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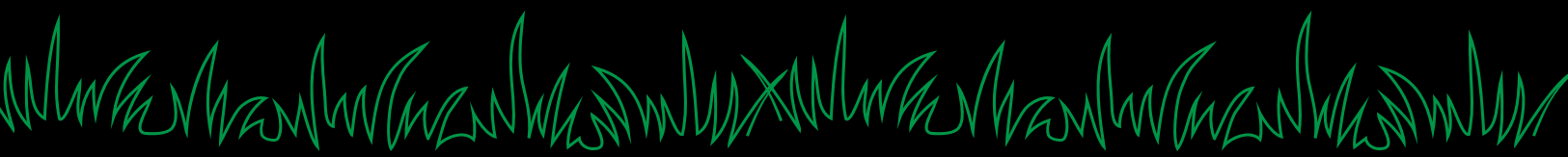
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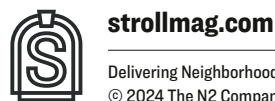
11/16 - 12/15/2023 per CVRMLS

Address	Neighborhood	Sales Date	Sales Price	Beds	Baths	Rooms	Sq Ft
2825 Founders Bridge RD	Founders Bridge	11/21/2023	\$825,000.00	4	3.1	8	3,437
13324 Edmonton DR	Tarrington	11/28/2023	\$1,035,000.00	5	4.1	15	4,729
2730 W Brigstock	Salisbury	12/1/2023	\$711,000.00	3	2.1	8	2,512
2831 W Brigstock RD	Salisbury	12/1/2023	\$815,000.00	3	2	8	4,108
14339 Kenmont DR	Salisbury	12/1/2023	\$950,000.00	5	4.1	11	4,480
2707 Stonegate CT	Salisbury	12/7/2023	\$1,590,000.00	4	4.1	11	5,275
13820 Mount Hill CT	Salisbury	12/12/2023	\$450,000.00	4	2.1	6	2,300
3624 Markby Trace VIEW	Tarrington	12/12/2023	\$650,000.00	4	3.1	9	2,768
2200 Kings Lynn RD	Salisbury	12/12/2023	\$625,000.00	5	3.1	9	2,601
4100 Caddington DR	Tarrington	12/14/2023	\$838,000.00	3	3.1	8	3,187
834 Dogwood Dell LN	Founders Bridge	12/15/2023	\$740,000.00	3	3.1	8	3,646

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OUR AMAZING TEAM

Spring is almost here!

BY AMY PHIPPS

Hi Everyone! March is here and spring is just around the corner. I'm looking forward to some fun celebrations in the near future. My family loves to don green and eat corned beef and cabbage on St. Patrick's Day. We'll also look forward to Easter Egg Hunts and lots of chocolate during Easter, and,

of course, the start of baseball season with Huguenot Little League. This is usually a fun time for the neighborhood as activities really start gearing up as we make a break from the cold weather. What are you looking forward to? A special sport or event? Let us know, we'd love to share your story! We have

a wonderful group of student writers who would love to write about your student athlete, pet, or special event. Email me if you have ideas!

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Have ideas for the magazine? Please reach out to Amy at tarrington.content@n2co.com.
Scan here to submit a story.





THE NEST ACADEMY RVA

Facing challenges head-on!

BY CLAIRE HILL

If you are looking for a way to help in the community around you and improve the lives of others, then look no further. Nest Academy RVA would love your help in their mission to provide inspirational and social environments for young people with complex disabilities. Nest was founded in May of 2020 by Nora Carroll after she realized that there were very few programs for young adults with complex disabilities for her son to participate in after high school. She decided to create a program to help young adults with complex intellectual and physical disabilities get their needs met. "Family members of young adults with complex disabilities enjoy engaging with peers, having a routine, and being an active members of their communities, however, those opportunities do not exist," says founder Nora Carroll. "Nest fills this void with six classes a week near Short Pump, and just added a new class in Eastern Henrico. We are currently seeking a volunteer teacher to expand our classes to the Bon Air area. We believe that there are so many more individuals with complex disabilities in the Richmond area who would benefit from Nest that we have not been able to reach, so spreading awareness of our programs is one of our main goals, and articles like this will hopefully reach some families who are looking for a program like Nest."

"Some of the specific needs of this particular disabled community are constant engagement, a consistent routine, and a way to get out of the house and be active," says founder

Nora Carrol. "Nest Academy offers six classes a week to help with these needs. We give the members of the academy a routine that they can follow, and we also give their parents a time to rest and handle other matters."

Every Nest member has their own unique needs and medical situation and it's hard to find and train someone who can care for them, so often their parents are there to care for them 24/7. Nora hopes in the future to be able to create a coffee area where parents can rest while volunteers care for their children during the classes. Another big goal is to be able to offer more classes.

"Fundraising is a large part of Nest due to the cost of our quality programs and the high cost of supporting an individual with complex medical, intellectual, and physical needs," Nora says. "We have two main fundraising and awareness events; one is a Fun Walk on May 4th and a annual golf tournament in September. We also have numerous virtual and in-person volunteer opportunities for community members who would like to learn more about Nest and help us further our mission!"

Nest has grown over 30% with the generous support of the Richmond Community especially the Tarrington Community with not only private donations but sponsorships and volunteers. Nest is very grateful for a community willing to give back.



“ Nest is very grateful for a community willing to give back. ”



If you want to help Nest, there are a few things you can do. You can volunteer, become a sponsor for their Fun Walk, or help fundraise by sharing this event with local businesses. One project Nest does to raise money is "Upcycling" animal feed bags. Volunteers are needed to wash, cut, fold and sew into tote bags to sell at the farmer's market. However, by far the easiest thing you can do for Nest is to spread the word of their foundation mission to anyone and everyone to gather even more awareness. To learn more about Nest go to <https://www.nestacademyrva.org>. Thank you.

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FOSTERING HEALTH AND IMPROVING LIVES Beauty Awakened



Left to Right Sarah, Samantha, Nikki, Taylor
Front Dr. Mary Brandon

For years, Dr. Mary Brandon has dreamed of opening a clinic where she could focus on fostering the health, not sickness, of her patients and improving their lives. Her dream began five years ago after spending significant time in the Cardiac Surgery Operating Room. She found herself wondering what could be done for the community to keep them healthy and away from the hospital. Dr. Brandon began researching sleep therapy, preventive cosmetic procedures, and medical treatments for poorly treated conditions such as chronic migraines, fibromyalgia, and depression that ail so many. Her interests grew greater with each area of research and resulted in the founding of **Beauty Awakened** in January of 2021.

As a female entrepreneur and mother of five, Dr. Mary Brandon knows that finding time for oneself can often be a challenge. **Beauty Awakened** is here to help find that time for patients, so they will have more time with others in the future. Dr. Brandon looks forward to educating and giving back to the community as she is still saving lives, just in a proactive way through **Beauty Awakened!**

1. Graduated from West Virginia School of Osteopathic Medicine 2007, Valedictorian
2. General Surgery Internship, George Washington University 2007-2008
3. Anesthesiology Residency, UNC-Chapel Hill 2008-2011
4. Adult Cardiothoracic Anesthesia Fellowship, Duke University Medical Center
5. Assistant Professor of Anesthesia, Duke University Medical Center 2012
6. Cardiothoracic Anesthesiologist, St. Mary's and Memorial Regional Medical Center 2013 - Current
7. Osteopathic Training - Focuses on a holistic approach to the patient preparing her for this new journey

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Dr. Mary Brandon has treatments for both men and women. Below are two examples of patients that demonstrate the complex problems she can solve.



1. A 26-year-old male graduate student was seen in consultation with his mother. For years, he has struggled with acne, trying multiple modalities with no improvement. A thorough skin evaluation was performed and the initial treatment consisted of an acne facial and skin care products. After a series of peels, his skin is in the best condition in years and he continues to follow up routinely during breaks from school.



2. A 42-year-old mother of three arrived at the spa interested in body contouring. Despite having an active lifestyle, she found it difficult to achieve her desired strength and tone of her abdomen. She received 6 treatments of the Emsculpt Neo with excellent results. Her attention then turned to the lines and wrinkles on her face. With strategically timed Botox filler and microneedling, she continues to age in reverse.



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—ALEXIS REED

SERVICE: LIP FILLERS

"A truly amazing experience! The staff is so friendly. I was pleasantly surprised once the process started to discover the treatment I received was not only pretty quick but also nearly painless. Cannot wait to return for more services in the future."

FOLLOW UP REVIEW: "Just left from another visit with Beauty Awakened- this time for a Botox treatment. Once again, OUTSTANDING service. Looking forward to my next treatment! Dr. Mary as well as her team are fantastic!"
—MEGAN ROWLAND

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COACH ROUSSELL and The Lady Spiders

Looking into the life of a University of Richmond head coach

BY ALEX ORTIZ



The Gilberts enjoying U of R Women's basketball



Tarrington Night Out with the Spiders

Ar on Roussell is the head-coach of the University of Richmond's women's basketball team, and a proud resident of Tarrington.

Throughout Roussell's life he has always had a profound love of sports, but at a young age he never saw it as a potential career opportunity. That belief would quickly be made untrue. While attending the University of Iowa, Roussell was planning to study law in hopes of becoming a full-time lawyer, but he began to doubt what his passion in life truly was. He decided to take a year off from his studies and was offered a head coaching spot for a boys high-school basketball team. From doing that, he gained connections with some college coaches on the women's

basketball side. These connections helped him land a spot as a graduate assistant coach for the Minnesota State University, Mankato.

Following his tenure at Minnesota, he continued contemplating his future career path. Before the next basketball season, he landed a job to be an assistant coach at the University of Chicago. Not long after starting that job, the head coach of the University of Chicago decided to leave for a different coaching job at a different college. That decision would quickly change the path of Coach Roussell's future. Due to the head coach leaving, there became an open spot for interim head coach. Coach Roussell stepped up and at just age 25, was the head-

coach of a college basketball team. Despite it being his first time as the head coach of a college team, the team had an incredible year, culminating with the coach being named the full-time head coach. He would coach there for seven more years, until he was hired as the head coach of Bucknell University. He held an eight-year tenure at Bucknell, before he was hired for his current position as Head Coach of the University of Richmond (2019-present).

At the time of this writing, the Spiders have a 17-3 record and are 7-0 in conference play, which makes them first in their conference. This is also the best start to an A-10 conference season by one team ever.

On March 24, the NCAA women's March Madness tournament will begin. "The goal for every team is to get a bid to the NCAA Tournament. For a mid-major school like ours it is very difficult and usually requires winning the year-end conference tournament," said Coach Roussell. "I really like our team, especially if we can stay healthy, but there are so many quality teams in the A-10 this year so it will be a big challenge." This year the A-10 Championship Tournament is at the new Henrico Event and Sports Center.

Throughout Roussell's time coaching, his teams have made six March Madness tournaments. In 2011, his team made it to the Elite-8, one short of the Division III Final Four. In

2019, while still coaching Bucknell, they missed a buzzer-beating three-pointer in round one, that would have led to an upset over #5 Florida State in round one of the NCAA Tournament. "Those are probably my two favorite March Madness experiences," said Coach Roussell. "Any time you even get a chance to participate in the tournament it is an unbelievable thrill."

The Spiders typically host three weeks of basketball camps during the summer, and are constantly building a strong reputation for helping around the campus and helping the community. "I am especially excited about our team recently 'adopting' Mallory, a 9-year old Richmond resident, who is battling a severe form of epilepsy. She has

signed on as our newest recruit and has been a real boost to our team!"

Coach Roussell resides in Tarrington with his wife, Molly, and children Riley, Kelsey, and Kendall. He is a member of Salisbury Presbyterian, where Molly is an elder. She is also on the PTA Board at Robious Elementary and is one of the key leaders and founders of the Tarrington Mom's Club. Coach Roussell reports, "I am obviously very proud of her and what she is doing".

Coach Roussell is a role-model for up-and-coming coaches that are just one opportunity away from thriving. We look forward to seeing your team play and wish you the best of luck this spring! Go Spiders!

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FEATURED FAMILY

THE Lee FAMILY



STAYING BUSY ON SEAFORD CROSSING

BY AMY PHIPPS



Photo by Oh! Shoot Photography



This month we are happy to introduce you to the Lee Family. Richmond natives Lea and Tommy met through mutual friends when they were in their early twenties and the rest is history! They were in Richmond until work took them to Roanoke in 2016, but they headed back home to Richmond, and more specifically, Tarrington, two years ago.

Lea attended John Tyler Community College and received her associate's degree in nursing. She furthered her education at Virginia Commonwealth University and received a bachelor's in nursing and Master of Science in Nursing Administration. Currently, she is enrolled at Radford University completing her Doctorate in Nursing, while also serving as Chief Nursing Officer at Chippenham Hospital.

Tommy, a former mail carrier, is the Owner/Operator of RVA Errands & Delivery. You can find out more about this unique company--the first delivery service of its kind in RVA in this issue's Business Beat!

Lea and Tommy share their house on Seaford Crossing Drive with their 10-year-old son Brody. In addition, this past year we decided to get two teacup maltase dogs named Olive and Tito. Tommy shares, "They keep us all busy!"

Brody attends St. Michael's Episcopal School. He enjoys playing flag football, basketball, and baseball. The family are sports lovers. They root for the Dallas Cowboys and Chicago Cubs. Attending sporting events, including Cubs and Flying Squirrels games, are some of their favorite things to do. Most recently, they have also enjoyed all the Marvel Movies and watching The Voice as a family.

When they are not in Richmond, you might find them in Gwynn's Island boating and fishing as a family. As Tommy tells us, "We spend all the spare time we can at Gwynn's Island which is about an hour and a half away and sits on Chesapeake Bay. True paradise!"

Every year, they also go to Emerald Isle with several family members and have a blast! They also love having all the family over in the summer for a seafood boil and Christmas Eve for a live Maine lobster bake. Lea is

known to make amazing crab cakes too, but if they are feeling like a dinner out, Angelo's has always been their go to.

Of course, we had to ask, **What is your favorite part about living in Tarrington?**

"The favorite part of our neighborhood is easy, it's our amazing neighbors. We are truly blessed to live in this community and for our new friends!" Thanks for sharing your story with us, Lee Family!



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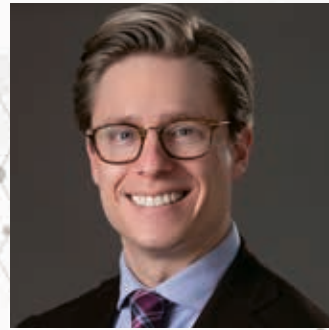
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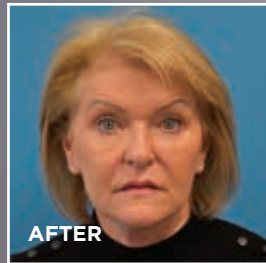
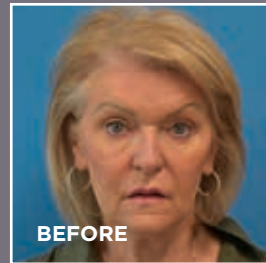
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Tommy Lee

BUSINESS BEAT

UNLOCKING CONVENIENCE

RVA Errands & Delivery redefines on-demand services

BY NICK FESSICK

In the heart of Richmond, Virginia, RVA Errands & Delivery is not your average delivery service—it's a delivery experience like no other! Meet Tommy Lee, the mastermind behind this innovative venture that's shaking up the way we get what we want, when we want it.

Tommy, a Chesterfield native with over two decades of delivery wizardry, decided it was time to bring a splash of excitement to RVA. With a background as a mail carrier and a passion for superior customer service, he embarked on a mission to redefine convenience. Forget the mundane—RVA Errands & Delivery is the cool kid on the block, using the power of texting to bring the party to your doorstep. Whether you need party supplies, flowers, prescriptions, or even a spontaneous grocery run, Tommy's got you covered.

Why text? Because no one has time for complicated apps. Just shoot a message, and Tommy will handle the rest. Fast, efficient, and oh-so-personalized—this is delivery with a touch of flair. Tommy's journey is as unique as his service. After a short stint in Roanoke, he's back in RVA, ready to infuse the community with his delivery magic. Family man, delivery extraordinaire, and the proud owner/operator of RVA Errands & Delivery—Tommy wears many hats, but none as stylish as the one that says “I make your life easier and more fun!”

With only two months in the game, RVA Errands & Delivery is a one-person show, for now. But Tommy's got big dreams of expanding his crew and making RVA Errands & Delivery the go-

to squad for all your delivery needs. What's the secret sauce? It's the way Tommy takes orders—no fancy forms, just a good ol' text message. It's quick, it's easy, and it's personalized. Who knew getting stuff delivered could be this fun?

Tommy's proudest moments? When he gets to be the hero for his customers. Whether it's delivering the essentials or bringing a smile with a surprise gift, making people's lives a little brighter is what it's all about. And here's Tommy's advice for the neighborhood: Life's too short to be stuck in traffic or waiting in line. RVA Errands & Delivery is here to give you time back—time for family, friends, and all the things that make life awesome. Oh, and let's talk about affordability. Who said deliveries have to break the bank? Tommy's rates are wallet-friendly, making him the cooler, more budget-savvy alternative to those other guys.

In a world filled with deliveries, RVA Errands & Delivery is the superhero swooping in to save the day. So, if you're ready to add a dash of excitement to your errands, just shoot Tommy a text. Convenience has a new name, and it's RVA Errands & Delivery—your personal delivery hero!

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One Well Dressed Pup

Myrtle the french bulldog

BY AMY PHIPPS



“ Myrtle is the friendliest and sweetest dog. She has yet to meet a stranger and loves interacting with humans and other dogs. ”

This month we have the opportunity to share Myrtle, a 1.5-year-old French Bulldog. Myrtle lives with her human parents Mina Kefalas & Dan Gregory. Myrtle is unique because she has heterochromia - one of her eyes is blue and the other is brown! She is also bilingual. She understands both English and Greek!

We asked Mina, Where and why did you get your pet?

“We met our neighbor’s Frenchie, Pippin, when we moved to Tarrington in October of 2021- who is the sweetest dog! The search for our very own Frenchie then began. We happened to find a local breeder in Powhatan named Dawson Family French Bulldogs, who at the time, had one little girl left. We went to visit her and immediately fell in love- She came home with us that night! Myrtle absolutely loves to play with Pippin! She runs over to the fence to look for her every time she goes outside!”

What do you like best about your pet?

“Myrtle is the friendliest and sweetest dog. She has yet to meet a stranger and loves interacting with humans and other dogs. She loves to cuddle and lay by the fireplace! She is VERY spoiled! Myrtle goes to most places with us in her stroller, but when she can’t come with us, she stays with her grandparents, so she doesn’t have to be alone. She also has a full wardrobe for every season.”

What else should we know about your pet and/or how your pet has enriched your home/family?

“Dan has never owned a dog before Myrtle. It has been such a great experience watching them bond. Myrtle has been such a great addition to our little family!”

Thanks for sharing Myrtle’s story with us!

Share your pet story here. Scan the QR code and get started!



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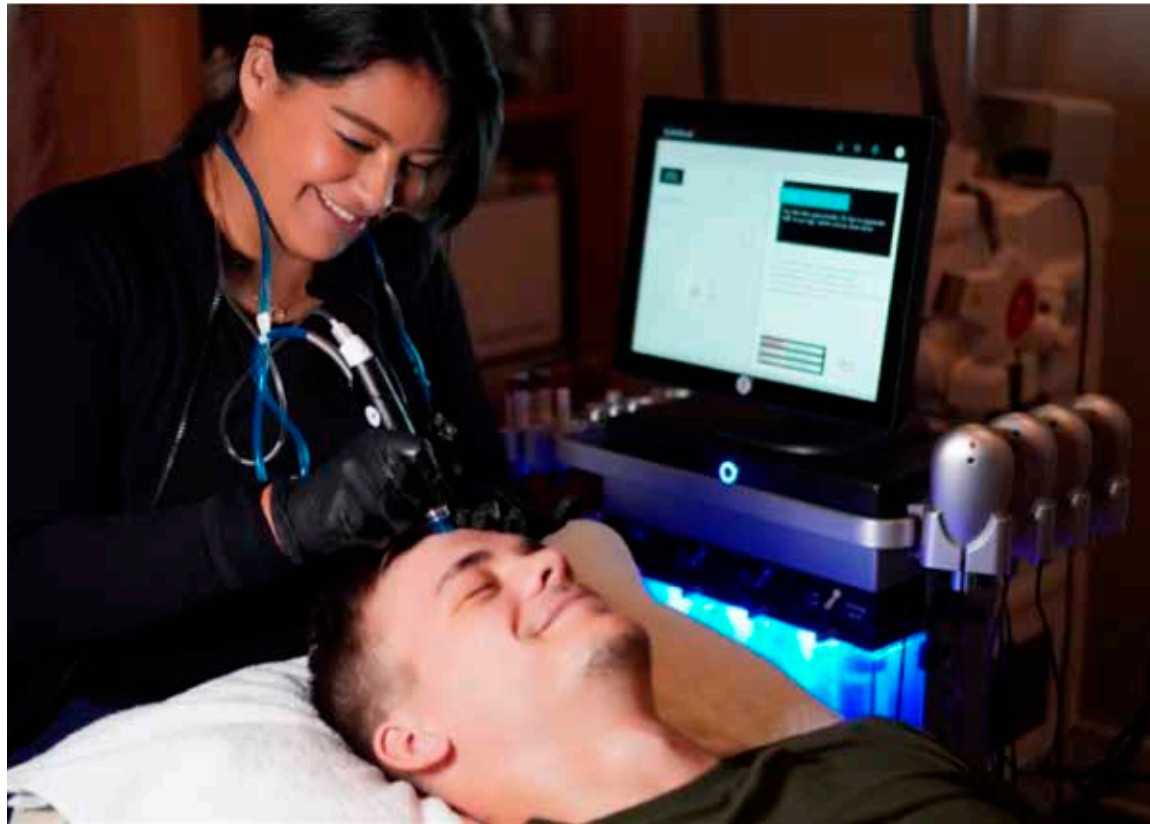
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Microneedling with Platelet-Rich Plasma (PRP)

Harnessing your skin's regenerative powers

BY REBECCA ANGUS, DDS



Microneedling 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.

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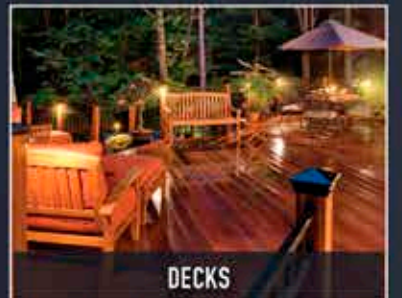


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