with a walk.

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

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

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November 2019 The Western Great Bridge/Grassfield/Deep Creek Shopper Page 11
By Rob Lauer

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

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

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

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

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

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

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

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

—Michael Stonecypher

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

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

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

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

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

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

CBN Christmas Village
A Holiday Gift to Hampton Roads

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

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Celebrate with us as the campus of CBN and Regent University is transformed into an enchanting Christmas village.

Thursdays: December 5 and 12
6:00 pm – 9:00 pm

Fridays: December 6 and 13
6:00 pm – 9:00 pm

Saturdays: December 7 and 14
12:00 pm – 9:00 pm

Free and Open to the Public

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*Marketplace and food items available for purchase. Some performances may be ticketed.

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Antique McCaskey double cash register. Available with or without separate stand.

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Small sample of a larger collection of vintage Anchor Hocking Wexford Glass. Multiple sizes available.

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Roger & Hammerstein’s The King and I
9 p.m. Friday, November 8
The Virginia Peanut Story
9 p.m. Thursday, November 14
Much Ado About Nothing
9 p.m. Friday, November 22
Cinema 15:
Gorillas in the Mist
8 p.m. Saturday, November 16
Tootsie
8 p.m. Saturday, November 23

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Chesapeake Sports Club
The Chesapeake Sports Club held its last monthly luncheon at the Chesapeake Conference Center. Arthur Sanders, with his family in attendance, received the latest Chesapeake Sports Club Legends of Honor Award. The guest speaker was Fenton Priest III, who spoke of the non-profit organization Wrestlers in Business Network as well as the subject of wrestlers’ ethics in today’s workplace. Representatives of ODU wrestling were also in attendance to promote their program and season tickets.

whro
Coming soon...

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Children First

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

News reports still shock us with the names of the schools that have suffered intrusions and loss of life by an active shooter. People thought it could not happen in their schools or their safe communities. Then they saw Columbine, Sandy Hook, Marjory Stoneman Douglas and countless other schools all over our country, and the schools/communities looked like ours. Things had to change.

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

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

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

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

A career educator, Dr. Rebecca Adams has served as a teacher in grades two through graduate school, reading specialist, principal, and an educational foundation administrator. She was selected as Chesapeake’s First Citizen 2016 for her community service.

“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.

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Fall Savings: 25% OFF on any carpet, tile or upholstery cleaning!

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

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GUARANTEED!

By Dr. Becky Adams

November 2019  The Western Great Bridge/Grassfield/Deep Creek Shopper  Page 17
Jail - A Perfect Alibi

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

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

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

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

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

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

I had not been home ten minutes when Eve showed up, agitated. “Get some things,” she said. “You’re coming with me.”
I must have looked dumbfounded. “Why?” was all I could say. “Your phone is out. It’s been disconnected.”

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

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

Additional text from this excerpt is available on TheShopper.com
Sextortion

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

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

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

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

The email starts with “I do know, [password here], is your password.” It then goes on to tell of how the blackmailer placed a video on a porn site which you watched, and that it contained malware which gave them access to your computer and webcam.

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

Then the blackmail comes. The email says that $2,900 is required to keep your secret. This scam uses a password to make it seem more legitimate to the recipient. It also threatens to distribute your video to all of your relatives, co-workers, and so forth.

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

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

Where did they get the password?

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

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

Look at the password; is it an older one?

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

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

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

Giving Thanks for the Same Old Things

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

For the majority who prevailed, there followed an afternoon of sharing memories, laughs, and the latest news about family and friends.

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

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

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

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

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

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

“...But sometime it will be the last time.

The same old things will never be the same again.”

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

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

5th Annual Pull For Pink

The Chesapeake Sheriff’s Office recently held it’s Fifth Annual Pull For Pink. Thirty teams from across Hampton Roads came together for a fun afternoon, to raise money to fight breast cancer, and provide mammograms for women in need. Hundreds came to cheer on the teams of eight as they pulled the fire truck for 15 feet as fast as they could. There was also a silent auction, 50/50 raffle, kiddie pull, and live music by Not Those Girls.

Sheriff Jim O’Sullivan, Chesapeake City Council Member Debbie Ritter, and Captain David Rosado

See these and other photos at Theshopper.com
There are feelings other than thankfulness at holiday meal

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

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

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

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

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

Whatever it is, I leave church, I want to eat as quickly as possible. Eating after 1 o'clock on Thanksgiving or Christmas is barbaric to me. I get hungry when I get hungry, and no one can stand to be in the same room with me. Should I eat something—anything—after church to hold me until everyone is ready to eat? Or must I wait so I can appreciate the meal fully with everyone else?

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

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

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

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

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

Preparation and cleanup are the other parts of the puzzle. Who does how much? Sometimes these are unspoken, but they are still there. Are people who bring the most joy. Some prefer to bring the main course, others the side dishes, others the dessert, and a few bring the table decorations. In America, we are known for our 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.
The Shopper Publisher Jean Loxley-Barnard (sitting), with Regina Lawrence, Madgie McRae, and Stephanie Spruill of STOP, Inc.

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

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

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

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

Scott Freeman and Natalie East

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

See these and other photos at TheShopper.com

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

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

HICKORY MARCHING HAWKS
Fall Craft Show
Saturday, November 16
9:00 am - 4:00 pm
All proceeds of the booth rental benefit award winning Marching Hawks

On the campus of Hickory High School
1996 Hawk Blvd.
Chesapeake

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757-348-5070 or craftshowhickory@gmail.com or visit www.hickorycraftfair.wix.com/hawks

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HOLIDAY ART SHOW & WINE RECEPTION
SUNDAY, NOVEMBER 17
FROM 3 to 6 PM
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This show will feature paintings from Lighthouse Pointe Residents as well as paintings from Southside Artists Association.
saava.us for more information

HOLIDAY CRAFT FAIR
Our Annual Craft Fair at Prince of Peace
SATURDAY, DECEMBER 7 • 9:00 A.M. TO 3:00 P.M.
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Oak Grove United Methodist Church has been standing at the busy intersection of Battlefield Boulevard and Kempsville Road for so long that the thousands of drivers who pass it daily probably take it for granted. Its picturesque white sanctuary with dark shutters looks like something from another age—which indeed it is, having been built nearly a decade before the Civil War.

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

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

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

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

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

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

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

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

"Our mission statement as a church is pretty simple. It is ‘Connect, Grow, and Serve.’"
—Pastor Frank Holley

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

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

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

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

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

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

“As a society, we seem intent on picking sides and dividing ourselves from one another because we have differences of opinions,” Pastor Holley observes. "But as United Methodists, we are a more progressive, diverse church. Do we withhold grace from people just because we might have disagreements? Of course not. We’re here to share the good news that God’s grace extends to all.”

Oak Grove United Methodist Church might be one of Chesapeake’s historic churches, but its congregation is firmly planted in the present and dedicated to serving the community.

Oak Grove United Methodist Church
472 Battlefield Boulevard N., Chesapeake
(757) 547-2319
www.oakgroveumc.org

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

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

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

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

Holiday Craft Show
November 23rd • 10 a.m. – 5 p.m.; November 24th • 11 a.m. – 4 p.m.
Chesapeake Conference Center, 700 Conference Center Drive, Chesapeake
Free event. Get your holiday shopping started early. Over 90 crafters to shop from for handmade gifts and decorations!

Visit www.theshopper.com

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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 Parish Book Store in Virginia Beach. He is also a sought-after speaker.

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