

RELAY FOR LIFE | **INDOOR 5K**

COLON CANCER THEME DRAWS HUNDREDS TO ANNUAL MALL WALK

By Barbara J. Woerner | Correspondent

GREENBRIER
 Greenbrier Mall filled up early last Saturday with energetic participants ready to walk for a good cause.

The fourth Relay for Life of Chesapeake Indoor 5K kicked off at 8:30 a.m. with 630 registered participants.

"We were expecting 300 so we were pleasantly surprised and pleased with the tremendous support from the community," said Richard Pulley, Relay For Life specialist, who helped organize and run the event.

This year's 5K emphasized colon health and screenings for the first time.

"March is colon cancer awareness month, and if it's caught early there is a 90 percent survival rate," added Pulley. "Only 65 percent of adults over 50 get screened."

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Atonya Cuffee watches her daughter, Dorina, 7, pin her number on before the start of Relay for Life Indoor 5K last Saturday at Greenbrier Mall. The event drew more than 600 participants.



BARBARA J. WOERNER | FOR THE VIRGINIAN-PILOT

WHOLE-LY ROLLERS

Yearning for yeast rolls?

Family roll recipe started in her home; now she has own bakery at Five Points

By Lia Russell
 The Virginian-Pilot

For years, Brenda Harford noticed that whenever she was invited to attend a birthday party, baby shower, church gathering or other event where guests brought food, she was asked to make yeast rolls.

Although her father was a commercial chef, Harford, 49, who spent 20 years as a school counselor, said she didn't inherit his passion for baking. But something about the way she made those yeast rolls had people clamoring for more.

Soft, fluffy, moist, and slightly sweet, the rolls are classic comfort food, baked from a family recipe developed by Harford's late grandmother, Berkley native Annie Mae Langley, whom everyone called "Mother." Harford said she spent about six months perfecting the original recipe.

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LIA RUSSELL | THE VIRGINIAN-PILOT

Brenda Harford started Whole-ly Rollers bakery out of her Deep Creek home, and now has a retail location at the Five Points Community Farm Market in Norfolk.



BOB RUEGSEGGER

Hunter Wikstrom and his friends were the impetus for forming the lacrosse club. He was looking for a contact sport to play after football.

TEAM OF TEENS PREPARING FOR FIRST SEASON

By Bob Ruegsegger
 Correspondent

WESTERN BRANCH

Afternoon temperatures were near-freezing on a recent Thursday afternoon. Gray skies hovered overhead. The wind chilled the bones of mere mortals. But no one at Western Branch Park complained about the miserable conditions. No one even seemed to notice.

As the 22 high school-age players of the Western Branch Lacrosse Club and their coaches took to the practice field, they seemed to embrace nature's egregious lack of hospitality. Wielding lacrosse sticks and covered with protective arm guards, padded gloves, shoulder pads, and caged helmets, the new team enthusiastically engaged in warm-ups and drills at the direction of head coach Eric Phipps.

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All-electronic tolling has begun on the Downtown and Midtown Tunnels.



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