

Northside VIBES



March 2015

Complimentary Monthly Publication

Readership Conservatively Estimated @ 12,000+

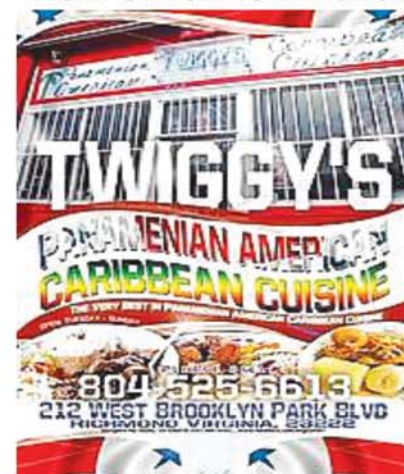
Richmond, VA Issue No. VI



University of Richmond Journalism Students Join Northside Vibes!

On Friday, February 13, nine journalism students from the University of Richmond visited Northside Vibes' office, located inside Dream Academy (2 E. Brookland Park Blvd.). The new team will be assisting with copy editing, reporting, and writing. The students were accompanied by Erin Hollaway (far left), adjunct instructor, and Cassie Price (far right), community initiatives and program manager. Ms. Price also coordinates the Build it Initiative in Highland Park. Welcome, students!

Twiggy's-NBC12's Hall of Fame Award!



(See article below)

A Nice Place to Live - Northside!

Last month on a summerlike day (70 degrees), we caught up with Nicole (left) and Lindsey (right) O-Pries as they were walking their family pets—seven year old Effie (*Great Pyrenees/Irish Wolfhound*) and seven year old Ellie (*Chihuahua mix*). They have been Northside residents for five years. “We love our neighborhood, especially the architecture of the homes, our neighbors (including Miss Laverne who bakes the best coconut pie!), and we have access to so many attractions in the city,” says Nicole. We also spoke with three more residents of Northside--Saleema Muhammad, LaKeisha Law, and Tamara Fennell who spoke highly of the community and had no problem posing for a neighborly group photo (picture taken on the front lawn of Richmond Community High School).



Employee Appreciation Day March 6, 2015

To my staff...

Your professionalism embodies the company's philosophy, and your hard work is a prime example of how employees can further their careers in our organization. Thank you. **Joseph Meyers, Owner**
Animal Motel 2412 N. Lombardy St.

Spreading Love throughout Our Community Embraced by Wings



Rev. Brint Pratt Keyes LinGina Moe Valentine's Day in Ginter Park

A T T E N T I O N A L L Y O U T H S
Are you a young person between the ages of six and 16 who enjoys dancing, art, drama, making friends, and having fun? Would you like to make a difference in our community--awareness seminars, clothing drives for the less fortunate, dance performances, gifts for children and adults (including senior citizens and our soldiers, too)? Meet the Founder and Youth Leader of Embraced by Wings, LinGina Moe, who strives to help young people develop their talents in a God-honoring setting while using these gifts to be a blessing to our community. The youths meet from 4:30 to 6:30 p.m. on Wednesdays (except holidays) at All Souls Presbyterian Church located at 19 Overbrook Road (Richmond, VA). For more information, call (804) 387-7179 or email embracedbywings@gmail.com.



LinGina with Jamilah White
Partner and Youth Leader
Thanks to Our Supporters
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Living Faith Ministries
Rev. Brint Pratt Keyes
All Souls Presbyterian Church
Wendy McCaig
Embrace Richmond
Pastor Pamela Blount
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Juanita Conway
Youth Leader
Tasnine Moyer
Youth Leader
and...
Our dedicated youths!



Congratulations to Twiggy's Panamanian Cuisine - Recipient of NBC12's Hall of Fame Award!

Many congrats to Odilka Gomez "Twiggy," recipient of NBC12's Hall of Fame Award - February 2015 Restaurant Report! Twiggy was surprised by Channel 12 on Tuesday, February 10, and presented an award for "acing health inspections for two years" (the interview was aired on television Thursday, February 12). According to her family and customers, "she is a hard-working individual." To name a few of her passionately prepared dishes, Twiggy's menu offers curry (and stew) chicken, arroz-com-pollo (Spanish rice), oxtails, barbecued turkey wings, escovitche (fish), tamales, salads (seafood, macaroni, and potato), and her mother's cabbage which leaves a sweet taste in your mouth! Additionally, she prepares homemade punch and sorrel (juice). It's so true...good things come in small packages! Don't let her size fool you because she's one highly energetic, determined and creative individual. Not only does she perfect her Panamanian-style dishes, but she possesses such a radiant smile, which is admired by so many of her customers. For these reasons, Twiggy has been selected as **Northside Vibes' March 2015 Community Superstar!** Please be sure to visit **Twiggy's Panamanian Cuisine** located at 212 W. Brookland Park Blvd. (between Hanes and Fendall Ave.), Richmond, VA or call (804) 525-6613. **Panama in Richmond, Virginia!** (photo at top right)

Friends of Northside Vibes (FNSV)

From the outset, the Senior Editor/Publisher envisioned Northside Vibes becoming a publication that would be an integral part of the community. Her goal has been to provide an informative newspaper that people identify with and take pride in and that serves to bridge the different segments of the community. In addition, she wants to provide career exploratory options in writing, photography and production, and life skill programs for community youths and specific adult populations, such as those in re-entry from incarceration. Northside Vibes has already received requests from several youth groups interested in being involved with the paper.

WE NEED YOUR HELP! Since this paper is distributed free of charge, the Friends of Northside Vibes is endeavoring to raise money to defray the cost of administrating and staffing the paper and for materials for the paper and the programming outlined above. Dream Academy, a nonprofit adult high school located at 2 E. Brookland Park Blvd., is a 501 (c) 3 organization. The school is serving as the host site and fiscal agent for Northside Vibes, and will oversee the outreach programs.

We want to thank you in advance for considering a financial contribution to help us realize the full vision of the Senior Editor/Publisher. All contributions should be directed to **Dream Academy** with reference to **Friends of Northside Vibes** or **FNSV**. Please know that we will bestow appreciative honors to donors in the *Donor Column* of upcoming issues closest to the respective contribution date. **Your donation is tax deductible.** As many of you know, the paper has been well received and created quite a *buzz* throughout Richmond. The Senior Editor/Publisher and the Friends of Northside Vibes very much appreciate all who have given support in one way or another to help make the paper a success. Your encouragement has been absolutely wonderful!

Please send contributions to: Dream Academy c/o Friends of Northside Vibes, 2 E. Brookland Park Blvd., Richmond, VA 23222
Telephone: 804.228.8200 **Website:** www.dreamacademyrichmond.org. **To contact Senior Editor/Publisher, Northside Vibes:**
 Deone "Flavor" McWilliams, **Telephone:** 804.297.6316 **Email:** flavornews@gmail.com



Richmond Community H.S. Lakeside Farmers' Market Richmond Police/4th Precinct Nehemiah CDC City Council



U.P.S. Journalism Students & Jr. Editor 4kids Fire Station #15 Rubicon Volunteer Delivery Rep.

New Team: Students from University of Richmond (picture above), Richmond Community High School, and Embraced by Wings (see front page)!

Expressions from Sr. Editor & Publisher, Flavor

Celebrating Six (6) Months of Support for Our Newspaper!



Northside Vibes (by Flavor News) is a monthly, complimentary GOOD NEWSpaper which launches the 1st Friday of each month. Our community is exploding with so much positive news and deserves to be featured! Words cannot explain how grateful we are for all the support we've received from our repeat advertisers, distributors, reporters, residents, merchants, community leaders, schools, churches, mentors, media sources, families and friends. Now that Spring is just around the corner, and we've been fortunate to team up with high school and college students, as well as other youth organizations, we're ready to heighten our publication as we move forward. Congratulations Northside for inspiring us to write an upcoming new section... "Journey of Love" (our own MSO-Media Soap Opera), which will feature everyday life scenarios. Keep reading the **Vibes!**

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 Pine Camp (Old Brook Rd.)
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 Richmond Public Library
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MORE MEETINGS NOTICES & EVENTS

Thursday, March 12 @ 6:30 p.m. – BPAA Monthly Meeting - Location: Dream Academy, 2 E. Brookland Park Blvd. **Summer Camp registration @ Pine Camp started on February 2nd**(child must be a City resident and have a birth certificate). Register online @ richmondgov.com (Parks & Recreation) or at your local community center – Northside/4901 Old Brook Road - For more information, call (804) 646-3672. **Thursday, March 12 and Friday, March 13** -- Parent-Teacher Conferences will be held at Richmond Community High School. Teachers, counselor and principal will be available to meet with parents to discuss students' progress, attendance, and other matters. Student progress reports will be available for parents to pick up from the main office upon arrival. Note: Students will be dismissed early on both days. For additional information, please call the school at (804) 780-4332. *This message was brought to you by J. Austin Brown, Principal.* **March 20 – 1st day of Spring! The Brookland Park Clean Up Day** has been confirmed: **Saturday, March 28 from 9 a.m. to 1 p.m.** Everyone should plan to meet at Dream Academy (2 E. Brookland Park Blvd.). For more information, please contact Willie Hilliard (804) 852-7463. **Saturday, July 18 -- The Brookland Park Blvd. Celebration Gala has been confirmed!** If you missed out last year, you will definitely want to attend this year (great entertainment, food & community FUN) and if you've been waiting to experience another "family friendly" place to meet with family and friends, you won't have to wait much longer because the **new Coffee and Bike Co-op** (near the intersection of North Avenue and Brookland Park Boulevard—beside Dream Academy) will be opening soon...*this Spring!* Stay tuned for more great news about our communities. **Northside...Neighbors Growing Together!**

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Proceeds from this event will support student scholarships at Virginia Union University. For more information, call (804) 342-3938.



Ask Nurse Deborah

*This message is brought to you by
Deborah Little-Bowser, R.N., B.A., M.P.S.*

Making Positive Changes Have No Fear!

Dear Nurse Deborah: I want to make positive changes in my life, but I find it difficult to take the first step. Why is this? —KB

KB: This is an interesting question. As human beings, we become comfortable with the status quo and often fear what a change will bring to our lives—a new place to live, a new job, a new relationship or other life changes. We often focus on the negative outcomes instead of the positive. Each of us has had change, good and bad. If there were no change, we would never move forward or experience new things. People get stuck in their comfort zones, and fear often holds us back. Consider making a list of the possibilities in making your change. What are the benefits you would reap from the change you are considering? Start small, but think tall. You didn't learn to walk overnight! Now consider the downsides, if any, and compare them to your list. Take time to reflect on changes that have occurred in your life. Write them down and review the outcomes you have experienced. What would you have done differently? Talk to others; what were their experiences? Someone you know may have had to make the same or a similar change. Seek professional assistance if the behavior you want to change is affecting your mental or physical health.

Remember, the power is in *you* to make the changes happen in your life. It may not be easy, but with persistence, a positive attitude and willpower, you can make good changes in your life. Wishing you the very best.

Ecclesiastes 3:1-8 says, "A time for everything"!



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One Artful Soul

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See article "Neighbors Growing Together"



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Classic Touch Cleaning

Anonymous Caller Applauds Business on Bellevue



“Our mission is to clean your home as if it were our own. Our reputation is built on it.”

It’s always wonderful when we receive calls from neighbors and customers of businesses that deserve public recognition. Although we had planned to visit Classic Touch Cleaning at their Bellevue Avenue location (1229) and feature the business in one of our upcoming publications, we couldn’t wait that long! After hearing so many great things about the Stankus Family, we decided to visit their website first. We learned quite a bit of information including the history and the great services they provide.

Brenda Stankus, owner and operator, opened the family-owned business in 1984 and has been awarded an ARCSI Seal of Excellence, as well as a recent (Feb. 26) A+ Rating with the Better Business Bureau.

An ARCSI Seal of Excellence is awarded to residential cleaning companies who meet a rigorous set of industry and business standards. ARCSI believes that in documenting and verifying information before awarding their prestigious seal, they are providing consumers a level of

expectation and confidence regarding the professionalism, ethical business practices, and commitment to continuing education from a company they are considering giving access to their homes.

Classic Touch Cleaning offers quality workmanship (continuous training and QA practices that keep their employees on their toes), reasonable rates (prices reflect value while providing a decent living for their employees), customer security (rigorous pre-hire screening process ensures your home security) whereby you can feel confident in knowing they bring “quality, long-term employees into your home” on a weekly, bi-weekly, monthly, or occasional basis (they also offer deep cleanings). Whether it is one-time, move in/move out, real estate, party and even holiday cleaning, Classic Touch Cleaning is available to assist!

In addition, Mrs. Stankus is a member of the Kiwanis Club of Richmond, a Professional Artist and Art Instructor. The last comment the caller made was: “The Stankus family has not only helped our family and friends, but we want them to know they are deeply loved by their community.” This is the kind of “good news” we always enjoy featuring. If you are seeking a residential cleaning company that provides superb services, please contact Classic Touch Cleaning at (804) 262-6979, and be sure to visit their website: classictouchcleaning.com.

Geraldine L. Lowry

One Artful Soul

A few months ago we met a young lady who shared quite a testimony regarding her journey as One Artful Soul, Geraldine L. Lowry. Although she was born in Philadelphia, Pennsylvania, she moved to Virginia (*as an infant*). In other words, Richmond, Virginia is her home. Respect for religion, the arts, and music was instilled by her grandparents. As a curious but shy little girl, Mrs. Lowry loved to create pictures and used anything she could find -- like colored chalks and bits of black coal from her grandfather’s cold bend. “I would scribble on walkways, a wall in my bedroom, and even on the side of the coalhouse in our backyard,” she said. Before graduating from Armstrong High School (1963), she was voted the “class artist”. Mrs. Lowry spoke highly about her daughter and very supportive husband of 38 years.



She has worked with the City of Richmond Public Schools system for numerous years, including Maggie Walker and John Marshall High Schools, and Programs for the Gifted. She also enjoys listening to great blues, jazz, and old school jams. One day on a calm afternoon, she sat down in front of a stark white new

canvas, staring at it for some time. Mrs. Lowry asked for divine guidance in a short prayer. Since that day, many visions began to flow into her head. She couldn’t find the time to paint them fast enough and began exploring two-dimensional art pieces using mixed mediums, hoping that the original sweet beginnings would challenge her abilities, while building her self-confidence to keep moving forward.

In May 2001, the National Arts Program, sponsored by Parks and Recreation for the City of Richmond, and Richmond Public Schools’ employees, advertised for an artist to exhibit works in an upcoming show. She decided to enter a framed collage piece of art “I Am” made of African textiles and one acrylic painting of a waterfall “I Can Falls”. Much to her amazement, her collage “I Am” placed 2nd in the amateur category; and she sold the “I Can Falls” piece at the same exhibit. **“Success is not always winning, but the experience of accomplishment and the invaluable exposure is success itself,” says Mrs. Lowry.**

Her passion is to search for (and develop) a unique and eloquent expression that speaks to the viewer; and she is most thankful to those who have purchased her works, and appreciates the continued encouragement. “I find that improving my art is necessary to achieve success in my life, and I hope you will enjoy my work.”

Back Down Memory Lane...



Mrs. Lowry also participated in our community’s Christmas 2014 Countdown Gala. The children were given the opportunity to learn all about creative painting. Her contagious smile, patience, and love for art brought so much joy to everyone (see color photo on Entrepreneurs page). Many thanks to Geraldine L. Lowry, **One Artful Soul!** We look forward to learning more about your artwork in the near future.

Richmond Public Library – 2901 North Avenue

March 12 @ 4 p.m. – Join Kimberly to learn how to stretch your dollars (**coupon class**). **March 18 @ 4 p.m.** Join William Nelson to learn **self-defense** moves to protect yourself (all ages). **Wednesdays**-Preschool Story Times 10:30 a.m.; **Thursdays-Computer Classes** 10:30 a.m.; **Fridays-Crochet Club** 10:30 a.m. (fun for all ages); **Mondays-Thursdays – Free Homework Help** 3:30 p.m. Hands-on assistance for RPS students Grades K-12 (snack and juice included). For more information regarding our community programs, please feel free to visit our branch or **call (804) 646-6675**. Visit richmondpubliclibrary.org

Free Event! Spring Fling & Easter Things @ Battery Park

Mark your calendars and share this FREE event with your family and friends. Saturday, April 1st from 1 to 6 p.m. Bounce houses, games and activities, Easter egg hunts and more...**for all ages!** Great food (*free – children only*), prizes, Easter Bunny and Cap City Characters, too! For more information, please contact Balloons and Things (804) 201-0540.

Barrington H. Bowser, Jr., M.D.

Deborah Little-Bowser, R.N., B.A., M.P.S.
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Richmond Public Schools Unveils Revamped Mobile App

Dr. Dana T. Bedden, Superintendent
Cletisha Lovelace, Acting Communications Officer
NR#34 2014-2015 (February 24, 2015)

Richmond Public Schools (RPS) has revamped its mobile app to provide increased access to district resources, news and activities, and enable parents to become better engaged in their child's academic progress. Developed in partnership with one of the nation's leading education technology companies, Blackboard (*formerly known as Parentlink*), this free mobile app offers parents ready-access to useful information such as student grades, attendance and class assignments. Other features of the app include access to the following:

- Sports news, school and district calendars and directories
- Student health records, lunch menus and cafeteria balances
- Message translation in over 60 languages

Users can customize their experience using push notifications, which will enable them to select the information they would like to receive and choose how they would like to receive that information – text, email or phone. To access secure student information, parents will be required to obtain a system-generated username and password. In order to provide the most secure authentication of this information, parents will receive this information directly from their child's school. The app is available to download for iPhone and Android users by using the search term 'Richmond Public Schools' within Apple or Google Play stores. Links to both the Apple iOS and Android mobile apps are also available on the district's website: Richmond.k12.va.us. For more information, contact the Public Information Office (804) 780-7100.

YMCA is Hiring!

Counselor – REHIRE – 2015 Summer Camp

The Northside Family YMCA is seeking energetic and responsible individuals to work as counselors for our summer day camp programs. The YMCA of Greater Richmond is a nonprofit organization with the goal of strengthening the foundations of community. We do this through programs that help build a healthy mind, body and spirit for all, and our programs are built around our three focus areas: Healthy Living, Youth Development, and Social Responsibility. The Y is open to all, and we pride ourselves on the diversity of our members and employees. As an employer, the Y seeks to recruit energetic professionals, encourage work-life balance, and provide opportunities for growth and development. Our employees exemplify and adhere to our four Brand Behaviors of Honesty, Caring, Respect and Responsibility. **Duties:** Summer Camp Counselors have the opportunity to positively impact hundreds of youth in our community. We are looking for dependable role models who love to have fun! As a camp counselor, you will be responsible for the well-being of your campers and providing a safe, engaging environment for them. **Qualifications:** **This application is only for returning camp staff who have been instructed to fill out a REHIRE application. New employees should fill out the "Counselors for 2015 Summer Camp–YMCA of Greater Richmond" application.**

- High school diploma or GED is required.
- Minimum age – 18.
- Six months of programmatic experience in group care of children in a licensed facility is desirable.
- CPR/AED and First Aid Certifications are strongly preferred.

Update: New Start Times for Richmond Public Schools?

Source: rvanews.com On January 5th, Superintendent Dr. Dana Bedden presented his Academic Improvement Plan. While the plan proposes many enhancements to improve teaching and learning within the City's schools, one of the recommendations causing the most buzz is a proposed change in school start and end times. Here's what's been proposed: Elementary schools: 8:00 a.m. - 2:50 p.m.; Middle schools: 8:30 a.m. - 3:20 p.m.; and High schools: 9:00 a.m. - 3:50 p.m. Research suggests that later start times for high school students leads to improved academic performance. On the other hand, an earlier release time for younger students could present child care challenges for families—particularly those who rely on older children to help care for younger siblings. *To-date a decision has not been made. Stay tuned for an update in next month's publication.*

MORE COOL SCHOOL NEWS

by NyRiian Jiggetts

Teachers' Spotlight!

Our teachers do not get enough credit for all the great things they do to help us get a good education. Think about it...everyday they have to report to school and teach so many children. They answer tons of questions and help us even when they have other things to do—daily lessons, grade papers (*like homework*) and projects. Sometimes they have to hear us complain, take time to help when we don't understand, help us should we get hurt, and even meet with our parents. Being a teacher must be a difficult job and it takes special, loving, caring, and patient people to work with us. This is my first year in middle school, and I am so glad I have teachers who truly care about me and my future. That's why we want to **recognize three (3) Northside teachers each month** (*one each elementary, middle, and high school*) to let them know how much we appreciate them, and we need the help of parents. Ask your child who they would like to thank and why. Have them write a short essay (*at least two paragraphs*) and don't forget to mention the school's name and address. Then send us an email at flavornews@gmail.com. We hope to see your teacher in our newspaper next month! Thanks to all the teachers who do a really good job! *Stay tuned for more Cool School News!*

Richmond Community High School's Sophomore Minimester A Stem Experience!

This year's sophomore minimester trip will have a Science, Technology, Engineering and Mathematics (STEM) theme. The trip, scheduled for the week of May 18-22, 2015, will expose RCHS's tenth graders to a number of STEM experiences in the "Research Triangle" of the Raleigh/Durham, North Carolina area. RCHS sophomores and their staff chaperons will be the guests of Dr. Robert Panoff, President and Executive Director of Shodor, Inc., a national nonprofit research and education organization dedicated to the advancement of science and math education, specifically through the use of the modeling and simulations. *To name a few...* students will participate in four hands-on-technology classes on May 19 and May 21. A brief description of the STEM classes our students will be exposed: **21st Century Skills** – students will explore how to be more effective in information search and evaluation, office etiquette in the information age, and collaboration skills assisted by technology; **Your Super Future** – Participants will explore the power of parallel computers to experience how to do science on computers that are 1,000 to 1,000,000 times faster than a PC/Mac! Contact the school for more information.



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