CBN Christmas Village

A Holiday gift to Hampton Roads

Page 12
If you’re like most people, you have put off cleaning your carpet until it’s so dirty and embarrassing you think there’s no hope for saving it.

You may even be worried, thinking you’ve waited so long that replacing it is the only answer.

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Publisher’s Point

Thankful for the Milestone

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

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

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

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

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

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

See these and other photos at TheShopper.com

You can make a difference

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
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- 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.

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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.

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• Photos of gatherings
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Read our story at www.TheShopper.com

Jones CPA 40th Anniversary Party

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

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

The Shopper Publisher Jean Loxley-Barnard with a copy of the recent story in The Shopper

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

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

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

Clydell and Melody Green

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

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

See these and other photos at TheShopper.com

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Friends take the plunge and start their own business

By Rob Lauer

We’ve been friends for a long time,” Mickey Ferrell says of his buddy, Will Rice. “We were working at the same office, and we dreamed of owning our own business. So, we decided to finally take the plunge and get our hands dirty.”

Ironically, the two friends are getting their hands in soap suds. As the owners of Sudsy House Washing, Mickey and Will offer an alternative to traditional methods of cleaning home exteriors.

“For outdoor cleaning, high pressure power washing is the traditional method used the majority of the time,” Mickey continues. “While 4000 pounds of water pressure per square inch will certainly remove dirt, it can also damage exterior surfaces, break wood and vinyl, and force water behind the siding where the moisture can cause damage later on. We offer an alternative—soft washing with detergent. It doesn’t damage a house and it fights destructive bacteria like mold and mildew.”

That Mickey would go into a business devoted to cleaning and protecting houses seems natural given that he once worked in real estate. “Before that I also worked in pest control, so I have a background in chemical mixing,” Mickey shares with a smile. “Instead of getting rid of six-legged creatures, I’m now getting rid of mold and mildew.”

Will’s background was considerably different: past jobs included 16 years working in local government. Like anyone venturing into business ownership, Mickey and Will were a bit nervous at first. “But it’s an exciting opportunity to do something new that is out of my comfort zone,” Will attests with smile.

“Going form a steady paycheck that paid well was scary,” Mickey shares. “Will we have enough to support our families? Can we do it? That was the mental challenge. But then I thought what is the worst thing that can happen? I might fail and have to go back to an office job.”

If success in business depends on belief in one’s product, these two friends seem poised for a bright future: their faces light up when sharing the advantages of soft washing a house.

“Unlike power washing, soft washing does not shoot water directly at a house at high pressure,” Mickey explains. “We do all exterior cleaning: windows, gutters and roofs. We also clean driveways—on which we use power washing because the pavement can take the pressure.”

“While most people want the siding on their houses cleaned, a lot of them think of roof cleaning as a luxury item,” Mickey continues. “Actually, it is an important part of upkeep—of maintaining a roof’s integrity. The black streaks that are often visible on roofs are actually mold. If those black streaks are left there long enough, they will shorten the life of the roof itself.”

“Cleaning one’s roof is about preventing damage, not just maintaining aesthetics,” Will explains. “Cleaning can add five or six years to a roof’s life, extending it to 25 or 30 years.”

“Fall is the perfect time for cleaning a roof because temperatures are milder,” Mickey adds. “The summer heat makes shingles pliable, so they could be damaged if cleaned at that time of year.”

The men maintain that autumn, with its milder temperatures, is also the ideal time to clean and brighten a house’s guttering.

“November, after the leaves have fallen, is a great time to clean gutters in preparation for next spring,” Mickey explains. “People often wait until warm weather returns, so there always seems to be a mad rush in April. Homeowners don’t give their guttering a lot of thought, but a gutter with a steady drip is evidence of a clogged drain spout. If it goes uncleaned and the situation gets worse, when the time comes that it must be fixed, the job can be very costly.”

Will and Mickey maintain that soft washing a home’s exterior prevents the unintended damage that can result from pressure washing. “Not only can the high water pressure damage wood or vinyl siding, it can also hurt a brick house by damaging the mortar,” Will notes.

“While 4000 pounds of water pressure per square inch will certainly remove dirt, it can also damage exterior surfaces...

We offer an alternative—
soft washing with detergent.

It doesn’t damage a house and it fights destructive bacteria like mold and mildew.”

—Mickey Ferrell

“You can see effects of high-pressure power washing on a house,” Mickey observes. “It can break the seal around double glass windows so that moisture gets in between the glass. The inside of the glass becomes dull and foggy, and the window will always look smudgy. Power washing can also force water into outdoor electrical outlets. They are typically designed to resist rain fall—that is, water running down the side of the house—but not water being shot at the house sideways at high pressure.”

“Decks—particularly wooden decks—can be damaged by power washing,” Will points out. “Wood on a deck has two parts. Power washing can break the bond between those two parts so that water gets into the wood and damages it. Once that damage occurs, if homeowners wants to re-varnish a deck, they’ll have to sand it first.”

One visually impressive result of power washing is how it seems to immediately strip away mildew and other visible bacteria on a surface. But things aren’t exactly as they appear, Mickey insists. “Power washing only breaks off the mildew at the stems,” he explains. “The roots of the mildew are still in the siding, so it will grow back faster and be visible again in even less time than before. With soft washing, the detergents get to the root of the problem. They kill the mold and mildew down to their source so that surfaces will be cleaner for longer than traditional power washing.”

The frequency of soft washings really depends on the environment around the house. If it is near the water or in a heavily landscaped or wooded yard, a house might need cleaning once a year. In other locations, a house might only need cleaning every three years or so.

Mickey and Will pride themselves on the fact that a house can be soft cleaned in three to four hours, and that through Sudsy House Washing’s website, scheduling and paying for the service is quick and easy.

“We offer a frustration-free process,” Mickey concludes. “We connect with our clients one-on-one, give them a quote and schedule the cleaning. Using my knowledge of home upkeep, I do the cleaning quickly and effectively without any damage to their property. The homeowner can go to work in the morning and return home to the cleanest house on the block.”

Sudsy House Washing

Friends take the plunge and start their own business

By Rob Lauer

W
Fully Invested in the Moment

Thomas Merton, a well-known monk, wrote that he hoped that he showed up for life. He was concerned that the "who" he presented was only a semblance of who he actually was. Merton wrote, "We live lives of self-impersonation." We fear that the image we present of ourselves is tailored to the expectations of others. It brings to mind that saying, "I hope at the end of my life, I did not live someone else's dream; that I lived my own dream."

As I look over my life, I ask myself the same question: Did I show up for life? Was I fully invested in the moment? With these questions in mind, I wonder if I indeed showed up for those special moments in my life. Some moments occurred while raising our sons—before they grew up and moved away. Others involved being with my parents before they passed. At the time, I did not realize what a treasure those moments would become later in my life—that I would one day wish I could relive them.

I remember one time in particular when the "who" I presented was only a semblance of myself. I was getting ready to leave for an internship in Panama. My parents, family, and friends gave me a going-away party. I was on edge and irritable. Of course, I felt conflicted because these wonderful people generously and lovingly gave me this party, and I was not in the moment. Later that evening, when I began to relax, I realized I had been on edge because I was anxious about my trip to Panama.

Some of us do not claim the moment because we are thinking about what comes next. We cannot stay with the moment. We are like someone with the channel remote scrolling through the channels, never stopping long enough to see what is really showing.

Time can be defined in several ways, but two, in particular, come to mind: time is the ticking of the clock, and time is the opportunity to grasp the moment when it happens because it will not be around for long. Time defined as an opportunity can be compared to the Blue Light Specials once offered by K-Mart. We have a limited chance to claim the bargain or opportunity. When the blue light goes off, the opportunity vanishes. Special moments spent with our spouses, children, parents, and friends are Blue Light Specials. We need to grasp those moments because later, we will see how precious they were, and we will want to relive them.

Dr. Austin has decades of experience dealing with relationships. He charges clients on a sliding scale according to their ability to pay. His first book, Creating Our Safe Place: Articles on Healthy Relationships, published in 2004, and his second book, Keeping It Safe, published in 2009 can be purchased through Amazon, publishamerica.com, and at the Parrish Book Store in Virginia Beach. He is also a sought-after speaker.

Up and Away

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. That is due to several publicized incidents over the last few months involving drones flying near airports and other restricted areas, things are getting stricter and more limited, and, hopefully, safer.

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

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

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

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

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

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

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

Several things have to be considered when you’re using aerial photos and video to promote yourself.

This is where an experienced, licensed and insured photographer can really make you stand out from the crowd.

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

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Call (757) 547-0520 weekdays or (757) 287-0440 weekends and early evenings
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 victim 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 blackmailers 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 old one?

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

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

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

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

(757) 549-4764 • Internetmark.com

Read our story at TheShopper.com

Web Works

By Terry Young, CEO

Sextortion

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

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 viable than others in that struggle. For the majority who prevailed, there followed an afternoon of sharing memories, laughs, and the latest news about family and friends.

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

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

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

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

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

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

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

That simple fact could serve as a wake-up call to those wishing to be woke. The ever-changing reality of life makes each Thanksgiving—each holiday—unique from all others. And perhaps the transitory nature of life as 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.

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

Olde Towne Portsmouth Holiday Tree Lighting
November 22nd • 5:30 p.m. – 7 p.m. • Middle St. Mall, Portsmouth

An annual holiday tradition in Olde Towne Portsmouth... the lighting of the holiday tree in Middle Street Mall adjacent to the Children’s Museum of Virginia.

Suffolk Grand Illumination
November 22nd • 6 p.m. – 8 p.m.

Market Park at Seaboard Station Railroad Museum, 325 N. Main Street, Suffolk

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

Holiday Craft Show
November 23rd • 10 a.m. – 5 p.m.; November 24th • 11 a.m. – 4 p.m.

Chesapeake Conference Center, 700 Conference Center Drive, Chesapeake

Free event. Get your holiday shopping started early. Over 90 crafters to shop from for handmade gifts and decorations! Winter Wonderland room will be set up for children to make crafts that they can take home. Kids Run Trains will demonstrate their awesome trains. Santa Claus visits from 12-3 pm on Saturday and Sunday. Chespee, the Parks, Recreation and Tourism mascot, will also be around and available for pictures on both days. Concessions will be available for purchase.

If you have an event you’d like to share, please submit to adcopy@theshopper.com
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 Stonecyphe—especially when recounting his memories of the event last year.

“Last year, 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 Channel were so successful at bringing Christmas to the public, we thought we could give our Hampton Roads something to bring this experience to the people of 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 coziest 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 Stonecyphe

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

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

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

The theme of redemptive love that is central to the Christmas story is never far from the hearts of the talented men and women behind CBN Christmas Village. “We think of CBN Christmas Village as our Christmas gift to Hampton Roads for being so supportive of our work through the years,” Michael declares. “The Christmas season is a time for families to come together and show their love for one another. But a large family of four, five, and six children might not be able to afford to take everyone out for a special Christmas event. With CBN Christmas Village, we’re offering them a place where they can come and create beautiful Christmas memories that can last a lifetime. This is a free high-quality event, open to the public, where all are welcomed to come and partake of the Spirit of the Season.”

CBN Christmas Village

A Holiday Gift to Hampton Roads

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 Stonecyphe—especially when recounting his memories of the event last year.

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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 the year ranked 82 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.

“So Tim religiously followed the franchise model for six months before making 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.

Just following the model, however, would not be effective without upholding the standards of excellence that Tim has adhered to his entire career. He shares and endeavors to instill those standards in his trainees and employees.

“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 newcomers 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 for success. What would that factor be? “Follow the model,” Tim replies without hesitation. “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 somehow along the way.”

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 company’s beloved mascot.

“The first thing a customer wants us to fix is 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 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 should customers not have a company of their own to use. We’re trying to add convenience and be that first call for all home repairs for our customers,” Tim acknowledges.

“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.”

By Cristi Sanchez

Tim Adams, owner of Mr. Handyman of Virginia Beach, and Quincy, the company’s beloved mascot.

Photo by Michele Thompson

5321 Cleveland Street, #205
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**The following is an excerpt from The Hope Trap, Jean Loxley-Barnard’s forthcoming book.**

**Jail - A Perfect Alibi**

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

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

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

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

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

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

---

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

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

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

---

*Additional text from this excerpt is available on TheShopper.com*
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Pig Pickin’
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: Good friends Deb Tew and Linda Hartman

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

See these and other photos at TheShopper.com

Rob Lauer has 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.

Terry Young trained in Movie and TV Art and Design in the early 1990s. Since then, he has been involved in video production, editing and special effects, and has worked with companies including Pinewood Studios (UK), Canal+, and NBC News. He is well known as the CEO of Internet Marketing and Design. He is also a licensed drone pilot and CEO of Air Aspects.

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NATHALIE DUPREE’S
FAVORITE STORIES & RECIPES

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

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

Nathalie Dupree is a storyteller, and in celebration of her 80th birthday in December 2019, she shares her favorite culinary stories, which trace her journey from a budding cook for her college friends, through 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 14 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.
Behind a Screen

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

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

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

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

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.

The Write Sense

BRAIN AND BRAWN: PHYSICAL-MINDEDNESS

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

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

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

A retraced loop means precision (golf, pipe). With a slender loop (pipe) the writer may be satisfied with a walk. Large loops show a desire for very vigorous movement (mountain climbing.)

This specimen shows a strong desire for physical activity. His broad imagination (large loops) in both upper and lower areas feeds that desire. The heavy, straight downstrokes show strength to accomplish (determination).
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 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 these children, Oak Grove started a ministry to provide them with backpacks and much-needed school supplies. Through its Vacation Bible School programs, the congregation involved its own children in this program, making them aware of those in the local community who need things that many take for granted.

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

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

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

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

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The Commodore Theatre

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

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

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

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

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

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

Fred’s vision was to restore the Commodore back to the elegance of its heyday in the 1940s while bringing it up to date as far as modern technology was concerned, a perfect marriage between old and new. He knew, though, that for the Commodore to be successful again, he would have to create a new history for it - something out of the ordinary that would set the single screen theatre apart from its multiplex competitors.

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

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

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

—Fred Schoenfeld

“Foodservice is an essential part of what we do,” Fred reveals. “It’s what sets us apart from other theatres. We offer a more in-depth dining experience than just popcorn, nachos, candy, and soft drinks.” Indeed, the Commodore menu is quite unique, offering full dinner options as well as appetizers, desserts, and a full beer and wine list. Menu items are often rotated based on seasons, with heartier dishes for the colder weather such as kale salad and Chicken Parmesan. Desserts are often based on what movie is playing. When we were showing ‘Downton Abbey,’ I added a cranberry and mandarin orange scone with mandarin orange butter. “ Tiffany says, excitedly. “It was wonderful!”

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

Recently Tiffany added her own gluten-free appetizer creation, State-of-the-art technology and luxurious dinning make a movie at the Commodore a one-of-a-kind experience

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

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

Commodore Date Bites.

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