

April 2013

WILLIAMSBURG'S

# Next Door Neighbors<sup>®</sup>

VOL. 7, ISSUE 4

PRICELESS

Discovering the people who call Williamsburg home

**Beginnings**

**Kenyon Knowles**

**BUSINESS**

Kim Berry

**SPORTS**

Jim Elder

**A&E**

Tonia Herrin

**HEALTH**

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**HOME**

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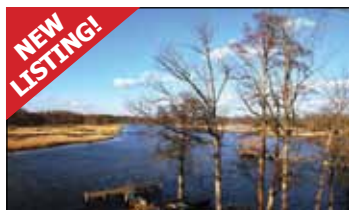
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This issue is appropriately called *Beginnings*. We thought it might be interesting to find folks who are in different phases of their lives and ask them to talk about the changes they are going through. After all, change is a part of life and no matter how much we may want things to stay the same, it never does.



Meredith Collins, Publisher

Sometimes the change life brings our way is difficult. Sometimes we look forward to change. Either way, when change is upon us, the more we face it and embrace it, the more we are prepared to handle it.

You may have heard the saying, *When one door closes, another door opens*. I have found this to be true in my own life and I have learned to approach change with more optimism. In fact, I rather enjoy the change that I create and I am often delving into new challenges just for the enjoyment of seeing what can be accomplished. While change may mean that something meaningful comes to an end, it may also mean that there is a beginning of something new and refreshing - maybe even more meaningful and valuable than what we gave up.

In this issue, we bring you some of your neighbors in transition - a student looking forward to his first year of college, a family man who turned lemons into lemonade when his job was eliminated, and a business woman who has catapulted forward in a slow economy by using change as a springboard, and others. We hope you enjoy this issue and open your arms to the changes ahead. Make no mistake about it...it's coming! NDN

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Cover Photo by Lisa Cumming



# College Bound

## Anticipating Life After High School

By Alison Johnson

Kenyon Knowles is ready for high school to be over. Not because he hated it – he actually loved his time at Jamestown High School – but because, like many teenagers, he can't wait to reinvent himself at college. He just feels a little restless, ready for a change.

With only a few months left in his senior year, the 17-year-old sums up his mood with one word: anticipation.

"It's bittersweet leaving Jamestown because I loved my time there and met fantastic people, but I know college should be even better," Kenyon says. "I'm accustomed to seeing so many of the same friends I have made over the years that it will feel very strange not to see them on a regular basis. I'm just really excited to meet new people and have new experiences."

A top student with a 4.2 grade point average as of the end of his junior year, Kenyon has an acceptance letter from the University of Virginia and likely will head there this fall. His

father, mother and one of his older sisters all went to school there, so he's familiar with the campus and has gone to lots of sporting events over the years.

As a self-described extrovert, the social part of freshman year doesn't faze Kenyon except for a few jitters about getting a good roommate. "I have always talked to a lot of people and tried to be nice to everyone," he says. "I talk a lot. I'm pretty easygoing, a little bit of a goofball. I rarely get angry. I guess I try to see the big picture and solve problems."

The academics are what make Kenyon much more nervous. His major will likely be engineering, with a minor in business. Staying focused in a world of texting, Facebook and video games isn't his strong suit. "I'm a relatively easily distracted kid," he admits. "I'll eventually do what I need to, but procrastination definitely happens."

College work, Kenyon already knows, will

be very different from high school work. He has gotten a taste of that this semester in the linear algebra class he attends twice a week at the College of William and Mary, part of his advanced studies curriculum. The assignments are less concrete, finish-this-and-you're-done and more about continuous reading, analyzing and studying.

"I don't want all the distractions I know will be around at college to hold me back from reaching my full academic potential," he says. "I'm most productive when I put my phone away. Sometimes I'll just throw it somewhere, like across the room, and then I'm too lazy to get up and get it so I'll do my work. I've gotten good at tricking myself like that."

As the youngest of three siblings, Kenyon has had the advantage of seeing sisters Laura, 22, and Jessie, 20, make the transition to college life at the University of Virginia and James Madison University, respectively. He's also



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done his own laundry since around fourth grade and has cleaned dishes after family dinners for years. He can cook basics such as macaroni and cheese and is a master at making huge sandwiches for after-school snacks. He's a little messy but thinks he's probably pretty good compared to many teenage boys.

While Kenyon has never been away from home for a long period of time, he's grown more independent from his parents, especially this year, because he can drive and is often busy with school, church and friends. "College will be a big change, but it kind of feels like a gradual change too," he says. "It feels like the right next step."

Originally from Montclair, New Jersey, Kenyon moved with his family to Williamsburg at age 9. His mother, Rebecca, is a lawyer who works as an assistant dean in the Office of Career Services at William and Mary Law School. His father, Brent, is retired from serving as chief operating officer of Transamerica Leasing.

Kenyon is surrounded by a large extended family, including grandparents, aunts, uncles and cousins. They gather regularly for dinners, and Kenyon has been a frequent babysitter for his younger cousins, who he considers more like younger siblings. "In college it will not be the same," he says. "That is something I will have to become used to. I'll have to adjust."

Kenyon has a lot of friends he'll miss, although some are going to the University of Virginia and he plans to see the others when he comes home for vacations. Being away from his parents' homemade cooking may be another blow. "I love it," he says. "I eat so much. I'm sure I'll go crazy with eating when I'm home from school." As for something he won't miss at all? That would be the school lunches. "I think I've eaten a spicy chicken sandwich every day for the last four months," he says. "That's not a good thing."

As he has at Jamestown, Kenyon hopes to be involved in sports, church and volunteer work at college. His list of high school activities is long, including serving as class treasurer and holding leadership positions in several academic honor societies.

He is project chair for the Key Club, a community service group that organizes efforts such as wrapping Christmas gifts for needy families in the Grove area of James City County, and a captain of the orientation crew that helps freshmen settle in at Jamestown each fall. Once a week, he leads a middle school Bible study program at his interdenominational church, Williamsburg Community Chapel.

Kenyon has also thrived athletically in high school, playing lacrosse his freshman and sophomore years and football all four years. At 6'4" and 205 pounds, he played both offensive and defensive positions despite suffering from knee pain that he just recently learned was due to a tear in one of his ligaments.

Once that heals, Kenyon plans to participate in as many intramural sports he can schedule time for, as well as possibly try out for a club lacrosse team. He likes to stay active and counts wakeboarding and other water sports as some of his favorite activities.

As he looks toward the future, Kenyon sums up his life goals very simply: "the American dream, nothing too out of the ordinary." To get there, though, he plans to keep challenging himself. "It is quite a difficult school, and I plan on taking difficult courses," he says.

Luckily, he's heading off with confidence – and a sense that he's done what he wanted to do as a high school student.

"I've worked pretty hard," he says. "I'm perfectly content with who I am right now. Jamestown High School was great, but it seems to finally be at a good ending. So I'm ready to move on." NDN

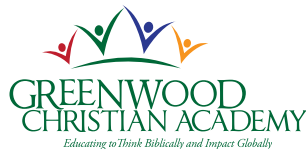


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## PHYLLIS KEMP



Lisa W. Cumming Photography

# Never Too Late for Change

By Susannah Livingston

Phyllis Kemp knows a thing or two about change - and how to handle it. Just a few weeks ago, at the grand age of 91, Phyllis made the momentous move from her own eight-room home in Vero Beach, Florida, to a cozy apartment at Chambrel in Williamsburg. It wasn't easy, she says, but then, optimism makes such a difference.

Phyllis was born and raised in Gloucester, and her speech still has the lilting sound one hears only in Tidewater. The youngest of eight children, she lost her father when she was only five years old and, by her own account, she was "overprotected" for the rest of her life - first by her mother and older siblings and later by her husband, Sam, to whom



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she was married for 64 years.

Phyllis met Sam in high school; he had heard her speak at a public speaking program and decided that he wanted to get to know her.

“He was very magnetic - drew everyone to him,” Phyllis says. Sam worked for 33 years at the Naval Weapons

Station in Yorktown.

Phyllis, who had

completed a business

course that taught

her typing, short-

hand and bookkeep-

ing, worked for 10

years as a substitute

teacher and 15 years

as an assistant in a

dental office. She says she thoroughly enjoyed

both jobs, even though they were so different.

“I really loved working with the little chil-

dren,” she adds.

Sam had always loved Florida, so as the years

went by, he and Phyllis started spending part

of every year there. Finally, in 1990, they built

a house in Vero Beach and moved there for

good. Phyllis says she had really never thought

about their retirement years - “never had a pic-

ture in my head” of what it would be like. But

Vero Beach proved to be just the thing.

“We had lots of friends and we did lots of

traveled anyway.”

Other favorite spots were Bar Harbor and

Boothbay Harbor, Maine, where they took

picnic lunches to the lighthouse and “ate lob-

ster every night.”

As time went by, Sam developed heart trou-

What are the most important ingredients to a happy old age? “Well, good health plays a big part, of course, but the most important thing is having family around.”

~Phyllis Kemp

things - stayed busy all the time,” she says.

The couple shared a great passion for travel.

“We went to Switzerland, Austria, Ireland,

Scotland...on one trip, we visited eight coun-

tries. We traveled a lot and it’s a good thing we

went when we did. We probably didn’t have

the money,” she says with a laugh, “but we

ble. He had major bypass surgery in 1995, and

by 2003 his health was quickly deteriorating.

When he died in June 2003, Phyllis decided

to stay in Vero Beach and take care of things

on her own.

“Eventually it got to the point where I

needed some help and it was hard to get good

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help," she explains. "It's also very expensive. I decided I had to make a move and do something." For years, family members had lovingly urged her to consider moving to Williamsburg to be near them. Her daughter, Delores, had taken her to see Chambrel, and they had both liked it. "So I decided to pick up and move," Phyllis says. She knew she'd miss her son, Don (who had also moved to Vero Beach), her close friends in Florida, and the Methodist church she and Sam had attended for decades. However, she knew that moving closer to the rest of her family was the right thing to do.

Downsizing was especially hard because there was a time crunch. "I put my house on the market and a week later it was sold," Phyllis says. The buyers wanted to move in right away, so there was almost no time to ponder what to take and what to keep.

"My daughter and son-in-law came down for a week and hustled and bustled. We had to make so many decisions in just a few minutes. I regret some of the things I parted with."

Fortunately some of her favorite things, including an antique pie safe and a cuckoo clock she had carried on her lap all the way back from Switzerland, stayed in the family.

Phyllis seems mostly unfazed by the enormous change she's just experienced - at an age when most people understandably shy away from new things. "It was quite a chore, but I had a lot of help and a lot of love and special care," she says. "And they've been wonderful to me here at Chambrel. They've spoiled me. I love my little apartment."

Meeting Phyllis in the lobby at Chambrel, it's clear that she's wasted little time settling into her new home. As we walk down the corridor, she stops and chats with everyone we meet and gets a few hugs along the way. She's a petite woman with a sparkle in her eye that belies her age. What does she enjoy most at Chambrel?

"Really everything ... everyone's so friendly. I've been going to exercise class," she says. "I belong to a Bible study group - a Methodist ladies' fellowship - and I go to lots of the movies and sing-alongs ... they're having something all the time."

Phyllis says she loves her ambassador, Mary Regone, whom Chambrel assigned to her when she moved in. Mary has been at Chambrel for eight years and was delighted to show her the ropes. "Mary lives directly above me," Phyllis explains. "She's helped me with everything. She stops every night and knocks on my door to go to dinner."

When asked what she'd like to do over the next year or two, Phyllis laughs. "I have no idea. I used to love to pack that suitcase and go, go, but that's not me anymore. But Williamsburg is a beautiful place, and when the weather gets better it will be nice to go out and explore it with my family."

What are the most important ingredients to a happy old age? "Well, good health plays a big part, of course," Phyllis replies. "But the most important thing is having family around. I've so enjoyed seeing my grandchildren and great-grandchildren. Lots of families today are scattered all over the world. I have most of my family within an hour now. Next Christmas, we'll all be here and we'll all be together." NDN

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# Goodbye Kids, Hello Guests!

By Lillian Stevens



Lisa W. Cumming Photography

When Tom and Cindy Gillman welcome guests into their home, there is a palpable energy suggesting that there are lots of things going on there. Their nest might be empty but they are relishing this new chapter in their lives. Right now, it's just the two of them living in a stately home which also doubles as a Bed & Breakfast.

Their faces light up as they reminisce about raising their three children in Williamsburg, where the couple has made their home since 1991.

"I think we have adjusted really well," Cindy says. "It is definitely a change, but I think life is better when you are happy, and we're pretty

much happy people. Besides, our children would never want to feel guilty for growing up and leaving us behind. They are in the midst of some very exciting times!"

The couple's eldest, Jordan, a graduate of William and Mary's School of Law, was married last year. She and her husband live in Augusta, Georgia. Allie, the younger sister, graduated from Virginia Tech, Marymount and Old Dominion and was married in 2009. She and her husband live in Newport News.

"Allie recently completed a nurse practitioner program and she starts a new job in three weeks," Cindy says. "And our youngest, Peter, also went to Virginia Tech and is an engineer at

Smithfield Foods. So, at least two of them are reasonably close to home."

Home is the elegant circa 1929 house which Cindy and Tom bought in 2006 and painstakingly remodeled over a two year period. Prior to that, they made their home in nearby York County's Queens Lake.

"We found that Williamsburg is a great place to raise kids," Cindy says. "There is so much to do here and it really is a wonderful family place with positive role models everywhere."

Tom and Cindy, natives of Ohio and Indiana respectively, also found that Queens Lake was the perfect neighborhood for their family.

"There's a pool, lots of woods, New Quarter

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Park and – with its close proximity to the Parkway, it is just a great place with a wonderful sense of community,” Cindy says.

There are many happy memories of years gone by – school, club and sports activities interspersed with neighborhood cookouts, sleepovers and pool parties. Naturally, as their offspring grew up and – one by one – departed for college, Cindy and Tom had adjustments to make and there are, naturally, bittersweet memories of those milestone moments.

“We always had a good relationship with the kids,” Tom says. “Of course, there have been moments that weren't always the greatest but that's typical in any family. It's very gratifying to sit back and watch them enjoy their own lives as young adults.”

Still, for Tom, the adjustment was most difficult when Jordan went away to Wellesley College in Boston. For one thing, her departure changed the family dynamic. For another, it was just so far from home.

Cindy found that the adjustment was a little greater when their daughter Allie left for school in Blacksburg.

“Up until that point, there had always been a girl around,” she says. “So it was different being at home with two ‘boys’! With my daughters, I always had a shopping buddy and suddenly I didn't anymore. So that was kind of weird.”

Everyone settled into their new rhythms, though, and by the time their son Peter went off to college – also Virginia Tech – Tom and Cindy were more relaxed.

“By then, we'd been through the college drill,” says Tom with a laugh. “Besides, Allie was already at Tech so we dropped him off and told him that he was in good



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hands.”

Cindy and Tom are both William and Mary alumni, although Cindy is quick to say that she completed most of her coursework at UNC-Wilmington and then transferred her credits to William and Mary to graduate. Tom attended Ohio State University for his undergraduate degree, and later earned his MBA from William and Mary in 1993. Tom is president and CEO of Energy Services Group, International, which does engineering for commercial power plants.

“My partners and I started the company 30 years ago. We are fortunate to work with lots of great people and that makes my job easy. I’ll retire someday but not any time soon. I’m having fun. I love it.”

Cindy serves as director of business development for William and Mary’s Alumni Association, where she has worked for 19 years. The college is a place near and dear to their hearts. During William and Mary’s football season, the tailgate parties commence.

“Any chance for a tailgate or a party, we’re throwing it,” says Tom.

At a time when others might have considered downsizing, the Gillmans bought a 1929 residence, once a boarding house, located just a stone’s throw from campus. Their home was one of the properties featured for Historic Garden Week in April, 2012.

Their B&B guests tend to be William and Mary parents in town for college functions – or wedding parties. (The house came with the B&B license.)

“Hosting our guests is such fun for me because I get to see the college through a different lens,” Cindy says. “When William and Mary parents – or others associated with the College – stay here, we get to see what the place means to them. Sure, it’s a pretty campus and a gem of a university – but it is also a very special place. The older alums love that sense of place and the younger parents are just so proud.”

With full-time careers, the B&B aspect is just for fun. “We don’t advertise, and we don’t have a website,” Tom says. They do, however, have a running joke with Cindy “threatening” to launch a B&B “camp” for those who aspire to run their own B&B. “It’s not as easy as you think.” Cindy is very involved in campus and alumni activities, and Tom is engaged in the greater Williamsburg community. He is currently Vice Chairman of the Williamsburg Economic Development Authority, a member of the Board of Williamsburg Area Meals on Wheels, a wine committee member for Muscarelle Museum of Art’s “Run for the Roses & Wine,” a committee member for the annual Gallery Crawl, and a member of William and Mary’s CEO Forum.

Clearly, the couple keeps busy with family, colleagues and friends. They also enjoy nurturing their friendship with each other and they consider their own friendship the secret to the success of their marriage which spans three decades.

Looking out at the horizon, where do Tom and Cindy see themselves in ten years and beyond?

“Well, in ten years I will probably be retired and spending more time out at the other house,” Tom says. (The other house is a home which the couple recently built on the York River in Barhamsville.) The couple also looks forward to having some grandchildren along the way – but for now, they will continue to entertain a lot and enjoy their hobbies and their careers. NDN

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Lisa W. Cumming Photography

# Juggling Life's Expectations

By Narielle Living

The challenges in life are many and varied. The demands of juggling expectations of work, family and home can be overwhelming. These demands, however, become even more stressful when you factor in an element such as job loss. But according to Philip Canady, although it can be stressful, losing a job can also become an opportunity to redefine our goals and move

forward into a new future.

Philip was born and raised in Williamsburg and graduated from Lafayette High School. After high school he joined the United States Marines, which gave him a chance to travel and learn about the world from a different perspective. It is also where he met the woman he would later marry.

“She was originally from the Midwest, so moving to Williamsburg after we were married was a big change for her. But we both really love it here.” Philip goes on to say that the area has been a great place for them to raise their three sons – a supportive, relaxing community minus the fast pace of a larger city.


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County for twelve years, Philip was transferred last year to work in the school board office on special projects and textbook adoption. Due to budget cuts, his job was eliminated in June, 2012, and Philip was left to find a new future for himself.

“It was one of those things that just happens,” he says. “It wasn’t anyone’s fault. It’s where we were economically.”

During his time without a job, Philip worked at staying motivated and began to establish a new set of goals for himself.

Months later, Philip finally found a job with the Resource Workforce Development Center in Henrico County. This company assists individuals seeking local employment and prepares them to meet the current workforce needs of businesses and industries in the region. In his new position as a trainer/facilitator, he’s working with anyone who is unemployed or under-

employed. The difference with this job is that he is teaching adults instead of children.

Philip sees the irony in his having this kind of position.

“Not that long ago, I was the one looking for a job, so I can definitely relate to folks who

interview.

“I try to stress to the students how important the resume is,” he says. “It’s the one chance you might have to get an interview, so I counsel them to put the employment ad in front of them when they’re creating a resume for a

“I use myself as an example. You’ve got to embrace what is right in front of you. You can dream one dream then another one comes along that is bigger and better. You’ve got to go after the new one.” ~ Philip Canady

are going through this more than I might have been able to before I was laid off,” he says. “I was in the exact place my students are now in.”

In his current work, Philip helps people prepare for interviews, update their resume and find new directions they can take with their career path. He teaches everything that entails finding a new job, including wearing the right clothes, using proper keywords on a resume and how to make a good impression on an in-

particular job, so they’ll be sure to use the right words to get noticed.”

Philip’s enthusiasm for his career and the people he works with is evident. He loves his job, finding fun in a position that others might find a little depressing. “I come from a background in education, the only difference here is that I’m teaching adults instead of kids,” he says. “I still love those ‘aha’ moments people have when something clicks into place for



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them.” Part of Philip’s philosophy is to encourage laughter and smiles; especially since the daily grind of being unemployed can become depressing.

He doesn’t downplay the seriousness of his work, however. Philip is quick to point out that teaching this group of adults is different than teaching children, mainly because of the adult mindset. “Adults have expectations that need to be met, and they have to do other things, such as go out and support their families. It can be a different type of pressure for some people.” Philip is also quick to point out the opportunities presented when you find yourself unemployed.

“I tell people my story of losing my job with the York County school system,” he says. “I use myself as an example. You’ve got to embrace what is right in front of you. You can dream one dream then another one comes along that is bigger and better. You’ve got to go after the new one.”

As a child, Philip had already decided he wanted to become a teacher when he grew up. “The funny thing is I graduated from high school with a grade point average of 1.7. After high school, the Marines gave me the confidence and self-assurance I needed to become successful, and when I went on to college I ended up making the Dean’s list.” Philip now uses his experience to encourage others, telling them that despite the adversity they may be facing, anything is possible.

As part of his current goals, Philip is pursuing a second master’s degree. His first Master’s Degree is in Instructional Design, and the one he is currently working toward is in Special Education. After completing this program, he plans to continue into a doctoral program. His ultimate goal is to teach at the college level.

How does he manage to find time to attend classes while working full time and having a wife and three sons? “Right now I’m going to school online,” he says. “For me, it’s a great way to continue my education and be able to manage my time effectively.” Philip points out online classes are not suitable for everyone, as it entails an entirely different kind of time management, one that does not allow for procrastination. Online classes are only successful for those who set aside the time to make it work. “It depends on your goals,” he says. “You really have to be able to manage your time differently for computer classes.”

Philip is a dynamic, engaging person who is motivated to achieve success in his life. He tries to stress the importance of goal-setting to his students, telling them it’s essential to have at least one goal in place. “I think it’s also important to have a plan for what you’re going to do,” he says. “You’ve got to have one plan, call it Plan A. If you have two plans, Plan A and Plan B, I believe that Plan B is only going to take away from Plan A. Having a backup plan in place gives you the security of knowing you can do something else, and doesn’t allow you to fully commit to Plan A. You’ve got to commit to your first plan if you want to move forward. And you’ve got to be able to communicate well, or your plans won’t be realized.”

Philip also encourages people to teach kids how to set their own goals. “Our society needs a higher level of expectations for both kids and adults,” he says. He stresses that when we give ourselves higher expectations, we can achieve more. NDN

## RACHEL RESTO



Lisa W. Cumming Photography

# Ready for School?

By Brandy Centolanza

One of the first life transitions for everyone is starting school, and Rachel Resto, who teaches students enrolled in the three-year-old preschool program at Walsingham Academy, is there to help both children and parents prepare for the big change.

Rachel, a native of San Diego, California, received her degree in early childhood education from Boston University. She knew she wanted to work with young children after instructing two and three-year-old girls in ballet while in high school.

"I just fell in love with it," she says. "There is nothing more rewarding than watching the little ones do something."

Rachel and her husband, Joseph, moved to Williamsburg last year, after Joseph, who is in the Navy, was relocated. The couple has a one-year-old daughter, Grace, so Rachel still has some time to prepare her family for the start of school, but, for now, she is enjoying helping her

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students get ready.

She describes her classroom as “an unstructured structured environment,” where students can explore wherever and whatever they wish.

“They have the option to move freely around the room, focusing on the things that interest them,” she says. Stations within the room include writing, math, dramatic play, blocks, art, water, science and a listening area.

“We have a very integrated curriculum,” Rachel says. “That’s how we get them ready for school. It’s a play environment, but they are learning.”

In class, Rachel works with students to help them grow intellectually, socially and emotionally, and she stresses that parents should try to do the same at home whenever possible.

“One of the most important things is to read to them and to model what a good reader looks like,” Rachel shares.

Children should observe moms and dads not only reading books, but also recipes, shopping lists, newspapers, iPads and other materials.

“Modeling in all aspects is what should be done,” Rachel says. “You can model how you do math, how you solve a problem with another

“Parents should talk to their children, and ask questions other than ‘How was your day?’ or ‘What did you do today?’ Ask them who they played with or what book the teacher read to them.”

~ Rachel Resto

person. Just because they are only three or four doesn’t mean they don’t understand what you are doing. Talk to them, explain to them what you are doing as you are writing a grocery list. Seeing how things work is a valuable thing to know before going to school.”

Socially, parents should be introducing their little ones to all types of people, of all ages.

“They need to get out and explore the world,” Rachel says. “They need to be going to the park, going to play dates, and talking to both children and adults.”

She encourages parents to have children order for themselves when they are at a restaurant or hand cashiers the money at the store to practice interacting with adults and to talk with their grandparents and other relatives in a group setting to develop skills for speaking to a crowd.

Rachel also suggests parents visit the school their children will attend so that everyone can become familiar with the new routine.

“Meet with the teachers, let the children see the environment to encourage comfort in the new setting,” Rachel says. “If you want the child to be comfortable in a school, then you also need to be comfortable in the school. Open communication with the teacher is always a good thing. You can never share too much.”

A school setting, Rachel points out, “should be welcoming, and everything should be at the child’s height. Teachers should be down at their height. Kids spend most of their time looking up. When it is their space, they shouldn’t have to look up.”

Children should also be able to express their feelings, and teachers and parents should be able to understand those feelings and help them cope by using different words to identify the emotions.

“Use words other than just mad or sad,” Rachel explains. “Use words like frustrated, disappointed, [and] elated. They have different meanings. There are a billion other words you can use instead. I tell my children that I’m not mad at them, but I am disappointed in something they did or a decision they made.”

Parents should also offer choices for their children, to encourage them to make their own decisions, and use positive discipline.

“When you want them to do something, give them a choice,” Rachel says. “Ask them if they want to read their book in a chair or on the floor. The ability to make a choice is a crucial thing for school. You also don’t want to do everything for your child. Get the child used to picking up the toys when they are done with them, washing their hands before they eat. Getting them used to doing simple tasks is also very beneficial.”

When the time comes to decide if children are truly prepared for school, moms and dads often already know the answer.

“Most of the time when kids are ready, they can easily socialize with other children,” Rachel says. “Intellectually, they are ready when they want to learn more, and emotionally, they should be able to go somewhere else without you, either a play date or a music class. They should be able to do that on their own. They should spend time away from you to be successful.”

That may be a harsh reality for some parents, who are usually the ones who find it difficult to let go.

“The first day is always hard, a tearful one for parents,” Rachel says. “We have a box of Kleenex ready at the door. The important thing is to trust the people who will be with your children. If you aren’t comfortable and you don’t trust them, then it will be much harder.”

Parents should be proactive and attend open house to see what is going on, and seek support from other parents who are going through a similar experience. They should also reinforce the school routine at home.

“Mirror what goes on in school at home,” Rachel says. “That will make kids less apprehensive about what is coming next.”

The school transition may be difficult for the entire family at first, but encouraging kids to share stories about their day will make the change smoother.

“Parents should talk to their children, and ask questions other than ‘How was your day?’ or ‘What did you do today?’” Rachel says. “Ask them who they played with or what book the teacher read to them. It shows that you are interested, and they’ll be more comfortable talking about their day. Most kids are excited to talk about their day.” NDN

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# Williamsburg Bride

By Erin Kelly

Rebecca Smith is a typical Williamsburg girl about to embark on the next great chapter of her life - Holy Matrimony.

She and her fiancé, Bryce Corlett, are high school sweethearts who first met while playing in the band at Toano Middle School. After five years of dating, Bryce proposed to Rebecca last spring during a camping trip to the Outer Banks of North Carolina. A couple since their senior year at Lafayette High School, Rebecca and Bryce will become husband and wife on April 6th.

“When we first got engaged we talked about all of the different seasons and tried to decide on the best time for our wedding,” Rebecca says. “I am so happy that we decided on a spring wedding and I can’t wait to see it all come together.”

The groom is a graduate of Old Dominion University currently completing his Master’s Degree in Coastal Engineering at the University of South Hampton in England while



Lisa W. Cumming Photography

Rebecca, a Christopher Newport University alumna, juggles wedding planning with a job at Anne Taylor Factory Stores.

While Bryce will not have completed his master’s until September, the couple strategically picked their wedding date to ensure their special day will be stress-free.

“We didn’t want to have a wedding right

in the middle of trying to move,” Rebecca explains. Once the groom graduates the newlyweds will be picking up and moving to - well - they don’t know yet.

Upon the groom’s return to the States, the couple will be leaving Williamsburg so that he can pursue a doctoral degree. “We are crossing our fingers that we will be moving to Woods

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Marlene Capps, MD

Hole, Massachusetts,” says Rebecca. “They have a great Oceanography program there and that is where we are hoping to start our lives together.”

Before starting the next chapter of their lives, the couple will be married in a ceremony at the groom’s family church, Hickory Neck Episcopal Church in Toano, followed by a reception at the Ford’s Colony Swim and Tennis Club.

“The theme for our wedding is simple elegance,” Rebecca explains. “Our reception will basically be a big party with lots of dancing and corn hole out on the patio with some elegant touches.”

The future Mrs. Corlett found the most challenging aspect of planning a wedding to be the guest list. “I literally finalized the guest list when I sent out the invitations,” Rebecca says with a laugh. “We didn’t want to leave anyone out, but at the same time we didn’t want to have 500 people either, so we did our best to narrow it down.”

When it comes to planning weddings, it is a common thought that the bride does most of the work, but luckily for Rebecca, Bryce has made an effort to be involved in as much as he can from 3,000 miles away. Also on Rebecca’s wedding team are her mother, future mother-in-law, future sister-in-law, and her own sister

- who will double as maid of honor on the big day. “Everyone has been so helpful which has been great with Bryce being so far away,” Rebecca says.

Marriage is a life-changing experience for almost everyone who decides to take the plunge, but the changes don’t stop there for Rebecca and Bryce. Not only will they be moving somewhere new, but it will also be the first time they have ever lived together.

“We are both so excited to start a home with our new traditions,” Rebecca says. “It might sound silly, but I can’t wait to be able to cook dinner and do laundry with my new husband. I am just looking forward to being able to do the things we have never been able to do before.”

While excitement is the most prominent emotion for the bride at this point, Rebecca is aware that the first year of marriage can come with a few challenges.

“I think our biggest challenge will be learning to live together because it has never been just the two of us,” she says.

“I think we are so close because we have such similar interests,” Rebecca says. “We both have a great sense of humor and are both very sarcastic, so I think once we move in together we will get even better as a couple.”

Anyone who has gotten married knows that in the months leading up to the wedding there is advice coming at you from various directions. “We hear the generic ‘Happy Wife, Happy Life,’ advice from others, but we try to define a great marriage through what we see exemplified through the couples we look up to, like our parents and grandparents,” Rebecca says.

While the bride is excited to see all of her hard work come to fruition, the moment she is looking forward to the most is her big reveal and when her father walks her down the aisle to her new husband. “The moment when Bryce sees me and I see him for the first time will definitely be the best moment of the day,” she says.

After the wedding the newlyweds will take off on their honeymoon to a location completely unbeknownst to Rebecca.

“Our honeymoon is a surprise so I have no idea where we are going,” she says. “I am so excited to marry my best friend, go on our honeymoon, and explore a new place together as husband and wife.”

While new beginnings can come with various challenges and obstacles, Rebecca is certain she is ready to face them all with her new husband by her side. NDN

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# HEADING BACK TO SCHOOL



by Rebecca Smith

Lisa W. Cumming Photography

Going back to school for a career change or job advancement isn't always as simple as it seems, but for those who push through with determination (often with vital support from friends and family), the results are life-changing. Megan Anderson is one such young woman who desperately wanted a better life for herself and her two young sons, and could not have achieved it without the support of her

family.

She grew up in New Jersey, and after graduating from high school, she decided to study at Fort Lewis College, a small liberal arts school in Durango, Colorado. "I went on and off," Megan says, "but I was more interested in skiing and snowboarding than I was going to class."

She quit after her first year at Fort Lewis, but continued to live in the town for another nine

years while bartending, waitressing and spending her free-time on the slopes.

Megan always knew she wanted a job where she could help people, so she became certified as an Emergency Medical Technician Basic just before the birth of her first son, hoping to become a member of the local ski patrol. She soon sought a different path, however, after assisting new fire department recruits with their

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Jaws of Life training. As she acted as a victim pinned inside an old car in the local junkyard, Megan realized she did not want to be the first responder to these situations. She steered her life's path away from becoming an EMT.

She turned to online schooling for Hospital Administration with little success, and after some life changing events, moved herself and her boys to California.

With the closest college an hour and a half away, she again fell into the trap of numerous part-time jobs, spending less and less time with her kids. "I wasn't the mom I wanted to be and was not leading the life I wanted to have, so I decided to go back to school." By then she'd found her dream to pursue; she wanted to become a nurse.

Megan's inspiration came after a bad mountain biking accident when she was 22. "I will never forget my ER nurse; his name was Otis, and he was awesome. He was very good at keeping me calm and giving me information.

He said, 'it will be okay; let's just focus and do one thing at a time.' He broke it down into little chunks and made it a lot less scary for me. And I thought 'I could totally do that for someone'."

Her parents are now helping her make that dream a reality. She has moved in with them

Unit. At the beginning of each week, the nursing students receive their patient information. They are able to meet the patient, pull up their care plan, assist them with personal hygiene, and with the patient's consent, sit in on various procedures. Megan says that, with time, they will also be spending an additional forty hours

"For me it is breaking it down into small pieces and making it manageable. Do what makes your heart smile."

~ Megan Anderson

here in Williamsburg while she earns her degree, so they can help take care of her two young boys. "There is no way I could do everything that I am doing right now without them."

Megan is currently enrolled in the Nurses Honors Program at the Williamsburg campus of Thomas Nelson Community College (TNCC). Along with classes for her Associates Degree, Megan spends twelve clinical hours a week at Sentara Hospital in the Oncology

a week shadowing a nurse.

"I would love to be in the Post Anesthesia Care Unit. I would love to go through the Operating Room and see surgeries. I would love to be in the Emergency Room. I just want to see it all!"

Aside from being an eager student within the college's Nursing Honors Program, Megan is also the President of Thomas Nelson Community College's (TNCC) Student Nursing Association, playing a key role in getting the

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association involved within the community. They have taken field trips to local hospitals to learn about area programs. They have even had the chance to sit in on the Nurses Association's General Assembly in Richmond, where the students were able to talk to delegates and their senator about healthcare issues in legislature now. "It was really neat to see the grassroots advocacy effort of the nurses," Megan says.

The group is not only about fostering the next wave of nurses; they're giving back too. After visiting the Peninsula Food Bank in Hampton for a community assignment, the Student Nursing Association was impressed by all the great things the food bank did for the community, including: sending 1,500 children home each Friday with a backpack of food for the weekend, helping feed displaced families, and even sending hot meals to schools for children who cannot afford lunch. Noticing the food bank's empty shelves, Megan and her colleagues created a semi-annual food drive at TNCC, placing numerous donation spots around campus. Just this fall, they collected close to 150 pounds of food, and Megan is hoping that they will bring in 200 pounds of food with the food drive that ends right before

Easter.

While accomplishing so much toward her degree at TNCC, Megan has been looking toward the future. When not taking classes for her Associates Degree, she is completing general education requirements for the Bachelor of Science degree in nursing that she hopes to complete at Virginia Commonwealth University (VCU).

"I will graduate in December and have my Associates in Nursing and then will be eligible to sit and take the National Council Licensure Examination" Megan says, "and then once I am licensed, I would like to go to VCU to get my BSN [Bachelor of Science in Nursing]." If accepted into VCU's Nursing program, Megan will only have 18 more months of school to complete before she is awarded a Bachelor of Science degree.

The biggest challenge for Megan is making sure that she is the mom she wants to be, but also the student she wants to be. She sums up what keeps her busy: "trying to do the soccer mom shuffle, the classroom volunteer mom, get them off the bus, get play dates, and then doing all of my work, studying, and being the President of our Student Nursing Associa-

tion." Time management is essential. She uses her free days while the boys are at school to get her school work done, but also says the work frequently carries on into the night.

Megan has many different things she would like to do after obtaining her training. She would love to become a Nurse Anesthetist, but doesn't see that as an option until her children are in college because of the extra education required. While the boys are young, she says, she would love to be a travel nurse and work at American Embassies or schools abroad so her children could be exposed to different countries and cultures. She may even go back to Colorado and work at the ski clinic. Megan has such a passion for nursing that she says she really wants to do it all.

To people of any age who are contemplating going back to school, Megan says, "jump in with both feet. If it is something you really want to do, just do it and do it all the way. There are always going to be challenges in life, regardless of going back to school, or having a job and a family. It is not easy. For me it is breaking it down into small pieces and making it manageable. Do what makes your heart smile." NDN

**FEATURED RECIPE:**  
**LEMON DROP COOKIES**

**INGREDIENTS:**  
2 C Flour  
3/4 C Sugar  
1/2 tsp Baking soda  
1/2 C Imperial Olive Lemon Evoo  
3 T Milk

**DIRECTIONS:**  
Preheat oven to 350 degrees. Grease baking sheet. Mix all ingredients together in a large bowl and beat with a spoon until mixed completely. Scoop mixture by teaspoonfuls and form into 1-inch balls. Drop onto baking sheet 2 inches apart. Bake 12-14 minutes. Remove from pan and cool. Makes approximately 2 1/2 dozen cookies. Store in airtight container.

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MICHELLE BRUMFIELD

# Embracing Change

in the Business Environment



By Rachel Sapin

Lisa W. Cumming Photography

Perhaps no one experiences more change than the entrepreneur in today's business climate. Change is a reality of being in business and those who make smart choices and take calculated risks in an economy that is difficult to predict may be able to realize more than a profit; they may also be one step ahead of more conservative competitors when the economy

improves.

Michelle Brumfield, owner of Williamsburg's *Bedcrafters By Michelle*, is not afraid of change. In fact, she embraces it. Within a half dozen years, she has started a retail store selling custom mattresses, and moved it three times to capitalize on better locations. In addition, she has also opened a new store in Richmond.

Michelle started her business in March of 1999 in a small store on Richmond Road on the outskirts of Norge. Two years later she moved it to John Tyler Highway to benefit from a higher volume of traffic that flows up and down the well-traveled road. Most recently she has moved her retail store to Courthouse Commons, a new shopping center on Monti-

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cello Avenue, while also juggling the demands of her brand new store in Richmond.

Michelle is not bashful when it comes to risk-taking and she backs up her decisions with focus, high energy and in-depth knowledge of her product.

“The mattress industry is sometimes viewed like used cars,” she says. “People get a whole different concept of the mattress industry when they deal with us. It’s not just rows and rows of beds.”

Michelle’s business is what’s called a disrupter in the media world. It shakes up the old establishments with new ways of thinking. Unlike the big box mattress stores, Michelle has complete control over her product, from factory to finish.

“This is a custom-designed product,” she explains. “I set the specs and design the mattresses to meet my customer’s individual needs.”

Michelle has seen her sales double since the beginning of the economic recession, a financial milestone she attributes to her niche business model of selling only custom-made mattresses that can be made to fit anything from antique bedframes to the extra-long bodies of NBA athletes.

Michelle operates her store differently from other mattress stores. For instance, her staff is not paid on commission. She has created her own sales model centered on personal service.

“We are nothing without our customers,” she says. “The customer makes you and breaks you. If my customer is not satisfied, I cannot sleep at night.”

Michelle got her start in the mattress business in a way that is as unorthodox as she is. It was a sports-related back injury that led Michelle, then just out of college and working in accounting, to the doorstep of custom mattress maker Winn Butterworth.

“The mattress I found and ended up purchasing was probably as much as it cost for my car,” she remembers with a laugh. But it was this very mattress that changed her life forever. She gave notice at the accounting firm she then worked for and met with Winn. Michelle decided she needed to learn everything about Winn and his business.

“I told him, ‘Sir if you give me 30 days, I’ll know more about your product than you do.’ He called me back and hired me,” she says.

Originally Winn wanted Michelle to work in sales, but she was truly interested in learning the business from the bottom-up. She went to work for *Custom Comfort by Winn* where she helped build custom mattresses by hand. By the time she was ready to open *Bedcrafters by Michelle*, she had attained a strong base of knowledge of the mattress industry that she used to develop a sound business plan.

“The most important thing that I can say to any person going to open their business,” she says, “is if you don’t have time to put in the hours for a business plan, you don’t have time to be a business owner.”

Having a sound business plan is a good start, but seeing ways to improve upon it as a work in progress is also critical. This means knowing how to make good hires, among many other things. Finding the right people to help her build the business has allowed Michelle to embrace change and take the risks necessary to grow.

“I never fear change,” Michelle says. “I accept it and build on it to

benefit all involved in my decisions. I love change because to me it is opportunity.”

Annette Lindsey, who co-owns *Bedcrafters by Michelle* in Richmond, started working for Michelle in sales in 2010. Annette, much like Michelle, started out as a customer, but came to work for *Bedcrafters by Michelle* because she respected the business model and the product.

“It really hit me that I wanted somebody to be a part of it and share what I had been doing for so long,” Michelle says of the decision to make Annette a partner last year. “Annette just made it easy because I felt like I had somebody that I could depend on, and someone who cared about the customers and the product as much as me.”

With a dedicated staff and delivery team behind her, and with Annette’s hours of help in drafting a new business plan, Michelle was able to open a Richmond location in October of 2012.

“Moving is a process,” she explains. “You just take a deep breath and help people because a person’s natural instinct is to look for a reason not to do it. You have to stand there and say, ‘What can we do to solve the problem?’”

For Michelle, her new beginning in Williamsburg is a dream attained and well worth the many challenges of relocating.

“I’ve waited it out and have grown my business to where I knew that I was affordably going to be able to do this,” she says. “Monticello’s Courthouse Commons is not one of those shopping centers that is going to die and fade away. This is the heartbeat of Williamsburg. That’s very exciting to me.” NDN

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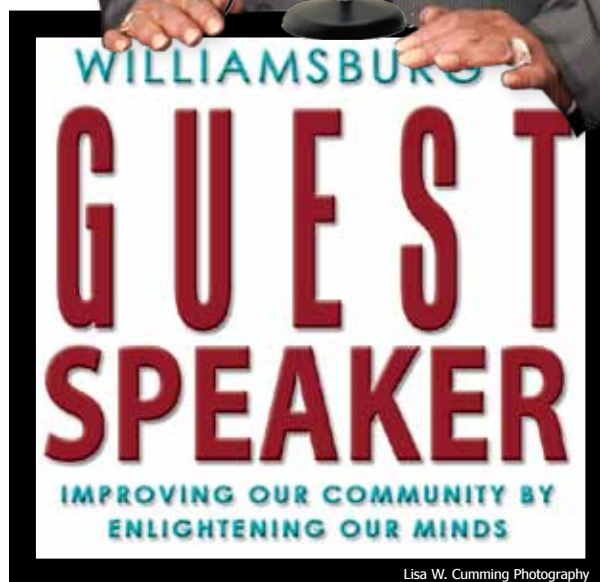
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# MAGDALENE STAPLES



## ON THE HISTORIC TRIANGLE SENIOR CENTER



After spending 13 years working in Developmental Disabilities for the state of New Jersey and 17 years moving around the country as a military spouse, Magdalene Staples, along with her husband, decided to make their retirement home in Williamsburg. Williamsburg reminded Magdalene of her hometown of Southern Pines, North Carolina.

"I have always enjoyed country style living and Williamsburg has afforded me the privilege of having just that," she says.

Magdalene's career highlights have always had her helping people in some way – nurse, instructor, psychology and business management, along with 15 years in the non-profit world.

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"It gives me a sense of satisfaction knowing I help to change someone's life every day in a positive way." She loves the interaction and learning she gets from people she meets.

**When did you first become involved in the Historic Triangle Senior Center?**

My first job in Williamsburg began at the Virginia Employment Commission where I worked for approximately 3 1/2 years. Due to cut backs, a co-worker encouraged me to apply for the office manager position at the Historic Triangle Senior Center (HTSC).

He said that I would be perfect for the job because of my personality and felt that one day I could be the Executive Director. Although, I

thought he was stretching it a bit, I was hired as the Office Manager, then the Business Manager, the Director of Operations and finally the Executive Director.

**What is the mission of the senior center?**

Our mission is to enrich the lives of older adults through intellectual stimulation, wellness programs and social opportunities. Our primary goal is to contribute to healthy lifestyles by providing non-emergency medical transportation, nutrition, socialization, fitness, recreation, health and well-being education and volunteer opportunities.

**What can seniors do there?**

There are three major activity areas: The Activities component seeks to

impact emotional, mental and spiritual health. They include Mah-jong, bridge clubs, various card games, Scrabble, various table games, Bingo, monthly trips, quarterly socials, line dancing, reminiscing group, book club, movie club, readers' theater, keyboard classes, senior parties and art classes.

The Senior Volunteer Program provides seniors opportunities to enrich their lives through meaningful volunteer work, such as participating as receptionists, and volunteer leaders for the sewing group or other activities, line dancing, and as a member of the Advisory Committee.

The Education component includes computer classes, exercise classes, Tai Chi, gardening classes, health fairs, safety seminars, Socrates Café, Constitution Conver-



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sation, information and referral (including Senior Navigator and PARN) and driver's education.

**In addition to the activities, what other projects/programs does the center offer?**

HTSC also operates the RIDES program which provides non-emergency medical transportation to seniors 55 and older and the disabled of any age. The RIDES program was developed as a collaboration of local area senior transportation providers. Since it started in 2005, RIDES has provided 50,461 rides for over 1,797 senior and disabled residents. The Senior Center currently owns six wheelchair accessible vehicles. We have some volunteers who use their own vehicles.

**How is the program funded?**

The Senior Center is funded through grants and the generous support of our community. Our funding is made up of 61.4% from grants, 27.7% from program services revenue, 9.6% from the local jurisdictions and 1.3% from personal contributions.

Due to declining contributions there is a membership fee for Senior Activities. Members pay \$50 per year for membership which benefits them in reduced fees for trips, socials, classes and special programs. The fee for a one-way trip with the RIDES program is \$4 and \$8 for round trip. However, no one is turned away for inability to pay. Financial assistance can be requested through the JCC Park & Recreation's discount assistance program.

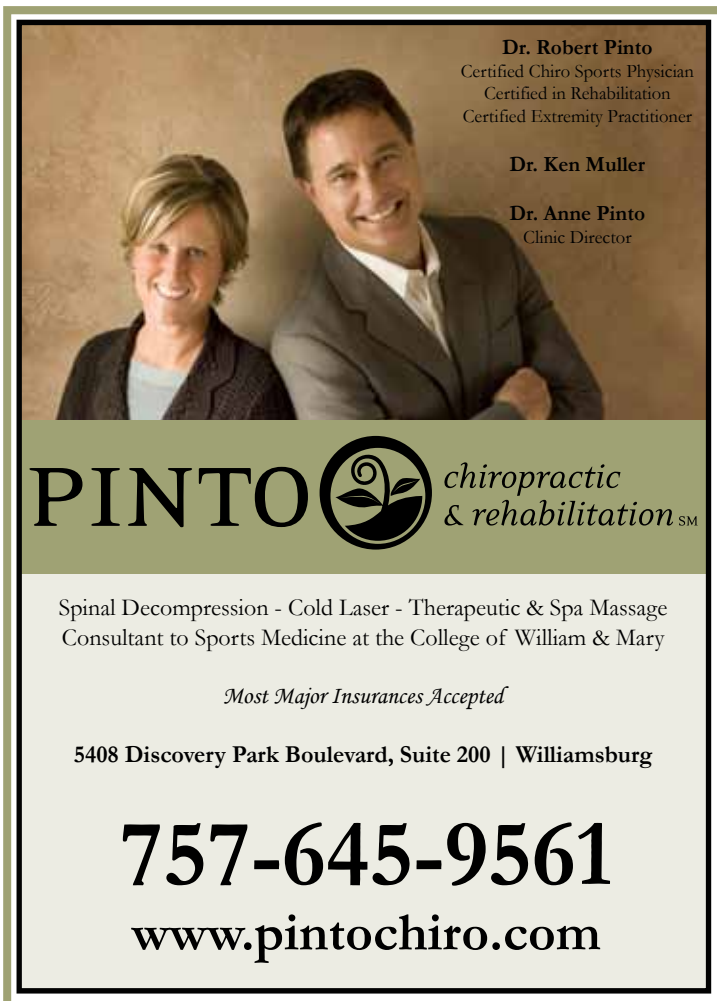
**What can readers do to help the senior center with its mission?**

Because of the cuts from grantors and jurisdictional funding and because of the higher cost of gas, Senior Activities and the RIDES program needs more community financial support to continue to offer these vital services.

Readers can help by volunteering as a RIDES Driver, which we especially need for the RIDES program. Financial contributions are always welcome. You may donate online by going to [www.theseniorcenter.org/donate.html](http://www.theseniorcenter.org/donate.html)

**What are the plans for the near future for the senior center?**


We plan to make a greater attempt to better educate the community about what we are and what we offer; to collaborate with other non-profits to better serve the community and eliminate redundancies;



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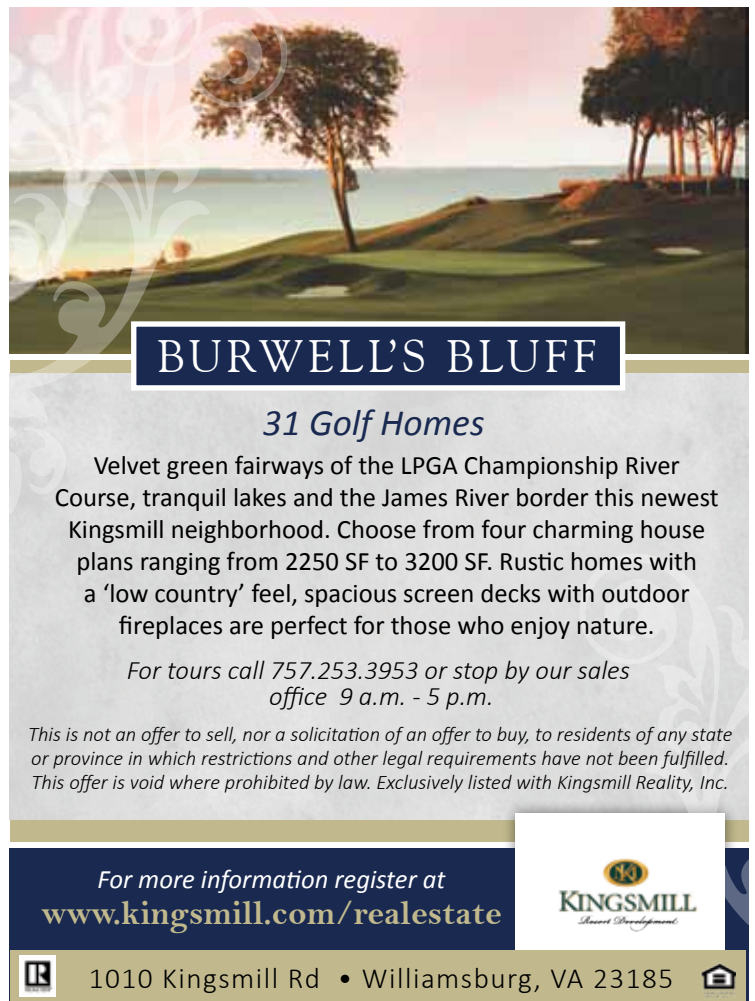
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to continue to expand public outreach outside of the Senior Center's walls. We are seeking other outreach locations in Williamsburg and the Bruton District of York County.

### What are some personal experiences you have had that renew your commitment to the Historic Triangle Senior Center?

One of my most rewarding experiences is HTSC being accredited by the National Institute of Senior Centers (NISC). The process took over a year of planning and development with the support of a variety of people including elected officials, town planners, funeral directors, marketing consultants, teachers, university professors, members of fire and police departments, medical professionals, staff of nonprofit organizations, members of ethnic

organizations, financial advisors, director of the housing authority, clergy, fund development consultants, etc. Personally being involved in the process and having access to these valuable resources not only renewed my commitment to HTSC but increased my personal leadership skills. It changed my view of the kind of support that you can get from the community when they care.

### How has your work with the senior center affected your personal life and outlook?

Many people say that they can relate to seniors because they may have been very close to a grandparent or senior member of the family. I have always been a patient person and gave people the benefit of the doubt, but after working

with seniors these past few years, I am even more patient. All of them are very different and come with a variety of personalities, issues, complaints, concerns, fears and expectations of what they feel they deserve at this point in their lives. This has affected my life personally because I empathize with the different personalities, do whatever I can to resolve their issues and complaints, listen to their concerns and fears, try to restore their confidence in themselves and others and provide the level of services that they expect and deserve. My compassion for improving the quality of life for seniors grows stronger every day knowing I am one of these individuals, and I will be seeking the same kind of services that are currently being provided by the Historic Triangle Senior Center. NDN

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# Making Progress

## at Eco Discovery Park

By Greg Lilly, Editor

“Little steps go a long way,” Kim Berry says. She is in charge of operations and planning at Eco Discovery Park located on the Powhatan Creek between Jamestown Road and the Colonial Parkway. The vision for the park and marina is to teach businesses, organizations and individuals small things they can do for the environment that make a big impact.

Kim has always had a love for the outdoors. “I grew up with an outdoorsy family in Chesapeake, involved in sports, anything to do with the outdoors,” she explains. “I have always loved the water and things I could do outside.” The family home in Chesapeake was just a few blocks from her grandparents’ home, an aspect that Kim wanted for her own chil-

dren.

About 30 years ago, Kim’s husband, Eddie, had a job opportunity that brought them to Williamsburg. “He promised me we’d move back in two years to be back close to family – That was 30 years ago,” she says with a laugh. “It’s not that far from Chesapeake, and I’m glad our two daughters, Heather and Michelle, had

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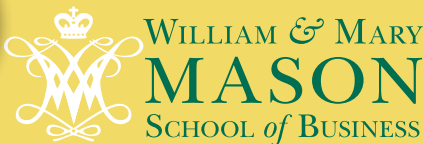
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Our next guest speaker is Daron Pope. He will speak on Wednesday, March 27th. Read more about Daron in the column to the right.

**March 27th, please register online by going to:  
<http://www.eventbrite.com/event/5624615376>**

All seminars will be held at the Mason School of Business located on the campus of William & Mary, at the corner of Ukrops Way and Jamestown Road. Doors open at 3:30 pm, program starts at 4:00 pm. Light refreshments will be served. Guest Speakers will share their business experiences for 40 minutes. A 20 minute Q&A period will follow. For more information contact the Technology & Business Center at 757-221-7825 or email [webean@wm.edu](mailto:webean@wm.edu).

**Stay Tuned...**  
**Catesby Jones will be our next guest speaker on April 24th.**

He is the owner of Peace Frogs, makers of t-shirts, sweatshirts, boxers, hats, and a variety of accessories. The frog's combination of positive energy, whimsical attitude, and peaceful outlook has proven universal and enduring. Over twenty-five years since its conception, Peace Frogs is still growing and now found nationally in major department stores and theme parks, as well as in Peace Frogs stores and kiosks, mail order catalogs, and websites. To find out more visit: [peacefrogs.com](http://peacefrogs.com)

**INTRODUCTION  
BY  
COACH  
JIMMYE  
LAYCOCK**



Wednesday, March 27th Speaker:

**DARON POPE,  
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Mississippi born and New Jersey bred, Daron is equally comfortable talking about Brett Favre as he is Jon Bon Jovi, the Zac Brown Band and Snooki. It's this dichotomous background which allowed Daron to transition seamlessly from College Football Quarterback and Wall Street Wunderkind to Breast Pump Tutorials and sought after Diaper Bags. After Quarterbacking at The College of William and Mary for four years, Daron spent the next decade rising through the ranks of Wall Street—first at Lehman Brothers and later at a boutique investment bank which he co-founded. While he enjoyed his time in Finance,



he found his true calling in the world of maternity clothing and pregnancy education. (Incidentally, there are plenty of Ex-Quarterback-Gone-Financial-Heavyweights in Maternity. They just tend to keep a low profile.)

In the Summer of 2010, Daron took over as President and CEO of both Rosie Pope Maternity and MomPrep. Growing up around Professional Football (Daron's father, Mike Pope, can boast four Super Bowl rings as Tight Ends coach of the NY Giants), you would think that Daron's comfort lay more in locker rooms than dressing rooms. Not the case. Daron has never been happier. The only things he loves more than his job are spending time with his wife, watching her work her incredible magic and helping her raise their ever-expanding family.

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a close proximity to their grandparents.”

She and Eddie have a boat and have used the marina at Jamestown for years. “Our children were raised on sports, being outdoors and being on the river. The James River has been a big part of our life – fishing and recreation with our children. I have a bike and kayak.”

With an event planning background, Kim interacted with the other people in event management around town. She heard that Steve Rose of Williamsburg Event Rentals had an idea for an ecological park on the river.

“When I found out that Steve had received the contract to manage this marina and incorporate his ‘green’ vision, I called to ask about his plans. I told him I wanted to work for him here,” Kim says.

Eco Discovery Park is a non-profit organization to inform and educate the public on green living, recreation and business operations.

“We plan to build an eco trail system in the wooded and coastal areas on the property with exhibits to inspire people, organizations, businesses and government to make the health of our environment a priority in our actions,” she says.

These exhibits would be educational to help

visitors take home ideas of what they can do to make their environment healthier.

“We hope to have at least three exhibits open by late spring. One is a community demonstration garden. We’re working with local garden clubs and organizations to create examples of what can be done at home: raised bed gardening, vegetable and herb gardening, native plants and landscaping.”

Kim welcomes volunteers to help create these exhibits along the trail system.

“Another one of the exhibits is based on the Chesapeake Bay and its estuaries. The James River is a big part of the Chesapeake Bay.”

The group plans to incorporate the history of the commercial watermen and the recreational fishermen of the waterways, along with the things that visitors to the parkway and river ask about, like the duck hunting blinds in the tidal marsh area – the beaver lodges visible until the grasses grow back in early spring. “This is such a rich environment for learning and appreciation of the resources,” she adds.

The third planned exhibit will focus on what individuals can do to make their homes and businesses greener. “From insulation to solar panels to better lighting options,” Kim lists.

In addition to the exhibits, Eco Discovery Park rents bikes and kayaks so visitors can get a closer look and experience the environment. “The kayaks can explore Powhatan Creek, where we’re located,” Kim explains. “Experienced kayakers can venture out onto the James River. During the summer, the grass grows up in the marsh and you don’t see the beaver mounds, but during the winter and early spring, it’s an excellent time to kayak and see these things.”

The park continues to operate the full-service marina. “We’re contracted by James City County to manage the marina and the property. Eco Discovery Park added the kayak and bike rentals and is building the exhibits and trails.”

With the exhibits and with their actions, the park wants to educate the public. “People ask how managing a marina can be good for ecology,” Kim says. “Everything we do in our life can be done in a greener manner. There are certain things a boater can do to protect the water he or she is fishing in, playing in and boating in. We have information for boaters about how to be cleaner and greener. Little steps go a long way.”

Kim says they want to attract locals and visitors, as well as business owners who can see



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ways to reduce their business's "ecological footprint" on the earth.

A suggestion for local businesses to become greener is as simple as reading the label of the products used. "Think of restaurant and hotel cleaning teams," she says. "They can look at their cleaning process and the chemicals they use. Research what is available as a green product that will not harm the environment."

The next time a decision is made to replace items in the business, think green. "Purchase dishes, towels, sheets, or whatever products are used, that are more organically healthy for the employees and for the customers. Investigate options to synthetics; use less petroleum-based products. Use carpet and other flooring that is made of a renewable source," she says.

Greener options may cost a little more, but the awareness created for customers, employees and vendors can create goodwill. "Market that," Kim advises. "Post a sign that your business is environmentally sound. Use that statement on your advertising. People want to support eco-friendly businesses. You can do something as simple as changing light bulbs to CFL bulbs or LED lights. Any business can do this."

She suggests looking outside as well. "Har-

vest rainwater to irrigate native plants in the flowerbeds. That's one of our exhibits."

Kim says the park holds events to encourage locals to learn about their mission and to have fun by the river. On Saturday, April 20th, the James Riverfest will be held from 10 a.m. to 4 p.m. with artists, environmental groups, a paddle challenge, kayaking demonstrations and food vendors.

"It is free and open to the public. This is the second year for the James Riverfest. We partner with the James River Association. In November, we'll have our annual Jamestown Chowder Festival. We have a lot coming up. We enjoy having events here."

Personally, Kim likes sharing the environment and her activities with people.

"Cycling, which is a love of mine, kayaking, the wonderful access we have to the James River, all of this makes my job a joy," Kim says. "Hopefully, I can help people learn how to leave a good footprint on Mother Earth for our grandchildren to enjoy it as we have." NDN

To volunteer, go to the website:

[www.EcoDiscoveryPark.org](http://www.EcoDiscoveryPark.org) and click on "Contact Us"

## Next Door Neighbors

Publisher.....Meredith Collins  
Editor.....Greg Lilly [greglilly@cox.net](mailto:greglilly@cox.net)  
Copy Editors.....Al White, Ginger White  
Photographer.....Lisa Cumming  
Graphic Designer...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,  
Natalie Miller-Moore, Rebecca Smith  
Susannah Livingston

### Advertising Information

**Meredith Collins**

(757) 560-3235

[meredith@williamsburgneighbors.com](mailto:meredith@williamsburgneighbors.com)

[www.WilliamsburgNeighbors.com](http://www.WilliamsburgNeighbors.com)

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# Run the Dog

By Greg Lilly, Editor

Lisa W. Cumming Photography

As a long-time runner, race organizer and running specialty store owner, Jim Elder's goal is not a personal one. His goal is to get his neighbors off their couches and moving.

"Galvanizing the community to get up and do aerobic conditioning," Jim says, "that's my focus. It doesn't have to be running. Healthy Hearts, Healthy Minds – the tagline I put on my runs is all about that. If you look at some of the chronic problems we have - the increase in

diabetes, the increase in heart problems, [and] dementia. Aerobic conditioning can stem the tide on those things, it can't prevent them, but it can help you have a quality of life if you stay physically active."

Jim grew up in El Paso, Texas, where he started running. "Way back in elementary school – the fifth grade – I fell in love with running. I ran competitively up through high school." He left Texas to attend Spring Hill College in Ala-

bama, but the college didn't have a track and field program at that time. "I ran recreationally, really just for myself, during those college years."

After college, he spent 22 years in the military, eventually ending up at Fort Monroe and retiring. He and his wife, Geri, came to Williamsburg to be near their son.

"My son wanted to open a store focused on running," Jim explains. "He had attended

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school at Penn State and worked at a running specialty store. I said I'd give him a hand. I had been medically retired because I had a terminal illness."

Facing the terminal diagnosis, Jim thought about his family. "The major thought was: What could I do for my wife?" he says. "She was excited about opening this store with our son. We did that, and I was supposed to help out until the end. We didn't know when that was. It turned out that within a few months of opening the store, my son fell in love. A retail store takes a lot of time with little financial reward. I told my son to find a stable job, and we would keep the store going. That was 18 years ago," he adds. "My wife and I are still operating the store."

Jim's passion is working with people and making sure they can participate in running, or just knocking around town, in comfortable and well-fitted shoes. "I get so many doctor referrals," Jim says. "In the early days, the doctors knew about my medical condition, and they would send me people with cancer or a terminal diagnosis. People would come in here not just for shoes, but for me to share my experience. That helped me and helped them."

In Jim's own running, his interactions at the store and in the races he hosts, he's seen a trend in the sport: barefoot running, sometimes called minimal running. "That's the biggest change. Minimal running didn't exist when I opened the store. Racing flats were the closest thing. These were minimalistic shoes that didn't weigh very much and were used on race day to get a special time."

The concept of barefoot running was that the foot is made to run and that shoes may interfere with the natural stride and functions of the foot. "If we ran without shoes," Jim explains the theory, "we'd be like the Kenyans, and our feet would be stronger. Barefoot runners feel a shoe may make the foot weaker. The problem with that is that we're not all biomechanically sound. For example, I over-pronate."

Over-pronation is typical in runners with low arches; the foot rolls inward when it hits the ground. "If I do barefoot running every day on my runs, eventually I'll have a serious running injury, a stress fracture or hip and knee problems because I would continue to over-pronate." A proper shoe provides arch support and stabilizes the heel.

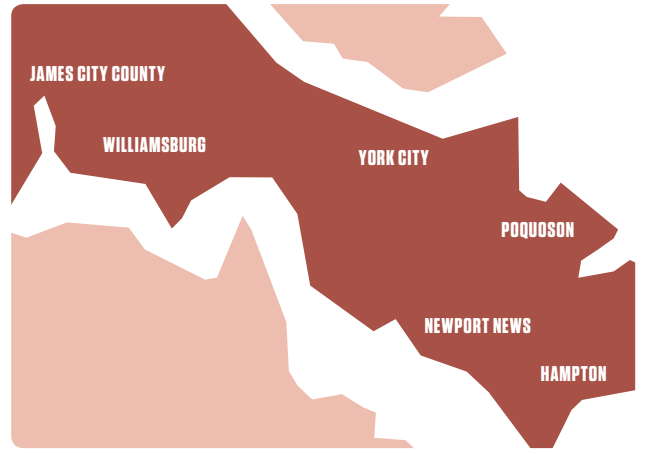
"The problem now is that many competitive runners have gone in this direction and have had major injuries." Jim suggests that runners wanting to incorporate the barefoot or minimal running method to work it into the training slowly. "Talk to an expert about running in a minimalist shoe," he adds.

Whether running barefoot or with shoes, an athlete runs a race to establish his or her time on the route. Jim says the newest technology for accurate race timing is Radio Frequency (RF) chip technology. A small computer chip sends out RF identification to an antenna that transmits the runner's data and time to a computer for tracking.

"On the runner's race bib or on the shoe, there will be an RFID device. Most are disposable today. In the early days, they weren't and we had to collect them back after the race. Now, it's a light-weight, disposable chip that sends a signal to a set of antennas. When a runner crosses the start line and the finish line, those times are logged in a computer. What's neat



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about this is in a race of a thousand people, the runners in the back of the group might take 90 seconds before they get up to the start line once the gun is fired. So now, instead of losing those 90 seconds for the people in the back, their beginning time is when they actually cross the start line, not when the gun is fired." He says runners tend to like the RF chip technology for the accuracy in their start and finish times.

Local runners are excited about the fourth annual Run the D.O.G. Challenge. Jim hosts this April 20th race to benefit a local charity. This

"Galvanizing the community to get up and do aerobic conditioning. That's my focus. It doesn't have to be running. Healthy Hearts, Healthy Minds – the tagline I put on my runs is all about that." ~ Jim Elder

year, the charity is the Angels of Mercy Medical Clinic.

"The Duke of Gloucester Challenge starts on Prince George Street runs through the College and through Colonial Williamsburg and ends on Duke of Gloucester Street," Jim describes. "It is a 5k race along with a one-mile Fun Run."

The race is growing in popularity each year. Jim uses the race as a part of his Healthy Hearts, Healthy Minds concept. "I want the community to come out. When I ask businesses to support it, yes donations are great, but I'd rather have the business encourage their employees to start a walking program or running program and have them come and participate in the race. It will be a great time."

The course record for the 5k is 14 minutes and 13 seconds. "I want this to be a competitive race, so we offer prize money. I also want to have the aspect of supporting the cause and getting the aerobic activity." Jim expects 700-800 runners and about 300 walkers.

"It's a neat venue," he adds. "You make that turn around the Capitol building, and you're looking straight down the last 800 meters to the finish line. That's when the runners really aim for their finishing times." Jim's Healthy Hearts, Healthy Minds concept urges his neighbors to move – run, walk or stroll the Run the D.O.G. Challenge on April 20th to get the heart pumping and create an aerobic benefit. "Gather friends or work colleagues and run the D.O.G together." NDN

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# M16s & Music

By Greg Lilly, Editor

Military target practice with an M16A1, computer programming, software and hardware engineering – these are not the usual components of the background for a celebrated musician, but Tonia Herrin is not the usual musician.

Tonia and her musical partner, Cathy Combs, perform for the Williamsburg Music Club on April 17th at Lewis Hall of Bruton Parish Church on Duke of Gloucester Street.

Tonia attributes her musical ability to her parents and grandparents. “My mother was one of the first women to go to the University of Miami on a full music scholarship. She had only been playing flute for two

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years when she won that scholarship. Before that she had played piano and violin." Tonia's mother had grown up in Salisbury, North Carolina. Her parents met at the University of Miami, both as students.

"They say my grandfather, on my father's side, could listen to a piece of music then sit down and play it from that one hearing," Tonia describes. "My grandfather on my mother's side had a small country store and gas station back in Salisbury. My parents inherited the business when her father died."

Tonia grew up in Salisbury, North Carolina. Her mother let her start playing the piano at the age of five as her older brother took lessons. Tonia begged to take lessons at the same time, but her mother said she was too young. After much badgering as only a five year old can do, Tonia convinced her mother to let her try the piano and ask her for advice as needed. "My mom believed that starting on piano was the best way to begin in music," she says.

Along with the piano music of her mother and siblings, Tonia heard the classics from her father. "My father loved radio and got into the industry part-time," she says. "He had a heart condition and wasn't expected to live past the age of 30. The doctor said they needed to sell the gas station and store. My dad went to work as an announcer and ad sales at the local radio station. He started the first Classical music format in Salisbury. He loved Classical music."

The house in Salisbury teemed with music. "There was music all the time. I have three brothers, so at any time there were one to five musicians practicing in our house."

On a scholarship to Meredith College in Raleigh, Tonia had been studying flute with a retired flutist from the Army Field Band. He suggested she join the National Guard to help pay for her college. "They converted from an all brass band to a concert band that needed winds. So, they went around to the colleges to recruit. I ended up as part of the concert band – National Guard."

Tonia started basic training. "We were the first women to undergo, not just the defensive training, but the offensive training. We were the first women to fire M16A1s. For a musician, I was tough."

After graduation, she worked for an animal hospital and a friend suggested she contact another friend about a possible opening in a government agency. She was called to Fort Meade in Maryland for multiple tests – for an unknown job with a secret agency. She passed the tests and was offered three possible positions: secretary, Russian linguist or to go back to school and co-op in the computer area.

"I took the school and computer systems option," Tonia says. She learned programming along with systems and software engineering. While she did this very technical side, she continued with her music. "I was playing dinner theater three nights a week. I taught flute students, played in the Peabody Orchestra, was part of a musical ensemble and performed recitals. I was involved in church music. I was very active in music during that time."

Tonia married, and her husband John's job moved them around the country. His career eventually brought them to Williamsburg. Music still fills their home.


“Our son Trevor is 18. He graduated early from high school and is now in the Army’s basic training. He wants to focus on Army intelligence and go to jump school. Music?” she says. “Trevor has perfect pitch. He wanted to play cello when he was young, but he couldn’t stand to practice because he couldn’t take being out of tune. Yes, the gift is there, but in a different way.”

Tonia and John’s 13 year old daughter, Taylor Jessica, is also very gifted. “She took piano lessons and plays viola and a little saxophone now. She has my kind of ear – the relative pitch,” Tonia explains. “I can play in tune with someone, but I can’t always tell you if a note is an A or A flat. I can’t tell you the exact note, but I can play in tune with it, which is useful.”

“We were the first women to undergo, not just the defensive training, but the offensive training. We were the first women to fire M16A1s. For a musician, I was tough.” ~ **Tonia Herrin**

Tonia discovered the Williamsburg Music Club when they moved to town a few years ago. “Taylor was four years old and going to preschool at Walnut Hills,” Tonia explains. “I had not played hand bells in years. They had a daytime adult hand bell group. I could take my daughter to preschool, run errands, have the hour rehearsal and still get back to the preschool to pick her up by noon. During that time, the fact I played flute came out. I decided I wanted to start teaching again. My children’s music teacher told me about the Williamsburg Music Club.”

Her daughter began taking piano lessons from Cathy Combs. “Since I had played in church from time to time,” Tonia says, “Cathy said to come play at church with her. We started performing together all over town. We’ve done An Occasion for the Arts a couple of times, and we’ve played at assisted living communities.”

As part of the Williamsburg Music Club, Tonia wants to raise awareness and funds to encourage young musicians in their artistic pursuits. The club has regular meetings, which include a performance or music-oriented presentation. The meetings are free and open to the public, each third Wednesday, September to May starting at 10:00 a.m. at Bruton Parish Church’s Lewis Hall. 



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cal process like a bursitis or tendonitis. Then on the other side, there are the more systemic diseases where the immune system is working overactive. You may see syndromes like lupus, rheumatoid arthritis and vasculitis. What those have in common is that the immune system is overactive and attacking the body.”

Some of these syndromes may have similar symptoms. “A person may feel very stiff when they get out of bed in the morning, swollen joints, fatigue or a rash from the sun – the symptoms can present themselves in many different ways. But there are patterns that can be seen.” Putting these patterns together is an ever-changing process for Dr. Flagg, but a challenge she enjoys.

Dr. Flagg is one of six children born to Cuban immigrants. “My parents left Cuba about the time that Castro took over. They must have been about 20 or 21 years old. They moved to upstate New York, a small town called Stan-fordville in the Hudson Valley region. They still live there.”

After going to college in New York, Dr. Flagg moved to Texas and worked in a research lab at the University of Texas in Houston. “I had

great exposure to the medical field there working in the pulmonary department,” she says. “We did a lot of research, but I also volunteered at the emergency room. I went to Texas Tech University for medical school. I had the opportunity to work with some wonderful border clinics around El Paso. I speak Spanish – my parents being from Cuba – so I worked in the clinics close to the Mexican border. A lot of the patients didn’t speak English; some had never seen a doctor before.”

Dr. Flagg came to Richmond for her internal medicine residency. During the residency, she enjoyed working with the rheumatologists. “They were very inspiring to me. When you go through medical school, residency, and so forth, you learn a lot about the heart, kidneys, all the major organs, and rheumatology interested me because it compiles a lot of different symptoms. It was like tackling a puzzle because it affects patients in many different ways depending on the type of rheumatic disease they have.”

That puzzle-solving nature of rheumatology was one of the aspects that fascinated her. “That, plus helping patients that are in so much pain,” she adds. “Really, they are disabled by

the swelling, fevers, maybe rashes – this mysterious process going on in their bodies. It can potentially involve so many different organ systems in the severe cases. I ended up staying for a fellowship in rheumatology at the Medical College of Virginia Hospital in Richmond.”

Dr. Flagg met her husband in Richmond. “He’s a Virginian so we’ve stayed here. We love it.” Living here in Williamsburg, Dr. Flagg spends her time outside the office enjoying the area with her family.

Biology had always been a favorite subject in school for Dr. Flagg, plus she wanted to ease people’s pain. “My older sister was killed in a car accident at the age of 18,” she says. “I always felt I needed to rise to my potential. I pushed myself to do the best I could do, not only for myself, but for my sister. She was the valedictorian of her class, much smarter than I ever was. That pushed me to go into a direction where I felt I could help people and incorporate my interest in biology and physiology.”

Arthritis is not a natural part of aging. “Difficulty getting out of bed in the morning or out of a chair after sitting for a long time or swollen joints... Those are not a natural with age; it’s a

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condition to be treated," she says. "Arthritis can affect the whole lifespan: children to adults to seniors. It is more common as you get older. The degenerative occurs more commonly as we grow older, our knees wearing out, or from an earlier injury, or even from increased weight. Each of these can cause additional stress on the joints."

The medical community does not know all the reasons for the autoimmune diseases. "There is some speculation that certain things may activate your genes to start the process, like exposure to a particular virus," Dr. Flagg explains. "We do know that it is partly a genetic process that is multi-factorial. People may have the genes then something in the environment may trigger the disease. For example, smoking has been identified as a factor in activating abnormal antibody formation or proteins that the white blood cells make in rheumatoid arthritis. If you have a strong family disposition – family members with rheumatoid arthritis – then stay away from smoking."

Some forms of arthritis have more of a genetic link than others, while some may have a higher occurrence in women than in men. Treatment can help, Dr. Flagg stresses. "Some of these types of arthritis can be very destructive, causing permanent damage, but when caught and treated early, those deformities and physical disabilities can be prevented."

The advancements of medicines have been impressive over Dr. Flagg's career. "With an active disease, there are medicines that are helpful in the treatment, especially in the auto-immune types of arthritis. Several medicines are available to treat these syndromes once diagnosed."

Along with the medicines, diet and exercise contribute to the treatment. "Sometimes there are limitations in exercising because of the joint's condition. Physical therapy can help. Water exercise is easier on the joints than walking." She describes that those limitations can be addressed so a patient may exercise to help control the advancement of joint damage. "There are exercises that can be done from a chair. Locally, the James City County Rec Center and the YMCA foster classes for people with arthritis and teach them exercises they can do."

Dr. Flagg has been practicing in Williamsburg for about ten years and has seen the field of rheumatology evolve significantly. "We have more treatment options and being able to offer patients those treatments and to help them improve their quality of life, that's important. To see the degree of pain some people endure, it is amazing how they come in the office cheerful and smiling. I want to help take that pain away."

A few years ago, Williamsburg had the annual Arthritis Walk, sponsored by the Arthritis Foundation, to raise funds and awareness. The foundation had to close its local chapter and became more regional. "I would like to bring the Arthritis Walk back to Williamsburg," Dr. Flagg says. "To get people excited about exercising and staying healthy, hopefully partnering with other groups in town who focus on arthritis, like physical therapy offices, chiropractors, primary care doctors and orthopedics – groups like that to get excited about having an Arthritis Walk again. That's one of my goals: to bring it back to Williamsburg."

The awareness of rheumatic conditions encourages treatment, prevention and, for those not affected, understanding. "Some people feel very isolated when they feel bad and can't get out of bed without pain, especially the younger group," Dr. Elena Flagg says. "They need to know this happens at all ages. There are treatment options and there are places to get help." **NDN**

# COMING SOON!

New Town Summer Fest



Saturday, June 15  
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## 1pm to 5pm

Sample some of your favorite craft brews by local breweries including Star Hill, Williamsburg Alewerks, Brass Canon, St. George's, O'Conner, Devils Backbone, Legends and Smartmouth.

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## 6pm to 9pm

Free concert by The Hark. Domestic beer, wine and food available. Food served throughout the day by Co-gan's Deli and Sports Pub and other New Town restaurants.

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## what's up in real estate

The basic theme of this month's Next Door Neighbors Magazine is one reflecting the concept of new beginnings. While the subject of the magazine's articles may be varied, the message is meant to be consistent. Hopefully, the notion of new ideas and fresh approaches to old problems is included in the mix because this is just such an instance.

The issue was a critical one for Virginia: Transportation on our highways. Our "beginning" stems from the Virginia General Assembly's recent passing of historic legislation to secure a comprehensive, long-term transportation funding and reform package for the state. It is something many REALTORS® throughout the Commonwealth chose to be assertive for the public good through a Virginia Association of REALTORS® "Call for Action" campaign to their legislators.

While it was understood we all might not agree on each and every facet of the package, it was important to get something on the table.

"REALTORS® asked VAR to help push for a change to the state's transportation funding and we obliged," says VAR lobbyist Martin Johnson, helped by many, including our own association governmental affairs director, Susan Gaston. "We would like to thank all Virginia's REALTORS® who answered the call to action on transportation. Your response helped make this historic legislation pass."

Unless it is further modified, the bill would eliminate the \$0.175 per gallon gas tax consumers pay at the pump and raise revenue through a variety of new and increased taxes. The plan is expected to raise about \$880 million



by **Sam Mayo**  
President  
**Williamsburg  
Area Association  
of REALTORS®**

a year by 2018 (or \$3.5 billion over five years), much of it earmarked for transportation. There are also "Regional Congestion Relief" plans for the Northern Virginia and Hampton Roads areas.

In a message from VAR President Mary Dykstra of Roanoke and Scott Brunner, VAR's Chief Executive Officer: "... We know you appreciate the importance of an adequate, efficient transportation network. It's an essential part of what makes Virginia communities "livable" and enhances the quality of life in cities and towns across the Commonwealth."

What's traffic like? How much time will it take me to get to work? Transportation impacts everyone, from parents getting children to school to businesses aiming to attract customers as well as first responders and law enforcement agencies reacting to emergencies. Northern Virginia has recently been named as the most congested area in the country. Hampton Roads is not far behind. Wouldn't it be nice to go from here to Newport News and back without being backed up?

Hopefully we have arrived at a solution to what should be considered the beginning of the state's transportation plan. Few things are ever perfect, and this plan will not come without some sort of sacrifices, but at least it is a start and the REALTOR® community was glad to help get things to the starting line.

For additional expert information and guidance, consult a REALTOR®. For a complete and accurate listing of homes for sale, visit [www.WAAREaltor.com](http://www.WAAREaltor.com).

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# Next Door Neighbors Home



Lisa W. Cumming Photography

## THE HOME AND GARDEN TOUR BLOOMS

By Greg Lilly, Editor

Organizing the Historic Garden Week tour for the Williamsburg Garden Club started well over a year in advance for Chairperson Misty Spong. "The next chair is already hard at work for 2014," she says. "This being the 80th anniversary of the home and garden tour, we wanted it to be special, and it is."

A self-professed "Navy Brat," Misty explains, "I was raised by a Master Chief. When my dad retired from the Navy, he went to work for Tenneco,

which is now Huntington Ingalls Industries' Newport News Shipbuilding. He went there as an engineer." Misty grew up and went to school in the area and met her husband, Tom, here.

"Tom and I both love this town. This is where we wanted to raise our kids since we had both grown up in the area."

Tom's mother was the person to introduce Misty to the Williamsburg Garden Club. "My mother-in-law was in the club. I enjoy flower arranging and that's an aspect of the club. If I had more time, I'd like gardening as well," Misty says. "I love seeing gardens and I wanted to learn more about plants and gardening and arrangements." The club focuses on many different aspects of gardening and plants. "Some women are there for flower arranging, others are there for horticulture and others are there for conservation."

The Williamsburg club has about 80 members and is associated with the Garden Club of Virginia. Misty has many long-time and new friends in the club, which makes organizing the big event more fun for her and the club.

"There are over 40 clubs in the state," Misty explains. "There are 32 tours this year at 'America's Largest Open House,' which is what we call Historic Garden Week. This is the 80th anniversary. It began back in 1929, but there were a few years it wasn't held because of World War II." The tours of Virginia's homes and gardens are from April 20 through April 27 this year, and the Williamsburg tour is on Tuesday, April 23. Funds raised from the event go to support Virginia's historic gardens.

"Because it's the 80th year, we're having some special events. Special activities will take place in gardens where the clubs have performed restorations; places like Mount Vernon and Monticello are holding special events at their sites. Here, Bruton Parish Church is having a free concert the night of our tour (April 23) by the Virginia Symphony Orchestra's woodwind ensemble."

Since garden clubs around the state participate, the state level club has a list of recommended tours for visitors to attend throughout Virginia each day of the week. "Here we are doing two locations," Misty says, "Kingsmill and Colonial Williamsburg. This is the first time we've been back in Kingsmill in over 20 years. We have several homes and gardens by the James River on West Landing. Tour guests will park and take a shuttle bus to the street for the tour. Colonial Williamsburg has helped us every year. This year we have the Orlando Jones House and the Tayloe House. So the Williamsburg Home and Garden tour is two homes in the historic area and three homes in Kingsmill."

The homes and gardens will show a variety of styles. "For example the Alexander home in Kingsmill is Prairie style, really Frank Lloyd Wright-looking. It's modern and sleek. The house incorporates green aspects like bamboo floors and recycled wood components."

The Carr home in Kingsmill is a Georgian-style home with terraced gardens that lead down to the James River. "I love Dr. and Mrs. Carr's house and how comfortable and beautiful it is on the water. There are great aspects around every corner of this home – inside and out."

The third Kingsmill home at 168 West Landing creates a nice balance with the other two on the street. "It's a unique design," Misty says. "The chandler is wonderful. The china has beautiful floral prints – perfect for a garden club tour. The gardens incorporate deer-resistant plants in what



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we call a 'controlled woodland' environment."

While the Kingsmill homes and gardens offer a variety of river front living, the Colonial Williamsburg locations reflect diversity in residences during the 18th Century. The Orlando Jones house is a basic home for the time owned by wealthy planter and Burgess Orlando Jones, grandfather to Martha Washington, who probably rented out the home since he

"The tour attracts people from around the region, and we love seeing old friends returning each year. Many are interested in the gardens, while others are interested in the interior of the homes – decorating, colors and things like that." ~ **Misty Spong**

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owned a large estate in York County.

The Tayloe House was owned by one of the wealthiest men in Virginia and was his townhome. Misty explains that visitors can see the product of his wealth in the design of the home and its buildings along with the gardens.

"In Colonial Williamsburg, there is an escorted walking tour," Misty says. "It starts in the Orlando Jones garden and leaves every 15 minutes. There will be gardeners to talk with visitors and answer questions."

People return to the tour year after year. "The tour attracts people from around the region, and we love seeing old friends returning each year." Tour visitors come to gather ideas to be used at their own home. "Many are interested in the gardens, while others are interested in the interior of the homes – decorating, colors and things like that."

Misty's main objective for the tour is for the visitors to enjoy the day and return for next year's tour. "We want them to have fun and want to come back. On a state level we want them to realize that the funding goes for the restoration and preservation of the state's historic gardens."

Being part of the Williamsburg Garden Club is, for her, about learning and growth. "I enjoy the flower arranging, that's what brought me to the club. I enjoy learning more about what I can plant in my yard so that I can keep something blooming all year. There are ladies in the club with a wealth of knowledge. They are extremely helpful. It's nice to talk with people with similar interests."

Misty says the club has expanded her interests as well. "Through the club, I have become more involved in the conservation side. I probably would not have done that if I hadn't joined the club." NDN



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**Next Door Neighbors magazine is pleased to announce the upcoming re-launch of its website...**

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The vision of our new site is simply this: if our community can become more connected and share information and ideas more openly, then we can make our community an even more prosperous place to live, work, play, learn and grow. We believe that when people work together better, then the sky's the limit! With this vision, the guiding purpose of **WilliamsburgNeighbors.com** is to provide the platform and tools to enable a more connected, informed and engaged community.

In just a few weeks, you will have a new, completely free, way to learn about what is happening in your community. **WilliamsburgNeighbors.com** will become a new meeting place where you will have control over how collaborative and connected you can get with your neighbors.

**WilliamsburgNeighbors.com** will not be just another website. We want it to become the online destination for businesses, non-profit organizations, education institutions, health and wellness providers, government and informal groups to improve information access for the community, and to each other.

More importantly, we want the site to help strengthen the engagement of neighbors with neighbors. We hope the site can be a great place for you to connect with each other, share ideas and information of value, build projects together and engage the community's leadership. **WilliamsburgNeighbors.com** will be a portal you can access however and whenever you want to participate in making Greater Williamsburg even greater!

WilliamsburgNeighbors.com will be a work in progress, based on the preferences you choose, to search, learn, share, and connect with others. It will take months to build the site's value through the sharing of information from those who want to become members and we hope you visit often as it grows.

**Take a look at what WilliamsburgNeighbors.com will have in store for you...FREE!**

To become a member, you will visit the website and "Join Williamsburg Neighbors" by typing in your name an email address. (your information will NOT be shared with anyone unless you choose to do so.) Next, you provide additional information for your profile. Once you complete this form, you will receive instructions via email on how to validate your account. You will be given a link that will take you to your very own personal page where you can always edit your own profile, upload photos and videos, place free classified ads, start your own blog, send messages to friends, write reviews, make recommendations, share "good thoughts" and much more!

In addition, you will have community information at your fingertips from local businesses, non-profit organizations, education institutions, health and wellness providers, government and informal groups. You can even follow your favorites to get instant notification when they have posted something new on their site.

We realize we have given you a lot to read about a website that is not yet live, but you will find the site easy to use and immediately useful to connect with your neighbors in ways you have not before.

**Look for your next issue of Next Door Neighbors magazine, April 18th, to find out more about WilliamsburgNeighbors.com and how you can become a member.**

*Businesses, non-profit organizations, educational institutions, health and wellness providers, and government entities must pay a monthly membership fee to join and will enjoy many collaborative tools not available to the public. Please contact Meredith Collins for more information about a membership and/or a mobile app: 757-560-3235 or meredith@williamsburgneighbors.com*



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## Hey Neighbor!

### RC AIRPLANE AIRSHOW

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Colonial Virginia Aeromodelers (CVA) is a Radio Control Model Airplane and Helicopter club. The public is invited to come see us fly at our flying field on weekend afternoons (weather permitting). Our flying field is located on Route 5 one mile west of the Chickahominy River Bridge in Charles City County behind the Branscome Concrete plant. A free flight with a flight instructor can be arranged upon request. For more information, including dates for our special events, visit our website at [www.cvarc.homestead.com](http://www.cvarc.homestead.com), or call 757-229-7698, or email [jb753@cox.net](mailto:jb753@cox.net).

## Hey Neighbor!

### TIDEWATER DECORATIVE PAINTERS

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First Methodist Church, 10246 Warwick Boulevard Newport News. 2nd Saturday at 9 am, each month except July, Aug, and Dec. (Members come from Greater Hampton Roads). Contact Donna Pultz, [dpultz@aol.com](mailto:dpultz@aol.com). Call 757-229-4997 for information.

## Hey Neighbor!

### PARK PACKS

#### Ongoing

Want to enhance your visit to York River State Park? A Park Pack will help you explore the park on your own. Each pack contains binoculars, guide books, story books, bird-song players, and more. Park Pack themes include Birding, History,

Rivers, and more. Check out a Park Pack for up to 3 days at the Park Office Mon-Fri. 9 am to 3 pm. York River State Park, 5526 Riverview Rd, Williamsburg.

## Hey Neighbor!

### SHOP - DONATE - VOLUNTEER

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## Hey Neighbor!

### EXPERIENCED EMPLOYEES IN TRANSITION JOB CLUB

#### Ongoing

Join the Experienced Employees in Transition...A 45+ and over Job Club. Meeting the 2nd and 4th Tuesdays of the month, 9-10:30 am, the Senior Services Coalition of Williamsburg is offering a support group for unemployed and under-employed adults. For current meeting topics, directions, and other information please refer to our website: <http://www.seniorservicescoalition.com/jobclub/>. Free. Meetings held at the Historic Triangle Community Service Center, 312 Waller Mill Road, Conference Rooms A&B, Williamsburg.

## Hey Neighbor!

### WHAT'S NEW AT WALT?

#### Ongoing

The Williamsburg Area Learning Tree (WALT) is offering more than 65 courses this spring for anyone who wants to "Try Something New!" Sign up for Chinese for Beginners, Jewelry Creations with Bead or Creating your Ideal Life to

name of few of the 23 new classes this spring. A complete list of course descriptions and instructor bios is online at [www.wuu.org/WALT](http://www.wuu.org/WALT) plus registration is available through PayPal and also through the mail with a check. WALT is not for profit education program that brings neighbors together to share learning experiences and is a community service project of the Williamsburg Unitarian Universalists. Registration forms are available on line at [www.wuu.org/walt](http://www.wuu.org/walt), the W/JCC libraries and various offices around town. For more information: call 757-220-9975.

## Hey Neighbor!

### VOLUNTEER INCOME TAX ASSISTANCE

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The Greater Williamsburg Volunteer Income Tax Assistance (VITA) Program will provide free tax preparation and electronic filing services. IRS certified volunteer tax preparers are trained to prepare all ordinary returns, and will do so without charge to the taxpayer at the following locations and times: (1) James River Community Center, 8901 Pocahontas Trail on Mondays (Feb 18, and 25 Only), 2 - 6 pm; (2) CW Bruton Heights School Education Center, 301 First St. on Tuesdays and Thursdays, 2 - 6 pm; (3) James City County Recreation Center, 5301 Longhill Rd on Wednesdays 2 - 6 pm; (all tax season); (4) Quarterpath Recreation Center, 202 Quarterpath Road on Saturdays 9:30 am - 12:30 pm; (5) Toano Middle School, 7817 Richmond Rd on Mondays 3:30 - 7:30

pm - new location this year. Bring drivers license, social security cards, W-2s/1099s, receipts for deductions, bank account information, amount of economic stimulus payment, and last year's state and federal tax returns.

## Hey Neighbor!

### JUNIOR CAMP REGISTRATION BEGINS

#### March 1, 2013

Camp dates: June 24-28, 2013. Youth ages 9-14, \$235. For an application brochure contact VCE at 564-2170 or download an application at <http://offices.ext.vt.edu/james-city/>. We are an exclusive, safe location that hosts educational, developmental team building and corporate events and 9 weeks of summer camp to 22 units in the state..Jamestown 4-H Educational Center is a proudly accredited American Camp Association camp, and is in collaboration with Virginia Cooperative Extension and Character Counts. The 4-H Center is also a proud member of Network Williamsburg and Greater Williamsburg Chamber and Tourism Alliance. [www.jamestown4hcenter.org](http://www.jamestown4hcenter.org).

## Hey Neighbor!

### LANDSCAPE LOVE REGISTRATION OPENS

#### March 1 - April 15, 2013

The Virginia Cooperative Extension, James City County/Williamsburg Master Gardeners are offering a free consultation to residents of the county or city on landscape best management practices at the homeowner's home. During the indi-



## Child Development Resources' 35th Annual Bid 'n Buy Auction

Sunday, March 24, 2013  
Doors Open at Noon  
Free & Open to the Public

The Williamsburg Hotel  
and Conference Center  
50 Kingsmill Road, Williamsburg

Live and Silent Auctions  
Children's Activities • Food

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Visit: [auction.cdr.org](http://auction.cdr.org)

vidualized session, the homeowner and team of 3-5 master gardeners will discuss pressing landscape problems or questions. Applications for the spring 2013 sessions will be accepted until April 15 by visiting [www.jccwmg.org](http://www.jccwmg.org) and clicking on Landscape Love registration forms. On-site visits will be scheduled in late April through May. Check our website: [jccwmg.org](http://jccwmg.org).

**Hey Neighbor!**  
**NATIVE AZALEA TALK**

March 21, 2013

Don Hyatt, well-known for his extensive knowledge of azaleas (*Rhododendron* spp.) will present the next program for the John Clayton Chapter, Virginia Native Plant Society. The chapter's meeting at 6:45 pm, at the Yorktown Public Library on Battle Road. Mr. Hyatt has a BA in horticulture and Biochemistry from VA Tech, MA Computer Science from VA Tech, maintains StonehouseCreek Nursery in Amherst County, has gardened from age 3, and has a special interest in native azaleas and rhododendrons. Contact information: [Don@donaldhyatt.com](mailto:Don@donaldhyatt.com), 757- 241-5421, or locally, Lucile Kossodo, 757- 565-0769, the Chapter's vice-president.

**Hey Neighbor!**  
**INFANT MASSAGE CLASS**

March 21, 2013

Free. 5:30-6:30 pm. Expecting and new parents will learn simple infant massage techniques designed for infants from birth to 6 months. Gain hands-on experience and learn how infant massage promotes better sleep and may strengthen the immune system. Pediatric Associates of Williamsburg, 119 Bulifants Boulevard. Register online at [www.chkld.org/classes](http://www.chkld.org/classes).

**Hey Neighbor!**  
**BABY CARE 101 CLASS**

March 21, 2013

Free. 6:30-8:30 pm. Class for expectant and newborn parents who want to learn about providing a safe and secure environment for their infants. Learn how to bathe and comfort your baby, about belly button and diaper care, how to position your baby for sleep and general household and car seat safety tips. Lots of opportunities to ask questions about the first year of life. At Pediatric Associates of Williamsburg, 119 Bulifants Boulevard. Register online at [www.chkld.org/classes](http://www.chkld.org/classes).

**Hey Neighbor!**  
**PCS SCHOLARSHIP FUND**

**FUNDRAISER**

March 23, 2013

"He Shall Reign Forever in Truth, Beauty and Goodness" - You are invited to enjoy an evening of student performances showcasing excellence in education. 6 pm in Hornsby Middle School Auditorium. Admission is free. For more information, contact Providence Classical School.

**Hey Neighbor!**  
**ORGANIC GARDENING AND CONTAINER GARDENING WORKSHOP**

March 23, 2013

The Virginia Cooperative Extension, James City County Master Gardeners will have the Organic Gardening and Container Gardening workshop from 9:30 - 11:30 am at the James City County Recreation Center, 5301 Longhill Road, Rooms A&B. Call James City County VCE 564-2170 to register. Free.

**Hey Neighbor!**  
**BURNING OF THE SOCKS: CANOE AND KAYAK SEASON KICK-OFF**

March 23, 2013

Take off your socks and burn them with the rangers. Then join us for a guided trip into Taskinas Creek and the York River. Equipment rentals are canoes - \$9/person or \$6/person (family of 4+), solo kayaks - \$16/person, tandem kayaks - \$11/person. Call for reservations. Bring your own watercraft and launch either from Taskinas Creek or Croaker Landing. Meet at the amphitheater behind the Visitor's Center. Ceremony begins at 10 am with the trip following until noon. Call for reservations: John R. Gresham, Jr.,

**Hey Neighbor!**  
**EASTER EGG HUNT**

March 23, 2013

The Easter Egg Hunt at Wellspring UMC will begin at 1 pm. The Easter Bunny will be there for picture opportunities, as well as a cake walk, snacks, and crafts. The church is located at 4871 Longhill Road, Williamsburg. We look forward to seeing you there!

**Hey Neighbor!**  
**9th ANNUAL COMMUNITY EASTER EGG HUNT**

March 23, 2013

Come meet the Easter Bunny and enjoy a safe and fun event! For children ages 2-10. Thousands of eggs and prizes, including bicycles for each of 4 age groups. Face painting and the Easter Bunny start at 10:30 am; the hunt begins at 11 am. Lo-

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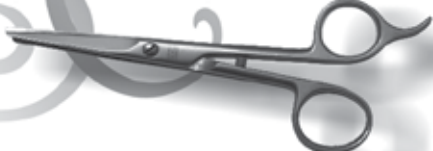
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Williamsburg National Golf Club, Centerville Road (just north of Monticello Avenue). Snacks will be provided. Sponsored free of charge by Jamestown Presbyterian Church. Suggested donation: a non-perishable food item for the FISH food pantry. For more information, call 757-229-5445 or e-mail james-townpresby@gmail.com.

### Hey Neighbor!

#### AN AFTERNOON OF JAZZ

March 24, 2013

In celebration of Delta Sigma Theta Sorority's centennial celebration the Williamsburg Alumnae Chapter invites you to join us for an Afternoon of Jazz, 4-8 pm at the Williamsburg Lodge 310 South England Street, \$60.00 per person. A great evening that includes dinner, dancing, music, raffles and lots of fun. All monies will benefit the Chapter's scholarship fund. Interested in attending, contact Margaret Stockton at mlstockton@aol.com.

### Hey Neighbor!

#### CDR'S 35TH ANNUAL BID 'N BUY AUCTION

March 24, 2013

CDR will hold its 35th Annual Bid 'n Buy Auction at the Williamsburg Hotel and Conference Center (formerly the Williamsburg Marriott), 50 Kingsmill Road, Williamsburg. Doors open at noon, and the event features a live and silent auction, children's activities and more. Popular auction items will include trips and excursions, gift baskets, event tickets, home decor, art, furniture, services and more. CDR provides services and resources to nearly 1,000 infants and toddlers who have disabilities, delays, or are at risk for developmental delay. For more information on the auction or Child Development Resources, please call 757-566-3300.

### Hey Neighbor!

#### FOSSIL FRENZY HIKE

March 25-26, 2013

Long before there was a York River State Park, or even a York River, 6,000 plus years ago, marine creatures swam here in a shallow sea. Early whales, porpoises, sharks, clams, scallops, and snails all left traces of their existence which we now find as fossils. Join us in discovering relics of these very old creatures as we hike to a fossil beach. Meet at the amphitheater behind the Visitor's Center. Hike will be from 10 am - noon. No Cost. Please call to make reservations John R. Gresham, Jr., Education Support Specialist I, York River State Park,

5526 Riverview Rd, Williamsburg, 757-566-3036 or john.gresham@dcr.virginia.gov.

### Hey Neighbor!

#### ROOF RACKING 101: SAFE & SOUND SCHLEPPING BOAT-ING CLASS

March 26, 2013

Kingsmill Yacht Club's Community Education program, a non-profit entity taking a leadership role in developing the passion of safe and active boating in our communities, offers this class to help folks get their boat, bike, gear to the wher-ever without damage to car, boat or person. Class will be conducted at the Mounts Bay Recreation Center's Community Room, in Kingsmill, Williamsburg. Because space is limited, RSVPs and \$25 registration fee must be received one week prior class. Full course descriptions and dates can be obtained by contacting David Chin at 757- 258-1689, or by email at david.r.chin@wellsfar-goadvors.com.

### Hey Neighbor!

#### BREASTFEEDING ADVICE

March 28, 2013

Free. 5:30-6:30 pm. Please join us for this free introductory class designed to help expectant mothers get off to a good start breastfeeding. Several topics are discussed including proper positioning, latch-on tips, common challenges, as well as returning to work and maternal medications. Come join us for this informative and fun class. Pediatric Associates of Williamsburg, 119 Bulifants Boulevard. Register online at [www.chkhd.org/classes](http://www.chkhd.org/classes).

### Hey Neighbor!

#### STUDENTS FOR THE INNOCENCE PROJECT

March 29, 2013

Students for the Innocence Project will host a panel with Beverly Monroe who spent 11 years trying to prove her innocence on a murder charge. Beverly will be joined by her daughter, Katie, who has served as the Executive Director of the Rocky Mountain Innocence Center, Counsel at the Constitution Project, and served on the Board of Directors of the Mid-Atlantic Innocence Project. Time: 12:50-1:50 pm. Location: William and Mary Law School Room 119

### Hey Neighbor!

#### TREK THE TASKINAS CREEK TRAIL

March 30, 2013

At York River State Park, the Taskinas Creek Trail is one of the most

beautiful and challenging hikes in eastern Virginia. Experience the elevation changes of rollercoaster like ravines. Take in the panoramic views of the marsh and observe the wildlife. Hikers meet at the amphitheater behind the Visitor's Center. Hike is from 10 am - noon. No Cost. Please call to make reservations John R. Gresham, Jr., Education Support Specialist I, York River State Park, 5526 Riverview Rd, Williamsburg. 757-566-3036 or john.gresham@dcr.virginia.gov.

**Hey Neighbor!**  
**WILLIAMSBURG FARMERS MARKET**

March 30 - October 26, 2013

Saturday mornings in Merchants Square, the heart of historic Williamsburg. 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, free-range chickens, beef, bison, pork, oysters, fish, crabs, prawns, herbs, potted plants, baked goods, confections, honey, cheese, mushrooms, cut flowers, handmade soaps, and more. Enjoy chef demonstrations, listen to live music, and learn while you shop. 8 am - 12 pm. Free parking available.

**Hey Neighbor!**  
**EASTER MORNING SUNRISE SERVICE**

March 31, 2013

Easter Sunrise Service held on Historic Jamestown Island. The service will start at 7 am on Easter morning. Worshipers have gathered around the Jamestown Cross for over 60 years to celebrate Easter together. Representatives from many faiths will participate in the service. This event is sponsored by Williamsburg Clergy, in cooperation of the National Park Service and Preservation Virginia. Service will be held, rain or shine. There is a 10 minute walk from the parking area. It is recommended to wear shoes suitable for walking and standing on potentially wet ground. Bringing lawn chairs is highly encouraged. For more information, please 757-984-6707. And find us on Facebook. Search "Easter Sunrise Service on Jamestown Island."

**Hey Neighbor!**  
**APPLICATION FOR HOST FAMILIES OF FOREIGN EXCHANGE STUDENTS**

Though April 1, 2013

International Student Exchange (I.S.E.) (www.iseusa.com) Appli-

cation deadline through April 1, 2013. Host families are needed for high school foreign exchange students for next school year. Students, ages 16-18, come from Europe, Asia, and South America, have their own spending allowance and health insurance; are fluent in the English language; are fully screened before being accepted into the program, and are supervised for the duration of their stay, (10 months). Anyone can host: traditional families, single parents, empty nesters, etc. The only cost to host families is room and board. For more information, please contact Welby Whiting at 566-1225 or by email at welbyw@aol.com.

**Hey Neighbor!**  
**IN THE TRENCHES TOUR**

April 2 and 16, 2013

Tour starts at 10 am. Join a small inside and up-close group tour of the Lost 1607 James Fort led by Dr. William Kelso, Director of the Jamestown Rediscovery Archaeological Project since 1994. Your reserved place in this special group allows you to come under the ropes to walk the surface of the ground once trod by Captain John Smith, Pocahontas and Queen Elizabeth II -- now the very soil being dug by Historic Jamestowne archaeologists. Tour members must purchase a tour ticket online in advance or in the museum store by 9:30 am on the day of the tour. Reservations and tickets are valid only on the date specified. Tickets can be purchased at www.historicjamestowne.org. Price: \$30. Location: Historic Jamestowne. Contact: 757-229-4997.

**Hey Neighbor!**  
**BARRY UZZELL'S SPRING BREAK BASKETBALL CAMP**

April 3-4, 2013

Community Action Agency will have a two day Barry Uzzell's Spring Break Basketball Clinic from 8:30 am - 4 pm for ages 7-12 year old boys and girls. The two day clinic will give instruction in essential basketball skill building. Coach Barry is a former International pro basketball player and gives top instruction for groups and individuals. The fee is \$25. The clinic will be held at the James City County Recreation Center at 5301 Longhill Road. For more information and to register call Yvonne or Linda at 229-9332, or send an email to caa@wjccactionagency.org.

**Hey Neighbor!**  
**2013 SPRING FLING TO**



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## BENEFIT BACON STREET FAMILIES

April 6, 2013

A golf, luncheon, and auction event - proceeds to go towards assisting Bacon Street families of Williamsburg, James City County, York County, and Poquoson. If you love golf, good food, or fun times, consider joining us for the Spring Fling. For information, contact Beverly Lancaster, [beverly.lancaster@cox.net](mailto:beverly.lancaster@cox.net).

## Hey Neighbor!

### PLANT SELECTING AND ROTATION AND COMPOSTING ORIENTATION WORKSHOPS

April 6, 2013

The Virginia Cooperative Extension, James City County Master Gardeners will have workshops from 9:30 - 11:30 am at the James City County Recreation Center. 5301 Longhill Road, Rooms A&B. Call James City County VCE 564-2170 to register. Free.

## Hey Neighbor!

### WILLIAMSBURG CHARITY CONCERT SERIES

April 6, 2013

At the Kimball Theatre, 7:30 pm, the first of Five Williamsburg Charity Concerts 2013 will feature Molasses Creek, high-energy acoustic music, with elegant harmonies, blazing instrumentals and quirky sense of humor. Proceeds from the Concert Series will benefit many charities supported by the over 20 year old Rotary Club. Season tickets for all five concerts are \$75 (single event tickets are \$18) and are available from Steve Menequale at 757-753-5577 or Dave Rothberg at 757-206-1750 or any member of the Rotary Club of James City County. [www.JCCRotary.org](http://www.JCCRotary.org) [jccrotary@gmail.com](mailto:jccrotary@gmail.com)

## Hey Neighbor!

### CURATOR'S ARTIFACT TOUR

April 10 and 24, 2013

Tours start at 3 pm from the Pocahontas statue. Senior archaeological curator Bly Straube provides an intimate, behind-the-scenes tour of the artifact collection of James Fort. Straube will highlight important finds and discuss how artifacts tell the story of Jamestown's early years. After the tour, guests will have time to explore the Nathalie P. and Alan M. Voorhees Archaearium where galleries of selected archaeological artifacts are displayed. \$25. tickets can be purchased at [www.historic-jamestowne.org](http://www.historic-jamestowne.org). Location: Historic Jamestowne. Contact 757-229-4997, ext 100.

## Hey Neighbor!

### CASABLANCA - A BLUE ELEPHANT AFFAIR

April 13, 2013

Hellenic Center. Make a difference in a child's life with Colonial CASA! "CASAblanca" - A Blue Elephant Affair is an old Hollywood casino inspired event that will be held at 6:00p.m. For a \$75 per person ticket, guests will enjoy an evening of dinner, drinks, gaming, music and dancing while celebrating the work of advocates and providing a community voice to transform the lives of the abused and neglected children served by CASA. Visit [www.colonialcasa.org](http://www.colonialcasa.org) or call 229-3306 for more information or to purchase your ticket.

## Hey Neighbor!

### MUSIC FESTIVAL TO BENEFIT SUSAN G. KOMEN

April 13, 2013

The Mason School of Business at the College of William and Mary is proud to host the Second Annual Tribefest for the Cure, a music festival benefiting the Tidewater affiliate of Susan G. Komen. There will be face painting, a moon bounce, educational materials, a silent auction and wine raffle, live bands, beer (21+ only), food, and more. The event will be held in the courtyard of Miller Hall at the College of William & Mary, from 2-8 pm. Tickets are \$10 for adults, \$5 with a W&M ID, and FREE for kids 12 and under. Please visit <http://www.tribefestfortheCure.com/> for more information.

## Hey Neighbor!

### FEMALE HEALTH SEMINAR

April 13, 2013

9 am - 12 noon. The Williamsburg Alumnae Chapter of Delta Sigma Theta Sorority, Inc., will host a free Female Health Seminar at the Quarterpath Recreation Center, 202 Quarterpath Road Street. The guest speaker will be Dr. Dan Jenkins, MD, of Williamsburg Obstetrics and Gynecology. An excellent opportunity to ask questions and get quality information about women's health. Interested in attending, or wanting more information, contact [wacdst@gmail.com](mailto:wacdst@gmail.com).

## Hey Neighbor!

### COLONIAL WILLIAMSBURG EMPLOYEES ARTS AND CRAFTS SHOW

April 13- 14, 2013

Annual Spring Arts and Crafts Show, 10 am - 5 pm. This year the show and sale will be held at the

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### Hey Neighbor! PIANO-FLUTE DUO

April 17, 2013

Cathy Combs, piano and Tonia Herrin, flute will present a program of traditional and contemporary favorites for the The Williamsburg Music Club on April 17. The free program begins at 11 am in Lewis Hall of Bruton Parish in downtown Colonial Williamsburg preceded by Coffee & Conversation at 10 am. For more information contact Sylvia Lynn 757-741-0006 or [www.williamsburgmusicclub.org](http://www.williamsburgmusicclub.org).

### Hey Neighbor! VA CIVIL WAR 150 HISTORY MOBILE

April 18, 2013

A trip to Yorktown to visit the Virginia Civil War 150 History Mobile and the Yorktown Historical Museum. For more information please call 259-4187. 5301 Longhill Rd, Williamsburg.

### Hey Neighbor! CATCH THE VISION TOUR

April 18, 2013

Williamsburg Christian Academy invites you attend a one hour informational and inspirational tour of the Academy. Come and see if this Christ centered, inter-denominational Preschool thru 12th grade is just what your family is looking for. Starts at 2 pm. WCA is located at 101 Schoolhouse Lane. Call 220-1978, ext. 113 for more information. [www.williamsburgchristian.org](http://www.williamsburgchristian.org).

### Hey Neighbor! CREATING A CARING COMMUNITY FOR OUR CHILDREN WORKSHOP

April 18, 2013

A free, full-day symposium addressing the behavioral health needs of children in our community. Workshop topics include Substance Use, Psychotropic Meds, Advocacy, Financial Planning, Self-harm, Trauma and more. The event will be held at Williamsburg Hotel and Conference Center (50 Kingsmill Rd.) 9 am - 4:30 pm. Registration required by April 1. For more information and to register visit: [www.colonialbh.org/events](http://www.colonialbh.org/events). Sponsored by Colonial Behavioral Health in partnership with the Department of Behavioral Health and Disability Services and the Williamsburg Community Health Foundation.

### Hey Neighbor! TOP QUALITY USED BOOK AND CD SALE

April 19 - 21, 2013

Sponsored at the Williamsburg Community Building at 401 North Boundary Street by Friends of Williamsburg Regional Library, the sale spans three days; Friday, April 19 from 3-8 pm; Saturday, April 20 from 10 am-4 pm; Sunday, April 21 from 11 am-3 pm. Friday evening is reserved for dues-paid members of the Friends organization, but membership applications for newcomers will be available at the door. On Sunday prices are slashed by 50% to the delight of bargain hunters and collectors alike. For more information call the Williamsburg Library 757-259-4040.

### Hey Neighbor! BARRELS AND BINS

April 20, 2013

In the Botanical Garden, the Williamsburg Master Gardener Barrels and Bins team will show gardeners how to grow healthy and delicious fresh vegetables and herbs using sustainable and environmentally friendly projects. The team will demonstrate how to build a rain barrel, how to make a composter using readily available materials and how to construct a self-watering container. In Freedom Park Interpretive Center or Williamsburg Botanical Garden. Time 10 - 11:30 am. Free and open to the public.

### Hey Neighbor! CONCERT: WREN MASTERS

April 20, 2013

This quartet of William and Mary faculty members plays period instruments in performances of 16th to 18th century music, featuring works by Bach, Couperin, Handel, Telemann and Vivaldi. 7:40 pm at the Williamsburg Baptist Church. Free and open to anyone who wishes to attend. All concerts are held at 227 Richmond Road. For more information call the church at 229-1217.

### Hey Neighbor! "THE AMERICAN CIVIL WAR AT HOME" CONFERENCE

April 20, 2013

The Virginia Sesquicentennial of the American Civil War Commission, in conjunction with William and Mary, will host the conference, featuring some of the nation's most prominent Civil War experts, is open to the public. To register, go to [www.virginiacivilwar.org](http://www.virginiacivilwar.org) or phone 804-786-3591. Cost for the conference is \$15.

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Look for your next issue of  
Next Door Neighbors  
on April 18th

"PARENTING"  
Advertising Deadline  
Tuesday, April 2nd

## Hey Neighbor! HAPPY 1st ANNIVERSARY

April 20, 2013

Celebrate with us 9 am - 5 pm at the Habitat for Humanity ReStore on Jamestown Road. There will be food, fun, special anniversary discounts, and door prizes. We will also be accepting donations and recycling. Volunteers needed to help make this event a huge success. Contact Tina McCabe 757-603-6895.

## Hey Neighbor! HIKE FOR HOSPICE, "A WALK TO REMEMBER"

April 20, 2013

12:15-4:30 pm at Governor's Land. Hospice House & Support Care of Williamsburg is holding its first annual Hike for Hospice, a leisurely two mile walk, followed by a Celebration of Life. Participants may walk to celebrate the memory of loved ones, in honor of someone, or just to support Hospice House. This important fund-raising event will also feature music by DJ Bobby Hornsby, dancing, food, drink, a silent auction and raffle prizes. Register online at [www.williamsburghospice.org](http://www.williamsburghospice.org), or contact Hospice House at 757-253-1220 and ask for Stacy.

## Hey Neighbor! FAMILY CAREGIVER TRAINING

April 20 and 27, 2013

Registration Deadline: April 10. Family Caregivers will receive Hands-On Practical Training on April 20 and 27, 9 am - 2 pm, in the Allied Health Lab at Thomas Nelson Community College, Historic Triangle Campus. One low fee of \$35 covers both sessions, American Red Cross Family Caregiver Manual and DVD, practice supplies and lunch. Financial assistance is being offered by Colonial Heritage Community Foundation for those who cannot afford class

fees, and support to provide care for family members while participants attend the classes will be made available through Comfort Keepers and Williamsburg Faith in Action. This project is a collaboration of the Senior Services Coalition and member organizations. To register for the training Call 757- 258-6591, Donna Dittman Hale at [donna@seniorservicescoalition.com](mailto:donna@seniorservicescoalition.com) or call 757-532-1196. For more information on the Senior Services Coalition go to [www.seniorservicescoalition.com](http://www.seniorservicescoalition.com).

## Hey Neighbor! GARDEN TEA AND PLEIN AIR PAINTING

April 21, 2013

Tea and light refreshments will be served on the lawn of the Jones-Stewart Mansion at Chippokes Plantation State Park after a plaque dedication ceremony honoring the Stewarts' donation of the park to the Commonwealth of Virginia. 2 pm. Also Plein Air Painting, Hearth Cooking, and Mansion Tours. Park fee will be waived for the day. Questions, call Joan Miller at 757-229-2132.

## Hey Neighbor! MARLINSPIKE & KNOTS: WHAT KNOT TO DO?

April 23, 2013

Kingmill Yacht Club's Community Education program, a non-profit entity offers this class to learn all the best "lines to use, and stay out of trouble" when tying things properly on the deck or on your roof rack. Class will be conducted at the Mounts Bay Recreation Center's Community Room, in Kingsmill. RSVPs and \$25 registration fee must be received one week prior class. Full course descriptions and dates can be obtained by contacting David Chin at 757-258-1689, or by email at: [david.r.chin@wellsfargoadvisors.com](mailto:david.r.chin@wellsfargoadvisors.com).

## Hey Neighbor! SECOND ANNUAL CENTRAL OFFICE - OPERATIONS RELAY FOR LIFE WALK-A-THON

April 25, 2013

At J. B. Blayton ES from 4:30 - 6 pm. Registration forms are available at Central Office and Operations after February 25, 2013. \$5 minimum donation. For more information, contact Alice Allred [allreda@wjcc.k12.va.us](mailto:allreda@wjcc.k12.va.us). Registration and waiver forms are due to Alice Allred, in Transportation at Operations via PONY or mail to Operations, ATTN: Alice Allred, 597 Jolly Pond Road, Williamsburg, VA 23188, no later than Monday, April 22. Pledge forms are available at Central Office in Room 110 or at Operations from Alice Allred.

## Hey Neighbor! DAY OF GOLF TO SUPPORT BEYOND BOOBS!

April 26, 2013

Registration begins at 10 am and tee off at 12 noon. Ford's Colony Country Club in Williamsburg. \$125 per person or \$500 per team (\$50 off a team of 4 if registered by March 2). Register at [www.breastballgolf.com](http://www.breastballgolf.com). Join us for a fun day of golf for a great cause. Tee off in the name of breast health and support for young women diagnosed with breast cancer. Enjoy our huge raffle, auction, and after party. Spaces limited. Don't golf? Come volunteer! Call Vicki at 757-846-1095 for details. See you there!

## Hey Neighbor! COMMUNITY OF STARS BANQUET

April 26, 2013

The Williamsburg-James City County Community Action Agency will hold its 10th Annual Community of Stars fundraising banquet at Colonial Heritage Clubhouse at 6500 Arthur Hills Drive in Wil-

liamsburg. In celebrating its 45th 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 and youth, family and emergency services. Tickets are \$50 per person, \$90 for two and \$450 for a table of ten. To purchase tickets, contact Yvonne Joseph at 229-9332. The evening is semi-formal and includes a silent auction and cash bar.

## Hey Neighbor! JILLIAN MICHAELS "MAXIMIZE YOUR LIFE"

April 26, 2013

At 8 pm at Christopher Newport University's Ferguson Center for the Arts, Newport News, the world's leading health and wellness expert appears live on stage. Promising an evening of inspiration that will forever motivate and change lives, America's health and wellness guru Jillian Michaels is set to launch her first ever "Maximize Your Life" tour this spring. More information can be found at [www.fergusoncenter.org](http://www.fergusoncenter.org) or [www.jillianmichaels.com](http://www.jillianmichaels.com).

## Hey Neighbor! "NAACP: FACING CHALLENGES, DRIVING CHANGE"

April 27, 2013

NAACP Life Membership Banquet will be held at the Williamsburg Lodge. Keynote Speaker is Oscar H. Blayton, Civil rights attorney, human rights advocate, and social change agent. Entertainment provided by Liz Montgomery. Silent Auction/Reception - 5 pm. Dinner/Program - 6:30 pm. Proceeds support the Branch civil rights and youth programs and community outreach efforts. For tickets call NAACP Branch Office at 229-3113.



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*Williamsburg's*  
**IN THE  
NEIGHBORHOOD**  
photo challenge

**WHAT'S NEW  
AT  
SULLIVAN  
SQUARE?**

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.**

March 2013  
In the Neighborhood  
Photo Challenge



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### 200 W. KILBRIDE

*Ford's Colony*

Meticulous, custom built, 1 owner home in Premier South Turnberry. Inviting floorplan, upgraded finishes include extensive millwork, granite, gleaming hardwoods, 2 fireplaces. Gorgeous, spa-like 1st floor Master offers sitting area with fireplace. Study or additional bedroom on 1st floor! Open-sun filled floor plan opens to huge deck, 3-4 BR, 3BA. \$595,000.

**Lorraine Funk**  
lorrainefunk@lizmoore.com  
757-903-7627  
www.lizmoore.com/lorrainefunk  
5350 Discovery Park Blvd., Williamsburg, VA



### KINGSMILL • 204 Moodys Run

3 BR, 3.5 BA, 2,708 sqft. Whether or not you are a golfer, you will enjoy a panoramic view overlooking the 11th green of the Kingsmill River Course. Open plan features HW floors on main level, spacious kitchen w/ new granite countertops, backsplash & appliances, sound system, California closets, sun room & one of the BEST views in Kingsmill!! \$435,000.

**dianebeal**  
REALTOR, PROFESSIONAL PHOTOGRAPHER  
(757) 291-9201  
dianebeal@lizmoore.com



### 132 JOHN BRATTON

*Kingsmill*

4 bedrooms, 3.5 bath, 3,650 sqft., all brick Joel Sheppard home. Open floor plan, gourmet kitchen, custom cabinets, granite counter tops. On the 7th Green of the plantation course. Offered at \$840,000.

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### CREEKSIDE LANDING, YORK CO.

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Over 3,900 sq ft including finished walk-out bsmt with exercise, media and playrooms. Huge FR and beautiful kitchen with stainless is separated by two sided FP. Master bedroom with sitting room, 3 add. Bedrooms. Home sits on tree lined lot next to greenspace.

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(757) 869-5533  
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### 4205 SEDWICK COURT

*Colonial Heritage*

3 BR, 2 BA, 2,074 sqft. Built in 2010. Ranch style home (Foxglove model) on 18th fairway and quiet cul-de-sac. Bright, open floor plan, great room w/ high ceilings, formal DR, gourmet eat-in kitchen w/granite countertops and stainless steel appliances & spacious MBR w/BA. \$330,000.

**Charlotte Turner**  
TURNER  
757-784-4317  
charlotteturner@lizmoore.com • www.homesbycharlotte.com



### FORD'S COLONY

Located on Blue Heron golf course, this Jeff Fisher home offers 1st flr living w/ 2nd flr bonus rm. Kitchen opens to great rm w/ golf views. Study w/built-ins. Expansive MBR suite. 2 add'l BRs w/ en suite BAs & spacious bonus up. Screened porch & deck w/jetted tub & exercise pool. 4,116 sqft. 3 BR, 3.5 BA. \$725,000.

**Deelyn Turner**  
757-503-1999  
Deelyn@lizmoore.com  
www.PremierWilliamsburgRealEstate.com



### QUEENS LAKE

Move in ready. 4 or 5 BRs & 3 refreshed BAs on nearly 3/4 ac. lot. Circular drive, brick patio & level rear yard. Extensive HW flooring, LR w/FP, DR & den. Kitchen w/ plentiful updated cherry cabinets, center island, abundant counters and spacious eating area with FP & wood stove insert. Large master w/BA. Each additional BR has double closet & wood floors. Starling gutters, gas furnace & A/C. Great storage, large garage. MLS# 30033576, \$380,000.

**Susan B. Smith**  
757-876-3838  
susansmith@lizmoore.com  
www.lizmoore.com/susansmith