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Lunch at Lockside

A group of ladies from Sommerton area of Kempsville met at Lockside Bar & Grill to catch up and enjoy an afternoon out.

See these and other photos at TheShopper.com
November is Senior Pet Awareness Month

Here are some tips for taking care of senior pets:

- **Consider changing their food to a high quality formula (DHA and EPA are great!)**
- **Watch for signs of arthritis, such as decreased activity, problems sitting or standing, or reluctance to jump on furniture.**
- **Make your home senior pet-friendly. Try adding ramps or getting an orthopedic bed.**
- **Focus on the quality of life!**

Always call your veterinarian if you have any concerns or questions.

- **Wellness Programs**
- **Preventative Care**
- **Surgical Services**
- **Digital Dental & Standard X-ray**
- **Complete In-house Diagnostics Lab**
- **Boarding**

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- Surgical Services
- Digital Dental & Standard X-ray
- Complete In-house Diagnostics Lab
- Boarding

Don’t get stuck in the cold this winter!

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The team at Barker Animal Hospital

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November 2019   The Western Greenbrier/River Walk Shopper   Page 3
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!

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.

Opinions expressed by contributors are not necessarily the opinion of this publication. ©2019

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Publisher’s Point

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

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

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

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

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

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

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

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

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

If you receive one of these emails, don't panic. Look at the password; is it an older one? If you own a laptop, put tape over the webcam and have someone scan it for viruses, just in case.

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

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

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

Antwerp Diamond SALE
You Belong at Long Jewelers.

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

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

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

* Certain brands excluded.

Hand Selected from Antwerp

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Del Davis never knows what will come into his studio next. One day he’s helping a gospel singer record her grandmother’s favorite hymns. The next, he’s meeting with a filmmaker who needs a dramatic scene scored. After that, he hears a pitch for a new podcast from a passionate philosopher. Whatever it may be, if it’s good art—and it can be captured through sound—Del wants a chance to work on it.

His clients have vastly different artistic goals, but their current situations are often similar. They have a great life in Hampton Roads, don’t want to move to Los Angeles to chase a dream, but they remain committed to their artistic ambitions. Many Hampton Roads artists were frustrated by a scarcity of high-quality production values locally. Del’s studio finally crosses that divide, allowing local talent to compete with the big guys technically.

“The talent is here,” Del affirms, “the ideas are compelling. I hear them every day. Thanks to modern technology, production barriers are dropping fast. Also, it’s more socially acceptable for working professionals to have a side gig. Many of my successful clients are ordinary local citizens who built a large following on a very reasonable budget and schedule.”

At The Destiny Center Studios, where he meets with clients of all ages or backgrounds, Del emphasizes the unique strength of each person’s talent. There is no pressure to conform to a mainstream sound, no lectures on how it’s done in New York. There’s only the pursuit of technical excellence with an experienced, respected producer who wants the best for each artist.

Del is a Chesapeake native who loves his community, a worship leader at church, and a family man in business with his wife, Taylor. One can feel her touch of hospitality in Destiny’s lounge, where she enjoys helping new artists get acquainted with the studio. Seasoned performers will quickly feel at home in the professional setting, while nervous amateurs will appreciate Taylor’s sisterly support. Del’s easygoing friendliness belies his impressive technical background.

He’s worked in big-budget studios under major producers where he sharpened his ear for detail. As a music theory instructor, it was his job to turn talent into disciplined success. He knew he was in the right field. Yet, while he thrived on the excellence produced in that environment, he couldn’t shake a sense of unfairness. It seemed that a wall existed between his professional world and the people he sat next to at church. So he broke free to make that technical quality available to everyone. Taylor prayerfully supported him as they opened their own studio in 2018.

It instantly attracted untapped local talent disinterested in the corporate music model. Family-oriented artists, dismayed by what they heard from certain record labels, were drawn to a studio that actually embraced their values.

“Parents bring their children to us all the time in search of a safe atmosphere,” Taylor notes. “Destiny is a professional studio that acts as a friend to artists. We’re not here to influence them, only to give them a chance to express their love for art. We’ve come to see there’s a huge demand among artists for this kind of resource.”

“Destiny empowers artists and creators to go as far as they feel comfortable in the pursuit of their craft.”

—Del Davis

Del is a classical pianist who can teach the fundamentals to a youngster while chatting about the future of experimental sounds. The studio offers music and voice lessons for beginning singers, as well as rehabilitation for damaged vocal cords among more seasoned performers. Young artists learn to responsibly respect the craft as they learn how to develop their unique voice. When the time comes to record, all production is done in-house at Destiny, resulting in crystal-clear digital acoustic perfection. With a finished product in hand, Del can even offer advice on how to get the most out of it. Del explains that a few weeks of training will dramatically improve the sound of a program recorded on the same equipment. His classes and workshops are available even to the hobbyist with a day job.

For musical artists who want to pursue the live concert experience, Del is cultivating a network of venue connections. There are more opportunities for live music, especially at the local level, than artists tend to think of, and a fresh sound from an undiscovered gem is always in high demand.

“Essentially, Destiny empowers artists and creators to go as far as they feel comfortable in the pursuit of their craft,” Del relays. “Some of our clients are introverts who just want to capture something beautiful for their loved ones. Others are charismatic performers looking for an audience. Each client, regardless of their skill level or long-term plan, receives the same personal attention. As soon as you step into our door, you’re an artist with a message.”

Even those who aren’t performing artists can benefit from production training. Audio engineers at churches, dubstep dabblers on SoundCloud, and college students working on a multi-media thesis are all perfect candidates for education in production basics. Del says it’s an increasingly valuable skill that can pay dividends in more than one career path. Classes are flexible and casual.

Destiny is hosting an open house event in December for creators to learn about their options. Music lessons, production classes, and studio time are all available. For those with a new experimental idea, Del says he’d love to hear it. “We all have a message in our heart,” he says warmly. “I want to help everyone in Hampton Roads get their best message out there.”

**The Destiny Center Studios**

1224 Executive Boulevard, Suite 101
Chesapeake
(757)434-2718 • destinymusicar.com
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.

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.

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.

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

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

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

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

Visit these and other photos at TheShopper.com

Coming Soon:
The End of 2019!Are You Ready?

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

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

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

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

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

Last One This Year!
A Morning with Linda Sherfey, the Author of:
“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.

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

At-your-place appointments available
Do you suffer from pain in chest or rib, a persistent cough, loss of appetite or weakness/tiredness? If so, you may be experiencing lung disease.

Lung cancer is the #1 cause of cancer death for both men and women in the United States. Our Thoracic and Lung Health team offers screenings that increase the chances of detecting lung disease early, when it’s most treatable. Guidelines and recommendations for testing are:

- Current or former heavy smokers
- 55 to 77 years old
- Less than 15 years since quitting

If you are a current or past smoker, make an appointment for a screening today by calling 757-312-3012!

LOVE YOUR LUNGS

Get screened today! Visit ChesapeakeLung.com

We are revamping our mailing beginning with our December issue.

If your carrier route is not included, please continue to enjoy reading online at TheShopper.com, and check your mailbox for special issues throughout the year.

Visit TheShopper.com to read:

- Full PDF versions of all six print editions:
  - Great Bridge Village/Mt. Pleasant
  - Greenbrier/River Walk
  - W. Great Bridge/Grassfield
  - Western Branch/Churchland
  - Suffolk/Harbour View/Smithfield/Carrollton
  - S. Great Bridge/Hickory/Moyock, NC

- Feature stories on your neighbors in business as well as charities
- Monthly columns
- Photos of gatherings
- Events calendar

The Shopper is direct-mailed to a total of 60,000 upscale homes and businesses
Family Flooring
Where the foundation is integrity

By Cristi Sanchez

Some things are more important than maximizing profit," Tony Johnson, co-owner of Family Flooring, a long-time fixture in Great Bridge, says. “It’s not enough for our customers to buy flooring from us. We want them to be genuinely pleased with our service, from the moment they walk through the doors of our showroom until the moment the flooring has been installed and the last worker is leaving their house.”

“We really enjoy helping our customers,” co-owner Jeff Jechura adds. “They’re like family to us. In fact, I’d say that’s what sets us apart from big-box stores.”

After 15 years in business, Tony and Jeff are still committed to providing their customers with high-quality products, high-quality craftsmanship, and personalized service.

The duo met when working together at a now-defunct flooring business in Virginia Beach. One evening during their regular Monday Night Football get together, their discussion turned to the possibility of one day owning and operating their own flooring business. The co-workers-turned-friends decided to make their dream a reality. In April 2004, Family Flooring opened its doors on North Battlefield Boulevard in Great Bridge. During the economic roller coaster ride of the ensuing 15 years, Family Flooring weathered ups and downs, but it has remained successful and viable because of Tony and Jeff’s honesty and integrity in serving their customers.

“People often ask if we ever have big sales or offer our discounts,” Tony remarks. “We don’t, and the reason for that is that we are not going to mark up the prices on our products and labor just so we can later mark them down and offer our customers what is, in fact, a fake discount. We don’t do that. That’s not what we’re about at Family Flooring. Do we need to make enough money to keep the doors open, pay our people, and make a living? Of course, we do. But we’re not going to sacrifice our integrity just to maximize our profits.”

Tony and Jeff’s sense of integrity is also evident in the quality of the flooring that they sell.

“We offer people high-quality products,” Tony states firmly. “We don’t sell discontinued flooring or seconds because we know there will be issues with them. We don’t have anything to do with products that will cause problems for our customers.”

By not selling low-cost, highly-discounted products, Tony acknowledges that he could potentially lose a sale. “I understand that people have budgets that they have to stick to,” he says good-naturedly. “So, I don’t take it personally if they choose to go with someone who can provide them with low-cost products, but I firmly believe that you get what you pay for.”

He goes on to describe a common problem experienced when customers have the budget for better flooring but try to cut corners with lower priced products. “In this industry, lower priced products are often low-quality products; that type of flooring will look bad within six months. Unfortunately, at that point customers are stuck with it because they’ve already spent all the money in their flooring budget.”

The high-quality products offered at Family Flooring also need to have high-quality installation. Since day one, Tony and Jeff have assembled a team of some of the best, most experienced installers in the region. “Every single one of our installers comes to us with at least a decade or more of experience,” Tony says, smiling. “All of them are experts in the field.”

“We're not going to sacrifice our integrity just to maximize our profits.”

—Tony Johnson

“I honestly believe that our flooring installers represent some of the best craftsmen in the area,” Jeff adds with pride. “All of them share our basic business philosophy: ‘Don’t stop until the customer is completely satisfied.’ They wouldn’t be working for us if they thought otherwise.”

Without the expertise of Family Flooring’s knowledgeable sales team, the top-notch installers would have nothing to do. The five-person sales team has years of experience and knowledge regarding which products work best in particular homes and areas and specific conditions.

“People think that they’re not limited as to what products they can use in their homes, but that’s not always the case,” Tony explains. “For instance, certain types of solid wood floors won’t do well in high-moisture conditions; certain products can’t be used on slab foundations, and laminate flooring can be problematic with pets and water. So, we work closely with our customers and educate them so that they can make the best choice for their homes and their lifestyles.”

While Family Flooring’s high-quality work, commitment to excellence, and exceptional customer service have remained the same over the last 15 years, there have been a few notable changes beginning with the business itself. Though Family Flooring opened with a staff of only four installers working from a smaller facility, it has grown into a thriving business with 11 installers and five sales representatives working in a showroom that is double the size of the original.

The products on display in the showroom have also changed over the last 15 years. “Carpets have changed a lot,” Tony states. “There are new multicolored carpets that have better stain protectants and look more casual and not as formal. But even more than that, the carpet market has really dropped. It used to be the largest percentage of flooring sales, but now it’s only 35-40 percent of the market.”

These days more people are flocking to the popular new interlocking vinyl products: Luxury Vinyl Planks (LVP) and Luxury Vinyl Tile (LVT).

“LVP and LVT are the newest products on the market and have taken over,” Tony explains. “People like them because they look like wood or tile, and are durable and waterproof. LVP and LVT are quality products.”

At Family Flooring, commitment to quality is foundational. Having just celebrated their 15th anniversary, Tony Johnson, Jeff Jechura, and their entire staff continue to deliver high-quality products and craftsmanship, and personalized service with honesty and integrity. “That will never change,” Tony promises.
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CBN Christmas Village
A Holiday Gift to Hampton Roads

By Rob Lauer

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

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

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

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

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

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

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

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

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

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

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

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

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

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

CBN Christmas Village
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"Gordon called me one night following the filming "A number of people came up to me and said they found there. He said, 'This has been an absolutely in Dresden," Michael remembers, 'and he was so to Dresden, where he fell in love with the historic in the Christmas spirit has come early to its founder, Pat Robertson. In December of 2017, of Gordon Robertson—CEO of CBN and the son of each year attract millions of tourists from around the proof that we're doing something right," he concludes recounting his memories of the event last year. 

For two weekends in December of 2018, CBN's "The logistics for an undertaking that big could "Last year, CBN's scenic department built a Last year, people came up to me..." Michael says, "Last year, CBN's scenic department built a and said they felt like they were in ."

How the Grinch Stole Christmas
It's a ."

The impressive Nativity Scene, which was a central The impressive Nativity Scene, which was a central

The Grinch
Greetings from the Grinch

The Grinch
Greetings from the Grinch

Home for the Holidays
By Cristi Sanchez

Success breeds success. That famous adage has been proven locally by Tim Adams, owner of Mr. Handyman in Virginia Beach. In less than four years, Tim’s location has earned the distinction of becoming a Mr. Handyman Franchisee Field Training Center. “We had our first trainee in June, about three months before our fourth anniversary,” Tim says with pride. It’s Tim’s success as a franchise owner himself that had Mr. Handyman corporate offices eager to have him train new franchise owners on how to successfully fulfill their mission to repair, maintain, and enhance homes.

Opening in September of 2015, Tim’s franchise was only open for the last 15 weeks of the year. Yet, in that short amount of time, as the second youngest Mr. Handyman franchise in the nation, it ended that year ranked #2 out of 102 franchises in profitability. Just one year later, it earned Rookie of the Year status, and as of today, Tim’s business has been more profitable than nearly half of the older franchises.

“Our motto here at Mr. Handyman is ‘fix it right, or don’t fix it at all’. We will get the job done right the first time. We stand by the quality of our work and won’t do a job that doesn’t live up to our standards of excellence.” —Tim Adams

“I run my business the way corporate wants everyone to run theirs, so I’m one of the examples that they want to use for new franchisees,” Tim explains. “They wanted me to train newbies a couple of years ago, but I didn’t feel comfortable proceeding that soon after launching my own business. I wanted to understand the company’s expectations for a training center clearly and to make sure I was fully prepared to help guide other franchisees to success.”

Tim’s trainees spend about three to four days with him learning the ropes of the franchise’s day-to-day operations and observing how a franchise owner interacts with customers and employees. Aside from the details of day-to-day operations and interpersonal skills, Tim is resolute in ensuring that his trainees know the primary factor in his equation of success. What would that factor be? “Follow the model,” Tim says. “Just following the model, without any changes or adjustments to it. Within the second full month in business, his franchise was profitable with a positive cash flow. Within a year, he bought a second territory cash-in-hand. That’s why we were chosen as Rookie of the Year after our first year, and it’s why corporate continues to use my experience as an example of how to be successful running a Mr. Handyman franchise by following the model,” Tim continues.

If Mr. Handyman doesn’t do the large, complicated, extensive jobs, then what exactly do they do? “We specialize in small one-hour to one-day jobs. There’s no job too small for Mr. Handyman, and often, those are the things people need help with the most. We tackle that Honey-Do List. Whatever honey can’t do, won’t do, doesn’t have time to do or doesn’t know how to do—or if honey is deployed—or if someone doesn’t have a honey—those are the jobs we do,” Tim says with a smile.

Whatever job his company tackles, from mending a fence panel to hanging a light fixture to patching a small hole in a wall or a roof, Tim Adams instills in his technicians the importance of finding the cause of the problem, fixing the cause, and fixing the cosmetics. “It’s important to find the cause of the problem, fix the cause, then fix the cosmetics,” Tim explains. “For instance, if a customer wants us to fix a stain on the ceiling, we have to ask what caused the stain. If we don’t determine the cause of the stain and eliminate it, in a week or so, it’ll be back, and the customer won’t be satisfied. If to cut corners and save money, a customer wants us to simply paint over the stain without treating the cause, we will turn that job down because we won’t be fixing the problem.”

If during a root cause analysis, Tim’s technicians find that the problem stems from a more complicated cause, Tim has a network of professional colleagues to which he can refer his customers. “If we come across a problem that involves extensive repairs in roofing, electrical, HVAC, or plumbing, we have a long list of certified companies that can address the problem. Customers don’t have a company of their own to use. We’re trying to add convenience and to be the best at what we do and offer the best service available. We will get the job done right the first time. We stand by the quality of our work and won’t do a job that doesn’t live up to our standards of excellence. We’ll provide education and guidance to our customers regarding the work we see that needs to be done. Our customers understand and are very appreciative of that.”

“Corporate has a franchise model to follow that ensures the success of the business. How well one follows it, adheres to it, and executes it determines how well one will do.” In Tim’s previous career as a naval engineer with nuclear submarines, he had a definite model to follow. “I had to follow the model, or people could die,” he says. “As I went through the training process with Mr. Handyman, everyone I spoke to who struggled with their franchise admitted that they’d deviated from the model somewhere along the way.”

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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.

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

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

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

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

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

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 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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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 however long you allow it. When you fix food for another, the food you prepare so lovingly can set you up for rejection or acceptance.

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

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

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

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

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

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

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

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

And then there is the matter of the food itself. Once I agreed to take part of Thanksgiving dinner to some fashionable friends’ home. They were fixing the turkey; the rest of us were pitching in. I took the most up-to-the-minute vegetable что was on the menu. I brought enough to feed an army.

Preparation and cleanup are the other parts of the puzzle. Who does how much? Is the preparation complete on time? Will there be time for a little quiet time, perhaps? Should the food be eaten as it is served?

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.

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

— Nathalie Dupree

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

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

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

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.

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November 2019 The Western Greenbrier/River Walk 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.

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

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

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

I must have looked dumbfounded.

“Why?” was all I could say.

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

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

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

Additional text from this excerpt is available on TheShopper.com
Mr. Handyman of Virginia Beach

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- Replace or Repair Doors
- Siding Repairs
- Fence Repairs
- Grout Tiles
- Caulk Bathrooms
- Drywall and Ceiling Repairs
- Replace Light Fixtures
- Cabinet Repairs
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- Repair / Replace Window Screens
- Clean and Repair Gutters
- Get more free time...
- Call Mr. Handyman

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The Khedive Swashbucklers recently held their 8th Annual Pig Pickin’ at the Shrine Temple in Greenbrier. Guests enjoyed delicious barbeque with all the fixings while being entertained by The Wampler Brothers Band.

From left: Event Chairman Harry Tew with former Chairman Dave Norton

Reagan Morena and her mother, Dena

Anna Murphy, left, and Becky Baskins

Max Hrank and Casey Tew

From left: Good friends Deb Tew and Linda Hartman

See these and other photos at TheShopper.com

Pig Pickin’

From left: Event Chairman
Harry Tew with former
Chairman Dave Norton

See these and other photos
at TheShopper.com

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Antique 1860 armoire. Comes apart for moving. 60” x 84” x 19”

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

Antique 1860 armoire. Comes apart for moving. 60” x 84” x 19”

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Antique dresser with mirror

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Giving Thanks for the Same Old Things

This year, Thanksgiving will be different for my family. For the past 26 years, we’ve gathered at the home of my brother, Chris, and his wife, Robin, for a traditional Thanksgiving feast. Everyone brought a dish or two, and given the prep time, the actual dining always ended far too soon. Drunk on turkey, gravy, and stuffing—not to mention desserts—we’d then plop down in the family room where we’d fight the urge to nap. Some were more 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 family, called “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 now we know it is reason enough to be thankful for the present and to be glad.

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

By Rob Lauer

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

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

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

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

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

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

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

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

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

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

—Pastor Frank Holley

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

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

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

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

An awareness of things taken for granted is evident in one aspect of Oak Grove’s Wednesday night dinners. “When we began the dinners, we decided never to serve food on paper plates,” Bette Price says with a smile. “We always use real plates, cups, and silverware. Many of our homeless guests are surprised by this. They comment on how long it’s been since they’ve eaten off of anything that wasn’t 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.”
BRAIN AND BRABN: PHYSICAL-MINDEDNESS

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

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

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

A retraced loop means precision (golf).

With a slender loop 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).

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

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

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

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5th Annual Pull For Pink

The Chesapeake Sheriff’s Office recently held its 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.

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

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

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

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

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

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