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Discovering the people who call Williamsburg home

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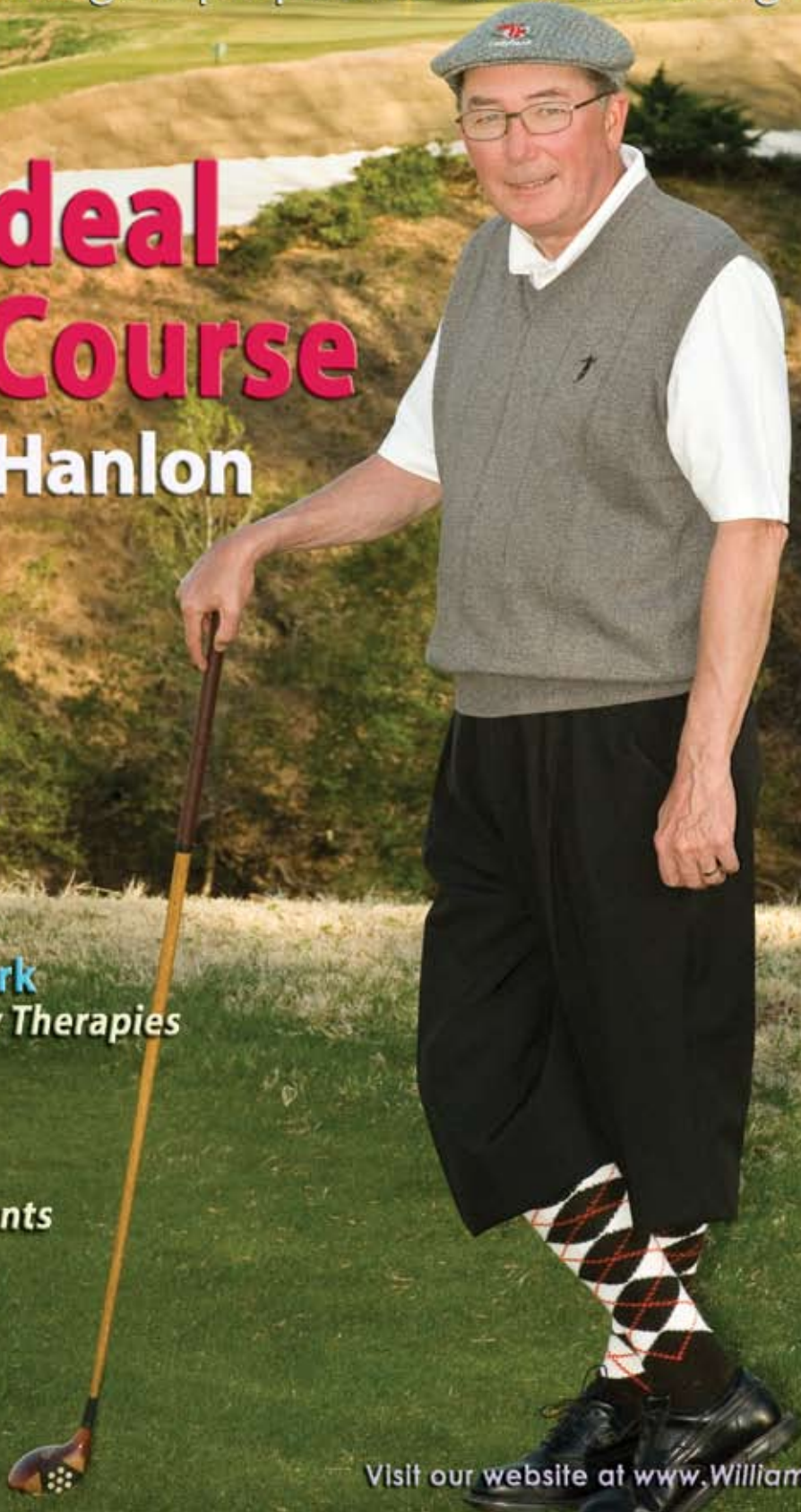
The Ideal Golf Course

Robert Hanlon

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For those of you who enjoy the game of golf, you may have thought about what your ideal golf course might look like. I have put some thought to it and have come up with some specific ideas about how I would design a course based on my own golf experiences.



Meredith Collins, Publisher

When I was in my 30's, I played fairly often in a ladies league. No matter how often I played, however, I was never able to develop a consistent game. Golf pros would watch me swing and tell me what great form I had but I wasn't able to translate that into strong play. In fact, no matter how good my swing looked, I would hit the ball the same distance whether I used a 5 iron or a pitching wedge! My putting game wasn't much better. I could usually read the lie pretty well but that never mattered much. I typically lacked finesse on my putting stroke and would almost always send the ball rolling past the hole - sometimes off the green.

Thus, my ideal golf course would have very short fairways. I envision an 18 hole, par 3 course where the longest fairway is no more than 75 yards. That way it wouldn't matter which club I used. I'd make the holes the size of a basketball hoop and maybe include a portable backboard behind each hole so I would have a second chance with my "too strong" putts where I could hope for a bank shot. I think that might help me keep it to a 3-putt on most holes.

Luckily, the folks we interviewed for this issue are good golfers. Their ideas about creating an ideal golf course seem a lot more practical than mine. Whether you are a golfer or not, I think you will enjoy learning about this challenging (and frustrating) game from interviews with some of your neighbors who actually have talent. NDN

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More Than A Game

ROBERT HANLON
COLLECTOR OF GOLF MEMORABILIA

By Alison Johnson

Robert Hanlon isn't sure how many golf-related collectibles he's gathered since buying the first item 22 years ago. He figures the total is somewhere between 500 and 1,000 – enough to decorate an entire upstairs room at his home in Ford's Colony.

The displays include children's bowls, dishes and tea sets from the early 1900s, old wind-up toys and games, two *Vanity Fair* prints from 1890, an autographed Arnold Palmer photo and a unique, detailed replica of a Scottish golf shop designed and handmade by his wife's parents. One of Robert's favorite pieces is an 1890 "Sunday Stick," which looks like a cane or walking stick but had a sneakier purpose.

"In the late 19th century, the Church in

Scotland frowned upon golfing or other sports on Sunday," Robert explains. "Scotsmen would take their 'walking sticks' to church and on the way home walk out to the fifth hole or so, drop a ball, turn their 'walking stick' around and practice putting – thus taking great efforts not to be caught. They'd carry two or three golf balls in their pockets."

Those are the kinds of stories that have drawn Robert deeply into the history of golf, a sport he also loves to play. The retired Central Intelligence Agency employee is an active member of the Golf Collectors Society, an international organization that aims to preserve golfing treasures and traditions. The non-profit group includes professional golfers, writers,

museum curators and everyday golf fans from more than 15 countries. It sponsors trade shows and historical tournaments in which men wear coats, ties and knickers, women play in Victorian-style dresses and all use hickory golf clubs.

Robert had played golf for a number of years by the time he was stationed at the United States Embassy in London in 1989. A block away from the embassy he found a golf shop run by a woman named Sarah Baddiel that carried antiques. She turned out to be a leading collector in Great Britain. "It was just so interesting to talk to her," Robert says.

Robert's first purchases were small toys and games such as wind-ups with a bear and a

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monkey; his first major acquisition was a good-quality “Sunday Stick” that Baddiel found for him after searching for over a year. He later began focusing on ceramics sets, including the Royal Doulton Bunnykins series from 1930s and 40s England that feature drawings of rabbits on the golf course. One of his rarer items is a complete set of four German dolls dressed in golf clothes – father, mother and two kids – likely dating to the early 1900s.

Robert, a Philadelphia native and Catholic University graduate, has found collectibles all over the world, from yard sales and antique stores to trade shows and online catalogs. At one card show, he found a Phil Mickelson trading card issued in 1994 that spelled the golfer’s name wrong. He bought it for a dollar. About three years later, he saw Mickelson at a golf tournament and showed him the card.

“He asked where I found it and asked if I noticed anything strange,” Robert says. “I said, ‘Yes, your name is misspelled on the front and back.’ He laughed and said when he got a prototype of the card he was so mad that he ripped it up. He was unaware that another existed. He signed it and told me to keep it because he was going to win some major tournaments. I think it is one of a kind.”

Robert declines to estimate the value of his collection, saying the market often fluctuates over time. Most dear to him personally is the golf shop replica, filled with objects such as sweaters, books, trophies and shoes – many of them handmade by his late in-laws. His pieces are on display in barrister units, furniture with shelving and a clear glass front, and tables.

However, Robert isn’t the biggest collector in his home. That honor goes to his wife, Linda, who has a vast collection of antique dollhouses (her mother was an antiques dealer). Her collection is easily twice the size of his, taking up one large room, a converted walk-in closet and an attic for storage. When the couple – parents to daughter Kellie Ann, 28 – moved to James City County in 2005, they specifically looked for a house that had two large rooms for their respective collections.

“She keeps impinging on my space,” Robert jokes. “I got the short end of the stick.”

In addition to collecting, Robert serves as a Rules Official for the Middle Atlantic Section of the PGA, one of 41 sections of the Professional Golfers Association of America. He plans to volunteer at nine regional tournaments this year; jobs might include setting up golf courses, answering questions about rules, helping at the scorer’s table and monitoring pace of play. He will also be bringing The Golf Collectors Society annual trade show and golf tournament to Williamsburg October 11 - 14, 2012.

As for playing golf, Robert usually is out on the links three times a week. “One thing I love about this area is how many quality golf courses we have,” he says. His favorite: The Tradition Golf Club at Stonehouse. “There really is no easy hole there,” he says. “Each hole is different. Some courses have two or three holes that look exactly the same. To me, diversity is what makes a course ideal.”

Golf has introduced Robert to many friends, and he remains fascinated by its rules and etiquette. “It’s such a gentleman’s game, and by that I include the ladies,” he says. “You have to abide by the rules. Many golfers will report a breach of the rules on their own, even if no one is watching and there are no television cameras around. If they accidentally move a ball by even a tiny amount, they’ll penalize themselves a stroke.”

Robert would like to keep adding to his collection, although it has become harder to find items that aren’t duplicates of what he already has. Still, his eyes are always open. NDN

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The Merriam-Webster dictionary defines happiness as 'a pleasurable or satisfying experience'. Bobby Brashears might define it more simply as a round of golf at Williamsburg's Golden Horseshoe Golf Club. Some people enamored with this popular sport long to play faraway iconic courses such as Scotland's St. Andrews, and the thought of the surf-battered cliffs and pristine fairways of Pebble Beach may even bring a wistful tear to a golfer's eye. But not the retired U.S. Army Infantry Major General Bobby Brashears. He's living his dream and playing out his ultimate golf fantasy at least twice a week right at home.

"I've played some pretty nice golf courses in the U.S.," Bobby says, "including Hawaii. I've also played in Europe, but my favorite one is right here at home."

Bobby has been involved in the sport for years, but until lately, he didn't have time to pursue the game seriously.

"I bought my first set of clubs in 1963 when my family and I were stationed in Germany, but didn't have the time to play much until 1972, when I spent a year in Carlisle, Pennsylvania at the Army War College," Bobby explains. "I retired from the Army in 1991 and went to work for a company based in Pittsburgh, but my job was in Washington, D.C. We lived in Northern Virginia for many years, and in 2002 I decided it was time for me to quit work and just play golf," he says with a smile. It has become the perfect hobby for him, combining his love of being outdoors with healthy exercise and the thrill of competition.

"I'm really competing with myself," he says, "trying to beat what I did yesterday and the day before." That's what makes golf a game that continues to be enjoyable at every age. "You can play until you're old, and at 76," Bobby chuckles, "I'm pretty old!"

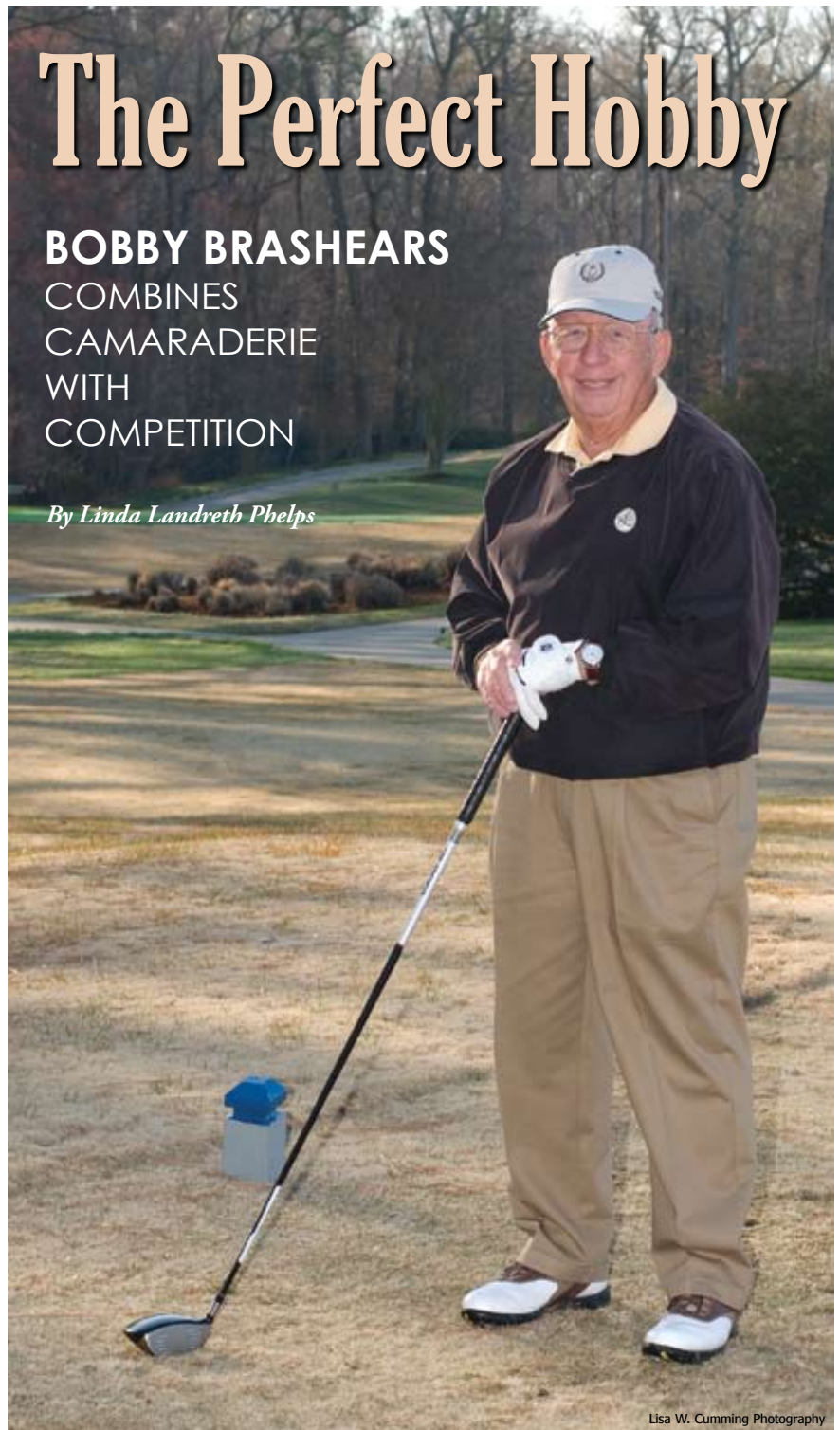
Bobby and his wife, Phyllis, moved here from their home in Vienna, Virginia six years ago. Like many who settle in this region to retire, they were already familiar with Williamsburg.

"Twice Fort Monroe was one of my duty stations, and we really loved the area when we were here. After we moved away, we'd come back often to celebrate our anniversary and for Christmas. One Friday night we were reading *The*

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Wall Street Journal; in the real estate section we saw an ad for a great house in Ford's Colony. We drove down from Vienna just to look and wound up buying it."

Not a visitor any longer, Bobby now plays The Golden Horseshoe as a local, and appreciation for his adopted home course has never dimmed. One of the things about it that he singles out for particular praise is the courteous and competent staff he finds there.

"From the friendly guy who greets me and helps put my clubs in the cart to those who groom the greens or work in the pro shop, they're all topnotch people," Bobby says. Another of his favorite aspects of playing this course is the fact that everything is so well maintained.

As a public access resort course, one expects The Golden Horseshoe to be beautiful, but what is surprising is that it's an oasis situated in the heart of town, directly adjacent to the 18th Century restoration area. Its location makes it an emerald green jewel set in the crown of the Colonial Williamsburg Foundation.

It's also a great place for bird watching and observing wildlife. Since 2000, the Golden Horseshoe's three courses have been designated

as Certified Audubon Cooperative Sanctuaries; its lakes are alive with bullfrogs and stocked with fish. One pond near the clubhouse offers additional entertainment should you decide to save your lunchtime crusts and stroll over to feed the fish. The numerous and greedy carp will stick their heads completely out of the water, open their gaping mouths, and beg for bread crumbs like a roiling mass of amphibious baby birds.

Designed by Robert Trent Jones Sr. and son Rees Jones, The Gold Course, the Green Course, and the nine-hole Spotswood Course are on South England Street, within easy walking distance of both the Inn and the Lodge. The Gold Course, Bobby's favorite, is a par-71, with more than 6,800 yards to play, including many water hazards and the lengthy, par-five 15th hole, which stands 634 yards away from the tee. For a one-time initiation fee and regularly paid annual dues, residents can tread the same greens that the NCAA and PGA pros do, as often as they wish.

A self-described "medium" skilled golfer with a handicap of 17, Bobby always finds the Gold Course challenging, even after the many times he's played it.

"I like a course where you have to think your way around. Every shot is different," he says. "The most challenging hole for me is the 16th, a par 3 with an island green. Too little and you're in the water; hit it too hard and you're in the water again."

Golf is a social game, a good way for newcomers to get to know people with like interests. As a former military spouse, Phyllis, Bobby's wife of 47 years, knows how important that is. Though not a golfer herself, she encourages Bobby to play as often as possible. He has a regular foursome that he plays with on Tuesdays and Thursdays, and a couple of his golfing buddies are gym partners as well, so Bobby's companionship needs are well met.

Bobby's enthusiasm for the game and for his club is complete. "I look forward to playing every time I go. It's a totally pleasant experience," Bobby says.

So let others pine for exotic distant places - Bobby Brashears is happy to stick close to home. If there were an Ultimate Fantasy Golf Course competition, Bobby says that for him, Williamsburg's Golden Horseshoe would easily take the trophy. NDN

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SUE RENNAGEL

Helping Women Improve Their Game

By Rachel Sapin

It may be a surprise to some that a sport often associated with men was in fact championed by a female in its nascent years, and a royal one at that. It turns out that Mary, Queen of Scots, was an avid golfer. 'She was so keen on the game that she was accused of cold-bloodedness for playing a round just days after her husband was assassinated,' wrote veteran *Washington Post* sports columnist, Sally Jenkins, in a tribute to the rebel queen's love of the links.

Mary was a nonconformist when it came to fitting into the narrow roles available for women in the predominately patriarchal Europe of the 16th century. Jenkins writes admirably of Mary in her column, remarking on the Queen's little-known athletic prowess that included horseback riding, hunting, hawking, and archery. She praises Queen Mary as 'the mother of golf, among all the stout old fathers.'

Although women's presence in golf is prominent today, Sue Rennagel carries on the tradition of making a place for women on the course. She serves as President of the Ford's Colony LGA-9, which accepts women who have a nine-hole handicap of 36 or less. The LGA-9 currently has a little over 100 members, an impressively large number thanks in part to the Ford's



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Colony 4-Tees program, which helps novice female golfers learn to play and also allows an out-of-practice golfer to brush up on her game.

“The program is quite unique in itself,” Sue explains. “Anyone who has played a little golf or who has never played at all can join the 4-Tees for two years. They have coaches, they have range practice, and they have what we call a ‘swinging sister.’ That’s a lady who will take them out on the golf course and play with them several times to help the players get comfortable. I’ve never heard of another program like it; it’s really wonderful.”

Before retiring and moving with her husband to Williamsburg, Sue worked for the National Reconnaissance Office, which operates the nation’s reconnaissance satellites and employs individuals from the Department of Defense and the CIA. She is originally from Connecticut, but has lived in a variety of places throughout her life, including New York and Arizona. Sue has been golfing since 1974, but it wasn’t until she retired that she was really able to get into the game. “I didn’t play anything organized at that time because I had little children, and then I went back to work,” she says. It was Sue and her husband’s love of the game that eventually led them to retire in Ford’s Colony, in addition to the couple wanting to be closer to their daughter who lives in Virginia. “I didn’t care for Florida full-time,” Sue reflects with a laugh on the decision not to retire in her husband’s Florida hometown.

Sue now believes she could not have made a better retirement decision. The laid-back golf community at Ford’s Colony is a wonderful fit for her and her husband. “People are just so friendly here,” she remarks of what she finds to be truly special about living in Ford’s Colony. “I like the camaraderie of the people.”

It’s the camaraderie of her fellow golfers and the fact that she’s playing to have fun that keeps Sue from being discouraged by even the most challenging courses. “You have to keep telling yourself, ‘It’s just a game.’” Sue often reminds herself when she gets flustered by Williamsburg’s more challenging links. She especially dislikes difficult bunkers. “Bunkers are the sand traps,” she explains to a golf neophyte like myself with a laugh. “Sometimes it’s so hard to get out of them because the sides are so high.” In addition to preferring less intense bunkers, Sue’s ideal golf course would consist of rolling hills and short rough.

One of the toughest courses Sue has played in Williamsburg is Colonial Heritage’s 18-hole championship course. The course was designed by leading golf-course architect Arthur Hills for the 55+ community, and winds its way through the property’s lush and sometimes hillier, neighborhoods.

“Many of the holes have difficult forced carries on the tee shot,” Sue remarks.

Sue is rightfully proud of her role as both an ambassador of golf to the women in our community and as a mentor to them, helping them improve their golfing skills and confidence as President of the LGA-9. The program’s resilience is reflected in the fact that they are celebrating its 20th year as an organization.

“Last year, we had 15 ladies in our 4-Tee program, and this year we have 8,” Sue explains with pride. “Most of the other ladies have moved up to the LGA-9. After two years, most of them move up because they find out they really like to play.”

Perhaps in addition to Queen Mary, we should also count the women of the LGA-9 as those who are making their presence known across Williamsburg’s golf courses in a predominantly male sport. NDN

¹ www.washingtonpost.com/wp-dyn/content/article/2010/07/14/AR2010071404544.html

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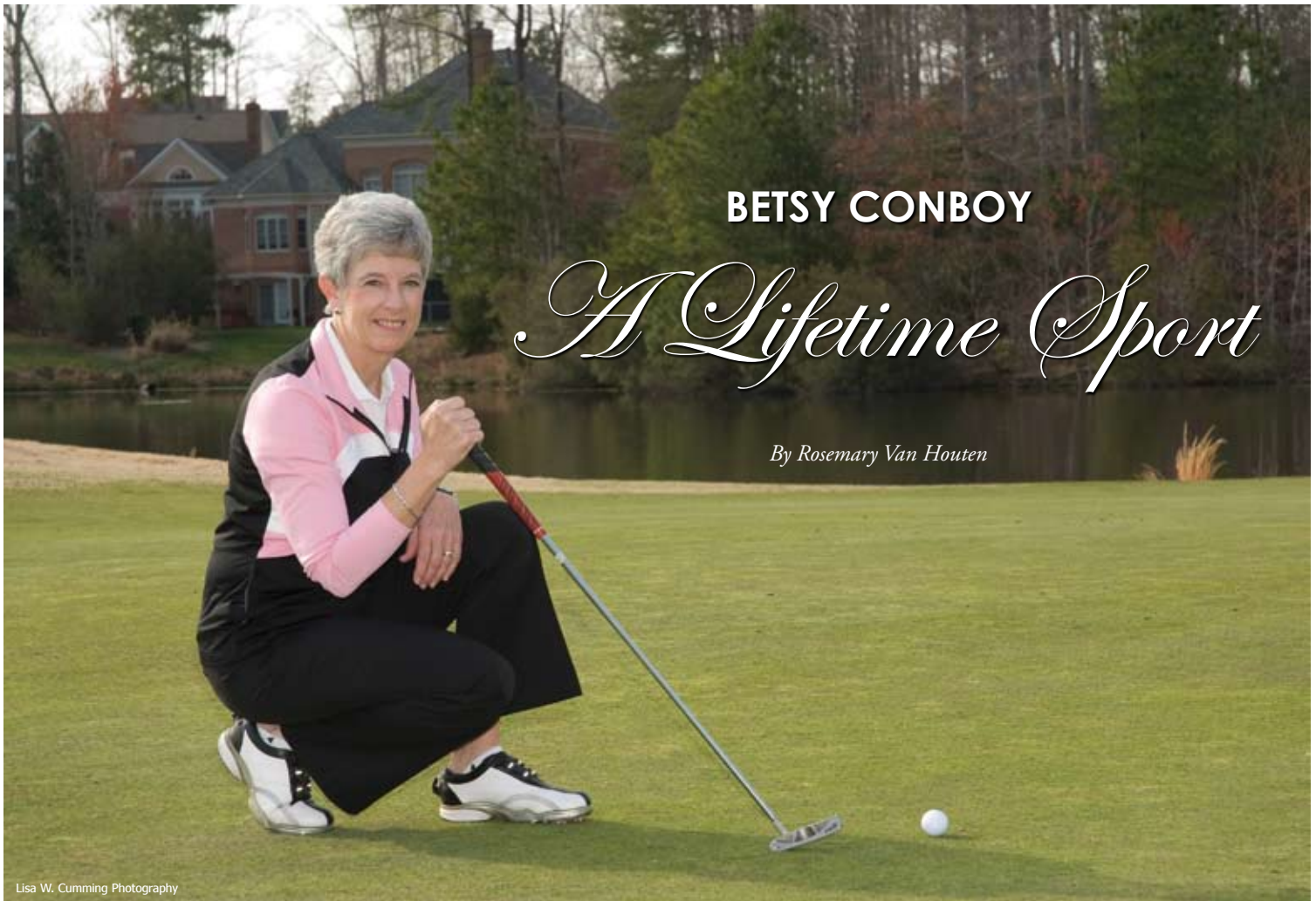
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BETSY CONBOY

A Lifetime Sport

By Rosemary Van Houten

Lisa W. Cumming Photography

When Betsy Conboy was approached to do this interview, one of the first things she said was: ‘Thanks for the opportunity to talk about my favorite sport!’ Betsy’s enthusiasm left no doubt that golfing was very much a part of her life, a part that brings her great joy and satisfaction. One of her favorite quotes, ‘hope springs eternal’ helps explain her optimistic attitude on and off the golf course.

Betsy grew up in an athletic family in New Jersey. Her mother and father played tennis and golf, as did her brother, Ed. She often played with Ed in the New Jersey State Mixed Double

Tennis Tournaments. They also enjoyed golf together. Ed still lives in New Jersey, but when trips to Williamsburg fit into his schedule, Betsy and her husband, Joe, join him on Ford’s Colony’s greens and fairways.

Golf has been an integral part of Betsy’s life for many years and while her interest started out slowly, it gained momentum quickly and has retained a special place in her active life.

“I guess I’ve been playing golf for over 40 years,” Betsy says. “It’s really a great lifetime sport.”

When she was growing up, however, she did

not feel as strongly as she does now about the game. When her parents bought her first set of clubs in junior high school, she was more interested in other sports and activities. It wasn’t until she was in high school that her interest increased.

“I did, however, love to watch golf on television when Arnold Palmer and Jack Nicklaus were in their heyday,” she says.

It was not until 1984 when Betsy joined a golf club in Hopewell, New Jersey that she began to engage more in the sport. She started playing more often, improving her abilities and



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seeking out courses she had never played before. She had been bitten by the golf bug.

The spark that ignited in New Jersey fueled her passion for the game and propelled her forward. She played more and more and looked forward to trying out new courses.

Over the years, Betsy has been able to play at many different golf courses, both in and outside of the United States. Some of the most memorable ones include Merion Golf Club in Ardmore, Pennsylvania; Aronimink in Newtown Square, Pennsylvania; TPC Scottsdale in Scottsdale, Arizona and courses at St. Andrews Links in Scotland.

"I've probably played over 70 different golf courses so far, and I intend to continue adding to that number," Betsy says.

She also played a par three course at Ballyunion Golf Club in Ireland. This course presented the most challenging hole she has ever played.

"The yardage was only about 130-yards, but it was straight uphill," Betsy says, recalling that she teed off with her driver and the ball still landed short of the green.

When it comes to playing golf in the Williamsburg area, Betsy ranks the Black Heath Course at Ford's Colony as one of her favorite

courses to play.

"The first hole is quite difficult, with water up the left side and bunkers on the right side," she explains.

However, for Betsy a challenging golf course is perfect.

"I love the challenge of the game itself," Betsy says. "Golf is one of the most difficult games one can play if you want to be good at it. There are many levels at which you can compete or you can just go out and enjoy your round."

Betsy's best score is 76 from her days in New Jersey, but she achieved her lowest handicap index of 8.7 at Ford's Colony last year.

"I actually had my best golf year ever last year, winning a number of tournaments and being awarded, 'Most Improved Golfer of the Year,' from the Ladies Golf Association," Betsy says. She also enjoys the spectacular scenery most golf courses provide nestled in surroundings of natural beauty.

Golf has enriched her life even more, however. She met her husband, Joe - a retired PGA golf pro - on a golf course.

"He has a great swing," Betsy says with a smile.

While Betsy admires professional players like Nancy Lopez, Christie Kerr, Paula

Creamer, Arnold Palmer, Jack Nicklaus and Jim Furyk, the player she admires the most is her husband.

"I credit him with bringing my game to the point where it is today," she says. Betsy has a deep respect for his knowledge of the game - not just the mechanical and technical aspects - but also the great stories and history of golf.

Betsy describes her ideal golf course as one that would be in harmony with the surrounding environment.

"I would want it to follow the natural contours of the land on which it was built," she says. "I would include water only where it naturally occurred, and I would want it to be challenging, but fair for all ability levels. The greens would have contours, but not necessarily different levels."

Golf has proven to be a great complement to Betsy's enjoyable 34-year teaching career and her various other hobbies. Sewing and decorating projects, listening to good music and traveling are favorite pastimes. In fact, a photographic safari in Africa is penciled in on her bucket list.

One might imagine if that safari becomes a reality, it very well might include a few rounds of golf along the way! NDN

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RON WOO PASSIONATE ABOUT HIS GOLF

By Lillian Stevens

Most golfers will tell you that what they love most about the game is the camaraderie. Ron Woo of Colonial Heritage is no exception. He has spent “golfing vacations” with old buddies, and he also relishes a round or two with complete strangers. Most of all, he enjoys golfing with his

sons when they visit, and with the friends he has made at Colonial Heritage.

“I have a regular group that I golf with and we obviously get along. We love to joke around and laugh. Oh sure, we respect you when you’re up to the ball to hit, but before and after that

everyone’s a target,” Ron says with a chuckle.

The next best thing about golf, according to this insurance industry retiree from New York City, is simply being on the links.

“If I’m having a bad day on the course, I just pause to look around and take in the natu-



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ral beauty of my surroundings here. The landscape, the trees, the wildlife – from blue herons to red tailed hawk birds and other birds. Heck, I’m a city boy! I’m not used to this!”

The 18 hole course at Colonial Heritage Golf Club features 6,889 yards of golf for a par of 72, which means the standard is a total of 72 strokes to get the ball in all 18 holes; some holes might be a par 3 and others might be a par 4 or 5.

An active golfer and Club member, Ron also serves as the Chair of Colonial Heritage’s Golf Committee which reports to its Board of Directors.

“Our charge is to submit recommendations related to golf to the Board. There are five members on the golf committee: one is a representative of the men’s golf association and one a representative of the ladies’ golf association with the other three of us members of the golf course. All are residents of the development, and all are volunteers,” Ron explains.

Meetings are open to anyone whether or not they are members. Attendance is encouraged because the meetings offer an opportunity for residents and players alike to raise questions and recommendations regarding golf at Colonial Heritage – from how to minimize wear on golf carts to how to maximize membership and participation at Colonial Heritage’s golf course, which is open to the public year-round.

“We love this course so much,” Ron says. “And we want others to love it too. I will say that it’s a challenging course to play. I’ve talked to a lot of people who have said that they love the course also, but wish they were more familiar with it. Well, we have ‘Ambassadors’ for that! Let’s say you want to play our course – whether you’re a tourist visiting a time share in town, or a local golfer without a club membership – or even a potential homebuyer at Colonial Heritage. Well, you won’t ‘know’ the course. But one of our ‘Ambassadors’ is available to play a round with you or take you around and show you the course. Or, say you want to play with someone of comparable ability. When you call and schedule your tee time, tell the folks at the golf shop and they will call one of the ‘Ambassadors’. There is no extra charge because we want it to be an enjoyable experience for you.”

Visitors beware - the fifth hole might blow your mind.

“It is the course’s signature hole and also the most difficult hole I’ve played locally,” he says. “But golf is very much a game of the mind. So there are different ways to play each hole and you have to understand what your limitations and your abilities are and then you play accordingly. On hole 5, do you place your tee shot on the first fairway and go for the second fairway with your second shot? Or, are you long enough to reach the second fairway on your tee shot? And if you can reach the second fairway on your tee shot, will you be far enough up the second fairway to reach the elevated green on your next shot? You have to weigh the risk against the reward.”

In golf, of course, the player hits from the teeing ground, or tee box. At Colonial Heritage, each hole has five tee boxes, starting with burgundy tees (easier/shorter), then gold tees, then silver, green, and – finally – black. Black is the longest tee from which to hit.

“If we had a tournament, for example, the pros would hit from the black tee but if you go to most golf courses, there are silver or white tees, and that’s what golfers consider average.”

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Trusts: The Estate Planners Set of Clubs

Very often, the centerpiece of an estate plan will be a trust. However, to speak of a “trust” is akin to your caddie telling you to use a “golf club” to hit your next shot. Trusts are designed to accomplish a variety of objectives, from minimizing taxes to protecting resources for a disabled child. Like a trusted caddie, a qualified estate planning attorney will first determine an optimal strategy, then make certain one has the best equipment in hand to implement that strategy.

Before describing a few commonly used trusts, there is a common misperception - that trusts benefit only the wealthy. In fact, nothing could be further from the truth. For most, a well-designed trust plan, even if unnecessary to reduce taxes, may well make it possible for one’s descendants to attend college or otherwise get a decent start in life.

A. THE TAX-EXEMPTION TRUST

Often referred to as the “family trust” or “credit shelter” trust, this trust can be thought of as the driver in the estate planner’s golf bag. It is used to guarantee that each spouse’s Federal Estate Tax Exemption is fully utilized. This one device can save a married couple millions in estate taxes. Indeed, it makes other estate tax avoidance strategies unnecessary for most clients.

B. QTIP TRUST

Many estate owners typically utilize the unlimited marital deduction to ensure that no estate tax is paid on the death of the first spouse. While effective as an estate-tax deferral strategy, this may imperil the preservation of assets for children of a prior marriage, or other beneficiaries if the assets fall under

the complete control of the surviving spouse, particularly in a second marriage situation. Like a trusted sand wedge, the QTIP trust provides a way out of this hazard, allowing the assets to benefit the surviving spouse, estate tax free, while maintaining the deceased spouse’s control over the ultimate distribution of the assets to his or her children.

C. THE IRREVOCABLE TRUST

In many estate planning situations, the revocable trust has replaced the Will as the centerpiece document. Less common, but often useful, is the irrevocable trust, which might be thought of as a utility wood – not always necessary, but invaluable under the right conditions.

As the name implies, an irrevocable trust cannot, under normal circumstance, be undone. A contribution into such a trust is considered a completed gift. The advantage of such a trust has never been greater, due to recent changes in the estate and gift tax laws. Currently, the estate and gift tax exemption is \$5 million; however, this is scheduled to return to \$1 million in 2013, unless Congress reauthorizes a higher exemption amount. The new tax law provides a unique window of opportunity to place millions of dollars beyond the reach of the transfer tax system, by making completed gifts to an irrevocable trust.

For more information about **TRUSTS** and the role they play in estate planning, please visit our website at www.ferrisandassociates.com for our seminar schedule, or to schedule an in office conference with one of our firm’s attorneys.

Golf courses are rated on their difficulty, with both a slope rating and a course rating. Colonial Heritage's course carries a pretty high rating on both fronts – something the golf pros (and score cards) recommend that you heed.

"We have observed that most people who think they are good enough to play the silvers or even the greens should really move up one set of tees because this course is challenging and we have a lot of wind here. You may think you're that good but you might not be. To further confuse matters, you can have the white tees with a certain rating on one course and on another course they might be 10-15 points higher or 10-15 points lower. So sometimes, it's just more enjoyable to play with one of our committee's 'Ambassadors' – someone who knows the course," Ron says.

Another function of the golf committee is to work with golf course management company to make golf at Colonial Heritage the best experience it can be.

"This week, I am chairing a brainstorming session with nine golfers from beginners to experienced ones. My goal is to generate ideas about

how can we increase membership and how can we increase play because a lot of the residents don't play enough to make it worth their while to pay the membership fee. In other words, what can we do to make golf more enjoyable for all who play here?"

As passionate as he is about the game, Ron calls himself a "hacker" and is very approachable and easy-going. Born and raised in New York City, he didn't pick up his first club until the age of 35 and he has never had a formal lesson. He hasn't played in past years nearly as often as he would like – until he retired.

Thumbing through a retirement magazine one day, Ron and his wife, Lisa, saw an ad for the neighborhood they have since embraced as home. They moved to Colonial Heritage a little over three years ago. Ron says that the fact that it's a golf community is a plus.

"Between raising three kids and working in a career which put me on the road traveling at least two days, three weeks a month – there was little time to golf. So, until I moved here, if I could golf once a month it was a lot. Now, I'm hooked on golf."

Ron enjoys playing golf on almost any course but his ideal golf course would provide a blueprint for players of all skill levels.

"If I were designing a course like Trump National where extremely serious golfers will pay hundreds of thousands of dollars to join, it might be a more challenging course. If I'm designing a course for people who are going into their 70's or even 80's I'd make it a little gentler to walk. If I'm designing a course for the general public, I'd make it easier to play because there will be a lot of beginners at those types of courses."

An ideal golf course isn't that important to Ron, however, since he is quite satisfied playing his home course. He enjoys playing with friends or even those he has just met - those who might be looking for a new place to play a round or two.

"The reputation of Colonial Heritage is that it's too difficult for beginners. But I've never met anyone who said 'This is a hard course and I'm not coming back'. What they say is 'This is a challenging course and I want to come back and play it again'."

And that's just fine with Ron. NDN

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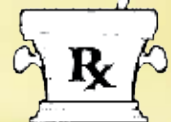
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PAT THOMPSON

Love at First Sight

By Rosemary Van Houten



When Pat Thompson talks about golf, you can sense there is a twinkle in her eye and a smile on her face; you don't have to be face-to-face with her to know they are there.

Golf for Pat was a little like 'love at first sight'. "I loved it the first time I ever hit a golf ball," Pat says. That's not hard to believe considering her wide interest in all kinds of sports.

Pat has participated in sports since middle-school. "If it's a sport, I've probably tried it,"

Pat says. She grew up in Pennsylvania, and enjoyed support from her mother and two sisters when it came to her participation and enthusiasm for sports, though they were not as actively involved as much themselves.

In her younger years, her interest in golf never interfered with her love for other sports. In college she played field hockey and women's lacrosse. Other favorites include skiing, tennis and competitive badminton.

For the past 15 years, she has been a tennis and field hockey coach, as well as a health and physical education teacher at Lafayette High School. She has generously shared her expertise, talent and devotion with young students and athletes.

While Pat is experienced in many sports, she concedes that golf is like no other.

"Golf is one of the most challenging sports I have ever played," she says. "It requires mental

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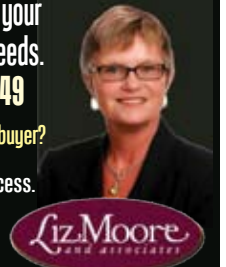
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concentration and eye-hand coordination. Golf is a sport that doesn't discriminate in any way - gender, age, etc. Anybody can play at different levels and enjoy other people's company. It doesn't matter if you are male or female. Some people play for competition, some play socially, and some play for both."

The most satisfying way to play golf is to keep expectations reasonable and in line with capabilities. Setting goals, playing against the course, just having fun or taking advantage of the social opportunities are all elements of the multi-faceted game that requires different skills for driving from the tee, hitting from the fairway and putting on the green.

Pat, who has been enjoying the sport for over 30 years, estimates she has played a couple of new courses every year - adding up to over 60. With her best scores in the upper 70s and lower 80s, it's pretty clear that she has learned to not only excel at the game but, more importantly, to respect and enjoy it.

"It's a humbling game," Pat says. "If you take it too seriously, it will not be fun. It's a great game to just compete against yourself."

No matter how you approach the game, golf will be challenging and it is always hard to predict your own level of play with each new game no matter how many times you have played. Even the most experienced golfer contends with inconsistent play or an occasional bad shot.

"On a day-to-day basis, golf is always going to getcha!" Pat says.

One of the most challenging holes she has ever come across is hole 2 on the Golden Horseshoe course near Colonial Williamsburg.

"You have uneven lies...usually downhill, and you have to hit over water and sand traps," she explains. "For most women it is very difficult to hit in two shots."

Regardless of the challenge, Pat appreciates what most courses have to offer. If she were to create her own ideal golf course it would have something for everyone.

"It would consist of beautiful scenery and challenging tee positions for all levels," Pat says.

When not on the course, Pat enjoys golf as a spectator.

"I enjoy watching a variety of players and would like to see American women raise their level in comparison to international players," Pat says. "I wish there were more opportunities in place for young people, students, to participate in golfing programs. Since golf is an expensive sport, young people who may be interested and might have great potential, sometimes do not get the chance to explore golf since it is not as accessible or available as other sports programs might be."

Pat's favorite professional golfers are Juli Inkster, and more recently, Lorena Ochoa. She admires female athletes who embrace the sport while still raising a family along with being on tour for several years. Pat also appreciates the competitive nature of these women as well as their ethics.

As a seasoned golfer, Pat has advice for those who are new at the game: "Don't give up the first time," she says. "It's an acquired taste. You might not be sure you like it at first, but keep trying. Anything worth doing is worth doing well." NDN



Lisa W. Cumming Photography

MIKE JACOBS

So Many Courses. So Little Time.

By Lillian Stevens

Kingsmill resident Mike Jacobs is an avid golfer on a mission to get his game back after recent back surgery, and continue on a quest to play the top 100 golf courses in the world.

Mike is also a jazz musician who holds undergraduate and graduate degrees in music performance. He jokes that he keeps his day job because he never figured out a way to make a living playing golf by day and playing the sax by night. By day Mike is an executive recruiter who specializes in physician recruiting, primarily within the Riverside Health System.

With over twenty years invested in playing golf, Mike has had the opportunity to play some of the most famous courses in the world – big PGA courses like Cypress Point in Pebble Beach, California (twice, on his 40th birthday and again on his 50th birthday); Kaupa Lua on Maui;



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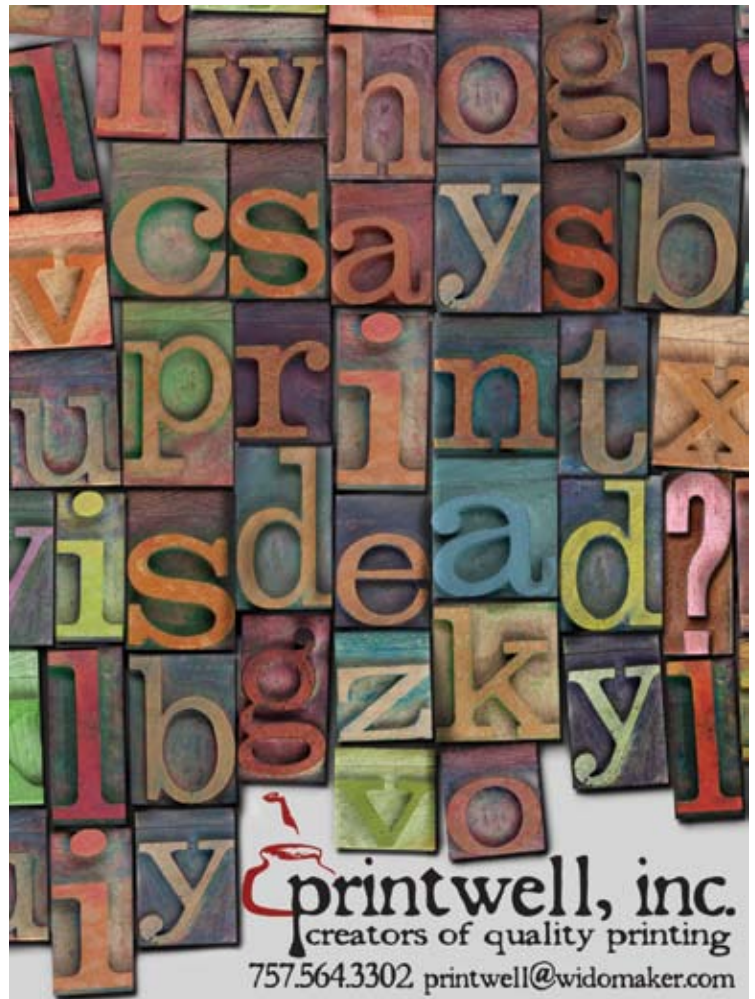
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and Bandon Dunes on Oregon's rugged coast. He's also golfed at St. Andrews Links in Scotland, the largest public golf complex in Europe – a mecca attracting golfers from around the world for six centuries.

Not surprisingly, one of Mike's favorite sayings is "so many courses, so little time."

Locally, however, he enjoys playing primarily at Kingsmill, where he lives with his wife, Claire, also a golfer - and with their two teen-aged daughters. It is there on his home course that the York County native will spend the next six months or so rebuilding his game from a recent surgery to correct a herniated disc in the lower part of his back.

"I had worked through the pain for a couple of years. I tried physical therapy, acupuncture, a chiropractor, steroid shots – everything – until I just couldn't stand it anymore," he says.

So, as the Christmas holidays were in full tilt, Mike underwent outpatient surgery which would correct the condition. Dr. William McAllister, a neurosurgeon with Riverside Medical Group performed the surgery and then told Mike to take it easy for the first couple of weeks and plan to start some rehab after about three months.

While Mike has been taking it easy, he has been networking in the local medical and golf world to assemble a team which includes a doctor, a golf pro and a physical therapist. He calls it "Team Jacobs."

"What I wanted to do was find a physician who understands golf and get advice about how to get back to playing golf as pain-free as possible and without re-injury. So, Dr. McAllister, who isn't a golfer, referred me to another neurosurgeon – Dr. Jim Lesnick, the Medical Director for Riverside Medical Group, who happens to be both a golfer and a resident of Kingsmill."

Mike was already working with Physical Therapist, Sasha Digges, owner of Core Fitness, but at Dr. Lesnick's suggestion, he sought out a golf pro who has worked with people who've had back surgery. So he turned to Chris George, the teaching pro at Kingsmill and recruited him to "Team Jacobs."

With the team in place, Mike was ready for the next step.

"Basically, I'm going to have to learn a new swing," Mike says. "The physical therapist understands the anatomy and the golf pro understands the golf swing. So I figured I'd marry the

two together and see what we come up with."

The plan began to unfold and "Team Jacobs" came together.

"So Sasha is going to watch Chris giving me a golf lesson; Chris is going to watch Sasha doing physical therapy with me and we will all work together to be sure that I'm going about things the best possible way from a physical standpoint, Mike explains.

Mike's ultimate outcome is to be able to play golf pain-free and really enjoy himself.

"We just started. I just passed the three-month mark where I can begin working out," Mike says. "I couldn't be happier! The three of us will set goals together. They know what I ultimately want to do but they will help pace me."

Mike's short-term goal is to take his wife on a three-day golf trip and play 18 holes each day, hopefully by the end of the summer. Meanwhile, under the watchful eyes of "Team Jacobs," he'll start gingerly on Kingsmill's Bray Links, a beautiful little 9 hole, par 3 course along the river where the longest hole is 100 yards.

At first it will be a lonely endeavor. Like most golf enthusiasts, it is the fellowship and

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camaraderie Mike most enjoys, followed closely by the beauty and serenity of the golf courses - especially Kingsmill's championship courses, which offer a landscape of flawless fairways with unparalleled greens and lush rolling terrain, some with river views.

"Kingsmill is a great place to play. In fact, if I were going to design my own course, it would be very similar to Kingsmill's courses. It would be along the coast or adjacent to a river or large lake, although not too windy. It would be fairly wide open for the average golfer, offering some challenge but not super difficult - with the back tees not much further back than 6,500 yards or so because for most golfers that's average."

Mike is also a fan of Colonial Williamsburg's Spotswood Course which has nine holes including a par 5 hole, two par 4's, and 6 par 3's.

"It's the kind of course you can play in a couple hours and be done and that's great because you often hear golfers complain that golf takes so long," he says.

Mike says that the Golden Horseshoe course has the most difficult hole he has played locally.

"I think the 17th hole at the Golden Horseshoe is pretty challenging because it's a long uphill par 4, and unless you are a really good player and can hit a ball a long way, it's rare to get on that green in two strokes. For normal golfers, it's a short par 5. The really good golfers can make par but a birdie (one under par) is a rarity there."

"I consider myself an average golfer although I was able to get my handicap down to a 9 before my back surgery," Mike says.

Another pre-surgery memory includes his one and only ace, a hole made in one stroke.

"I was so excited that I couldn't play the next hole! I got my 'hole in one' at the mountain course at Wintergreen Resort. I was on a golf trip with a bunch of friends and playing pretty badly. You can imagine how shocking it was to land that shot. Of course, I had to buy a round of drinks for everyone after we played but that just goes with the territory," he says laughing.

Those days may one day come again. Meanwhile, when Mike isn't training with "Team Jacobs" or working at his day job, you may just find him playing the saxophone at Williamsburg Community Chapel waiting for the next time he can get out on the links. NDN

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BILL SANTORO FROM BUSINESS TO PLEASURE

By Lillian Stevens

Six years ago, Bill and Kathy Santoro were looking for a place to retire – a place to call home. Originally from Long Island, New York, they found real estate prices in Williamsburg to be very reasonable and they loved it here. Plus, it turns out they were somewhat familiar with

the Historic Triangle.

“My wife’s sister and my brother-in-law live here in Fords Colony. But Kathy and I really wanted to downsize on all fronts. So one day, we’re checking out Stonehouse. We took one look at the entrance to the development, and

we just knew. We just caught each other’s eye – the way folks do when they’ve been together since the age of 15 – and we knew that this was it,” Bill says with a grin.

The Santoro’s also liked the close proximity to New York and the fact that there is very little

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snow here. Not to mention the golf course.

The Traditions Golf Club at Stonehouse spans over 6,962 yards of steep forested hills, with generous plateaus and dramatic ravines where the deep bunkers – or sand traps – are

Brooklyn – to have all of these golf courses to choose from. If I want to walk, I play Kiskiack. Otherwise, Stonehouse is my favorite. I love to play early on a summer morning while the dew is still glistening on the ground and the deer

a little fun). At first we took lessons on a driving range but then we decided to go away to a real golf school. We found Mount Snow in southern Vermont and went up for four days of intensive golf.”

“You can’t imagine what that’s like for this fellow who grew up in Brooklyn – to have all of these golf courses to choose from.” ~ Bill Santoro

balanced by wide, tree-lined fairways and enormous putting greens.

What’s more, Bill – an avid golfer – has access to five different courses because his membership at Stonehouse offers him the benefit of reciprocity with other Traditions properties within a “3 wood shot” of town. His membership allows him to play at Stonehouse – or at Kiskiack in Croaker, or Royal New Kent or Brickshire in Providence Forge, or even The Crossings in Richmond.

“It gives me a variety. You can’t imagine what that’s like for this fellow who grew up in

graze at the woods’ edge.”

Bill’s involvement with golf began while he was working as an executive in the banking business.

“In banking, I’d played a little golf. In those days, a lot of business was done on the golf course so it was expected. Luckily, I enjoy playing! At one point, my bank sent a work buddy and me to graduate school at Rutgers University. Once we finished the program, there we were in our mid-thirties so we decided that we were going to go and take some golf lessons to further enhance our careers (and have

Golf is time consuming and life can be hectic. Bill played when he could – mostly on weekends – then gave it up until he and his wife moved to Williamsburg.

“Now I’m back into it and I probably play better today than I have during my entire life,” he says.

Of course, some holes are more challenging than others, and Bill calls the 14th hole at Stonehouse the “hole from Hell.”

“It’s about 375 yards and if I hit a good tee shot I get myself to about the 150 yard mark. Then I have to use a longer iron to take the

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Los Angeles; People’s Bank, Bridgeport, Conn.; and A Living Memorial to the Holocaust and the Museum of Jewish Heritage, New York City. Now in his 80’s, Ralph continues to serve as a consultant and a Senior Advisor to the new National Museum of Industrial History. Ralph could have stayed closer to his roots in Pennsylvania, but he chose to move to Williamsburg and immediately decided on making Chambrel his home. “Chambrel speaks for itself with simplicity, beauty, friendliness and it is still the best in town,” he says. “I go up east to see family but I can’t wait to get back.”

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shot in, but when I take the shot in I can't always hit the ball high enough so it slants on the green and stops or bounces all the way off. Also, there's a hill on each side of this hole, and I'll hit it on one side of the hill or the other and it'll shoot off into the side. So what I've started to do – and what a lot of the players who play here do – is we leave the ball short of the green and then try to pitch it on.”

A pitch is a short shot, lofting the ball into the air in a high arc, and landing with a backspin.

Bill says that for him, bogey (one shot over par) is a very good score on the 14th hole.

“Today was unbelievable, though! I hit a terrific shot. I was about 140 yards away and the pin was set up right in front of the green so I was able to hit with a shorter iron than I normally do, so I actually landed the ball on the green. Then I had to putt for birdie (one under par) and I didn't make the putt but I did par the hole which I've maybe done six times in six years,” Bill says with a laugh.

“But when the pin's in the back, it's a difficult hole to play, even for the very good players who hit a long ball. The really good players can

make par, but for me par is a wonderful score. It's just a difficult hole.”

But that's part of the fun.

“My ideal course would have fast greens and wide fairways and wouldn't be a very long course. It would have to be able to accommodate the very good player and the medium, moderate player like myself – and it would have short enough holes so that the seniors and the ladies could enjoy the game. There wouldn't be a lot of homes on the course, but there would have to be a very active clubhouse with a decent chef and activities.”

The Santoros enjoy dining and interacting with their friends. They live in the Orchid Hill section of Stonehouse and their neighbors include a retired Virginia State trooper, a retired banker and a couple of retired Realtors - all native Virginians.

“Our Virginia friends have welcomed us with open arms, so that rumor about locals making us feel like ‘come here's’ has not been our experience. Sure, we tease each other a little but it's good natured teasing, very happy and relaxed,” Bill says.

Meanwhile, other members of the Santoro

clan have also relocated to the area, including the couple's grown daughter, her children, and another sister (at least part of the year).

“Our daughter is here now and although our older grandsons are grown and married, we have a ten year old granddaughter and an eight-year old grandson right here in town,” Bill says.

The Santoro's youngest grandchild has autism, so Dream Catchers has become a big part of their lives.

The couple actively supports Dream Catchers (Williamsburg), a therapeutic horseback riding center devoted to improving the lives of children and adults – and veterans too – with cognitive, physical and emotional disabilities.

Bill is grateful for the flexibility that retirement brings. Every Wednesday, he puts down his golf clubs and spends the day with his grandson.

“That frees my daughter up to take our granddaughter out for scouts, music or other activities.”

It's probably only a matter of time before he has them all golfing. NDN



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TOM ROGERS

It all began with a Golf Ball

By Alison Johnson

Tom Rogers didn't have much interest in golf until he was in his early forties and took his then-9-year-old son, Douglas, to watch a professional men's tournament at Kingsmill Resort. As they sat behind a rope near the first hole, golf star Payne Stewart walked over and tossed one of his balls to Douglas.

At that moment – 26 years ago – father and son were instantly hooked. Both can still pic-



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ture that little white ball flying through the air and into Douglas' hands.

"That did it for us," Tom says. "Then when I started playing, I couldn't stop. The opportunity to be outside, to enjoy the weather, to

Tom kept getting better, too, and their friendly rivalry only made their father-son bond stronger.

After Douglas moved out on his own, Tom kept on playing. Now, 68, and living in Wil-

"He still beats me," Tom says with a laugh.

All the old memories bring a smile to Douglas' face – along with an immediate urge to go hit some golf balls. "To be honest, I grew up on the course literally," he says. "I learned patience

"... when I started playing, I couldn't stop. The opportunity to be outside, to enjoy the weather, to be with family and friends – I like everything about golf." ~ Tom Rogers

be with family and friends – I like everything about golf."

Soon after the Kingsmill tournament, Tom and Douglas started taking lessons together. As their games improved, they spent many nights at a driving range near their home in York County, swinging under the lights after every other customer had gone home. They say, only half-jokingly, that Tom's non-golfing wife, Norma, thought they were a bit crazy. Douglas made the golf team at Tabb High School.


liamsburg, Tom hits the links three or four days a week throughout the year, most often at the Kiskiack course in James City County. He typically shoots an 80 over 18 holes, with a record round of 69. Tom also organizes weekly and monthly outings to local courses and clubs in Richmond, Suffolk and the Northern Neck, usually drawing about forty people. He has a regular foursome on Monday mornings and plays with Douglas, now 35 and living in Richmond, whenever they can.

and a strong work ethic out there. We pushed each other out there all the time, but never let competition disrupt our family relationship."


Tom, on the other hand, didn't grow up around golf courses. In the small town of Blackstone, Virginia, he played football and basketball in high school. After graduating from Virginia Tech, he built a career with the Army, working mainly in the Civilian Personnel Office as a position classifier. He wrote job descriptions and determined the title, series

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and grade, or pay level, of the positions. He and Norma retired to Williamsburg in 1994.

Over the years, Tom has tried out many golf courses. Kiskiack, set along the ridge of a natural bluff, is a favorite because it is “golfer-friendly”. It is beautiful, not quite as long as some other local courses and without too many hills. But Kiskiack also has its challenges, such as the 11th hole: a par-3 that requires a shot over water, often in whipping wind.

“So you have two intimidation factors there,” Tom says. “You need to hit a pretty accurate shot.”

If Tom could design a course, holes would vary in distance but golfers would be able to see each hole from the tee box. “I wouldn’t have blind shots,” he says. He’d have a few sand traps, but no extras put in just to look good in pictures or on television. “With too many traps, it just becomes too difficult for most golfers to get out of them,” he says. Water: yes, at about three or four holes, because it improves focus and adds character to a course. Rolling hills: yes. High hills: no. Totally flat: no. “If there are no uphill or downhill shots, it can get kind of monotonous,” he says.

Tom would build in a bit of rough – thicker or untrimmed vegetation – but no very high grass. Golfers have too much trouble finding their ball in high rough, he says, which contributes to his pet peeve on the golf course: slow play. “It can already take more than four hours to play a round,” he says. “When it’s your time to hit the ball, you should be ready to play.”

Kingsmill still holds a special place in Tom’s heart. When the club hosted the Michelob Ultra Open, a professional women’s tournament that ran from 2003 to 2009, Tom volunteered each year. He helped put up signs throughout the course and met several top players, including Lorena Ochoa, Natalie Gulbis and Cristie Kerr. One year, Kerr fixed his camera – a brand that turned out to be one of her sponsors – so he could take a picture of her and one of his friends.

“She was a very friendly person, as many of the lady golfers were,” Tom says. “My favorite was Lorena Ochoa, who was probably the friendliest one of all.” On the men’s side, he is a fan of David Toms and of course Payne Stewart, who died in a plane crash in 1999 about four months after winning the U.S. Open.

“That really was a shock to us, because he was so special to our family,” he says.

Tom’s main piece of advice to beginning golfers is to take lessons before they even venture out to a driving range. In fact, he still goes back to his long-time instructor at the James River Country Club in Newport News when he feels his game is not up to par.

“You’d think it would be easy to hit the ball when it’s just sitting there,” he says, “but it’s so easy to pick up bad habits that are hard to get rid of.”

When Tom isn’t golfing, he enjoys spending time with his wife at their home in Powhatan Secondary. He is also a Master Gardener, teaching people how to grow better lawns.

Where is that ball from Payne Stewart that got everything started? Tom thought his son had it in Richmond, but Douglas reveals that it’s stashed in his old dresser in his parents’ house. It represents a cherished memory that the two share.

“I know he loves it out there, and it’s easy to see when someone is having a good time,” Douglas says. “And that attitude and behavior tends to rub off on anyone out there.” NDN

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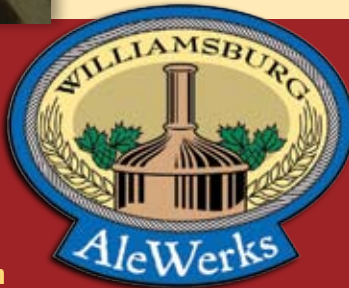
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JASON WELCH

Golf Therapy

By Linda Landreth Phelps

"Just because you can swing a club and usually have a good result doesn't mean you're playing as well as you can," Jason Welch, Certified Golf Fitness Instructor, says. In the game of golf, there is always room for improvement, and those who are on the fairways week after week will tell you this is the game's lure, its siren song.

Like other sports, golf relies upon muscle memory. As the legendary golfer Sam Snead once said, "Practice puts brains in our muscles." The real challenge lies in the fact that bodies don't stay the same. We all face the normal changes that creep in with the years, but a slight carpal tunnel problem, a fresh twinge from an old back injury, even a sinus infection or a new pair of contacts can play havoc with the best of handicaps. Suddenly, muscle memory develops dementia and scores go crazy. If that's been your unhappy experience, you may want to consider a few sessions with Jason Welch before tossing your clubs into the closet

water hazard.

Whether it's helping a patient relearn how to walk after a stroke or improving a client's less than perfect golf swing, Jason Welch's greatest

teams," Jason, now 33, says. "I did everything including football, basketball, and swimming, but by the time my dad retired from the Army in 1992 and we settled in Yorktown, I had fo-

ing on that background, two years later Jason completed a training program at Titleist Performance Institute in Charlotte, North Carolina. He now uses those skills as a Certified Golf

"If your body works better, then you'll be a better golfer."

~ Jason Welch

satisfaction in his job (as a Licensed Physical Therapy Assistant (LPTA) at Reach for Performance) lies in helping people maximize their capabilities. Through specialized exercise and training, he can help anyone improve stability, balance, coordination, and strength.

Kinesiology is the science of biomechanics, or body movement, something that has always interested Jason, especially as a student athlete who grew up playing whatever sport he could cram into his schedule.

"I played in recreation leagues and on school

teams," Jason, now 33, says. "I did everything including football, basketball, and swimming, but by the time my dad retired from the Army in 1992 and we settled in Yorktown, I had fo-

used my efforts and swam with Tabb High School's team.
Jason's fascination with how the body works and what makes it perform better meant that high school aptitude tests pointed him towards a career in physical therapy. However, Jason took a detour along the way, working in construction and achieving fatherhood (son, Garrett, is now 9) before he finally followed his career counselor's suggested direction.

Four years ago Jason graduated from Tidewater Community College as an LPTA. Build-

ing on that background, two years later Jason completed a training program at Titleist Performance Institute in Charlotte, North Carolina. He now uses those skills as a Certified Golf Fitness Instructor at Lightfoot's Reach for Performance, joining Shiela Robison and her staff seven months ago. Word of mouth has spread quickly; half of Jason's day is devoted to patients needing rehabilitative therapy, the other half to clients wanting to improve their golf game - an ideal balance in his opinion.

"Since I already had an understanding of how a body works and moves," Jason says, "this gave me an advantage when applying it to my sports training clients."

Once he has given the screening tests, Jason



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will devise a personal exercise program to address those areas that are weakest. Testing takes about 45 minutes to an hour, a 13-step process that assesses how the client's body moves in relation to the physical demands of golf. It will include such things as deep squats, torso rotation, and overhead reach, all designed to identify areas to work on...or not.

"If a client has had shoulder surgery or knee replacement and their body isn't capable of bending or flexing in a certain way, working those areas would be a waste of time. Everything is tailored to improving what can be improved and compensating for what can't," he says.

Due to spinal fusion surgery, one frustrated client was no longer able to bend well at the hips. He had become more of a stand up golfer and couldn't stay down on the ball. He was either missing when he swung or catching the top of the ball. The man was ready to quit the game in disgust when he decided to give physical therapy a try. After a thorough health history and physical assessment, Jason took him through a series of hamstring stretches to increase his flexibility, which allowed him to bend over the ball again. "It was a real success story,"

Jason remembers, "because this client can now play as well or better than he did before. He was one happy golfer!"

Jason's oldest client is in his late 70's, and his youngest is 12 years old. "The therapy works for everybody," Jason says, "and the kids seem to think they're only having fun. During a session we can do something as simple as throw a Frisbee. We're looking for coordination of the wrist, elbow and shoulder to get a nice, crisp throw, which naturally translates into better club control and a good follow through."

Beanbag tossing is an excellent activity for hand-eye coordination, and street hockey uses a lot of the same motions as golf in stick control. Good balance is crucial in golf. Jason will put his client on a wobble board to play catch, and even while lifting weights, Jason will often have his client stand on a DynaDisc® to work core muscles.

"Your arms are doing one thing while the rest of your body is automatically shifting to maintain balance, so you can see how that will improve golf skills," Jason says. "Since clients haven't touched a golf club, they don't realize they've been doing something useful until they

play again and can hit the ball better, or drive it further. If your body works better, then you'll be a better golfer."

As a corollary to that statement, playing golf or other sports requiring balance can help minimize a problem many encounter as they age. Whether lawn bowling, line dancing, or ping pong, any activity that keeps the body moving helps postpone the stage in life when a cane or walker may be needed.

Everyone will agree on this truth: Golf can be an exceedingly frustrating game. Sir Winston Churchill's definition of golf is a game whose object is "...to hit a very small ball into an even smaller hole, with weapons singularly ill-designed for the purpose." But when the joints feel loose and muscles are working well, the sun is warm and birds sing loud praises of the day, there is a joy to the game that's hard to match.


For those who love the game of golf, Jason's job is to help them revive the pleasure that dims with dissatisfaction in performance. Who knows - even the grumpy Sir Winston's attitude (and game) might have improved with a few doses of Jason's therapy. NDN

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SANDY FAGAN



ON BACON STREET

William "Sandy" Fagan is the Executive Director of Bacon Street. He has been involved with the organization since its founding in 1971, and has spent his entire adult life fighting youth substance abuse. He holds Bachelors and Masters degrees from the College of William and Mary and resides in James City County. He has three children, Madison, Will, and Alec.

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Lisa W. Cumming Photography

What is Bacon Street?

Bacon Street is a family-focused service provider for young people who have substance abuse, and/or mental health issues.

When was it created and how did it come about?

Bacon Street was organized in 1971 by a group of concerned citizens who wanted to respond as a community to rapidly spreading drug abuse among youth of the

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Williamsburg area. The group included Commonwealth Attorney Bill Person, and District Judge J.R. Zepkin, as well as a number of other community leaders.

How does someone seek help from the organization?

They need only call us at 757-253-0111.

How long have you been Executive Director of Bacon Street?

I became Executive Director in 1976.

How did you first become interested in the organization?

While in graduate school at William and Mary in 1971, I attended the community meetings which led to the establishment of Bacon Street, and volunteered for the Williamsburg Hotline, and as a youth outreach worker. After completing graduate school, and serving in the U.S. Army, I returned to Williamsburg and renewed my volunteer work with Bacon Street. In February of 1974 I was employed by the organization as a counselor.

How many people does the organization typically help each year?

Bacon Street is currently serving about 275 young people and their families per year. Unfortunately, this number is down dramatically as a result of funding cuts experienced over the last few years.

What do you think makes Bacon Street effective?

The organization's focus on families and its attention to the use of evidence-based practices are key to its effectiveness, but it's clinical staff is the engine that drives its work. Bacon Street, and the Williamsburg area have been blessed with an extraordinary team who exemplify commitment to serving families, as well as commitment to bettering their community. Bob Coleman, Ron Jackson, and Laura Townsend have all been with Bacon Street for more than 30 years.

How is it funded?

Bacon Street is a member agency of both United Way of Greater Williamsburg and United Way of the Virginia Peninsula, and

is a partner with the Williamsburg Community Health Foundation. Some fees are received for clinical services, and the balance of revenue is raised independently through donations, and special events. Other community groups such as the Kiwanis Clubs of the area, are important funding partners.

What do you think are some of the major issues regarding alcohol and drug abuse in our own community?

We face the same issues with alcohol and other drug abuse as every other community in America. Our major concern is the reality that these substances are available to our children, and that they continue to choose to use them in large numbers. Our kids are immersed in a culture of drugs and violence which is pervasive in their world, and they are ill equipped to cope with the choices that confront them. Over the past five years, nearly all of our community prevention resources have disappeared because of dwindling financial resources. The result of this can be seen nationwide, as the use of alcohol

auto loan rates as low as

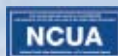
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and drugs by young people has begun to rise after ten years of gradual reductions.

How long does someone generally participate in the program?

On average, families are involved in our program for about seven months. There is no time limit for their participation, and we continue our commitment to them for as long as they need us.

What are some of the success stories you can share about people who have benefited from Bacon Street?

One of the benefits of doing our work is when people we've served come back years later to visit, and thank us for the help they received. Last year we had a visit from a man we had worked with in the seventies, who has lived out of state for many years. He brought his children with him, and shared his success in business, and his joy as a parent. His recognition of the difference we had made in his life was gratifying. We usually get involved with families at a time when they are in great emotional pain, and watch-

ing them find new ways to cope with that pain, and change their own lives is the most important wage of our efforts.

Are there any trends in alcohol and substance abuse that you have observed on a local level in the past 35+ years you have been involved with Bacon Street?

What substances are popular at any given time tends to change over the years, but alcohol and marijuana are always the leaders. The advent of designer drugs, such as Ecstasy, during the nineties was a new phenomenon that is here to stay. The economics of the illicit drug trade drives people to come up with new chemical structures in an attempt to circumvent our laws. Whatever substances may be popular, the dynamics of addiction, and the cost to families and our community do not change.

What are some of the needs of the organization that the community could help with?

Our greatest need at this point in our history is to achieve financial stability

through independent fundraising efforts. Those who would like to learn more about the work we are doing may call us, and we'll be happy to have them visit us and see our operation.

What are some of your concerns for the future regarding alcohol and substance abuse on a national level, and right here in our community?

My greatest concern is that we lose focus on what we can do as a nation, and as a community to address this problem. History shows that we have lost that focus in the past, and I believe we are currently in such a period.

If you could communicate one thing to the public regarding this subject, what would it be?

Above all else, parents must be aware of the destructive influences their children will be exposed to, and provide the limits, and love our children need to navigate the adolescent years. NDN

For more info visit: <http://baconstreet.org>



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Dear Reader

STORY IDEAS

Thank you for reading *Next Door Neighbors*. The intent of this magazine is to introduce you to some of your neighbors and to help you learn more about your community. We welcome ideas about people you think we should write about!

If you know someone you think would be a good fit for one of our themed stories (in the front part of the magazine), please send me an email. Emails are better than phone calls because I can refer back to them as each issue is being planned. Ideas for themed stories should be emailed to:

Meredith.CollinsGroup@cox.net

If you have a person in mind for a Business, Arts & Entertainment, Health or Home story (in the back portion of the magazine), please email our Editor, Greg Lilly:

GregLilly@cox.net

Please keep in mind our stories are written

about people from one-on-one interviews with local individuals. We typically do not write stories about groups of people or cover current events.

Currently, we have room to publish a dozen or so stories each month. As the magazine continues to grow, we may be able to include more. We generally receive more names than we can publish, but we do consider all of the suggestions we receive. We keep your emails on file for consideration for future issues too.

HEY NEIGHBOR!

Hey Neighbor! is a free service provided to non-profit organizations, clubs, civic groups and churches. It exists to allow these groups to let our community know about upcoming events or needs they may have.

We list **Hey Neighbor!** submissions in order of date and include as many as possible in the magazine. All of them appear on our website: www.WilliamsburgNeighbors.com

If you would like to submit something to **Hey Neighbor!** for your non-profit organization, please write a paragraph in similar format to what you see in the magazine and email it to: HeyNeighbor@cox.net

Hey Neighbor! emails are only reviewed one time a month during the production phase of the magazine. Please use this email address for your **Hey Neighbor!** submissions if you do not

need a response. If you need a response from me, please send your email to my email address:

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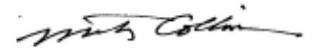
SURVEY

In June 2009, we published a Readership Survey in *Next Door Neighbors* to give you the opportunity to tell us what you think of the magazine. Many of you took the time to respond and your answers helped to determine ways we should evolve the magazine. While we could not use every idea we received, we did read them all and they helped shape the development of *Next Door Neighbors* over the past two years.

In our next issue, we will again include a Readership Survey. I hope you will take the time to answer a dozen or so questions either by going online or by filling out the survey that will be printed in the magazine.

The best way we can serve you and the needs of our advertisers is by gaining an understanding of the things we need to do to keep you engaged and interested in your community publication. We look forward to continuing to serve you!

Best Regards,



Meredith Collins
Publisher



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SOPHIE HART

Exploring Arts Tourism

By Greg Lilly, Editor

Arts tourism is a branch of economic development that is gaining support around the region. One of the enthusiastic people who champion this strategy is Sophie Hart. She is the out-going chairperson of the Williamsburg Area Arts Commission, an appointed commission of citizen volunteers who assist the Williamsburg City Council and the James City County Board of Supervisors in supporting and stimulating the arts.

“Tourism is a huge driver of economic development,” Sophie says. “Arts tourism is a component of that. Everybody loves to be entertained, and the arts are entertaining - ergo that’s a very important component of driving tourism and it will have a trickle down economic effect.”

Sophie came to Williamsburg in 1994 after she left Foreign Service with the Department of State. “My mother had retired here from Philadelphia, which was our home originally, and I was sort of at loose ends after leaving D.C.,” Sophie explains.

“I thought Williamsburg would be lovely. Two of the big games in town were the College of William and Mary and C.W. [Colonial Williamsburg]. As a former Foreign Service officer, I applied for a position at the college in the Govern-



Lisa W. Cumming Photography

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ment department.”

She was hired as an adjunct professor of government. “I teach a course there in Chinese and Japanese politics; I’ve done that since the spring semester of 1995.”

She was also hired by Colonial Williamsburg in the communications and public relations area. “I’ve been here ever since,” she adds. “I worked in public relations until 2005 when this opening on the development side became available. Now I do fundraising for the corporate foundation relations program at Colonial Williamsburg. It’s great. I have had a wonderful 16 years with the foundation.”

One of her first projects at C.W. was public relations for the museums where she first met her husband, Rick Hadley. “He does the design work for Colonial Williamsburg. He’s the Director of Museum Collections and Conservation. He’s my personal direct link to the arts.”

The arts in Williamsburg have become a focus for Sophie. “I had worked with Jeanne Zeidler on the Jamestown project and got to know Kyra Cook, who was the past chairman of the Williamsburg Area Arts Commission. Kyra suggested I apply for an opening on the commission. I’ve been on the arts commission since then. I knew it was a good cause: to help the city decide where funding would go for

various arts groups. We are not an advocacy group; we’re here to foster a vigorous and vibrant arts community. That’s our charge from the city.”

She says that through working with the local arts groups, she has made some fascinating discoveries in the breadth of the community’s artistic talent. “It has been a wonderful learning experience for me for how many marvelous groups there are,” Sophie says. “We have this great WHRO office on Richmond Road; we have wonderful recurring annual events like An Occasion for the Arts, First Night and Art on the Square. Then we have the more modest groups like these youth wind ensembles, classical guitar groups, and one of my favorites, Flute Frenzy, basically groups of children performers from the schools. It really runs the gamut of what we support. So when we talk about supporting the arts in our region, we have a rich and wonderfully developed array of programs that, if they are marketed properly, could really bring in a lot of interest to our area.”

Getting the word out about the area’s artistic offerings is the key to building Arts Tourism.

In her capacity as chairperson of the Williamsburg Area Arts Commission, Sophie works with the commission’s city representative, Julie Phares, and with the Williamsburg

Chamber & Tourism Alliance to see how to assist the arts groups in getting in touch with the tourism marketers.

“Those marketing people can use what the arts groups are already doing,” she says. “There is no need to create a new package, we already have them. We just need a little creative marketing to put together this great package to let people know what’s here. ‘Come to Historic Triangle in September. It’s Arts Month!’ That’s what we need,” she explains.

Sophie describes the many arts-based activities around the area, from programs at the College of Williams and Mary to Colonial Williamsburg to the Virginia Arts Festival and other area festivals and shows, the Williamsburg area has the offerings to attract visitors.

“It’s the partnerships that are key to promoting the area holistically,” Sophie adds. “That’s what is going to make this work well. The Chamber is really doing a smart thing by taking an overall look at the best way to organize and promote what already exists.”

The slow economy has taken a toll on the arts organizations and on the amount of funds available from the city and county. “This has been a very challenging two years,” Sophie says. “Funding has dropped at least 16%. We have about \$120,000 for 30 organizations.

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Our challenge in the last two years is trying to make sure everyone gets something so they will survive this economic downturn.”

Most of the groups have survived, Sophie reports, but some have not. The survivors have had to reconfigure and rethink their goals and put off long-term or high-ticket items.

“Rethinking long-term objectives isn’t a bad thing,” Sophie says. “It has led to more streamlining and better thought about operations and funding. The biggest focus of the last few years has been how to get groups through the dark times economically. The good thing is that most of them have made it. There have been some very creative approaches to surviving – rethinking goals, rethinking plans.”

Not only have the arts groups adapted, but the commission has too. A once paper-heavy process for the arts groups to apply for funding has been streamlined by going on-line to the city’s web page. The arts commissioners helped eliminate a lot of paperwork and the time-consuming cross checking of funding application packets for the organizations.

“What I hope will happen in the future is that when the economy recovers, there will be more funding available again,” Sophie states. “That we will return to those earlier amounts we were able to distribute. I don’t know if that

will ever be the case or how soon that may be the case, but I’d like to see us get back to previous funding levels.”

Sophie stresses the importance of the arts, not just for the draw of tourists, but for the community as a whole. “The arts are always important as a measure and reflection of a community’s civility and the richness of intellectual offerings,” she says. “Studies have shown that people are happier, more rounded, more intellectually stimulated if they have access to artistic endeavors, whether it’s music, visual arts, performing arts. I think that is absolutely critical. If you are not able to pay the bills, the arts could get dropped. I understand the thinking that if you need roads, the arts may get cut. But when things begin to recover, it is absolutely imperative to bring those programs back and to make sure there is plenty of access for our children and for all levels, certainly for the under-served. It is a reflection of civilization, how much a community places an emphasis on intellectual endeavors, that’s really what the arts are.”

Local businesses and residents can help make the arts a tourism draw in Williamsburg by supporting the groups and individual artists struggling to survive and make art. “Many of these arts organizations are right under our noses,”

Sophie says. “Maybe your children are part of Flute Frenzy or part of the Williamsburg Harp Society. You can support those groups. People can go to the performances, go to An Occasion for the Arts, attend First Night, get out to the Kimble Theatre, go to the Shakespeare Festival, don’t miss the wonderful week of activities during Williamsburg’s portion of the Virginia Arts Festival, see a production by the Williamsburg Players, and all the other regional opportunities like the Ferguson Center or get down to the Wells Theatre. We have all this under our noses.”

Other ways to get involved include applying for openings on the Arts Commission or for local businesses, targeting a particular audience by sponsoring an arts group.

“Get involved,” Sophie emphasizes.

Another opportunity for the businesses to support the growth of arts tourism is assist the Chamber with their project.

“Local businesses can liaise with the Chamber Alliance,” Sophie describes. “Find out from Dick Schreiber and Bob Harris what they need and what kind of support they need to promote the arts in Williamsburg.”

Sophie is completing her second term on the arts commission. “And I’ll be stepping down,” she says with a tinge of sadness. “I have

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loved every minute of it. I'm leaving it in great hands. There are some wonderful people involved in the commission now and lots more out there who should get involved. I intend to do my part by attending all the activities that I possibly can. I know so much more about all the groups that are out there than I ever did before, and I'm grateful for that."

She lists some of the functions around town she will attend: "I love my Flute Frenzy group. I've been enamored with the Williamsburg Choral Guild for years. I love An Occasion for the Arts; I never miss it. I intend to stay very involved in all these various activities and to keep my finger on the pulse of the arts community."

With a new opportunity to showcase Williamsburg via the art created here, residents like Sophie are creating a swell of grassroots support for Arts Tourism. "I appreciate people who have a great artistic bent," Sophie says. "I love to see them and be a patron of the arts. I don't have a great budget to do it, but I have a lot of enthusiasm."

The city and county can't do it all, so with local attendance and enthusiastic encouragement like Sophie's, the area arts groups will survive and attract visitors to help build the local economy. **NDN**

Williamsburg Area Arts Commission CALENDAR

www.williamsburgva.gov/waac

Upcoming arts events as submitted by area organizations. Please visit this website for an complete list.

Sat, April 30, 2011

"Hey Alice" a joint venture featuring the American Youth Ballet Company and Players. A multi-disciplined original production that deals with a growing issue of "bullying" in our schools across the country. Story and choreography by internationally famed Adrienne Dellas-Thornton. 10:00 a.m. Also at 2:00 pm and 7:00 pm. Ferguson Center for the Arts. Contact: 757.229.8535, www.capafund.org.

Sat, April 30, 2011

"Magician Brad Matchett and Houdini". Come and Celebrate the Magic of Spring with Brad Matchett and Houdini. Free and open to the public. 11:00 am - 12 noon. Williamsburg Regional Library Theatre. Contact: Youth Services 259-4055.

Fri, May 13, 2011

Relay for Life reception for cancer survivors. The Arpeggiare Harp ensemble of the Williamsburg Youth Harp Society will perform

while cancer survivors come for their dinner before the Rally for Life evening at Jamestown High School. 4:30 pm - 5:00 pm. Jamestown High School. Contact: lharms12@aol.com.

Wed, May 18, 2011

Williamsburg Music Club Annual Luncheon and Concert. Harris Simon - "All That Jazz". 10:00 am - 1:30 pm. Windsor Meade Ballroom. Contact: kathyandreg@verizon.net 229-6197.

Wed, May 18, 2011 thru Sun, June 19

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A Painter of Personality



ANNE KUSHNICK

By Greg Lilly, Editor

Arts
& ENTERTAINMENT

Lisa W. Cumming Photography

An amazing feature of portrait artists is their ability to represent more than just the actual physical appearance of their subjects. Aspects such as character, social position, heritage, personality are depicted in portraiture, and the viewer processes many of these subliminally. The color of a garment, the arch of an eyebrow or the curve of a smile taps into a collective understanding. Anne Kushnick uses this visual

shorthand of communication to convey personality and story in her portraits.

"I try to capture what is unique to that person," Anne explains about her approach to painting portraits. "They aren't just a body. Where's the personality of this person? What are they like? Sometimes you can get a sense of someone just by seeing a number of photos, if you have to do it that way. To me that's the

challenge, that I can capture the person's personality," she says.

Anne's approach is similar whether painting by photographs or by a live model. "What's unique? What's special?" she asks. "I use photos, sometimes I use a live model, but the advantage photos have is that they can capture a fleeting expression. When a person poses live, they get bored and their spirit goes away."

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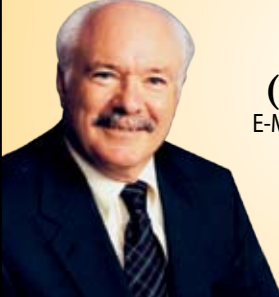
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Anne is originally from Long Island, New York. Growing up, she learned to paint and enjoyed it as a hobby. She traveled to Virginia as a child and fell in love with the state.

When Anne moved to Williamsburg, she held a Degree in Electronics. "I did that for a while – an electronics technician, repair, instrumentation," she says. But, when we moved to Williamsburg, I went to the College of William and Mary and completed a Degree in Anthropology. I did archeology."

She soon realized that there wasn't enough work to keep her busy, so she returned to the electronics field. "I worked at NASA as an explosives technician; I was there for about nine years. Then they closed the rocket test area where I worked. I decided I wanted to get back to art."

Anne honed her skills with home study courses. "I went to Thomas Nelson Community College and took some night courses. I got a degree in Commercial Art. I just loved it with a passion."

"I loved painting people, the faces, the eyes, it just draws me," she says. "Everyone is different. I love painting people, that's my favorite subject. My current focus on 'Colonial Ladies' is to capture expressions – what's inside, depict that on their face, their emotion."

Other subjects have captured her attention in the past: landscapes, murals, pet portraits. "I've been painting a lot of birds lately," she says. "I got in a bird phase. I love painting feathers. It's fun, but that was a challenge. Every once in a while, I get bored and do something different. I've done murals for a vet clinic. The vet wanted some birds added, so I did a few and found they were fun to do. I used to do a lot of fairies. I'll do a lot of different things like seascapes, fantasy, or a commissioned mural. I love to do different things because it challenges me." Anne has also illustrated books and was a finalist in L. Ron Hubbard's Illustrators of the Future Contest.

Her favorite medium is oil paint, but she does not limit herself to one type of art. "Oil is my favorite," Anne says. "I rediscovered pen and ink lately. I like pastels too." She is a featured artist in the book: *Best of America Pastel Artists & Artisans, Volume 1*. She started with oils and tends to think that is the reason she keeps such a fond association for them, remembering the fun of learning and discovery.

She says that most artists want to experiment with different mediums. "But you have to stay with one for salability," she admits. "I still love oils, pastels, but every now and then you see another artist doing something and you want to try it too. That's how you keep it fresh. We have artists in the gallery who do jewelry, paintings and sculptures, creating art with different things. They have one thing they are known for, but do a lot of other mediums too."

The gallery where she shows her work is New Town Art Gallery located on Main Street across from Opus 9 Steakhouse. The month of June marks the one year anniversary of the opening of the gallery. "We're thrilled that we're still here and growing," she adds.

For her future, Anne wants to continue painting portraits. "I love doing it and it is a strength for me." She's a member of the Portrait Society of America and one of the founding members of the Williamsburg Portrait Guild. "With my free time," she says, "I teach oil painting and pastels for the James City County Parks and Recreation Division."

Capturing a personality in a portrait requires more than realism, it demands attention to detail, skill, and a love of the form. Anne Kushnick seems to have that mastered. NDN



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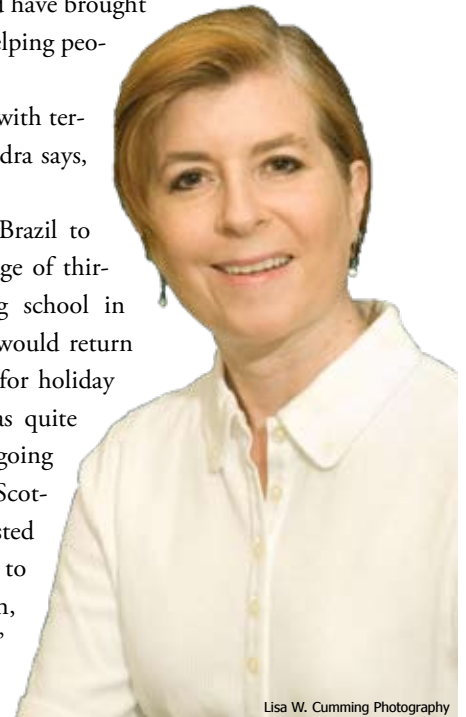
COMPLEMENTARY THERAPIES

By Greg Lilly, Editor

Alexandra Clark has led a multi-cultural life that took her on experiences and through training that she wasn't always sure where it would lead. As she recounts her path, she knows that no other combination of events and education could have brought her to her present life of helping people.

"The work I have done with terminally ill clients," Alexandra says, "is my most rewarding."

Alexandra grew up in Brazil to British parents. "At the age of thirteen, I went to boarding school in Scotland," she says. She would return to Brazil and her parents for holiday breaks. "Because that was quite a difficult experience – going from Rio to the north of Scotland – I became interested in how a person adapts to their environment: growth, change and adjustment," she adds.



Lisa W. Cumming Photography

When she finished boarding school, Alexandra enrolled in Bristol University in England and studied Spanish. "My mother's side of the family is all linguists," Alexandra says. "My mother speaks four languages. She was a guide, until very recently, at the castle in Scotland where the Queen Mother was born, and she gave tours in four different languages. It was sort of natural for me to go into that since I already spoke Portuguese from growing up in Brazil."

After finishing her Degree in Spanish, she spent a year in Madrid. "I love Spain. When I returned to Brazil, I found I did not fit." Her out-of-sorts feeling came from her time in Britain and its contrast with the Rio de Janeiro lifestyle. "For me, actually, Spain was really the perfect fit

"We all have a biofield which is a field of energy in which everything that happens to you and everything that impacts you is still there. We are more than just our physical body."

~ Alexandra Clark

between a Latin culture and the European culture. Brazil... I love Brazil. It was my childhood home and I have a deep connection to it. But it wasn't so easy; Rio was very dangerous at that time." Her parents retired to Scotland, and Alexandra took an opportunity to come to the United States. She decided she wanted to study psychology and counseling.

Alexandra earned her Bachelor's Degree in Psychology, married and moved to Williamsburg. "I realized I needed to do further studies because a Bachelor's Degree in Psychology wasn't terribly useful for me," she says. "I also realized that I wanted to work with multi-cultural populations because of my background and my languages. Unfortunately, at that time there were not a lot of multi-cultural populations. Nonetheless, I went to William and Mary and earned my Master's Degree in Counseling."

When Alexandra's son was born, she wanted to work a flexible schedule that would allow her to spend as much time as she could with him. That need for flexibility, along with a growing interest she had in complementary medicines, led her on a new path.

"I became very interested in herbalism and homeopathy. In Britain, it isn't called alternative medicine; it's called complementary medicine because they see it more as something that goes hand-in-hand with traditional medicine, not one or the other. Even the Royal Family takes homeopathy; it's not considered a New Age thing. Really that interest started when I was in Britain."

When Alexandra came to the Williamsburg area, she took an interest in the life and works of Edgar Cayce and the Association of Research and Enlightenment in Virginia Beach.

She studied massage therapy, partly for its therapeutic benefit to her clients and partly for the freedom to work around her son's schedule. "It was a bit of a leap, I admit, given my background," she says. "I re-



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ally think that all your life experiences and education come together in something that you end up doing, something that feels right.”

Alexandra wanted to take a more holistic approach to studying massage. “I took some very good courses on herbology and aromatherapy. My massages are very flowing and relaxing. I also studied Pregnancy Massage and Manual Lymphatic Drainage. It was in massage school that I began to study Energy Work formally.”

Alexandra explains Energy Work this way: “We all have a biofield which is a field of energy in which everything that happens to you and everything that impacts you is still there. We are more than just our physical body. There is a physical body, an emotional body, a spiritual body; we are more than just flesh and blood.” She explains that all experiences have an energy that resonates around each of us. Sometimes past events may cause a physical ailment. That memory, maybe a blocked memory, reverberates throughout your body and could manifest in your physical, emotional or spiritual wellbeing.

Her study in counseling gave Alexandra insight with a wider view. “I realized that talk therapy wasn’t enough,” she says. “I felt it just addressed one aspect of oneself, and there was so much margin for ego and margin for play. It wasn’t enough; I wanted to address the whole person. Eventually I started to develop my own type of Energy Work which I call Transformative Energy Work. I’ve taken many different kinds of Energy Work courses over the years so I could develop my own particular style.”

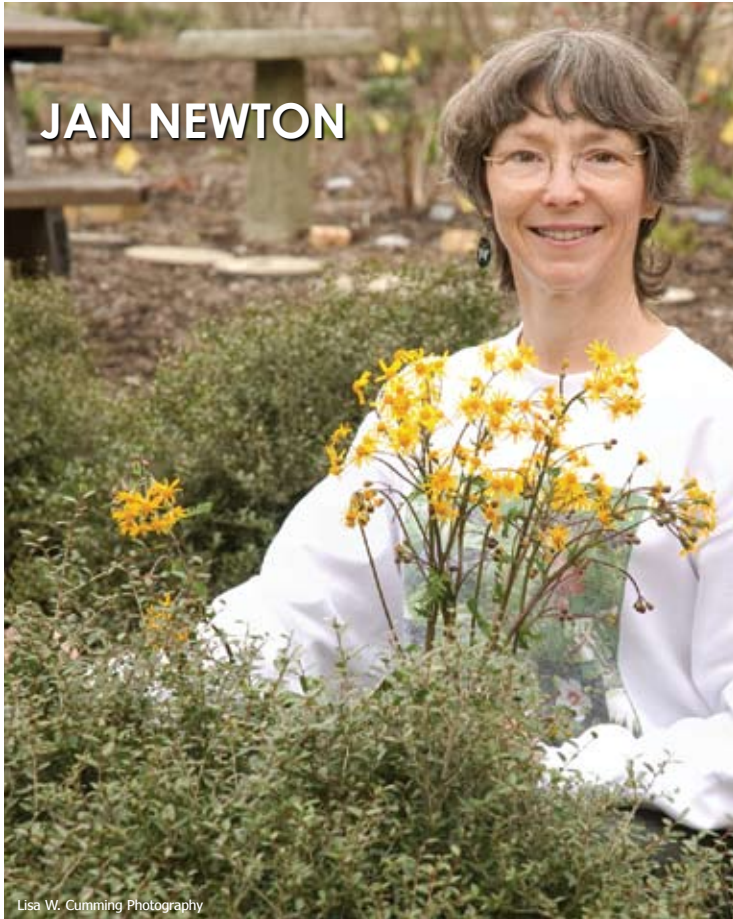
This holistic approach is new to many people, but clients learn about Alexandra’s work from friends and neighbors. “I started to attract clients who are terminally ill,” she says. “That has been a very rewarding part of my work. I work very intensely with them with Energy Work. They love it and find it remarkably comforting.”

Alexandra is a Reiki Master, a title given to therapists who have completed the three levels of Reiki study. “I started that at massage school and the multi-level curriculum for healing touch, which is a very good introduction to Energy Work.”

The Energy Work allows Alexandra’s clients to focus on emotions and spirituality. “Giving comfort,” she says. “Clients going through radiation for cancer treatments,” she stops speaking for a moment as she takes a breath. “That is frightening.” She recounts an ALS client she remembers fondly. “He used to come in the office on a walker; eventually he came in with a wheelchair; eventually he couldn’t come in at all. I would go to his house every week. His sense of humor was there to the very end. He was absolutely remarkable. I would go to his house; the acupuncturist would go to his house. He went the way he wanted to go. It’s an absolutely brutal disease, but he managed to find an incredible balance.”

Alexandra explains that she feels her courses of study and living in different cultures have converged into the life she has today. “All the things that I’ve done that seem disparate have come together,” she says. “There was certainly a time when I felt that I’d done all this education and it’s wasn’t going anywhere. What has drawn it all together is my view of human beings as more than just a physical body and all the issues one needs to address to be whole.” She believes there is a necessity to go through transformation in order to grow. “I can only see that now in retrospect,” she adds. “Everything matters. Everything comes together eventually. It’s all a piece of the puzzle.” NDN

Next Door Neighbors Home



JAN NEWTON

Lisa W. Cumming Photography

Invite Wildlife into Your Garden

By Greg Lilly, Editor

Jan Newton raised her hand, and it changed her life. Her daughter Callie's kindergarten teacher asked for parent volunteers to help create a school yard habitat at Stonehouse Elementary School. "I've always had an interest in gardening, organic gardening, edible plants," explains Jan. "The teacher wanted someone to pick plants and design the habitat. I volunteered. I thought I could choose and place plants based on their height, color, bloom times, amount of sun. I came back with a plan, and she said 'All native plants.' 'Native plants?' I asked. I didn't know anything about native plants." Jan went on-line and researched, finding a wealth of information from the Virginia Native Plant Society. "I learned from what others had done," she says.

Jan used to be a professional dancer. "Ballet, modern dance," she lists. "I have a Bachelor's Degree in Dance, I've taught at universities and

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private studios. I toured, taught and performed in places like Germany, New York and Pennsylvania. I taught at the College of William and Mary for a few years. My knees gave out, so I stopped dancing.” Her ability to envision and choreograph seems to have translated into creating a stage for plants and wildlife.

She created a plan for the Stonehouse habitat using native plants, visualizing how they would look once mature, placing them based on height, color, texture, sunlight and water needs. When she met with the local chapter of the Virginia Native Plant Society, the John Clayton Chapter, Jan impressed Williamsburg’s native plant matriarch, Helen Hamilton, with the thoroughness of the design. Jan became a member of the chapter and soon took on managing the website and photographing the plants for documentation.

Jan is a champion of native plants. “What to me is obvious,” she says, “is that native plants are beautiful. But on top of that, native plant use in yards, gardens and meadows provide food and cover for our native wildlife.”

Native plants generally require less water, pesticides and maintenance than non-native plants, and they offer year-round beauty for our area soil, moisture and sunlight conditions. “Native plants are acclimated to this area,” she says. “They evolved with the wild-

life of this area, the temperature, the climate conditions, the soil. They’re happy in the area because they can survive here. The native and migrating wildlife have also evolved along with them. Because of that, native plants are more drought-tolerant, need less pesticides, and they can withstand pest damage. Plus our native wildlife need these plants.”

Construction of roads, commercial buildings and residential developments have paved over native habitats for wildlife.

“With that destruction by construction,” Jan says, “it is even more crucial that regionally native plants are used in our yards, flower beds and commercial plantings. Native plants offer nectar, seeds, berries, fruits and foliage as food for wildlife and, in addition, also attract butterflies, bees and other vital pollinators that are needed to pollinate our nation’s crops. These pollinators, especially butterflies, moths and other insects, offer vital nutrition to birds and their babies.”

Jan says there are common elements required in creating an inviting environment. “A wildlife habitat has four main things you need to provide when recreating it in your garden: food, water, shelter, nesting sites.”

She says to think about the types of wildlife you want to attract. “For a butterfly habitat,” she explains, “you need plants that provide


nectar for the adult butterflies, but you will also need host plants that provide food for the caterpillars.” To attract birds, Jan suggests using plants that provide seeds, berries and fruit. Shrubs, trees and bird houses provide places for nests and for raising young birds.

“Consider whether you want a summer habitat or one that provides resources all year long,” she adds. “For an all-season habitat, you want to plant nectar and fruit producing flowers for the summer, plus provide nectar sources for the spring and fall and include some evergreen trees and shrubs that will offer shelter and beauty in the winter.”

The amount of sunlight and moisture are important when choosing plants. “There are native plants that will suit just about all possible growing conditions,” Jan says. “Also, consider the height and width of the plants at maturity when planning a habitat or garden.” Her background in dance and choreography kicks in as she describes the size and shape of the growing plants. Jan becomes animated, describing the plants and stretching her arms the way the branches grow.

“Keep in mind that using odd-numbers of plantings - one, three, five, et cetera - is more interesting and aesthetically pleasing than planting in even numbers,” she states. “So when possible, plant in groups of odd num-

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bers.”

The native plants can provide the majority of the food, shelter and nesting sites, but other elements can be brought in for variety and interest.

“Hollow logs, clumps of native grasses,” Jan says, “bird houses, bat houses, and nesting boxes all add to the habitat.”

Water can be provided via ponds, streams, birdbaths or even water saucers. “The water saucers attract butterflies and frogs,” Jan adds.

Jan says that her work with native habitats has opened up her creative side again. “Photographing native plants and designing the website for the John Clayton Chapter and the Stonehouse Elementary habitat have provided me with a creative outlet that satisfies my artistic side,” Jan states. “My pedagogical side is satisfied by teaching about native plants and conservation through lectures, plant walks and the Habitat Helpers program at Stonehouse Elementary School. Knowing that native plants are good for wildlife and the environment, as well as the joy and awe that folks, especially children, get when they see native plants and the critters that they attract brings joy into my life and theirs and this makes me feel good.” She adds that gardening, including the weeding part, is relaxing in a meditative way for her and results in renewed energy and a clearer mind.

“So, not only are native plants beautiful,” Jan says, “they spark my creativity and they play an important role in the food chain of our area and the web of life which we humans are a part of.”

Raising her hand to volunteer her time a few years ago has grown into a rewarding, creative and environmentally-positive life for Jan Newton. Native plants and wildlife habitats may not only return a benefit to your garden, but may open a new outlet for you as well. NDN

For lists of plants and pictures of native habitat gardens visit:



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looking for adult volunteers to tutor on a one-to-one basis. We will train you, provide you with materials, give you a place to meet with your learner, and support you every step of the way. No need for previous teaching experience! We are located at W&M's new School of Education on Monticello Ave. Check us out at our website, www.literacyforlife.org, or call us 221-3325 for more information.

Hey Neighbor! LECTURE BY MARLENE JACK April 27, 2011

5:30 PM, Muscarelle Museum of Art: Lecture by Marlene Jack, Professor of Art & Art History: Artist Gallery Talk & Tour

Hey Neighbor! COMMUNITY OF STARS FUNDRAISING BANQUET April 28, 2011

The Williamsburg-James City County Community Action Agency, Crowne Plaza Williamsburg at Fort Magruder. In celebrating its 43rd year, the agency will honor several individuals, businesses and organizations that have strengthened and supported CAA by giving their time and resources. Proceeds from the banquet will go toward the agency's programs and services. Tickets are \$50 per person, \$90 for two and \$450 for a table of ten. To purchase tickets, contact Yvonne Joseph at 229-9332.

Hey Neighbor! YOUNG LIFE'S YARD SALE & BAKE SALE April 30, 2011

8:00am-2:00pm. New Town United Methodist Church 8:00am - 2:00pm. All proceeds go directly to scholarships for area Middle & High School kids to attend Young Life camp this summer. For more information, please contact ywilliamsburg@gmail.com or call the Young Life office at 757.253.6506.

Hey Neighbor! 2ND ANNUAL PREVIEW NIGHT April 30, 2011

7-9pm. This Century Art Gallery, 219 North Boundary Street. Join the Junior Woman's Club of Williamsburg for an intimate event featuring 10 selected Art on the Square artists. \$35 per person includes: complimentary beer & wine, dessert, live music; the chance to preview 10 selected artists from Art on the Square; complimentary Art on the Square poster of your choosing (excludes 2011). For more information or to purchase tickets: www.williamsburgjuniors.org

Hey Neighbor! VIRGINIA NATIVE PLANT SALE April 30, 2011

From 9:00 am until 2:00 pm. Featuring a wide selection of native plants, including flowers, shrubs, vines, small trees, ferns and grasses. Sponsored by the John Clayton Chapter of the Virginia Native Plant Society, James City Williamsburg Community Center at 5301 Longhill Road. Rain or shine. Cash and checks only. For more information visit www.claytonvnps.org or call 757-565-0769.

Hey Neighbor!

PLANTS HUZAH! THE MASTER GARDENER PLANT SALE April 30, 2011

9 Am – 2 PM. Rain or Shine. James City/Williamsburg Community Center, 5301 Longhill Road. This once a year event will have Native & Ornamental Plants, Self-Watering Containers, Composting Tumblers, Specialty Hostas, Rain Barrels, Annuals, Perennials, Vegetables, Shrubs, Gardening Books, Herbs, and Bluebird Houses. There will be presentations by Master Gardeners. Cash or check only, please. This annual event funds the over 25 different projects that the JCC/W Master Gardeners volunteers provide to the citizens of James City County and Williamsburg. For more information: www.jccwmg.org

Hey Neighbor! 48TH ANNUAL ART ON THE SQUARE May 1, 2011

10am – 5pm; Duke of Gloucester and North Boundary Street in Merchant's Square. Presented by the Junior Woman's Club of Williamsburg. Over 165 artists offering original, high quality, handcrafted, and diverse mediums of art. Free & open to the public. Rain or shine. For more information, visit www.williamsburgjuniors.org or e-mail williamsburgjuniors@hotmail.com.

Hey Neighbor! EXPERIENCE THE CIVIL WAR ON THE VIRGINIA PENINSULA May 1st – 6th, 2011

Civil War: Colossal Miscalculations and Audacious Generals. Register with Program # 17428 at <http://roadscholar.org> Questions? Call (lo-

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SATURDAY MAY 21, 2011

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cal office) 757-221-3649 or 1-800-454-5768

Hey Neighbor!

BLOOD DRIVE

May 5, 2011

9:00 a.m. to 3:00 p.m. Sponsored by the Williamsburg Area Association of Realtors® and the Williamsburg Chapter of Virginia Tech Alumni. Blood drive takes place on the American Red Cross Bloodmobile in the parking lot of the Williamsburg Area Association of Realtors® office located at 5000 New Point Rd. Suite 1101, Williamsburg. To register visit redcrossblood.org and enter sponsor code WAAR, or call (757) 253-0028.

Hey Neighbor!

“PROJECT LIFESAVER” CAR SHOW

May 7, 2011

10:00 - 3:00 PM - James City County Police & the Classic Cruisers Car Club - Present the 2nd “Project Lifesaver” Car Show “Bringing Loved Ones Home”. Open to all Show Vehicles. Registration only on day of show (\$10 each vehicle + *Can of Food*) Held at Warhill High School, 4615 Opportunity Way. Show Registration 10:00 am

- 12:00 pm , Judging 12:00-1:00, with awards at 3:00 pm. For more information call: Todd Sill at 757-253-2058.

Hey Neighbor!

WILLIAMSBURG BOTANICAL GARDEN SECOND ANNUAL “VINES AND WINES” SPRING GARDEN PARTY

May 11, 2011

Enjoy Food, Wine, Music, a Silent Auction and Garden Celebrities from 6:30 to 9pm at The Williamsburg Inn in the Rockefeller Garden at Colonial Williamsburg. All Proceeds to support the Ellipse Garden in Freedom Park in James City County. Garden members \$75 per person. Non members \$100 per person. RSVP by April 28. To register or for more information go to www.williamsburgbotanicalgarden.org and click on calendar/special events. Peggy Krapf 757-566-9088.

Hey Neighbor!

10TH ANNUAL ST. PETER’S GOLF TOURNAMENT

May 13, 2011

1:00 p.m. at Brookwoods Golf Club in Quinton. 30 team limit; all proceeds benefit Youth Mission/Out-

reach projects of St. Peter’s; \$75 per person/\$300per team. Call May O’Leary at 932-3354.

Hey Neighbor!

WILLIAMSBURG AREA MUSIC TEACHERS BENEFIT RECITAL

May 14, 2011

3 p.m. in the King of Glory Lutheran Church on Longhill Road. The program will include instrumental and vocal soloists and ensembles. Donations for the Williamsburg Music Club’s scholarship program, Grants in Aid, for the promising young musicians of the Williamsburg community, will be accepted at the door. A Music Themed Reception to honor the performers and scholarship recipients will follow the program. Info? 757-220-9489 or www.williamsburgmusicclub.org

Hey Neighbor!

RESPITE CARE PROGRAM OPEN HOUSE AND FUND RAISER

May 15, 2011

In celebration of our 10th Anniversary. 9:15-10:45am and 12:00-12:30 pm will be held at the Respite Care Center located at Williamsburg United Methodist Church, 500 Jamestown Road. Refresh-

ments Staff and volunteers will be on hand to answer questions about this dynamic, enriching, half-day afternoon community program for adults with special needs. A nominal fee is charged for enrollment after an assessment for admission is done. For more information, call Carolyn Yowell, Executive Director at 229-1771.

Hey Neighbor!

WILLIAMSBURG MUSIC CLUB ANNUAL LUNCHEON

May 18, 2011

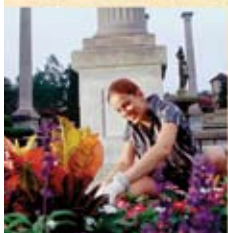
WindsorMeade Ballroom. Preceded by performance of Harris Simon, Jazz pianist in “All That Jazz”. Coffee/Tea and refreshments will be available at 10:00 a.m. and a short business meeting will begin about 10:30 a.m. followed by the performance at 11:00 a.m. and lunch at 12:00 Noon. The event is open to the public and tickets can be purchased for \$20 each by calling 757-229-4429 or emailing WMC1808@gmail.com or sending a check payable to WMC to PO Box 1808, Williamsburg, VA 23187. The event will take place at WindsorMeade of Williamsburg just off Monticello on WindsorMeade Way.

SAVOR SPRING IN WILLIAMSBURG



Our Williamsburg Area is beautiful any time of year, but especially in spring when gardens are in full flower. From the formal grounds of the Governor’s Palace, to the picturesque gardens of Yorktown and lush landscapes along the Colonial Parkway.

What better time to visit the Williamsburg Botanical Gardens at Freedom Park? Or enjoy the floral beauty of Busch Gardens, again named the world’s “Most Beautiful Theme Park”.



For local floral events and tours visit our website!



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Leave Your Legacy Month

Name a local charity or church as a beneficiary of \$5,000 or more in your will and you can have your will written for free by one of our outstanding local attorneys*.

- | | |
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| Susanna Hickman | Alex Powell |
| Jeremy Johnson | Stuart Spirn |

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