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## Experts: Prepare for flooding

BY ALLISON T. WILLIAMS  
CORRESPONDENT

Some experts predict Hampton Roads will experience a sea-level rise of 1.5 feet by 2060, generating flooding that, over decades, could alter the region's landscape and economy for future generations.

The region, in a worst-case scenario, could experience an 8-foot rise over 100 years, according to a report produced by

the Virginia Institute of Marine Science. "It's going to change the extent of flooding in this region," said Skip Stiles, executive director of the Norfolk-based Wetlands Watch. He noted that Hampton Roads has the highest rate of sea-level rise on the East Coast.

Stiles and Mary-Carson Stiff, the organization's policy director, were guest speakers at the Nansemond River Preservation Alliance's River Talk on Tuesday at the

Crittenden-Eclipse-Hobson Ruritan Hall. Nearly three dozen residents, most from the waterfront community, packed the room.

Hampton Roads communities need to be proactive, taking long-range flood estimates into consideration when developing property and taking steps to reduce the impact of rising waters, Stiles said. This could include leaving more open spaces along waterways to accommodate flooding

during storms, he said.

"The federal government recognizes that it has got to take steps to protect assets that are valuable to our economy," Stiles said, referencing numerous military facilities in Hampton Roads and on the Peninsula. "It has a lot of facilities here that are vulnerable."

The federal government now requires

See FLOODING, 6



Caution: Hope Holman shows off her products that alert other drivers of a teen driver behind the wheel. She said the flags and magnets are intended for use during the training phase when an adult is with the teen.

## Caution: Teen driver

### Business develops warning signs

BY TRACY AGNEW  
NEWS EDITOR

Suffolk resident Hope Holman got tired of dealing with the impatience of other drivers when she was teaching her three teenagers to drive.

"They were making a lot of mistakes," said Holman, whose

children are all grown now. "That's going to happen."

She said other drivers grew frustrated and often tailgated or swerved past her teens while they were practicing, with Holman supervising in the passenger seat.

"I thought, 'I need to think of a way to alert them so they could be aware,'" Holman said.

About five years ago, she started thinking of ways to make that happen. She asked around and couldn't find a ready-made way to alert other drivers.

"I'm all about identifying unmet needs and minimizing damages," said Holman, a retired

See TEEN, 6

## Pharmacists hang on

### Independent stores battle growth of chains

BY AMBER FUA  
CORRESPONDENT

As pharmacies around the nation celebrate Pharmacy Week, many Americans have forgotten what it means to have a personal pharmacist.

With the proliferation of big-box pharmacy stores, the day of the small, local pharmacist can sometimes seem to be long gone.

But in Suffolk there are still at least two independent pharmacies that adhere to what might be considered old-fashioned ways of doing business.

"Everything is mobile," says Yuen Wong, owner of Super Drug on North Main Street, regarding today's consumer culture. "No one has to walk in anywhere or communicate. My service is all I have."

Wong has owned her business for 18 years and has seen changes in the industry during that time. One thing that has not changed, though, is the necessity of providing personal service to her customers.

As Wong talks, a woman walks in and hands her a prescription. Because Wong is the only pharmacist in the store, she knows the customer by name and fills her order within five minutes.

The convenience of mobile apps, drive-thru service, and pre-recorded pick-up voicemails can make such customer service seem quaint, and even Wong recognizes that, for some people, "small town pharmacies are really obsolete these days, because everyone is in a hurry." But some people still prefer the connection of personable, face-to-face service.

On the other side of Suffolk, at Bennett's Creek Pharmacy, Chris Jones seems to have embraced the new technologies, while retaining a sense of personal connection with his customers.

Jones has owned and operated the pharmacy for 31 years, 20 of them at his present Bridge Road location.

See PHARMACIST, 6

## 'No other job'

### Wesley Chapel pastor settles in

BY ALYSSA ESPOSITO  
STAFF WRITER

Brandon Nichols is the newest pastor in one of Chuckatuck's oldest churches, Wesley Chapel United Methodist Church, a 19th-century building on Kings Highway.

"There is no other job I could possibly do," Nichols said. He knew of his calling by the age of 14. "Well, Grandma, I think I want to be a preacher," he recalls telling his grandmother after she asked what he wanted to be when he grew up.

His response filled his grandmother with joy, but it came as a surprise to him, since he had ignored the call he had felt when a pastor at a youth retreat not long before had asked those who felt they were meant to devote their life to God to stand up and go to the back

of the room, he said.

It soon became apparent to the young Nichols that he could not run from the calling any more than the biblical Jonah had been able to escape God's calling.

Having grown up as a member of a Methodist church in Chesapeake, Nichols pursued a degree in religious studies from Virginia Wesleyan College. This year, he graduated with his Master of Divinity degree from Duke University, he said. Just a few months later, he began working at the church in Chuckatuck.

"The people are very sweet, very welcoming," Nichols said of the congregation. One thing he has noticed since arriving is the mutual respect members of the congregation have for each other. He also praised the church's

See PASTOR, 6



SUBMITTED PHOTO

Pastor: Brandon Nichols is the new pastor of Wesley Chapel United Methodist Church, located in Chuckatuck.

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# Teen: For drivers

Continued from page 1

Navy firefighter who recently received her Master of Social Work degree. “Car crashes are the No. 1 killer of teens. Minimizing that risk is crucial.”

So was born her business, Hope4MyTeen LLC.

The business manufactures car magnets and window flags in safety yellow and black, warning other people that a teen driver is at the wheel, similar in concept to the “student driver” markings on vehicles used by driving schools.

She officially launched the business Oct. 1, and customers have already told her they’ve noticed other drivers being more cautious around their teen drivers.

“She noticed people gave them space and were more forgiving,” Holman said of one parent in particular.

New drivers in Virginia must hold their learner’s permit for at least nine months, complete a driver education program and have 45 hours of driving practice with their parent or guardian, 15 of which are at night.

“It’s been a very exciting journey,” Holman said of her business, which has as its slogan “Out of my pain comes your solution.”

“It’s good to be able to talk to other parents,” she said. “Being able to mark your vehicle sets you at ease.”

Holman said she suggests using the signs only during the learner’s permit phase. That way, there is an adult with them should an unscrupulous individual want to take advantage of them.

She’s hoping to work with insurance companies to offer a discount to customers who use the markings or to work with state government to make them mandatory for teens.

She also has plans to develop and market similar markings for senior drivers, she said.

Holman plans to give part of the proceeds from her business to Elder’s House, a home for troubled teens her church, Mount Lebanon Missionary Baptist Church, is building in Chesapeake.

“I just strongly believe whatever we do, we ought to have something that pushes us outside of ourselves,” Holman said.

More information on the business can be found at [www.hope4myteen.com](http://www.hope4myteen.com).

# Pharmacist: Service

Continued from page 1

Jones’ pharmacy has technology to rival that of many large pharmaceutical chains. In fact, the entire pharmacy is surprisingly automated.

Behind the counter is a robot that fills prescriptions. The orders filled by this robot are queued from a mobile app that allows customers to place prescription orders and receive text messages when their orders are ready for pick-up.

As he pulls up the Mobile RX application on his phone, Jones says his pharmacy was “one of the first on the independent side to do texting and call-out features.”

In a nearby compounding room, two women, Cathy and Jenna, make medications for people and pets.

“We even create drugs that go into the ear of cats for thyroid problems,” Jones says.

Even considering all the technology and 21st-century services, Bennett’s Creek has not turned from its main focus — customers.

Whether at the counter or the drive-thru, prescription-holders get quick, friendly service, and that service doesn’t stop at the pharmacy door. Jones also offers personal home delivery and health care services for those who are unable to drive to his location.

Jones says it’s “fulfilling” to be a personal pharmacist, and his employees seem to agree. Many are long-tenure professionals, who “deeply care about customers and patients who walk through the front door,” he says.

If it’s up to Jones and his employees, folks in Suffolk won’t soon forget what it means to have an independent, personal pharmacist, not even once Pharmacy Week is over.

# Flooding: Flood insurance costs rising

Continued from page 1

that developers of federally-funded buildings and infrastructure consider projected sea-level rise when planning new projects, Stiles said.

Legislation signed this year requires Virginia’s localities to consider recurrent flooding and projected sea-level rise in their long-range comprehensive plans, which are updated every five years, Stiles said. Most Hampton Roads cities are also required to provide strategies for dealing with the rising waters.

Most people with flood insurance saw rates jump an average of 20 percent in 2015, said Stiff. The increases are part of the U.S. Federal Emergency Management Agency’s efforts to shore up its federally-funded National Flood Insurance Program, which was \$28 billion in debt in 2011. The total liability of the flood insurance program in 2011 was \$571 billion, she said.

Any structure on one of FEMA’s 100-year-floodplain maps — the areas deemed at highest risk for flooding — and being funded through a federal mortgage is required to carry flood insurance, Stiff said. Despite the proximity to the Chuckatuck Creek and James River, not many homes in the Crittenden-Eclipse area fall within the highest risk zone, she added.

Furthermore, Suffolk doesn’t have many new subdivisions cropping up on floodplains, a sign of good, managed development by the city, Stiff said.

The flood insurance program offers a community rating system, a voluntary program that awards credits to participating localities and reduces flood insurance rates by up to 5 percent per tier for citizens, Stiff said. Although many of the credits are for programs and initiatives already in place by municipalities, only six in Virginia participated in 2013, she said. Residents paying flood insurances in those six localities saved a total of \$2.8 million, according to Stiff.

In coming months, Wetlands Watch staff will reach out to local government officials to offer help enrolling in the program or addressing any other flood-related issues, Stiff said.

# Pastor: Young minister at old church

Continued from page 1

“amazingly talented” choir.

As pastor, he hopes to continue to bring a deeper knowledge of the Bible and its stories to his congregation. He also wants to encourage them to share their faith stories more frequently, he said.

“I love preaching,” he said. It’s not common for people to give their attention to someone else for a whole 20 minutes each week, he said. He finds it humbling.

He also feels honored to speak with those who are sick, dying or going through difficult times in their lives.

“It is a powerful thing, and an honor to be invited into spaces of vulnerability,” he said.

The church is involved in a variety of ministries, from supporting

missionaries in Sierra Leone to sending out church bulletins to members who are unable to attend weekly services, Nichols said.

The church will host a Trunk-or-Treat for the community on Halloween and hopes to coordinate with a similar activity taking place at Oakland Christian United Church of Christ that same day, he said.

## ► Ongoing Events

Suffolk Christian Academy is having an ongoing fundraiser through Oct. 31 at Cazadores Mexican Restaurant, 1701 N. Main St. The restaurant will donate 10 percent of the meal to the school when someone dines at Cazadores and presents a tear-away ticket, which can be picked up at both school campuses at Southside Baptist Church and Westminster Reformed Presbyterian Church. Call the school at 925-0274 for more information.

place every Saturday in October through February at 1146 Audubon Road. Registration is at 11 a.m., and the competition begins at noon. Meat, cash and gift cards awarded as prizes. Call 288-6167.

The Nansemond River Power Squadron will be holding a poster contest for ages 6 to 14. Cash prizes will be awarded for

first, second and third place in three categories. Winners will be entered in the Boarman National United States Power Squadrons Youth Poster Contest, where the poster could win as much as \$150. Visit [www.nrpowersquadron.com](http://www.nrpowersquadron.com) for an application. Entries must be received by Oct. 26.

The Chuckatuck Turkey Shoot will take

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