

November 2013

WILLIAMSBURG'S

Next Door Neighbors[®]

VOL. 7, ISSUE 11

PRICELESS

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Thankful**

Karen Wells

BUSINESS
Jane Alcorn

SPORTS
Susanne Esch

A&E
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Andrea Pokorny
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This issue is about gratitude. We wanted to interview a few locals to find out what about their lives makes them thankful. Each of these stories brings out the passions of those interviewed and it gave them the opportunity to share their thoughts of appreciation with our community.



Meredith Collins, Publisher

I would expect we all have something or someone we are thankful for. We may not stop and think about our thankfulness on a daily basis, but if we are asked to pause and consider what makes our lives better and the reasons we feel blessed, it isn't hard to drill down to it.

We could have interviewed hundreds of people about the things they are thankful for and we would have had hundreds of inspirational and fascinating stories. In this issue, however, we can only bring you ten. I am certain you will be engaged by each person's story of appreciation. Perhaps, too, they will make you pause long enough to count your own blessings. NDN

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CORRECTION: In last month's issue the second place winner in the Photo Contest was stated incorrectly. The second place winner was Jenna Maye, age 13, daughter of the person we cited as the winner. Next Door Neighbors regrets the error and any inconvenience it may have caused.

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lisa cumming
photography

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Cover Photo by Lisa Cumming

Struggle and Triumph

By Narielle Living

Karen Wells has traveled a long and difficult road to get to where she is today, and for that she has an abundance of gratitude.

“My life is not about me,” she says. “My life is about God - not religion, but God.”

A native of Williamsburg, Karen is the oldest of six children and has spent her entire life here. She has two children of her own as well as three grandchildren. Her children and grandchildren all live in Georgia, but she maintains regular contact with all of them.

When Karen was a child she was taught that family and church came first, and as the oldest she did her best to adhere to those teachings. Somewhere along the way things took a turn and her life went in a different direction.

“I always felt like I was less than,” she says. “It was like I couldn’t do anything right. Because of that I started looking for acceptance and validation in other places.”

For Karen, acceptance came first from smoking cigarettes, and then progressed to drinking and drugs. In the early part of the 1990s she was so deep into her addictions that she had lost almost everything.

“I was homeless, but I was still working,” she says. Regardless, she was on the verge of losing



Lisa W. Cumming Photography

everything, including her life. Her mother was caring for her children, and at that time Karen was having suicidal and homicidal thoughts.

That’s when she hit bottom.

“I was in a car and I was ready to end it all. I was going to drive out into the road and put the car in a spot where it would get hit by a truck,” Karen says.

This was the moment when her world would change, one way or another. Karen heard a voice speaking to her. “I’ll bet that’s gonna hurt.” That voice penetrated her fog, and right then and there she decided not to give up. She drove to her brother’s house, fell through his door onto her knees, and begged for help. She knew she couldn’t do this alone.

Her family helped by calling different hospitals, and finally took her to a treatment center. But getting into a rehabilitation facility on that particular night wasn’t going to be easy.

“I wanted to get help but nobody would take me at that moment because I was high,” she says. “I was bargaining with God, and I was determined to do what I needed to do to get into that place. I knew it was my only chance to survive.”

When they arrived at the facility to check in, the nurse asked Karen what would happen if they did not admit her. Karen looked the woman straight in the eye and told her the truth. “If you don’t take me, I’m going to die.”

She was admitted that evening.

It wasn’t until later, after her brother and friend left and she sobered up that she began to wonder what she’d gotten herself into. Despite her misgivings, she stuck with the program and stayed sober.

“I have been clean and sober since August 26, 1995,” Karen says. “I am here because God wanted me to be here. It’s that simple. The body might get tired, but the spirit keeps it going. God works it all out in the end.”

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Karen says that her life as a recovering addict has brought her closer to God, and for that she is grateful. If she could, would she change anything about her life? “Absolutely not,” she says. “Everything I have done, everything I have been, it’s all created the person I am today. I like that person, so no; I wouldn’t change any of it.”

Karen now works at a middle school as a teacher’s assistant with children who have special needs. “This is my 6th school term,” she says. “I work with 7th and 8th grade history classes. The children are amazing. Young people have a heart for understanding difficult living situations, and all of these children are really wonderful.”

Karen’s life is about gratitude. “Gratitude is about the fact that God loves us, no matter what,” she says. “I am so grateful that He didn’t give up. He stepped to the side and let me just go on, and when I cried out he heard me and picked me up. He answered the prayers of my family and children.”

Karen does not believe that there are people that don’t have gratitude in their lives. Instead, she thinks there are people that are simply overwhelmed. “They are stuck in something so heavy and hard that they can’t see clearly. They can only focus on what’s wrong.” She adds that everyone can find their way eventually, it just takes time.

Along with her recovery, there are a number of reasons she has gratitude. “My faith,” she says. “My life is a testimony to who God is and what he can do.” Karen goes on to say that she owes her life to God and that God is the reason she is alive and drug-free.

“I am also so grateful for my relationship with my kids,” she says. “My life is a testimony to bringing hope to people with kids on drugs, or people who have parents on drugs. Keep praying for them, it can happen, they can get sober.” Her mother helped raise her children when Karen was struggling with her addiction, but once she was sober her daughter was able to live with her again. “The best moment I had was when my son told me how proud he was of me, how grateful he was that I was clean.” Karen again stressed not to give up hope when a loved one is in the grip of an addiction, saying that anything is possible. “Keep praying, that’s all you can do.”

Her gratitude also extends to what she refers to as her calling to ministry. “I get to tell people about the goodness of God and give them hope. Things come up, life throws us a bad hand and sometimes we just have to go through stuff. But everything happens for a reason, and that’s the important thing to remember.”

Karen says that she is called in her ministry to lead the lost, to bring comfort to those hurting and to give hope to those in need. She takes this calling very seriously and tries to remember this in every facet of her life.

Finally, there is one last thing she adds to her gratitude list. “I am grateful to be alive,” she says with a smile.

Karen describes the population of Williamsburg as being very diverse. “We have people of all kinds living here, with all kinds of problems.” Williamsburg may have a reputation for being a wonderful suburb, but everyone struggles with something, regardless of economics or skin color. According to Karen, the important thing to hold on to is gratitude.

“Death has no color, sin has no color. If everyone can find one thing to be grateful for it would change our lives,” she says.

Karen’s hope is that people will stop seeing each other as separate and instead come together to heal. “You have to open your hands to let stuff go in order to have it come back to you in a positive way.” NDN



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More Than A Surgeon

By Natalie Miller Moore

Mark P. Moniz, MD has touched the lives of hundreds of people in our community while practicing for the past 16 years as one of four surgeons at Sentara Surgery Specialists (formerly Williamsburg Surgery). Originally from El Paso, Texas, Dr. Moniz received his Bachelor of Arts degree from the University of Dallas in Irving, Texas, and he earned his Medical Degree in 1993 from the University of Texas Health Science Center in Houston. He completed his General Surgical Residency at the University of Tennessee Medical Center in Knoxville, Tennessee in 1998 and, fortunately for us, was successfully recruited to come to Williamsburg to practice medicine.

“We didn’t know Williamsburg existed except in history books,” he says, laughingly.

Today, Dr. Moniz, his wife, Liz, and their two daughters have fully embraced Williamsburg with its proximity to the beach, four distinct seasons of weather, and a variety of activities for all interests and ages.

Yet, this successful transplant still has a strong allegiance to his home state of Texas. Dr. Moniz’s office leaves no doubt that he is a Texas Longhorn at heart.

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Behind his desk is a giant image of the state of Texas and there are other photos and memorabilia that give away his past. Perhaps it is fitting that Dr. Moniz identifies with Longhorns; these elite bulls are known for their gentle dispositions and intelligence. His commitment to his patients as he works as a general surgeon for Sentara Healthcare reveals a deeply caring and patient-oriented provider who is very competent and skilled as a surgeon. The consummate professional, Dr. Moniz extends himself for his patients before, during and after surgery.

Dr. Moniz works with three other surgeons at Sentara Surgery Specialists: Michael Lilly, MD, Joseph Testa, MD and Terryl Times, MD. He enjoys his relationship with the other members of the practice who not only share a common profession, but also have a common understanding of the personality and drive it takes to do what they do day in and day out.

"Surgeons tend to be regimented, precise, type A people who like to do things the same way every time. We are basically a bunch of perfectionists. It's not glamorous," he confesses.

Dr. Moniz decided that he wanted to be a doctor as a youngster. Around the age of 10 he regularly watched the television series, *Quincy, M.E.*, starring Jack Klugman as a Los Angeles County Medical Examiner.

"That was my inspiration. I never thought about being anything else," he says.

However, he did not want to be a pathologist like the character, Quincy. After completing an internship with a pathologist his junior year of high school, he was sure he wanted to take a different path.

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"I wanted to be a doctor. I just didn't know what kind," Dr. Moniz says.

While he was still in medical school Dr. Moniz decided he wanted to be a surgeon. While completing a rotation in surgery during his residency his choice was confirmed. He felt like he clicked with the people in that specialty.

"I liked the procedures. You get the opportunity to fix something," Dr. Moniz says. With that decision made, Dr. Moniz was unknowingly on a course to a long career seeing patients in a small east coast town he barely knew.

Unlike a primary care doctor, Dr. Moniz doesn't see the same people in his practice over the years.

"People see us for problems and follow up but it's not really a steady bank of patients," he says.

The practice rotates being on call for the local hospitals. As a general surgeon, he works mainly on parts from neck to groin, but not the heart, lungs, bones or blood vessels. He doesn't have a specialty, per se, but he is called on for many gastrointestinal surgeries.

Today's surgical options allow for faster re-

coveries than they did even a few years ago.

Dr. Moniz says that open incision operations are becoming rarer. The trend in surgery is laparoscopic procedures, such as those for gall bladders, hernias, reflux, and colon resection. Laparoscopic surgery is commonly used to treat diseases of the gastrointestinal tract. It requires only small incisions in the abdomen to access the organs. This typically results in less pain for the patient after the surgery and more rapid recovery.

"It's minimally invasive - the same operation but with a different approach," Dr. Moniz explains. "The human body, how amazing it is. It's unnatural to try to change things around, but truly a miracle that we can help people live better and remove the cause of pain."

Dr. Moniz is thankful that over his career remarkable advances have been made in surgery tools and technologies.

"Advances in technology allow us to do things better. It might be the same thing, but it's better for patients. It used to be six days in the hospital and a six week recovery. Now it's two to three days in the hospital and two

weeks recovering. It's unbelievable how far we've come," he says.

Dr. Moniz is also grateful that medicine has evolved and continues to evolve. "When I was in med school, laparoscopy was just starting. Now 16 years later, it's the standard of care."

When he's not on call at the hospital, Dr. Moniz likes working out and golfing, and, of course, keeping up with the Texas Longhorns. He jokes that one of his biggest hobbies is "shuttling his kids to all of their activities." His daughters are involved in field hockey, horseback riding and swimming.

"I never lived in a small town before," he says. "I love it. It feels safe. I enjoy raising my kids here."

Dr. Moniz is thankful to be working as a surgeon in Williamsburg. He appreciates the benefits of so many remarkable advances in medical technologies and techniques, and is grateful to be blessed with the skills and temperament to use them successfully for so many people. No doubt, there are a large number of our neighbors - his patients - who are thankful as well. NDN

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ANNIE McGRATH



Lisa W. Cumming Photography

Joy of Life

By Cathy Welch

At 75, Annie McGrath knows a freedom that few find. "I am thankful for each new day," she says. "I'm just grateful for life, joy and family."

Annie was born in Newport News. As a young child, her family moved to a Philadelphia suburb. She has one brother. "My brother is the dearest, just like my mother. He is an angel," Annie says.

She points to a pair of photographs on her living room table to explain her inspiration. "There they are - my mother and my father. My father was hysterical and my mother was a perfect southern lady. They taught me so much and I miss them every day." Her mother died of breast cancer in

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2004 at the age of 90. “She was just an amazing woman, a sweetheart and a faithful woman who cooked and everything. She was a great mother.” Annie credits her sense of humor to her father’s influence.

She started taking piano lessons as a little girl. “I play by ear. I say I play a lot of notes so people can’t tell the wrong notes, because there are wrong notes. I don’t profess to be perfect.” Annie has always been involved with music.

“I had a happy time,” Annie says of her childhood. She cites her childhood friend, Gale Meese, who comes from North Carolina to celebrate her birthday every five years. “We have maintained a love like family. She’s what you call a childhood friend of 60-plus years.”

Annie moved back to Newport News with her family as a teenager. “I’m really all southern with a little bit of Yankee; I’m sort of proud of,” she says. After high school, she majored in music at Virginia Commonwealth University (VCU). Her first husband was also a student there.

“He swept me off my feet,” she says.

The couple married and Annie’s husband was drafted into the army as part of the Seventh Army Symphony. This took the couple to Germany.

“My daughter, Lillian, was born in the United States Army Hospital in Stuttgart. I got there, got pregnant right away, had the baby, [and] came home.” While there, she taught children of dependents in a nursery school and learned much of the German language from her coworkers.

Homesick, Annie came back to the U.S. when Lillian was three-months-old. “Oh was I happy to put my feet back on American soil,” she said. She came back on an Air France jet where she had to nurse her baby in the restroom. “That’s my Lillian, my first born who works for Next Door Neighbors magazine.”

Once back in the states, Annie and Lillian moved in with her parents. They stayed until her husband returned and became a Methodist minister. This new job took the family to Richmond, Virginia where they lived for many years. While living in Richmond they had a son.

“I was not cut out to be a pastor’s wife,” she says. “At a meeting of a group of us young ministers’ wives, they asked us what we would want to do more than anything. Other wives said they wanted to be better minister’s wives, better mothers, etc. I wanted my own talk show.”

Annie divorced her first husband in 1985 after 27 years together. Eight years later, she met Tom McGrath at a singles event. He was Irish Catholic, tall and thin. “I was so in love with him. He was a good dancer,” Annie explains. “Just what I thought I wanted.”

The couple married after three years of dating and bought a lot in Fords Colony in 1997. Tom retired as an engineer in the shipyard and the two traveled extensively. “Bless his heart; we went to Hawaii, Alaska, Branson, Grand Ole Opry, etc.” Things did not work out and they divorced after 12 years of marriage.

“I’m on good terms with him,” Annie says. “I’m on good terms with Lillian’s father. You can’t not be on good terms.”

“You’ll laugh when I tell you my email address,” she says. “It’s F, A, L. I’d like to say that was for ‘Father Almighty’, but it’s really ‘Free at Last’.”

Annie stayed in Williamsburg for the past 16 years, where her daughter, Lillian, now lives with her two twenty-something children, Erin and Sean. “I’ve watched her two grow up,” Annie says. “My son, Tom, lives in Indianapolis and, sadly, I don’t see him very often.” He is an operations director for Wheaton Van Lines and his daughter, Rachel, will graduate high school in December.

Annie held a number of positions in her career: interviewer for The



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Nov. 29, 2013 through Jan. 26, 2014

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The rink opens Friday - Sunday after Thanksgiving, November 29, 2013 through January 26, 2014. There are weekday, weekend and winter break hours. The rink is closed on Christmas Day.

Skating is \$7/person including the skate rental or \$5 with your own skates. Season passes are also available for \$35/person and include the skate rental. Operation hours may be

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For more information on skating, please call 757-259-5360 or visit jamescitycountyva.gov/recreation.

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Dec. 20- Jan. 1

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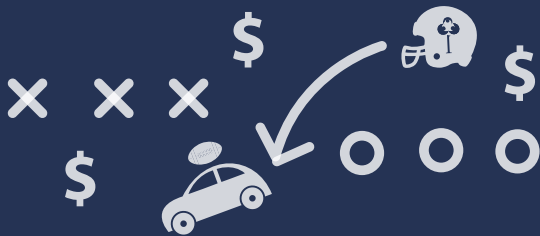
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Virginia Employment Commission, where she retired from the state after 20 years; accompanist at Wesleyan United Methodist Church in Hampton; administrative assistant in the Office of University Relations at William and Mary (W&M); piano teacher to private students which she still does; and accompanist at funerals and weddings. She used to play for weddings but that proved to be too stressful.

"I don't play for weddings anymore," she explains. "All of the music has to coordinate with what's happening at that second. So I prefer funerals." She also studied organ at VCU, but doesn't play anymore because it is too stressful.

Annie fills her days by volunteering. She ushers and works at the concession stand for The Williamsburg Players. "I pick my time. Now they're doing *Moon Over Buffalo*. It's hilarious."

She volunteers in the bell choir at Williamsburg United Methodist. "Some people have nicknamed me, 'dingaling'." She is also a greeter at her church. "That's one of my talents, because I know almost everybody. I know people from the theatre club at Fords Colony, church people, bowling people, and people at the senior center. When I go out with friends, they say, 'Honest to Pete, you know everybody in town.' I consider that a compliment."

Annie says, "I have two gifts from God: the gift of music and the gift of people. My whole day involves people." She's been single for almost ten years and does not date. She says she doesn't have time for that. "You see, I have the perfect life. I have a beautiful home. It's easy to keep up with."

Annie plays piano for church luncheons and luncheons at senior centers. Recently, she played at a Williamsburg Senior Center with a musician friend. They played four hands on the keyboard. She acknowledges one interesting, but unsurprising musical influence. "I always wanted to play like Liberace."

Annie plays Bunko and substitutes for a bridge group every week. "I love it," she says. "Frankly, I play bridge to keep my brain active." One of her groups plays at the Bourbon Street Grill lounge in the Clarion Hotel every Monday afternoon.

Annie line dances with The Seniors at James Blair Gym every Tuesday and Thursday morning. She considers this her gym time. "Our teacher, Doris Dawson, is 82. We think she'll still be dancing when she's 100. Oh, and I square dance too, but I'm not active because I don't have a partner." She also bowls with a senior bowling league.

Driving a 90-year-old friend to lunch, the movies and the playhouse keeps her busy too. "I belong to the Williamsburg Music Club and I got my friend, Mary, to join. She's always invited me to lunch at The Landing where she lives. It is a gourmet, five-star event."

Annie considers herself to be a people person. "People tell me all the time, 'You're funny.' Maybe they're having a bad day. I can cheer up a dead pig. Honest to God, I can. It's a gift from God."

She loves to find out what makes people tick. "I don't even know how to spell the word 'private'," she explains. "I am an open book."

"I am grateful for living in Williamsburg," Annie says. "The theatre, William and Mary, Phi Beta Kappa, the orchestras and the choral guild are here. So many things to do! It's just a wonderful place to live and I love it."

She's grateful for the blessing of people in her life. "I'm thankful for family in town, lots of good friends, loving neighbors, a sense of humor, good health and my first cup of coffee in the morning." NDN

THANKFUL FOR HIS HEROES

By Lillian Stevens

The day started out like any other day but ended with Dewey Dannewitz in the Intensive Care Unit of Sentara Regional Medical Center in Williamsburg.

Dewey is no stranger to the medical world. His daughter, Somer, who works at Sentara, is a registered nurse whose specialty is telemetry and cardiac nursing. Additionally, Dewey majored in pre-med (human anatomy and cell physiology) before enlisting in the U.S. Army back in 1982 when his goal was to become a physical therapist. He understands and speaks the language of doctors, surgeons and nurses.

On July 1, 2012, while working in the yard with his son, Bryson, Dewey started to feel sick. He had suffered a heat stroke once before, so he knew the symptoms. Except that it wasn't a heat stroke this time.

"I decided to go indoors to lie down in my man cave," he says (referring to the bonus room over the garage). "My stomach was getting upset but I still associated that with the heat. But then, the room started spinning, and I literally could not get myself up off of



Lisa W. Cumming Photography

the couch."

This was both fascinating and astonishing to

he says. "And a gastroenterologist was brought in to perform an endoscopy."

the Army veteran who has sustained many athletic injuries to include broken bones (even a broken neck) and says that he has a high tolerance for pain.

"I remember thinking: I've been in dangerous places around the world – are you kidding me? I'm going down like this?"

As his condition deteriorated, Dewey recognized that he needed to get to the hospital. Ever meticulous, he donned clean clothes and grabbed his iPad for the trip.

"As my son helped me to the car, Somer pulled up in the driveway. She did a quick triage on me and fussed at me for not calling 911."

By the time Dewey arrived at Sentara, he thought he felt a little better but it was short-lived. He was quickly hooked up to an IV and efforts were begun to stabilize him. He was experiencing internal bleeding in his stomach, but the bleeding did not stop.

"So, the decision was made to put me up in the ICU right away,"

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At first, his doctor was mystified by his condition.

The gastroenterologist, Dr. Shahwali Arezo, discovered Mallory-Weiss tears which can be caused by severe vomiting, but there was nothing else, at first.

"Dr. Arezo was very determined," Dewey says. "And he kept using this term 'Dieulafoy artery' but it's a condition so rare that few doctors ever really see it."

Initially, the medical team was having problems getting Dewey's red blood cell count up. They had given him over 16 units of blood but his blood count did not rise to acceptable levels and his pressure still dipped. He understood that if this continued, he would go into shock and could expire. Eventually, the doctors and nurses were able to stabilize him and they moved him to the critical care unit on the same floor of the ICU.

"Now, this just happens to be where my daughter works," Dewey says. "But technically, she can't work on me since I am a relative. But it sure was nice to have her there because it was reassuring to me – and to my wife, Helen."

By the second day, Dewey woke up feeling a bit better, so he ate some breakfast – but immediately he started to feel sick again.

"I tried to get to the bathroom and the next thing I know, I felt a nurse put her hand on my shoulder and then I was out cold."

Dewey opened his eyes to see his daughter, Somer – the lead nurse for the medical response team (that team is responsible for someone "crashing" and potentially going into cardiac arrest) – directing a team of nurses.

"Regardless of the fact that I am her father, she had to lead that team. I told her I was okay but she wouldn't let me get up off the floor."

Dewey was transferred back to the ICU. Eventually, on the third endoscopy, Dr. Arezo located what he had suspected all along – a Dieulafoy's artery, a medical condition characterized by an abnormally large artery in the stomach wall that erodes and bleeds.

"Everyone has capillaries in their stomachs," Dewey explains. "But only one out of 100,000 people manage to get this condition – which makes it hard to diagnose."

He feels extremely lucky because there's an 80 percent mortality rate associated with the condition which is often diagnosed post mortem.

"I was in awe of Dr. Arezo. And I was – and am – in awe of my daughter. There I was lying on the hospital floor watching my daughter efficiently, professionally and methodically do her job. And all I could think was: man that college tuition was really worth it now," he says with a laugh.

"She was my hero."

How has this experience impacted Dewey's life?

"The biggest thing for me – I am a hopeless romantic anyway – was the revelation of who I wanted to be. I wanted to be a hero. I wanted to be that guy who did it all for my family. But the cool thing that happened was that I realized that I had to let them be heroes for me. It was actually pretty groovy."

He says that he is grateful for family, for the medical team that tended him, and for the community that sustains him. He's also thankful for the opportunity to give back to that community. One way he does that is by coaching young, emerging athletes – like his son's and hopefully his grandson's football teams in the Williamsburg Hornets league.

"We live in this mecca of Williamsburg – a place that has the best athletic facilities for kids in the world – the Warhill Sports Complex



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and WISC (Williamsburg Indoor Sports Complex),” Dewey says. “It’s rocking. In fact, I’m going there tonight for a football game!”

On balance, he says that the experience has surely rooted him. “Being an officer in the Army – you are used to being responsible – it can be life or death in many cases – so then you go through something like this where you lose all that control, and you learn that you have to put your trust in others.”

Dewey is in his professional prime. He serves as the Director of Capabilities Integration for the U.S. Army’s TBOC (which means “Training Brain Operations Center”). He is also a retired U.S. Army Lt. Colonel.

“TBOC is part of the US Army Training and Doctrine Command TRADOC headquartered at Fort Eustis,” explains Dewey. “We are a center for innovation, so we are forward thinking – always looking over the technology horizon.”


The Capabilities Integration Directorate develops and integrates innovative technology, concepts and blended solutions to enhance TBOC replication of the Operational Environment.

Dewey is a father of two adults and one teen, also an athlete, who plays football for Warhill High School and lacrosse for the Williamsburg Royals.

He and his wife, Helen, have another son who is married and lives in Oklahoma.

“That’s the amazing thing,” he says. “As healthy as I was – staying in shape, working out, participating in biathlons and half marathons – a fluke happened and it was beyond my control.”

As the holidays approach, Dewey encourages us to take a step back – as he had to do – and never take your health for granted.

“Be thankful,” he says. “And be inspired to do the things you want to do.” 

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(Literacy for Life in Korean)

Recently, with the help of her Literacy for Life tutor, Yang Cha proudly became a U.S. citizen. It was important to her to be able to vote and obtain an American passport. She describes her tutor as very special, patient and kind. The help she has received has allowed her to improve her speaking, reading and writing skills which has been a great confidence builder. She is no longer afraid to speak and ask for assistance when she is shopping, ordering food in a restaurant, or visiting the doctor. Many of us take these things for granted, but as Yang Cha says, it is the little things that mean a lot.



Yang Cha Marsh from Korea with Spencer Niles, Dean, The College of William and Mary School of Education

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Life's JOURNEY

By Ryan Jones

"Life is a journey. We're here for a reason. There is significance to what we do here on earth." ~ Lynn Ellis

In 1968, Lynn Ellis set out to be a writer of children's literature, but found that life had other plans for her. Forty-four years later, she retired from her role as an administrative oncologist and published her first book, *The Humanity of Medicine: The Story of Mark E. Ellis, MD*. Why did she wait so long to put her pen to paper? And why did she decide to publish

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non-fiction instead of fables? That's a pretty good story – one that many in the Williamsburg community have played a significant role in. Lynn says it all started back in college with a flash of inspiration, a Beatles song and a man named Mark Ellis who had a remarkable tale to tell.

“On my first date with Mark, we talked about his desire to study medicine,” Lynn remembers. “When I asked him why he wanted to be a doctor, he told me something I have always remembered: ‘It was an epiphany. It was cancer. It was Hey Jude.’”

Lynn explains that Mark was an acquaintance of hers at Wake Forrest University; a friendly guy with a passion for medicine, sports and music. By the time he had finished unraveling his enigmatic explanation for pursuing a medical degree, Lynn was ready to launch her writing career, with Mark leading the way at center stage.

“I was like, I don't know who you are or if we are going to have a future together, but I sure do want to write your story,” she says. “Mark was kind of a big shot in high school –the class president and a football star. He was a huge

sports fan, and he liked the Beatles. He also played guitar and sang. He actually thought about having a go at music as a career, but his dad had aspirations for him to go to college, so he went to Wake Forest. Two weeks into his freshman year, he began having seizures, and that's when they found out that he had metastatic melanoma.”

Most people Mark's age would have been devastated to receive such news, especially when the chances for survival at that time were slim-to-none.

“Mark was completely undaunted by the fact that he had this terminal prognosis,” Lynn says. “He was in the hospital facing horrendous odds to survive a procedure that would remove a tumor the size of an orange from his brain. He had a 0% chance of living, but somehow he made it. While he was in the hospital recovering, the Beatles released the single Hey Jude. He heard it for the first time through a transistor radio while in his hospital bed and liked the line ‘take a sad song and make it better.’ It became the theme of his life.”

Lynn says that, despite his inspiring recovery from surgery, Mark went home from the

hospital not realizing the extent of the battle he would have to fight over the next several years.

“He underwent five years of experimental chemotherapy to beat his diagnosis,” she says. “His chemotherapy was a pain in the neck to him, an inconvenience, [and] a challenge to get over and through. During all of this he lived in a dorm and lettered in track. His approach was so inspiring to me. There is a way to turn dreams into goals and to pursue those goals, and there is an attitude that you have to have - a positive can-do attitude. Mark went on to become an oncologist himself to pay it forward. In the meantime, we fell in love and got married. We had three children against the odds because the chemotherapy was supposed to have wiped out any possibility of us having a family. I decided that if I ever had the opportunity to really become a writer, the first book I would write would be one about Mark.”

While Mark's story of beating the odds is inspiring, it doesn't end with the remission of his malignant melanoma. Lynn says he used his experience battling cancer as a means of establishing a connection with his patients in Williamsburg. His compassionate bedside manner



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and hopeful outlook endeared him to his patients, and ultimately, convinced Lynn to join him in his work.

“He continued to be an inspiration to me, and I eventually joined him in oncology,” she remembers. “He was always on the cutting edge of whatever he thought was the best way for his patients to heal. I was the administrator, but always saw myself as Mark’s assistant.”

In 2009, after forty years of remission, Mark’s cancer came back. True to form, he underwent a vigorous treatment schedule, but this time, the treatments netted little progress. Mark told Lynn that he believed it was his time to pass, and he wrote a heartfelt letter to all of his oncology patients explaining his circumstances and reminding them that he was still in the boat of cancer recovery with them, now as a patient instead of a doctor.

“Mark always discussed with his patients the fact that there is a silver lining in cancer,” Lynn says. “I think that’s one of the reasons his patients loved him so much. Whether his patients were going to survive cancer and get on with the rest of their life or the cancer was going to be the final phase of their life, they always said

that he instilled hope in them. And it wasn’t a false hope; it was a hope for healing. There is more than one way to heal. You can heal physically, but if cancer is the last phase of your life, there is a lot of healing that can occur there too. It happens in a different manner but it’s every bit as important to heal spiritually and emotionally as it is to heal physically. Everyone I meet who was ever a patient or family member of a patient of Mark’s always talks about the hope he instilled.”

Mark passed away in 2010, leaving a legacy Williamsburg is not likely to outgrow.

“I am so thankful for the 37 years I had with him,” Lynn says. “I’d like to have 37 more. I am thankful for the blessing of our kids. I would say that I still lead a very blessed life. I am happy that Mark’s story has been so well received. That’s really made me happy. There is a scholarship set out from Mark that some of the royalties go to Wake Forest. The first scholarship was awarded this past May. It’s an endowed fund, so it will keep growing. Hopefully it will continue to grow and will cover a significant amount of medical school costs.”

Though it has been difficult, Lynn says she

has adjusted to life without her husband.

“I didn’t plan for my life to be this way,” she says. “I didn’t really get consulted. But my feeling is that I have to go forward and look at the silver linings. I’m able to write my books now and that’s something I always wanted to do. I doubt I’ll ever win a Pulitzer Prize, but I’m going to enjoy the heck out of it. I’m learning Italian. I love to travel. I’m a wine enthusiast, and I have two kids that live in California. I love being outside. I love gardening. Sometimes I try to take my computer outside to do some writing but I get so distracted by Mother Nature. I have a hummingbird war recorded on my iPhone where they were fighting for position in front of the feeder. I raised my first family of bluebirds this year - I’m so excited.”

Lynn motions toward the house where the bluebirds nested and, suddenly, becomes very interested in a bird that has lighted on a branch over the birdhouse.

“That’s Mr. Eagle,” she says, pointing. “I can’t believe he came up here while we were talking. There’s a story there. I’m a big nature girl, and the eagle is my totem. A totem is a creature in nature that kind of adopts you. I

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got adopted by a bald eagle back in 2000. We were going through a particularly difficult time with a family tragedy. I was really concerned for this family member and as I was out walking one day, this bald eagle swooped down and flew right next to me at eye level. He was so close I could see the ring in his golden eye. He flew along with me for several yards and then he went up.”

An admittedly hard sell for other worldly communication, Lynn says she pondered the incident afterward.

“Nature is my cathedral,” she says. “If I’m going to communicate with a higher power, it’s going to be out in nature. That eagle was like an answer. It was almost like a reassurance that everything was going to be okay - and everything did turn out all right. For me the eagle became the symbol of positive change.”

Lynn told Mark about the incident, and was surprised when he brought it up right before he passed away.

“When we were with Mark as he was passing, we were talking about crossing over. As we were standing around the bed, our daughter lightheartedly told him that if he ever wanted

to get a message through he would have to do it through her because ‘Mom is a hard sell.’ Mark looked at me and said, ‘I know how to get to you. It’s the bird. It’s the eagle.’ The kids looked at him in confusion, and I explained to them about the bald eagle being my totem. Then I told him, if you’re going get to me you’re going to have to do more than just show up as an eagle. The eagle will have to do something it doesn’t normally do. He smiled and gave me a thumbs-up.”

Lynn has plenty of eagle stories to share, but is saving them for a sequel publication of Mark’s memoirs.

“It’s not that rare for me to see an eagle these days,” she says. “I have made believers out of my whole family.”

In the meantime, Lynn will continue to promote her book and make the most of the opportunities she is afforded as a newly published author.

“The book is not meant to be in memoriam,” she says. “It is the story of overcoming adversity. When I was really young I wanted to tell Mark’s story to the world. Then, as time progressed I wanted to make sure the kids would

know about it. I wanted them to understand that life is not a straight line between A, B, C and D. Then I thought to myself, ‘Well, if I ever publish Mark’s story, I’ll do it when he retires.’ When he passed, I decided to publish it and give my royalties to organizations that work on cures for cancer. That is a way to ‘take a sad song and make it better’ for a lot of people. Mark’s particular adversity was cancer, but everybody has something that they have to figure out how to overcome. Whether it’s something they create themselves psychologically, emotionally, or it’s an economic thing or a social thing or an illness or disability of some type. Everyone has something. You can take a sad song and make it better. You can find a silver lining.”

Sometimes that silver lining is a miraculous healing. Sometimes, it isn’t. As Lynn goes on to the next part of her day, the eagle that was peering at her from the tree out back swoops down low and flies off over the lake, a picture of grace in the late-summer sun.

Watching the eagle fade into the distance Lynn reflects, “Life is a journey. We’re here for a reason. There is significance to what we do here on earth.” NDN

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Bringing Comfort to Others

By Alison Johnson



Lisa W. Cumming Photography

On her first trip to a nursing home, 14 years ago, with her therapy dog, Helen Phillips felt nervous and unsure of herself, wondering how to approach the fragile patients.

But her dog, Butter, a 60-pound Pit Bull and hound mix, knew exactly what to do.

“There was a woman in a bed across the room, on a loud oxygen machine and with the bed rails up,” Helen remembers. “Butter

walked over, sniffed the machine, stood on her hind legs and shoved her muzzle through the bars so the lady could pet her. Then she just balanced herself there. She was like, ‘That lady needs me.’ The lady smiled, and I thought to myself, ‘Oh God, I’m hooked.’”

Helen, now a senior member of K9 Connection Therapy Dogs organization in Williamsburg, has had many joyful moments since then.

Handling Butter and four other registered therapy dogs, she has watched countless faces transform from fear, sadness, pain or emptiness into smiles.

Her dogs have sat beside or snuggled with everyone from hospitalized children scared about blood draws or sutures to adult cancer patients undergoing hours of chemotherapy. While the circumstances can be tough, the power that her

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dogs have to comfort and heal can still catch Helen by surprise.

"I'm grateful to be able to do something that's so fulfilling and rewarding," she says. "I have been blessed with the most amazing dogs. I'm not rich by any means, but this is a way that I can give back to the community and meet wonderful people. It's not about me, though. People know my dog's name, not mine. I just drive the car, hold the leash and hand out treats."

Helen, who turns 60 this month, and her current therapy dog, 3-year-old Gracie, visit Sentara Williamsburg Regional Medical Center two nights a month and Williamsburg Regional Library once a month. The James City County resident fits the volunteer work around a full-time job as Senior Purchasing Agent for the Colonial Williamsburg Foundation.

Gracie, an 80-pound black Lab, sees patients in the emergency room and on an inpatient floor and listens to children read aloud as part of the library's Paws to Read program. K9 Connection's 28 working teams also visit schools and attend public events to support medical, educational and charitable groups such as Relay for Life and the Heritage Humane Society.

Twice a year, Helen helps train potential therapy dogs during K9 Connection's eight-week classes, which prepare teams for testing by evaluators from the national registration organization, Pet Partners. K9 Connection also offers pre-screening sessions to judge if a dog has the right personality.

While therapy dogs come in all shapes and sizes, all must enjoy meeting strangers and be confident about those encounters at home and in public, Helen says: "You can happily train out behaviors like jumping or pulling, but a great temperament is what sets a therapy dog apart from the pack."

Training classes expand on basic obedience skills – sit, down, stay, wait and loose-leash walking – and teach behaviors such as ignoring dropped food or toys, behaving calmly around other dogs and reacting to wheelchairs, walkers and other medical equipment without fear. "We'll even do things like drop an Egg McMuffin in front of them, and they have to walk past it," she says.

Handlers, meanwhile, learn how to keep encounters safe, including teaching children to ask permission before approaching a dog and respecting privacy and sanitation rules at medical facilities.

Pet Partners requires teams to re-test every two years. Handlers, who own the animals independently, also must keep their dogs up to date on all vaccinations, have them on flea and tick control medications and bathe and groom them in advance of therapy visits.

Helen has had four natural therapy dogs – Butter and Gracie, plus Koda and Moca, both chocolate Labs – and one, Henry, the Jack Russell terrier, that had to retire early because he didn't work well with other dogs. She still has Moca, now 12, who retired after 10 years of therapy work, in addition to Gracie.

Each dog has had its endearing quirks; Gracie, for example, carries a throw pillow around the house and lays her head on it when she's ready for a nap. And all have given Helen amazing stories to tell.

Once, Moca met a girl of about 7 who was waiting for an ambulance to take her to Children's Hospital of the King's Daughters in Norfolk. The girl was on edge and missing her own dog. "Moca got into bed with her, and the girl wrapped her arms around her," Helen says. "It was very emotional. They lay there for 30 minutes, until the ambulance came.

Her mom kept saying, 'I can't thank you enough. My daughter is finally resting.'"

Another time, an even younger girl was sobbing because doctors had to draw a blood sample. After a nurse put her in a gown, Helen asked the child if she thought Moca would wear one too. "Yes, please," she replied. The nurse quickly draped an identical gown over Moca, and the dog stayed by the girl's side as she gave blood. "She just calmed down to the point that it only took her mother to hold her gently," Helen says. In yet another case, a boy fed Moca treats as doctors stapled his head wound. "These dogs do things that I never thought they could have done," Helen says. "They give people a mental break so they stop thinking about what's happening to them. It's a wonderful thing to see." Hospital staffers and patients' family members, she adds, also benefit from time with the dogs.

Helen's therapy work even helped someone in her own family: her late mother, who had ovarian cancer. "My mom loved animals and was so proud to have Moca at her chemotherapy," Helen recalls. Another patient there found comfort in gently squeezing Moca's paws and alerted Helen to a bizarre fact, since confirmed by kids: the bottom of dog paws can smell like Frito chips or buttered popcorn.

Helen's original training background actually is in horses, not dogs. Born into an Army family at Fort Eustis, she grew up in York County and began riding at age 12 at Cedar Valley Farm, then in Lightfoot and now in Toano. A York High School graduate, she trained horses for 30-some years and has shown, taught lessons and competed in barrel racing.

But Helen's family always had dogs. Her father raised Weimaraners for hunting, and Helen brought home mutts for pets. When she was about 6, she went to play at a neighbor's house and, unbeknownst to her parents, left with a puppy in a shoebox. Snoopy, a Cocker Spaniel and Poodle mix, was only about 4 when he died, but her next dog – Prince, a Wire-Haired terrier mix – lived for 15 years. He also gave her an early lesson on canine kindness.

"Prince would bring home five other little neighborhood dogs to sleep with me every night," she recalls. "I have pictures of them all in my bed with me."

Her first therapy dog was Butter. Helen got the dog from a friend in 1991 and sometimes brought her into her office at Colonial Williamsburg, where she has worked in various positions since 1975 (starting as an usher and ticket seller at the Visitor Center). Her co-worker, Jo Brooks, who founded K9 Connection in 1999 with the help of two friends, noticed Butter's friendly, gentle ways and encouraged Helen to enroll her in training. Butter passed her registration test in 1999.

Helen, who has a grown son, Hunter, daughter-in-law, Crystal, and three grandchildren, Kyle, Chase, and Logan, is quick to point out that many K9 Connection teams put in more volunteer hours than she does. She often can't get to her one- or two-hour hospital shifts until past 7 p.m., once her full-time job of buying supplies for Colonial Williamsburg is over.

No matter how tired she is, though, Helen is always happy she and Gracie go on their visits. She's no longer nervous like the first time, but she's still equally in awe.

"I'm so proud of Gracie and all the dogs in our group," Helen Phillips says. "Our teams are amazing with the amount of time and energy they give the community. We're careful about the dogs we choose, we train hard, and we're just very lucky." NDN



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A Crown of Life

By Linda Landreth Phelps



Lisa W. Cumming Photography

Stephanie: her name has its roots in the ancient Greek language, meaning “crowned one.” When you meet Stephanie Castleman-Argue, the dome of her shiny, bald head may be encircled with a colorful, intricately wrought crown of applied henna decoration. Stephanie might walk slowly on chemo-swollen legs, but she moves like a stately queen, a walking stick her scepter.

Stephanie, a Newport News native who has lived in Williamsburg since her sophomore year at Lafayette High, was diagnosed with a rare form of cancer, Inflammatory Breast Cancer (IBC) in 2011. Throughout the course of her illness, she has looked for and found many occasions to be profoundly grateful.

“In late July, without any warning, my right breast swelled up like a balloon and was red and

extremely painful,” Stephanie remembers. “I rode my bike to the Urgent Care center, thinking it was just an infection. The first thing I’m grateful for is that my doctor, Dr. April Guminisky, suspected what it was and sent me immediately for a mammogram and ultrasound.”

By the end of October, she was in the middle of six months of chemo and at MD Anderson Cancer Center in Houston, Texas for a second

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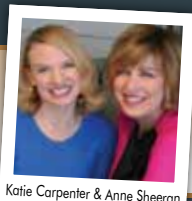
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opinion. By March, all that remained after surgeons there performed a radical modified mastectomy was a raw incision that stretched from under her armpit to the middle of her chest. Radiation followed, twice a day for 22 days. She completed her treatment protocol and all was well... for a time.

Although Stephanie's right breast and all of the lymph nodes from that arm had been removed and her remaining breast was clear, stubborn, rogue cells from that initial cancer had subsequently metastasized to her bones, putting her in Stage IV. Stephanie was soon back on "the juice," as she calls it, a powerful chemical cocktail whose job it was to seek out and kill those scattered metastases. She makes a long, grueling trip by air to Houston on a regular basis to test her body's response to the treatment.

When Stephanie speaks of things for which she is grateful, her bright blue eyes light up and a joyful smile transforms her face. "It's taken a big village to help me on this journey," she says. "I was stunned when 80 people showed up for my head-shaving party. So many people have stepped up to help us with countless things: transportation needs, delicious meals, and I especially appreciate their help with Tristian, my special needs son."

Stephanie and her husband, Stephen, a Naval officer, have three children between them, a symmetrical blend of his, hers and ours. The two oldest, Olivia and John, are college age, but Tristian, their youngest at 16, attends Jamestown High School and is the energetic person behind the school mascot's Eagle costume, a job he absolutely loves. "He is thrilled to be an official part of the cheer squad," Stephanie says with pride.

"I have the best family, doctors, friends and church anyone could imagine," Stephanie says. She employs a multi-pronged approach to restoring her health, adhering to a strictly organic eating plan and following up with yoga, massage and meditation. She schedules regular sessions with an acupuncturist, an energy medicine practitioner and a naturopathic healer. She also feeds her soul and body with therapeutic horseback riding lessons at Dream Catchers. These different people are a vital part of Stephanie's village, but above all, she says, she is relying on God to bring her back to full health and function.

Stephanie's church, St. Martin's Episcopal Church on Jamestown Road, prays for her faithfully. Her priest and fellow parishioners have laid hands on her struggling body and nurtured her burgeoning faith. Her faith, she says, sustains her.

Her house, car and everything she owns are plastered with colorful signs that say, "I KNOW!" She loves nothing more than to be asked "What do you know?" since that gives her a chance to share her story.

"I was told, 'When you pray, pray with expectation and anticipation,'" Stephanie says, "and I did. I went to a series of healing services at a local church and had an amazing encounter with the Holy Spirit. I finally got what I call the God thing. I could literally feel the warmth and power of healing buzzing throughout my body. Afterwards, a man approached me and told me that I needed to not just think I was healed, or believe it, but to KNOW I was healed. Ever since then, I have known that I would be cancer-free one day."

Stephanie's gratitude expresses itself through a strong desire to help others. Wherever she goes, she hands out small silver keys that are in-

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scribed with one of four words that express her life philosophy and indicate inclusion in her village: Believe, Courage, Laughter and Strength. This practice started rather selfishly, she admits with a wry smile, as a reminder for the recipient to pray for her. "But I soon found myself praying for them, too!"

Whenever the door of opportunity opens the smallest crack, Stephanie shares what she calls her short public service announcement about IBC. "I tell people what to look for. IBC doesn't show up on a regular mammogram and 90% of patients are initially misdiagnosed. I remind women they should be looking for any redness, pain or swelling, and skin that's puckered like the peel of an orange," she says. "Don't wait to check it out if you find anything that concerns you, and you can request testing that rules out IBC. Early detection is crucial."

Another way Stephanie shares her message about IBC is her involvement with Beyond Boobs! a breast cancer support and education group for young survivors that serves as another very important part of Stephanie's beloved village.

For the last seven years, the nonprofit BB! organization has produced A Calendar to Live By, a breast health manual, they say, that's cleverly disguised as a beautiful, glossy calendar. Each one has featured different individuals, all survivors, photographed in a positive, uplifting way. Stephanie remembers, "When I first saw a calendar, I just knew I wanted to be a part of the next one."

This year, 2013, the month of January spotlighted Stephanie, complete with henna body art that mimics fish scales. She sits perched in reflective profile on a rock overlooking the water, in homage to her favorite character in fiction, Hans Christian Anderson's Little Mermaid. "Mermaids are magical," Stephanie says with a face-splitting smile, "and I refuse to sink!"

As of mid-September, the most recent tests at MD Anderson showed that Stephanie has good reason to smile. "I'm cancer-free!" she says. "They can't find any cancer on the scans, and the tumor markers look great, as does my blood work. The medical world will never say I'm cured, but I KNOW differently."

Stephanie has three more rounds of chemotherapy left in her protocol. The scans show no cancer, but by experience Stephanie knows those cells are sneaky, so it's crucial to complete her planned treatment.

"Even though there isn't any cancer in my body, I'm still going to feel the residuals from treatment for some time to come," she says. "The reality is that it could take years, especially after going through it twice. But that doesn't mean I might not have another miracle, so I'll keep praying with expectation and anticipation."

Barring divine intervention, it seems likely that Stephanie will be relying on her village for a while longer, and she is everlastingly grateful for them as well as for her good news.

One of Stephanie's favorite Bible verses that has brought comfort to her on this long, difficult journey is found in the second chapter of Revelation: "Fear none of those things which thou shalt suffer:... I will give thee a crown of life."

"I am going to continue to live my life and live it happily, helping others and experiencing new things," Stephanie Castleman-Argue says. "I'm looking forward to whatever the future holds for me." NDN

REVOLUTIONARY HERITAGE

By Alison Johnson



Lisa W. Cumming Photography

After a childhood and adult life filled with moves around the world, Virginia Snyder Lee began researching her ancestry as a way to create roots for herself. What she found – a connection to patriots who helped secure America’s freedom – gave her chills.

Each had an incredible story, starting with George Snyder, a German immigrant who arrived in 1733 in Pennsylvania with \$9 in his pocket. George Snyder eventually earned enough money to buy land and become a

farmer. He went on to fight in the Revolutionary War, and three of his sons became veterans of the War of 1812, often called America’s second war of independence.

Virginia now works to honor her past as a leader of the Williamsburg chapter of the National Society of the Daughters of the American Revolution, or DAR. Looking back in time never fails to fill her with deep gratitude. “It is our ancestors who made this country what it is today: a nation of democracy for the

people, of the people,” Virginia says. “Their great sense of pride for their new home gave them the courage and willingness to fight during many wars, and they always stood strong and never gave up. We can say what we want, and we can come and go as we please. We are so thankful for that kind of freedom.”

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tory and expands educational opportunities for young people through scholarships and financial aid, including schools for Native American children. The organization has some 175,000 members in 3,000 chapters nationwide.

DAR is open to any woman 18 or older who can document blood line descent from an ancestor who served in the American Revolution, regardless of race, religion, ethnicity or political beliefs. Youth programs also are available through a branch organization, Children of the American Revolution.

“The DAR has changed so much over the last 50 years,” Virginia says. “There is no discrimination. We want to include everybody, and we need more young people to continue our work. Young members bring a fresh perspective; they are computer savvy and add a fresh vibrancy to the membership.”

Virginia serves as 1st Vice Regent, American History Chair and Special Projects Grant Writer for the Williamsburg chapter, which was organized in 1925. Every year, the chapter is involved in American history essay contests for students, scholarships and teacher grants, citizenship awards, historical conservation,

veteran recognition and three naturalization ceremonies, two for adults in Colonial Williamsburg and one – which Virginia started – for children at Jamestown Settlement.

Virginia’s specific jobs include lining up guest speakers on all eras of American history for DAR meetings, promoting essay contests and securing funding for projects such as replacing historical monuments, including adding or repairing grave markers of patriots. She joined DAR about 10 years ago, and her husband of 46 years, Jack Lee, is a member of the Sons of the American Revolution. His family came from England to Jamestown in 1636.

“Together we share our gratitude and thanks for the generations who came before us and helped settle this nation,” she says. “We are especially grateful that they came here with nothing, or very little, and still made a go of it. They learned English, built their homes in the wilderness, ate off the land and never asked this new home of theirs for a thing.”

Many of America’s best values date to its earliest days, she adds. Courage of convictions – and staying true to those beliefs – and a commitment to free speech top her list. “Our forefathers were so brave to move forward against

unbelievable odds to secure our liberty,” she says. “Two thirds of the population was not in favor of a revolution, but our forefathers moved forward and, in the end, won.”

Virginia was born in Oxfordshire, England, the second child of a British nurse and an American lieutenant who met during World War II. Due to her father’s Army career, she split her childhood between England and many parts of the United States, including Texas, Maryland, California, Colorado and Georgia. A dual citizen, Lee went to eight different schools during her elementary years.

“My parents were great about describing it as going off on another adventure and meeting new friends,” she remembers. “My brother and I would be sad to leave but also excited to go.” As a teenager looking to blend into American schools, Virginia learned how to ditch her English accent. “I can turn it on and off,” she says with a laugh.

Virginia’s adventures on the road multiplied after she married Jack, a retired Air Force intelligence officer. The two lived in Thailand; in Japan, where Lee hosted a 30-minute talk show for a network of military radio and television stations; and in Taiwan, where she earned \$50



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an hour as a shoe model (local women's feet were judged too small to showcase shoes going to the Western market). "That was a huge amount of money in 1972," she notes.

When the couple was based in the United States, Virginia built a career in hospital management for different associations, including the National Kidney Foundation and American Heart Association. She planned events, scheduled meetings and raised funds in a field then dominated by men.

The National Kidney Foundation had a special connection to her life: in 1980, Virginia donated a kidney to her older brother, Peter, who was in renal failure. The living donor transplant, then experimental and not supported by good anti-rejection medications, failed after six weeks but gave Peter enough strength to tolerate dialysis. He lived another 13 years and got to see Virginia – a latecomer to the college scene due to her travels – graduate summa cum laude in 1993 with a two-year business degree from Northern Virginia Community College. Her younger classmates affectionately called her "Mom."

After moving to Williamsburg in 2000, Virginia spent 10 years as Community Pro-

grams Manager at Colonial Williamsburg, where her responsibilities included organizing naturalization ceremonies, overseeing special events for freshmen at the College of William and Mary and escorting media and prominent visitors. "I really had the best job of anyone," she says.

Virginia first dove into her genealogy in the 1980s, when she was living in Northern Virginia. Without Internet availability, she spent countless hours at the National Archives in D.C., poring over land grants and census, church and court records. She also visited courthouses, graveyards and churches in Pennsylvania to piece together portraits of her relatives, sometimes in incredible detail.

"With one ancestor who fought in the Civil War, I know how tall he was and his eye color," she says. "I know he died in a prison camp in the Carolinas in 1864. The thrill of this journey is just amazing."

Virginia got involved with DAR shortly after her move to Williamsburg. "We are so fortunate to have history in our very own backyard," she says. "I consider having a DAR membership here as a great honor and privilege. All our work supports the community

that I live in."

Celebrating her personal history also is a gift: "I wanted 'roots.' Having a Patriot meant I had that. Living all over the world with my family and then my husband was a fabulous opportunity to learn about other cultures, but I really didn't feel like I had a 'home.'"

Now very much at home, Virginia enjoys hosting themed dinner parties – Titanic and Downtown Abbey among them – preparing a proper English tea and caring for her Yorkshire terrier, Lily Noelle, who came to her as an emaciated, flea-bitten rescue dog four years ago. She also volunteers as co-regional coordinator for the local Jane Austen Society and at Colonial Williamsburg's Visitor Center, in period clothing.

While Virginia has no children of her own, she is passionate about helping current and future generations connect with history and tradition.

"Time is our most precious commodity, and I'm so grateful that our DAR members are willing to offer so much of theirs," Virginia Lee says. "I continue to be amazed at the depths these wonderful, talented women will go to make the world a better place." NDN

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DR. JOHN MORGAN, REVEREND



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Rejoice!

By Cathy Welch

Reverend Dr. John E. Morgan is the pastor of Williamsburg Presbyterian Church, the son of a retired pastor, the husband of Ellen Kennedy Morgan and father of two daughters. He has a lot to be thankful for.

John was born in Louisville, Kentucky, and

grew up in Bucks County, Pennsylvania. His parents and sister currently live in Lehigh, Pennsylvania. He attended Grove City College, about 60 miles north of Pittsburgh, where he earned his Bachelor of Arts in Communication Arts and met his wife, Ellen.

Ellen's father was also a Presbyterian pastor. John left Grove City College while Ellen had one more year before earning her degree. "We got married after my first year of seminary," John explains. "We went to Princeton together and I finished my degrees there." He earned a



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**Please register for H. Thomas Watkins
(Nov. 20th) online by going to:
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All seminars will be held at the Mason School of Business located on the campus of William & Mary, at the corner of Ukrop Way and Jamestown Road. Doors open at 3:30 pm, program starts at 4:00 pm. Light refreshments will be served. Guest Speakers will share their business experiences for 40 minutes. A 20 minute Q&A period will follow.

For more information contact Bill Bean at 757-221-7825 or email webean@wm.edu.

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Wednesday, October 23rd Speaker:



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Wednesday, November 20th Speaker:



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H. Thomas Watkins served as President and CEO of Human Genome Sciences from 2004 until late 2012, when the company was acquired by GlaxoSmithKline. Mr. Watkins came to HGS with nearly twenty years of experience at Abbott Laboratories and its affiliates in the U.S. and Asia. Mr. Watkins began his career in 1974 with Arthur Andersen & Co. in Washington, D.C., and was a management consultant with McKinsey and Company, Inc., from 1979 to 1985. He holds a Bachelor's Degree in Business from the College of William and Mary, and a Master's Degree in Business Administration from the University of Chicago Graduate School of Business (now Booth School of Business). Mr. Watkins has served as Chair of the Board of Directors of the Biotechnology Industry Organization (BIO) and as Chair of the Life Sciences Advisory Board of the State of Maryland. He is a member of the Board of Directors of Vanda Pharmaceuticals, Inc. He is also Chair of the Board of Trustees of The William and Mary Foundation, Inc., a member of the Board of Trustees of The Mason School of Business of The College of William and Mary, and was appointed to the Board of Visitors of the College of William and Mary in July 2013.

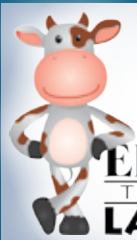
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Master of Divinity at Princeton Theological Seminary and his Doctor of Ministry in Preaching at McCormick Theological Seminary.

Subsequently, the couple served in the ministry for nine years at First Presbyterian Church in Caldwell, New Jersey, where their daughters were born. After five years in St. Paul, Minnesota at Arlington Hills Presbyterian Church, their last church was First Presbyterian Church in York, Pennsylvania. They were there for 14 years and were close to John's family.

In 2012, First Presbyterian Church of York celebrated their 250th anniversary. John says, "When I left, the chair of the personnel committee did research and found out that of the 17 pastors that have served in their 250 years, only four served a longer term than I did. None in the last 60 years. Fourteen years was a good, long time."

John left York on good terms and knows he was following God's call on his ministry. "One of the things I was grateful for was the 14 years at York. I had no regrets and am thankful for those folks who supported me in my ministry there."

One of John's friends in Princeton mentioned his name to the pastor nominating committee at Williamsburg Presbyterian Church (WPC). "I began talking with the committee and things clicked very quickly," he explains. "I sensed the energy of this congregation and the vitality here. It was time for me to move and I was ready. I felt God wanted me to move."

John and Ellen moved to Williamsburg in June 2013. They bought a townhome in New Town. "We enjoy that walkable community. I might walk to get my haircut, go to the movie theatres or to the dentist. Also, we enjoy Colonial Williamsburg. My wife especially loves the farmer's market on Saturdays. We really enjoy the people and have been so warmly welcomed here."

The couple's older daughter, Erica, works for a division of Volkswagen North America in Herndon, Virginia. "She's gainfully employed and we're excited for her," John says.

Daughter, Grace, is a senior at Dickinson College in Carlisle, Pennsylvania. She hasn't been to Williamsburg since her parents relocated here. "Hopefully, Thanksgiving will be her first time here," he says. Grace is captain of the women's volleyball team at Dickinson and plans to look for a job in international business or go to graduate school.

The Reverend Dr. John Morgan owns an original 1960 Austin Mini Cooper. "I bought it when I was 16 years old for \$150 and restored it through high school, college and seminary. Now I have classic plates on it and take it to shows and mini meets."

The Morgans are happy to be here in Williamsburg and at WPC. "It's a great church and a beautiful place to live. One of the things I'm grateful for is the rich history of this church and its strong foundation." He is also thankful for the church's vision for the future and for its ministry here in Williamsburg. "They're committed to excellent worship, strong preaching, education and fine music."

"Ellen only worked in chemistry her first two years out of college. She worked in technical fields until she moved to Williamsburg," John says, "Currently, she's enjoying a little respite and enjoying the folks at WPC. She's a very smart and beautiful woman. Right now she's helping me with the ministry here and with getting to know this congregation."

John's motto is: "Lord, make me passionate for Your word, passionate for Your people and joyfully disciplined in my life," John says. He breaks

- continues on page 39



CHX4CHNG seeks to improve the way of life for women and children in the Greater Williamsburg community. Our mission is to empower, embrace and engage women who may feel powerless or disconnected. We aim to holistically foster the growth and development of women in our community by promoting the health, well-being and leadership roles of women.



A Woman's Quest WELLNESS SYMPOSIUMSM

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Saturday, November 9 | 8:30am - 5pm | Kingsmill Resort, Williamsburg

KEYNOTE SPEAKERS

Chris Crowley - author of *Younger Next Year* | **Dr. Isaac Wornom** - plastic surgeon and humanitarian

EVENT DETAILS

With 30 different breakout sessions led by area physicians and health professionals, the symposium will feature a myriad of topics affecting women's health including fitness, medical myths, preventative care and more.

Session topics include:

"Moody Blue"

Explore the effects of stress on your body, strategies to minimize anxiety and stress, and ways to identify when mood changes may signal a serious underlying issue

"Between the Sheets"

Discuss sexual intimacy and how to address fading desire

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Meet the Speakers

To be held November 9th at Kingsmill Resort. Registration begins at 7:30 a.m. Symposium begins at 8:30 a.m. To get your ticket to A Woman's Quest go to: <http://www.uwgw.org/advocate/chx4chnq/>



Ed Golden
Comfort Keepers

What are some of the most common concerns of aging in place? How do caregivers get their needs met while spending so much of their time helping loved ones?



Valerie Huckstep
Dietician

Food and mood. What we eat affects our overall mental health. Learn some strategies to achieve successful weight management and how to eat better.



Bridgit Kin-Charlton
Personal Trainer

What are some of the ways you can put your body in motion to strengthen and tone your muscles? How to make "getting physical" a part of your life.



Elena Flagg, MD
Rheumatologist

Find out more about the aches and pains of life in this session devoted to swollen joints, back and neck pain and other symptoms of arthritis.



Sebastiana Springmann
Doctor of Dental Surgery

In what ways does the health of our mouth - gums and teeth - affect our entire body? Find out how your mouth is the window to your body.



Marie Barthelemy
Nurse Practitioner

Menopause and Bio Identical Hormone therapy. Hormones, hormones, hormones. . .what should we do?



Hugh McCormick, MD
Cardiologist

Find out more about heart issues that affect women and how you can make changes in your lifestyle to keep your heart healthy.



Pamela Cappetta, LPC
Psychologist

What is mindfulness and how does it relate to your health? What are strategies that will minimize stress?



Michelle Booth, DC
Chiropractor

When is chiropractic care the right choice for aches and pains? What are some of the procedures that will heal the body?



Melissa Erickson, MD
Orthopaedic Surgery

Find out more about your aging back and what lies ahead from an experienced Williamsburg spine specialist.



John Nordlund, MD
Retina & Glaucoma Specialist

Find out about what vision ailments we should be concerned about as we age. Dr. Nordlund will address many of your concerns in "Can You See Me Now?"



Julie Mitchell, ND, CN
Naturopathic Doctor and Certified Nutritionist

Learn how to eat well and live well. Dr. Mitchell will help you to understand what proper nutrition really means. Discover ways to a healthier body.



Janae Johnson, MD
Radiologist

Learn about ways to detect breast cancer early. Find out why some women are at greater risk for getting cancer.



Brigitte Fox
Acupuncturist

What is acupuncture and how is it used for preventative care, health maintenance and treatment of disease. Is acupuncture right for you?



Amanda Deverich, LMFT, NCC
Professional Counselor

Explore intimacy and relationships in this invigorating session called "Between the Sheets".



Lea Yates
Fitness Specialist

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Lorraine Perkins
Family Nurse Practitioner

Lorraine works with women of all ages and will lead a discussion on relationships and health.



Vijay Subramaniam, MD
Lung Specialist

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Jennifer Ragi, MD
Dermatologist

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T.W. Taylor
Pharmacist

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Barbara Mardigian, LPC
Professional Counselor

How do you deal with addictions when it is a family member or close friend? What are some of the treatments for addiction?



Mary Jane Amrein
Pilates Instructor

Where is that hip (shoulder, back) pain really coming from? Some other muscle is doing the wrong job! Discover what muscle activation can do.



Gregory Biernackie, MD
Preventative Medicine

What are some of the medical myths that we hear? Which are true? Which are not? Do we really need 8 glasses of water each day?



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Physical Therapist

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Not Shown:

Teresa Graham,
Audiologist

Jennifer Miles-Thomas,
MD, Urologist

Jennifer Daly, Ph.D.,
Anahata Yoga

Shawke Soueidan,
MD, Neurologist



Sarita Golikeri, MD
Olde Town Medical Center

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Maria Johnson
Health & Wellness Professional

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Late checkout on Sunday



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the motto into three areas. "Passionate for Your word, really has to do with the preaching. I've adopted a practice called, "Collaborative Preaching", formatted by John McClure, the preaching professor at Vanderbilt Theological Seminary. The process is: you gather the people of God around the Word to discern what the gospel is trying to say to you and how you might apply it to your lives. I meet in six-week sessions with 12 to 15 people. We look up the scripture I'm going to preach the next week and begin asking questions about the passage. Then we wrestle with that and come up with some understandings of what it's trying to say. We think about topics that would arise out of those discussions and how we might interpret those topics for our congregation." This method takes his sermons from being a monologue to more of a dialogue.

The next area of his motto is 'passionate for Your people'. "A pastor cares for people. Everyone needs a pastor, someone to care for them and love them. That's part of what I do as a pastor."

Finally, he addresses the area of being joyfully disciplined in his life.

"That discipline, for me, is body, mind and spirit," John explains. "It's part of my Christian practice. We're called to be good stewards of our bodies. That's why I exercise and go to the gym and eat whole, good food. Caring for my body is an important discipline in my life."

He also focuses on disciplining his mind. "I keep well-read on current issues and theologies in the church as well as novels and other things." He practices joyful discipline in his spirit. "That's in my prayer life and other spiritual disciplines. I've been working with my spiritual director, Reverend Dr. Katherine Epperly, for seven years. We meet once a month and she helps keep me accountable for my spiritual practices: for my prayer life, for my journaling. I believe for a pastor who's giving all the time, you need to have a place where you can ask questions and wrestle with the questions you have. She has been a great help to me and keeps me grounded."

John is a firm believer in living a life of joy. He refers to a quote by Eugene Patterson that he keeps on his desk: "If a pastor is not in touch with joy, it will be difficult to teach or preach convincingly that the news is good. If you do not convey joy in your demeanor, gestures and speech, you will not be an authentic witness for Jesus Christ. Delight in what God is doing is essential in our work."

"One of my heroes is Mr. Rogers of Mr. Rogers' Neighborhood," John says, with a smile. "He was a Presbyterian pastor ordained for the TV ministry. One of the quotes I love from him is, 'The real issue in life, is not how many blessing we have, but what we do with our blessings. Some people have many blessings, but hoard them. Some have few and give everything away.' You need to have balance."

John's scripture verse is Philippians 4:4-9, which he quotes from memory. "Rejoice in the Lord. Again I say rejoice. With everything in prayer and supplication let your requests be made known unto God. And the peace of God which passeth all understanding will keep your hearts and minds through Christ Jesus. Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable, if anything is excellent or praiseworthy, think about these things." I think that is a wonderful verse for gratitude. It reminds us that we rejoice in everything. That if we offer our prayers to God with thanksgiving, we will have peace. It doesn't mean that everything will be happy all the time, but we will have that deep joy even in pain and suffering. That's where my faith interacts with my gratitude." NDN



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By Lillian Stevens



Lisa W. Cumming Photography

Lois Polifka is the youngest of five siblings in her family. When she was growing up, her grandmother lived in the family home for a while too.

“For me, the bottom line is that you care for your elders,” she says. “But these days, we are a more diverse community, and people don’t

always live in the same communities as their parents.”

Lois holds a Master’s Degree in Gerontology and Sociology and has been an active volunteer for the Williamsburg Area Meals On Wheels (WAMOW) organization for over 20 years. She is currently serving for the second time as

president to its board of directors. She’s also done a lot of work at the Historic Triangle Senior Center and the Senior Services Coalition, as well as her church, Bruton Parish.

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trict of York County. The organization's mission is to deliver hot, nutritional meals and shelf-stable food to adults in our community (who are unable to prepare meals for themselves) while offering social interaction and nutrition education.

"We have about 250 volunteers who manage ten routes," Lois says. "The volunteers go out in pairs on each visit, and they deliver a hot midday meal five days a week to each client."

Thanks to its generous donors, WAMOW has never had a client waiting list in all 39 years of service to this community. Also, contrary to what some believe, the organization serves adults of all ages, not just senior citizens.

"We can deliver meals to anyone 18 or older," Lois explains. "We serve handicapped people, pregnant women who need bed rest, and people recovering from surgery. Let's say you live alone and you have a broken leg and can't get to the store. We will deliver meals to you."

It's a program wholly driven by physical need, not economics. Clients are located all over Williamsburg and James City County – in houses large and small. Each weekday, the

food is prepared and delivered by Toano-based Custom Catering Connections. The caterers deliver the meals to WAMOW's office at Williamsburg Baptist Church where they are then queued up behind the church for delivery to clients.

"There are some clients who need weekend meals and so we deliver three meals to them on Friday – some hot, some not. They can heat the food or pull it out of the refrigerator and eat it."

In addition to receiving meals, Lois says that the clients look forward to the daily visits, and it's not uncommon for WAMOW volunteers to take clients grocery shopping, or out to run other errands.

"It's about socialization," she says. "Relationships often grow from these visits and regular interactions, too, as the volunteers are making connections with the clients."

WAMOW raises funds to support its program through a variety of agencies ranging from the United Way, The Peninsula Agency on Aging, the Williamsburg Community Health Foundation and various local clubs, organizations, churches, corporations and individuals.

Also, special events provide community awareness as well as funding.

The organization also has a relationship with Sentara Regional Medical Center discharge staff and several local home health care organizations which enables them to identify and serve citizens in need.

"We also connect some clients with other facets of the community so there are often referrals in and referrals out (to the United Way, for instance). We try very hard to connect people with the resources they need, even in addition to meals."

If you ask Lois what she is thankful for, she comes prepared with files bulging with personal notes and testimonials from clients – and copies of assessments recently completed by various clients.

"There's a huge amount of gratitude in this. Many of our clients have written us to express their thanks. Many clients couldn't stay at home and live independently without Meals on Wheels."

The thank-you notes range from "you are a life-saver" to longer letters. One client writes,

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“This is to express my appreciation for all of the wonderful people who work so diligently to plan, prepare and deliver my meals – and for the lovely birthday card you sent me.”

The daughter of another client who had suffered a stroke shared: “Meals on Wheels has been the best thing in the world for Mom. It’s the highlight of her day. It’s much more than the food – which she says is delicious – it’s the love that you bring to her door. I cannot thank you enough.”

WAMOW is a unique program with six projects going on, not just the daily noon delivery.

“Twice a year, we deliver food in shelf-safe packages to our clients to prepare them for the winter – things they can put in their pantries. We do a similar delivery in the fall during hurricane season.” They have the capability to do that up to three times a year, with replenishments if necessary.

Additionally, some clients receive breakfast. “We provide not only hot food – which comes the day before and can be reheated – but other

shelf-safe food,” Lois says. “And it’s not just cereal either, and not just food. We’re about nutrition – we don’t go ‘cheap’ either because there are a lot of empty calories in some foods.”

WAMOW has been known to mix things up with new foods on occasion, introducing clients to new things like bulgur or quinoa – Asian pears too. “This program has been a lot of fun for us and the feedback has been overwhelmingly positive.”

There is also a community dining program operating in two locations – Burnt Ordinary in Toano and in Grove at the Grove Community Center. “Twice a month, clients at each location enjoy a hot meal that the Senior Center coordinates. They get to visit with each other, but everyone takes home a bag of groceries.”

The organization also produces a monthly newsletter called Eat Well, Live Well which includes nutritional information as well as illustrated exercises that clients can perform – even those in wheelchairs. Obviously, eating healthily – and exercising – also means fewer visits to the doctor, a fact that helps Lois when she is

writing grants proposals for the organization.

In addition to her involvement with Meals On Wheels, Lois is engaged in the community in several other ways. She is a member of Bruton Parish’s endowment committee and she also serves on the board of directors at Williamsburg Landing.

“I’m excited about that because I think I have something valuable to give. There are a lot of professionals on that board and I know a lot about the community because I have been here for 20 years and I’ve done a bunch of work with seniors.”

She and her husband are both retired air force officers who have found that Williamsburg is a wonderful, friendly place to live.

“Karl and I are thankful to live here,” Lois Polifka says. “When we retired, we asked ourselves what we wanted to do with the rest of our lives. We were involved in many community things – and we have hobbies too – but part of what we wanted to do was to give back because we had been very fortunate. We are both involved in the community.” NDN



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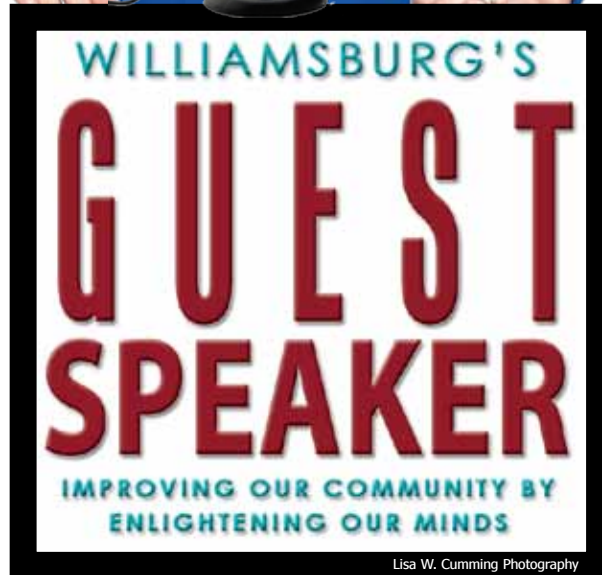
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PAM NEFF



ON LEUKEMIA AND LYMPHOMA SOCIETY



Married for 11 years, Pam Neff has three daughters in elementary school. For well over 20 years, Pam worked for large corporations in management. In 2008, Pam was diagnosed with lymphoma a few weeks after her youngest daughter, Sarah, was born.

"I returned to work but ended

up leaving my career to focus on my health," she says. "In 2011, I was scouted by a corporate headhunter and returned back to work with a large corporation. In early fall my cancer recurred and I ended up leaving due to treatment. I currently receive ongoing treatment for Primary Im-

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mune Disease as well.

In periods of time in between treatments, Pam says she feels well enough to enjoy life and make a difference. The Leukemia and Lymphoma Society (LLS) is where she chooses to focus her efforts.

What is the purpose of the Leukemia and Lymphoma society?

The mission of the Leukemia and Lymphoma Society is to cure leukemia, lymphoma, Hodgkin's Disease and myeloma, and improve the quality of life of patients and their families.

When did you first become involved in the Leukemia and Lymphoma Society?

I became involved in the Leukemia and Lymphoma Society (LLS) in 2008, the year of my diagnosis, when I participated in my first LLS Light the Night fundraising campaign. I also participated in Light the Night in 2009. In 2010, I was nominated for the LLS Virginia Chapter Man & Woman of the Year campaign. As I was in chemo in 2011 through 2012, I was unable to participate in fundraising campaigns. This year marks five years living with lymphoma and I wanted to do something special so I formed a Team in Training (TnT).

What is Team in Training (TnT)?

Throughout different cities and towns people come together to create separate teams to participate in a sports endurance event all with one common goal to honor and benefit all individuals battling blood cancer. Members of The Leukemia and Lymphoma Society's Team in Training create teams, large and small, to participate in sports events across the country. They all raise funds to help find cures and more effective treatment for leukemia, lymphoma, Hodgkin's disease and myeloma.

What is the event in Richmond?

TnT partners with events across the country. As TnT participants, we will participate in the Richmond half marathon on November 16, 2013. I serve as the team captain and have assembled 24 friends in Williamsburg to train alongside me for this event. Each team member must raise a minimum of \$1500 for the LLS to participate in the Richmond half marathon as a TnT runner, walker or run/walker.

How is the Williamsburg Team in Training formed and how does it raise funds?

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When I originally had the idea this past spring of forming a team, I knew I needed a coach first and foremost. Anna Bennett, a local wellness coach, agreed to coach a team for me. I knew at that point I was on to something. Over the course of the next couple of months, I had many friends and friends of friends interested in joining the team. My team, known as Kicks for the Cure, consists of runners, walkers and many who will have gone from "couch to half marathon" in less than six months! One of the biggest misconceptions is people think they must already be very active or a runner to participate. TnT coaches provide training plans to all participants at all levels, beginner, intermediate and advanced, so that everyone is able to meet their goal. The team is very active with fundraising. We all fundraise personally but to ensure all team members meet their goal by November 16 we are involved in many team fundraisers with the support of many local businesses in Williamsburg.

What are the biggest challenges and successes that the Leukemia and Lymphoma Society has faced recently?

Our biggest challenges are likely the same challenges most non-profits are

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facing. When funding is sourced from donations, times of economic uncertainty can be difficult. The LLS has been fortunate to raise more than \$200 million in funding for its Co-Pay Assistance Program since 2007. Team in Training is celebrating its 25th anniversary this year which is great cause for celebration. In addition to Team in Training, the LLS offers four campaigns each year that fundraise for our mission: Light the Night Walk, Man & Woman of the Year, Leukemia Cup Regatta, and School & Youth Programs.

What are the plans for the near future for the Leukemia and Lymphoma Society?

Many of my teammates are looking forward to continuing with TnT once we have completed our half marathon. Currently we are looking for events in

2014 for which we can start to train. Several of us would like to complete a triathlon and hope to find a TnT event for next year.

What can readers do to help?

We always appreciate monetary donations. Our team page is <http://pages.teamintraining.org/va/richmar13/kicksforthechance>

Information is available on our TnT Facebook page, Leukemia and Lymphoma Society Team in Training Williamsburg

What are some personal experiences you've had with the society that keep you involved?

When I was diagnosed with lymphoma in 2008, the LLS was who I reached out to first. Not only did the LLS provide me with information about my disease but also put me in touch with a First

Connection Partner. The LLS finds an individual who is of similar age, diagnosis and experience and connects the patient with them. My first connection partner and I are still in touch even after five years.

The LLS also provides monetary assistance for insurance premiums and various other medical charges related to one's diagnosis. As I am a recipient of these funds, I know first-hand how important financial help is when faced with a life-threatening disease.

As I have been more involved in the LLS over the past five years, I've met so many people whose lives have been touched by blood cancer, many right here in Williamsburg who are very young to the elderly, and I know the LLS holds true to its mission of working towards a cure for blood cancers through research. NDN

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Greg Lilly, Editor

WilliamsburgNeighbors.com is a good source for finding activities as we head into the holiday season. It's a great time to join, participate and help non-profits. Businesses gear up for the holiday with parties for employees, special offers for customers and appreciation for the community. Our schools transition with the winding down of football season and the beginning of basketball...and more.

Check WilliamsburgNeighbors.com for special offers and activities from local businesses and organizations.

Let's hear from you:

- What excites you about the holidays?

- Share tips that make your holidays easier and unique.
- What are your favorite memories of holidays past?
 - with parents, siblings, grandparents?
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 - with long-time and new friends?
- Have a fun holiday pet photo? Post it for your neighbors to see and enjoy.

Head over to www.WilliamsburgNeighbors.com to post your thoughts and photos.

Join WilliamsburgNeighbors.com – it's free!

This is a great way to connect with other locals who share the same interests as you. You can write a testimonial for your

favorite organization or post a classified ad to sell unused items for a little extra Christmas money this year.

Do you have favorite organizations? You can become a “fan” and receive daily, weekly or monthly e-mail notifications from your favorite group. An example of a group is Hospice House or Fitness Together or the City of Williamsburg.

-- Greg Lilly, Editor

What's Happening on WilliamsburgNeighbors.com

Virtues Studio Yoga and Hair

Kathy Zolcinski offers a six-week yoga “Study” program of progressive instruction in yoga with a group of students at similar skill levels. The program covers philosophy, breathwork, poses and meditation. If you want to enrich your overall knowledge and skill in yoga, this is the program for you. See Virtues Studio’s page for

more information.

Custom Flags and Gifts

New fall and holiday garden flags are available at Custom Flags and Gifts. Marilee Taylor explains that these holiday and fall flags feature the heavy double appliqué that her customers love.

Hospice House

Hospice House has posted a Wish List of items of which they are always in need. As you start your holiday shopping, why not download and print the list to take with you? Men’s T-shirts, ladies’ nightgowns, even paper products, cans of sodas and juices can make the Hospice House clients’ day a bit brighter. See the Hospice House – Documents page at WilliamsburgNeighbors.com

The Mariners’ Museum

The Mariners’ Museum present the Civil War Lecture Series: From Turret to Table

on November 23. In the Thanksgiving feast theme, the museum and NOAA curatorial and conservation staff’s USS Monitor experts discuss discovering, excavating and conserving the Monitor’s tableware and food-related items.

United Way

The Women’s Leadership Initiative, CHX-4CHNG (Chicks for Change), hosts an event to make a difference in women’s lives: “A Woman’s Quest” health symposium. The event takes place on November 9th. Check out the information at the United Way’s WilliamsburgNeighbors.com page.

Schmidt’s Flowers and Accessories

Schmidt’s Flowers, Williamsburg’s oldest flower shop, can create the perfect centerpiece for your Thanksgiving table. Stop by and say “hey” to Patti. Also, Schmidt’s Flowers hosts the Blooms that Brighten organization. If you love flower arranging, ask how you can help. NDN



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TAX

Prep

By Greg Lilly, Editor

Trained as a classical pianist, Jane Alcorn commands a different keyboard now through April 15 – the computer keyboard. Jane is the district coordinator for Tax-Aide, an organization of volunteers who help people complete their tax returns.

“This Tax-Aide project is such a wonderful contrast to playing the piano,” Jane says. “But

there are similarities too. It is problem solving, which is very much like picking up a new score and figuring out what the composer had in mind and its structure – a little bit like looking at a tax return.”

Jane was born in Canada and studied at the University of Toronto. “I married an American and moved to Puerto Rico for four years and

then back to Connecticut.” In Connecticut, she taught piano for 30 years. She and her husband retired to Williamsburg. “We decided to retire here because of what we had heard about Williamsburg. There is a lot of music here. I am the accompanist for the Williamsburg Choral Guild.”

She kept her hands in music with the Cho-



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ral Guild and teaching, but looked for something different. "I wanted to meet some people," she adds. "I heard about Tax-Aide from a friend. The first year I volunteered, I was a clerk and learned the ins-and-outs of how the group works."

The inter-personal interactions were a draw for Jane. "You assess the person's situation when you help them fill out their tax forms. You have to ask a lot of probing questions, which is one of the most difficult parts of the task, especially determining the make-up of households."

She says that in the Williamsburg area, designations such as head of household and dependent are difficult to assess.

"The large retirement population, some households with multiple generations contributing to the home, there are lots of configurations that need probing questions. Who's head of household?" This can be confusing to many people. "We have two people in the same house claiming head of household. You can't do that. It can get complicated. 'Status,' 'dependents' and 'exemptions' are topics that our

volunteers train on to ensure they understand all the sides."

Tax-Aide came about because the IRS needed people to complete the tax returns as accurately as possible. The elderly, in particular, required assistance, and the AARP Foundation stepped up to sponsor an organization to help. Tax-Aide was born.

"We started here in Williamsburg in 1981 with just a handful of volunteers under the AARP Foundation group," Jane explains. "At that point we assisted only the elderly population. In 2000, we expanded that to lower and middle income families because there was such a need in that area. We serve both groups, not limited by income."

Tax-Aide in the Williamsburg district does more than 2,500 tax returns a year. "We serve another 1,000 by answering questions about tax returns. We're in partnership with the IRS – they require that our preparer volunteers are certified – we are also in partnership with the Williamsburg Regional Library. Thank you to Dr. John Norman who has been a keen supporter of this program." The library hosts the

tax preparer volunteers meeting with the public.

Part of Jane's responsibilities as a district coordinator is to recruit and train the volunteers for Tax-Aide.

"Our volunteers come from all walks of life, but we do require a good level of computer skills since we use software to do the taxes. It is no small effort to learn this software. It is quite different from programs like TurboTax. Besides learning the tax code, volunteers have five full days of training. This is best for retirees because the training takes place during the day."

Tax-Aide is comprised of all volunteers. "We are fortunate because of the talent pool in Williamsburg," Jane says. "We have retired corporate people and military, but in the rest of the state they have a harder time finding volunteers. A volunteer needs to enjoy doing taxes. Believe me, some people get a kick out of it."

She adds that many of the volunteers want to increase their knowledge of the tax codes, so when they do their own returns they under-

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stand it better. All volunteers are required to pass the IRS certification test at the completion of the training.

“A volunteer needs to be able to conduct an interview. That’s not so easy in some cases. You have to ask some prying questions.”

Recruitment of volunteers started in September and continues through November. “There is a time commitment to learn and to volunteer.” Each season, the group has over 80 volunteers.

“You meet people doing this and you get to see them each year during tax season. They become friends. There’s that social aspect to it as well.”

In Jane’s years working with Tax-Aide, she’s seen some common missteps that people tend to make. “Any kind of income is probably taxable,” she says. “We have to ask about cash income to remind them that they need to consider all income.”

The other side of income is deductions. “Receipts,” she says, “most people don’t keep enough receipts and records. They overlook deductions because they don’t have those re-

ceipts, things like medical deductions.”

Another deduction that can be overlooked is a person who qualifies as a dependent. “Having a dependent at home and not knowing you can claim that person, that’s a common missed opportunity.” That dependent doesn’t necessarily have to be a child, which is what most people think of as a dependent deduction. A dependent could be a parent. “If they are living at home and supported by you, you can claim them under certain conditions. Dependency can be very complex.”

A big savings that the volunteers always check for is the earned income credit. “That can save a lot on taxes,” Jane says. “There are certain requirements to get that, but you have to know how to qualify. We find that for a lot of people.”

Income tax returns – as everyone who has attempted to complete one knows – are convoluted. “There isn’t a volunteer who wouldn’t go for a more simplified tax code. We’d be out of a job, but the tax code now is so complicated,” Jane states. That’s why the certification by the IRS and the support of the AARP

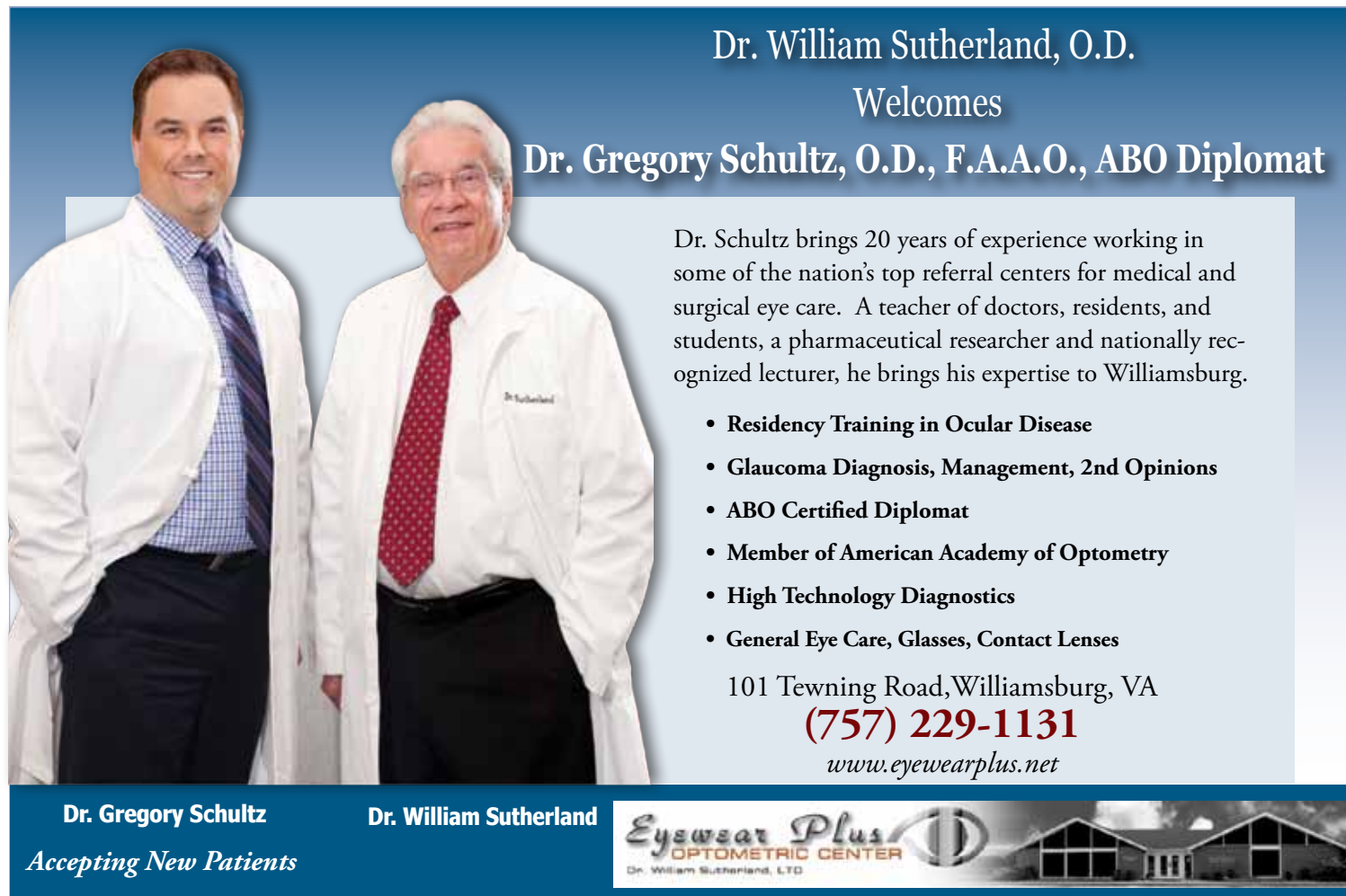
Foundation are important in the training and performance of the volunteers.

Jane adds that Tax-Aide is a free service, but they can’t prepare all tax returns, particularly some very complicated aspects. Some parameters are in place and the group can ask a few questions up-front to see if they can help. “Most people’s taxes are fairly straight forward. People shouldn’t have to pay money to have their tax returns completed to comply with the tax code,” Jane says.

Volunteering with Tax-Aide taps Jane’s problem-solving skills and gives her an opportunity to meet people in the community. “The personal contacts with the other volunteers make my day. The volunteers are fabulous people.”

As a pianist, Jane Alcorn had never been a manager or dealt with supervising a group of people. “It’s a bit of a kick for me. I had never worked in business or had a staff, now here I am with over 80 volunteers. It’s a new skill I’ve learned.” NDN

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Fierce Competitors

By Greg Lilly, Editor



Lisa W. Cumming Photography

“Last season was the first time in the club’s history that we had four different teams qualify for nationals,” Susanne Esch says of the Williamsburg Volleyball Club. “They won a bid at the Richmond tournament, and four separate teams went to Dallas, [Texas]. That was awesome.” Susanne is the president and club di-

rector.

About eight years ago, Susanne let her two oldest daughters try out for the Williamsburg Volleyball Club. “My youngest was still too young at that time,” she says. “I was a club mom. I went to all the matches during the seasons. Every once in a while, I’d have a sug-

gestion. The next thing I know Larry Stolarski asked if I wanted to be on the board. I knew that if I was going to participate, offer suggestions or constructively criticize, I should step up. So there I am. That’s how I got involved in the board. I’m a parent.”

She explains that Lewis Edwards, with Wil-

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Williamsburg's Parks & Recreation department, started the club 34 years ago. "It was a close family of players back then, and it's grown now to a lot of girls playing." The club is open to both girls and boys, although its season is the same as boys' basketball, so the club struggles to put together a boys' team. "We'd love to have enough guys try out to have a team."

Susanne grew up in northern Virginia and went to James Madison University where she met her husband. "We lived in Richmond before moving here," she says. "My husband took a job in Smithfield. He had attended grad school at William and Mary, so we knew we'd love Williamsburg."

Their three daughters are all tall girls. "Because my husband is tall," Susanne explains. "He's 6 feet 9 inches [tall] and played basketball in college. But the girls wanted to do different things. They are very different. One daughter wanted to try volleyball because it's a little more polite than some other sports."

That was the start of the Esch girls playing volleyball. Susanne says that the taller they grew the more the skill came to them. "For the most part, volleyball is a tall person sport. Shorter players are there, but for the net, the tall kids have an advantage."

The club has teams by age divisions. The ten year olds play in the 10s, twelve year olds in the 12s, and so on. "We have them all up to the 18s," Susanne says. "The younger teams don't travel as much; they go to Richmond for some matches. The older teams that compete nationally go to Florida, Minnesota, Utah, all over the place. It is a time commitment and an expense for the parents, so the kids have to love the game." The local high school teams are subject to the high school season that ends in November. "For the kids that really like volleyball and want to play in college, they play club ball." The club's season is from December through June.

Last season, the Williamsburg Volleyball Club had 94 players. "We had about 120 girls try out. Ninety-four accepted an invitation to a team; some declined; some didn't make it. The goal is to win and make it to nationals. USAV (United States of America Volleyball) is the governing body for volleyball. USAV and AAU (Amateur Athletic Union) are the two championships we shoot for. We have to qualify for the USAV tournament. For the AAU, we have to register to participate."

Competition to make the nationals is fierce. The club enters tournaments, and some of the tournaments are national qualifiers. "If you win one of those, you can go on to the national championships. Like the Big South tournament in Atlanta. That one goes on for three days with 1800 teams competing all day and night."

The club teaches and fosters a love of the game of volleyball. "That's our basic premise," Susanne says. "We want to teach the kids how to play on a team, be respectful of each other, things kids need to learn in sports. The goal is compete and to play the game they love."

A long-time saying is that to become a great player, you have to love the game. Susanne turns that around in her mind and says, "I'm never sure what comes first: you're good at what you like or you like what you

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are good at.”

Maybe skill and affection for the sport go hand in hand. “You have to know that there is always room for improvement,” she adds. “No matter how good a kid thinks they are, there will always be someone better. You have to want to learn and improve. That goes for the coaches as well. As the players learn, so do the coaches.”

The game of volleyball tends to make better players the more they play. “Every position is utilized. You can’t hide, and so the kids do get better. Everybody’s got to roll. The kids rotate their positions so they learn it all.”

Susanne explains that the biggest thing the players learn with volleyball is communication on the court. “Everyone rotates their position, so they need to know their teammates and communicate while watching the ball. They need to understand each other as players.”

Sometimes a successful team is just luck. “The stars just align,” she says with a laugh. “The kids need to understand each other as players, but sometimes the team gels, and I

can’t say it was one particular thing, so I call it straight-up luck. So, if you are lucky enough that the players get along, the parents get along, and the stars align, you’re golden.” Like many types of teams, dynamics and personalities play an important part.

For the future, Susanne would like to see the club have its own facility. Currently, they use the courts at Quarterpath Recreation Center for practices. The club hosts the spring tournament, Revolutionary Rumble, which uses courts throughout the region.

“As for the kids, we want them to have a great time,” she says. “We measure our success by how many teams qualify for nationals and how they place there. This year’s 18s team (last season’s 17s team) has won a bid to nationals since they were 14 – that’s the past four years. This coming season’s 15s team has gone three times to nationals.”

With four teams qualifying for the nationals last season and many of the players returning, Suzanne predicts this season to be another great one for the Williamsburg Volleyball Club. NDN

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Lisa W. Cumming Photography

Settler's Feast

By Greg Lilly, Editor

Lara Templin organizes the “Foods & Feasts of Colonial Virginia” program at Jamestown Settlement and Yorktown Victory Center. For three days (November 28-30), the recreated Powhatan village, Jamestown Settlement fort, and ships docked at the pier will host demonstrations of how people from the 17th and 18th centuries grew, hunted, harvested and prepared their food.

“We’re in contact with hunters for deer donations or for ducks – things that are historically accurate for the Powhatan tribe,” Lara says.

“We have watermen that we buy oysters and fish from.”

Lara grew up in California and has a degree in marine biology. She had worked with a professor at the College of William and Mary and that brought her to the college. “It’s a great school and VIMS (Virginia Institute of Marine Science) was here. So being able to access two colleges at once was great.” She moved to Williamsburg to get her Master’s Degree in Biology and never left.

“The great thing about William and Mary

is that it’s a teaching-centered university. As a teaching assistant I found how much I loved it. I started volunteering at Colonial Williamsburg. That’s when I fell in love with this style of teaching. This kind of immersive teaching reaches all ages and all backgrounds. It’s amazing. People will say that they thought history was boring in school, but they come to Jamestown Settlement and love it. We are non-traditional teachers with a really awesome classroom with cannons, ships, and an Indian village.”

Being a biologist in the history field, Lara
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explores biological questions. What plants, animals and fish were common in the area in the 1600s? How did colonists discover what they could eat and what to avoid? How did English settlers meld their food customs into the New World? "People visit us and can see how our ancestors survived," she says. "It's not just reading about it, but it is experiencing it as well. Involvement improves retention with the students (young and old). That's our principle of learning. It's effective and exciting, and we get to learn every day too."

Since 1999, Lara has spent her Thanksgiving holidays in 17th Century Jamestown. "The 'Food & Feasts' program gives us a chance to focus on food ways, or ways that people find, grow and hunt food, and cook it," she explains. "Food is a big part of any culture. Think about going to Europe. There are certain foods you want to try when visiting that culture. Also, food is one of the last things let go by a culture." An example she gives is a family with Italian heritage that may not speak Italian at home after a few generations, but the Italian food is still cooked there. Manicotti may

be served with the turkey at Thanksgiving. "Cultural groups still have those foods in their feasts, but may have lost the language or other traditions. Today at Thanksgiving, people from different background incorporate cultural dishes into their meals. Food is the thing that people hang on to the longest. We saw that in our research of the food ways of Colonial Virginia."

The interesting fact is that early American culture began to mix almost as soon as the English ships docked. "Here are the English with specific cooking traditions, bringing ingredients with them like barrels of flour. They plant their herbs in their gardens, doing their best to grow parsnips and carrots and things they are accustomed to. But, they are also trading with the Indians so they experience maize (corn) for the first time and adapt that to their English traditions."

The pumpkin was a new vegetable for the English. "Squashes, in general, are new world," Lara explains. "In England there is a tradition of carving an opening in a vegetable and stuffing it, like a turnip stuffed with sausage. Well,

a pumpkin is a really easy vegetable to stuff – a new world food cooked in an old world tradition."

Our current day pies evolved from a mixture of cultures. Most of us think of sweet pies. But, flaky, tasty pie crusts were not a specialty in this time period. "A pie crust was a handy way to serve food," she says. "You see a lot of meat pies during that time. They still followed those English traditions like the custard pies. A lot of those were vegetables that we don't make into a custard any more, like carrots. If you ever get the chance to try a carrot pie, take it. It's awesome."

The pumpkin pie that we think about today has its origin in that carrot custard. They substituted the pumpkin for the carrot. Lara says it is basically the same recipe. So, we could say that the pumpkin pie we serve is a 400 year old recipe.

The research for the "Foods & Feasts" program comes from a combination of archaeology and original documents. "Sometimes it can be very frustrating," Lara admits. "For example, when the English wrote about the Pow-


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hatans, they may only mention them in passing. Maybe something like they served a stew of venison and root vegetables, but not exactly what they used.”

Along with the writings from the time, art gives clues. “We know what was commonly available from paintings and drawings from the time. We have one that shows cooking, so we can see the tools they used,” she adds.

“The archaeology at the original site is amazing. It is astounding at what they can discover. Back to my biology interest, we can look at pollen grains from out of the dig dirt to see what plants were growing right here. We can really see what objects they had to cook with, like clay ovens and the types of pots and pans.” The archaeological finds confirm what they discovered in documents, drawings and paintings. “We recreate a lot of what we use at the Settlement. Our blacksmith makes many of the tools we use.”

Lara explains that the biggest differences visitors will see are the cooking techniques. “We don’t roast any more. We say we roast the turkey, but we put it in an oven and bake it.

Roasting is putting the turkey on a spit and turning the spit over the fire. Our big difference is the source of heat. With your stove, you can set to the right temperature. With a fire it can be a challenge to keep the temperature constant. We pull out and rearrange the piles of coals and cook all over the dirt floor – creating as many ‘burners’ as we need to get the food cooked.”

Neighbors planning to go to “Food & Feasts” should not miss the pig preparation. “We’re butchering a pig,” Lara says with more than a twinkle in her eye. “No, we’re not slaughtering it in front of people. That’s done off-site. Parents don’t need to worry.” She clarifies that the pig will be cleaned before it comes to the public, but adds that children seldom see how a whole pig is portioned out.

“It doesn’t come in a white Styrofoam tray with plastic wrapped around it like we see in supermarkets of today. We start taking it apart. Kids are fascinated because they don’t see this like they used to – even fifty years ago. That’s on Thursday and Friday only – at both museums at Jamestown and Yorktown. We use that

food in our programs throughout the year. We use it fresh or we preserve it as they did in that time period – salting and smoking.”

On the ships, they will be making the ship’s bread. This hard biscuit was a staple in the sailor’s diet. Visitors can try their hands at making it. “As with all the demonstrated foods,” Lara warns, “they are not to be eaten by the guests. Our ship, fort, and Powhatan food preparation is for demonstration only. Thanksgiving meals are served in the Jamestown Settlement Café.” A presentation that many enjoy is the “The Abundance of Corn” demonstration. “We talk about corn as this amazing product. The English were not used to cooking it, so they had a curiosity and recorded the way the Powhatans prepared it, so we have that in the historical record.”

At the Historic Jamestowne archaeology site, new information is discovered frequently. “History is not standing still,” Lara Templin says. “What we know about it changes all the time. People are interested in how our ancestors lived their daily lives. That’s what they like to experience, and that’s what I love to share.” NDN

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What Lies Beneath Physical Symptoms?

By Greg Lilly, Editor



Lisa W. Cumming Photography

“There are patients who come to their primary care clinic with all kinds of somatic complaints, but underlying they have either anxiety disorder or depressive disorder – many times it is depressive disorder,” Dr. Avtar Dhillon explains the dilemma of behavioral health issues being overlooked and only physical symptoms addressed.

He helped initiate a program that guided clinicians in public health clinics to screen pa-

tients, not only for their physical ailments, but also for the possibility of mental health issues.

Dr. Dhillon came to Williamsburg in 1982 for his residency in a state program based at Eastern State Hospital associated with the Medical College of Virginia at VCU and with the VA Hospital and Riverside Hospital. “It was a combined program,” he explains. “When I finished the residency, they created a job for me at Eastern State. I started as a psychiatrist

there. In about four years, I became the medical director of the program.”

He had decided at an early age to go into the medical field. In his native India, students had to choose their field of study during their teen years. “At about the age of 15 or 16, I started on the track of a medical career. By the time I was 17, I was in medical school. Although my family was from a rural part of India, I had family members who were doctors, and I knew that’s

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what I wanted to do.” He had finished medical school by the age of 21 and was ready to go into one of the local agencies.

“When I grew up in India and finished medical school in the 1970s, the world was a different world than it is now. In India there was not much medicine. Those facilities were not there at the time. That’s one of the reasons I wanted to explore the world. I came here basically to enhance my education in 1980.” When a foreign-educated medical doctor comes to work in America, he or she has to take the medical exams again to be able to practice in the U.S. “Once I did that, one of my friends was here in Virginia doing a residency. That’s the reason I came here.” In 1999, he moved from Eastern State to Colonial Behavioral Health.

The medicines to treat mental health conditions had changed over the years. “In the 1980s, we had the old medicines from the ‘50s, and many patients could not tolerate those,” Dr. Dhillon says. “Suddenly we started to see new medications and the benefit. These were much better than the older ones, especially the antipsychotics. They did help, but caused other medical problems like weight gain. Obesity was increasing in the population. Blood sugar and cholesterol were increasing problems – whether that was a side effect of the medication or part of the underlying disease or the lifestyle and choices of the patient – all that contributed to the issue of metabolic syndrome in patients who were on these medications.”

He found that many of these patients on antipsychotics did not go to primary care physicians or clinics for their physical healthcare. “When we looked at the same patients who had these problems (obesity, high blood sugar and cholesterol) but without the behavioral health problems, their life expectancy was higher than those with behavioral health issues. It is a challenge to get patients the appropriate health [care] in the appropriate place.”

He became involved in the Williamsburg Community Health Foundation’s Chronic Care Collaborative program. The clinics for the uninsured/underinsured like Olde Towne Medical Center, Lackey Free Clinic, Gloucester-Mathews Free Clinic and Colonial Behavioral Health came together to address this issue. “As we started this project, we looked at the patients going to the clinic to see if they were getting the appropriate care. If they are not, then why not? We found some of the staff didn’t have the training or resources in behavioral health.”

Dr. Dhillon says there are two broad types of behavioral health patients.

First there are the patients who come to the primary care clinic for physical pain that has an underlying cause like depression or anxiety. The clinics were focused on the physical symptoms, chronic pain or other pain issues. Chest pains or gastrointestinal pains can be caused by an underlying mental condition.

“Treating the symptoms will not solve the problem,” he states. “So, the people go back and forth to the physician. It is very frustrating for them because they are demanding the same thing over and over and not receiving relief from the symptoms.” That frustration becomes a red-flag of depression and the underlying cause can be addressed.

“But, many times, the people are under recognized and under treated. Even if the behavioral health medication is prescribed, it is not prescribed at the appropriate dose for the appropriate period of time. Sometimes these medications make things a little bit worse for a few days before they make things better. It is hard to educate the patients about it. That was a challenge.”

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Some tools that Dr. Dhillon implemented have helped. “It takes only a few minutes for the patient to sit down and complete those tests (questionnaires).” At the primary care clinics, the patient answers the questions before they see the primary care provider (PCP). When the patient comes back for follow-up, they complete those tests again. The tests document the symptoms, and the PCP reviews the symptoms and treatment, and then can watch for improvement. “That was a way to judge the appropriateness of the treatment for those patients – better diagnosis and better treatment.”

That is the first set of patients where the physical symptoms are caused by an underlying mental condition.

“The other set of patients are ones with a chronic disease like diabetes,” he says. “With diabetes, we monitor hemoglobin A1C – that is a marker that we want to be in the normal range. But if the patient had underlying depression, it is very hard to achieve that range. If the patients are treated appropriately, you can get them in that range.”

With this set of patients, Dr. Dhillon could measure the effectiveness of behavioral health treatment by monitoring the hemoglobin A1C. “The goal was to improve the outcome of the care for that patient with chronic diseases like diabetes, high cholesterol, anemia or hypertension.” The PCP monitors those numbers and compares them to the numbers during the treatment for underlying depression.

This type of treatment is a trend that Dr. Dhillon sees in the medical profession that has started with the clinics. “Today, we have isolated care – where a neurologist works in one office, a psychiatrist works in another and primary care in another. No one is coordinating the health care as the patient goes from one to the other. It’s hard for the patient to keep track of it. Many times people end up on so many medications that there could be drug interactions.”

He says the best case today is for a caregiver to accompany a family member to the medical visits. “Make sure they are appropriately evaluated for the physical symptoms. The primary care physician is the best person to understand the patients’ overall health.” At the PCP visit, bring all medications the patient is taking. “Take all the bottles to the office,” he says.

Once all the physical tests are done and the patient is still having issues and getting frustrated, Dr. Dhillon says behavioral health issues may be triggering the physical symptoms. “That was the purpose of our training: to train people in the clinics to recognize that with these tools. Many times patients will say it is not mental health. ‘But these are physical things; it’s not in my head.’ No, what they experience is real – real physical pain – and there are other ways to treat those underlying symptoms.”

Patients balk at taking a medication labeled as an antidepressant for physical pain. “But, many times the medicines work on those pathways as an entirely different mechanism. It’s hard to overcome that hurdle of listing that name of the medicine and taking it for something else.”

Dr. Avtar Dhillon is at the forefront of the movement of patients getting all the services they need in one office. “It is referred to as a Medical Home,” he adds. “It started at Colonial Behavioral Health. We worked with lower socio-economic patients so that’s why it was implemented in the clinics.” Now, other medical institutions are talking about the trend, he says, and thinking of implementing it for all patients. NDN

The Williamsburg Health Foundation designated Dr. Avtar Dhillon as a 2013 Healthcare Hero for his work in the community.

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Lisa W. Cumming Photography

Cooking for Fun!

By Greg Lilly, Editor

"I like taking fruits and mixing them with peppers," Mark Conway, executive chef at Seasons Restaurant, says. "Two completely opposite ends of the spectrum that oddly enough, go beautifully together. That combination can take an average dish and elevate it into the something unexpected."

Mark likes to give his guests something to talk about. He says food can be a conversation

starter and turn up an ordinary holiday gathering, and make it a memorable event.

"Food is the ultimate icebreaker. You can take 100 people who don't know each other and put the typical crackers and cheese cubes out – at the end of an hour, they still won't know each other. Now, if you put some interesting food out there, people will gravitate to it. One person will try it and a conversation

starts."

For example, he created a daily special with grilled chicken. Instead of a typical Italian dressing or a tomato-based barbeque sauce, Mark created a grape-Thai chili reduction. "The first bite of the chicken is sweet, and just as it hits the back of the throat, you start to feel that heat," he describes. "That's the nice thing that fruit does with peppers – it makes it more of a

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creeping heat than a punch-in-the-mouth heat. It's a nice off-set blend. The sugar in the fruit neutralizes the heat in the chili peppers."

Mark was born in Florida, but spent his school years in Virginia Beach. "I was a Navy kid. After high school graduation in Virginia Beach, I headed back to Florida. I spent time doing a little bit of everything down there – that 'What do I want to be when I grow up?' scenario. I did custom picture framing; I was a real estate agent; I was a low-voltage contractor; you name it, I did it."

The different jobs and stress caught up with him in the form of weight gain. "The economy crashed when I was a finance manager for a car dealership. The company shut down and I was out of work. The building stress had caused me to gain weight – I weighed about 240 pounds for many years."

He went to a doctor on his 32nd birthday and was prescribed medication. "The doctor gave me 12 medicines – six for conditions like high blood pressure and cholesterol and other things associated with being overweight, and the other six to counteract the side effects of those first six. I said no. I started researching food and how it is metabolized in the body. I became a certified personal trainer determined to handle it myself."

In six months, he had lost 60 pounds. "That stimulated my already rabid curiosity about cooking," he says. "Growing up as a Navy kid, I had to learn to cook or I didn't eat. Mom was working one job and Dad was out to sea and I had two younger brothers. Cooking became a necessity that turned into a curiosity that turned into my fun. I cook for fun and have a blast doing it."

Coming back to Virginia as a certified personal trainer, Mark ran a gym in Norfolk on Granby Street. He also worked as one of the general managers for the Granby Theater. He met some local chefs and students from the Culinary Institute of Virginia. He enrolled in culinary school while still working the two jobs. At the Granby Theater, he helped develop a catering and event program for the theater to host and cater events like weddings and corporate events.

"Culinary school was interesting but basic," he describes. "I loved to take traditional dishes and turn them upside down and to create something new. My philosophy about food is there are no rules."

After culinary school and the Granby Theater, Mark worked with Carolina Cupcakery. "That allowed me to try another facet of cooking like cupcakes that have bacon and Thai chili peppers in them, habaneros with oranges... It's getting rid of the stigma that you can only do one thing with food."

His knack for shaking up preconceived notions about food makes him popular in cooking demonstrations. He has held events in Merchants Square, at the Farmers Market and on television on the Hampton Roads Show. "I mix red onions with blueberries and apples then put a poblano-peach vinaigrette over it, and people just shake their heads. But, at the same time, it opens their minds to the new possibilities. You can see people start to think. They go home and try it."

These unexpected combinations help kids discover new tastes. "I have two-year-old twins," he says. "These little girls wouldn't know what a chicken nugget is. I had them on Merchants Square where I demonstrated that peach-poblano summer salad with apples, blueberries, raisins and red onions with the peach-poblano vinaigrette. They ate a whole bowl of it."



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Mark's advice on planning a holiday meal is to think about balance. "When I plan a big dinner, like Thanksgiving, I pick one theme. That will help guide you. I like to use bacon in several different facets." A balanced meal consists of a main protein (usually the turkey for Thanksgiving), starches, vegetables and some kind of bread. The Thanksgiving three staples: turkey, mashed potatoes and green beans will be included, but Mark adds bacon to the turkey. "Wrap the entire turkey in bacon – no need to worry about basting it when it cooks in bacon. To give a balance to the traditional mashed potatoes, Mark says to try something new with sweet potatoes. "I like to cube sweet potatoes and add onions, shallots and garlic, then hit them with some crumbled bacon and some sautéed jalapeño to balance the sweetness of the potatoes. I like to balance the dishes so nothing is all sweet or all spicy or all one thing – I want to give it complexity."

The recipe he shares here is a creative twist on traditional stuffing/dressing mix. "Instead of things like celery – personally I hate celery – I used apples, grapes and chipotles." Mark explains. "Instead of chicken broth, a staple basic, I use orange juice. That citrus brightens up the other flavors. It's a totally different take on a stuffing. It will have color, sweet, heat and heartiness."

This dish will start conversations. "Someone at the table will bring up the stuffing," he says. The discussion may be that you like mangoes, and you could use mangoes in this mix, or even pineapple. It's all about ideas and what people like – a great conversation about food going on at the table. It's families having fun at the dinner table."

His recipes change depending on what he has available, what's at the Farmers Market, what's in season. Mark Conway confesses that his dishes are rarely the same because he's constantly experimenting. "I want to inspire people to try something new. Open your refrigerator and pull ingredients you wouldn't usually pick and try it." Food can be fun! **NDN**

Apple Grape Chipotle Dressing

- 3/4 cup of butter
- 1 large onion chopped
- 3 apples diced
- 2 cups grapes chopped
- 1 zucchini chopped
- 6-7 chipotle peppers (remove the seeds and ribs, rinse) diced
- 2 tsp garlic powder
- salt and pepper to taste
- 14 English muffins cut into small cubes
- juice of one orange
- grated parmesan

Melt butter in a sauce pan. Sauté onions until they are almost clear. Add in the apples, grapes, zucchini and chipotles. Continue to cook down until fruit begins to break down. Stir in the garlic powder. Add salt and pepper to taste. Stir in the English muffins. Add orange juice to moisten, add additional juice if needed. Continue to stir until completely mixed and moist. Remove from heat.

(At this point you can refrigerate for later use.) Spread mixture into a greased or nonstick baking dish. Bake at 350° for 30 to 40 minutes based on oven and desired texture. Garnish with grated parmesan and enjoy a fantastic Thanksgiving with family and friends.

~ Provided by Mark Conway

provided by the Williamsburg
Association of REALTORS®

what's up in real estate



With the Federal budget, debt ceiling, sequestration, national health care arguments and upcoming elections dominating the news, sometimes things slip by unnoticed. Earlier this month, a bill that passed in 2012 about flood insurance was enacted and it didn't seem to create much of a ripple. But the Biggert-Waters Flood Insurance Reform Act could have a major impact on flood insurance policyholders and people buying and selling property in flood zones.

Simply put, all homes purchased in a flood area after Oct. 4, 2013 will no longer have subsidized flood insurance. An elevation certificate will also be required to obtain such a policy. The intention is to make the National Flood Insurance Program (NFIP) more financially stable by raising rates to reflect true flood risks. Flood Insurance is required if you are going to obtain a mortgage from a lending institution to purchase a home in a flood zone.

The National Association of REALTORS® (NAR) has been supporting legislation in Congress to at least delay the rate hikes until the Federal Emergency Management Agency (FEMA) makes sure its maps are updated and correct. But FEMA chief Craig Fugate says delaying the Act is not something he can do. "Without some additional legislative support, I am bound and boxed in."

Insurance companies are now preparing for what could be a flood of questions.

"This will have an impact on all homes in flood zones," says Drew Pearson, Owner / President of the Prosper Insurance Group. "All flood policies will probably see an average of 10 percent in-



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

creases, but some may not see large increases unless they sell or have a lapse in their coverage."

Middle Peninsula Insurance Agency representative Kim Tahey adds that "premiums will increase until they reach their actual costs. The government has been subsidizing the cost of flood insurance and they want the program to start paying for itself."

According to reports, primary residences purchased prior to July 6, 2012, in areas built before flood mapping should not see dramatic increases unless the owner sells the property. In addition to having to provide an elevation certificate at the time of renewal, owners of primary residences purchased after that date will no longer be allowed to transfer policies to the new owners. Non-primary residence policies are expected to increase each year until it reaches the actuarial rate. Please contact your insurance company to address your specific needs.

A possible unintended consequence of the flood insurance change is that large increases in premiums could affect buyers and sellers in the housing market. "Higher premiums could limit the amount of money available to put towards a monthly mortgage payment," says Joe Delgado of the Atlantic Bay Mortgage Group. "Using more money to pay for higher premiums means you might have to go to a smaller mortgage amount to stay within a house payment you can afford."

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

Hey Neighbor!

MOMS IN PRAYER INTERNATIONAL

Ongoing

Do you worry about your children? Replace your anxiety and fear with peace and hope by praying with other Moms for our children and schools. Moms in Prayer International meet every Wednesday from 1-2 pm at Calvary Chapel Williamsburg, 5535 Olde Town Road. Contact info: Jeanne Hallman, 757-220-8400/ Jeanne4J@cox.net. Visit www.MomsInPrayer.org.

Hey Neighbor!

BLOOMS THAT BRIGHTEN FUNDRAISER RAFFLE

Ongoing

Designs by Varujan Gift Certificate Raffle – Drawing on November 3, 2013. Win a \$500 Designs by Varujan gift certificate! Gift certificate may be used towards the purchase of an item in the store or a one of a kind piece designed especially for you. Proceeds benefit Blooms That Brighten, Inc. The winner will be drawn at the Art of Tea fundraiser for Blooms That Brighten. You need not be present to win. Tickets are \$10 each or 3 for \$25. Tick-

ets are available from any Blooms That Brighten volunteer, and the following businesses: Designs by Varujan, Schmidt's Flowers & Accessories and DiscoverTeas.

Hey Neighbor!

PLAY CRIBBAGE

Ongoing

We are always looking for new players to join our group to play this 400 year old card game. Come play and meet new players. We meet every Tuesday at Colonial Heritage clubhouse between 10 am – 12 noon. For more information contact Bill Whiting at 757-532-1405.

Hey Neighbor!

WATA BUS STOP LOCATION MOVED AT WILLIAMSBURG/JAMES CITY COUNTY COURTHOUSE

Ongoing

Effective immediately, the bus stop at the Williamsburg/James City County Courthouse has been moved from the front of the Courthouse to Monticello Avenue near the corner of Courthouse Street, just a short distance away. The move affects Purple 1 Outbound and Red Line Inbound. The Purple 1 route will

now leave the Legacy Hall stop, travel on Center Street to Courthouse Street then turn left onto Monticello Avenue, no longer using New Town Avenue. Neither Purple 1 nor Red Line bus stops will be affected. Williamsburg Area Transit Authority (WATA) provides safe, efficient and accessible public transit to residents and visitors in James City County, Williamsburg, and the Bruton District of York County. For more information about WATA, or visit www.goWATA.org or call the WATA office at 757- 220-5493.

Hey Neighbor!

SENTARA IMPROVES BREAST CANCER DETECTION USING LATEST 3D MAMMOGRAPHY

Ongoing

Sentara added new 3D mammography, a breakthrough technology for detecting early breast cancer, at six breast imaging locations from Williamsburg to Virginia Beach. The 3D mammography service also known as breast tomosynthesis is offered at eight Sentara Hampton Roads breast imaging locations. Conventional mammography creates a two dimensional image of the breast much

like an x-ray, making it difficult to find small cancers hidden among layers of breast tissue. This advanced technology is an extension of 2D mammography and creates 3D breast reconstructions so radiologists can view the breast in paper thin layers. As the radiologist views each layer of breast tissue, early cancers are revealed that would not be visible using other mammography. A recent study published in the June 2013 issue of the American Journal of Roentgenology (AJR) found the use of 3D mammography increased cancer detection by 35 percent and increased invasive cancer detection by 53 percent. The study of 13,856 women also reduced call back rates by 38 percent. Those are times when a woman is called back for more images, and most times, no cancer is found. The new 3D mammography is offered to all women and may be especially useful for detecting cancer in women at high risk of developing breast cancer including those with dense breast tissue or a family history. Patients can access the nearest breast imaging locations for 3D mammography and other breast imaging needs by calling 1-800-SENTARA

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Hey Neighbor!

JOB CLUB – EXPERIENCED EMPLOYEES IN TRANSITION Ongoing

Join the Experienced Employees in Transition...A 45+ and over Job Club. Meeting the 2nd and 4th Tuesdays of the month, 9-10:30 am, the Senior Services Coalition of Williamsburg is offering a support group for unemployed and underemployed adults. Our meetings with discussions cover all pertinent topics related to securing or improving employment as well as emotional and resource support throughout a job search. We will not meet the 4th Tuesday in November & December. For current meeting topics, directions, and other information please refer to our website: www.seniorservicescoalition.com/jobclub/ Cost: Free. Meetings are held at the Historic Triangle Community Service Center, 312 Waller Mill Road, Williamsburg.

Hey Neighbor!

WILLIAMSBURG FARMERS

MARKET

October 19 and 26, 2013

Enjoy the heart of Williamsburg in Merchants Square while shopping in this producer-only market for potted plants, fish, artisan cheeses, meats, pasta, cut flowers and handmade soaps. The market includes live music, chef demonstrations and exhibits along with local shops and restaurants. The market now accepts SNAP/EBT, credit cards and W&M Express. For information, 757-259-3768, www.williamsburgfarmersmarket.com. October 19 – Children’s Day at the Market. SHIP will be at the Chef’s tent, the Williamsburg Fire Department will attend, and the Masonic Lodge will have Child ID. The Master Gardeners’ exhibit will feature composting. October 26 – The last regular season market for 2013. The City of Williamsburg/JCC’s exhibit will feature Let’s Talk Green. The LCV Project will perform from 9-11 am.

Hey Neighbor!

THE TIDEWATER

INTERGENERATIONAL ORCHESTRA (TIO)

October 19, 2013

The Tidewater Intergenerational Orchestra (TIO) concert will feature the music of Mozart, including the beloved “Eine Kleine Nacht Music” and the virtuoso Rondo for solo violin and orchestra. Time: 2 pm at Saint Bede Catholic Church, 3686 Ironbound Road. The concert is free. For more information, call 757-229-3631 or visit www.bedeva.org.

Hey Neighbor!

WARHILL HIGH SCHOOL CAR AND TRACTOR SHOW

October 19, 2013

Help us create a new tradition at Warhill High School! The WHS PTSA will host its first Annual Car and Tractor Show at Warhill High School, 4615 Opportunity Way, Williamsburg. All money raised is dedicated to student and teacher programs: After Prom, scholarships, and teacher mini-grants for the classroom. Trophies will be given out for the top 30

vehicles, with additional awards for student chosen cars/trucks. A “Spirit of Warhill” trophy will be given out for the People’s Choice Award, voting by \$1 donations. Registration is day of only, 10 am-12 noon; cost is \$20 per vehicle, \$5 for students. Awards at 3 pm. Craft fair. Concessions and restrooms are available. Rain date: October 26. Admission is free. E-mail any questions to warhillcarshow2013@gmail.com.

Hey Neighbor!

OUR NATIVE TREES

October 19, 2013

(Location to be announced) Patsy McGrady and Mitzi Balma, James City County/Williamsburg Master Gardeners, will discuss the trees native to Virginia. They have done an inventory of the trees in the Botanical Garden, and will lead a walk through the Garden. In Freedom Park Interpretive Center or Williamsburg Botanical Garden. Time 10 – 11:30 am. Free and open to the public.

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END OF LIFE ISSUES AT KING OF GLORY LUTHERAN CHURCH/SCHOOL

October 19, 2013

King of Glory Lutheran Church and School, 4897 Longhill Road, Williamsburg. Time 9 am – 12 noon. Discuss important items like Power of Attorney, Advanced Directives, banking assistance, burial sites, funeral homes, Hospice care, Estate services, financial planning that works. Ask the questions you need to ask to take care of elderly family members, or what you need to do to prepare yourself and help your children. 10 businesses will be on hand for discussions. Speakers begin at 9:30 am. Open to the public, free, and convenient. Web site: www.kogva.org

Hey Neighbor!

CASINO NIGHT 2013 - A BENEFIT FOR BACON STREET

October 19, 2013

8th annual premier fall fundraising event presented by the Junior Woman's Club of Williamsburg. Join us from 7 – 11 pm at Miller Hall in the Mason School of Business at the College of William and Mary for a cocktail attire evening with gaming, silent auction, raffles, open bar, heavy hors d'oeuvres, music, and supporting a worthy cause. Tickets can be purchased in advance online at <http://www.williamsburgjuniors.org/> or at the door. We hope to see you there! The Junior Woman's Club of Williamsburg is a non-profit organization, <http://www.williamsburgjuniors.org/>.

Hey Neighbor!

WALK AMONG THE FALL BLOOMING PLANTS AT GRAFTON PONDS

October 19, 2013

The John Clayton Chapter of the Virginia Native Plant Society encourages the public to learn about native fall blooming plants with this walk, open and free to the public. Time: 10-11 am. Join Botanist Pat Baldwin to see fall-blooming plants along the road at the Grafton Ponds Natural Area Preserve. The walk will be along dry roadside, not into the wooded preserve. Meet at the park entrance across Rich Neck off Ft. Eustis Boulevard, bordering Newport News Golf Course. The walk is free and open to the public. To register and for more information contact Pat Baldwin at 757-838-2064.

Hey Neighbor!

WARHILL ATHLETIC BOOSTERS GOLD TOURNAMENT FUNDRAISER

October 19, 2013

The Warhill High School Athletic Booster Club will host a Golf Tournament Fundraiser at Colonial Heritage Golf Course in Williamsburg. The 8 am check-in will be followed by a 9 am shotgun start and both individual golfers and teams of four are encouraged to register for this best ball event. Prizes will be awarded to top finishing teams and winners of additional contests during the day. Cost is \$80 per individual or \$310 per team and includes green fees, cart, range balls, and lunch. A variety of business sponsorship opportunities are also available. All proceeds to benefit the

athletic programs at Warhill High School. To register or for more information, please contact Bea Johnson at 757-268-6635 or e-mail beauss@hughes.net or visit the website: http://www.edline.net/pages/Warhill_High_School/WHS_Athletics/Booster_Club_Information

Hey Neighbor!

7TH ANNUAL CONSERVANCY CHALLENGE GOLF TOURNAMENT

October 24, 2013

At 1 pm, Ford's Colony will host the ever-popular event that will take place on the Blue Heron Course. Tournament day raffles, prizes, and dinner in the Garden Pavilion and more make the day a fun event for all who participate. For information and to register visit www.williamsburglandconservancy.org or call 757-565-0343.

Hey Neighbor!

WILBERT M. WALLACE SCHOLARSHIP FOUNDATION BANQUET

October 26, 2013

The Wilbert M. Wallace Scholarship Foundation will celebrate its 23rd Anniversary at 1 pm, with an anniversary banquet to be held at the Clarion Hotel, 351 York Street in Williamsburg. For tickets or additional information, call Mr. Lloyd Wallace at 757-220-0807 or Mr. Fred Harold at 757-253-2493. Cost of tickets - \$30.00 for adults and \$15.00 for children 11 and under.

Hey Neighbor!

EPILEPSY AWARENESS WALK

October 26, 2013

Join us to raise Epilepsy awareness at City Center, Oyster Point, Newport News (fountain area). Registration at 3 pm, \$20 registration fee/adult. Sponsored by the Epilepsy Foundation of Virginia. Contact Patty Hood, EFVA Regional Director for more info, call 757-652-6565 / or e-mail efva.hr@gmail.com.

Hey Neighbor!

FALL CARD PARTY

October 31, 2013

The Woman's Club of Williamsburg will host a Fall Card Party at the Woman's Club of Toano Clubhouse on Richmond Rd. Admission is \$15 and includes lunch. To make a reservation, contact Ann Lysenko at 757-253-7587. Proceeds from this event will benefit scholarships and community service programs.

Hey Neighbor!

ANNUAL SENIOR HEALTH FAIR

November 1, 2013

Time: 8:30 am – noon. Location: James City Community Center, 5301 Longhill Road. Free health screenings include vision, cholesterol, blood pressure, posture, depression, and oral cancer. Flu and tetanus shots will be offered. Information on adult day care, hospice, social services, nutrition, safety, home health care, home safety, medical equipment, massage therapy, social and recreational opportunities, pet therapy and more. Call the Historic Triangle Senior Center at 757-259-4181 for more information. Hosted by Historic Triangle Senior Cen-



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Hey Neighbor!

QUEENS LAKE COMMUNITY ARTS & CRAFTS SHOW

November 2, 2013

9 am – 3 pm. Queens Lake Clubhouse, 234 E. Queens Drive, Williamsburg

The 4th annual show features artisans and hobbyists from the Queens Lake neighborhood and local community. Items for sale include handmade jewelry, needlecraft, photography, folk art and more. Local authors will have their books available to sign and sell. Concessions for coffee and lunch. Come to browse, shop or simply enjoy the view of the Queens Lake Marina and beautiful Queens Creek. Free admission. For information call 757-229-0973.

Hey Neighbor!

WELLSPRING UMC FALL FESTIVAL

November 2, 2013

Time: 9 am – 3 pm. Location: Wellspring UMC, 4871 Longhill Road, Williamsburg. There will be live music and a fall cafe, featuring homemade Brunswick Stew. There will also be a bazaar where you can come and do your Christmas shopping early! There will be games and crafts for the children and a bake sale featuring delicious homemade baked goods and a silent auction, featuring items from local businesses. All proceeds benefit the Music ministry and Outreach programs.

Hey Neighbor!

MUSIC FOR KIDS--ENCORE AFFAIR #3

November 2, 2013

6:30 pm at the Community Building, N. Boundary Street, Williamsburg. Hosted by the Williamsburg Symphonia League and the Williamsburg Youth Orchestras. Fabulous auction items -- beautiful music -- delicious food -- wine and other beverages -- an exciting evening event for the benefit of music education programs in the Williamsburg area. Silent

and live auction items include antique furniture repurposed and painted by local artists, gift certificates for professional services and entertainment, artwork, fine jewelry, vacation stays, restaurant gift cards, and more! Limited to 200 guests, the cost is \$35 per person (\$15 tax deductible). For tickets, call 757-220-2217.

Hey Neighbor!

THE INDIGENOUS CHESAPEAKE: PAST & PRESENT

November 2, 2013

10 A.M. Guests explore the material culture and historical life ways of the Tidewater Algonquians with members of Pocahontas's descendant communities during American Indian Heritage Month at Historic Jamestowne. This day-long event is the first in a series of public programs highlighting the World of Pocahontas, a special year-long commemoration of the 400th anniversary of the marriage of Pocahontas to Englishman John Rolfe. Historical interpreters will examine the Powhatan peoples' seventeenth-century politics and early relationships with the colonists of James Fort. Event is free with paid admission. For more information call: 757-229-4997 or visit www.historicjamestowne.org.

Hey Neighbor!

BLOOMS THAT BRIGHTEN FUNDRAISER

November 3, 2013

Art of Tea - You're invited to the third annual Art of Tea at William & Mary Alumni House from noon to 5 pm. The annual fundraiser benefits Blooms that Brighten, Inc., and is sponsored by Morningside of Newport News and Schmidt's Flowers & Accessories. An Artist's Showcase is part of the fun event, with local artisans and crafters offering their creations for sale. Entry to the Artist's Showcase is free and open to the public. Tickets for the tea are \$20 per person and reservations are required. Tea seating times are 1 pm and 3 pm. For more information, visit www.bloomsthatbrighten.com/the-art-of-tea-3/. To purchase tickets contact Louise Carlson at 757-784-1566.

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Dick Ferris

Answers from your Estate Planning Attorneys at Ferris & Associates

Division of Carrell Blanton Law Firm

460 McLaws Circle, Suite 200 Williamsburg, VA 23185 (757) 220-8114

With the federal gift and estate tax exemption currently at \$5.25 million per person (\$10.5 million for couples), many ask "why is estate planning still important?" In a recent issue of *The WealthCounselor*, the article examines why effective estate planning is still very important, regardless of the size of the estate. For the complete article, please visit www.carrellblanton.com. Here are some of the reasons for keeping your estate plan current:

1. Avoid State Inheritance/Death Taxes. Even though your estate could be exempt from Federal Taxation, your estate could be subject to State inheritance taxes. Virginia residents will not incur a Virginia state death tax (at least now). If you move to another state, however, or own real estate in another state a state death tax may apply. Always remember death taxes can generally be avoided but they cannot be ignored.

2. Guarantee your wealth will transfer to your "RIGHT" loved ones or favorite charities. Without an effective transfer plan, the government or attorney representing your estate determines "who" receives. A comprehensive plan will guarantee "who" receives, "how" the beneficiary receives, and "when" they received your inheritance.

3. Avoid probate and associated cost. The "no plans" or "will" plans will go through a court process called probate. Many view the time, cost, and loss of privacy and control that comes with probate as unnecessary expense and time delay that can be avoided.

4. Provide responsibly for minor children or grandchildren. Wealth transferred to an eighteen or even twenty year old beneficiary is a recipe for

disaster!

5. Protect inheritances from beneficiary's predators, failed marriages or irresponsible spending. In a trust, the Trustmaker can instruct the trustee to make distributions as needed to trust beneficiaries which can be used for their health, education, support and maintenance. The trust protects against outsiders.

6. Provide for a second spouse and children of a prior marriage. Planning for blended families is often very different from planning for a first marriage. A comprehensive plan is a "must" to coordinate your assets (IRA, etc.) with your goals.

7. Provide for a loved one with special needs. A non-structured inheritance often disqualifies a disabled person from receiving government benefits that are needed for his or her care.

8. Plan for your disability. Whether you have a will or not, you must appoint a responsible person to handle your affairs if you suffer a mental or physical incapacity. Otherwise, the court, not the family, will control how the assets are used to care for you. You must have both Financial and Health Care Power of Attorneys to avoid a court appointed guardianship that is public and expensive.

If you would like to learn more about how you can develop an Estate Plan to protect yourself and your loved ones, please consider one of our educational workshops held in the boardroom of our Williamsburg Board Room.

For more information on these seminars, please call our office at (757) 220-8114, or visit our website, www.ferrisandassociates.com for a schedule of our upcoming seminars.

Hey Neighbor!
FIRST THANKSGIVING FESTIVAL

November 3, 2013

Come back in history on the first Sunday in November as the Virginia Thanksgiving Festival recreates America's First Thanksgiving. Nowhere can you find a more exciting, more educational or more enjoyable way to add to your holiday traditions than a beautiful fall day on the James River at Berkeley Plantation on Historic Route 5. The festival is a wonderful family event from noon to 4 pm and begins with a parade, including horse drawn carriages and pipe and drum performers. First person re-enactors, musicians and magicians stroll the plantation grounds. The Chickahominy Tribal Dancers perform, as well as choral groups including the Chester Community Chorus, led by Joshua Wortham. Parents and children participate in Colonial period games and activities. Vendors showcase their food, arts, crafts and jewelry. Traditional Thanksgiving fare will be available for purchase from The Catering Company of Williamsburg. There is no admittance fee, other than a parking donation of \$5.00. Bus parking is \$20.00. House tours are available at retail and group rates from 9 am - 4:30 pm. For further information please call Berkeley Plantation at 888-466-6018 or 804-829-6018 or visit our website at www.virginiathanksgivingfestival.com.

Hey Neighbor!
TRINITY ORGAN CONCERT:
STEPHEN LANCASTER,

BARITONE AND KEVIN VAUGHN, ORGANIST

November 6, 2013

The free concert will include a variety of classical pieces performed by baritone Stephen Lancaster and organist Kevin Vaughn. Time: 12 noon at Saint Bede Catholic Church, 3686 Ironbound Road. Bring a friend and your lunch. Beverages provided. For more information, call 757-229-3631 or visit www.bedeva.org/concerts.

Hey Neighbor!
TEDDY BEAR TEA

November 7, 2013

Sponsored by the Salvation Army Women's Auxiliary, the tea will be at the Bruton Parish House, Lewis Hall. Adults: \$20.00 & Children: \$6.00. Enjoy sweets and tea amid hundreds of creatively dressed teddy bears that will be given to Angel Tree children at Christmas. Proceeds benefit the Salvation Army. For information, sawa.va@hotmail.com.

Hey Neighbor!
MASSEY 5K

November 8, 2013

Join us November 8th, 2013 @ 5:15 pm at Zable Stadium for a fun 5k around William and Mary Campus or join as a team and run 2.5K each for a win against cancer! Last year we raised \$10,000 and the goal this year is to raise \$15,000! If you cannot make the race you can also help by making a donation.

<http://www.massey5k.com/>

Hey Neighbor!
YOUTH AERONAUTICS EDUCATIONAL

FOUNDATION (YAEF)

November 8, 2013

YAEF will host its 5th Annual Scholarship Dinner in Flight on November 8th at the Fort Magruder Hotel & Conference Center in Williamsburg. This event will honor the exemplary accomplishments of youth who have demonstrated discipline and leadership skills using STEM principles. These future leaders are moving toward successful careers as pilots, engineers and other related professions. Chief Warrant Officer, Phillip Brashear, the son of the 1st African American Navy Master Diver Carl Brashear will be the guest speaker. A silent auction starts at 5:30pm followed by dinner and an awards ceremony. \$50 adults, \$30 high school students and \$20 students 13 and under. For tickets call Marilyn Billings at 757-369-5004 or Avril Purvis at 757-869-5639.

Hey Neighbor!
WILLIAMSBURG UMC WOMEN FUND RAISING BAZAAR FOR MISSIONS

November 9, 2013

Time: 8 am - 2 pm. This huge bazaar includes a Silent Auction, Arctic Treasures, Holiday decorations combined with a Bake sale, Jewelry, handbags, scarves, hats, Rada Cutlery, Books, puzzles, Spring bulbs for Fall planting, small furniture, art work, and Not So New. Our famous luncheon cooked by a Williamsburg chef and helpers will again be featured, and the new Library Café will also be available for hot drinks, sweets, and gifts. A tour of a Byers Doll collection has been added to the day. New this

year is the package holding room for paid purchases while continuing to shop. There will also be a \$1.00 drawing on a large vase of pennies with proceeds to further benefit missions. Bazaar contacts are Carolyn Munro 757-259-9833 and Bonnie Knizatko 757-253-0992. Location: Williamsburg United Methodist Church, 500 Jamestown Road.

Hey Neighbor!
WILLIAMSBURG CHORAL GUILD "BEETHOVEN FANTASY"

November 10, 2013

Guest pianist William Hume joins the chorus, chamber orchestra and soloists in a dazzling performance of Beethoven's "Choral Fantasy" and Mass in C Major. Also on the program is Mozart's "Laut verkunde unsre Freude" (Loudly proclaim our joy). A pre-concert lecture at 3 pm in the Choir Room provides background information about the music. At 4 pm in the Warhill Hill School Auditorium, 4615 Opportunity Way. Tickets: \$20 (\$25 at the door and \$10 for students); buy a season subscription (three concerts) for \$50. For information, call 757-220-1808 or visit www.williamsburgchoralguild.org.

Hey Neighbor!
JANE AUSTIN SOCIETY BOOK CLUB

November 12, 2013

The Jane Austen Society North America Southeastern VA Region's summer Book Club continues to meet on the second Sunday of each month. They are sponsored by Barnes & Noble located in New Town, 5101 Main



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Street, Williamsburg. No reading assignments - just come and meet other Janeites who are interested in her writings, movies and TV mini-series. All are welcome, these programs are free. The Society will conclude the year with a Regency Tea and Dance to celebrate Jane Austen's birthday Sunday, December 15, from 4-8 pm at Bruton Parish Hall. For more information, call 757- 221-6686 or visit our Facebook page at: <http://www.facebook.com/JAS-NASoutheasternVA>.

Hey Neighbor!

VA NATIVE PLANT SOCIETY PROGRAM-- NATIVE ORCHIDS

November 14, 2013

Yorktown Public Library (may change to Rec Center), starts at 6:45 pm, free and open to the public. Speaker Dennis Whigham, PhD in plant ecology at University of North Carolina at Chapel Hill. Currently works at the Smithsonian Environmental Research Center (SECR). He has done research in Wetland Ecology and Management, Forest Ecology and the Ecology of Woodland Herbs. He is now researching native orchids and has studied their population dynamics, seed germination, seedling ecology and the interaction between orchids and mycorrhizal fungi. Contact Information: whigham@si.edu or 443-482-2226. Bi-monthly program of the John Clayton Chapter of VNPS. Contact Information: Don@donaldhyatt.com or 703-241-5421.

Hey Neighbor!

ADVENT WREATHS

November 16, 2013

In the Freedom Park Interpretive Center, Genrose Lashinger will show participants how to construct beautiful wreaths for the advent season using natural herbs. Many of these herbs are growing in the Botanical Garden. In Freedom Park Interpretive Center or Williamsburg Botanical Garden. Time 10 - 11:30 am. Free and open to the public.

Hey Neighbor!

THE WILLIAMSBURG SYMPHONIA MASTERWORKS CONCERT #2

November 18 - 19, 2013

The Williamsburg Symphonia's 30th Anniversary season continues with a program featuring music by Mozart, Theofanidis, Bach and Schubert/Mahler. Masterworks concert performances are conducted by Music Director Janna Hymes, who is observing her 10th year on the podium, and are presented at the Kimball Theatre in Merchants Square at 8 pm. Single tickets are \$54 and \$44 and may be purchased by calling 757-229-9857. For more information contact us at info@williamsburg-symphonia.org or visit www.williamsburgsymphonia.org.

Hey Neighbor!

WILLIAMSBURG MUSIC CLUB 50th ANNIVERSARY (3rd Event)

Wednesday, November 20th

The Williams and May Early Music Ensemble will perform chamber music featuring authentic instruments of the Baroque period, under the direction of

Ruth van Baak Griffioen. This is the 3rd event of the Williamsburg Music Club's 50th Anniversary year monthly celebrations. The program, which is free and open to the public, begins at 11 a.m. in Lewis Hall of Bruton Parish in downtown Colonial Williamsburg preceded by Coffee & Conversation at 10 a.m. For more information contact Sylvia Lynn 757-741-0006 or www.williamsburgmusicclub.org.

Hey Neighbor!

CATCH THE VISION TOUR

November 21, 2013

Williamsburg Christian Academy invites you to a one hour captivating glimpse of the Academy. WCA is a pre-school through 12th grade Christ centered, interdenominational, college preparatory jewel in our community. Attend a tour to see if this is the educational option that's just right for your family! Tours are both 8 am and 2 pm, 101 Schoolhouse Lane, Williamsburg. Call 757 220-1978, ext. 113 for more information.

Hey Neighbor!

AARP TAXAIDE TRAINING

November 21, 2013

Williamsburg AARP Tax-Aide is looking for volunteers to assist seniors as well as low-to-moderate income taxpayers in completing their 2013 tax returns. Our counselors are certified by the IRS and provide this free service in partnership with the Williamsburg Regional Library. Volunteers should be comfortable using a computer online and have some experience preparing tax returns.

Membership in AARP is not required. Training will take place at the e-Clic computer lab at the James City County Library beginning in November. Contact Jane Alcorn, District Coordinator, mjanealcorn@yahoo.com for more information. Or visit the website www.aarp.org/tavolunteer to complete the Prospective Volunteer Form.

Hey Neighbor!

ANNUAL INTERNATIONAL SURVIVORS OF SUICIDE DAY

November 23, 2013

Williamsburg is among more than 300 cities participating in the American Foundation for Suicide Prevention's International Survivors of Suicide Day. The 15th annual program features a panel of individuals who have lost a loved one to suicide and mental health experts. The day allows those who have are bereaved after a suicide loss to connect in their local community and online in a supportive and healing environment. The program is also available online at www.afsp.org and will be archived for two years. Location: Riverside Doctors Hospital, 1500 Commonwealth Avenue, Williamsburg (off route 199 and I-94). Time: 1-2:30 pm, Main Conference Center. Each year, nearly 38,000 people die by suicide in the U.S., and over 1 million die worldwide. Every one of them is survived by loved ones and friends. For some survivors, AFSP's International Survivors of Suicide Day is the first time they will share their grief, reach out for support and support others. To learn more, please visit www.afsp.org.

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Hey Neighbor!

FESTIVAL OF TREES FUND-RAISER FOR THE YMCA

November 23, 2013

The Festival of Trees has been the R.F. Wilkinson Family YMCA's annual fund-raising event since 2002. Last year the event raised over \$56,000. YMCA programs provide participants enriching and positive experiences that are vital to strengthening our community. However, program fees do not cover the full cost of our vital community programs, nor do they provide financial assistance so that no one is denied a chance to participate because of an inability to pay. The funds we raise through this event offers opportunities to those who might otherwise be unable to enroll, and helps make our community a better place to live and work. The R.F. Wilkinson Family YMCA is hosting our annual Festival of Trees event at Miller Hall on the William and Mary Campus at 6:30 pm. The fun-filled event will include heavy hors d'oeuvres from local caterers, music and a silent/ live auction. Call 757-229-9622 to buy tickets or for more information or go to <https://www.501auctions.com/festivaloftrees/>.

Hey Neighbor!

COLONIAL WILLIAMSBURG EMPLOYEES ARTS AND CRAFTS SHOW

November 23-24, 2013

Colonial Williamsburg Foundation employees, volunteers and retirees will once again combine their time and talents for their annual Fall Arts and Crafts Show 10 am – 5 pm. Show and sale will be held at the Historic Triangle Community Services Building, located at 312 Waller Mill Road. Admission and parking are free and open to the public. Each crafter uses his/her spare time and talents to create unique handmade gifts. Several media are represented during the show and sale, from jewelry and textiles to woodcrafts and photography. Fabulous jams and handmade birdhouses are only a portion of the treasures available for personal enjoyment or as a special gift for that certain someone. Since 1983, the Colonial

Williamsburg Employee Arts and Crafts Show has been held a widely regarded and valued tradition as one of the best shows locally. Employees, volunteers and retirees come from all areas and divisions of the Colonial Williamsburg Foundation to share their voluminous talents and passions outside of their jobs with the public in this very special show and sale.

Hey Neighbor!

GIVING FROM THE HEART OF THE ACADEMY

November 26, 2013

All are welcome to attend an outreach assembly at Williamsburg Christian Academy on at 2 pm, focusing on the school's "Giving From The Heart Of The Academy" project. This school-wide Thanksgiving outreach project in partnership with ten local churches will provide 100 Thanksgiving dinners to less fortunate families in our area. The meals have been heart-fully collected by the students, faculty and families of WCA. Farm Fresh has donated the turkeys for each meal. Enjoy the uplifting and encouraging ceremony, as our community unites at this time of Thanksgiving. Call 757-220-1978, ext. 113 for more information. 101 Schoolhouse Lane, Williamsburg.

Hey Neighbor!

54th ANNUAL CHRISTMAS HOMES TOUR

December 7, 2013

The Green Spring Garden Club, Inc., features houses beautifully decorated with holiday floral arrangements. All are private residences and located in and around the Colonial Williamsburg Foundation's Revolutionary City; some are open for the first time for this year's tour. Tickets are \$25 if purchased in advance by mail, \$30 if purchased on December 6 Or 7. For detailed information on houses and to order advance tickets (through Nov. 20th), visit the Garden Club's website at: green-spring-garden-club.org. For questions contact Rita Grove, Tour Chair, 757-564-9134 or Marijane Harper, Club President, 757-565-7855.

Hey Neighbor!

AT CHRISTMAS BE MERRY

December 14 & 21, 2013

A Special Holiday Evening at Historic Jamestowne. Sir George Yeardley, Virginia's Governor in 1620 invites you to a very special evening program in the church at Historic Jamestowne. Departing from Colonial Williamsburg's Visitor Center, you will travel along the Colonial Parkway with your guide who will offer insights into early English Christmas traditions and what Jamestown settlers expected during their Christmastide. Upon arriving on Jamestown Island, you will be escorted along a cresset lit path to an early Virginia Christmas celebration. After a welcome by Governor Yeardley and singing carols in the historic church, you will herald in the season by the bonfire as you witness the firing of the Christmas guns in the shadow of the old fort. Tickets are required and go on sale in November 2013. FMI: 757-229-4997. Historic Jamestowne, Jamestown, VA. For more information call: 757-229-4997 or visit www.historicjamestowne.org.

Hey Neighbor!

WILLIAMSBURG MUSIC CLUB 50th ANNIVERSARY (4th Event)

December 18, 2013

"A Holiday Concert Survival Guide" presentation by Dru Stowe. This is the 4th event of the Williamsburg Music Club's 50th Anniversary year monthly celebrations. The program, which is free and open to the public, begins at 11 a.m. in Lewis Hall of Bruton Parish in downtown Colonial Williamsburg preceded by Coffee & Conversation at 10 a.m. For more information contact Sylvia Lynn 757-741-0006 or www.williamsburgmusicclub.org.

Hey Neighbor!

LORNA LUFT AT THE KIMBALL THEATRE

December 21, 2013

ShowStoppers Productions presents Lorna Luft on at 2 pm and 7:30 pm at the Kimball Theatre in Williamsburg; all seats are \$40. Come and celebrate the Christmas season with Broadway, film and

television actress Lorna Luft singing her favorite Christmas songs with a mix of all the "Songs My Mother Taught Me." A celebrated live performer, stage, film and television actress, best-selling author, recording artist and Emmy nominated producer, Lorna Luft continues to triumph in every medium with critics labeling her one of the most vibrant, versatile and exciting artists on stage today. Born to legendary entertainer Judy Garland and producer Sid Luft, music and entertainment was an integral part of her, and her sister's (Liza Minnelli), childhood. From her early work with her mother to spectacular concert performances, acclaim on Broadway, and in television, Lorna proves again and again that she's a stellar entertainer, proudly carrying the torch of her family's legendary show business legacy.

ABOUT HEY NEIGHBOR!

Hey Neighbor! is a free service for non-profit organizations, churches and civic groups. Please submit short paragraphs (as you see on these pages) to communicate your needs or planned events. Flyers, PDFs, etc. will not be included. Send your submissions in a Word document or as part of your email to: HeyNeighbor@cox.net.

I check the Hey Neighbor! inbox once during the month when I am in production. If you have questions that need to be answered in a timely fashion, please email me directly: meredith@williamsburgneighbors.com

Due to limited space, there are times when all announcements are not available for viewing in print. Please visit our website WilliamsburgNeighbors.com and click on Hey Neighbor! to view all of the announcements.

Thank you for reading **Next Door Neighbors!**

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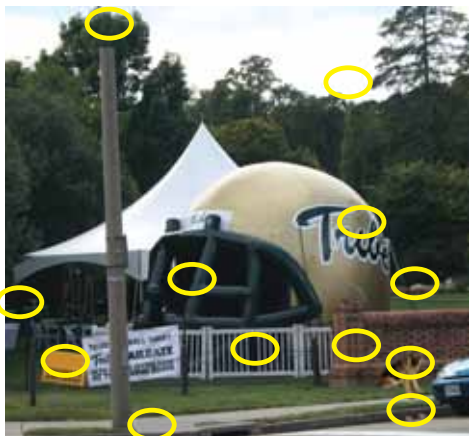
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**Look for the answers
in the next issue of
Next Door Neighbors.**

November 2013
In the Neighborhood
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