

**ARE
YOU
PREPARED?**

Future

Present

Past

GLOUCESTER-MATHEWS
GAZETTE-JOURNAL

Section C
Thursday, July 28, 2022



METRO CREATIVE GRAPHICS, INC.

Estate planning is important for your needs now and later. Consider updating your documents as soon as possible.

Do you need to update your estate planning documents?

BY BRAD BREEDING OF MYLIFESITE

SUPPLIED BY RAPPAHANNOCK
WESTMINSTER-CANTERBURY

It's important to be prepared for whatever the future might hold.

This is one of the reasons why some people are drawn to a continuing care retirement community (CCRC), or "life plan community", which offers access to a full continuum of care services that may be needed in the future.

Preparing for life's "what ifs" also includes creating and maintaining up-to-date estate planning documents. As you plan, here are a few of the most important documents that you should ensure you have created.

A will or trust

A will provides direction on how your money and property should be distributed when you die. Under a will, the distribution of your assets must go through a legal process called probate,

which validates the authenticity of the will, inventories and appraises the associated property, pays out any debts and/or taxes, and finally, distributes the remaining assets based on the directions within the will. In many ways, a trust has a lot in common with a will—providing direction on how you want your estate to be distributed after you pass away—but a trust also provides guidance on management of your assets should you experience any periods of incapacity during your lifetime. When you die, a trust typically circumvents the probate process, making your assets available to your beneficiaries more quickly.

Power of attorney

Power of attorney is assigned by a "principal" (you) to an "attorney-in-fact," also known as an "agent" or "proxy," giving that person legal authority to make decisions should you become mentally or physically incapacitated. The attorney-in-fact can be a spouse/

partner, adult child, relative,
SEE ESTATE PLANNING, PAGE 4C

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Ready for fall? Vaccinate children under the age of five

BY MELANY SLAUGHTER

The Centers for Disease Control and Prevention authorized emergency use of COVID-19 vaccines for children six months to four years of age on June 18 for Pfizer-BioNTech and Moderna, ahead of back-to-school and respiratory illness season.

According to Cindy Williams, Chief Pharmacy Officer at Riverside Health System, vaccinating this age group is important for several reasons. There have been over two million COVID-19 cases in children under five. This age group has a higher risk for developing multi-system inflammatory syndrome after contracting the virus; some children have been hospitalized and have even died after contracting COVID-19. Also, cases of respiratory illnesses increase in the fall, which is only weeks away.

Children who are vaccinated with Pfizer will receive a three-dose series. After the first dose, children will receive their second shot three to eight weeks after their first dose and will receive their third dose more than eight weeks after their second. After their first dose of the Moderna vaccine, children will receive their second and final dose four to eight weeks after their first injection. Pfizer is proving more effective than Moderna after the third dose. More clinical trials need to be completed before a third dose of Moderna is introduced to the general population for children in this age group.

Williams said that parents



Vaccines are now available for children six months to four years. Prepare to start the vaccination process for your child before fall.

should start the vaccination process now for their children before sending them back to daycare, preschool or kindergarten. "It makes good sense," she said.

Another surge of COVID-19 is anticipated for the fall since more time will be spent inside, along with annual cold and flu season.

For parents who are anxious about vaccinating their very young children, Williams urges them not to worry and get their children vaccinated. "These vaccines are the most heavily tested," she said.

The vaccine provides the best protection against contracting COVID and facing serious illness, hospitalization or death if the child does get COVID. The vaccine also helps protect from potential long-lasting effects of COVID, such as heart and lung damage.

She also said that children who have previously had COVID should still be vaccinated since re-infection of the disease is common.

Williams said contracting COVID is not like getting the cold or the flu. "It's much more serious."

You already know what a Will does. Preplanning does more.

Preplanning is a simple thing you can do to ease burdens on your family at a difficult time.

No other form of preparation does all of these things:

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ESTATE PLANNING

(CONTINUED FROM PAGE 2C)

or friend, but most important: It should be someone you trust to act in your best interest with all the decisions they make on your behalf.

Advance directives

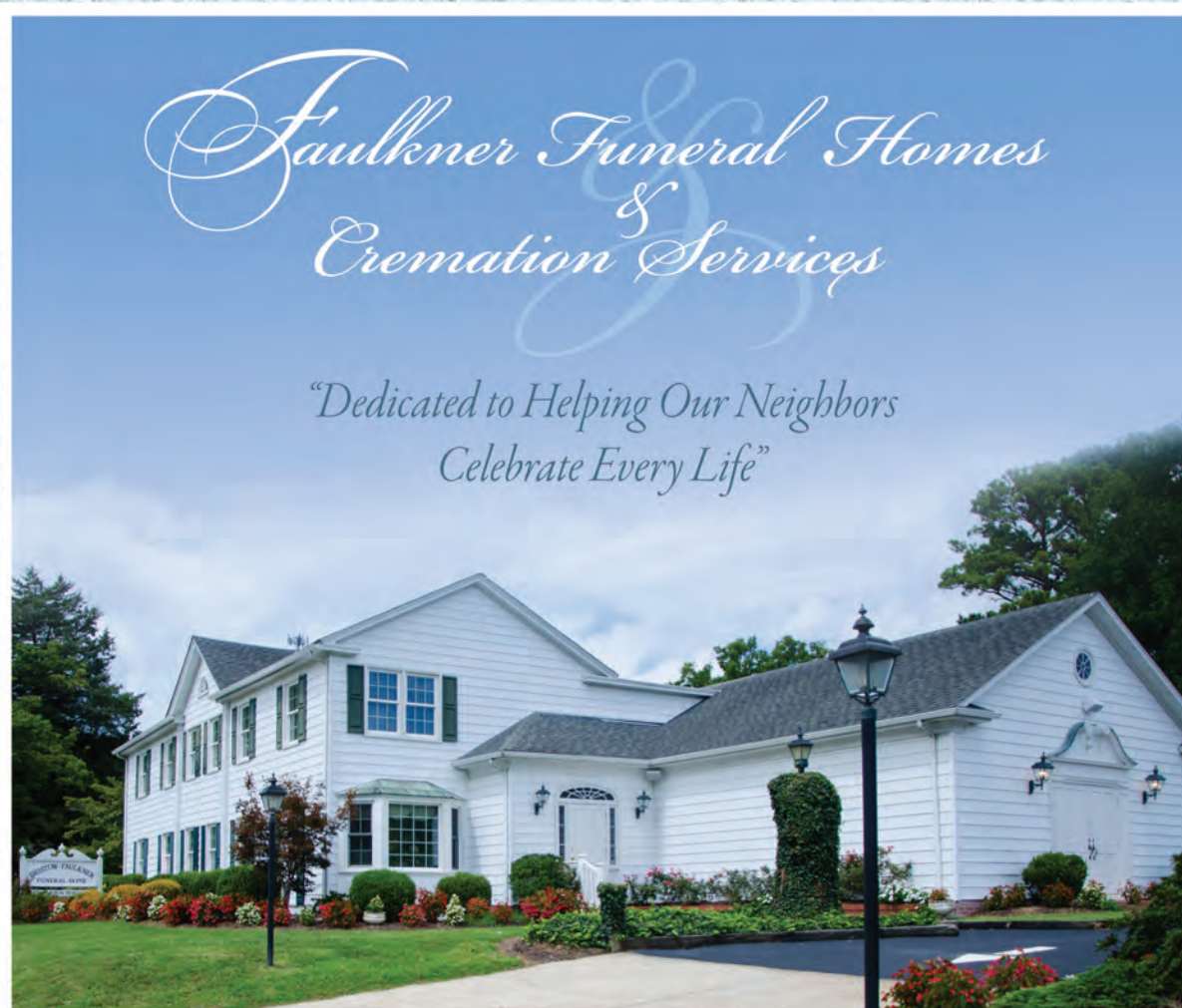
Should you become terminally ill, seriously injured, in a coma, in the final stages of dementia, or near the end of your life, advance directives—also known as living wills—provide written guidance to help steer the care choices made by health care providers and other caregivers. Typically, the more specific you are with your wishes, the better.

A plan for your future

While no one can be certain what tomorrow will hold, you can take control of your future by creating several important legal planning documents including a will or trust, a power of attorney, and a living will. However, once you have created your documents, it is crucial that you review them on a regular basis—or when you experience one of the milestones above—to ensure they still reflect your wishes.

Rappahannock Westminster-Canterbury, located in Irvington in Lancaster County, offers independent living apartments, cottages and free-standing homes, as well as access to a full continuum of care services that may be needed in the future.

If planning for your future involves considering a CCRC, go to rw-c.org and take the seven-question survey at the top of the page to find out which options for the next stage of life are the best fit for you or your family.



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Shopping for a generator?

Increasingly, consumers are turning to generators for power in emergency situations, because the world is unpredictable. Year-round weather challenges are now the norm with snow, ice, wind, tornadoes, hurricanes and record-breaking rain and flooding occurring throughout the year and no longer just confined to a season.

"Consumers want and need reliable power. When the electricity goes out, generators keep your home or business humming with light and power," said Kris Kiser, President and CEO of the Outdoor Power Equipment Institute.

"Today's generators offer a variety of features, and there is a product for every need," said Kiser. "While shopping for your generator, consider other equipment that could be useful in cleaning up after challenging weather such as a water pump, chain saw or pole pruner. And don't forget outdoor-rated extension cords and fuel cans."

Tips from OPEI for safe generator use

—Consider what you need. When purchasing a generator, determine how many kilowatts are needed for essential items (charging family cell phones, a refrigerator, etc.) during an emergency.

—Research generators online before you buy. Talk with the staff at the store or ask questions online. Discuss safety features and ask about manufacturer fueling and care instructions. Generators offer a variety of features. Circuit-breaker-protected outlets will guard against generator overload. A larger fuel tank will provide extra running time. Integrated fuel gauges will help keep tabs on fuel

levels and prevent power interruptions. Low tone mufflers make for quieter operation. Fold-down handles and wheels can make it easier to move your generator.

—Keep an outdoor-rated extension cord on hand. Be sure it is long enough to place the generator a safe distance from your home, and is certified to carry the generator's power load.

—Identify where you will put the generator. Place the generator outside and away from windows, doors, and vents that could allow carbon monoxide to come indoors. Never put a generator in your home, garage, porch or breezeway. Give portable generators plenty of room for ventilation. Determine now how you will secure the generator.

—Install a carbon monoxide detector. Add this safety device to your home and be sure to keep extra batteries on hand for it.

—Keep generators dry. Before a storm hits, identify how to cover and vent the generator. Buy model-specific tents or generator covers online, at home centers or a hardware store.

—Have the right fuel on hand before a storm hits. Use an appropriate container designed to hold fuel that seals well.

—Store fuel in a safe place away from heat sources and out of the reach of children. Label the can with the date of purchase and the ethanol content. Check filled cans regularly and replenish them if needed. Remember, fuel more than 30 days old should not be used in any outdoor power equipment

SEE GENERATORS, PAGE 7C

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Wine festival to return in fall

BY RUBY WILLIAMS

The Gloucester Chamber of Commerce will host its 11th Gloucester Wine Festival this year, resuming after COVID-19 for the first time since 2019. This would have been the 13th annual Gloucester Wine Festival.

The festival will be held at Brent and Becky's Bulbs from 11 a.m. to 5 p.m. on Saturday, Sept. 17. Once again, all parking will be at Ware Academy's parking lot, with shuttle buses taking patrons to and from the event.

The head sponsors for this year's wine festival will be Chesapeake Bank and Chesapeake Wealth Management, who have sponsorship benefits through That's Entertain-

ment.

The event will include a performance by Slapnation; ticket sales went on sale July 1. Vendors and wineries interested in being at the event still have time to join and will need to contact Chamber executive director Makalia Records by email at chamberexec@glocochamber.org.

Wineries who have already committed to attend include Rebec Vineyards, Zoll Vineyards and Mattaponi Winery. Numerous other vendors will also be in attendance.

"We are exceptionally excited about the Gloucester Wine Festival coming back this year," Records said. "It is our honor to bring the

community together especially after not being able to

hold it after two years and we love to showcase our lo-

cal businesses."



FILE PHOTO

The Gloucester Wine Festival will return this year. Pictured are snapshots from the last wine festival held in 2019.



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Virginia wines contribute \$1.73B to economy

A new study finds the economic impact of Virginia wines to be an estimated \$1.73 billion as of 2019. After evaluating all economic activity in Virginia related directly or indirectly to wine production, sales and wine grape farming, the study reports a 27 percent increase in overall economic impact from 2015 (\$1.37 billion).

"We're excited by the growing impact of Virginia wines and are proud to provide over 10,000 jobs and contribute almost \$200 mil-

lion in taxes to the state," said Kirk Wiles, Chairman of the Virginia Wine Board. "First and foremost, Virginia Wine is an industry of people—business owners, farmers, wine lovers—and we're fortunate to be able to give back to the commonwealth through the local economy."

Almost all categories reported an increase from 2015; the number of full-time equivalent jobs (up 27 percent), the number of wineries (+37 percent) and the revenue from wine-related

tourism (+31 percent).

"The agriculture and tourism sectors are the biggest contributors to Virginia's economy, thanks in large part to industries like Virginia Wine," said sate Secretary of Agriculture and Forestry Matt Lohr. "I'm proud to represent and help support local craft products as they remain a staple in the commonwealth—and in this case, both for the quality of the wines and the evident impact to our economy."

Economic Forensics and

Analytics, Inc., conducted the analysis using IMPLAN® Modeling which uses input-output tables to aggregate and estimate economic impact

for over 400 industries. For the full report, visit <https://vaw-public-prod.s3.amazonaws.com/1d80df21e-685a927e1647af1583c76a5.pdf>.

GENERATORS

(CONTINUED FROM PAGE 5C)

and can phase separate.

—Use the type of fuel recommended by the generator manufacturer. It is illegal to

use any fuel with more than 10 percent ethanol in outdoor power equipment (for more information on proper fueling for outdoor power equipment visit www.Look-

BeforeYouPump.com).

For safety information and to find out which manufacturers make various outdoor power equipment products, go to www.opei.org.



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Tips for safely using pumps when cleaning up

If you have experienced flooding, you know that a water pump is an important part of the clean-up process, helping move gallons of water quickly and efficiently to dry out flooded basements and assist contractors on job sites.

"These pumps are powerful and can speed up a clean-up job after a flood," said Kris Kiser, President and CEO of the Outdoor Power Equipment Institute, an international trade association representing power equipment, small engine, utility vehicle, golf

cart and personal transport vehicle manufacturers and suppliers.

With summer storm season upon us, OPEI offers these safety reminders.

Get the right pump for the job. It's important to use the right pump for the water and debris that you are trying to clear. There are four basic types of pumps:

A dewatering pump sucks in water through an inlet valve and ejects it from a discharge valve. They have an inlet size ranging in size from one to four inches. A

four-inch dewatering pump will finish a job four times faster than a one-inch pump.

A semi-trash pump is used to pump clear or slightly muddy and sandy water. You will want to use a hose with a strainer, so the hose doesn't get clogged with items too big to pass through.

A trash pump is made to handle debris and solids, such as leaves, pebbles and twigs. These pumps have larger impellers and leave debris intact. Use a hose with a strainer for a trash pump, so items that are too large don't enter.

Diaphragm pumps are most commonly used to pump sludge and extremely abrasive liquids. The pump has a diaphragm which is pushed up and down, creating a vacuum effect that draws in water.

Know how to operate the pump. Review the manual and manufacturer's directions, following them carefully.

Follow safety procedures. Make sure all safety guards and shields are in place while operating your water pump. Never use a pump

in a flammable or explosive environment. Never pump substances that your pump isn't designed to cope with. Acids, corrosive substances and flammable materials should not be pumped with an ordinary water pump. If in doubt, refrain from pumping.

Don't run gasoline-fueled engine indoors. If you must use the pump indoors, ventilate the area to the outside and seal it off from the rest of the building. Never leave any pump in a confined space where heat

SEE PUMPS, PAGE 11C

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How to make your summertime photos a breeze

BY RUBY WILLIAMS

It is only a few weeks into the summer season and most do not enjoy doing photography during this time since it can be challenging for everyone involved. It does not have to be if you are prepared for the challenges ahead when you plan your summertime photo shoot.

One of the downsides to summertime photography is the heat. People can easily end up with a sunburn, sweat through their nice outfit or get dehydrated quickly.

However, these are minor issues and there are ways to avoid them from putting a damper on your photo shoot.

"In the summertime, you can get sunburns and it's best to try to avoid a lot of sun before your session and wear sunscreen," said Melanie Heiges, photographer and the owner of Photography by Melanie.

"You should also have a lot of water," she added. "I also recommend not wearing colors that you can see sweat stains through your clothing. Summertime photos are hot and if you want to take them, you should go at sunset or in the afternoon, so it is not as hot."

This also is a good tip because most people love that "golden hour" photo and this can help you achieve that result without being exposed to too much heat. Another tip that can help with the summertime heat is choosing the right setting.

Location also plays a huge role in this because if you choose a shady location then you could get away with a photo shoot earlier in the day. If you have not decided on a location, that's OK too. Most photographers have ideas of locations that fit what their clients want.

"Their session is their ses-

sion and it is about what they want and any location can be pretty because what you're capturing can be pretty," Heiges said.

Another thing to take into consideration while taking pictures during the summer is the weather, especially in Virginia. There could be a thunderstorm one day and a snowstorm the next. With this unpredictability, tracking the weather in the day leading up to your photo shoot is a great idea and typ-

ically the photographer is already aware that it could be a conflict and understands if the dates need to be moved due to the weather.

"I always keep track of the weather a week ahead of time and I reach out to the client to offer to reschedule. Sometimes people want photos in the weather, which is OK, too," said Heiges.

The next thing to consider when taking photos is accommodations that you might need in order to take

your photos. They are necessary to make sure that everyone is comfortable during the photo shoot. "I always send a questionnaire asking clients what they do or do not want, as about their limitations and try to make everyone comfortable during the photo shoot," she said. "I try to focus on each individual kid in a family shoot to make sure that they are all comfortable. I also try to find out what makes the little ones laugh.

"Couple shoots are a little different, because I try to focus on the couple being comfortable and having fun together. My favorite photos are of photos in the moment. I have a passion for waiting to capture people being their authentic self," Heiges added.

The last thing to consider is photo publication and the price of the photos.

SEE PHOTOGRAPHY, PAGE 12C

Your life.
Your story.
Your
photos

PHOTOGRAPHY BY
Melanie

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A couple is shown in a forest setting, embracing. The woman is wearing a red floral dress, and the man is wearing a plaid shirt and jeans. The background is a dense forest with tall trees and sunlight filtering through the leaves.

Keep your skin safe this summer

BY MELANY SLAUGHTER

With beautiful beaches, plenty of parks and water-based activities, there is plenty to do for Gloucester and Mathews residents and tourists alike to have some fun in the sun this summer. However, too much sun exposure can lead to an increased risk of developing skin cancer.

According to Riverside Radiation Oncology Specialist Ilene Forrest Stephan, MD, there are ways to help protect skin during the long summer months.

Applying broad spectrum sunscreen properly is important to protect the skin from ultraviolet (UVA and UVB) radiation, according to Stephan. Sunscreen acts as a protective layer for the skin against the sun's harmful rays and either screens against or absorbs the impact of the rays.

Using enough sunscreen can also be an issue. Stephan said that people should use the equivalent of a one ounce shot glass to measure out their sunscreen since most people tend not to use enough before going out in the sun.

Wearing SPF clothing like long-sleeve fishing shirts and beachwear can be helpful when trying to protect from skin cancer. Stephan also said that avoiding the peak sun exposure hours (10 a.m. until 4 p.m.) is important.

Skin cancer can develop when there is damage to the DNA from UV exposure, she said. People who have experienced repeated and severe sunburns or those who have fair skin are at a higher risk of skin cancer.

Spending too much time in the sun without protection while enjoying even the simplest outdoor activities, like gardening or taking a walk, can increase a person's

risk of skin cancer. "That does add up over time," said Stephan.

Any mole, freckle or lesion that looks different or changed should be checked out, according to Stephan, especially if they are asymmetrical (i.e., not round), itching or bleeding. A mole or freckle that is bigger than a pencil eraser or has been enlarging needs to be examined. "It's really important to get those things

checked," she said.

Stephan also said that "the earlier that it [skin cancer] is caught, the easier it is to treat."

The primary treatment for skin cancer is still removing it surgically. If left untreated, the cancer could spread. Stephan said those who have a family history of skin cancer, been exposed to tanning beds or suffered severe sunburns as a child or adolescent should be

checked regularly (about once a year) to make sure everything is normal.

Stephan hears from patients frequently that they worry about getting enough vitamin D while wearing sunscreen. She tells them that there is no evidence that sunscreen leads to low vitamin D levels. Supplements can be given to those who suffer from low vitamin D, but skin damage is a lot harder to handle.



METRO CREATIVE GRAPHICS, INC.

Prepare to protect your skin while enjoying the nice weather.

PUMPS

(CONTINUED FROM PAGE 8C)

can build up. Keep the pump at least three feet away from walls and other obstructions so it can be ventilated. If a pump becomes overheated, switch it off and allow it to return to a safe temperature

before using again.

Maintain a pump with inspections and proper fueling. Regular inspection and maintenance will make your pump last longer. Always fuel any gasoline-powered pump with E10 or less. It is illegal to use

gasoline with more than 10 percent ethanol in a small engine like your pump, and higher ethanol blended fuels may damage or destroy small engine equipment. For more information on safe fueling, go to LookBeforeYouPump.com.

Store your pump safely. Remember to flush the pump case with clean fresh water, then completely drain to prevent damage from freezing. Cover the intake and discharge ports to prevent the entry of debris during storage.



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Melanie Heiges, photographer and owner of Photography by Melanie.

(CONTINUED FROM PAGE 10C)

Every photographer runs their business differently. Pricing always varies from photographer to photographer and it is usually based on how many hours the session may take, so it's best to look around and weigh your options especially when it comes to the desired location of the photo shoot.

Some photographers will charge a little more depending on how far they have to travel to the location. Then with photo publication, photography is an art and photographers want and deserve credit for their work. In order to ensure that, some photographers have watermarks on all of their photos. Other photographers

PHOTOGRAPHY

don't—just require you to tag them if you post photos on social media.

"I charge \$200/hour or \$100 for a 30-minute session," Heiges said. "I also add on travel fees depending on the location of the photo shoot. One third of the money is due before the photo shoot and the rest is

due on the day. My clients usually get their photos two weeks after the session and I always send a sneak peek of their photos right after the session. When they get their photos, I do not have watermarks on my photos and I only ask to tag me in the photos if you post them on social media."

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CHRIS MONFALCONE, MASTER ELECTRICIAN

Reef in Peace offers another option for funeral planning

BY TYLER BASS

It's never too early to start planning for your own or your loved one's posthumous arrangements.

Gloucester-based business Reef in Peace offers individuals an alternative to headstones and urns. Instead, Reef in Peace provides an environmentally beneficial and aquatic final resting place for you and your loved ones.

Owner Brian Bayford said his business creates underwater memorials to store ashes while, at the same time, benefiting the seafloor.

The memorials are made with a mixture of concrete, oyster shell and crushed coral calcium, said Bayford. The ashes are stored in an inner chamber in the memo-

rial and a plaque is placed on the top to display the individual's information.

Bayford said the tetrahedron memorials weigh between 200 and 500 pounds, which is based on the requirements set by the state in which the memorials are being placed. Currently, Reef in Peace drops memorials out of Virginia Beach and Venice Beach in Florida.

The shape allows them to sink to the bottom the correct way with the plaque facing up every time. The memorial's composition is made to encourage reef growth that provides natural habitats for marine life. The new life that comes from the memorial gives a person a living legacy beneath the waves, Bayford said.

With Reef in Peace only one person is permitted per memorial, with the exception of married couples, said Bayford. Once placed, memorials cannot be removed from the seafloor as their removal could cause harm to marine life.

Bayford said he can work with people to make preparations for their own or a loved one's death. Each memorial costs \$2,395, but Bayford said he is willing to work with individuals on a case-by-case basis.

For more information on Reef in Peace and its services, call 804-824-9230 or visit reefinpeace.com. Also visit Reef in Peace's Facebook page to stay up to date on the business.



A memorial reef created by Reef In Peace, a reef burial service which is based in Gloucester.



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Preparing to recycle in Gloucester and Mathews? Know the guidelines

BY MELANY SLAUGHTER

Between barbecues and brunches, gatherings with friends and going on trips with family during these busy summer months can generate additional waste, leaving your carbon footprint larger than usual. Recycling can help reduce the potential negative impact on the environment. Before heading to your designated transfer station or convenience center, know what

can and cannot be recycled.

In Gloucester

At the Gloucester convenience centers, which are Belroi, Court House (located on Beehive Drive) and Dutton, can accept several types of recycling. According to the Gloucester County website, this includes plastic, paper and cardboard, and metal cans, with stipulations attached to each category.

Plastic containers can only be accepted if they have a #1 or #2 in the recycle symbol.

The containers must also be a bottle or jug with a neck smaller than the body (e.g., water bottles and milk jugs) and be empty. The bottles could have contained either beverages or non-toxic cleaning products to be accepted. Plastic lids and caps can be recycled.

Paper and cardboard, including cardboard box packaging (e.g., cereal boxes), corrugated cardboard (flattened), junk mail, newspapers and magazines, office

paper and envelopes, paper bags and phone books, can be recycled. Items must be clean in order to be recycled, so greasy pizza boxes cannot be accepted for recycling.

Metal cans that are clean and dry can also be recycled. These include aluminum cans, empty aerosol cans (that have no slosh or hiss) and metal food cans (e.g., tuna cans).

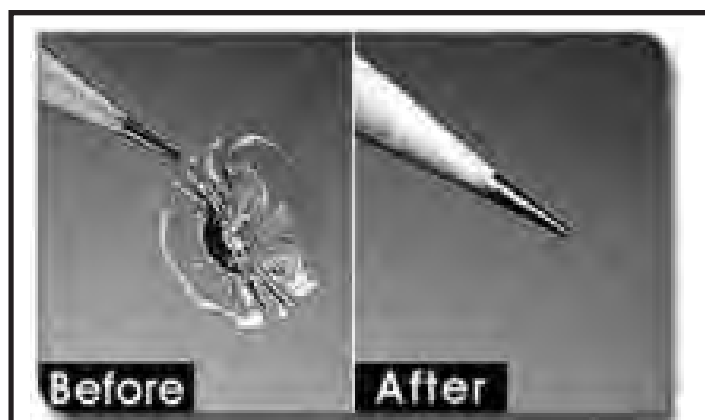
Items that cannot be recycled that people frequently

try to include diapers, clam shell packages, batteries, greasy containers, light bulbs, plastic bags and hoses.

In Mathews

There are several categories that the Mathews Waste Transfer Station accepts for recycling, according to the Mathews County website. These items include cooking oil; corrugated cardboard;

SEE RECYCLING, PAGE 15C



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RECYCLING: *Local guidelines*

(CONTINUED FROM PAGE 14C)

lead acid batteries; mixed paper; oil and antifreeze (only accepted in containers with a volume of five gallons or less); plastic, glass, and metal jars, bottles, jugs and containers; rechargeable batteries; scrap metal; and used tires.

Refrigerators and freezers can also be accepted for recycling as long as doors are removed.

Residents and property owners can also recycle a maximum of 12 tires per year. Tires cannot be accepted from commercial operations.

Other recycling

If you are having trouble finding places to recycle materials not accepted at your designated convenience center or transfer station, consider other local options.

Compact fluorescent light bulbs can be taken to the Gloucester Home Depot and Lowe's businesses. They accept non-working, unbroken CFL bulbs for disposal. Find a store associate for help.

Metal clothes hangers can be recycled by taking them to the Gloucester Village Cleaners at either location.

Franktronics accepts computers, computer peripherals and other electronic de-

vices for recycling. Items can be dropped off on site during normal business hours from 9 a.m. until 5:30 p.m. Monday-Friday and 9 a.m. until 1 p.m. Verizon Wireless offers recycling and repurposing for some electronic devices. Gloucester Library, Main Street Center, also accepts cell phones for recycling.

For batteries, auto and marine batteries (lead acid) can be returned to the store purchased from when buying a new battery. These batteries are also accepted at most auto part stores in Gloucester, as well as Home Depot or Lowe's. Rechargeable tool batteries can also

be brought to Home Depot or Lowe's for recycling.

Motor oil can be recycled at your local AutoZone and potentially be recycled at your local automobile mechanic (call ahead to check).

Many local stores in Gloucester, including Food Lion, Kroger, Walmart and Lowe's, accept plastic grocery bags/plastic wrap for recycling. Collection boxes for these items are also posted at both Gloucester library locations. The Main Street Center branch accepts flags for recycling as well.

Dickey's Auto Recyclers in Gloucester accepts junk automobiles, and Middlesex

Metals, Inc., in Urbanna and Sims Metal Management in Yorktown accept junk cars and trucks as well as ferrous and non-ferrous metals including copper, brass, aluminum and others.

The businesses also accept items and home appliances made of steel, copper and tin including discarded piping, dryers, electrical wire, metal bikes, metal play sets and swings, old air conditioners, refrigerators, satellite dishes, and washing machines. Call ahead before bringing these items.

SEE RECYCLING, PAGE 19C

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Bay Transit Express service area expanding to Gloucester Point

Bay Transit, the public transportation division of Bay Aging, has been serving Gloucester County residents for over 25 years. Today, Bay Transit operates in the Northern Neck, Middle Peninsula, and New Kent and Charles City counties, a total service area larger than the state of Delaware.

Now, more than ever, Bay Transit helps residents to be prepared with a myriad of transportation services.

Bay Transit Express is available throughout the current Gloucester Court House service zone Monday through Friday from 8 a.m. to 5 p.m. Rides are \$2 per customer, with additional passengers (such as fami-

ly members) paying \$1 per ride.

Customers pay using their credit or debit card information stored in their account on the app or by paying exact fare in cash on the bus. "Bay Transit Express is a fast, easy to use, and affordable way to get around the Gloucester Court House area," said Bay Transit's Director, Ken Pollock.

"Customers book rides on Bay Transit Express straight from their phones, get picked up in minutes, and get to work or run errands without needing a car," he added. "If you've ever been in a city and used Uber or Lyft, you know how convenient this type of service is.

We have lots of people using the service now and will be expanding it to the Gloucester Point area soon. With more Bay Transit Express vehicles in operation and an expanded service area, it will be better than ever."

Requesting a ride on Bay Transit Express is easy. Using the Bay Transit Express mobile app, transit riders book their ride by selecting a pickup and drop-off locations within the service area. Once a ride is booked, passengers are directed to their exact pickup spot, and see the real-time location of their vehicle, the driver's name, and other information to help them spot their ride.

Bay Transit Express buses

are branded with prominent graphics on their exteriors. The Bay Transit Express app is available for download on iOS (Apple) and Android devices. To ensure access for all riders, Bay Transit Express uses wheelchair accessible vehicles and allows for ride bookings for those without smartphones by calling 804-693-6977.

Bay Transit also operates demand responsive transportation throughout the service area Monday through Friday from 6 a.m. to 6 p.m. To schedule a ride, call the Bay Transit Ride Line at 877-869-6046 at least 24 hours in advance of your scheduled appointment. For riders that travel on Bay

Transit frequently, a book of 10 tickets, a \$20 value, can be purchased from your driver for \$12.

Bay Transit also operates deviated fixed-route bus service in Tappahannock, West Point and Gloucester. These buses, including Gloucester's hiveXpress, operate with set schedules and stops which are detailed on the Bay Transit website. The fee is 50 cents per boarding for these routes. While these buses follow a set schedule, with reservations, the bus can deviate up to ¼ of a mile off the established route.

For transportation outside

SEE BAY TRANSIT, PAGE 18C



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BAY TRANSIT

(CONTINUED FROM PAGE 16C)

of Bay Transit's normal service area or service hours, Bay Transit's New Freedom Mobility Management program is the solution. A growing population of area residents that are 60 years old or older, as well as individuals with chronic illnesses, have contributed to increased demand for these critical transportation services. New Freedom is a transportation service providing seniors and individuals with disabilities the ability to attend medical appointments, shop, work and attend social and recreational events even for travel outside of Bay Transit's service area and/or

service hours.

Participants pay a nominal fee for each round trip. For round trips of 50 miles or less, there is a \$5 fare. For round trip journeys greater than 50 miles, the fare is \$10. As Katherine Newman, Bay Transit's New Freedom Program Manager, explains, "We even provide free transportation for anyone that needs to accompany the rider to assist them in and out of the vehicle or with their appointment."

For more information about Bay Transit, visit the Bay Transit website at www.BayTransit.org. To learn more about Bay Aging, visit www.BayAging.org.



Debbie Brown steps down from a Bay Transit Express bus with Wayne Clarke helping.



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RECYCLING

(CONTINUED FROM PAGE 15C)

Several charities in the area, including Goodwill, the Salvation Army and the Samaritan Group, offer automobile recycling to repurpose or repair vehicles and donate to those in need (dependent on condition of vehicle).

Rinsed aluminum drink cans may also be recycled at the Abingdon Ruritan Club, the Gloucester Main Street Center, Gloucester Moose

Know the guidelines before recycling locally.

Family Center, Franktronics and Mathews High School. More recycling informa-

tion for the Hampton Roads region can be found online at askHRgreen.org.



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Christmas in July: prepare for your mental health needs now

BY MELANY SLAUGHTER

With back-to-school season, Halloween celebrations, followed by Thanksgiving and Christmas obligations, there is little time to consider your own mental health needs during the fall and into the holiday season. Take time now to develop coping skills ahead of the holidays.

Ryan McQueen, MD, psychiatrist at Riverside Behavioral Health Center in Hampton, said that those who tend to stress during the holidays should identify their stressors ahead of time, such as cooking a big dinner, wrapping gifts, or completing holiday shopping.

"Try to prepare further in

advance," said McQueen. Preparing for these known stressors even a few weeks in advance can help.

Those who get overwhelmed in the moment while completing holiday tasks can rely on coping skills to help them significantly. Splashing cold water in your face, practicing deep breathing and stepping back from the situation are some coping tips provided by McQueen.

"Practice those in advance," said McQueen about honing coping skills.

Separating yourself from argumentative situations with loved ones can also help all involved. Redirecting the conversation if an ar-

gument arises can also help deescalate the situation.

Anyone can have mental health problems during the holidays. "Anybody is at risk," said McQueen.

Those who have preexisting mental health issues can experience exasperated symptoms during the holidays.

Looking out for loved ones who are known to stress is important. McQueen said to watch for nonverbal cues that may indicate your loved one is becoming overwhelmed. He said that people can create a living list of ways to help a loved one to relax and cope, such as stepping out of the room or taking a walk. Having multiple



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Be sure to prepare for your mental health needs ahead of the holidays.

items on the list allows the person coping to be able to move through coping techniques if the previous ones are not working.

Anyone, from young children to older adults, can feel down during the holidays. Many people do not enjoy

the holiday season due to loneliness and not having loved ones around to celebrate.

"Don't forget those folks," he said.

McQueen also urges people to enjoy the holidays, no matter how they celebrate.

Preparing for the future?



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It's important to be prepared for whatever the future might hold. This is one of the reasons why many people are drawn to a continuing care retirement community like Rappahannock Westminster-Canterbury. We offer independent living apartments, cottages and free-standing homes, as well as access to a full continuum of care services that may be needed in the future. The peace of mind that comes with that is more affordable than you may think. Go to rw-c.org and take the seven-question survey at the top of the page to see which options are a good financial fit for you.



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How freshmen, parents can prepare for college move-in day

BY RUBY WILLIAMS

Move-in day is right around the corner for college students and for some it is one of the most hectic days of the semester, aside from midterms and final exams.

Move-in day is especially stressful for college freshmen and their parents. One thing freshmen and parents should know is that you are not alone and there are several ways you can make your upcoming moving day a breeze and it all starts weeks prior to move-in day.

The first thing you should do before move-in day is to make a list of all of the things you need. One pro tip to packing is to never pack more than what is needed and making a list helps avoid that problem.

Most colleges provide a move-in checklist for their freshmen during orientation, but if they don't, here's a checklist with the main things you may need for your dorm:

SEE COLLEGE MOVE-IN, PAGE 23C

Bathroom	Hygiene	Bedroom	Electronics/ Appliances	Medicine/ First Aid	Supplies
- Caddy - Toilet paper - Towels - Washcloths - Plunger - Scrubbers - Shower shoes - Shower curtain - Shower cap - Bathroom rug - Paper towels - Trash can	- Toothbrush - Toothpaste - Mouthwash - Shampoo - Conditioner - Deodorant - Soap - Disinfecting Wipes - Disinfecting spray - Tissues - Hand sanitizer - Trash bags - Laundry detergent	- Hamper basket (w/ wheels) - Comforter - Shoe rack - Mattress topper - Pillows - Bed Sheets/Pillow cases - Alarm clock - Lamp - Trash can - Broom/mop - Clothes - Curtain	- TV - Laptop - Chargers for everything - Portable charger - Printer - Extension cord - Microwave - Small refrigerator - Fan	- First-Aid kit - Ibuprofen or Advil - Cold and Flu medicine - Cough drops - Covid test - Tums	- Pencils - Pens - Sticky notes - Note cards - Printer ink - Printer paper - Notebook paper - Backpack - Notebooks - Planner - Storage bins - Padlock - Safe

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**COLLEGE
MOVE-IN:**

Tips and tricks

(CONTINUED FROM PAGE 21C)

After deciding on what will be needed or won't be needed, buy the important things that will be needed at least two to three weeks before you head to the dorms. Most will buy their stuff in the days right before their move-in date, which is not a great idea. This could result in some of the items you need selling out. Even though it's nice to wait and see if you can save on the deals during back-to-school sales, you might end up having to spend the extra money as a result of everyone buy-

Moving to college for the first time can be stressful. Be sure to prepare for all of your needs ahead of time to minimize any potential stress.

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COLLEGE MOVE-IN

(CONTINUED FROM PAGE 23C)

ing items for school at the same time. The only things that should be bought at the last minute are decor for the room, food and snacks.

The decor should be bought after you have completely unpacked, and the food and snacks can be picked up right before you arrive on campus. This will give you extra space when packing the rest of your necessities in the car and it also will give you the chance to decide what you can put in your room once you see what you actually have space for. Once you have bought everything that you need, you should start pack-

ing a little bit at a time so that you are already packed before move-in day. You should pack your items based on which area of the room you intend to put items in so that it makes unpacking easier.

The week before, the most important thing freshmen should do is to have everything packed. This will leave you the day before move-in day to load the vehicle or vehicles.

What parents should do in the week leading up to move-in day is to support their freshman. For most freshmen, it will be the first time that they are away from home for an extended period of time. They definitely are

going to be very excited to embark on their new journey but at the same time, they could be nervous or scared to be away from home. Another thing that parents should do is to be sure that their freshman has everything that they need before it is time to leave, especially if their university is far away from home. No one wants to make trips back and forth or to mail belongings.

The day before move-in day, you should first fill up on gas. You then should pack your belongings into the vehicle or vehicles that you will be taking. With this step, you have to think about what exactly you have and what can

fit where. The best way to go about this is to fit everything into the vehicle like a game of Tetris. This allows you to create more space for your belongings. Another tip is to try your best to pack your vehicle in reverse. You want to do this because, for example, you want to make your bed first when you get on campus. In order to unpack your bedding first when you get to your dorm, you do not want to have your bedding in the back of the trunk of the vehicle. You also want to make sure that you pack a dolly to ease unpacking the car the next day.

On move-in day, it is best to leave early in order to

get on campus early. If you are out of state, you should arrive near the location at least a day early to ensure that you get through the move-in process smoothly. The worst thing is to get on campus right at your allotted time slot with everyone else or be late. You also want to try to get on campus before your roommate if you are sharing a room. This will allow you time to pick the side you want (if there is a better side). If your university offers carts to move your items, you should try to get one as soon as you possibly can. It will make moving

SEE COLLEGE MOVE-IN, PAGE 33C

THE LOSS OF A PET IS IMMEASURABLE, BUT SO IS THE LOVE LEFT BEHIND



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The importance of discussing inheritance with your heirs

ESTATE AND GIVING

As you finalize estate plans and decide how you'll distribute your fortune, it will benefit everyone involved to open lines of communication with presumed heirs.

You've achieved a level of financial success that allows you to share your wealth with the ones you love. Of course, substantial inheritances are a generous gesture that also carry great responsibility. Having a series of conversations with your heirs – to openly discuss the transfer of wealth and what expectations come along with it – will make sure everyone is on the same page. Oftentimes, your children have questions too, but money (especially large sums) feels like a taboo topic. They don't want to seem greedy, for example. Give them permission to better understand your hopes for your family's future.

Here's what you should consider as you plan the conversation.

Who?

It's best for transparency to include all involved parties in a group conversation, but you know the dynamics of your family best. You may opt to have one-on-one discussions first to discuss details with individual heirs, then get the family together to touch on wider topics, like division of future caregiving responsibilities or carrying on certain values with the inheritance. Consider bringing in your advisor so your family can not only meet them but also feel comfortable asking any financial questions that arise over time.

What?

Consider what needs to be said to your children before you set a meeting. Most important is to address exactly what's being gifted and what's not. Some other common threads are intentions for your wealth and how family changes may affect the inheritance. If wealth is being distributed unequally or you've decided all or some of your wealth will be donated to charity, it may be uncomfortable to talk about – but this just means it needs to be discussed. Make a to-do list so it doesn't feel overwhelming and write out discussion points so you can rest assured you've covered everything.

Where?

Have the initial inheritance conversation with your heirs in person, if possible. For meetings to review documentation, for example, you may want to consider inviting your heirs to your advisor's or lawyer's office. A neutral location can help put everyone at ease; just make sure it's not public and it's conducive to candid, potentially emotional and lengthy, conversations.

When?

Putting off difficult conversations is all too common, but it's important to talk to your family about the plans for your estate well before something happens. If you think plans may change over the years (and they often do), you can let your heirs know you'll keep an open line of communication as your wishes and circumstances evolve. But, if you start the discussions early, at least your children will feel comfortable coming to you with questions as time goes on. They'll also be more prepared to jump in and assist with caretaking duties or financial matters if the need arises.

Why?

Financial wealth is only one part of the conversation, so it's important to have a meaningful dialogue with your heirs about your wishes as you age. It allows you to express your expectations for your family to honor your legacy after you're gone. And it also gives heirs the opportunity to plan for their own financial future and to prepare for executing your estate once it's time. Having these deep conversations often strengthens relationships and reinforces family values.

How?

You don't want to surprise your heirs by springing the inheritance conversation on them unexpectedly. The topic warrants a meeting (or series of them) that is solely focused on discussing your plans as you age, from financial matters to desired living arrangements and caretaking responsibilities. Support your conversations with any documents you may have, like legal paperwork and insurance policies, and provide your family members with the contact information of your estate planning team for when they'll need it later on.

Remember, your advisor is there to support you in the conversations you have around transferring your wealth. By opening the lines of communication earlier rather than later, you'll ensure your family understands the legacy you want to leave behind with your generosity.

Sources: lessinglaw.com; frontierwealth.com; eksinsights.blog; Raymond James research

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Faith May finishes what she started thanks to MP R.A.C.E.

BY MIDDLE PENINSULA R.A.C.E.

Faith May is a force to be reckoned with.

During her years as a student with Middle Peninsula Regional Adult and Career Education (R.A.C.E.), she transitioned from being Faith Kelly to Faith May. She faced deaths, battled illnesses, coped with responsibilities to her family, and navigated the challenges of being an employee.

Through it all, she was determined to finish what she started. She wanted to earn her high school credential.

The Middle Peninsula R.A.C.E. Adult Education Graduate of 2022 set out to do it by studying and passing one subject at a time. She knew if her attendance was irregular, it would affect how much she remembered from class. She did not miss class often.

Her teachers could plan

for her because they could rely on her to show up. She stayed in touch with the regional office and was not shy about asking for help. She passed reading in 2019, social studies and science within months of each other in 2020.

And then came the hard part for her.

Mathematics was a bear and dealing with COVID-19 did nothing to tame that bear. To stay in class during the COVID years, she had to learn to log into virtual classes, supplement with

SEE MP R.A.C.E., PAGE 26C

Are You Prepared?

"For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life."

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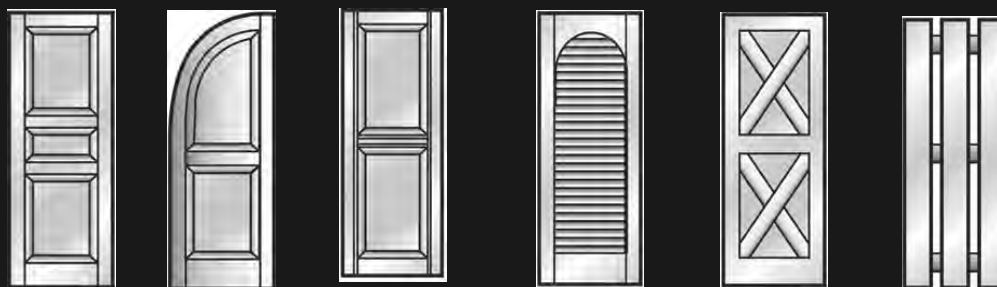


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Faith May posing on Gloucester Main Street in her cap and gown.

MP R.A.C.E.

(CONTINUED FROM PAGE 26C)

distance learning platforms, one-on-one tutoring, and lots of phone calls and emails. Nothing stopped her.

She passed that math test in April and was accepted into Southern New Hampshire University on May 5. When asked what motivated her to stay her course during her cap and gown photo shoot, Faith answered, "I watched my mom struggle through so much in her life but she never gave up. My motivation is my mom."

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Maintaining mental health key to a healthy life

BY TYLER BASS

Maintaining one's mental health is key to a healthy life, especially for young adults and children.

For some dealing with mental illness, it's important to talk with a professional, like those at Bacon Street Youth and Family Counseling, who can better help them cope with the emotions and thoughts they may be experiencing.

Bacon Street is a nonprofit organization that offers affordable services for young people in need of counseling. Bacon Street was founded in 1971 in Williamsburg but has since expanded to Gloucester, James City and

Hampton to serve the lower and middle peninsulas.

Director of Development and Communications Crystal Booker said there are two sides to what Bacon Street does—counseling and prevention.

On the counseling side, Booker said most of their clients are between the ages of 10 and 26. Despite the organization's name, she said there aren't set age parameters for their clients. Care continues for those who need it even as they get older.

Booker said the more common reasons for counseling in their clients are related to anxiety, depressive episodes, and substance use. To help their clients a lot

of the focus is on teaching them healthy coping skills to deal with stress and how to manage stress when overwhelmed.

Booker said a lot of the clients have Attention Deficit Hyperactive Disorder, or ADHD. ADHD is a neurological disorder that is often first diagnosed in childhood but can persist into adulthood. A common trait of ADHD is the inability to manage attentiveness and impulsive behavior. ADHD is common both in children and adults and, if left untreated, can lead to anxiety and depression.

Aside from managing ADHD with medication, Booker said helping clients

develop better organizational skills and implementing to-do lists can sometimes be beneficial to those with ADHD.

Other clients at Bacon Street may also struggle with trauma, said Booker. Trauma can take many forms and can have a large effect on one's daily life. Each case is unique but she said the goal is often to help clients find ways to go through daily life without letting it crush them.

Booker said it's also important to educate the parents of younger clients so that they can better support their child. Communicating is key between parents and their kids who often feel vul-

nerable and uncomfortable with communicating openly.

Bacon Street also offers counseling for parents who want support, especially if the parent also has mental illness or a condition like ADHD. Booker said sometimes they'll have combined sessions with the parents and child.

On the preventative side, Bacon Street has active outreach programs that work with different age groups to help improve mindfulness and grounding oneself when overwhelmed. Booker said it's important that everyone understands the need to take care of their mental

SEE MENTAL HEALTH., PAGE 31C



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The "Bee Alert" requires street addresses in order to issue geographically-targeted emergency messages. This way, even if you have an unlisted number or use a cell phone or VoIP phone as your primary number, please provide an associated street address.

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This system will be used to notify you about imminent threats to health and safety as well as informational notifications that affect your locations or work environments. Administrators will send notifications regarding severe weather, flooding, road closures, water outages and more.



PLEASE NOTE!

You will not receive emergency alerts unless you register in the new system! Those who were registered in the old alert system must re-register to be included in the new system. Please make sure your most up-to-date contact information is included. If your contact information changes, you can always visit your profile and easily update your information!

QUESTIONS?



If you do not have internet access, or are uncomfortable registering yourself, please contact our Emergency Management Department at [804-693-1390](tel:804-693-1390). We will be more than happy to input your information into the system!

MENTAL HEALTH

(CONTINUED FROM PAGE 29C)

health regardless of their history with it.

One of the outreach programs offered by Bacon Street is its seven-week workshop, Strengthening Families 10-14. The workshop teaches healthy communication within families and how to nurture support systems as well. This includes encouraging families to have more sit-down meals where they can reconnect.

Booker said there are signs parents and loved ones can look for to help identify mental illness in children. She said the biggest sign is a change in behavior; someone who is outgoing and extroverted may become closed off and more isolated.



TYLER BASS / GAZETTE-JOURNAL

Bacon Street, a nonprofit organization that offers affordable services for young people in need of counseling, attended the NAACP Health Fair in Gloucester May 21. Pictured manning the booth are Hannah Fleming (left) and Crystal Booker.

The opposite is also true. A calmer person may suddenly become more thrill-seeking and begin to take greater risks. If someone's behavior

changes it may be good to talk to them to get an idea of what they may be going through. Be direct in asking questions and don't just ask "are you okay?" Be active and look for signs that may indicate suicidal ideations.

It's also important for parents to be open with their own mental health, said Booker. If a child asks their parents how they are men-

tally, it's helpful to be honest and not be a warrior for their child. This creates a more open and honest environment which will help kids be more open to their parents.

For more information on Bacon Street Youth and Family Services and to see if its services are right for you or your loved ones, visit baconstreet.org or call 757-253-0111.

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- ✓ Do you know who in Gloucester County sells and services Fire Extinguishers?



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For more information about Bay Transit and the new Bay Transit Express service, download the Bay Transit Express app, visit www.BayTransit.org/Express or call Bay Transit's Gloucester office at (804) 693-6977.

COLLEGE MOVE-IN

(CONTINUED FROM PAGE 24C)

your belongings from the car to your room much easier.

At this point, all that is left to do is to arrange your room, but before you completely unpack, there are two things you need to do. The most important thing is to sanitize the entire room before you unpack anything. Even though someone usually cleans all of the rooms, it's best not to take any chances and clean it yourself. The last thing is to make sure that there's nothing in the room that is damaged or broken when you move in and if there is, take a picture and report it.

When you start unpack-

ing, unpack based on areas of the room. The #1 rule is to always unpack your bedding first. If you get tired or stressed during the moving process, at least you can lie in your bed and relax before continuing. You can also use your bed to lay your belongings on while you are unpacking. From there, you can unpack whichever area of the room you please.

After unpacking all of your belongings and putting them in their proper space, you can then focus on how you want to decorate your room. It is best to always do this last, because you then know what your room looks like and it gives you time to decide on what could go in



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New college students should make a list of things they need before moving to campus for the first time.

the room. Some dorms also have rules about what you can put on your walls so this could help avoid buying de-

cor that you can't use. To hang the decor, you should also use "command strips," command hooks or some-

thing similar, so that when you take down your decor when you move out, you do not ruin the walls.

After decorating your room, if you can, you should help your roommate set up their side or help bring in their items. This is important because it gives you the chance to talk to and bond with your roommate.

College move-in day is quickly approaching and if you haven't started on your list, you are already behind and you should get started. Move-in day is a big day and in order to lessen more added stress, you should ensure that you are going to be prepared for your upcoming move-in date.



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IRVINGTON, VIRGINIA

Prepare through prevention: learn about heart failure

Despite how the term sounds, heart failure does not mean the heart has stopped working altogether.

"Heart failure, sometimes called congestive heart failure, or CHF, is when the heart muscle is damaged and can no longer pump blood through the body as well as it should," said Divya Gumber, M.D., a Riverside Health System cardiologist with subspecialty training in treating heart failure.

Since the heart is unable to keep up with the body's demands, it tries to make up for it by beating faster and stretching to pump more blood with each beat. The body tries to make up for the decreased supply of oxygen-rich blood by maintaining a higher blood pressure as well as reducing blood supply to less-essential areas, such as toes or the kidneys, to keep the heart and brain receiving enough blood.

To reduce your risk of developing heart failure, it is important to focus on developing a heart-healthy lifestyle. This can include:

- Not smoking;
- Maintaining a healthy weight by eating right and staying physically active;
- Managing stress; and
- Controlling any existing medical conditions, such as diabetes, high blood pressure or high cholesterol.

"Heart failure can develop slowly over time or come on quickly," said Gumber.

According to Gumber, symptoms may vary based on the part of the heart that is failing. Usually the left side of the heart (specifically, the left ventricle) is affected

first, but the right side can also fail. Symptoms may include:

- Shortness of breath both during activity and when resting;
- Feeling tired and weak and unable to do normal activities;
- Difficulty concentrating or decreased alertness;
- Swelling in legs, ankles or feet;
- Rapid weight gain from fluid buildup;
- Persistent cough or wheezing (possibly producing pink or white mucus);
- Rapid heart rate; and/or
- Nausea and/or lack of appetite.

Call 911 for chest pain, fainting or sudden shortness of breath.

There are many possible causes of heart failure. They include heart attack, diabetes, abnormal heart rhythms, obesity, coronary heart disease, cardiomyopathy, congenital heart defects, high blood pressure, use of tobacco or illicit drugs, and serious cancer treatments.

Heart failure is a chronic condition. For some individuals the condition can be reversed if the underlying cause, such as an abnormal heart rhythm, is fixed. However, for most people heart failure is a condition they will manage for the rest of their lives. In these cases, treatment is focused on managing the symptoms and improving the heart as much as possible.

Treatment approaches

SEE HEART FAILURE, PAGE 39C



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Hammer & Stain holds artistic do-it-yourself workshops

BY SHERRY HAMILTON

Are you prepared to have a good time? Hammer & Stain may have some ideas for you.

The new Gloucester-based business franchise specializes in do-it-yourself group workshops on decorative wooden projects for the home.

Owner Ashley Sosa said she offers at least 15 different projects that people can work on, turning various sizes and shapes of wood into

signs or wall decorations or other creative items. She provides all the wood, paint, stains, and stencils needed and guides participants over a two- or three-hour period as they create their custom-made home décor pieces.

Workshops can be conducted at a private home or a business or anyplace where a group of at least six people—the minimum number required to schedule a workshop—can gather to work on their projects.

Sosa said her workshops differ from paint night parties in that participants don't all have to create the same thing. Because she uses stencils, she can offer a plethora of designs, and each participant chooses in advance which project he or she wants to work on.

There's no charge for set-

up or instruction, said Sosa, and she offers a wide range of prices, from under \$40 to over \$90, depending on the project chosen.

Sosa was a planner in the shipbuilding industry for 15 years before deciding to become a stay-at-home mom and start her own business. Hailing from Norfolk, she

and her husband Jim moved to Gloucester a year ago with their children, ages 5 and 2.

Sosa will offer a public workshop at 11 a.m. on Saturday, July 30, at Brent & Becky's in Gloucester.

For more information, and to register for the public workshop, visit <https://hammerandstainglova.com>.



Ashley Sosa will provide in-home instruction to groups as they create decoration wooden items for their homes. Below, one of many project offered by her business, Hammer & Stain GloVa.



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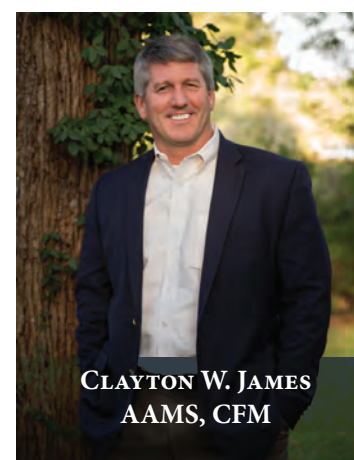
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How to prepare children for kindergarten

(METRO) The first day of kindergarten is a milestone moment for children that their parents will remember forever.

Data from the U.S. Census Bureau indicates that around five million children attend an organized preschool or daycare facility in the United States, while Statistics Canada reports that roughly 52 percent of Canadian children in non-parental child care are in a daycare center, preschool or childcare center. Children who attend preschool or daycare may make a relatively seamless transition to kindergarten.

However, it's still a good idea for parents to take steps to prepare youngsters for kindergarten in advance of the first day of school.

—Attend orientation or

related events. Elementary schools typically are housed in much larger buildings than preschools or daycares, and that size can be intimidating for children. Attending kindergarten orientation or related events as a family can help children see their classrooms, meet their teacher and potentially their classmates.

—Meet other kids in the neighborhood. Some children attend preschools or daycares close to home, while others may go to facilities near a parent's office. Regardless of where kids go to daycare or preschool, they're likely to meet new youngsters in kindergarten. Introducing them to other kids in the neighborhood who will be going to kindergarten as well can calm chil-

dren's nerves. Seeing a familiar face on the bus and/or in class can put youngsters at ease.

—Avoid lengthy goodbyes. Parents may get a little teary-eyed on their children's first day of kindergarten, but drawing out goodbyes as kids get on the bus or walk into school will ultimately make it harder on children. Limit your goodbye to a hug and kiss and some words of encouragement. Keep the emphasis on the positive and the fun that's to be had so kids arrive at school in a good frame of mind.

—Remind youngsters you'll be there to pick them up at the end of the day. Let children know that, just like daycare and preschool, mom or dad will be there to pick them up at school or the bus



METRO CREATIVE GRAPHICS, INC.

The first day of kindergarten is a big moment for young children. Parents can take steps to calm first-day jitters and ensure children have a memorable day.

stop at the end of the day. This sense of the familiar can soothe kids' nerves and reassure them that a smiling face will be there at end of the school day.



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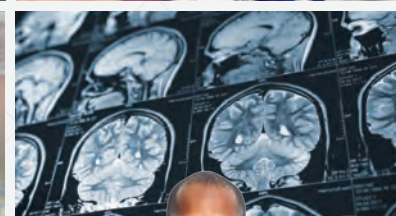
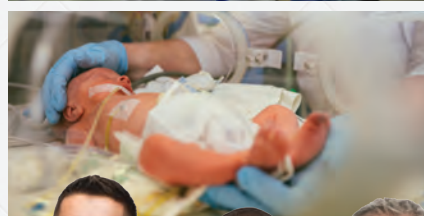
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HEART FAILURE: *Know the facts*

(CONTINUED FROM PAGE 34C)

to heart failure can include medication and surgery.

The medications your provider prescribes will depend on the underlying cause of the heart failure as well as the symptoms. It is important to take all of the medications as directed by your physician.

Sometimes the underlying cause of heart failure can be addressed with surgery. Surgical options include open-heart surgery (coronary bypass) or a valve repair.

Other surgeries are done to support the patient's heart with a device that is similar

to a pacemaker (called an implantable cardioverter-defibrillator, or ICD) or a circulatory support device (called a ventricular assist device, or VAD).

When some individuals have extreme heart failure, a heart transplant is a potential treatment.

To discuss your cardiovascular risk factors, talk to your primary care provider or cardiologist. To see a Riverside Health System primary care provider, call 757-534-5352 to make an appointment or ask if you can be seen safely through a secure video visit. To make an appointment with a Riverside cardiologist, call the location nearest you.



Prepare for your cardiovascular needs by learning about heart failure and how it can be prevented and treated.



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Prepare now for future orthodontic needs

BY MELANY SLAUGHTER

Whether you are in need of braces to correct crooked teeth, struggling with symptoms from bite issues or simply need to be fitted for a mouth guard, everyone can benefit from an orthodontic visit every now and then.

At Pappas Orthodontics, patients can receive a wide range of orthodontic treatments at its Hayes office or Yorktown location. It has the ability to treat many common orthodontic issues, including overbites, underbites, open bites, crossbites, upper front teeth protrusion and unmatched dental midlines. The business offers braces, clear aligners, mouth guards and palatal expanders to



correct issues. Orthodontic technology that it uses includes 3D printing, cone beam 3D imaging, digital x-rays, and iTero digital scanning.

New patient consults are free at Pappas Orthodontics.

"You don't have to have a referral," said Kelly Pappas, who assists in the office.

Pappas Orthodontics even assists patients with finance options for their orthodontic work. "We do in-house financing," said Pappas.

All sorts of patients visit Pappas Orthodontics. It is recommended that children by seven years of age visit an orthodontist to gauge any potential dental problems. In addition to providing orthodontic work

for preteens and teens, Pappas Orthodontics also sees adults, ranging in age from 18 to 90.

The Pappas team strives to make the office pleasant for patients and visitors. "We try to make it a fun environment," said Pappas.

The Gloucester office can be reached at 804-993-7500 and the Yorktown office can be reached at 757-898-5448. Visit Pappas Orthodontics online at pappasorthodontics.com to learn more about its services.

Dr. Nick Pappas graduated from the University of Virginia and earned his DDS at Virginia Commonwealth University. He is a board-certified orthodontist and lives in Yorktown with his wife, Kelly, and two children.

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Prepare for your empty nest

(METRO) Raising children is a significant responsibility. Parents know there's no such thing as a day off, which is why the first day they come home to an empty nest can be so confounding.

After roughly two busy and likely hectic decades or more of looking after their children, parents whose sons or daughters have left home for the first time may experience feelings of sadness and loss. That's not unusual, as the Mayo Clinic notes it's a phenomenon known as "empty nest syndrome." Though it's not a clinical diagnosis, empty nest syndrome can be a difficult hurdle to overcome,

especially for parents who find themselves suddenly bored after years of being so busy.

Empty nesters looking to banish boredom can consider these strategies:

—Give your home a new look. Parents go to great lengths to make their homes welcoming safe havens for their children. Moms and dads often joke that, between play rooms and study areas, kids get the bulk of the real estate under their roofs. Now that the children have moved out, parents can take back that space and refresh their homes. A home that's adapted for empty nesters will look quite different from

one designed for families with young children. So a renovation or redesign can provide plenty of work that can fill idle time and instill a sense of excitement about the future.

—Become a weekend road warrior. Newly minted empty nesters are likely still working full-time. But now that there's no soccer practices or band recitals taking up valuable real estate on your weekend schedule, Saturdays and Sundays can provide perfect opportunities to travel. Plan routine weekend getaways, choosing different locales for each trip. Visit a city one weekend and devote a

subsequent trip to the great outdoors.

—Reconnect with old friends. Some individuals experiencing empty nest syndrome may be hesitant to

admit they're experiencing feelings of sadness and loneliness. But a recent Sky

SEE EMPTY NESTERS, PAGE 43C



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Are you prepared for your next hobby?

BY TYLER BASS

Many people have a hobby, such as hiking or painting. Some get engrossed with a hobby as a way to relax or want the challenge while learning new skills. Hobbies come in a variety of forms which means there's probably a hobby out there for everyone.

Leather working

Jason Williams of Mathews County is a teacher at Thomas Hunter Middle

School and a father, but also considers himself a serial hobbyist. He said he finds himself jumping from one hobby to another, fully immersing himself in each. His current passion is leather working.

"My grandfather was a skilled leatherworker, and I firmly believe affinities for such things can be hereditary," said Williams.

His hobbies tend to focus on creating something new with his hands. In

the past few years, he's learned blacksmithing and woodworking. He said he enjoys learning something that can benefit himself in practical ways.

"I work with steel and wood as other hobbies, and leather seems to pair beautifully with both," said Williams. "I've always had a love for any leather good."

He said he was given leather carving tools last Christmas after expressing his interest to his family.

Though this hobby has held his attention for only a short while, he said he's quite proud of what he's been able to accomplish. With just some stamps and a swivel knife he's made things like bracelets and books.

Leather goods are both durable and pleasing to the senses, said Williams. The smell and feel of tanned leather are easily recognizable for most. It's also quite versatile as it can be shaped and formed into

practical items like wearable accessories and wallets, or can be transformed into art.

For Williams, the joy of learning so many hobbies is the biggest appeal. He said he's the kind of person that sees something and thinks, "I can make that." He likes learning new skills that allow him to make new things for himself and others.

"I'm a problem solver by nature, so when I take

SEE HOBBIES, PAGE 44C

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EMPTY NESTERS

(CONTINUED FROM PAGE 41C)

Mobile study of parents of teenagers in England found that 47 percent were fretting about having an empty nest. So it's likely that old friends and fellow parents are experiencing feelings associated with empty nest syndrome, as well. Reaching out to old friends is a great way to reconnect and can provide an outlet to discuss feelings parents might be hesitant to share with others. But empty nesters who experience significant feelings of sadness and loneliness are urged to talk with a health care professional, as well.

—Replace kids' activities with your own. After years of toting kids from one

extracurricular activity to another, empty nesters can now do the same for themselves. Visit local community centers and libraries and ask about classes for adults. Many offer classes on everything from crafts to sports. Adults also can research continuing education programs at local colleges and universities if they're interested in a career change or pursuing an advanced degree for personal enrichment.

Newly minted empty nesters can look at their empty nest as an opportunity to engage in activities that pique their interests after years of catering to the needs and wants of their children.



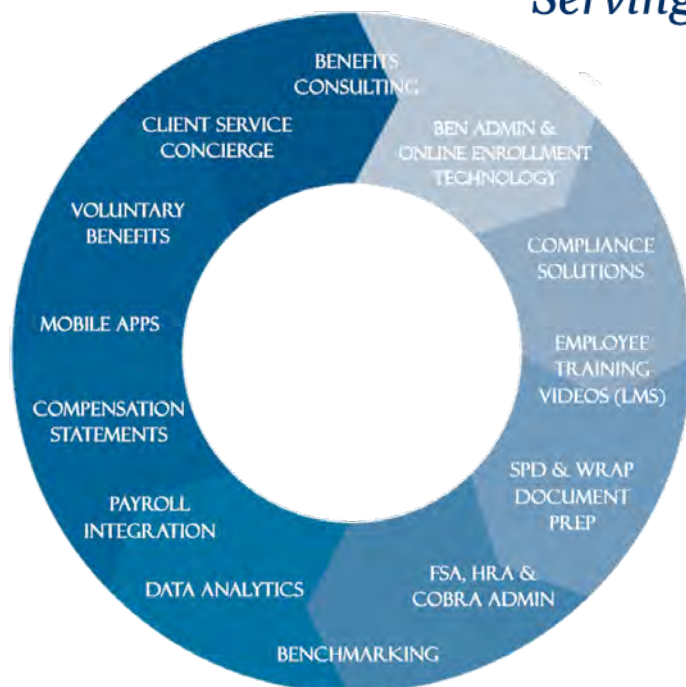
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HOBBIES

(CONTINUED FROM PAGE 42C)

on a new hobby, I see it as learning the steps to solve a problem," said Williams. "So when I master those steps and achieve what I consider to be a successful product, I get this tremendous feeling of pride in myself."

The best advice Williams can give to someone looking to pick up a new hobby is to be patient and not to rush. Learning a new skill is a process and takes time to learn. He said find guides, beginner's book or videos of the hobby help to get started.

Williams said his next challenge will be making larger leather goods like small pouches and moccasins.

D&D

Thanks to the popularity of certain science fiction and fantasy TV programs, Dungeons and Dragons has seen a resurgence in popularity in recent years. Mathews High School teacher and Gloucester resident Sterling Foster has been playing the tabletop game for close to a decade and has been leading a group of friends through a fantastical journey for the last few years.

Foster is his group's Dungeon Master, or DM. His job is to craft the world and the journey his party of players adventure through. It involves planning out a story, preparing for the players to disregard the story and lots of quick thinking. He works his acting muscles to portray characters the players interact with and uses his creativity to construct the life-threatening perils his players face.

Foster said he got into the game when a friend of his asked him to join their campaign. Once he had dived into D&D and felt confident in what he was doing, he made a campaign of his own and asked his

friends to join.

The most daunting part of being a first-time DM, Foster said, wasn't learning all the rules of the game but was leading the first session. He said the hardest lesson to learn was not to over-plan. D&D is a game of choices and in a group of four or five people, predicting those choices is impossible. Instead of over-planning, he keeps a loose plot outline for the session to account for his players' shenanigans.

When asked what he's enjoyed about playing D&D the most, Foster pointed to the players.

"It's kind of like fantasy football, which I used to play a lot," said Foster. "The part that has me hooked the most is the friends that enjoy a hobby with me."

Foster's group consists of friends who live hours apart from one another. Their weekly sessions over Zoom allow them to not just play, but also keep in touch. He said he'll use any excuse, hobby or otherwise to keep in contact with his friends.

For those considering getting into D&D or any other tabletop game, Foster recommends just taking the plunge. He said find some friends who will want to play with you, or let yourself make new friends.

A simple Google search can provide a plethora of resources and websites to help new players learn to play the game. From sites that can help you make your first character to books containing dungeons and adventures in most book stores, it's never been easier to get into D&D as it is now.

Foster said not to worry about any stigmas associated with the game, like "only nerds play it." He said some people go hunting or fishing as a hobby, his involves playing a game with his friends for two hours every week.

Auctioneers provide help in times of family transition

BY SHERRY HAMILTON

Faced with the task of moving their mother into a retirement facility and selling the home she had lived in for so long, Billy Crittenden of Gloucester and his brother, Guy, knew they would need help.

Their mother, Peggy Crittenden, had a Gloucester residence that was filled with a lifetime of treasures, from large collections of original paintings and Santa Claus figurines to silver, glassware and cherished antiques.

The brothers knew it would be best to have professionals take over the task of selling all the things that were left after Billy had helped select the items their

mother wanted and needed in her new home. Not only that, but it was important to get as much from the sale of their mother's things as possible in order to sustain her over time.

So they turned to Larry and Linda Makowski, owners of Express Auctioneers & Appraisers of Gloucester.

"We decided to go with an auction because we'll get the most return," said Billy Crittenden. "We wanted to put as much as we could in Mama's account, without paying the extra fees for selling. This gets the most bang for the buck."

The Makowskis went right to work, bringing their combined 78 years of experience in the auction

and appraisal business to the job. They listed the house for sale at auction, then began to organize and list every item in the house, from the furniture and knickknacks to the equipment and tools, taking pictures to be used in promoting the auction. Items such as porcelain or linens were grouped together as "lots" to be sold in their entirety, enhancing the price. Even trinkets found in drawers were included. Any personal items found—letters, documents, photos—were set aside for the family to go through.

"Our job is to come in and reevaluate what's here and

SEE AUCTIONEERS, PAGE 46C



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How to plan for a post-50 career change

(METRO) Professionals change careers for many reasons. Some do so in pursuit of a higher salary, while others seek a more even balance between their personal and professional lives.

Career changes can renew a person's passion for working, which can grow stale for individuals who have been doing the same job years on end. Though there's not necessarily a bad time to change careers, there are times when making such a transition carries more risk. Such is the case for those over 50. Many individuals over 50 may not have the financial obligations they had when they were younger, as children may have grown up and moved out of the house. That can make changing careers after 50 more palatable. However,

some individuals in their 50s may be hesitant to leave the security of an established career behind in favor of something new. Hesitance about job prospects after 50 also can make some less likely to take the plunge into a new career.

Though hesitancy about a career change after 50 is understandable, a recent survey from the American Institute for Economic Research found that 82 percent of workers who responded to the survey were able to successfully transition to a new career after age 45. In addition, projections from the U.S. Bureau of Labor Statistics estimated that labor force participation among individuals aged 65 and over would increase significantly by 2022, nearly doubling the rate of participation in

1990. Those figures suggest that a midlife career change is not necessarily the same thing as a late-career career change. That should give professionals the confidence they need to successfully transition to a new career.

Individuals mulling a career change after 50 also can take these steps to make such a transition less risky.

—Pay down as much debt as possible. Financial freedom can be an ally for individuals 50 and over who want to change careers. Career changes often require a pay cut, so individuals who can pay off their mortgages, consumer debts and/or auto loans prior to making a career change may find the transition to a lower income goes more smoothly than it might if they're still carrying such sizable financial

commitments.

—Make plans to delay retirement. As BLS data indicates, individuals who want to delay retirement certainly won't be alone. Delaying retirement affords individuals more time to save, and a financial advisor can help adults over 50 come up with a new retirement plan that reflects their willingness to work longer. Delaying retirement also means delaying withdrawals from retirement savings accounts, which can provide peace of mind against a loss of income resulting from a career change.

—Downsize your lifestyle. Even a post-50 career change that will require a significant drop in income can be doable for professionals who downsize their lifestyles.

Empty nesters can consider moving into a smaller home, while travelers can cut back on the number of trips they take each year. Cutbacks won't necessarily be easy, but they can be worth it for individuals looking for new career challenges.

—Go back to school. Much like young people go to college before entering the professional arena, adults over 50 who want to change careers may need to go back to school to improve their career prospects. Remote learning and part-time schooling can make juggling a career and school more manageable.

A successful career change after 50 is entirely possible for individuals willing to make some sacrifices to be happier in their professional lives.



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AUCTIONEERS

(CONTINUED FROM PAGE 44C)

counsel the family,” said Linda Makowski during a recent interview conducted on-site. “We decide on lots, and then sell those lots in a specific order throughout the day.”

On a walk through the house, the Makowskis pointed out some of the items that will be featured in the Aug. 6 sale—a late 1700s antique secretary, a banquet table that can be expanded or separated into two tables, mahogany dining chairs that were handmade in Gloucester, a bistro set that came from the old Morgan’s Drug Store, a trinket box made by a German prisoner of war that was given to the Crittendens’ patriarch, the late Dr. William Crittenden, in 1945, and much, much more.

“When a family is going through some trauma, or grief, of moving a family member, of going through the courts to divide an estate for distribution, they have other things on their mind,” said Linda, “so we take over and take care of everything to do with the sale, working with the family throughout the process.”

The Makowskis typically ask a range of questions, said Linda, such as, “Do you have someone who’s responsible for taking care of the things you really care about?” and “Do you want specific things to go to a certain person you care about, whether they’re valuable or not?”

Linda said that in one auction the couple conducted, she was given a box of “costume” jewelry the customer thought would be sold as a lot, only to find a diamond and emerald necklace that ended up selling for \$3,000.

In another case, she said, a customer suggested asking \$1,500 for an antique clock and a collection of music

boxes.

“We knew one music box would bring that much,” said Linda. “She ended up getting \$12,000 for the items.”

The day of the auction, those attending will register, get a catalog and bid number, and then be free to walk around and decide what to buy, said Linda. They’ll be able to watch Larry as he conducts the auction, or they can enjoy some barbecue made by Pastor Calvin Griffin, who has catered every auction the Makowskis have conducted for years on a donation basis for the “Angel Fund” at his church, Singleton United Methodist in Ware Neck.

With so much experience under their belts, the Makowskis are able to handle just about any size home—even the Crittendens’ 10 rooms—in 30 days, including advertising, cataloging, and conducting the auction. All the while, they’re working on other projects in a similar amount of time. And, while the Crittenden home was neat and tidy, not all homes are, said Linda.

“The condition of the house doesn’t matter,” she said. “I cannot be shocked ... I don’t think we’ve ever come to anything that’s insurmountable. We make it organized, and get the results.”

The Makowskis said people also have the mistaken impression that auctions are the last resort for estate sales.

“But they’re not,” said Linda. “Billy called and asked us to take care of this. Otherwise, look at the burden he would have.”

“It’s an emotional thing for people,” said Larry. “Whatever the person is going through, this takes a burden away.”

For more information about the upcoming auction, visit www.expressauction.com/7-6-estate-action.



SHERRY HAMILTON /
GAZETTE-JOURNAL

With a combined seven decades of experience between them in appraising and selling homes and their contents, Larry and Linda Makowski of Express Auctioneers and Appraisers in Gloucester help prepare families to deal with some of the most stressful events of their lives.

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