Addition Associates’ Barry Hobbs

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Page 10
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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 name the little magazine The Great Bridge Shopper. We printed several thousand that November, then collated and folded them ourselves. My kids and I delivered the new hometown magazine to every other neighborhood, every other street, every other home. I hoped neighbors would talk to each other about it. They did.

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

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

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

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

We offer a magazine about neighbors wanting to do business with neighbors and connecting the dots. Our readers and our clients are connected to each other and to us and we to all of them.

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

The guideline is still Do Unto Others and Give Thanks!

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

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The guideline is still Do Unto Others and Give Thanks!
It’s tough to make predictions, especially about the future.
- Yogi Berra

The thing about dealing with predicting the future is that, at some point, the future happens, and then we get to look back at everyone who was laughably wrong.

Take that computer on your desk. In 1943, Thomas Watson, the President of IBM, predicted that there was a worldwide market for “maybe five computers.” We have more than five computers just in our office, and four more at home. Literally millions are produced every year. Watson was an expert, and his company was the leader in computer technology, yet he could not have been more wrong.

Having successfully guided hundreds of families with their finances for over 30 years, we have developed a formula that avoids the need to try to predict the future.

It’s human nature to want to know what’s going to happen, so we look to experts to guide us. Even though we can’t even predict tomorrow’s weather with accuracy, we still feel the need to peer into the future and make decisions based on models and conjecture, which are so often wrong.

Our business is providing financial guidance, so people often ask us to predict what markets will do. Will the Dow go up, or down? Will interest rates increase or decrease? What should I do with my money? There are dozens of “experts” on TV predicting the future. We’re literally overwhelmed with information. Which guru to believe? If this is your problem, we have a solution.

The essence of wisdom is to know the difference between the known and the unknown. Having successfully guided hundreds of families with their finances for over 30 years, we have developed a formula that avoids the need to try to predict the future. Developing portfolios that meet our clients’ needs over entire market cycles and that allow them to worry less about what the market does is the secret of our success.

We study long term trends and make sure that our client’s portfolios are properly diversified, developing plans to guide them through their lives and their heirs’ lives. We specialize in retirement planning but have many younger and middle-aged clients who want to make sure that they are “retirement ready” when they no longer want to work. If we see problems developing, we make recommendations for bringing people back to a path leading to their chosen goals.

We invite you to come for a visit, have some coffee, and see if we might be a good fit for you.
When Portsmouth resident Lucretia Mason-Underdue was searching out a venue for her husband’s surprise 62nd birthday party in September, she didn’t look far from home.

“I really liked the atmosphere and the ambiance of the Pavilion,” Lucretia, a counselor at Churchland Academy, recalls.

The Pavilion to which she refers is the social hall of Bide-A-Wee Golf Course. With vaulted cathedral ceilings and large windows overlooking the beautifully manicured golf course, the room is frequently rented for parties, weddings, and other special events. “It was the perfect place to celebrate with 170 to 200 guests,” Lucretia notes.

The delectable food served—fried chicken, baked chicken, collard greens, mashed potatoes, homemade rolls, and cake—helped make Clyde Underdue’s birthday party an overwhelming success, Lucretia says. “We have a lot of repeat customers,” Sheri says, beaming with pride. “It stays busy. We’ve done well.”

“We are a one-stop-shop for events. The Corner Cafe does it all... and we tailor each event to a client’s specific needs.”
—Sheri Spires-Skipper

“Although both Corner Cafe locations share some of the same offerings, the two restaurants don’t duplicate menus,” Bev Dorch, cook at the Bide-A-Wee eatery, explains. “The Corner Cafe at Bide-A-Wee offers more ‘grab-and-go’ sandwiches, such as barbecues and hot dogs—foods that golfers can take with them to eat on the golf course. Patrons at Bide-A-Wee will find unique specials, including weekday soup-and-sandwich specials, daily happy hours with appetizers, and bloody mary and mimosa bars on Sundays. With the holidays on the horizon, both restaurants will be offering Thanksgiving meals this year, complete with hams and turkey, all the traditional sides, and dessert.

“Last year, we did 200 complete meals,” Sheri says. “I expect it’s going to be bigger this year. We’re getting the word out early.”

Although she worked in other restaurants for years, Bev says her culinary horizon has broadened during the four years she has worked for the two Corner Cafe restaurants. “This is where I’ve blossomed because I’ve had opportunities to experiment,” Bev shares with a smile. “I like trying new things in the kitchen. I might look at a recipe, but then I will add a pinch of this and a bit of that to it, and end up creating something new and delicious.”

“Soul food is my specialty,” she continues. “Fried chicken, macaroni-and-cheese, and collard greens are some of the most popular items we serve at Bide-A-Wee.”

While catering events at Bide-A-Wee is the Corner Cafe’s mainstay, those hosting events outside the golf course—from private family celebrations to corporate holiday parties—are taking advantage of the restaurant’s services.

“We are a one-stop-shop for events,” Sheri declares. “The Corner Cafe does it all—table linens, floral arrangements, setup and breakdown, and serving. We have everything that anyone could want, and we tailor each event to a client’s specific needs.”

“We do all types of events, both inside and outside,” Felecia adds, “from full meals to hors d’oeuvres. Our catering menu offers something for everyone’s palate. When Lynn and Gordon Wilder’s daughter, Jessy, got married on October 12th, the family celebrated with a reception for 130 of their closest friends and relatives at the Bide-A-Wee Pavilion.

“Sheri really made it easy,” Lynn says. “She met with us several times to go over seating arrangements and food. She was so easy to work with—even when at the last minute we asked her to add an oyster bar and other desserts to the reception.”

“Having the Corner Cafe’s staff take care of setting up and dressing the tables, putting out party favors, and working with other vendors like the florist and bakery, alleviated a lot of stress for Jessy and the family,” Gordon notes. “The food that they provided included baked salmon and roast beef, which was all incredibly fresh, hot, and tasty! When all was said and done, the bride was delighted with the service she received from Sheri and the Corner Cafe. As the father of the bride, that was all that mattered to me.”

By Allison Williams
**Coming soon...**

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*Much Ado About Nothing*  
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— The Hortons of Sterling Point

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Barry Hobbs  
Manager

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

This Thanksgiving will be Chris and Robin's first as empty-nesters. My niece, Sydney, married this past summer and will spend the holiday with her husband's family in Maryland. My nephew, Nick, moved to Hollywood in August and won't be home until Christmas. Given these changes, we've decided to forgo a Thanksgiving dinner at home and opt for eating out. Variations of this still go on today and have transitioned to social media and dating sites. With these sites, the scammer can pick their target more directly. They build a fake relationship with their victims and have a longer time to reel them in.

Now there is the Sextortion scam. This scam threatens to discredit and embarrass the victim if they do not pay the extortionist with almost untraceable bitcoin money. This scam uses a password to make it seem more legitimate to the recipient. The email starts with "I do know, [password here], is your password." It then goes on to tell of how the blackmailer placed a video on a porn site which you watched, and that it contained malware which gave them access to your computer and webcam.

The scammer says they recorded a compromising video of you, and also got your contacts list from Messenger, Facebook, and email. Then the blackmail comes. The email says that $2,900 is required to keep your secret, and instructs you to deposit that amount into their bitcoin account. To create urgency, the scammer says they know when you read the email and that you have exactly one day to pay or they will "send out your video to all of your relatives, co-workers, and so forth."

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."

Most people will spot this as a scam, especially if they do not own a webcam, or if the password is an old one they haven't used in years. However, since a lot of people still use older passwords, or use the same password for everything, they may fall for it. Where did they get the password? In the cases reported, the password used was an older one, sometimes over 10 years old. This would indicate that at some point you signed up for something, which was then hacked and your password and email address recorded. With so many recent large company data breaches, it could also have come from one of those.

If you receive one of these emails, don't panic. Look at the password; is it an older one? If you own a laptop, put tape over the webcam and have someone scan it for viruses, just in case. If you still use that password for anything online, especially banking or social media, go to those sites and change it immediately. Safe practice is to not use the same password for everything. Ideally, use different, more complicated passwords for more sensitive things.
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.

Did I show up for life?
Was I fully invested in the moment?
Reflecting on this question in mind, I wonder if I indeed showed up for those special moments in my life.

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

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We come to your home with ideas and samples that can help you create the new look you desire to fit your lifestyle and budget without making costly mistakes. Today there are so many choices in furnishings and floorings and window treatments that it can be overwhelming, not to mention time-consuming! Decorating Den Interiors is now aligned with hundreds of major national companies, so we can assist in the design process and then supply the products at the best available cost. It is like having an uncle in the business!

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DECISIONS, DECISIONS, DECISIONS!
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Barry Hobbs is an imposing man in so many ways. At 6’2” this mild-mannered gentleman, which is how one and all describe him, is fully present, and, when with a client, eager to find out what they have in mind to make their home fulfill current needs. After hearing what clients need, this designer comes up with the how.

“The thing I enjoy most is the design work,” Barry emphasizes with the enthusiasm he has brought to converting homeowners’ needs into realities for perhaps a thousand homes over 40 years. Barry Hobbs’ business is appropriately named Addition Associates because what he does is enhance existing homes, executing the visions his clients have for the homes they don’t want to leave. He is the perfect man with whom to share that vision for a needed change.

Barry Hobbs doesn’t just add on a sunroom or an in-law suite, he makes it look as though it has always been part of the home! So often additions can appear incongruent if it involves design, I’m all in!”

Barry Hobbs attributes his edge in this market to having studied architecture in college, which supports his goal of making any addition look like it was always there.”

When Barry’s father-in-law asked him to manage his company 40 years ago, he could not have envisioned the full range of this builder/designer’s talent. Barry begins each job by listening carefully to what a homeowner wants to add to a beloved home that they don’t want to leave. He is passionate about the satisfaction of doing a project and doing it right! Part of his success is that he honors the client’s budget and completes the project on time.

Sometimes projects start with making repairs: perhaps a few windows need to be replaced. This is often followed at some point by a bathroom remodel and a new kitchen. Tackling everything from small improvements to major additions such as a sunroom or master suite is gratifying for both the homeowner and this designer/builder! For Barry, the ultimate satisfaction comes when everyone is happy because the project has been done right.

“I like to think I’m impacted by all of my clients,” he comments, adding, “but at the same time I want to feel I’ve had an impact on them—in a positive way, too.” Reading the many accolades from past clients leaves little doubt about the positive impact Barry has had on them. Barry has many clients for whom he has built two—and even three—additions as their family needs have evolved over the years.

Barry and his wife Debbie, an artist, were sweethearts in high school and revel today in the fact that both their children, Beth, a professional photographer, and Brent, pastor of New Song Fellowship in Kempsville, have settled in this area and have given them four grandchildren, one a newborn! Barry shares the photos of their grandchildren with the joy of a man grateful for a full life.

Barry Hobbs doesn’t just add on a sunroom or an in-law suite, he makes it look as though it has always been part of the home! So often additions can appear incongruent if they are not executed by a skilled designer/builder. Barry attributes his edge in this market to having studied architecture in college, which supports his goal of making any addition look like it was always there.”

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Understanding Vision Insurance
by Michael Keverline, MD

People are often confused about insurance issues related to their eyes. The confusion likely stems from the existence of “Vision Insurance.” The eyes and visual system are unique in the respect that two separate “insurance” systems are in place to care for them: medical insurance and “vision” insurance.

To better understand how these systems work, it might be easiest to use auto service as an analogy.

Vision Insurance is not really insurance at all, but more of a service plan. Like an auto dealer’s plan that covers your car’s oil changes and state inspections, Vision Insurance covers a basic eye checkup and determination of the need for glasses or contact lenses. It usually also offers some benefits toward the purchase of those eyeglasses or contact lenses.

Like the car dealer’s service plan, it does not cover any specialized testing or treatment of problems that arise.

Medical Insurance is like the manufacturer’s “bumper to bumper” warranty. It covers problems. If you have a red, itchy eye, chronic glaucoma, cataracts, or get poked in the eye, it is an issue for your medical insurance. If you have diabetes or are taking a medication that can damage the eyes, you might need specialized testing and would use your medical insurance. However, just like your car’s “bumper to bumper” warranty, medical insurance does not cover maintenance. That means the test for eyeglasses or contact lenses is not usually covered, nor is a routine “checkup.” Just like you cannot expect your “bumper to bumper” warranty to pay for your oil change, your medical insurance probably will not pay for your glasses exam.

The frustrating part for many patients who have both medical insurance and a “vision” plan is the rules that prevent the use of both on the same day. If a patient needs to have a medical examination for dry eyes but wants to use their vision plan to pay for their glasses checkup, they will have to come back on a separate visit. This is frustrating for patients and doctors alike, but it is the reality of the insurance system.

I hope this breakdown helps in understanding a confusing system. Our staff is always willing to help you figure out which insurance is appropriate for your visit. We want to help you negotiate the system to the best benefit of your vision and your wallet.

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CBN Christmas Village

A Holiday Gift to Hampton Roads

By Rob Lauer

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

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

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

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

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

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

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

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

—Michael Stonecypher

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

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

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

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

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

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

**CBN Christmas Village**

- **Thursdays: December 5 and 12**
  - 6:00 pm – 9:00 pm
- **Fridays: December 6 and 13**
  - 6:00 pm – 9:00 pm
- **Saturdays: December 7 and 14**
  - 12:00 pm – 9:00 pm

Free and Open to the Public!

CBNChristmasVillage.com

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

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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!

Engineer Bill is at the throttle
Dr. Bill Austin is ready to go. All aboard!

The Western Maryland Railroad crew:
Brakeman Kevin Griffin, 
Engineer-For-a-Day Bill Austin, and Engineer Mike McMarlin

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For more information visit www.hershelter.com or contact Volunteer Coordinator at 757-485-1445 or volunteer@hershelter.com.
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The Hampton Roads area is a challenging place to fly a drone, especially for commercial projects. With several military airfields, Norfolk International Airport, small airports, and heliports, about 50 percent of the area is officially off-limits for drone flights. Thanks to several publicized incidents over the last few months involving drones flying near airports and other restricted areas, things are getting stricter and more limited, and, hopefully, safer.

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

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

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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**Up and Away**

No-fly zones, and ever changing rules

**By Terry Young**

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**Gift Yourself Health**

This Holiday Season

by Kelly B. Paxton, DDS

As the end of the year approaches and you are tiding up loose ends, make sure you take time for your oral health. Just as you make lists for grocery or gift shopping trips, you should ask “Did I get that tooth fixed?” or “Why are my gums still sensitive?” Dentists are always asked questions like: “Is it a big cavity?” “How long can I wait?” and “Does it really need to get fixed?” Every cavity or crack in a tooth will indeed get bigger if it’s not appropriately treated. And while no dentist can tell you the day that nuisance tooth will really start to hurt you, we know it eventually will bother you.

Like many other afflictions that can affect a person, dental disease may not cause immediate pain. A significant advancement in modern dentistry is our ability to find small cavities before they start to hurt you. Long gone are the days when extracting a tooth was the only option for treating a cavity.

The majority of the population likes and appreciates their teeth. Teeth allow you to enjoy all types of food, smile to get the attention of that special someone and help make it easier to speak. When you delay repairing damage to your teeth, you increase the risk of causing more harm to yourself and your bank account.

When a cavity or crack in a tooth worsens, it can cause an infection inside the tooth that potentially can lead to an infection inside your jaw. The same condition can happen when you have untreated gum disease. Untreated gum disease in your mouth can enter your bloodstream, eventually causing harm to the rest of your body.

Dental treatment is much cheaper when you quickly identify an issue and the problem is small—the same as with everything else in life. If you have dental insurance, your plan only provides you a set amount of money each year, and once it’s gone, your out of pocket expenses increase. As the New Year approaches, take time to reach out to your dental provider to see if you still have benefits remaining.

It is often embarrassing to talk about dental problems with friends and family. However, with the “giving” season approaching, improving your oral health is a great idea. Relief for all military pets nationwide so our troops can serve with peace of mind. With penalties of up to $20,000 for people flying illegally themselves, and for the person who hired them, hopefully, people will think twice about hiring an illegal, uninsured drone pilot.

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**SUPPORT YOUR TROOPS**

by boarding their pets!

**DOGS on Deployment**

Support for all military pets nationwide so our troops can serve with peace of mind

**By Terry Young**

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It is often embarrassing to talk about dental problems with friends and family. However, with the “giving” season approaching, improving your oral health is a great idea. Relief from medical debt doesn’t top the typical holiday wish list, but help with needed medical bills could be the greatest gift of all for you or a loved one.

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**Support for all military pets nationwide so our troops can serve with peace of mind**

**By Terry Young**

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A MATTER of TASTE

By Nathalie Dupree

There are feelings other than thankfulness at holiday meal

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

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

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

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

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

Whatever it is, when I leave church, I want to eat as quickly as possible. Eating after 1 o’clock on Thanksgiving or Christmas or a Sunday is barbaric to me. I get mean when I get hungry, and no one can stand to be in the same room with me.

Should I eat something—anything—afer church to hold me until everyone is ready to eat? Or must I wait so I can appreciate the meal fully with everyone else?

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

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

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

And there’s the matter of the food itself. Once I agreed to take part of Thanksgiving dinner to some fashionable friends’ home. They were fixing the turkey; the rest of us were pitching in. I took the most up-to-the-minute vegetable dishes found in any modern magazine; stir-fries, layered vegetable terrines, purees, you name it. I brought enough to feed an army. I thought I knew what they wanted. I thought they wanted what I wanted. It’s not realistic. But there still are people who feel their power is diluted if others help, and there are still eaters who feel they have no responsibility to others or themselves for their pleasure at the table. Some of them don’t even think they should express thanks.

They are the greatest losers, for by giving up expression of their gratitude, they give up the acknowledgment of the good in their lives. All the communication in the world doesn’t override selfishness. What a good holiday meal means is finding a way to understand each other’s needs and to give a little—time, companionship, help—to make everyone feel loved.

This is the way we will learn to feed the world.

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.
Dr. Samir Abdelshaheed

Depression

Depression is an illness that involves the body, mood, and thoughts. It affects the way one eats, sleeps, and feels about one’s self and others. There are three main types of depression. Major Depression is manifested in a combination of symptoms that interfere with a person’s ability to work, study, sleep, eat, and enjoy once pleasurable activities. Dysthymia is long term chronic symptoms that do not disable but keep one from functioning well or feeling good. Finally, bipolar disorder, not as common, is characterized by cycling mood changes. When in the depressed cycle, a person can have any of the symptoms of a depressive disorder. When in the manic cycle, the person may be overactive, over-talkative, and have a great deal of energy. They may have a decreased need for sleep, racing thoughts, increased sexual desire, and inappropriate social behavior.

Studies of families show that not everyone with the genetic makeup that causes depression will develop the disease.

Some types of depression run in families. Studies of families show that not everyone with the genetic makeup that causes depression will develop the disease. Stresses at home, work, and school are involved in the onset.

Women experience depression twice as much as men. Hormonal and social factors contribute to this, such as menstrual cycle changes, pregnancy, postpartum period, and menopause. Women may also face additional stresses such as responsibilities both at work and home, single parenthood, and caring for elderly parents.

Men often mask their depression with alcohol and drugs. Depression typically shows up in men not as feeling hopeless and helpless, but as being irritable, angry, and discouraged.

Some people have the mistaken idea that it is normal for the elderly to feel depressed. On the contrary, older people feel satisfied with their lives. Some depression in the elderly may be a side effect of medication.

The first step to getting appropriate treatment for depression is a physical examination by a physician. Certain medications and some medical conditions can cause the same symptoms as depression. A good diagnostic evaluation will include a thorough examination review and lab tests. Treatment choice will depend on the outcome of the evaluation.

Studies of families show that not everyone with the genetic makeup that causes depression will develop the disease.
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Antique dresser with mirror

Leather loveseat

1910 Antique table bed from Ohio. Top lifts and table converts to a 3/4 bed.

Round claw foot table with six chairs

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Round claw foot table with six chairs

Additional desks, tables and chairs available. Chesapeake/Greenbrier Area • 757-547-0520
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.

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“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

The Shopper has been writing stories about your neighbors and their businesses for almost 40 years!

Everyone has a story.... Have we told yours?

Dr. Julie Stevenson
Cardinal Plastic Surgery

Linda Sherfey
Estate Planning Attorney

Dr. Brian P. Midgette
Midgette Family Dentistry

Dr. Josh Curling, Dr. Jerel Gutierrez and Dr. Caleb Conrad.

Jerel Gutierrez, have been friends since their youth.

Richmond. This area is home for us, and we’re like that.

and our practice philosophies are similar. It’s been well because all of our personalities are similar races. They even share a common preference in pets:

Edinburgh’s laid-back atmosphere may stem from atmosphere, all three dentists work to be accessible
dental offices are so busy that patients with dental

customer service. “We’re patient-driven not profit-

provide them with exceptional dentistry and excellent

satisfaction at Edinburgh Family Dentistry, patient

one focus is patient care, not the bottom line. I think

important role in choosing the treatment plan that

deliver the crown all in one two-hour visit and in only

We’re now able to fabricate crowns right here

“We're now able to fabricate crowns right here

if they can’t afford it. We’ve got to work with the

front desk staff is phenomenal,” Dr. Curling praises.

a fine-toothed comb to ensure that its benefits are

“They work hard to make patients’ insurance work for

them. Patients never leave here without being given

as possible.”

To that end, the front desk staff works tirelessly

a dental office that puts them first, treats them well

and provides relaxed, friendly, individualized care in

I was able to go into the office to get my mind on something

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

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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Dominion Dentistry

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Family Flooring

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A Vision of Youth

By Breonna Loxley

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 for the fundamental experiences of learning to run, jump, race, and play. It cannot offer the exercise 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

By Betsy Patterson

Master Graphoanalyst

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). 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).

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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 its restoration. 

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 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 preserving its 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 often are 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, 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.”

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.”

State-of-the-art technology and luxurious dinning make a movie at the Commodore a one-of-a-kind experience.

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