

**ARE YOU
PREPARED?**

Be prepared for the unexpected when away from home

BY SHERRY HAMILTON

A medical emergency can create a full-blown crisis in a person's life or it can be a blip on the radar, depending on how well-prepared an individual is.

For Jerry and Ann Andrews, owners of Andrews Funeral Home & Crematory in Gloucester, a heart attack experienced while away from home proved to be the latter, thanks to the couple's well-thought-out management of their business and personal lives.

The Andrews have been attending the annual Virginia Funeral Directors Association convention every year for decades. For Jerry, attendance started nearly six decades ago, when he was just eight years old. His father was a funeral director, and the convention was a family affair, so he attended

and made lifelong friendships among other children who also took up the family business.

This year, the convention was held in June in Virginia Beach, and the Andrews had a grand old time getting together with old friends and like-minded people, learning new things, relaxing in the nice weather, and dancing the final night away to the music of their favorite band, Brass Winds.

"It was one of the best conventions we've ever been to," said Ann. "We were surrounded by good friends."

Jerry didn't sleep well that night. He woke up at 3 a.m., restless and unable to get comfortable. He was up and down, pacing to the bathroom and back, trying to settle back down and sleep. He told Ann his shoulders hurt, and she thought he must finally be feeling the effects

of sleeping in an unfamiliar bed—something she had struggled with from the first night.

"I thought the mattress had finally done him in like it had done me in," she said with a laugh.

But soon Jerry was throwing up with such force that his chest hurt, and he figured he'd pulled a muscle. "The pain wasn't severe," he said. "Just aggravating." Ann reached out to a friend at the convention who was both a funeral director and a fire chief and asked him to drop by their room and give them an opinion on what the problem might be. The friend took Jerry's pulse, listened to his symptoms, and said that everything seemed to be pointing to a possible gall bladder problem. Jerry's only ongoing health issue was high blood pressure, and he said he had none of

the normal warning signs of a heart attack—no persistent, crushing chest or arm pain, no pale, clammy skin—and his pulse was good.

Nevertheless, the Andrews were worried, and they wanted to get back home and seek medical help as quickly as possible. The problem

was that Ann had never driven Jerry's Suburban, and she knew she wouldn't be able to drive it while distracted and panicky over Jerry's condition, so they called their children. Soon, daughter Hope was on the way, along with

SEE VACATION EMERGENCIES, PAGE 3C

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VACATION EMERGENCIES

(CONTINUED FROM PAGE 2C)

her husband Nick and their children, Jack and Kate. It was Jack's 10th birthday.

"He didn't want to come," said Ann with a laugh. "He knew it was serious business."

The two cars caravanned back to Gloucester, where Jerry went straight to Riverside Walter Reed Hospital.

"We're really lucky to have it here," said Ann. "They treated us so well."

Tests showed that Jerry had suffered a heart attack and that his right coronary artery was 100 percent blocked. He would need catheterization. The doctor at Walter Reed reached out to Riverside Regional, but there were no beds available there, so Jerry would have to go to Sentara CarePlex in Hampton. By this time, it was almost 8 a.m., and the hospital was told that a transport ambulance wouldn't be available until 11 o'clock that night, so the Andrews called Gloucester Volunteer Fire and Rescue Squad. An ambulance was there within minutes.

"We felt he was in much better hands with them," said Ann. "We forget sometimes how important our volunteers are."

By 9 a.m., Jerry was at Sentara. He had the catheterization that day, a Thursday, and was sent home the next day after receiving "excellent care." By Monday morning, he was back at work, his only restriction that he not do any heavy lifting for a week.

Jerry said he had been chastised by his doctors for bypassing several hospitals rather than seeking medical help at the closest one, and he admitted that had been a mistake and he had learned his lesson.

But the couple felt that, other than that, their

pre-planning for emergencies is solid. Their daughters Hope and Jeri Lee live close by with their families, said Ann, and the entire family works together as a team. One daughter or the other was at the hospital throughout the ordeal, he said. They took notes on their phones to share with each other to make sure everyone was on the same page at all times.

All of the couple's estate planning is in order and their business will be in good hands if anything goes wrong again. Son-in-law Justin Russ is a funeral service trainee who has earned an applied science degree in

funeral service, completed an internship, and is preparing to take his boards for his license. He is capable of running the business, said Ann. Hope and Jeri Lee know where all of their parents' important papers are, know all of their passwords to access all of their technology, and even know what day their trash gets picked up.

"If something happens, everybody knows what to do," said Ann. "We're really so lucky we all live within a five-mile radius of each other."

Still, the Andrews will pay more attention to the signs of any health issues in the future.



Andrews Funeral Home & Crematory owners Jerry and Ann Andrews had to handle a medical emergency while on vacation, and they want others to be prepared if they find themselves in a similar situation.

"This has been such an experience," said Ann. "Something we never thought we'd have to go through. The Lord was certainly watching over these two crazy people."

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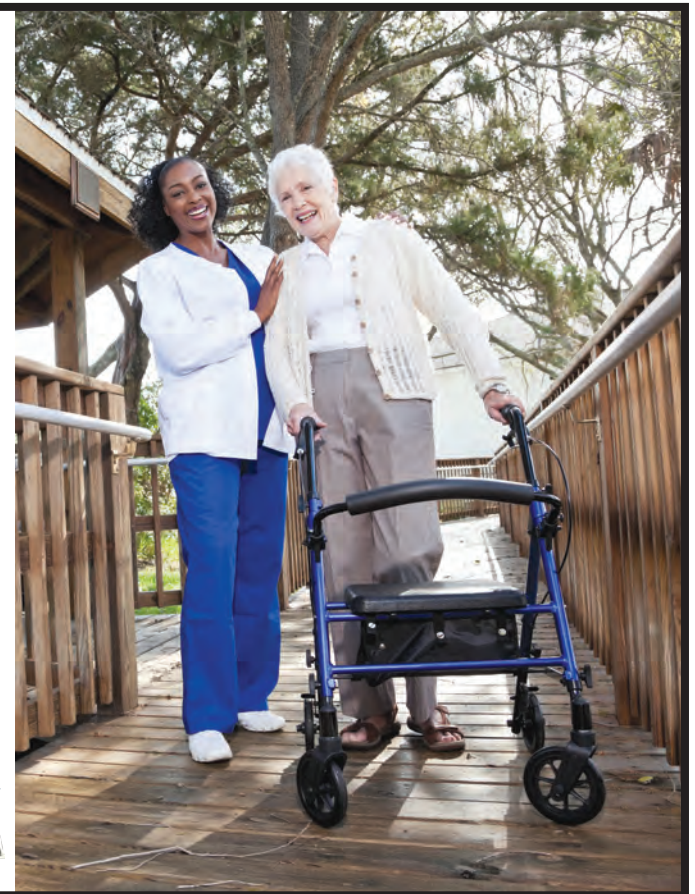
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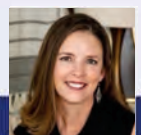
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Steps to take before putting your home on the market

BY SHERRY HAMILTON

Homeowners who are considering selling their homes have a few steps to take before putting their house on the market, and the sooner they begin, the better.

Helen Van Orden, luxury collection specialist with Berkshire Hathaway HomeServices, said that every homeowner should begin by taking a good look at the mortgage on their current home to make sure selling is the right step financially.

"Find out how much you owe and what your interest rate is," she said.

If a property owner is currently paying just 2.3 per-

cent interest on a mortgage, but is looking at paying 8.2 percent in interest on a new home, it reduces their buying power, she said.

"You might want to consider rethinking," she said. "Make sure it's a wise move."

Once the decision has been made to sell, the homeowner should interview at least two real estate agents before choosing one, said Van Orden. In the interviews, ask the agents how they would go about marketing the home.

"You want to know if it will only be on the local MLS or if it covers a wider area," she said. "Will it be advertised in local or even national news-

papers and magazines? Will you have to pay for the advertising?"

It's also important to know if you're on the same page with the agent, said Van Orden—to determine if this person will be a good partner in the sale of your home.

A good agent should provide a comparative market analysis, providing you with important information about the way your house compares to other similar houses in the area and what those houses listed for and ended up selling for.

Once the agent is chosen, pictures of the house will need to be taken, said Van Orden.

"But not with a cell phone," she said emphatically.

Most agents these days hire a professional photographer to take pictures for advertising purposes, she said. But before the photo session, the home might need some sprucing up.

"Stand back and look at

your house," said Van Orden. "Look at the flower beds, the grass, and see if you need to enhance your curb appeal. Maybe you need to weed your flower beds, add fresh mulch, or put a fresh coat of paint on the front door."

On the inside of the house, Van Orden said the homeowner needs to do away with all clutter, including any items smaller than 12" to 18" on any surface.

"Small items look cluttered," she said. "People need to look at the bones of your house, not your collections."

Put away all personal pictures and any valuables, said Van Orden, and lock away any weapons or prescription medications.

"Don't leave mail or personal documents lying around," she said. "Your home needs to be show-ready at all times."

On top of all this, the homeowner needs to have a plan for pets, said Van Orden.

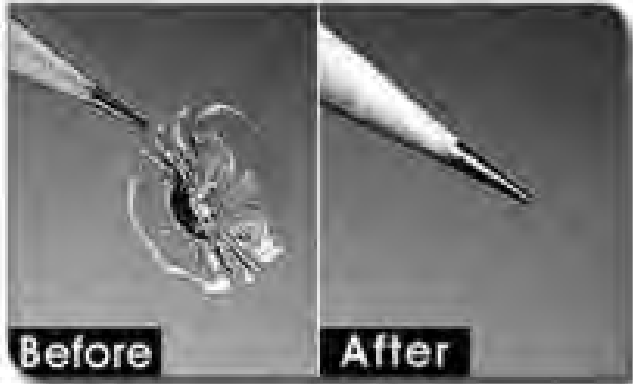
"Have a place to put them—the garage or a crate," she said, "or take them with you. Don't leave them loose, inside or outside."

People notice smells, said Van Orden, but we don't always notice them in our own homes. So ask a friend who doesn't visit often to come and give an honest assessment of the smell. Have them see if they can smell a doggy smell or a kitty litter smell.

"If so, shampoo the carpet or plug in some deodorizers," she said. "If you have to, keep the dog in the garage until the house is sold."

If the home has outdated furnishings or empty rooms, the seller should consider staging, or even virtual staging, said Van Orden. She said virtual staging can be used in marketing or even in images used on-site. She told of one customer who had a 1,500-square-foot empty basement that might have

SEE SELLING YOUR HOME, PAGE 9C



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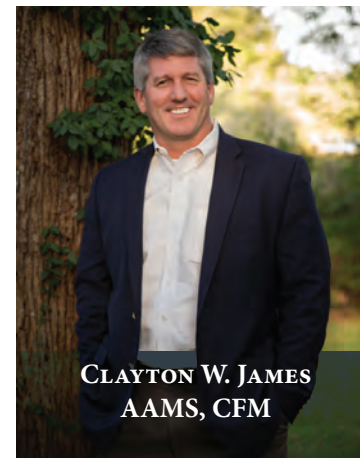
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SELLING YOUR HOME: *What to know before you put your house on the market*

(CONTINUED FROM PAGE 5C)

looked daunting to a home buyer. Her solution was to virtually stage it in various scenarios—as a game room a guest room, a media room—and she enlarged the images, then set them up on easels so people could see what could be done with the room.

Finally, if you have an older home or you suspect there may be some issues with it, have an inspection done by a professional home inspector before putting the house on the market. While such an inspection is typically done by the purchaser once the home is under contract, said Van Orden, “we want to know what the enemy is” so there aren’t any unpleasant surprises later.

“You don’t want to think it’s sold and then have an inspection that could cause

the deal to fall through or have you end up accepting substantially less for your house,” she said.

If the homeowner knows in advance that there’s something wrong—perhaps the air conditioner is at its end of life—he/she can choose to replace it or offer a reduction on the price of the house.

If you fix things, keep the receipts, said Van Orden. That way, you can show the buyer the home inspection, tell them what you’ve done to fix anything that was wrong, and show the receipts to prove it. Newer homes don’t necessarily need such inspections, she said.

A lot of people these days ask why they should pay a realtor to help sell their home, said Van Orden, since there are shortages in the market and houses are selling fairly

quickly. But, she asks, “What is more important, selling your house in the timeframe amount you want, or saving more important, selling you want and getting the net on a commission?”

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Prepare for senior year, college and beyond

BY BRADY LANDRY

The summer before senior year of high school can be daunting. It is your last summer that ends with you returning to high school.

Seniors should plan to have fun. While this seems obvious, it is key for one to enjoy their senior year. Going to football games, school dances, participating in spirit week and signing up for more extracurriculars will greatly increase your enjoyment of your senior year.

"Savor the little moments you have with friends, and make the most out of all the sports, clubs and any other activities you do there," said Cayden Felder, a recent Gloucester High School graduate and an incoming freshman at the College of William and Mary. "Senior year goes by pretty fast."

As fun as senior year can be, it is also important for students to look to the future.

"Start applying for SATs and scholarships early, so you don't fall behind," said Carissa McMillan, another recent GHS graduate and a

rising freshman at Old Dominion University.

College admissions can be an exhausting process, so it is key to get started as soon as possible to keep on track.

Preparing for college after graduating may seem unending, but it is not as hard as it initially seems. It is good to have a solid set of three to four colleges that you are interested in and apply to them as early as you can.

Talking to people that have either gone to college or are currently attending college can be a good idea so you can have a better idea of how to prepare.

When you go to your college for orientation, make some friends, so you have people you know on your very first day of college. It is also important to make sure that once housing and roommate assignments are sent that you reach out to your roommate and decide who is going to bring what (microwave, television, chairs, etc.).

Senior year, college and beyond can be daunting, so it is best to start preparing early.

Start preparing for school now

(METRO) After a summer of relaxation, the start of a new school year generates mixed emotions among students. Many children look forward to being back on campus with their friends but may not revel in the idea of waking up early or doing homework each night.

While summer break is a much-needed respite from the rigors of school, it does not mean school should be forgotten entirely. In fact, doing some preparatory steps before a new school year begins can make the year go

SEE SCHOOL PREP, PAGE 12C

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SCHOOL PREP

(CONTINUED FROM PAGE 11C)

much more smoothly. Here is how students and parents can direct their focus during the final countdown.

Keep reading

According to Scholastic, summer slide is a concept that was first acknowledged by researchers in 1996. Many comprehensive studies have come out since then and indicated that kids lose significant knowledge in reading and math over summer break, which can have a cumulative effect and lead to skill loss each year.

Some research says up to

20 percent of school year gains in reading and 27 percent in math are lost during summer break. Children should be encouraged to read as much as possible during summer break, particularly since many schools require summer reading and subsequent essays or book reports upon returning to the classroom. Let kids read what they want, whether it is comics, magazines, the newspaper, or even books they have read before.

Accumulate supplies

School may not be on the radar early in summer, but it is wise to purchase supplies

early. Right before school starts there is a mad dash to grab notebooks, pens, clothing and more, which can make for a stressful shopping experience for all involved. Shopping early helps families avoid that outcome.

Brush up on math skills

It cannot hurt for students to do a few math problems over the summer. Practice keeps skills fresh and any mathematical formulas prominent in their minds. All it takes is one or two problems per day to stay on top of math skills.

Visit educational attractions

Families can include mu-

seums, art exhibits, animal sanctuaries, libraries, science centers, and similar attractions in the list of places they visit over the summer. This way students can learn and be entertained simultaneously.

Start enforcing bedtimes

School-aged children (six to 13 years) need nine to 12 hours of sleep every night, according to KidsHealth.org. During the summer, late nights can easily be rectified by sleeping in the next day. But when school resumes, the alarm clock will be ringing earlier than expected. Parents can gradually im-

plement earlier bedtimes as summer winds down so that kids are getting the rest they will need.

Get in the know

Parents can begin to play closer attention to emails and social media posts from schools as they will likely contain information about upcoming school calendars, bus routes (or transportation registration), changes in personnel, or any additional updates. This will help alleviate any surprises on the first day of school.

Families can take several steps to get ready for school as the first day draws near.

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Whether working on a farm or in a garden, everyone should be mindful of sun exposure, and take precautions. Be prepared against the rays.

Skin cancer is the most common of all cancers, and it's on the rise. According to the Skin Cancer Foundation, one in five Americans will develop skin cancer by age 70, and more than two people die of skin cancer in the U.S. every hour. Additionally, the number of new invasive melanoma cases—the deadliest form of skin cancer—diagnosed annually increased 27 percent in the past decade.

But taking a few minutes

to apply sunscreen, wearing long sleeves and putting on a broad-brim hat can go a long way toward staying safe, said Russ Simpson, a cattle farmer and member of Nelson County Farm Bureau.

“With the proper precautions, we can prevent a lot of skin cancer—especially among farmers, construction workers and anybody out in the sun,” Simpson said.

For many farmers, skin cancer is a frightening reality.

Simpson was diagnosed with melanoma in 2007 after his primary care physician noticed a suspicious lesion.

He was referred to a dermatologist for a biopsy, and it was caught early enough to be treated with minor surgery.

But he knows others who weren't as fortunate.

“I lost my cousin about four years ago to melanoma,” said Simpson, who had noticed a suspicious lesion on his cousin and insisted he get it examined. “But by the time he went to the doctor, it was too late, and it had already gone into stage 4.”

Being familiar with the devastation skin cancer causes led Simpson to start

SEE SUN SAFETY, PAGE 14C









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SUN SAFETY

(CONTINUED FROM PAGE 13C)

a nonprofit, Iron Dog SCAR, that raises money to fund skin cancer research at the University of Virginia. When he's not farming, Simpson spends his time educating others on the importance of sun safety.

"Farmers get exposed on their faces, hands and arms, especially the left side," as they're often working in tractors, Simpson noted. "The more sunburned you get throughout your life can greatly increase your probabilities of getting skin cancer.

"We need more attention given to this issue," he added. "I think if people are reminded about it, they'll get in the habit of taking precautions."

The following are some sun safety tips:

—Try to stay in the shade between 10 a.m. and 4 p.m., when harmful UV rays are the strongest;

—Avoid sunburns;

—Wear long sleeves, long pants, broad-brim hats and UV-blocking sunglasses;

—Regularly apply broad spectrum, sweat- and water-resistant sunscreen with SPF 15 or higher to all exposed skin—including ears, hands, neck and lips—and reapply at least every two hours;

—Perform a self-examination every month. If you notice suspicious lesions and moles—especially ones that are asymmetrical or change shape and color—see a doctor immediately, and

—See a board-certified dermatologist annually for a professional skin exam.

Coloring book prepares families for safety around the dock

BY TYLER BASS

The Dock Safety Coloring Book made by David Thomas continues to be a fun, free source of lifesaving lessons for children. The book is filled with pictures that each depict an important lesson about dock safety, each of which are based on real life accounts from others.

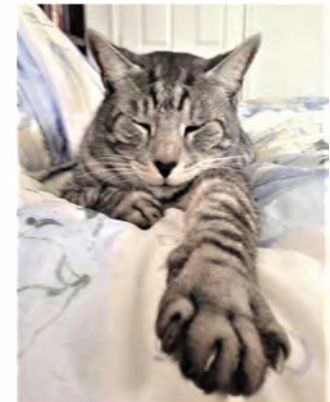
Thomas has published 3,400 copies of the book himself and has placed them in local stores, marinas, restaurants, schools and has given to a number of individuals. He also said that others,

like different Coast Guard stations have access to the book and have printed their own copies. He knows the book is being enjoyed by kids in other states as well.

Thomas's goal is to prevent the next tragedy from happening through the coloring, which is why he's made the book easily accessible. The Dock Safety Coloring Book can also be freely downloaded on the Mathews Visitor and Information Center website at <https://visitmathews.com/dock-safety-download-this-activity-book-for-kids>.



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Are you prepared ... to get into the water?

BY ELSA VERBYLA

Betty Ambrose of Gloucester, veteran swim instructor and owner of Ambrose Aquatics, has taught thousands of young people to swim over the past 40 years.

She distills her experience into three principal observations that contribute to water safety and comfort in the watery environment:

An early introduction to the water;

Educating the parents as well as the child; and,

Continuing exposure to the water beyond a class of basics.

Early introduction

"I start my kids from 10 months to 18 months, depending on the season, of course," said Ambrose. First, she has the child relax, and teaches her students to

learn to immobilize themselves in the water.

"To learn to swim, you have to be comfortable in the water" so, "the younger the better" is her philosophy.

Educating the parents

After a few sessions, she said, the child is able to swim 10 feet or so from one parent to the other; remember, she keeps parents standing by for the lessons, in order to involve them in the program as well.

Continued exposure

One class is not enough to build lifelong comfort and competency in the water, Ambrose said. She recommends following up the initial sessions each summer by swimming at the beach, taking sailing classes, and pursuing any kind of water activity. That will make the

growing child familiar with the many types of exposures and skills needed for water comfort and safety.

Success comes from teaching "one step at a time," she said.

Water safety

Ambrose has specific advice for teaching water safe-

ty to children.

1. Always know your surroundings and the depth of the water;

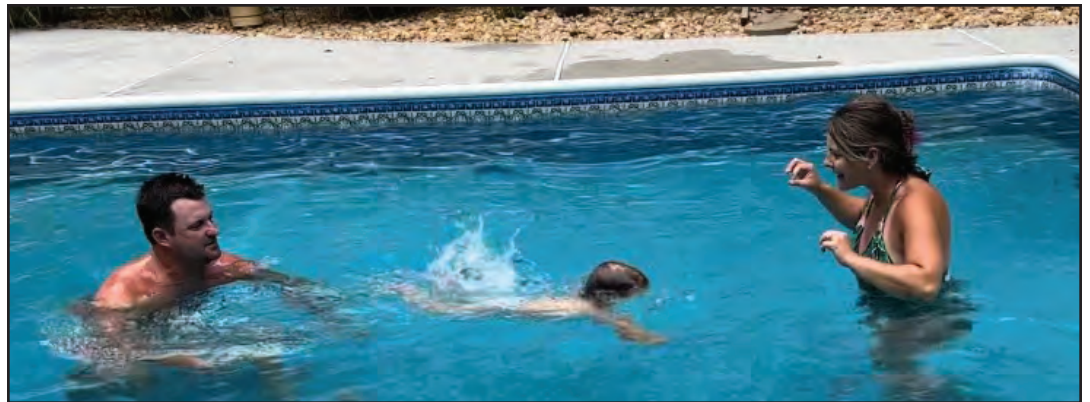
2. Never swim alone; and

3. Always wear a Coast Guard-approved life jacket specific to the water activity, whether it's kayaking, skiing, or boating.

Finally, Ambrose said, par-

ents should know there's more to learn after a child has completed a swim class. "They think learning to float or swim makes the child safe, but I have found the opposite of that. It gives them a false sense of security." So will water toys and

SEE LEARN TO SWIM, PAGE 16C



Spencer Stevens swims between his parents, Grant and Ashley Stevens.

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LEARN TO SWIM

(CONTINUED FROM PAGE 15C)

floats, she said; they are not enough to keep a child safe.

“You have to continue with your swim education, or you will regress from year to year.”

She has children swimming at the age of two, and now is on the third generation of pupils descended from her original students. With no large outdoor public facility (she taught at the former American Legion pool in Gloucester for years, but that property has been redeveloped) she travels to her classes. Parents assemble classes to use a neighborhood pool, and then she moves on to her next class.

Her background

A Gloucester county native, Ambrose is a graduate of Gloucester High School and Christopher Newport University. She’s been teaching more than 40 years and has developed and coached swim teams in the past.

She lists as positive influences her GHS coach Roberta Wiatt, and Patty Kellogg, who helped her when she developed the Courthouse Waves swim team in 1996.

For the future, Ambrose said, “I would love to see Gloucester County implement an aquatic facility in one of our schools. If we had a facility, can you imagine how many kids we could help?”



1999 swim team championships. Swimmers are all from Gloucester and Mathews and include from left Brian Dunston, Will Allaun, Tommy, Chris and Jimmy Sopko, Mac Ingles, Betty Ambrose and Damien Nadeau.



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Prepare yourself for a safe time on the water

BY TYLER BASS

The waters around Gloucester and Mathews counties are more active this time of year, which means knowing proper water and boating safety is even more important.

United States Coast Guard Auxiliary Flotilla 66, Mathews, offers a number of boating courses with the Department of Wildlife Resources to educate boaters. These courses range from an eight-hour Boat America course to one-hour courses on personal watercrafts.

Flotilla 66 Vice Commander Mary McCoig said a few topics covered in the courses include boating operations, man-over-board, navigation and first aid as well as a wide range of other safety information.

McCoig stressed that boat-

ers should always wear a properly fitted personal flotation device when out on the water, especially kids. The USCG requires all vessels to have at least one PFD of proper size for each person on board. The USCG also states that no person can operate a recreational vessel on federal waters with any child under the age of 13 unless they are wearing a PFD or are riding below deck in an enclosed cabin.

McCoig also emphasized the importance of using an engine cut-off or kill switch. Kill switches can be worn on lanyards or attached to a PFD and if the connection is broken the switch cuts off the engine. She said boaters should use them as safety precautions as it reduces the risk of injuries from propeller. In the case of a boat operator falling overboard,

if they were not using a kill switch, an unmanned boat can run in hard circles and could injure or even kill the operator in the water.

Avoiding propeller strikes is also covered in safety courses. McCoig said one way to avoid propeller strikes is to follow the law and not allow passengers to ride on the bow of a boat. She said people like to ride on the bow, kids especially, but if they fall off from the bow they can end up under the boat and can be hit by the propeller. She said she's responded to this kind of incident before, which resulted in a fatality.

The USCG also offers a paddle craft course geared towards recreational boaters of all ages. The course covers the proper safety procedures to follow while kayaking, paddleboarding and canoeing. This includes



Quinton Sheppard of Gloucester and his son, Aiden, enjoy a fun and safe day on the water. Under the supervision of a parent, Aiden enjoys some recreational kayaking while wearing a well-fitted personal flotation device.

topics like wearing a PFD on at all times and a sound producing device, like a whistle, in case of emergencies.

Courses offered by the

USCG and information on how to sign up for them can be found on the Flotilla's website www.uscgaux.info/content.php?unit=054-06-06.



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Plan your trip to Gauthier Vineyard

BY MELANY SLAUGHTER

Whether you are a local looking for something fun to do over the weekend, or an out-of-towner searching for your next getaway, Gauthier Vineyard proves to be a one-stop shop for both.

Located in Barhamsville in the rural part of New Kent, Gauthier Vineyard owners Mo and Sandi Gauthier welcome their visitors to their family-owned farm, equestrian center, winery and vineyard for wine tastings, wood-fired brick oven pizza, which they sell up to 200 per week, and a stay at The Inn at Woodmont Plantation

for those wishing to plan an overnight trip.

The tasting room, which opened in 2014, is a large space where guests can sip their wine of choice and nibble on snacks either brought to or purchased at the vineyard. The wraparound porch of the building can also be accessed by guests, complete with rocking chairs and a scenic overlook of the vineyard, pond, trotting horses and the gentle sounds of the pond's fountain and surrounding nature.

Gauthier Vineyard offers

SEE GAUTHIER VINEYARD, PAGE 22C



Mo and Sandi Gauthier welcome visitors to Gauthier Vineyard, located in Barhamsville. Pictured is Sandi with winery dog Rochambeau (also known as Beau).

MELANY SLAUGHTER / GAZETTE-JOURNAL



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The wine tasting room's wraparound porch is perfect for summer evenings with a glass of wine in hand.

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GAUTHIER VINEYARD

(CONTINUED FROM PAGE 20C)

an assortment of red and white wines, as well as two port-style wines. One popular choice is the red blend, "Sweet Beau '16," which is named after the vineyard's winery dog, an eight-year-old Vizsla named Rochambeau (also known as Beau).

"There's a wine for everybody," said Sandi.

Throughout July, Gauthier Vineyard is offering a 10 percent discount bottles of its Gazebo Rouge.

Gauthier Vineyard also offers 15 percent discounts for active or retired military on all bottle sales. Both Mo and



MELANY SLAUGHTER / GAZETTE-JOURNAL

SEE GAUTHIER VINEYARD, PAGE 23C

The outdoor dining area for those who would like a taste of the popular wood-fired brick oven pizza or Gypsy Gourmet's Cajun-style seafood.

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GAUTHIER VINEYARD

(CONTINUED FROM PAGE 22C)

Sandi are retired Navy Captains.

A seating area is also provided for those who wish to

enjoy their pizza Friday and Saturday nights and the offerings of Gypsy Gourmet's Cajun-style seafood Sunday afternoons. The area also

has a fireplace for chilly fall and spring evenings. The Gauthiers' goal of the wine tasting room and porch was to build it in the style of a Virginia farmhouse.

Below the tasting room is a private room which can be reserved for private parties. It is complete with a dining table, fireplace and a view of the vineyard's wine flights offerings.

For those who are interested in visiting the vineyard as a travel destination can book The Inn at Woodmont Plantation for a minimum stay of two nights. Reservations are made for the entire house and can be made either on Airbnb or VRBO.

Also on the property is



MELANY SLAUGHTER / GAZETTE-JOURNAL

A look at the wine cave at Gauthier Vineyard.



MELANY SLAUGHTER / GAZETTE-JOURNAL

A look at the fountain, viewed from the wine tasting room's wraparound porch.

SEE GAUTHIER VINEYARD, PAGE 24C

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GAUTHIER VINEYARD

(CONTINUED FROM PAGE 23C)

the Gauthier Vineyard Event Center, which is available for booking. Typical events booked include corporate events, private parties, holiday gatherings, weddings, receptions, rehearsal dinners, bridal and baby showers, private wine tastings and galas, fundraisers and benefits.

Gauthier Vineyard is also the perfect location for

weddings, as the rehearsal dinner, ceremony, reception and bridal party lodging can all be accommodated on site. The location is surrounded by trees and nature, making it a peaceful and serene place for any wedding.

Below the event center, is the vineyard's wine cave that keeps the wine (and its guests) nice and cool. The wine cave can also be reserved for a catered rehearsal

dinner for up to 24 guests during the months of April through June.

Gauthier Vineyard is open Fridays from 4-8 p.m. and Saturdays and Sundays from 11 a.m. until 6 p.m. in the summer and fall. In the winter, the vineyard is open Wednesday and Thursdays from noon until 4 p.m., Fridays from 4-8 p.m. and Saturdays and Sundays from 11 a.m. until 6 p.m.

Next month, the vineyard will premiere its new black-berry wine.



MELANY SLAUGHTER / GAZETTE-JOURNAL

The event center at Gauthier Vineyard can be rented for multiple occasions, including weddings, family reunions and fundraisers.

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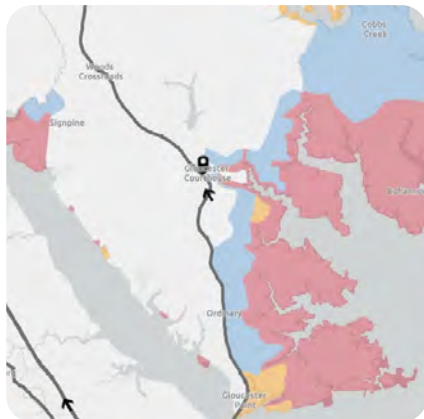


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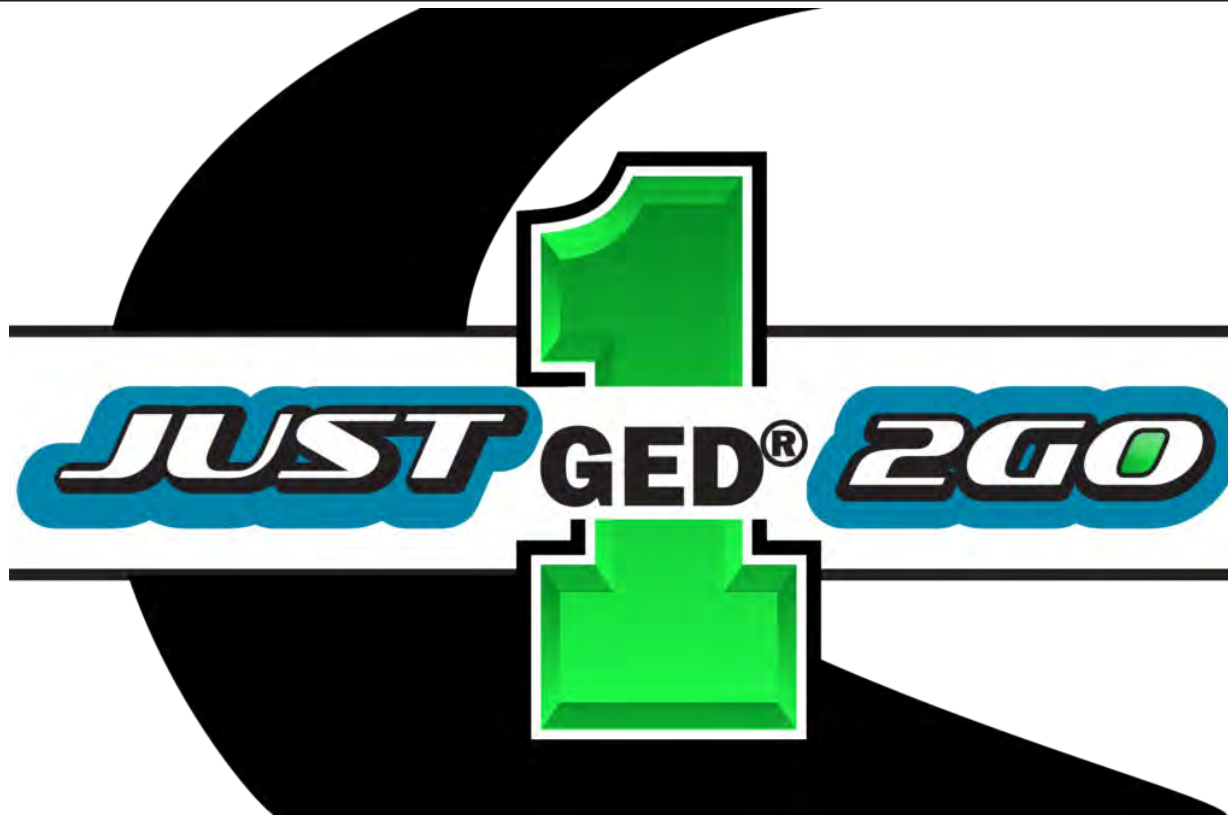
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Visiting Angels Living Assistance Services, a local living assistance agency, gives its clients the help they need to continue living life from the comfort of their own homes by providing nonmedical care.

Jennifer Bowhey, local owner of Visiting Angels Middle Peninsula, said her company provides predictable shifts with a variety of start times and lengths including overnight, temporary or permanent live-in care.

Caregivers provide such services like housework assistance, meal preparation, basic pet care and driving to errands.

Bowhey said in a survey from March this year by U.S. News & World Report, 93 percent of the 2,000 respondents indicated that staying at home as they age was an important goal for them. About two-thirds of those over the age of 65 will need long-term care support and 20 percent of seniors will need it longer than five years, according to the Administration for Community Living.

If a doctor refers a person for Home Health Medicare or their medical insurance will pay for the short medical visits, Home Health nurses and CNAs will provide medical assistance, said Bowhey. However, this assistance does not include nonmedical services, such as shopping assistance, meal prep and housework or companionship. That's where another differently licensed service comes in. The name In-Home Nonmedical Care was coined by the State Department of Health for licensing purposes.

In-Home Supportive Care hires CNAs and Personal Care Aides similar to Home Health companies, but do not perform short visits or estimate time arrivals. Since they are licensed as nonmedical, they are not able to provide any medical assistance.

Bowhey said Virginia requires nonmedical companies such as Visiting Angels to have a nurse oversee care to make sure they aren't stepping outside their licensing boundaries. An assessment must be performed by a Registered Nurse to start care and the nurse must see or talk to the patient for "recertification" every 90 days.

Nonmedical care is not

covered by medical insurance and is usually paid for by the person receiving the care, said Bowhey. Other methods of payment are Veteran Benefits or a Long-Term Care Policy. Nationwide, the cost range for such care is usually \$30 to \$40 per hour. A case needing three days a week for light help with four-hour shifts would come to \$400 a week. Though that price may seem daunting, she doesn't recommend people hire someone directly.

"Some families try and save money by hiring someone directly themselves, I'd really caution them against that," said Bowhey. "When you hire a caregiver directly,



Gloucester's Pam Shafer, left, made a career change from retail as did Deltaville resident Mary Epperly, at right, who was from a prior career in banking. Both are award-winning caregivers working the Gloucester area.

you become the employer. Private citizens don't have worker's compensation insurance like agencies do. If they injure themselves in your home accidentally or intentionally, you are liable for their medical bills and your caregiver can sue you

for damages."

Visiting Angels is also looking to add to its caregiver team as it too is feeling the effects of the national caregiver shortage, said Bowhey. If you are interested in becoming a caregiver, Visiting Angels is looking to hire new members, including seniors. Its caregivers over the years have ranged in age from 16-82 years old. Visiting Angels offers free training and extremely flexible hours. Call 804-435-2229 for more information.

For more information of Visiting Angels and the services they provide, visit www.visitingangels.com.

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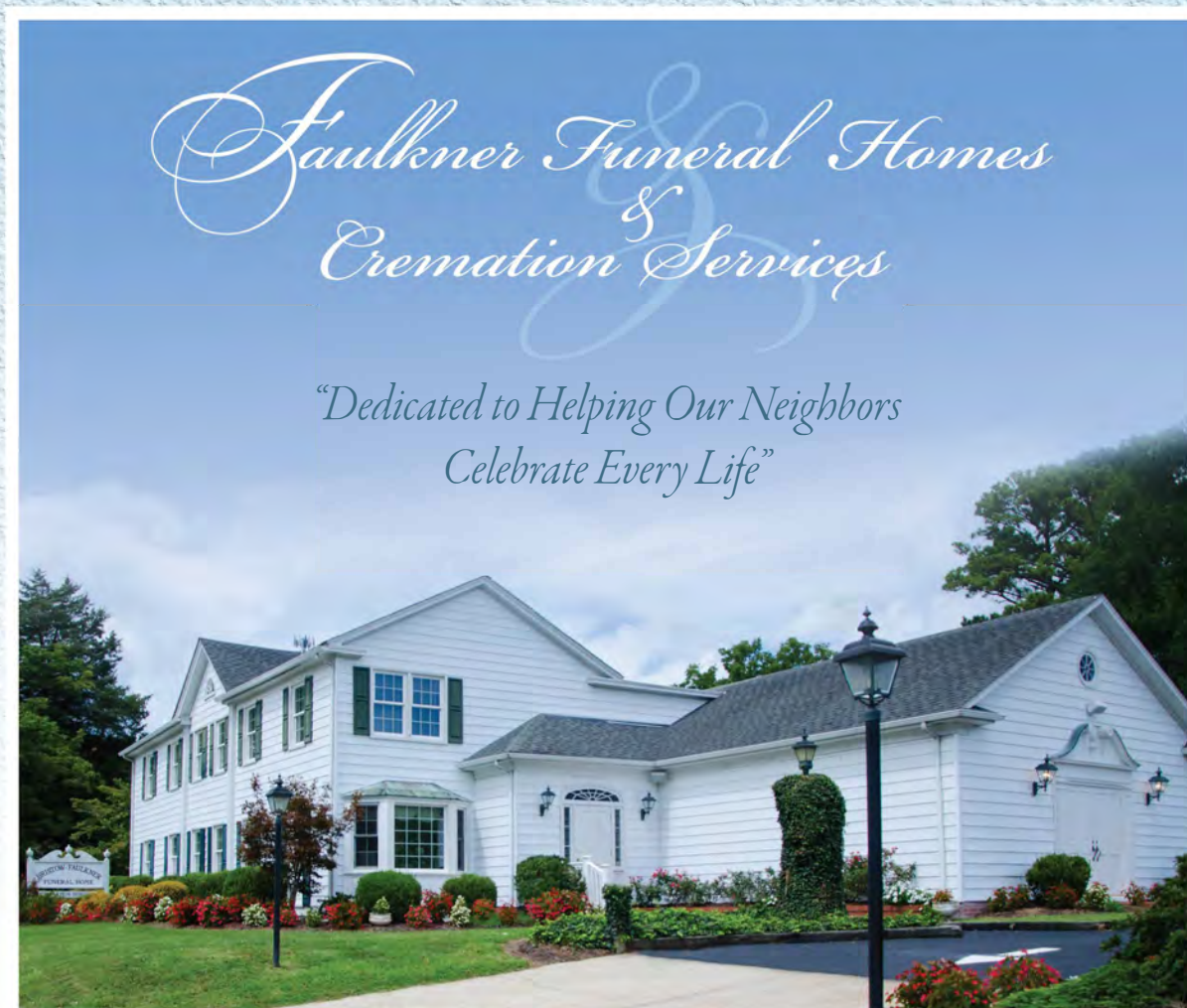
Honeymoon planning pointers

(METRO) Planning a wedding is a tall task, so it is no wonder why so many couples look forward to their honeymoons. After months of planning and then saying, "I Do," in front of family and friends, couples have earned a little R&R.

With so much already on engaged couple's plates, it is easy to overlook honeymoon planning. But finding time to play a honeymoon can ensure the trip is one couples will cherish for the rest of their lives. The following planning pointers can help the trip go smoothly.

—Pick a passport-friendly destination. When it comes to honeymoons, couples' options run the gamut from domestic locales to faraway destinations on the other side of the world. That suggests couples can pick anywhere within their budgets and simply book a trip. However, that is not necessarily true. According to the U.S. State Department, many countries require that travelers have six months of validity remaining on their passports before they will issue a visa permitting them to enter. So couples should look at their passports to determine how long it is until the document expires. If the document expires within six months of their passport expiring, couples may not be able to enter the country they hope to visit. In such instances, couples should ensure they leave enough time to renew and receive their passports;

—Utilize a travel agency. Contrary to popular belief, travel agencies are still around and remain useful resources, especially for trav-



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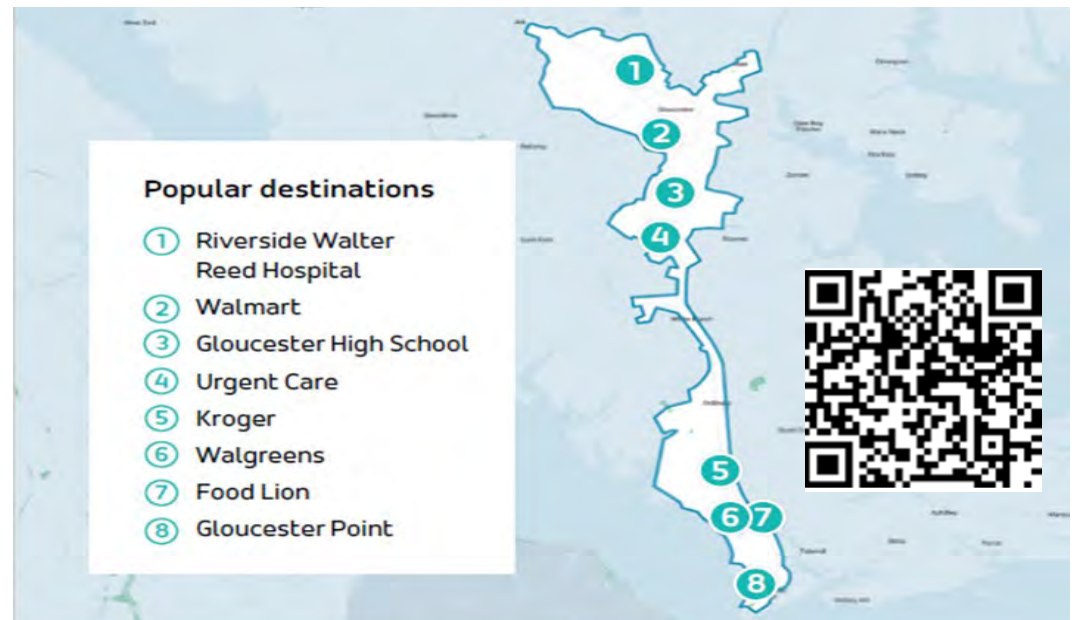
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- Using the Bay Transit Express mobile app, you can book your ride by selecting pickup and drop-off locations within the service area. We prefer you use the app instead of calling. Once a ride is booked, you will be directed to your exact pickup spot, and see the real-time location of your vehicle, the driver's name and other information to help you spot your ride.



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- 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.

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.

How to prepare for a child's first hunting trip

(METRO) Millions of individuals across the globe are avid hunters. The passion many of those people have for hunting began on their first childhood hunting trip, and countless hunters fondly recall this milestone moment in their lives.

If there is a first time for everything, parents know that kids' initial forays into any activity comes with ups and downs. Hunting is no exception to that, but parents can consider these measures as they prepare their youngsters to go hunting for the first time.

—Emphasize the importance of safety. Safety is of the utmost importance on any hunting trip. Kids should be aware of all safety protocols pertaining to their guns and the hunting grounds. Hunter education

courses can teach kids about hunting safety, but parents can quiz youngsters in the days leading up to the trip to reinforce safety protocols;

—Explain how hunting trips typically unfold. Giving kids an idea of how a hunting trip may unfold is a good idea. Explain the timing of the trip and why it is beginning when it is. Kids without such knowledge may be less enthusiastic about early morning hunting excursions if they do not understand why they need to get out of bed early on a day off. But they might be more excited if they recognize they are more likely to see wildlife and enjoy a successful trip if they are willing to sacrifice sleeping in;

—Bring some extra activ-

ities for kids to do. Screens are a no-no, as they could deter wildlife. But hunting requires patience, which is not exactly a virtue many youngsters possess. So, bring some books along or encourage kids to keep a diary of their first trip, describing it in detail so they have something to look back on as they get older;

—Purchase comfortable hunting attire. Kids will likely be wearing new attire on their first trip, so parents

should have them try the clothing on prior to the trip. When shopping for hunting clothing, make sure it meets all safety standards and is functional for hunters, but do not overlook comfort. Hunting involves a lot of waiting, and the trip will be more enjoyable for everyone if kids are comfortable throughout the slow periods; and,

—Recognize the day could be emotional. A child's first hunting trip can be an emo-

tional roller coaster, as kids may feel excited, bored, nervous, sad, and even guilty at any point during the day. Parents must allow kids to express any of these emotions during the day and emphasize that it is alright to express them.

A child's first hunting trip is a milestone moment. Parents can take steps leading up to the trip to ensure their children are ready for what is to come.



Although Steven Rowe of Mathews is only 9 years old, he's already quite an accomplished hunter. He bagged his first deer, a 4-point buck, while hunting with his father, Jason Rowe, at Poplar Neck Hunt Club in Cobbs Creek last fall.

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Plan a winning night out

(METRO) In the hit movie, "The Shining," which was based on the novel of the same name by horror author Stephen King, main character Jack Torrance famously types "all work and no play makes Jack a dull boy," while working on his novel. Indeed, failing to take a break and devoting too much time to work can have its consequences.

Stress is an all too common byproduct of overworking. Many successful professionals do not utilize all of their vacation time, which can compound existing stress. Nights out may be rare as well, and that can be a mis-

take. Going out provides a reprieve from the daily grind and enables people to socialize, spend quality time with spouses or dates, enjoy informal therapy sessions with friends and offers changes of scenery.

When a night out is on the horizon, adults can keep these tips in mind to make the most of the situation:

—Appoint an organizer. You know who the person in charge should be. He or she is a naturally take-charge individual who is great at organizing. There is likely one or two in your social cir-

SEE NIGHT OUT, PAGE 34C



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When a night out is on the horizon, adults can keep these tips in mind to make the most of the situation.



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NIGHT OUT

(CONTINUED FROM PAGE 33C)

cle. That is the person who should be tasked with planning the final details and communicating with everyone who is coming along;

—Be firm with the date and time. Trying to pick a date and time that everyone can agree to could prove impossible. There is nothing you can do about that. Find a time and date that works best for the majority and then hope others will be able to change their schedules;

—Set up a social media event or group chat. It is easier if everyone can communicate through the same media, whether that is Facebook, Snapchat, texting or WhatsApp. This way everyone will be privy to the same information in real time;

—Secure a fixed menu. Anyone who has tried to split the check with a crowd at the end of the evening knows those calculations are difficult. If possible, work with a venue that offers prix fixe menus that allow everyone to pay the

same amount across the board. If possible, convince everyone to bring cash or even pay the organizer in advance for their share;

—Secure transportation. Chances are you want to have a few drinks while out. The safest way to get to and from the event is to select a designated driver to split a rideshare among the group. Avoid overindulging in alcoholic beverages, which could jeopardize your safety; and

—Choose a place everyone loves. It is difficult to turn down a night out when it is at a place everyone enjoys, whether it is a trendy gathering spot or the local haunt. Select food that appeals to the masses as well. Reserve sampling unique cuisine for when you head out with a small group.

Nights out are a chance to relax and unwind in social settings. Such excursions are even more relaxing when they are well-planned.

HONEYMOON

(CONTINUED FROM PAGE 30C)

elers visiting a destination for the first time. Many honeymooners fit that bill, so they can benefit much from working with a travel agency. Couples planning a wedding already have a lot on their plate, so letting a travel agency take care of the honeymoon planning can ensure a memorable trip without requiring couples to do any legwork;

—Purchase travel insurance. The need for travel insurance has never been more apparent than in the last few years. Since the pandemic began, air travel has been a somewhat risky proposition. According to Flightaware, the first six months of 2022 featured more domestic flight cancellations in the United States than the entire 2021 calendar year combined. International travel could prove an even

riskier proposition. Though the potential for cancellation should not deter couples from traveling by air for their honeymoons, the sheer volume of cancellations underscores the importance of purchasing travel insurance. Before purchasing a travel insurance policy, couples are urged to read it in its entirety to ensure it provides the protection they are seeking;

—Plan early. With so much other work to do involving a wedding, couples can be excused for putting a honeymoon on the back-burner. But planning early can make the trip much more enjoyable. The benefits to planning early include more flights to choose room, a wide selection of rooms/lodging options at your destination and more time to budget for the trip.

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Planning ahead can make any trip to a national park even better.

Plan a national park adventure

(METRO) The National Park Foundation reports that the National Park System spans more than 84 million acres and encompasses 424 sites and units in the United States. In Canada, there are 37 national parks and 10 national park reserves, protecting roughly 336,343 square kilometers of land.

National parks do their part to foster conservation of natural resources and

reserve wild land for the scores of animals that call these places home. They are also enticing places to visit, with their vast vistas and interesting wildlife. Planning ahead can make any trip to a national park even better.

-Know when to go. Research the best times of year to visit certain parks.

SEE PARK ADVENTURE, PAGE 38C



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20s & 30s

*How do I pay off student loans while saving for other goals?
How much should I be contributing to my 401k?
What kinds of future expenses should I plan for?
How do I enjoy experiences today and prepare for the future?*



40s & 50s

*Am I on track to retire?
What is the best way to save for college for my children?
Do I have enough life insurance to protect my family?
Can I afford a second home or take an expensive vacation?*



60s & Beyond

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PARK ADVENTURE

(CONTINUED FROM PAGE 35C)

All may not be open year-round. Think about the kind of experience you want to have. Most parks are busiest during the summer. Therefore, if you want to skip the crowds, perhaps visit in a slower season;

-Research environments. With so many parks, it can be challenging to decide where to go. Take into consideration your interests as well as your limitations. Find out which amenities and features each park offers, including shuttles, stores for gear, animal life, terrain and potential hazards. The more you know about each potential park, the better you can narrow down the place to visit first;

-Know the rules and reg-

ulations. Most parks have regulations in place to keep visitors safe. Some parks require reservations to enter or access certain areas of the park. Some may need you to reserve space in advance. Permits may be needed for certain activities, such as fishing. Check the park's website to learn about permits or restrictions that may affect your trip;

-Choose your accommodations. With their expanse of land and things to see, you will likely want to spend more than one day exploring a park. Figure out if the park has accommodations on the property. If not, you will need to locate lodging nearby. Camping on the grounds can

SEE PARK ADVENTURE, PAGE 39C

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PARK ADVENTURE

(CONTINUED FROM PAGE 38C)

be a way to enjoy the park more intimately. Look into campsite rentals or whether recreational vehicles can be parked on a campsite in or near the national park. Yellowstone and Yosemite are two national parks that tend to book campsites well in advance, so plan accordingly;

-Pick your priorities. National parks tend to be massive, so make a list of the must-see attractions this time around (you can always

visit again). While you can have an itinerary, you likely will enjoy the trip more if you are relaxed and get to meander around rather than sticking to a strict schedule; and

-Consult the rangers. Make friends with the park rangers. They are experts on the park and tell you which places to visit or if there are any shortcuts to certain attractions. Utilize their experience and guidance.

National parks are located across the United States and Canada. The parks are wonderful vacation sports, and visitors can plan now for their trips to see these natural wonders.



NPS PHOTO

No visit to the national parks would be complete without a stop at Mount Rushmore.



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