

# Hallsley LIVING

AN EXCLUSIVE MAGAZINE FOR THE RESIDENTS OF HALLSLEY

JULY 2018



## **Meet the Krasners:**

Ryan, Kelly,  
Katie, And Carson

Photography By Lexi Hanrahan Photography

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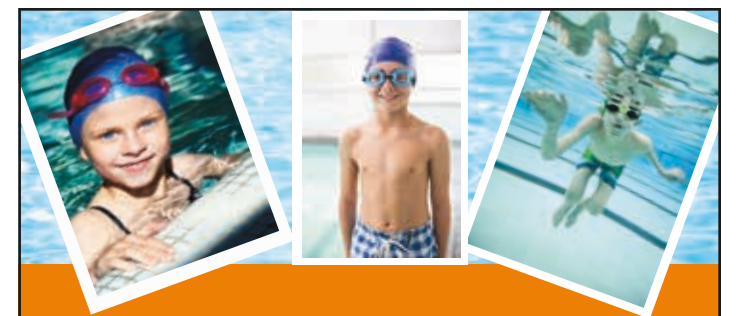
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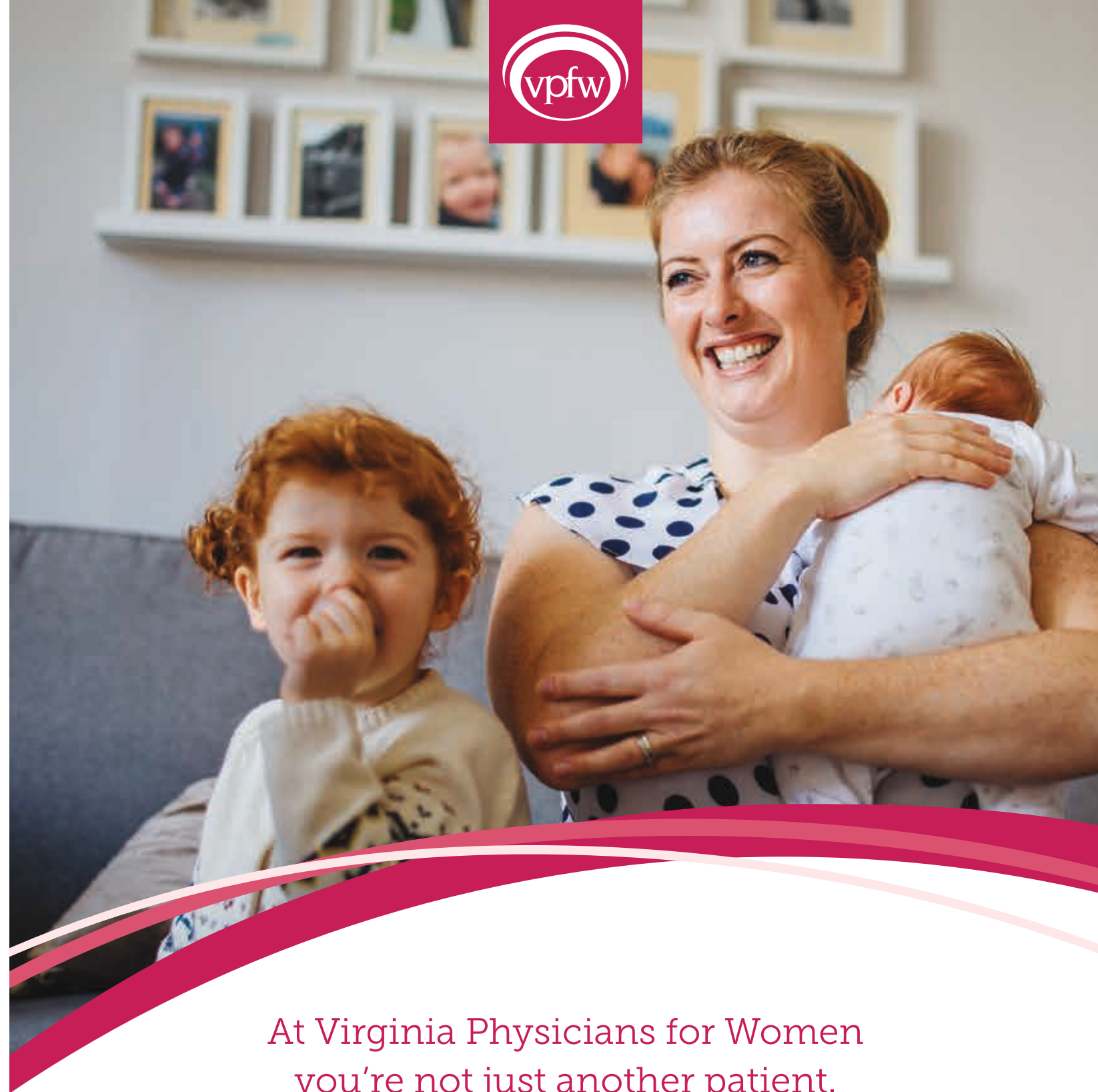
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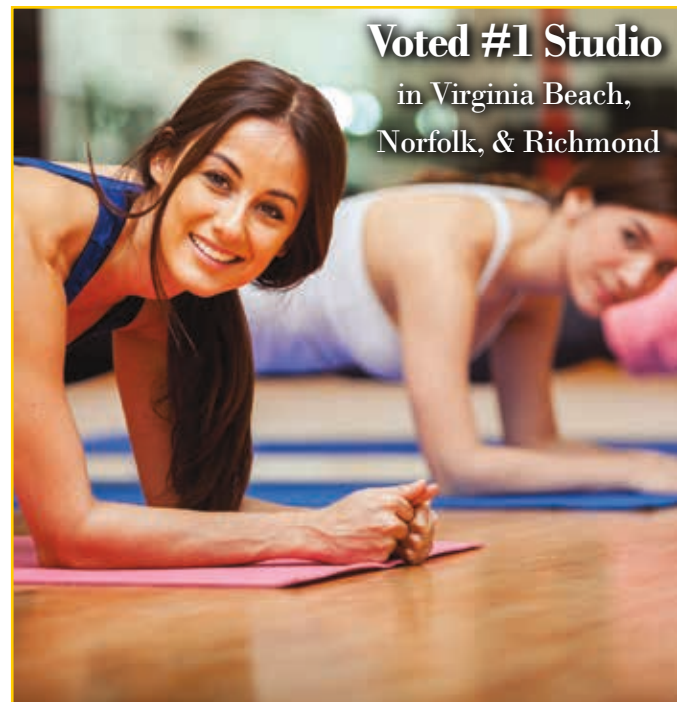
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resident testimonial

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## A Hallsley Living Family Testimonial From The Chulick Family



The Chulick family

During the planning phase of our new home construction in Hallsley, we began the search for a home technology firm that could design and implement a fully integrated home automation and control system connecting many different vendors and components. After several disappointing conversations with different local providers, we had an initial consultation with Graham and Tim of **Sound and Image Design**. In the first few minutes, it was immediately evident that they possessed the knowledge, experience, and passion to design and deliver a comprehensive solution for our project!

We agreed on a plan and approach with **Sound and Image Design** that worked with our builder during construction. Pre-wiring the house, installation of all hardware components, and programming the system were complete before closing. Our system was based on Control4 and included whole house audio, surround sound, HVAC control, 4k video distribution, security, and lighting. During the entire process, Tim and Graham were in constant communication, ensuring that all work was completed to our satisfaction. **Sound and Image Design** demonstrated an impeccable quality of work. Care was taken during installation to ensure that everything was perfect and operated flawlessly. The end result met and exceeded all of our expectations! We have a truly "smart" home that is pleasurable and easy to use by all members of the family, thanks to **Sound and Image Design**.

We continued our relationship with **Sound and Image Design** post-installation. They have added additional features and expanded our home's capabilities. Graham and Tim have always been very responsive and focused on maintaining customer support and satisfaction. For these reasons, we will continue to work with **Sound and Image Design** for all of our home theater and automation needs. To our friends and Hallsley neighbors, we highly recommend working with the experts at **Sound and Image Design**.

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## family spotlight

By Kelly Krasner and Tiffany Moore



# Hello, Krasner family!

Photography by Lexi Hanrahan

Hello, Krasner family! Ryan, Kelly, Katie, and Carson have lived on Lambourne Road since 2015. The neighborhood charm, strong friendships, and good times found here have made Hallsley a favorite place to call home, among their moves between Florida, Alabama, South Carolina, North Carolina, Pennsylvania, and Virginia.

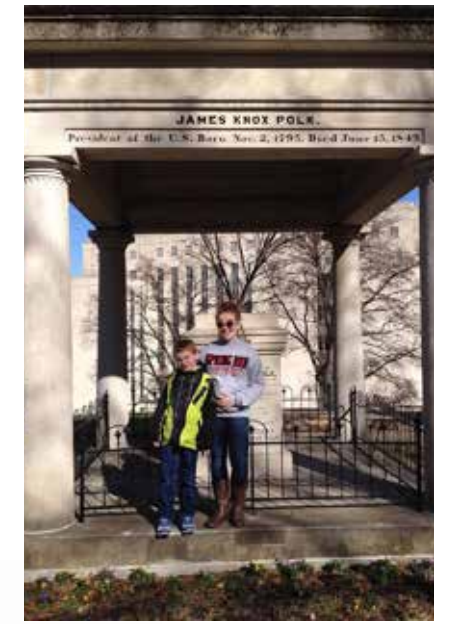
Kelly and Ryan met while living in the same apartment complex in Jacksonville, Florida. Ryan had just relocated there for a job upon college graduation, and Kelly was in graduate school at the University of North Florida for special education. Kelly lovingly remembers, "It was Memorial Day, 1999. We were both at the pool, and Ryan swam over to me and asked for the time. We ended up talking all afternoon and became friends. The rest is history!" Kelly jokes. Even though the question of "What time is it?" may not have been the most original pick-up line, it obviously worked, as Kelly and Ryan will be celebrating their 18th anniversary this year. Today, Ryan works as a sales executive with Pepsi Co. Kelly was blessed to be a stay-at-home mom for several years but now substitute teaches on a regular basis for Chesterfield County public schools.

Katie, Ryan, and Kelly's oldest daughter is a rising junior at Midlothian High School. Through the years, she has participated in a variety of sports from gymnastics to ice skating, but

currently, her favorite activity is working out at Gold's Gym. Katie is a favorite babysitter for many kids and families around Hallsley. Additionally, she is a writer for *Hallsley Living*. Look for her article this month for Hallsley's "Pet of the Month" and upcoming features.

Carson, a rising eighth grader at Midlothian Middle, enjoys playing both basketball and baseball around the neighborhood and competitively. He plays basketball for Midlothian Athletic Association and baseball for Huguenot Little League. His favorite position in baseball is catcher. Ryan coaches Carson's basketball and baseball teams, making for great bonding times for father and son. Carson recently exercised his entrepreneurial talent with the launch of his own lawn cutting business. He is accepting new clients near and around Lambourne Road. Several neighbors are already thankful for his lawn care talents!

The Krasner clan loves fun family experiences. They travel regularly to different parts of the country and to see historical sites. They have visited over 20 presidential burial sites. These trips provided the family with some great memories, from almost getting locked in the cemetery at night in Princeton at President Grover Cleveland's grave to seeing President Grant's burial site in New York City. Kelly shares, "Yes, the kids complained a little at first about these *learning* trips ... On each trip, we did learn a



Contact Tiffany Moore with all your Family Adventures at [tiffany.moore@n2publishing.com](mailto:tiffany.moore@n2publishing.com).

thing or two but also spent great quality time together and saw some neat places off the beaten path." However, if you ask Carson and Katie to pick their favorite fun family experience it would be traveling to Europe and visiting the Eiffel Tower.

The majority of the Krasners' extended family lives in Florida and Georgia. This makes for lots of trip to the South as well as numerous houseguests throughout the year. With four sets of grandparents in the family, their guest room gets a lot of use. Weekends not spent entertaining family are times for laid-back relaxation. The Krasner family regularly enjoys dinner out at their preferred pizza restaurant, Sergio's, and Ryan and Carson love cheering on their favorite baseball team, the Braves.

The Krasner clan routinely makes time for the important act of giving back through family volunteering. Last summer, they volunteered at the Chesterfield Food Bank, where they packed lunches and breakfasts for students. Unfortunately, many students in the county who rely on free or reduced school meals for breakfast and lunch do not have enough food to eat once school releases for summer. The food bank's summer backpack program helps feed these hungry children. Kelly shares, "It was a great experience going there throughout the summer last year, knowing we are helping local kids!"

The Krasner family is happy to call Hallsley home, and Hallsley is blessed to have them here helping to make the neighborhood a little more caring and fun!

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### making a difference

By Eight-Year-Old Brooks Moore



# HOPPING TO HELP!

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Have you ever been a kid at the hospital? It is scary. But J.B. Watkins is here to help. In the spring, we collected new stuffed bunnies for kids in the hospital, so they wouldn't be scared!

My class collected 58 bunnies. We got extra recess and a treat. My class collected the most bunnies in the second grade. All of the school got 416 bunnies.

The Corvette Club of Richmond made the bunny run for the children at MCV Children's Hospital. And the bunnies came to the kids in the hospital in a ... parade of Corvettes! I was happy to help with the bunny run and give to the kids!



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Tim lives with his wife Sue, of 16 years and his two dogs Charlie and Chachi. He has been a General Manager in the Richmond area for almost 7 years, 4 years at Colonial Honda. Give Tim a call on your next family vehicle.

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# How *Women* Can Overcome Four Financial Challenges

For women today, life can be a balancing act between family, career, and personal obligations. At the same time, women often face unique challenges when it comes to managing their finances. If you are a woman working to build your financial confidence today and tomorrow, understanding key challenges is the first step to overcoming them.

## Challenge Number One—The Income Gap

According to the Bureau of Labor Statistics, median weekly earnings for women age 16 and older were 82 percent of the amount earned by men in the same age group.<sup>1</sup> This earnings disadvantage can affect how women manage living expenses and long-term goals like retirement or saving for a child's college tuition.

### How to overcome the income gap

You can help close the gap in several ways. First, keep informed of salary trends for your industry, role, and job experience and use



the knowledge to negotiate your future compensation. Second, take full advantage of your workplace benefits—both financial (e.g., stock options, retirement plans) and nonfinancial (e.g. fitness center, onsite healthcare). Aim to set aside 10-15 percent of your income in your retirement plan—or at least enough to capture the matching contribution offered by your employer, if applicable. And third, invest wisely according to your risk tolerance and time horizon. Diversifying your investments and staying invested over time can help you achieve your long-term objectives.

## Challenge Number Two—The Likelihood Of A Longer Retirement

According to the National Center for Health Statistics, life expectancy for U.S. women exceeds that of men by five years (81.1 years for women vs. 76.1 years for men as of 2016).<sup>2</sup> While five years may not seem like much, rising inflation and healthcare costs may require retirees to save more to cover expenses in retirement.

### How to plan for longevity

Life expectancy trends serve as a reminder to pay yourself first. Commit to saving part of each paycheck, even if it's only a modest amount to start, as well as any windfalls you receive (e.g., tax refunds, bonuses, commissions). If you're near retirement, carefully select the timing of when you, or your spouse if you're married, begin claiming Social Security benefits. Your monthly benefit increases with time, which can be an important piece of your retirement paycheck.

## Challenge Number Three—Balancing Multiple Priorities

Life can be a juggling act for many women who are balancing their career with raising children or caring for an aging parent. It is also not unusual to see women take the lead in caring for aging parents or other family members. Such significant commitments can limit the time that can be devoted to pursuing career goals and making sure financial plans are on track.

### How to balance multiple priorities

Decide what your collective financial goals are and determine a process for saving, paying bills, and handling other financial tasks. Good communication about your priorities can help alleviate pain points and anticipate future expenses. If you have children, it's never too early to start saving for their college tuition. That said, it's important to prioritize preparing for your own retirement first. Remember, your child could have scholarships and loans to help with college expenses. The same options are not available for your retirement. Consider creating a plan that will help you make meaningful progress toward both goals.

## Start Planning Today

It's easy to let financial planning take a back seat to family, career, and other demands. Consider partnering with a financial advisor

who can help you navigate the unique challenges and goals you have. Know that whatever your current circumstances, diligent planning, saving, and investing can help you reach your financial goals.

**Rich LaRose**  
Fellow Hallsley resident

<sup>1</sup> U.S. Department of Labor, Bureau of Labor Statistics, "Women's and men's earnings by age in 2016," August 25, 2017.  
<sup>2</sup> Kenneth D. Kochanek, Sherry L. Murphy, Jiaquan Xu, Elizabeth Arias, "Mortality in the United States, 2016," National Center for Health Statistics Data Brief, No. 293, December 2017.

Richard LaRose CPRC® CLTC is a financial advisor and private wealth advisor with Ameriprise Financial Services, Inc. in Midlothian, Virginia. He specializes in fee-based financial planning and asset management strategies and has been in practice for 16 years. Contact Info: 804-419-2502 / 14350 Sommerville Court Midlothian, Virginia 23113 / richard.l.larose@ampf.com. Ameriprise Financial Inc. and its affiliates do not offer tax or legal advice. Consumers should consult with their tax advisor or attorney regarding their specific situation. Investment advisory products and services are made available through Ameriprise Financial Services Inc., a registered investment advisor.

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# A Mother's Day Galactic Star Wars Spectacular



Martin Sos is ready to defend all!

The PTA at J.B. Watkins Elementary School sponsored an evening of galactic fun and adventure at the first annual *May the Fourth Be With You Mother-Son Night*. Mother-and-son duos spent time together making Storm Trooper Slime, creating Rebel Alliance arts and crafts, and snacking on galactic yummys. An epic game of kickball ensued between the Dark Side and the Light Side. The battle continued in the school as lightsabers (made from pool noodles) flashed through the halls and cafeteria. Moms and sons spent a special Star Wars evening of togetherness while making precious memories!



Brooks and Tiffany Moore



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2. Courtney and Harrison Moore
3. Lauren and Martin Sos
4. Christian Moore uses the Force!
5. Lauren and Martin Sos
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**athlete of the month**

By Emma Hermanson

# MY SOCCER LIFE GRACYN WINDLE

Gracyn Windle is a third grader at J.B. Watkins Elementary, and she loves to play soccer! She's been playing since the age of two when she started with the First Touch Soccer Program at WISC (Williamsburg Indoor Soccer Complex). She loves playing so much that she's never stopped.

Gracyn and her family moved to Hallsley February 24 of this year from Lexington, South Carolina. She has a big family always ready to cheer her on: her mom Jordan, her dad Keith, little sis-



ter Camryn, little brother Tucker, and an even younger brother Parker. She also has a Husky named Foofa.

Gracyn plays for FC Richmond on an all-girl U-10 team, the Crushers. She usually practices at Robious Middle School. She has participated in many camps and clinics in Williamsburg, Richmond, and back in South Carolina. While she lived in South Carolina, her U9 team won first place in the LCGSA tournament. Go, Gracyn! She idolizes the U.S. women's national soccer team because they're really good. One time she went to a soccer camp and met the women's soccer team at the University of South Carolina and got autographs! Go, Gamecocks!

Her favorite thing about playing soccer is that her friends are also on the team. Her favorite memory was when she hit her first goal last fall. Nice! Soccer has taught her how to work together as a team. Some nice tips Gracyn shared were: don't hog the ball, work to pass with your teammates, practice, and pay attention. These tips will definitely help you play better.



Gracyn's parents believe in the importance of children being active and playing sports. Sports are a benefit to every child's physical and social development. Gracyn's mom shares, "So many valuable life lessons can be learned playing sports and being on a team. From learning to work well with others and overcoming challenges to understanding the importance of fulfilling a commitment and being counted on, there is so much to be gained from these experiences. But most importantly, it's a lot of fun, both for our children and for our family. Some of our best memories have been made being together at a ball field." This is a great philosophy for life on and off the soccer field.

Contact Tiffany Moore with all your student-athlete stories at [tiffany.moore@n2publishing.com](mailto:tiffany.moore@n2publishing.com).

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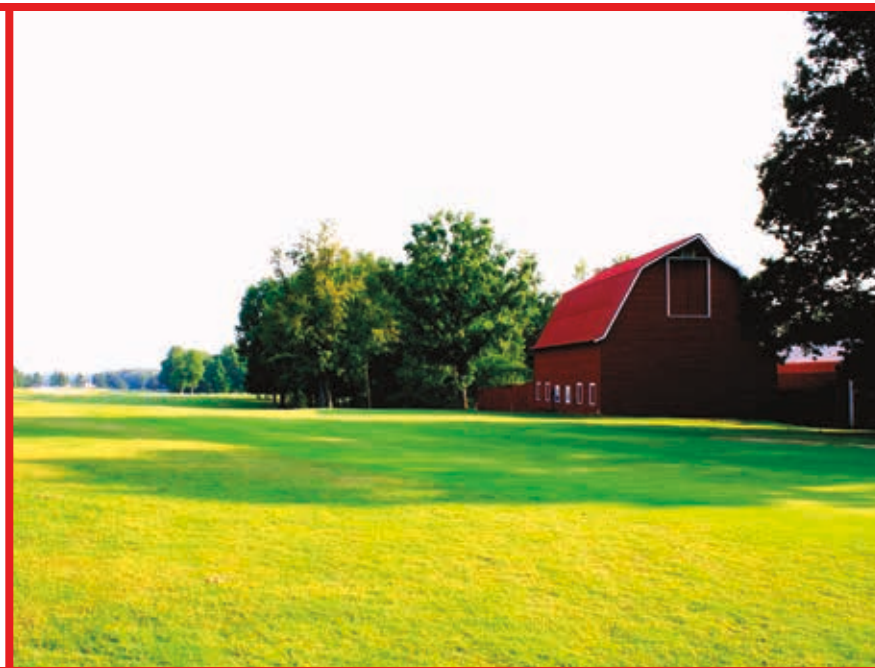


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# MY YELLOW FIAT AND ME!



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car talk



## Jen Hermanson



I drive a Fiat 500L. What I love about my car is the color. It is bright yellow. I bought it while living in Seattle where it is overcast most of the time—the bright color would keep me cheered up! The large sunroof makes it feel very open while still being a small car. Also, my yellow Fiat makes a great SpongeBob Square Pants trunk or treat for Halloween.



When my husband and I visited Napa for our anniversary, we rented the small Fiat. That was too small, but when the larger model came out, we test drove it and loved it. Turns out, the Fiat is much larger on the inside than it looks. Our first road trip was from Seattle to Las Vegas. I was worried it would be too small for the four of us for that long of a distance, but we all made it back in one piece.



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The Green sisters enjoying Claudine's fairy garden!

**around the neighborhood**

By Tiffany Moore



## Fairy Garden Magic

Fairy gardens have become a popular and magical pastime for the young and old alike. They spark the imagination and help to beautify gardens. Fairy gardens have begun to make an appearance at various locations and backyards throughout Hallsley. If you look carefully around the Hallsley playground, you can find hidden doors and magical fairy items. Claudine Traviss created a beautiful fairy garden for the children of Hallsley to enjoy in her

backyard near the walking trail at the corner of Brightwalton Road and Montcroft Way. She shares, "My fairy garden is not mine or intended for me. Kids are allowed to play with it and borrow pieces for sleepovers. Some mothers use it as a reward for good behavior, and some use it as a destination for a walk with their kids." *Hallsley Living* hopes these beautiful images of Claudine's fairy garden inspire Hallsley families to take part in this fun, festive pastime.



Jim and Zach

# 2018 Splash and Dash

## START YOUR ENGINES!

The RVA Splash and Dash Series, organized by the Live Red Foundation, is a four-race swim-run series, with the final race taking place at Hallsley on July 21. An excellent introduction to multisport racing for a young swimmer and runner, the Hallsley event also provides an opportunity for parents and children to race together with a free parent-child relay that will follow the kid's race! Zach Fisher, a Hallsley resident, raced the kids' race last year as well as the parent-child relay with his dad Jim. Zach said he learned new strategies for racing and had a great and fun day racing with his dad. Jim said that he found the race way more fun and challenging than he was expecting, and it was especially exciting to actually be able to race alongside his son rather than just watch him. Make sure to visit <http://livered.org/rva-splash-dash/> to learn more and register.

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- 8 a.m. First wave race start
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# One of Hallsley's IRONMEN



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## Danny Royce: The Road To Kona

By **Danny Royce** And **Tiffany Moore**

Danny Royce is one of Hallsley's Ironmen! The Ironman is an elite triathlon event consisting of a 2.4-mile swim, 112-mile bike ride, and 26.2-mile run. During Danny's ten-year involvement with this sport, he has completed around 50 total triathlons and Ironman competitions, mostly on the East Coast.

Danny swam competitively at Cornell University during college. During law school, Danny ran a little and lifted weights to stay in shape but was feeling athletically unfulfilled, especially with the loss of competitive swimming. In 2007, a friend asked Danny to join him in a sprint triathlon. Danny shares, "The first bike ride I ever went on was 11 miles, and I thought I was going to die! Needless to say, I loved the experience and became quickly invested in triathlon. My passion grew from there, and it has become a huge part of my life."

In the sport of triathlon, Danny's biggest accomplishment was qualifying for the



Ironman World Championship last September at Ironman Chattanooga. He is really excited to travel to Kona, Hawaii, this October to compete in the world championship. Maybe with some luck, Danny might show up in the background of the NBC TV footage, which typically airs in November! This dream of qualifying for the Ironman World Championship has been one Danny has been chasing for years. However, he always found himself coming up just a bit short. In some cases, it was a crushing minute or two difference for a 9-10 hour race.

Qualification for the Ironman World Championship was one of Danny's proudest athletic achievements and was more a testament to his support structure than anything he did personally. Without the support and selflessness of his amazing wife, Brittany Royce, and daughter, triathlons would not be possible. Danny shares that the true Ironman of his family is Brittany. She enables him to have these dreams and lets him chase them. Being in and training for an Ironman competition is a way of life. Danny likes finding his physical and mental limits and then breaking



those barriers. In the following interview, Danny offers Hallsley residents a glimpse into the life of an Ironman athlete.

### What is a snapshot of your typical training and conditioning routine for an Ironman?

*In the winter, I spend a lot of time training at home. I have an awesome indoor bike setup and treadmill in my garage as well as a full-strength training equipment setup. I have the ability to do Crossfit, bike, and run all from the convenience of my house. I do most of my swimming at American Family Fitness or Swim RVA. In the summer, my training activities go outside, and I try to spend a lot of time in nature. I run and ride all over Central Virginia and try to swim in the river as much as possible. On long Saturday/Sunday rides, it's not uncommon to touch five or six counties during the course of a ride. Depending on how close (or far) I am from my target race, my weekly training is about 15-25 hours per week total, with every day having at least two or three sessions. An average training week has about 175-250 miles of biking, 40-60 miles of running, and 10-20,000 yards of swimming.*

### Do you normally train with a team or alone?

*I do most of my training either alone or with a few local friends. Unfortunately, a lot of triathlon training involves being alone. I am*

*a member of the Richmond Triathlon Club, and I believe it is important to support local triathlon and local athletes. I am also part of a triathlon team called Team Every Man Jack ([www.teamemj.com](http://www.teamemj.com)), based out of San Francisco. We have 75 athletes from all over the country, and there is a fairly competitive application process to join. I was really excited to be selected, and this is my first year on the team. It is pretty cool to be a part of a group of individuals who are mind-blowing athletes and, more importantly, humble, great family men, and productive members of their communities. We have doctors, lawyers, hedge fund managers, teachers, and more. A really awesome group! Our main sponsor is Every Man Jack ([www.everymanjack.com](http://www.everymanjack.com)), which is a high-end yet affordable men's grooming brand. They have everything a guy needs to look his best (shampoos, body washes, deodorants, sunscreen, and more), all derived from plant-based ingredients. Please feel free to use the code `DRoyce18`, and you can get 25% off any time through the website.*

### What is the biggest challenge of being an Ironman triathlon athlete?

*Without question, the biggest challenge is time management. Obviously, it's not easy to fit all this training, on top of family and work commitments; however, I strive to be a great husband, father, and productive lawyer for my firm. I have tried to live by the motto that it is possible to have it all if you are willing to work for it. I believe that if I put in the time and make sacrifices, it is possible to "have it all" and be the best family man, employee, and athlete that I can. There is not much room for wasted time in my schedule, and I am rarely doing one thing at a time. Multi-tasking is key! Also, cumulative fatigue can be difficult during particularly strenuous periods of training. Feeling generally exhausted all the time is not that much fun!*

### What special equipment do you need for a triathlon?

*There is so much equipment for a triathlon! I ride a Felt IA FRD triathlon bike and use a Felt AR5 road bike on my indoor trainer. Truthfully, you can do this sport with a simple bike, a pair of run-*



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ning shoes, and a pair of goggles. However, the nice equipment is the fun part! It's always easy to rationalize a shiny, new triathlon toy. It is an expensive hobby, so I try to keep it balanced in the family. If I get a new triathlon toy, I try to get my wife something nice as well ... It's only fair, right?!

### Are there any apps that are helpful for training?

There are three apps that I use routinely: Training Peaks, Myfitnesspal, and Strava. Training Peaks is how my coach structures, transmits, and reviews all of my training, according to his plan. I use Myfitnesspal to track all of my nutrition macros and body weight, and I use Strava to keep up with all my other insane triathlon buddies and what they are doing in their training. I have some pretty impressive friends, and their training logs are a great reality check!

### How do you push through the pain of an Ironman competition and recover from a race?

This is a tough one! In many ways, swimming prepared me to deal with immense amounts of physical pain; you get pretty good at it by staring at a black line on the bottom of a pool for two-four hours a day! In the course of an Ironman, I draw strength from my family. I think about my wife, daughter, parents, sisters, and all they sacrifice to help me. Their sacrifice and power keep me going when the pain seems more than I can bear. Admittedly, I am terrible at recovery and struggle with taper and post-race recovery. I am not happy unless I am training myself into the ground. However, Normatec recovery boots are a nice recovery tool, and I also have a portable e-stim unit for aches and pains (the code EMJ100 will get you \$100 off your own set). I often joke that I could open my own therapy office with all the tools and gadgets I have to keep myself in one piece!

### Have you encountered any famous triathlon athletes along your journey?

The cool thing about triathlon is that you race right alongside the professionals, which means you get to meet them at lots of races. Most of them are really approachable and nice people! Currently, I look up to several inspirational triathlon professionals, including Lionel Sanders, Andy Potts, Jan Frodeno, and Sebastian Kienle. However, I get the most inspiration from the age group athletes that are out there becoming the best versions of themselves. The most gratifying part of any Ironman race is going to the finish line at midnight to watch the last finishers cross after 17 hours of racing. There is nothing more inspiring than those folks!

In closing, the sport of triathlon, and especially his journey to the Ironman World Championship, has taught Danny the importance of focusing on the journey and not the destination. All too often, people focus on outcomes and not processes. The most valuable lessons in life are learned from the day-to-day grind and not just on race day. No one likes to fail, but Danny believes true growth comes more from failures than successes. On the journey to be an Ironman, words of wisdom from Ovid saying, "Dripping water hollows out stone, not through force but through persistence" ring true. Becoming an Ironman is all about the journey!

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# MY OLYMPIC ADVENTURE

## Quinn Nolan And His Guest Television Cameo Appearance At The Team USA Awards

### student life

By Eight-Year-Old Quinn Nolan

Hallsley Living *had behind-the-scenes access to the nationally televised Team USA Awards on NBC Sports. Our eight-year-old roving reporter and Hallsley resident Quinn Nolan shares his first-hand account and backstage access as a guest reader for the event.*

Getting medals is not the only way for an Olympian to be honored. At the Team USA Awards, they were all honored for their hard work. This year, the Team USA Awards took place at the Duke Ellington School for the Performing Arts in Washington, DC. All of the best Olympians were there, including Red Gerard, Chris Mazdzer, and Matt Hamilton.

Kristi Yamaguchi was given the Jesse Owens Spirit Award. I read a book written by her called *Dream Big, Little Pig*. She won the award because she started a reading program for kids who don't have many books.

There were also Paralympians who were honored that night. I met a boy named Brayden. He was in a wheelchair and had prosthetic legs. He liked the Paralympic sled hockey team. We had fun curling together after the awards. It was super fun being at the awards!



Go, Team USA!



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Quinn and luge silver medalist Chris Mazdzer



Quinn with gold medalist Red Gerard



Kristi Yamaguchi and Quinn

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**style file** Story and photography by Pamela Anderson

# Encapsulate Summer

## How To Create A Capsule Wardrobe

I'll never forget the time we were invited to a July 4 BBQ party in the neighborhood. "Let's go!" my husband said from the side door. "Almost ready!" I yelled as I stood in the middle of a pile of clothes, frantically changing from one outfit to the other trying to decide what to wear. In that case, I was struggling not only with what to wear because I had too many choices but also the anticipated temperature variation between outdoors and indoors because of air conditioning. Honestly, regardless of the event or the season, this has been a common scene in our house, as I work toward simplifying my closet in the form of a *capsule wardrobe*.

Summer is a great time to develop a capsule wardrobe that can be slightly updated annually. *A capsule wardrobe consists of some basic pieces that will mix and match effortlessly.* Grab a few versatile accessories to update your existing pieces, and getting dressed for that backyard BBQ will be a breeze.

To begin developing a capsule wardrobe, donate or consign all items that you don't wear or aren't sure about and toss any items with holes or stains. Local consignment boutiques are available in Richmond, or I've used online consignment boutiques

Tradesy, Poshmark, and Thred-Up. Unsure of what to keep and toss? Here is a great guide: A friend once told me to get rid of anything I wouldn't want to be wearing when I run into my ex-boyfriend. In other words, all items left behind should be those in which you feel confident.

**My personal summer capsule wardrobe:**

- Basic tee shirts and tank tops (the perfect backdrop for cute accessories)
- A few statement tops (I like one-shoulder or off-the-shoulder styles)
- Cotton dress
- Maxi dress
- White shorts
- Denim jeans, including white
- Cardigan (to have on hand for the frigid air conditioning in public places)
- Denim or lightweight jacket
- Flat sandals, nude
- Comfortable heels or wedges, nude and/or black
- Athleisure (Yoga pants and tank tops to wear to the gym, AKA "faux gym")
- Sneakers
- Open toe shoe-booties (aka "shooties") for the chilly days
- Versatile necklace/bracelets/earrings

One additional benefit of having a capsule wardrobe is that packing for a trip suddenly becomes easier and more streamlined. If you stick with a



neutral color palette when packing, you'll find that items mix and match-plus, you won't need to bring different shoes for every outfit! Also, you're more apt to pack to fit a carry-on suitcase instead of checking, both a time and money saver.

Enjoy the summer in Hallsley! I'm here to help, advice, personal shopping, or styling needs.

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kids 2 kids

By Tiffany Moore

# A Fairy Garden Adventure

Angelina Lennon



Designing a fairy garden is a fun adventure for any age. Angelina Lennon, an 8-and-a-half-year-old rising third grader at J.B. Watkins Elementary recently discovered this to be true. Angelina shares, "I wanted to make it so I could plant some seeds, and I also wanted to play. I decided a fairy garden would let me plant plants and play at the same time!"



Have fun creating your own magical fairy garden and remember to thank Angelina for her wonderful advice if you see her out and about Hallsley this summer!



Contact Tiffany Moore with all your Kids 2 Kids adventures at [tiffany.moore@n2publishing.com](mailto:tiffany.moore@n2publishing.com).

Angelina collected items from around her house and yard to construct her fairy garden. Her necessary supplies included: 50 wooden or plastic toys (no soft ones) from her room and toy chest, dirt from her mother's gardening supplies, moss from the backyard, and rocks from all around her house. As she began to create her fairy garden, she let her imagination flow. Angelina is looking forward to watching her peas and flower seeds sprout. She has plans to begin work on another one after these seeds grow.

In addition to being a talented fairy garden creator, Angelina enjoys other artistic activities, as well. She loves drawing, painting animals, and taking art at school. Additionally, swimming is at the top of her list of favorite activities. Angelina happily shared with *Hallsley Living* the necessary steps in creating a beautiful fairy garden. She encourages, "It's easy, and anyone can do it!"

1. Get a box the size you want your fairy garden.
2. Make sure you put dirt in and put your box in a sunny place. (Angelina's box is in the driveway where it gets lots of sun.)
3. Look in your own toy box for small, hard toys that you can use.
4. Choose seeds of smaller plants.
5. Plant your seeds and create your fairy garden world.
6. Water and wait for your garden to grow.

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## book club

By Jen Hermanson



# Hallsley Reading Between The Wines Book Club

### JULY NEWS

As the name *Hallsley Reading Between the Wines Book Club* implies, these ladies often enjoy a variety of wines. Recently, the book club sampled wine from local winery Skippers Creek Vineyard. The winery is located 16 miles from Hallsley in the heart of Powhatan and is open Saturday and Sunday from 1-5 p.m. for tastings. Come join the *Hallsley Reading Between the Wines Book Club* at the clubhouse for the remaining summer dates on July 17 and August 21 at 7 p.m. Some wonderful wine will be available to sample as they discuss the July book!

### Skippers Creek Vineyard

965 Rocky Ford Road  
Powhatan, VA 23139  
Phone: 804-598-7291  
Email: [contact@skipperscreekvineyard.com](mailto:contact@skipperscreekvineyard.com)  
<https://www.skipperscreekvineyard.com>



Contact Jen Hermanson for more information at [jenniferjhermanson@yahoo.com](mailto:jenniferjhermanson@yahoo.com).

Here is a sampling of the wines Skippers Creek Vineyard produces:

### Chardonnay 2014

100% Chardonnay, barrel-fermented. \$17 bottle

### Chardonnay 2015

100% Chardonnay, barrel-fermented. \$17 bottle

### Viognier 2014

100% Viognier with hints of green apple and melon overtones. \$21 bottle

### Viognier 2015

100% Viognier with hints of green apple but a little sweeter. \$22 bottle

### Merriwether 2016

Blend of Cab Franc, Petit Verdot, and Merlot, hints of black cherry and plum. \$19 bottle



### Cabernet Franc 2016

100% Cab Franc with notes of red and green bell pepper and spice. \$21 bottle

### Lily 2016

Blend of Viognier, Chardonnay, and Cabernet Franc; semi-sweet. \$18 bottle

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# Georgia Kay

A Story Of The Love  
That Can Be Found  
From A Rescue Pup

## precious pets

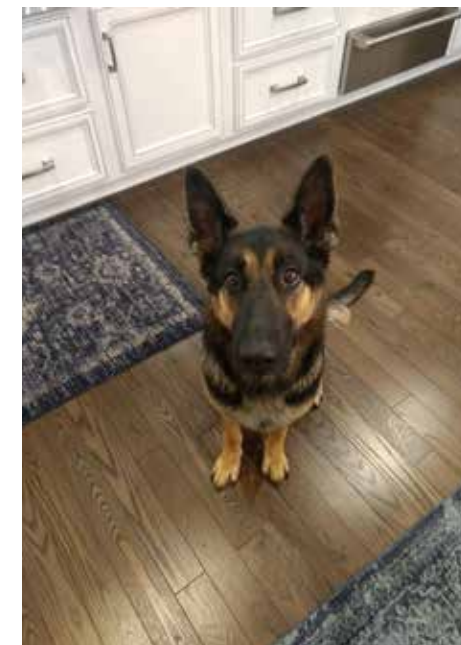
By **Katie Krasner**

Georgia Kay is a three-year-old German shepherd. The Abplanalp family got this sweet dog from a Virginia German shepherd rescue. After a long discussion, the Abplanalp family finally agreed to name this adorable dog. Her middle name, Kay, is in honor of Ashley's mother, who passed away the weekend before they adopted their new pup.

When the Abplanalp family first got her, she did not bark for weeks, and to this day, she rarely barks! Aside from rarely disturbing the house with barks, Georgia Kay is so good with Abplanalp kids Reese, Sophia, and Wesley. The kids have even demonstrated great responsibility when caring for Georgia Kay.

Georgia Kay loves being walked and even getting a little dirty! One time, she spotted deer and nearly disappeared. About an hour later, the Abplanalp family found her covered in mud at a construction site. When it comes to sleeping, Georgia Kay loves sleeping with her human sister, Reese, but now she also likes sleeping on the couch. Apparently, she thinks that is an "extension of Reese's invite" into her bed!

We hope to see Ms. Georgia Kay walking the streets of Hallsley soon!



Contact **Tiffany Moore** with all your Precious Pet stories at [tiffany.moore@n2publishing.com](mailto:tiffany.moore@n2publishing.com).



# A Southern Retreat

## The Andersons' Home Sweet Home



The Anderson home on the *Southern Living* Street of Homes was featured in a previous issue of *Southern Living*. How exciting is that? The Andersons moved from the Philadelphia area and are settling in nicely to the Midlothian community and Richmond.

### living spaces

By Pamela Anderson and Lexi Hanrahan, photography



Contact Tiffany about the nooks and crannies in your home that you love at [tiffany.moore@n2publishing.com](mailto:tiffany.moore@n2publishing.com).

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In Pam's words ...

*When we started to build this house, the one obstacle we faced was that the floor plans had been altered in order to enlarge the bathroom, leaving us with one master closet. Our solution: we created an entrance to an unnamed room that was adjacent to the master suite and turned it into a dressing room. I adopted the Hollywood Regency style when designing this space and incorporated a vanity, which has always been a dream of mine. Everything is behind closed doors (except for most of the shoes). Built-in mirrors, a laundry basket, and interior lighting in the cabinets were incorporated. A chaise lounge and an ottoman finished it off and made it a comfortable place in which to hang out. My daughter says that when in doubt, that's normally where she can find me. We are thrilled with the results!*

Closet installed by Interior 2000



### home of the month

By Lexi Hanrahan Photography




Contact Carolyn, your Hallsley neighbor, at [carolyn.longmire@kw.com](mailto:carolyn.longmire@kw.com) to feature your home next month.




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## business beat

By Tiffany Moore

# Pampered Chef and Dana Miller



Photo Credit: Lexi Hanrahan Photography

**HELPING MAKE MEALTIME MAGIC!**

At Pampered Chef, we celebrate the power that mealtimes have to become something more: a way to transform relationships, to create traditions, and to build happier and richer lives. We're enriching lives every day, one meal and one memory at a time.

Dana Miller, a New York State transplant, has called Hallsley home for the past two years. Professionally, it was important for Dana to find a balance between her work and home life. Being a mom to daughters Alexandra (10) and Mackenzie (8) and wife to Michael, with a demanding unpredictable schedule as a pediatric critical care intensivist, made the desire for a stay-at-home job a necessity. Starting her own business with Pampered Chef allowed Dana the opportunity to both contribute financially to her household and work from home with her own flexible schedule. A personal highlight of her business journey with Pampered Chef came when she met her sales incentive benchmark, allowing Dana to take her husband on an all-expense-paid cruise to the Bahamas for some fun in the sun.

Pampered Chef, with its 37-year history, specializes in cookware, bakeware, and kitchen solutions for every style of kitchen.

Creating memories and bringing people together is a passion for Pampered Chef. They specialize in both entertaining and skill classes for all level cooks. Dana has been a Pampered Chef director for approximately five years and has 15 people working on her personal team. When asked how she got into the Pampered Chef world, Dana shares, "Even though cooking does not come naturally, I loved the philosophy behind Pampered Chef about getting families together again in the kitchen. My own background in event planning made this a perfect fit for me."

Pampered Chef is a company all about giving back. With every order placed, the customer has the opportunity to "Round Up The Heart" and donate money to their local food bank. Dana encourages her Hallsley neighbors, saying "mealtime doesn't have to be stressful! There are a ton of easy recipes and meal solutions that can get a healthy dinner on the table in under 30 minutes. With everyone's busy schedule, I know this help is invaluable." Pampered Chef products are making a genuine difference in the lives of their customers' families and communities.

When not at work, Dana may be found reading, working out, entertaining, and being a soccer mama. She loves calling Hallsley



Photo Credit: Lexi Hanrahan Photography



Photo Credit: Lexi Hanrahan Photography

home and the fact that her children have so many friends right outside the front door. Please allow Dana Miller and Pampered Chef to meet all your home cooking needs. As an added bonus, her *Pampered Chef parties* are guaranteed to bring fun, laughter, and good times while providing the opportunity to purchase durable and dependably stylish necessities for your kitchen!

**Dana Miller**  
Independent Director  
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## resident recipe

By Dana Miller ~ Hallsley Living's resident chef and Pampered Chef consultant

# Fourth of July Mac 'n' Cheese

Every Fourth of July BBQ needs to have a serving of mac 'n' cheese. I have put together what I think is the perfect combo of cheeses in this recipe.

**\*Chef's Tip** - You can put together the whole recipe the day before and keep in the fridge, baking just before you are ready to serve.

### INGREDIENTS

- 1 box elbow pasta
- 3 Tbsp. unsalted butter
- ½ cup Parmesan cheese
- 4 Tbsp. flour
- 1 ½ cups skim milk
- 2 cups shredded sharp cheddar cheese
- 8 ounces deli sliced American cheese (cut)
- 2 egg yolks

### DIRECTIONS

1. Pre-heat oven to 350 degrees.
2. Cook pasta according to box.
3. In 12" non-stick skillet, melt butter.
4. Whisk in the flour and add milk.
5. Bring to a boil while continuing to whisk.
6. Add the cheddar and American cheeses.
7. Whisk until cheeses are melted.
8. Remove from heat and add egg yolks.
9. Fold in the pasta using Mix 'n' Scraper.
10. Add pasta to large stoneware serving bowl.
11. Sprinkle top with Parmesan cheese.
12. Bake 30-40 minutes.

### Dana Miller

Independent Director  
Pampered Chef  
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Contact Tiffany Moore with all your Resident Recipes at [tiffany.moore@n2publishing.com](mailto:tiffany.moore@n2publishing.com).

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For everybody, there's a cause near and dear to the heart; something you hear about and just can't seem to shake. For N2 Publishing, the company behind this publication, it's the epidemic of modern-day slavery.

There are an estimated 40.3 million people around the globe who are trapped in forced labor or sexual exploitation. And while most of these people are trafficked overseas, many still are being trafficked in our own communities. And yet, we're often oblivious to these men, women and children, and to the horrific reality in which they live.

**Here's the good news:** *Something is being done about it.*

As a for-profit company, N2 Publishing stays in business because we're good at generating revenue, but we don't know anything about rescuing victims or bringing traffickers to justice. That's the impactful role of nonprofits – the real heroes in this fight. But they need revenue to be the best at what they do ... and raising funds is where most charities fall short. Therein lies a perfect synergy – between for-profit companies with big hearts (and able "wallets") and nonprofits with the passion and know-how to save lives.




In 2016, the leaders of N2 Publishing realized the essential role they could play in the fight against human trafficking, and N2GIVES came to life. Last year, through this philanthropic arm,

the company partnered with 34 nonprofits selected as part of a lengthy, in-depth vetting process. N2 donated \$2.2 million to fund the impactful work these charities do to fight the great injustice.

**This year, N2GIVES did more.**

**\$2.5 million** was given to help **35 nonprofits** continue their work of rescuing and restoring the lives of trafficked victims. N2 also purchased a home now used as the first emergency shelter for trafficked victims on the east coast. **This means, to date, N2GIVES' total contribution to fighting modern-day slavery has surpassed \$5 million.**

But this issue won't end with N2 or with the 30-plus charities it supports. It takes a greater sense of awareness among business owners and residents in communities nationwide, as well as the giving of funds or volunteer time. Consider joining this effort with N2GIVES. Together, we can bring hope to the hopeless.

To learn more, visit [n2gives.com](http://n2gives.com) and follow the organization on Facebook and Twitter.   





# Hallsley LIVING

## RESIDENT BUSINESS GUIDE

The "Resident Business Guide" is a list of the business owners who live in Hallsley. To have your business listed at no charge, simply email the publisher at [nicholas.fessick@n2pub.com](mailto:nicholas.fessick@n2pub.com) or call Nick at **804-840-5836**. We look forward to hearing from you.

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1918 Bedwyn LN	Hallsley	\$612,900	\$612,900	4	3,900	3.1
2418 Mitchells Mill DR	Hallsley	\$654,290	\$687,981	5	3,850	5
1931 Muswell CT	Hallsley	\$1,050,000	\$950,000	6	6,461	6.1



• **In one sentence:** The main feature of sensory deprivation is to exclude the effects of both light and sound on the brain and body in a state of gravity free Floatation.

• **In more detail:** Floatation therapy is a powerful stress relief and wellness tool, offering a multitude of physical and mental benefits. During a floatation session, the client rests within a sensory-controlled environment, floating on the surface of a super-saturated salt water solution. This experience is deeply relaxing and rejuvenating for the body and mind. It reduces harmful stress hormones, alleviates pain and tension, and stimulates the release of beneficial endorphins within the brain.

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July  
Featured  
Hallsley  
Customer

Our experience with Tracy and Rodney at *A Shade Above* was nothing but perfect! Tracy and Rodney are a complete package with Tracy's on trend and timeless design ideas and Rodney's professional installation team. We have and will continue to recommend them to everyone in need of a great experience and product.

John and Valerie Water



Thank you to all our Hallsley customers!

*A Shade Above*

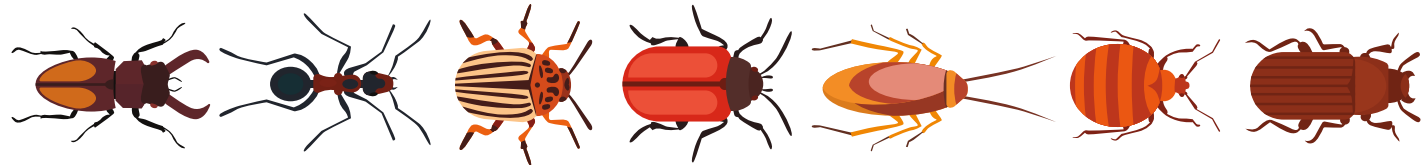
Contact Tracy or Rodney  
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benefiting Operation Enduring Warrior

August 10

**East of Hollywood**

benefiting The Cameron K. Gallagher Foundation

July 27

**Groove Train**

benefiting Sportable

August 24

**The English Channel**

benefiting Autism Society of Virginia

View our full schedule at [shopwestchestercommons.com](http://shopwestchestercommons.com)