Galardi/Rosenblum Plastic Surgery

For Dr. J. Byers Bowen, plastic surgery is an art form that improves lives

Page 11

37th Annual Antique Show & Sale

Suffolk Art League

Breonna Loxley

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—Cheryl Ruff of Churchland
Publisher’s Point

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

Forty years is a long time for one career. So I have been told, and so I now tell myself as I prepare to retire. I’ve loved my business since day one, and have never regretted founding it, growing it, and loving all of it.

Not every day has been perfect, but not one day was bad enough to make me regret my choice of careers. I wanted it to last forever, but there’s a season for everything in life. So, going forward, I will find joy in my memories of an utterly fulfilling career.

I will, of course, miss my long-time team who made The Shopper what it is today. They have all been with me from six to thirty-three years. We have celebrated weddings, births, graduations, divorces, deaths, camaraderie, sorrow, joy. We became family.

An early Shopper cover from December 1981

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

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

Congratulations to Doctor to Doctor Magazine – celebrating its 10 year anniversary!

Looking back over the years, this featured cover is from Fall 2010

Published in a magazine that has a circulation of at least 10,000 direct mailed in each zone, totaling over 60,000. Additional issues are placed in our advertisers’ stores and in professional offices in our circulation area.

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

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

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

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

Cinema 15:

Sense and Sensibility
8 p.m. Saturday, February 8th

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

The Guns of Navarone
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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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Up and Away
By Terry Young
New Year, New Rules
Killing the Drone Industry?

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

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

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

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

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

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

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

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

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

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

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

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

The next few months are critical in the process, and we expect to see the initial version of the FAA’s rules soon.
Searching for an 18th-century Canterbury tavern table to fill that empty nook at home? On the hunt for an eclectic, repurposed piece of vintage furniture? Whatever one’s taste may be, the Suffolk Art League’s 37th Annual Antiques Show and Sale on February 22 and 23 will have something to sate every appetite.

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

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

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

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

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

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

“Millennials want to invest in experiences and in things that have meaning to them,” Linda says. “We want to offer younger collectors the opportunity to purchase quality items that have history and soul. Older pieces have a backstory, and buyers can find that history from the dealer.

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

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

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

“Things created by past generations that are still in existence and useful today never cease to amaze me.”

— Van Worrell

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Suffolk Art League’s 37th Annual Antiques Show & Sale

Saturday, February 22, 10:00 a.m. to 5:00 p.m.
Sunday, February 23, 12:00 to 4:00 p.m.
Kings Fork Middle School
350 Kings Fork Road, Suffolk
Okay, an estate plan is likely not the first thing to pop into your mind as a gift for your family, but you should consider it nevertheless. The truth is that life doesn’t always give us warning signs for mental incapacity and death.

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

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

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

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

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The Journey

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

Now that some time has passed, I can look back and recognize the significant experiences throughout my childhood that influenced where I am today.

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

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

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

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

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Women Aren’t Planning Early Enough

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

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

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

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

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

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

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

Glaucoma is the second leading cause of irreversible blindness in this country.

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

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

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

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

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

While MIGS procedures are far from a cure or complete solution for the treatment of glaucoma, they do provide safe and effective early treatment options that prevent vision loss. These advances are a welcome addition for doctors and patients alike. The more options we have to control glaucoma safely with minimal recovery, the better chance we have to prevent vision loss for our patients.
Dr. J. Byers Bowen always knew that he wanted to be a physician. “Medicine was a passion of mine since junior high school,” he recalls. “I always wanted to be a surgeon but wasn’t sure what type. It wasn’t until my general surgery residency that I became fully aware of the many uses for plastic surgery. Like a lot of people, I had always thought of it in connection with cosmetics. Then, when I learned how reconstructive plastic surgery is used to better the lives of those recovering from an accident, cancer or some other disfiguring disease, I decided to become a plastic surgeon.”

Since making that decision years ago, this newest member of the Galardi/Rosenblum Plastic Surgery team has come to appreciate the artistry inherent in this branch of medicine. “Plastic surgery is an art form,” Dr. Bowen says proudly. “While a particular reconstructive and cosmetic procedure will always apply the same principles, no two patients are the same. Each is physically different in countless ways. So even when performing the same procedure on two people, I have to pay close attention to the details of those differences. Each procedure is different from every other one. Each presents a variety of unique challenges and possibilities.”

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

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

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

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

Galardi/Rosenblum Plastic Surgery
5818 Harbour View Boulevard #200
Suffolk
(757) 673-6000
www.rosenblumplasticsurgery.com
Q What dermatological warnings do people need to know?

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

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

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www.parisersderm.com Read our story at TheShopper.com

Q What is STOP Inc.?

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

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

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

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

STOP Inc.
5700 Thurston Avenue, Suite #101, Virginia Beach (757) 858-1360 www.StopInc.org Read our story at TheShopper.com

Q What does every taxpayer need to know this year?

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

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

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

Beverly Jones CPA
817-A Greenbrier Parkway
Chesapeake (757) 463-2585 www.bljcpa.com

Q What leads a young woman to become a dentist?

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

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

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

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

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

Kelly B. Paxton, DDS
What is the best thing about owning a hair salon?

A Denise Query has owned Hair Kingdom for 31 years, and this attractive owner stands out due to her reputation for being a businesswoman who cares for three groups of people:

1. The hairstylists and personnel of Hair Kingdom are as important to Denise as she is to them.
2. Their clients are important, not just for their patronage, but for the satisfaction the entire team feels when each patron is truly happy with the results of their expertise. Long term clients have become more beautiful and part of the “family.”
3. Finally, everyone who works with Denise knows her heart goes out to anyone in need of help.

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

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

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

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

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

Corner Cafe at Bide-A-Wee
1 Bide-A-Wee Lane, Portsmouth
(757) 404-1801
www.CornerCafeAtBideAWee.com
and visit our other location
Corner Cafe
3601 Western Branch Boulevard
Portsmouth
(757) 397-5500
www.CornerCafePortsmouth.com

What happens to The Shopper when its founder retires?

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

It is likely all issues will be acquired by existing publishers, but it is possible publishers will acquire particular areas, with others acquired by entrepreneurs, including account executives or writers like Jean. Interested parties showed up at the first inklings of her retirement. Retiring entrepreneurs often refer to their business as their baby, and Jean can relate. “I might keep an interest in one or two of the issues,” she admits, but adds, “Being spiritually oriented, I am willing to be guided by what should be.”

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

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

You can read more about this in Publisher’s Point on page 4.
“I feel that advertising in The Shopper has contributed to our having had one of our best years ever. It provided us the ability to remind people that Freemason Abbey is only minutes away.”
— Lori Maddux
Freemason Abbey Restaurant

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

“I tell everyone, ‘If you want a great response, advertise in The Shopper. I’ve tried other things, but The Shopper is what works.’”
— Linda Sherfey
Attorney & Counselor at Law and Estate Planner

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— Dr. Geoff Campbell
Edinburgh Animal Hospital

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— Will Watson
Watson’s Transport & Delivery

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

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

“I tell everyone, ‘If you want a great response, advertise in The Shopper. I’ve tried other things, but The Shopper is what works.’”
— Linda Sherfey
Attorney & Counselor at Law and Estate Planner

“Join our Shopper family by calling 547-0520!”
Midgette Family Dentistry

Patience and perseverance paved Dr. Kelly Paxton’s path to becoming a dentist

By Christine Knapp

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

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

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

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

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

Kelly credits her childhood dentist as the motivation for her to pursue dentistry.

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

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

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

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

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

Kelly, has been married to husband, Robert, for eleven years. He shares in her joy of raising their two young boys, Owen and Chase.

“When I’m not in the office, I enjoy spending time with my kids,” she says. “Since I was athletic growing up, I enjoy going to games and partaking in these activities with my boys, too. I like to be involved with their practices, play basketball or baseball, ‘play cook’ with them, and just share in their interests and what makes them unique and special.”

Kelly feels very lucky to have the family and career she’s always wanted.

“I’m at the point in my career where I know how to solve any problems that come my way—whether in the office or on the ballfield,” she explains. “When a patient walks in, I’m able to find out what needs to be done and how to solve their problem by asking questions and using my experience and knowledge to help them. I’m proud of where I am now and wouldn’t have it any other way.”

“I really just goes back to my experience as a child and the feeling I always had walking into my dentist’s office,” she continues. “That staff always went...
The Write Sense

By Betsy Patterson
Master Graphoanalyst

I CAN RELATE
Part I

“I understand your point of view.” How many times have you heard that, or said it to someone? This is a key ingredient in forming friendships and other social bonds - in establishing and maintaining relationships.

Imagine a good story.

Lower loops of a moderate size indicate an average amount of material imagination. This applies to anything that can be seen and touched, including objects and people. The writer above can relate to people who differ from herself as long as they are not too different.

Imagine me by myself.

By contrast, this third writer has no material imagination. If they had a choice between watching a DVD alone or going to a party, they would probably choose the DVD. It is hard for them to relate to other people. If they don’t get the amount of solitude they crave, they could become irritable.

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

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www.FamilyFlooringStores.com Read our story at TheShopper.com

Up and Away

By Terry Young

Preparing for a Spring Sale

This is traditionally the time that the market is deluged with new listings for homes. I am not a realtor, but I love being the photo and drone pro for sellers.

When potential buyers and realtors are looking over the MLS properties, aerial shots of houses can tell much more about the area around the home.

Rather than simple outside shots of the front and back of the house, aerial photos can give the buyer a feel for the whole neighborhood.

Seeing well-kept properties all around their possible future home can create an immediate extra trust in that house.

Photos showing, for example, nearby water, woodland trails, a golf course, or proximity to interesting places, can be invaluable when trying to get a lead on the other houses in the search results.

Aerial photos can also give the viewer an overview, literally, of the property and how it is laid out. Whether showing a deck, pool or patio, the viewer can see how things are positioned in relation to each other.

They can also enhance selling features, by showing things like the condition of the roof.

Photos from normally unobtainable positions can captivate more people; a shot showing a dock from out over the water will be extra attractive for a boater.

When you want to make an impression using aerial photography or video, imagination is the only limitation. Call me to discuss how to bring a new perspective to buyers through your listings.

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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(757) 549-4764
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By Betsy Patterson
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Read our story at TheShopper.com
Homemade spaghetti an institution in homes of all-American families

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

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

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

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

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

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

One recent Saturday, I yearned for a thick, rich spaghetti sauce made from scratch. I wanted to luxuriate in the promise of crisp weather, to fill my home with its aroma. I had an abundance of fresh, luscious, nearly over-ripe tomatoes ready to burst with juiciness, pullored from a friend’s garden. As so many of my favorite spaghetti recipes call for canned tomatoes or Italian plum tomatoes, I made up my recipe as I went along, using what was in the house.

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

It’s a darn good sauce.

A Different Spaghetti

4 tablespoons olive oil
2 onions, chopped
3 cloves garlic, chopped
2 pounds fresh or 1 1/2-lb. Italian plum tomatoes
1 cup tomato juice, optional
1 tablespoon fennel seeds
5 tablespoons combined fresh herbs – basil, thyme, oregano and/or rosemary (if fresh herbs are not available, use half as much dried herbs, taste and add more as necessary)
1 1/2-oz package country sausage links or country sausage
1 tablespoon sugar
2 tablespoons tomato paste, optional
1/8 teaspoon cayenne or red pepper, optional
salt
freshly ground black pepper
2 7-ounce packages spaghetti freshly ground Parmesan

Heat olive oil in heavy saucepan. Add onions and garlic and cook until soft. Cut tomatoes roughly and add to pot. Cover and let juices cook out. If liquid is needed, add tomato juice. Add the fennel seed and 2 tablespoons of the freshly chopped herbs. Cover and simmer for 2 hours.

Fry the sausage in separate pan, cut into slices or break into pieces and add to the sauce. Taste sauce and add tomato paste, juice, sugar, red pepper and salt as necessary. Move lid to half cover, and simmer very low for half an hour, taking care not to scorch.

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

Serves six.

Nathalie Dupree is the author of fourteen cookbooks and syndicated columnist who, since 1986, has hosted hundreds of cooking shows on PBS, the Food Network, and the Learning Channel. Honored as the 2013 Woman of the Year from the French Master Chefs of America she is known for her understanding of Southern cooking and started the New Southern Cooking movement. Two of her books, New Southern Cooking and Mastering the Art of Southern Cooking, are on the 2017 Southern Living 100 best cookbooks of all time list.

All About Anemia

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

Anemia may have no symptoms at all, or there may be paleness, tiredness, shortness of breath during exercise, fast heartbeat, cold hands and feet, brittle nails, and headaches.

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

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

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

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

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

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

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

• Green leafy vegetables such as spinach and broccoli
• Blackstrap molasses
• Whole grains
• Iron-fortified bread and cereals

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Read our story at TheShopper.com

February 2020   The Suffolk/Harbour View/Smithfield/Carrollton Shopper   Page 17
You’d be surprised at what people forget about when planning their wedding,” says Dana Clarke Epstein, who, with her husband, Phillip, owns the Grey Goose in Hampton. “Over the years, we’ve planned and catered countless weddings. Couples will be particular about the venue, the food, the drinks, the décor, and the dress—everything. Then we’ll ask who is performing their wedding, and we’ll get blank stares. You’d be shocked at how often couples forget to hire someone to officiate—to actually perform the wedding.”

When this happens, Dana recommends Carey Whitley and Rob Lauer of CareRobe Expressions. As ordained ministers, Carey and Rob are licensed by the Commonwealth of Virginia to serve as wedding officiants. They offer their services to couples who are either religiously unaffiliated, are entering an interfaith marriage, or having difficulties finding clergy to marry them.

“Recently, Dana directed a couple our way who had planned out their entire wedding—except for finding someone to perform the marriage itself,” Carey recalls. “Neither one of them belonged to a church or faith community, so they weren’t interested in having a religious ceremony. They wanted a strictly secular ceremony in front of about two dozen family and friends in a banquet hall they had leased for the occasion. After the ceremony, the couple planned to join their guests for a sit-down dinner. The bride told me that she wanted the ceremony to be celebratory, but also quick, sweet, and simple.”

“Like a growing number of people who aren’t affiliated with a particular faith, this couple hadn’t given a lot of thought to the words they wanted to be spoken at their wedding,” Rob explained. “They weren’t interested in writing their own vows or having a lot of flowery language. They wanted to keep their vows short, simple, and direct. We were happy to oblige. We also presented them with several other elements to incorporate into the ceremony. We suggested beginning the ceremony with a simple but beautiful reading on the nature of love and commitment. We recommended ending it with an Apache wedding blessing. This blessing was not explicitly religious, but it beautifully celebrated the emotional importance of the couple’s commitment, as well as their hopes for their future life together. After the ceremony, a number of the guests commented on how moved they had been by this very simple blessing.”

Recently a couple contacted Carey and Rob just two weeks before their wedding. A hall had been rented for the occasion. Caterers had been contracted. Family members from out of state had made travel arrangements. The couple, however, had no one to perform the wedding. The bride had no religious affiliation, but the groom had been raised in a very devout Southern Baptist home. Though he was not currently active in a church, his identity as a Christian was essential to him. He wanted liturgical elements in the ceremony that were explicitly Christian—Bible readings as well as prayers and blessings. The couple had written their own vows. They wanted a candle-lighting ceremony in which each of them took individual candles and lit one single candle, symbolizing their union. The bride also wanted her two teenage daughters to take part in the ceremony. Carey and Rob were able to customize a wedding liturgy that perfectly met this couple’s needs. They presented a wide selection of Biblical readings, Christian prayers, and blessings for the couple’s consideration. They listened to their thoughts, offering advice and suggestions as needed. To involve the bride’s daughters, they composed a vow for the groom in which he promised to care for the girls as if they were his own children. In turn, the daughters vowed to support the couple in their marriage. This was followed by a sand-pouring ceremony. The groom, the bride, and her daughters each poured separate containers of colored sand into a large glass urn—creating a rainbow that signified the blended nature of their family.

Carey and Rob excel at creating individualized wedding ceremonies that meet the needs of any couple.

Because so many families now are blended, Carey and Rob are dedicated to helping people celebrate the commitments they are making in ways that resonate with their most deeply-held beliefs and values.

Since the establishment of marriage equality in 2015, same-sex couples often have a difficult time finding clergy who are willing to marry them. “I can’t believe how same-sex couples struggle to find ministers who will marry them,” Dana Epstein says, shaking her head. “I have actually gotten on the phone myself and called around, trying to find clergy who are willing—or able—to marry my same-sex clients. Now, when those situations arise, I call Carey and Rob. I know they will help everyone.”

“Often, people mistakenly assume that same-sex couples as not as devout as opposite-sex couples,” Rob says. “This isn’t true. One wedding I performed was for a mixed-faith same-sex couple. One gentleman had been raised as a Mormon and still identified as such. The other gentleman had been raised as an Evangelical and still believed in important aspects of that faith. I have an extensive background in comparative religious studies and American religious history. So, drawing on my knowledge of these two very diverse religious traditions, I was able to craft a liturgy that articulated and blended the beliefs of both men.”

Carey and Rob excel at creating an individualized wedding ceremonies that meets the needs of any couple. A nationally-recognized, award-winning playwright, Rob’s inspirational writings have been published in such diverse religious publications such as The Upper Room, Friends Journal, Quaker Life and Sunstone. “I enjoying finding the right words to express a couple’s emotions, thoughts and convictions as they commit to one another,” he says.

Having previously worked for years as a funeral director, Carey has served people from virtually all religious backgrounds. His understanding of and appreciation for religious diversity is further accentuated by his training in pastoral care, community building, life coaching and liturgical music.

“I always considered my work in the funeral industry to be a part of my ministry,” Carey says with a smile. “I was offering advice and solace to people during the most difficult time of their lives—when they lost a loved one. Officiating at a wedding is an expansion of my ministry—one that I happily embrace. It brings me a sense of deep fulfillment to help people—whomever they are, whatever their faith—celebrate one of the most joyous events in life. I am honored to help them consecrate one of the most important commitments they will ever make.”

CareRobe Expressions

For a consultation with Carey Whitley and Rob Lauer call (757) 284-7012 or (757) 344-1148 or email them at anubus63@gmail.com
Fear, Money, and Time
by Kelly B. Paxton, DDS

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

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

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

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

Dental Problems, Saving You Money and Time

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

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

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

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

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

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

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

Dr. 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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February 2020
On The Front Porch With You  by Rob Lauer

Throw a Dinner Party and Save the World

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

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

“In Europe, a dinner party is not only about eating but spending an entire evening with friends,” Brigitta explains.

I wish it was so here. Seven years ago, Carey and I invited friends over for dinner one Saturday night. After we cooked all afternoon, our guests arrived at 6:00 and were gone by 8:45. We wanted them to stay longer, but the food had been eaten, and it was “getting late.”

The average U.S. household spends around $3,000 a year eating out. Our social lives revolve around breaking bread together, but are we doing much more than filling our bellies?

When I was younger and living in New York City, I worked for six years as an actor in national theatrical touring companies. Nine months each year were spent on the road, eating every single meal in restaurants. Eating out ceased to be a big deal by week two of my first job. The people with whom I shared a table and our conversations became the main course. To this day, I remember stories and jokes we shared over meals, with no memory of the food over which that sharing occurred. Eating out is overrated and expensive. For less than what Carey and I spend on one meal out, we can prepare dinner for six at home. Of course, that preparation takes time—the one thing most of us have convinced ourselves we lack. But the time we put into preparing a meal is a gift to our friends and family. And the time that they take to enjoy that meal and the conversation afterward is their gift to us.

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

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

Perhaps a better response to the seismic social divisions all around us is not another online post or tweet but a dinner invitation.

Throw a dinner party and save the world? Hey, it’s worth a try.

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

Women in Business  by Angie Lowry, Allied Member A.S.I.D.

Since it is “Women in Business” month, I thought I would use this column to give you an insight from my perspective. When I bought my Decorating Den Interiors franchise 30 years ago, I had no idea it would evolve into the full-service interior decorating business it has become. We now carry more products than many brick and mortar stores, and we offer much, much more than they do.

We are the store that comes to your door and we have complimentary design services that can handle any and all aspects of the project, no matter how large or small. As Decorating Den Interiors franchise owners, we are trained and experienced in all aspects of decorating and design, from flooring to lighting and everything in between. We also have products for every room in the house, including the backyard! We are all independent business owners, but we are backed by a vast support network of corporate staff and very involved vendors. This is a perfect world of “being your own boss,” but being part of a large corporation!

Decorating Den Interiors franchises are almost all owned by women, although many spouses, like my husband, Peter, are actively involved. Also, many of our senior corporate positions are filled by women, most of whom have also previously been franchise owners. It is also interesting to note that over the last few years, many of the new franchise owners have previously owned or worked in furniture stores or worked for one of the big box stores. Some have worked as lawyers or accountants, or in other professional occupations. There are also opportunities to start as a decorator within an existing franchise, as we have with Lauren Alford, who joined our team last year.

If you have an interest in becoming part of this wonderful business, contact our office and talk to Peter. There are decorator and franchise opportunities available throughout the Hampton Roads area up to and including the Richmond and Williamsburg areas.

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Flavors of Isle of Wight 2020
February 27th • 5:30 p.m. – 8 p.m.
The Smithfield Center, 220 N. Church Street, Smithfield
Come join the Chamber of Commerce and celebrate the Sixth Annual Flavors of Isle of Wight...Mardi Gras style! Enjoy theme-flavored cuisine and house specialties from area restaurants, caterers and food businesses. Get some refreshments at the bar and meet your friends and laissez les bons temps roll on! Tickets are $30 per person before February 1st, $35 per person after February 1st and at the door. Funds raised benefit the Isle of Wight Community Foundation Scholarship Program! For more information call 757-357-3502 or visit https://www.theisle.biz/

The Chesapeake Forum – Mae Jemison
March 3rd • 7 p.m. – 10 p.m.
The Chesapeake Forum provides an opportunity for the community to come together and be challenged by diverse speakers to include scientists, artists, historians, judges, financiers, humorists, philosophers, journalists, former government officials, writers, and other leaders in their respective fields. The Forum will neither engage in promoting political persons, positions, candidates, or parties in selecting speakers, nor in its marketing to audiences. Mae Jemison is an engineer, physician and former NASA astronaut. For more information and tickets, visit thechesapeakeforum.org.

If you have an event you’d like to share, please submit to adcopy@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
- re-decorate a room • movie nights • kids game/craft nights
- childcare for job interviews/support groups
- 24hr Hotline • Goal Coach • Life Skill Presenter
- H.E.R. Ambassador • hold a drive • hold a fundraiser

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

For more information visit [www.hershelter.com](http://www.hershelter.com) or contact Volunteer Coordinator at 757-485-1445 or volunteer@hershelter.com.

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

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3,952 desperate calls.

That’s how many calls were handled during the first five months of operation in our region utilizing the new 24-hour Coordinated Crisis Response Hotline.

The Hampton Roads Community Foundation changed the fact that people in distress were calling four separate hotlines until getting help, and sometimes giving up.

The Genieve Shelter in Suffolk, Help & Emergency Response Shelter (HER Shelter) in Chesapeake and Portsmouth, Samaritan House in Virginia Beach and the YWCA of South Hampton Roads in Norfolk now all use one hotline number.

Callers could receive services such as: emergency shelter, referrals to victim service programs, hospital and law enforcement accompaniment, victim rights and criminal justice counseling, transportation and crisis prevention.

*Please share the hotline number with anyone you know who may need it to get a better life.*

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Patience and perseverance paved Dr. Kelly Paxton’s path to becoming a dentist

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