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GLOUCESTER-MATHEWS
GAZETTE-JOURNAL

Section C

Thursday, October 17, 2024

Fall Home Inspection Checklist Inside!

Decorating Ideas & Inspiration • Local Home Services Guide

Feel your best going into the holiday season with Mariposa

BY MELANY SLAUGHTER

Start the fast-approaching holiday season with comfort, confidence and energy by utilizing the many services offered at Mariposa Medical Spa, located on Gloucester Main Street.

Owner-operators Katherine Boucher, MSN, AGACNP-BC, and Nicole "Nikki" Marshall, DNP, MSN, APRN, FNP-BC, are both board-certified and licensed nurse practitioners.

"We're both active providers," said Marshall.

Mariposa Medical Spa

opened in February and has grown into a place of health and wellness for clients, nurturing beauty inside and out with its esthetic services.

"We've just been growing and expanding since," said Boucher.

"The community has supported us beautifully," said Marshall.

The medical spa offers a range of services that will get you looking and feeling your best heading into the holiday season, from medical weight loss to skin care.

SEE MARIPOSA SPA, PAGE 5C



MELANY SLAUGHTER / GAZETTE-JOURNAL

Mariposa Medical Spa owner-operators Katherine Boucher (left) and Nicole "Nikki" Marshall are ready to help clients look and feel their best this holiday season in their relaxing spa environment, located on Gloucester Main Street.



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MARIPOSA

SPA:

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(CONTINUED FROM PAGE 2C)

At Mariposa, clients can explore medical weight loss that is personalized to individuals. This can include utilizing injectables that help clients feel less hungry and regulate blood sugar.

Providers at the spa can also help coach clients with their diet and exercise habits, as well as assist them in finding a starting point to begin their weight loss journey. Building healthy diet and exercise habits is especially critical when heading into the holiday season to help cope with stressful family dynamics.




Clients can also take B12 shots for their overall wellness. Benefits of these injections can include increased energy, improved metabolism, balanced sleeping patterns, improved concentration, boosted immunity and increased hair growth. B12 shots can also help with weight loss, fatigue and mood.

Providers can also help clients feel and look their best with their skin. Mariposa is the perfect place to go for “a nice fall refresh,” said Boucher.

There are a variety of facials clients can get at Mar-

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SEE MARIPOSA SPA, PAGE 9C



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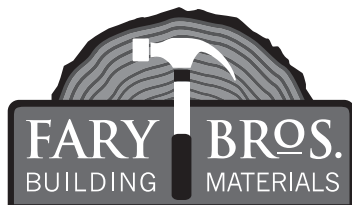
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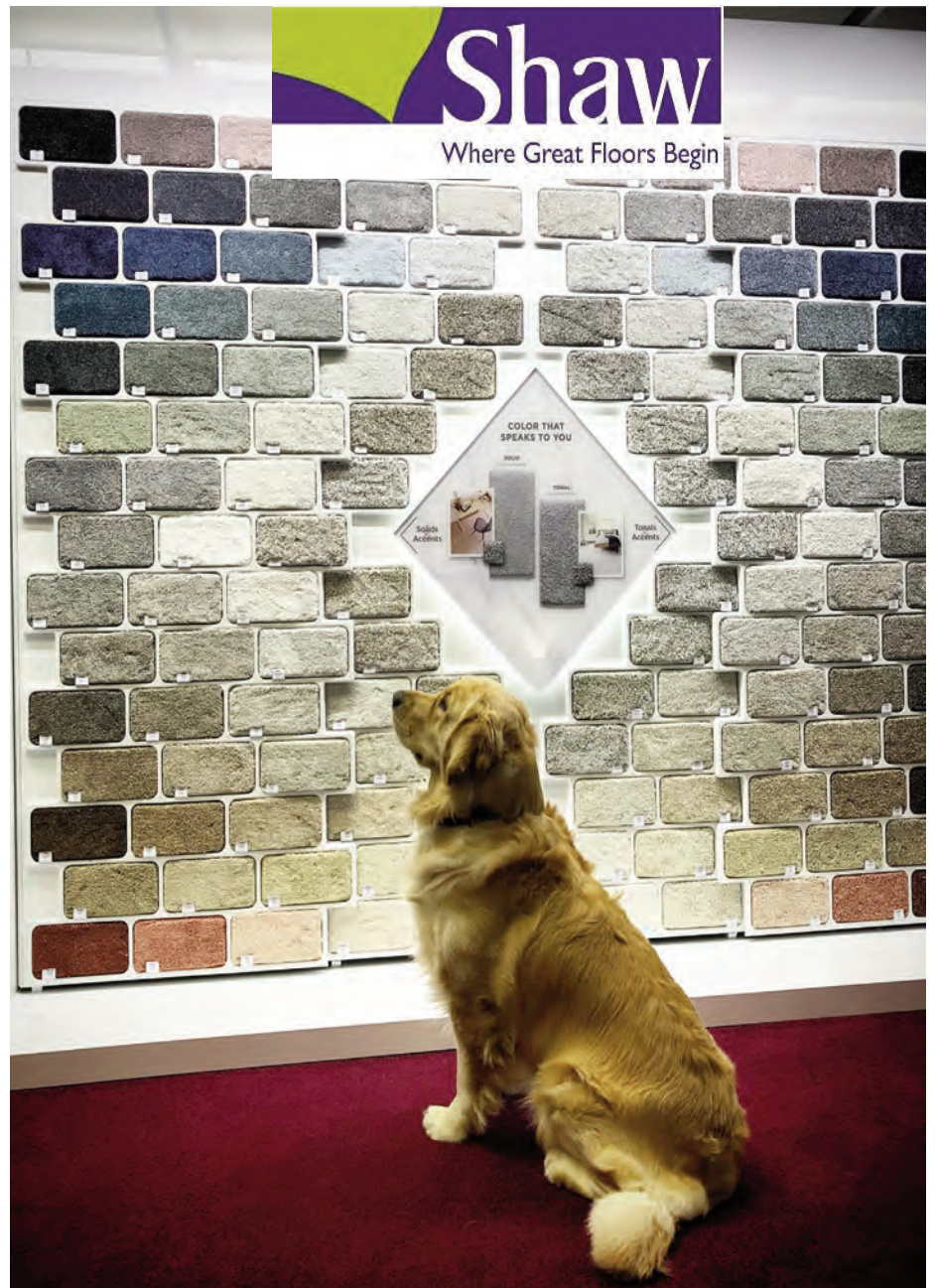
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MARIPOSA SPA: *Engage in self-care*

(CONTINUED FROM PAGE 5C)

iposa. Facials can help treat fine lines and wrinkles, dark spots, redness and irritation, acne, laxity and more. Facials can also brighten, exfoliate and hydrate skin, as well as unclog pores. The

spa also helps with common skin concerns, such as dryness, itchiness and oiliness.

“We have skin care for all of that,” said Boucher.

Providers will work with clients to find the best treatments for them.

“It’s just such a relaxing

time,” said Boucher about the facial process.

At Mariposa Medical Spa, providers are working towards “creating a community of wellness,” said Boucher.

Boucher and Marshall met during the COVID-19 pan-

demic dressed from head to toe in personal protective equipment working at Sentara CarePlex Hospital in Hampton. Since becoming friends, the two have worked towards creating their medical spa, a dream now realized.

“We’ve enjoyed being right on Main Street,” said Boucher.

Mariposa held a First Friday event last month for the public where people could enjoy a wine tasting with Paige Williams from Kelsick Specialty Market, desserts from Sweet Tooth Café, catering from Brian Marshall Catering, permanent jewelry, \$20 wellness shots, a free

SEE MARIPOSA SPA, PAGE 10C



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MARIPOSA SPA: *Be renewed*

(CONTINUED FROM PAGE 9C)

wellness shot when booking a service, and Scensty products provided by consultant Ashley Steele.

Giving back to the community is an important mission of Mariposa. As animal lovers, Boucher and Marshall decided to provide discounted wellness shots for those who dropped off pet food donations at the spa for the Gloucester-Matthews Humane Society during September.

Boucher and Marshall have been on a long journey

creating their medical spa.

"It's been a lot of hard work," said Boucher. The two women renovated and decorated the space themselves, which previously housed Village Landscape, turning it into a relaxing spa environment.

Boucher said she could not imagine opening Mariposa Medical Spa with anyone other than Marshall.

"I'm so grateful for her," said Marshall about Boucher.

The two women decided to name their medical spa Mariposa, which means

"butterfly" in Spanish, since their lives have grown and transformed into something beautiful, just like a butterfly.

The spa's next event will be held on Nov. 14 from 9 a.m. until 3 p.m. There will be skin care representatives, raffles, charcuterie and more.

Looking towards the future, Mariposa Medical Spa aims to invest in laser hair removal, men's and women's hormone health and its own on-site gym.

"Everybody is welcome," said Boucher about the spa.

Cozy up!

The winter forecast for this region from The Old Farmer's Almanac said, "Snowfall will be below normal in the north and above normal in the south."

The venerable almanac stakes its reputation (since 1792) on its long-range forecasts made by region and by month.

The 2025 almanac, now available at newsstands and booksellers, calls for a heavy snow at the end of 2024, and snow showers during January and February of next year.

The seasonal forecasts are

among many features in the new almanac.

Other features include "hot news" on a torrid summer, a troubling increase in "white dragons," the solar system's most dangerous asteroid, and tips on how to give the perfect hug, trick a garden, better understand kitty cats, and more, according to a press release.

Overall, the almanac predicts a calmer, gentler winter for 2024-2025.

"This winter, temperatures will be up and snowfall

SEE COZY UP, PAGE 12C

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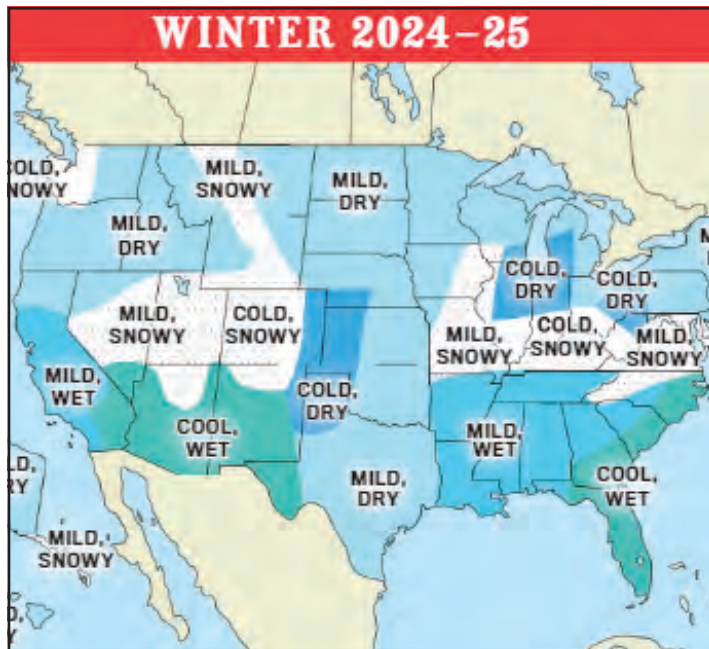
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THE OLD FARMER'S ALMANAC

Graphic from The Old Farmer's Almanac gives a visual prediction for the winter ahead.

COZY UP: Winter weather ahead

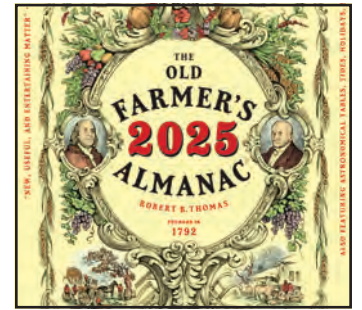
(CONTINUED FROM PAGE 10C)

down throughout most parts of the United States,” reports Carol Connare, the Almanac’s editor. “While there will still be plenty of winter chill out there and powdery snow to enjoy, the high costs associated with the season shouldn’t hit so hard. It will be, by and large, a very temperate, uneventful winter and potentially a welcome reprieve from the extremes of recent years.”

There will be exceptions, of course. Winter rainstorms will leave Florida, the Deep South, and southern California sopped and soaked, Connare said. Meanwhile, heavy snowfall is expected in central and southern Appalachia, the western Ohio Valley, and the Rockies--welcome news for skiers!

A more moderate winter

will eventually give way to a sweltering summer, especially for folks without air conditioning. The new edition shares the best ways to stay cool, including advice on how to make an inexpensive, homemade AC unit from a box fan and 1-liter bottles.



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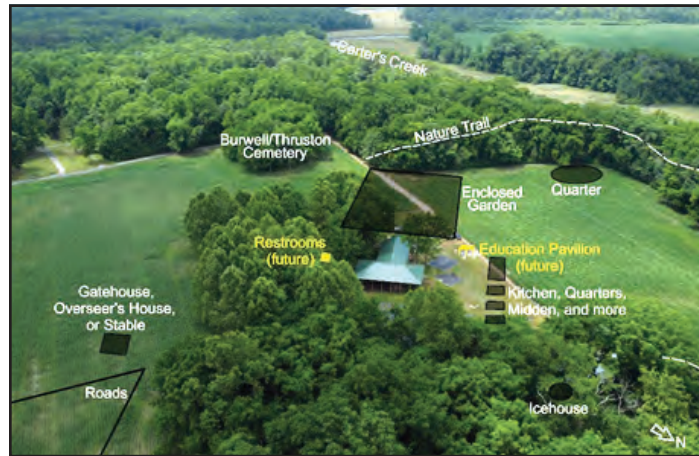
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A formal garden in early Gloucester

BY SARA E. LEWIS
FAIRFIELD FOUNDATION DEVELOPMENT OFFICER
SPECIAL TO THE GAZETTE-JOURNAL

Neither the man, the manor, nor the garden has survived three centuries and multiple fires. It is no wonder that few in present-day Gloucester County have heard of Lewis Burwell II or his manor house or his formal garden. But evidence of their existence more than 300 years ago is continually uncovered by the trowels of Fairfield Foundation archaeologists at Fairfield Archaeology Park, just south of Hickory Fork Road on Carter's Creek.

Fairfield Plantation in Gloucester, the ancestral home of the Burwell fam-



Fairfield's garden extended south from the manor, where the foundation ruins are now under a protective cover (center), toward Carter's Creek, which flows into the York River (top).

ily in Virginia, was made possible by the accumulated wealth available to the second-generation Burwell. The first Lewis Burwell was

political, and social standing in colonial Virginia. In addition, the second Lewis Burwell married a wealthy heiress.

Archaeologists have uncovered the foundation of his unusual Jacobean-Georgian manor. Its style is remembered in the triple

chimney stacks included in the Fairfield Foundation's logo. Likewise, archaeologists have recovered pieces of metal, ceramics, glass, and other materials that reveal the Burwell's possessions. Perhaps most intriguing

SEE BURWELL, PAGE 19C

born in Amptill, Bedfordshire, England, and his son was the beneficiary of his father's quick and shrewd accumulation of economic,

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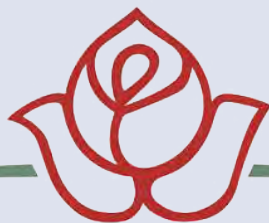
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Chandler's Firearms and Estates in Kilmarnock, a building that was owned by the Eubank brothers at one point, experienced two fires. One in 1909 (above) and the other in the 1950s. Pictured here is Cox Hotel and the Eubank Brothers Store after the fire in 1909.

Renovations ongoing as Chandler's Firearms opens

BY RUBY WILLIAMS

Eric Chandler, owner of Chandler's Firearms and Estates, recently opened his business on 2 South Main Street in Kilmarnock. The building that houses his business was originally built in 1910 and belonged to the Eubank brothers, where they operated a hardware store. Later, it was subdivided and became People's Drug and Adam's Jewelers.

Chandler has been working on the renovations to his business since January.

The left side of his business has been completed and he is currently working on the finishing touches of the right side. When that side is completed, it will house firearm accessories and apparel.

The now-completed left side of the building is composed of what used to be People's Drug and is connected by what used to be the post office on the left side of the building, which was done prior to his owning it.

SEE CHANDLER'S, PAGE 25C



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BURWELL: *A look at a 300-year-old garden*

(CONTINUED FROM PAGE 15C)

ing, though, is the archaeologist's ability to see patterns in the soil that expose the formal garden and orchards.

The desire to plant a formal garden for pleasure is an aspect of the English gentry experience that was important to Lewis Burwell and others of the colonial

gentry class. For centuries in England, fences, hedges, or walls enclosed gardens in geometric designs to emphasize uniformity, symmetry, and proportion. But such preoccupations were not generally practiced by ordinary folk who didn't have the time, resources, or education to create a garden for other than practical purposes.

In Virginia, large formal garden development was also possible because laborers were enslaved to create and tend them.

Excavations in an area south of the Fairfield manor house foundation have revealed a large, enclosed garden of symmetrical design. Portions of its fence enclosure have been exposed

by postmolds, darker earth where wooden fence posts have rotted in the ground, set ten feet apart. Reduction in the distance between postmolds suggests the presence of a gate directly opposite the manor's back door. Based on the identification of the fence line, the enclosure once extended 164 feet east to west. The north to

south extent of the garden is not yet known, although comparisons of length-width ratios to other gardens suggest it may extend from 230 to 328 feet. Additional excavations will determine the extent of the garden, its interior layout, and approximate period of use.

SEE BURWELL, PAGE 24C



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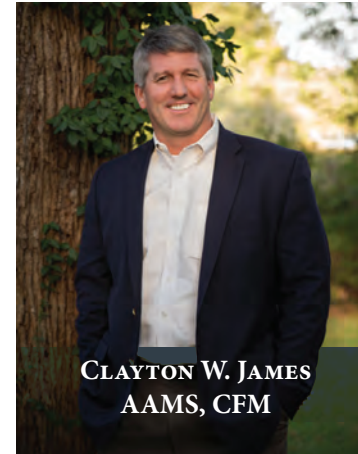
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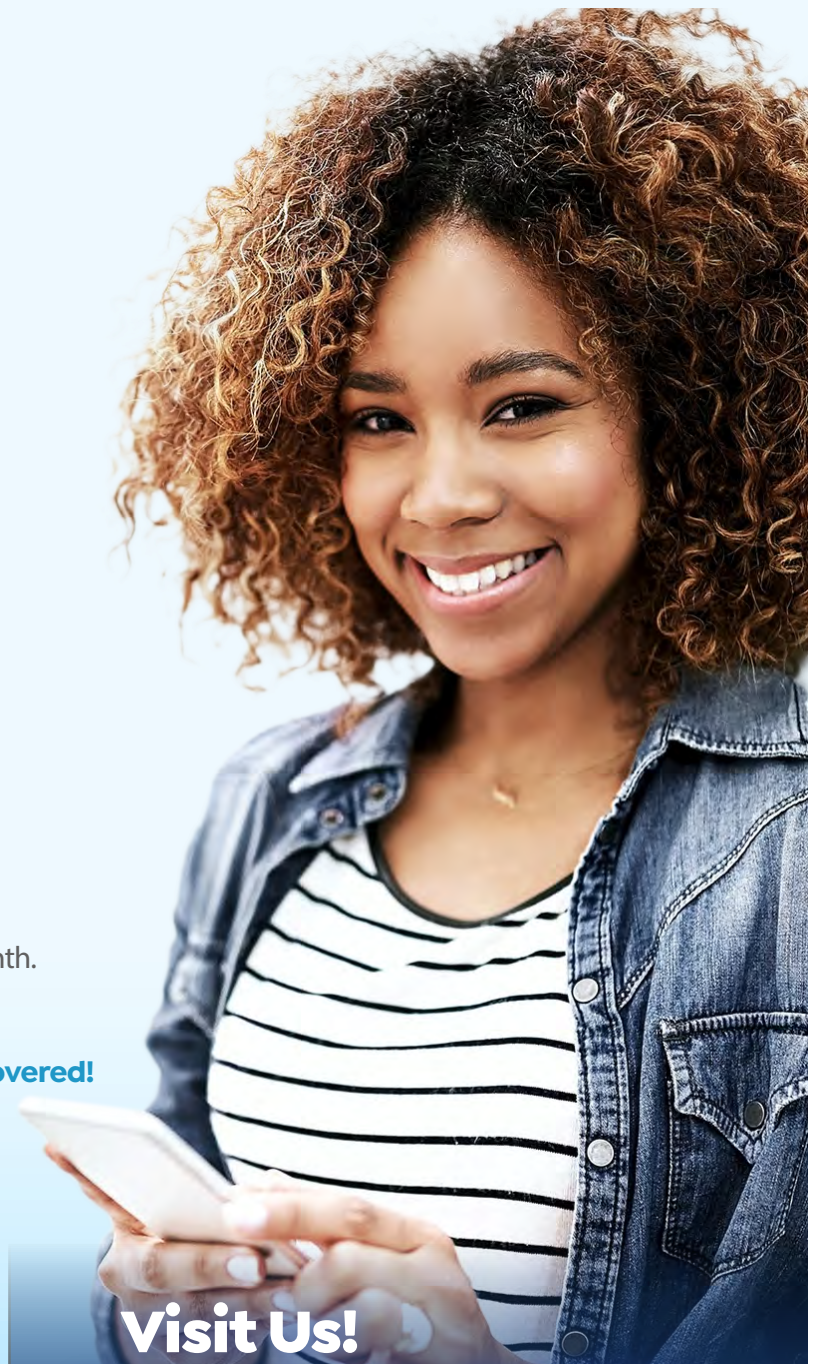
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BURWELL: *Experimenting with plants*

(CONTINUED FROM PAGE 19C)

Inside the fence, the Fairfield garden likely contained a system of intersecting paths and planting beds similar to other formal gardens in the Chesapeake region. Large central walkways likely divided the length of the garden while parallel and intersecting paths created geometric planting beds, which in turn contained geometrically arranged plantings. It is also possible that floral borders may have enclosed beds of vegetables, in some cases, while intricate flower layouts graced other beds. A portion of an urn recovered

from Fairfield suggests that flowers were planted in ornamental containers. Ornamentation of this scale can be seen at the Governor's Palace in Colonial Williamsburg. In the future, archaeobotanical techniques can be used to study plant remains and identify plant species.

Lewis Burwell II passed on his interest in formal gardens and experimentation with plants to his sons, Nathaniel Burwell, who lived at Fairfield, and Lewis Burwell III of Kingsmill, and grandsons Carter Burwell of Carter's Grove and Robin Burwell of Burwell's Bay. At Carter's Grove, Kings-

mill, and Burwell's Bay the gardens included a terraced yard area and extended down to the James River to create an illusion of distance and grandeur.

Learn more by visiting www.fairfieldfoundation.org or by coming to Fairfield Fridays, held on the first and third Fridays through October at Fairfield Archaeology Park, 5777 Fairfield Lane, Hayes, where visitors participate in public archaeology, tour the historic site, and walk on the three-quarter-mile Pawpaw Nature Trail.

Archaeological information for this article was taken from former Fairfield



A portion of an ornamental urn was reputedly taken from Fairfield and discovered being used as a doorstop at the Catlett's Timberneck house.

Foundation staff archaeologist Meredith A. H. Mahoney's article, "Space and Perspective in Four Burwell

Gardens," which appeared in the Quarterly Bulletin of the Archeological Society of Virginia, 63 (2007): 153-157.

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CHANDLER'S:

Changes coming

(CONTINUED FROM PAGE 18C)

“Somebody brought the property and decided to combine the buildings and so they took this wall out and they put a little short roof right here to connect it,” he said.

Chandler also said that the windows for the post office were eventually bricked up and there was another room added on to that section of the building, but did not know when exactly it was added.

As Chandler showed that side, which leads to the second floor, what can be seen is the soot on the walls from the fire that occurred in the 1950s. Other parts have been painted over. The windows on that side of the building are also bricked up as well.

“You can see the soot on the walls up there and evidently the fire must have been concentrated right here and there’s soot all over the beams,” he said.

SEE CHANDLER'S, PAGE 26C



Renovations are still underway for Chandler's Firearms and Estates. Shown here is the second floor of the building, where some of the clothing merchandise will be kept.

Welcome Fall in a New Home



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CHANDLER'S: *Renovations and renewal*

(CONTINUED FROM PAGE 25C)

As Chandler went up the stairs, he showed that the fire had gone upstairs as well.

"I pressure washed everything off that I could get off (the soot) except for that one spot over there I left and I just sealed it," he said.

Chandler also spoke about how he has frames around where the old windows were and left the brick that is now behind it. He plans to put racks in the frame to hang the clothing merchandise from. Customers will be able to see the brick from the original building.

Chandler said that he is trying to keep as much of

the building as it was originally while following county codes and compliances. He also talked about cutting the flooring out in order to

replace it and he also put a new staircase. He did this due to the fire damage and the need for updated floors.

"After the fire (in the

1950s), they came in and build those steel beams in place, put a floor down and then they just left," he said.

"They never did anything

with this for the last 70 years."

Chandler said that once

SEE CHANDLER'S, PAGE 27C



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CHANDLER'S:

*A new
Chapter*

(CONTINUED FROM PAGE 26C)

completed, the building will be a story in a half and approximately 1,500 square feet. The left side of the building took about eight months to complete and the right side of the building took about 10 months.

The building renovations are expected to be finished by the end of this month.



Eric Chandler, owner of Chandler's Firearms and Estates, recently opened his business and is still working to complete the renovations to the other side of the building. The building will be finished by the end of this month.

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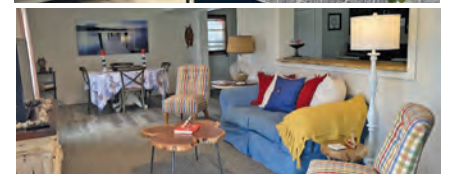
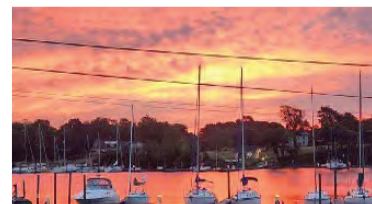
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Hicks Wharf home gets major facelift

BY SHERRY HAMILTON

An old house at the site of the former Hicks Wharf in Cardinal has gotten a major facelift from its new owners,

Bert and Diane Cole. Bert Cole, who came to Mathews from Shenandoah in March 2023 and lived in an on-site trailer as he ren-

ovated the newly-purchased home, said he destroyed the house and redid it.

SEE WHARF HOME, PAGE 32C



SHERRY HAMILTON / GAZETTE-JOURNAL

Contractor Bert Cole of Cardinal, shown with his wife Diane, has made a major overhaul of the Civil War-era home the couple bought at the site of the old Hicks Wharf on the East River.



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WHARF HOME: *Couple revamps home*

(CONTINUED FROM PAGE 31C)

“I tore it all apart—took it down to the studs,” he said. “I hauled off seven 30-yard dumpsters of plaster and lath.”

The plaster was in such bad shape it couldn't be saved, he said, and there was no trim to hold onto. All 33 of the windows had to be replaced, and he elevated the home, he said, so it's now 38 inches higher than before.

But Bert didn't want to take away all of the home's historic character. Hicks Wharf was one of the last

wharfs used during the steamboat era, and he said the house, situated at the end of the road, was built for the owner's son, who was returning home from the Civil War. It has been used variously as an oyster house, a post office, a store, and other businesses at the dock, he said.

The house is actually a composite of three separate structures, said Bert, explaining that the front and back portions were once the main house and the summer kitchen, while the center portion was a house built

later in Norfolk as part of an exhibition of home building techniques and subsequently moved to the site.

A major change to the exterior of the home was the addition of spacious first-and-second-story covered verandas on the eastern side of the house, which faces the East River. The house already had a large front porch, characteristic of the era, but it faced the road and the neighbor's property. The ceilings of all the porches are painted a color called “haint



SHERRY HAMILTON / GAZETTE-JOURNAL

The family room of the Cole home is where the couple spends most of their time. Note the newly-installed gas fireplace—one of six Bert placed in the house.

SEE WHARF HOME, PAGE 33C



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SHERRY HAMILTON / GAZETTE-JOURNAL

Diane Cole was thrilled with the deep drawers Bert installed under the gas range top. She said they're perfect for accessing pots and pans.

WHARF HOME: *Old home, new love*

(CONTINUED FROM PAGE 32C)

blue," said Diane. The color originated in the deep South and was thought to keep spirits away, she said.

Inside, Bert said he preserved the original staircase, but removed it and turned it around so the bottom step is accessible from the foyer di-

rectly inside the front door. There were no fireplaces in the home, just wood stoves, he said, so he installed six gas fireplaces, one in each of the main rooms and bedrooms.

The front two rooms are the living room and a large office, which contains a Murphy bed for guests. Directly

behind this portion of the house and accessible from both the foyer and the office is the cozy family room, which has double doors opening onto the first-floor veranda. The Coles said it's the room where they spend

SEE WHARF HOME, PAGE 36C



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WHARF HOME: *A dream renovation*

(CONTINUED FROM PAGE 33C)

most of their time.

At the back of the house is the large eat-in kitchen. It was once two separate rooms, but Bert said he removed the wall separating them to open the space. He said when he gutted the rooms, he found there had been a fire there at some time in the past, and he had to “beef up” the charred support beams.

The kitchen was completely modernized, with cabinets lining two walls to provide plenty of space for storage and appliances. The gas stovetop has six regular burners and a two-burner griddle, with pots and pans

stored underneath in wide, deep drawers. A farm-style sink sits under a sunny window on one side of the room, while the other side has two windows in the dining area, plus a Dutch door with divided lights in the top, built as a surprise for Diane, who had always wanted one. The floor is aged-looking brick.

An extra-large center island allows for seating on two sides, with storage for seldom-used items tucked underneath an overhang. The other two sides contain cabinets and a built-in microwave and small under-counter refrigerator for drinks.

Upstairs are three spacious bedrooms opening off

a wide landing. Each has a fireplace and a seating area in addition to the bed and dresser. The two front bedrooms share a modern bathroom with a glassed-in shower. The bedroom on the east side of the house has a door that opens onto the end of the upstairs veranda.

The master bedroom, located directly over the family room, has a corner fireplace and a door with full divided lights that opens onto the center of the veranda. The canopy bed sits in front of a window that is covered by a handmade screen that Bert built to provide a finished appearance.

Opening off the back of the



SHERRY HAMILTON / GAZETTE-JOURNAL

A modern bathroom opens onto the upstairs hall and one bathroom, thus serving both upstairs bedrooms.

SEE WHARF HOME, PAGE 38C

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