

# FEATURE

Ina Finn is one of a few locals who enjoy the hobby of metal detecting, and her finds include Spanish coins, rings and more.

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## In the News

A pair of Suffolk sisters develop sassy sleepwear line.



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## Art couple

Ann and Roger Steinbach make the perfect couple with their artwork.

## ON THE COVER



Cover by Troy Cooper



# 'Unapologetic and unfiltered'

Wait a Gam Minute host is as "Good As Me."

Story and photos by Jimmy LaRoue

**T**he warm and cozy feeling you get when you step inside Trivelle Gambrell's East Washington Street studio gives way to some heavy air as she and her brother begin to discuss their father on her Wait a Gam Minute podcast.

It didn't take a "Gam" minute to realize the emotional weight of the discussion, but while it was helpful for her to have it, Gambrell hopes it, and the topics she covers, will be helpful to her listeners, and yes, viewers. Those who tuned in not only heard the emotion behind the discussion, but also saw the tears streaming down her face.

"I actually love podcasting," Gambrell says. "I actually love

meeting people — the relationships and connections that are built. And the episodes always seem to turn. We could be talking about something, but it always seems to turn into something for somebody else, and just about inspiring people. I want people to listen to the episodes and learn something and feel inspired because we're talking about everything, healthy conversation, although we're unapologetic and unfiltered."

Her show — she describes it as a talk show, interview-ish type podcast — comes twice a week and can be found on all major podcast platforms and on YouTube, and has been going strong since



# Business owner makes it easy to GoGreen

Story and photos by Jimmy LaRoue

**B**reon Clemons started GoGreen Farms and Greenhouses in 2019, and in just three years has expanded his food hub and farm agribusiness from a small, 5,000-square-foot Portsmouth warehouse into a much larger, roughly 70,000-square-foot one just off of Pruden Boulevard in Suffolk's Virginia Regional Commerce Park.

His business started out servicing just one school district, and

from there it has built up to the point where it services upwards of 300,000 students across Virginia — more than 200 schools in nine school divisions — now with farm-to-table food. He partners with 20 farms, including his own and provides that food to not only schools, but also hospitals, retailers, restaurants, food banks and partner distributors.

“Imagine my company being like Sysco, but totally different.”