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*Bart Levy's
Ambitious Project*

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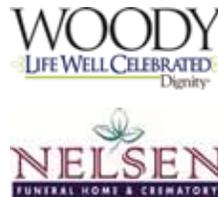
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Dear Residents,

Happy New Year!

The team here at *Encore* hopes your Christmas was wonderful and filled with family and friends. We're excited by the promise of 2019 and can't wait to explore our community and its wonderful families and residents and continue bringing you great local content all year long.

In this issue we meet a really unique woman and artist, Bart Levy, and learn about her passion for creating art, a passion that's led her to challenge herself to create 100 paintings in 100 days!

We also take a quick peek at some new attractions in Scott's Addition, and learn about the important efforts being made to support cancer research on a local level with a great event, the Cattle Barron's Ball.

And if you like to make New Year's resolutions, you might consider Debra Gardner's thoughts about setting goals vs. resolutions.

That and more awaits you!



Jacki

Jacki Bartley
Publisher

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Destination: Scott's Addition

By Tom McKenna

It's now no secret that Scott's Addition has exploded with all kinds of new housing, restaurants, and breweries. If you only venture there once in a while, you're bound to see some new construction or re-purposing of an old industrial building.

During my last foray, I discovered a couple of really innovative and fun places.

Tang and Biscuit takes your parent's or grandparent's game, shuffleboard, which seemed relegated to Cruise ships, and pulls it into the 21st century. Walk in and find not just the 10 regulation-size floor shuffleboard courts, but also table shuffleboard, giant Jenga, ping pong, cornhole and more, perfect for sharing with some friends. Oh, and the well-stocked 50-foot cocktail bar and delicious menu will you entertain you between matches.

*Tang and Biscuit, 3406 W Moore Street,
www.tangandbiscuit.com*

River City Roll takes another sometimes tired game not known for being too "hip," and re-images it. Just off Broad Street and in the shadow of the old Interbake Foods building (itself impressively re-imaged), you can catch a glimpse of the Diamond from the parking lot. Inside, wow! 20 lanes of sleek and stylish bowling, comfy leather seating, upscale fare and yes, an amazing cocktail bar. It's not pop's bowling alley, not a hard plastic seat, hot dog, or watery beer in sight, and no musty bowling shoe odor!

River City Roll, 939 Myers Street, www.rivercityroll.com

For a couple of more established stops in Scott's Addition, two of my favorites are:

Urban Farmhouse (3015 Norfolk St., www.theurbanfarmhouse.net) where you can get not just good clean eats, but also the many activities hosted there. Classical Revolution RVA and Swing Dance lessons are two I've seen.

One of the oldest "new" businesses in Scott's Addition is Reservoir Distillery (1800 Summit Ave, www.reservoirdistillery.com). These traditional distillers "live, breathe and drink whiskey." Not content to brew the stuff themselves, they can walk you through creation of your own custom label. Virginia grown wood for the casks, and local grain for the mash, these guys are serious about their craft. Take a taste during tasting room hours and chat with the owners.



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Set Goals Not Resolutions

By Debra V. Gardner

First, Happy New Year to all! For many people, entering the new year is like hitting the reset button. Time to re-evaluate. Time to reflect on the past year and determine your goals for the new year. With the glitter of New Year's Eve fading behind us, we charge into 2019 with hope, ideals, and if you're like many of us, resolutions. Millions of people set New Year's resolutions for the upcoming year – and most give up before completing them. According to statistics, 23% of New Year's resolutions are broken in the first week and 45% by the end of the month.

Resolution often fail because we are trying to stop or start some habit we've developed over time. Determining to do (or not do) something that has become a life style does not take a resolution. It takes time, determination, and a series of completed goals.

With a new year comes an onslaught of "new year, new you" conversations. How will you improve yourself in the coming year? What should you consider changing about your lifestyle to make your next year your best one yet? Can a little tweak here and a little change there be the ticket to your happiest self? As New Year's resolutions and plans swirl around your head, I'd like to make one suggestion: Don't make resolutions. Really, it's not worth it. While the effort to

adopt resolution shows a wonderful sense of positive intent, a better alternative is to develop new goals for the future. And it helps to work toward them as a more gradual process rather than expecting to change immediately. Goals make a difference. They help us set out practical steps that lead us somewhere. A straight path makes it easier to find yourself where you want to be instead of wandering aimlessly without a purpose. What would you love to see yourself accomplish in the New Year? Short-term and long-term goals apply here. It could be what you want to accomplish in 1 month, 3 months, 6 months, and/or 12 months.

If you have a resolution in mind for the upcoming year, scrap the idea and start on your goal right now. Set aside time to think about the reasons you want to improve, find a goal you can be proud to go after, make a plan that you can reasonably fit into your current lifestyle and get after it. Don't procrastinate your success and your journey any longer. Get started literally right now—stop reading this and get to work!

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Courtesy of Sitting Pretty RVA

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- Melting salt can cause paw irritation and stomach upset

Wipe paws when coming inside

- Using a paw balm can help reduce cracking of the paw pads

Avoid antifreeze

- Antifreeze smells and tastes delicious, but is very dangerous for consumption

Keep paw pads hair free

- By doing this, you'll avoid the risk of ice forming in between paw pads



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Bart Levy's Ambitious Project

By Tom McKenna



Bart Levy is a busy gal these days.

She's an artist, and is embarked on an ambitious project of creating a painting a day for 100 days. "It's fun. It's challenging. It forces me to go in the studio, even when I don't feel 'inspired,'" Bart says. But she says she draws some strength from a saying of Chuck Close, "inspiration is for amateurs—the rest of us just show up and get to work." Just getting to work has brought Bart some unexpected benefits: "It's lead to some improvements in my paintings – that's the technical benefit. The benefit from a business and personal point of view is that I've had conversations with people I would never had a chance to talk to and made some friends," she remarks. "Just doing it is its own reward."

Bart is the owner of Bart Levy Art, where she is a fine art painter. The business is fairly new, and Bart says "I started painting full time almost a year ago," but she's been an artist for years. "I've been painting, drawing and designing most of my life."

Bart earned her BFA from Virginia Commonwealth University in Painting and Printmaking. After graduation, she worked in graphic design and marketing, eventually co-founding an internet company, NimblePitch, which was sold in 2016. Bart still does some project work in marketing, but she spends most of her efforts in painting.

"I worked in oil pastels for several years, but didn't pick up oil paints again until a few years ago," she remarks. "There wasn't a catalyst so much as an interest that grew into a compulsion."

Bart says her biggest inspirations are the masters, "particularly the ever-popular Impressionists and Post-Impressionists. Current inspirations are the late Nell Blaine, and Christophora Robeers, a Richmond-based artist who has shown across the US and Europe."

Bart says she hasn't looked back, and really loves the creativity, freedom, "even the smell of the paints and mediums."

Bart was born just down the road in Petersburg,. The family then moved to various places around the country, then at age 8, to New Bern, NC. Bart has four brothers and two sisters, who live in Florida and North Carolina.

She made her way to Richmond to attend VCU, "but I was somewhat familiar with Richmond as a result of a few visits with family. Having grown up in small-town NC, I loved the 'big city' aspect of Richmond," she recalls. "I've always loved the Fan and downtown, even though back in the day, the sidewalks rolled up at 6 p.m. and the Fan was a slightly seedy neighborhood." Like many in the last few years, she says "I'm even more impressed with Richmond now. It's a very livable city, with cultural, entrepreneurial and outdoor experiences on offer at almost anytime, any day. I love the energy that has infused the city, especially in the last 10 years or so."

Bart is a member of Metropolitan Richmond Artists Association, which shows around town, currently at Crossroads Art Center on Staples Mill Rd.

She and her husband, Dick Levy, live in Brighton Green, in Chesterfield County, and Bart says "we moved here in 1999, when we both moved back to Richmond from Orange County for work." Dick does some woodworking in his free time, and Bart says they really enjoy the "nice neighbors, quiet, and the new families who are younger and more diverse are moving in, which is great."

They're big fans of Virginia Tech football, VCU basketball,





Nationals baseball, and USA Women's soccer

Bart says she lives a pretty quiet life, and enjoys reading in addition to her painting, but she does some traveling, including down to N.C. to visit family for holidays, and over to West Virginia "to capture snow scenes for paintings."

It's probably a good thing to live a bit of a contemplative lifestyle when you've set an ambitious goal of 100 paintings in 100 days.

Bart says she's about half-way through the project, and expects to be finished sometime by the end of the month.

When she's completed her marathon of art, she hopes to have a show for the best of the works. To keep up with that and with her other work, you can check out her website, www.bartlevyart.com, and on Facebook and Instagram, @BartLevyArt, and on LinkedIn, where her entrepreneurial as well as art experience is highlighted.



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Paige Stevens
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New (and Old) Ideas to TRY IN THE NEW YEAR

By Tori S. Bevens

Take some time this year to try something new or to revive an old hobby, skill or habit. Here are some fun ideas below. Cut out the article and add your own ideas as they come to you!

Rediscover the power of the handwritten word—Take some time each week to write a letter or postcard to someone.

Read a classic—Check a book off of that list you have been meaning to read for ages.

Listen to lectures and podcasts to expand your knowledge—Many websites offer free options, including class lectures. Try <http://oyc.yale.edu/courses> to start.

Blog—Do you have a unique niche that you are a part of? Are you passionate about something? Start a blog about it!

Learn to ballroom dance—Take lessons or find a friend who loves to dance.

Hike, cross country ski or snowshoe depending on your location.

Garden—Research what zone of the country you live in and learn when certain crops can be planted. Start small and grow your garden every year.

Card games—Learn a new one in the new year.

Craft—Create something new and beautiful this year. There are so many ideas and tutorials online. Even better? Find a friend to teach you a new skill and share some quality time together.

Begin a home brew—Find a local brewing supply store (in your neighborhood or online) and try your hand at beer making.

Learn about food preservation—Watch for seasonal produce to go on sale and learn how to preserve something fresh for a time of the year when it is not in season.

Plan a stay-cation—Plan a weekend adventure for the whole family in your own neck of the woods. Disconnect, discover something new and enjoy time reconnecting with loved ones.

Bird and animal watch—Learn about some of the native wildlife that live in your area and then go find them!

Go geocaching—Join a community of people who hide and seek items around the country (and world) using GPS technology. All ages can get into this – just go to www.geocaching.com to get started.

Capture the world—Be wooed by the beauty around you and capture it on a camera.

Start a book club—Pick a genre and invite a few people. There is nothing more motivating than having a deadline to finish a book!

Learn an instrument—Have you always wished you played an instrument? Find a teacher or a friend and get started.



Learn a new language or just a few words—It can be as simple as checking out a book or CD at the library. Or, join a community of speakers that will help you learn.

Learn to sew—Revive the lost art of sewing, either by hand or on a machine. Completing something as simple as a pant hem or as complicated as a new piece of clothing can be so fulfilling.

CALENDAR OF EVENTS

2019 January

NOV. 9 - JAN. 27

The Rink

@ West Broad Village

The ice rink at West Broad Village is open every day throughout the winter for public skating. Skate rentals, birthday parties, skating lessons, and FUNdraiser available.

Time: Mon. 3-7pm, Tues. - Thurs. 3-9pm, Fri. 3-11pm, Sat. 11am-11pm, Sun. 11am-7pm *Check website for special holiday hours

Cost: Youth 10 & Under \$9, Adults \$10, Skate Rental \$5, Skate Aid \$5/hour

www.westbroadvillageicerink.com

JAN. 11-13, FRI.-SUN.

The Legend of the Poinsettia

@ Latin Ballet of Virginia

Based on the Mexican legend of a young girl who discovers the true spirit of giving.

Time: Fri. 7:30pm, Sat. 3pm & 7:30pm, Sun. 3pm

Cost: Youth <6 \$10, Mil/Senior/Student \$15, Gen. Adm. \$20
www.latinballet.com

JAN. 20-21, SUNDAY-MONDAY

Richmond Jewish Food Festival

@ Weinstein Jewish Community Center 5403 Monument Ave. Richmond

Come for food, fun, klezmer and

other music, and local vendors.

Time: 11:30 am-7:30 pm

Cost: Free admission
richmondjewishfoodfestival.com

FEB. 5, TUES

Women & Wellness Breakfast and Luncheon

@ The Jefferson Hotel

Women & Wellness Breakfast and Luncheon benefitting women's cancer research at VCU's Massey Cancer Center. The event will feature actress, entertainment reporter, author and survivor Samantha Harris.

Time: 7:30am - 2:30pm

Cost: See Website
www.massey.vcu.edu

FEB. 12-17, TUES.-SUN.

Waitress

@ Altria Theater

Brought to life by a groundbreaking all-female creative team, WAITRESS is an irresistible new hit featuring original music and lyrics by 6-time Grammy nominee Sara Bareilles ("Brave," "Love Song"), a book by acclaimed screenwriter Jessie Nelson ("I Am Sam") and direction by Tony

Award winner Diane Paulus (Finding Neverland", Pippin, Hair).

Time: Tues.-Thurs 7:30pm Start, Fri. 8pm, Sat. 2pm & 8pm, Sun. 1pm

Cost: \$30.50-\$78.50

www.broadwayinrichmond.com

MAR. 23, SAT.

17th Annual Dog Jog and 5K Run

@ Richmond SPCA

Lace up your sneakers and leash up your dog for the 17th Annual Dog Jog and 5K Run, benefiting the Richmond SPCA, presented by Holiday Barn Pet Resorts on Saturday, March 23, 2019! All proceeds benefit the pets in the care of the Richmond SPCA.

Time: 8:30am

Cost: Youth <16 \$20 (5K Run), Adults 16+ \$30 Early Bird Special thru Feb. 28 (Dog Jog), Adults 16+ \$30 Early Bird Special thru Feb. 28 (5K Run), Adults 16+ \$55 Early Bird Special (Both Dog Jog & 5K Run)

www.support.richmondspca.org

Simple

By Jordan King

BLACK BEAN SOUP

This soup is perfect all year round, but especially when I am feeling like I could use a detox. The ingredients are simple; there is no need for complex spices, just let all the flavors do their job. Quesadillas pair deliciously with this soup. And, an added bonus: even my children gobble this one up!

Ingredients:

1lb black beans, soaked and rehydrated
2 tablespoons butter
1 large onion, chopped
2 cups celery, chopped
2 cups carrot, chopped
3 tablespoons minced garlic
2 tablespoons cumin
1/2 teaspoon red pepper flakes
32oz chicken or vegetable broth
1 bunch cilantro, chopped, divided

Garnish: Lime, Avocado, Chips

Directions:

Plan ahead, rehydrate the black beans and set aside. In a large pot, heat butter over medium heat. Add onion, garlic, celery and carrots, sautéing until soft. Stir in spices. Add beans and broth; simmer until beans are soft. Puree half of the soup in a blender. Mix together and stir in half of the cilantro. Garnish as desired.

Prep time: 10-15 minutes, Cook time: 30 minutes, Serves 4



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VILLAS AT DOGWOOD	15001 DOGWOOD VILLAS PL UNIT#12C	3	2	\$339,537
VILLAS AT DOGWOOD	14818 DOGWOOD VILLAS PL UNIT#3C	2	2	\$325,000
AMBERLEIGH	3912 AMBERLEIGH BLVD	3	2.1	\$350,000

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Cattle Barron's Ball Benefits American Cancer Society

Over 900 guests attended the Richmond Cattle Baron's Ball on Saturday, Oct. 20, 2018, which raised over \$900,000 to support the American Cancer Society's (ACS) lifesaving mission.

The Cattle Baron's Ball is the ACS's signature western event with more than 50 Cattle Baron events nationwide. The Richmond Cattle Baron's Ball is a Western-themed gala and a premier event in the Richmond area.

Held at Keystone Acres in Chesterfield, Va., participants enjoyed live music from Richmond-band Honkytonk Heroes and Nashville-recording artist Jake Dodds. In

addition to the music, there was dancing, gourmet cuisine and cocktails by MOSAIC Catering and Events, as well as fabulous live and silent auction items. Chris Boyd walked away the winner of a new Chevy Cruze as part of the car raffle offered by presenting sponsor Haley Automotive Group.

The highlight of the evening was the Mission Drive which raised \$178,700 to support the ACS's research and postdoctoral fellowships programs. The ACS is currently investing over \$410 million into 746 research grants across the country. There are currently 12 active grants in Virginia totaling \$7.35 million.



Every dollar raised at the Cattle Baron's Ball allows the ACS to help people facing a cancer diagnosis today, educate people about how to reduce their risk for cancer or detect it early when it's the easiest to treat, and fund cancer research that will help protect future generations.

For more information on the 2019 Cattle Baron's Ball, please contact Danette Hodges at (804) 527-3756 or visit www.richmondcattlebaronsball.org.

About the American Cancer Society

The American Cancer Society is a global grassroots force of nearly 2 million volunteers dedicated to saving lives, celebrating lives, and leading the fight for a world without cancer. From breakthrough research, to free lodging near treatment, a 24/7/365 live helpline, free rides to treatment, and convening powerful activists to create awareness and impact, the Society is the only organization attacking cancer from every angle. For more information go to www.cancer.org.



George and Susan Poulos.



Ulia O'Hara - Aerialist from Elevate LLC, performing.



Raffle winner receiving keys.

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New Year, New You: How to Live Well

By Chelsea Scott

New Year's resolutions are positive tools to lead us toward living a better and healthier life. Popular goals made this time of year include being healthier and losing weight, which is evident by the swell in January gym memberships. Others say making more money is high on their list for the new year. Interestingly, Americans' resolutions in recent years have trended more toward committing to a higher quality of life, with "living life to the fullest" being at the top of most lists (Money.com). If you're excited by this new resolution trend too, here are a few ways to "live well" in 2019.

Imagine the Perfect Day

What does the perfect day look like to you? For many of us, it includes a mixture of productivity and free time. If you have an idea in mind of what makes you happy and what your ideal day looks like, it becomes more likely you will seek those things out more regularly.

Make Connections

Living well has much to do with the people we surround ourselves with. Beyond spending time with friends and family, take a moment to seek out a neighbor or someone in your community. You can never have too many friends.

Set Aside Quiet Time

Whether it's 20 minutes of yoga in the morning, a moment of meditation before you fall asleep at night or listening to relaxing music as you wind down, quiet time is important. Use this daily time to think about the day and what you are grateful for.

Love People (And Yourself!) as They Are

This is tough. It's human nature to want to change people. Our spouses and children, especially. The more we love and accept people for who they are *now* and stop waiting for them to change, the happier we will be. This is known as unconditional love, and it's incredibly empowering to give and receive it.

Become A Minimalist

Or at least live more minimally. Getting rid of clutter can be extremely difficult, but it's a good place to start. Do one room a month so you don't get overwhelmed. Sort out things you haven't used or worn for six months and donate them. For those of us who are visual people, removing clutter can help make us feel more relaxed. Donate everything that is in good condition.

Sources consulted:

www.time.com/money/4163867/top-new-years-resolution-2016/
www.nosidebar.com/live-intentionally/



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