Galardi/Rosenblum Plastic Surgery
For Dr. J. Byers Bowen, plastic surgery is an art form that improves lives
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Chesapeake Sports Club

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

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Coming soon...

Independent Lens: Leftover Women
10 p.m. Monday, February 10th

Country Music:
Are You Sure Hank Done It This Way?
(1973-1983)
9 p.m. Friday, February 14th

Cinema 15:
Sense and Sensibility
8 p.m. Saturday, February 8th

Guess Who’s Coming to Dinner
9 p.m. Saturday, February 15th

The Guns of Navarone
8 p.m. Saturday, February 22nd

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Carl Farris, January 2020
Legends of Honor recipient

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

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

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

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

Guest Speaker Will Driscoll with Chesapeake Sports Club President Jim Cleavenger
“I wanted an open, bright floor plan with plenty of living space,” Cheryl recalls. “I was prepared for a massive remodeling effort and prayed I could find the right person to finish my dream. I knew exactly what I wanted and eventually I knew Barry was the one who could do it.”

Addition Associates finished the project two weeks early and considerably under budget. “I could not be happier with the results.”

—Cheryl Ruff of Churchland

Enjoy the sun all year long!

“I wanted an open, bright floor plan with plenty of living space,” Cheryl recalls. “I was prepared for a massive remodeling effort and prayed I could find the right person to finish my dream. I knew exactly what I wanted and eventually I knew Barry was the one who could do it.”

Addition Associates finished the project two weeks early and considerably under budget. “I could not be happier with the results.”

—Cheryl Ruff of Churchland
Publisher’s Point

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

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

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

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

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

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Fear, Money, and Time
by Kelly B. Paxton, DDS

One of the most common questions patients ask is, “Do you enjoy what you do?” While some prefer to avoid our work environment, we dental professionals enjoy helping people improve their overall health. Studies show that almost half of adults do not see a dentist regularly. In 2014, The Centers for Disease Control and Prevention (CDC) found that only 62 percent of adults had seen a dentist in the past year. There are many reasons why the other 38 percent did not come to see us. Usually, it is due to fear or concerns about cost, but sometimes it is simply lack of time.

Fear is something dental professionals deal with every day, but it can be managed by educating patients on the process. What should be truly feared are the results of not receiving comprehensive preventive care. When someone comes in afraid, we help them get past the fear by showing them that the dentistry of today is not the dentistry of their childhood. We try to provide pain free dentistry with dental anesthesia. Dentistry has changed, and we enjoy hearing a patient say, “That wasn’t bad at all.”

What should be truly feared are the results of not receiving comprehensive preventive care.

Money can also be a deterrent until you understand the value of what you may be losing. Again, we educate you on the risks and benefits of all treatments. As your dental provider, it is our duty to recommend all the work required to diagnose and improve your dental health. We will explain what is happening with your specific symptoms. We enjoy the opportunity to help prioritize treatment in a way that comfortably fits your budget. We encourage preventive dentistry, including fluoride treatments, sealants, and regular dental health visits. We understand that treating a cracked tooth with a filling or a crown may prevent you from needing further treatment like a root canal.

So how can you find the time to come see us? Really, how can you not! According to the CDC, nearly 30 percent of adults have untreated dental cavities. Without regular dental health visits, most rely on pain or discomfort to signal a cavity or other dental issues. When the pain is too much to bear, many need to take unscheduled time off to make an appointment. We try our best to accommodate your schedule and make time for your treatment, but that is not always possible. If you are aware of potential dental problems, then you should make time in your schedule for an appointment. Many go to emergency rooms or urgent care centers for dental issues. This may provide a temporary solution, but ultimately they will still need to see a dental professional. When it comes to any infection in your mouth, you will ultimately they will still need to see a dental professional. Make sure you visit your dentist at least every six months. We are here to help, not hurt you. We want to prevent potential dental problems, saving you money and time.

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

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

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

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

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

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

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

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—Marianne Walston

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A vision of youth

The Journey

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

My passion for animals and animal rescue blossomed throughout my childhood. What began as a fundraiser for our local animal shelter turned into years of dedicated volunteering. I got my first look at what it meant to be a guardian of the forsaken, and I discovered a mission I feel blessed to fight for every day. Similarly, I began authoring short stories as soon as I learned how to write. I have always adored bringing worlds, characters, and adventures to life upon the page. I was a child in perpetual motion, spinning from one hobby to the next. Each experience shaped who I am today, and it was through these activities that I discovered the callings I felt most compelled to follow.

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

High school students sometimes struggle to dictate their future because they haven’t yet had a chance to truly live. My experiences guided me through the decisions I’ve made and continue to make each day. Classes, camps, hobbies and other activities provide wonderful enrichment to a child’s life, but their true value runs much deeper. Exposure to life experience prior to life choices can help us make more educated, confident decisions for our futures. Until we start, we can’t know for sure that we have a true grasp of where we want to end. Sometimes our journeys reach a different conclusion than we thought they would when they began. We are never too old to discover a passion our heart feels called upon to answer. In the face of infinite possible directions, moving forward is easiest with an open heart and open mind. We never know where a single day might take us, or which days we will later look back on as the building blocks that shaped the happiness we find along the way.

Breonna 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.
On December 31, 2019, the FAA published a proposal outlining new rules enabling a system to track all drone flights in the USA.

The proposal, released in the interest of public safety and awareness, has a few items that have many drone pilots very unhappy and on the verge of leaving the hobby.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

To accomplish her goal, Linda wrote a book entitled The 5 Declassified Estate Planning Secrets You Can’t Afford to Ignore... Linda sponsors monthly seminars about estate planning where everyone who attends receives a free copy of her book.

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

Linda’s parents were Roscoe and Mary. “They meant everything to me,” she shares. “They taught me to live with integrity, to seek excellence, and to value ethics in my profession. They also taught me the value of planning and a dedication to learning – to knowledge. But most importantly, they taught me the value of both serving others and of relationships, and that the connections we share with one another as human beings are what really matter in this life. We all want the same things – to avoid pain and find happiness, for ourselves and our loved ones,” she says, “and for me it is my deep desire to form a personal connection with my clients that makes me a different kind of lawyer.”

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

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

It was this desire to provide outstanding service for her clients that inspired Linda to open her own firm in 2005, a firm completely and solely dedicated to estate planning and estate administration. As an expert in her field, Linda knows what works. “Most people want to do the right thing by their families but just don’t know what that actually means,” she says. “Estate planning today is so much more than planning for what happens to our assets after we die. The reality is that we live long lives. Mental disability and some level of long-term care are likely. The earlier people begin to plan for this reality, the better.”

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

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

She loves to speak to groups and is never boring. Her favorite topic is Your Misconception About Estate Planning That Can Cost You Thousands Of Dollars And Create Stress, Frustration and Sleepless Nights For Your Family.”

Linda’s parents were Roscoe and Mary. “They meant everything to me,” she shares. “They taught me to live with integrity, to seek excellence, and to value ethics in my profession. They also taught me the value of planning and a dedication to learning – to knowledge. But most importantly, they taught me the value of both serving others and of relationships, and that the connections we share with one another as human beings are what really matter in this life. We all want the same things – to avoid pain and find happiness, for ourselves and our loved ones,” she says, “and for me it is my deep desire to form a personal connection with my clients that makes me a different kind of lawyer.”

Linda M. Sherfey, P.C.
ATTORNEY & COUNSELOR AT LAW

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www.sherfeylaw.com

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

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

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

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

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

A Morning with Linda Sherfey, the Author of: “The 5 Declassified Estate Planning Secrets You Can’t Afford to Ignore”
Attendees receive a free copy of my book sold on Amazon for $24.95 (1 per household).

Call, because you must have a reservation to attend one of these seminars on Saturday, February 29 from 10:00 am - 12:00 pm
638 Independence Parkway, Chesapeake—near Battlefield & Volvo Pkwy
or Saturday, March 28 from 11:00 am - 1:00 pm
Russell Memorial Library
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Refreshments will be provided.

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Computer technology has made amazing progress in the push to make devices smaller and easier to use. For example, 30 years ago, a computer as powerful as the one inside an iPhone would have been the size of a large bookcase. Only a computer expert would have any idea how to use it.

In surgical technology, there has been a similar push, but the goal has been for safer, less invasive procedures with more rapid recovery for the patient. One such advance is starting to catch on in the area of glaucoma surgery.

Glaucoma is a chronic eye disease that is associated with elevated eye pressure. If not controlled, the high pressure causes gradual vision loss that can progress to blindness. Glaucoma is the second leading cause of irreversible blindness in this country. Treatment of glaucoma is aimed at continuous control of eye pressure to prevent vision loss.

Historically, glaucoma patients have had their eye pressure controlled with eye drops, laser treatment and/or surgery. Eye drops and laser treatments were generally used first, as they are very safe. While surgery, because of safety concerns, was reserved as the last resort to prevent progression to blindness.

The problem with this system was that people were losing too much of their vision before surgery was considered. A safer, earlier surgical option was needed, and the idea of minimally invasive glaucoma surgery (MIGS) was born to meet that need. The first FDA-approved device in the field of MIGS, called the iStent, was approved and put into use five years ago. Since then, several devices and procedures have been added to our options for safer, less traumatic glaucoma surgery.

While MIGS procedures are far from a cure or complete solution for the treatment of glaucoma, they do provide safe and effective early treatment options that prevent vision loss. These advances are a welcome addition for doctors and patients alike. The more options we have to control glaucoma safely with minimal recovery, the better chance we have to prevent vision loss for our patients.
“Plastic surgery is an art form. Each procedure is different from every other one. Each presents a variety of unique challenges and possibilities.”

—Dr. J. Byers Bowen

A native of Charlotte, NC, Dr. Bowen attended Davidson College, where he received his Bachelor of Science in Chemistry. While at Davidson, he was a Division-I athlete, playing four years of football. He then went on to earn his Doctor of Medicine degree from The University of South Florida Morsan College of Medicine in Tampa. Completing his residency in General Surgery at Eastern Virginia Medical School, Dr. Bowen received multiple recognitions. These included Intern of the Year and the L.D. Britt Resident Award for Excellence in Education and Mentorship. Dr. Bowen was selected to complete his fellowship in Plastic and Reconstructive Surgery at The Ohio State University Wexner Medical Center and The James Comprehensive Cancer Center, one of the preeminent Plastic Surgery training programs in the nation. During his three years of Plastic Surgery fellowship, Dr. Bowen trained alongside the country’s leading Reconstructive and Cosmetic surgeons. At Ohio State, Dr. Bowen conducted innovative research in nerve transfer for treatment of pain in amputee patients, known as targeted muscle reinnervation (TMR), and presented his findings at prestigious conferences across the United States and in Europe.

Dr. Bowen has been published in Journal of the American College of Surgeons and Journal of Plastic and Reconstructive Surgery. He was recently featured in The Wall Street Journal.

Dr. Bowen now lives in Norfolk with his wife, Ann, and their twins. “We moved back to Hampton Roads in 2018,” he explains. “My wife is from Richmond, our children had been born here, and our church home was here.”

In 2018, Dr. Bowen joined the practice of the late Dr. Craig Merrell.

“Our partnership had a huge impact on me,” Dr. Bowen recalls. “Dr. Merrell was a highly-esteemed plastic surgeon with solid connections to the community and 36 years of experience. Working with him was such a valuable experience. He always taught me that the most important lessons are those learned from mistakes.”

In May 2019, Dr. Bowen joined Galardi/Rosenblum and now sees patients in their Harborview-area office.

The surgeon concedes that the general public still has many misconceptions about plastic surgery. “People tend to only think about cosmetic procedures. But plastic surgery also involves reconstruction after skin or breast cancer. It involves body contouring after massive weight loss or an accident. It can involve such things as abdominal wall reconstruction, complex hernia repair, and migraine headache surgery. Cosmetic improvements are secondary benefits of such reconstructive surgeries. Most reconstructive procedures following disease or cancer are covered by insurance.”

“Of course, cosmetic procedures are also available and used by a growing number of people—men as well as women,” Dr. Bowen continues. “Many times, people think that cosmetic plastic surgery is only available to the rich and famous. Nothing could be farther from the truth. Many of the people who come to me inquiring about cosmetic procedures think that they look older than they feel. How we think we look influences how we feel about things generally and how we approach life. At Galardi/Rosenblum Plastic Surgery, we have a saying: ‘Life really does Look Better When You Do.’ My approach is geared to give my patients a more youthful, rested, healthy, natural appearance.”

“There are multiple operations as well as less invasive procedures that can be used to make people look as young as they feel,” the doctor emphasizes. “For instance, if one’s face has begun to hollow in places, creating an older appearance, injectables can be used to help restore a more youthful look. Botox is another way that the effects of facial aging can be addressed before the need for surgery.”

Plastic surgery is not only the domain of those middle-aged and older. “Procedures like breast augmentation and abdominal reconstruction—as well as Botox and filler injections—are often performed for patients who are in their 20s and early 30s,” Dr. Bowen points out. “Plastic surgery is an ever-evolving field of medicine—with new procedures and treatments geared toward improving outcomes, controlling any pain or discomfort, and ensuring much shorter recovery periods.”

If people are considering the possibility of plastic surgery, Dr. Bowen suggests that they visit the Galardi and Rosenblum website. “Then call the office and make an appointment to come talk to me,” he concludes. “I want to emphasize that when people come to my office, they talk to me personally—not a nurse practitioner or doctor assistant. It’s important to me to treat each and every patient as I would want a member of my family to be treated.”
What dermatological warnings do people need to know?

Rachel Byrd, MD is a board-certified dermatologist who attended the University of Richmond and went on to study medicine at VCU. She lives in Virginia Beach and is passionate about educating people about the dangers of direct sun exposure (particularly between 10 a.m. - 2 p.m.) and tanning bed use, which can lead to skin cancer and accelerated aging of the skin.

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

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What does every taxpayer need to know this year?

CPA Beverly Jones did not hesitate to answer. “I would like everyone to know if they owned money last year, now is the time to fill out a new W-4. This is a new form that will allow them to withhold more accurately.”

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

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

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

What is STOP Inc.?

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

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

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

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

What leads a young woman to become a dentist?

Simply stated, Dr. Kelly B. Paxton of Midgette Family Dentistry gives the credit to her childhood dentist, who was both kind and professional. The young Kelly loved going to the dentist, and remembers knowing since middle school that she wanted to be a dentist.

Kelly’s career path to becoming a dentist wasn’t always easy. She ran track during her undergraduate studies, and traveled with her team while pursuing her degree. She explains that when she went to dental school, it was a breath of fresh air because she could focus more on her studies and not be torn to pursue two passions at once. “I still run,” she smiles.

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

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

Midgette Family Dentistry
3326 Taylor Road, Chesapeake (757) 483-4700 www.MidgetteFamilyDentistry.com Read our story at TheShopper.com

Kelly B. Paxton, DDS
WOMEN in BUSINESS

**Q What is the best thing about owning a hair salon?**

A Denise Query has owned Hair Kingdom for 31 years, and this attractive owner stands out due to her reputation for being a businesswoman who cares for three groups of people:
1. The hairstylists and personnel of Hair Kingdom are as important to Denise as she is to them.
2. Their clients are important, not just for their patronage, but for the satisfaction the entire team feels when each patron is truly happy with the results of their expertise. Long term clients have become more beautiful and part of the “family.”
3. Finally, everyone who works with Denise knows her heart goes out to anyone in need of help.

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

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

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

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

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

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

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

Read our story at TheShopper.com

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

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

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

“We love catering there. Each event is different. We have everything from birthdays and retirements to family reunions, showers and weddings,” Sheri enthuses. “We love being a part of so many joyous events. “Whether serving regulars and small informal parties in the Corner Cafe at Bide-A-Wee or the big events in the Pavilion, we are in a business that we love where we get to feel part of every event! Thank you, Portsmouth!”

**Corner Cafe at Bide-A-Wee**
1 Bide-A-Wee Lane, Portsmouth
(757) 404-1801
www.CornerCafeAtBideAWee.com
and visit our other location

**Corner Cafe**
3601 Western Branch Boulevard
Portsmouth
(757) 397-5500
www.CornerCafePortsmouth.com

Read our story at TheShopper.com

**Q What happens to The Shopper when its founder retires?**

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

It is likely all issues will be acquired by existing publishers, but it is possible publishers will acquire particular areas, with others acquired by entrepreneurs, including account executives or writers like Jean. Interested parties showed up at the first inklings of her retirement.

Retiring entrepreneurs often refer to their business as their baby, and Jean can relate. “I might keep an interest in one or two of the issues,” she admits, but adds, “Being spiritually oriented, I am willing to be guided by what should be.”

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

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

You can read more about this in Publisher’s Point on page 4.
Our clients love their response from The Shopper!

Join our Shopper family by calling 547-0520!

The Portsmouth Humane Society is in need of help finding homes for their barn cats! These are feral/semi-feral cats best suited to life outdoors. Their adoption fee is waived for good permanent homes, and they are spayed/neutered, ear-tipped, tested negative for FIV/FeLV, and up-to-date on their rabies vaccine. Contact the shelter for more info!

Love Notes

Volunteer with H.E.R. Safe Place, a local Domestic Violence Resource that provides emergency shelter and quality care to adult and child survivors.

Volunteer opportunities include:
- provide a meal
- maintenance
- yard work
- gardening
- re-decorate a room
- movie nights
- kids game/craft nights
- childcare for job interviews/support groups
- 24hr Hotline
- Goal Coach
- Life Skill Presenter
- H.E.R. Ambassador
- hold a drive
- hold a fundraiser

H.E.R. also provides a 24 Hr Emergency Hotline, case management, community support groups, court advocacy, child trauma program and age appropriate support, housing assistance and employment empowerment programs.

For more information visit www.hershelter.com or contact Volunteer Coordinator at 757-485-1445 or volunteer@hershelter.com.

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

Contact us for more information or to make a donation:
4022 Seaboard Court, Portsmouth (757) 397-6004
www.portsmouthhumanesociety.org

Read the story about the Portsmouth Humane Society at TheShopper.com

“Love Notes” Our clients love their response from The Shopper!

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

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

“I’ve gotten 90 percent of my patients from The Shopper!”
— Dr. Julia Stevenson
Cardinal Plastic Surgery

“For weeks after my story came out, I was busy every day. Jobs big and small came in. And I did not have to ask how my customers found me. It was because of The Shopper!”
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So don’t wait, call now!
382-7171

For more information, please visit www.EthicalCleaner.com
Midgette Family Dentistry
Patience and perseverance paved Dr. Kelly Paxton’s path to becoming a dentist

By Christine Knapp

I’ve known since I was in middle school that I wanted to be a dentist,” Dr. Kelly Paxton of Midgette Family Dentistry says. “Growing up, I went to one dentist, and I went to him until I left for college.”

Kelly, born and raised in Michigan, graduated from The University of Detroit Mercy. Upon graduation, she randomly decided that Virginia looked like a good place to put down roots.

“I looked for jobs from Washington, D.C. down to Virginia Beach. Battling cold Michigan winters, I fell in love with the area, especially the warmer weather,” Kelly laughs. “It was also important to me that I was close enough to my family—only a day’s drive away.”

That led her to find Midgette Family Dentistry in Chesapeake. Due to the caring staff, genuine concern for patients, and well-known integrity of the practice, Midgette Family Dentistry has been a trusted practice in Western Branch for over thirty years. Kelly calls the practice “family.”

“I fell in love with this office from the moment I walked in,” she explains. “Dr. Baker and Dr. Midgette—they had the same morals and values as my childhood dentist. They care about their patients and provide top-notch technology. I was impressed at our first meeting, and well—the rest is history. I’ve been here since I started my career, and that was 14 years ago.”

Kelly credits her childhood dentist as the motivation for her to pursue dentistry. “My dentist growing up, Dr. Schoonover, he influenced me and my career path to become a dentist,” Kelly explains. “He let me work for him over the summer and helped feed my desire to work in the dental field. He truly showed me what dentistry was all about, and I will be forever grateful for his friendship and mentorship,” she recalls.

Kelly’s career path to becoming a dentist wasn’t always easy. She ran track during her undergraduate studies, and she traveled with her sports team while pursuing her biology degree. She explains that when she went to dental school, it was a breath of fresh air because she could focus more on her studies and not be torn to pursue two passions at once.

“I still run,” she smiles. “I’m never going to be a marathon runner, but I love the way running makes me feel, and everyone needs that something that motivates them to reach for more. Balancing track and school helped me become very organized and disciplined in prioritizing my time,” she describes.

Long hours of studying, the balancing of priorities, patience, and perseverance—they all led to achieving her dreams of getting through dental school, becoming a dentist, and finding an office that she loves.

“In the dental world, we all work together, and if there’s a problem, we always lean on each other,” she says. “I surround myself with a great network of specialists—folks who have helped me develop and advance my career. This includes Dr. Midgette and Dr. Baker, as well as oral surgeons, orthodontists, periodontists, and others. I always have someone I can call,” she smiles.

Kelly, has been married to husband, Robert, for eleven years. He shares in her joy of raising their two young boys, Owen and Chase. “When I’m not at the office or with my sons on the weekends, you can find her pursuing volunteer work at the Church of the Resurrection, attending local concerts with her husband, or traveling to see family in Michigan.”

When asked what advice she would give to women pursuing careers in business, she pauses for a moment. “Find what you enjoy doing and do that to the best of your ability,” she replies. “Don’t do something halfway. If you want to be the best at it, you have to keep going. Education, learning—it’s a long-term pursuit. Many people quit early on because it’s not working in the short-term, they think they must find something else. But the things that are truly worth fighting for sometimes take a little longer, so don’t give up.”

Dr. Kelly Paxton of Midgette Family Dentistry

“‘It really just goes back to my experience as a child and the feeling I always had walking into my dentist’s office. That staff always went above and beyond with any dental problems... That’s the type of dentist I want to be for our patients.’”

—Dr. Kelly Paxton

When asked what advice she would give to women pursuing careers in business, she pauses for a moment. “Find what you enjoy doing and do that to the best of your ability,” she replies. “Don’t do something halfway. If you want to be the best at it, you have to keep going. Education, learning—it’s a long-term pursuit. Many people quit early on because it’s not working in the short-term, they think they must find something else. But the things that are truly worth fighting for sometimes take a little longer, so don’t give up.”
The Power of Reminiscing

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

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

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

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

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

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

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

Dr. Bill 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 at Eastern Shore Chapel in Virginia Beach—call (757) 425-0114 for book availability. Dr. Austin is also a sought-after speaker.

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Congratulations Graduates!

Congratulations to the graduates of the 14th Session Chesapeake Sheriff’s Office Basic Deputy Training Academy. After 16 weeks of training—which included, firearms, defensive tactics, emergency vehicle operator courses, and physical training, 21 graduates received certificates and badges from Undersheriff W.C. Bennett Jr. and Chief Deputy K. Kight. City Council Member Dwight Parker was the guest speaker. Deputy Court Clerk Robin Kilgore swore in 20 of the new deputies and one new HRRJ officer. Welcome to the family!

See these and other photos at
TheShopper.com
On the Front Porch With You  

Throw a Dinner Party and Save the World  
by Rob Lauer

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

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

“In Europe, a dinner party is not only about eating but spending an entire evening with friends,” Brigitta explains. I wish it was so here. Seven years ago, Carey and I invited friends over for dinner one Saturday night. After we cooked all afternoon, our guests arrived at 6:00 and were gone by 8:45. We wanted them to stay longer, but we cooked all afternoon, our guests arrived at 6:00 and were gone by 8:45. We wanted them to stay longer, but we cooked all afternoon, our guests arrived at 6:00 and were gone by 8:45. We wanted them to stay longer, but we cooked all afternoon, our guests arrived at 6:00 and were gone by 8:45. We wanted them to stay longer, but we cooked all afternoon, our guests arrived at 6:00 and were gone by 8:45. We wanted them to stay longer, but

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

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

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

Perhaps a better response to the seismic social divisions all around us is not another online post or Tweet but a dinner invitation. Throw a dinner party and save the world? Hey, it’s worth a try.

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

On your front porch, you can also imagine what it might be like if you had the ability to create amazing high quality images. With professional photography and video, imagination is the only limitation. Call me to discuss how to bring a new perspective to your project.

See what I mean. If you have an event you’d like to share, please submit to adcopy@theshopper.com.
Women Aren’t Planning Early Enough

Everybody knows that women outlive their male counterparts, on average, by six to eight years. They are often caregivers to their ailing spouses or elderly parents. Despite this, too many women are not planning nearly early enough.

It should not come as a surprise that men and women are different. Women, for some reason, tend to invest less. A recent study reported that over 70 percent of the money women have is in cash. That’s a shocking number. Cash not only doesn’t earn a return, it actually declines in value over time because of inflation. The stock market, on the other hand, has averaged over nine percent for the past 90 years, including the great recession of 2007-2008.

Both men and women have a tendency to put off things that are not urgent … and learning the skill of money management takes time. If you have a husband or companion who does the planning and makes the investment decisions, it makes sense to accept the division of labor. But by the time that financial decisions fall on the woman as the surviving spouse, it can often be too little too late.

There is another little secret that a lot of men would rather not admit: they’re often not the experts that they think they are. The men who lost half their 401k retirement plans when the market tanked in the Great Recession may not be the ones from whom women should take investment guidance.

Our advice for women (and men who love their wives) is to find a knowledgeable financial advisor, preferably a Certified Financial Planner™ (CFP®) who specializes in retirement planning and is an independent fee-only RIA (Registered Investment Advisor).

They will provide the guidance, create the plan, and be there when the woman finds herself “suddenly single.” It’s the right thing to do and makes life so much easier.

A recent study reported that over 70 percent of the money women have is in cash.
That’s a shocking number.

A MATTER OF TASTE

By Nathalie Dupree

Homemade spaghetti an institution in homes of all-American families

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

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

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

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

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

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

One recent Saturday, I yearned for a thick, rich spaghetti sauce made from scratch. I wanted to luxuriate in the promise of crisp weather, to fill my home with its aroma. I had an abundance of fresh, luscious tomatoes. I cut tomatoes roughly and added them to tomato sauce. I made my recipe as I went along, using what was in the house.

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

It’s a darn good sauce.

A Different Spaghetti

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

Heat olive oil in heavy saucepan. Add onions and garlic and cook until soft. Cut tomatoes roughly and add to pot. Cover and let juices cook out. If liquid is needed, add tomato juice. Add the fennel seed and 2 tablespoons of the freshly chopped herbs. Cover and simmer for 2 hours. Fry the sausage in separate pan, cut into slices or break into pieces and add to sauce. Taste sauce and add tomato paste, juice, sugar, red pepper and salt as necessary. Move lid to half cover, and simmer very low for half an hour, taking care not to scorch.

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

Serves six.

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.
Suffolk Art League’s 37th Antique Show & Sale
Treasures from the past support arts education in the future
By Allison Williams

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

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

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

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

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

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

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

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

“Millennials want to invest in experiences and in things that have meaning to them,” Linda says. “We want to offer younger collectors the opportunity to purchase quality items that have history and soul.

Older pieces have a backstory, and buyers can find that history from the dealer.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

“Not every one of my students will go on to become a professional artist,” Kim says. “My goal is to have students who have experiences that make them appreciate and respect the arts when they become adults.”

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

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

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

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

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

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

Suffolk Art League’s 37th Annual Antique Show & Sale
Saturday, February 22, 10:00 a.m. to 5:00 p.m.
Sunday, February 23, 12:00 to 4:00 p.m.
Kings Fork Middle School
350 Kings Fork Road, Suffolk
Dr. Samir Abdelshaheed

All About Anemia

Anemia occurs when blood does not have enough hemoglobin. Hemoglobin is a protein in the blood that carries oxygen from the lungs to the rest of the body. Normocytic anemia is the most common type of anemia. Normocytic anemia can either be congenital or acquired, meaning it could be something a person is born with or developed later in life. It usually starts slowly. People with anemia typically get tired easily, look pale, and may feel dizzy or weak. Most often, this type of anemia is found during routine blood tests.

Anemia could also be caused by not having enough iron in the body due to one’s diet. Lack of iron in the diet is mostly a problem for children and young women. Children who drink lots of milk, which blocks absorption, and who don’t eat enough iron-rich foods, as well as young women who follow diets for weight loss, are susceptible.

Small children under age three can become anemic when their little bodies are growing so fast that they are not able to keep up with the growth spurts. Pregnant women or those who are breastfeeding need two and a half times more iron than men. That’s why pregnant women may need to be tested for anemia and eat more iron-rich foods.

Blood loss is also a common reason for iron deficiency in adults. Heavy periods, internal bleeding, stomach ulcers, cancer, or taking aspirin for a long time may cause bleeding in the stomach or intestines. Therefore, it is important to identify the reason for the anemia.

Anemia may have no symptoms at all, or there may be paleness, tiredness, shortness of breath during exercise, fast heartbeat, cold hands and feet, brittle nails, and headaches. Some types of anemia can be prevented by eating iron-rich foods such as:

- Liver and other meats
- Seafood
- Dried fruits like apricots, raisins, and prunes
- Nuts
- Beans, such as lima beans

Some foods block the absorption of iron. These include coffee, tea, egg yolks, milk, fiber, and soy protein.
March’s Issue

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

Time and space are limited! Call (757) 547-0520 to reserve your space.

Coming in April

Home and Garden

Thank you for telling them you saw it in The Shopper

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

Be sure to check out all of our editions online at www.thesopper.com
Celebrate Winter in Portsmouth with these Exciting Events!

BLACK HISTORY NOW 2020
PRESENTED BY PORTSMOUTH MUSEUMS AND THE PORTSMOUTH PUBLIC LIBRARY

“WOMEN ON THE WARFRONT: AFRICAN-AMERICAN WOMEN ON THE BATTLEFIELDS OF HISTORY”
Saturday, February 1st | 12 pm to 1:30 pm
Portsmouth Art & Cultural Center Art Annex
Taniki Richards of Just to Inspire will take visitors on a video and photographic journey through history as she explores the roles African and African-American women played in history’s greatest military conflicts, including her own experiences as an officer in the U.S. Marine Corps during the Iraqi War.

“LET MY PEOPLE GO: MOSES GRANDY’S FINANCIAL FIGHT FOR FREEDOM”
Saturday, February 8th | 1 pm
Cradock Branch Library
Eric Shepard of Diversity Restoration Solutions will take visitors on a video and photographic journey from West Africa to the Dismal Swamp Canal to tell the story of how his ancestor, Moses Grandy, used industry and thrift to purchase his freedom from slavery in the early 1800s.

“EXPLORING MALI: A YOUNG PERSON’S GUIDE TO ANCIENT CIVILIZATION”
Saturday, February 8th | 1 pm
Churchland Branch Library
Author Linda Goss helps young readers discover the history and culture of Ancient Mali as she leads a discussion of her book that includes the story of Sundjata, the boy who became king of Mali. Ages 8 and up.

BLACK HISTORY EXPO
Wednesday, February 26th | 5:30 pm - 7:30 pm
Churchland Branch Library
Join together with your community in honoring African-American history. Hear from guest speaker Inez Randolph discussing the history of Grove Baptist Church, listen to local musical talent, and see breathtaking display of local artisans’ handiwork at this celebratory event recognizing African-American history in Portsmouth.

STEPS INTO ART
NOW - MAY 10
Children’s Museum of Virginia | 221 High Street
Ages 5-12, families and school groups
Experience art like never before. This engaging exhibit transports visitors to a world where paintings leap off the canvas and children are invited inside the art experience.

Java & Djembes
West African Percussion Rhythm Workshop
Saturday, February 22 | 11am - 12:30 pm
Portsmouth Art & Cultural Center Annex
400 High Street, Portsmouth
For more information, call 757.393.5447 or visit: PortsmouthCommunityConcerts.com

Census Day begins Wednesday, April 1

United States Census 2020 AWARENESS

TOWN HALL MEETING
An interactive community engagement opportunity creating awareness about the 2020 Census.

THURSDAY, FEBRUARY 20
6:30 – 8 PM
PORTSMOUTH SOCIAL SERVICES
1701 High Street • 4th floor Meeting Room
For more information, call the Census Hotline at 757.393.8244
Patience and perseverance paved Dr. Kelly Paxton’s path to becoming a dentist

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