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### Feedback/Ideas/Submissions:

Have feedback, ideas or submissions? We are always happy to hear from you! Deadlines for submissions are the 10th of each month. Go to [www.bestversionmedia.com](http://www.bestversionmedia.com) and click "Submit Content." You may also email your thoughts, ideas and photos to: [jbartley@bestversionmedia.com](mailto:jbartley@bestversionmedia.com).

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Content is due by the **10th** of the month preceding the month of publication.



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## Dear Residents,

Happy Valentine's Day! I know many think of it as a Hallmark holiday, but I, as a holiday lover, LOVE the day of celebrating LOVE. That's a lot of LOVE! Valentine's Day is so much more than a day to celebrate romantic love. For me, it's a day to show appreciation. To say "Thank you for all that you do and for the love you give me." A day to brighten someone's day with a special treat. It's another day to be happy and thankful for the people in our lives. Take some time and consider those you love, and use this opportunity to make someone's day. They'll LOVE it!

There's a new sheriff in town (I couldn't resist that cheesy line!) Read about Goochland's new Sheriff, Steven Creasey, and see what plans he has for our Goochland readers. I had a lot of fun polling my friends for non-conventional date night ideas. Check out the list I compiled to "Refresh Your Date Night!" Melissa Mathe brings us the 2020 Color of the Year. I am head over heels for this blue and pink combo! I'm also dreaming of islands (both tropical AND kitchen) after reading Capitol Granite's latest article. Thank you to our expert contributors for taking my daydreams to the redecorating realm!

Do you have any Good News to share? A birthday, a wedding, or a new baby? We'd love to share it with our community! Email your good news to me at [jwood@bestversionmedia.com](mailto:jwood@bestversionmedia.com)

Stay warm, friends. I'm sure winter will actually hit at some point!



**Jennie Wood,**  
Content Coordinator



# Expert CONTRIBUTORS



## FINANCIAL SERVICES

Northwestern Mutual Wealth Management  
Jeff Hammer, Managing Director

Jeff has a national financial planning and consulting practice based in Richmond. He works with individuals, businesses, and non-profits. He focuses on insurance, risk management, wealth management, retirement distribution, business transition strategies, employee benefits and retirement plans, philanthropy multiplication, and intellectual property financial planning.

804-888-5716 | [jeffhammer.nm.com](http://jeffhammer.nm.com)



## HVAC

White Glove  
Richard R Cunningham III

Richard Cunningham, III started White Glove Plumbing, Heating & Air in 2007 after he realized a need in the Richmond area for high-touch, excellent service in the plumbing and HVAC fields. Growing up in his dad's business, C & L Plumbing, Rich has a thorough understanding of what professional service actually means, and how to deliver it.

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## INTERIOR DESIGN

Melissa Mathe Interior Design, LLC  
Melissa Mathe

Melissa's experience in top architecture and design firms in Richmond, VA, and Atlanta, GA influenced her as she started Melissa Mathe Interior Design. She is a Certified Interior Designer, holds a National Council for Interior Design Qualification certificate and is a nationally accredited LEED professional for green design. Melissa's portfolio spans large and small clients in high-end residential design, corporate, and hospitality.

804-219-3013 | [hello@mathedesign.com](mailto:hello@mathedesign.com) | [mathedesign.com](http://mathedesign.com)



## SKIN REJUVENATION & HEALTH/WELLNESS

Richmond Surgical Arts, Inc.  
Gregory T. Lynam, MD, FAC,  
Board Certified Plastic Surgeon

Richmond Virginia has been my home since graduating from the University of Richmond. I opened Richmond surgical arts in 2003 and focus my craft on cosmetic and reconstructive plastic surgery. In addition to our skin rejuvenation center, We also offer bioidentical hormones and IV nutritional therapy so our patients can feel as good as they look.

804-560-5260 | [Richmondsurgicalarts.com](http://Richmondsurgicalarts.com)

To learn more about becoming an Expert Contributor in this or any other of our publications, contact our Publisher, Jacki Bartley at [jbartley@bestversionmedia.com](mailto:jbartley@bestversionmedia.com) or 804-536-1717



## GRANITE COUNTERTOPS

Capitol Granite  
Paul Menninger

Paul Menninger, President of Capitol Granite, has taken a career of leadership and manufacturing experience and created a company that is a pioneer in the stone fabrication industry. Paul founded Capitol Granite in 2001 with a philosophy of providing award-winning customer service by using automation and processes that deliver the highest quality at the least cost. Capitol Granite has held true to these values to this day with recognition as "Stone Fabricator of the Year" and Lowe's "Supplier of the Year", while also earning the coveted Accreditation by the National Stone Institute.

804-379-2641 | [capitolgranite.net](http://capitolgranite.net)



## INSURANCE

Farmer's Insurance & Financial Services  
Riko C. Metzroth, LUTCF

Riko Metzroth is an insurance agent and financial advisor with 41 years' experience. His agency has over 1500 clients throughout Virginia and 9 other states. He and his wife Gretchen reside in Lower Tuckahoe in the West End, and actively manage the Food Pantry at Welborne UMC Church.

804-423-7483 | [Agentriko.com](http://Agentriko.com)



## PLASTIC SURGERY

Montante Plastic Surgery and Aesthetics  
Steven J. Montante, MD, Certified,  
American Board of Plastic Surgery

Dr. Steven J. Montante is a board-certified plastic surgeon who has extensive experience in aesthetic and reconstructive surgery of the face and body. After obtaining his medical degree from the University of Pittsburgh, he completed his plastic surgery training at the Medical College of Virginia at VCU in 2003. In 2017, he and his wife and nurse practitioner, Shelly, founded Montante Plastic Surgery and Aesthetics. They are proud to offer state of the art aesthetics and plastic surgery to the Richmond area at their office on Grove Avenue.

804-325-4795 | [Montanteaesthetics.com](http://Montanteaesthetics.com)



## REAL ESTATE

The Steele Group Sotheby's International Realty  
Sharon Ligon, Global Real Estate Advisor, ABR®, SRS

As a Realtor® and your neighbor, Sharon knows our area well. With over 16 years of experience in real estate and 30+ years in mortgages, she can make your whole transition from scaling down your home all the way through final settlement seem like a normal routine. Sharon and her husband, Mike, have been residents of Riverlake Colony for 22 years.

804.338.0501 / [sharon.ligon@thestelegroupsir.com](mailto:sharon.ligon@thestelegroupsir.com)



## WINDOW CLEANING/POWER- WASHING/HOME WINDOW TINT

Window Genie of Richmond  
David Frazer, Owner

David is the owner of Window Genie, a local home service franchise serving the Richmond area. Window Genie, a Neighborly company, specializes in residential and light commercial window cleaning, window tinting, pressure washing, gutter cleaning and more. David has been in Richmond for over 30 years and is proud to serve his community, improving the look and value of small businesses in the area.

804-887-5665 | [www.WindowGenie.com](http://www.WindowGenie.com)

## The Greatest of These

By Sherry Sharp



We hear a lot about love, especially in the month of February. Valentine cards expressing sentiments of devotion fill gift shop kiosks and mailboxes. Heart-shaped candies sweeten the air. While the origins of celebrating Valentine's Day are, perhaps a little more than sketchy, and many who know the history may find it distasteful, I suggest that any time of the year we focus on love, the world is a better place.

Without getting too technical, the word "love" exists in different forms. God is the Author of love in its purest and deepest definition called agape, or unconditional love. Many of us have attended weddings where someone reads about love from First Corinthians, chapter thirteen, verses 4 through 7, including verse 13 in the Bible. I would like to offer this beautiful rendering here:

"Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful,

and endures through every circumstance... Three things will last forever—faith, hope, and love—and the greatest of these is love."

How wonderful if every person would live each day and each relationship within this philosophy; imagine this idea for a moment. What is it that makes doing so seem impossible? No doubt there are any number of reasons that are too vast to address here but perhaps it goes back to the idea of love being "unconditional," which expressed a different way says, "I will love you no matter what!" Whereas conditional love says, "I will love you if..." I invite you to try an experiment; read the Bible passage above out loud, but after each period, say the word, "if." Do you prefer the unconditional passage or the "if version?" What stipulation would you include after the word if?

We could consider the necessity for setting boundaries within our relationships, and my intention is not to make light of this important aspect. I am not a counselor, nor do I have the skills to address the broken psychological needs that exist in our world. I am, however, a member of our human connection and know that love expressed is not contingent upon the actions of others. Love, or the lack of it, begins with you and me. Loving unconditionally is possible even while setting boundaries.

We will never love perfectly. We are not perfect beings. Having the willingness to try loving unconditionally is a step in a positive direction. Beginning with the month of February, I hope you are the recipient of unconditional love that lasts all year long. Like money in the bank, the more we deposit, the greater the return. So, what do you have to lose? Fear of rejection? Remember, "the greatest of these is love." It is yours to give. Take a risk. Love recklessly!

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# Meet the Sheriff

By Jennie Wood



You could say that newly elected Goochland County Sheriff Steven Creasey has

public service in his blood. From his father's service as a member of the Goochland County Board of Supervisors to his mother's service with Goochland Fire and Rescue, and his brother's service as a Goochland County Deputy, the Sheriff comes by his dedication to the community of Goochland honestly.

Born and raised in Goochland, Sheriff Creasey graduated from Liberty University with a Bachelor of Science in Criminal Justice and a Master of Arts in Human Services in the Criminal Justice Field. He began his public service as a 911 dispatcher. From there, he became a deputy and worked his way up through the ranks, from deputy to corporal, to tactical operations team, to Sargeant, and now, nearly 25 years later, to the much-deserved position of Sheriff. But his experience doesn't stop there. He's also been a member of the Goochland Fire and Rescue team for 28 years, for which he still volunteers. One could say he's done it all as a first responder in Goochland. And that's one thing that makes him so well qualified for the job of Sheriff.

Sheriff Creasey believes in collaboration and team leadership, and his plans for Goochland show it. He also understands the concern parents have for their children in today's world. He and his wife Grace have a 3rd grader, Ellie. He has a vested interest in working with school leaders to ensure that Goochland County has the safest schools in the area.

Oh, and don't worry - a new public safety center is already in the works for the West Creek area. It will include a fire station with a law enforcement wing. This will allow for even faster response times for readers in West Creek and on River Road.



Don't hesitate to stop by the Sheriff's office and voice your concerns or ideas. Sheriff Creasey will welcome you with a warm smile and a firm handshake. "Remember," Sheriff Creasey says, "The number one thing the Goochland County Sheriff's office is, is problem solvers."

- 1- Continue to lead the Sheriff's department with the same high standards and high integrity expected by the citizens.
- 2- Expand the Citizen's Academy. Having worked with citizens for 15 years, Sheriff Creasey sees the value of having informed citizens. His plans include adding a program for middle school-aged youth, as well as a separate class for senior citizens.
- 3- Begin a Sherriff's round table, where business, religious, and community leaders will come together quarterly to collaborate on the needs of the citizens.
- 4- Increase patrol visibility throughout the county. He is currently working with the Board of Supervisors and county administrators to provide funds to hire more deputies.
- 5- Add to the selection of classes offered to citizens by the Sheriff's office. In the past, these classes have included information on identity theft, fraud, and more.



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# February 2020

**Wed., February 12**  
**IDENTITY RVA: EXPLORING OUR HUMANITY**

@Weinstein JCC  
A photography exhibit that focuses on the humanity that exists in each of us and seeks to raise awareness and explore issues around how we are all more alike than we might think despite some of our differences.  
Time: 7:30pm  
Cost: Free

**Sat., February 15**  
**THUMBS UP BALL 2020**

@VPM Productions (formerly The Community Idea Stations)  
23 Sesame Street  
This family event includes lots of music & dancing, delicious food, raffle & silent auction, fun characters like princes and princesses, Star Wars, and more!  
Food included with a ticket price. Wine available for purchase for the grown-ups!  
Time: 3-7pm  
Cost: \$15

**Sat., February 15**  
**HARRY POTTER AND THE PRISONER OF AZKABAN IN CONCERT**

@Altria Theater, 6 N Laurel Street  
This concert features the movie in high-definition while the Richmond Symphony performs John Williams' score  
Time: 2-4:30pm  
Cost: Varies

**Fri., February 14 - Sun., February 16**  
**RICHMOND BALLET'S SWAN LAKE**

@Dominion Energy Center for the Performing Arts, 600 E Grace Street  
Regarded by many as the pinnacle of classical ballet, performed with the Richmond Symphony.  
Time: Varies  
Cost: Varies

**Sat., February 22**  
**RICHMOND KIDS EXPO**

@Richmond Raceway Complex, 600 E Laburnum Ave  
Specially designed to provide parents with an engaging trade show atmosphere while their kids enjoy an awesome day of fun and entertainment. Parents can shop and learn about products and services offered at exhibitors.

Time: 10am - 4pm  
Cost: \$3-\$8

**Sat., February 22 - Sun., March 8**  
**ANNUAL HOME & DECOR CONSIGNMENT SALE**

@Regency Square, former Forever 21 building  
Twenty years in the making, the annual home décor sale is held in the first quarter of each year. It's an amazing assortment of high-end items, assembled from hundreds of consignors and designers, organized in a vignette setting. There truly is something for everyone.  
Time: Varies  
Cost: Free to browse, items individually priced  
[www.curtaincallrichmond.com](http://www.curtaincallrichmond.com)

**Sat., March 7**  
**10TH ANNUAL RICHMOND MOM PROM!**

@Altria Theater  
Pull out an old prom, bridesmaid, wedding dress, or pick something up from your local thrift store and head over to the 10th Annual Richmond Mom Prom! There will be tons of dancing, giveaways, silent auction with thousands of dollars worth of goodies, a tacky

dress contest, Gatsby Gal award, most glamorous and OF COURSE a prom queen will be crowned! All proceeds will benefit the mom locally created non-profit, Project Just Like You aiding Virginia's autism community.  
Time: 7pm  
Cost: \$75

**Sat., March 21**  
**TWILIGHT CARNIBALL**

@Children's Museum of Richmond - Downtown Richmond - Carrying the theme Roaring Twenties, the Children's Museum will be transformed into a 1920s Speakeasy for one night only! Twilight Carniball is a grown-ups only cocktail style event that features themed food and drink, entertainment, and festive decor- guests are encouraged to dress up in their best 1920's costumes! This evening will also feature both live and silent auctions, raffles, and games! Proceeds from the gala will support the Children's Museum's mission to inspire growth in all children by engaging families in learning through play!  
Time: 7pm  
Cost: \$125







# SITTING IS THE NEW SUGAR

By Cory Broadnax of Onyx Elite

Sitting has become a real issue in America as we become more of a service economy and less of a production economy. Most people -- kids included -- sit as many as 10 to 12 hours per day. As a society we have become fatter and develop more cardiovascular ailments. We need to be more active. As we increase our activity levels by joining a gym or going on a morning run, we need to make sure we address the problem areas.

Our body is a great adaptive organism, sometimes to our detriment. If we sit 10 to 12 hours per day and we are only awake for 16 hours, our body is going to adapt to that seated position to make it easier. Some of those adaptations include deactivation of the glutes, tightening of the hip flexor muscles, and a femur that sits deeper in the hip socket. The human body isn't designed to be seated that long so these adaptations become long term problems.

◀ Onyx Elite performance coach Cory Broadnax demonstrates a wall angel stretch designed for shoulder mobility.



### Upper Cross

Another big issue caused by sitting is upper crossed syndrome, or a forward rounding of the shoulders. Upper cross occurs because our anterior muscles become overactive and tight, while our posterior muscles atrophy and cannot provide proper balance to maintain good posture. This is compounded by the fact that most men that workout never miss bench and overhead press day. These imbalances create shoulder

impingement and for some people make it more difficult to breathe.

### Change the routine

So what can we do about it? In lieu of getting a new job as a lumberjack, try changing things up. Standing desks are all the rage now and an easy way to get more time on your feet. If that's not an option for you, try getting up and walking at least once every hour to get the blood flowing. This may help cure that after-lunch food coma that comes as well.



◀ Onyx Elite performance coach Cory Broadnax demonstrates a quad and hip flexor stretch.

### Add some mobility and flexibility work

Stretching is a great way to balance all the sitting we do and a good hip flexor stretch is a great place to start. Stretching by itself, however, may not do it all. Try adding some soft tissue work to your routine. If a massage therapist isn't in the budget or on the Christmas list, a foam roller and a lacrosse ball will go a long way.

Stability and mobility of the shoulder decrease as we fall into that forward rounded posture from long hours at the desk. So these are two big things to focus on in the weight room. Also work twice as many pulling exercises as pulls. The good news for those of you concerned about your bench press numbers is that the stronger your back is, the stronger your chest can be.

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*Paige Stevens*  
PHOTOGRAPHY

(www.) or (Paige@) [PaigeStevensPhotography.com](http://PaigeStevensPhotography.com) (804)304-0035

# Blended Together

By Jennie Wood

The Brady Bunch has nothing on the Montante bunch. This family of two parents, seven kids, and three dogs live big and love big. When Shelly and Steve met in the operating room at MCV they had no idea that they would end up together with a practice of their own. Shelly, a nurse practitioner, attended J Sargeant Reynolds, VCU School of Nursing, and Walden University Adult-Gerontology. She began her career as a model for IMG models in 1984. She continued to model internationally until 1996. She then moved back to the states from Milan to care for her son, Patrick, who was born with Down Syndrome when she was 26. Once settled back in her home in Tidewater, she opened her gallery, MODA in Norfolk, VA. Shelly moved to Richmond in 2000 and began her career in cosmetics. Once completing nursing school in 2006, her first job was as a nurse in the operating room at MCV, where she and Steve met. Steven Montante, MD, a Plastic Surgeon, attended the University of Scranton, the University of Pittsburgh Medical School, and completed his residency at the Medical College of Virginia. Steve started his career in Lynchburg, VA in private practice, and returned as a VCU faculty member in 2005. In 2011, he joined the staff at Southern Ohio Medical Center in Portsmouth, OH to grow the breast reconstruction program in their newly founded cancer center. In 2014, he returned to Richmond to enter private practice. He works part-time at the McGuire VA hospital and currently owns and operates Montante Plastic



Surgery and Aesthetics with his wife Shelly. Steve and Shelly conduct clinic together as well as operate together one day a week. When Steve is in surgery the other days of the week or at the VA, Shelly conducts her advanced practice aesthetics and injectables clinic. The couple has also launched ManCave Aesthetics, which is a component of their practice that focuses on aesthetic services for men. The two were married on 9/10/11 at the Homestead.

Steve and Shelly live in Dorset Woods with their children and their three Great Danes, Daisy, Rex, and Elvis. The family fell in love with Daisy from a FaceBook picture a friend posted, asking if someone was interested in her, as the breeder wasn't comfortable sending her to New Hampshire. Then, the breeder

reached out because her brother, Rex, was returned due to his deafness. Again, the Montantes stepped in. To show appreciation, the breeder gave the Montantes the pick of the next litter; enter Elvis.

The family enjoys trips to the beach, as well as supporting local organizations such as SPARC, Mom Prom, and The Next Move Program. Shelly is currently working on the development of a non-profit with one of her long-time patients, in order to offer a platform for "real issues" surrounding breast cancer. The household routes for every team that wears black and gold – Steelers, Pirates, Penguins... you get the idea!

This family is full of life and committed to living and learning, just like their quote advises!



*"Live as if you are to die tomorrow; learn as if you were to live forever."- Ghandi.*



**Patrick Lanzi, 22** – born in Italy, graduated Glen Allen HS – 2016, the year he made homecoming king. He currently works at Taste Unlimited, participates in SPARC Live Art, Next Move Program, Camp PALS, and Night to Shine.



**Joe Montante, 20** – plays guitar, loves to read, loves to listen to music, loves sports, currently a junior UVA majoring in foreign affairs.



**Sam Montante, 18** – plays the banjo, loves watching sports, wrestling, currently a freshman at UVA majoring in mechanical engineering.



**Chloe Adams, 16** – Loves animals, nature, and singing in show choir. Works at Taste Unlimited, participates in SPARC Live Art. Currently a Junior at Douglas Freeman High School.



**Steven**



**Shelly**



**Samantha "Bita" Adams, 15** – Loves to create art, loves music, loves nature, loves to participate in astrology club. Currently a freshman at Douglas Freeman High School.



**Mike Montante, 14** – loves video games, skateboarding, and airsoft, currently in 8th grade at Midlothian Middle School.



**June Montante, 12** – loves animals, reading and performing in the Nutcracker, participates in the Richmond Ballet, currently in 6th grade at Midlothian Middle School.



**Daisy**

**Rex**

# Miles of Scarves:



## A "Purl" of a Plan for MS

By Michele Alouf



When Meredith Polk was 10 years old, she read an article about the world's longest scarf being knit for a charity. A young knitter herself with philanthropic parents as role models, Meredith was inspired to stitch up a similar plan for multiple sclerosis, a cause dear to her family. In support of her parents' participation in Bike MS, Meredith and her friends knit and sold colorful

scarves to raise money to sponsor a rest stop for the event. Miles of Scarves, a Richmond-based, youth-led 501(c)(3) nonprofit that consists of volunteers who knit and sell scarves to raise money for programs and services that help people affected by multiple sclerosis, was born.

"My parents," Meredith shares, "have

been active volunteers and fundraisers with the National Multiple Sclerosis Society for about 15 years. Growing up and seeing all they do for the community inspired me to get involved in the nonprofit world to help others." She finds it especially rewarding when she has the opportunity to meet and interact with people who are living with MS.



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**31**

Our Average Days on Market

Current average days on market across Central Virginia is 40



March  
April  
June  
September  
October

\* Data provided by Central Virginia Multiple Listing Service and reflects January 1, 2019 - December 31, 2019.



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In November of last year, Meredith attended the National Multiple Sclerosis Society Conference. She says, "I met so many people affected by MS and learned a lot about the MS research that is occurring around the world. It's inspiring and motivating to hear how the money we raise is helping make tangible differences in people's lives."

In just 10 years, Miles of Scarves has been able to contribute more than \$127,000 to MS, and Meredith's small group of knitting friends has grown to over 80 volunteers in four chapters in the Richmond area. They always welcome new volunteers and will even teach them how to knit. Meredith

seeks to provide an opportunity for young people to get involved in the community. "Oftentimes," she states, "young people feel like they can't have an impact on the world around them, but we give them the knowledge and experience they need to make a difference."

Miles of Scarves is active in the community all year long. They annually sponsor a rest stop for Bike MS. Their volunteers work the stop, bake cookies for the cyclists, and cheer them on. Each November, their Yarn Ball, a silent auction and cocktail party, raises money for multiple sclerosis research at the University of Virginia. Coming

up on Saturday, May 2nd, Miles of Scarves will participate in Walk MS Richmond in Innsbrook. To join their team and register, please visit [www.nationalmssociety.org](http://www.nationalmssociety.org).

Miles of Scarves encourages all to join their knitting efforts. Always busy making a difference, Meredith's crew thrives on challenges that take a village. Once, they had only two weeks to complete 50 orange scarves in time to be worn by MS advocates scheduled to speak before legislators. To cast on to help Miles of Scarves and check out their beautiful handiwork, please visit [www.miles scarfes.org](http://www.miles scarfes.org).



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# COLOR OF THE YEAR 2020

By Melissa Mathe



The new year is a time for reflection of past growth and a time to look towards all that lies ahead. As you sit back and develop your New Year's resolutions, your new fitness routines and organizational goals, also think about your whole self-wellness in how your surroundings aid in your 2020 goals. This is a great time to give your home or office a freshening up, too. I truly believe that how you feel in your home when you wake up each day will set the benchmark for how you bring out the best you every single day. And lucky for us we have some color theorists who study all things economic, environmental, and political. Their research gives us a color palette that will have you feeling refreshed and invigorated every day and ready to take on your most ambitious resolutions.

As the esteemed American Interior designer Barclay Butera says, "Blue and white is not just a color combination, it's a lifestyle." In other words, "Blue and White is Always Right" and we couldn't agree more. Thought of as the color theorists in the market, PANTONE has given us the first color of the year: Classic Blue 19-4052. "Instilling calm, confidence, and connection, this enduring blue hue highlights our desire for a dependable and stable foundation on which to build as we cross the threshold into a new era." Reflective of the sky at dusk, or the James River, this indigo blue is color with a regal history dating back to Ancient Egypt. Classic Blue is reminiscent of the deep blue sea, a place of trust and faith in what lies ahead. As you may have noticed in Melissa Mathe Interiors, classic blue is one of our favorite vibrant statement colors to weave into home interior designs.



New Year's Resolution hack – if lessening stress is a goal, Classic Blue can help.



"The use of color in interior design is changing. It's not just about what a space looks like anymore, but how it makes you feel," said Sue Wadden, director of color marketing at Sherwin-Williams. "People want to feel grounded and inspired to pursue their mental, physical and emotional well-being. Naval is reminiscent of the night sky, which people have looked to for centuries for guidance, as a muse, and as a reminder to live more mindfully."

Similar to Classic Blue, Sherwin Williams has chosen Naval [SW6244] as the Color of the Year. This bold hue of blue embodies a sense of empowerment. This striking rich color represents very well in both a classic and contemporary design.



New Year's Resolution hack – if being a more confident you is a goal, Naval will help show you the way.



While Classic Blue and Naval come from the darker sensibilities of the sky, Benjamin Moore offers their color of the year: First Light [2102-70], thought to be the sky at dawn. "A soft rosy hue blooming with potential." First Light 2102-70, is an uplifting soft airy pink

that is a flattering refreshing alternative to white and beige. This color pairs well in complementing a vast array of color palettes in any design scheme, evoking a sense of playfulness to enliven a home.

New Year's Resolution hack – if a renewed, better you is a goal, First Light can help you shine.



To jump in on the fun, Mathe Design is announcing our Color of the Year 2020: Pine Green. A fresh take on green that offers a deep saturation combined with a bright hue. A delightful color that we find on-trend for the new year. Adding a traditionally classic color to contemporary interiors takes a room to a new level with freshness and strong color intensity as the star of the show, it rounds out the color palette of blues and pinks.

New Year's Resolution hack – if being more grounded is a goal, Pine Green can help provide that balance.



This year when I look at these four colors, my Interior Design heart skipped a beat. Not only are they wonderful colors on their own, but also they speak to each other creating a harmonious color palette.

I know what you are thinking – how can I add this to my existing space? We have some artistic talent in our community that can help us pull this palette together. All it takes is a bit of goal-setting.



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# My Life is a Rom-Com as Far as Everyone Else Knows



By Lara Sharp Finnie

For the umpteenth time, the main character blathers about the love of her life and their chance meet-cute at the food truck parked outside the office. The best friend rolls her eyes and exhales with ennui. Despite trying to redirect her bestie to consider the qualities of the sincere guy three cubes over, the friend despairs of precious minutes she will lose to drivel.

We know where this plot goes. Everyone knows where this plot goes! And yet, they keep making more movies, and we keep watching. The hope of lasting connection and relational truth draws us in so much we assume we are always just one encounter from living this fantastical tale. So, is it fantasy? When we look at social media, it sure seems Rom-Com lives exist.

The over-marketed holiday in February (hint: not Groundhog's Day) presents opportunities for many to see themselves and their relationships as less than. Less than what? Less than the perfect couple with the shiny teeth and shiny car and shiny children? Less than the adventurous, confident single who refuses to be mocked by a greeting card holiday? Less than the wife of thirty years who quips anyone buying flowers is fiscally irresponsible?

The truth is we are wired for connection, and we long for connection. However, our expectations and our realities may conflict. Brokering peace between the two may provide a different perspective not only on the romance-dripping holiday but also on day-to-day life.

If your expectations are not based in past reality, perhaps they are unrealistic and can create resentment. You may end up settling for something you never really wanted, hoping it will improve. How do you dispel the Rom-Com fantasy?

### Single and Not Wanting to Be

If you're single and really wish you had a happy relationship, be honest and gentle with yourself. Don't feed your anger and criticize those who have what you desire. Instead, state your reality: "I do want a relationship, but I'm not in one now. So, I will do something I enjoy with people I enjoy." Focusing on what you find interesting strengthens your individuality. Emotionally healthy people attract other emotionally healthy people. Genuine relationships involve strong, healthy people who reciprocate in all areas of life. Shallow rom-com relationships will never provide the depth of connection you probably want.

### In a Good Relationship

If you're in a relationship, be honest about yourself and about your significant other. Speak up about what expresses love to you and find out what truly says love to your partner. Gary Chapman suggests there are five different ways to express love, and we all have preferences. Evaluate what the right approach is for your partner. Gifts and words may pale in impact to stealing your partner's car from his or her work parking lot, getting it detailed, and then returning it. (Yes, the day my husband committed grand theft auto to clean my mom-mobile, I thought I had married the most amazing man on the planet!)

### In a Stale Relationship

When you hurt because your relationship is strained, remember life is not a movie. There is no single line or event that will completely repair hearts or relationships. Focus on what you can do and manage the expectations you have of your significant other. Perhaps take time to evaluate if your expectations have set him or her up for failure. Consider if you have resentments and what you could do to let go of the hurt. Some say resentments are like drinking poison and expecting the other person to die. They kill you from the inside. Don't give up. Take the next right step to be a healthier person which can allow for work toward a healthier relationship.

In the end, Rom Coms and social media have some nuggets of truth. If your best friend thinks your relationship is not right for you, you might want to listen. Don't dismiss the shiny couple; they may have some great tips on the things they do well. And if your husband steals your car to have it cleaned, don't complain about him playing online golf while watching golf. That is part of him being an individual who can contribute to a healthy relationship. (By the way, my car is pretty dirty again...)

If you are interested in reading further, search for the following:

- Juliana Breines 4 Reasons Not to Settle in a Relationship, published in Psychology Today
- John A. Johnson The Psychology of Expectations, published in Psychology Today
- Gary Chapman 5 Love Languages

Lara Sharp Finnie, a graduate of the College of William and Mary and Regent University, is a resident in counseling at West End Presbyterian Church. She counsels individuals (including upper elementary, tweens, and teens), couples, and families. Lara and her husband have three grown children and four grandchildren.



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# HOW TO CREATE A SHOWPIECE KITCHEN ISLAND

By Paul Menninger, Capitol Granite

In the last few years, there has been a dramatic shift towards large, showpiece islands that are a central feature of the kitchen. A large island can serve as a gathering place for family and friends or the central feature to host your favorite holiday or Superbowl party.



A large overhang of at least 10" is a necessity for a showpiece island. The overhang creates space for a social area as family and friends congregate around the island and belly up to the overhang on bar stools. When the island and overhang are large enough, it can even

replace the traditional kitchen table.

Some of the features that really make the showpiece island stand out include a mitered or drop edge. This creates a thicker, more regal appearance to the island than the traditional 3cm (1.18") countertop thickness. Waterfall legs also enhance an island while a combination of both the mitered edge and waterfall leg create a true showpiece island.



Don't have an island or space to add one? Add an overhang to your peninsula to create a similar effect. For those with a bar top peninsula, cut down the knee wall supporting your bar top and create a large, flat peninsula with a 10"+ overhang. This will create the same social setting as a large island.

Proper overhang support is critical. The Natural Stone Institute recommends overhang support for granite overhangs over 10" and quartz overhangs over 12". The supports can be in the form of either corbels, or preferably invisible brackets that are integrated into your cabinet structure at the time of the countertop install. With very large overhangs, a combination of brackets and support posts may be required.

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While 10" is ergonomically ideal for an overhang, even a relatively small 6"-8" overhang can accommodate stools, create a social setting, and simultaneously increase the usability of your island countertop space.

Quartz manufacturers are supporting the massive island trend by increasing slab size. Some manufacturers now offer "Super" Jumbo slabs up to 136"x79" which can support an island over 11 feet in length and over 6 feet in width. We usually do not recommend seams on islands with high-end material as it is very difficult, if not impossible, to create a material match at the seam. This move to larger slab sizes provides an option for a larger island to those consumers who prefer quartz countertops over granite. The options to create an exotic look with your island in maintenance-free quartz have dramatically increased as quartz manufacturing improves as quartz slabs closely mimic the natural look of marble.

Sink selection has also changed along with the size of islands. Gone are the days of the traditional 50/50 18-gauge stainless sink in the island. Sophisticated consumers have shifted to either a farm sink or a large, single bowl, 16-gauge, stainless steel sink that provides exceptional usability, durability, and sound deadening.

At Capitol Granite, we are pioneers in stone fabrication and quality and take pride in our ability to handle these large, difficult islands with ease. Check us out at our two locations in Midlothian and Glen Allen.



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# REFRESH YOUR Date Night

By Jennie Wood

Tired of the same old dinner and a movie date night? Here are 25 ideas to refresh your date nights!

**Volunteer** - Pick something you're passionate about and volunteer with your partner.

**Hot House Yoga & CycleBar Greengate** - Whether you're setting your intentions with Jimmy at Hot House or getting inspired by Donna at CycleBar, nothing says love like sweating with your sweetie!

**River Hike** - Take advantage of one of Richmond's many river hiking trails and explore the beauty the James River has to offer.

**Tuckahoe Plantation** - Right here in our own neighborhood, Tuckahoe Plantation offers a variety of events throughout the year.

**Attend a charity event** - Get out and support Richmond's beloved nonprofits. Check our event calendar for upcoming events!

**The Local Book Store** - Browse a local book store and point out all your favorite books. Then, let your partner pick your next book and

have your own little private book club.

**Attend a University of Richmond Football or Basketball Game** - Cheer for the Spiders and explore the beautiful campus. The little garden next to the chapel is perfect for spring afternoons.

**Glass Blowing** - The Glass Spot - The only public access hot glass studio in the Richmond area, their main goal is to provide the hot glass experience while bolstering the glass community and glass enthusiasm in general.

**Ax Throwing** - The Virginia Axe Company - Release stress and test your aim with throwing sharp things at targets. What could go wrong?

**Tang & Biscuit** - appealing to families, millennials, and to grandparents, Tang & Biscuit is making shuffleboard cool in RVA.

**Skip dinner and splurge on dessert at Shyndigz or Coco & Hazel** - Save those calories for the good stuff!

**Segway Tour of Richmond** - Master a Segway and learn about Richmond's rich history.

**Richmond Symphony** - With Harry Potter and Star Wars, the Symphony is cool again.

**Hollywood Cemetery** - Stroll around Richmond's oldest cemetery and explore the famous graves. As a bonus, check out the amazing view of the river!

**Hotel Greene** - This highfalutin' mini-golf course is a great option for sticky summer days.

**Urban Adventure Quest** - Your amazing

scavenger hunt will begin at Capitol Square near the Old City Hall and take you on a fun adventure, solving clues and completing challenges among the historic monuments of RVA.

**Gnome & Raven Escape Room** - See how your date works under pressure while trying to escape!

**Agcroft Hall** - From its "dyinge parlour," up its intricately carved staircases and through its noble passageways, this manor home has 500 years of stories to tell.

**Drive Shack or Top Golf** - Enjoy golf, arcade games, gourmet food & drinks, and more. Pro - Climate controlled. Con - No golf cart races.

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**Stay Date Night** - Ship the kids off, cuddle up, and binge the latest season of your favorite show.

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