

February 2013

WILLIAMSBURG'S

# Next Door Neighbors<sup>®</sup>

VOL. 7, ISSUE 2

PRICELESS

Discovering the people who call Williamsburg home

## Industry Innovations

Tammy Rosario

**BUSINESS:** Ryan Oliver

**SPORTS:** Herb & Bev Spannuth

**A&E:** Joe Heyman

**HEALTH:** Dr. Marc Garfield

**HOME:** Feather Schwartz Foster

**You're Invited!**  
**Business Insight**  
**See Page 27**

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Cover Photo by Lisa W. Cumming Photography

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Newport News

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## 220 COLONY TRAIL

Lanexa

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The stories in this issue of Next Door Neighbors reflect some of the innovative ways our neighbors engage with our community. Williamsburg is known for being the home for many bright individuals. Many have retired from successful careers; others are still active in the marketplace utilizing new technology, processes and ingenuity to provide services and products that enhance our quality of life. We hope you enjoy reading about a few innovative folks in our community.



Meredith Collins, Publisher

On February 20th, Shawn Boyer - a former Williamsburg resident and a graduate of William & Mary - will share his success with his entrepreneurial endeavor, Snagajob™, that provides online solutions for hourly employment. His company has more than 30 million registered job seekers and is the leading talent management system for hourly employers. Next Door Neighbors, William & Mary Mason School of Business Entrepreneurship Center and William & Mary Technology and Business Center, invite you to hear Shawn Boyer free of charge on February 20th. To learn more, turn to page 27. NDN

## GOOD NEWS

"I appeared in the June 2012 Issue (vol.6, issue 6) "Adventurous Spirits". This is to let you good people know that Dec 5th, I received the gift of life, a new heart. I got released from the hospital Christmas Eve and I am home, grateful for all the prayers, positive thoughts and good wishes from family, friends and caring people."

Thank You, Philip Schnibbe

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# Making the Vision a Reality

## THE COMPREHENSIVE PLAN

By Greg Lilly, Editor

Tammy Mayer Rosario looks at the way we live, ensures we keep the positive and develops a plan to resolve the negative. Tammy is the principal planner for James City County's Planning Division and oversees the update and implementation of the county's Comprehensive Plan. The Plan won the 2012 Achievement Award from the National Association of Counties in recognition of its effectiveness and innovation.

"The Comprehensive Plan," Tammy explains, "is the county's long-range plan for physical development. It's a 20 year master plan that assesses where we are and where we would like to go."

The current situation is documented in terms of demographics, natural environment and historic resources. "It also looks at our built environment, which includes our economic development, our land uses and our

transportation system," she says. "By setting where we are and the vision of where we want to go, we can see the gap. We create goals, strategies and actions to bridge the gap and to make that vision a reality."

The state of Virginia mandates that each locality create and implement its own Comprehensive Plan. The plan is on a five-year review and revision cycle.

"The Plan is important because of that com-

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prehensive look at today and the future," Tammy says. "By doing the review every five years, we ensure we're constantly in touch with the public, the community, the citizens and business members, our planning commission and elected officials. It helps us make better decisions on changes coming forward."

James City County relies on the Comprehensive Plan as a guide in making decisions. "We use it for our development processes and reviewing development cases. We link it to our capital planning budget: where and when we want to build schools and fire stations and things of that nature. We also link it to our strategic plan. It sets the county work program so the entire organization moves toward the same goals. There is a quote I like: 'In the absence of a plan, somebody will make the decision for you.' That speaks to the idea that we cannot afford to not participate and plan for the inevitable changes that will occur."

Tammy has been a planner all her life. Born and raised in a military family in Norfolk, she discovered the field of architecture early in life. "My interest in architecture was sparked by an addition to our house when I was about 12 and further stoked by our summer visits to Chicago to visit family," she says. "I was fascinated by the design and construction process and its result on our family's quality of life. Adding roughly 50% more space to our 1,000-square foot 1950s-era home meant not only a second bathroom for a family of five, but also endless design possibilities with my grid paper. I remember making a pitch to my parents for a library/study for the old kitchen that did not get picked up in the final design. Even now, I like to tease my parents about 'what could have been' for the space that ended up becoming a storage area."

That design challenge was a start for Tammy, but it was the sight of the Chicago skyscrapers, public buildings and residential structures that preoccupied her during the family visits.

"Only later did I realize that all that time I was soaking in the Chicago architecture, I was absorbing city planning concepts as well - the connection of the suburbs to the downtown via the train, the contrast between the various neighborhoods, the impressive public spaces and art. When I wrote a scholarship essay about my architecture interest, I wrote about redesigning public housing and improving the residents' quality of life."

At the University of Virginia, Tammy enrolled in the school of architecture. The city planning courses caught her attention. "Those classes helped me realize that I could have that broader impact I desired by looking at issues in a more holistic way." The combination of blending sociology, economics, environmental science and public policy created a dynamic that Tammy knew could make a positive influence on a community.

"Chicago, the home of Daniel Burnham of 'make no little plans' fame, still inspires me today," she says. "I have a print from the Chicago World's Fair in my office."

The Comprehensive Plan creates the atmosphere for innovation. "It helps our locality articulate its vision and create a master plan to realize that vision," Tammy says. "New ideas come forward, are discussed, and are planted as seeds in the plan. During the development of the 1997 Comprehensive Plan, the first discussions regarding greenspace arose. Greenspace acquisition was subsequently funded during the budget development, and an action in the Comprehensive Plan sprouted into the Purchase of Development Rights program in the outlying years. During the 2009 Comprehensive Plan, we explored the idea of universal design and the concept of aging in place, which represented both an emerging trend in the planning field and an important issue brought forward to us by the public at our public input meetings. The result was a special section in the Comprehensive Plan regarding population needs and an

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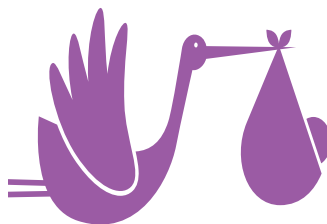
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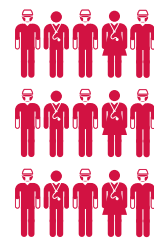


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action to promote universal design in housing. With the recent Zoning Ordinance amendments to implement the Comprehensive Plan, we were able to add a density bonus as an incentive for developers to integrate universal design concepts in their developments."

New Town was one of the first projects Tammy worked on when she came to work for James City County in 1995. Route 199 was being extended through that part of the county and would intersect with another project, the Monticello Avenue Extension.

"The crossing of those two major roadways led some people to consider doing a project like a mall or shopping center," she says. "There was a lot of attention by the county to think very deliberately on the land use out there. We asked ourselves: If it was a natural area for commercial growth, how should that occur and at what levels?"

Tammy says that being a change agent means experimenting, taking risks and understanding that some new concepts require evolution. "New Town brought the concept of traditional neighborhood development and a finer mix of uses to the area," she says.

"The design guidelines for the development outlined its aspirations, which had to go through the filters of the developer's business model, the County's ordinances, VDOT's design standards and input from the Crossroads group and neighbors before breaking ground and taking shape as what people see today," she says. "Coming before High Street, City Center at Oyster Point and Peninsula Town Center, New Town has been the subject of many tours and planning discussions among peers around the state and has served as a local model of a different way of living, working and playing in a more integrated way. Certainly, going against the grain of existing rules and patterns presents both challenges and opportunities, but I feel we need to be willing to try different ways of doing things if we are going to make substantive, positive change."

The work/live/shop community is a big trend in city planning. "That was an emerging trend when I was in school and I've only seen it expand," Tammy says. "There is an overall sensitivity to develop for the person and not for the car. In the 1950s, there was a transformational development in the country of the suburbs. I think we're getting back to focusing on how we interact as people and a community. The financial constraints on our transportation systems inherently mean that we can't spend as much money on automobile transportation. You have to be more efficient with resources."

Over the past 17 years, Tammy has had the opportunity to work on many different projects in a variety of capacities. "Each project is different. I have great co-workers who all want to help each other and the community. We're very supportive of each other, like a family. The organization supports our striving for excellence. The community is another part that makes this fun. The community is very engaged in the planning process."

Input from the community is an essential piece of the Comprehensive Plan's continuous process of development and implementation.

"There is a constant stream of ways for people to participate," Tammy explains. "Opportunities for people to voice their views on upcoming implementation projects include the Longhill Road Corridor study, the Mooretown Road Corridor study and discussions about rural lands. In 2014, we'll begin surveys to get views from the public on the next review of the Plan."

The complete Comprehensive Plan and an implementation tracking tool are on the county's website: [www.JamesCityCountyVA.gov](http://www.JamesCityCountyVA.gov). Click the Citizen Services link and then select Planning/Land Use.

Planning casts a line for innovation to the future. That aspect of her work captures Tammy's interest. "We're not just planning for now," she says. "We're also planning for our children and our grandchildren." NDN

## BILL ISSLER



Lisa W. Cumming Photography

# FabSuite

Serving the Production Needs of the Steel Industry

By Narielle Living

Innovation happens in any number of ways, and for Bill Issler it happened as a result of his connection to the family business. From gymnastics champion to entrepreneur in the steel fabrication industry, Bill's story illustrates how good ideas and tenacity can build a strong business and create a successful life.

Born in Toronto, Canada, Bill and his family moved to California when he was a child. From there, he moved to Pennsylvania and then Virginia. "We came to Williamsburg because of my wife's parents. Our kids were grown and had left the house, so we decided this was a logical move," Bill says.

It was a good move for Bill and his wife, and it was a good move for the Williamsburg community. Bill's company, FabSuite, is now located in the New Town section of the city.

The idea for FabSuite began when Bill worked in his family's steel detailing business. At that time, computers were still relatively new and there were few software programs for the industry. When Bill first began working in steel he was not working on the software side at all.

"But it's where I got my idea," he says. "I had been prepared to take over my uncle's business, and I started developing software for them." As he continued to do this he realized that software development, not steel detailing, was his true interest.



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Working with his uncles and observing the processes of the steel industry, from the technical drafting to the fabricating to the finished product, is what gave him the idea of streamlining a software program to make everything more efficient.

"If you're not careful, there can be lots of waste in the steel industry. That's something to avoid," he says.

The processes of the steel industry can be complex. From the customer's order, the technical drafter must draw the design, indicating how much steel is needed, and direct the fabricator where to make cuts. Estimates are produced, and the process begins. Mistakes can be costly for both the manufacturer and the client, so it's important to be as precise as possible.

In the 1980s, software for the industry became available, which was the beginning of truly streamlining the trade.

While working with his uncles, Bill had a chance to use some of the old software programs that helped standardize operations. "There was a really great program out there at the time, it was DOS-based. I liked what it did." DOS stands for disc operating system, and is the original operating system that was used in the first personal computers available to consumers.

Bill has spent twenty years writing various programs for steel detailing. These programs are known as Management Information Systems.

He decided it was time to create and launch a program that would be marketable. There wasn't a lot of competition back then for what he was doing, but he knew he was up against products that were well liked and were industry standards. His approach to launching his new product was simple.

"I created a product that came in at a lower cost, and marketed it as the less expensive product. There weren't as many bells and whistles as the high-end software, but it got the job done," Bill says. "The software handles everything for the steel fabricator. It creates estimates for time expenditures and necessary materials to be purchased, reducing waste to two to three inches per project. That's significant in an industry that wants as little waste as possible."

The software also tracks the steel as it goes down the assembly line, monitoring each step of the process via bar code. "You can monitor where everything is at any given time, whether you're in the factory scanning the bar code or using a tablet to track the project," Bill says. "It's a huge benefit of working with a system like this, and it helps cut costs by reducing waste."

Something interesting started to happen after he launched his management information system, something that surprised Bill a little bit. "People with higher end systems looked at my product and actually liked it better," he explains.

When he first started his company, his marketing efforts included American Institute of Steel Construction trade shows. "I used to have one tiny little booth, back in the beginning. Now, when I go to trade shows, I have four big booths, all together. The business has grown that much."

Although others encouraged him to continue to build his product, Bill was careful not to grow his company too fast. Instead his focus is to provide increased service to his current clients. "I decided that this company needed to grow at a reasonable pace. I have not taken any loans to start FabSuite, because I don't want to be a bankruptcy statistic," he explains.

A former gymnastics athlete, Bill's agility in the gym has translated well into agility in the business world. He spent much of his time after college continuing to coach, teach and counsel in the sport of gymnastics.

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tics, but no longer participates in the sport.

"I have to admit I miss it. I used to coach in the evenings, and it was great. I think the equipment the kids have to work with today is much better, and is helping them perform better." He stops and smiles for a moment, remembering his days as a gymnast.

"When I was learning to tumble, we had to do it on the wooden floors in the gym. Now, there are mats and such. It's much easier, and probably better for you."

Bill believes that the sport contributed to his ability to maintain focus and discipline, skills necessary for running your own business.


Currently, Bill is working on multiple projects to continue to grow FabSuite. "We're moving into more international development, and are in the process of translating our programs into several other languages. It's an exciting time."

Most of all, he loves being in the Williamsburg community. "Williamsburg is a great place to live. The staff loves coming to work here in New Town. I love the fact that growing my company also means growth for the city."

Bill believes that his journey in this industry is part of his purpose. "I think that this business has grown because of the exceptional connections I've made with others through the years," he says. "People cross my path, extraordinary people that I've been able to bring into FabSuite. I've been very lucky."

He is quick to add that his family has been supportive and has encouraged his personal and professional growth.

With his business continuing to grow, Bill still has more plans for his life. "I'd like to travel to places that need help and be able to offer myself to help them, to carry out ministry work where it's needed."

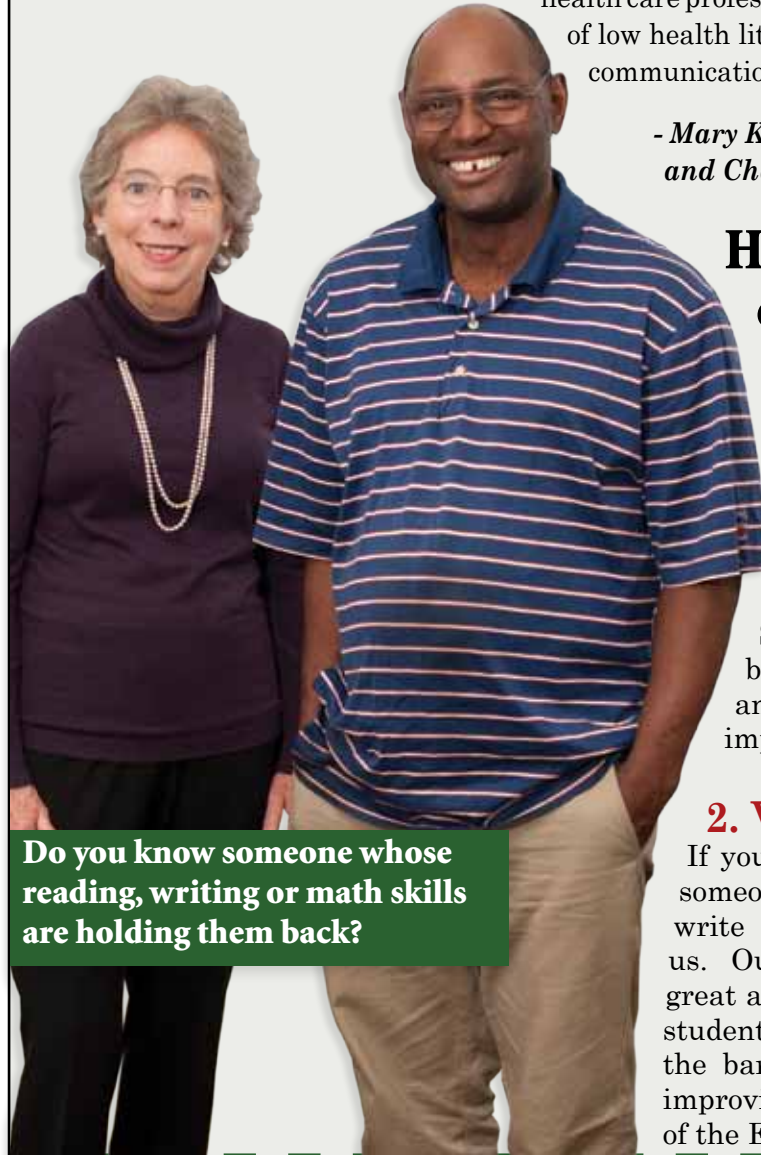
For an innovator like Bill, anything is possible. 

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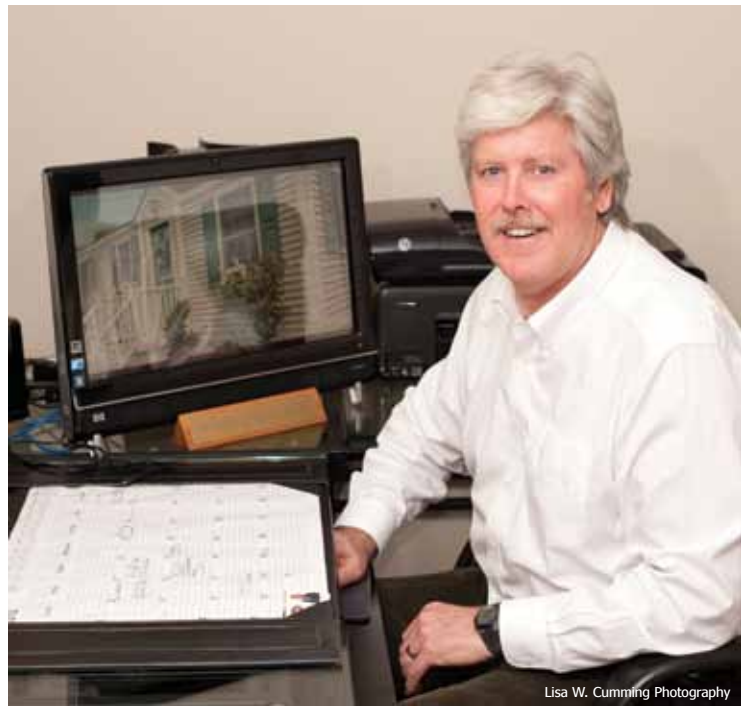
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## BILL NOVAK



Lisa W. Cumming Photography

# Staying With Family

A NEW HOUSING IDEA

By Natalie Miller-Moore

Bill Novak is a builder in the quintessential sense of the word. He tried to become something other than a builder a long time ago, but found himself drawn back into it - partly because of his family. His parents owned a plumbing and heating business in New York State, and Bill and his two younger brothers worked there when they were still in school. He learned how to solder copper, fix a boiler and work with pipe. He learned Computer-Aided Design (CAD) and other building skills as he grew up.

Bill thought he wanted to go into law when he started college in Iowa. One summer, his dad offered to co-sign a loan for Bill and his brother to build a spec house (a house with no buyer).

"We built it in 10 weeks over the summer and sold it. I made enough for college that year. The next summer, we built two houses," he says. The momentum continued and Bill started building in his college town in Iowa. As he took on bigger projects, like a bank president's house, his reputation grew. He was even interviewed at age 24 by Gerald Heinz to build the Sears Tower.

"I've never not been an entrepreneur. I look at the world as full of opportunities," he says.

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He's found that who you've met and connected with matters a great deal in business. That's why his philosophy is "do it right the first time."

Bill's career took him to Atlanta, where he and his wife, Cheri, raised their daughter, Quinn. As the economy changed, his extended family came up with a new idea to take advantage of emerging opportunities with elder care housing.

"My parents dreamed it up - perhaps in thinking 'What will they do with us?'" Bill says.

The concept they developed is called "Echo Cottages" which are basically temporary auxiliary housing provided on-site for people who have family members in need of living close by.

An Echo Cottage is a small free-standing cottage with water, electricity and sewer service. The one-story cottage is accessible via a ramp or stairs and can be no larger than 400 square feet. "It's warm and cozy and feels like home," Bill says. "It has privacy for both parties. They aren't moving in. They are moving near." It is not a rental unit; it's only for extended family in a situation when a doctor says someone can't live alone.

The idea came about as the Novak brothers worked at their respective building and remodeling businesses. Bill recalls the brothers did many remodels due to aging family issues, like one for a homeowner's father and mother. They added an entire second floor. This renovation, estimated at \$400,000, took one year to build, and the father passed away just six months later.

"My brothers and I saw the extensive renovations and saw how over the years, needs change. It can be a waste of resources," he says. He is enthusiastic about the Echo Cottage idea because it's so flexible. "It's a little weird for us as builders to be thinking temporary but it's the same skill set."

With the aging of Baby Boomers, and the sandwich generation caring for their parents and their children, they found it to be a timely idea. "Everyone who is addressing this is doing other things for aging in place. People in this situation are stressed and need to narrow down their options. We solve it," he says.

Another option the company is providing is a modified version of the Echo Cottage, which involves converting the average two car garage. They would basically insert the cottage in the garage without changing the interior space, except to add plumbing. The garage doors would be removed in order to provide natural light and replaced with an entrance to the cottage.

"When you improve your house, the taxes go up. Since this is not a permanent apartment, this does not apply. A locality has to allow it if you have the note to prove hardship and the necessity of the person who needs the family care," Bill says. "This is a way to transition and not give things up." Additional advantages are being able to keep pets, have the grandchildren visit for the evening or join the family for dinner in the house.

Bill is excited about this opportunity for people dealing with the challenges of aging and disability. He is used to the hard work involved in starting a new project.

"Builders are the biggest gamblers out there. There are lots of challenges with sales and weather and subcontractors and the economy. It takes a lot of guts and grit," he says. He clearly finds it compelling work.

"A downturn in the economy is the perfect time to start anything, because the risks are not as great as they appear," he says. NDN

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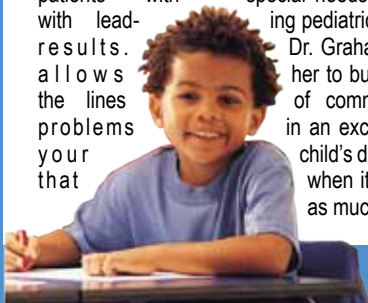
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## JIM TUTTLE



Lisa W. Cumming Photography

# Not Your Ordinary Life

By Narielle Living

Jim Tuttle has lived his life on his own terms, guided by a steady, internal moral compass and a desire to serve his community. He began his career as a teacher in a Hampton middle school and went on to become a respected member of Naval Criminal Investigative Services (NCIS) and serve as a volunteer in the Skywarn Program with the National Weather Service. As an innovator, he brings a fresh eye, enthusiasm and intelligence to his work.

Raised in Hampton, Jim graduated in 1971 with an English degree from Virginia Polytechnic Institute and State University. He began his professional life as a teacher at C. Alton Lindsay Middle School in Hampton, but that lasted for only a short time.

During his first year of teaching Jim witnessed a burglary. That event changed his life. The police were called, and a detective interviewed Jim about the incident. During the interview, Jim asked the detective a number of questions about police work. The detective answered all the questions with enthusiasm and encouraged Jim to apply to the force.

“Police work had always fascinated me - and it turned out at that time - the Hampton Police Department was recruiting officers. So, I decided to make the switch and became a uniformed police officer. It was a great job.”

According to Jim, at that time seven men were recruited, and they were the first people to join the Hampton Police Department who had college degrees. “Today, that’s required,” he says. “You either have a college degree or military experience, but back then it was relatively unheard of.”

His career with the Hampton Police Department blossomed. He was eventually promoted from uniformed police officer to detective, and was selected to work on the newly created High Intensity Target team. High Intensity Target was a program based on crime statistics that was designed to create safer neighborhoods. He also worked cases involving burglaries, rapes and murders. Jim’s attention to detail and dogged persistence were what helped clear many of his assigned cases. “Being a police officer in Hampton was the best job I ever had,” he says. “There are many cases I still won’t talk about due to their sensitive nature, but I really loved that job.”

One case in particular, which involved a series of rapes in Hampton, led him to work side-by-side with the Naval Investigative Service (NIS), an organization that later grew into the Naval Criminal Investigative Service (NCIS). That particular case led to cooperation between the Hampton police department, NIS and the FBI. “That was when profiling was just starting in the FBI. They really helped us out on that one,” he says.

Jim was quick to utilize the profiling technology, and he saw it as something that could provide much needed help. In the end a suspect was captured and convicted, due in part to the profiler’s description.

“I really enjoyed working with the guys from NIS, they were great to work with,” he says. At the suggestion of another federal agent, Jim decided to apply for a job with NIS. His application was processed, and his career with the NIS was launched.

At that time, most agents with the NIS were former police officers, which was useful when forging ties with local law enforcement. The first NIS office he was assigned to was in Philadelphia, where he worked all hours of the day and night to respond to criminal activities. “The local police department was wonderful; we got lots of cooperation from them,” he says. “If I needed something, they helped. All I had to do was pick up the phone and ask.”

His experience in Philadelphia was the starting point for a fascinating career spanning several continents and many cultures. “The real NCIS is very different from the television show,” he says. “Agents work crimes such as property, fraud, counterterrorism, counterintelligence and crimes against persons. Most investigations involve Navy and Marine personnel. Our jurisdiction is worldwide, and sometimes the cases involve government property or classified information.”

One of the assignments Jim had with NCIS was protective service operations, which was usually for foreign diplomats and senior military personnel. He recalls his most memorable assignment in protective services was working with Scotland Yard. “They were wonderful to

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Dick Ferris

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We all know that qualified retirement plans (401(K), 403(b), pensions, IRAs) are important ways to save for retirement because they are funded with pre-income tax dollars. The earnings made on these funds are also exempt from Federal and State income tax until withdrawn. This can provide years of compounding tax-deferred dollars which will result in increased retirement savings and greater wealth accumulation for you and, later, for your children and grandchildren.

Even though retirement plans are excellent income tax deferral savings vehicles while alive, without the “right” beneficiary designation, retirement plans (including traditional IRAs) can result in unnecessary taxes at death because of the interplay of Income and Estate Tax Laws that govern them. In fact, retirement plan account values can experience substantial shrinkage (60%+) at death if you have a sizeable amount in retirement plans and your estate is large enough to pay Estate Taxes.

Qualified Retirement Plans and IRAs are contractual agreements that allow you to name the person(s), charity(ies), or trust that will receive plan benefits at your death by a “Beneficiary Designation” form provided by the company or IRA Custodian.

To achieve the best possible tax and non-tax results, the selection of your Primary and Secondary beneficiaries is a very important decision that should be done with careful analysis and in consultation with your professional advisors. In other words, it is critically important that beneficiaries be coordinated with your estate plan documents.

There are FIVE options to consider when naming your Primary and Secondary beneficiaries: spouse, trust, es-

tate, individual (children or grandchildren), or charity. For greater detail, go to our website, [www.ferrisandassociates.com](http://www.ferrisandassociates.com), click Online Library, and look for the article, *The Importance of Naming the “RIGHT” Beneficiary to Your Qualified Retirement Account*.

The question that is more often asked of us is – “Can a revocable living trust be a proper beneficiary?” Since 2002, a “TRUST” that meets the IRS’s “Conduit Trust” rules can be a beneficiary of an IRA or other qualified retirement plan. Many families who have a Revocable Living Trust will name their trust as either the primary or the contingent beneficiary of their IRA depending on their family situation. Why? At death, the retirement plan or IRA account will be converted to an inherited IRA and acts as the “conduit” for the beneficiary of the trust, instead of being paid outright to the IRA beneficiary. This allows the IRA owner to control the distribution of such funds while allowing for the “stretch” of the income taxation of the IRA account over a greater period of time (usually the life expectancy of the oldest trust beneficiary). In addition, an inherited IRA remaining in the trust will protect the funds from the beneficiary’s possible failed marriage, lawsuit, unwise spending or predators.

Whether an individual, charity or trust is the “beneficiary” of your retirement plan, the beneficiary designation form must be coordinated with your estate plan. And, always remember, the form should have both primary and secondary beneficiaries named to be sure your tax and non-tax goals are being achieved in your estate plan.

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work with, I really enjoyed my time with them," he says. His duty was to augment the Royal Protective Service of Scotland Yard for the visit of Queen Elizabeth. "Meeting the Queen was an experience I'll never forget."

Jim was stationed in Norfolk toward the end of his career with NCIS. "That's when we moved to Williamsburg," he says. "I always liked Williamsburg, and it has a good school system which was important to us at the time. It was a logical place to live."

In 2006, Jim retired from NCIS after 28 years of service. "It's not like on television," he says with a laugh. "Once you reach the age of 57, retirement is mandatory."

Retirement, for some, conjures visions of golf courses or gardening. For Jim, retirement became an extension of his work in the emergency services community. As an amateur radio operator, he became involved with the Amateur Radio Emergency Services, a volunteer organization that provides emergency communication services. In addition, he works with the Skywarn Program with the National Weather Service and the Williamsburg Neighborhood Response Team and Certified Emergency Response Team. He is now the District 3 Area Manager for the Skywarn Program.

"Part of what I do is help keep various public safety departments apprised of developing weather events. I gather the information from weather updates from the National Weather Service out of Wakefield. Sometimes the initial reports are coming from other places, like Oklahoma. I also utilize people in the field, also known as spotter reports, as well as observations from various computer programs."

If a fire department, or any emergency personnel, are involved in an incident while severe weather is approaching, Jim communicates to them where the weather is located and what damage has already occurred. He also advises them as to when to expect the weather pattern to arrive at the incident scene and what type of threat can be expected.

The Skywarn program began in the 1970s, and now has hundreds of thousands of volunteers nationwide. Skywarn spotters are given specific training in areas such as thunderstorm development, types of storm structures, identifying potential severe weather, what type of weather to report, how to report severe weather, and basic weather safety. Jim helps organize the training for Skywarn, and gives presentations to civic organizations on the benefits of preparedness for natural disasters.

The Williamsburg Neighborhood Response Team that Jim is a part of works with the Certified Emergency Response Team and provides a coordinated neighborhood response system in the event of a disaster, providing assistance to elderly, disabled or at-risk individuals during disaster events. This includes natural and man-made disasters.

For someone who has retired, he stays very busy. He is working in a field that, for him, incites passion. He works to create change in his community through educating citizens about the importance of what he does.

"The Skywarn organization really benefits the city and National Weather Service. It's imperative that we are alert to particularly dangerous situations, and maintain a weather ready status." With Jim helping, there's no doubt that Williamsburg is prepared. NDN

# SHIELA ROBISON



Lisa W. Cumming Photography

## A HOLISTIC APPROACH TO PATIENT CARE

By Erin Kelly

Several years ago, Shiela Robison opened a map, closed her eyes, and let her finger lead her to the state where she would become a licensed physical therapist.

Now the Director of Physical Therapy for Tidewater Physicians Multispecialty Group's (TPMG) Williamsburg staff, Shiela and her coworkers are making strides in the field of holistic health care.

Shiela spent the first 25 years of her life in

Grand Rapids, Michigan where she dreamed of becoming the next Jacques Cousteau. After realizing marine science wasn't so much dolphins and Seaworld as it was hard-core research, she knew it was time to shift gears.

With a passion for science, teaching, psychology and sports, Shiela found her niche in the field of physical therapy. In 1995, after obtaining her Master's of Science in Physical Therapy from Grand Valley State University in

Allendale, Michigan, and that fateful day when her finger landed on Virginia - she loaded up her car with a laundry basket full of clothes and her beloved dog, and headed south.

Nearly 18 years later, Shiela has experienced a lot in the rapidly changing world of health care. "Fifteen years ago, you would see a lot of primary care physicians, but that is not a common thing to see anymore," she says. "Everyone is buddying up with someone else, whether it's

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a corporate strategy like Sentara or Riverside, or the stand alone family doctor partnering up with another physician, it is an economic reality.”

After spending a number of years working for Sentara, Shiela decided to open Reach for Performance, Inc. - her private practice that she owned for eight years before merging with TPMG.

“I found success in my private practice, but when TPMG came along and said they needed help guiding their physical therapy department, I couldn’t turn them down,” Shiela says. “I now have a lot of shared resources and don’t have the same risks I had as a stand-alone health care professional. TPMG is over 100 physicians strong who are practicing health care the way they want to practice health care.”

At TPMG’s Williamsburg office, Shiela works with Dr. Michael Potter, along with a number of other physicians, to take a different approach to health care - a team approach - that they call TPMG Strive. “Our hierarchy is more of a circle than a ladder,” she says. “We work as a team to insure long-term results rather than focusing on healing discrete body parts.”

The approach Shiela and her colleagues take to health care is a holistic approach - where they

focus on the person as a whole - rather than the Western approach to which most of us are accustomed.

“Instead, treating our patients as having just elbow pain, depression or obesity, we work as a team to find all of the different factors in their life that could be causing these ailments and illnesses,” she says. “We are not treating illnesses. We are treating people.”

At TPMG Strive, Shiela, Dr. Potter and their team take a multidisciplinary approach to treating their patients. “If we have a patient who is an alcoholic and becomes sober, a lot of times they will form other addicting habits like smoking or over-eating,” Shiela says. “We look at the psychological aspect and teach our patients about health and weight management, rather than just focusing on treating the alcohol addiction.”

When it comes to the physical therapy aspect of the program, Shiela says oftentimes patients who are athletes will graduate the physical therapy portion of their treatment, but that doesn’t necessarily mean they are ready for mainstream. “There is still a gap between being injured and returning to sports,” she says. “If they aren’t given a bridge to success psychologically, then they simply don’t succeed.”

Shiela says the biggest reward she gets from working for TPMG Strive is working with the team at providing health care instead of “sick care” to their patients. “Even though I am responsible for being the Director of Physical Therapy, I am still a treating physician who spends most of my time on the floor with patients, which is where I love to be.”

In terms of her general happiness, Shiela says being a part of something bigger than herself is what makes her happiest. “Whether I am investing time in my family, my church or my patients, being a part of something more than just me is what I love and where I want to put myself,” she says.

As a wife and the mother of two children and one Chocolate Lab, Shiela says if she is not at TPMG you can find her and her family at the beach. “My husband and I recently started taking sailing lessons and it is a long-term goal for us to start sailing as much as possible.”

Looking back at that fateful day when she closed her eyes and pointed to a map - Shiela says she is so happy it led her to Williamsburg.

“I love working with the team at TPMG Strive and enjoying the four seasons that Virginia has to offer, with a lot less snow than Michigan,” she says with a laugh. NDN

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# New Advances in Saving Sight

By Alison Johnson

A mystery doctors could never understand – a sudden infection that killed his father at age 57 – was what drew Dr. John Nordlund into medicine. Understanding and fighting eye diseases that once inevitably robbed people of their vision is now his passion.

Life-changing new treatments and technologies have transformed Dr. Nordlund's specialty, ophthalmology, in recent years, he says. A growing number of injectable medications are helping patients maintain their vision despite devastating diseases such as macular degeneration, diabetic retinopathy, glaucoma and blockages in small veins in the eye. New diagnostic equipment is giving doctors detailed three-dimensional images that can uncover problems

much sooner. And in the future, treatments with stem cells hold the promise of preventing or reversing damage altogether.

"It's an incredibly exciting time in my field, because I can help people who really had no hope of keeping their vision in the past," Dr. Nordlund says. "No one ever wants to lose his sight, no matter how ill he may be. It is the most precious of our senses, and I am honored to help patients preserve it as long as I can."

Dr. Nordlund's practice, Retina & Glau-



coma Associates in Williamsburg, specializes in disorders of the retina, the layer of cells at the back of the eye that detects light; glaucoma, or damage to the optic nerve, and a variety of other complicated vision problems. The most common disease he sees, age-related macular degeneration, destroys central vision and is the

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leading cause of severe vision loss in people older than 60.

In addition to his medical degree, Dr. Nordlund has a Bachelor's Degree in Engineering, a Master's Degree in Applied Mechanics and a Doctorate in Biophysics. The ability to solve once impossible medical puzzles is hugely satisfying for him. He has long loved science and research.

Injectable medications called biologics, for example, can help preserve the remaining sight in 90 percent of patients with wet macular degeneration. Not long ago, thermal lasers were the only hope for stopping the disease, and 99 out of 100 patients were not good candidates for those.

"I had a lot of tearful conversations, telling people they were going to lose all but their peripheral vision," says Dr. Nordlund, who has practiced for more than 20 years. "They sometimes would no longer be able to live independently, drive or do basic things like reading or writing checks. Now I'm able to prevent that from happening to most of them."

Doctors inject the medicines into the corner of an eye using a tiny needle, after applying a topical numbing solution. The in-office treatments are part of a larger movement away from

surgery and toward preserving – or someday, perhaps re-growing – healthy tissue. Products on the market now can help fight complications from diabetes, among other conditions. One new option may prevent holes in the center of the retina.

"There are a lot of different injectables in trials, and there will be more and more over time," Dr. Nordlund says. "As that happens, patients are going to be increasingly comfortable with the idea of them. They are the biggest thing since the first cataracts were removed." Patients may feel a small prick during treatments, but most react by saying, "Is that all?"

Since many eye diseases cause no symptoms in their early stages, advanced diagnostic equipment is crucial. One of the most important, Optical Coherence Tomography, or OCT, is similar to ultrasound but uses light waves instead of sound waves to create cross-sections of multiple layers of the eye in real time. "It's an optical biopsy," Dr. Nordlund says.

Emerging research on stem cells, meanwhile, may once again transform patient care over the next one to three decades. Theoretically, the ability to manipulate cells to grow into any type of healthy tissue could cure any degenerative eye disease, including macular degeneration

and glaucoma. Scientists have done limited testing on humans, although animal research has been promising.

"There is a huge potential for this, and it's not as controversial as you'd think because you don't have to get these cells from embryos," he says. "With some limitations, there are ways of chemically reversing certain types of cells, even taken from the skin."

The rapidly changing, high-tech nature of ophthalmology is a perfect fit for Dr. Nordlund, who describes himself as "full of curiosity." He also has a first-hand perspective on what happens when medicine falls short: his mother died of breast cancer when he was eleven. The tragedy marred an otherwise idyllic childhood in Nutley, New Jersey, a Sicilian-dominated community where people left their doors unlocked and cooked plenty of homemade Italian food.

Dr. Nordlund was a junior at Rensselaer Polytechnic Institute, a private research university in New York, when his father suddenly fell ill. A week later, he was dead from a blood clot likely related to the mysterious infection, although an autopsy didn't provide many answers.

"From that point on, there was such a drive in me to understand why," Dr. Nordlund re-



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calls. "I also realized that medicine is a wonderful application of science to the human condition."

Dr. Nordlund earned his medical degree at Washington University in St. Louis and completed glaucoma and medical retina fellowships at the Johns Hopkins School of Medicine and the Mayo Clinic. Ophthalmology, he says, combines his interests in internal medicine, surgery and science. Just about the only eye problem he doesn't tackle at his practice is removal of cataracts.

Retina & Glaucoma Associates is also a family affair: Dr. Nordlund's wife, Vanessa, a graduate of the Darden School of Business at the University of Virginia, has retired from the corporate world to serve as the practice's business manager. The couple has an 18-year-old son, Zachary, who is studying statistics and economics at the University of Maryland.

While many eye diseases have a genetic link, people can protect their vision by eating a diet rich in vegetables, fruits, nuts, fish and limited quantities of red meat, exercising regularly and losing excess weight. Everyone also should check vision in each eye daily by covering one eye at a time and looking for significant changes.

"It takes about three seconds to do, but if you do it every day you'll be used to what your left eye and right eye see," he says. "If you notice major issues such as holes in your vision, or if straight lines suddenly look wavy, you need to be seen."

People should have checkups with an eye doctor regularly based on age and family history, he says. Children with normal vision generally can go about every five years until their 30s or 40s, when Dr. Nordlund recommends checks every three years. By age 65, those appointments should happen every one to 1½ years. Most people (himself included) eventually need reading glasses, he adds. "People will get very upset, but I tell them it's very normal," he says.

In his spare time, Dr. Nordlund enjoys a non-scientific hobby: painting with watercolors, often focusing on the orchids that his wife raises. He even thinks about going for a Master's Degree in Fine Arts when he eventually retires from medicine.

"It's creative but tricky," he says of watercolors. "If you overwork the paints, you get mud. But then at the same time, if the paint runs it can do things you don't expect and lead to the most beautiful outcomes." NDN

## Next Door Neighbors

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## ROB SHELDON



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By Rebecca Smith

Advancements in technology have given more connectivity to the world around us, while providing greater conveniences in our lives. One example of this is our connection to our homes. Home security and automation have grown tremendously in the last decade. People can control more than their locks and doors; they are able to secure, watch and automate their entire home by simply using their smartphones and computers. Rob Sheldon keeps on top of the technology trends and identifies how they can assist a homeowner.

Current technology allows access to the Internet quickly, conveniently and efficiently, by providing us with handheld devices that access anything in a matter of seconds. This convenience allows homeowners to connect with their homes: to turn on/off devices as well as monitor their residences over smart phones, iPads, handheld tablets or any other device with an Internet connection.

Rob, the President of Protection and Audio/Video By Design, identifies the original mode of a home security system as a box located on a front porch requiring a key to arm/disarm the home. In the early 1990s, home security became simple digital alarms with a central con-

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trol panel. Clients of home security still have an in-home control panel; however, they have the added luxury of accessing their security systems (or even automated devices) from their desk at work, while on vacation or even as they pull up in their driveways.

After graduating in 1989 from East Carolina University with a Degree in Business Administration, Rob found a job with a security contractor as a security system designer. He immediately fell in love with the industry; however, the company he was working for was unstable and on the verge of closing. In 1990, Rob and his colleagues decided to "roll the dice" and start their own business.

Initially, Rob focused solely on home security. By the mid to late '90s, he started working with home entertainment and video products, and from that point on, Rob's interests continued to grow to include such areas as home theaters, video gaming chairs, Central-Vac, as well as numerous other audio and video accessories.

Rob says there are a multitude of possibilities for people looking into either home security or home automation. Home security technology focuses on burglar alarms, motion detectors, security cameras and environmental detection (such as fire, medical emergency and carbon monoxide). These tools allow homeowners to protect their homes from potential destructions, while also allowing them to keep an eye on their houses when they are not physically present.

Another area, home automation technology, can be either combined with a security system or act alone. It can include controls for thermostats, lighting, electrical outlets, blinds, video and audio systems or any other

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electric device in the home.

"You can even turn a crock pot on, start your stove and oven just by picking up the phone," Rob says.

These systems are so advanced that a homeowner could receive text message alerts on what is, or is not, happening within their home. Rob gives this example: "Say you have a room that has guns in it, and you don't want the kids getting into it. You don't want an alarm to go off; you just want a text message telling you that someone has opened that door or cabinet." The same can be done with liquor cabinets, medicine cabinets or any other area the homeowner wishes to monitor. This can be a great tool for parents, who can receive a 30 second video clip of their child returning home safely after school. Motion detectors can also send text messages, which can be great for monitoring the presence and safety of pets, children and even elderly parents.

These systems can be preset to do certain things at different times of the day or the week. Rob provides the example of a morning preset action that turns on the lights, warms up the house, and starts the shower. There can

also be a nighttime preset that shuts the lights off, dims the bathroom light, turns down the thermostat, cuts the porch light on, and even closes a forgotten garage door. Either temporary or permanent, different scenarios can be preset for lights, devices or thermostats on any schedule. Presets can also be added to any device within the home connected to an automation or security system.

All of these conveniences tie into what Rob believes to be the most exciting development in his field. "The connectivity, the link between you as a homeowner and your home is the biggest thing" Rob says. "You can see it, you can touch it, and you can turn on or off your lights, locks and thermostat. There is not much you can't do." This connectivity provides homeowners with the convenience, peace of mind and control over their homes regardless of the homeowners' location.

When looking ahead to the future, Rob says that there really isn't much a person cannot do with home security and automation; however, some devices, such as wireless speakers and wireless cable TVs, look to be the next big thing. These devices are currently expen-

sive both to manufacture and to purchase, so when prices drop as technology advances, these gadgets will become more widespread and will provide new areas for automation.

His relationships with his clients and employees are Rob's favorite part of his work.

"We are very blessed to work in an industry that is really fun in regards to audio/video, but also serious with the home security," Rob says.

Rob's advice for those who may find themselves technologically-challenged is to take it step-by-step. He advises to start with the automation or security system that is most important to the person and build from that. There are also 24/7 monitoring systems and a help line to provide peace of mind to concerned homeowners. If there is an emergency or confusion on what a system is doing, homeowners can call and talk to a technology representative that will either help them over the phone, or dispatch the proper service (i.e. technician, fire truck, police or ambulance). For an avid user of technology or someone just getting started, Rob's technology focus and enthusiasm makes security and home automation simple and accessible for homeowners. NDN

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# Trends in Automotive Technology



By Lillian Stevens

Lisa W. Cumming Photography

Automotive technologies keep getting better and better. From an efficiency and carbon footprint standpoint, hybrids continue to be popular, electric cars are on the rise and, unless you are buying a pre-owned vehicle, it is unlikely that you will find a car today that isn't equipped with digital technology.

Michael Hudgins is the Vice President and Sales Manager of Hudgins Holiday Chevrolet/Cadillac and sees automotive innovations with each new model.

"My father started the company here in 1982," Michael says. "I've worked here full-

time since 1986 and have been in the business all my life."

Michael is enthusiastic about the future in technology trends and industry innovations in the automotive business. He also recognizes the great strides that have already been made. Hands down, he believes that subscription-based communications tools like OnStar, first introduced by General Motors (GM), have been among the biggest innovations in the automotive industry in recent years.

"Basically, you push a button on the car and you get a live person who can assist you

with turn-by-turn guidance, hands free calling and keep you safe," Michael explains. "If your airbags deploy, a notification is automatically sent to the provider; if you don't answer, they send an auto 911 response."

While these types of service plans include emergency, security and hands-free calling connectivity, there are different packages and levels of services from which to choose. Because they are subscription-based, customers never purchase something that is outdated in a few years.

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Communication tools aside, there are other technologies like “adaptive cruise control” where the driver sets the vehicle’s speed and then it is electronically maintained. Using radar sensors, it detects the range of moving vehicles ahead, slows down the vehicle when necessary, and warns the driver of collision risks.

“That’s been around for a few years,” Michael says. “Also, an industry-first touch screen system has just come out that uses your smart phone to access Internet radio.”

The more sophisticated systems act essentially like an iPad. The vehicle is basically an extension of your smart phone. It can receive calls; it can play music through your Bluetooth; it can access your music files. So, while there are some in-dash systems that integrate with Android, Apple, Windows phones, or your Blackberry – the wave of the future includes cars which will be fully integrated with mobile devices.

“Apple’s Siri integration is coming to a couple of the smaller vehicles starting this year so you can tell the car what to do,” Michael says. “You can ask Siri to change your radio station, send a text message or even have it read something to you.”

Siri is Apple’s intelligent personal assistant that helps you get things done just by asking. In other words, you use your voice to send messages, schedule meetings and more.

In addition to in-dash technologies, the automotive landscape continues to evolve with ever-popular hybrid vehicles like Toyota’s Prius, and completely electric cars like Chevy’s Volt.

The hybrids use both gas and electric/battery power; the vehicle makes the decision which is most efficient. The battery is charged when the driver applies brakes or when the car is coasting. There is no plugging-in and these vehicles get gas mileage that will rival that of a motorcycle.

Electric cars, on the other hand, only use gas to produce electricity to run the vehicle. They are ideal for short trips – back-and-forth driving, whether to work or other nearby destinations. The electric cars are adaptable vehicles; as the next generation batteries come on the market, owners will be able to plug their not-so-new vehicle right into a new battery.

Other enhancements include stepped-up safety features.

“You’re going to see safety features like automatic braking, or seats that shake to tell you something is too close,” says Michael, who drives a Silverado crew cab truck. Several new truck engines will see better gas mileage and more horsepower.”

“There is a new V-6 which will be able to tow very well without having to be turbocharged,” Michael says. “The products coming out right now are probably the best we’ve seen. Also, we are at the forefront of gas technology with midsized sedans getting 37 MPG and smaller sedans getting up to 42 MPG.”

Michael was born and raised in nearby Gloucester. He is a single father who keeps his cell phone handy to stay in touch with his daughters. Being the Vice President of an auto dealership requires long hours. Framed photographs line the bookshelves of his office, keeping his daughters near. The family business was appropriately named Hudgins Holiday, since that’s where his father, and now Michael and his brother, Art, spend much of their time – including holidays. NDN

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# Next Door Neighbors Business



Lisa W. Cumming Photography

## Your Computer

WHAT YOU SHOULD KNOW

By Greg Lilly, Editor

Computer systems process and store important information needed for daily business operations. That information must be available in a nanosecond request because usually a customer or business partner is waiting. Computer technician, Ryan Oliver, says that there are four essential areas for which small businesses should develop a strategy: Internet connectivity, Cloud Computing, backup and recovery routines and software updates.

Ryan lived in the northern Virginia area and would often come to Williamsburg to visit his parents. On one of those trips, he met his future wife, Devon. "I moved to Williamsburg in January 2005," Ryan says. "I started working for Christine Justis and her husband, Gordon, at the Computer Clinic."

Ryan was hired as the office manager, but soon trained as a technician. "This is a small mom-and-pop shop. The retiring technician trained me to take his place. A lot of what is needed to repair a computer is learned on the job." Ryan bought the business in 2011, and Devon works as his office manager.

Of his top four areas of business concern, Internet connection speed

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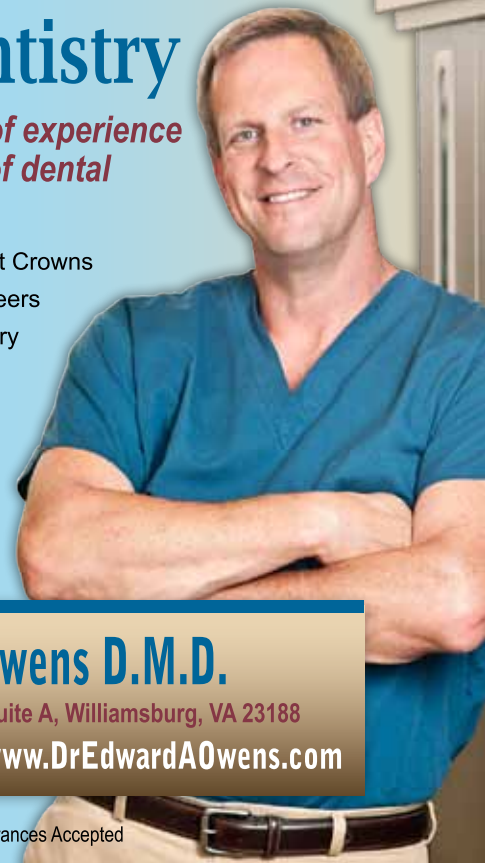
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and reliability weighs in as critical. “Most small businesses have one or more computers connected to the Internet,” Ryan explains. “Quick response time is essential for applications that may run over the Internet or for something as fundamental as email.”

The choice for connection to the Internet usually involves DSL or cable. “I prefer cable,” he states. “I’ve found it faster and more reliable. That’s more critical these days than it was ten years ago.”

The main difference between DSL and cable is the infrastructure. “DSL utilizes your existing phone lines. It’s an older technology and can only go so fast. It’s less reliable than cable, and not everyone can get DSL.” Ryan explains that the farther a business or house is from the DSL hub, the slower the connection may be. “If your location is at the end of the DSL line, you could be paying the same as a person closer, yet only getting half the speed, as an example. That’s why DSL can be frustrating to some people. When it works, it’s great. But DSL has more variables to consider.”

Cable connections for the Internet use the existing cable lines. “I’ve had good luck with cable Internet connections,” he says. “Speeds are reliable and up-time is great. Internet access, speed and reliability are critical to businesses, no matter what type of business. You can’t have your email or Internet access go down.”

A new concept is called Cloud Computing. It’s the model that a person’s or business’ data is held off-site and available from any device with access to the Internet. The Internet is represented in computer network diagrams as a cloud, so that’s how the name Cloud Computing emerged.

“A lot of the services we use and need have our information on their servers,” Ryan says. Social networks like Facebook, LinkedIn and Pinterest are content sharing sites where a user’s data is stored on servers that can be accessed from the Internet. Even electronic newsletter services like Constant Contact have businesses store their customer lists on the service’s own servers. Security concerns are the biggest obstacle for some small businesses using Cloud Computing.

“The best thing someone could do – if they’re concerned – is to go through the Privacy Policies for those websites,” Ryan advises. “Check the Agreement Terms. That’s the small print that no one wants to read. It’s posted there on every website.”

When a person or business stores information, like personal or business contacts and calendar data on the web, it creates another copy that can be accessed from anywhere you are.

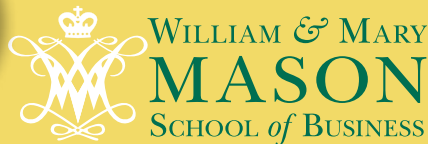
“We are not tied to one computer anymore,” Ryan says of the rise of cell phones and tablet devices. “That’s the beauty of Cloud Computing: You can access email, appointments, contacts and data on the go. Everyone has mobile applications these days. It’s a tradeoff of convenience versus possible security breach.”

Ryan says he tries to read all of the fine print before signing up for a service. “It’s a trust issue. Go with reliable companies.”

The fact that Cloud Computing stores a copy of the data off-site is a privacy concern, but also an advantage because it is a back-up of the data. Every scrap of important data needs to be backed up in case of disaster. The disaster could be a hardware failure or a hurricane, but with a backup and recovery routine, a business can return to its normal operations quickly and with minimal disruption.

“I backup on a regular basis. It really comes down to the data on your computer and how often that data changes. For consumers and businesses, I like two types of backups: a file and an image.”

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Boyer was named the 2008 National Small Business Person of the Year by the U.S. Small Business Administration and met President George W. Bush so he could publicly recognize Shawn for successfully creating a Web site to help hourly workers find the right job. Snagajob recently capped off four straight years of being recognized as a top-10 Best Small Company to Work for in America when it was selected as the No. 1 company by the Great Place to Work Institute and Entrepreneur magazine. The Company has been awarded multiple other awards for its rapid growth and commitment to its people, culture and community.

Prior to founding Snagajob in 1999, Boyer was a transactional attorney with the law firm of Brown & Wood LLP (now Sidley Austin, LLP). He is a graduate of the College of William and Mary and the Washington & Lee School of Law, and he received his LL.M. in taxation from Georgetown University Law Center. He currently serves on the boards of several non-profit organizations: The Richmond Forum, Sports Backers, Comfort Zone Camp, Greater Richmond Chamber of Commerce and the George C. Marshall Foundation. He loves to spend time with his wife and three young children. Boyer is an avid reader and an exercise and outdoor enthusiast. [www.snagajob.com](http://www.snagajob.com)

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A file backup copies individual files such as documents, pictures, music and e-mails. "I do that on a regular basis. At least once a week," Ryan says. "It doesn't take long to do."

An image backup is when the entire hard drive is backed up. "That's everything." The operating system, settings, programs and files are copied to a safe location that can be used to restore the machine back to its current configuration.

"I have my file backup if a document or picture gets corrupted," Ryan explains. "My image backup is in case my hard drive fails. I can install a new hard drive, but I would have to re-install and rebuild everything, including the files and programs and the setup of those programs. That's the bigger pain. The image backup can restore all the files and programs. I typically do those [every] three to four weeks. It really depends on the computer's operating system and how it backs up the image." Ryan says that it's best to back up the image to an external drive that can go off-site for safe keeping.

"Some of these backup programs will slow down your computer - many are real-time backups." He says there are usually settings that allow these backups to run during non-business hours.

"Hard drives are the number one component to fail on a computer. It has moving parts and will fail, that failure may happen in one year or 20 years, but it will fail."

Business machines are the workhorses of the computer world. A business computer runs longer during the day than a home computer and is usually tucked away where dust gets pulled in by the cooling fan.

"Dust build up can clog the fan which leads to overheating and equipment failures," Ryan says. "That's one of the bigger issues."

Ryan offers a valuable tip for minimum downtime in case of machine failure: "Backup your files, but also have a backup machine." He says to install the same software and settings on another machine where the backup data can be used. "With that identical machine, if one goes down, the business can switch operations to the other while the first one is fixed," he explains. "A lot of customers have benefited from having that twin machine as a backup of programs. Everyone needs a backup machine for business. That will keep you going."

The fourth area of concern is software updates. "A lot of people will get their computers infected or run into issues because they don't update the operating system," Ryan describes. "Some people refuse or don't want to bother with updating Microsoft Windows, Adobe Reader, Java or Flash Player. The software companies come out with the updates to fix issues and improve functionality, but those updates also patch security holes that could leave you vulnerable to getting hacked or picking up a virus." He says to accept the updates that are sent to a computer from the software companies.

Ryan never knows what kind of computer issue may come through his door, but he likes the challenge. "The job is different every day. It might be cleaning up computer viruses, but each of those is usually different. I learn something new each day."

Businesses can keep their information safe and available for their own operations and for helping their customers.

"The technology environment changes rapidly," Ryan adds. "I'll get into fixing other devices as the industry changes. I just fixed a couple of GPS devices. Tablets and mobile phones are next. Each device - computer, cell phone, or tablet - needs safe and secure and reliable data to deliver value for the business and for their customers." NDN

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# Next Door Neighbors Sports



# Skiing Together

for over 50 Years

By Linda Landreth Phelps

Herb and Bev Spannuth's relationship is going downhill fast. Don't worry - for this couple that just means skiing a freshly groomed mountain slope in an exotic locale. Together they have enjoyed their sport in over 50 areas of the United States, plus 20 destinations overseas and in Canada.

"To be a skier, you must love the outdoors - even in less than perfect conditions - and have some degree of coordination," Herb says. "It also helps to be determined and not afraid of heights. Bev and I find it a great way to travel to interesting places with spectacular scenery. It's fun pursued as a solitary sport, or as a wonderful way to socialize." Proof of that last statement is the way Herb and Bev met.

In March of 1971, Herb and Bev's shared destiny began at Exit 12 on the New Jersey Turnpike. Bev, a teacher, and Herb, an analytical chemist working for Mobil Oil, had agreed to let a mutual friend in-

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roduce them. That friend, Wini, and Bev had met on a National Education Association ski trip to Switzerland a few months previously.

Both were serious skiers, and after a few days of getting to know Bev, Wini realized she knew a nice man who would have much more in common with Bev than just loving to ski. Wini arranged a double date weekend for them at Bev's ski club dorm-style lodge.

"The four of us met at the turnpike and Bev and I spent the first seven hours of our relationship in the backseat of a car driving to Vermont," Herb says. "We found quite a bit to talk about, but the real test of compatibility came on the slopes the next morning." Both were equally avid and proficient skiers and would have been reluctant to pursue any relationship that didn't include their sport. Herb and Bev soon found themselves skiing together at least three weekends out of four. That chilly courtship led them to the altar two and a half years later, and has meant 39 additional years of happy companionship, travel and adventure.

"One of our most memorable experiences was skiing the glaciers at the Vallée Blanc in

France," Herb remembers. "We took a cable car to the top of one of the tallest mountains in the Alps then followed closely in the tracks of the guide on the seven-hour descent to avoid being lost down a crevasse."

Thanks to their various ski trips, they have been captivated by southwestern art, had close encounters with an elk herd, learned about Native Americans, and experienced Europe's cultural bounty.

Over time, Herb and Bev have seen the cost of their favorite hobby rise. A typical day of skiing in the 1960s could be enjoyed for \$5 a day, and now they expect to spend \$125 or more. Of course, the sport's growing popularity also means that they no longer have to hang onto a rope pulley to get to the mountain top. Modern gondolas and trams quickly whisk as many as a hundred skiers at a time up to the highest peaks in relative warmth and comfort.

Even in their mid-70s, Herb and Bev look forward to the start of ski season with great anticipation.

"Skiing is not only for the young!" Bev says with a laugh. "Herb and I have been skiing for over 50 years now, and find we can enjoy

it just as much, but without some of the thrills and spills we took in our youth."

Downhill runs are marked and color-coded by difficulty, with Green Circle being the easiest, Blue Square best for intermediate skiers, and Black Diamond the most challenging. Reserved for the most fit and fearless are the Double Black Diamond slopes.

"In our 20s, Herb and I regularly skied a combination of blue and black runs," Bev says. "We once wandered onto a Double Black Diamond by mistake, which was crazy. But these days we usually stick to the blues, with an occasional black if it doesn't look too steep." If you're smart, with age comes enough wisdom to avoid unnecessary risks.

Any sport that involves the assumption that you will fall down is risky, but improvements in equipment have greatly added to the relative safety of skiing. As careful and safety-conscious enthusiasts, Herb and Bev now own impressively high-tech boots, skis and helmets, a decided improvement from the way they started a half-century ago. They have gone from wool hats to protective helmets, from leather lace-up boots to sleek,

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molded plastic models that support the ankle, from clamp-in bindings to safety release ones. Modern skis are made of composite materials to suit a broad range of skill levels and physical strength, and some are engineered especially for women. Specialized goggles don't merely protect the eyes - they are fine-tuned to light conditions. These days, it's not just a safer sport, but less difficult for raw beginners, for whom professional instruction is widely available and highly recommended.

"With this new equipment," Herb says, "it's easier to remain upright. When I first learned, a fellow grad student gave me a 15 minute lesson, then took off and left me on my own. I was on the snow more than I was actually skiing on top of it, but I loved it right away."

On any given day at a ski area, you'll encounter snowboarders and the more classic Alpine downhill and Nordic cross-country (XC) skiers. The latter is a form of ski touring in which participants propel themselves over flat snow terrain with long, narrow skis and poles. XC skiing is one of the most difficult endurance sports, as its motions use every major muscle group, and it's one of the sports

that burn the most calories per hour in execution. Most skiers prefer one style, but find it handy to be flexible.

"After one memorable Vermont downhill run at 20 below zero, Herb and I decided it was a better day for cross-country!" Bev recalls with a wry smile.

Downhill skiing is far and away the Spannuth's favored pastime. They love schussing through glades, making exhilarating runs, and working through the occasional mogul field. Almost as much fun as that thrill is the friendships they have gained through the sport.

"One of the first things we did when we arrived in Williamsburg after 16 years in the Princeton, New Jersey area was to join the Peninsula Ski Club," Herb says. The couple had great experiences with former ski club groups and still enjoyed getting together with friends they made in the 1970s. According to them, they had a built-in social life as soon as they arrived here and joined the Peninsula group. They were pleased to find that the club isn't merely a cold weather affair; the members also get together throughout the year for fine dining, wine tasting, theater and tennis. "We

even had a triathlon once: kayaking, hiking, and biking." Herb recalls. This helped them to stay in shape for the next good snowfall. In the winter, trips always include non-skiers as well, who happily band together to shop or socialize while their partners hit the slopes.

Another bonus to joining forces, Herb and Bev have found, is that group discounts mean good rates and better accommodations.

"There are usually at least 25 or 30 members going on a trip," Bev says. "With that many, we can get rooms, charter buses or buy airline tickets at a greatly reduced price."

Herb and Bev believe that skiing can be fun for everyone, from beginners sliding around on the bunny slopes to world-class athletes skirting trees on a steep Double Black Diamond run. For them, it's been a lifetime of enjoyable exercise, mental and physical stimulation, plus friendships formed on snow-covered mountains and cemented over drinks in front of a warm fire. They have no plans to give it up. Why should they? Herb and Bev may have discovered that the secret to the fountain of youth lies in a pair of skis pointing downhill. NDN



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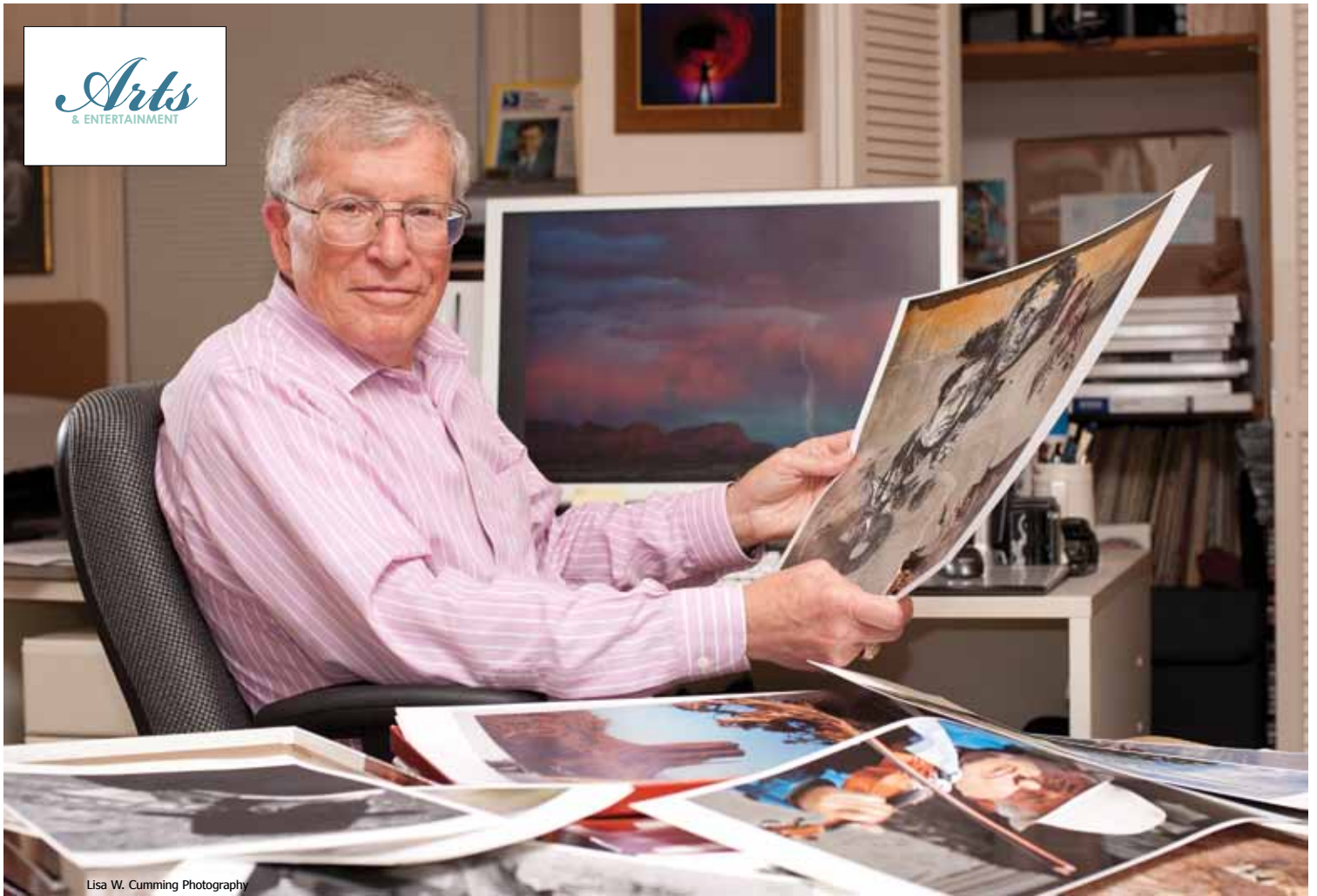
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Lisa W. Cumming Photography

# Photographing Emotion

By Greg Lilly, Editor

Trying to put Joe Heyman into a category of photographers is difficult, yet he has an unmistakable style that makes a person viewing his work know it is a Joe Heyman photograph. “The fact that I photograph so many differ-

ent things, it’s a bit unusual for a style to show through, but people see it,” Joe explains. “I love to travel, which lends itself to landscapes and architectural images. I also enjoy portraiture – that’s people and great shots come from

that. My style is to capture what I am feeling. I can be doing that by photographing a strawberry or Tierra del Fuego – those are very different subjects. I like to capture my feeling while viewing a particular subject. My images

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have a voice.”

Joe was born in New Bedford, Massachusetts. He states his greatest single influence in his life and art was his father. Joe’s father was an inventor and engineer.

“He invented the folding aluminum chair,” Joe says. “At one point he had one of the largest aluminum consumer companies in the United States. Our basement was his workshop, and I was into science. The influence on my upbringing is so clear to me. Every day there was something new to discover.”

As a young boy, Joe’s two passions were astronomy and photography. His father encouraged any pursuit that was exploratory since he, himself, was a great experimentalist.

“I went to high school at Tabor Academy, a boarding school in Marion, Massachusetts,” he says. “Photography became a central part in what I did in addition to my studies. I worked under an artist/professor at the school and developed a style and capability. By the time I left the school, I put photography as an art on the back burner and aggressively pursued physics.”

Joe earned his PhD in Physics. He wanted to work in Boston at the new NASA Electron-

ic Research Center (ERC), which was a perfect place for his area of interest in solid state physics.

“The co-op office assured me that although my first semester could not be at the ERC – because they were still building it – my second semester could start there,” Joe explains of his move to the Peninsula. “They said I would spend one semester at a different NASA center. I said, ‘As long as it is only one semester.’ Since I was a researcher, they sent me to Langley Research Center. I planned to be at Langley for only one semester. Forty years later, I retired from there. I had an amazing career at NASA. I worked on some of the most fascinating projects and with the most amazing people. I grew a laboratory there that is second to none in the world. It has a focus of doing diagnostics on materials to make sure those materials are as safe as possible.”

Working in that rich and challenging scientific environment pushed photography low on his priority list. “I did pictures, but not photography. In about 2004, my wife, Berna, reminded me we had always talked about going on a safari, so we should do it.”

The prospect of a safari reignited Joe’s fasci-

nation with photography. “At that point, we began taking between one to three major trips a year. We try to do trips to places a little bit challenging – Machu Picchu, Morocco – adventure trips. We just got back from Patagonia, a wonderful trip down to Cape Horn. It’s awesome to get to see that part of the world, to be at the southernmost point of the land before hitting Antarctica, [it’s] just beautiful.”

Architectural and landscape photography from these trips create breathtaking images, but they have something more than what Joe calls “travel photographs”. His images have emotion. “I love to see new landscapes,” he says. Weather plays a huge part in his compositions. An interesting sky can bridge the gap from a good to a great image.

“I enjoy photography that looks at detail. My real passion is looking for details, seeing things others do not see. To look at a building and see something that is in front of everybody, but they miss it – that screams to be photographed. It’s thrilling to discover something of that nature. You know it when it hits you. It’s a composition that jumps out at you. It says to me: This is why you are here.”

Once he has the image, Joe knows that the

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camera has not captured what he saw with his eye and the sensation that moment had on him. "I want to create that feeling I had when I took the image. I go to Photoshop, start working to enhance the image, to pull the feeling out of what the camera captured."

Capturing the emotion of his human subjects is another area of his photography. His portraiture work began from a mentorship with National Geographic photographer David Alan Harvey. "I spent a week with him," Joe says. "Every day, he would give me an assignment, critique it and send me out again."

Joe would photograph architectural details of buildings. His mentor wanted to feel emotion from Joe's photography, so he encouraged Joe to photograph people. Although Joe wasn't comfortable photographing people, David Alan Harvey pushed him toward portraiture. "That was a major turning point for me. That was in 2008. From that point on, I became much more comfortable and saw opportunity where I had seen awkwardness before. I love to do interesting pictures of people," he says.

Joe's travels introduce him to landscapes, but also to people from all over the

world. "There's an image I took in the Peruvian Amazon. The woman is the wife of the chief of the Yagua tribe. We were talking to her through an interpreter. Her husband, the chief, came over and immediately started with 'Aw, kids these days just don't want to stay in the tradition...' not his exact words, but with that sentiment. She went over to a chair and laid her head on her arm, in that there-agoes-again expression that so many wives get. I took her picture. Wow, that was an expression that's universal." He had captured the gesture and exasperation that wives all over the world understand.

"When we travel and see other cultures, what is so striking is not how different the cultures are, but how similar people are around the world," he explains. "To understand the parallels rather than the differences helps us understand our mutual situations."

One of Joe's favorite landscape images almost didn't happen. "Last year, we went to Monument Valley," he describes. "The trip was almost a bust because the weather was so bad." As he and Berna drove into the Navajo park, a storm pounded monsoonal rain. Signs along the road warned the area was prone to

flash floods. "The sky looked primed for a flash flood, but we went forward. I set up the tripod and camera. The rain continued; it was miserable." He waited and watched for a good shot of the rock formations and sky. "I looked at my watch and it was almost time for sunset. I was ready to pack up. A sliver opened up on the horizon. The sun was half set. Just a sliver of an opening in the dark clouds and the Mittens (rock formations) turned orange. The sky behind them was totally black. I was able to grab that picture. Once every solar cycle, the shadow of one Mitten falls on the other. I was there. I got maybe twelve pictures before the sun set. I was just at the right place at the right time with the right equipment and ready for it." Viewing the image creates a sense of awe and astonishment for the viewer, just as it did when Joe took the photograph.

"When individuals think of photography, and some still question if photography is an art, one of the things that I feel strongly about is that photography is a modern paintbrush." Joe Heyman states. "It can capture what a great artist captures. Photography in the right hands is one of the beautiful outcomes of the marriage of technology and human artistry." NDN



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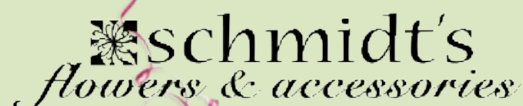



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# The Foot Doctor

WHEN TO SEE A PODIATRIST



Lisa W. Cumming Photography

By Greg Lilly, Editor

There are many reasons a person may choose to visit a podiatrist, but one of the most common reasons is heel pain.

“Ninety-five percent of all heel pain is plantar fasciitis,” Dr. Marc Garfield explains.

Dr. Garfield operates his podiatry practice, Lightfoot Podiatry Center, Inc., in the Bulifants Boulevard office buildings not far from Sentara Williamsburg Regional Medical Cen-

ter.

Years ago, patients were usually x-rayed to

diagnose the problem - quite often a heel spur - then scheduled for surgery. That is no longer the case today.

“Almost everyone has a heel spur,” Dr. Garfield says. “Decades ago, the heel spur would be removed and the patient would get better. Then somebody stumbled on the fact that removing the heel spur has no bearing on why the patient got better. The reality was that to cut the

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heel spur, we have to cut the ligament attached to the spur. It's that plantar fascia ligament that is pulling on the bone and causing the pain."

With a soft tissue problem, not a bone issue, most patients with a heel spur can get better with an appropriate regime of stretching.

"With the proper instruction [he clarifies] since doing stretches wrong won't help," Dr. Garfield says. "There are also cortisone shots, orthotics and different devices like heel cups and night splints that focus on reducing the pressure as the heel hits the ground. Those also re-stretch the Achilles tendon inserting into the back of the heel so it doesn't struggle with the plantar fascia ligament on the bottom of the heel. Now that we do that, a majority of patients don't need surgery for heel pain."

When Dr. Garfield was a student and trying to determine what he would like to study, he realized he wanted to specialize in a field that produced immediate results.

"I wanted something where I could make people feel better, get them up and moving without pain. That appealed to me," he says.

Dr. Garfield grew up in the Fort Lauderdale area and he earned his undergraduate degree at Florida State University in Tallahassee, Florida.

He met and married his wife, Heidi, there. As he explored his options in the medical field, he discovered that podiatry offered a diverse range of practice.

"From surgery to conservative care," he says. "You deal in a field where people usually arrive in pain and leave without pain."

He later attended Barry University School of Podiatric Medicine in Miami, Florida and participated in medical externships around the country.

"I ended up doing my residency at a program in Rhode Island, which was affiliated with Brown University," Dr. Garfield explains. "After my residency, I realized my enhancement with New England was stifled by the cost of living in New England. We were having kids and starting our family.

"My son did not like to wear a coat," he says with a laugh. "I don't like the heat of Florida."

With his fondness for the New England states and their extended family still in Florida, the family decided to look half-way between the two areas and explored North Carolina, Virginia and Maryland as places to settle. Dr. Garfield took a job with a practice in Virginia and then decided to open his own practice in

Williamsburg.

"We love Williamsburg," he says.

The most common complaints he sees at his practice are: heel pain, bunions, hammertoes and ingrown nails.

"Hammertoes are a contracture of the toes, mostly a muscular imbalance that doesn't allow the toes to straighten when standing or walking," Dr. Garfield explains. "The muscle causes the toe to 'claw.' The problem with that is it becomes more rigid." The force of walking can cause toes to bleed or form corns on the toes. "When a corn develops on the toe, that's the body reacting and the skin thickening to resist this new excessive pressure."

At that point, it is best to look into surgical procedures. "Although, I always like to try some conservative procedures before resorting to surgery," he says.

A bunion is where the big toe wants to lean into the other toes. "It sometimes causes the big toe to go over or under the other toes. It causes a painful bump on the side of the foot," Dr. Garfield describes. It is more common than you think and causes discomfort to more severe pain for the individual who suffers from bunions.

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Aside from surgery, Dr. Garfield tells patients to get more reasonable in their shoe selection. “We have our affections for what we like to wear. That may conflict with the problems we have with our feet, particularly with bunions and hammertoes. You really need a stable shoe and a shoe that is big enough to accommodate the foot.”

Ingrown nails are extraordinarily common. “People like to blame themselves, wondering what they did wrong. It doesn’t work that way,” Dr. Garfield says. “A good portion of the nail sits under the skin and various pressures from shoes or walking can push that skin fold over the nail plate. It starts to cut in. There are always bacteria – everywhere – so that area can get infected and swell and hurt.”

If it is a one-time event, the podiatrist can remove the nail from the skin.

“If it looks like it is a recurring event, there is a permanent procedure where we can apply a chemical to the nail bed to stop the nail from growing back there,” he explains.

While there are some foot ailments that may not be avoided, there are preventative measures for many foot problems. The most important measure to take is to wear sensible shoes.

“Americans have a big affection for shoes. That can vary from very practical shoes to things that are deleterious to your well-being,” he says.

The common culprit for foot problems is the height of a shoe’s heel.

“Sometimes what looks like a bad thing makes you feel better, which compounds the problem. Heel pain occurs mostly because of the contraction that occurs in the Achilles tendon (along the back of the foot) and its struggle to balance the heel function with the plantar fascia ligament (along the bottom of the foot). When women wear high heels, they take the tension off the Achilles tendon because the heel is pointed back toward the knee. It feels better because there is no tension,” he explains.

The most practical shoe is the sneaker and the sneaker-like shoe.

“Even men’s dress shoes are beginning to have rubber soles instead of leather, things that absorb shock and stress on the foot,” Dr. Garfield says. “Comfortable shoe makers are focusing on a more sneaker-like design. That’s not to say that all leather shoes are not comfortable for some people. If you want to prevent problems, you want to absorb shock and accommodate

deformities with a shoe that is wide enough to gently protect the foot without slipping around.”

Dr. Garfield enjoys podiatry and is always interested in learning more about ways he can help his patients.

“The notion that I get patients who come in with an ingrown nail or a painful spot on their foot, that I can alleviate that pain and get them to leave comfortably makes me happy,” he remarks. “A lot of patients can be ‘fixed.’ That’s a satisfying thing.”

On the other hand, with a more serious condition like someone with diabetes who has a bone infection, treating those patients brings a different kind of satisfaction for him.

“We can remove the infection and do some surgical techniques to stabilize their feet so they can lead a normal life. Sometimes that does require removing portions of the foot and re-balancing the foot. We can help save lives and restore mobility,” he explains.

Dr. Garfield enjoys seeing his patients walk out of his office free from discomfort and pain, knowing that each step his patient takes results in less aching, stinging or throbbing sensations.

“That is rewarding,” Dr. Garfield says. NDN

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# A Presidential Library

By Greg Lilly, Editor

“Like a zucchini in the garden, this collection has grown and grown and grown,” Feather Schwartz Foster says of her home library. Feather has collected thousands of books over the years, yes thousands.

“By the time we moved here in 2008, I had over 1,200 books on just the presidents, an-

other couple of hundred on the presidency and the social history of the United States,” Feather says.

Feather’s library focuses on the presidents of the United States – a specialty that occurred on a whim, but soon recognized as a deep passion for history and the personalities of the

people who have held our highest office and the joy of the hunt for more books.

Feather was born and raised in Jersey City, New Jersey. “I went to Syracuse University as a theater major. I’m a song writer. That’s what I really am,” she says. “The books have been a hobby. As a theater major, I wasn’t acting or

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performing, I was always a writer.”

She wrote many children’s musicals. After she married her husband, Steve, she began a career in advertising and public relations.

“Somewhere around 1990, my hands developed some problems that curtailed my piano playing,” Feather says. “That is not conducive to noodling around, so songwriting had to work its way down the list. I can’t work on songwriting unless I attack it. I had to find the ‘open window.’”

With the door to songwriting closed, her open window revealed books, lots of books. “I have always been a reader and had books. When we bought our first house, we had an extra bedroom and I had a few hundred books – because I’m a reader,” she stresses. “We decided to turn it into an office for Steve and a library for me. We went to Sears and bought these metal bookshelves – all we could afford at the time. I realized that if I were to ever find anything again, I would need to put some order to the shelves.”

Years of volunteering for the local library board made Feather familiar with the workings of libraries. “I knew about libraries in a broad sense. Still I’m not a librarian. Organizing books is always a funnel – in fact, life is always a funnel. You have to put the big stuff in first and let it winnow down. When I put the books in order, I put all the novels in one area, the theater books in another, non-fiction and biographies which comprised writers, composer and artists, in another.”

She found with her stacks of biographies that she had accumulated presidential biographies. “I had a few presidents, the usual suspects: Lincoln, Washington, Franklin Roosevelt and Kennedy. But I also had a book called *The Days of McKinley* by Margaret Leech. I had enjoyed that book. I had enough books to create a presidential section.”

She and Steve were living in the Trenton/Princeton area of New Jersey. “The Bryn Mawr-Wellesley book sale was held there. This was started by the alumni of Bryn Mawr College. A lot of Bryn Mawr girls married Princeton fellows,” Feather explains. “One of their fund-raising projects was the book sales. They are some of the best sales in the country. Everything I learned about book sales I learned from going to those.”

A book buyer’s dream, the large book sales drew Feather looking to buy books to read or to rescue. “One of the first rescued books was a Garfield memorial book written in 1881 or 1882 after his death,” she describes. “A spate of Garfield books came out then, and this was one of them. It was falling apart, but for one dollar at the sale, I figured it was a wise investment.” Today, this is one of her prized books.

“About seven years later, we moved to Scotch Plains where we lived for 27 years before moving here. I had 60 books on the presidents. I said to Steve, ‘I think by the time I die I would like to have a book on each president.’ Then poof, I started acquiring. I tried very hard not to pay full price. I went to book sales, bought some on-line, [and] some were given to me.”

The Easton Press, known for publishing specially-bound collector’s editions started the Library of the Presidents around 1983. “My husband gave me a membership as a birthday present that year. It was a fantastic present!”

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Association of REALTORS®

## what’s up in real estate



The door on 2012 is officially closed. It is time to think about 2013.



by **Sam Mayo**  
President

**Williamsburg  
Area Association  
of REALTORS®**

By now, one of two scenarios has probably played out with respect to the housing industry and the national budget. Let’s be optimistic and say Congress got its act together and formulated a positive plan for the Mortgage Interest Deduction (MID) and extended the Mortgage Forgiveness Debt Relief Act of 2007. Both have had a major influence on the housing industry and the continued recovery is dependant on keeping the programs alive.

According to National Association of REALTORS® chief economist Lawrence Yun, “taking away the MID would adversely affect home values of all home owners, including those who do not have a mortgage.” NAR initiated several Calls to Action campaigns during the past couple of months. The first was to encourage REALTORS® throughout the nation to contact their representatives in Washington D.C. and request support for the preservation of the MID. The second was to ask home owners to do the same.

“Democrats and Republicans have been looking into doing something with the MID,” continued Yun during a video presentation, understanding that more than \$90 billion in tax deductions could be impacted in 2013. “This is an area where the end result could have a major impact on the

housing recovery and our economy as a whole.” NAR predicted home values would drop as much as 15 percent without the MID.

The Mortgage Forgiveness Debt Relief Act of 2007 is a tax break that has saved struggling homeowners from paying thousands of dollars to the Internal Revenue Service when their homes were sold in Short Sale situations. It was due to expire at the end of 2012. An extension keeps homeowners from having to start paying income taxes on the portion of their mortgage that is forgiven in a foreclosure, short sale or principal reduction.

“The housing industry is important on so many levels,” added Yun, who will be speaking to Williamsburg area REALTORS® in March. “We need to do all we can to protect home ownership.”

**HOME SALES** statistics for Williamsburg and James City County are available on the Association’s web site (see below). Click on the Homes Sales Statistics tab and you can download a multi-page document to get a good insight to the real estate market in our part of historic Virginia.

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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She turned a room in their house into her Presidential Library because by that point the books on the presidents had overflowed her regular library.

In 2008, she and Steve moved to Williamsburg. The history and culture drew her. "Moving down here was something I knew I was going to do for the previous 25 years. This was the place for me."

As they looked at houses, Feather stressed two requirements to her real estate agents: a place for her grand piano and room for her library of books. When she told them she had thousands of books, the agents could not comprehend the amount of space. They kept showing her small bedrooms. She said: "No. More space."

Finally they found a home that satisfied Steve's requirements and most of Feather's. The grand piano had its room, but the area for her library was inadequate. The house had a space over the garage, but it wasn't configured as a room. Roof trusses braced from one side to the other.

"It needed more than drywall on the walls," Feather says. "There were no walls or open area." An engineer reviewed the space and explained what needed to happen to use that area as a library. They dropped the ceiling in the garage below about one foot, restructured the trusses and steel-reinforced the floor for the weight of the books. "It took a lot of work, but I love it."

Today, Feather writes books about the presidents and the first ladies. She has collected books on all of them, but focuses her writing and research on the presidents through Eisenhower. "I have a space limit on how much I can add," she says of making her acquisitions more selective. "There are some things I would like to have, but I don't have the room. I could get a full set of the collected works of Theodore Roosevelt, in a nice binding. I could get that. That's about 30 big books. There's no room. I have a few scattered volumes. He was a pretty good writer. He had a way with words and coined a lot of phrases that people still use today. He's one of my favorites. He's the one I would like to sit next to at a dinner party."

To be more selective, she's disposed of most of her duplicates. "Grant's memoirs," she says, "I have only one beat up Volume One. In 1885, they came out in three editions, three price ranges: very high end (something Vanderbilt was likely to have), a middle edition and a more popular edition for the old soldiers. I have never seen the high end. I'm sure it's out there. I wouldn't mind having both volumes in the low edition."

She explains there is a difference in a collection and a gathering of books. "The more you have, the more you have to be selective. Otherwise you just have a massing. People start out with a wide selection, but then they funnel to a focus – first editions or a certain author or certain genres. You usually start out broader, collecting what you like. As the collection grows, you funnel it to what you really want to have. It's like art or any other collection. That's part of the learning process, part of the enjoyment process."

Feather enjoys going to book sales and antiquing. "I can scan a cabinet of books in seconds. I know what I'm looking for. Most enjoyable process of collecting anything is the hunt! That's the fun part." NDN

# Hey Neighbor!

Please visit [www.WilliamsburgNeighbors.com](http://www.WilliamsburgNeighbors.com) and click on **Hey Neighbor!** for a complete list of current community announcements.

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

## Hey Neighbor!

### EXPERIENCED EMPLOYEES IN TRANSITION JOB CLUB

#### Ongoing

A 45+ and over Job Club. Meeting the 1st and 3rd Tuesdays of the month. A free support group for unemployed and under-employed adults. For more information please refer to our website: <http://www.seniorservicescoalition.com/jobclub/>. Meetings held at the Historic Triangle Community Service Center, 312 Waller Mill Road, Conference Rooms A&B, Williamsburg.

## Hey Neighbor!

### DEADLINE FOR SCHOLARSHIP APPLICATION TO 2013 NATURE CAMP

January 18, 2013

The Williamsburg Bird Club offers two scholarships students in grades 5 to 12 for the Bill Williams Nature Camp Scholarships. These are full tuition scholarships for a two week summer camp program in 2013 at the Nature Camp in Vesuvius, Virginia ([www.naturecamp.net](http://www.naturecamp.net)). A scholarship application is available on the Bird Club's web site: <http://williamsburgbirdclub.org/>. For additional info, contact Shirley Devan Williamsburg Bird Club, <http://williamsburgbirdclub.org/>, Ph: 757-813-1322

## Hey Neighbor!

### THE RIGHT CUT

January 19, 2013

A tree and shrub pruning workshop in the Freedom Park Interpretive Center. 10 - 11:30 am. Free and open to the public.

## Hey Neighbor!

### NAACP/ACT-SO BREAKFAST

January 21, 2013

At 9 am, the 24th Annual Martin Luther King Breakfast, sponsored by the local NAACP Branch and hosted by the Colonial Williamsburg Foundation, pays tribute to the late civil rights leader and recognizes high academic achievers in

the WJCC and York County High Schools. Proceeds provide support for student participation in national ACT-SO Competition. Breakfast held at Williamsburg Lodge-Virginia Room. Call 253-0841 or 229-3113 for tickets \$40 adults; \$25 students.

## Hey Neighbor!

### THE WILLIAMSBURG WOMEN'S CHORUS WELCOMES NEW MEMBERS

January 24, 2013

The Chorus meets on Thursdays at Bruton Parish House, 10 am - noon. The spring concert, Power of Song, is scheduled for May 10, 7:30 pm. Contact Ann Porter, [aportermusic@verizon.net](mailto:aportermusic@verizon.net) for information. Rehearsals begin January 24.

## Hey Neighbor!

### MLK VOLUNTEER DAY

January 24, 2013

Lend a helping hand to improve outdoor experiences for all. Assist in trail and shoreline clean-up and some light maintenance. We will meet at the Visitor's Center at 10 am. Contact York River State Park, 5526 Riverview Rd, Williamsburg at 757-566-3036.

## Hey Neighbor!

### BREASTFEEDING ADVICE

January 24, 2013

Free introductory class designed to help expectant mothers get off to a good start breastfeeding. Call 757-564-7337 press 5 then 3 if you have questions. Register online at [www.chkd.org/classes](http://www.chkd.org/classes). Pediatric Associates of Williamsburg, 5:30-6:30 pm, 119 Bulfinch Blvd.

## Hey Neighbor!

### DEADLINE TO REGISTER TO PLAY VS THE HARLEM AMBASSADORS BASKETBALL

January 24, 2013

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### Hey Neighbor! WINTERY DIVERTIMENTI January 26, 2013

3 p.m. Benefit for the Williamsburg Music Club Grants Auditions Fund presented by the Williamsburg Music Teachers Association. W.A.M.T. members will present a program of diverse musical and artistic selections, followed by a “Meet the Performers” Reception. Donations accepted. Contact Myrna Brinkley 757-220-9589, or [williamsburgmusicclub.org](http://williamsburgmusicclub.org).

### Hey Neighbor! OLDE TOWNE MEDICAL CENTER 20TH ANNIVERSARY CELEBRATION January 26, 2013

Join us for a fun evening of celebration honoring medical and dental clinic founders, Dr. Tom Tylman, DO, and Dr. Tom Luckam, DDS, and the many wonderful volunteers serving our patients. This black tie optional gala will be held at the Colonial Williamsburg Lodge. Tickets are \$95 per person for dinner and dancing. For information call 757-259-3259 or see the event flyer at [www.oldtownemedicalcenter.org](http://www.oldtownemedicalcenter.org) under Community Support, Special Projects.

### Hey Neighbor! TASKINAS TREK January 26, 2013

The Taskinas Creek Trail is one of the most beautiful and challenging hikes in eastern Virginia. Experience the elevation changes and marsh overviews with a guided hike. We will meet at the Visitor's Center at 10 am. Contact York River State Park, 5526 Riverview Rd, Williamsburg at 757-566-3036.

### Hey Neighbor! “ALL OUR PROVISION WAS BROUGHT ASHORE”: LIFE AT JAMES FORT January 26, 2013

Time 11 am – 3 pm. Meet Anas Todkill and learn about his experiences as one of the first English settlers at Jamestown during this family-friendly program at the Voorhees Archaeum. This program is pre-

sented by Historic Jamestowne and the Colonial Williamsburg Foundation. For more information, call 757-229-4997 or visit [www.historicjamestowne.org](http://www.historicjamestowne.org)

### Hey Neighbor! PROVIDENCE CLASSICAL SCHOOL OPEN HOUSE January 27, 2013

2-3 pm at the school. A classical education presentation will be given at 1 pm, and classrooms will be open for visits and curriculum review. PCS offers full and half-day K-12th grades, small classes, and a full traditional curriculum including Latin, Greek, logic, Bible, phonics, fine arts, lab sciences and more. Call to confirm your spots, 565-2900 x104 or [PCS@PCSVirginia.org](mailto:PCS@PCSVirginia.org).

### Hey Neighbor! LECTURES – LEAGUE OF WOMEN VOTERS February & March, 2013

Tuesday mornings. The topics are about important international issues and are sent to the League by The Foreign Policy Association. 10:30 a.m. to 12 noon. The lectures are held in the auditorium of the Williamsburg Library. If interested, please write the LWV-WA, PO Box 1086, Williamsburg, VA 23187.

### Hey Neighbor! INCOME TAX ASSISTANCE February 2 – April 15, 2013

The Greater Williamsburg Volunteer Income Tax Assistance 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 4, 11, 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 Mondays (February 2nd and 9th only) and 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 driver's 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.

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