

ART • MUSIC • FASHION • FOOD • LIFESTYLE

VA LOCALS

VOLUME 5 | ISSUE 1

Between the Seasons FEBRUARY THRU MAY IN VIRGINIA BEACH

THE STORY BEHIND THE
PLATE: **CHEF JEFF FROM
QUEMAR COCINA**

**THE CRAFT BEHIND
THE GLASS** WITH THESE
THREE MUST-TRY DRINKS

A STORY THAT
STARTED AT HOME:
SOUP LOVE & CO



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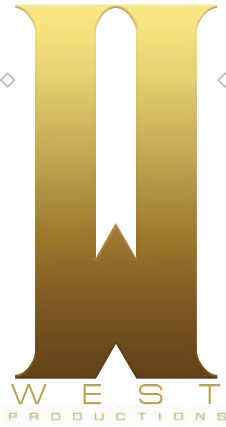
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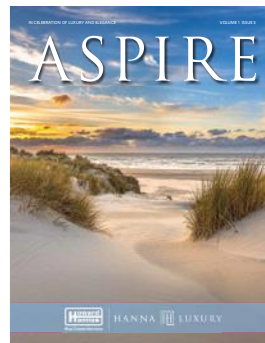
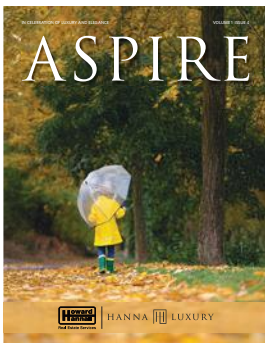
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West Productions produces the only two free lifestyle magazines mailed to Virginia Beach's and Hampton Roads most affluent residents.

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This issue marks an exciting and intentional step forward for our magazine. As we continue to grow, our focus remains the same, bringing people together through thoughtful storytelling, shared knowledge, and meaningful connection within our community.

Contributors & Collaborations

VA Locals and Aspire feature chefs, creatives, experts, nonprofits, and local businesses whose work contributes meaningfully to the communities we serve.

If you have a story, concept, or area of expertise that aligns with our editorial standards, submissions are welcomed for consideration in future issues. Features are curated and limited.

Submissions & editorial inquiries:
[**michelle@westproductionsllc.com**](mailto:michelle@westproductionsllc.com)



Alongside the stories you've come to expect, we're introducing new editorial features — including our chef column and drink feature — created to celebrate craft, creativity, and the people behind the experiences we share around the table. These additions reflect what matters most to us: thoughtful storytelling, expert insight, and moments that bring people together.

This month also represents how we continue to bring the magazine to life beyond the page. While each issue is written first and foremost for our readers, its purpose has always been rooted in community — the residents who live here, the creatives and experts who share their knowledge, and the local businesses and nonprofits that help shape our neighborhoods. When people gather, conversations happen, connections form, and community grows stronger.

You'll also notice our continued focus on local and in-state travel. Exploring Virginia — whether through staycations or short regional escapes — supports local businesses, fills rooms, and reinvests directly into our communities through jobs and tax dollars. Time spent discovering our state with family and friends remains one of the most meaningful ways to reconnect and recharge.



At its heart, this magazine is about shared purpose. We are all navigating life, work, creativity, and connection together — learning from one another and supporting one another along the way. My hope is that each issue leaves you feeling informed, inspired, and reminded of the power of community when we choose to show up for it.

Michelle Westberry

Michelle Westberry
Editor & Publisher

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VA LOCALS

VOLUME 5 | ISSUE 1

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“Because there’s nothing more beautiful than the way the ocean refuses to stop kissing the shoreline, no matter how many times it’s sent away.”

—Sarah Kay

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Please recycle this issue of
VA Locals magazine

The *Craft* Behind the Glass

There's something powerful about the first sip of a great drink. Before you even think about flavor, it sets a mood. It slows the moment. It brings you into the experience. Sometimes it reminds you of a place, a memory, or a feeling you didn't know you were carrying.

Americano Cocktail Garnished with a Twist of Orange

Ingredients

- 1 1/2 ounces Campari
- 1 1/2 ounces sweet vermouth
- Soda water, chilled, to top
- Garnish: orange twist

Instructions

Fill a highball glass with ice, then add the Campari and sweet vermouth.

Top with the soda water and stir gently to combine.

Garnish with an orange twist.





Classic Manhattan Cocktail

Ingredients

- 2 oz. Bourbon
- 1 oz. sweet vermouth
- 2 dashes Angostura Bitters
- Luxardo cherry

Instructions

Chill a martini or coupe glass.

Add ingredients except cherry to a cocktail mixing glass filled with ice. Stir and strain into chilled glass. Garnish with Luxardo cherry.

*“A great drink doesn’t
rush the moment...
it invites you into it.”*

“What we sip often becomes part of what we remember.”

Light, refreshing, and perfect for gatherings, this citrus-forward spritzer balances bright flavors with subtle herbal notes. It's easy to make, beautiful in a glass, and can be enjoyed with or without alcohol.

Winter Citrus Rosemary Spritzer

Ingredients (Serves 2)

- ½ cup fresh grapefruit juice (or blood orange for a seasonal twist)
 - ¼ cup fresh orange juice
 - 1–2 teaspoons simple syrup or honey (to taste)
 - Sparkling water or club soda
 - Fresh rosemary sprigs
 - Citrus slices (grapefruit or orange), for garnish
 - Ice
- Optional:**
- 2 oz vodka, prosecco, or elderflower liqueur

Instructions

- Fill two glasses with ice.
- In a small pitcher or shaker, combine grapefruit juice, orange juice, and simple syrup or honey. Stir well.
- Divide the citrus mixture evenly between glasses.
- Top with sparkling water to taste.
- Gently bruise a rosemary sprig between your fingers and add to each glass.
- Garnish with fresh citrus slices and serve immediately.

Tip

For a more aromatic finish, rim the glass with a light rosemary sugar or add a splash of prosecco for an elegant sparkle.



E-BIKE SAFETY

A REFINED GUIDE FOR RIDING RESPONSIBLY IN VIRGINIA BEACH

Before You Ride

- Wear a properly fitted helmet
(Required for riders 14 and under; strongly recommended for all riders)
- Ensure brakes, tires, lights, and battery are in proper working order
- Choose visibility — light colors by day, reflective elements at dusk

On the Road

- E-bikes follow the same traffic laws as bicycles
- Ride with the flow of traffic and use bike lanes where available
- Signal turns clearly and yield to pedestrians at all times
- Ride predictably and avoid sudden changes in speed or direction

Where Riding Is Permitted

- Streets, bike lanes, and shared-use paths where bicycles are allowed
- E-bikes are not permitted on the Virginia Beach Boardwalk or beach areas in the Resort Area

For Families

- Riders should be confident on a traditional bicycle before using an e-bike
- Establish clear expectations around speed, routes, and boundaries
- Children should ride under supervision and never carry passengers unless the bike is designed for it

Know Your E-Bike

- Class 1: Pedal-assist, up to 20 mph
- Class 2: Throttle-assist, up to 20 mph
- Class 3: Pedal-assist, up to 28 mph (helmet required)

Select the class that aligns with your environment and experience.

A Final Note

E-bikes offer a sophisticated, efficient way to move through the city. Riding with awareness and courtesy helps preserve safety — and enjoyment — for everyone sharing the road.



| BUSINESS SPOTLIGHT |
SOUP LOVE & CO.



A Story That Started at Home and Found Its Place in Hilltop

Soup Love began in a home kitchen, rooted in one simple belief: food is one of the most powerful ways to take care of people. Founder **Amy Markman** started making soup for her own wellness and for friends and family who were sick, overwhelmed, or navigating difficult moments. What she heard again and again was the same response — *“This made me feel better.”* That reaction stayed with her and quietly shaped what Soup Love would become.

“Soup started as something deeply personal,” Amy says. “It wasn’t about recipes at first. It was about comfort, nourishment, and sharing something I created to help people feel cared for, even on their hardest days.”

Those early days still guide how Soup Love operates today. Cooking from home taught Amy to be intentional, hands-on, and thoughtful about every decision — from the ingredients she chooses to how people feel when they sit down with a bowl of soup. As the business has grown, that mindset has never changed.

From farmers markets to community events and fundraisers, Soup Love grew organically alongside the Virginia Beach community. Customers returned not just for soups and slow-roasted bone broths, but for the familiarity and comfort they came to associate with them. Over time, soups became gifts, part of family traditions, and staples on holiday tables.

“I’m not feeding strangers,” Amy says. “I’m feeding my neighbors.”

That deep connection to community made the decision to open a brick-and-mortar location feel like the natural next step. The new Hilltop storefront, **Soup Love & Co.**, gives Soup Love a true home — a place where customers can step into the brand and experience the care behind it.

While soup remains at the heart of Soup Love, the Hilltop location allows Amy to expand thoughtfully. Alongside her signature soups and bone broths, the shop now features a curated collection of culinary specialties that Amy personally seeks out and brings in from beyond the local market — many of which were not previously available in the area before Soup Love & Co.

Rather than following trends, she focuses on discovering distinctive, high-quality products that complement her soups and elevate the overall experience.

Highlights include imported French butter, Italian pastas, ravioli, and sauces from fourth-generation family maker Rafetto’s in New York City, beautifully spatchcocked chicken sourced locally from Big House Farms, farm-raised eggs from Seaside Coops, artisan sourdough bread from L’s Sourdough, and elegant tower cakes crafted by Sugarcoat Cake Studio.

When guests walk into Soup Love & Co., Amy hopes they feel cared for first and foremost — welcomed, calm, and supported. “Soup Love is meant to feel like a pause in the day,” she says. “A place where nourishment, comfort, and wellness come together.”

Soup, to me, is... LOVE.

At its heart, Soup Love is about leading with love.





Soup Love & Co. | 1628 Laskin Road, Ste 720 | souplovevb.com



PHOTO BY KELSEY BROGAN

THE STORY BEHIND THE PLATE

Chef Jeff | Quemar Cocina

F

Food is often where memory lives. It carries history, emotion, and intention in a way few things can. For Chef Jeff, a plate is never just something placed on a table, it's a composition built from experience, discipline, and story.

Interestingly, Jeff didn't come to cooking early. As a child, he was a picky eater with limited exposure to food beyond what was familiar at home. It wasn't until his late teens, around age nineteen, that he stepped into a professional kitchen for the first time. What surprised him most wasn't just the pace or pressure, it was the science. Cooking became a place where curiosity, precision, and creativity intersected, and it quickly became clear this was work worth dedicating a life to.

His Greek heritage shaped an early appreciation for good food, but it was the kitchen itself that taught him leadership. Over the years, Jeff worked alongside both inspiring mentors and challenging personalities. From each, he learned what kind of chef and leader he wanted to be. Success, to him, has never been about recognition alone. Happiness, balance, and building a mission-driven team matter more than titles or accolades.

When asked what defines his cooking philosophy, Jeff keeps it simple: honor the source. Ingredients, methods, and techniques are treated with respect, not reinvention for reinvention's sake. Story always comes first. Understanding where a dish comes from culturally, historically, emotionally, informs everything that follows.

At Quemar, that philosophy shows up not just on the plate, but in the atmosphere. Jeff wants guests to feel welcomed, energized, and celebrated. Food is meant to be shared, enjoyed, and remembered. The concept of *sobremesa*, the art of lingering at the table with friends and family, guides the experience as much as the menu itself.

Behind every finished dish, Jeff is quick to credit the unseen hands. Dishwashers, prep cooks, and line cooks all play essential roles in bringing a plate to life. The long hours and discipline of the kitchen aren't always visible, but they are deeply respected.

For Jeff, food has always been about balance in flavor, in life, and in leadership. That balance is what he hopes people taste, even if they can't quite put it into words.

Q & A about Venezuelan Short Ribs

What inspired you to choose this recipe to share with readers?

I chose this dish because it was one of the most successful specials I ran this year at the restaurant, and I've had several requests for a repeat.

Why does this dish feel like a good representation of your approach to food?

I thought this was a great example of finding and blending unique flavors to accomplish something straight forward and delicious. The slow cooking method on this underutilized cut of meat is a home run.

What do you hope someone experiences when they make this dish at home?

The same kind of moment of bliss I'd hope for in that first bite at the restaurant!

Is there a small detail in this recipe that reflects how you

think about flavor or balance?

The blend of lemon and cocoa in this sauce struck me as very unique.

What advice would you give home cooks preparing this dish for the first time?

The trick on the smoker is to keep the temperature from getting too high. Low and slow is the best bet.

How does cooking at home differ from cooking professionally for you?

The obvious answer is the difference in equipment, but I think things can be less pretty and more focused on the basics at home. In the restaurant I am always trying to find another color or another component for completeness.

What makes a simple dish truly special in your eyes?

It's important to let good ingredients shine in their own right. Let the food be the focus, not the fancy spin.

CHEF JEFF IN HIS OWN WORDS

On creativity and discipline:

Creativity in the kitchen comes from everywhere, something read, something seen, or a challenge from a guest. Discipline is what makes creativity possible. Structure allows the freedom to have fun during service.

On success:

There are many kinds of success, but none of them matter if you're not happy. Building a team and a mission that inspires you is everything.

On food and community:

Food brings people together because everyone eats. It's one of the oldest constants in human connection. At Quemar, food is about celebration, dancing, sharing, and enjoying time with the people you love.

On finishing a dish:

One more color. Always one more color and always showcasing the star of the plate.



PHOTO BY KELSEY BROGAN

FROM THE KITCHEN TO YOUR HOME

Chef Jeff's Signature Sauce & Rub

Rather than featuring a single, rigid recipe, Chef Jeff shares a signature sauce and rub inspired by one of his specials — designed to be versatile and approachable for home cooks. These components can be used across a variety of proteins and vegetables, making them staples you'll return to again and again.

Venezuelan Short Ribs

Dry Rub Ingredients

- 3 Tbsp Panela or Brown Sugar
- 4 Tbsp Smoked Paprika
- 4 Bay Leaf
- 1 tsp Cumin
- 2 tsp Salt
- 1 Tbsp Onion Powder
- 1 Tbsp Granulated Garlic
- 1 tsp Crushed Red Pepper
- 1 ea Chile de Arbol

Method

Simply grind all ingredients together in a spice grinder or mortar.

Sauce Ingredients

- 1 large can tomato sauce
- 2 Tbsp Paprika
- 2 Tbsp Cocoa Powder
- 4 tsp Lemon Juice
- 2 Tbsp Apple Cider Vinegar
- 5 Tbsp Butter
- 4 Tbsp Panela or Brown Sugar
- 2 tsp Soy Sauce or Shoyu
- 2 cups Dark Beer (5 cups if braising)

Method

Bring all ingredients to a simmer in one pot. Use a stick blender to mix smoothly.

I used this recipe for bone in Argentinian cut Short rib. These are cut laterally through four bones, as opposed to being one solid rib and meat section. The connective tissue in this cut shines when given time to slow cook. For this reason, I suggest putting the ribs on a smoker at 225 degrees for 5 hours. For home cooks without a smoker - we can adjust this recipe slightly to braise our short ribs. In this instance we would line our short ribs bone side down in a shallow baking dish and halfway covering in the sauce. Cover in foil and bake at 300 for three and a half hours.



PHOTO BY ADAM COHEN



BETWEEN THE *Seasons*

**February thru May
in Virginia Beach**

As the seasons shift, so do the experiences.
The following pages offer inspiration
for enjoying Virginia Beach through the
changing months ahead.



WHEN THE *Seasons* OVERLAP



There's a stretch of the year in Virginia Beach that locals understand instinctively. It lives between winter and summer, roughly from February through May, when the weather refuses to follow a script.

One day it's 70 degrees and sunny — perfect for a walk by the water. A week later, you're back in the 40s, pulling out a jacket you thought you were done with. Occasionally, a 90-degree day appears out of nowhere, followed by rain, wind, or even a light snowfall that feels almost surreal against the coastline.

This isn't inconsistency — it's character. Virginia Beach doesn't move cleanly from one season to the next. It layers them. And learning how to live well here means learning how to move with that rhythm, not against it.

These months aren't about waiting for summer. They're about embracing the in-between.

"In Virginia Beach, the seasons don't arrive neatly — they overlap, and that's part of the charm."

WHEN THE *Weather* TURNS INWARD



The Beauty of Staying Home

Not every day is meant for going out — and Virginia Beach gives you permission to slow down. On gray, windy, or rainy days, homes become the heart of the season. These are the moments for comfort and reset — not because winter is harsh, but because the pause feels earned.

This is when locals lean into:

- Slow mornings and quiet afternoons
- Comfort cooking — soups, roasts, one-pot meals
- Decluttering and refreshing living spaces
- Reading, journaling, and planning what's next

And then there are the snow days. They don't happen often here, which is exactly why they feel special. When snow does fall, it softens everything — neighborhoods quiet, routines pause, and the day feels borrowed.

Snow in Virginia Beach isn't about endurance. It's about novelty.

SNOWED-IN IDEAS (FREE & AT HOME)

- Movie or documentary marathons
- Board games, puzzles, card nights
- Baking something indulgent
- Fireplace or candlelit evenings
- Watching snowfall from the window

“Snow in Virginia Beach isn't about surviving winter — it's about enjoying the pause.”

WHEN *Spring* SHOWS UP EARLY



The Days That Feel Like a Secret

Then come the days that surprise you. A warm afternoon in February. A sun-soaked March morning. A May day that feels like summer arrived early. These are the moments locals savor most — before crowds return, before schedules fill, before summer takes over.

Early spring invites:
Private Long boardwalk walks
Beach days wrapped in blankets
Bike rides with solitude
Outdoors, coffee, and patios

The ocean may still be cool, but the energy shifts. Nature begins to wake up — buds on trees, longer daylight, that familiar coastal breeze that signals change.

FREE OUTDOOR OPTIONS

- Sunrise or sunset beach walks
- Boardwalk biking or strolling
- Local parks before peak season

“The best beach days aren’t always in summer — sometimes they happen when no one’s watching.”

WHEN YOU *Want* A PLAN (BUT NOT PRESSURE)



Indoor & Outdoor Experiences

Some days call for a little structure — especially when the weather can't decide. This season is ideal for experiences that feel personal, not packed. Indoor options balance out unpredictable days, while early outdoor plans stay flexible.

Think:

- Museums, galleries, and indoor cultural spaces
- Local dining without summer wait times
- Classes, tastings, or workshops
- Small events before peak season energy arrives
- Virginia shines here — offering variety without overwhelm.

MIX-AND-MATCH DAY IDEAS

Cool Morning / Warm Afternoon

- Coffee at home
- boardwalk walk
- Indoor errand
- outdoor lunch

Rainy Day

- Museum or gallery visit
- At-home reset day

Sunny All Day

- Beach walk + picnic
- Patio dining or local outing

“This season is about options — not overplanning.”

CLOSING: A *Season* FOR LOCALS



Why This Time of Year Matters

February through May belongs to the people who live here. It's not curated for visitors. It's lived-in. Flexible. Honest.

This season teaches you to:

- Keep a jacket in the car
- Hold plans loosely
- Appreciate contrast

Virginia Beach during these months mirrors real life — unpredictable, layered, sometimes inconvenient, often beautiful. You don't wait for summer here. You live in the meantime.

And if you pay attention, the in-between gives you everything you need.

"In Virginia Beach, the in-between season isn't something to get through — it's something to enjoy."

Navigating Medicare in a Changing Market

WHAT RECENT SHIFTS MEAN FOR HAMPTON ROADS BENEFICIARIES

By Dale S. White, Independent Life & Health Insurance Agent



Fewer plan options make informed guidance more important than ever for Medicare beneficiaries.

For those seeking clarity around Medicare Advantage, Prescription Drug Plans, or Medicare Supplements, a professional review can help identify options aligned with individual health and financial needs.

The most recent Medicare enrollment season proved to be one of the most complex in decades, particularly for beneficiaries in Hampton Roads. Significant market shifts — including the decision by Sentara not to renew its Medicare Advantage plans for 2026 — left tens of thousands of Virginians needing to reassess their coverage options.

That single change affected an estimated 40,000 individuals statewide, many of whom were required to transition to new plans under tight timelines. At the same time, several other carriers exited portions of the Medicare Advantage and Prescription Drug Plan (PDP) markets, further narrowing available choices.

These developments reflect broader pressures on the Medicare system. Industry experts note that while the Medicare Modernization Act of 2002 expanded access and plan variety, more recent legislation — including the Inflation Reduction Act of 2022 — has shifted additional financial risk onto insurance carriers. As a result, some providers are reducing their participation or withdrawing plans altogether.

One of the most concerning outcomes has been the sharp reduction in Prescription Drug Plan options. In Hampton Roads alone, beneficiaries now have access to just nine PDPs — roughly half of what was available in 2025 and significantly fewer than in prior years. This contraction poses challenges not only for Medicare Advantage members, but also for those enrolled in Medicare Supplement plans, which do not include prescription coverage and rely heavily on a competitive PDP marketplace.

During the most recent enrollment period, many beneficiaries found that only one or two available plans adequately covered their medications — limiting flexibility and increasing the importance of careful review. With approximately 30 million Americans currently enrolled in Medicare Supplement plans nationwide, continued reductions in prescription coverage options could have far-reaching consequences if left unaddressed.

Experts encourage Medicare beneficiaries to stay informed, review their coverage annually, and engage with policymakers to help protect the long-term viability of these essential programs. As the Medicare landscape continues to evolve, guidance from experienced professionals can help individuals navigate changes with confidence and clarity.

Dale S. White

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The Mortgage Myth That Costs Buyers Thousands

(AND HOW TO AVOID IT)



One of the biggest misconceptions in homebuying is that the mortgage process starts when you find a house. In reality, the most successful buyers begin long before that — often months ahead — by understanding how everyday financial decisions quietly shape their buying power.

Many people assume their credit score alone determines what they can afford. While credit is important, lenders also look closely at patterns: spending habits, debt balance trends, job stability, and how consistently money moves in and out of accounts. These patterns tell a story — and that story often matters just as much as the number itself.

Small, well-intentioned decisions can have outsized effects. Paying off a loan completely may feel like the right move, but closing a long-standing account can temporarily lower a score. Opening a new credit line or financing furniture before closing can also impact loan terms in ways buyers don't expect.

Timing plays a role as well. Mortgage underwriting places strong emphasis on recent activity, which means the weeks leading up to an application matter more than many realize. Stability often wins over perfection.

There's also the idea of "hidden affordability." Some buyers qualify for better options not by earning more, but by structuring their finances more strategically — such as adjusting revolving balances or planning deposits properly.

The biggest "aha" moment for most buyers comes when they realize this: the mortgage process isn't about qualifying for a loan — it's about positioning yourself wisely.

When buyers understand how the system works, decisions feel less stressful, timelines move faster, and surprises are minimized. The process becomes collaborative instead of reactive.

Because the best financial decisions aren't rushed — they're prepared for.

Randy DeMille

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The mortgage process doesn't start when you find a house — it starts when you understand how your everyday financial decisions shape your buying power. ”

Luxury Underfoot: Choosing Flooring That Supports How You Live

Flooring is one of the most influential design decisions in a home — not because it demands attention, but because it quietly supports everyday life. From morning routines to gatherings with friends, the right flooring choice creates a foundation that balances beauty, comfort, and durability.

In coastal Virginia, flooring must work harder. Open floor plans, pets, humidity, and frequent entertaining all influence how materials perform over time. Today's homeowners are moving beyond trend-driven choices and focusing instead on longevity, functionality, and how each space is actually used.

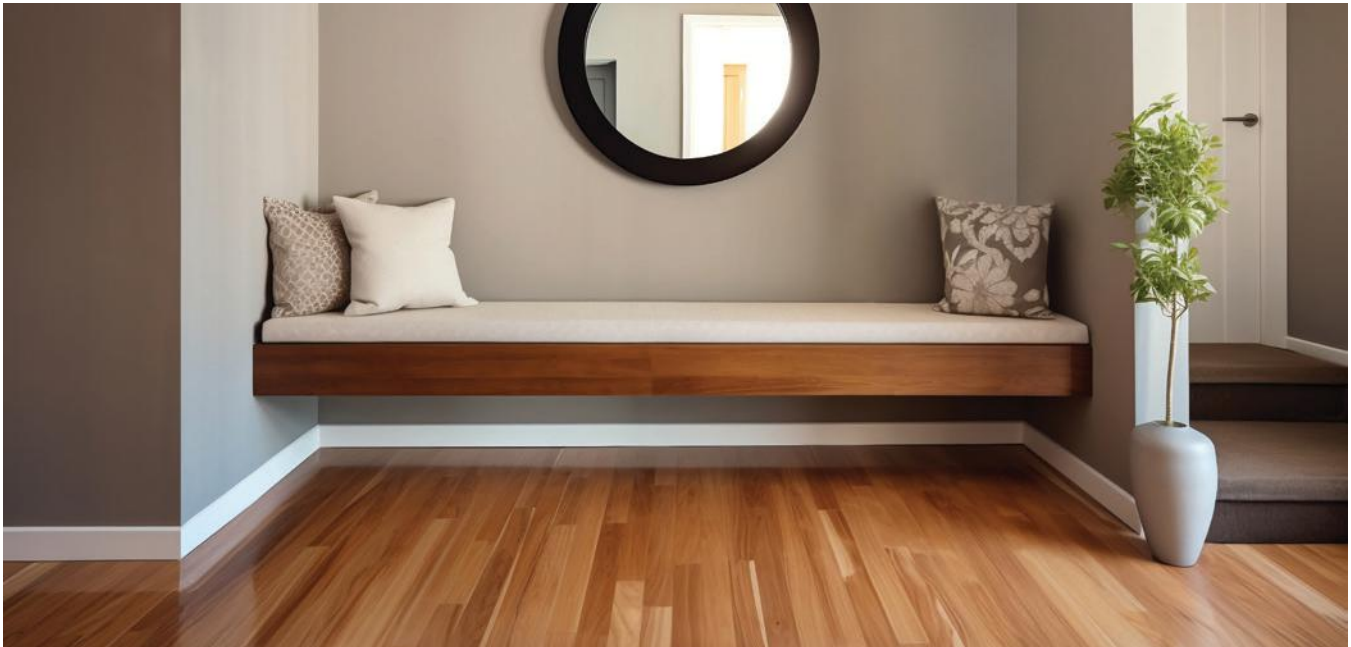
Wide-plank engineered hardwood remains a favorite for living areas and kitchens, offering warmth and visual continuity while adapting well to coastal conditions. Luxury Vinyl Plank (LVP) has also become a strong option, evolving into a refined solution that blends realistic texture with everyday resilience — ideal for active households. Bedrooms continue

to see a return to premium carpet, chosen intentionally for comfort and quiet.

One of the most overlooked aspects of flooring design is transition. Thoughtful shifts between materials — hardwood to tile, area rugs defining spaces — create flow while improving performance. Small decisions like plank direction, finish tone, and texture can dramatically influence how open and cohesive a home feels.

Ultimately, the best flooring plans begin with one simple question: *How do you live in your home?* When materials are selected with that in mind, the result is a space that feels welcoming, functional, and timeless — not just on move-in day, but for years to come.

True luxury today isn't about excess. It's about intention. Flooring that's chosen with care allows a home to evolve naturally while maintaining comfort, character, and lasting value.



“
The best flooring choices support how people actually live — quietly elevating every space without demanding attention.”

The Virginia Floors Company
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carpetworldofva.com

Why Preparation, Not Timing, Is the Real Advantage for Today's Home Sellers

By Brinda Griffin, Principal Broker & Owner, Griffin Realty

“

Preparation matters more than timing — especially in changing markets.”

In today's real estate market, many homeowners are asking the same question: Is this the right time to sell?

After more than two decades navigating changing cycles across Hampton Roads, one thing has remained consistent — preparation matters more than timing.

Markets rise and fall, but well-prepared homes continue to outperform. Buyers are more informed, more selective, and less forgiving than ever. That means sellers who rely solely on pricing or market conditions often leave money on the table.

One of the most overlooked advantages for sellers is strategic pre-listing preparation. This doesn't mean over-renovating or chasing trends. It means understanding which improvements actually influence buyer perception and appraisals — and which don't. Simple updates, thoughtful staging, and addressing known objections before a home hits

the market can dramatically affect both days on market and final sale price.

Another key factor is local market nuance. Hampton Roads is not a single market — Virginia Beach, Norfolk, and Chesapeake each behave differently depending on neighborhood, price point, and buyer demand. A strategy that works for a waterfront property may not work for a suburban home just a few miles away. Sellers benefit most when their pricing, presentation, and marketing reflect hyper-local insight, not broad national headlines.

Luxury homes, in particular, require a different approach. Luxury isn't defined solely by price; it's about presentation, storytelling, discretion, and positioning. Buyers in this segment are purchasing a lifestyle, not just square footage.

For homeowners considering a move, the most valuable first step isn't guessing the market — it's gaining clarity. Understanding how your home fits into current buyer expectations, what improvements will yield real return, and how to position your property from day one can make the difference between an average sale and an exceptional one.

In real estate, success isn't accidental. It's planned.



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Care Rooted in Trust



I want patients to feel cared for as people — not just treated as patients. ”



For Dr. Fuhrmann, dentistry has always been about more than procedures — it’s about trust. Integrity and honesty guide every interaction, whether with patients or staff, creating an environment where people feel genuinely valued and respected.

That same philosophy extends beyond the office. A devoted family man, Dr. Fuhrmann enjoys spending weekends at Lake Gaston with his wife, Donna, golfing with his sons, brother, and nephews, and traveling during football season to support his grandson, Isaiah, now playing college football at Georgia Tech. Community, family, and connection are central to how he lives — and how he practices.

PHILOSOPHY OF CARE

Inside the practice, patients are welcomed with a calm, relationship-driven approach. Dr. Fuhrmann believes listening is just as important as treatment. He takes time to understand concerns, explain options clearly, and ensure patients feel comfortable making informed decisions about their care.

Special attention is given to those who experience dental anxiety. Appointments are never rushed, discomfort is minimized whenever possible, and transparency — including upfront financial discussions — helps eliminate uncertainty. Staying on schedule is

also a priority, reflecting respect for every patient’s time.

MODERN OPTIONS & LEGACY

As dentistry continues to evolve, Dr. Fuhrmann has thoughtfully expanded treatment offerings to include Botox. Initially introduced to help patients struggling with TMJ pain that did not respond to traditional treatments, Botox has shown encouraging results. Cosmetic Botox is also available for patients seeking subtle facial rejuvenation, delivered with the same precision and care as dental treatment.

When asked how he hopes to be remembered, the answer is simple: as someone patients trust. Not just for dental care, but as a professional who listens, cares, and sees the person behind the appointment.

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From the Gallery

Where local artists and collectors come together

Beach Gallery showcases a rotating collection of regional artists, offering a welcoming space to experience art in a relaxed, approachable setting.

“We love helping people discover artists in our community they may not have encountered otherwise.”



Second Fridays at Beach Gallery

A relaxed way to experience the gallery and meet the artists

Each second Friday of the month, Beach Gallery welcomes the community for an evening centered around art and connection. These gatherings invite visitors to explore the gallery, meet local artists, and enjoy a relaxed, social atmosphere alongside fellow art lovers.

While the surrounding restaurants are open as usual, the gallery becomes a natural gathering point — offering light refreshments, conversation, and an opportunity to experience art beyond the walls. There is no cost to attend — simply stop in and enjoy.

Second Fridays • 6–8 PM

(Note: Occasional special Open House events may take place seasonally.)



“Our Second Friday events are designed to bring people together — art, conversation, and a festive atmosphere.”

Custom Framing

Where craftsmanship meets presentation

Custom framing services are offered with the same care and attention given to the artwork itself, ensuring each piece feels complete within its environment.

“The right frame allows the artwork to live beautifully in your space.”





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