

October 2011

WILLIAMSBURG'S

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VOL. 6, ISSUE 10

Discovering the people who call Williamsburg home

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A Healthy Life

Local
Doctors on
The Top 8
Health
Problems in
America

Dr. Anh Campbell

ARTS

Carlton Abbott
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I wanted to present something new in this year's health issue so I spent some time on the Internet looking for a fresh idea. When I wandered onto the Livestrong.com site, I knew what direction I wanted to take.



Meredith Collins, Publisher

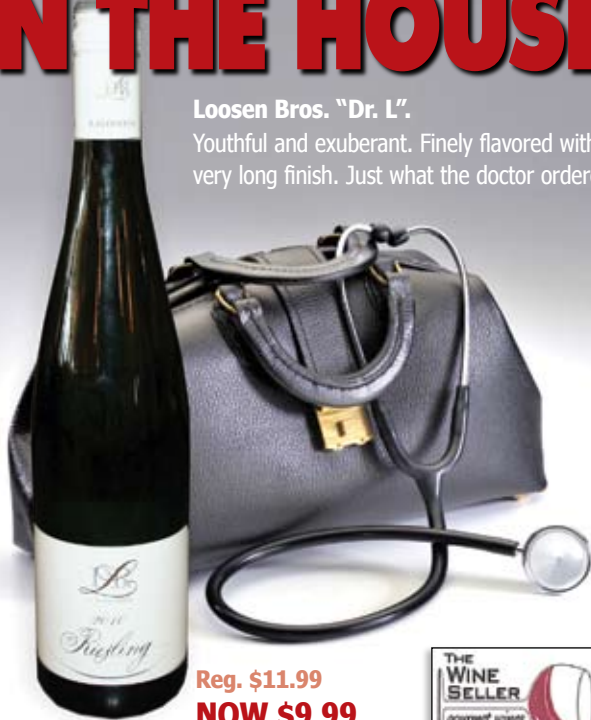
This site lists the Top 10 Health Problems in America according to the Mayo Clinic, a non-profit organization that is a worldwide leader in medical care. While I knew we wouldn't have the space to address all ten health concerns on a local level, I felt like we would be able to cover at least eight.

We then asked local doctors who are specialists in these areas to allow us to interview them so they could share their knowledge with *Next Door Neighbors* readers. Read on to see what you can learn about:

The Top 8 Health Problems in America:

- | | |
|-------------------------|--------------------------|
| 1. HEART DISEASE | 5. INJURIES |
| 2. CANCER | 6. DIABETES |
| 3. STROKE | 7. ALZHEIMER'S |
| 4. RESPIRATORY DISEASES | 8. INFLUENZA & PNEUMONIA |

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1. HEART DISEASE

Dr. Anh Campbell

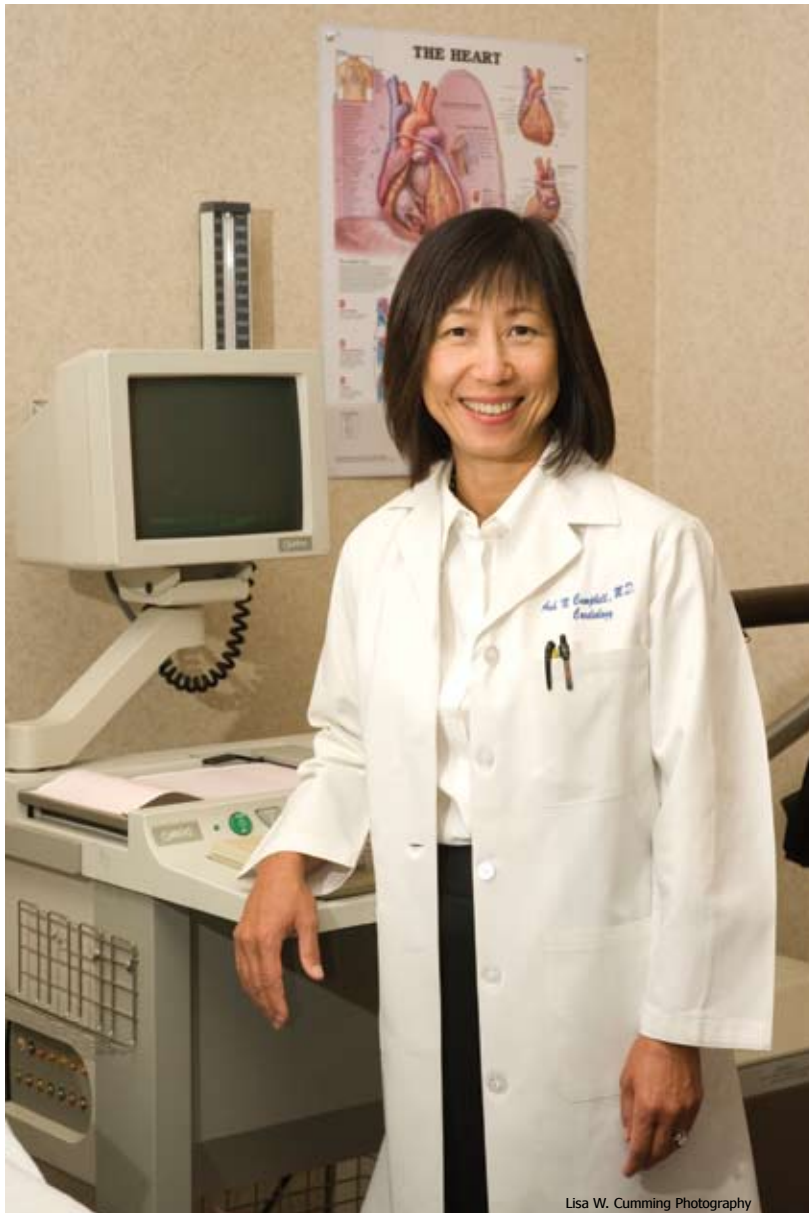
By Linda Landreth Phelps

Normally, hearts are sophisticated yet reliable pumps that perform without a hitch. But as with all intricate systems, there are countless ways for something to go wrong. Chances are something will happen, since heart disease in its many variations is the number one cause of death for both men and women in the United States, outstripping all forms of cancer combined. When a problem is suspected, a cardiologist such as Anh Campbell, MD, is needed.

From her earliest days, Dr. Campbell knew she wanted her career to involve taking care of people. She was considering the field of oncology while interning at Washington D.C.'s George Washington University Medical Center when she was inspired to take a different direction.

"I spent a month in the Coronary Care Unit, and it changed my interests completely," Dr. Campbell says. "The heart is so complex; you're dealing with an organ that pumps every second from the time you're in utero."

Dr. Campbell went on to become board certified in both Internal Medicine and Cardiovascular Disease. She has been practicing since 1994 when she moved to Williamsburg, and opened her own office, Advanced Cardiovascular Institute, three years later.



Both she and her husband, Dr. Glenn Campbell, are doctors; he is an ophthalmologist. They are the proud parents of a son, Sam, 17, who is a freshman at Virginia Commonwealth University. Although he has been encouraged by them to explore other career choices, Sam expresses an interest in following his parents into the medical field.

Even in the midst of being a wife and mom and building her busy practice in Williams-

burg, Dr. Campbell has spent time speaking in the community about heart disease in females. She is aware that many women are unaware of how different heart attack symptoms can be for them.

"I've been doing this for 17 years," she says, "and I have become convinced that the most important thing I can do is to teach the prevention of heart disease. We can't cure it - once you have it, unless you die from something else, it is ultimately going to be fatal, however long that takes."

In 2010, heart disease cost the United States \$316.4 billion according to statistics from the Centers for Disease Control and Prevention. This staggering total includes the cost of health care services, medications, and lost productivity, so maintaining good

health is a sensible thing to do. If we want to live a long, productive life, we need to do our best to prevent heart disease or catch it before it has a chance to do much damage. For this, early detection is crucial.

In the last decade, there have been some new developments in testing about which Dr. Campbell believes the public should be made more aware. Chief among them is a non-invasive, painless test called Electron Beam Com-

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puted Tomography (EBCT) that can detect artery-clogging calcium plaque before any symptoms are present. Unfortunately, it's usually an out of pocket expense for the patient because it's considered to be preventative rather than diagnostic, but it may be well worth the \$250 price tag for someone who has risk factors for heart disease.

"If they have been reluctant to make lifestyle changes to reduce that risk, knowing early that they do have plaques may motivate people to take their health more seriously," she says.

Another newer test that Dr. Campbell finds helpful is Coronary CT Angiography, which is a scan of the heart with dye contrast which will reveal any blockages or narrowing of the coronary arteries. It does not have the risk of stroke associated with the more invasive angiogram, and is recommended for patients who are experiencing some symptoms but whose stress tests aren't showing any problems. It's costly, but may be covered by insurance.

If these tests show you don't have it already, how can heart disease be prevented?

"Everyone knows the risk factors by now - smoking, obesity, family history, diabetes, high blood pressure, high cholesterol," Dr. Campbell says. "Some we can affect by diet, exercise and medication and some we can't."

A few of the well-known ways in which we can gain control over our health deserve a quick review.

An apple a day by itself may not be enough to keep the doctor completely away, but when part of a healthy diet, it might help. Limit sugar and salt, and when it comes to picking fruits and vegetables, the more colorful, the better.

Exercise is part of maintaining an appropriate Body Mass Index (BMI), and the Surgeon General recommends at least 30 minutes of moderately intensive exercise a day. If handball, rollerblading or Zumba® isn't your thing, something as simple as a brisk walk that gets the heart rate up and keeps it there a while will do. If you don't have a pet, borrow a neighbor's dog for motivation, or find a friend to walk with who'll keep you accountable.

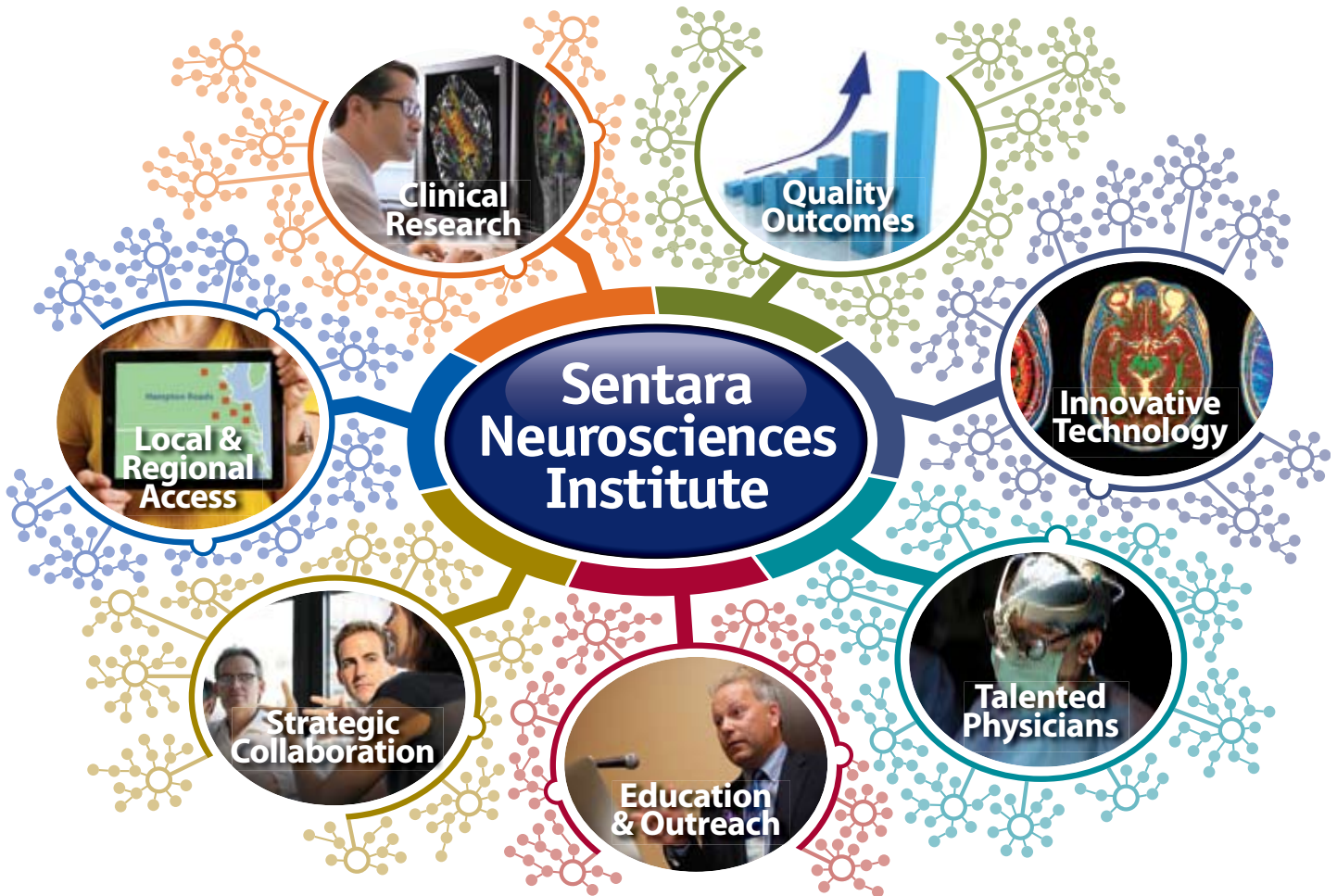
The best decision about tobacco is to not use it in any form. If you smoke, stop, and if you can't do it for yourself, stop smoking for the health of others you love. An Institute of Medicine report says that even brief exposure to secondhand smoke startlingly increases likelihood of a heart attack or cardiovascular disease. The good news? If you quit, your chance of heart disease begins to decrease almost immediately. You'll get bonus points for quitting, too. Nicotine constricts blood vessels and grey matter depends on good blood flow to stay sharp, so what's good for the heart is also good for the brain.

A proverb says that a "merry heart" is the best medicine, so when you're perusing the movies at your local Redbox, check out the comedies first. Stress, negative emotion and depression are all risk factors for heart attack as well as stroke. Happier people are less likely to develop heart disease, since laughing releases a rush of endorphins that relax and expand blood vessels.

Speaking of merry hearts, what about a glass of red wine? It's been said by some that a glass a day for women and up to two for a man is beneficial, but Dr. Campbell is more conservative.

"I don't recommend my patients start drinking alcohol if they don't already, particularly when purple grape juice has the same benefit as red wine," she says. "Grape juice contains antioxidants known as flavonoids, and a grapeseed extract called Activin® is very helpful in preventing heart

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disease.”

When it comes to healthful lifestyle, Dr. Campbell believes she can't talk the talk without walking the walk. In her case, it might be more accurate to say she runs the run.

“I exercise every morning from 5:00 to 6:00 - that's my time,” she says. “I do two marathons and two half-marathons a year, plus an hour of yoga once a week. To reduce stress, I've also meditated ever since I took a course in Transcendental Meditation in college.” Dr. Campbell has taught patients who have poorly controlled high blood pressure how to do it, too; she has seen them lower their blood pressure as much as ten points by meditating for ten minutes twice a day.

Dr. Campbell also suggests everyone keep a watchful eye on cholesterol. A new blood test she often uses is called NMR Lipoprofile, and it does more than measure the usual HDL, LDL and triglycerides. This test accurately quantifies the number and size of harmful particles in the bad stuff (LDL) that cause coronary artery disease.

She also advises utilizing natural ways to help keep cholesterol at healthy levels - exercising and taking fish oil supplements. However, the most effective way is something most people don't want to hear.

“I tell my patients there is a secret to preventing heart disease, and it is this: become a vegetarian,” Dr. Campbell says. “If you have heart disease already, the only way to arrest or reverse its progression is by sticking to a strict vegan diet with no animal-derived products such as eggs or dairy and no added oils. Unfortunately, not many people jump with joy at the thought, even if they'd feel better.”

According to Dr. Campbell, she has seen patients suffering with painful, crippling angina turn their lives around. After two weeks of a vegan diet, their angina disappeared and they were able to resume their former active lifestyles.

“I always highly recommend Dr. Caldwell Esselstyn, Jr.'s book, *Prevent and Reverse Heart Disease*, in the hope that my patients will act on his simple, lifesaving message,” Dr. Campbell says. Dr. Esselstyn believes that conventional cardiology has failed patients by developing treatments that focus only on the symptoms of heart disease, not the cause.

Since Dr. Campbell is both healthy and fortunate and has no risk factors for heart disease, she's not a vegan. She does, however, try to adhere to a mostly vegetarian diet.

“It's hard sometimes, especially if I go out. I'll occasionally order fish or a grilled chicken salad, but I never eat red meat or pork,” she says. “As a doctor, you have to practice what you preach or you lose your believability.”

If more people followed her sound advice and excellent example, Dr. Campbell would soon go from a busy cardiologist who spends long hours treating sick patients to a woman of relative leisure. She would probably use the extra time wisely, to shop for fresh fruit at the Farmer's Market or squeeze some more cardio into her physical fitness regime. She would almost certainly use that time to schedule more of her frequent community service talks. Dr. Campbell declares, “I'm going to spend my next decade spreading the message that heart disease can't be cured, but it can be prevented!” NDN

For more information visit these websites:

- www.alz.org/alzheimers_disease_facts_and_figures.asp
- www.cdc.gov/nchs/fastats/lcod.htm
- www.surgeongeneral.gov/library/secondhandsmoke/factsheets
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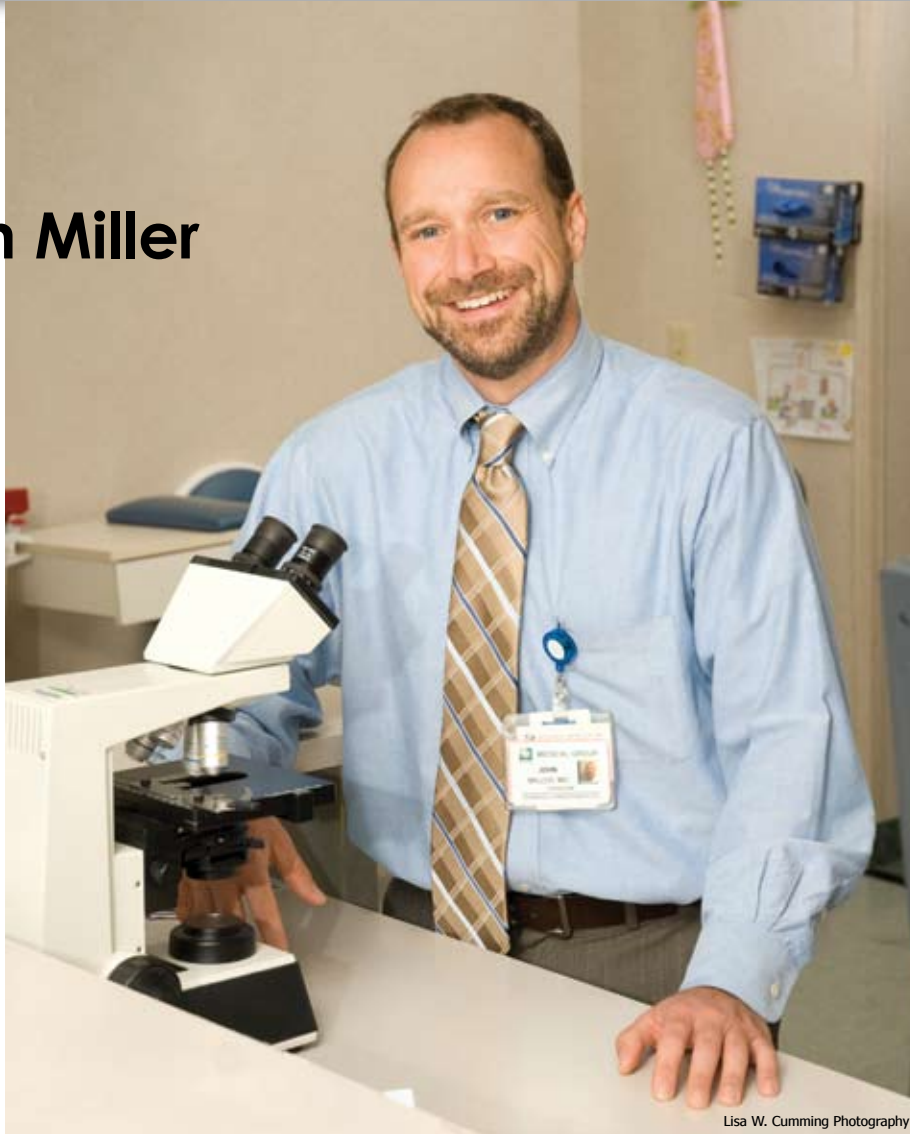
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2. CANCER

Dr. John Miller

By Ryan Jones



Lisa W. Cumming Photography

Hope is a four letter word - one with a positive connotation. It forms the invisible substance that inspires us to press forward despite having to face discouraging obstacles and opposition along the way.

For those in the Williamsburg community who are battling potentially life-changing illnesses like cancer, a sense of hope not only provides strength and comfort in times of difficulty, it also serves as an integral part of a successful treatment program.

"I think it plays a big role in cancer treatment," says Dr. John Miller, who is a practicing

oncologist with Riverside Health System.

"People who have a good attitude are able to have a strong faith. It's amazing. Despite having an aggressive metastatic disease, some people who have that faith will do a lot better, and you

can't really explain why. Having a good support network like a spouse or family members who can help that person is just as important. It's key. If you walk into a room and there are seven or eight family members there with the patient, you know they are going to try to do everything they can to help that person get through

what they are going through. The patient will have someone to lean on."

Helping to support those who are fighting cancer hits a lot closer to home than many of us realize. According to the American Cancer So-

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ciety, one-half of the men in the United States will be diagnosed with some type of cancer during their lifetime. One-third of the women are likely to contract the disease. Large chunks of time and money continue to be funneled into research geared toward improving early-detection and treatment methods that increase the

how cancer develops and progresses. We're still trying to unravel the biology to make the treatments better. It's not so much that the medicines are improving in some cancers; it's how they are being tailored to fit a specific person."

There are a myriad of different cancer types Dr. Miller works with in his practice, all of

ronmental factors are the culprit. In still other cases, there is no known cause for the diagnosis. While there is no sure-fire way to prevent cancer from occurring, there are some things we can do to increase our chances of avoiding the disease.

"We are right on the cusp of tailoring treatments more based on DNA, or the arrangement of how cancer develops and progresses."

~ Dr. John Miller

The American Cancer Society advises the following common sense precautions:

- Avoid the use of alcohol and tobacco products.
- Minimize exposure to the sun and UV rays.

longevity and quality of life for those in recovery.

"President Nixon started the war on cancer in the 1970's when he started pouring billions of dollars into research," Dr. Miller says. "I think we are just scratching the surface. The biggest advancement in the last 10 or 15 years is that we are right on the cusp of tailoring treatments more based on DNA, or the arrangement of

which develop when the cells in a particular region of the body begin to grow out of control. This abnormality is caused by damage to the cell's DNA, which misdirects the cell's activities. The causes of this process are still somewhat of a mystery to scientists despite the exhaustive research and testing that has been conducted over the years. In some instances, cancer has been found to be hereditary. In others, obvious envi-

- Eat a healthy diet and get plenty of exercise.
- Ask your doctor about cancer screenings appropriate for your age and circumstances.

These tips for healthy living will not only help minimize the risk for cancer, but will also improve the chances of avoiding other major health problems. There are, however, no guar-

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antees that any of us will live a cancer-free life.

For those who have contracted the illness and are undergoing treatment, a competent oncologist with good communication skills can be a lifeline for both the patient and family members.

“For me, it’s about helping people and caring for people,” says Dr. Miller. “I always thought about it in high school, but instead of doing service in that direction, I decided to serve my country and went to the Naval Academy. I worked for five years as an oceanographer in Guam and in Norfolk, but the thought of being a physician never left me. I decided to pursue it after I left the military.”

Originally from Lafayette, Louisiana, Dr. Miller returned home with his wife and daughter to attend classes at Louisiana State University after his stint in the Navy. Soon after that, he and his wife learned they would be welcoming twins into their fold. The couple decided to move to Williamsburg, a location a little closer to her immediate family who live in nearby Norfolk. Dr. Miller then completed his studies at the Medical College of Virginia with a residency and fellowship in Oncology / Hematology.

Today, Dr. Miller enjoys keeping up with his children’s hobbies and going for an occasional jog. He says his work as an Oncologist has changed him for the better.

“I’m thankful for every day. It makes me realize how limited our time is, and that we should be thankful for what we have no matter what kind of bumps life has in store for us. It strengthens my faith quite a bit.”

Such is the mind set for a man who spends a significant portion of his time working to save and prolong the lives of residents in the Williamsburg community.

When leaving Dr. Miller’s office, one can’t help but notice the striking image of a waterscape situated front and center on the wall in the lobby. The beachfront scene portrays white curtains blowing in the salty wind of an open window, partially concealing the waves of the ocean beyond. While the picture likely conjures up pleasant memories for those who pass by each day, the depiction of the gently rolling surf also serves as a stark reminder that life is no day at the beach for many who enter the double doors of the Peninsula Cancer Institute.

Even so, the imaginary breeze that escapes from the canvas seems to whisper a certain four

letter word of healing for those who wait to see Dr. Miller and his associates: Hope. It’s the universal balm for the soul. No matter which side of the fence our lot falls on, hope is a power that is intensely relevant and accessible for each of us.

For those wanting to help others in the community who are fighting cancer, the American Cancer Society offers ideas. With such programs as Road to Recovery (a volunteer program that assists those without means in getting transportation to cancer treatments), Look Good, Feel Better (a community based program that teaches cancer patients tips for looking their best during chemotherapy), and many others like the well-known Relay for Life, the opportunities to get involved are limitless.

Whether you are a cancer survivor, a patient, or a supporter of someone undergoing treatment, it seems that Plato’s assessment of life in ancient Greece still holds true centuries later here in Virginia’s colonial capitol:

“Be kind for everyone you meet is fighting a hard battle.” NDN

For more information please visit: www.cancer.org

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3. STROKE



Lisa W. Cumming Photography

Dr. Shawke Soueidan

By Alison Johnson

Dr. Shawke Soueidan is a survivor – of war in his childhood home of Beirut, Lebanon, where bombs whizzed over his apartment building and a sniper's bullet once flew into his living room, and, between the ages of 8 and 9, a bout with polio that left him paralyzed and at times unable to speak.

Dr. Soueidan's family hunkered down in a basement during days of heavier shelling, eating bread and drinking water carried in buckets. He beat polio through months of hospitalization and physical therapy. He survived and thrived as a 13-year-old immigrant to America, learning English and cultural lessons by watching television shows such as Happy Days,

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Today, Dr. Soueidan's professional mission is to help people survive a stroke, the country's third-leading cause of death. His message: while the best strategy is prevention, doctors still can do a lot to help patients if they head to an emergency room quickly once symptoms appear.

"There's a myth that people can wait and see if symptoms go away, but there's no good reason to do that," says Dr. Soueidan, 49, a doctor at Riverside Williamsburg Neurology and Sleep Disorders Center. "If the symptoms do go away, great, but we still need to evaluate why that person had a stroke. The idea that a transient or 'mini' stroke isn't so bad is absolutely wrong, because that person is at risk for a devastating stroke in the future. We want to do everything we can to prevent that future event."

Strokes occur when arteries supplying the brain become blocked by a clot or burst, starving brain tissue of oxygen. They kill more than 137,000 people a year in the United States, trailing only heart disease and cancer, according to the American Stroke Association. Stroke also is the nation's leading cause of adult disability. Because age is a risk factor, communities such as Williamsburg tend to have higher rates of stroke than areas with younger populations.

Signs of trouble include sudden difficulty walking, seeing or speaking normally; weakness on one side of the body; and severe, unexplained headache. Patients who reach a hospital within three to five hours often are candidates for a medication called tissue plasminogen activator, commonly known as tPA, which can dissolve blood clots. People who don't respond to tPA or are slower seeking help still have options. Up to eight hours after a stroke, for example, doctors can insert a small catheter into blocked blood vessels and literally pluck out clots.

"There is so much we can do," Dr. Soueidan says. "We just need people to get to us."

According to Dr. Soueidan a few risk factors for stroke are out of a person's control, including age and a genetic predisposition to blood clots, but many are not. His top advice: maintain a healthy body weight, eat plenty of fruits, vegetables and whole grains, exercise regularly, don't smoke and control chronic conditions such as high blood pressure and cholesterol, diabetes and sleep disorders. Doctors also may recommend daily aspirin or a prescription medication to guard against blood clots.

Dr. Soueidan's desire to become a doctor began during his turbulent childhood. Education, his parents taught him, was the path to a good career and a stable life. His father, from a poor village in Lebanon, didn't start school until age 14 but became a lawyer. His mother had a seventh-grade education but could speak and write four languages and threw her heart into helping her four children succeed (and they did: one of Dr. Soueidan's siblings is a dermatologist, one a civil engineer and one an architect).

Dr. Soueidan focused on school even as he learned to judge the size of bombs fired during the Lebanese Civil War based on vibrations, crashes and thuds alone. When he contracted polio, his parents didn't let him feel sorry for himself. "They always made me feel like a normal kid," he says. "Like most children who get sick, I just figured out what I needed

to do to play the games I wanted to play, and I did it.”

Several years after he left the hospital, Dr. Soueidan was playing the piano one day when his father yelled at him to get down on the floor. He heard a bang, saw a flash of light behind his dad’s head and looked up to see a bullet hole in the wall just above the piano.

“You mature faster,” he says. “You don’t have time to be a regular teenager. We were in survival mode, trying to create some sort of safety network.”

After the sniper fire, his parents decided they had to get out of Beirut. They followed two relatives who had settled in Detroit, Michigan, and later moved their family to Pennsylvania. In America, Dr. Soueidan marveled at all the stuff, especially the bounty of food in supermarkets. He rejoiced at the taste of cereal and peanut butter and jelly sandwiches. School was easy for him – easier, in fact, than it had been in Lebanon. He graduated from high school when he was just 16.

Awarded a scholarship to study medicine at the American University of Beirut, where war had temporarily ceased, Dr. Soueidan earned a medical degree and a master’s in neurophysiology, or study of the brain, spinal cord and nerves. He chose his specialty out of fascination with a professor’s research on pain pathways. After training at Emory University School of Medicine in Atlanta, Georgia he took a clinical research position in 1990 at the National Institutes of Health.

Ultimately, however, Dr. Soueidan decided he wanted to see patients and have an immediate impact on their lives, like the doctors who had treated his polio. He moved to Williamsburg in 1992 to start in private practice. After nearly two decades here, he enjoys running into current and former patients around town and is almost always up for a chat.

Dr. Soueidan has four daughters, ages 5 to 19, and is grateful for the security that they and his American-born wife, Cynthia, can enjoy. He does allow that his childhood memories at times make connecting with his teenage daughters difficult.

“Their attitude is that life will be good,” he says. “That is wonderful, but their thoughts are very different from what mine were at the same age.”

With his parents and other family still in Lebanon, Dr. Soueidan returns to his home country once a year. The ongoing “Arab Spring” in the Middle East, which has ousted dictators in Egypt, Tunisia and other countries, has him hopeful for greater democracy in the region – even if it may look different from the American form of democracy he has embraced.

Dr. Soueidan has maintained some Lebanese traditions in his life, including fasting during the holy Muslim month of Ramadan and cooking native stews. In addition to English he is fluent in Arabic and French. To stay healthy, he eats lots of salads and tries – with irregular success, he admits – to walk or use an elliptical trainer daily despite residual weakness in his right leg from his polio.

“I have been so very blessed,” he says. NDN

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4. RESPIRATORY DISEASES

Dr. Vijay Subramaniam

By Rachel Sapin

The American Lung Association reports that an average adult takes 15 to 20 breaths per minute; that adds up to over 20,000 breaths per day. It's a statement that just might stop us in our tracks and make us reassess how well we are taking care of our lungs, a part of the body that is so vital to life.

When it comes to avoiding respiratory issues, Dr. Vijay Subramaniam has simple advice: Don't smoke.

"Seventy percent of the common respiratory diseases we see are smoking related," he says.



Lisa W. Cumming Photography

Dr. Subramaniam practices with Sentara Pulmonary & Critical Care Specialists in Williamsburg. He was born in India, but raised

in the small town of Logan, West Virginia. Growing up in a coal-mining town gave Dr. Subramaniam

first-hand experience of the tragic effects of respiratory disease. "Everybody smoked where I grew up," he re-

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members. "I've seen a lot of people with black lung disease, and I've also seen a lot of people with lung cancer."

When Dr. Subramaniam was in medical school, he found he really liked the field of respiratory medicine, and decided to specialize in it. Today, he lives with his wife and children in Williamsburg, where he feels he is able to give back to his community through working with patients with respiratory-related issues.

"Williamsburg, being a retirement community, has a lot of people that have smoked for 20 or 30 years," he says. "We see a lot of COPD [Chronic Obstructive Pulmonary Disease]. Cigarettes are kind of a gift that keeps on giving, even though you stopped smoking 10 years ago. What damage has happened is irreversible. Unfortunately, a lot of people think that when they stop smoking, their lungs will heal - that's not really the case."

Respiratory diseases linked to smoking are not only common for smokers but for those who experience smoke secondhand.

"I think the biggest thing that has been done for respiratory disease is the ban on smoking in public places," Dr. Subramaniam says. "Where it used to be a norm, now they've made it dif-

It's sponsored by the National Cancer Institute (NCI) and conducted by the American College of Radiology Imaging Network (ACRIN) and the Lung Screening Study group.

"Unfortunately, a lot of people that we diagnose with emphysema or even cancer, it's because of second-hand cigarette smoke..."

~ Dr. Vinjay Subramaniam

icult for people to smoke. Unfortunately, a lot of people that we diagnose with emphysema and even cancer, it's because of second-hand cigarette smoke - they were married to a smoker, or their parents smoked."

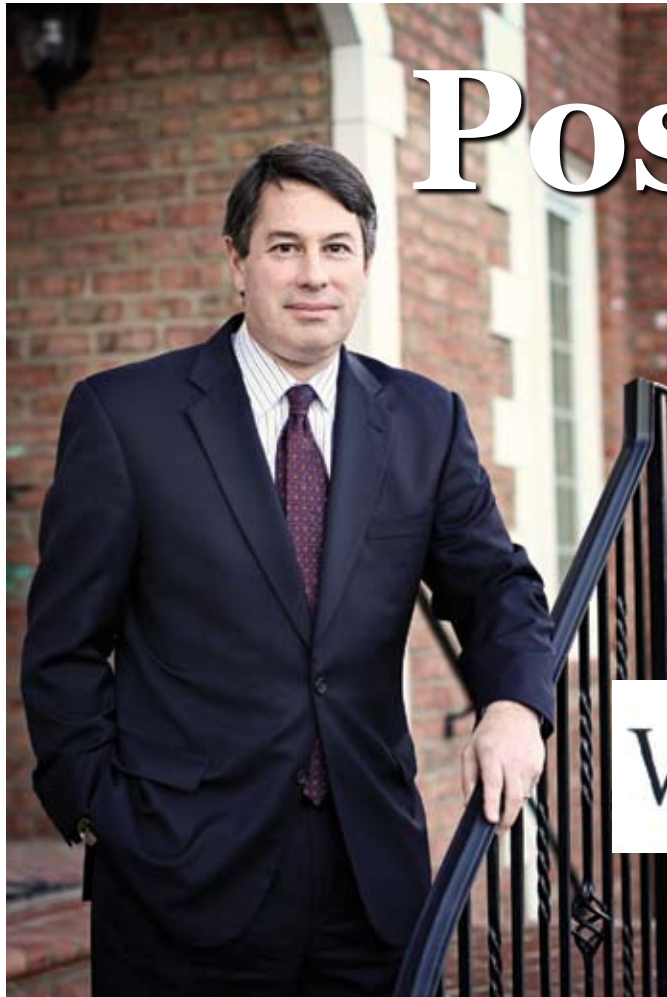
Dr. Subramaniam's advice to longtime smokers and those who experience second-hand smoke on a regular basis is to look into pre-cancer screenings and research.

"Just keep looking out for new information in regards to early diagnosis treatment of lung cancer," he explains. He points to the National Lung Screening Trial as one resource for learning about new findings about early diagnosis.

Another respiratory issue that is common in Williamsburg - whether you smoke or not - is allergies.

"I would say the Virginia Peninsula has some of the worst allergies that you'll see in all of Virginia," says Dr. Subramaniam, reflecting on that time of year when pollen coats the landscape. "Williamsburg, because of the weather where it gets cold enough that things can go dormant and come right back up, there is always a lot of pollen in the area."

One word of advice he gives to individuals with allergies that really act up during certain seasons is to know their allergies. "I know I



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have mild allergies to grass, and when I know I'm going to get hit, I just take a little over-the-counter antihistamine," he explains.

He applies the same principle to helping his daughter, who also struggles with allergies during certain seasons.

"We know what her allergies are, we've had her allergy-tested, and we know when we need to be a little bit more careful with her," he says. "We sometimes give her some over-the-counter medicine when there's a lot of pollen out; we may not let her play outside as much as she normally does."

Of course, Dr. Subramaniam does not advise individuals to go overboard protecting themselves from dusts and germs that are often unavoidable in the daily grind.

"You have to build up an immune system," he says.

That's one reason you won't find Dr. Subramaniam and his family sitting at home much: his children are avid swimmers and soccer players, and the family travels often. Since moving to Williamsburg two years ago, Dr. Subramaniam notices that his family spends much less time on the couch than they did in their previous hometowns.

"The amount of TV-watching we do has re-

ally decreased," he contentedly explains. "With Williamsburg and James City County in general, there's so much available for children, so much available for families. We'll go to the Living Museum or we'll go to Richmond. Over the weekend, we decided to go to DC because we had the weekend off."

Unlike other diseases, maintaining a healthy respiratory system is not as simple as say, eating certain foods or maintaining a specific exercise regimen. According to the American Lung Association, regular check-ups are also an important part of disease prevention and that it is especially true for lung disease, which sometimes goes undetected until it is serious. Having your breathing checked any time you visit your healthcare provider is a good preventative step.

Good lung health often comes down to the individual and their behavior. "It's very individual," Dr. Subramaniam explains, "and the best prevention is to not smoke and to avoid smoke." **NDN**

For more information, please visit the American Lung Association website:

www.lungusa.org

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5. INJURIES

Dr. Clarice Moussalli



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By Sandy Rotermund

Work deadlines loom, bills plaster the kitchen table like placemats, and your teenage son just got his driver's license. It's all good, you convince yourself as you grab a knife to slice your semi-frozen bagel. Things could be worse. As the knife bears down reluctantly, the phone rings startling you. You look down at your bleeding finger. Things just got worse.

Injuries, according to the Mayo Clinic, are the fifth major health problem in America. Dr. Clarice Moussalli, an emergency medicine

physician working at Sentara's Urgent Care in New Town, says that the types of injuries are also relevant to the age groups. "The major cause of death in young people is automobile and other accidents. And that's because of recklessness, lack of coordination or just not thinking. Accidents – that's what they die of," she says.

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In fact, in the U.S. motor vehicle crashes are the leading cause of death among those age 5 to 34, according to the Centers for Disease Control and Prevention (CDC). Dr. Moussalli acknowledges that alcohol plays a significant role, but it is not always present. Another factor may be that the coordination centers of the brain, in young boys especially, have not fully matured.

As for issuing driver's licenses, Dr. Moussalli, who is also the mother of a college-age son, is emphatic.

"Just give them an extra year and a half!" she says. "That part of the brain (at 17) has not matured enough."

Reduced coordination, coupled with alcohol, creates a deadly combination behind the wheel of a speeding car. The ability to make split-second decisions that could prevent an accident becomes impaired. The results can be devastating to the victims and their families.

Dr. Moussalli worked the front lines for ten years in the Emergency Room (ER) at St. Mary's Hospital in Richmond before joining Urgent Care in 1993. It was her first job out of medical school, but she knew the ER's high-

alert mode and the immediacy of response resonated with her.

"You have radar...you're listening to everything. You have to take it all in and put it all together. And you have to work with everyone, which is part of what I do like." Dr. Moussalli inhales deeply. "You're more wound up. It takes longer to come down. It's not sitting at a desk," she says, smiling.

That "aha" moment – where passion meets vocation – actually happened to Dr. Moussalli during a volunteer stint at Carolina Memorial Hospital during her college freshman year Christmas break. She was immersed in an environment of constant need coming from every direction. There were too many patients and barely enough medical staff to treat them. But, she thrived there.

"It was just something about the energy and bringing order out of chaos," she says. "I found this {the ER} alive. It just came together." And she's never looked back.

Dr. Moussalli's assessment and diagnosis of the older population's injuries points largely to falls.

"Balance is a big issue. Breaking a hip can

be the beginning of the end within one year," she says.

The CDC states that one out of three adults age 65 and older falls each year. In that same group, those falls are the leading cause of injury or death.

"The change in lifestyle {after a fall} and all these problems that go with it – it's just not being able to live the way you did before," Dr. Moussalli says.

Slower response time, diminished vision or hearing, and muscle weakness can also increase fall risk.

"All of our senses are a little bit off," Dr. Moussalli says. Her smile fades when she describes life after a mobility accident. "Life is different. Life is so different."

She suggests that family members and medical professionals together assess the older person's physical and emotional health and also inspect their home environment for safety hazards. The more the care-giving is tailored to the individual, the safer and healthier the person will remain.

For the middle-age group, automobile accidents rank high, Dr. Moussalli concedes; but so

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do injuries due to distraction, fatigue, and an over-burdened lifestyle. As with the younger age group, she restates prevention strategies.

“Wear your seatbelt, don’t text and drive, don’t drink and drive. These are true. Focus on driving. Leave the emotions at the door.

“Wear your seatbelt, don’t text and drive, don’t drink and drive. These are true. Focus on driving. Leave the emotions at the door.”

~ Dr. Clarice Moussalli

It’s not easy, but what you do is take a deep breath and just focus on the drive – no distractions,” she says.

Accidents in the kitchen with knives, slipping in the shower, the weekend-warrior’s wrestling match with his sharp toys in the garage workshop – Dr. Moussalli sees it all. And so much of it is preventable if a person takes the time to examine his environment for safe-

ty, his physical being for impairment, and his emotional self for distractions.

“Being in the moment,” Dr. Moussalli continues. “Okay, so you have all this emotional stuff. Okay, realize that you’re out of balance in your head as well as your body and just fo-

cus on one thing. Bring things into your environment that calm you and bring it {balance} back.”

For Dr. Moussalli, who is also board-certified in Integrated Holistic Medicine, nature and the ocean are her calming places. Long walks outdoors are her passion. For her patients, helping them bring calm to themselves so they can heal is her mission.

In her pursuit for alternative methods of disease prevention and healing, she is driven by this one thought. “There must be something else I can offer from my little black bag,” she says passionately.

The individual patient’s silent narrative speaks to her. “Connecting with them – the immediate connection and letting them be who they are – that’s what I love about the ER. It’s soul-to-soul.”

Dr. Moussalli sees her patients at their most vulnerable time, and they trust her.

“And that rawness I love because it’s true. It’s immediate.”

Chaos is a lifestyle for most. Multi-tasking, roles-without-restriction, and a pace that defies sensibility, and feeds stress – injuries inevitably become the order of the day. Thankfully, for Dr. Moussalli, restoring a healthier order from chaos becomes hers. NDN



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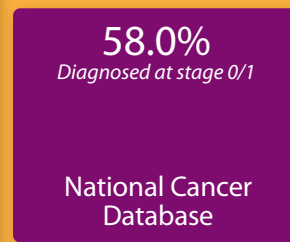
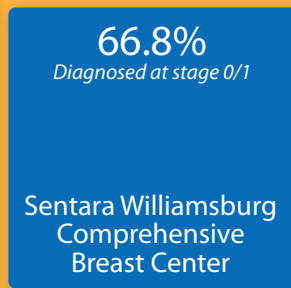
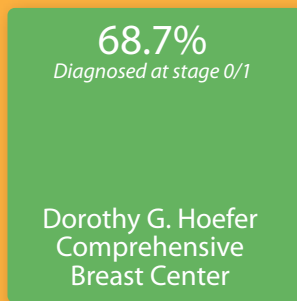
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6. DIABETES

Dr. Karen Knudsen

By Rachel Sapin

Dr. Karen Knudsen may have come to Virginia to participate in one of the best endocrinology fellowships in the country at the University of Virginia, but she stayed because she liked the life she could make for herself and her family here. Originally from Connecticut, Dr. Knudsen found the South a refreshing breather from the bitter New England cold, and the climate a better fit for her husband, who is from Australia.

"It's dark and rainy and expensive in New England," she explains, "and doctors make the same amount of money but everything costs twice as much."

She in turn enjoys the Southern hospitality

Virginia has to offer. "Down here people are just really appreciative of the work doctors do," she says.

As an endocrinologist, Dr. Knudsen works with a variety of hormone-related issues. "In the vernacular, sometimes people refer to us as glandular doctors," she explains. "But we're very dif-



Lisa W. Cumming Photography

ferent from the doctor who feels your neck if you have swollen glands from a sore throat.

Hormone is a very broad term. When you think of hormones, you

tend to think of women being moody or tearful, but the thyroid gland makes hormones. Cortisone is a hormone which helps you deal

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with stress; insulin is a hormone.”

The human endocrine system consists of a complex group of glands that regulate body processes by secreting chemical substances which produce hormones in the body. Having balanced hormones is important because hormones essentially serve as the messengers that tell other parts of the body how to work.

Hormone-related diseases such as diabetes result when our bodies produce too little insulin, or even develop a resistance to it. Type 2 diabetes is the most common form of the disease in the U.S., and many people with Type 2 diabetes don't even know they have it. This can prove to be a fatal combination, as Type 2 Diabetes has the possibility of bringing with it more severe health conditions if left untreated, including kidney failure, heart attack, stroke and nerve problems.

Although Type 2 diabetes is technically a chronic disease that also comes with a bit of a genetic component, Dr. Knudsen points out that the effects of diabetes can be greatly minimized by making healthier lifestyle choices.

“There is definitely an association between your weight, especially the weight that is around your stomach area, and the risk of getting diabetes,” she explains. “Making healthy food choices and exercising is important. Not only do these factors together help with weight loss, but exercise lets your body use glucose (sugar) in a way that's independent of insulin. It also increases your sensitivity to insulin that you either make or inject.”

Dr. Knudsen's advice to not only diabetics but to everyone is to know your numbers. “Know your BMI [Body Mass Index],” she emphasizes. “There are many people who walk around who consider themselves just a little bit heavy, but they are medically obese. Discuss with your primary care doctor whether you're at a healthy BMI.”

BMI is basically an individual's body weight divided by the square of the individual's height. A variety of websites offer online BMI calculators, including the National Institutes of Health.

“If your number is over 25, you're technically overweight, and over 30 is technically obese,” Dr. Knudsen explains in regards to BMI numbers patients should be aware of.

For readers who are interested in learning more about diabetes and diabetes-prevention, Dr. Knudsen recommends visiting vetted websites such as the American Diabetes Association and the American Heart Association; much of the advice given for preventing stroke and cardiovascular disease can also be applied to preventing or minimizing diabetes.

“Controlling blood pressure and cholesterol are intimately related,” she says. Dr. Knudsen also recommends a website called *The Journey for Control* where readers can peruse a variety of practical resources, including healthy eating recipes, tips on how to discuss the issue with your doctor, and worksheets such as a daily diabetes management diary.

Despite her busy schedule, which includes work, family, running, and trips to local farmer's markets, Dr. Knudsen continues to find joy in being able to help her patients with a disease that although chronic, can become much more manageable when patients commit to healthier lifestyle choices.

“It allows me to really have lifelong relationships with people and to make an impact” she says. “That's why people go into medicine.” NDN

Recommended websites: www.nih.gov, www.diabetes.org, www.heart.org, www.journeyforcontrol.com

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7. ALZHEIMER'S

By Linda Landreth Phelps

Dr. Patrick Harding



Lisa W. Cumming Photography

Had a "senior moment" lately? Anyone, even young people, can have occasional insignificant brain malfunctions, according to Dr. Patrick Harding, a Williamsburg neurologist who is certified by the American Board of Psychiatry and Neurology. Just because you can't find the remote control doesn't mean that it's time to worry - but if you find the remote in the freezer and have no idea what it's used for,

Dr. Harding recommends you call a neurologist for an appointment.

Dr. Harding, 43, a Neurologist and Sleep Disorder Specialist, is a Williamsburg resident who received his undergraduate degree from William and Mary, then attended Eastern Virginia Medical School for both his medical and post-doctoral studies. He and his wife, Aimee, parent two Lafayette students; daughter Grace

is almost 18, and son, Alex, is 16.

"I'm closing in on 50% of my patients being sleep disorder sufferers, but the majority of my practice is neurology," Dr. Harding says. Sometimes the diagnosis is Alzheimer's Disease (AD). Most families have been or will in the future be touched in some way by this illness.

Dementia is a generic term, a catch-all name for many different cognitive diseases. Facts

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and figures gleaned from the Alzheimer's Association website tell us that although not all memory loss indicates Alzheimer's disease, one in ten people over 65 has some form of dementia. Within that age category, Alzheimer's is the fifth leading cause of death, and more than half of those over 85 have the disease. Currently, 5.4 million people in the United States have this type of dementia, and, barring any startling new breakthroughs, it is predicted that at least 15 million Americans will be affected by the year 2050.

"If dementia is a pie, Alzheimer's disease is the biggest slice," Dr. Harding says. "Records show that AD makes up more than 60% of all dementia diagnoses. If we lived long enough and didn't die from other things, everyone would develop the tangles and plaques that clog the neural pathways of patients with Alzheimer's disease. One of the theories behind this disease is that it's a programmed cell death; brain cells are just coming to the end of their normal life span."

Because treatment and prevention of things such as heart disease and cancer have improved survival rates, more people are living longer, but those bonus years bring added risk.

Genetics, family history and age are the pri-

mary risk factors for AD. We can't change our DNA or turn back the pages of the calendar, but the probability of cognitive decline can be lessened or delayed by maintaining a healthy lifestyle. Doctors recommend we maintain an appropriate weight, avoid tobacco, drink alcohol in moderation, and stay socially connected.

The "use it or lose it" exhortation applies equally to physical and mental abilities. The more active our bodies and brains are, the more likely we are to keep a sharp mind as we age.

"If those cells don't feel needed, then they die sooner," as Dr. Harding puts it. "Exercise your mind - play brain games, do crossword puzzles, read books - anything to keep the mind active. Studies have shown that people who have more education tend to be resistant to the disease."

How's your health? Diabetics run a higher risk of Alzheimer's, as do people who have suffered head trauma. High blood pressure or cholesterol often lead to vascular problems including stroke and heart disease, and that can be an additional risk factor for development of Alzheimer's, or speed its onset.

Nutrition plays a significant part in preventative measures, too.

"Dark-skinned fruits such as blueberries and colorful vegetables such as broccoli and spinach are nutritionally superior," Dr Harding advises. "Some even call them 'brain foods'. Daily vitamin supplements can also be helpful; I usually recommend taking Centrum Silver."

Dr. Harding adds, "These are all good things, and I'm probably not practicing it as much as I preach it, but I do try to maintain a healthy, low fat diet and avoid fast food as much as I can. I drink rarely and socially. Thankfully, my genes are good and I have no family history of Alzheimer's."

There has been a lot of progress in the diagnosis of AD in the past ten years. It used to be that doctors had to infer its presence from symptoms such as confusion, personality changes, and memory deficits because the only definitive test was a post-mortem physical examination of the brain.

"Today we are becoming more aggressive in the management of the disease," Dr. Harding says, "particularly in patients who may have Early Onset Alzheimer's [diagnosis before the age of 60]." Doctors can test spinal fluid for certain proteins and do Positron Emission Tomography (PET) imaging of the brain. Not all memory loss is due to Alzheimer's. A sudden,

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temporary loss of memory can mean a Transient Ischemic Attack (also called a TIA or a mini-stroke) or something else that's not dementia at all.

While a biopsy remains the only definitive test for Alzheimer's, these tools allow doctors to rule out other causes, begin treatment earlier and slow down the progressive decline. Continued improvements in testing can mean that doctors will be treating preemptively and preventing mild cognitive impairment from reaching actual Alzheimer's status.

Aricept or Exelon are presently Dr. Harding's favored pharmaceutical heavy hitters brought into play when a diagnosis of AD is considered. Delivery can be either in pill form or by a transdermal patch if patients experience gastro-intestinal side effects. Kept in the bullpen warming up is another drug, Namenda, used in combination with the first drug of choice when the disease progresses to its later stages. The combination of the two is having good results, according to Dr. Harding, and patients on medication don't end up in nursing homes as quickly as those who have not been treated.

"One of the most common misperceptions of Alzheimer's disease is that it affects only the

mind, but it is a disease of the entire body, as well," Dr. Harding says.

It's also a disease that affects the entire family. Caring for someone who has been diagnosed usually falls to a family member, at least in the early stages, but in the probable course of things professional help is eventually required.

There is a big difference between the normal irritating, age-related slowdown of our mental processes and actual dementia. Everyone, should they live long enough, will have blips when they forget something and wonder if they're losing it. According to Dr. Harding, the point at which we should become concerned is when memory loss disrupts daily life.

"If you or a loved one can no longer do what you once knew how to do well - balance a checkbook, cook a favorite meal, call a friend's number without looking it up - that's not normal. Confusion with time or place, problems with speaking or writing, all these are signs of Alzheimer's," Dr Harding says.

Learn the following ten warning signs of Alzheimer's to know when to be concerned or when to just laugh it off as another harmless "senior moment". NDN

10 Signs of Alzheimer's

As Provided by the
Alzheimer's Association

For a more detailed explanation of
each warning sign, visit:

www.alz.org

1. Memory loss that disrupts daily life.
2. Challenges in planning and solving problems.
3. Difficulty completing familiar tasks at home, at work or leisure.
4. Confusion with time and place.
5. Trouble understanding visual images and spatial relationships.
6. New problems with words in speaking or writing.
7. Misplacing things and losing the ability to retrace steps.
8. Decreased or poor judgement.
9. Withdrawal from work or social activities.
10. Changes in mood and personality.

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8. INFLUENZA & PNEUMONIA

Dr. Thomas Tylman

By Emily Bowles

Dr. Thomas Tylman was called to pursue a career in Internal Medicine from his natural desire to understand medical conditions and his strong interest in interpreting how the body ages and handles disease. He has been dedicated to his specialty for thirty-two years.

In 1993, he helped found Olde Towne Medical Center and since 2004, he has worked with Sentara Healthcare in a multi-specialty group practice that employs two other physicians: Dr. Tara Khoshnaw and Dr. Kathleen Tylman, who also happens to be his wife.

Their marriage began in 1979.

"It seems like yesterday," Dr. Tylman says. "Every year we've worked together, so we're very used to it now. In the beginning, I guess there was a little competition but that was just in medical school and it was very brief. Once



Lisa W. Cumming Photography

we had children it was more about survival."

The two met as college students at Penn State and they attended medical school together. They later moved to Dayton, Ohio, where they completed their residencies simultaneously. Upon completion, the couple moved to Florida, both serving in the Air Force. Dr. Tom Tylman was a military doctor and Dr. Kathleen

Tylman worked as a civilian physician. They moved to Williamsburg in 1987.

Dr. Tylman believes healthcare is inalienable. "I really do think it is a right," he says. "I don't see it as being a privilege."

He is a member of Project Care, a network of care providers volunteering services to the uninsured across the Peninsula.

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"People are going to go to the emergency room. They will get care but it will be seven days into the illness instead of in an appropriate way," Dr. Tylman says. "The emergency rooms are overwhelmed. We recently did a survey of our Peninsula - Riverside, Sentara, Mary Immaculate - and they're all providing about twenty percent uninsured care."

When the health of one is compromised, the health of the community follows. "Herd Immunity" or "Community Immunity" is designed to protect the mass population from an outbreak by preventing the spread of contagious disease through immunization.

"In past days, you'd go to school even with the cold or the flu. And now, we want to be careful about that - stay home, get rest, wash your hands and cover your mouth when you cough," Dr. Tylman says. "You also want to be careful who you're around. We want to be careful with the pregnant woman who is carrying a very important passenger, with people who are in chemotherapy, and with the elderly, just to name three. When I go to church on Sunday it's amazing how many people are all coughing during the winter months and I think, boy, some of these folks really need to be home. Some of them seem so sick."

The strongest weapon against influenza is prevention.

"A week into it," Dr. Tylman warns, "there's not a lot of things you can give people other than cough syrup." He recommends that patients get their flu shot in mid-October, hopefully two to four weeks before an epidemic hits. When cough cuts off communication and the chills have you couch-locked, it's important to act immediately. Untreated influenza can develop into viral or bacterial pneumonia.

"The main symptoms of influenza are the acute onset of headache, fever, body aches, and cough. If one is treated within two days they can get antiviral medicines. After that it's symptomatic care," Dr. Tylman explains.

Antiviral medications, like oseltamivir (Tamiflu) reduce the virus' ability to reproduce. Dr. Tylman alludes to the 1918 influenza pandemic, which took over fifty million lives worldwide. "Now, that was before we had any of these anti-virals. Some of those [cases] then went into bacterial pneumonia. And there was no Penicillin, the first antibiotic."

Even with the amazing advances in modern medicine, pneumonia can still be a deadly disease. "It's mainly the little ones, the elderly, the chronically ill, and people on chemotherapy who are at risk - someone who is immunocompromised," Dr. Tylman says. "When there's a great seasonal shift such as what happened a few years ago with this novel H1N1 virus, not enough people had immune experience, especially the young [who] had never seen this virus. So it really swept through and was very harmful to the pediatric age group. The virus got a strong foothold before the infant or young child was mounting a good immune attack against the virus. Many youngsters were all already pretty sick before their immune systems were kicking in."

A shift in the viral strain can blindside any immune system. This is why it is so important to take responsibility in preventing influenza, by washing one's hands for example.

Helping people get well is only part of what Dr. Tylman does. In order to be effective in his work, he also has to keep up with the new demands of technology.

"It's a challenging profession because you have this changing technol-

ogy which is a wave that's coming. There's no way around it and it's sort of changed the dynamic of the patient visit," Dr. Tylman says. "And now, I think we're slowly getting onto the ship, but with each year there are more new changes on the horizon where there's more expectations."

Although this wave of technological expansion has greatly improved the medical industry, it is also an ongoing challenge faced by many physicians. Dr. Tylman stresses the importance of patients discussing their Internet research with their physician, and he reminds one to bring printed copies of articles to their visit. Skepticism, Dr. Tylman warns, is no reason for someone to stop taking their medication without a doctor's consultation.

"We want people to come in prepared for us to load their complaints into the computer," he says. "And most of us are using some kind of matrix to load the questions." The patient can describe their complaint following this matrix, a series of interrogatories which are phrased to lead to diagnosis. "First, you want them to say: Here's what bothers me. Secondly, you want them to tell you: When did it start. Third, you want to know what makes it better. Fourth, you want to know what makes it worse. Fifth, you need to know what was tried as treatment. Finally, you want to know if they've been evaluated for this in the past."

Doing so allows both physician and patient more time to engage in conversation or to address other concerns. "It would really be nice if we could handle as many problems as the patients want to throw at us. There's certain things you really can't rush through," he says.

What is the solution to this ever present problem of having enough time, which always seems to be running out? Dr. Tylman hints at two developments. The first, an electronic visit between patient and doctor via webcam, is in its experimental stage at Sentara. "I think someday, within the next year or two a way to have a normal visit will be through the computer." Also, a pre-visit questionnaire adhering to the matrix described above can be implemented into the office before the appointment, freeing more time for interaction between patient and caregiver.

"The constant change in medicine is incredible. Besides the technology, the EMR [Electronic Medical Record], you also have the rapidness of which medicines are changing and approaches to medicine change. And it's not a slow change, because of the Internet. It's wide open. Information is spread quickly, and not always accurately either."

Dr. Tylman advocates evidence based medicine as a tool for forming reliable assumptions. While the Internet is a great place to explore, the best way to receive knowledgeable answers to your health questions is engaging in meaningful conversation with your physician.

Connecting, relating, and sharing experiences with his patients, Dr. Tylman finds a special meaning in his career and a strong fascination for his field.

"Another reason I like medicine as I get older is I appreciate when I'm breaking down and it sort of helps me understand why I don't feel as good as I should on a given day."

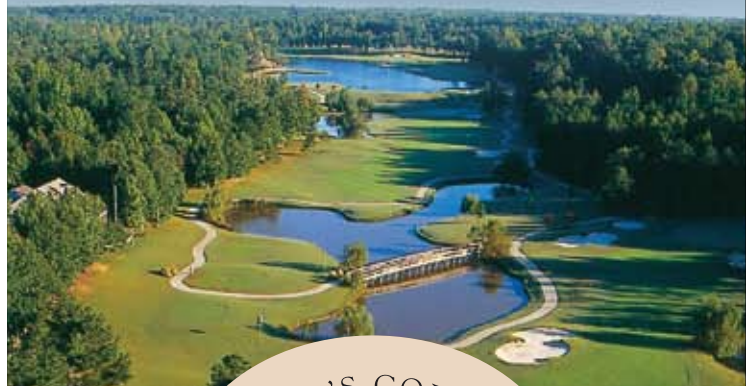
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ROY FEMENELLA



ON COMMUNITY LEADERSHIP SERVICE



Roy Femenella is chairman of Community Leadership Service's Operating Committee. Roy's 39 years working with a Fortune 100 company gave him rich and varied experiences in finance, marketing, sales, product management and government systems.

"So I have seen it all," he says.

In his last assignment as Corporate Vice President of Global Environment, Health & Safety, Roy was a member of his company's Corporate Social Responsibility Council. He

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"This is what got me thinking as I was approaching retirement and moving to the Williamsburg area."

He looked forward to his next set of challenges and opportunities to make a difference outside of the corporate world. He applied for admission to the inaugural class of the Community Leadership Service (CLS) program where he collaborated with a diverse group of individuals and community leaders to make a difference and to assist in addressing the major issues facing the community.

What is the Community Leadership Service (CLS) program and its mission?

The CLS mission is "to provide retirees, prospective retirees and individuals with flexible schedules, a broad un-

derstanding of the Historic Triangle – its people, needs, governing bodies, and key institutions – and to encourage participants to pursue volunteer leadership roles in the community."

The program is designed to provide participants with an in-depth view into the inner workings of the Historic Triangle unmatched by any other program. It is a unique opportunity to gain unequalled face to face access to key community leaders and gain knowledge of its institutions. Through this class individuals get a new perspective on how the community functions and what community needs fit with their own skills and interests. Classes form every other year and are limited to 25 participants to facilitate interaction and discussion.

When did you first become involved in the Community Leadership Service program?

I was a member of the inaugural class in 2006. I have served on the CLS Operating Committee in the planning of subsequent classes and currently serve as Chair of the committee. I'm privileged to have a group of dedicated CLS alumni on the current committee who, based on their program experiences, are committed to making the program as enriching and rewarding as possible.

Why was the Community Leadership Service program created?

Sponsored by the Greater Williamsburg Area Chamber & Tourism Alliance, CLS was created to complement the very successful Leadership Historic Triangle (LHT) program. LHT is the Chamber's program designed for people who are currently working. Professionals attend classes similar to CLS over nine months, preparing them for expanded leadership roles in the

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community. Under the guidance and leadership of Pete Cruickshank, who was instrumental in the creation of the LHT program, CLS came into being so that retirees would benefit from the same content over a shorter period of time to prepare themselves for volunteer leadership roles.

What subjects are studied by class members?

The program provides the broadest scope and most comprehensive discussion of a full range of community based activities. It consists of an orientation followed by 10 exciting day long sessions on Tuesdays covering areas such as: Area History, Local Government, Economic Development, Education, Arts & Culture, Courts & Public Safety, Health & Human Services and Local Military. It culminates with a graduation and reception. One of the features of the program

is on-site visits to rarely seen military, government, education and other venues — behind-the-scenes experiences on how these organizations really work. Think of being in the board room when meeting with the Colonial Williamsburg Foundation President on area history, or the James City County board room when meeting with Planning Commissioners and Finance Officers, or the Waterman's Museum Cabin for an economic development panel, or the William & Mary Business School for discussions on education, or local military facilities to meet with base commanders and armed forces' members.

Who facilitates the classes?

We are fortunate that classes are facilitated by community leaders in each of the areas covered to ensure that the agenda is robust and in tune with the current issues of the day. So you

may see an economic development director, public safety official, hospital administrator be a facilitator and be on a panel.

How would a person know if they would be a good fit for CLS?

If you have the time; the desire to learn about the community and its issues and needs; enjoy collaborating with a diverse group of individuals and community leaders to gain both personal and professional growth; and ultimately the commitment to apply one's unique set of life experiences and perspectives to make a difference, then you will definitely be a fit for the program.

How do you measure success in the program?

In my view success is measured by looking at the class alumni and seeing their dedication and involvement

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in the community across the broad spectrum of program areas. We have folks participating on boards of many community and homeowner associations, as well as, various volunteer leadership roles in non-profit organizations.

How is CLS funded?

CLS was initially funded by seed money from the Chamber and other area organizations. Currently tuition is \$500, which is used to cover administrative support, refreshments, meals, group transportation and other program costs. Past participants have called CLS an outstanding value.

What can the community do to assist?

Join us and submit an application for the most rewarding time you will ever spend. If you know someone who would benefit from the program, share the information with them.

What are the plans for the future of the CLS program?

Continue to make this the best program available. After each session we ask the class to complete an on-line evaluation of the day's activities, including venue and logistics. At the end of the program we hold a debriefing to discuss their feedback to ascertain what they liked, what didn't work and what needs to be changed. The program has been constantly upgraded and improved since its inception in 2006. With three classes having graduated, we have instituted an alumni program to keep the communications flowing among graduates, enrollees and the public; to enable graduates to serve as a resource to future classes; and to ensure that we provide an extension of the CLS class experience to all graduates.

How has working with the program en-

riched your experience of living and working in the Historic Triangle?

It certainly fulfilled my expectations for increasing my community awareness, establishing a network of community connections and enabling me to deliver something back to the community. With respect to the latter, I was extremely gratified to collaborate with several of my classmates to create the VolunteerWilliamsburg.org website. Through our CLS participation we saw the need to facilitate the interaction between volunteers and non-profit organizations. The website is a free, secure, online service that matches an individual's skills and desires with the volunteer needs of non-profit organizations. It is making a difference every day. That's what CLS is all about. NDN

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Generations

by Emily Bowles



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Mari Barb

Age 92

Mari Barb just celebrated her birthday - the completion of her ninety-second year of living life to its fullest. Mari was born in the south of France in 1919. In Paris, the Allies were discussing terms of peace in the wake of World War I at The Paris Peace Conference. In the United States, Congress had just approved the 19th Amendment guaranteeing women's suffrage, sending it to the states for ratification. The 18th Amendment authorizing Prohibition was ratified. Gasoline was twenty-five cents a gallon.

Upon first glance, one would never know the turbulent, full, dynamic history of this woman - that she speaks seven different languages and

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once cruised the streets in a Jaguar or how she made an impact in world affairs while traveling the globe and experiencing firsthand both World War II and Vietnam.

In fact, one would be challenged to correctly guess her age. Youthful joy exudes from Mari. There is an unwavering confidence, an air of certainty in her identity which radiates from her being. Her kind nature precedes her as she lifts the spirits of those in her presence. As she says, "I just talk to people, make everybody happy. That's my job."

The face of every patron brightens when they stumble upon Mari as she takes her place at her favorite local restaurant, J.M. Randall's.

"Everybody in Williamsburg knows me. I know everybody," she puts it simply. "I don't care which restaurant I go to. I arrive there and, 'Hey Mari, Mari.' They all come to the door and greet me. I've never been there but the people know me. When I go to the bank I don't have to show my ID to cash a check. I don't care which bank. I'm serious."

Rebecca, manager at the local Ruby Tuesday, beams when she sees Mari walk through the door. "You are Williamsburg's next door neighbor, Mari," she insists.

Her awareness is alluring. She expresses acceptance of both the horrors of war and the joys of love. Friendship seems to sustain her. As Mari says, "I like ninety-nine percent of people. I like any kind of people - you know I don't care if they are black, white, or purple."

Her appreciation for people is obvious, and it is easy to see why so many are naturally drawn to her.

"I give my stuff away. I'm 92. I don't need it anymore," she says matter-of-factly as she slips an oval, turquoise-stained mood ring of hers onto my finger. Mari makes a monthly contribution of care packages to Children's Hospital of The King's Daughters (CHKD), the troops, and other disaster relief organizations.

"I was married. My husband died in 1988," she says. "He's buried in Arlington. That's where I'm going to be buried. I have no children. But I have lots of kids. They are not mine, but look what they do for me."

Cards, flowers, and photo frames on her reserved table at J.M. Randall's display the love shared by Mari and Williamsburg's many residents and visitors, young and old.

J.M. Randall's server, Jessey, states: "She's the greatest. I love Mari."

Any evening of the week you can find her in her signature corner table with a cup of decaf coffee, bobbing her head to the latest live jams, soaking in the ambiance of the crowd.

"Every night I go home at two o'clock in the morning. I knew Randall's mom and dad and they invited me to come in and work here. They opened in 1995 and I came the first day they opened. I've been here since. I'm a part of the family. They do so much for the senior citizens here. Without Randall's, I don't know where I would be. It is my refuge."

She hands me her business card, sporting the J.M. Randall's logo with the words: *Mari Barb: Ambassador.*

Mari certainly lives up to her title by engaging the crowd and supporting local culture. "We have good music. Tonight we have

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Megan, the daughter of Chief of Police, Dave Sloggie. She's a good friend of mine."

Her band, The Dharma Initiative, sends sweet jazzy sounds out of the speakers, worthy of Mari's praise.

Mari manages to keep a trivia game going, displayed on the televisions surrounding the bar. With each correct answer, she proves to be tough competition to any trivia enthusiast.

"I'm number one in Virginia. People always ask me - how do you know that? I tell them, I know, I lived through it. When you're old, you know everything," she says smiling.

"I've seen lots of countries. I lived in Saipan for several years. It's next to Tinian. That's where they put the atomic bomb together in World War II. Many people think, Oh, it came here right from the states. It didn't. They put the bomb over there. It was close to Japan."

During World War II, Mari served the

French underground - special outfits that provided enormous aid to the Allies in the defeat of the German army. Among many heroic achievements, they saved lives by forming an underground railroad and

In the 1940s she traveled by ship to the United States and became an American.

"We came to Hamilton, New York. Music was waiting for us, the Army music, you know, for the people who came from the war. That was very nice."

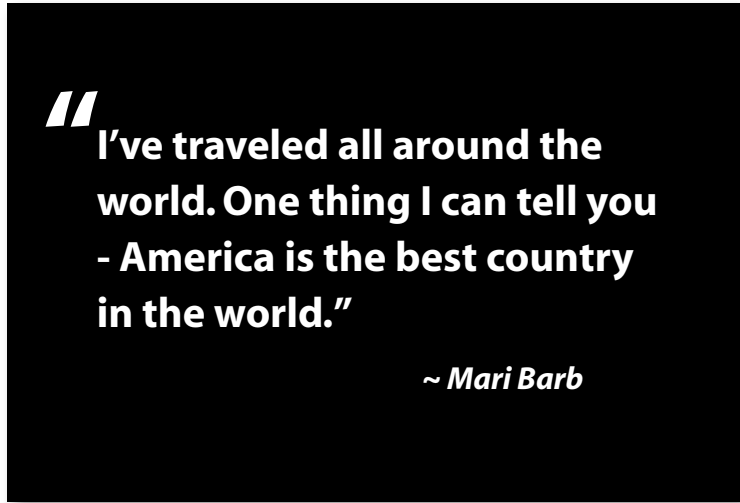
She reveals her first impressions of America.

"When I came to the States I was kind of shocked because I come from a small town. Seeing Broadway, and all those lights - it was to me, something really big."

After receiving a political science degree from Rutgers in New Jersey in 1952, Mari traveled to Williamsburg to Camp Peary. She reminisces about days gone by.

"In 1952 there was only one grocery store. It was on Duke of Gloucester Street. That was called A&P. You know Binns? That used to be Howard Johnson. It was so different."

Mari taps into her memories for more



smuggling the targeted innocent to safety. It was during this time that she met her future brother-in-law who introduced her to Army First Lieutenant, James Barb. They were married in 1945.

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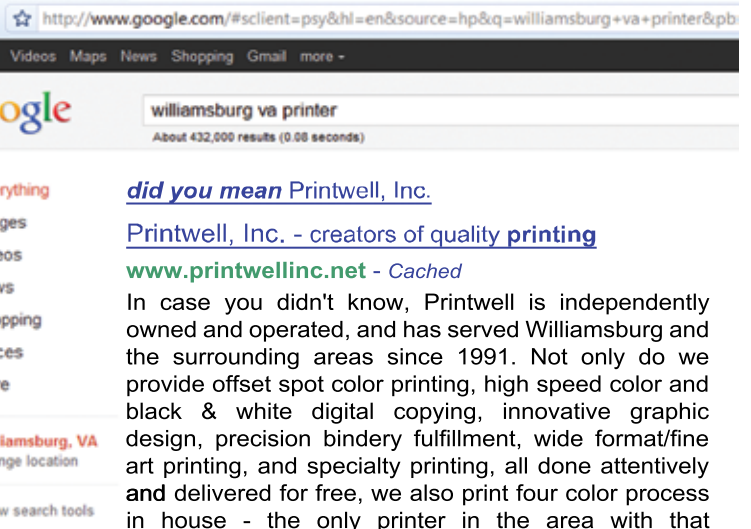
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words.

"I've seen wars, and so many things - so many bad and good things happen," Mari shares.

This is admirably rendered by her long, dedicated career to the service of America. She was a part of the pacification program, working as an interpreter with the Department of Defense during the Vietnam War. Mari speaks fondly of the Montagnard tribe in Saigon, Vietnam. She expresses her gratitude for the place she calls home.

"I've traveled all around the world. One thing I can tell you - America is the best country in the world."

It is commendable how one can adapt to so much change in their lifetime. Regarding the expansion of the absolute rights of women, Mari says: "It's about time!" She describes American women as leaders in this movement, compared to their European counterpart. "In Europe, the husband is always the boss. In fact, it was against the law [in Europe] for a military man to push the baby carriage because, a man is a man."

Mari's perspective allows her to accept a

greater picture.

"I don't believe in war. And World War II was different. In World War II, if the Nazis had taken over, we'd be under them right now. But now, there should be no war," she says.

"I was so happy in my lifetime to see a black elected President," Mari exclaims. She expresses joy for the Nation's unparalleled civil rights realization, however she is struck with nostalgia for Reagan's America - one full of pride and spirit. She finds it concerning that so many are suffering in this current economic situation.

"This country is so good, and we're going to lose it if we don't wake up," she warns. So how do we awaken our neighbors? Mari's solution: "Vote." She urges young people to utilize instinct, and to be inspired by quality over party loyalty when choosing the worthy candidate.

Mari's life is an excellent illustration of striking the perfect balance between work and play. Her pursuit of knowledge and interaction has fostered wisdom and passion.

When Colin Farrell, actor, was in the area with the filming of the 2005 movie, *The New*

World, he ate several meals at J.M. Randall's. To escape the adorations of eager young fans he befriended Mari. He attended her birthday party, bringing her two dozen roses.

After leaving town, he mailed her a baseball cap with these words inscribed: *You're too old for me* - Mari's catch phrase intended for young men in the area intoxicated with her charm.

There is something about Mari - a gripping optimism filled with insight. Beneath her complex story lies peaceful simplicity as depicted by one of her favorite hobbies:

"I feed the birds. They wait for me in the morning. All of the birds are interesting. I'm a bird watcher."

Mari is truly a humanitarian. She overlooks no creature's significance. It is hard to imagine how we would live our lives at age 92. Most of us probably won't see those days - but if we do, we can only hope that we could also appreciate the significance of fully embracing life the way Mari does - accepting life as it comes and enjoying the simple joys of each new day. NDN

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DR. MELINDA
LINCOLN-RICHARDSON

From...

Good Employee to Great Employee

By Greg Lilly, Editor



Lisa W. Cumming Photography

For job searchers, and employers trying to identify the best people to hire, Dr. Melinda Lincoln-Richardson is a good person to know. She has professional insight into what makes a good employee become a great employee.

Years of learning and teaching in the United States and England, along with experience in the Homeland Security Agency, have given Dr. Lincoln-Richardson a deep insight into how people develop and implement skills. A com-

pany's performance depends on the traits and skills of the people guiding, managing and operating the business. Dr. Lincoln-Richardson says the most important skill an employee can have is strong communication abilities.

Originally from Pennsylvania, Dr. Lincoln-Richardson knew she wanted to be an educator early on.

"My mom was a teacher," she explains, "and she influenced me greatly in the teaching arena.

We have a series of teachers in the family."

Dr. Lincoln-Richardson remembers visiting her mother's college at the age of eight. "Everything was so impressive: her university, the people and the teachers. When I came home, I knew that was my goal, to be a teacher."

She earned her teaching degree in secondary education. "I took three or four more degrees," she says of her love of learning. "Another Bachelor of Science, another Master's. I took certifi-

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cation on conflict resolution, where I became a mediator for families in crisis, and an education mediator, where I actually implemented strategies to curtail drama and stress and tragedy in secondary schools. Columbine [the Colorado high school that was the site of violence in 1999] had just hit. I remember talking to the principal at Columbine High School about the tragedy.”

At her home school district in Fairfax County, Virginia, Dr. Lincoln-Richardson implemented a program as part of her doctoral studies in communication and education. “I came up with a program known as *Conflict Resolution Communication: Patterns Promoting Peaceful Schools*. This book came out around 2001 or 2002 when I was in Oxford, England.”

She had traveled to Oxford to finish her doctoral studies at George Mason University. “I had never experienced education as I did in Oxford. It was one-on-one. I loved this style of learning. It prepared me so well for my defense when I came back to the States. I felt like a ripe apple, ready to fall off the tree.”

Once she returned to the States, she began teaching again in secondary schools. “I had the wonderful experience of learning abroad and teaching abroad. I started teaching again in Virginia. Also I taught some classes at George Mason University.”

Dr. Lincoln-Richardson left high school teaching and took a position with the U.S. Department of Education. “They brought me in as an education program specialist working with grants,” she says. She ensured that grant money was used effectively for educators and that the grants delivered the expected return on investment. “I did that for about two or three years then I went over to the Department of Homeland Security.”

At the newly formed agency, she was hired as an ombudsman to define workplace issues and find solutions. “I knew I would love the work,” she says. “I was an ombudsman for 45,000 screeners for the Department of Homeland Security and TSA [Transportation Security Administration]. They would call with workplace issues. I worked with them effectively and very successfully. The way I did it was the same way that I teach conflict resolution. I had been teaching negotiation and conflict management for the University of Maryland for about ten years.”

She says that when she teaches and when she works as a mediator, she always instructs how to actively listen. “Listen - separate the emotion,” she says. “Identify the issue. Have the participants in the conflict speak respectfully and without interruption, so you know where they are coming from. But make sure the emotions are removed. That’s a tough thing to do. But when you do it, that’s how you move forward to the solution.”

She says this is the basis for great on-the-job communication as well and part of what she teaches for Thomas Nelson Community Colleges’ Workforce Development programs.

Careful, active listening is important in conflict resolution as well as everyday business. There will always be some sort of emotion in communication whether it’s confusion, boredom, enthusiasm or apprehension. Once that emotion is removed then communication can advance. Active listening helps move toward a goal.

Another aspect that Dr. Lincoln-Richardson suggests is tapping people’s real skills and abilities. “That allows everyone to make a contribution, and together, we make progress toward our objective,” she describes.

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"That's one of the greatest lessons I have learned, and it's so easy and cost effective because there is no dollar amount to it. When you have an employee, or a student, you always find something worthwhile in their work, and you praise them for what they are doing well. In return, they will give you a ten-fold increase in productivity, in effort, in effectiveness. I have always seen this and I tell everybody: Thank people for what they do for you because they will give you more than they know they can."

Praise can lead to a better understanding from both parties. "When you offer praise, they see you [the employer] in a new light because you're listening to them, you care about them," explains Dr. Lincoln-Richardson. "Once the praise is there, you also offer constructive feedback for further development and continuous improvement. I use myself for a role model. I let my students or my employees know that I am always in a constant state of learning. No matter how old you are, learning never stops."

She adds that this open exchange of praise and constructive feedback is the next step in

sound business communication after active listening.

She describes a job market that is team-oriented, and that environment requires strong communication. "That's a skill that employers look for because so much work today is in teams and groups."

Teamwork necessitates the ability to listen, to ask questions, to summarize what you believe you heard - all components of active listening. "If you, as a team member, are given a task or assignment, you should be able to feed it back for confirmation so you don't go off on the wrong track," Dr. Lincoln-Richardson says.

"The job market is so tight today," she adds. "I believe employers look for confidence within the individual. Employers want strong communication skills including listening, isolating an issue, being able to resolve or bring forth alternatives to a problem effectively."

She explains that people learn these skills throughout their lives based on interaction with other people, recognizing what skills produce results and which ones do not. "It begins with the nurturing. I go right back to the family structure. Parents are generally the first role models children have, and then maybe, nursery

school or kindergarten teachers, or a church figure or a coach. It starts early," she says. "While going through the school system, the children have mentors, role models and teachers. The children take the best traits of these people and apply those to their abilities and find their own way." By the time children attend college, they fine-tune communication skills there. "That's why universities require a communications class," she adds.

Employees and managers sometimes drift away from the basics, but Dr. Lincoln-Richardson says these are skills that can be polished when used often. She suggests business owners should evaluate the effectiveness of their employees' skills and contact a local university or college to assist in refresher courses if needed.

A good employee can become a great employee with strong communication skills, according to Dr. Melinda Lincoln-Richardson. Listen actively, praise abilities, offer constructive feedback for continued improvement, and then utilize these skills in a team environment to achieve a business goal. An employee who can communicate solves problems and moves a business forward. "Communication is the key," summarizes Dr. Lincoln-Richardson. NDN

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NATALIE BARNETT

HARD WORK PAYS OFF

By Greg Lilly, Editor

Like a lot of things, to do well in gymnastics takes hard work. That life lesson isn't learned by the time a child is four or five years old, except for budding gymnasts. Natalie Barnett, the program director and team coach at the Williamsburg Indoor Sports Center's (WISC) Gymnastics Center, says that is one of the goals of early training.

"The girls discover hard work pays off," Natalie says. "Failure is intermediate; it leads you to success later."

Natalie started her time in the gym at the age of seven. "That was actually a late start," she explains. "Gymnastics is a young person's sport, and most kids start as early as four years old."

She had been in dance classes and wanted to try gymnastics too. "I ended up being good at it and got better quickly. I made it onto a team



Lisa W. Cumming Photography

by the time I was eight years old." She was working her way to Level 10 before a knee injury pulled her from USA Gymnastics (USAG) competitions.

The USAG is the governing body for the sport in the United States, setting levels of proficiency, Levels 1 through 10.

"Levels 1 through 6 are compulsory levels,"

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Natalie explains, "where everyone does the same routines. It's very developmental, progression-oriented. Levels 7 through 10 are called optional levels - that's when you are choosing the different skills that you are good at. What you see in the Olympics is the Elite Level, which is after Level 10. They have a different governing body - the FIG, the Federation of International Gymnastics."

For a gymnast to move from one level to the next involves such things as a full year of training, and skill mastery and competition scores, depending on the requirements of the particular level.

"My knee injury wasn't caused by gymnastics, but genetics," Natalie states. "My mom had the same surgery. After I quit competitive gymnastics, I joined the high school team and competed at Oakton High School in northern Virginia. I was able to compete there at a slightly less demanding level. I really enjoyed that because it was more of a team-oriented focus."

After high school, she continued her education at Virginia Tech and competed with the gymnastics club there. Natalie began to teach and coach in Fairfax County's Parks and Recreation program. In 2005, she moved to Wil-

liamsburg with her husband.

"He grew up here," she explains.

Natalie says that women's gymnastics can be divided into different disciplines. "There is artistic gymnastics, which is the most popular one that you see," she describes. "It has four events for women: the vault, uneven parallel bars, balance beam and floor exercise." This is the one that most gymnasts begin learning.

"There are other areas like rhythmic gymnastics that are all on the floor with different events like the ribbons or some other prop like clubs or the hoop," she says. "Then there are other branches like trampoline and tumbling. Gaining in popularity are the acrobatic gymnastics where as a team, either in pairs or groups, the gymnasts perform together." She describes the acrobatic variety as the performances people see in a circus or in the popular *Cirque du Soleil* shows.

Natalie takes her students through the progression of skills given by USA Gymnastics. "I want to make sure they start with the basics," she says. "The student needs to be strong enough and flexible enough to go through the skills. They need body awareness to know when we say to straighten a leg, they can do it. The primary goal is safely progressing through the

skills." When working with children as young as four or five years old, body awareness and strength are important foundations.

These foundations add drills so that the student can accomplish a goal after some practice. "For example teaching the cartwheel, which is a basic gymnastics skill. We break it down into different phases and use creative ways of teaching the child to go through the drills," Natalie explains. "We drill the starting position, how the legs dynamically kick over, [and the] hand placement. We break those down into different stations and let the child practice each one and then we put them together for a more successful attempt."

In the first year, a child learns the basic skills of forward rolls, backward rolls, handstands, cartwheels and a strong bridge. "A bridge is a backbend," Natalie clarifies. "Then on the bars, the child should have strength to hold her chin up above the bar and accomplish a mount called the pull-over. On the balance beam, we work through any fear of getting on the balance beam and learning to balance on it."

For vaulting, which seems scary to an adult, the student learns the concept of running fast then changing that body motion from running to jumping on the spring board in order to



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propel herself up onto a block. "We use a flat, wide table," Natalie adds.

With the prescribed Levels 1 through 6, basically the first six years of learning gymnastics, everyone does the same events. This produces a well-rounded, deep skill set for the gymnast. This is unlike some other sports where kids are pulled toward a skill they do well early on and then focus only on it – like a kicker on the football team or a sprinter on the track team.

"That's what makes it such a challenging sport - the number of skill sets the kids have to master all at the same time," Natalie says. "Within an event like balance beam, you have to be dynamic and powerful, but also you need to be graceful and have balance. On vault, it's basically the power event. You have to run fast and be explosive off the board, but still have good form. There is a lot of physics involved in gymnastics, bodies in motion. We're trying to teach that to kids too. Like they can't be loose when they hit the board, they need to be as

rigid as possible."

Gymnastics is a sport for all sports. Natalie explains that children may start out in a Tiny Tumblers class with their mother where they

other is doing great. It's a long-term project. I remember doing it myself and the coaches who helped me the most. I want the girls to learn how to do the skill because when they finally

"The girls discover hard work pays off. Failure is intermediate; it leads you to success later."

~ Natalie Barnett

do obstacle courses that develop gross motor skills.

"Then we do smaller drills that build the fine motor skills," she says. "The child develops balance, rolling, body awareness." A number of sports build from those basics. "It helps with soccer, with dance by building strength for jumps and leaps, and of course with cheerleading," Natalie adds.

Natalie has stayed with the sport because of its ability to teach life lessons. "It's very demanding sport," she says. "A kid might not be doing well on a certain event one day while an-

master it, they are so proud. I remember so many kids learning and achieving. I marvel at that. The girls are so excited and proud of themselves when they master a skill. The proof that hard work pays off is when that new skill translates into success at a competition. You should see the look of pride the girls have. That's what keeps me doing it every day."

The experience of performing in front of judges and crowds of people helps the young gymnast learn to "rise to the occasion," Natalie adds. "They gain self confidence and the knowledge that hard work will pay off." NDN



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CARLTON ABBOTT

A
Special Occasion
in Williamsburg

By Greg Lilly, Editor



In a little over a week, *An Occasion for the Arts* will transform the streets of Williamsburg into a two-day festival of visual and performing arts. An early catalyst for this event, and a treasure of the national art and architecture scene, is Carlton Abbott.

Many people know Carlton for his list of

architecture and land planning awards, which include local projects like Waller Mill Park, Chippokes Visitors Center in Surry, the Peninsula Fine Arts Center in Newport News, the Virginia Beach Visitor Information Center, The Archaearium at Historic Jamestowne, and the Courtyard of Philanthropy at the entrance of

the Colonial Williamsburg Visitor Center.

Others know Carlton Abbott as a gifted artist who helped establish and nurture *An Occasion for the Arts*, now in its 43rd year.

“My family was very much involved in the arts and architecture,” Carlton explains. “My grandfather graduated in the Class of 1900 at

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Columbia University in New York City with a degree in Architecture. He went to work for his uncle who was Henry J. Hardenbergh.”

Henry J. Hardenbergh designed the iconic Plaza Hotel in New York City. “My grandfather married my grandmother around that time. She was an artist who had been to the Rhode Island School of Design and The Cooper Union,” he adds.

Their son, Carlton’s father, was Stanley Abbott, the designer of the Blue Ridge Parkway. “My father went to Cornell University and studied Landscape Architecture. He graduated in the Class of 1929.” Stanley Abbott was the first employee of the parkway and the resident landscape architect. “It was 1934, and my father shows up in Roanoke [Virginia], which was going to be the headquarters of the parkway,” Carlton explains. “They weren’t sure of the exact location of the parkway at that point. The designs for the Blue Ridge Parkway were done on my mother’s dining room table.”

Carlton was born in the neighboring city of Salem, Virginia.

The construction continued for years, and during that time, Carlton’s grandfather would come to Salem to visit. “He taught me to draw – a chair, a shoe, things that are not easy to draw,” Carlton says of his first artistic endeavors. By 1950, the family moved to Washington, D.C. “My father was an expert on parkway design. He was working on a parkway by the Mississippi River and one in California through the redwood forest,” Carlton says. “Then they said they were going to build the second phase of this parkway in Virginia. See, the parkway between Williamsburg and Yorktown was built in the 1930s. The section my dad came to design was between Williamsburg and Jamestown for the 350th Anniversary of Jamestown. That’s why we moved here.”

Carlton drew and sketched throughout school. When he graduated from James Blair High School, he went to the University of Virginia to study Architecture. After college, he wasn’t sure how long he would be free before the Army took him. “That first summer out of school, I didn’t have a very favorable draft card number,” he says, “and thought within three months I’d be in Vietnam. I started painting and doing a lot of artwork.”

His concentration on art led him to the Virginia Beach Boardwalk Art Show where he displayed his work. “This year will be my 50th show,” he says. No other artist has shown at the event for 50 consecutive shows.

His artwork provides faster gratification than the slower processes of architectural approvals through committees and agencies. The planning for architecture projects can take years before something physical takes form. “For a creative person, it’s frustrating not to see your work develop faster,” he explains. “With architecture, you have to develop all these ideas and nurture it through the political and economic processes. Art gives you an immediate creation, like a drawing that you can see and hold.”

Carlton’s architect side and his artist side complement each other as well as meld together. “I’m constantly looking at textures, colors and relationships of forms in spaces. I can’t go down the street without re-designing something in my head,” he says. “It definitely informs your spatial knowledge and your creative knowledge about what to do. The techniques are different – pastel and pencil are certainly different than bricks and mortar.”

His art runs the gamut of traditional, representational drawings and paintings of buildings and boats in precise detail to more impressionistic seascapes of swirling color to the abstract soft curves and hard edges of object placement and relationship. “Those shapes,” he says of his abstract work, “come from my land design work. These are mental studies I use to take to another place.”

A man who knows how to take advantage of his free time, Carlton cre-

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Suzanne Thoman

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When you become ill, you have the right to make informed decisions regarding medical treatment options. What occurs if you are unable to make medical decisions yourself? Who would speak for you? Would they know what you want and don’t want? Now is the time to make sure your wishes are known.

One way to make your wishes known is to put them in writing through a Virginia Advance Medical Directive. Without this document, your health care providers will not know your important medical care decisions such as life-support, pain management or hospice choices.

You may ask “Why do you need an Advance Directive?” An Advance Directive gives you control over your health care decisions and provides information to the healthcare team if you are unable to communicate. It guides the decisions of the health care team and provides comfort to your family, preventing them from guessing what it is that you would want.

What would you do if you only had six months left to live? Would you want to spend any of that precious time with an attorney planning for when you can no longer make decisions for yourself? Would you want to let your family guess as to what you would want? The best time to create an Advance Directive is before you are sick... when you have clear understanding about your options and can communicate them to your family and doctor.

If you do not have an Advance Directive, your health care providers will look to your family to help make decisions about your care. If they are unsure or cannot agree, a court appointed Guardian may be requested to make decisions for you. A Guardianship proceeding requires multiple attorney involvement, an appearance before a judge and may cause undue delay in treat-

ment.

An Advance Directive names a person that can make decisions for you if you cannot and states your preference for life-support if you are terminally ill or are in a “persistent vegetative state.” This person is chosen by you, and named in the document to make certain that your wishes are followed. This new document gives you the opportunity to personally choose your wishes and give clear instructions to follow based on your specific medical condition.

The new Virginia Advance Directive is not to be confused with a Health Care Power of Attorney and Living Will that were implemented prior to Virginia adopting the Advance Medical Directive in 2009. Many individuals ask if they have the previous documents do they need to complete an Advance Medical Directive as well? No, it is not required to create a new Advance Directive, you need one only if you wish to include more specific information about your medical wishes, religious beliefs, or if you wish to prevent Court involvement in the case of dementia or mental illness. Instead of simply giving your family the power to make your medical decisions, as the prior documents did, the new Advance Directive is a set of instructions to your family thereby removing the burden on them.

“If only.....” is something we have all said to ourselves. If you are over the age of 18 you owe it to yourself and your family to execute a Virginia Advance Medical Directive. No child, spouse or parent should ever wonder if they made the right decisions. For more information about Advance Medical Directives and the role they play in estate planning, please visit our website at www.ferrisandassociates.com for our seminar schedule, or to schedule an in office conference with one of our firm’s attorneys.

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ates modules of art. "These are assemblage pieces," he explains of mixed media abstract pieces in thick, wooden frames covered with glass. "I make little pieces because I have fractured time in the sense of doing art. Like a painting may take eight hours of continuous time. I don't always have that, so I like to put pieces together. I'll have a blue night and just put together blue pieces. I make a kit of parts. Then I'll put them together - the hot glue gun has really made a lot of things work for me," he adds with a smile.

Carlton had been doing the Virginia Beach Boardwalk Art show for several years when people in Williamsburg began talking about holding an arts festival here.

"At the time, the Virginia Beach Boardwalk Art Show and one in Laguna Beach, California were the two biggest in the country," Carlton says. "I was heavily involved in the Twentieth Century Art Gallery at the time. We talked about a sidewalk show. This was before artists had tents, so we put chicken wire down the street so they could hang art from it."

Year after year, the art show kept getting better and bigger. "In time, we discarded the chicken wire frames," he adds.

An Occasion for the Arts expands to two days this year. "It's easier for the artists' logistics and for them physically - they have time to settle in and talk with people and with each other. It helps with the economy too," explains Carlton. He says he looks forward to the added day to visit with festival attendees and other artists he sees year after year.

"What you see today is very consistent with the first Occasion," Carlton says. "We wanted to be not just visual arts, but performing arts too. Jim Anthony, who was the co-producer with me for years, worked very hard to get singers, dancers, musicians - a mixture of very talented people to perform." This variety of arts celebrated by the event fueled its growth and increased the community involvement.

Community encompasses both the Williamsburg area and the artists that visit here each year. "There's a lot of interaction between artists during the event," Carlton says. "I'll be entertaining some of the artists at my house. We talk about art, techniques, framing - all the things that make that business work. I have some great friends I've made over the years. I learn from them. I learn so much from other artists."

Carlton has seen the Williamsburg arts scene change over time. "In the past, there were a lot of traditional painting techniques and scenes - snow scenes, flowers, this and that," he says. "I think the public-at-large is more sophisticated about art because they've been to Sedona [Arizona], Santa Fe [New Mexico] or Asheville [North Carolina], and they have something in mind for what they want to fill in their personal environment. A painting is very personal because you hang it on the wall and you see it every day."

He perceives a shift in the public's value of art, which expands the opportunity and breadth of the artists' expressions. Carlton's artwork, whether modern or traditional, is a part of him, a part of his personality.

"I love to experiment and do different kinds of things," he says. "You know, people see meanings in things," he says of his more abstract work. "I had one psychiatrist come over to my tent. I didn't know he was a psychiatrist at the time. He looked over my work. He handed me his card and said, 'You need some help.' I'm not sure if that says something about me or about him."

An Occasion for the Arts begins on Saturday, October 1 and continues on Sunday, October 2 from 10:00 a.m. to 5:00 p.m. around Colonial Williamsburg.

"This is great for the community, great for the artists," Carlton says. "One of the things about the name is that this is special. It's a special occasion." NDN

CAROL ELY

Happiness is a Warm Puppy

By Greg Lilly, Editor

"Pets are a great stress reliever," says Carol Ely, dog walker and pet sitter. "You come home from a hard day and see that little face in the window, waiting for you to come in the house. Immediately it's a relief."

Few people can deny the soothing effect of petting a cat or dog. Recently, several states have allowed therapy dogs in the courtrooms to help calm children on the witness stand. Dogs are in hospice, children's hospitals and nursing homes to assist in the treatment of patients. In Carol's daily interaction with pets and owners, she sees four main health benefits provided by the animal-human connection: stress relief, companionship, exercise and socialization.

Carol graduated from Walsingham Academy and then went to the University of Virginia in Charlottesville. "I came back to Williamsburg for a little while, but moved to Mississippi for a number of years. That's when I started working with animals," she explains.

In Mississippi, Carol began working at the veterinary office where she took her own dogs. "I worked as a vet technician for a number of years then moved to another town in Mississippi and continued there. That was my first real hands-on experience interacting with animals. I loved it; it was great."



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She moved back to Williamsburg in 1999 and worked in the technology sector. "That was a little better paying," she admits. "I loved the vet work, but needed to make the extra money that the technology job offered." Her employer was a small software development company in town, but a few years later, the company was acquired by a larger technology company from California. "That bigger company moved us all out to the San Francisco area," Carol adds.

"That was an extremely dog-friendly place," she says of San Francisco. "Most of the parks had off-leash areas in the large nature preserves. Dogs and their owners just flocked to these areas. Also, a lot of the city shops allowed your animals inside. I would go to large nature parks like Fort Funston where I noticed people walking packs of dogs - five, six, seven dogs - off-leash walking through these parks. I thought that was really interesting. It's a big business out there."

Carol talked to some of the people walking the dogs and discovered a company called Dog-Tec that offered a four-day seminar on being a dog walker. "I loved California and the Bay area, but at that point and time I wasn't thrilled with the corporate world," she says. "That busi-

ness environment was a bit of a grind - pay and benefits were wonderful - but the work itself had me looking for a change. My thoughts turned toward working with animals again."

In San Francisco, Carol volunteered with a group called Pets Are Wonderful Support (PAWS) whose main goal is to enable people with disabilities or terminal illnesses, senior citizens or low-income people to keep their pets when they're endangered of losing them.

"The organization has a client advocacy for landlord disagreements, a pet food bank, a fund to assist with veterinary bills, volunteers to care for pets when a person was in the hospital," Carol explains. "The main thing I saw with PAWS' clients was the relief of not having to worry about what happens to the pet if something happens to them, if the person were to die or go into the hospital for an extended amount of time, the pet was taken care of. That was a huge stress reliever for the client."

Although she enjoyed the West Coast, Carol began thinking about returning home to Williamsburg. While in California, she made several trips back to this area each year, driving across country with her dog.

"Because my family is in Williamsburg," she

explains. "I began to think about coming home and what I would want to do when I came back. I decided I'd try my hand at my own business - something in [the] pet industry."

Her experiences living in Williamsburg, towns in Mississippi and in the large city of San Francisco showed her how pets helped her feel part of the community.

"You walk a dog down the street and you strike up conversations with people you might have normally walked past," Carol says. "In the city, I found this particularly interesting. When I walked Rigby (her beagle) in San Francisco, I talked with people I wouldn't have thought to stop and talk with - just the common bond of being an animal lover gave us something to talk about. It happens here too. I love walking down Duke of Gloucester Street and seeing all the little children wanting to pat Rigby. I end up having cute conversations with these little kids."

Socialization in packs isn't just for dogs, but for people too. "Living in a city, even surrounded by a lot of people, you can still be very lonely," Carol adds. "With an animal by your side, the dog or cat can make a difference."

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or reptile - can be an icebreaker for meeting other people. "You meet people with similar interests," Carol states.

Besides helping a person reach out and connect with other people, a pet creates a special bond with the human.

"I had one client in Mississippi who had a stroke," Carol explains. "The animal seemed to help in his recovery. He was the one who brought the dog to the veterinarian's office, so we saw his progress of his paralysis and speech over time. The dog kept him going; it gave him something to do, to get out and move around. His wife told us the dog helped him practice his speech. He didn't feel awkward talking to the dog. That helped him in his recovery from the stroke."

Carol recounts other situations she observed while working as a vet tech. The responsibility to care for an animal - to walk a dog, to brush a cat, to feed the fish or to clean a rabbit cage - keeps people moving.

"Clients with health issues found that the

pets gave them a reason to get up in the morning and get outside and walk," Carol says. "The pet gives them something to focus on beside the health issues they are dealing with. I think it helps with recovery."

The companionship of an animal gives people another living creature in the home. "I have

man by nudging him or her out the door. "Exercise," Carol stresses. "For some folks walking a pet is the main reason to get off the couch. I know having Rigby is why I get out and walk down Duke of Gloucester Street. He's why I check out all the different parks in the county. I've walked probably all the trails in the local

"I have a lot of single clients and a number of older clients who have lost spouses; the companionship provided by the animals is invaluable."

~ Carol Ely

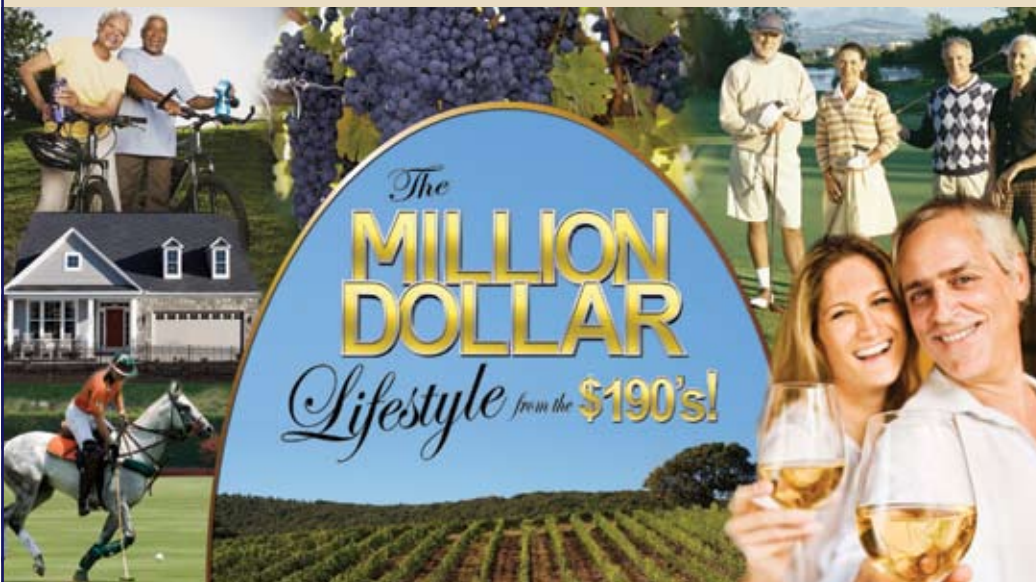
a lot of single clients and a number of older clients who have lost spouses; the companionship provided by the animals is invaluable," Carol explains. "Without those animals, I think there is a very different mental outlook. I know Rigby gives me a big reason to get up in the morning."

The animal companion, besides listening to a person's problems without offering criticism or unsolicited advice, helps the health of the hu-

man by nudging him or her out the door. "Exercise," Carol stresses. "For some folks walking a pet is the main reason to get off the couch. I know having Rigby is why I get out and walk down Duke of Gloucester Street. He's why I check out all the different parks in the county. I've walked probably all the trails in the local

man by nudging him or her out the door. "Exercise," Carol stresses. "For some folks walking a pet is the main reason to get off the couch. I know having Rigby is why I get out and walk down Duke of Gloucester Street. He's why I check out all the different parks in the county. I've walked probably all the trails in the local parks because it's good for him and good for me at the same time."
An animal to care for and to love benefits more than the pet. The human reaps rewards as well: companionship, socialization, stress relief and exercise. Carol Ely remembers a simple and straightforward meditation on the subject: "I think a lot about Charles M. Schulz's book: *Happiness is a Warm Puppy*. That is very, very true." NDN

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Discovering *Great Wine Pairings*



HEATHER DUNN

By Greg Lilly, Editor

Heather Dunn started her career as an archeologist with an adventurous nature. Today, she's finding hidden treasure in a different medium: wines.

Heather is the General Manager and Wine Buyer at The Wine Seller. "I have a Master's Degree in Archeology," she says. "I started

working part-time at The Wine Seller to help pay off my student loans."

Heather is originally from Richmond and received her undergraduate degree at the Col-

Williamsburg, thinking this would be a good place to look for archeology jobs."

When the economy caused a lot of budget cutbacks for the state of Virginia, Heather ex-

lege of William and Mary.

"I went to York in the United Kingdom for my Master's and ended up coming back to

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panded her hours at the wine store and eventually became the manager.

When she first took the part-time job, she wanted to learn more about wines. "I came here knowing very little about the subject," Heather admits. "I thought it would be a fun place to work - if I was going to work 15 to 20 hours a week, I wanted to do something enjoyable."

Her adventure into the world of wine started with talking to the experts around her and some field study in the tasting room.

"A big part of learning about wine is trying wine," she says.

The subject of wines, and particularly how food pairs with it, is an expansive topic. "Wine is a steep learning curve, so you have to take it in portions," Heather advises. "Pick a country or pick a grape. I started learning about white wines first then turned to red wines."

Heather says a good place to start, or renew, the discovery of wines is here in our own state.

"There are over 180 Virginia wineries now," she explains. "In the past ten years, the industry has been in a state of transition. We've been growing wine as long as anyone, thanks to our Founding Fathers like Thomas Jefferson. Virginia wineries were known for more fruit wines and softer, easy-going wines, which in the 1970s and '80s were what a lot of people were producing. Now, I see wineries really coming of age, getting the hang of it. They know what varietals to plant, how to trellis the vines, so we're seeing this huge upswing in quality. New wineries are popping up at the rate of ten to twelve a year. We're the number five producer of wine in the country - behind California, Washington, Oregon and New York."

She adds that Virginia's climate



Q & A

An Interview with Nan Piland

PRESIDENT OF WILLIAMSBURG AREA ASSOCIATION OF REALTORS®

Email Nan at info@waarealtor.com

What is a good online resource for finding ways to maintain or increase the value of my home?

PILAND:

The National Association of Realtors® has a consumer web site that offers everything home owners need to know to increase, maintain and protect the value of their home: www.houselogic.com.

The site provides free information and tools to help home owners with home improvements, maintenance projects, taxes, finances, insurance, and even community involvement. HouseLogic helps consumers make confident decisions about what is often their largest investment - their home. HouseLogic is a free source of information and tool that can help you make smart and timely decisions about your home. With all of the information that bombards us daily, it is a welcomed format of a one stop site.

What makes HouseLogic such a wonderful tool is that it is useful to the first time condominium buyer, the homeowner that has lived in their home for many years or owners that have bought

and sold many homes over the years. It is easy to use and is also for the tech savvy blogger. You can simply look up items of interest or create a personal profile. You can search for a specific type of project or create one using your own parameters, add projects or articles while you're browsing and assign priorities and due dates so you can focus on timely and impactful projects.

The website contains 6 core topics. The "Improve" section focuses on the updates and upgrades that you can do to your home, inside and out. The "Maintain" section provides many checklists and information on taking care of your property from landscaping to emergency preparedness. If you want to learn more about how to be active in your community, sustainability or "green" programs, the "Engage" topic will interest you. For "Taxes and Incentives" you will find articles on energy tax credits to tax deductions afforded to homeowners. There is everything you need to learn about loan types, insurance issues and checklists in "Finances and Insurance" to fit your needs. Finally, the "News and Activity" section can keep you up to date

on the national housing market and important updates on legislation affecting the housing industry.

Take a few minutes to listen to "Real Estate Today" radio, or join in on a blog topic that interests you. There is also an extensive glossary, a quick reference guide to the real estate and homeownership terms and concepts you need to know. In the Sitemap, there is a "Buying and Selling" section designed to give you some tips that you and your Realtor can discuss during the buying or selling process.

This is my final column as President of the Williamsburg Area Association of Realtors®. I have enjoyed bringing information, education and awareness of the housing industry to your mailboxes every month.

Cathy Richardson will serve as the 2012 President of the Association and I know she will continue to educate and inform you on the latest real estate matters.

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is good for grape growing, but very different from California's climate.

"Because of that," she says, "we can't grow those same grapes. We have a climate closer to the South of France. Grapes and varieties seen there do well here, like Cabernet Franc has become our benchmark red wine. It's not something you see grown by itself in many other places. The Viognier is the white that does really well in our climate. You'll see a lot of Virginia Cabernet Francs and a lot of Virginia Viogniers."

For those two grapes, Virginia has earned a national reputation. "I had a gentleman tell me he was at a restaurant in Manhattan, ordering off the huge wine list, thousands of labels," she describes. "He mentioned to the sommelier that he and his friend were from Virginia. The sommelier said the restaurant had a fantastic Virginia wine, the Trianon from the Williamsburg Winery. Here he was in New York, trying this wine for the first time." She adds that the customer came back home and stocked up on the Trianon from the Williamsburg Winery.

As the customer did in Manhattan, asking for a recommendation from a restaurant's som-

melier or waiter yields some unexpected and flavorful wines to accompany dinner.

"For the longest time, there was a belief that it was a very specific science," Heather says of coupling food and wine. "Technical pairings didn't always match what people liked. Some people don't like Cabernet Sauvignon or Chardonnay. Even if that wine is the ultimate complement to go with a steak or with lobster, if you don't like that wine, it won't be enjoyable."

Heather suggests taking a new approach. "Find a wine you like," she says as a first step, "then find a food that goes with it. Experiment, try different things." Sometimes it is easier to start with the wine and add the food to it. "Pairing wine and cheese is a good way to try different combinations, to learn and experiment," she recommends. "Cheeses have a lot of similar flavors and components that you find in other dishes. Find a slightly spicy cheese and pair it with wines that would go well with spicy food. Use a salty cheese to simulate a salty ham for a wine pairing. That can be fun when you don't want to cook a whole bunch of different foods, just get a cheese sampler together. Get one sweet wine, one bigger Chardonnay, a

Cabernet Sauvignon and use those to test what pairings you like. Remember that just because a book or someone else says that some pairings work, doesn't mean it will taste the same for you. It should be about what you like and what you enjoy, not what some expert says is good or what goes together."

The easiest pairing Heather has found is spicy food with a slightly sweet wine. "That's one of the biggest stumbling blocks for people - they think sweet wines like Rieslings can't go with food," she says. "Rieslings are one of the go-to wines that go with just about everything: salty foods, sweet foods. A lot of the German wines have a nice minerality and crispness to them that goes along with that sweetness. Also, Rieslings go great with seafood."

For a large dinner with several different dishes, like a Thanksgiving dinner, Heather says that people don't have to serve several different wines. She recommends two of her favorites: Riesling and Pinot Noir.

"Riesling for white, Pinot Noir for red - even if it's not the absolute perfect pairing, they are not going to clash with any food," she says. "Cabernet Sauvignon and Chardonnay are

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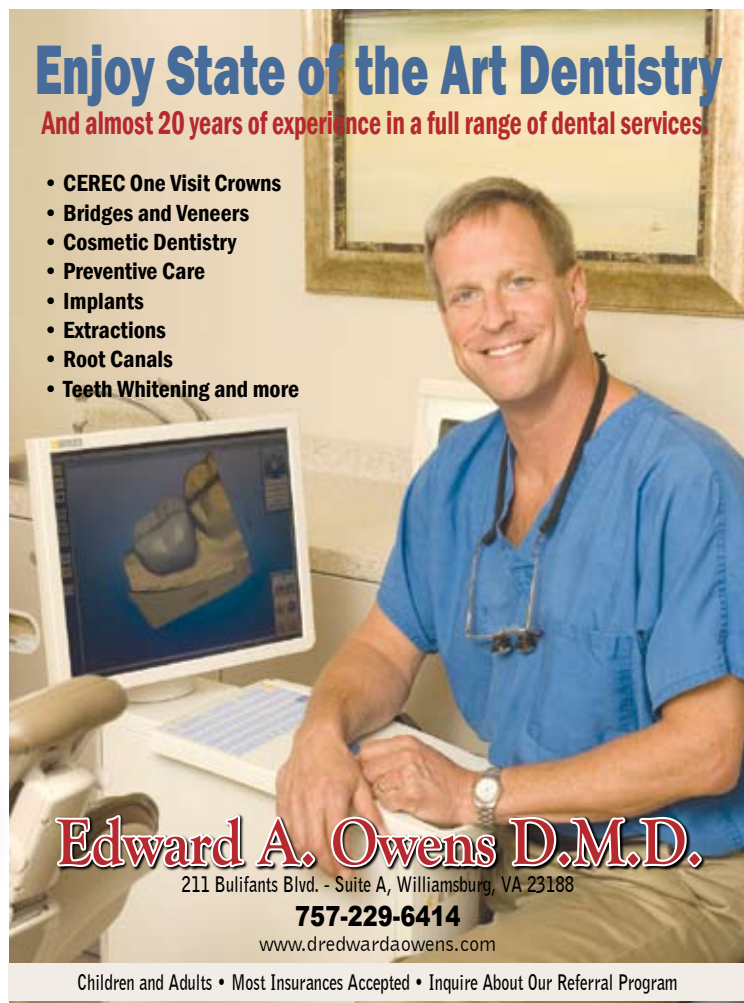
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probably the most popular wines in the country, but aren't the easiest to pair with food. For example, Cabernet Sauvignon has a lot of heavy tannins, which is that bite or pucker feel, that's awful with spicy food. It makes the food taste ten times spicier. Doing something spicy or salty, you want a wine on the softer side like a Riesling or Pinot Noir." A red wine, Pinot Noir surprises some people by matching well with chicken dishes, salmon and heartier fishes.

"I like the versatility of those two wines [Riesling and Pinot Noir] especially around Thanksgiving when there is a variety of dishes served," she says.

Another recommendation for the potentially difficult food and wine pairings of international cuisine is to stay in the same country. "If you serve Spanish food, serve Spanish wine," Heather explains. "If you serve Italian food, serve Italian wine. Whereas in this country, we started making wine just to drink wine. We didn't really make it to go with food from a particular region. That's not the case in most European areas. Italian wine evolved in conjunction with Italian food. Looking at a specific region like the Piedmont where they have these hardy, ro-

bust reds, they eat a lot of wild boar and other big gamey cuisines. The wines from that region go fantastic with those cuisines."

In her study of wine and food culture, Heather has come across a few surprising and delicious combinations. "I hate to keep going back to Pinot Noir, but it is such a versatile wine," she says. "Pinot Noir and blue cheese - oh, my goodness. Blue cheese traditionally is served with dessert wines like Ports, but with the rich, fruity style in Pinot Noirs paired with a blue cheese or a horseradish mustard... magic."

Another great surprise pairing for Heather is a Moscato d'Asti and Asian food. "Or actually any sparkling wine," she adds. "One of the best surprising pairings I've had is Moët & Chandon White Star Champagne and General Tso's chicken. It was fantastic. The bubbles and crispness cut through the greasiness of the chicken, but it has a little bit of softness to it and didn't amplify the spiciness of the chicken. That would have to be my favorite surprise."

She suggests several regions to watch for exceptional and unexpected wines. "Virginia wines in general," she says. "I think because they had a rough and rocky start, and that peo-

ple from Virginia have this mental block that they aren't good. If you had Virginia wines, even five years ago, now is the time to give them another chance. Continue to keep an eye on Chile and Argentina. They used to only mean value, but now are creating some world-class wines. New Zealand has a lot to offer. They are known for Sauvignon Blanc, but pay more attention to other varietals like Pinot Noir and some great Chardonnays."

Other regions within the United States that Heather favors include New York and Idaho. "That surprises some people," she says. "Idaho isn't just potatoes anymore. They make some seriously amazing Rieslings and Syrahs because they have a very similar climate to Washington State's Columbia Valley. Another one is New Mexico. Idaho and New Mexico are the ones to watch."

As an archeologist/wine connoisseur, Heather Dunn makes wonderful discoveries. "Start with what you know either with food or with wine, and then try different combinations," she says. "Don't be afraid. Not all food and wine pairings are going to work, so that's where your own adventurous nature comes in." NDN



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COMMUNITY ANNOUNCEMENT



If your organization has a holiday event planned, *Next Door Neighbors* and the Greater Williamsburg Chamber & Tourism Alliance want to know!

We will be posting and promoting a comprehensive calendar of holiday happenings of all kinds – everything from art exhibits and choral programs to church concerts and charity bazaars – online at www.ChristmasinWilliamsburg.com.

We want everyone – locals and visitors – to know and enjoy all there is to

do, hear and see here during the holidays!



2010 Williamsburg Holidays

To inform us of your event, email the what, when, where and who of your event to: skrabala@williamsburgcc.com

On November 17th, *Next Door Neighbors* and the Greater Williamsburg Chamber & Tourism Alliance will bring you **Williamsburg Holidays**, a guide to the holiday season in the Williamsburg area. We'll be interviewing your neighbors who are bringing you some of the exciting events and we'll remind you of the many ways you can make your Christmas fun by going to www.ChristmasinWilliamsburg.com to discover everything there is to do!



For advertising information regarding the 2011 Williamsburg Holidays issue please contact Meredith Collins at (757) 560-3235 or send your email to: meredith.collinsgoup@cox.net.

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Hey Neighbor!

Please visit www.WilliamsburgNeighbors.com and click on **Hey Neighbor!** for a complete list of current community announcements. To submit your non-profit event to Hey Neighbor! send a paragraph with your information to: heyneighbor@cox.net

Hey Neighbor!

3RD ANNUAL POKER RUN – CHARITY MOTORCYCLE RUN September 24, 2011

Sponsor: Five Forks Ruritan Club. Williamsburg-Jamestown Airport, 100 Marclay Road, Williamsburg. Registration: 8-11 am. All riders must return to the airport no later than 3 pm on 9/24/2011. Bike and rider: \$15.00. Additional hands: \$5. Additional Rider: \$5. Ride is approximately 90 miles, starting and ending at Williamsburg-Jamestown Airport. Contact Charley Rogers: home 757-565-3484 or work 757-229-9256 or email charleyrogers@yahoo.com or fiveforksruritan@yahoo.com

Hey Neighbor!

2ND ANNUAL 5K RUN FOR ARC AWARENESS September 24, 2011

5K run/walk competition and 1-mile fun run/walk to benefit the Arc of Greater Williamsburg, their programs and services. The course is nestled in the gentle tree covered hills surrounding Williamsburg; this out-and-back course traverses the 137 acre campus of Williamsburg Landing which neighbors College Creek. All proceeds to benefit The Arc of Greater Williamsburg. Registration: <http://www.thearcgw.org>. Contact: Andy Switzer, aswitzer@williamsburglanding.com. Phone: 757-565-6547, 3000 The Mall, Williamsburg VA 23185.

Hey Neighbor!

5X7 ART ON THE QT September 25, 2011

5:30-8:00 pm at City of Williamsburg Community Center, 401 N. Boundary Street. All donated art is original, unframed, sized 5"x7" and priced at \$100. Artist's identity is not revealed until time of purchase. Tickets of \$45 include two drinks, hors d'oeuvres, and a select silent auction. Proceeds benefit This Century Art Gallery's education and outreach programs. Free parking available at nearby Lafayette Street Garage. Tickets available at the Gallery by calling 757-229-4949 or at the door that evening. For more information, go to the Gallery website at www.thiscenturyartgallery.org.

Hey Neighbor!

THE BLUEGRASS FAITH FESTIVAL September 25, 2011

Providence Forge Presbyterian Church is sponsoring "The Bluegrass Faith Festival" featuring a day long program of bluegrass gospel music at the Rockahock camp grounds. Billed as a "family friendly" day the program will start at 8:00 am with a church service at 11:00 am followed at noon by a picnic lunch. Bluegrass bands will perform continually with the last performance at 7:00 pm. Proceeds will benefit the Providence Forge Presbyterian Church Capital Campaign. Additional information is available at www.pfpc.org, www.rockahock.com, or by calling Lisa Ballou at 757-784-0088.

Hey Neighbor!

EXPERIENCE JERUSALEM AT JERUSALEM MARKETPLACE September 25, 2011

12:30-4:00 pm at Wellspring United Methodist Church, 4871 Longhill Rd, Williamsburg. A combination between a fair and vacation Bible school, this event offers fun, interactive and educational activities for all ages and skill levels. This event is free and open to all ages and denominations! For more information please visit www.wellspringmethodist.org.

Hey Neighbor!

TRAVESTIES – WILLIAM & MARY THEATRE AND DANCE September 29 – October 1, 2011

By Tom Stoppard. Directed by Laurie J. Wolf. Sept. 29 – Oct. 1 at 8 pm and Oct. 2 and 2 pm. Tom Stoppard's Travesties creates a fictional debate between three revolutionary artists. Pre-show discussion: Friday the 30th, 7:15 – 7:30 All performances are held at Phi Beta Kappa memorial Hall 601 Jamestown Road, Williamsburg. For additional information, call 757-221-2674 / www.wm.edu/boxoffice.

Hey Neighbor!

PHOTOGRAPHY WALK October 1, 2011

York River State Park. Come hike and capture images along the Mataponi Trail and Fossil beach. There will be plenty of opportunities for landscape and macro photography

and perhaps even some wildlife. This walk is free with parking. For more information about these or other programs, please call the park office at (757)566-3036 or visit our website at http://www.dcr.virginia.gov/state_parks/yor.shtml.

Hey Neighbor!

AN OCCASION FOR THE ARTS – CALL FOR VOLUNTEERS October 1-2, 2011

The 43rd annual An Occasion For The Arts is staffed entirely by volunteers and we need your help. Go to the AOFTA web site click on Volunteers. Read the job descriptions and then complete the volunteer applications. Instructions for submission are on the bottom of that form. Come join us for a lot of fun! Contact: Barbara A.W. Hood, phone (757) 345-3544.

Hey Neighbor!

"WHO WAS NATHANIEL BACON?" October 3, 2011

7:00-8:00 pm at the Williamsburg Regional Library Theater, 515 Scotland Street. Why did hundreds of men take up arms and burn Jamestown in 1676? Noted historian Warren Billings talks about the man who sparked Bacon's Rebellion and about Bacon's pivotal role in Virginia history. Sponsored by The Friends of Green Spring, www.historicgreenspring.org, 757-229-7317. Free.

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JAMESTOWN IN THE CIVIL WAR October 6, 2011

5:00 pm at Historic Jamestown. Spend a special evening exploring the story of the Civil War era Fort Pocahontas. Enjoy a picnic dinner and hear first person accounts of Confederate soldiers stationed at the fort, as well as an update on the most recent archaeological findings at the bomb shelter excavation. Tickets are \$24.95, children under 6 \$14.95. Call 1-800-HISTORY to reserve your tickets.

Hey Neighbor! LIONS CHARITY GOLF TOUR- NAMENT

October 7, 2011

James City Lions and the Newtown Lions Clubs are hosting a Charity Golf Tournament at Williamsburg National. Registration time is 9:30 am with Men's and Women's flights. The cost is \$300.00 for a Four-some and \$80.00 for Individuals. In addition there will be a Silent Auction featuring North Carolina Beach House stays, rounds of golf and much more. Proceeds from this tournament support sight, diabetes, and hearing programs in the greater Williamsburg community. For information, contact Earl Kleiser ekleiser@cox.net.

Hey Neighbor! ANNUAL TOUR OF HISTORIC GREEN SPRING

October 8, 2011

10:00 am - 12 noon. Park your car at Jamestown Island Visitors Center for 10-min. shuttle ride. A once-a-year opportunity to visit Historic Green Spring, which is normally closed to the public. Family activities, refreshments. Sponsored by The Friends of Green Spring, www.historicgreenspring.org, 757-229-7317. Free.

Hey Neighbor! 11TH ANNUAL HICKORY NECK FAMILY FALL FESTIVAL October 8, 2011

10:00 am - 3:00 pm. The Fall Festival is great fun for the whole family while raising funds for local charities including Grove Christian Outreach Ctr., Spirit Works, Faith in Action, Angels of Mercy, H.E.L.P., and others. For additional information call (757) 566-0276.

Hey Neighbor! RESPITE CARE CENTER of

WUMC BENEFIT LUNCHEON October 12, 2011

12:00 noon at Carrabba's Italian Grill. Tickets must be purchased in advance for \$18 each, by calling 229-1771, ext 354. Proceeds support The Respite Care Center of Williamsburg United Methodist Church (WUMC) which offers an enriching, social afternoon program for adults with special needs, in a safe and supportive environment, while providing a break for their caregivers. Contact: Carolyn Yowell, Executive Director, The Respite Care Center of WUMC, 757 229-1771.

Hey Neighbor! YOUNG MICHELANGELO: THE PATH TO THE SISTINE

October 13, 2011

Third Thursday Lectures, Rewinding the History of Western Art. 6 pm at the Muscarelle Museum of Art, College of William and Mary. By Dr. John T. Spike, Distinguished Scholar-in-Residence.

Hey Neighbor! PLANTING RED EMPEROR TULIPS

October 15, 2011

10:00-11:30 am at the Ellipse Garden in Freedom Park. An educational program for children (and adults). Barb Dunbar, Master Naturalist and Master Gardener, will lead the group. The program is free and open to the public. This is a national program where children from all over the United States plant this species of tulip and post their site online. Children will learn the anatomy of bulbs, their history, and a lesson in climate. Contact Barb Dunbar, twotac@cox.net, 880-8875.

Hey Neighbor! 2nd ANNUAL RUN FOR BREAST HEALTH

October 15, 2011

Register now for the 10K & 1-Mile Fun Run, at Warhill Sports Complex. Family Fun Run begins at 8:30 a.m. followed by the 10K at 9 a.m. A Colonial Road Runners Grand Prix Event, this race features a challenging combination of roads and nature trails. Walkers are welcome. All proceeds benefit Beyond Boobs! Inc., a Williamsburg-based 501 (c) (3) nonprofit providing support for young women diagnosed with breast cancer. Register online at www.the-healthjournals.com/10K

Hey Neighbor!

DANCEVENT – WILLIAM & MARY THEATRE AND DANCE

October 20 – 22, 2011

8 pm. Original choreography by W&M Dance faculty, Joan Gavalier, Leah Glenn, and Denise Damon Wade. Performed by members of Orchesis dance company. Post-show discussion: Friday the 21st immediately following the show. All performances are held at Phi Beta Kappa memorial Hall 601 Jamestown Road, Williamsburg. For additional information 757-221-2674 / www.wm.edu/boxoffice.

Hey Neighbor!

SPOOKY HAYRIDE THROUGH THE WOODS

October 20-22& October 27-29, 2011

Join us for this hour long spooky hayride through the woods of the York River State Park. Discover some of its haunted past through storytelling and costumed interpreters. Reservations required. Fee: \$4/person, \$8/family, \$25/group. For more information about these or other programs, please call the park office at (757)566-3036 or visit our website at http://www.dcr.virginia.gov/state_parks/yor.shtml.

Hey Neighbor!

PASHN GOLF TOURNAMENT

October 21, 2011

Parents and Advocates For Special Housing Needs (PASHN) will host a golf tournament at Williamsburg National. Shotgun start at 1:00. PASHN is a non-profit dedicated to providing housing opportunities for adults in our community who have intellectual disabilities. Please see our website at www.pashn.org for forms and additional information. Please call Lorraine Perkins 757-880-0279 for additional information.

Hey Neighbor!

1ST ANNUAL YORK RIVER IMAGES PHOTOGRAPHY SHOW

October 22, 2011

10 am – 2 pm. Come and see a variety of images created by local photography enthusiasts. There will be a rain date of Saturday, Oct. 29th at the same time. The show is free with parking. For more information about these or other programs, please call the park office at (757)566-3036 or visit our website at http://www.dcr.virginia.gov/state_parks/yor.shtml.

Hey Neighbor!

“PUTTIN’ ON THE DOG” FASHION SHOW

October 24, 2011

Annual fashion show to benefit the Heritage Humane Society. 11:00 am – 2:00 pm at the Williamsburg Hellenic Center on Mooretown Road. Enjoy fall and holiday fashion presented by Jim Fields of Lili’s of Ghent while savoring a delicious luncheon. Special features include: Top Pet Model Parade, Lili’s Boutique, Raffle prizes, and silent auction. Reservations (\$40 per ticket) can be made on line at www.heritagehumanesociety.org.

Hey Neighbor!

MUSIC WEEKEND

October 28-30, 2011

Williamsburg Christian Retreat Center will host its annual Music Weekend. Choir Director Jay Hartzler, from Harrisonburg Virginia, will lead participants in singing “Music for My Soul.” Those attending will practice throughout the weekend and then present a closing concert on Sunday afternoon. For more information or to obtain a brochure, contact Jenn Hill, WCRC’s program director, at 757-566-2256 or programs@wcrc.info. Information is also available at www.wcrc.info.

Hey Neighbor!

WILLIAMSBURG WALK TO END ALZHEIMER’S™

October 29, 2011

Community Building, 401 N. Boundary Street. Registration 9:00 am. Walk begins at 10:00 am. Over 700 people expected. Participate in a 1 to 3 mile walk and learn more about Alzheimer’s disease and related dementias, advocacy opportunities, clinical trial enrollment, support programs and services of the Alzheimer’s Association®. Each walker will also join in a meaningful tribute ceremony to honor those affected. The end of Alzheimer’s disease starts here. Start or join a team today at alz.org/walk or call our local office at 800.272.3900.

Hey Neighbor!

THE ART OF TEA – VICTORIAN ELEGANCE, TEA & ARTISTS VILLAGE

November 6, 2011

Blooms that Brighten, Inc will be holding its first annual community-wide event “The Art of Tea--Victorian

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an Elegance and Artists Village." At Walsingham Academy from noon to 5:00 pm. In addition to the Tea, artists will be selling their creations in the Artists Village. Reserved seating tickets for the Tea (includes entry to Artists Village) are \$10. Tickets to the Artists Village only are \$3, available day of the event. For information visit www.bloomsthatbrighten.com.

Hey Neighbor! ADVENT WREATH WORKSHOP

November 8, 2011

1:30 pm at Our Saviour Evangelical Lutheran Church, 7479 Richmond Road, Norge, VA. The Colonial Triangle Unit/Herb Society of America presents Genrose Lashinger who will discuss herbs of the Advent Season and will fashion an advent wreath. Workshop is free of charge. Finished wreath will be raffled with proceeds going to the Unit's Scholarship Fund. Contact pattyposy@yahoo.com or (757)-645-4538 for more information.

Hey Neighbor! STEP OUT FUNDRAISER FOR BACON STREET

November 13, 2011

Come to the Center Street Grill in New Town for a Sunday evening of good food and great music. For \$50 per person (\$55 at door), you can help insure that Bacon Street's programs for youth and families will always be there when they are needed. For more information call (757)253-0111 or www.baconstreet.org

Hey Neighbor! QUILTING RETREAT

November 16-20, 2011

Williamsburg Christian Retreat Center will host a quilting retreat. Led by experienced quilter, Lorraine Mooney, the retreat will include devotional times, mini-classes and fabric swap. Space is limited to 40 participants. For more information or to obtain a brochure, contact Jenn Hill, WCRC's program director, at 757-566-2256 or programs@wrcr.info. Information is also available at www.wrcr.info.

Hey Neighbor! SECRET MESSAGES OF FAITH: FRA ANGELICO'S FRESCOES AT SAN MARCO

November 17, 2011

Third Thursday Lectures, Rewinding the History of Western Art. 6 pm at the Muscarelle Museum of Art, College of William and Mary. By Dr. John T. Spike, Distinguished Scholar-in-Residence.

Hey Neighbor! ZOO IN A LUGGAGE

November 19, 2011

10-11:30 am. A Children's educational program on bugs and snakes found in Virginia, both poisonous and non-poisonous. Class will be held in the new Interpretive Center at Freedom Park. Guest speaker, Clyde Marstellar. Free. For information, contact Barb Dunbar, 880-8875, twotac@cox.net.

Hey Neighbor! FIRST NIGHT WILLIAMSBURG 2012

December 31, 2011

This New Year's Eve celebration presents live entertainment for all ages on over 40 stages throughout downtown Williamsburg and on the campus of the College of William & Mary. In its 19th year, First Night admission is by a \$15.00 button, available for sale starting Thanksgiving weekend at select merchants and

online. Kids 5 & under are free. First Night is a non-alcoholic event. 757-258-5153, www.firstnightwilliamsburg.org

Hey Neighbor! WALT IS BACK!

The Williamsburg Area Learning Tree (WALT) will has more than 55 different, fun, and informative topics. For more information please call Jill Whitten - 757-220-9975 or email: walt@wuu.org

Hey Neighbor! MASTER GARDENER TRAINING January 9 - April 5, 2012

Applications are now being accepted for the 2012 Master Gardener Training Program. Classes will be held Monday and Wednesday mornings, January 9 - April 5th, 2012, followed by 70 hours of internship. Topics covered include botany, weeds, insects and pest control, gardening practices, lawn care, flower, fruits and vegetables, pruning, landscape design and water conservation. Applications and information are available at the Toano Extension Office (564-2170) or visit our website - www.jccwmg.org. Application deadline is Oct. 30, 2011.

2011 FALL SALE & KIDS' EXPO

The Shops at HIGH STREET

(1424 Richmond Rd., Williamsburg)



Oct. 13 - 15, 2011
Thurs & Fri: 12pm - 6pm,
Sat: 10am - 5pm

Consignor Booths • Boutique Booths
Kids/Family Related Business & School Expo
Kids Art, Crafts & Activities



Kid/Family Entertainment
on Friday & Saturday

Vendor
booths are still
available.

EXPO Booth Fee Proceeds
Benefit Avalon & Toys for Tots

Hannah's Closet
CHILDREN'S CONSIGNMENT SALE

for more info, please call 757-589-6012 or 757-345-5772
for full schedule of events, visit: www.hannahscloset.com

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photo challenge

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Find the 12 differences
between the original
photograph (top) and
the altered photograph
(bottom).

Enjoy!

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

September 2011
In the Neighborhood
Photo Challenge





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108 PORT ROYAL

Ford's Colony

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QUEENS LAKE

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