Nauticus Salutes Battleship Wisconsin

Year-long celebration honors historic ship’s 75th anniversary
Snoring and Sleep Apnea
by Brian P. Midgette, DDS

Patients frequently ask me about snoring and sleep apnea. In my dental office, we have treated these conditions with great success for several years, yet I feel the topic is so important that it warrants revisiting. Your dentist is an important member of the team that can diagnose and treat obstructive sleep apnea syndrome (OSA). Thanks to local sleep specialist Dr. Anthony Panettiere, I have some bullet points for your consideration:

- Obstructive sleep apnea syndrome is the most under-diagnosed medical condition in America, with 75 million people unknowingly afflicted with it. Typical symptoms can include excessive daytime fatigue, frequent nighttime urination, loud snoring, memory loss, and unrefreshing sleep. Studies have shown that the risk of a stroke or heart attack is 400% higher in patients who have sleep apnea and are not being treated. Additionally, in many patients, it is associated with the development or worsening of hypertension, obesity, and diabetes.

- A sleep study known as a polysomnogram (PSG) is the definitive test to diagnose OSA. Following a comprehensive sleep evaluation by a sleep medicine trained pulmonologist or neurologist, the test is scheduled. The patient will spend one night sleeping in the Sleep Lab under the watchful eye of a monitoring technologist specially trained in sleep apnea assessment.

- After the study, the patient will follow up with the sleep specialist. If the study demonstrates findings consistent with sleep apnea, various therapeutic options are then considered. The options include Continuous Positive Airway Pressure (CPAP). With this treatment, pressurized air is delivered through a small nasal mask to help splint the airway open to ensure adequate oxygenation of the brain. While nasal CPAP is the gold standard treatment for all severities of OSA, some patients either may not tolerate or prefer it for claustrophobic, travel, or social reasons.

- An oral appliance can be a good alternative for mild and some moderate severity cases of sleep apnea. The severity is determined by the number of apneic events per hour.

- The appliance is fitted by a dentist specially trained in sleep dentistry. Once the device is fitted and adjusted over several visits, a repeat PSG is done to ensure that the sleep apnea is controlled.

- For further information about sleep disorders and the treatment of them, check out the following website: www.aasmnet.org

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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.

Up and Away
by Terry Young

Tracking construction progress by drone

While real estate was one of the first fields to embrace aerial photography to capture a property from the air, there are many other ways that drones can be useful in the day-to-day world of business.

One of the fastest growing industries using drone photography is in the field of construction. Drones are used to monitor buildings during the construction process. This type of monitoring is becoming more common, growing by about 250 percent annually.

Using a drone to capture weekly, bi-weekly, or monthly photos and/or video is a great way to show progress over time.

If the construction time line is long, and photos are taken every day or two from similar positions, drone footage can also be used to create time lapse videos of the project, from an empty lot to the finished building.

If the building is a large, multi-storey project, drones can be an excellent way of safely checking each floor from the outside as they are completed, rather than suspending a worker in a crane.

Using this approach is also much faster: as the drone moves around the building, it can shoot 4K hi-resolution video, which can then be played back and inspected from the comfort of an office.

The appeal of using drones is simple. They are small and light, and in the right hands, safer than other methods previously used.

A drone can also get into places that an aerial photographer in a helicopter would have trouble reaching. If the construction site is surrounded by obstructions like tall buildings or cranes, a helicopter may not be able to get to it at all.

Using drones for this service has proven very useful and time-saving. It is a great way to keep investors, board members, and project managers up-to-date on the progress of the project.

Several things have to be considered when using aerial photos and video to promote a construction project. This is where an experienced, licensed and insured photographer can really make your construction projects stand out from the crowd.
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Publisher’s Point

Family and Friends

With both Mother’s and Father’s Days, plus all the weddings, graduations, and celebrations that touch so many of us throughout May and June, we are reminded of family at every turn. I came from ‘clans’ on both sides and always had relatives around me as I grew up in New England. I did not know that my environment was not the norm until I was in college.

Having grandparents, aunts, uncles, and cousins galore was something I took for granted. Now I realize what that loving childhood did for me. I never thought of myself as poor, although I was aware we were not rich.

Wrong! We were rich beyond belief in caring families, looking out for one another. We had Sunday dinners with my mother’s clan, full of wit and laughter. Holidays with my father’s clan centered around endless food and games of cards and croquet. Cousins were plentiful enough to have our own softball team.

My dad loved to cook and made Boston baked beans every Saturday night and delivered servings to family and friends. It was a Happy Days kind of world.

Keeping people in our lives was ingrained and I retained both high school and college friends, probably filling some of the empty places left when I moved to the south, leaving all those Yankee relatives I still love, but see now mostly at funerals. I still visit with old school friends, vacationing with some when traveling. It’s true that real relationships pick up as if together yesterday, no matter how long a separation.

One such relationship that I have treasured since freshman days at George Washington University is with one of my first roommates, Nathalie Dupree. I had never known anyone like her. She was as energetic, interesting, fun and kind a person as I’d ever known; still is. We have adventures we still remember and happy memories, such as her buying my kid sister rings for every finger. My daughter’s name is Natalie, and Nathalie forgives me for leaving out the H.

Nathalie became a famous chef and is known now as the Grand Dame of Charleston! She has authored 13 cookbooks, which made her world famous and brought her accolades galore. And she is getting ready to release her newest book. Stay tuned!

Years ago, I read some of her columns. I was struck by how poignant they were, and she has given me permission to share this avocation of hers with our readers. A Matter of Taste is my favorite, and is included on the next page.

If you are not familiar with Nathalie Dupree, Google her before you tell anyone. You’ll never again admit that you have not known her forever.
A special breakfast helps bring shattered family together again

They’d been divorced nearly 40 years when he telephoned their daughter, asking her to help him see his former wife together with their children. His second wife and her second husband were dead, and they were each alone.

Surprisingly, the mother agreed to the meeting, “for the sake of your children.” Her rancor at being left with three demanding children had cooled in the slow oven of time, and now it rarely flared, only sizzled.

He had suggested they have breakfast—his favorite meal—at his local diner. At age 82, he rises before dawn and eats before the sun is up. When he waits until 7 or 8 in the morning, it is a grave concession.

The mother, 75, still works three days a week in the church library. In her heart of hearts, the world would be a better place if everyone slept a bit later (at least until dawn), ate breakfast after the sunrise, and came gently into the world only after reading and praying.

The daughter knew that diner only too well, for that is where she met her father at barbaric hours of the morning for grits and eggs and bacon. They served cheap margarine and the waitresses parceled out the sugar and Sweet’N Low packets from apron pockets, only upon request. There was always a crowd there, salesmen calling to each other across the red vinyl booths, always a din.

What kind of a meal, what kind of a place for them all to meet 40 years later? A place where they wouldn’t have to shout. Because if they started to shout only to be heard, would it continue, voices spiraling above them all with stifled anger of bygone years?

She smiled and nodded her head as he took her arm, the children only moments behind them, dazed with the wonder of it all. They were a family. Maybe they always had been.

No, it had to be a place where the atmosphere would temper those feelings if that pot was uncovered, with no room for unspoken passions. And they had to serve butter, the bread had to be warm. The children, grown, terrified of the event, had to be able to leave without bolting, if the pain was too great.

It was agreed. They would meet at 9 at a small, elegant hotel. Mercifully, they were greeted expeditiously and seated in the rear of the room.

He ordered the same breakfast he always had. The mother was swept up by the occasion, the splendor of the room, the length of the menu. She vacillated, unsure of what would be the best, wanting to remember the best. The children ordered the safest. No crumbled croissants or unmanageable eggs for them.

Breakfast came. The bread was hot, the butter was real. It melted easily, as uncertain hands barely grasped knives to spread it. It was terrifying to them all to find that they were civilized, polite, that they liked each other.

“Do you miss your husband?” he asked. “Yes,” she said, “he was good to me. And we had the church.” She paused, and asked shyly, “Do you miss your wife?”

“Yes,” he answered, “although she wasn’t herself for a long time. Your husband wasn’t either, was he?”

“No,” she said, “he didn’t know me for some time.”

They looked at each other from lowered eyes. The children faded, shadowed and didn’t know the people their parents had just become.

He said to her at last, “I see you still drink too much coffee.” She said, “Yes,” and laughed a small, delicate bell-like laugh, never heard before by the children. It surprised even herself. As she raised her hand to cover her mouth, her napkin fell to the carpet.

“I,” he said, “only drink one cup a day.” He stooped to retrieve her napkin. “You still have the most beautiful legs of any woman I know,” he remarked, wiping the drops of his single cup of coffee from his smile.

“I’ve always liked your moustache,” she returned, watching as the napkin left the mouth she used to know. Everyone started talking at once, sharing memories, laughing, teasing the pot of emotions now bubbling like a good soup. They took pictures.

“You did a good job with the children,” the father said. Turning to the children, she said, “God helped me. They are my jewels.”

They called for the check. “Next time let’s go to my favorite diner,” he said. “A bit earlier. I can’t afford this expensive restaurant again.”

She smiled and nodded her head as he took her arm, the children only moments behind them, dazed with the wonder of it all. They were a family. Maybe they always had been.

She smiled and nodded her head as he took her arm, the children only moments behind them, dazed with the wonder of it all. They were a family. Maybe they always had been.

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 because she is known for her understanding of Southern cooking and started the New Southern Cooking movement. Two of her books New Southern Cooking and Mastering the Art of Southern Cooking are on the 2017 Southern Living 100 best cookbooks of all time list.
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WEB WORKS

By Terry Young, CEO

Managing Your Own Website

How difficult is it?

I’ve had prospective clients voice concerns about their abilities to update their own websites using a content management system. They are afraid that it will be too time consuming and difficult, especially for those who are not tech savvy.

This is a complete reversal from years ago when clients didn’t want to have to depend on a web designer every time they wanted some text, a photo, or a special offer changed on their site.

This is why we created our WebUpdate system, which has been used with ease for over 17 years by our clients, regardless of their technical abilities. We have had clients who could barely turn on a computer to being a total techy, and all of them use our WebUpdate system with complete confidence.

Most of them are beyond surprised at how easy it is to use. Our WebUpdate system really is as simple as copy, paste, and upload to add or change content. Clients love the control they have, and they don’t have to wait, or pay, to have changes made.

Our WebUpdate system really is as simple as copy, paste, and upload to add or change content. Clients love the control they have, and they don't have to wait, or pay, to have changes made.

Website owners today are concerned about updating their own sites because they think it will be too complicated. This is notably the case with people who are using WordPress or similar programs to manage their site. Because WordPress was created to be everything to everyone, it can contain features which the owner will never use. This leads to a much more confusing interface.

However, our WebUpdate sites are custom created for each client, and when the site goes live, it contains only the features needed by that client.

This lack of bloat makes the site control panel much simpler and more intuitive to use. Our clients literally make changes, additions or corrections to their sites in seconds from anywhere.

This update ability is a great time saver, especially for a fast changing business; rather than having to call or send an email requesting a change, the client can just log in and make the change.

Another advantage to our WebUpdate system is that clients can see their visitor traffic, including where visitors came from, who came from a search engine, and even which search words they used. The clients can also keep an eye on the performance of their own keywords, and even compare their keywords to those on competitor sites. Having this information really puts full control in their hands.

If you have concerns with your web presence reaching your widest customer base, now is the time to look into our WebUpdate system sites. Not Open Source, they take advantage of advanced SEO, social, and responsive features to give your business the best competitive edge online.

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

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When the spouse who handles the finances dies first

The Wall Street Journal printed a great article on a subject close to our heart. Because of decades of experience, we are the preferred advisor to many widows.

Many marriages have a division of labor, with one spouse being the primary manager of the family finances. From the article:

“It’s common for surviving spouses who took a back seat on money matters to find themselves with an incomplete picture of their net worth or where the accounts are held.”

To prepare for this, married couples should take the following key steps:

• Hire an estate attorney to draft or update wills and other estate-planning documents.
• Hire a financial adviser both spouses like.
• Set up banking and other financial accounts a surviving spouse will need immediate access to in both spouses’ names or as “transferable on death” from one spouse to the other.
• Order a copy of Before I Go and Before I Go Notebook (available at Amazon)

A surviving spouse should:

• Order at least 15 copies of the death certificate. These will be needed to retile financial accounts and settle the estate.
• Contact the financial advisor, the estate attorney, and the accountant in that order.

Rather than making a long list of things to do during a terribly stressful time, the surviving spouse is going to be overwhelmed and should have a professional to lean on.

The financial advisor is the one individual the surviving spouse will have the closest relationship with. Taxes are handled once a year and estate plans should be reviewed every few years. Financial issues are ongoing, and conversations will be frequent.

If you don’t have an adviser already, you probably need to hire one; an advisor who understands the needs of the surviving spouse and will provide holistic advice and guidance.

Find an advisor you can feel comfortable with. A large percentage of widows end up firing advisers they inherit because they are not comfortable with their husband’s advisor.

Find a financial advisor who is a fiduciary, who is legally obligated to put your interests first. One who is willing to discuss your needs and who is not simply an investment manager.
Nauticus Salutes Battlehip Wisconsin

Year-long celebration honors historic ship’s 75th anniversary

By Candance Moore

It’s been called the last great battleship. Born of hard-fought lessons learned in bloody Pacific conflicts, it integrated emergent technology to fight a new enemy in the Cold War. It was resurrected for modern service in the Middle East. From the jungles of Luzon to the deserts of Okinawa, Wisconsin witnessed America’s transition to a military superpower, forging a unique East. From the jungles of Luzon to the deserts of Okinawa, the Wisconsin was simply too old for effective use. She floundered in a Naval shipyard; her fate uncertain until the City of Norfolk offered to host her. In the early days, she was still technically U.S. Naval property, which meant no civilians inside. She was fully bequeathed to Nauticus at last in 2009.

By the mid-1990s, the Wisconsin was simply too old for effective use. She floundered in a Naval shipyard; her fate uncertain until the City of Norfolk offered to host her. In the early days, she was still technically U.S. Naval property, which meant no civilians inside. She was fully bequeathed to Nauticus at last in 2009. Since then, administrators have made impressive gains in allowing the public to see more and more.

On May 18 and 19, Battleship Wisconsin will unveil several new sections including the hospital, the barbershop, the library, and other spaces. Festivities will include recruit-style haircuts, musical entertainment, and a flag ceremony. Wisconsin veterans will be present to talk about combat operations. It’s an excellent opportunity for young people to encounter American history in a fun, upbeat atmosphere.

“People often tell me they’ve been to Nauticus,” Clayton says with a smile. “Then I mention some of the amazing programs here, and they say they had no idea.” Beth explains that this is why the anniversary events are so valuable. “If you wonder what’s so special about the Wisconsin, come visit this year and find out!”

By Candance Moore

Reagan’s famous 600-ship Navy to oppose the Soviet Union brought her back into action. Then came Desert Shield, thrusting the Wisconsin into battle once more.

She was a hodgepodge of old and new. Guns that pounded Japan immovably dominated her deck, so obsolete by the time of Desert Shield that retired veterans were called upon to explain them. Down below in mission control, computers were hurriedly installed alongside antique equipment. Paintings, sketches, and hidden gems of the past waited to be discovered by inquisitive young sailors. The result was a battleship with an identity all its own.

“This ship really belongs to all Americans. It’s the history of us, and we ought to know the story.”

—Clayton Allen

By Candance Moore

The story of the Wisconsin is the story of how America learned to win wars. So, when Nauticus on Norfolk’s downtown waterfront planned to celebrate its 75th anniversary, a simple slogan seemed most appropriate: “Their Stories, Our History.” Those who served on this vessel are now sharing their stories with the public.

To honor this battleship’s 75th birthday, Nauticus is hosting a year-long celebration with a series of diverse events and attractions that has something for everyone. Spaces of the ship which were previously restricted are opening, replete with all the trappings appropriate: “Their Stories, Our History.” Those who served on this vessel are now sharing their stories with the public.

“their Stories. Our History.
A Year Long Celebration.

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“If you’ve never seen the Wisconsin, this is the perfect time to visit,” PR Specialist Beth Bilderback notes. “So many great resources will be on hand to share information. If you saw her several years ago, it’s time for another visit to see how much the tour has grown. We’ve doubled the explorable space.”

General admission grants access to all public space (discounted on unveiling weekend to $7.50), with optional guided tours for an additional fee that illuminate an incredible wealth of knowledge. There’s even a room for limited mobility visitors to enjoy virtual tours. Guests who enjoy a challenge can book an escape room adventure in the Admiral’s cabin.

In July, Hampton Roads’ own Hurrah Players will perform the 1930s-themed musical production Dames At Sea on the fantail. September brings an innovative BBQ tasting event on the deck with refreshments, live music, and entertainment. For visitors who might enjoy a more low-key outing, the Wisconsin is currently open for general admission six days a week. Beginning May 27, it will be open seven days a week.

Battleship Wisconsin is operated by Nauticus, Norfolk’s maritime science museum. Visitors enjoy a wealth of educational exhibits, interactive programs, touchable marine life, and special events. Children relish the thrill of a scavenger hunt that takes them in every direction.

Nauticus and Sail Nauticus have become prominent advocates for helping underserved children gain access to STEM knowledge and participate in maritime activities. Summer sailing camps for children and adult sail outings provide funds to serve the underprivileged. Then there’s the annual bash known as Frisky on the Wisky, a sellout event that benefits the Sailing Center. July 22 will be special this year as Nauticus celebrates its 25th anniversary with a birthday party. Much like the Wisconsin, Nauticus has grown in recent years to include a broader spectrum of activities. First-time visitors to Nauticus are encouraged to relax and take their time.

“People often tell me they’ve been to Nauticus,” Clayton says with a smile. “Then I mention some of the amazing programs here, and they say they had no idea.” Beth explains that this is why the anniversary events are so valuable. “If you wonder what’s so special about the Wisconsin, come visit this year and find out!”
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**Relationships**

by Dr. Bill Austin

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**Need a Spot?**

“And there are those who have the truth within them, but they tell it not in words.” — The Prophet, Gibran

One of life’s lessons I have learned at the gym has to do with spotting. Spotting is defined as the act of supporting someone during a particular exercise, with an emphasis on allowing them to lift or push more than they could normally do safely. There are times when we are lifting a barbell, get stuck, and need more than just a presence. In those cases, the spotter keeps their hand beneath the barbell and lightly touches the bar. Just that touch encourages us to continue lifting. The spotter will keep their hand beneath the barbell in case we run out of energy—or, more importantly, if we cannot lift any more.

In life when we find ourselves facing a difficult situation that we feel is beyond our strength, it is wise to ask someone to be our spotter. Often the spotter’s presence and encouragement is all we need to get through a difficult and taxing time. We may not remember what was said, but we remember they were there. Their presence is beyond words. Asking for help is not a sign of weakness—rather it is knowing our limitations. The people who make a difference in our lives when we are trying to deal with a difficult situation are the ones who believe in us and help us use our own strength. They don’t take the weight away from us, but they touch it in a way that empowers us to lift. They help us use the strength and abilities that are within us.

We have all experienced times when what we are trying to lift is too heavy for us. It is then that the spotter grabs the barbell and we lift it together. We need more than encouragement and presence in those situations. We need to rely on the spotter’s strength as well as our own. There are times in life when the weight of our problems is too heavy to carry alone. Those times might be when we lose a loved one or experience some other traumatic event. We need someone who will help us carry the load.

There are times in life when the weight of our problems are too heavy to carry alone. Those times might be when we lose a loved one or experience some other traumatic event. We need someone who will help us carry the load.

There is a great analogy of a significant relationship in Hebrew Scripture. It compares a relationship with three strands of a rope. A strand by itself can easily be broken but when we wrap another strand around it, it is almost impossible to break. It is during times of trouble that we must use each other’s strength to face our hardships and challenges.

Dr. Austin has decades of experience dealing with relationships. He charges clients on a sliding scale according to their ability to pay. His first book, Creating Our Safe Place: Articles on Healthy Relationships, published in 2004, and his second book, Keeping it Safe, published in 2009, can be purchased through Amazon, publishamerica.com, and at the Parrish Book Store 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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The Benefits and Barriers to Immunizations

Dr. Samir Abdelshaheed

Although the barriers for our children and adults to get immunized differ, most would agree that thousands of lives could be saved each year if we can increase the number of adults who receive routine immunizations. One third of adults ages 65 years and older did not receive the pneumonia vaccine. During the winter of 2018, 80,000 Americans died of the flu. Annually, 50,000 die of pneumonia.

The health care system is not set up to deliver preventative services and many adults don’t have regular check-ups. Many physicians who only care for adults are not accustomed to providing vaccines in their office. Primary care physicians are more likely to immunize their patients versus other providers, yet many adults only receive medical care from specialists.

The key barriers for children’s immunizations are related to the time it takes for insurance companies to cover immunizations once it has been recommended by the Centers for Disease Control. At times, Vaccines for Children program will need six month after a vaccine is covered by the CDC before it is available at the physician office. In addition, private insurers will often take longer and not all insurance companies will come on board at the same time, which may cause confusion for physicians.

Physicians may also hold back from giving a new vaccine because they don’t know if a particular insurer is covering the vaccine in question. And, at times, vaccines are administered and do not get covered by insurance, or when they are covered the insurance company will cover a cheaper vaccine. Typically, physicians must negotiate and enter into collaborative agreements with manufacturers in order to obtain vaccines at competitive prices just so that the vaccines they administer can break even with insurance payments.

As part of your care, you may encourage your primary care provider’s office to review your immunization history. Patients may also schedule physicals and be informed regarding their insurer’s coverage for physicals and immunizations.

One third of adults ages 65 years and older did not receive the pneumonia vaccine. During the winter of 2018, 80,000 Americans died of the flu. Annually, 50,000 die of pneumonia.

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For some, walking into Family Flooring’s store is like being a kid in a candy store. Displays and samples abound: hardwood, carpet, laminate, tile, and more. Clients are promptly greeted, often by one of the owners, Tony Johnson or Jeff Jechura.

Fourteen years ago, Tony and Jeff started Family Flooring after working together for another flooring company. When that company announced it was closing, they got together over Monday Night Football on television, and started discussing opening their own flooring business. They thought about having more control over their personal lives and family time, and the certainty that running their own business would be a huge responsibility. Over the course of many more football games and long conversations, they decided to strike out on their own.

The opportunity to take their 40 years of joint experience in flooring and combine it with their desire to understand the customer’s needs and provide exceptional customer service has been very fulfilling. The relationships they have built over the years are so strong that there are mothers and fathers sending their adult children in for their flooring needs.

Their working relationship is well balanced. “Tony is more into the warehouse part, and we both enjoy the sales part when we get to talk to people,” Jeff reports. Tony agrees, “The best part is talking with people and helping them make the right choice for their home.” Getting together to watch football doesn’t happen much these days, as business ownership has taken over much of their free time, but they agree that they see each other enough at work.

There is a big difference between working for someone else and owning one’s own business. “Learning the business side—marketing, taxes, paying the bills—was a challenge, and there really is no day off,” Jeff says. “Being responsible for over 20 sales staff and subcontractors instead of just yourself is very different.” Tony adds. “If business is down, it not only affects our business, but our employees’ wallets as well. It’s very important to us to be able to take care of our employees.”

This business is indeed a family affair. Tony’s son, Tony Jr., and Jeff’s son, Eric, both work for them doing installations, while Tony’s wife Katherine manages the Western Branch store located on Portsmouth Boulevard. Katherine left her job to join the family business, and with one month’s training, she hit the ground running. She has been managing that location for several years now. Tony says, “I feel good knowing that she is in a positive environment and doing what she loves, which is helping people.”

Through the years, Family Flooring has been able to ride out the ups and downs of the economy. The outstanding customer service Tony, Jeff and their staff provide have created many strong relationships with their clients. Competing with larger chain stores can be intimidating to a small business owner. However, Jeff believes their success is based on the fact that they’ve built their business on service, not on retail. If a manufacturer does offer him a discount, he passes that on to the customer, but he bases his business on having the best products, great selection and one-on-one service. “We carry all the new products; we know what they are. We try to make sure they’re high quality products before we even put them out on the floor,” Tony explains.

“We carry all the new products... We make sure they’re high quality products before we even put them out on the floor.”

—Jeff Jechura, Owner

Jeff and Tony’s success and hard work have been recognized in the community with several awards over the years. They were selected for the VirginiannPilot’s Best in Chesapeake Gold award for 2017. Coastal Virginia Magazine awarded them Best of Coastal Virginia Overall Gold Winner for Best Carpet/Flooring Store for 2016 and 2017.

When asked about the future, the plan is simple. “We will keep providing a great product with personalized service,” Jeff says. They will continue giving their business the personal attention it deserves and maintain their focus on customers and family.

What started as a conversation during a Monday Night Football Game between two friends has evolved into a successful family business. Tony and Jeff’s service to their customers, dedication to their employees, and love for their families have proven to be a solid formula for success in business and in life. “Tony and I are only a phone call away from our customers,” Jeff affirms. “The buck stops with us.”
Lost in the Kitchen

For what seemed like an eternity after Rob was gone, each evening I would go through the same experience. I’d go home shortly after five and stand in the middle of the kitchen floor. I turned around slowly, looking for something. I didn’t know quite what it was that I was looking for. Everything felt different, and I kept looking for something that would feel the same.

The kitchen was the same, the sunroom hadn’t moved. But they felt empty. It seemed that I did not belong there any more. But I didn’t belong anywhere else, either. It was as if I had died and was visiting the place where I had lived.

I would try to think what to do next, or, rather, what to do in that very moment. Standing and turning slowly seemed ridiculous. I just didn’t know what else to do.

There is something comforting about the familiar, even the familiar that one does not like. Knowing what we are experiencing and what will likely follow has an advantage over not knowing what to do next, let alone what to expect.

It was not the same as having free time to use any way I wished. It was having the rest of my life free. That was what was dismaying.

The thought of freedom can be exhilarating. The actuality of freedom can be frightening.

I thought of the countries that had revolutions followed by years of hardship. I remembered newscasts reporting on how the average citizen soon wished for a return to the old, known system, however dreadful it had been. I understood how that could happen.

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The Shopper is pleased to announce that Dr. Bill Austin’s new book will be published this year by Press Pass Agency. This fascinating memoir recounts his experiences in the mid-1960s among the Kuna—a people living on an isolated island in the Caribbean whose culture is one of the most ancient on earth. Please enjoy the following extract from *Coconuts for Hammocks*.

**Here’s an excerpt from Dr. Bill Austin’s forthcoming book, *Coconuts for Hammocks*.**

**Imagine how your story might read...**

---

### Coconuts for Hammocks

One night while visiting Dean Flora and his family, we started talking about the San Blas Indians. He told me that on the island of Carti Tupile there was a need for a building that could serve as a school for 177 children, a church for 60 adults, and a medical clinic where teams of visiting doctors could see their patients. This was his dream. We started brainstorming and our excitement grew as we explored possibilities for constructing the building. I suggested having a youth work camp build it. It would be good for them to feel they were doing something important for others.

The purchase of the hammocks was quite interesting. They had to be bought with coconuts...

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Sixteen youth would be chosen from the Atlantic Youth Fellowship—an area youth group I had formed that year. When word of the project got out, an Army Engineer from Fort Gulick volunteered to serve as Work Director, supervising the construction of the building. A registered nurse, also from Fort Gulick, volunteered to serve and was able to obtain medical supplies from the United States Army. The other staff members came from the other churches. I served as Camp Director. A thousand dollars was raised for the project, and other things, such as transportation to the islands by boat, were donated. The Commander of the Army provided the transportation as well as the men to operate the launch to and from the islands.

The question of where the youth would sleep while on the island was answered by Eladio Gracia. He arranged for the girl campers to sleep in the chief’s home and for the boys to sleep in the medicine man’s home. The campers would sleep in handmade hammocks from Columbia.

The purchase of the hammocks was quite interesting. They had to be bought with coconuts, which were worth a nickel each. Of the money that was raised for the camp, $98 was used to purchase coconuts which, in turn, were traded for hammocks.

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The purchase of the hammocks was quite interesting. They had to be bought with coconuts...

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The Shopper team had a fantastic lunch at Your Pie’s newest location in Greenbrier.

**Fantastic Lunch at Your Pie!**

From left: The smiling team from Your Pie – Mercedes, Nicole, and Ciara – are preparing our orders. General Manager Holly Vesey.

From left: Office Manager Julie Burley, Senior Account Executive Martha Frugard, Account Executive Laura Seawell, Shopper Publisher Jean Loxley-Barnard, Editor Rob Lauer, Production Manager Karah Angeli, and Graphic Designer Jennifer Tolarchyk. The Shopper team thoroughly enjoying their lunch.

See these and other photos at TheShopper.com

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A Vision of Youth

By Breonna Loxley

Use the Bricks

A truth commonly accepted by writers is that you can’t wait for inspiration to come. You must, as said by novelist Jack London, “go after it with a club.” When a writer can’t think of anything to write about, it can be tempting to say, “I’ll try again tomorrow.” But if writers gave up whenever they felt daunted by a blinking cursor or a blank page, they’d spend considerably more time waiting than they would writing. The alternative is to write anyway, to force oneself to put words on the page. This doesn’t always result in quality work. So what makes poor writing better than no writing? Why should writers write when it’s hard, instead of waiting for when it’s easy?

The goal is not to get it all perfect right away—it’s to keep moving.

There has to be a building block. Writing only in perfect circumstances is like building a house but refusing to use bricks because you’d rather use bars of gold. The average person does not find it easy to exercise, yet they push themselves to do so because of what they get in return. And the more often they do exercise—the more used to exercise their body becomes—the easier it becomes. Writing when it is hard to write makes it easier to write the next time and the next. It becomes a habit.

Those dedicated to their craft learn to push through writer's block, laziness, or outside distractions and write anyway. By doing this they find it is still possible to put words on the page. The goal is not to get it all perfect right away—it’s to keep moving. Not to wait, but to work. To go forward so it’s possible to come back and renovate, instead of having nothing to build on at all. Whether it’s a hobby you want to start, a project you need to finish, or a change that needs to be made, waiting for inspiration could be the dirt on the coffin of that goal. The most difficult things are often the most worthwhile; don’t let difficulty be the death of your goals. Grab your club, your bricks, and whatever else you need to excel, not only when it’s easy, but even when obstacles are standing in 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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54x69] parents, a younger brother, two cats, and one dog. She is an avid artist, writer, and animal-lover. She lives with her even when obstacles are standing in the way. But if writers gave up whenever they felt daunted by a blinking cursor or a blank page, they’d spend considerably more time waiting than they would writing. The alternative is to write anyway, to force oneself to put words on the page. This doesn’t always result in quality work. So what makes poor writing better than no writing? Why should writers write when it’s hard, instead of waiting for when it’s easy?

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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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Chesapeake Sports Club
8th Annual Jamboree

There was a packed house for Chesapeake Sports Club’s 8th Annual Jamboree at the Chesapeake Conference Center. WTKR’s Barbara Ciara served as the mistress of ceremonies and the keynote speaker was Baseball Hall of Fame member, “Goose” Gossage. Great Bridge High School’s Katie Duke was honored as Coach of the Year, while Grassfield High School’s Morgan Murphy and Oscar Smith High School’s Cam’Ron Kelly were honored as the outstanding female and male athletes respectively. Glenn Hampton was recognized as the Robert G. “Buddy” Bagley Chesapeake Sports Club member of the year.

From left: Adam Winkler, “Goose” Gossage, and Dennis Ellmer

See these and other photos at TheShopper.com
Freemason Abbey Restaurant and Tavern
Distinctive casual elegance and unique menu

By Angela G. Slevin

A trip to Freemason Abbey is more than a night out at a great restaurant—it’s an event to be remembered. The historic exposed-brick landmark on the corner of West Freemason and Boush Streets has been dazzling tourists and turning locals into regulars for 30 years. It sits in the center of downtown Norfolk’s modern amenities, steps away from the Chrysler Museum, MacArthur Center, Nauticus and more. Yet it’s also part of Norfolk’s historical sites tour, bringing together the best of old-world charm and contemporary dining.

Built as the Second Presbyterian Church in 1873 with vaulted ceilings and beautiful stained glass windows, the Abbey went through several incarnations before becoming one of Norfolk’s most famous eateries. In 1902 it was transformed into the First Church of Christ, Scientist, and then at mid-century became home to the Independent Order of Odd Fellows—a spiritual group proclaiming the virtues of friendship, love, and trust, and the belief that all of humanity was created as a single harmonious structure. They eventually forfeited the building. Without some intervention, the city would likely have torn it down.

In early 1988, the next evolution of Freemason Abbey began, as skilled craftsmen took a year to transform the 145-year-old house of worship into an unforgettable meet-and-eat, while retaining as much of the original material as possible. Real stained glass from the 19th century now looks down on a full bar, while dramatic wooden beams in the vaulted ceiling watch over diners at quiet second-story tables. With renovations complete, the restaurant opened in 1989.

The first menu introduced its now-legendary award winning she-crab soup. Each offering was crafted to give guests a posh meal accessible to casual diners. The unique atmosphere could best be described as casual, yet elegant.

Lori Maddux joined the restaurant as the general manager in 1997. “We hold this structure in very high respect,” Lori says. “It represents many great things. Our culture definitely shows in our people. When we invest in them, they are loyal to us, and it trickles down to how guests are treated,” Lori explains. “We’ve been fortunate to build such a great team.”

That goodwill manifests itself in giving back to the community. Gift cards pour from the restaurant in support of worthy causes, such as auctions that benefit organizations like St. Matthew’s School, the Hebrew Academy of Tidewater and the Bra-ha-ha. A few other recipients of their philanthropy are A Taste of Chesapeake, a fund raiser for the Chesapeake Care Clinic, and different community charities in the area.

“We have high standards when it comes to food and service, and our employees are really proud of that fact. They really enjoy working here! Their devotion shows in the way they treat our guests.”

— Lori Maddux, Executive General Manager

To ensure continued success, Freemason Abbey proactively engages guests to hear their feedback. Every comment from a guest is valued as the leadership team plans for the future. On rare occasions when something goes wrong, the restaurant works to make it right – but Lori is pleased to report that compliments remain the strong majority.

“We want to be a restaurant that everyone in Norfolk is proud of,” she says. “It’s what drives us. When locals are showing off their city to visitors, we want Freemason Abbey to be part of that conversation.”

In support of so many locals who consistently dine there, the restaurant has unveiled a Dedicated Diner program. It allows regular patrons to earn points for each visit. The points can be spent directly on future meals. Like everything else at Freemason Abbey, the program is generous, transparent, and simple.

Ken and Judy Fischer of Chesapeake are regulars at Freemason Abbey, and have been dining at the restaurant since it opened. “Freemason has the best salads,” Judy says. “I usually order the salmon or shrimp salad and they are cooked to perfection. The she-crab soup is wonderful too.” For his part, Ken loves the specials of the day and the desserts. They always recommend Freemason Abbey to their friends because of the broad range of excellent choices on the menu.

“We have high standards when it comes to food and service.” Lori notes. “And our employees are really proud of that fact. They really enjoy working here! Their devotion shows in the way they treat our guests, and in how long they’ve been at Freemason. It’s really a fun place to work.”

Monday features half-price wines, that would perhaps pair nicely with the seafood fantasia dish, or the melt-in-your-mouth stuffed pork chop. On Tuesday nights, the she-crab soup gets special pricing.

Scott Hitter is another regular. “I come here all the time,” he says. “I’ve been treated like family since the first time I walked in, so I come back for stellar service. The wild game specials on Friday nights are always creative and delicious,” he adds. Whether it’s alligator, buffalo, kangaroo or rabbit, each dish has been expertly prepared. Every week is a spontaneous treat as the restaurant searches for new discoveries.

Locals are often delighted to find an assortment of Norfolk draft beers to enjoy. Half-sandwich combos allow for mixing and matching. Club sandwiches piled high with ham and bacon lend themselves to a cool bite of coleslaw. On chilly days, nothing beats a French dip with a steamy cup of soup.

While casual diners are always welcome, Freemason has come to be the restaurant of choice for rehearsal dinners, anniversaries, promotion celebrations, holiday parties and small business meetings. Parties of up to 50 are invited to make reservations. “We’re here to be as friendly and accommodating as we can,” Lori smiles. “That was the spirit behind this building from the start, and we’re happy to keep it that way.”

With its delicious food and friendly service, Freemason Abbey has always been a gathering place of fellowship and friendship in one form or another, and that tradition continues today for all who cross its threshold.
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