

Neighbors

WYNDHAM & TWIN HICKORY



THE GARABEDIANS

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MAGAZINES

Neighbors Wyndham /Twin Hickory, Short Pump Neighbors, James River Neighbors, Neighbors of River Road

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Welcome to the March 2017 issue of Neighbors: Wyndham & Twin Hickory.

Emily Dickinson wrote that "March is the month of expectation," and while our winter in the Richmond area so far has been gentle with us, we still look with expectation for the first hints of Spring; the budding forsythia, the occasional daffodil struggling out of its winter tomb, the smell of a warm breeze loaded with the scent of reemerging life. And while we anticipate the warmth of April, we can take time to appreciate all the great people, institutions, and businesses in our community who provide us with inspiration and support of every kind. In this month's issue of *Neighbors*, you can read about some of these, whether it's the Garabedian family, or the effort by Wine for the Cures to help combat the scourge of cancer, or the everyday efforts of local businesses in these pages, such as House Rangers, to provide goods and services to your families. Or perhaps you can realize with pride that our community has some amazing professionals beside us, such as Dr. Olga Bailey at Premier HealthCare Associates, or Dr. Lipstock at Lipstock Laser, or Dr. Charity-Brown at Pediatric Partners, all of whom you'll meet here. We hope you enjoy your *Neighbors*.


With Gratitude,

Jacki Bartley, Publisher
Tom McKenna, Content Coordinator



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THE GARABEDIAN FAMILY

Keeping it Simple and True

By Tom McKenna

Photos By Kathy Taylor Scott

Carissa Garabedian learned many things growing up in St Thomas, Virgin Islands, but she tells her kids the thing she valued most is that living there allowed her to grow up with little prejudice because it was truly a melting pot. She laughs that “my kids seem to remember mostly my memory that a bad rain storm could close down school!”

Carissa’s family moved there from New York when she was 2 and stayed until she was 15. “My parents were very young, they went there for their honeymoon, loved it and moved there when my brother was an infant,” she explains. “We had no extended family there and the island was very welcoming.”

Mark meanwhile grew up in Huntington, New York. He knew at age 8 that he wanted to be a pediatrician, and after attending Colgate University for his undergraduate work, he earned his medical degree at New York Medical College. He realized his childhood goal, and became a pediatrician, practicing as a partner in Southampton Pediatrics for seventeen years in Southampton, New York where they lived. Carissa’s family

returned to New York from the Virgin Islands, and she graduated from St John’s University with a degree in Education/ Human Services. She went to work as Admissions Director at Regent Hospital, a psychiatric facility in New York City and then at SeafeldCenter, an inpatient drug and alcohol facility as a counselor and community relations coordinator.

It was in 1997 that Carissa met Mark, in the Hamptons where they both were living. By then she was a single mom, raising Ashley who was 3 years old. When Ashley developed pneumonia, Carissa was referred to a pediatrician by the child care center Ashley attended. Mark was the doctor. “After her visit, I decided to follow up and ask him out.” The couple married in 2000, and has grown to include Sophia, 16, and Marky, 14. Mojo and Augustus, their 2 shitzus, complete the Garabedian lineup.

Ashley, who’s now 23, develops apps and games, is a personal shopper and sales associate at Nordstroms. She likes to sing and can play piano by ear. Sophia, who’s a junior at Deep Run, has been a dancer since age 3, and dances at Village Dance. She’s very involved in Younglife, and wants to pursue a degree in special ed. The family is starting to schedule college visits. Marky

is an 8th grader at Holman, and is the family’s master gamer, and can do a 500 piece puzzle in record time. Carissa characterizes him as the “kindest soul who everyone loves to be near. Having Autism brings many challenges to our daily life, but we all come together and continue to do all we can to help him reach his potential.”

Marky was the inspiration for Carissa to launch a website for special needs families, a community dear to heart. KNOWDifferent.net was created with the hope to offer all families with special needs a place to share and learn and feel “KNOWDifferent.” Carissa says, “slowly and steadily we are reaching our audience and making a difference.”

The family was lured to our area by Bon Secours, which recruited Mark to take a position here and Carissa says “we looked at this as an opportunity to afford our family a better quality of life.” They ultimately settled in Martin’s Ridge, a neighborhood with many houses with basements, which she said caught their eye because, like many people moving here from the North, they found it unusual



that few houses here have basements. "Truth! We love having a basement and jumped on the chance," she says. But most of all, "we loved that it's a small neighborhood where we have met some wonderful people. We love that it is on a culdesac and that the kids' schools are so accessible. We do a Holiday ornament exchange with some families and try for a game night a few times a year. It is always a lot of fun."

Comfortably settled into the community, the Garabedians have an active lifestyle. Carissa jumped into publishing Richmond Macaroni Kid, an online family newsletter "in hopes to

learn about the community and get our family connected," as she puts it. "I have now published this for 7 years. The site reaches over 6000 families weekly and I love being such a great resource for our community." Carissa, when not working, can be found at Burn Boot Camp 3-4 days a week. "I have fallen in love with fitness. Mark & I run together on weekends and we hope to have our first 10k this year."

Mark, when he finds free time from his work as a pediatrician at Hanover Pediatrics, plays drums in a local band, MoneyPenny RVA. The family loves to travel up to the Hamptons every year to see family, friends and the ocean, and

they're headed to St Thomas this Spring to show the kids where Carissa grew up. "It'll be my first time back since I left in 1980," she says. They also enjoy vacationing at their family's lake in Lake Keowee in SC.

The Garabedians strive in all they do, as Carissa put it, to keep it simple, keep it true, and keep on laughing. ■

Nominate your neighbor to be featured in one of our upcoming issues! Contact us at

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Daily through April 1**Registration/Ukrops Monument Ave 10k**

@ Broad and Harrison

Named one of the best races in the country (thanks, USA Today!), Richmond's biggest block party is the place to be on April 1st. With 30,000 participants, you're bound to be entertained— whether it's by costumed runners, Spirit Groups, live music, or the beautiful, flat course. Throw in a race for kids and a rockin' post-race party, and you've got yourself one of the best social events of the year!

Time: 8am-12pm**Cost:** Ranges from \$30 to \$45 (Adult) and \$20 to \$35 (Youth)

www.sportsbackers.org

Daily through March 15**Free Pain Relieving K-Laser Screening**

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Time: 9am-6pm**Cost:** FREE visit | holisticwellness@apex-md.com; 804-273-1066**Weekends, March 3-12****CharacterWorks Presents Beauty and the Beast**

@The Steward School, 11600 Gayton Road

Broadway's modern classic! When Maurice becomes lost in the woods, he seeks shelter in an old castle, but the master of the castle is a horrible beast that takes him captive. Maurice's daughter, Belle, must then give up her freedom to save his life. Belle's taming of the unfortunate Beast and his ultimate transformation back into a handsome prince has enthralled Broadway audiences for over 13 years. This "tale as old as time" is spectacular on the stage and is family theatre at its best!

Time: 2pm matinees on Saturdays; 7pm.**Cost:** \$16 in advance; \$18 at door; \$10 children, seniors, military; \$13 group | www.cworkstheater.org**Saturday, March 11****8th Annual Bluegrass Jam**

@Cultural Arts Center at Glen Allen

Donation at the door suggested! Enjoy 12 epic hours of local and regional bluegrass bands coming together to raise money to benefit military families through the Richmond Fisher House! Bring your instrument for open jam sessions and your appetite for great food and drink from local vendors!

Time: 12pm-12am**Cost:** FREE, donation suggested | www.rvabluegrassjam.com**March 18-26****Curtain Call Consignment**

@Canterbury Shopping Center, 10616 Patterson Avenue

A vignette style event in 10,000 sf of retail space, offering shoppers great decorating ideas at competitive prices. Consignors from MD to GA. Curtain Call offers an exciting opportunity to decorate your home wisely with modest to designer/high end furniture, décor, window treatments, and more at fantastic prices. If interested in consigning, please contact us, as we will accept consignment items throughout the sale!

Time: varies, consult website**Cost:** FREE admission | www.curtaincallrichmond.com**Saturday, March 18****St. Paddy's Palooza**

@ Insbrook, 4901 Lake Brook Dr.

Insbrook is gearing up for the annual St. Paddy's Palooza! It's going

to be a day of fun for the whole family, rooted in a great cause with The St. Baldrick's Foundation as our charity partner. The St. Baldrick's Foundation is a volunteer-driven charity committed to funding the most promising research to find cures for childhood cancers and giving survivors long and healthy lives. Live bagpipes and music, a variety of delicious foods, kid-zone of fun, Irish dancers, green beverage of all types and family-friendly for kids and adults.

Time: 11am-5pm | **Cost:** FREE admission | www.insbrook.com**Sunday, March 26****Dog Wash to Benefit Southeastern Virginia Golden Retriever Rescue, Education & Training**

@Pet Valu, 1601 Willow Lawn Drive

Calling all goldens and any other dog friends in the Richmond area - come join us at Pet Valu for a GRREAT opportunity! It's too cold to give your dog a bath outside, so come take advantage of comfortable indoor wash stations. Pet Valu will generously donate 100% of the money from their self-service wash to SEVA GRREAT. Cost is only \$10 for the use of one of their stations for up to 30 minutes. Rescue volunteers will also be on hand with merchandise and more information about the rescue.

Time: 12-4pm | **Cost:** \$10 | www.sevagreat.org**Thu-Sat, March 30-April 1****Grease: School Version**

@ Deep Run High School, 4801 Twin Hickory Road, Glen Allen
Head "greaser" Danny Zuko and new (good) girl Sandy Dumbrowski try to relive the high romance of their "Summer Nights" as the rest of the gang sings and dances its way through such songs as "Greased Lightnin'," "It's Raining on Prom Night," and "Alone at the Drive-In Movie" recalling the music of Buddy Holly, Little Richard and Elvis Presley that became the soundtrack of a generation.

Time: 7-9pm | **Cost:** \$10 at the door.**Monday, April 3 at 7:30 pm - 9:00 pm****Henrico Concert Band in Concert**

@Henrico Theatre, 305 E. Nine Mile Road

Enjoy a concert chock-full of fun presented by the Henrico Concert Band. Information and reservations: 652-1460 or 501-5859.

Time: 7:30-9 pm | **Cost:** FREE | www.henrico.us**Wednesday, April 5****Short Pump WOW**

@Short Pump Park

Kickstart your weekend on Wednesday! During the month of April, join us each Wednesday from 5-7 pm for food, fun and friends. Listen to great music and entertainment and check out some local food trucks for dinner. The kids can explore our new playground while your four-legged friends can run in our dog park! Concessions are available for purchase.

Time: 5-7pm | **Cost:** FREE | www.henrico.us**Tinker HR**

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Mild Winter Will Cause Crawlspace Problems This Summer

By House Rangers



and often leads to extensive and costly structural repair.” He continues, “even when proper repairs are made, you can never completely hide the fact that there was a past problem-- this really matters when a house is sold and inspected.”

Give Christine a call today at (804) 887-0440 or send her an email at Christine@houserangers.com to schedule a complimentary crawlspace evaluation which will include wood moisture readings. Out of sight and out of mind can be costly – but peace of mind is priceless! ■




As much as some of us like the mild weather we have had the past few months, it can and will cause problems this summer in crawlspaces that are not properly ventilated “When we get significant periods of time with temperatures below the 30 and 20 degree marks it causes moisture to pull away from the foundation of the house which allows the whole crawlspace to ‘recover’ from the hot, humid and moist season” according to Bob and Christine of HouseRangers-- a Glen Allen based Class A Contractor specializing in crawlspace and attic ventilation.

Christine adds: “All winter we have seen high moisture content of the wood floor joists we test in the crawlspace-- 15%, 16% and even higher. We expect the wood moisture to be in single digits in January and February and we haven’t seen that this winter.”

You can buy all the expensive furnishings to have inside your house, but if your crawlspace has horrible air it will get into your living area, “and then you’re sitting on an expensive couch in a house full of dirty air!” she remarks. A crawlspace can be ‘out of sight and out of mind,’ but it is especially concerning because the age of the homes in the Wyndham/ Twin Hickory/Nuckols Rd. corridor are such that persistent high wood moisture begins to convert to wood decay.




“Wood moisture is reversible,” Bob says, “but wood decay is not. Wood decay is evidence of years of moisture problems



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“After your newborn visit, we can best follow your baby’s growth and development through a series of office visits at regular intervals.”

discharge from the hospital. We will also focus on how the whole family is adjusting to their new addition.

After your newborn visit, we can best follow your baby’s growth and development through a series of office visits at regular intervals. In general, your well visits will be scheduled as follows: one month, two months, four months, six months, nine months, 12 months, 15 months, 18 months, 24 months, 30 months, and yearly from three years old. We will provide important information to you as well as giving you the opportunity to have your questions and concerns addressed. Try to develop the habit of jotting down your questions on your phone or a notepad so that we can address all your questions.

An important facet of these visits will be immunizations. The first immunization, Hepatitis B, is often given in the hospital. The American Academy of Pediatrics recommends that all immunizations be given on a set schedule. Changes to the schedule can expose your child to illnesses that could lead to hospitalization or death. For example, whooping cough in teens or adults is a very annoying cough that lasts about 3 months. In newborns, it can cause the baby to stop breathing. Research shows that giving vaccines one at a time has the same side effect profile as giving them together. As you research immunizations, please be sure to use reputable sites such as www.healthychildren.org to gather your information. The source is important. Take a minute to also review the illnesses that the vaccines are preventing. Most importantly, feel free to express your concerns with your pediatrician so we can work together to help you make an informed decision.

Again, we want to offer our congratulations. We look forward to growing to know you over the next 18 years and sharing many milestones. Please be sure to call the office to schedule an appointment before you leave the hospital. We are excited to meet your little one!

Tamara Charity-Brown is a partner at Associates in Pediatrics, a division of Pediatric Partners of Virginia. She lives in Glen Allen with her husband Carlos, and four children. In her “free” time she stays busy with spending time with family, travel, and community service. ■

Congratulations on the birth of your newborn! You are entering one of life’s greatest adventures- PARENTHOOD. Now what? If only this bundle of joy came with a manual... Enter stage left your friendly, knowledgeable pediatrician. In a world filled with an infinite number of news and information sources, your pediatrician is the filter that can help you separate fact from fiction and help you to make the best decisions for your child. Through regularly scheduled visits with your pediatrician, you will learn invaluable information about caring for your child and have a caring, listening ear for voicing questions and concerns. The newborn check-up is probably the most important of these medical visits during your baby’s first year.

Your baby should have the first check-up within the first week of birth. There are many physical and emotional changes that your baby and your family are undergoing during this time. It will be exciting and exhausting all at once. Your initial visit will focus on how well the baby is nursing/feeding; weight gain; and any physical changes that may have occurred since the newborn’s



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Sold Listings By Area

Subdivision	Address	#BR	#Bth	Sales Price
Ascot Glen Wyndham	Ascot Glen DR	6	5	\$527,500
Ashmont At Wyndham	Ashmont LN	4	2.1	\$499,950
Belmont Park At Twin Hickory	Hickory Downs DR	3	3	\$375,000
Blairmont At Grey Oaks	Blairmont CT	5	4.1	\$575,000
Bradford At Wyndham	Lynwood DR	5	3.1	\$480,000
Bradford At Wyndham	Lynwood DR	6	2.1	\$438,000
Bradington At Wyndham	Bradington DR	4	2.1	\$384,950
Cameron at Grey Oaks	Cameron Creek RD	4	2.1	\$587,950
Chadsworth Landing At Wyn	Amershire PL	5	2.1	\$437,000
Chappell Ridge	Wheat Ridge PL	5	2.1	\$427,950
Collinstone At Wyndham	Collinstone DR	4	2.1	\$357,163
Estates At Grey Oaks Sec. Iii.	Grey Oaks Estates WAY	5	4	\$685,000
Hampshire South	LINCOLNSHIRE CT	6	4.2	\$545,000
Hearthstone At Twin Hickory	Hearthstone DR	5	4	\$468,075
Hearthstone At Twin Hickory	Hearthstone CT	5	4.1	\$528,000
Hearthstone At Twin Hickory	Hearthstone RD	4	2.1	\$462,000
Kensington	Prescott PL	5	4.1	\$535,000
Liesfeld Farm at Bacova	Mary Jane TER	4	4.1	\$460,000
Mason Park	Mason Park WAY	5	4	\$491,625
Maybrook At Wyndham	Maybrook CT	4	2.1	\$275,699
Maybrook At Wyndham	Maybrook DR	3	2.1	\$346,000
Morning Creek Millstone	Morning Creek RD	5	3.1	\$525,000

Subdivision	Address	#BR	#Bth	Sales Price
Morning Creek Millstone	Morning Creek RD	5	5	\$695,000
Oxford At Grey Oaks	Grey Oaks Park RD	5	4.1	\$644,000
Parsons Walk @ Twin Hickory	Coachmans Carriage PL	4	2.1	\$400,000
Preston At Wyndham	Denford CT	4	2.1	\$486,000
Reserve At Pouncey Tract	Aldenbrook WAY	4	3.1	\$513,000
Rivers Edge	Riverplace TER	5	3.1	\$559,950
Shady Grove Estates	Perrywinkle RD	4	2.1	\$359,000
Shady Ridge	Meadow Ridge TER	5	2.1	\$400,000
Short Pump Manor at Bacova	Manor Glen WAY	4	2.1	\$486,132
Short Pump Manor At Bacova	Manor Glen LN	4	3.1	\$605,000
Stoneacre At Wyndham	Stoneacre CT	4	3.1	\$445,000
Twin Hickory	Pinedale DR	4	3.1	\$394,900
Twin Hickory	Pinedale DR	5	3.1	\$434,950
Welwood	Porsche DR	4	4	\$731,610
Westchase	Jamieson PL	4	2.1	\$437,950
Westin Estates	Westin Estates CT	5	4	\$599,990
Westin Estates	Axe Handle TER	5	4	\$721,971
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Wyndham Forest	TURNER RIDGE CT	5	4	\$535,000
Wyndham Forest	Westward PL	5	3.1	\$538,115
Wyndham Forest	Sumner CT	4	4.1	\$469,000
Wyndham Forest	Maben Hill LN	5	4.1	\$578,465

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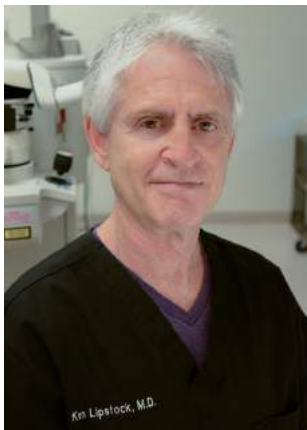
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Laser Vision Correction



By Dr. Kenneth Lipstock

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John was a 52 year old accountant who heard so many good things about LASIK over the years that he finally decided to have the procedure done. During his one-day post op appointment, he said to me "the only thing I regret is that I didn't do this years ago!" Suzanne was a 32-year old project manager who was also raising two young children at home. At her three-month PRK post appointment she exclaimed, "this is the best thing I ever did for myself! I can now go swimming with my girls without the worry of losing my contact lenses."

LASIK and PRK are two laser vision correction techniques that can cure you of nearsightedness, farsightedness and astigmatism. A special type of laser is able to change the power of the cornea by altering its shape. With LASIK, a protective corneal flap is first made and the laser changes the shape of the underlying cornea. With PRK, the laser is used right on the surface of the cornea to change its shape. For some, LASIK is the preferred technique and for others it is PRK. Both procedures are safe with outstanding results.

Laser Vision Correction is my specialty. I studied abroad 25 years ago with the LASIK inventor and became one of the first Americans to perform the procedure. Even in the early days of LASIK while using the first generation technology, I saw how amazing the results were. That's why I soon proceeded to perform LASIK on my wife and PRK on two of my sons. After seeing how great the results were, several members of my team also had it done.

My staff are some of the most experienced laser vision technicians in the country. Several of them have been with me over 15 years. I am very lucky to have their support and our patients agree as well.

If you wear glasses or contact lenses let today be the day you wake up to your best vision ever.

Lipstock Laser, 3701 Westerre Pkwy # A, (804) 288-1543, www.LipstockLaser.com. ■

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Non-Profit Spotlight: Wine For Cures

By Wine For Cures



Hearing your doctor say the words “*you have cancer*” is as frightening as it gets. If you have ever heard those words spoken you will understand the motivation behind an inspired group of closely cancer-connected fellow Richmonders who are sipping the way to a cure. *Well, sort of!*

They formed Wine For Cures, “a 501c3 public charity, an all-volunteer cancer awareness, education and cancer research fundraising organization whose mission is to cure cancer employing the cultural, entertainment and health values in wine to accelerate our exciting events and memorable occasions.” Cancer is now of the fastest growing cause of death by disease in the world and no one disagrees that it reaches into virtually every family’s life. No one is immune from its threat and the chances of being diagnosed are about 4 in 10. One half of all men and two out of every three women developing cancer is too high. In the United States, there are approximately 591,000 deaths caused by cancer with 1,600,300 new positive diagnoses, annually. We need to cure cancer now!

A major part of Wine for Cures is fundraising for a cure, and the group hosts its own events like the Dogwood Wine Festival, April 15th. (DogwoodWineFestival.com) here in Henrico’s West End at Reynolds Crossing, 6641 West Broad Street next to the Reynolds Building. There is plenty of free parking and immediate access to the festival area, where you’ll find 100+ vendors, live music, great festival food, fabulous shopping, wineries, bourbon tasting, craft beer and much more. Tickets are \$20 online or \$25 at the gate. Each ticket holder receives an event wine glass with free wine tastings at our Virginia Winery festival locations. Explore, with “learn to love it” wine tasting seminars, too! A general admission (non-tasting) ticket is available at \$10. Enjoy the foot stomping country rock music of **Cobalt Whiskey Band** and special appearance by **Mountain Road West. The Grapevine** will have seriously delicious festival foods available. The festival is well laid out and everything is easy to find. All proceeds go directly to their mission, curing cancer.

The festival also has openings and welcomes new vendors, businesses, service groups and other charities. “Our aim is to be inclusive in all aspects of Central Virginia’s fabulous culture and zest for life. We expect a big afternoon filled with fun and excitement, too,” states Gil Miles, WFC President.

For more information go to WineForCures.org see events. Email us at Info@WineForCures.org or call Gil Miles directly at 804-901-1200. ■



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Business Profile: Premier HealthCare Associates

By Premier Healthcare Associates



which continue to take place at a breathtaking pace!" She explains that with the increasing burden of musculoskeletal diseases and arthritis in our aging population, rheumatology has evolved as a leading specialty in the development of new biologic therapies. "The wonderful thought of being able to help my patients with rare, challenging diseases, and make a tremendous difference in their lives while developing genuine long-term relationships, influenced my decision to pursue further training in this field."

She completed her Rheumatology fellowship at Virginia Commonwealth University in 2016, and joined Premier HealthCare Associates immediately thereafter. "I enjoy taking care of adult patients with rheumatoid arthritis, psoriatic arthritis, osteoarthritis, systemic lupus erythematosus and other inflammatory connective tissue diseases," she says. "My priority is to provide a thorough and compassionate patient care, while utilizing the most recent advances in diagnostics and therapeutics, geared towards individual patients' needs. I also emphasize patient education."

In her free time, Dr. Bailey enjoys sporting activities including trail running, swimming, and hiking. She also likes reading, playing piano, listening to music, traveling and spending time with family and friends.

Premier HealthCare Associates, 7702 E. Parham Rd, Suite 101, (804) 288-7901, www.premierhealthcare-va.com. ■

Premier HealthCare Associates was founded in 2000 and is a private practice group with 6 physicians specializing in Rheumatology, Internal Medicine, and Hematology-Oncology. The practice is conveniently located in Henrico. Premier HealthCare's Vision Statement is striving for the best patient outcomes and experience while maintaining an independent physician practice in the Richmond community.

Our state-of-the-art facility and experienced physicians put us at the forefront of medicine. Premier HealthCare Associates offers an Outpatient Infusion Center, a full service CLIA Certified Laboratory, Bone Densitometry and Musculoskeletal Ultrasound.

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Our mission is to develop a strong integral relationship that best serves the patient and their families, caring for you as we would care for our family.

The practice is proud to welcome Dr. Olga Bailey, MD. Dr. Bailey received her medical degree from I.Ya. Horbachevsky Ternopil State Medical University in Ukraine. She says "I was introduced to the exciting, challenging, and ever-growing field of rheumatology in my 4th year of medical school. Inspired by an insightful professor with detective skills, as well as the diverse nature of rheumatic diseases, I was intrigued by the specialty, however somewhat disheartened by the scarcity of treatment options at the time." After completing her internship in OB/GYN while serving as a Chief Resident, she moved to Pennsylvania and completed her Internal Medicine residency at Geisinger Health System in Danville. During her residency training, Dr. Bailey relates, "I was absolutely amazed to discover tremendous diagnostic and therapeutic advances in rheumatology in recent years,



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OLGA O. BAILEY, MD
RHEUMATOLOGY



OLGA O. BAILEY, MD is Board Certified in Internal Medicine and Rheumatology. Her special medical interests include the diagnosis and management of rheumatoid arthritis, psoriatic arthritis, systemic lupus, osteoarthritis, and soft tissue inflammatory conditions. Dr. Bailey enjoys spending time with family and friends, traveling, playing the piano, and outdoor activities.

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stirring often. You want the oats to take on a nutty, not burned, flavor. After they have toasted a bit, use a ladle and add a couple of cups of hot stock to the pot. Turn the heat to low and stir often. After the liquid has dissipated to almost gone, add another ladle of hot stock. Continue to stir. You don't have to stir the whole time, but don't go too far away. It's important to keep vigilant. Keep repeating this process until all the stock is gone or until the oatmeal has reached a creamy consistency. After your last ladle of stock, it is time to season with salt and pepper to your taste. Finish with a pat of butter and/or a little cream and parmesan cheese to taste.

There you have it, easy and peasy. This dish would go swimmingly with any beef, chicken, or fish main dish, or it is simply delicious on its own. Of course, you can also use this method to make regular rice risotto, using arborio rice if you can. Or this method can be used for broken spaghetti risotto, which is a great way to serve a pasta side dish. Armed with this cooking technique, you can make side dishes that will elevate your meal from ordinary to awesome.

Phil Wine, a local chef, has cooked for Elwood Thompson and for individual clients, steelerphile@gmail.com ■

Cooking columns and food blogs spend most of the time concentrating on main dish recipes. While main dishes are important, don't neglect the side dishes that can complement them. Often, they can lift an otherwise bland meal to new heights. To that end, here's a side dish that is gonna blow away your dinner guest, oatmeal risotto. Oh, you thought oatmeal was just for breakfast? Not so fast, my friend. This recipe is for a savory steel-cut oatmeal that will rival any rice-based risotto. Here are the ingredients:

- one cup uncooked steel-cut oats
- four cups of stock, chicken or veggie
- diced shallots or onions
- olive oil
- butter
- cream
- parmesan
- cheese
- salt and pepper

First, pour the stock in a pot and heat it to boiling. Cut it back to low to keep it hot. Put a pat of butter and a little olive oil in a separate pot and turn it to medium heat. As the butter melts, add diced onions and sweat them (soften without browning them) for a couple of minutes; then add the steel-cut oats. Let the oats brown in the butter,

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Charlie Vecchio is the Founder and CEO of GiftCaddies. Charlie started the company in Glen Allen and the company is now in Virginia Beach, Atlanta, Baltimore, Philadelphia, and opening new markets every month! What is GiftCaddies? Our slogan is "Our Mission is your Gift Delivery." GiftCaddies allows you to quickly and conveniently send gifts to your friends, family, clients, coworkers, etc. through smartphones and through the website. For example, you live in Chicago and you have a friend who lives in Richmond, VA. He or she has reason to celebrate, such as a promotion, new job, birthday, engagement, etc., you can send him or her a drink or meal at their favorite restaurant, an afternoon at the spa, a round of golf or more through a simple click on your phone. The recipient is alerted that a gift has been sent to them. They can walk into that establishment and receive their gift and then it's shared all over social media.

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MEET SPADE -

Likes - Playing ball, swimming, hiking, playing in the snow and making trips to Chick-fil-A for scrambled eggs and nuggets. I especially love provolone cheese!

Favorite Toy - Tennis balls. Any size or color - Bring em' on!

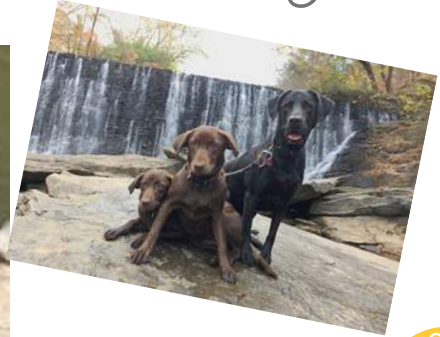
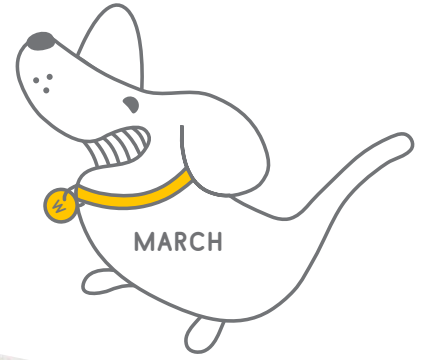
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Donate Books & Magazines to Henrico County Public Schools

Courtesy of Henrico County Public Schools



“Studies show that when kids have more choice, they’re more likely to read and to learn from what they’re reading.”

If you received gifts of books or magazines this holiday season, Henrico Schools can help you make some room. As part of its intense focus on literacy, the school division is requesting donations of new or gently used age-appropriate books and magazines. HCPS is seeking books or magazines in English, Spanish and other languages. HCPS middle and high schools are embracing a mix of ambitious schoolwide and individual reading goals during the 2016-17 school year as part of the “Reading and Writing Across the Curriculum Challenge.”

“While we are blessed with resources in Henrico, in regard to our literacy focus we believe the more choices that students have, the better,” Superintendent Patrick Kinlaw said.

Items can be dropped off during regular hours at the main office of any HCPS high school or middle school. Suggestions for possible book donations are available for high schools at <http://tinyurl.com/book-list-hs-grades> and for middle schools at <http://tinyurl.com/book-list-ms-grades> or by going to hcpslibraries.org. Collections will continue through the end of the school year.

“We want to increase students’ interest in reading, and the public can assist with donations,” said Omega Wilson, the school division’s director of high school education. “Studies show that when kids have more choice, they’re more likely to read and to learn from what they’re reading.”

HCPS staff members will review donated reading material before it is distributed to classrooms.

The challenge is designed to increase reading and writing across the curriculum, in courses ranging from English and history to art and health. Students are electronically logging the books they read. ■



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School News: School Board adopts final calendar for 2017-18 school year

Courtesy of Henrico County Public Schools

The Henrico School Board has adopted a final calendar for the 2017-18 school year. The Board voted on the calendar at its work session Thursday after getting feedback from HCPS families, teachers and staff members on a number of calendar draft proposals.

Some highlights of the 2017-18 school year calendar:

Classes begin

Tuesday, Sept. 5, 2017

Winter Break: Monday, Dec. 18, 2017 – Monday, Jan. 1, 2018 (students return to school Tuesday, Jan. 2, 2018)

Spring Break

April 2-6, 2018

Classes end

Friday, June 15, 2018

For detailed information on the calendar, including student holidays and staff workdays, visit Henrico Schools' website at henricoschools.us and look under "Hot Topics." ■

"The Board voted on the calendar at its work session Thursday after getting feedback from HCPS families, teachers, and staff members on a number of calendar draft posts."

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