

# STROLL<sup>®</sup>

Salisbury & Rosemont

## Meet the Waterworths

The Family Who Loves Salisbury and Travel



DELIVERING NEIGHBORHOOD CONNECTIONS



## Sprint to Success.

Elevate your business with the best in commercial vehicles: Mercedes-Benz Vans. With many options to custom fit your business needs, these vans have a fuel-saving diesel engine, best-in-class payload, interior standing height, an available 4x4 drive train, and advanced safety features. Our vans are backed by a 5-year/100,000-mile powertrain limited warranty and unparalleled Mercedes-Benz reliability.

Get 5.9% APR on select 2024 models, available at Mercedes-Benz of Midlothian.

12200 Midlothian Turnpike | mbofmidlothian.com | 804-419-9600



# Mercedes-Benz of Midlothian

Mercedes-Benz Vans  
Authorized Dealership

**IMPROVE** Your Home.  
Your Life.



# Virginia Exterior Products

Proudly Serving Salisbury & Rosemont Residents for 62 Years!



*When George came, he brought his license and proof of insurance. He also presented us with the materials and how the windows would operate. The work was done very professionally, and the crew came early and worked till dark. We were very impressed with the way they worked and clean-up.*

FRED & URSULA MORETTI, SALISBURY RESIDENTS

James Hardie Fiber Cement Siding • Energy Efficient Windows

# 804.358.5373

YOUR JAMES HARDIE PREFERRED CONTRACTOR  
JAMES HARDIE FIBER CEMENT SIDING AND WINDOWS  
Family owned and trusted for over 60 years

11005A Midlothian Turnpike, Richmond, VA 23235 | VirginiaExteriorProducts.com





"After moving from NC, our family was looking for a new dental practice. We discovered River Run Dental, and have been so pleased! They truly are a Dental Spa. The customer service is top notch, the dentists are knowledgeable and caring, and they offer many perks to make your visit comfortable and enjoyable. River Run is wonderful with our three kids, they always love visiting! We highly recommend them for all of your dental needs.

-ALISA M, SALISBURY RESIDENT

Richmond | Short Pump | Midlothian | Libbie Mill

804.262.1060 | [riverrundentalspa.com](http://riverrundentalspa.com)

RIVER RUN  
DENTAL



### Let's be responsible.

Becoming a responsible, dependable citizen starts in little ways and from an early age. Helping children learn to be someone others can rely on is just one element of our Character Essentials® curriculum, and it's expertly blended into the academic learning that happens every day at Kiddie Academy® Educational Child Care.

Enroll NOW and receive FREE REGISTRATION! Offer expires 2/29/24. New customers only. Not redeemable for cash. One offer per child. Contact Kiddie Academy of Midlothian-Watkins for details.

[kiddieacademy.com/midlothian-watkins](http://kiddieacademy.com/midlothian-watkins)  
(804) 809-7800

KIDDIE ACADEMY  
EDUCATIONAL CHILD CARE

CAPTURE YOUR SPECIAL MOMENTS  
With the Photographer who Knows Salisbury & Rosemont

Roger Anderson  
photography

CO-OWNER  
& PHOTOGRAPHER  
OF STROLL SALISBURY  
& ROSEMONT  
MAGAZINE

Photo Sessions for Families,  
Kids, Pets, Events,  
Automobiles, & Homes

Specialized  
Photography  
Bookings at

# STROLL

## RECENT SALES IN SALISBURY & ROSEMONT

ADDRESS	SUBDIVISION	SALES PRICE	SALES DATE	BEDS	TOTAL BATHS	FIN SF
14450 Chepstow RD	Salisbury	\$700,000	01/05/2024	5	3.1	3720
2425 Hartlepool LN	Rosemont	\$760,000	12/28/2023	4	3.2	3615
14420 W. Salisbury RD	Salisbury	\$800,000	12/28/2023	4	5.1	3850
2200 Kings Lynn RD	Salisbury	\$625,000	12/12/2023	5	3.1	2601
13820 Mount Hill CT	Salisbury	\$450,000	12/12/2023	4	2.1	2300
2707 Stonegate CT	Salisbury	\$1,590,000	12/07/2023	4	4.1	5275
14339 Kenmont DR	Salisbury	\$950,000	12/01/2023	5	4.1	4480
2831 W. Brigstock RD	Salisbury	\$815,000	12/01/2023	3	2	4108
2730 W. Brigstock RD	Salisbury	\$711,000	12/01/2023	3	2.1	2512
2420 Oakengate LN	Salisbury	\$643,000	11/15/2023	4	2.1	3322
1920 Winterfield RD	Salisbury	\$635,000	11/14/2023	4	2.1	2954
13611 Thorngate RD	Salisbury	\$741,000	11/03/2023	4	2.1	3100
13830 Grey Friars LN	Salisbury	\$806,000	10/25/2023	5	3.1	3335
2602 Helmsley CT	Salisbury	\$726,500	10/17/2023	3	2.1	2867
2210 Albion RD	Salisbury	\$686,250	10/10/2023	4	2.1	3016
2731 Arandell RD	Salisbury	\$659,500	10/06/2023	4	2.1	2851
2300 Lastingham DR	Rosemont	\$865,000	09/27/2023	5	3.1	3806
14221 W. Salisbury RD	Salisbury	\$992,500	09/15/2023	5	3.1	4471
13700 Lintel LN	Salisbury	\$800,000	09/07/2023	4	2.2	3120

For more information about these sales, call me today: 804.338.5516

Becky McNeer and Shaheen, Ruth, Martin & Fonville Real Estate are not affiliated with Salisbury Homeowners Association and Rosemont Homeowners Association, and this is not an official advertisement or publication of Salisbury. Data was obtained from CVRMLS for properties sold by multiple brokers/agents for sales between 09/07/2023 and 01/05/2024. Listings and sales may not be those of SRMF, Real Estate. All information is deemed reliable, but not guaranteed. CVRMLS does not guarantee the accuracy of this data, which may not reflect all real estate activity. If you are working with an agent or have a property listed, this is not intended as a solicitation of business. Square footage is approximate and rounded down to the nearest hundred. © 2024. All rights reserved.

Give me a call to chat about how we can make your Spring home goals a reality!

Scan me!

BeckyMcNeer.com

SHAHEEN RUTH, MARTIN & FONVILLE  
REAL ESTATE

**Becky McNeer**  
Salisbury Resident Since 2011  
Associate Broker

(804) 338-5516  
BECKYMCNEER@SRMFRE.COM  
9004 W. HUGUENOT RD, RICHMOND, VA 23235

# SPONSOR INDEX

This section is here to give our readers easier access when searching for a trusted neighborhood partner to use. Get to know the businesses that make this magazine possible. Please support them in return and thank them if you get the chance!

## REMODELING & RENOVATIONS

**R & M Home Solutions, LLC**  
(804) 386-7074  
www.rmhomesolutions.com

## RENOVATIONS / REMODELING

**Mercury Builders**  
(804) 920-1227  
www.mercurybuildersva.com

## RESIDENTIAL CLEANING

**Care & Clean, LLC**  
(804) 319-0230  
carecleanhome.com/

## ROOFING, WINDOWS, DOORS, SIDING, GUTTERS

**Paramount Builders, Inc.**  
(888) 340-9002  
www.paramountbuilders.com

## SALON AND SPA

**Rituals Salon - Spa**  
www.ritualssalon.net

## SCHOOL AND PRE-SCHOOL

**Kiddie Academy of Midlothian - Watkins**  
(804) 809-7800  
kiddieacademy.com/academies/midlothian-watkins/

## SENIOR LIVING COMMUNITY

**The Crossroads at Bon Air**  
(610) 373-2446  
www.thecrossroadsatbonair.com

## TREE CARE SPECIALIST

**Tree Care, Inc.**  
(804) 301-9267  
www.treecareincva.com

## WINDOWS/SIDING/DOORS

**Virginia Exterior Products Corp**  
(804) 358-5373  
www.virginiaexteriorproducts.com

## ACADEMIC PRESCHOOL

**Ivybrook Academy Midlothian**  
(804) 837-6518  
www.ivybrookacademy.com/Midlothian

## AESTHETICS

**Salisbury Aesthetics**  
(804) 799-1712  
www.salisburyaesthetics.com

## AESTHETICS/COSMETIC CARE

**Angus Dentistry**  
(804) 794-6893  
www.angusdentistry.com

## ATTORNEY/LEGAL SERVICES

**CowanGates**  
(804) 320-9100  
www.cowangates.com

## AUTO DETAILING- MOBILE

**The Clean Steam Pros**  
(804) 446-1999  
www.CleanSteamPros.com/stroll

## AUTOMOTIVE SERVICE AND REPAIR

**Village Exxon**  
(804) 288-4065  
www.villageexxon.com

## BATH RENOVATIONS

**Five Star Bath Solutions of Richmond**  
(804) 203-0323  
fivestarbathsolutions.com/richmond-va/

## DENTIST - FAMILY & GENERAL

**River Run Dental**  
(804) 262-1060  
www.riverrundentalspa.com

## DENTISTRY- GENERAL/COMPREHENSIVE/FAMILY

**Sycamore Family Dentistry**  
(804) 379-7864  
sycamorefamilydentistryva.com/

## ELECTRICAL SERVICES

**Craven Electrical Services**  
(804) 266-7000  
cravenelectricalservices.com

## ESTATE SALES

**The Estate Doctor, LLC**  
(732) 895-8105  
www.theestatedoctor.com

## EXTERIOR REMODELING

**Absolute Exterior Concepts**  
(804) 557-3931  
www.absoluteexteriorconcepts.com

## EXTERIOR RENOVATIONS

**A. J. Global Siding, LLC**  
(804) 221-7517  
www.facebook.com/Antonio2477/

## FACIAL PLASTIC SURGERY

**West End Facial Plastic Surgery**  
(804) 762-0080  
www.westendfacialplasticsurgery.com

## FINE ART & ART EDUCATION

**Bon Air Artists Association**  
(803) 493-2113  
www.bonairartists.com/

## FLOORING

**Floor Coverings International - Midlothian**  
(804) 893-4716  
www.midlothian.floorcoveringsinternational.com

## HEATING & COOLING

**Weatherman HVAC**  
(804) 868-5533  
weathermanhvac.com

## HEATING/COOLING/PLUMBING/ELECTRIC

**Kelleher Corp.**  
(804) 649-7501

## INDEPENDENT PRIVATE SCHOOL

**Academy of Academic Excellence**  
(804) 740-6500  
academy-of-excellence.com/

## LUXURY REMODELING

**Lionhead LLC**  
(804) 814-0411  
lionheadllc.com/

## MERCEDES-BENZ SALES, SERVICE, & REPAIR

**Mercedes-Benz of Midlothian**  
(804) 419-9600  
12200 Midlothian Turnpike  
Midlothian, VA 23113  
www.mbofmidlothian.com

## OB/GYN WOMEN'S HEALTH

**Virginia Physicians For Women**  
(804) 897-2100  
www.vpfw.com

## OUTDOOR LIGHTING & DESIGN

**Outdoor Lighting Perspectives**  
(804) 874-9985  
www.outdoorlights.com/richmond/

## PAINTING

**Don't Faint! I Paint!**  
(804) 794-3131

## PHOTOGRAPHER - FAMILY, HOME, BUSINESS

**Roger Anderson Photography**  
(804) 221-1750  
www.rogerandersonphotography.com

## PLUMBING & GAS SERVICES

**Robinson's Plumbing Service**  
(804) 794-0918  
www.robinsonsplumbingservice.com/

## PRESCHOOL/KINDERGARTEN

**Primrose School Of Midlothian**  
(804) 378-8773  
www.primroseschools.com/about-us/

## REAL ESTATE EXPERTS

**Boone Residential**  
(804) 220-0815  
www.booneresidential.com

## REALTORS

**Becky McNeer - Shaheen, Ruth, Martin, & Fonville**  
(804) 338-5516  
www.Beckymcneer.com

## REALTOR®

**Brinlin Maki, Realtor - Treehouse Realty VA**  
(804) 794-9650  
www.bestrvahomes.com



**strollmag.com**

Delivering Neighborhood Connections  
© 2024 The N2 Company, Inc.

**SALISBURY**  
*Life*

DISCLAIMER: This publication is also known as *Salisbury Life*, is owned by The N2 Company, and is not affiliated with or sponsored by any club, developer, or homeowners association. Articles and advertisements in this publication and opinions expressed therein do not necessarily reflect the views of N2 but remain solely those of the author(s) or advertiser(s). The paid advertisements contained within this magazine are not endorsed or recommended by N2.

## EMPOWERING *Homes*

- 24/7 emergency repairs
- Electric Panel Upgrades
- Whole home, standby, and portable generator installation & repair
- Home renovations, remodels, EV power installs.







## ILLUMINATING *Lives*

Absolutely the best service I could have asked for. Office managers were extremely responsive - scheduled an estimate within two days of request and service within three business days of estimate. The technicians did great work and were extremely professional and competent. Extremely satisfied!

- Jennifer



**CRAVEN**  
ELECTRICAL SERVICES

804-266-7000  
cravenelectricalservices.com

# The Folks Who Bring Your Stories and Pictures to Life Every Month ...



**Leah Anderson**  
Publisher/Sponsor  
Relationships  
804-513-5338  
Leah.Anderson@strollmag.com



**Roger Anderson**  
Staff Photographer  
804-221-1750  
Roger.Anderson@strollmag.com



**Jennifer Hermanson**  
Social Media and  
Events Coordinator  
Jennifer.Hermanson@strollmag.com



**Tiffany Fuller**  
Living Spaces  
Contributor



**Leslie Wood**  
Content Coordinator  
607-262-4073  
Salisbury.Life@n2co.com



**Natalie Bennett**  
Operations Assistant  
/Client Concierge



**Rachel Ness**  
Ad Strategist  
The Ad Junkies  
StrollSalisburyRosemont@theadjunkies.com



**Caroline DiFrango**  
Salisbury  
Resident Special  
Assignments  
Writer



**Andrea Anderson**  
Sponsor Spotlight  
Contributor



**Rebecca Angus, DDS**  
Beauty From Top to  
Bottom Contributor



**Colleen Ross**  
Salisbury Resident  
Amazing Athlete  
Contributor



**Liann Snipes**  
Salisbury Resident  
Precious Pets  
Contributor



**Sarah Waterworth**  
Salisbury Resident  
Featured Family  
Contributor



**Holly Whitlow**  
Salisbury Resident  
Yard of the Month  
Contributor



**Whitney Williams**  
Salisbury Resident  
Learning and  
Education  
Contributor

If you are interested in sharing a story, email Salisbury.Life@n2co.com! We accept content and stories 6-8 weeks before the next issue.

# Be sure to RSVP for our Spring Resident Events!






*Neighbors Night Out*

Join us for our first restaurant review of 2024 at 21 Spoons.

21 Spoons serves innovative food featuring seasonal menus that showcase Virginia's finest local produce.

Thursday, March 21st, 2024

5:30 p.m.  
21 and over only

Scan the QR Code to RSVP:  
15568 Waterford PL., Midlothian




# ANNUAL ART SHOW

*to benefit Children's Hospital of Richmond at VCU*

**March 16th & 17th 2024**

**Reception, Show & Sale:**  
Saturday, March 16th 5-9 pm  
Join us this Saturday for just \$50 and enjoy a selection of savory Hors D'oeuvres along with a refreshing glass of champagne!

**Show & Sale:**  
Sunday, March 17th 12-5 pm | FREE ADMISSION

**Independence Golf Club**  
600 Founders Bridge Blvd. Midlothian, VA 23113



**BON AIR ARTISTS ASSOCIATION**

*Celebrating 50 Years!*



## STROLL RESIDENTS ART EXPO & COCKTAIL PARTY

April 18, 2024  
6:00 p.m. - 8:30 p.m.

Virginia Physicians for Women  
1212 Koger Center Blvd.  
North Chesterfield

RSVP:



Support your local artists! Join us for a complimentary night to spotlight all the tremendous artistic talent in Salisbury, Rosemont, Hallsley, and Tarrington! Neighborhood artists will display their latest creations as we enjoy cocktails and hors d'oeuvres. What's more, take home local artistic creations to display in your own home! Guest limit of 100 persons, and tickets will go fast!




virginia physicians FOR WOMEN

PUBLISHER'S NOTE

# WELCOME NEW SPONSORS!

**Dear Salisbury & Rosemont  
Neighbors & Sponsors,**

Parents, exciting news! Kiddie Academy® of Midlothian-Watkins is enrolling now! Their Life Essentials® learning approach and curriculum encourages children to explore and progress in their own way at their own pace. The highly trained teachers encourage your child to grow socially, physically, emotionally and intellectually.



For more than 30 years, Craven Electrical Services has provided the RVA area with the following residential electrical service: 24/7 emergency repairs for those in the Richmond area, electrical panel upgrades, whole home generator installation & repair, Home renovation and additions, routine maintenance, and much more!



For luxury remodeling needs, Mercury Builders provides custom services including bathrooms, kitchens, additions, and roof replacements. They pride themselves in providing honest, trustworthy services with top-of-the-line, high-quality work that will last a lifetime.



The new resident-owned Ivybrook Academy is accepting new students at Winterfield and Huguenot. Featuring a Reggio Emilia + Montessori half-day preschool curriculum, Ivybrook Academy encourages critical thinking, rewards creativity, and fosters a love for learning. The small class sizes ensure individual attention with each child feeling valued as an important part of the school community.



Why not take care of tree issues before the spring? With over 30 years of experience, Tree Care Inc. provides tree, shrub, stump, and storm damage cleanup services throughout Greater Richmond. All their equipment is yard-friendly. They're a family-owned and operated local business who is fully licensed and insured.



We would be amiss if we did not mention a small correction for the February Stroll issue, page 20: Becky McNeer, REALTOR with Shaheen, Ruth, Martin, and Fonville has been practicing real estate in the area for **seventeen**, not **seven**, years. We are fortunate to benefit from her abundant experience in our neighborhood!

Thank you to these devoted supporters for making Stroll magazine and events possible in the Salisbury & Rosemont neighborhood.

*Leah Anderson,*  
Publisher/Sponsor Relationships

Scott's Tile, Inc is proud to introduce Mercury Builders LLC as an expansion to our ceramic tile company.



Scott Baumfalk



MERCURYBUILDERSVA.COM • (804) 399-3136  
MERCURYBUILDERSLLC@GMAIL.COM

- High-End Remodeling
- Home Additions
- Roof Replacement

From adolescent gynecology to menopause management, birth control options to preconception advice, screening mammograms to bone density scans, VPFW offers the personalized, compassionate, OB/GYN care you deserve...  
*at every stage of life.*



virginia physicians  
FOR WOMEN  
vpfw.com | 804-269-8799



← Scan to learn more and see why VPFW was voted BEST OB/GYN in Richmond



Richmond | Midlothian | Short Pump | Prince George

Real Estate Life as told by my wife

Hey Babe, how's your morning going?

The dog stole my fried egg. I'm trying to run the P&L, and the school just called me...

Did you listen to that podcast I sent?

Let me rephrase...want a Starbucks?

**BOONE RESIDENTIAL**

14021 STEEPLESTONE DR, STE B  
(JUST PAST LUCKY'S)

804-409-8655

WWW.BOONERESIDENTIAL.COM

We love our Salisbury Community

CURIOUS WHAT RECENT SALES HAVE DONE FOR YOUR HOME'S VALUE?

## Life Is Better When You Are Smiling

### Service Offerings

- Opus Plasma
- GloPro Teeth Whitening
- Cosmetic Dentistry
- Restorative
- 6 Month Smiles Orthodontics
- Prosthodontics
- Endodontics
- Oral Surgery

### Schedule Your Appointment



Dr. Jacob Sheppard DDS



Located by Sycamore Square  
1165 Jefferson Green Cir, Midlothian, VA 23113  
(804) 379-7864 | sycamorefamilydentistryva.com





textures, and playful accents, it's imaginative, artsy, and it works! The baby's room with an unexpected dark blue "Peacock" paint color is accented by an heirloom dresser from Jesse's great-grandfather. The boys' room down the hall sports a manly look complete with textured ocean-green wallpaper and athletic artwork.

The basement is expansive with a wood-burning fireplace, the perfect space for watching movies together. Tiffany threw in an array of extra pillows and blankets for a plush hang-out space with crates of toys. A short stop down the hall reveals Tiffany's tucked-away office where every wall is a museum of family memories, kids' crafty creations, awards won, and

## Hospitality's Warm Embrace

BY LESLIE WOOD

The Fullers on Starcross Road exhibit the epitome of hospitality: They want everyone who enters their door to feel happy and at peace. Although Tiffany has no formal training, she's constantly reading up on the latest home design trends and how to achieve them. She calls her style "transitional and not overly modern." In the Fuller home, you will find an abundance of home design books neatly stacked on shelves throughout. Tiffany warmly shares, "My rule of thumb is to pick three neutral color tones, then accent with pops of texture and one of the three colors I chose. I feel like that pulls everything together."

The welcoming-yet-crisp foyer walls, papered with dark gray seagrass, naturally lead into the living room, where it's immediately apparent that Tiffany adores wallpaper, especially textured wallpaper as exhibited behind matching white bookshelves flanking either side of the fireplace. Their subtle background of gray gleams with gold geometric lines, emerging like decorative fencing.

Wallpaper can transform a room: "It's peel-and-stick and not difficult to swap out! Don't have to worry about the mess

of paint!" says Tiffany. In the dining room, she settled on a favored design of great white egrets flocking together toward the heavens. This is where Jesse, Tiffany, and their boys discover new dishes and convene together, laughing over board games. The oval-shaped chandelier with fifty dangling pearlescent rectangles was purchased for her very first home and has moved to each one since.

In the kitchen, Tiffany updated all knobs to gold rectangular pulls, positioned a mirror to reflect the sunlight, and changed the lighting to geometric. Again, textured seagrass wallpaper is displayed. A Florida room beckons from the kitchen. The walls are made up of white-framed sliding glass doors, letting in brilliant light. Tiffany sighs as she recounts that she likes her house crisp and clean, with everything in its place, "but I have three little boys and two huge dogs who love to destroy things." The house does clean up nicely, and you'd never know any boy-and-dog tornadoes were in the forecast!

Tiffany is in her happy place when decorating kids' rooms and nurseries. Using a delightful mixture of patterns,





memories of special times shared, to remind her of all the reasons she's inspired to be her best.

Tiffany explains her style as organized and decorative at the same time. She laughs, "I'm always changing it up. I have thirteen pages of ideas of what I want to change!" She's set up her own home decorating business, Metamorphose. She's already enhanced many of her friends' and family's homes and is constantly practicing in her own home, with a five-year plan. For her, a house is a place to relax and enjoy the everyday moments of family life.



## TRANSFORM YOUR HOME with the beauty of **OUTDOOR LIGHTING**



ASK US ABOUT MULTI-LIGHT DISCOUNTS FOR NEW SYSTEMS OF 10+ LIGHTS



For over 20 years, Outdoor Lighting Perspectives has been transforming homes with expert design, impeccable installation and thoughtful maintenance. Add beauty, safety and security to your home for years to come.



**COMPLIMENTARY DESIGN CONSULTATION**  
Virtual Consultations Available

FINANCING AVAILABLE

804-874-9985

OutdoorLights.com/Richmond

## Rituals... where the best part of your day begins.

- Xtreme Lash™ Extensions
- HydraFacials™ & Custom Facials
- Chemical Peels & Dermaplaning
- Personalized Hair Services
- Plus So Much More!



**Rituals**  
Salon & Spa  
@ritualssalonspa

804-794-6699  
11400 W. Huguenot Road  
Midlothian, VA 23113

## WE BRING IDEAS HOME



HOME SOLUTIONS LLC

- ✍ REMODELING
- 🏠 KITCHEN & BATH
- 📄 CUSTOM DESIGNS



Schedule a **FREE** consultation today!

804-386-7074 | rmhomesolutions.com

📱 @RMHomeSolutions

## WE ARE NOW ENROLLING!



Scan the QR code to receive a Great Read-Aloud Book list by Jim Trelease



Pre-K to 5th Grade  
804-740-6500  
academy-of-excellence.com

# Choosing a Preschool WHERE TO START?

BY ALISA MCKEIVER

**HAVE YOU BEEN CONSIDERING** enrolling your little one in a preschool, but are not sure where to start? Picking a preschool can be overwhelming as this is the beginning of a child's learning journey and a time of rapid social and emotional growth. Whether you are searching for a play-based, religiously affiliated, or traditional format, you must think about what is the best fit for your family. Preschools are not always one-size-fits-all. It is important to take the time to do some research and soul-searching to decide what is most important to you as a parent.

First ask yourself, what are you looking for in a preschool? What are your goals for your child's preschool experience? Are you looking for academic preparation for elementary school, play-based days, a place for your child to make friends, or a blend of these options? It is important to think about your child and your values to make sure you find a program that fits your needs. There are many wonderful preschool options in Midlothian, all with their unique approaches. Take the time to research the options and sit down with the director to ask



Looking at butterflies at a light table



Outside painting fun

Natural wooden toys are a regular with Montessori schooling



Kids digging in the dirt

life. The Reggio curriculum is student-centered and views the learning environment as the third teacher. Children are given time for creation and self-expression through experiential learning.

As educators and parents, we want what is best for our students and children. To a parent, this pressure can be quite overwhelming, but the good news is that you have options and resources! Dive deeper into these educational approaches and consider them as you embark on your preschool search. There are many resources available for you and your child.

questions. Will the structure of the day and curriculum complement your child's needs and goals?

Two teaching philosophies gaining more attention and notoriety these days in preschool curriculums are Montessori and Reggio Emilia. These two philosophies are rooted in rich cultures and years of wisdom. With technology dominating our education industry, many families are beginning to crave simpler times. Over-stimulation is bombarding our children; they desire environments that allow them to be independent thinkers, explore, play, and investigate. As the wise Loris Malaguzzi once said, "Our task is to help children communicate with the world using all their potential, strengths, and languages, and overcome any obstacle presented by our culture."

The Montessori Method of Education is a child-led approach to learning, where the child's natural interests lead the path of learning, as opposed to a formal teaching method. Montessori learning is hands-on, using natural elements with a focus on independence and the development of real-life skills. You will often see mixed-age classrooms in a Montessori school; this teaches community, citizenship, and accountability.

The Reggio Emilia Approach is an educational philosophy founded after World War II by families in Reggio Emilia, Italy. This was in response to identifying that children are equipped with "a hundred languages" to develop their personality at a young age. The focus of this approach is for children to use these languages in daily

**IVYBROOK ACADEMY**  
HALF DAY PRE-SCHOOL

Private Half-Day Preschool

Montessori & Reggio Emilia

Now Enrolling FOR THE 2024-2025 SCHOOL YEAR!

Ages 18 Months to 5 Years

Individual Learning Plans

Music & Movement, Spanish, Art, Library & Yoga

Award-Winning Curriculum

Small Class Sizes

Alisa McKeiver  
Owner and Salisbury Resident

www.ivybrookacademy/midlothian  
804.837.6518

**AEC**  
ABSOLUTE EXTERIOR CONCEPTS

Call Today to Start a Free Estimate on Your Next Exterior Remodeling Project!

**(804) 557-3931**

Join our list of satisfied customers...

"These guys did a tremendous job creating my dream porch! I knew what I wanted and they made it happen. Not only did they get the job done timely, the owner was involved every step of the way in making sure we were happy with the progress. Thank you Scott and Jason and the crew for making our dream porch come true. We are in love with it! I would definitely recommend this company!" -S.H.

"Great work. Great people to work with. Highly Recommended!" -K.O.

"These guys are great! They made themselves available to put a roof on a house I was selling with less than 2 weeks before closing. More recently, they put a roof on my current house and shed, replaced the gutters/downspouts, and added gutter guards - all at a fair price! Really great work/cleanup, communication, dependability, punctuality, and friendly crew." -G.B.

"Master work. they showed up everyday early and worked all day. I believe they go over and above what is needed in construction processes, Very satisfied" -M.M.

**Tree Care Inc.**  
Licensed Insured  
804-301-9267

**TREES**

- Tree Pruning/Trimming
- Tree Removals
- Storm Damage Clean-Up
- Dangerous Branch Removals
- Fallen Tree Removals

**STUMPS**

- Stump Grinding
- Root Ball Grinding
- Stump Mulch Removal

**SHRUBS**

- Shrub Pruning/Trimming
- Shrub Removals

CONTACT US TODAY TO SCHEDULE TREE SERVICES!

**TreeCareIncVA.com**  
Larry Ricks  
Lrtreeservice@aol.com

\*All of our tree service equipment is turf-friendly!

# Waterworth Travel Traditions

BY CAROLINE DIFRANGO,  
SALISBURY RESIDENT



Sarah and Tommy with Bennett and Reid

starts quietly and crescendos to a raucous “Amen and a Hallelujah!” Tommy laughs. “The goals for our family are pretty simple - be kind, grateful, and see the world,” Sarah says.

Raising the boys in Salisbury was a no-brainer. Tommy lusted after the neighborhood since swimming against Salisbury as a kid. “It always looked so regal with all the uplighting and beautiful homes on spacious lots!” The community includes Tommy’s youngest brother (and co-worker), Craig, and his parents, Alan and Linda, who all relocated recently. Thanks to Tommy’s being a realtor and co-owner of Ruckart Real Estate, it was an easy transition.

Their home is also ideal for their love of the outdoors. The Waterworths have a giant party deck, play lots of baseball in the yard and make chalk racetracks in the driveway for Bennett to race his bike. They love the neighborhood’s proximity to Wishing Well Park, Robious Landing, and the fields at Huguenot Little League where the boys spend most of their time playing baseball. Reid recently discovered KI racing. He and Tommy race go-karts every few weeks, and Reid without fail, lands on the junior leaderboard.

When they are not enjoying nature or playing baseball, the Watersworths are “jamming some good music”. Sarah and Tommy are always listening to everything from blues and country to indie rock and 80s hits. As a couple they

long distance relationship colored by lots of road trips and wonderful, long phone conversations.

“Three months after I moved to Atlanta, Tommy was deployed to Iraq for 14 months,” Sarah says. “Tommy returned home in late 2006 and proposed a few weeks later during a trip to Tulum, Mexico. I initially hesitated after spending so much time apart, but finally said, “Yes.” “He’s a salesman!”

Just months later, Sarah was diagnosed with stage four lymphoma, forcing a delay with their wedding. (They celebrate their 15th wedding anniversary this coming summer.) “We learned early on in our relationship to be grateful for every day we are given.” They hope to impart this mindset to their two boys Reid (8) and Bennett (4). “Our family dinners always start with reciting Grace. It



The Whitlows on one of their many vacations!



Reid won the Little League Machine Pitch All Stars championship game in 2023!



Tommy, Head Coach for Reid's Travel Team

If you know of an awesome family others should get to know, please contact Leslie at [Salisbury.Life@n2co.com](mailto:Salisbury.Life@n2co.com)!



We learned early on in our relationship to be grateful for every day we are given.”

attend lots of shows every year and are sneaky good at music trivia! “We once won an 80’s and 90’s music trivia competition in Key West”, Sarah says.

They are constantly doing projects around the house to make it more “them” and truly a place they can call home sweet home. The love for their Salisbury homestead did not cure the family of the travel bug, though. “We’ve been very lucky to travel and experience new places as a family,” Sarah says. Montana is a favorite destination,

where they feel at peace hiking in Glacier National Park. They have an extensive bucket list of where they want to go in the future!

Life has not always been easy for the Waterworths. But despite the challenges, Tommy, Sarah, Reid, and Bennett have crafted a life in Salisbury filled with adventure, music, and sincere gratitude for every moment they have together.



We know how to build a foundation for learning.



Now Enrolling Fall 2024

Primrose School of Midlothian Village  
804.378.8773 | [PrimroseMidlothian.com](http://PrimroseMidlothian.com)

Each Primrose school is a privately owned and operated franchise. PRIMROSE SCHOOLS is a registered trademark of Primrose School Franchising SPE, LLC. ©2024 Primrose School Franchising SPE, LLC. All rights reserved.

# YOUR SIDING AND WINDOW EXPERT

20+ Years of Experience  
A+ Rated by the BBB | Free Estimates

Offering a variety of services for the convenience of our customers, we feel confident that we can assist you with whatever project your home may need. When you're looking to renovate the exterior of your home, we're the place to call.



ROOFING | SIDING | WINDOWS  
DECKS | SCREEN PORCHES  
GUTTERS | INTERIOR REMODELS



SCAN ME

REQUEST AN ESTIMATE! >>

**(804) 557-3931**  
ABSOLUTEEXTERIORCONCEPTS.COM

## YARD OF THE MONTH

# The Whitlows DIY Yardscape

BY HOLLY WHITLOW

When we moved to Salisbury ten years ago, half of our backyard was woods. Before children we spent endless weekends pulling weeds, trimming, and hauling away saplings. One of my favorite memories is that halfway during the day we would take lunch dates out, between hauling trips to the landfill. Working as a couple on our landscaping has built many good memories, and we cherish the transition our yard has seen.

Over the years, we found plants we loved at local nurseries and tried to recreate plans from magazines. We later changed our minds a million times but had so much fun in the meantime. Going to the Great Big Greenhouse became a regular weekend activity. We later installed a pool which again altered the vision for the backyard. As the years went on, Jason later built a treehouse, a miniature of our house, where, when sitting on the patio or grilling, we can hear the girls giggling.

In our front yard, we've put in several new beds for shrubs. We now have crepe myrtles and azaleas on one side, and on the alternating maroon and orange ninebarks (for Jason, VT) in a serpentine pattern (for Holly, dear old UVA). One of the biggest changes was



when Jason came up with a plan to install 60 shrubs (azaleas, roses, nandinas) on a Saturday morning. This was not my idea of how to spend a weekend in July, but we were very happy with the results!

We wish we had more time in the backyard to soak up its beauty! A Bloodgood maple is in the center, flanked by layers of plants. The yard has evolved over the years, and now we're pretty close to running out of room! At nighttime, we have accent lighting that highlights some of our favorite spaces. Several plants have significant meanings such as the 50-year-old hydrangeas from my grandmother's house. We enjoy telling the girls about it and other family stories when we're outside together.

Above all, we wanted a welcoming space where people felt comfortable. It doesn't need to be large, just enjoyable and inviting. Our family is local, and we love hosting events with them and many friends. In the future we would like to add more hardscapes and lighting to extend the time outdoors. Our vision is constantly changing as we find new plants and things we love. Who knows what other plans we'll come up with, but now we know we'll have fun doing it!





**Heating | Cooling | Plumbing  
Electrical | Generators | Heating Oil**

(804) 649-7581 | [www.kelleherhvac.com](http://www.kelleherhvac.com)  
Orange and Blue Serving You Since 1968



Making *Memories* with new friends

At The Crossroads, you'll have plenty of opportunities to have fun – like trips to historical sites, wineries and shows, lively card games and pre-dinner Happy Hour.

Our community provides three levels of care – Independent Living, Assisted Living and Memory Care – with a month-to-month lease. There are no buy-in fees, so you stay in control of your finances.

Please call 804-767-4165 to arrange a free lunch and tour!



**THE CROSSROADS AT BON AIR**  
Independent Living • Assisted Living • Memory Care

9100 Bon Air Crossing Drive • Richmond, VA 23235  
[www.TheCrossroadsAtBonAir.com](http://www.TheCrossroadsAtBonAir.com) • 804-767-4165



We are an equal opportunity housing provider. We do not discriminate on the basis of race, color, national origin, religion, sex, familial status or disability.

## Navigating Your Path to Home Sweet Home!

Treehouse Realty is a TEAM that will take care of all your Real Estate needs. Our goal is to focus on getting you where you need to go.

**Brinlin Maki**  
(804) 986-4843  
BRINLIN.MAKI@LNF.COM

SCAN TO CONNECT!



Village Of Midlothian, 1100 Jefferson Green Circle  
Midlothian, VA 23215 | Licensed in the Commonwealth of VA



**THE VASELICH FAMILY**

*"Brinlin maintained the utmost professionalism throughout the home-buying experience while also personalizing the process to fit my family. Even after we moved in, she continued to assist us with finding professional services for renovating and maintaining our home. This was the third home my husband and I had bought, and it was by far our best experience."*

– Jacki Vaselich, Barrow Place, Salisbury



YOUR SOURCE FOR TRUSTED HOME REMODELING SINCE 2014 | PROVIDED SIDING FOR 80 HALLSLEY HOMES

# Excellence IS THE KEY.



Images show original work by AJ Global Contracting, LLC

**A.J. Global Contracting, LLC**

HIGHLY REQUESTED BY TOP RICHMOND BUILDERS



**JAMES HARDING SIDING - WINDOWS - DOORS**

Call for your free no-obligation estimate! | (804) 221-7517 | [AJGlobalContracting.com](http://AJGlobalContracting.com)

## Get Your Car Looking Like New WITH MOBILE STEAM DETAILING.

Limited Time Offer **25% Off Your First Visit!**

Hurry! The first 10 readers to use promo code CSPstroll will get 25% off their first visit to our mobile steam detailing service. Our experienced professionals use eco-friendly steam cleaning to get your car looking like new in no time.

**804-446-1999**  
[WWW.CLEANSTEAMPROS.COM/STROLL](http://WWW.CLEANSTEAMPROS.COM/STROLL)






SCAN HERE FOR MORE!



**The CLEANSTEAMPROS**



The Awesome Ross Four



Zachary Ross Wrestling



Lowden Ross, Football Star



Grayson Ross on Ropes Course



Cole Ross, Swim Competitor

# A Quartet of Athletes

BY CAROLINE DIFRANGO, SALISBURY RESIDENT

Meet Salisbury brothers Zachary (16), Cole (14), Grayson (13) and Lowden (7). The Ross boys exemplify sportsmanship and resilience. Recently, Zachary's wrestling team at Benedictine hosted the 18-team East Coast Catholic Championship, where they placed third. "Wrestling and martial arts like Muay Thai have really helped me develop my work ethic," Zachary says. Cole has a similar mindset towards swimming. He notes that being a member of his high school swim team, "builds character" and "teaches you not to give up." Grayson is also determined like his brothers. Regarding playing both football and basketball, he says "Learn from your mistakes, don't waste time being sad, and focus on the next game!"

Lowden may only be seven, but he is resilient beyond his years. He has a recently diagnosed congenital heart condition requiring imminent cardiac surgery. "He is determined to not let this diagnosis slow him down." Mom Colleen says. "Lowden wants other kids to listen

to their bodies, rest when they need to, and know that everyone has their own unique obstacles to overcome!"

None of this would be possible without their parents, Ben and Colleen, as well as their various mentors. Lowden was most excited to shout out his kindergarten teacher, Miss Smith. "Miss Smith is the best!" he says. "Even when she wasn't my teacher anymore, she came to see my championship football game. It made me feel proud and play harder."

Both Zachary and Cole also wanted to recognize someone from their academic life, middle school counselor Adam Burgess. "He's a real inspiration with his positive outlook on life," Zachary says. Grayson credits his football growth mindset to Coach Chris Neal. "Coach saw my potential and pushed me to be a better player giving me lots of opportunities," he says. "He really showed me and others how to improve our skills and technique." Clearly, a supportive community has had a positive influence on the boys' focus. Ben and Colleen also wanted to mention the incredible impact of family, friends, and neighbors being part of their "village!"

Usually, their schedules are as busy and complicated as you can imagine, but one opportunity to see the Ross boys in the same place at the same time is summer swim team. All four brothers have been swimming for Salisbury Country Club since age 5 or 6. Over the years, the boys have participated in almost every sport you can think of and feel uniquely lucky that their dad, Ben, volunteer-coached all of them through their formative years and still continues to do so. Their parents are definitely their biggest fans. And they are ALL big sports fans of Ben and Colleen's alma mater, UVA. Lowden says, "Go Hoos!"

Zachary, Cole, Grayson, and Lowden all "adventure" as hard as they work, thanks to active family trips. From white water rafting class IV rapids in WV to hiking Zion, Acadia, Great Smokey Mountain, Shenandoah and Grand Canyon national parks; from zip lining through the rainforest and surfing in Puerto Rico to horseback riding in the Rockies; from kayaking the mangroves to snorkeling and skiing or snowboarding - the Ross family definitely likes to seek out new and challenging adventures to continue to push their boundaries and grow. On the weekends you can find the guys playing pick up basketball, football with friends, working out at the gym, running, biking, or at the pickle ball courts - so, please say hello!

Whether at a pool, court, field, mat or mountain, the Ross brothers are happy to play whatever sport is available to them, so long as they get to cheer each other on in the process!

Is there an athlete in your neighborhood or family you think should be featured? Send Leslie an email at Salisbury.Life@n2cc.com!

COWAN GATES  
In any case.



**Your full-service law firm – right around the corner.**

For more than 45 years, CowanGates has had a history of helping the people, families, and businesses in our community. With in-depth knowledge and experience, our award-winning team of attorneys is here to help you – *in any case.*

- Personal Injury
- Family Law & Divorce
- Business & Corporate Law
- Estate Law
- Criminal Defense
- Real Estate
- Eminent Domain
- Local Government

Schedule your consultation  
**804-320-9100**

1930 Huguenot Road, Richmond, VA 23235  
CowanGates.com





Murphy lets Archie know who is boss!

# A Love for Labradors

BY LESLIE WOOD

Liann Snipes has a real affinity for Labrador Retrievers. She first started fostering and rescuing labs years ago and successfully got her husband, Stan, and fifteen-year-old daughter, Aubrey, onboard. Murphy is calm and friendly with new people, Archie has the more full body wag while still being cautious and hanging back a bit.

Murphy is the chocolate one about ten years old. He was adopted in 2022 from Lu's Lab Rescue and transported from Louisiana to Virginia. He had wonderful foster homes, but the prior adoptions proved not to be the best match for him. But fortunately for patient puppy mentor Liann, he's the right fit in their pack.

The poor lab Murphy was heartworm-positive when he was rescued and had a multitude of allergies. Thankfully, the Snipes family has his allergies mostly under control with the help of Dr. Butterfield at Swift Creek Animal Hospital. He is on prescription food ordered through the vet or online with Chewy. He also has a special ear-cleaning

formulation based on the pathology report that best addresses his issues.

The timid, fast-growing, 7.5-month-old yellow puppy is Archie. After a string of adopting older rescues, the Snipes family decided to try their hand at raising a puppy. They went to an NC breeder, Four Belles Labradors, to pick up "Archer," but they lovingly call him "Archie."

Raising Archie is proving to need a lot more grit than they bargained for, however! Liann says, "Think toddler and teenager rolled into one." It's been especially challenging managing his and Murphy's dynamics while they both need training; but, there's still hope for a peaceful co-existence, although they likely may never be BEST buds!

Despite all the coaching in raising a household puppy, Archie keeps the family giggling. Between his cute expressions and the hilarity of always toting objects in his mouth, he continuously melts the family's hearts. Be it socks, shoes, pillows, or his favorite dish towel, he'll rarely be without something. To

avoid puppy teeth engravings, they end up tracking him around the house while training family members to render socks and shoes invisible!

A fun fact about Archie is that his sister, Winnie, also lives in Salisbury! He has gotten to hang out with two of his brothers who also live in the area. If you're interested in labradors, consult Liann who has loved and owned the breed for more than twenty years.

Visiting the Snipes home is a guaranteed conversation about furry family members because, between the two labs and Charlie, their rescued feral kitty, they're dedicated to raising well-trained, well-loved, and happy pets!



Know of an adorable or special pet in the neighborhood? Nominate the next featured pet by contacting Leslie, Salisbury.Life@n2co.com!



Stan, Aubrey, and Liann Snipes with Archie



**ROBINSON'S PLUMBING SERVICE**  
24 HOUR EMERGENCY SERVICE

# Plumbing and Gas Experts

- 🔧 Water heaters
- 🔧 Toilet Repair
- 🔧 Leaking Faucets
- 🔧 Leaky Pipes
- 🔧 Gas line installations/repairs
- 🔧 Much More

★ 4.7 Rating on Google with 450 Plus Reviews

**Personal Plumbing Prevention Program**  
**PPP3 \$349/yr**  
 - Free annual inspection  
 - Priority emergency response and appointments  
 - 15% discount on repairs and replacements

**SUPPORT LOCAL BUSINESSES**  
 Robinson's Plumbing Service  
 247 Wylderose Ct  
 Midlothian, VA 23113

📞 **(804)794-0918**  
 robinsonsplumbingservice.com

LIKE US ON FACEBOOK




YOU'RE NOT A CUSTOMER AT VILLAGE EXXON

Since 1992, our family business treats you like family, offering authentic advice, a welcoming environment, and quality craftsmanship.



"Each time I bring my car to the Village Exxon, I have a positive experience. If I don't understand the repair, it is explained. Customer service is great! I have been bringing my cars here for 20 years, and highly recommend this business! And if I ask for something and they see that it isn't needed, they tell me that and the reason why. Trustworthy and honest." - Becky DeCamps

Discover what puts the 'brakes' on the competition and drives us to the top!

- Tire Selection
- Automotive Repairs
- State Inspections

- Preventive Maintenance
- Exxon Gas Station

- Waiting Area
- Pick-Up & Drop-Off
- Night Key Drop



**ON-SITE GAS STATION**

**804-288-4065 | VILLAGEEXXON.COM**

7100 PATTERSON AVE.



# STEP

Into Spring  
with *New Floors!*



Serving Salisbury & Rosemont Neighbors



**FLOOR COVERINGS**  
*international*

**We are The Stars of Flooring<sup>SM</sup>**

Schedule your **FREE** Consultation at  
[fcifloors.com](http://fcifloors.com) or call 804-893-4716

MENTION THIS AD FOR \$500 OFF PROJECTS OVER \$5,000

\*Exclusions may apply. Each Floor Coverings International® business is independently owned and operated. License # 2705184822

# The Doctor's in the House

The Estate Doctor, LLC

BY LESLIE WOOD



**MOVING? RENOVATING?** Death in the Family? Life is overwhelming at times, especially when liquidating a home. What a relief to have a sympathetic, organized, and experienced professional take charge of the daunting job of carefully cataloging your treasured possessions and selling them to buyers who genuinely appreciate their value.

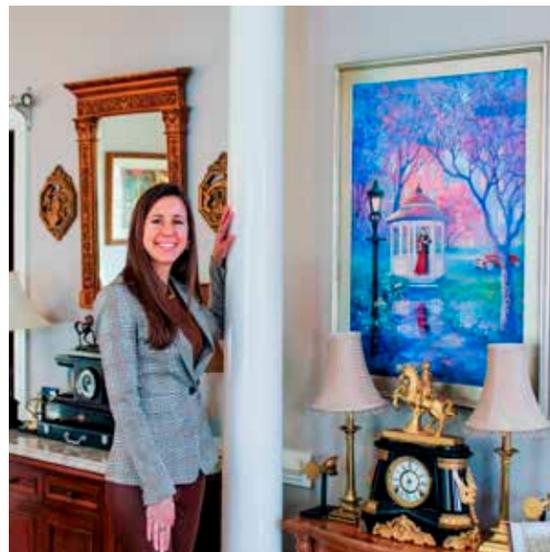
Enter Andrea Anderson, home and garden knowledge expert and owner of The Estate Doctor. Providing full-service estate liquidation, estate preparation, heirloom appraisal, and professional heirloom photography, as well as sale advertising, on-premise sales, and clean-outs, her fully-insured company professionally and sensitively handles the sale and/or removal of your unneeded household items, so you can Breathe Easy.

Intrigue with estate collectibles and antiques started for Andrea at a young age. "Growing up, one of my pastimes was to go to garage sales, flea markets, antique shops, consignment shops, and estate sales with my mom," she shares. Now, tied with her deep knowledge of period pieces and their value, her love for their provenance and history has grown. Add to that her altruistic service-mindedness, and voila, The Estate Doctor business was born, specializing in antiques, mid-century modern, and contemporary pieces.

But why the "Doctor" in her business title? Andrea shares, "The professional background of my biomedical sciences Ph.D. lends professional validity and credentials to the service, care, and astute project management that I provide." She works full-time as a laboratory equipment salesperson, so she's equipped with a wide range of world-class selling skills. If she's able to convince the brightest scientific minds to purchase equipment, she is certainly capable of evaluating and upselling household items to Greater Richmond's local customer base.

Andrea was told by previous clients that her business sense and style in handling such a sensitive, personal process is like a ministry. "This was one of the highest compliments I've ever received," Andrea expresses. She views her business as a community service, so it's wonderful when clients also realize this. The Estate Doctor team serves their clients at the same time they are helping to reclaim perfectly good items for a wide range of customers. Andrea also remarked, "Everything gets a second chance, and we love keeping these things out of the landfill." She and her team also support the New Jersey Stephanie Nicole Parze Foundation, sponsoring events and raising awareness for domestic violence.

Uncertain about your next step in clearing the contents of a home? Andrea and her team work with every circumstance, providing smooth coordination with realtors, private attorneys, and any other stakeholders involved. They provide the whole package of clean-out/donation services, house cleaning, and light contracting work, making them a one-stop shop.



Salisbury resident Dick Reese's words say it all, "If you want an easy, efficient way to sell your furniture and furnishings, call The Estate Doctor. Andrea was a pleasure to work with and did all the work. She advertised the sale online, priced all of my items, and managed the buyers as they entered my home. All I had to do was to leave the house while the sale was ongoing (Saturday and Sunday). Even better, all unsold items were taken away on the last day and given to charity. Andrea couldn't have made the process any easier. Call her."



If you're considering an estate sale, confidently pass the reins over to Andrea. For a free consultation, call (732) 895-8105 or email [theestatedoctor@gmail.com](mailto:theestatedoctor@gmail.com).

Consulting with *Compassion,*  
Estate Selling with *Success.*

**Andrea Anderson**  
Owner

**CALL NOW TO LEARN MORE!**

**Women - Scientist - Owned**  
Home & Garden Knowledge Expert  
732-895-8105  
2807 N. Parham Rd., Richmond, Virginia, 23294  
[theEstateDoctor@gmail.com](mailto:theEstateDoctor@gmail.com)

SCAN ME

Estate Sales & Liquidation - Heirloom Appraisal - Professional Heirloom Photography - Sale Advertising - On-Premise Sales - Clean Outs - Estate Preparation

**OUR AIR CARE IS BEYOND COMPARE!**

**CALL THE WEATHERMAN FOR YOUR COMFORT NEEDS!**

"Super reliable, quick to return calls, always dealing with the owner himself. Honest and fair." - Sierra Knight Magee, Salisbury neighbor

A/C AND HEATER REPAIR | SYSTEM INSTALLATION  
FAN MOTOR REPLACEMENT | DUCT REPAIR

Follow us on Facebook @Weatherman HVAC for Tips and Tricks for keeping your heating and air system running efficiently.

**CALL FOR A FREE QUOTE**  
804-868-5533 | [weathermanhvac.com](http://weathermanhvac.com)

Steve Florian, your Neighborhood Heating & Air Specialist since 1998.

SCAN ME

# MICRONEEDLING WITH PLATELET-RICH PLASMA (PRP)

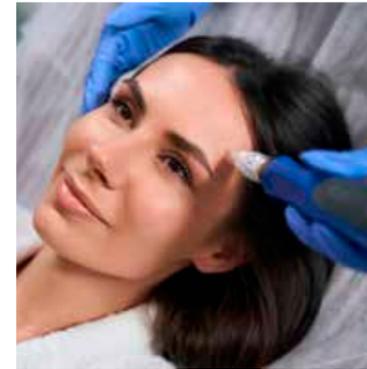
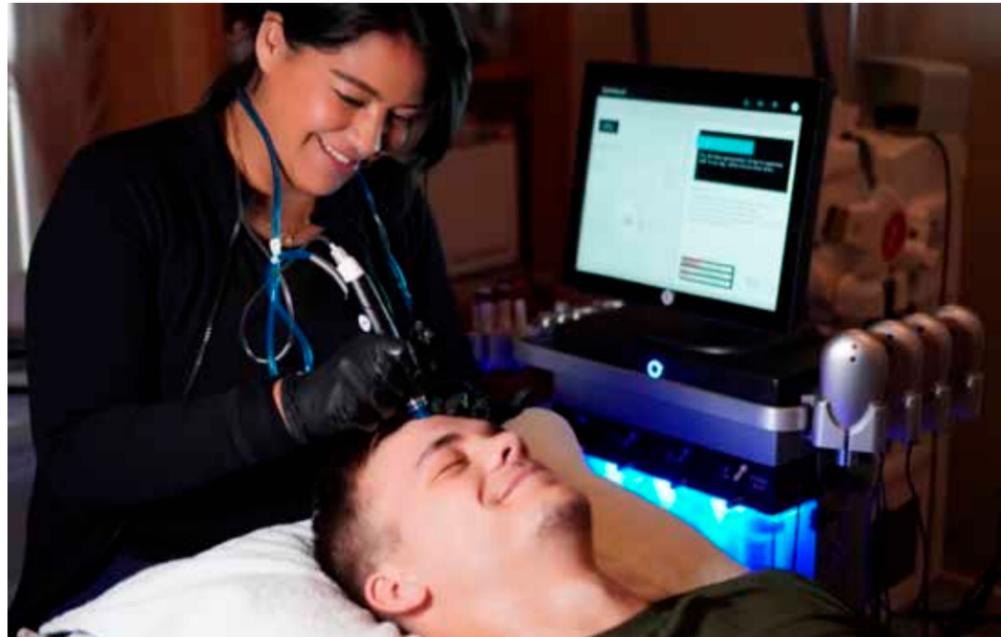
Harnessing your skin's regenerative powers

BY REBECCA ANGUS, DDS

**M**icroneedling with Platelet-Rich Plasma (PRP) is an innovative procedure that combines the regenerative power of microneedling with the healing properties of your blood to address a spectrum of skin concerns.

**How Microneedling with PRP Works:**

Microneedling with PRP involves a two-step process that synergistically enhances skin rejuvenation. First, a small amount of the patient's blood is drawn, and this blood is then processed to concentrate the platelets, growth factors, and healing components, resulting in PRP. Simultaneously, a microneedling device equipped with fine needles is used to create controlled



micro-injuries on the skin's surface. The combination of microneedling and PRP amplifies the natural healing process, stimulating collagen and elastin production for comprehensive skin renewal.

**Skin Conditions Treated by Microneedling with PRP:**

- **Fine Lines and Wrinkles:** Microneedling with PRP effectively addresses fine lines and wrinkles by promoting collagen production, leading to smoother and more youthful-looking skin.
- **Acne Scars:** Individuals with acne scars find relief through this treatment, as it minimizes the appearance of scars and enhances overall skin texture.
- **Uneven Skin Tone:** The procedure contributes to a more even complexion by encouraging the turnover of damaged skin cells and promoting the growth of new, healthier cells.
- **Enlarged Pores:** The treatment tightens the skin, resulting in reduced pore size and improved skin texture.

- **Sun Damage:** The procedure aids in addressing sun-damaged skin by promoting the removal of damaged cells and stimulating the growth of new, healthier cells.

- **Loose or Sagging Skin:** Microneedling with PRP provides a subtle tightening effect, making it effective for mild to moderate skin laxity.

- **General Skin Rejuvenation:** Even for those without specific concerns, the treatment serves as an excellent option for overall skin rejuvenation, promoting a healthy and radiant complexion.

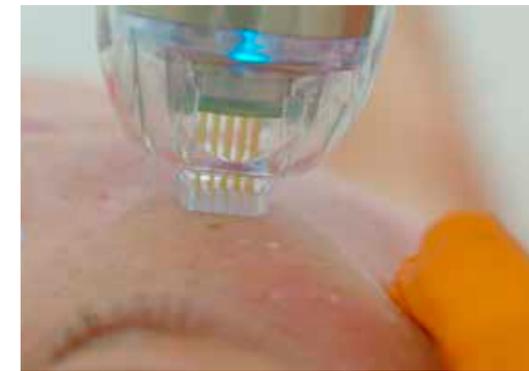
**Benefits of Microneedling with PRP:**

- **Natural and Holistic:** The procedure harnesses the body's resources, offering a natural and holistic approach to skincare.
- **Versatility:** Microneedling with PRP provides a versatile solution for a wide range of skin concerns, making it an attractive option for individuals with diverse aesthetic goals.
- **Minimal Downtime:** The treatment is relatively quick, with minimal downtime. Patients may experience temporary redness and mild swelling, typically subsiding within a few days.
- **Long-Lasting Results:** Many individuals report continued improvement for several

months following the treatment, contributing to long-lasting results.

- **Safety:** As PRP is derived from the patient's blood, the risk of allergic reactions or adverse effects is minimized, ensuring a safe and well-tolerated experience for many.

After treatment, the skin gradually rejuvenates, revealing a smoother, more radiant complexion. The benefits continue to unfold over the following weeks and months as collagen production is stimulated.



Schedule your SkinPen® Microneedling treatment with Salisbury Aesthetics in Midlothian, VA, today. Call 804 799-1712, or book your consultation or appointment online.

# ANGUS DENTISTRY

*In 1974,* Angus Dentistry opened its doors and has diligently served the Midlothian community ever since. In our practice, we utilize the latest techniques and technology to provide specialized care to address our clients' healthcare needs and aesthetic goals. Our patients are our family, and we look forward to serving them for years to come.

804.794.6893  
2400 Pagehurst Drive  
Midlothian, VA 23113  
*Schedule an appointment today!*  
angusdentistry.com



## Don't Faint! I Paint!

Painting Salisbury, Rosemont & Midlothian Homes for 40 years

- Exterior & Interior
- Painting Preparation
- House Washing
- Wallpaper Removal
- Deck Staining, Sealing & Waterproofing
- Repairs

**(804) 677-3131**  
*Elevating Homes with the Stroke of a Brush!*

**Give your bathroom a facelift in as little as one day!**

**Save Up To \$1000** (up to 10% of purchase price)  
When You Present This Ad At The Time of Your Estimate  
Not Valid With Any Other Offers

**Rob Bethea**  
Local Owner

- Full Bathroom Remodel
- Tub-to-Shower Conversions
- Shower & Bathtub Installs
- Walk-In Tubs
- Shower and Wall Surrounds
- Lifetime Warranty
- Financing Starting at \$79/Month

Made in USA

**FIVE STAR**  
 \*\*\*\*\*  
**bathsolutions™**  
 affordable transformations. beautiful solutions.  
**Call Today For a Free No-Obligation In-Home or Virtual Consultation**  
 (804) 203-0323 | fivestarbathsolutions.com

**Care&Clean**

Serving Over 70 Customers in Salisbury & Rosemont for 10 Years

Types of Cleaning Include: Recurring, One-time, Move-in/out, Green, Post-construction, Rental Property, Deep Cleaning, Commercial & Janitorial

Call today for a home visit & free quote!

*"Dany and her entire team are absolutely fantastic. They are always prompt, detail-oriented, and hard-working. They are also flexible - working in a house with several dogs, kiddos, and crazy schedules - they always show up with a smile, and we are always excited to see them! We trust them completely and are so lucky to have found such a wonderful company!" - Sinclair Curtis, Salisbury resident*

Dany Fontanin, Owner

804.319.0230 • carecleanhome.com

**SALISBURY AND ROSEMONT NEIGHBORS**  
*Love Working with Us!*

*"We are truly happy with our decision to choose Paramount Builders for our siding renovation. The composite siding they provided has surpassed our expectations in terms of quality and durability. It looks bright and beautiful, and we appreciate the low maintenance requirements. We are thankful for the excellent service, impressive product, the interest-free financing, and overall positive impact it has had on our home and family life."*

**PETER AND JULIE BAMPTON**

**FRIENDS & FAMILY ENJOY**  
**NO INTEREST FOR 18 MONTHS**  
**20% OFF YOUR ENTIRE PROJECT**

**Paramount Builders, Inc.**  
 Roofing • Windows • Siding/Trim • Showers/Baths

804-603-0076 | paramountbuilders.com

BBB Rating: A+

# Elevating Beauty *Beyond Expectations* with Our Signature Touch!

Face Lifts • Mini-Lifts

Eyelid Lifts • Brow Lifts

Medical Grade Skin Care • Lasers



*Thank you for the great work. I get lots of compliments and questions as to how I keep so young looking. I just say, no smoking, sun, or alcohol and lots of water! The other day the girl at a checkout reminded me of the over 55 discount just to be courteous. She couldn't believe my age and asked what my secrets are!*



**Dr. Robert Schmidt, MD**

Double Board Certified Facial Plastic Surgeon & Board Certified Otolaryngologist  
(804) 762-0080 • [westendfacialplasticsurgery.com](http://westendfacialplasticsurgery.com)  
1630 Wilkes Ridge Parkway, Suite 104, Richmond, VA 23233

