

May 2016

WILLIAMSBURG'S

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VOL. 10, ISSUE 5

PRICELESS

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Diversity

Diego Biston Vaz

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Diversity can be a tough topic to tackle. There is a natural tendency to be anxious or distrustful of anything that we see as a departure from what we consider to be "the norm." Depending on things like background influences, education, and exposure to different cultures, we each develop our own attitude towards diversity. We can resist it, we can accept it, we can embrace it, or, hopefully, we can learn to celebrate it.



Meredith Collins, Publisher

With the stories in this issue we do not aim to promote or suppress the views, customs, or beliefs of those we interviewed. Instead we rejoice in the fact that God has painted the population of this earth using such a broad and rich palette and has blessed our community with a wonderful cross section of ages, cultures, backgrounds, and beliefs.

I hope you enjoy these stories as much as I did. I learned long ago that being different does not mean something bad. The more we can focus less on what makes us diverse than on what makes us the same, the closer we become to being truly good neighbors. NDN

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São Paulo to Williamsburg

By Erin Fryer

When you've spent most of your life living in one of the biggest cities in the world, it's easy to become accustomed to and appreciate diversity.

A native of São Paulo, Brazil, Diego Biston Vaz moved to America last year to pursue his doctorate at William & Mary's Virginia Institute of Marine Science (VIMS). While he says São Paulo is the most diverse city he has ever experienced, Diego says he's been impressed by the amount of diversity in Williamsburg and of how welcoming the community has been.

"I really like diversity and I am from a great place where different groups of people have

the freedom to express themselves," Diego says.

Diego's favorite hobby while living in Brazil was surfing, and several years ago he was surfing in Mexico when he saw a turtle laying its eggs. An undergraduate at the University of São Paulo at the time, that moment sparked Diego's interest in biology.

The turtle encounter combined with an inspiring professor whose classes got Diego hooked on the systematics of fishes are the two things that inspired his current research at VIMS. "I just remember taking a class while I was an undergrad and my professor was an

ichthyologist and his lectures made me think, wow, I want to do this for the rest of my life."

During his years as a graduate student studying zoology Diego attended a conference where he met VIMS Professor Eric Hilton, an ichthyologist with expertise on the morphology of fishes. "We were introduced and really enjoyed each other's research. I knew he would be the perfect person to work with."

In addition to wanting to work with Eric, Diego says he was drawn to VIMS because of the amount of support and interdisciplinary opportunities at the Institute. "Being in a place where I can work with systematics but

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also collaborate with people from different areas is great," he says.

When Diego and his wife, Priscilla, moved to the United States this past summer, the pair decided to settle in Williamsburg instead of Gloucester Point where the VIMS campus is located. "The city, along with William & Mary, has so much to offer," says Diego. "When we were preparing to move here I knew I would be very busy but I wanted to make sure my wife had plenty of opportunities as well."

Priscilla, a lawyer in Brazil, has been able to make some connections at W&M's Law School, and is already looking into applying.

"Being from such a large city Priscilla and I wanted to be somewhere where we had a lot of prospects," Diego says.

In addition to the opportunities at the law school William & Mary's Literacy for Life Program has also been instrumental in helping Priscilla acclimate to life in the U.S. and work on improving her English.

As for Diego, he hit the ground running as soon as he arrived in the U.S., studying the morphology and shape of toadfishes. "I've always had interest in studying the development of fishes and how they change from larva to adult."

Diego's interest in the morphology of fishes happened naturally. "I was studying morphology and similarities among different species and wondering how they relate to each other. It's cool to track the similarities among different organisms starting at their earliest stages," he says.

If you've ever moved to a different country, you know there are some challenges in getting acclimated, especially if there's a language barrier to break through. For Diego, he says the hardest challenge he's faced since moving to the states has been ordering food when he goes out to eat at a restaurant.

"The dishes are the same but there's a lot of vocabulary for ordering food that I just don't know," he says with a laugh. "Sometimes I'll spend a few minutes explaining how I want beef cooked, and then someone else will order and just say 'medium' or 'well done' and I'll just be like, that's it? A single word that defines my long explanation?"

Diego started learning English at the age of 12 but it wasn't until he tried thinking in the language that it really caught on. "I was learning English with Brazilian perspective and accent so it was tough," he says. "I realized how strong my accent was and really started working on my pronunciation."

Aside from ordering food, Diego says it can be difficult at times when locals are joking about something and there's a cultural background story to it that he doesn't know. Luckily, Diego has a very supportive group of fellow graduate students at VIMS who have helped him by explaining cultural references and other things so he can better understand.

"In order to get acquainted, I also feel like you need to dig into the American culture," he says. "My wife and I go to W&M basketball and football games and just try to appreciate and enjoy the culture here in town. We also love the outdoor concerts in Colonial Williamsburg."

In addition to attending sports games, Diego says he enjoys riding his bike around the W&M campus. "I love nature and being outside," he says. "I will spend hours at a time lying on the Sunken Garden and soaking up the sun."

Diego also admits that he is a bit of a coffee addict. "Coffee is sa-

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cred,” he says with a laugh. “I don’t mind missing a meal if I’m short on time, but if I don’t have coffee it starts to become an issue.”

For someone who has dedicated their professional career to studying the morphology of fishes, Diego admits he is not much of a fisherman. “Fishing is not big in São Paulo, but I have learned a lot since I moved here. I admit I am not patient enough to be a good fisherman.”

The thing Diego misses most from his life in Brazil is surfing. “I hope to make a trip soon to the beach to do some surfing,” he says. “That was my main hobby in Brazil, and I have been doing it for 15 years, so I definitely miss it.”

While he misses surfing most, the one thing he doesn’t miss at all is the traffic. “Driving in Williamsburg is amazing,” he says. “My morning commute from Williamsburg to Gloucester Point is about 20 minutes along the Colonial Parkway, and the drive is great for sightseeing. It’s so delightful compared to

the traffic in São Paulo.”

In addition to feeling welcomed into the Williamsburg community, Diego says the international community among the students at VIMS is great. “We have people from China, Portugal, France, Denmark, and a few others from Brazil.”

“In order to get acquainted I also feel like you need to dig into the American culture. My wife and I go to W&M basketball and football games and just try to appreciate and enjoy the culture here in town. We also love the outdoor concerts in Colonial Williamsburg.” ~Diego Biston Vaz

In particular, Diego enjoyed participating in VIMS’ annual International Potluck dinner, which gives the community the opportunity to share cuisine from their native countries with one another. “People in Brazil love stroganoff, and that’s the only thing I can make by myself that tastes good, so that was my contribution,” he says with a laugh.

As for right now, Diego doesn’t know what the future holds after he completes his doctorate at VIMS. “I really enjoy traveling, and I am open to any opportunity,” he says.

One thing Diego does know is that he wants to pursue a career in academia. “I am just looking for a place where I can pursue my

research interests,” he says. “Somewhere I can do my research and also teach.”

Since moving to America, Diego Biston Vaz’s research interests have only increased and because of the opportunities available in the community he and his wife have been able to settle in and enjoy their new home in Williamsburg. NDN

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Hip Hop, Religion & Black Lives Matter

By Morgan Barker

Lisa W. Cumming Photography

As I connect with Travis, he's dropping his daughters, Grace and Faith, off at school. It's been sixteen months since Travis moved to Williamsburg to pursue a Ph.D. at William & Mary. In those sixteen months, Travis has settled in his new home and become a local activist by organizing the Williamsburg Black Lives Matter movement.

Travis moved to Williamsburg on August

1, 2014. On August 9, 2014, Michael Brown was shot in Ferguson. "I wanted to do something," Travis says. "I personally have this philosophy of caring about my community. I want to be in a community where we can all be loved, everybody regardless of who you are."

In October, Travis was one of many who journeyed to Ferguson. "October 2014 was when everything happened in Ferguson. Peo-

ple were travelling there from all over the U.S. to protest. Cornell West was arrested. I went there and the people in Ferguson were about freedom and change. I brought that passion back to Williamsburg and founded Black Lives Matter here."

Travis organized the first major Black Lives Matter event in Williamsburg. "The day after the non-indictment of Darren Wilson, [the of-

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ficer who shot Michael Brown] we had rallies. We pulled together 200 people and marched down DoG Street," Travis says.

Gathering marchers was an organic process.

"I was doing as much outreach as I could. I was going to churches and talking to students. We had a bunch of people from Christopher Newport, Virginia Beach, Hampton, W&M professors and family members of W&M students. It was a very diverse group. We had someone from a church standing beside someone who was openly gay. A white person standing beside a black person. We sang spirituals and modern songs. We were all there to say 'Black Lives Do Matter,' " Travis says.

The Black Lives Matter Williamsburg, Va. Chapter is dedicated to dismantling institutional racism, in particular as it relates to the criminal justice system and the commodification and exploitation of Black lives and Black bodies.

"As a movement, we seek to raise awareness of the persistent devaluation of Black lives; recognize the detrimental effects of Jim Crow, both past and present; function as a conduit for increased social citizenship in both organizations within the Williamsburg community and at W&M; and empower the understanding of racialized issues to generate cultural proficiency, dialogue, and lasting change in attitudes and policies," Travis explains. "We seek to be agents of reconciliation by aiding in the healing and restoration of broken cross-racial relationships. We seek to be inclusive and intersectional by recognizing the complexities and interconnectedness that encompass racial, ethnic, nationality, sex, gender, sexual orientation and a myriad of other identities."

Travis is almost a local. He was raised in Richmond. "I grew up in the inner city. At the time, a lot of the things I experienced were linked to larger issues. Going to college allowed me to articulate about systemic problems like systemic racism. I lived in a food desert. My school wasn't accredited. The living conditions were poor. With college I had a language to discuss what I experienced. It was a driving force for me," Travis says.

Travis experienced racial discrimination throughout his youth. "In one of the five elementary schools I went to, Glen Allen elementary school which is mostly White, I was treated different as a Black kid. My teacher just didn't like me," Travis explains "Sad story, I didn't get a valentine at the Valentine's Day party. "

Travis also says he experienced discrimination while applying to colleges. "The last example is when I was filling out my college application my history teacher said it was good that I was filling it out so that I could get practice filling out applications. She was insinuating that there is no way I will get into college," he says.

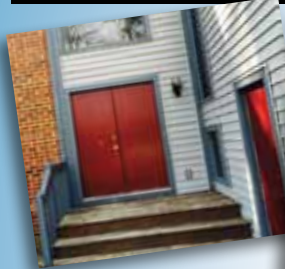
Travis served in the Army Reserves and majored in Religious Studies at the University of Virginia (UVA). "All the studies show that kids with my background don't typically do very well in school." After graduating from UVA, Travis was commissioned into the Army and had the opportunity to become an Army Chaplain. "The Army has the chaplain candidacy program. Basically, you have to meet all the requirements including a master's degree and ecclesiastical endorsement. UVA was pretty difficult, and after UVA I thought I was done with school, and



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then I ended up in the seminary.”

Early in his education at the seminary, Travis stumbled upon what became his dissertation. “I was in an Introduction to Church History class, and I said that I can tell you the whole history of Christians in Hip Hop. And my professor said ‘That could be your dissertation.’ That ground my interest,” Travis says. “The crazy part about all of this was the songs I was listening to aligned with my studies. I was listening to Trip Lee, in the song; he and an artist named Tedashii are having a theological conversation about the person of Jesus Christ. That got me interested in pursuing this, and I decided to pursue a Ph.D.”

Travis found the perfect Ph.D. program at W&M. “I needed a program that allowed me to study religion and Hip Hop. I had a hard time finding a program that could do both. But one of my advisors at UVa went through this program at W&M. It’s an interdisciplinary program that allows me to study the cultural aspect of Hip Hop and study religion.”

Travis enjoys Williamsburg as a home for his studies and growing family. “I have two

kids and this is a tremendous place for me to have a family. There are tons of things to do for families here.”

In spite of his idyllic home, Travis says Black Lives Matter is absolutely still relevant to Williamsburg. “When we did the rally, we got good media coverage through WY Daily and the Flat Hat. People can comment on those stories online and there were some pretty raunchy comments. Some of the comments were overtly racist. It shows that there are people here who think that way. It highlights the problems and the issues that African Americans face. And shows that it’s relevant here.”

Travis draws comparisons between Williamsburg and Charlottesville. They are both small towns with large college presences. In March 2015, Martese Johnson received a head injury while being arrested by ABC officers. “Even though we weren’t there we could still feel the impact. He was at UVa and he got thrown down and his face bloodied by ABC control officers. He’s a model student. People could say the same things about Charlottesville that they do about Williamsburg, but if

that happened there it could happen here,” Travis says.

Moving forward with the Black Lives Matter movement in Williamsburg, Travis has organized two annual conferences. “We are currently in our second annual Black Lives Matter conference in Williamsburg. We had a writer from the Nightly Show, we went to VCU and one of the founders of Black Lives Matter was there. We had a successful panel with professors from different disciplines and students from W&M and Norfolk State. We are having a photo shoot with message boards,” Travis says.

As for the success of Black Lives Matter in Williamsburg, Travis is making a difference. “I meet people at the events and online. I have had several people who follow me online say that I have helped them to see things differently.” NDN

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Chris Loves The Arc

By Narielle Living

Chris Einarsen is a delightful man who is full of energy and bright smiles. In addition to his day job, he is also actively involved with many programs at The Arc of Greater Williamsburg. He participates in courses such as yoga, movies, fitness, art, field trips to Busch Gardens, and a myriad other events. According to Chris, he loves everything about The Arc.

When Chris was a senior in high school, one of his teachers introduced him to The Arc. The organization serves people with intellectual and developmental disabilities by providing services and advocacy. Their services include education, life skills, health and wellness, cultural, social and recreational programs. From the very first time he was introduced to The Arc, Chris loved it.

Chris lives in Williamsburg with his parents, Thord and Karen. Thord, who grew up in Har-



Lisa W. Cumming Photography

risonburg, Virginia, was studying to become a Lutheran minister when he met his future wife, Karen. "I was the organist in his church," Karen says. "I had a degree in music education, but teaching wasn't really for me. I went to work at

his congregation in Harrisonburg and that's where we met. We married the year before he finished seminary, so I went to seminary with him for the last year. We then moved to Botetourt County and in 1980 we came to Norge."

They have stayed in Williamsburg since that time and love living here. Thord is now retired, and he and his family agree that this area suits them well.

Thord and Karen both state that The Arc is one of the best things to happen for Chris. "He was introduced to The Arc as part of the transition services from high school. He stayed in high school until he was 22, and they helped get him involved in the workshop over at Colonial Services Board. His teacher took him to The Arc activity, showed him what it was like, and he fell in love with it," Karen says.

Chris wholeheartedly agrees. "I like hanging out with my friends. They go once a month and do fitness, and we do yoga, and we do the carnival at William & Mary, and we also go to

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Busch Gardens every year. And bowling. I like bowling."

The Arc has activities almost every Tuesday and Thursday night. One look at their calendar shows a range of events, including fitness, basketball games, movies and arts. Chris arranges to have The Arc bus pick him up and drop him off. All three family members agree: The Arc is a valuable asset to the community.

"The Arc provides transportation for the clients," Karen says. "It costs eight dollars, and they use the buses from Williamsburg Landing. They pick up the clients at their homes and bring them back."

Chris loves riding the bus and his parents are grateful for this service. "Those drivers are so wonderful. Mr. Harold Mason coordinates the drivers and does a great job. They call the day before to tell us what time they're going to pick him up. Some of the drivers like to have Chris on the bus because he knows his way around the city and county, knows all the streets, and can tell them where to turn," Thord says. "Chris has studied maps, and he knows the streets in all of Williamsburg and beyond. He can even tell people how to get across the country."

As with most things, however, the buses cost a large amount of money and are starting to begin to need repairs or replacement.

"Unfortunately, their buses are getting old, and they're going to have to try and raise funds to replace them," Thord says. He adds that he hopes the fundraising is effortless, and shares that he is always surprised when people tell him they have never heard of The Arc.

"It's interesting who doesn't know anything about The Arc," Thord says. "Sometimes people will see a picture of The Arc activity in the paper and Chris will be in it. People ask me about it, then ask why Chris is in the picture. They don't know about The Arc, and I don't think they realize The Arc is there."

Karen points out that while Arc has many fun things for the clients, they are also engaged in ongoing educational activities. For example, a police officer recently came to speak to the clients about personal safety. She left handouts for them to look over and read so they could learn more.

"They discuss health issues, how to be healthy, how to exercise. They usually exercise every Tuesday night. Their programs last about two hours, from seven to nine. Sometimes they meet at the Landing and use their facilities, sometimes they use the rec center, and they might do something like walk down Duke of Gloucester street for a nice walk," Karen says.

"Duke of Gloucester Street, I like that walk," Chris says. "That's one of my favorite things to do."

W&M is very involved with helping to facilitate the programs at The Arc. The night before they were scheduled to attend a recent W&M basketball game, The Arc clients were invited to meet with the cheerleaders. The following evening, during the women's basketball game, they were asked to come onto the floor with the cheerleaders. "They did the same thing last year, it was one of the highlights of the game," Karen says.

In addition to the W&M basketball games, the Greeks host a carnival one Saturday in March every year. "They have animals and face painting. I don't do face painting. They have lots of games, a bounce house and dancing," Chris says. "And then every year we go see a W&M baseball game."

Chris adds that starting next month The Arc is going to have new volunteers, and the W&M and lacrosse team will join them for activities.

Thord says that it's great that W&M is so involved, as well as the many others who work to make the events such a success. "Adults without handicapped children are volunteering to help, too, and they can always use more volunteers. Chris goes to every event, but some people

pick and choose.”

Chris adds that in addition to the regular events, parties are scheduled throughout the year. “We have Spring Fling, Valentines dance, Christmas dance and a Harvest party,” he says. They also go to Busch Gardens once a year, usually in the spring, and spend the day with volunteers who chaperone. “I don’t really do roller coasters,” Chris says. “Sometimes I ride the teacups. But I love the shows.”

During the times that Chris is with The Arc, his parents are able to occasionally have date night. “They go out to have dinner,” Chris says. Providing respite for families and caregivers is one part of The Arc’s goals for the community.

The Arc has programs for anyone with intellectual disabilities who wishes to join. “They started a soccer program which involves younger people,” Karen says. “I think in the past The Arc was strictly for those who had graduated high school, but there are folks who attend the program now who are senior citizens.”

Chris usually only misses The Arc meetings when he is on vacation. Even then, he cannot stop talking about the program and what they are doing. “He just loves it,” Karen says. “I truly don’t know what we’d do without it. It’s a wonderful program.”

Both Karen and Thord would like to see more people become aware of and support The Arc. The services offered are an invaluable asset to the community, and they feel that many would be lost without it. “I hope that people in Williamsburg will understand how important The Arc program is to the clients and also to their families. I wish more people would support it.”

Chris Einarsen agrees. Without The Arc, he wouldn’t have made so many friends and good memories, and he wouldn’t have been able to continue learning and growing. “I really love it,” he says. NDN



“I moved here from the Congo. I am grateful that, because of Literacy for Life, I can now read books with my children. My goal is to continue to focus on improving my skills so that I can reach my full potential. I want to get a good job, and improving my language skills will help me to do that.”
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Celebrating Our Differences

By: Naomi Tene' Austin

Lisa W. Cumming Photography

Robert Marakos is an honorable, disciplined and family-oriented guy. These core characteristics show up whether he is working as a realtor, firefighter, member of the parish counsel at Saint Demetrios Greek Orthodox Church or dedicated father of two teenagers. With just the right balance of resolve and humility, Robert is the embodiment of the famous wise words spoken by classical Greek philosopher, Socrates, "One thing I know, that I know nothing. This is the source of my wisdom."

With heritage rooted in a small Greek village located just outside of Lamia in the Peloponnese region of Greece, Robert is very connected with his roots. "My dad came to the United States (from Greece) with a carpet bag suitcase and fifteen dollars. He didn't speak any English, but he got off the plane, figured out where to go, found a job working in a restaurant and stayed at a YMCA rooming house," he says. Robert's parents, who married shortly after meeting in Chicago, moved to Williams-

burg when he was sixteen years old. "The decision to move here was partially economic and partially climate," he says. "My dad doesn't like the cold, and we had family friends out here, so after coming out to spend a weekend, my parents decided we were moving."

What has motivated him to stay after all these years is his sense of community, deep ties to his church and a strong sense of family. "When I was growing up in Iowa, I had one set of grandparents. My father's parents

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never left Greece so it was very important to me that my kids know their grandparents on both sides," he says. "They are always bouncing back and forth between my in-laws and my parents' houses. It means something to me that their grandparents aren't just names on a Christmas card." Robert's nineteen-year-old son, William, and sixteen-year-old daughter, Bella, both attended his alma mater, Lafayette High School. Even as they forge their own family traditions in Williamsburg, Robert sees to it that his family maintains ties with their Greek origins.

In 2008, Robert had a chance to take his family and his parents on a trip back to Greece. "I love taking trips with family but there is nothing like the experience of visiting my dad's village," he says. "Of the 50 or so families that live there, half have our last name." Robert enjoyed sharing the experience with his kids. "It was phenomenal for them because they can read about their heritage, and I can try to explain to them what it's like, but going is a completely different experience," he says. "The way everyone works, the way they relax and play is so different from anything they had ever seen. They loved it but there was definitely some culture shock."

Robert feels extremely lucky that he has been able to provide his family with the best of both worlds in Williamsburg. "There is a very strong, tight knit community here," Robert says, "I would guess that there are around 120-150 families that make up the Greek population in Williamsburg." Like other ethnic microcosms, the Greek community is united in cultural commonalities – such as food, language and religion, but the vast hospitality industry in Williamsburg is also a huge draw. "Greeks are, by nature, very open and hospitable people. That's why you'll find many of us going into the restaurant and service industries," he explains.

Robert began his career in hospitality. After completing culinary school in Washington, D.C., he began working as a chef at the Williamsburg Hospitality House. "I have been cooking since I was a kid. My dad owned restaurants so from the time I was five years old, I was in the kitchen," he says. While the culinary arts were not the right career choice for him, Robert found his niche as a banquet captain, helping guests to execute weddings, celebrations and other special events. It was his aptitude for delivering exceptional service that would lead him into his next career as a

volunteer firefighter.

"I had done a wedding for a group that included one of the battalion chiefs for the James City County Fire Department. After some discussion, he talked me into coming over and volunteering for their auxiliary program. I was nineteen years old at the time and I have been hooked ever since." After six years of voluntary service to the JCC Fire Department, Robert was brought on as full-time city employee as part of a department expansion. During his downtime with the fire service, Robert was still able to maintain his role at The Hospitality House for quite some time. "It worked out great because they (The Hospitality House) were nice enough to convert my salary into an hourly rate so I could come in on my days off (from the JCC Fire Department) when they needed me. It was a real win-win."

Eventually transitioning entirely from the hospitality industry, Robert has spent the past eleven years in a profession that allows him to combine his love of service and passion for people. As a Realtor with Howard Hanna, he has the privilege of helping people to start new lives and invest in the American Dream – a dream that his father first pursued when he came to America in 1968.



Helena S. Mock, Esq.

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If community, family and culture are central themes in Robert's life, religion is equally essential. "The church has always been the focal point," Robert explains, "birthdays, holidays, family events, everything revolves around it."

In Greece, the Orthodox Church is state religion so there is little if any diversion from those core religious principals within the Greek community. "Orthodoxy has been the same for 2000 years," he says. Robert's ties to the church run deep. He was baptized in a Greek church and served as an altar boy from the time he was six to sixteen. His son now continues in that tradition. The community church that his grandfather built by hand still serves as a place of worship in the Greek village of the Marakos family lineage. In his commitment to honoring his religious heritage and passing those values on to his children, Robert has taken an active leadership role in his local church.

Currently he is heading up the planning committee for the upcoming spring Greek Festival to be held at Saint Demetrios Greek Orthodox Church on Mooretown Road. The

bi-annual fundraiser is a great opportunity to expose the community to all things Greek.

"It's a chance for us to open up and welcome everyone to experience what we're all about," he says. Festival goers can look forward to authentic Greek food, music and dance. There will be vendors coming from all over with a diverse array of offerings, everything from organic olive oil to traditional clothing and jew-

elry. While Robert is handling the logistics, he is very adamant that this is a community effort.

concentrated in one spot," he says. "There is nothing better than going out with the family on Sunday nights during the summer to sit on Prince George street and watch a movie outside. That sense of community is unique to Williamsburg," Robert explains. "We all have our own cultural backgrounds and that's what makes it unique and interesting. If we were all the same that would be boring." NDN

"We all have our own cultural backgrounds and that's what makes it unique and interesting. If we were all the same that would be boring." ~Robert Marakos

"The entire church contributes. Everyone volunteers their time and efforts. The ladies' auxiliary is baking all the pastries from scratch. Local Greek chef, Nick Saras, is heading up the food committee and they do a phenomenal job. Their prep starts weeks in advance," he says. It is because of these kind of connections

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Living for Diversity

By Michael Heslink



Lisa W. Cumming Photography

Chon Glover has devoted her life as an educator to promoting diversity. Born and raised in Greenwood, South Carolina, she's had an impressive career that has taken her to the position of Chief Diversity Officer at William & Mary. Her position gives her the opportunity to pursue her passion by making the school the most diverse and inclusive environment possible.

sible.

Chon's years as an undergrad at Presbyterian College sparked her interest in diversity. She and her peers noticed the lack of African Americans in the student body and in the role of administrators.

"When you are in the minority as much as we were, you start to see things, and you al-

ways see the things that are not there," she says. Despite being in the minority, she sought to make the most of her experience, which is why the college immediately hired her as the first Director of Multicultural Affairs and Volunteer Services. Chon states that the campus noticed what she had done and recognized that they needed her there to make a change. This posi-

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tion allowed Chon to serve as Presbyterian's first administrator of color.

After six years, Chon took a position as the Assistant Director of Multicultural Affairs at William & Mary, where she conducted tasks such as recruiting and retaining underrepresented students, programming, advising, bringing in speakers, and collaborating with academic departments. After three years, she was promoted to director and given the title of Assistant to the President when several racially charged incidents occurred on campus in 2003. Her new title gave her direct access to the president, so that these situations could be resolved more quickly.

When the vice president retired in 2008, the interim, Ginger Ambler, asked if she would serve as assistant, which Chon did for a year. It was during this time that the school was also going through a strategic planning process, and diversity was one of the six challenges they recognized they faced. The recommendation was to appoint a senior level officer to look at diversity from all facets of the campus. This role increased the magnitude of Chon's work, which had previously dealt with students and the Williamsburg community. In 2012 Chon became the Chief Diversity Officer at William & Mary, a relatively new position within the commonwealth.

In 2013 she was tasked with overseeing equal opportunity and currently operates in the Office of Equal Opportunity. She primarily deals with faculty recruitment and making sure the campus is hospitable and welcoming for all incoming people.

"Whether it's a staff member, faculty member, administrator or student, I make sure we have things that make them feel like this is their William & Mary," she says.

Chon's office is very small, consisting of two full time employees and one part time. She says it will take much more than them to tackle every issue, therefore they offer opportunities for members of the campus to take charge, such as idea grants, for creative ways to encourage diversity. It's a combination of people, and Chon points out that it could not work otherwise.

In addition to her job, Chon also teaches a class at the graduate school. When she assumed a faculty member's place, the position was supposed to only last one year; however she has continued teaching the course every spring. The objective is to prepare students for a diverse professional world and give them a level of competency for understanding different identities and being a more inclusive leader. She also chairs a task force on race and race relations, a diversity think tank group and co-chairs the Equal Opportunity Committee. "I'm really involved in a lot of different things at different levels," she says.

As part of her civic duty, Chon takes an active role in the community. She is involved in the NAACP Scholarship Committee, attends New Zion Baptist Church, is the immediate past president for Delta Sigma Theta, a historically black sorority, and is part of the Williamsburg Community Foundation and All Together. Community activism is very important to her.

Chon calls herself a "real nerd" who enjoys visiting college campuses in her spare time. "If I go anywhere, I map out where the colleges are," she says. It may not always be the full tour, but she seeks out buildings or

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landmarks that she finds of interest. She considers the academy to be intriguing and brings back tidbits from other schools. She is specifically curious about the relevancy of HBCUs (Historically Black Colleges and Universities), which has been her focus for the last two years. For her last birthday, she went to Selma, Alabama and attended the 50th anniversary of Dr. Martin Luther King's march and was able to walk across the Edmund Pettus Bridge, a moment she described as very powerful. This experience sparked a Southern civil rights tour that included visits to Birmingham, Alabama; Memphis, Tennessee; Little Rock, Arkansas; Jackson, Mississippi; and Austin, Texas. It was a great yearning of hers to see all of these places, and she is appreciative that she had the opportunity to do so.

Chon considers there's a lack of education about the civil rights movement and not as much appreciation among young people. "The older I get the more I realize that I don't think our young people get exposed to or appreciate how much people sacrificed and persevered so that we can have what we have today, and I

don't ever want to forget that," she says. Several of the events and figures are taught in schools, such as Martin Luther King, Jr. and Rosa Parks, however she notes that not much attention is paid to the others. It is a dream of hers to fund a tour for young African American students to the places she visited, so that they may learn about some of the aspects that are not focused on.

Other areas of interest for Chon are African American college presidents and women in leadership. These are topics she explored in graduate school and continues to research, although she points out it's hard to be an administrator and keep a research agenda going. Her interest in these subjects fueled a desire to possibly become a college president. However, when questioned if she is still interested, she jokes, it depends on what day you ask.

Diversity is a core value of Chon's. "It's how I try to live my life," she says. According to her, diversity alone is not enough, but inclusion is just as significant. Diversity is more numerical, but it is important to make sure everyone feels involved. Chon has made this task her mission

and is proud of her accomplishments.

She is pleased with the improvements that were made at Presbyterian and felt she did all she could before it was time for someone new to step in and take charge. She is happy to have been with William & Mary for 20 years, because it has allowed her to see the tremendous strides the college has made. Measuring the successes is very important for her and gives her the strength to keep moving forward. She acknowledges there are times when it becomes overwhelming and difficult, but emphasizes the importance of not throwing in the towel. The army of agents of change must keep growing in order for the cause to be effective. She says there is no penultimate moment for the school where they can stop their work with diversity, but that they should always be maintaining an upward mobility increasing the faculty and undergraduate population. She compares her vision of the campus to being like walking in Washington D.C.

"You're hearing different languages, you're seeing people," Chon Glover says, "and everything around you feels diverse." NDN

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LAUGHTER IS THE BEST MEDICINE

By Rachel Sapin

Even when she was a child, Jessica Lloyd, found herself meditating. “I read a story about American Indians, how they walk one foot in front of each other so that they could sneak up on animals,” she recalls of her childhood growing up on a farm in Ohio. So Jessica tried it herself, in fact, she spent countless hours practicing.

“It was essentially a walking meditation,” says Jessica, Ph.D., R.N., who now owns The Laughing Buddha, a healing arts center. The center offers laughter yoga, meditation (beginner, advanced and laughing meditation) Reiki, gentle flow yoga, qigong and a variety of health and healing workshops. “We seek to help people decrease stress, step out of the rat race and



Lisa W. Cumming Photography

reconnect to both themselves and others,” she explains.

Laughter yoga is based on the belief that voluntary laughter provides the same psychological and physiological benefits as spontaneous laughter. To achieve this, laughter yoga is typically done in groups, with eye contact and

playfulness between participants encouraged.

“In laughter yoga we laugh as a form of exercise,” Jessica explains. “We look each other in the eye. We see each other. We’re present. Laughing together builds community. It’s a tremendous stress reliever. It lets the body relax and reset. It decreases anxiety and improves depression.

Laughter can also provide pain relief and leaves the participant with endorphin levels similar to those experience with a ‘runner’s high.’”

Jessica became interested in laughter yoga in 2014 after signing up for classes at Yogaville, located in rural Buckingham, Virginia. The site is the international organizational headquarters

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“In fact, I’d signed up on a whim and had never seen or heard of Laugha (or Laughter) Yoga before. But there I was, sitting in the beautiful Blue Ridge Mountains, watching in awe as Bharata Wingham, our Laugha Yoga Leader, entered the room,” she remembers how she became interested in the practice. “He quietly sat on the floor and began to laugh. He laughed and laughed. Why? For absolutely no reason at all! He looked insane, but the light of his soul filled the room. I felt insane, but I giggled. By the end of the weekend, I was hooked.”

Jessica, who moved to Williamsburg two years ago following a career in both nursing and also as a professor at Virginia Tech, says she never imagined her next phase of life would include owning a healing arts center in Williamsburg.

She says she moved here from Blacksburg, Virginia after her kids left for college and started their own lives and careers. At the time, she says she didn’t know anyone in the Williamsburg area. “I was dabbling in nature photography, and Williamsburg is beautiful,” she says. “I stayed because of the fabulous state parks and nature trails.”

But soon after moving into an apartment in Williamsburg she began experiencing health issues.

“That was a big part of wanting to build a community here,” she says. She was slowly realizing she would need to find a support system outside of her biological family, especially in a new city.

“We live in a world where we are more connected globally than ever before. We keep up with friends from grade school, watch news from around the globe, and yet, we’re increasingly isolated from those closest to us and from ourselves,” she says.

Through diet, meditation and laughter yoga, Jessica says she has been able to resolve her health issues without resorting to medication. She has also found it has been a tremendous way to connect to others.

Laughter yoga was founded by the Indian physician Madan Kataria in 1995. “It’s called yoga because of the breathing element. Hearty laughter forces you to exhale from the diaphragm which is the nature of the yogic or pranayama breathing,” Jessica explains. The practice focuses on three parts of breath and on exhaling longer than you inhale.

According to the Mayo Clinic, laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles and increases the endorphins that are released by your brain. It also fires up and then cools down your stress response and initially increases and then decreases your heart rate and blood pressure. And to top it off, laughter can also provide pain relief. Those are just the short-term benefits.

“Laughing encourages deep belly breathing, which has numerous health benefits. It increases oxygen to the brain, which promotes clear thinking. Prolonged and sustained laughter also shifts the body from an acidotic to an alkaline state which has been shown to help fight cancer and illness,” Jessica says. The Mayo Clinic states that long-term benefits of laughter include a stronger immune system and generally happier outlook.

Emilee's Journey

Emilee Burke is proof that the most wonderful gifts can arrive in very small packages. She came into the world three months early, weighing a mere pound and nine ounces. Debi Burke says what her tiny daughter lacked in size she made up for in energy, determination and drive.

It took all of Emilee's fortitude, plus the support of her family, the caregivers at Children's Hospital of the King's Daughters (CHKD) and the CDR team to deal with her premature birth complications. She was intubated for the first of three months she spent in intensive care. Later at home, her breathing stopped as Debi was holding her. After another two weeks in the hospital, CHKD referred Emilee to CDR.

"I always found the CDR team very supportive. It all seemed very natural. CDR was a lifesaver for us, and our early interventionist was my hero."

Emilee's mom, Debi

Debi and Emilee were a part of the CDR family for two and a half years. When Emilee was well enough, she began to attend developmental playgroup. Debi and her early intervention specialist worked together for Emilee and formed a friendship that continues to this day.

Emilee is now a sophomore on the Dean's List at CNU, majoring in Social Work and Psychology. She has faced and conquered a lot of challenges in her journey, but she says, "I just try to do my best at whatever I do."

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For Jessica, although meditation came naturally, laughter wasn't a central part of her work and life until much later in her own life. She remembers a very different world of rules than the ones she lives by today. She came from a household where children were to be seen and not heard and laughter, silliness and play were not encouraged.

"The house was quiet, respectful, and flawlessly operational. Even as a child, I rarely laughed uncontrollably and had never raised my voice. In fact, in college, I once attempted to participate in a 'Primal Scream' (a sponsored event intended to release the stress of finals), but nothing would come out of my mouth."

As a certified trauma nurse, Jessica burned out quickly. She noticed a similar burnout among students when she earned a Ph.D. and went on to become a professor in the Department of Housing and Family Studies, teaching the social history of American housing at Virginia Tech.

"Both environments led me to a greater appreciation for the amount of stress and pressure people experience, not only in the workplace but also at home," she says. "In the health care realm many of my patients were stressed, isolated and disconnected from their families. Sadly, far too many of my students fell into the same category."

In addition to offering classes at The Laughing Buddha, Jessica provides off-site team building and leadership sessions with private groups, organizations and corporations. "I've worked with NASA Langley, William & Mary, and the Sentara Hospital network," she says. "Laughter is a great way to get your team working together, thinking clearly, and problem solving more effectively. By shifting the body out of the 'fight or flight' state, stress and tension evaporate. After even 10 to 15 minutes of laughter yoga, participants have often calmed down enough to think clearly and work together more effectively."

What she loves most about the team of five she works with at The Laughing Buddha is not only that she's created her own community of kindred spirits, but that she is providing community to others in Williamsburg.

"It's fascinating to watch people come in," she says. "They start out sitting around the edge of the room questioning why we're laughing. But they leave in groups, and they leave as friends. They're keeping the spirit going."

When she's not running her wellness center, Jessica enjoys Williamsburg's outdoors. "I'm a big hiker," she says. So far, she says she has completed several day hikes in the area but is hoping to backpack some of the Appalachian Trail this summer. She's also an avid cyclist. "I bought my first bike from Bike Beat a week after I moved here, and rode my first half-century (50 mile bike ride) five months later for my 50th birthday," she says.

She adds with a laugh that she even purchased her home because it was on the Virginia Capital Trail, a dedicated, paved pedestrian and bicycle trail that connects the commonwealth's past and present capitals of Jamestown and Richmond along the Scenic Route 5 corridor. For Jessica, laughter has released a new philosophy that releases tension and helped build a community of spirit here in Williamsburg. NDN

Sustainable Lifestyles

By Lillian Stevens

Lisa W. Cumming Photography

Ten years ago, a farm in the bed of a pickup truck or a large solar umbrella charging station might look out of place on a college campus. Calandra Waters Lake, William & Mary's Director of Sustainability, is working closely with students to help them turn their ideas for a more sustainable community into reality.

"Sustainability has three pieces," Calandra explains. "There is the environment, of course, but also sustainability in society and in the

economy. So, I encourage my students to follow their passion because you can put a sustainability lens on many things."

Calandra has incorporated her own passion for eco-friendly living into her life's work, something that was unheard of just a few short years ago. Additionally, so-called green careers are on the rise and are not limited to environmental fields. For instance, a chef can incorporate sustainability by local and/or organic sourcing.

"Consider what are you cooking with, and to whom are you providing the food, and what do you do with the leftover food? There are all kinds of ways to take a field and give it a sustainable bent," she says.

At William & Mary, Calandra's efforts reach across campus and into the local community. Her job might involve reading "Green Fee" grant requests one day and serving as an advisor to one of her EcoAmbassador students the next.

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She also works closely with the university's Office of Auxiliary Services as they plan and execute events such as the wildly popular "Farm to Fork" dinners held each year in town.

When she took on her current role at W&M, part of Calandra's assignment involved adjunct teaching. Through the university's EcoAmbassador internship program, students can apply to multiple on-campus sustainability internships and receive class credits for their work. "I compare this experience to Captain Planet and the Planeteers," says W&M junior, Erin Chapman, whose project is a native plant nursery that promotes biodiversity on campus.

"EcoAmbassadors are Planeteers and Calandra is Captain Planet," Erin says.

Not surprisingly, Calandra says that the best part of her job involves working with, and learning from, the students.

"Students are so passionate and they have such great ideas. It can be a challenge, sometimes, because they have so many ideas, and I need to be able to provide guidance and support for each of those. Helping them to get a handle on the scope of some of their projects takes some time and manpower, but I really like connecting them with staff and faculty and watching them engage in meetings, advocating for their ideas. I get a lot of energy from that."

Growing up, Calandra wanted to someday be a zoologist. "I always loved animals," she says. "As I grew older, though, I realized that I wanted to do something that incorporated the environment and people too, but there weren't many careers in sustainability at that time."

Calandra and her three siblings were raised in a small northern Virginia town called Nokesville. "I know it's hard to imagine because when you think of NOVA, you don't think of rural areas," she says with a laugh. "My high school was located in between a corn field and a cow pasture. There was one stop light and one gas station."

She says that her parents were green role models, but that it was more about being good citizens than encouraging things strictly from an environmental point of view. "We recycled because that was the responsible thing to do, but my mom, in particular, instilled in us this perception that the outdoors was magical. She had a sense of wonder about nature." Calandra took that sense of wonder with her to Virginia Tech where she earned a Bachelor of Science degree in natural resources.

"At Tech, I kept changing my major though," she says. "I started off in animal science. From there I went to horticulture, then environmental economics, and then wildlife, before landing on forestry."

One summer before graduation, Calandra worked as an intern at Aprovecho in Oregon. There, her work focused on organic gardening, sustainable forestry and appropriate technology (which means technology on a small scale). She and her young colleagues found themselves designing and disseminating efficient wood stoves for less-developed economies.

"Basically, we learned to create stoves out of interesting, odd materials. We learned how to use things around us, like twigs, in order to create efficient wood stoves. We learned that you don't have to clear land to cook and keep your houses warm."

She loved the experience but with graduation looming, there was still no clear route to a career based on her passion, so she went with another passion: teaching. After graduation from college, Calandra took a job at Ripley's Aquarium in Myrtle Beach, where she worked as a marine science education counselor and a diver. Spoiler alert: it was during that time that she met her husband, Sam, who had just wrapped up his undergraduate degree from Coastal Carolina University.



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“Sam and I both wanted to pursue master’s degrees so we decided to come to Williamsburg. He enrolled in a Ph.D. program at the Virginia Institute of Marine Science (VIMS), while I pursued a Master’s in Science Education from William & Mary.”

After earning her graduate degree, Calandra taught Earth Science and Environmental Science at Grafton High School for the next six years. While there, thanks to husband Sam’s connections, she was able to pursue VIMS’ GK-12 PERFECT Program, which is designed to bring current science into high school classrooms through graduate students. The graduate students, in turn, learn valuable public translation skills. That is but one example of the ways Calandra was able to bring value to her teaching at Grafton.

In 2008, W&M created a Committee on Sustainability. Several years later, Calandra determined that the time was right for her to learn and do more. She became involved as a volunteer and spent the next two years working for the university’s Committee on Sustainability, on top of her full-time teaching job.

One fond memory of that time involves a day that Calandra brought her infant daughter to a meeting on campus. “Andy Fisher, a pro-

fessor, was co-chairing one of the meetings. I was really nervous about bringing my baby into meetings because I wasn’t sure what the reception to that would be. At the end of the meeting, though, Andy pointed to my daughter and said ‘this is why we’re doing this’ – for our kids.” That was a pivotal moment.

By 2014, W&M created a new director of sustainability position. Calandra’s unique combination of education and experience made her the perfect candidate. Nearly two years into her full-time career, she still finds opportunities to collaborate with her husband who is now Fellowship and Research Program Coordinator for VIMS’ Sea Grant program.

“After Sam received his Ph.D. he did some post doc work before landing this position earlier this year. It’s great because we are both in fields that relate to each other. We’ll come home and talk about our day, and then we’ll end up brainstorming potential projects.”

One such project involved putting together a panel that was devoted to Sea-Level Rise. Sam arranged participation from some of VIMS top scientists. W&M and VIMS also partnered with the City of Williamsburg, James City County and York County to host the event which was very well-attended in the commu-

nity.

Despite the gloom and doom surrounding climate change or any number of other threats, Calandra hopes to lead by example. “I want my children to have a safe and healthy life, and I want them to live a sustainable life. When we talk about sustainability, we are really talking about our sustainability on the planet because the planet is going to be around long after us, so I want to equip them with the ability to know how we change things and to make a difference.”

She believes that each citizen has a responsibility to find ways to make their own positive contribution toward a better planet. “In reality, everything we do is connected to the environment,” she says. “Our computers, our bank accounts, even the jobs that we go to every day – it’s all within the environment. We need to address our impact on the world around us and how we can make a difference so that the things we are doing aren’t at the sacrifice of someone else.”

Through education and lifestyle, Calandra Waters Lake has and will continue to engage students of all ages, making sure that they emerge with the necessary tools to face the challenges of tomorrow for the greater good. NDN

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Rosío Gordillo Bresnahan's full name is a hint that this woman with a sweet smile has led a colorful and adventurous life. It's a journey of personal ambition and hard work, driven by continuing courage that reaches back a generation. From her parents, Rosío inherited an uncommon bravery that recently led her to make her home far from her family and native land.

"Both sets of grandparents were farmers who lived on the edge of the jungle in Colombia," Rosío says in her soft, Spanish accent. They were content with what they had and never imagined wanting more for themselves or their children. "My father and mother knew there was more to life than farming, and education was the key that would unlock their futures."

Rosío's parents had left their homes and moved to the city, where they eventually met and married. Rosío is grateful that her mother was able to stay home with the children that soon came along. "My father took care of our economic needs, and my mother took care of everything else," she says. "Everything that I am, I owe to them."

Rosío, the oldest of three sisters and one brother, felt they were looking to her as a model. "I wanted to be a good example for them, so I studied hard and got good grades. After graduation I went on to university in Bogotá. It doesn't cost much money, but everyone wants to go and the entrance examination is very competitive." She earned a degree and became a licensed physical and respiratory therapist.

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From Bogotá to the 'Burg

By Linda Landreth Phelps

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a job in Colombia, where there is much unemployment. She put in a grueling decade in emergency rooms pulling 12-hour shifts before switching to medical administration, where she spent another ten years.

"I was always trying to improve my skills, reading reports in both Spanish and English to become bilingual. I went to Canada or the U.S. on vacation so I could learn more," she remembers. "I was feeling trapped in my profession, with no real chance to progress. Everyone I knew seemed to think I should be grateful to have any job at all."

Eventually Rosío met an American who owned several nursing homes in the United States and recruited staff from foreign countries. He offered her an opportunity to travel to the Washington, D.C. area on a six month tourist visa and volunteer at one of them while she honed her language capabilities. Rafael, Rosío's father, gave his blessing and support, so she quit her job when they refused her request for a leave of absence and took a giant leap of courage.

"By working at the nursing home, I real-

ized that my English wasn't good enough yet to practice in the U.S. as a physical therapist," she says. The position was an excellent opportunity for Rosío to live, work and eat communally with others from distant countries in Europe, Asia and Africa. "It opened my eyes to the world and was a broadening experience. When I returned to my country and a new job as a teacher at the university I had many stories to share, and I was able to encourage my students to pursue bigger dreams."

On this extended sojourn in America, she met someone special, a pharmaceutical representative from Yorktown, Virginia. "Jim and I were just friends, but he was so kind and easy-going, and when we talked I was never self-conscious about my English." When she went back to Columbia, they began emailing and calling, and their relationship grew. "I returned for a visit, then he came to Bogotá to meet my family, and even though they did not speak a common language, they liked him very much."

One terrible event and Jim's response to it changed and deepened their long-distance bond.

Rosío had risen early as usual to get ready for her classes at the university. She went to wake her brother, who wasn't up yet. "I went in his room, and he was dead in his bed," she recalls, brown eyes eloquently expressing the pain of sudden loss. "He was only 28." Rosío called Jim, and within twelve hours, he was there by her side. "That gesture meant so much to me and my whole family."

Jim proposed, and in early May the couple celebrates their first anniversary. Marriage and making her home in the United States has brought more changes than she ever imagined possible.

Jim, knowing Rosío wanted to resume her medical career, steered her to English classes at Literacy for Life (LFL), a Williamsburg non-profit organization that has provided literacy services to adults for the last 40 years. Rosío is one of the approximately 85% of LFL's learners who speak English as their second language.

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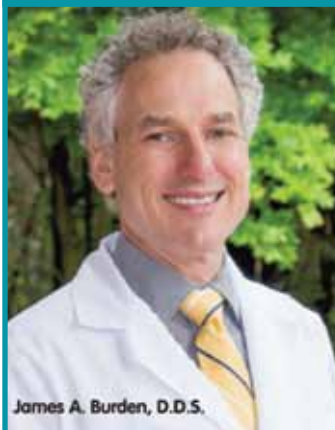
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Rosío took any class available, staying from 9:00 to 5:00 every day. She studied history, civics, English conversation, and attended book clubs. "Maggie Gray was my tutor for grammar and my mentor, too," she recalls with gratitude. "I think that a place like this happens only in America."

Classmates became Rosío's new extended family. "Since we didn't have families here, we made our own," she says with a laugh. They met outside of class in each others' homes, with everyone eager to share their own culture.

"Every Friday somebody would invite us to lunch. One week it would be Chinese food, the next week French or African. My husband

would tell me, 'I can't believe you've only been here a short time and already have more friends than I do!' I tell him that is the miracle of Literacy for Life."

Rosío was asked to volunteer as a receptionist for three hours a week, which she was happy to do. She loved interacting with the learners and teachers, always smiling and encouraging everyone. She was so successful that Rosío's volunteer position is now a full time paying job.

"I never imagined not continuing in medicine when I first came here. It was what I did, who I was. Now, every day I come to work and feel enriched. I can make the people who come to us comfortable because I know how difficult it can be to be from another country. I do my best to treat everyone with kindness and respect, and I feel good, knowing that others helped me and now I can help them."

Always eager to learn more, Rosío is once more busily continuing her education. "I'm taking a class at Thomas Nelson Community College," she says excitedly, "and I want to study administration assistance with an emphasis in communications, something to do with

websites and computers. This is a huge accomplishment for me, because first I had to pass a placement test...in English!"

In some ways, Rosío feels like a youngster again. A new husband, a new country, and a new career have all given her the sense that she is just starting her life at 46, not in its middle.

She craved the challenge of all these things and had the courage to reach for them, but in the journey she's developed a nascent yearning for balance. "I've always worked so hard," Rosío says. "I dreamed of being the president of a company; I had ambition. I was so focused on making a good living, but now I would like to have a good life, with time to enjoy each other."

As a recent participant in the American Dream, her new ambition is to enjoy the simple things that are now unfolding: travel, a movie, a walk in the woods with the man she calls her soulmate.

"I want to make Jim's life better, too," Rosío Bresnahan says, "and grow strong physically, emotionally and spiritually, so we can face together whatever comes in the future. I want to be happy!" NDN

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Keep Pressing Forward

By Alison Johnson

Growing up in the former Yugoslavia, Antonija P. Simpson dreamed of coming to America. Ultimately, she had to go through war to make it here.

When her country split apart during brutal ethnic wars in the 1990s, Antonija had to craft a new plan for life after high school: not college, but instead a year as a refugee, three years as an au pair in England and then work as a translator that led her to both a university scholarship and her American husband.

“It’s not necessarily the way I wanted to get here,” she says. “The war was definitely difficult, but sometimes good things come out of bad.”

Antonija, a financial advisor with Edward Jones, has found a new community to love in Virginia. Williamsburg feels to her a little like Bugojno, her small hometown of about 50,000 people in the republic of Bosnia and Herzegovina. Her past experiences have also given her a passion for volunteering and connecting with people of diverse backgrounds.

“I was certainly the beneficiary of a lot of generosity from other people,” she notes. “So I believe that giving back, practicing unselfishness, is very important. I feel strongly about fostering that in young people as well.”

Born Antonija Pocrnja, Antonija had an idyllic childhood in Yugoslavia, a beautiful, mountainous nation of six socialist republics that sat along the Adriatic Sea to the south of Austria and Hungary. Bugojno’s diverse residents – Croats, Serbs and Muslims – coexisted

peacefully when Antonija, a Croat, was young.

Raised by a homemaker mother and a father who worked at the only post office in town, Antonija had the same classmates from first grade through high school. They walked to school and played outside for hours without parental supervision, swimming at the community pool, sledding on a nearby hill and organizing huge dodge ball games and snowball fights that stretched well into the evenings.

“We played hard and rough. We scraped knees and twisted ankles, and we were happy,” Antonija recalls. “We were inside only when we had to study, do chores or were hungry. I wish children today had the freedom and confidence that they will be safe, like I had it then.”

She never got paid for chores. “I never had an allowance. I was a part of the family and that was my contribution. We had a vegetable garden, and I helped by pulling weeds. I always remember having age-appropriate chores.”

Life changed dramatically in 1992, when Antonija was 19 and finishing high school. That spring, the Yugoslav Wars, a series of ethnic conflicts and secessionist movements, reached Bugojno. People started leaving, including one of Antonija’s sisters, her niece, her nephew and many of her friends.

“Each day, I would come to school and more people would be gone,” she says. “It creates this feeling of abandonment. I remember breaking down at home once because I was afraid that we were going to be hungry and abandoned. That feeling of being left behind is something I never want to feel again. It was a moment of panic.”

As shelling, air raids and sniper fire became a daily reality, Antonija, her other sister and some friends fled to Croatia, a neighboring republic. Her mother stayed behind with her brother, who had joined an army called the Croatian Council of Defense (her father had passed away in 1986).

Antonija left in early June and assumed she’d be home by Christmas. Instead, she spent a year as a refugee in Croatia, living with friends and surviving on money from relatives, family savings and refugee aid. She worried about her mother and brother and heard about friends who had lost their lives or limbs. She couldn’t get a job. Money for college was non-existent.

Still, Antonija kept hoping she could go home soon. “The power of denial is unbelievable,” she notes. “When you don’t want to face reality, it becomes a survival mechanism. But after a year, I realized that this all is going to go on for much longer, and I couldn’t just keep sitting around and waiting, waiting for things to calm down. I had to figure out how to make the best of a bad situation.”

While it was a stressful time, she had discovered her own resilience. “I haven’t faced anything nearly as terrible as some others, I know, but it did show me that we are much stronger than what we think we are. If you’re faced with a situation that’s hard, you just have to endure it.”

Antonija decided to go to England, where she could work as a live-in childcare provider and learn English (she grew up speaking Serbo-Croatian, the official language of the former Yugoslavia). When she came back to Croatia after a year to see her mother, her hometown was still in chaos: while her mom was visiting Croatia, people broke into the family condo and a new family simply moved in. It would take her mother six years to evict what became a revolving door of tenants.



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After three years in England, Antonija returned to Bosnia with her English good enough to become an interpreter for various international organizations and peacekeeping forces that had moved into the area. Through that work, she met her future husband, Bob Simpson, a military contractor, as well as retired U.S. Army Brigadier General Herb Lloyd, who helped more than 20 young interpreters land scholarships to continue their disrupted educations.

In the summer of 1999, Antonija started college at Freed-Hardeman University, a private school in Henderson, Tennessee. “I had grown up watching a lot of American movies, and it felt like I was on a movie set – but this was real,” Antonija remembers. “What really struck me was the space, how spread out everything is. Everything seemed so big, but the people were so nice and kind to us.”

Antonija studied at Freed-Hardeman for a year before she married Bob, whose career brought them to Hampton Roads. She transferred to Christopher Newport University, where she earned a degree in business administration with a finance concentration. The couple lived in Newport News, Hampton and Richmond before settling in Williamsburg in 2008.

“We liked that Williamsburg has a smaller community feel but still offers a lot to do,” she explains. “I love the opportunities we have for self improvement and enrichment, education and entertainment. I love that I am able to meet people from different walks of life and different backgrounds.”

While Antonija enjoys golf, skiing, walking, knitting and reading, giving back occupies much of her free time. She is a board member of both the Kiwanis Club of Williamsburg. She currently chairs its Bring Up Grades (BUG) academics program at two local elementary schools, and Bacon Street, which helps families affected by substance abuse and mental health issues. She also is volunteer coordinator for An Occasion for the Arts.

“At first, volunteering for me was a whole new concept because while it existed at home, it was not as prevalent as it is here,” she notes. “It’s a wonderful thing we have.”

Antonija speaks English flawlessly. Even her British accent is gone and generally she only uses her native tongue during calls home or with a niece who lives in Maryland. But she has transplanted parts of her culture to Williamsburg. She cooks savory pies, stuffing thin dough with fillings such as meat, potatoes, spinach and cheese, prepares feasts on Christmas Eve and has her family’s food blessed by a Catholic priest the Saturday night before Easter, all traditions from her childhood.

With her 81-year-old mother, one of her sisters and two half brothers still living in Bosnia, Antonija tries to visit for about 10 days each year. Another sister lives in Denmark, and her brother recently moved to Germany. Not surprisingly, she is grateful for Skype. “That has made an incredible difference in ‘shrinking’ the distance between me and my family.”

Antonija’s family also includes two adult stepchildren and two rescue German shepherds, Luna and Baloo. Friendly and quick with a laugh, she credits her mother with giving her the ability to focus on life’s blessings, not its negatives.

“My mother’s motto was, ‘You can’t go back, so keep pressing forward,’” Antonija Simpson says. “I try to remember that every day.” NDN

A Song in Her Heart

By Cathy Welch

Lisa W. Cumming Photography

“Children are so special,” foster grandparent, Betty Robinson says. “As grandparents, we need to reach out and help them, to protect them and let them know they have someone they can depend on—someone they know that can love them whenever they need it.”

Born in 1940, Betty was one of four chil-

dren raised in Toano. “I’ve been singing all my life,” she says. “We used to sit around the old pot belly stove and sing.”

Betty attended a one-room school on St. John’s Road. Her teacher was Reverend Moody, who was also the pastor of the St. John’s Baptist Church and other churches.

She married and had three boys and two girls. Her husband passed away in 1966 and one son, John, passed away with cancer. She raised her children with the help of her mom. “Children have been my main effort all my life,” Betty, who has five grandchildren, ten great-grandchildren and one three-year-old great-

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great-granddaughter, says. "I love children."

As a nanny, she raised at least eight children for other families. Now that her charges are adults, she has sung at some of their weddings and been to their bridal showers. "They've been so special to me," Betty says. "I hear from them every now and then to tell me how they're doing; especially at Christmas and on my birthday."

Today, Betty lives on Longhill Road. She retired in 1999. "I wasn't doing too much of anything because my health started to slow down," Betty explains. "But I wanted to do something."

Characteristically, what she settled on revolved around her love for children. Her friend, Eva Dixon, was already involved in the foster grandparent program and thought Betty might be interested. "She said, 'You're not doing anything. Why don't you become a foster grandparent?'" Betty explains.

Jason Samuels, director of the area's foster grandparent program administered by the Hampton Department of Social Services

that expanded into the Williamsburg area nine years ago, visited and explained the program. Betty was in. She also encouraged other friends, Grandma Pryor and Grandma Wilder, to work with her. She has worked for seven years with the Head Start program located at the Historic Triangle Building on Waller Mill Road which serves 147 three- to five-year-olds from Williamsburg and James City County who meet the federal poverty guidelines. Betty's supervisor is Carol Justis, the Community Action Agency's education disabilities coordinator.

Some Head Start students are homeless or have other circumstances that are difficult for their families. The program helps to prepare the children to be successful when they get to kindergarten. The goal is for them to be on the same level as their peers despite things they might be experiencing at home.

"It helps me get out of the house," Betty says of her work with the kids. "I feel I want to be there for the children and that as grandparents, we should take time for the children

of today because they really need us."

"When I come here in the morning, I look for a blessed day with them," she explains. "I don't look down to see all they are going to do. I'm here to help them be happy and help them learn."

Foster grandparents are assigned five children each year who need extra attention. Betty helps by reading to them, helping them write their name and keeping their noses clean.

"The joy I get from them! When I go home I feel good because I know that I spent the day doing something with the children to make their day."

Betty sets up breakfast, eats with the children who call her Grandma, helps them brush their teeth, cleans up and helps them throw away their trash. Then the children have circle time and centers. During center time, Grandma Betty works with individual children or a small group in need of extra love and attention. Almost one-third of the Head Start students are Latino. When some of those children come in they don't speak English at all,




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so the extra direction the foster grandparents give them is important.

Recently, a child asked Grandma Betty to open her milk, something she knew the child was capable of. She complied but when the child asked her to open her fork next, she just looked at the child. "She came and laid up on me," Betty says. "These children are just so special. It's a world of confusion for the children and some of the parents don't try to help them at home."

One challenge Betty has trouble remembering the new children's names at the beginning of the year. "To me they're darlings and my babies," she explains. "They'll tell me, 'I'm not a baby.' And I'll say, no you're the baby that I love."

When asked about the challenges of being involved in the foster grandparent program, Betty says, "For one thing, being able to keep your energy up as you get older. It takes a lot of patience and that I do have. As long as I have patience within myself I know I can cope with any situation."

Betty always wants to come in every day, but sometimes it's hard for her because of her physical challenges. She has had surgery on her knee and back, has arthritis and has had asthma since she was six months old. "I don't want to stop, but sometimes I have to sit down," she explains. "But when I do get the chance, I'm back."

Betty did not have very much education, but taught herself to read by reading the Bible and magazines. The homework her grandchildren have is much more challenging than she or her children had. "It's a challenge for me if I had to work with what the children are doing now. I don't know if I can do it."

"I talk to my grands and great-grands and I say it's there for you," she explains. "Reach out and get it, because only you can do it. You have your family behind you; you have your parents to help you along the way. There's so much that you can just catch hold to make the life that they should have for themselves and their families to come."

"I never start anything with them without

being in prayer," she says. "I feel that prayer is the answer to everything. My mom always said, 'with prayer and love you can conquer anything.'"

"My grandchildren are, oh man, I'm telling you they are just so special," she says. She admits to spoiling them, but when they get off track, Grandmama lets them know. "Not with harsh feeling, but with love," she adds.

She has a granddaughter now who is studying at Norfolk State University. "I am so proud of her," Betty says.

She's a big fan of the Head Start program where she's Grandma Betty. "The staff here are beautiful. From day one, the children, Miss Justis and all the teachers and others are just wonderful people. I just love being here."

Still singing, Betty performs gospel music with her family's DTG Gospel Ensemble, which just celebrated their 20th anniversary. "We sing around here, in Richmond and Washington, D.C.," she says. Betty Robinson shows her love of her community with a song and a helping hand for the children. NDN



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The Path to Success

By Greg Lilly, Editor



Lisa W. Cumming Photography

“The Community Action Agency (CAA) has been around since 1968. It came out of President Lyndon Johnson’s ‘War on Poverty,’” Reba Bolden explains. Reba is the Executive Director of the Williamsburg-James City County CAA. “The intent is to help lift people up and out of poverty by acquiring skills. People living in poverty don’t have just one thing to work on, usually there are multiple aspects. We under-

stand that they may be under-employed, but they might be under-educated, a single parent with no child care. They carry a lot of baggage. We look at all those aspects. We don’t do Band Aid fixes. We work to keep them from coming to this same point again.”

Two of the programs that help local businesses are Project Discovery for area youth and Job Readiness for adults.

Project Discovery introduces young people to the possibility of going to college, when many may have never thought a college education could be a possibility. Growing up in Philadelphia, Reba was the first in her family to go to college. She watched the television show Perry Mason and wanted to be Perry Mason.

“This was during a time of political upheaval and a lot of causes taking place, that as a young

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person, I wanted to be a part of.” Reba ran for political office in Philadelphia, but she explains that the voters thought she was too young. “That was the kind of thing that motivated me, to be a voice and advocate for people who can’t do it for themselves.”

She attended East Stroudsburg College in the Pennsylvania’s Poconos area. “We were the second group of African Americans kids to enter that college. There were about 14 of us. So we had about a total of 45 African Americans in a student population of 3,000. Those were wonderful experiences. When I grew up in Philadelphia, I was surrounded by people who looked just like me. I didn’t have the experiences of being around other people. Going to East Stroudsburg allowed me to see people as themselves – not boxed into a preconceived stereotype. I really came to understand that we had more similarities than not.”

She met and married her husband while in college, and they moved to the Hampton Roads area where his family lived. “My mother pleaded for me to stay in school,” Reba says of her biggest support in education. “It took me ten years to get back to college.” Reba graduated from Hampton Institute, and then earned her Master’s Degree from Radford University.

“I’ve been blessed with people in my life that wanted to see me do well, and that’s what we do at Project Discovery. The kids know that there is someone who genuinely cares about them. I was fortunate to have that, and I was truly motivated to get the best out of myself. I learned to never stop thinking about what I can do to help others. My mom was really big on that: ‘It’s not all about you,’ she would say.”

Xerox, in Connecticut, recruited Reba out of college, but she realized she wanted to help people. She turned down the job and found a position in community services. “I was at Rappahannock Community College (RCC) helping people come back to school to acquire skills to become gainfully employed. After I left RCC, I came to Community Action Agency. I’ve been here for 16 years. This has been the greatest joy for me. This agency understands what it’s like to be low-income and not having the skills to navigate getting out of it.”

CAA programs include Head Start to prepare children for kindergarten. Teens benefit from Project Discovery as a preview into what college is like and how it can propel them into a flourishing future. “Project Discovery provides the teens with basic skills workshops like time management, study skills and financial

planning, plus it takes the kids to visit local campuses so they can see what college life is like. The program also helps the teens apply to schools and research financial aid. Project Discovery is a wonderful program that encourages kids into knowing that the sky’s the limit. We have kids who thought they would never go to college. They got in Project Discovery and it showed them that they could go.”

The program encourages the teens in high school, because they know they have college waiting for them after graduation.

“We had one young lady who I was extremely proud of. She had a sister who’d had a baby early in her life. Our Project Discovery coordinator was determined that wouldn’t happen to this young girl. I don’t think this young lady had it on her radar that she could go to college. She started in Project Discovery and became a leader in the group. She ended up getting scholarships from George Mason, William & Mary, and another college. She chose W&M because she wanted to stay close to home. She was exceptional. She graduated. Today, she’s a teacher in our public schools.”

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lege after high school.

“If we don’t get behind these kids and help direct them in positive ways, help them have some successes in life, somebody else will get to them.” Reba explains. “Every child wants to be part of a group, but the group that gets them may not be the one you want. It’s our obligation to be there for these kids. I was fortunate. I had great parents. I had encouragement, motivation and a tough mom. I’m so grateful to her for making sure I stayed on the straight and narrow.”

CAA offers another program that helps local businesses and the job force: Job Readiness and Employment Services. “When someone comes in and needs employment, we sit down and review their situation. Many times it is more than employment that they need,” Reba says. “We help get them ready – how to do a resume, an interview, how to dress for seeking employment. Then we connect them with businesses and employers that are hiring.”

Reba says that local businesses have a great opportunity in working with the area non-profits. “There is a world of people out there who really want to be employed and would do a bang-up job if given a chance. I talked with a large employer the other day. He said he’s

looking for people with a heart, a good fit in his team and people who are trainable. Even if someone comes in without the skill he’s looking for, he can tell if he could train the person for the job.”

Reba and the people at CAA see hidden business skills in the people in their programs. “I tell you, poor folks know how to survive. They can translate those skills into something an employer needs. For instance, in sales – some of these folks have the gift of gab. They can sell the Brooklyn Bridge! They are extremely talented. Can they type 55 words a minute? No. But they provide the best customer service, welcoming and helping people.”

She knows her hard work pays off when she sees the improvement in the lives of the people at CAA programs. “The Head Start parents with their children, some of those parents are under-employed or not employed or don’t speak English, but when I see them begin to flourish, gain self-confidence, become successful and wanting to give back, that makes my day.”

The teens’ behaviors change for the better and their grades improve, knowing that a brighter future awaits them in college. “I see families able to navigate through the day with-

out the issues they had before,” Reba adds. “When I see people become first-time homeowners, when I see the homeless folks working with us to get a roof over their heads then go through other programs, like managing their finances – those things make me extremely happy.”

Help from the community makes all the difference for CAA. Project Discovery could use funds for things such as helping to cover the costs of renting a van for taking the kids on college visits or using volunteers to help with research on financial aid. Job Readiness could use volunteers to coach clients, donations of office supplies, business attire, computers or any funds to help cover expenses.

“We have a lot of volunteer opportunities. Anyone with a little time, we can use them. Helping children and families become successful is our goal,” Reba Bolden says. “It’s a joy seeing it when it happens. It doesn’t happen overnight. Once they get to where they need to be, they sustain it and maintain it. The community comes together to encourage and help students and job seekers navigate the way to success. What if I had never had the encouragement? I could still be in Philadelphia struggling like mad.” NDN

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Bicycling!

By Greg Lilly, Editor



Lisa W. Cumming Photography

Ever since he served in the Marine Corps in Okinawa, Barry Herneisey was hooked on bicycling – again. “When I was a kid, we lived in the rural area. If you wanted to go somewhere, we had to ride our bikes. My parents didn’t shuttle me around. I would bike to my friends’ houses, which were miles away.” Like most kids, Barry biked just about everywhere he went.

He joined the Marine Corps at the age of 17, and then other activities took precedence. But when he was sent to Okinawa as part of a group of Marines, he found cycling again. “To get off the base, to stay out of trouble and to find some-

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thing to do, I got a bike,” Barry says. “I caught a cab to Nago, the closest large city, and got with a local bicycle shop owner. I bought a mountain bike from him and used that to get off the base and see the local culture. I realized that riding a bike is fun, efficient transportation and a great way to stay active and stay healthy. I knew when I got out of the Marine Corps, I could see myself continuing to ride.”

After Okinawa, Barry received orders to Washington, D.C. “I was a distance training instructor at the Marine Corps Institute at the Washington Navy Yard. We came down to Williamsburg for a conference. We went out to dinner at Paul’s Deli, and below Paul’s Deli was a bike shop, Bikes Unlimited.”

He went downstairs to check out the shop and met Russell and Elke, the owners of Bikes

Unlimited at the time. “I told them that when I got out of the Marine Corps, I’d like to get into the bike business. Russell said he’d be retiring soon, and I could buy their business. We kept in touch,” Barry explains.

“That space below Paul’s had been a bowling alley and a bar. It had a colorful history. From what I understand, the bike shop had been at street level until Paul’s expanded, and then Bikes Unlimited took over the space below.”

When Barry had some time off in D.C., he’d come to Williamsburg and ride his bike, exploring the area and the bike routes and paths. His wife, Jan, worked at the Smithsonian, so he’d make it a daytrip to Williamsburg. When the owners of Bikes Unlimited called to tell him they were ready to retire, Barry decided it was time to make his move. He retired from the military, and he and Jan moved to Williamsburg.

“The shop was still in the cellar, below Paul’s Deli when we took over the business,” he says. A couple of months after they acquired the business, he and Jan came to work to discover fire trucks surrounding the building. “Green Leafe had had a fire downstairs. We were out of business for about four months. We lost all

our inventory. I learned a hard business lesson because I had more inventory than insurance. We struggled through that.”

Although the location on Scotland Street and Richmond Road was convenient to students of William & Mary, the other residents of Williamsburg were changing their shopping habits. “People didn’t come downtown as much for shopping. Parking was always an issue, and on Saturdays during football season, we had few customers because it was hard to get to us. We knew we needed to move.”

“I think the best kind of riding is ‘mission riding.’ You have an objective. Instead of driving your car, why not ride your bike?” ~Barry Herneisey

Plan 9 Music had moved from the Williamsburg Shopping Center, so Barry and Jan relocated the shop there. In the past year, with the shopping center in ownership transition, Bikes Unlimited moved across the street. “This building was empty (across Monticello), and I thought it was a good location,” Barry says.

A steady stream of cyclists come and go at the shop as the spring weather improves, and neighbors think about dragging their bicycles out of the garage. To get a bike ready, Barry has simple advice: “Pump the tires and knock the dust off. Take it for a ride and if everything is working, ride it.”

Some people would rather have a professional look over their bike, especially if it’s been in storage for several years. “If you want to have it checked, most bike shops have a ‘look over.’ We’d check the gears, the brakes, clean it up, oil the chain, pump the tires, make sure the handlebar stem is tight and make sure the bike is safe to ride,” he adds.

The tires’ rubber tubes are porous, he explains. So, if the bike is in storage for years, the tires will go flat naturally. “People think they need new tires, but no, just pump them up. Be careful when they’re that flat because

they can become unseated. The tube might be off the rim and pumping it up like that can cause the tube to be pinched and blow out.”

Make sure the bike still fits your needs, he adds. A bike that is 10 to 15 years old should still be okay, but the rider might have changed during those years. “We see people bringing in the old, drop-bar, ten-speed bikes that they haven’t used in ten years. The person, not so much the bike, is older, less flexible, maybe lost some of their balance. I often ask if they’ve thought about getting a new bike. Not

to push a sale, but there must have been some reason the person stopped riding it, and those drop-bars were designed for racing and for a racing position. Now there are a lot of different categories of bikes: mountain bike, comfort bike, hybrid bike, endurance road bike, city bike, etc.” The different categories of bikes were developed to meet different needs and uses. There will be a bike that can accommodate anybody, regardless of age or physical activity level.

“People realize, like I did, that riding a bike is fun. It’s a great activity and great exercise. I can leave my car parked and go to the grocery store, library or farmer’s market. Go to one of the many parks we have: Freedom Park, New Quarter Park, Upper County Park, York River State Park to do mountain biking. Eastern Virginia Mountain Biking Association is a very active mountain biking club,” Barry says. “Perhaps, you want to be a road rider. There’s the Capital to Capital Trail to ride all the way to Richmond.”

The bicycling community in Williamsburg is diverse. “We have WAB (Williamsburg Area Bicyclists), road riders. The Eastern Virginia Mountain Biking Association is into mountain biking and even that has splinter groups

that like to focus on jumps (technical trail features), bypassing the cross country and hills of the trails. Some of my customers do not have cars. They only have their bikes, and that's what they use to get to work and do their shopping."

Some residents rely on bikes as their transportation, not by choice, but by necessity. Barry saves tires that come in and are still usable. He holds those for riders, who work around town and depend on their bikes to get to work and may not have the funds for new tires. "We're the closest bike shop to town, so we see a lot of the hospitality workers with their bikes. Those are the customers I'm glad we're here for. They need us to help them keep their transportation going. It's good to be here for those guys."

Barry explains that the main reason more people don't ride a bicycle is the lack of a safe place to ride. "If you can transport your bike to the Capital Trail, that's a safe place to ride and is 50 miles long. You can get 100 miles of riding in easy, with no cars whatsoever," he

says.

"I think the best kind of riding is 'mission riding.' You have an objective. Instead of driving your car, why not ride your bike? Sometimes, even for me, it's hard to get out and ride the bike, just for the sake of riding. Maybe it's cold out or too hot, but if I need to return a book or video to the library, I take the bike and get in a workout. Whether riding to work or to the gym or to the Lion's Club meetings, whatever, that's my favorite type of ride."

For car drivers and for bicyclists on the streets, Barry reminds us that bikes are considered vehicles and abide by the same rules of the road as cars. "We follow the traffic laws: stop at traffic lights and stop signs, ride on the right hand side of the road. If everybody does what they're supposed to do, everyone can live in harmony. Bicyclists should ride as far to the right on the road as is safe. Cars should obey the three-foot law." When a car passes a bike, the laws says to pass at a safe speed and safe distance – a minimum of three feet from the bike. NDN

Next Door Neighbors

Publisher.....Meredith Collins
 Editor.....Greg Lilly greglilly@cox.net
 Copy Editors.....Al White, Ginger White
 Photographer.....Lisa Cumming, Corey Miller
 Graphic Designers...Sue Etherton, Lara Eckerman
 Account Manager.....Anne Conkling

Writers

Linda Landreth Phelps, Rachel Sapin,
 Brandy Centolanza, Sandy Rotermund,
 Alison Johnson, Ryan Jones, Lillian Stevens,
 Erin Zagursky, Erin Kelly, Narielle Living,
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 Wynne Bowman, Nicole Puskar, Elinor Warren,
 Michael Heslink, Carrie Eriks, Naomi Tene' Austin,
 Gail Dillon

Advertising Information

Meredith Collins

(757) 560-3235

meredith@williamsburgneighbors.com

www.WilliamsburgNeighbors.com

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Lisa W. Cumming Photography

Always Evolving

By Greg Lilly, Editor

“I let the clay and the wheel tell me what it will be because I’m not good enough to tell it,” Frank Isemann says, modestly, of his pottery work.

Being a potter, he explains, is fairly simple in the concept. “Take a big piece of clay, plopping it down on the wheel and watch it evolve. I never have an idea of what I’ll do when I start. I think engineering and architecture are the worst disciplines to have when you go into art – too many rules, too many straight lines. Sometimes clay can do things that you wouldn’t think it could. The more you knead

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it, play with it, heat it up, the more pliable it is, the more it responds to your creativity. A cold piece of clay doesn't want to cooperate with you. It's like life: the more you coddle someone, the more you coddle the clay, the more responsive it is."

Growing up in Arlington, Virginia, Frank didn't have pottery on his mind, because he knew his career would be architecture.

"My dad had a friend who was an architect. He was a famous architect in D.C. who did several of the federal buildings. The Mint was one of them. He and his wife never had children, and they took an interest in me because he knew I wanted to be an architect. Just after I was accepted into Virginia Tech, he hired a limousine to take us around D.C. to show me the buildings he had designed. Those were his 'babies.' They were his legacy. What a wonderful thing to leave behind. If you can leave something behind, bigger than yourself and no one needs to know your name, but it's something you can tell your children about and they can ride by and see your work for generations."

At Virginia Tech, Frank met his wife, Deanna. Also, he had taken flying lessons at Tech because airplanes intrigued him. "Airlines were just starting to hire architects to represent them in the cities where they were building hubs." He explains that airport bonds and the leasing terms airlines negotiated with municipalities required accurate up-front estimates of expansion or construction of terminals.

"Allegheny Airlines, based out of Pittsburg, recruited me. I was going to be in charge of their move from Pittsburg to Arlington, working on the new corporate headquarters. I went to Pittsburg for my first day. The director came out of an emergency meeting and said they had to cut staff based on seniority. My first day and I was out," he explains with a laugh.

Allegheny passed his resume on to other airlines, and Frank went to work for Delta in Atlanta. "I was one of two architects hired by Delta, the first ones ever hired in their history. I worked on the Dallas-Fort Worth airport. Later Eastern Airlines made me an offer, in Miami, which was a big selling point for Eastern. We had a six month old baby and moved to Florida and bought our first house."

As the Director of Design and Development, Frank worked closely with the airline's new president, Frank Borman, retired NASA Astronaut with the Gemini 7 and Apollo 8 projects. "Eastern added an additional concourse to the Miami-Dade Airport."

Miami brought changes to Frank's home life. "My wife had been after me to stop smoking," he says. "We had the baby, and I wasn't allowed to smoke in the house. I quit and I was fidgety. She signed me up for a pottery class at a local university. That kept me away from her for at least two nights a week during that transition from cigarettes to fidgeting to non-smoker. I literally stopped smoking using pottery."

Keeping his hands busy with pottery helped him go through his withdrawal from nicotine. As work took more of his time, he let his pottery classes stop. The family moved to the Washington, D.C. area, and Frank found a pottery class close to their house and got back into it. "It's like therapy, working in clay," he says. "You've never met a nasty, mean-spirited person who plays in the mud. We call ourselves grown-

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ups playing in the mud.”

Frank worked for Gannett in an office on the 26th floor in Arlington, Virginia. Things changed for him on September 11, 2001. “My office looked over Arlington Cemetery and the airport. I saw the plane that crashed into the Pentagon, literally outside my window. I was booked to fly out that afternoon for a business trip.” Then with the aftermath of 9/11, Frank realized the Arlington where he'd grown up had changed.

“Also, Gannett corporate headquarters was moving to McLean. This wasn't the place I was born, so I was ready to leave.” Deanna and Frank decided to retire to Williamsburg.

Pottery isn't the only art that Frank enjoys. He's an accomplished painter. “I didn't have any formal painting classes in college. In Virginia Tech, when I went, we had about two years of engineering, so there really wasn't time for any art classes.”

He says he likes the immediate gratification of painting with acrylics. “I tried oils, and they took too long to dry. The slow layering process of watercolors took time. Acrylics dry fast, and you can paint over mistakes. It's a fun medium, plus it gives an opportunity to chat during classes. It fits my personality.”

He has no signature style of painting developing, yet, he says. “But I'm into birds.” The first time he entered a competition for acrylics, he tried something completely different. “That first effort was at This Century Art Gallery,” he describes, “and I won for acrylics. It was a shock. It was modern, and I usually do birds. This one was very contemporary and big – a big painting. I won, I'm guessing, because it was in-your-face, not great, but bold,” he says with a laugh. “The older you get, you have to be bold!”

With his pottery, he continues with classes and open studio work at the James City County Recreation Center. “I work a fish into my pottery. That's my signature,” he says. “I started creating birdhouses, and everyone liked those.” He did some carving in the pottery, as well. “The style and subject evolved from what friends liked.”

Everything in his life has been an evolution, he explains. “I get bored with a process, so I want to do something else. I'd love to learn to forge iron or blow glass. In life, you have to keep changing. You have to be a chameleon.”

Adapting, transforming, evolving are aspects Frank embraces. “I think it was Amy Vanderbilt who said you need to do two things each year. First, she said to go through your Christmas card list and pull out the ones who have become separated from you, maybe grown in a different direction since the origin of the friendship. For each one you pull out of the list, you have to make a new friend to replace them. She always obligated herself to make new friends who interested her. The other thing, she said, was to always plant new bulbs each fall so there is something to look forward to in the spring. What a wonderful way of looking at life: plant new bulbs, get excited about spring, make new friends annually, and move past the ones who haven't kept up with us.”

Frank continues to explore creativity and art, while expanding his interests and developing his skills. “It's a prompt to test ourselves; see what our capabilities are. You can never challenge anyone too much.” NDN



Corey Miller Photography

Making Fitness a Priority

By Greg Lilly, Editor

Consistency and sustainability, Alison Lennarz says, are the keys to maintaining her energy and stamina. An attorney for Kaufman & Canoles, Alison would walk past a gym on the first floor of the SunTrust building in New Town several times a day, for years. She served on the board of Big Brothers and Big Sisters, and at a fundraiser, she looked over the auction items. Bridgit Kin-Charlton, the owner of B-Defined, had a fitness assessment and training session in the silent auction. “I thought, why not? It’s on the first floor of our building and it might be

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interesting,” Alison says.

She won the auction and made an appointment with personal trainer Stephanie Sutton. “It was convenient. I enjoyed it.” Alison bought a package of 12 sessions. “I was committed.”

Alison put the workout on her calendar as an appointment – at lunchtime or at the end of the day before she picked up her children. “An hour of my day, twice a week didn’t seem unreasonable. I’ve been lucky because my job has been consistent. Stephanie has been here; she’s my buddy now. I enjoy her company. It’s a nice break in the day. She keeps it interesting because I never know what she’s going to have me do.”

Starting the workout regimen wasn’t a big hurdle for Alison. “I wasn’t horribly unfit. I guess since my mother is European, healthy food has always been important in my house. We always cooked and ate vegetables and salad – I didn’t have to try too hard.”

She grew up in Westchester County, New York. When her parents divorced, her mother moved to northern Virginia, and her father moved to Texas. “My mother is French, and she still sounds very French, as if she just stepped off the plane. She had a friend who lived in Georgetown and invited her to come live there. She ended up in northern Virginia and is still there. I was in boarding school in Connecticut after my parents’ divorce. My college advisor said I should apply to the University of Virginia since my mother had her residence in Virginia.”

At UVa, she started dating David, now her husband. They moved to the Caribbean and

worked in property management and hospitality for several years. Their employer sent them to Paris to work for the French arm of the company.

“We’d been living in Paris for a while, and I wanted to go to law school. I started study-

son decided to find a position closer to home. “I started working for Kaufman & Canoles here in Williamsburg. I’ve worked here since 2000.”

Kaufman & Canoles moved to the SunTrust building in 2003, and B-Defined was on the

“I’ve made personal training a priority. I’d rather forgo a meal out, a manicure/pedicure, an extra article of clothing or whatever – I’d rather give up something else than this because I feel so much better.” ~ Alison Lennarz

ing law in France at Université Panthéon-Assas. I speak fluent French, but I wasn’t sure about law school. I’d met several lawyers that I wasn’t fond of,” she says with a laugh. “But, I wanted to see what it was like to study, and I liked it. David was at a point in his job that it made sense for us to come back to the United States.”

They had a mutual friend from UVa, whose family had a seafood business. “We moved to Gloucester, and I attended the University of Richmond. David started working for his current business partner’s family in their seafood business. I had a baby the last semester of law school, graduated, started studying for the Bar and we moved to Williamsburg to Windsor Forest,” she says of the whirlwind of changes that happened in 1998. The family settled in Williamsburg because it was half way between David’s job in Hampton and Alison’s new position at a Richmond law firm.

The Richmond firm was acquired, and Ali-

son first floor of that building. “I had always tried to stay fit. When my daughter was little, we’d do ‘Mommy & Me’ dance. Then I’d do adult dance. For a while, my kids took tennis lessons, so I took lessons as well. Intermittently, I’d run,” Alison says, “nothing consistent. It was always whatever exercise I could fit in with my kids’ activities and my other obligations.”

Then she won the silent auction item. “There is no substitute for having someone who knows what you are capable of and pushes just enough. A personal trainer, like Stephanie, gives individual attention so I don’t do something wrong and injure myself. There are days when I’m feeling fatigued, she’ll ratchet it down or she may push me to get me going. I then realize I can do more,” Alison says.

“It’s much easier for me to workout with Stephanie twice a week than to go to a class where I’m one of many. With a personal trainer, if I don’t show up, I feel bad because I wasted

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an hour of her time. She's expecting me. It's an appointment like any other. I feel committed to keeping it."

The individual attention and one-on-one interactions of a personal trainer is more expensive than attending a class or open gym, but Alison says it's worth it. "I've made personal training a priority. I'd rather forgo a meal out, a manicure/pedicure, an extra article of clothing or whatever – I'd rather give up something else than this because I feel so much better."

After the first initial package, Alison had a few sore muscles but could feel herself getting stronger. "I realized that if you're really committed to getting in shape and being fit and can afford the financial commitment, this is the way to accomplish a lot, quickly. I've been doing this for five years." B-Defined has moved to Center Street in New Town, so the location is still very convenient to Alison.

Alison works out with Stephanie twice a week. When Alison is out of town or has to miss a session, she tries to do other activities. "When I was on vacation, I learned to surf with my family. If I hadn't been working out,

I would never have been able to do that. I wouldn't have had the core strength or the balance. Every time I do something new like that – like over Christmas we were in Florida and I did paddleboard yoga – I come back and tell Stephanie, 'thank you.' Without her, I wouldn't be able to do that."

The work she does in her training sessions allow her to do things like trying surfing or paddleboard yoga. "Stephanie mixes up our sessions so I don't get bored. I'll use different equipment or do different exercises. The building of strength and endurance allows me to do other things. For example, on vacation, I did a four-hour bike ride. This is basic maintenance. It allows me to do more physically and try activities for entertainment like surfing and long bike rides."

She didn't start out with large goals and says her routine isn't about achieving milestones. "I was comfortable with my weight. It wasn't about image. When Stephanie asked me what I wanted to accomplish that first time, I said I wanted muscle tone and to feel good. Those were my two goals. We achieved those goals

quickly. As I approach middle age, I want to be able to do physical things. I've seen that I can do new things. It's a lot less pressure. I have an 18 year old and a 15 year old. David and I work and have commitments. It's a major accomplishment to show up twice a week. I guess my goal is to just keep going."

Alison's advice to others wanting to get into a routine of regular exercise is to add it to the calendar. "There is nothing like an appointment," she says. "We're trained to keep appointments. Put it on your calendar and keep it there. Make it something that is regular."

Along with a regular routine, she says to find something enjoyable and varied. "The goal should be to find something sustainable – varied enough to keep it up or sufficiently fun."

Alison Lennarz found that one-on-one training works for her. A personal trainer or a training buddy with a set schedule of workouts keeps the program going. "It's a slow path to be able to do everything I want to do physically. But, it happens without you knowing it when you are consistent. Consistency and sustainability are the tickets. That's what worked for me." NDN

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PREVENTION SERVICES

By Greg Lilly, Editor



Corey MillerPhotography

When Denise Kirschbaum began working with James City County's Social Services department, she saw some residents in crisis – on a routine basis. “We’d put a Band Aid on it, and we’d see them again in 30 days. We knew their addresses by heart,” she says. “The director at the time, Diana Hutchens, heard these stories, and we began talking about be-

ing more proactive.” They created a prevention program to address the needs of the community. “Dionne McLean has really started this program from scratch.” While Dionne is on maternity leave, Denise oversees the Adult Services Prevention program.

“We’ve seen an increase in seniors locally, and our aging population will be dominating

our state in the next 15 years,” Denise says. “We need to be a step ahead.” Her mission is to educate the community on the need to be prepared for aging and minimize the crisis-driven scramble by family and social services to resolve longterm care, medical decisions and legal decisions.

Denise spent most of her early life in Eu-

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rope with her military father and French mother. “I spent most of my childhood in Germany. I was born in France. We lived in England for a short period of time.”

The family moved to Florida and then to Texas. “My father was stationed at Randolph Air Force Base in San Antonio, so that’s where I went to college.” She graduated from the University of Texas, San Antonio with a Degree in Psychology. Her father retired to his home state of Virginia, and Denise earned her master’s degree in education and counseling from Norfolk State.

Her degree work focused on research, but she knew she wanted to be more hands-on. “My first job was mentoring children in the foster care program. From there, I did a variety of things from case management to clinical supervision to training foster parents.” Expanding her reach, Denise decided she wanted to work with adults.

“There is a big difference from working with

children to working with adults. With adults, they can refuse help. Children really can’t. It was a bit of a shift to find the best way to encourage adults to have the services. I explained how the services are empowering and offered support, encouragement and guidance. That

Denise says. “Many feel they don’t need the assistance or they don’t want to think about what they’ll be doing, or need, in five or ten years. Our goal is to build a relationship and provide help, guidance and connections that they may not know are available. We want to

“We do not remove adults from homes; we cannot place adults anywhere against their wishes; we are here to support and guide and assist.” ~ Denise Kirschbaum

is where the prevention program comes from: empowerment, support and guidance for the clients.”

She explains that the Adult Services Prevention Program assists eligible residents (18 to 59 years old with a disability or any adult 60 years or older) to find help with longterm care planning.

“Most people are not open to having help,”

open the door for them for support.”

Williamsburg neighbors may see this in their own families or in families of friends: elderly parents uncomfortable talking with their children about being in need of assistance or of dying. “Not discussing or planning for disability or death doesn’t make it go away,” Denise states. “The first signs of inadequate plans show when a person is in crisis and the deci-

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sions have not been addressed.”

The Adult Services department receives calls from the community (maybe the police, the fire department or a concerned neighbor) and works through the crisis that prompted the call to bring the client back to a stable situation then they start working on prevention.

“This program began a few years ago with the goal of working with churches, doctors’ offices, neighbors, anyone who may see a person with struggles, or issues with family, and refer the client to us. That hit some barriers because of patient privacy issues for doctors and churches that felt they couldn’t recommend a member to social services.”

There has been a stigma with social services in the minds of the public, but Denise says there are misconceptions. “We do not remove adults from homes; we cannot place adults anywhere against their wishes; we are here to support and guide and assist. The Adult Services Prevention Program is for people who need to know what is available for assistance, for things like filling out an application, to connect to community resources to assist the clients in setting up a power of attorney, or writing an advance medical directive. Those are some of things people need assistance with, especially for people who are alone and/or don’t have family close. Dionne has been working to show that the Adult Services side is here to help.”

She explains that many people don’t plan because they don’t know where to start. It all seems overwhelming and they don’t know the resources that are available. “We’re lucky in Williamsburg and James City and York Counties as there are a lot of resources available, and our job is to take away barriers to referring clients to low-cost or free resources.”

As a collaborative effort, DSS works with other organizations as well as other county departments such as Fire/EMS. “Fire Chief Ryan Ashe is proactive and understands the need for prevention as they are often the first responders. They may see things that we can help with. It could be a simple phone call to Faith in Action to have a friendly visitor come

out and check on the person once a week or take them to the grocery store. Maybe the person is appropriate for one of our waivers. If there are issues with family, maybe no support there, we can help build that bridge again with family partnership meetings that bring everyone to the table for consensus and a plan on how to deal with the vulnerable individual.

Starting with her first job of helping foster children, Denise had the philosophy of: “Plant seeds, and one day, I will see them flourish and grow.” ~ Denise Kirschbaum

There are many things we can do; we just need to know who needs these services. That’s what this prevention program is all about.”

Denise explains that as we age, the importance of documenting our wishes with powers of attorney, wills and advance medical directives increases in urgency. “When you become incapacitated, no one will know those wishes unless they are written. For us, it’s important to start that process early, but people don’t like talking about ‘the end.’ I get that. But, we see more and more folks who may be a caregiver to their spouse, but they go first. Then who takes care of the remaining spouse? These are things that we need to consider. Our prevention program helps get this resolved.”

May is Adult Abuse Prevention Month, and Social Services will hold a Prevention Expo at the James City County Recreation Center on Longhill Road. “It’s focused on longterm planning for housing, healthcare, longterm care, home health agencies services and how to avoid financial exploitation.”

Citing the latest statistics, Denise says there were over 21,000 reports of adult abuse in the state. This covers all aspects like self-neglect, physical abuse, emotional abuse, neglect, financial exploitation, abandonment, sexual abuse and isolation. “Before coming to this position, I didn’t know about Adult Protective Services. Most people know about Child Protective Services, but few know about Adult Protective Services (APS),” Denise says. “For the prevention program, we get a lot of refer-

als from APS to assist the client through the crisis, and then we help them prevent another crisis.”

Advanced planning, financial, medical and legal, brings peace of mind to both the elderly parent and to their children.


“I go through it with my mother, so I know a lot of other people go through convincing

their parents to get their wishes in writing and set a power of attorney,” Denise admits.

“As a county service, we’re aware of the importance of planning and implement ways to offer assistance. I don’t want us overwhelmed by the Silver Tsunami. I don’t want us scrambling trying to figure out what is available and how to help when a wave of seniors need assistance. This prevention program goes hand-in-hand with aging in place.”

Starting with her first job of helping foster children, Denise had the philosophy of: “Plant seeds, and one day, I will see them flourish and grow.” Her philosophy is still the same with her adult clients. “I want us to educate and provide resources to plant that seed so people know what is out there and available.”

Denise, Dionne and the other people at Social Services see their mission as solving problems, advocating, determining, preserving, resolving, supporting and strengthening families and individuals.

“We are trying to do something different, innovative and creative by going with this program for prevention. It takes a village to help an individual. We can’t do this alone. Our culture is collaboration and partnering,” Denise says. “We’re starting to see a lot of that now. We all recognize the need, from EMS to the police to community services to county administration to the Board of Supervisors to our neighbors. That’s what’s great about this county and community. We’re open to being creative and trying new things.” 

JOE RONEY

ON MOOSE LODGE #757



Born outside Philadelphia and raised in the small borough of Mount Carmel, Pennsylvania, Joe Roney moved to Washington, DC at age 19 after a short stint at college in Texas. "I knew I didn't want to work in a factory or the mines, so I headed south to the big city," Joe says. His first job was Fingerprint Examiner with the FBI, and three years later, he was accepted into the Uniformed Division of the Secret Service. He retired over 24 years later on January 26, 2001. "While driving out of DC with my wife, Rita, heading to my retirement celebration that Friday afternoon, I got a call that I was hired at the Virginia Racing Commission at Colonial Downs." His retirement lasted two days because Colonial Downs wanted Joe to report to work that Monday morning. "My wife and daughter, Lisa, had already moved here in the summer of 2000, where Lisa started her freshman

year at Lafayette High School."

When did you first become involved with Moose Lodge #757?

For over 25 years, I was very active with the Knights of Columbus Council #4522 in Annandale (in Fairfax County), holding just about every office including Grand Knight. I missed the fraternalism

and volunteer work of a charitable organization. After doing a little research, I knocked on the front door of the Moose Lodge about six months after moving to Williamsburg in January of 2001. I have been part of the lodge ever since. In July of 2013, I became Administrator of the lodge, and I have never been busier! It's basically a 24/7 job. The phone rings at all hours, though I am trying to turn it off after the longer days. I even had a member who stopped by the lodge to see me, but as he pulled in, he saw me drive away, so he followed

me down the road and pulled me over at a stop sign to ask me some questions. But I enjoy staying busy, even though it would be nice to golf a little more.

What is the mission and purpose of the lodge?

The roots of the Loyal Order of the Moose can be traced to 1888 in Louisville, Kentucky. The fraternal organization rapidly expanded to include valuable service to communities, caring for children and teens in need at Mooseheart Child City & School, a 1,000 acre campus located 40 miles west of Chicago; and for senior members at Moosehaven, a 70-acre retirement community near Jacksonville, Florida. We have about 1,000,000 members across all 50 states and four Canadian provinces, plus Great Britain and Bermuda. The Moose organization contributes upwards of \$100 million worth of community service annually.

What types of local services does the lodge do to support the mission?

Our efforts are multifaceted with internally developed programs like Tommy Moose. Tommy Moose aids in helping children overcome fears and anxiety during times of stress. This past October, we donated monetarily to the three local fire departments, and also gave each department a box of Tommy Moose plush dolls, which are presented to children in various traumatic situations. The external focus of our service is directed toward

many worthwhile national charities, a few of which are: Special Olympics, Salvation Army, Safe Surfin' USA Foundation, Big Brothers-Big Sisters and St. Jude. Some of the local charities we have helped include Beyond Boobs, A Gift for Ben, CDR, Hospice House, Historic Triangle, Meals on Wheels, SleighBell 5K, and Massey Cancer Center. Our women have hosted several events from feeding and clothing the homeless and hosting holiday parties for children of low-income families.

Who are the members of the Moose Lodge?

Men and women, aged 21 and older. The females are the "Women of the Moose" and they belong to Chapter 1755. The men are the "Loyal Order of the Moose" and we are Lodge 757. We like to say that we "help others, but have fun in the process" while hosting picnics, dances, Karaoke, dinner nights, golf tournaments, Texas Hold'em, cornhole tournaments, hoe-downs, holiday parties, NFL parties/buffets, etc. You name and we have probably done it!

What projects are coming up for the Moose Lodge?

We are just winding down from a very busy year which included hosting the Moose International Golf Tournament, as well as several successful fundraisers for local residents in need. The upcoming year will include hosting the Moose International Youth Awareness Conference in Williamsburg.

The International Student Congress is a student-run meeting, which encompasses about 13 hours over a four-day period. At the end of the meeting, the students vote for the top five presentations. Scholarships are then awarded as follows: First, a \$12,000 scholarship; Second, a \$8,000 scholarship; Third, a \$5,000 scholarship; Fourth, a \$3,000 scholarship; and Fifth, a \$2,000 scholarship. To date, our Moose "KidsTalks" presenters have reached over 250,000 children in the 4-9 year old range. We also host our local annual golf tournament (Moose Shoot-Out), as well as continuing with our various charity endeavors. We have a hall that holds up to 200 people, so we are also able to assist other charitable groups host their events.

What can readers do to help you?

Join the Moose Lodge and become an active member. It is a great place to reconnect with your neighbors and former classmates, or to meet new people. You don't have to come every day, or even every week, but pick something you like to do and help with it. We have members that donate their time or food or manual labor or monetarily or their professional expertise, or some of each. Almost all of our functions and events are geared toward a cause – helping a person or group in need within our community, or for the children of MooseHeart or the seniors at MooseHaven. We also have fun in our Social Quarters, so it's a

win/win. We're a lot like the show "Cheers" where "Sometimes you want to go where everybody knows your name, and they're always glad you came..."

What are some personal experiences you have had that renew your commitment to the Moose Lodge?

I was diagnosed with cancer not long after moving to the area, and a member of the Lodge came to the hospital to sit with my wife while I was in surgery, knowing that we had no family here. That was an eye-opener for her, because she really wasn't too sure of the group of guys I was just getting to know! And while I was recuperating, other members stopped by the hospital to check on me. It made us realize that these were true friends, and we have never forgotten that. And, as a newcomer to this community, I've made wonderful friendships through the Moose that I never would have made otherwise.

How has your work with the Moose Lodge affected your personal life and outlook?

I realize how blessed my life is, both personally and professionally, and it is a privilege to be able to help those less fortunate. It is one thing to read about families in need, but when you are sitting with them and talking to them, it really opens your eyes and makes you want to help your neighbors. NDN

Hey Neighbor!

Please visit

www.WilliamsburgNeighbors.com,

go to the magazine site and click on

Hey Neighbor! for a complete list of current community announcements.

To submit your non-profit event to Hey Neighbor! send a paragraph with your information to:
heyneighbor@cox.net

Hey Neighbor!

COMMUNITY OF STARS FUND-RAISING BANQUET

April 29, 2016

Williamsburg-James City County Community Action Agency and Board of Directors will hold its 13th annual Community of Stars fundraising banquet at Colonial Heritage at 6500 Arthur Hills Dr., Williamsburg. In celebrating its 48th year, the agency will honor several individuals, businesses and organizations that have strengthened and supported CAA by giving their time and resources. Proceeds from the banquet will go toward the agency's programs and services, to include Head Start pre-school, youth, family and emergency services. The event is open to the public. Tickets are \$55 per person, \$100 for two and \$500 for a table of ten. To purchase tickets, contact Yvonne at 229-9332.

Hey Neighbor!

ACC SANCTIONED CRIBBAGE TOURNAMENT

April 29-May 1, 2016

This tournament includes a Friday night event, the Main tourney on Saturday, a Saturday night event and a Sunday consolation tourney. All will

be held at the Wyndham Gardens Busch Gardens, 201 Water Country Parkway, Williamsburg. For information contact gwwapc@cox.net or Bill Whiting, tournament director @ (757) 532-1405.

Hey Neighbor!

ANNUAL PLANT SALE

April 30, 2016

Come spruce up your flower beds and garden plus help a good cause. The Virginia Cooperative Extension Master Gardeners of James City County/Williamsburg will hold their annual plant sale from 9 am – 2 pm. The event will be held rain or shine at the Jamestown Beach Park. All types of plant material including annuals, shrubs, vegetables, perennials, etc. will be provide by the Native Plant Society, Botanical Garden and the Master Gardeners for purchase. Cash and checks will be accepted in payment.

Hey Neighbor!

COLONIAL WILLIAMSBURG EMPLOYEE ARTS AND CRAFTS SHOW

April 30-May 1, 2016

At the Historic Triangle Community

Center at 312 Waller Mill Road. Admission and parking are free. This is a great event for families and shoppers to gather some unique handmade gifts and goodies. We have Mother's Day and grad season coming up, another great reason to come out and shop at our show, filled with talented and prolific crafters and artisans. Check out our Facebook page: <https://www.facebook.com/CW.Employee.Art.Crafts>. Show/

Hey Neighbor!

WILLIAMSBURG CHORAL GUILD SPRING CONCERT

April 30 – May 1, 2016

Times are 7:30 pm on April 30 and 4 pm on May 1. Three distinctive musical styles – opera choruses, musical theater and spirituals – express spirituality in this final concert of the Guild's 40th anniversary season. Accompanied by pianist Jane Alcorn, the chorus, conducted by Artistic Director Jay BeVile, will be joined by mezzo-soprano Phaedra McNorton and bass Branch Fields, with an appearance by the Williamsburg Youth Chorale. Pre-concert lecture: one hour before the performance in the Williamsburg Presbyterian Church's

sanctuary at 215 Richmond Rd., Williamsburg. Tickets: \$20 in advance; \$25 at the door. Call (757) 220-1808 or visit www.williamsburgchoralguild.org to purchase tickets.

Hey Neighbor!

MAY IS BIKE MONTH

May 1 – 31, 2016

The Williamsburg Area Bicyclists will sponsor a ride or event each day of the month of May. The rides include activities from an ice cream social and Pedal the Parkway for families to moderate paced rides for adults. For a calendar of rides and activities go to www.WilliamsburgBikeMonth.org or find us on Facebook.

Hey Neighbor!

WALK TO SEE SPRING FLOWERS

May 1, 2016

Meet at 2 pm at Newport News Park's Discovery Center, Constitution Way. Use the NN Park entrance at Constitution Way. From Jefferson Ave, turn onto Constitution Way; drive 0.9 mile; the Discovery Center will be on the right (GPS coordinates 37.181682, -76.537173); additional parking nearby along Constitution Way if needed. Peninsula Master



United for Home

United Way provides services and resources to homeless families to empower them to move into permanent housing.

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MONEY RAISED HERE, STAYS HERE.

Naturalist Susie Yager will lead a walk through this lakeside woodland area to see Pink Lady's-Slipper Orchid, Partridgeberry, Yellow Star-Grass, Putty-Root Orchid, Pickerelweed, and numerous other spring flowers as well as several ferns. The round-trip walk will be about 2 miles. The Discovery Center has restrooms. Contact Susie Yager to register at soozigus@cox.net. Sponsored by the John Clayton Chapter, Virginia Native Plant Society. Walk is free and open to the public.

Hey Neighbor!

CHARLES CITY SPIRITUAL ENSEMBLE AND AARON RENNINGER, ORGANIST

May 4, 2016

Trinity Organ Series: The Charles City Spiritual Ensemble will join organist Aaron Renninger in presenting music from the treasury of African American literature. Bring lunch, and meet the members of the choir following the FREE concert. Beverages provided. Time: Noon at Saint Bede Catholic Church, 3686 Ironbound Road. For more information, call (757) 229-3631 or visit www.bedeva.org/concerts.

Hey Neighbor!

CINCO DE MAYO CELEBRATION

May 5, 2016

The James City Lions Club is hosting its 3rd Annual Cinco de Mayo celebration at the Ford's Colony Country Club from 5 – 7 pm. This event is a fundraiser to support sight, hearing, and diabetes programs in the greater Williamsburg community. This fun filled event is open to the public as well as all Lions Club members. Admission includes hors d'oeuvres from Chef Mark Florimonte as well as two drinks per person. There will be live music, raffle prizes including exclusive bottles of wine and golf prizes. Admission is \$35 per person. For ticket information, contact Earl Kleiser at ekleiser@cox.net.

Hey Neighbor!

THE AUXILIARY OF SENTARA WILLIAMSBURG HOSPITAL "IN THE BAG LEATHER" VENDOR SALE

May 6, 2016

From 7 am – 4 p, in the RL Graves Conference Room, Sentara Williamsburg Hospital, 100 Sentara Circle, Williamsburg. The second 2016 Ven-

tor Sale, "In The Bag Leather" will include wallets, luggage and purses of all sizes including overstock Designer items. Proceeds support the Sentara Williamsburg Auxiliary's Scholarship and Free Mammogram Program.

Hey Neighbor!

WILLIAMSBURG WOMEN'S CHORUS WILL PRESENT ITS SPRING CONCERT

May 6, 2016

At 7:30 pm at Walnut Hills Baptist Church on Jamestown Road. This will be the debut of the Chorus' new artistic director, Rob Keene. The program features music of the night in a concert of old favorites and new treasures: Bernstein, Brahms, and Billy Joel - a little night music for everyone! For ticket information contact Debra at (401) 300-9858 or visit www.williamsburgwomenschorus.org.

Hey Neighbor!

PEDAL THE PARKWAY

May 7, 2016

From 8 am – 1 pm, cycle, run or hike along the shores of the scenic James River from Jamestown to Williamsburg, or vice versa. The 19th Pedal the Parkway is FREE and will be held rain or shine. Eight miles of empty, car-free pavement on the Colonial Parkway will allow you to start at your own time, proceed at your own pace and enjoy refreshments at the midway point. This is a great ride to introduce young family members to the joys of road cycling. See www.williamsburg-bikemonth.org or find us on Facebook.

Hey Neighbor!

1st ANNUAL TOT TROT, 1K FUN RUN

May 7, 2016

Calling all toddlers and preschoolers! The first annual Tot Trot, 1K Fun Run offered exclusively for children ages 5 and under and their families will take place at 9 am on Duke of Gloucester Street in Williamsburg. Visit www.williamsburgcampuschildcare.org for race information, including a registration link. \$15 each for all children 5 and under and FREE for accompanying family. Race t-shirt and post-race activities included for all registered children. Please email Spencer Milne at shmiln@wm.edu with any questions.

Hey Neighbor!

FIFTH ANNUAL AGING IN PLACE SYMPOSIUM

May 10, 2016

Hosted by Williamsburg Area Faith in Action. Time: 8 am – 1 pm. Please join us for this yearly event! A variety of sessions of interest to seniors, caregivers and professionals in the field will be presented. This year's event will be held at King of Glory Lutheran Church, located at 4897 Longhill Road, Williamsburg. Registration cost for seniors (60 and over) is \$10; those under 60, \$15. Up to four hours of CEUs are available; CEU registration cost is \$35. Breakfast and lunch are included in the cost of registration. For more information and to register, please visit our website at www.wfia.org or call (757) 258-5890.

Hey Neighbor!

WILLIAMSBURG SYMPHONIA LEAGUE CONCERT AND FUNDRAISER

May 11, 2016

Be prepared for musical fireworks when two outstanding, world-renowned instrumentalists, cellist Zuill Bailey and violinist Akemi Takayama, team up for a superb performance and warm up to a live auction, paddle raise and raffle drawing at the Williamsburg Symphonia League's annual fundraising event. The three-course dinner will be held at Two Rivers Country Club starting at 6 pm with cocktails. The cost is \$100/person and \$110/person after April 22. Limited seating available. Funds raised will benefit the Symphonia's primary purpose of providing Williamsburg area children access to musical education beyond the classroom as well as the excellent orchestral musical performances that enhance our community's quality of life. For tickets and additional information contact Marie Knuettel at (757) 810-6183 or marieknuettel@gmail.com. Additional details can be found at <http://www.williamsburg-symphonia.org/league-news.html>

Hey Neighbor!

THE 9TH ANNUAL KIWANIS CLUB OF TOANO GOLF TOURNAMENT

May 13, 2016

At Kiskiack Golf Club, this event is the major fund raiser for the volun-

teer group, dedicated to carrying out the Kiwanis mission of "changing the world one child and one community at a time." The group awarded over \$10,000 in grants last year to 20 local groups and agencies. For information about the April 17 early registration or the tournament specifics, contact Dave Rothberg at (757) 206-1750 or Mike Villaggio at (757) 565-46410, or visit the KOT FaceBook event at <https://www.facebook.com/events/875771215875389/>

Hey Neighbor!

JAMESTOWN DAY

May 14, 2016

This jointly sponsored event at Jamestown Settlement & Historic Jamestowne marks the 409th anniversary of the 1607 founding of Jamestown, America's first permanent English colony. Discover Jamestown's legacy through interpretive programs on Powhatan Indian and English interactions, archaeology, military and maritime displays, and traditional music and entertainment. Separate site admission: Jamestown Settlement is \$17 adults, \$8 ages 6-12 and children under 6 are free; Historic Jamestowne is \$14 adults, ages 16 and older. Jamestown Settlement is located on Route 31 South of Williamsburg; Historic Jamestowne is located at the 1368 Colonial Parkway on Jamestown Island. For information about Historic Jamestowne, call (757) 229-4997 or (757) 898-2410 or visit www.historic-jamestowne.org or www.nps.gov/colo. For information about Jamestown Settlement, call (888) 593-4682 toll-free or visit www.historyisfun.org.

Hey Neighbor!

MARCH FOR BABIES- 5 MILE WALK

May 14, 2016

Registration starts at 9 am and the walk begins at 10 am. March of Dimes-Williamsburg March for Babies walk will take place at Sentara Williamsburg Regional Medical Center, 100 Sentara Circle, Williamsburg. Premature birth is the #1 killer of babies in the United States. Please consider join us in our mission to give every baby a fighting chance and form a fundraising team. Visit our website www.marchforbabies.org for more information or contact Allison Gross, Community Director at asgross@

Hey Neighbor!

SINGLETRACK MANIAC 50K TRAIL RUN (AGES 18+)

May 14, 2016

Time 7 am – 5 pm. Cost \$65/runner. Location: Freedom Park, 5537 Centerville Road, Williamsburg. Experience Freedom Park in a whole new way! The generous 10-hour time limit (19 minute mile pace) for the 31-mile Ultra race is great for beginners, but the singletrack trails are technical and challenging with constant roots and elevation changes. If you're looking to surpass the marathon and want to stay local, this is the first event of its kind in the area. No onsite registration. Info: (757) 259-4176. Register at maniac50k.com.

Hey Neighbor!

SKETCHING IN THE GARDEN (AGES 8-16)

May 14, 2016

Williamsburg Botanical Garden (inside Freedom Park Interpretive Center if it rains), 10 – 11:30 am. Learn how to observe and draw stems, leaves, and flowers from the garden. Collected specimens will be recorded in graphite and then use colored pencils or watercolor paint to complete the drawing. Instructor Linda Miller, local artist. Limit 15 children. Register by emailing wbgkids@gmail.com. A \$5 donation is suggested.

Hey Neighbor!

OPEN HOUSE AT HOSPICE HOUSE

May 17, 2016

From 4-6 p.m. Hospice House & Support Care of Williamsburg, 4445 Powhatan Parkway, Williamsburg. We're opening our doors to the greater Williamsburg Community! Join us for a tour of Hospice House, to learn about the services we provide the community, and to find out about volunteer opportunities. Call (757) 253-1220 for questions or to RSVP.

Hey Neighbor!

WILLIAMSBURG MUSIC CLUB YOUTH WINNERS & LUNCHEON

May 18, 2016

Winners of the Williamsburg Music Club's own "Grants in Aid" competition for gifted area musicians will perform at the Club's Annual May

Celebration, beginning at 11 am in Bruton Parish Church Hall, 222 Duke of Gloucester Street. Amid the celebration of the year's musical accomplishments, new board members will be installed. Sponsored by the Williamsburg Music Club, this program is FREE and open to the public. For further information, please contact Rosanne Reddin at (757) 229-4429 or www.williamsburgmusicclub.org.

Hey Neighbor!

TOWSON UNIVERSITY CHORALE CONCERT

May 19, 2016

Towson University's flagship chorale ensemble, the University Chorale, will present a free concert of choral music from around the world. Works will include many diverse languages, including Latvian, Bulgarian, Mandarin, and Zulu. Time: 1 pm at Saint Bede Catholic Church, 3686 Ironbound Road. For more information, call (757) 229-3631 or visit www.bedeva.org/concerts.

Hey Neighbor!

BLOOD DRIVE AND FREE SHREDDING EVENT

May 20, 2016

The Williamsburg Area Association of Realtors® (WAAR) invites the greater Williamsburg community to attend our annual Blood Drive, Cookout, and FREE shredding event. The American Red Cross Bloodmobile will be at the WAAR office in the Williamsburg Business Center- 5000 New Point Rd. Suite 1101, from 9 am – 3 pm. WAAR will also have the "Stealth Shredding" truck here from 9 am – 12 noon. Community members can bring up to 5 boxes (or bags) of personal or confidential documents, CDs, etc. securely shredded on site for FREE. Our goal this year is at least 35 pints of whole blood donated. Can't give blood? Donate \$5 and join us at the Cookout! To register to donate blood visit www.redcross.org, sponsor code WAAR. Questions? Call (757) 253-0028 or info@waarealtor.com.

Hey Neighbor!

DREAM CATCHERS' BRIDLES & BOW TIES

May 21, 2016

Riverside Health System is the title/video sponsor for Dream Catchers' 9th Annual Bridles & Bow Ties fun-

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OR CALL
757.566.1775



draising event, which will be held at their facility located at 10120 Fire Tower Road, Toano. The event includes: tours of the facilities, student riding demonstration, champagne, cocktails, oysters, an elegant buffet dinner, and a live auction sponsored by Monarch Bank. The purpose is to share Dream Catchers' mission and to celebrate the successes of their program participants. For the past several years, it has been a "SOLD OUT" event, so purchase your tickets early by calling the Center at (757) 566-1775 or online at www.dreamcatchers.org.

Hey Neighbor!

CREATING ENVIRONMENTALLY BENEFICIAL LANDSCAPES

May 21, 2016

Freedom Park Interpretive Center, 10 am, open to the public. Retired York County Extension Agent and Senior Extension Agent Emeritus, Jim Orband, will discuss the benefits of incorporating locally native plants and providing diverse plantings that include a variety of food sources for wildlife. His Freedom Park presentation is part of the Learn and Grow Educational Series sponsored by the Williamsburg Botanical Garden. The program is free, although a \$5 donation to help the Garden grow is appreciated. For more information, contact Jim at (757) 898-9403 or email him at jorband@vt.edu.

Hey Neighbor!

BOATING WITH LOCAL KNOWLEDGE

May 21, 2016

The Williamsburg Flotilla #67 of the U.S. Coast Guard Auxiliary will be hosting a 2-hour class to share insider tips on boating safely on the James, Chickahominy, and York Rivers. The class will be from 10 am - noon at the Berkeley's Green Clubhouse, 3051 Berkeley's Green, Williamsburg. The cost is \$20 pp or \$35 for "couples" (cash or check). The class will cover access to local boat ramps and marinas, their locations and characteristics, and limitations for trailered boats, canoes, kayaks, and paddle boards. Local navigational charts will be discussed, along with tides, currents, and danger areas to avoid. We will touch upon equipment, weather, anchoring, and rafting together as group boaters. This is NOT the full boating safety

class required by Virginia state law. This class is to provide tips to enhance your boating experience in this area. Attendance is limited, so sign up in advance to guarantee a place. Email pe@flotilla67.us to sign up or ask any questions.

Hey Neighbor!

FAMILY FUN FEST (ALL AGES/ FAMILIES)

May 21, 2016

Chickahominy Riverfront Park, 1350 John Tyler Road, Williamsburg. Time 11 am - 4 pm. Admission: \$5/car (cash or check only). Enjoy petting animals, inflatable rides, hands-on activities, family entertainment with music and contests too! 'Toucha-Truck' is back for all ages! Stop by the 'Good for You Zone' and see why being healthy can lead to loads of fun. Oh, and be sure to participate in the Fun Run! Grab some lunch provided by our food vendors and visit all of our local craft and business vendors! Offered in partnership with Sentara Williamsburg Regional Medical Center and Colonial Roadrunners. Info: jamescitycountyva.gov/recreation or (757) 250-4200.

Hey Neighbor!

MOSS WALK IN EDEN WOODS

May 21, 2016

Meet at 10 am at the Lightfoot Post Office to carpool to Moss Gardener Norie Burnet's home in North Chesterfield, 1915 Montaigne Drive, Richmond, Va. Norie will lead our group through her lovely garden of trees, shrubs and perennials carpeted with 30 species of moss. Norie is well known for the artistic layout of her gardens and for her extensive collection and knowledge about mosses. Sponsored by the John Clayton Chapter, Virginia Native Plant Society. Walk is free and open to the public.

Hey Neighbor!

WOMAN'S CLUB OF WILLIAMSBURG MAY MEETINGS

May 25, 2016

From 11:15 am - 1:30 pm at the Colonial Heritage Club House, 6500 Arthur Hills Dr., in Williamsburg, or at 6:15 p.m. at Sentara Williamsburg Regional Medical Center's Robert Graves conference room, 100 Sentara Circle. All Williamsburg-area women interested in learning more about The Woman's Club of Williamsburg-GF-

WC are invited to attend any of the Club's monthly meetings. To attend the daytime meeting, please RSVP to info@womansclubofwilliamsburg.org by May 17. Cost of lunch is \$14. No RSVP is necessary to attend the evening meeting. We hope to see you there! The non-profit Woman's Club of Williamsburg-GFWC is a group of women with a common interest in community welfare and philanthropic projects. The Club provides financial support for a variety of local, national and international humanitarian organizations. Visit www.womansclubofwilliamsburg.org for more information, or email Membership Chair Joyce Darnton at info@womansclubofwilliamsburg.org.

Hey Neighbor!

WILLIAMSBURG COMMUNITY FOUNDATION ANNOUNCES NEW INITIATIVE

VISION 2020 creates six new funds within Foundation's community endowment. April 13, 2016 - Williamsburg, Va. - In order to advance its vision for a more vibrant Williamsburg, the Williamsburg Community Foundation has created six new funds within the Community Endowment that will give donors the flexibility to endow those areas that interest them most. With the VISION 2020 initiative, donors who give to any of these six field of interest funds within the Community Endowment can double their impact, thanks to a bequest from one of WCF's founders, John Jamison. His bequest will provide a 1:1 match for each gift within these six areas:

- Arts and Culture
- Children and Young Adults
- Environment and Conservation:
- Health and Community Wellness
- Senior Services
- Scholarship

For more information see page 32 of this magazine.

Hey Neighbor!

THE MATURE SINGLES NETWORK GATHERING

Ongoing

The third Saturday of every month, held at various metro-Williamsburg restaurants beginning with a cocktail/networking hour followed by a no-host dinner. Designed for single seniors who are 55 years of age or older

to get to know one another. There is no political or religious connection or agenda; simply the opportunity to enjoy the mixed company of one's peers. For more information: maturesingle-network@gmail.com.

Hey Neighbor!

DEVELOPMENT ASSISTANT POSITION AVAILABLE

Ongoing

Williamsburg James City County Education Foundation seeks part-time development assistant. For more information or to submit a resume and cover letter write WJCC Schools Foundation, P.O. Box 6318, Williamsburg, VA, 23188.

Hey Neighbor!

BIBLE STUDY

Ongoing

If your church or Bible study group leaves you wondering about Biblical questions such as what really happened in the Garden, where did Cain get his wife, what is the mark of the Beast, or any other lingering questions, perhaps you should join us for our weekly Bible study at the Norge library. Every Monday from 6 - 9 pm. Contact (757) 253-0172 or cell (757) 604-6649.

Hey Neighbor!

RUN FOR THE BACON 5K AND FUN RUN

June 11, 2016

Bacon Street Youth and Family Services will host the annual Run for the Bacon 5K at Eastern State Hospital. This "out and back" course is a Colonial Road Runners' Grand Prix Event and promises to be a fun fitness event for the whole family. The event is open to all and includes a 7:30 am 1 mile fun run/walk and 8 am 5K run/walk. Top finishers of the 5K run/walk will receive a finisher's ribbon. A bacon costume contest, activities, and bacon goodies will be provided throughout the morning. Register online at www.baconstreet.org or mail check payable to Bacon Street at 247 McLaws Circle, Williamsburg, Virginia, 23185. For questions about the race or sponsorships contact Chelsea Jones at cjones@baconstreet.org or (757) 253-0111.

Hey Neighbor!

CHRISTOPHER WREN ASSOCIATION FALL COURSES REGIS-

TRATION BEGINS

July 18, 2016

Celebrating its 25th anniversary this year, the Christopher Wren Association is an organization dedicated to adults of all ages who seek opportunities for learning and enrichment of their lives in a collegial environment of sharing and fellowship. It offers opportunities to explore an array of topics in varied areas through lectures courses, field trips, and activities. Each semester approximately 1,400 community members are involved in a wide variety of courses taught by volunteer instructors. Contact us at www.wm.edu/cwa or (757) 221-1506 to get a Fall catalogue and registration information.

Hey Neighbor!

WILLIAMSBURG FARMERS MARKET

Ongoing

2016 Market Schedule: Saturdays, April 2 thru October 29 from 8 am – 12 noon; November 5 thru November 26 and December 10 and 17 from 8:30 am – 12:30 pm. The Williamsburg Farmers Market is located

in Merchants Square in the heart of historic Colonial Williamsburg, Virginia. Flowerbeds and benches offer a tranquil setting for this open-air, Virginia producer-only market. Over 35 vendors offer a variety of local products, among which are fresh seasonal produce, chicken, beef, bison, pork, oysters, fish, crabs, prawns, herbs, potted plants, baked goods, confections, honey, cheese, cut flowers, handmade soaps, and more. Enjoy chef demonstrations, live music, and learn while you shop. The Market accepts cash, credit cards, SNAP, and W&M Express. Visit www.WilliamsburgFarmersMarket.com for music, chef and vendor information. Free parking available on Francis Street (Lot P6) during market hours of 8 am – 12 pm. Live entertainment from 9 – 11 am for April: April 2 -Timothy Seaman; April 9 -Hampton Roads Youth Guitar Ensemble; April 16 – Jim Lord; April 23 -Audio Portrait; April 30 -Stephen Christoff

Hey Neighbor!

TEACHER'S ASSISTANT/BUS DRIVER POSITION AVAILABLE

Ongoing

Assist teacher in classroom; drives school bus on field trips or as necessary and fulfills transportation requirements. HS or GED diploma required. CDA or Early Childhood Education AA program required. Must have or able to obtain commercial driver's license with satisfactory DMV driving record. Bilingual (English/Spanish) and certifications in First Aid, CPR, and MAT preferred. Employment is subject to satisfactory background checks and Human Resource processing. All applicants please submit resume to: email headstart@wjccactionagency.org or come in person to 312 Waller Mill Road, Suite 400, Williamsburg, VA 23185. EOE.

Hey Neighbor!

THE ARC OF GW SEEKS ART INSTRUCTOR

Ongoing

The Arc is in need of an Arts and Crafts Instructor for six classes to be conducted bimonthly. The Arc serves adults with intellectual and developmental disabilities and conducts

these classes from 7-9 pm at various locations within the greater Williamsburg community. This is a contract position. For information and details, contact The Arc at (757) 229-3535 or email pam.mcgregor@thearcgw.org.

Hey Neighbor!

WILLIAMSBURG JAMES CITY COUNTY COMMUNITY ACTION AGENCY HEAD START OPEN ENROLLMENT

Ongoing

A Preschool Program for Children ages 3 to 5, serving income eligible families, including children with special needs. To apply, call 757-229-6417, or visit us at 312 Waller Mill Road, Williamsburg, VA in Suite 400.

Hey Neighbor!

COLONIAL HERITAGE INVESTMENT CLUB

Ongoing

Meets at Colonial Heritage Clubhouse, 6500 Arthur Hills Drive, Williamsburg. Open to anyone with an interest in investing, from beginners to seasoned traders, including people who work with an investment advi-

It's Coming!



The 4th Annual



Saturday, June 18
Sullivan Square

The fourth annual New Town Summer Fest benefiting Meals on Wheels showcasing 14 breweries (Alewerks, Bell's, Bold Rock, Center of the Universe, Commonwealth, Devil's Backbone, Goose Island, Heavy Seas, Legend, New Belgium, O'Connor, Shock Top, Smartmouth, St. George) featuring 28 craft brews to benefit Meals on Wheels.

Each ticket (\$40 or 6 for \$200) includes your logo glass, unlimited

beverages and a food voucher. Live music by Trial By Fire (Journey Tribute Band). Wine available for purchase. Non-drinkers may enter the day of for \$10 to listen to music and enjoy the fun (\$5 food voucher included).

Go to

newtownwilliamsburg.com

for more info.

Benefiting



12:30 PM - 5:00 PM



Next Door Neighbors



sor. Meetings held on third Thursday of each month from 9:30 - 11:30 am. A wide range of investment topics are covered through presentations, discussions, and question-answer sessions, all with a common goal of helping people learn more about the markets, investment alternatives, and managing their portfolios. The club does not invest money, buy securities, or permit sales presentations. Guests admitted free.

Hey Neighbor! **MEETINGS - COLONIAL NATURE PHOTOGRAPHY CLUB**

Ongoing, first Monday

We meet the first Monday of every month at the James City Library on Croaker Road at 6:30 pm. The club is one of the few photography clubs in the area and has been in existence for over eight years. We have about 60 members with skill levels ranging from novice to nationally recognized. The club web site is www.cnpcva.org

Hey Neighbor! **WILLIAMSBURG RESTORE EXPANDS FACILITY AND NEED FOR VOLUNTEERS**

Ongoing

The Habitat for Humanity ReStore needs your help! We are looking for volunteers who would like to help fulfill Habitat for Humanity's mission of providing affordable housing for local families in need. We want you to be part of the ReStore family. 100% of the proceeds from the ReStore go towards building homes in your community. We need volunteers to help assist on the sales floor, processing donations, repairing furniture, processing recyclable materials, and customer service. Any amount of time you can volunteer at the ReStore is a huge help. Please contact Kristin or Diane at (757) 603-6895 X5662.

Hey Neighbor! **NEIGHBORHOOD BASKETBALL LEAGUE (NBL) SIGN-UP**

Ongoing

Registration for the Neighborhood Basketball League for boys and girls has begun. Cost is \$20 for Williamsburg and James City County residents and \$25 for non-residents. Parent's signature is required if the student is under 18 years of age. The ages are 10 to 18 years old. Bring proof of age to Williamsburg-James City County

Community Action Agency at 312 Waller Mill Road, Suite 405. If you need more information, call Linda or Yvonne at (757) 229-9332.

Hey Neighbor! **YJCW-NAACP MEETING**

Ongoing

The York-James City- Williamsburg NAACP meets the second Monday of each month (except July) at First Baptist Church, 727 Scotland Street, Williamsburg. Branch meetings begin at 6:30 pm. For more information, contact NAACP@yjcwnaacp.org

Hey Neighbor! **WILLIAMSBURG MOOSE LODGE SEEKS NEW MEMBERS**

Ongoing

We are a charitable group of men and women that "do good" for neighborhood causes (as well as for MooseHeart and MooseHaven). Just this past year, at the local level, we have donated to Beyond Boobs, A Gift from Ben, all three local Fire Departments, Hospice House, Historic Triangle, and others. We also host many events at our lodge that donate to other causes and charities. Contact us for more information: Joe Roney, administrator (757) 565-5149 or Williamsburg Moose Lodge #757 at (757) 565-9807 Moose757@cox.net

Hey Neighbor! **SEEKING SUPPORT FROM THE WILLIAMSBURG COMMUNITY**

Ongoing

The EEE Resource Center is a non-profit center dedicated to serving adults with special needs through Education, Empowerment, and Engagement. In our day program, Associates spend time working on continuing education skills, life skills, and vocational skills. We rely on gifts, grants, donations, and income from our Laundry Service. Our facility has commercial grade washers and dryers and we can meet most laundry needs. We specialize in large, bulky items such as comforters, quilts, and mattress pads. Please contact us by email at Istele@e3serves.org, by phone at (757) 345-2299, on the web at www.e3serves.org, or on Facebook at EEE Resource Center, Inc. We appreciate the support of our Williamsburg neighbors!

Hey Neighbor!

CALL FOR THEATRICAL VOLUNTEERS

Ongoing

Williamsburg Players Theater is looking for volunteers to help in all areas of the theater. There are so many ways to get involved! No experience necessary. Please go to williamsburgplayers.org/volunteers/ for more details. Come have some fun!

Hey Neighbor! **F.R.E.E. OF WILLIAMSBURG**

Ongoing

F.R.E.E. is a non-profit that gifts mobility related equipment to adults who are uninsured or under insured and have no other means of obtaining needed mobility equipment such as canes, walkers, bed rails, hoist lifts, wheelchairs and power scooters. Equipment gifted also includes bathroom transfer aids such as shower chairs, tub transfer benches and bedside commodes. If you or someone you know is in need of equipment or would like to make a donation, call (757) 707-4741, visit our website www.free-foundation.org, or find us on Facebook.

Hey Neighbor! **ABUNDANT LIFE GROUPS MEETINGS**

Ongoing

Are you a vegetarian, vegan, raw food or just curious? Join us to taste new recipes and foods, get educated and share ideas around plant based living for a healthier you! You don't have to be plant based to join the fun. 1st Sunday of each month at 7 pm. Email AbundantLifeGroups@gmail.com for more information.

Hey Neighbor! **JAMES CITY COMMUNITY CHURCH**

Ongoing

"A Door of Hope" James City Community Church is located at 4550 Old News Rd., Williamsburg. Services: 9 am (Nursery provided) and 10:30 am (Nursery and Children Classes). Visit our website at www.jccchurch.com. Come join us and make yourself at home, and feel free to participate as much or as little as you feel comfortable. No matter where you are on your spiritual journey, we're glad you're here.

Hey Neighbor!

MULTI-FUNDED NON-PROFIT AGENCY SEEKING TO FILL DIRECTOR OF FINANCE POSITION

Ongoing

Applicant must have financial experience working in a non-profit multi-grant environment and meet the following requirements: (1) Supervise financial and human resources staff. (2) Strong experience in developing and managing budgets annually. (3) Proficiency in the use of QuickBooks (QB) for Non-Profit Organizations. (4) Ability to explain how transactions would be distributed among different grants. (5) Proficient use of Microsoft Word and Excel to produce financial reports utilizing downloads from QB. (6) Ability to work with spread sheets. (7) Ability to communicate effectively financial matters with staff, board members, grantors and others. Prior experience working with Federal, State and local grantor agencies is a plus. Experienced with grant audits. Requirements – BS degree and/or MBA in accounting/business with at least 5 years working in a multi-funded non-profit financial office. EOE. Send resume to – Attn: Human Resource Department Williamsburg-James City County, Community Action Agency, 312 Waller Mill Road, Suite 405, Williamsburg, VA 23185. (757) 229-9332. Salary Range – \$55,000 to \$60,000.

Hey Neighbor! **VOICES OF CHANGE TOASTMASTERS CLUB**

Ongoing

Develop your leadership and public speaking skills in a safe, friendly environment with the Voices of Change Toastmasters Club of Williamsburg. Visitors are welcome; this is an open club. We meet every Friday at 12:05-1:05 pm in the second floor conference room at EVB (formerly Virginia Company Bank), 1430 High Street, Williamsburg. For more information, visit www.voicesofchange.toastmastersclubs.org or www.facebook.com/VoicesofChangeWilliamsburg.

Hey Neighbor! **BIBLE STUDY AND WORSHIP**

Ongoing

Informal, interactive Bible study and Holy Communion worship each Wednesday evening, 6:30 pm, at St. Stephen Lutheran Church, 612

Williamsburg's
IN THE
NEIGHBORHOOD
photo challenge

NEW HOME
CONSTRUCTION
IN THE MARYWOOD
DEVELOPMENT

Find the 12 differences
between the original
photograph (top) and
the altered photograph
(bottom).

Enjoy!

**Look for the answers
in the next issue of
Next Door Neighbors**

April 2016
In the Neighborhood
Photo Challenge



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178 THE MAINE

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Andrea Pokorny
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