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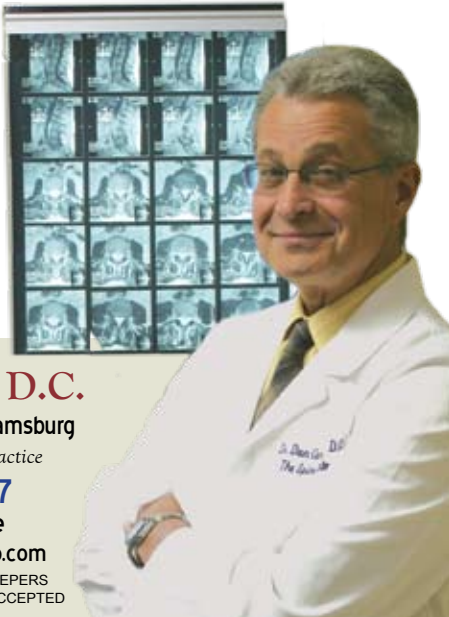
Tues-Thur 10:30am - 5pm • Fri 10:30am - 9:30pm • Sat 8:30am - 3pm & 6pm - 9:30pm • Sun 10am - 2pm

SCIATICA?

Maybe I can help.

For more than 30 years I've worked with people with pain like sciatica, headaches, neck, arm and hand pain. I have a special interest in teaching patients how they can help themselves.

Modern chiropractic doesn't require the use of sudden jerky movements with popping or snapping noises. It does include low-force and traditional adjustments, lower back decompression, a wide variety of soft tissue therapies and even nutritional support. The addition of up-to-date self-care concepts drawn from authorities around the world make for a very comprehensive and effective treatment approach.



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Hey Neighbor!

Please visit www.WilliamsburgNeighbors.com and click on **Hey Neighbor!** for a complete list of current community announcements.

Hey Neighbor!

FOODAPALOOZA FOOD & WINE FESTIVAL

June 18 – 20, 2010

\$25 day pass, \$35 weekend pass, \$125 celebrity chef dinner. Sullivan's Square, 4301 New Town Avenue, 23185. Celebrate the fine art of food and wine in a 4 day extravaganza benefiting the Williamsburg Area Meals on Wheels. Enjoy gourmet food, wine tastings and more. Live music and wonderful attractions. For more info visit FoodAPaloozaVa.com.

Hey Neighbor!

SEWING CLASSES—JCC COMMUNITY ACTION AGENCY

Now through July

Williamsburg/James City County Community Action Agency will offer several basic sewing classes for adults in through July. Also, classes will be offered for youth starting at age 9 in July. Some of the techniques will include making a garment, altering garments for better fit and hemming properly. Several sessions are scheduled for your convenience. All classes will be held at the Historic Triangle Center in the conference room. For information on times, dates and registration, call 229-9332.

Hey Neighbor!

MATOAKA SUMMER CONCERT SERIES

Now through August 13th

Inclusion is proud to announce the return of the Matoaka Summer Concert Series held at the Lake Matoaka Amphitheater at William and Mary. Join us every other Friday evening through August 13th for great bands and a great time in a unique outdoor venue. For more info visit: www.matoakasummerconcerts.com. Remaining concert dates: The English Channel - June 18th; Tailgate Down - July 2nd; Butter - July 16th; Borderline Crazy - July 30th;

The Rhondels-August 13th.

Hey Neighbor!

FOSTER PARENTS NEEDED CHILDREN'S HOME SOCIETY Children's Home Society of Virginia is seeking foster parents to care for infants and toddlers on a temporary basis. A foster care home study, training and support are provided. Foster parents also receive a monthly stipend and clothing allowance to meet each child's needs. To find out more about becoming a foster parent, please call Emily Ruppert at (804) 353-0191 or (800) 247-2888. You may also visit www.chsva.org.

Hey Neighbor!

WILLIAMSBURG CHORAL GUILD "SUMMER SINGS"

June 21 and 28, 2010

"Summer Sings" is a program sponsored by the Williamsburg Choral Guild that features a sing-through of three different great choral masterpieces, each with a guest conductor, soloists and piano accompaniment. These consecutive Monday evening events in June start at 7:00 p.m. with registration, and singing begins at 7:30. All programs take place at Williamsburg Unitarian Universalists at 3051 Ironbound Road. For more information, call 220-1808 or visit www.williamsburgchoralguild.org.

Hey Neighbor!

ASSEMBLY OF THE SOCIETY OF AMERICAN MAGICIANS

June 23, 2010

Monthly Meeting of Assembly 226, Society of American Magicians. Professionals, amateurs, and those just interested in magic are welcome! The assembly typically meets on the fourth Wednesday of each month, from 7pm to 8:30pm at Williamsburg Presbyterian Church, 215 Richmond Road, Room 009 (basement). For more

information email assembly226@gmail.com or visit <http://sites.google.com/site/samassembly226> for our calendar of events.

Hey Neighbor!

ORPHAN HELPERS TO HOST 4TH ANNUAL CHARITY GOLF CLASSIC

June 25, 2010

Orphan Helpers, a nonprofit children's outreach organization based in Hampton Roads, will hold its 4th Annual Golf Classic at the Ford's Colony Country Club in Williamsburg June 25, 2010. The 200+ player tournament will have a shotgun start of 1pm. Interested parties should visit www.orphanhelpers.org/golf or call the Orphan Helpers office at 757-722-6940.

Hey Neighbor!

PROGRAM AT WILLIAMSBURG BOTANICAL GARDEN

June 26, 2010

10:00-11:00 am. A program on a mountain habitat in the coastal plain will be presented by Dr. Jerre Johnson (Geologist), and Dr. Donna Ware (Botanist). Over the past six months an above-ground "ravine" was constructed under their direction, and is now blooming with plants that prefer limy soil, and deep ravines. Admission is free. For more information contact Barb Dunbar at 757-880-8875 or twotac@cox.net.

Hey Neighbor!

2ND ANNUAL SOAR SAMARITAN OUTREACH ASSISTANCE RIDE

June 26, 2010

Saturday, June 26 at Big Daddy's Cycles on HWY 17S (2mi North of Coleman Bridge in Gloucester). This annual ride benefits Lackey Free Clinic in Yorktown. The Lackey Free Clinic provides medical, dental and mental health care as well as prescription medication to the uninsured and income eligible in the surrounding communities. Contact Sue Salva at 757-886-0608 ext. 251 or call ssalva@olivetministries.org with any questions.

Hey Neighbor!

18TH CENTURY LIFE AT THE

LEE PLANTATION

July 26th – 30th, 2010

Register with Program # 16283 at <http://Exploritas.org> Questions? Call (local office) 757-221-3649 or 1-800-454-5768

Hey Neighbor!

BARRY UZZELL'S SUMMER BASKETBALL CAMP

Starts June 28, 2010

Sponsored by Williamsburg-James City County Community Action Agency. Barry Uzzell, a former International pro basketball player, gives top instruction for group and individual attention to include all the fundamentals. The cost is \$50 per child. For more information and to enroll, call Yvonne at 229-9332.

Hey Neighbor!

THE VINEYARDS OF WILLIAMSBURG 5K RUN

August 14, 2010

Sentara presents The Vineyards of Williamsburg 5K to benefit Child Development Resources (CDR). A Colonial Road Runners Grand Prix event. For more information and to register go to www.vineyards5k.cdr.org/. Event includes 1 mile fun run. CDR is a 501(c)3 nonprofit agency changing the lives of babies, toddlers and their families. For more information about CDR visit www.cdr.org.

Hey Neighbor!

2010 WILLIAMSBURG ALZHEIMER'S MEMORY WALK

November 6, 2010

At the Community Building in Williamsburg. Events begin at 9:00 and the Walk starts at 10:00. Plan for a scenic and leisurely 2 mile walk through Colonial Williamsburg! You can form a team, join a team, or make a donation by going to www.alz.org/memory-walk and locating the Williamsburg area walk. Or you can donate by check to the Alzheimer's Association and mail to: Faith Amoroso, RN, Chairman, 2010 Williamsburg Memory Walk, faithRN971@cox.net Center for Excellence in Aging and Geriatric Health, 3901 Treyburn Drive, Williamsburg, Va 23185

If you are dealing with health issues - check your mouth

A Whole Body Approach to Dentistry

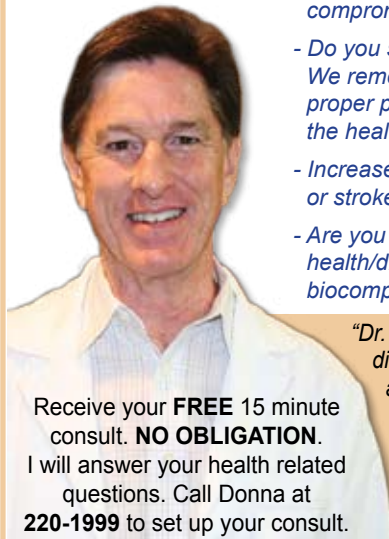
Providing you with dental solutions that can affect your overall health. I feel strongly that if you are dealing with health issues or you simply want to maintain good health, check your mouth - your window to wellness.

Are you vulnerable? - Is your immune system already compromised?

- Do you still have silver-mercury fillings? We remove mercury fillings using the proper protocol for your safety and for the health of our environment

- Increased risk for cardiovascular events or stroke with untreated gum disease

- Are you cleaning up areas of your life/ health/diet/fitness? Is it time for biocompatible dentistry?



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Thank You!



This was our most successful Bridals & Bow Ties event yet!

Dream Catchers appreciates the individuals and companies listed below. Their contributions, as well as those of the many guests in attendance, will help us to continue the programs that so many children with disabilities count on. Thanks to all those who demonstrated such generosity so that children with special needs will continue to find freedom on the back of a horse.

Dream Catchers Thanks the Following Individuals and Businesses Riverside Heath System

- Bobby & Hope Beck
- Eggland's Best
(Braswell Foods)
- Equi-Kneads
- Joan Gilkison
- John & Patty Holt
- Dr. and Mrs. Wade Johnson
- Dr. and Mrs. David Pearce

- Dr. and Mrs. Steve Cummings
- Simpson House Cottage
- Towne Bank
- Virginia Ventures
- Cheryl Warren & Brad Cole
- Virginia Company Bank

Other Sponsors

- Belmont Peanuts of Southhampton
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- Chesapeake Investment Group

- Printwell
- Sentara Health Care
- John & Susan Sikich

Auction Donors

- Binns
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- Colonial Crossings
- Mike & Sally Derrig
- Dominion Physical Therapy Associates, Inc.
- Bill O'Donovan
- Fin Gaddy - Qualifier Charters
- Warner Hall
- Hope & Glory Inn
- Dr. & Mrs. Tom Jamison
- Allen R. Jones Jr.
- John & Debbie Reese



Again, many thanks to all those involved for making
Bridals & Bow Ties an overwhelming success!