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WILLIAMSBURG'S

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PRICELESS

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Health**

Deborah Ashby

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Health Foundation's
Report to the
Community

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Welcome to our annual health issue, *Our Health*. For this issue, we wanted to focus on individuals who have faced the challenge of a serious health threat to themselves or a loved one. More importantly, we wanted to ask them to share how they met that challenge, both physically and mentally, and how their lives were impacted by the trials thrust upon them.



Meredith Collins, Publisher

I hope you will see what I saw in these stories - a living testament to the strength of the human spirit and the power of faith and love in the healing process.

We can't help but wonder sometimes about the hand fate deals us and whether or not we would be able to face the daunting challenges that accompany a serious illness. Would we be up to the task of caring for a seriously ill loved one? Would we have the fortitude to fight the good fight, against all odds, if we were stricken with a serious illness? We like to think that we would.

When you read these stories you will gain personal insights from your neighbors who have shared so unselfishly. It is reassuring and inspiring to see how profound challenges transformed many of those we interviewed from ordinary to extraordinary. I hope you find them and their stories inspiring as well. NDN

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Cover Photo by Lisa Cumming



The Changes and Challenges of MS

By Linda Landreth Phelps

“I have good news and bad news...” are words none of us ever want to hear a doctor say. In Deborah Ashby’s case, the good news was that the symptoms that led her to the neurologist’s office were not due to a brain tumor. The bad news? “You have Multiple Sclerosis (MS),” he told Deb that day.

She was blindsided: “I didn’t even know what MS was,” she remembers 14 years later.

“I went online and what I found out there scared me to death.”

What Deb’s search for information showed was that Multiple Sclerosis is an autoimmune disease which affects every aspect of life when its inflammation attacks and causes damage to the central nervous system.

“Picture a lamp cord that’s been chewed by a puppy,” Deb says. “It shorts out and the

light flickers.” In our bodies, what would be equal to the cord’s insulated covering is the cell’s protective myelin sheath. Electrical impulses sent from the brain by way of the central nervous system are compromised by damage to that myelin.

According to the official website of the National Multiple Sclerosis Society, it’s not considered a fatal disease. MS is unpredictable

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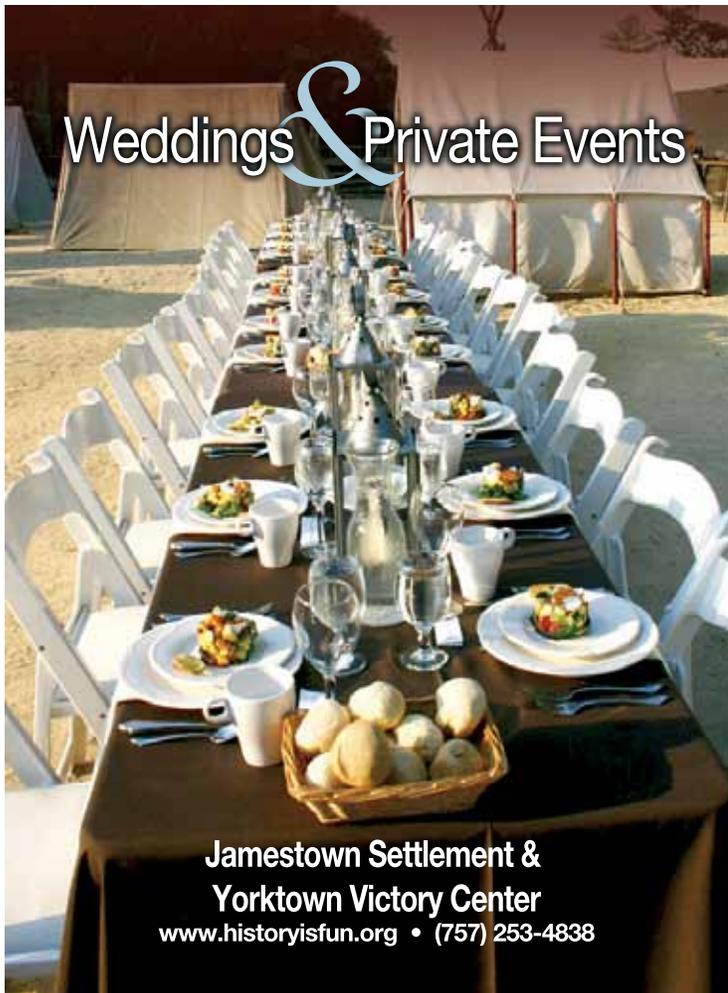


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and progressive, with a wide range of neurological impairment. In its earliest stage, many people show no outward, visible sign of illness but may live with debilitating nerve or muscle pain. Some walk with a discernible limp, while others may need a cane or walker to assist them; a third of patients will eventually be wheelchair bound. Deb's own illness has progressed to the point that her gait is slow and labored and her walker is never far from reach. Every step requires focused concentration: heel, toe, heel, toe. She refuses to shuffle. "I have to keep moving because if I don't, the muscles will atrophy," Deb says. She finds the halting pace of her life very different from former days.

"Before I got MS, I always walked fast and was constantly on the go, so I thought nothing of it when I fell down in a parking lot. I thought I'd just tripped, so I shook it off. As an administrative assistant, I noticed that my office's fluorescent lights were bothering my eyes. Then one day not long after my fall, I noticed words fading from my sight like they'd been written in disappearing ink," Deb recalls.

She went to a specialist for a thorough eye exam and the doctor asked, "Deb do you think this is just a vision problem?" She thought about it for a second before answering. "No," she replied, "I suspect there's something else going on in my body." She was, unfortunately, all too right. Deb's optical neuritis was a signpost of MS.

Diagnosing MS can be tricky because even its more dramatic symptoms may be ephemeral, fading away and disappearing for months, until the next ambush. MS indications can be mild: tingling or numbness in the extremities, blurred vision (usually in one eye) or unusual fatigue.

"Before I was diagnosed, my hands were tingly, but I just thought I had carpal tunnel syndrome," Deb recalls. "That was actually the beginning of my MS." Initially, Deb would regain almost all her function between flares, and her vision problem gradually cleared after a course of intravenous steroids.

"In the early stages," Deb says, "I had what's known as Relapsing/Remitting MS." Then came 2004. It was an extremely difficult year for Deb due to her youngest brother's lingering illness and death. As a result, she crashed over the threshold to the Secondary Progressive stage, where symptoms are ever-present.

"Stress affects everyone negatively, but it hit me especially hard," she says. "My body was in so much pain that I wasn't sleeping for more than an hour at a time." It was then she found a knowledgeable chiropractor whose gentle treatments led to improvements that allowed her to begin water therapy at the James City County Recreation Center. Deb says, "At the time, the instructor there was certified in MS programs, which I found very helpful."

There are twice as many women with MS than men, and the usual age of diagnosis is between 20 and 50. Deb, who was then an active working mom of three teenaged girls, was 42 when she was told she had the disease. Her doctors offered some promising new drugs they said could help to manage but not cure her MS.

However, from childhood Deb had always been hypersensitive to any medications, from over-the-counter aspirin to prescription antibiotics. This tendency held true when she began treatment for MS.



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"I was determined and badly wanted some control over my disease, so for a year I was injecting myself with a daily drug under the skin of my legs. For somebody who faints at the sight of blood or needles this was a big step, believe me, but the injection sites were reacting painfully and half my hair fell out, so I had to stop using that." The next drug was injected once a week deep into the muscle, Deb says. "I'd pass out for sure if I tried it, so my husband had to do it for me." That one and the next made her so lethargic that she was non-functional. "I couldn't even sit up and carry on a conversation," she remembers. Each drug brought its own side effects which were offset by even more drugs, a cycle Deb simply wasn't able to sustain.

"I stopped all the pharmaceuticals except for two morning aspirins a day. If I get spasticity, meaning the muscles in my legs or arms get rigid, I do have a pill I can take on a short term, as-needed basis." Deb is currently using a combination of natural supplements, weekly muscle activation therapy, massage and Pilates, and a strictly organic, largely meat-free

diet to help manage her symptoms. Deb says, "Even the butter I use makes a difference. I have to buy the delicious organic kind that's from grass-fed cows." None of these things are covered by insurance.

One of the most helpful therapies available to her happens to be both cost-free and Deb's favorite activity, one which benefits both body and soul. Thanks to a grant to study the effects of an equine program on MS, Deb and five others like her ride horses at Dream Catchers, located at the Cori Sikich Therapeutic Riding Center near Stonehouse. "I've done two sessions of that and it's phenomenal: great for balance and spasticity, besides just being fun," Deb says with a big smile. "Afterwards, we sit around and have an impromptu support group, so it's emotionally beneficial, too."

Deb's regular support group meets at Riverside Doctor's Hospital on the first Thursday of every month. "Their guest speakers do a wonderful job of education. They'll hit topics like sleep disturbances or things such as incontinence that might be embarrassing but are very important to know about. Since everything in

our bodies is controlled by the nervous system, we never know whether these things may affect us," Deb says.

MS affects brain function as well as physical performance. Lesions form on the brain and proliferate as the disease progresses. "I struggle with words and memory sometimes, but I want to try to keep my mental state sharp as possible, so I take piano lessons to help my cognitive abilities," she says. Staying actively engaged and positive is crucial for Deb's mental, emotional and physical wellbeing.

"It's an adventure with MS. Every day is different. When you wake up, you could be blind; you may not be able to walk. You just don't know." However, Deb says she feels that, as difficult as each step may be, God is walking this journey with her and supporting her.

"God doesn't promise us that we will never face trouble or sickness in this world, just the opposite." Her strong faith, Deb says, sustains her when the path is shadowed by uncertainty, as it is now, and she can't see what lies ahead for her health or her personal life.

At the moment, Deb is preparing to move

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from her large, comfortable home in Toano. She and her husband of 24 years are currently separated and will soon divorce. "We have three daughters, Jessica, Ashley and Erin, but I don't want to take over their lives as my needs grow. Since I no longer have a care partner (a term I much prefer over caregiver), it means I need to make wise decisions which will take that into account. Right now my oldest, Jessica, has relocated from Virginia Beach and is living with me, but that is a short-term thing. I'm not sure where I'll go yet, but I'm working on it."

Though every marriage is different and even the healthiest couples divorce in disturbingly high numbers, Deb's marital situation is not unusual among those who have chronic illnesses. A recent study of subjects living with ongoing serious health challenges showed 11.6% of participants divorced or separated within six months of diagnosis.

MS has meant many changes in Deb's life. She misses simple things like being able to carry a full cup of coffee or a laundry basket. She's had to give up her fashionable high heels. "I'm short," she jokes, "so that little bit of extra height I gained was important." At 56 years of age and otherwise healthy, she can expect a normal life span. Many more challenges and changes lie ahead, but she faces them with courage.

"I truly believe that sometimes a circumstance in our lives may have a purpose that has nothing to do with us," Deb Ashby says. "It may be we are meant to use it to help others, to give it away to someone else. I've decided to enjoy the life that God has given me. I may have MS, but MS doesn't have me." NDN



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The Diagnosis was Parkinson's Disease

By Lillian Stevens

Colonial Heritage resident Anne Johansen is a lively, effervescent lady. A self-described "type A" personality, she enjoys golfing, interacting with friends in her church, clubs and community organizations. In 1999, when she and her husband, Art, were living in suburban New Jersey, he was diagnosed with Parkinson's disease (PD). In 2004, the Johansens moved to Williamsburg. Sadly, in spring of 2013 Art passed away after a 15-year battle with the disease.

"I lost the love of my life," Anne says.

The progression of Parkinson's varies between individuals. It is, however, chronic and belongs to a

group of conditions called motor system disorders which are the result of a loss of dopamine-producing brain cells. The most noticeable symptom includes tremor or trembling in hands, arms, legs, jaw and face.



Lisa W. Cumming Photography

"Parkinson's Disease can be developing years before it manifests itself," Anne says. "I began to notice that Art wasn't quite as social. Also, he sometimes appeared to be having difficulty putting words together and I noticed a tremor

in his left hand."

In the early stages of Parkinson's, for some, the face becomes a mask and expression begins to fade. Art Johansen was, according to his wife, always smiling and happy. "So I knew something was off," she says. "Also, Art had always been such a good athlete, and I was beginning to notice that he was stumbling a little bit – he just wasn't himself."

One evening the couple was visiting New York City and having dinner with old friends when a few of them pulled Anne aside to ask whether her husband was drinking – or

had he suffered a stroke? She could no longer deny that something was not right.

"Art had a doctor's appointment coming up," Anne says. "So I called his doctor and told him that something was going on and that I thought

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it might be neurological. Our family doctor referred us to a neurologist.”

After Art’s examination, the neurologist indicated there was a good possibility of PD and prescribed a low dose of a drug called Sinemet, which affects dopamine release and treats the symptoms. He asked the couple to return in a couple of weeks. The medication was effective but the diagnosis they received when they returned to the neurologist left them reeling.

“We left the doctor’s office and went to a coffee shop because we knew we had to talk,” Anne says quietly. “Art admitted that he had known that something was wrong, and I admitted to him that I did too. We made a decision early on that we would deal with Art’s PD together as a team. We talked about the elephant in the room. We made a commitment to approach this as partners and we worked equally hard on managing and living with this unwanted guest in our home.”

After coffee, they visited Barnes & Noble and selected a variety of books on Parkinson’s disease so that they could read and understand what to ask the doctors.

This was an extraordinary new chapter for the busy couple who had been married nearly 25 years by that point. Anne and Art lived in Manhattan for over 20 years where he was an advertising executive and Anne worked for IBM in finance and marketing for 30 years.

“We had a great life!” Anne exclaims. “We had flourishing careers, a busy social life and we loved to travel.” When the couple was told that they couldn’t have children, they threw everything into their careers and social lives. Then, at 37, Anne came down with what she thought was a bad case of the flu.

“Well, that flu is now 32 years old,” she says with a twinkle in her eyes. “Our daughter, Kathryn, is a beautiful girl who lives in Washington, D.C. and has a successful career there. We continued to live in Manhattan until 1991 when we moved to New Jersey to help Art’s elderly mother.”

In fact, in 2004 Anne and Art moved to Williamsburg to be closer to their daughter in D.C. Having honeymooned in Williamsburg, and enjoyed vacations here over the years, the couple felt that it made sense to retire here.

“Our first home in Williamsburg was in Ford’s Colony,” Anne says. “We built a beautiful home there and Ford’s Colony was a wonderful community for us. After a year or so, Art’s Parkinson’s symptoms became more pronounced and we joined the Parkinson’s support group here which is absolutely incredible. There were great speakers, including prominent neurologists. The spouses would get together every three months or so for lunch – so I was able to let my hair down.”

It is important to note that PD does not only affect the person living with it; it affects the whole family. To take care of her husband, Anne would also need to take care of herself, both physically and mentally.

“When we moved here, there were a few families from our hometown (Westfield, N.J.) who attended our church. One of them was a co-founder of Faith in Action and she suggested that I learn more about the organization.”

Faith in Action is an organization that matches volunteers from the many area faith communities with seniors in the Greater Williamsburg area who are elderly, disabled or with long-term health needs. Volunteers provide rides to doctors’ appointments, respite care, visiting and many

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When people think about estate planning, they often think of the Last Will and Testament, the Revocable Living Trust, or other methods of transferring assets at death. While it is true that much of estate planning focuses on financial decisions, there is another aspect that is equally important – healthcare.

In Virginia, the document most commonly used to express healthcare wishes is the Advance Medical Directive. This document typically contains a power of attorney for healthcare, provisions related to life support often referred to as a “living will,” and an anatomical gift form. The Advance Medical Directive allows you to express your healthcare wishes now, so that your doctor and loved ones will know what you want them to do if you are unable to tell them later.

In the power of attorney for healthcare portion, you can appoint someone who will serve as your agent and make healthcare decisions for you in the event you become unable. You can also provide specific instructions that must be followed by your agent and healthcare providers. If you wish to change your agents or instructions in future, you can do so at any time as long as you are competent.

The living will formalizes your wishes in the event you have a terminal condition with no reasonable expectation of recovery or are in a persistent vegetative state. Contrary to popular belief, a living will does not simply say “pull the plug.” Rather, it may authorize the provision, withholding, or withdrawal of life-prolonging procedures.

If you wish to be an organ donor, you can express that using the anatomical gift form. It allows you to specify whether you

want to donate certain organs or even your entire body. If you do not wish to be an organ donor, you can express that too.

In the absence of an Advance Medical Directive, a Virginia statute determines who will make decisions for you. The statute provides the following hierarchy of decision-makers: spouse, an adult child, a parent, an adult brother or sister, or any other relative of the patient in descending order of blood relationship. Sometimes the person appointed by statute will coincide with the wishes of the patient. Most of the time, however, the patient has someone specific who they want to act on his or her behalf.

Just as a Will or Trust takes the distribution of your estate out of the hands of the legislature and puts it in yours, the Advance Medical Directive does the same for healthcare. More importantly, stating your wishes now can help avoid family conflicts that can arise when such important decisions have to be made. We are all familiar with stories of families ripped apart over the type of care, if any, that should or should not be provided to a loved one with a serious medical condition.

We recommend that everyone have an Advance Medical Directive. Properly drafted, it will ensure your healthcare wishes are expressed with clarity and certainty, while relieving your family and friends of a difficult decision. If you would like to learn more about the Advance Medical Directive and other estate planning documents, please consider signing up for one of our no-cost educational workshops held in the boardroom of our law office. See our website, www.carrellblanton.com, for the dates and times.



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other services.

“Art decided to volunteer,” Anne says. “He visited a gentleman on Saturday afternoons to watch ballgames and talk. They both enjoyed the experience a lot.”

For her part, Anne got involved on the board as treasurer and eventually became the director of Faith in Action for some three years. “During those years, we were both in a good place.”

Over time, though, Art’s condition was deteriorating and in 2010 the Johansens moved from Ford’s Colony to Colonial Heritage where they had a one story ADA-equipped home built. They visited Art’s neurologist every three months.

“It is very important to find a neurologist you really like because you will spend a lot of time with him or her,” Anne says. “Our doctor was Dr. Shawke Soueidan with Williamsburg Neurology. As the disease progressed, Dr. Soueidan prescribed physical therapy and speech therapy to keep Art active.”

He never went to a medical appointment alone. “I think that’s key,” Anne says. “You really have to be a team in any kind of chronic illness and you need to hear what the doctor has to say as well. Sometimes two sets of ears are essential.”

Anne has other nuggets of advice that she would like to share with people affected by PD or other serious diseases.

“Sit down and go over your finances together. Understand what you have in terms of investments, pensions, social security – everything. See an eldercare attorney. I don’t care if you’re 40 years old. They can help you project future expenses (like nursing home care). If you haven’t already done this, have health care directives prepared and make sure you both understand each other’s end of life wishes.”

Anne is also an advocate of local services for seniors that can ease burdens. Some helpful agencies in the Williamsburg area are Riverside’s Center for Excellence in Aging, Faith in Action, Parkinson’s and Alzheimer’s support groups, and SHARP (Senior Health Assistance Resource Project) sponsored by the Peninsula Agency on Aging, as well as the Respite Program at Williamsburg Methodist Church and the Colonial Heritage Caregiver Support Group and Innovative Senior Champions Program.

It may become necessary – as it did for the Johansens – to consider arranging respite care. Anne recommends that caregivers be diligent about visiting facilities and obtaining personal recommendations. The Commonwealth of Virginia website also provides information on senior health services. Rankings, audit findings and complaints about facilities are listed there.

On a lighter note, some find that delivering bad news, like when it’s time to retire a driver’s license, is best left to the health care professionals. “I don’t think Art ever forgave me for my role in the loss of his driver’s license,” she says. “But that reminds me of more advice. Do NOT bury your head in the sand. And DO maintain your sense of humor.”

Today, just over a year after losing her husband, Anne Johansen’s comfort and healing comes from her faith, the Bereavement Program at Hospice House and from knowing how blessed she has been. “Art Johansen was the nicest guy I ever met,” she says. “He never met anyone he didn’t like. He always saw the absolute best in every single person. He was the best thing that ever happened to me.” NDN

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Don't Quit

By Alison Johnson



Lisa W. Cumming Photography

One moment, Barney Cannon was filling a pitcher of ice water at a restaurant at the Williamsburg Winery, where he worked as a server. The next, he couldn't talk or move the right side of his body. He was still standing up, but frozen in place.

As co-workers sat him down and called an ambulance, Barney had no idea what could be wrong. He was an energetic, healthy person with only borderline high blood pressure and

cholesterol. The word "stroke" never crossed his mind until a doctor said it to him in the hospital.

"I had no headaches, no family history, no symptoms before," he says. "I was thinking I'd be going back to work. If this had happened at home, I would have just gone to bed to try to sleep it off. Thank God it didn't."

The stroke, which hit the morning of February 14, was fairly minor. However, the interrup-

tion of blood supply to Barney's brain damaged a region that controls speech and balance. He has improved greatly since then, but he still struggles with fatigue, steadiness on his feet and talking smoothly.

In the months since, Barney has been determined to maintain a sense of humor and optimism. "I make it a point to smile," he says. "I meditate. I set goals – like I want to ride my bike across the country next year. I want to get

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back to life. I also remember that some people are a whole lot worse off than me.”

His message to anyone dealing with a major health setback is this: “You will get better. You might not get as ‘better’ as you want, or as fast as you want, but things will change.”

That’s not to say life as a 59-year-old “stroke person” – he hates the word “victim” – isn’t frustrating, especially for someone who enjoys being active and counts skydiving, scuba diving and biking as hobbies. Barney also had been trying to build up his holistic health company, Open Doors Wellness, which offers in-home services such as massage, spiritual healing and hypnotherapy.

In a nutshell, Barney doesn’t like having to rest so much, or to rely on other people for assistance. While he was ambidextrous before the stroke and can do a lot with his left hand, including writing, “little” tasks that other people can knock out quickly and easily have become time consuming: clipping his fingernails, for example, or loading and unloading groceries. Barney can drive, but he has had to trade his road bike for a stationary exercise bike after

balance issues made him fall too often. At the ocean last summer, the avid body surfer felt exhausted and unbalanced after spending a short time in chest deep waves. He gained 25 pounds over six months, which he blames on too much couch time.

“I can’t do a lot of things well, and I can’t really play,” he says. “A lot of heavy motor stuff and gripping, I did with my right hand. It’s really easy to get depressed about things. You sit around a lot. You don’t see it getting better. Other people do, but you don’t.”

Barney often takes a cane with him on outings because while he feels fine at first, he can get worn out quickly. “You know, people do open the door a lot more for me now,” he notes, cracking one of those spirit-lifting smiles.

As for his speech, at times Barney has difficulty articulating what he wants to say, particularly later in the day. When that happens, he tends to throw out the word “blah” a lot. “It’s annoying when I know what I want to say but can’t put it out there,” he says. He also has trouble with volume control. “I can’t whisper. My daughter is always saying, ‘Shhh, Dad!’”

No longer able to work as a restaurant

server, Barney did some weeding at the winery over the summer for a few hours a day, all the exertion his body could handle. He can still perform some healing services, although his speech isn’t yet effortless enough for hypnotherapy. He now relies on Social Security disability benefits and Medicaid has covered physical and speech therapy.

One lesson of the stroke, Barney says, is that everyone should have at least six month’s worth of emergency savings funds. “Even then, you’re probably going to run through it fast,” he warns. Barney’s family has helped him. His brother and three sisters visited and sent money, and the youngest of his four children, 18-year-old Aine, shouldered more chores around the house before she left home to start classes at Virginia Tech this fall.

“She’s been very independent,” says Barney, who is divorced. “She always was an independent person, but she became even more so. She took care of herself, and of stuff I would have preferred to take care of as a parent – getting some money for school, shopping and any number of little things.” His family, he adds, “all really stepped up, but you can’t expect that

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forever. I hate being dependent.”

In fact, Barney has had an independent streak since he was young. Born in New York, he spent much of his childhood in New Jersey and has lived in nine different states to date. He was never afraid of change. In college, he transferred from Michigan State to the University of Nevada-Las Vegas (UNLV) after switching his major from fisheries and wildlife science to business/hotel administration; because it was, he explains in his blunt manner, “Too damn cold in Michigan. A hot desert sounded perfect.”

To get to UNLV, Barney hitchhiked across the country from his parents’ home on the East Coast, standing along roads with a backpack and outstretched thumb. Along the way, he sat on the floor of an old mail truck with no passenger seats and resisted a tired trucker’s request that he drive an 18-wheeler.

“I wouldn’t recommend that people hitchhike like that anymore, but it was fun,” he says. “I met some cool people. Some very strange ones too, but they were mostly cool.”

Barney has held a variety of jobs since college. He worked for Marriott for about seven

years, ending as a director in the catering department. He also has run a bar in New York with his brother, sold mortgages and waited tables.

In Arizona after his divorce, he signed up for yoga classes and became fascinated by holistic health. He studied for an Associate of Occupational Studies degree in Transformational Psychology from the Southwest Institute of Healing Arts in Arizona. He has taught classes at various health centers and wrote a children’s book, *I’m Looking for God*, the story of a boy who travels around the world, learns about different religions and discovers that God is everywhere.

Barney was working toward a Master’s Degree in Holistic Health from the Alabama-based American Institute of Holistic Theology when the stroke occurred. “I don’t have enough attention span to finish my thesis,” he says. He quickly edits himself, “I don’t have enough attention span yet. See? Not yet, but someday. Someday is another important word. Think positive. I’d also like to write another book someday.”

Barney moved to Williamsburg about four

years ago to be closer to his children (in addition to Aine, a graduate of Jamestown High School, he has Katie, 29, Barney, 23, and Ashley, 20). After the stroke, he spent three weeks in Riverside hospitals and rehabilitation programs, where he was shocked by the wide variety of damage strokes can cause. Aware that he’s at higher risk for a repeat stroke, he’s eating well and exercising as much as he’s able.

“I know that I’m doing great, and that I’m lucky,” he says. “I’m just not patient. I’ve gotten more so, because I’ve had to, but it’s not in my nature really.”

Dreaming about a cross-country bike ride feeds his more impatient side. He’d like to take off in May, going from East to West, and ride a short distance each day. “It may take a really long time, but I’m going to try,” he says. “I figure I can stop every 50 miles or so instead of blasting through places in a car or motorcycle, not seeing anyone or anything. Ideally, it will work out.”

“I’ve had highs and lows, and moments of, ‘Why me?’” Barney Cannon continues. “I just always tell myself, ‘don’t quit.’ I’m too young to quit.” NDN

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The Challenges of
DEMENTIA

By Cathy Welch

"Not every minute of caring for a person with dementia is a crisis," Ronda Williams says. "So there is a lot of time to feel the loss and the sadness."

Ronda's mother, Jean Williams, was diagnosed with Alzheimer's in 2006. A Native American raised poor in a segregated North Carolina county, "knew that using her brain was going to get her out of poverty," Ronda explains.

Jean earned her Bachelor of Science in Education and married Ron Williams. They moved to Virginia where he worked in labor relations and negotiations at the Naval Weapons Station for 40 years.

Jean taught elementary school before the couple bought a home in the Kingspoint neighborhood of Williamsburg. They adopted Ronda 16-days-old. Her younger sister, Shana, is also adopted. Jean stayed home with her girls for 11 years.

Jean earned her Master's Degree in Education from William and Mary. She taught seventh grade at Queens Lake School for 20 years.

"She loved her students and spent her free time ensuring they could read on grade level. But she didn't take any nonsense. She was 5'1", but they still called her the Mighty-Mighty-Williams," Ronda says.

Ronda graduated from Christopher Newport College with a Bachelor of Arts in English. She earned her computer programming certificate and began working as a technician. Today she works from home as a tech for a New Jersey based chiropractor.

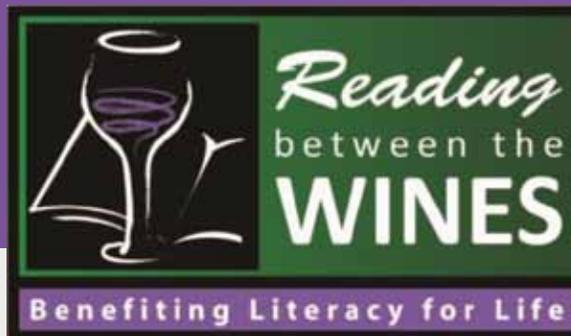
She's been a single mom to her son, Alex Flores, since her divorce 17 years ago. Today, he is a sophomore at James Madison University.

In addition to Jean's Alzheimer's diagnosis, Ronda's father, Ron, was diagnosed with frontal temporal dementia.

Ronda believes her mom's mental decline was slowed due to early detection via diagnostic brain scans for migraines.

Jean's doctor prescribed Exelon and it seemed to slow the disease's progression. She could drive and keep up normal activities. When Ron began to suffer a mental decline, she became his caregiver.

After suffering a stroke in 2008, Ron went to rehab and seemed fully recovered. Ronda and her



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sister could not take the car away because Jean could still drive. Somehow Ron still managed to get his driver's license reinstated. He would get angry and drive off and Jean would call Ronda.

"She would panic easily and I would have to go and find him. Anything that happened, she couldn't handle it."

Ron began displaying increasingly odd behaviors in November 2008. "A lot of perseverating (repeating things redundantly) and memory loss," Ronda says. "He asked me to start writing checks for the bills and help with calendaring."

Late in 2010, Ron started going downhill markedly when his best friend of 40 years passed away. The doctor believed his stroke had triggered early-onset dementia.

Ronda recalls an occasion they lost her father. He went for a walk and by the time Jean called her, they had no idea how long he had been gone as Jean has no concept of time.

James City County (JCC) police assisted in the search. Eventually, a couple spotted him on the Colonial Parkway and took him to the

Jamestown Settlement Center.

"It was one of the worst days of my life," Ronda explains. "My mom was a wreck. The police officers were compassionate, patient and extremely helpful."

Alex used to go to his grandparents' house after school and spent his summers there. He had to stop going because of all the confusion. "He's Memaw's boy and this has been really hard on him," Ronda explains. She remembers the time Alex expressed his frustration. "He said, 'It's not fair that both of my grandparents are going to forget about me.' It was one of the most heartbreaking moments."

Ronda received a lot of help from The Alzheimer's Association and now she volunteers for them. "People sharing stories and ways around things has helped," Ronda explains. "You're dealing with an 80-year-old toddler and they don't stay where you put them."

Comfort Keepers, a local business that provides in-home assistance with seniors, came to the Williams' home three days a week, but Jean would not let them do anything for her. "It was good for them to be there and talk to

her," Ronda says.

Ron first entered WindsorMeade Retirement Community for 10 days while Ronda was on a mission trip. Jean agreed to the arrangement but then hired a lawyer accusing her daughter of removing Ron without permission. Ronda proved she had power of attorney and the case was dropped. Ron was able to stay at WindsorMeade and he transitioned well. "He loved it there," Ronda says. "He loved the food and gained 10 pounds."

Both parents had lost weight because Jean didn't remember meals and had no appetite which is not uncommon for Alzheimer's patients.

Comfort Keepers began driving Jean to visit Ron daily because she had failed her driver's test. Ronda and Shana's goal of moving Jean to the retirement community was realized when she needed rehab for a knee replacement. Ronda says. "She loves it, has friends there and can walk over and see Dad."

Ron wears an ankle bracelet with a radio transmitter he received after he got lost. This service, provided by Project Lifesaver through



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local sheriff's offices, is for persons identified as a wander risk. "I call it the magic bracelet," Ronda explains. "When he gets near doors he's not supposed to have access to, they lock."

Ron has declined and has difficulty swallowing which can be frightening.

On the bright side, he has developed an interest in fashion. "He loves People and US Magazine," Rhonda says. "My dad never cared about what he was wearing, but now he points out hemlines he likes or ruffles he doesn't."

In 2014, Ronda has spent 15 days in the hospital with her parents. Ron's gallbladder was removed and he subsequently developed pneumonia. Her mother fell, hit her head badly and developed an arterial bleed requiring surgery. Jean also had cataract surgery and another knee replacement this year. "I am watching my parents struggle to understand and follow along with schedules and conversations," Ronda explains. "They struggle against losing what makes sense."

Ronda says one of the biggest challenges she has is remaining patient with her mom. "Mom is trying so hard to hold on to what she knows.

There are moments she knows I am there with her. Most of the time she doesn't. It is understandable, but it still stings my heart."

"I have a strong faith in God and pray a great deal," Ronda says. "I feel like I have often been carried through by the love and support of amazing friends."

She is thankful for Comfort Keepers' excellent companion care before her parents moved to WindsorMeade and for the care her parents receive at WindsorMeade.

"They are loving, patient, adaptive and fantastic at noticing even the smallest changes in needs for my folks. The staff and other residents have become extended family," Ronda says.

"Caring for someone with Alzheimer's is having your heart broken over and over," Ronda says. "The best is seeing my dad's eyes and face light up when he sees me. He can't always remember that I am his daughter, but he beams with love and it is so beautiful." NDN

For more information, please call the Alzheimer's Association 1-800-272-3900 or visit alz.org

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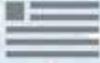
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ADJUSTING TO *Epilepsy*

By Cathy Welch

Williamsburg resident, Brenda W. Jones, is a wife, a mom, a “Granma”, dog owner to Mozart, print shop owner, Disney lover and cabernet lover. She loves the choices she’s made in life. But there is one thing in her life that was not her choice: epilepsy.

Brenda was born in Kenbridge, Virginia in 1957 to Lewis and Hazel Williams. Her dad moved his wife and four children, Brenda, Nancy, Jimmy and Ken, to Williamsburg when Brenda was two-years-old. He was an auto mechanic who came to the area to work with his brother.

“I married my high school sweetheart,” Brenda says of Chris who walked into her Berkeley Middle School band room when she was in

8th grade. "My best friend at the time was sitting there and I did really tell her, 'I'm going to marry that guy.' Turns out to be one of the best decisions I've ever made."

Today, Brenda and Chris have three grown children: Ryan, married to Amanda with three children, Stella (9), Penelope (4) and Jasper (3); Sara, a treatment program coordinator at Merrimac Juvenile Detention Center who is working on her PhD in Psychology; and Emily, married to Kyle Madden and is a health and physical education teacher at Carrollton Elementary School working on her master's degree.

"We are extremely proud of our family and we love hanging out together," Brenda says.

Chris and Brenda partner with friends, Ralph and Mary Schwartz in running Printwell, Inc. "Mary and I kept our jobs so Ralph and Chris could open the business," Brenda says of the beginning of the 23-year partnership. Until 15 years ago she worked at The National Center for State Courts in Williamsburg. She was a secretary, researcher and conference planner which gave her a lot of travel opportunities around the country.

Ryan runs the presses at the print shop and Brenda's dad, 81, works with them occasionally. Sara and Emily worked at Printwell when they were in school. "We have really good employees," Brenda says.

"I was really close to my mom," Brenda says of her mother, Hazel, who was diagnosed with liver cancer and died in 2010. Dealing with this life event as well as a business during the recession,

Dr. Gregory Schultz Focuses on Total Health, As Seen Through the Eye

If the eyes are a window into the soul, they're also a window into our health.

"In general many people have the misconception that their eyes are disconnected from their bodies. That's a myth that is perpetuated by insurance carriers who continue to offer vision plans separate and apart from general health plans," says Dr. Gregory Schultz, an optometrist who has been specializing in ocular disease for 21 years. "People don't understand the importance of a dilated pupil exam. I ask my patients: 'Do you want me to examine 25% of your eye or 100%?' There are so many diseases that can be seen and diagnosed through a proper comprehensive examination. It can be the tip of the iceberg in diagnosing a disease that is unknown to them and unknown to their primary care physician."

Dr. Schultz, who is the President and Medical Director of Eye Center of Virginia in Williamsburg, says patients don't realize that diagnostic testing, such as a visual field test, can reveal as much as an MRI.

"We call the visual field test the poor man's MRI," he explains. "Someone who's highly trained in evaluating the visual field can look at it and diagnose brain tumors or stroke. Not only can you tell if there's a brain lesion, but you can tell where in the visual pathway it is." We routinely order MRI's on our patients that confirm our suspected findings.

Dr. Schultz recalls a woman who came to see him while he was working as an eye specialist at the Sentara Careplex in Hampton, Virginia. She was initially referred to him for glaucoma. "She, to the credit of the doctor, did have glaucoma," he says. "She had all of the signs of glaucoma, which includes elevated intraocular pressure and cupping of the optic nerve."

But Dr. Schultz saw something else. There was a paleness to her optic nerves that concerned him. It was something the other doctor had missed.

"It prompted me to order an MRI," he remembers. "There are three reasons people get this type of pallor. One is inflammation in the eye from an inflammatory disease such as Multiple Sclerosis.

Another reason is a lack of blood flow getting to the nerve, akin to a stroke. That happens when not enough blood is getting to the nerve for whatever reason—hypertension, diabetes, high cholesterol, or a combination of these things. The third reason is a compressive lesion or a tumor."

After he ordered the MRI, Dr. Schultz discovered the woman did in fact have a pituitary tumor, which is a brain tumor. Dr. Schultz referred her to a neurosurgeon at University of Virginia Hospital who specializes in such complex cases.

Days before her visit with the neurosurgeon, she called Dr. Schultz early one morn-

ing. She was vomiting and told him she had the worst headache of her life. Dr. Schultz had her immediately come to his office, which at the time conveniently sat above an emergency room. "I saw her and she had every symptom in the book of a condition called pituitary apoplexy," he remembers. Schultz escorted her to the emergency room

patient had an eye problem or an eye disease," he remembers. "I either managed them myself, or if they needed surgery I triaged them to the appropriate surgeon. Most optometrists don't have that level of experience."

It's why for Dr. Schultz, optometry is so much more than providing a prescription for glasses or contact lenses. He believes one grossly under diagnosed ocular disease is glaucoma which is why Dr. Schultz is particularly passionate about detecting the disease in patients early. Glaucoma is the second leading cause of blindness in the world and the leading cause of blindness for people under 65 in the United States. "People think that if they see reasonably well everything's fine. That is not the case," he says. "You can have advanced glaucoma and still have 20/20 vision on the eye chart."

Since last April, Dr. Schultz says he has seen over 100 patients newly diagnosed with glaucoma. If left untreated glaucoma slowly blinds you, but is entirely preventable with proper diagnosis and treatment.

Yearly eye exams can also be a window into cancer diagnosis and management. As part of his 21 years of experience, Dr. Schultz worked in an eye clinic at Sentara Careplex that was located above a cancer clinic. There, he worked closely with the clinic's oncologists to manage the vision of patients going through chemotherapy and other treatments.

"I've initiated the diagnosis of breast cancer numerous times by looking into the eye," he says. He adds that for patients with a history of breast cancer, he has been able to help oncologists manage treatment better by monitoring how the cancer is metastasizing, if at all, in the eye.

In addition to medical eye exams, Dr. Schultz performs routine eye care exams to help patients find their best vision correction with contact lenses and glasses. "I have focused my efforts on researching the latest, best contact and eye glass lenses available for vision correction, such as astigmatism and presbyopia," he says.

"The belief at Eye Center of Virginia is that we provide the best eye health and refractive care a patient could ever want or need."



where she was then medevaced by helicopter to another hospital in Norfolk. Later that day, doctors performed emergency brain surgery.

It was a case where Dr. Schultz saved her life. Dr. Schultz' specialized training enabled him to recognize these symptoms.

"Many of my patients come in with unknown problems and they're completely asymptomatic. If your doctor is not experienced in these matters and doesn't pick up on that, the tumor grows for another year," he says.

The patient recovered 100 percent and kept her 20/20 vision. "I get a card every year from this patient thanking me for saving her life," he says.

Dr. Schultz, unlike 85 percent of practicing optometrists, did residency training before going into private practice. He also worked in highly specialized medical practices for 20 years, cultivating his expert clinical experience. His passion for understanding ocular diseases led him to a medical residency in the management of ocular disease and surgical care.

"We had every kind of ophthalmology subspecialty in our practice," he says of OMNI Eye Services, where he worked in New York and New Jersey as a resident and staff consultative optometrist for six years. "We had a glaucoma specialist, a retinal specialist, a neuro ophthalmologist, a plastic surgeon, cataract refractive surgeon."

Dr. Schultz trained under all of these subspecialists.

"In that setting, I would see anywhere from 40 to 60 patients a day. Every single

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added to Brenda's stress levels; especially because she handles a lot of the shop's financials.

"I had a seizure one night in 2010 while sleeping," Brenda explains. "Chris took care of me along with the James City County emergency crew. He called our daughter Sara to help both of us because, apparently, I scared him to death. I stopped breathing while sleeping and the seizure started."

Brenda was not sleeping well at the time which contributed to her first grand mal seizure. "I don't know what happened," she says. "I have to go by what I was told. According to Chris and Sara, my hands go in and convulse, and my face gets really droopy on the left side. I was really tired for a day or two afterwards."

Brenda was referred to Williamsburg neurologist, Dr. Patrick Harding, who conducted a sleep study and other testing. After a few more seizures, she was diagnosed with nocturnal epilepsy. "The seizures generally happened during sleep because I stopped breathing," she says.

"So I'm back to normal. What I call normal anyway. I was always in control up to this point, and I have no control over it now. But at the same time I look at what I have which is under control. There are so many people who can't control what's happening to them."

- Brenda Jones

After her mother died, Brenda was depressed and suffered another seizure. "I had a really horrible cold and got up early to take Mozart out for a walk," Brenda says. "I took my coffee with me. When I got to the corner I remember saying to Mo, I don't feel good. I had a seizure there."

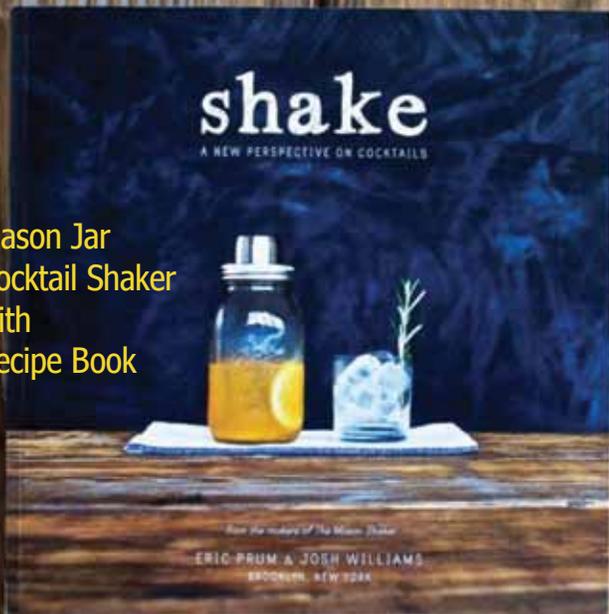
A friend, Becca Linn, was driving by and saw Brenda seizing. She called her mother, a nurse, to find out what to do. As instructed, she rolled Brenda on her side and stayed with her after calling 911.

"The last thing I remember was taking a sip of my coffee and I woke up in the hospital," Brenda says. "I scratched up my nose a little on the road, but mostly it scared everyone again."

After this they regulated her medicine to prevent seizures. "I had to have a certain dosage of medicine at first to see how that worked," she explains. "I was on it for about two years when it started to not be as effective."

Dr. Harding increased her medication and the seizures stopped. "He's been fabulous," Brenda says. "So I'm back to normal. What I call normal anyway. I was always in control up to this point, and I have no control

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over it now. But at the same time I look at what I have which is under control. There are so many people who can't control what's happening to them."

As long as Brenda takes her medicine and uses her prescribed CPAP breathing machine when she sleeps she does well. "It is just part of the routine. My grandchildren refer to the CPAP as Grama's Snuffleupagus." Epilepsy is hereditary, and Brenda has an aunt that was diagnosed with the disorder 25 years ago. Once they put her on medication she has not had another seizure. "So it can be controlled," Brenda points out. "It's just a matter of finding the right stuff to do it."

Brenda explains what happens during a seizure from her perspective. "I am unconscious, have convulsions, and memory loss." When she was first diagnosed with nocturnal epilepsy, her driving was restricted for a year. "Initially, I was most devastated by the lack of freedom," Brenda says. "I felt like I imposed on my family for transportation, and I seriously doubt that Chris got much sleep the first six months after the first seizure. He says, 'I catch myself watching you to make sure you're okay.'" Brenda's entire family has been helpful in taking care of her through her adjustment to epilepsy. "Chris has loved me through all of it. Sara has been available and honest about everything, sometimes in the middle of the night, listening and telling me what I didn't always want to hear and always lovingly so. Ryan takes on a much greater share of work responsibilities to lessen the stress on me. Emily takes it in stride and encourages me to take better care of myself. All of my family has been great accepting it as part of me."

Brenda has become more of an introvert over the past four years. "I like controlled situations and quiet," she says. "I also have a period of time from around 2010 to the present that I don't remember things. According to the doctor, those are just things that my brain needed to dump."

It's been almost three years since Brenda's last seizure.

"I do have, on occasion, sort of blank stares," she explains. "I can hear what's going on around me; I just can't say anything for a few minutes. People that know me can tell. It scares me to think that I'm going to have another full seizure."

Brenda loves being a Williamsburg native and enjoys all her city has to offer. She regularly vacations in Hatteras where she enjoys surf fishing. She treats herself to flowers and wine every week and is a frequent visitor to Disney World.

"Give me Disney World any day. As matter fact, I went after I'd been on the medication for a while and was back and sort of under control," she says.

"A person with epilepsy can function," Brenda Jones says of the upside to her situation. "And according to my family and friends and people at work, be productive too. Sometimes I wonder about it when I leave my desk all messy but, yes you can still get things done. I still do all the same things I used to do. I just pay attention more." NDN

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SEEING FOOD DIFFERENTLY

By Cindy Laraway



Lisa W. Cumming Photography

Cody Grundy learned as a boy growing up in Kentucky that food is love, second helpings were expected and that he just couldn't get enough of his grandmother's biscuits. The joy derived from food continued throughout his adult life but dramatic change was coming with a type 2 diabetes diagnosis last November.

"I love to eat. I saw my life vanishing before my eyes," Cody says.

Life for the 69-year-old has been full of changes since he enlisted in the Army after high school in 1963. During his Army career he and his wife, Eve, were stationed in 18 different places in America and abroad. Twice he was stationed at the Camp Peary Army Detachment in York County where he enjoyed Williamsburg's small size and slower pace.

When he returned to Camp Peary in 1989

for the second time after spending seven years in Germany he was astonished at all the changes. Still, he and Eve decided to settle in Williamsburg after his retirement from the Army in 1994.

After 28 years of marriage, they had never owned a house so they became first-time homeowners. Cody found several other jobs to stay active.

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Marlene Capps, MD

He became a costumed interpreter in 1994 and taught visitors about Elizabethan weapons at the James Fort at the Historic Jamestowne Settlement for three years.

Next he decided to try teaching and became a substitute at Lafayette High School. The public school environment, particularly the way some students dressed with sagging pants for boys and scant attire for girls, bothered him.

He decided to try a private school instead and stopped by Walsingham Academy to ask about any teaching openings. He was offered a part-time contract teaching health and physical education. "Sister Mary Jeane Oesterle jumped on it like a duck on a June bug," Cody says, noting that they were eager for male teachers.

He asked the 6th and 7th grade boys to keep a diary for two weeks and record everything they ate. The results illuminated that well-intentioned but busy families often don't have time to prepare balanced meals, but he didn't yet realize the impact diet might have later in life.

That reality wouldn't become personal for Cody until years later. He gave up the teaching position in 2007, fortuitous timing since his daughter was ill and passed away and his son was severely injured in Iraq. Sergeant First Class Jonathan Grundy was shot in the left side of his face by an AK-47 round and suffered greatly, losing an eye. With the help of doctors who reconstructed his face with titanium mesh and the support of his parents, Jonathan recovered after a year in Walter Reed National Military Medical Center.

Father and son spent four months together during that time taking advantage of a program that invites families to help tend to their wounded soldier. Jonathan was eventually well enough and was assigned to instruct ROTC at the University of North Carolina in Charlotte. His parents' routines gradually returned to normal.

With the passing of time, Cody knew he had less energy and his feet were bothering him when he and Eve would take walks. He had neuropathy, numbness around the balls of his feet, which he attributed to gout.

He'd gained weight, which friends noticed and expressed whispered concern to Eve. They visited friends in the North Carolina mountains about seven years ago and he struggled to do the hiking that the mountains invited.

They came back early because of his foot problems, and he went to an urgent care where a test confirmed that he did indeed have gout. He didn't suspect that anything else might be wrong.

Years later, a check-up's lab work results would change his life forever. When his doctor told him that he has type 2 diabetes he was shocked. "Where is this going?" Grundy said. "How could this be?" An uncle who had type 2 diabetes and didn't make lifestyle changes lost both legs and his eyesight. With his uncle's miserable death in his memory and a belief that his condition went undiagnosed for as many as several years, Grundy was very angry.

A neighbor who was a firefighter and EMT, Charlie Stayton, encouraged him to start checking his blood sugar and recording the number in a daily log.

Eve learned that Sentara offered classes called "Live Better with Diabetes" for people to learn about diabetic care and nutrition. She want-



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ed to attend and her husband begrudgingly agreed.

“It was not a happy experience,” Cody says. “You’re losing control. You’re taking all my fun away from me.”

Now, Cody and Eve consider that decision to take the classes life saving. They needed more information – and they got it. Diabetes is a chronic disease in which the body does not make, or does not use, insulin properly.

In the classes, Sharon Morgan, a Registered Nurse and Certified Diabetes Educator with Sentara’s Diabetes and Nutrition Outpatient Center, got the message across loud and clear. With 11 years of experience with the program, she was able to assess where a participant is in accepting the condition and what it means for their life. Her direct style worked well for Cody. She stressed that people with type 2 diabetes already have a compromised pancreas and won’t get better. They’ll get worse and if they don’t work to manage the condition they will become insulin dependent.

Cody and Eve have used what they learned to forge a new way of life. They learned through the class the importance of carbohydrates since they are the main source of energy for the body. Carbohydrates turn to sugar in the body, so balancing consumption is important for managing a diabetic’s blood sugar.

Cody says his wife is a very accomplished carb counter, and she tries to ensure that his diet contains the 40 – 65 carbs necessary with each meal.

They’re serious about portions and what they eat. They eat more salads and fish. Gone and dearly missed are stacks of pancakes and French fries. They carefully consider what they’ll order if they go out to eat and sometimes even share a meal, which would have been unheard of before diabetes.

Cody still enjoys some of his favorite foods like chili con carne made with venison. They cultivated a taste for deer meat, which has less fat than other red meats, when living on Camp Peary where the deer population requires hunting to control the numbers. “We’re dedicated venison eaters,” Cody says.

Eve has always loved baking but doesn’t do much nowadays. “She’s the baroness of bread,” Cody says.

The results of lifestyle changes are evident in Cody’s weight loss and improved glucose levels. He had to put new holes in his belt to accommodate his shrinking waistline.

These days they stay busy with volunteer work and sharing what they’ve learned with friends facing similar problems. Cody has stayed involved with Jamestown Settlement coordinating the “Military through the Ages” program for the annual March event.

Not all of the changes this year have been the hard kind.

Their son, Jonathan, and his wife recently welcomed a baby daughter. Cody and Eve try to visit their son and his family at Fort Belvoir in Fairfax County once a month.

The new food order in the household hasn’t been holiday tested yet, but Cody is determined to stay as healthy as he can.

He’s learned to accept his new way of life. “I’m a different me than I was a year ago,” Cody Grundy says. “We have to, as Americans, back away from some of the food traditions that we have.” NDN



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LIVING WITH LUPUS

By Lillian Stevens

Fords Colony resident Betty March has lived with lupus for over 40 years. An autoimmune disorder that leads to long-term, chronic inflammation in the body, lupus can come on suddenly or develop over time. Lupus can range from mild to severe, it can be temporary or permanent, and it can flare up at any time. No two cases are exactly alike and it's a disorder that primarily affects women. There is no known cure.

Betty was diagnosed with systemic lupus erythematosus at Baltimore's Johns Hopkins Hospital at the age of 24. Today, the Aberdeen, Maryland native is 67 years young and says that her doctors didn't expect her to live past 40. Understanding the disease and being diligent about taking her medicines has enabled her to live with it for decades.

"When I was first diagnosed with lupus, the doctor said that what was happening was that



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my body was turning against itself,” she says. “Back then, people didn’t know much about lupus so that was scary for me to hear.”

The symptoms of lupus depend upon which body systems are affected. Common signs and symptoms include – but are not limited to – fatigue and fever; joint pain, stiffness and swelling; a butterfly-shaped rash on the face that covers the cheeks and bridges of the nose; shortness of breath and chest pain. When lupus flares, symptoms can hit unexpectedly without warning. Many who suffer from the disease find that they have to reduce or limit physical activities.

The simple fact is that lupus can ultimately affect every major organ and system in your body, which means its effects can be severe and far reaching.

Initially, Betty’s illness presented itself as renal failure. Thankfully, due to the daily medications she takes, her kidney function has been fairly stable for a very long time. But with lupus everything is connected and it can migrate to other organs and systems. Betty and her doctors have to constantly monitor and at-

tempt to treat the symptoms of her heart problems, joint problems, even memory problems. “I get regular checkups, of course, but as I’ve gotten older, the issue has been joint pain,” she says. “I also have spinal stenosis so my spinal cord is pinched. And my left leg doesn’t want to work right now.”

Before any surgery on her spine, though, the more immediate goal is a mitral valve replacement but lupus also means potential bleeding issues caused by lupus clotting factor.

“When I was first diagnosed, the doctor at Johns Hopkins was one of the early recognized experts on lupus at the time,” Betty says. “But other than ‘it’s an autoimmune disease’ they really didn’t know much about it. They still don’t know what causes lupus so it’s often misdiagnosed. They keep me stabilized with medications.”

Betty and Chuck have been married for 43 years and he has been by her side from the very start. Indeed, by the time Betty learned that she had lupus, she and Chuck were already engaged. The couple actually married while she was in the hospital.

“Chuck was stationed in Germany the summer before I was diagnosed in 1971,” Betty says. “I had gone over in January and we were engaged in Germany. He was in the service for 22 years and subsequently worked as a contractor much longer than that.”

“He has retired three times now,” she adds with a chuckle.

For her part, Betty enjoyed an illustrious career as a licensed social worker in Northern Virginia where the couple lived for over two decades before building their home in Ford’s Colony in 2002. There, Betty and Chuck have established a strong support network with friends in the neighborhood. Though she uses a cane most of the time, she doesn’t let her illness keep her from hosting the occasional wine and cheese gathering or volunteering at Hospice House & Support Care of Williamsburg.

“I volunteer at Hospice on Monday nights and I have friends there. With my background in social work, that is a natural fit for me.”

Betty admits, though, that some days are better than others but she makes certain to take good care of herself. Sure, she gets depressed

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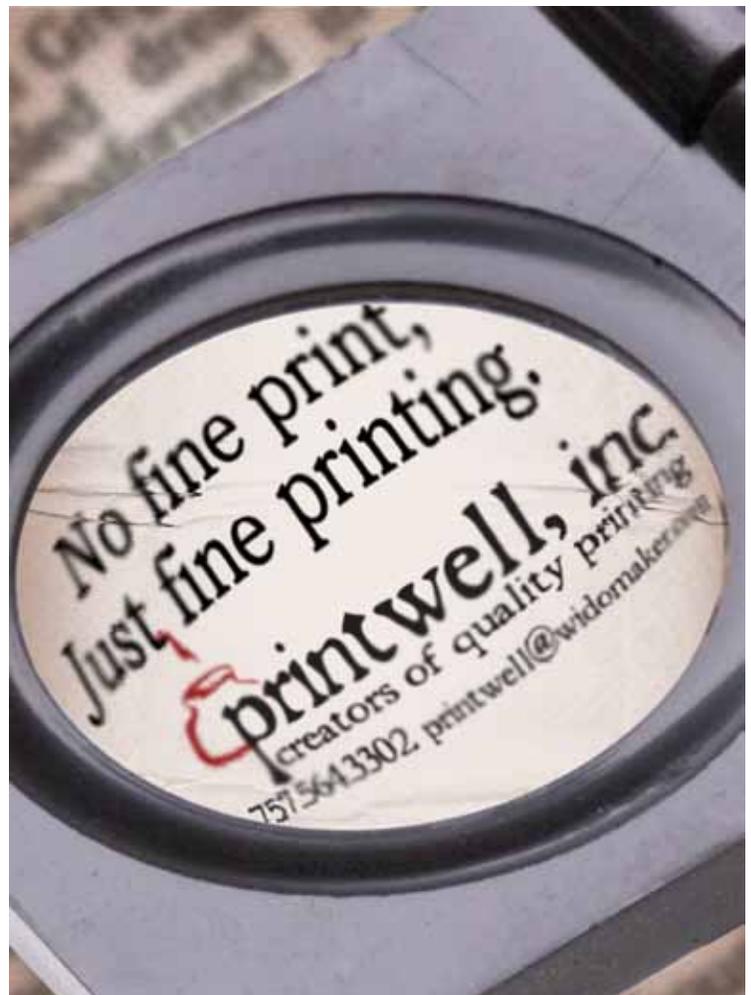
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as does anyone who suffers from chronic pain. To manage her pain she favors alternative remedies (while taking her prescribed medications) like acupuncture and she receives regular chiropractic care.

“I also get massages and facials. I like to treat myself in that way.”

When asked how her life has changed as a result of lupus, Betty says that she constantly adjusts and readjusts. “After all of these years, it becomes second nature – the adjusting that I do. But I’ve always said that I have to keep going because if I don’t keep going, I won’t keep going, if you know what I mean.”

One activity that Betty can no longer enjoy, because she walks with a cane, is taking her dog, Zack, for a walk. The gorgeous, spirited two year old “pup” is Betty and Chuck’s third golden retriever. The couple also has two cats. “Sometimes I just lie in the bed with Zack beside me. He will stay there as long as I want him to. It’s distressing to me that I can no longer walk him. But there are a lot of things that I can do.”

Betty and Chuck are avid readers. “Give me

a book and I can be far, far away. I’ve been that way since I was a kid. I remember lying on my bed reading for hours.”

The couple also gets out to the movies and enjoys cooking together, although Betty confesses that Chuck does most of the cooking. “He can get really creative,” she says. “Usually, we have fish, chicken, turkey or turkey burgers – trying to be healthy. But now they tell me that I have to have red meat at least once a week for the iron.”

Betty and Chuck also enjoy travelling although that is increasingly difficult as she is so easily winded. Most recently, they planned a four-day trip to the historic Biltmore Estate in Asheville, North Carolina. “I don’t let lupus keep me 100% from doing the things I want to do. We went to Provence a few years ago and had a lovely time there. I’ve wanted to go to Tuscany for a while now. But getting around is hard – maybe a river cruise might be the way to go.”

Also, Betty enjoys an annual “sisters’ trip” with her two sisters, most recently in New Hampshire.

In most cases, those who suffer from lupus can expect to live a normal life expectancy as the disorder is better understood than it was in the not-too-distant past. Even so, Betty regrets that she and Chuck were never able to have children; lupus is so hard on the body that pregnancy was not an option for the couple. “But we’re a really good aunt and uncle.”

If you or someone you know and love has just been diagnosed with lupus, Betty has a few nuggets of wisdom and support.

“First of all, I would say not to be afraid of lupus. Medical and technical advances have come so far. They still don’t know what causes it but they’ve come so far in terms of how to treat it. And listen to your doctors. I get stubborn sometimes and threaten to throw all my medications away. I take around 14 prescriptions a day.”

Betty March does believe firmly that acupuncture and regular visits to the chiropractor have helped incredibly with her own pain management and have been great complements to traditional medical care. “And I definitely do not recommend being stubborn.” NDN



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A Journey of Faith

By Lillian Stevens



On the Friday before Memorial Day 2013, Julie Hunt was on her way to her annual mammogram, somewhat nervous because she had found a lump in her breast during a self-exam. "I'm a strong advocate of self-exams," explains the single mother of three. "My mother is a two-time breast cancer survivor. But when I found the lump, I didn't react immediately because I knew my routine mammogram was coming up."

On the morning of her scheduled mammogram, Julie dropped her son off at school and

headed toward the Getty Outpatient Center at Sentara Williamsburg. To understand her walk through that life-changing day, and each day since, it is important to understand the strength of Julie's spirituality and faith.

"I call this my faith journey," Julie says. "That morning, as I drove to my mammogram appointment, I prayed that if this was going to be something serious, that God would put the right people in the right places at the right time and give them the wisdom to know how to treat this and take care of it swiftly."

It is almost uncanny just how quickly that prayer was answered.

At 7:20 a.m. on that Friday, as the technician was preparing to conduct the mammogram, Julie explained that she had found a lump during a self-exam.

"To my surprise, the technician explained to me that this meant that I needed a diagnostic mammogram which would need to be scheduled (they only do routine mammograms on Fridays). I think that's a key piece that people need to know. There is a difference between a

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As it turned out, there was a technician on
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mogram that morning, after all. Moreover,
within hours, Julie had undergone not only
a diagnostic mammogram but an ultrasound
and a biopsy.

The right people were in place, or at their
telephones at critical moments, to authorize
procedures and/or make things happen.

“I was in and out of there by 12:30,” Julie
says. “They told me I’d hear from them by the
following Wednesday with my test results.”

At first, she didn’t tell her family. On hands
and knees, Julie prayed, “God, please don’t give
me cancer; I don’t want cancer. But in case it is
cancer, please give me courage and strength to
take it and embrace it.”

On that pivotal Wednesday, she awoke with
an overwhelming certainty that this would
be the day that her life would change forever.
Again, she prayed for peace and God’s comfort.
The phone call from Sentara Diagnostic Cen-
ter came within hours.

“They told me that the radiologist would
like to go over my test results that afternoon.

And that it would be okay if I brought some-
one with me.”

That couldn’t be good. In a bit of a panic,
Julie called her younger sister in North Caro-
lina who dropped everything, picked up their
mother and drove to Virginia. They arrived in
Williamsburg just in time for the afternoon ap-
pointment. Meanwhile, Julie left her office and
headed to her church.

“All I could think of to do was to drive over
to my church and ask someone to pray with
me.”

Again, with all due respect to the pastors at
Williamsburg Community Chapel, the right
person was in place.

“On this particular day, all of the pastors at
my church were in a luncheon. The only per-
son at the reception desk was this sweet lady
filling in for the normal receptionist. I told
her that I needed someone to pray with me be-
cause in two hours I’m going to be told I have
breast cancer.”

As it turns out, that sweet lady was also the
mother of a breast cancer survivor.

“So right there, God put the right person in
the right spot at the right time. God knew I
didn’t need a man to pray with me; I needed

a woman whose daughter had been through
this – a woman who understood how to pray
with me.”

Several hours after that Julie, her mom and
her sister arrived at Sentara.

“They took us into a small room and the
radiologist as well as a ‘breast cancer naviga-
tor’ came in and explained everything in a very
matter-of-fact way,” she says. “The radiologist
told me that I had an invasive ductal carci-
noma and that my tumor was over two cen-
timeters in size. Based on the initial pathology
report she told me I was stage 2 and would be
facing a mastectomy and that chemotherapy
would most likely be part of the plan.”

Julie remembers feeling a sense of urgency
and asked the radiologist to “just take them
both!”

“My navigator was Wendi Johnson – an ab-
solute God-send. All of the doctors and health
care providers at Sentara were just incredible.
I wish every cancer patient had a ‘navigator.’
Breast cancer navigators have a medical back-
ground and their role is to help cancer patients
navigate through the overwhelming process
from diagnosis, treatment and recovery. Wendi
was there every step of the way.”

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Even so, the days that followed were not easy. For starters, she had to tell her children. In fact, her daughter's picture was on the cover of a local medical magazine because she had run in a Susan G. Komen 5K race the year before, not knowing her own mother would be diagnosed almost one year later.

"The hardest part was telling my children."

Ultimately, Julie had a bilateral mastectomy with reconstructive surgery. Because the cancer had not spread to her lymph nodes, no radiation treatment was necessary. Tests on her tissues, however, revealed that chances of recurrence were high enough that six chemotherapy treatments were prescribed.

"Chemo is not a pleasant experience, so I convinced myself that chemo is angel juice – that an army of angels was going in to attack the evil stuff. Once you go through a few treatments you learn the side effect patterns and you learn what will happen on what days, it makes it easier to cope."

During her treatments, she was able to telework. As the Director of Classification and Compensation in the Office of Human Resources at William & Mary, hers is an incredibly demanding job, but also flexible.

A positive person by nature, Julie looks on the bright side but says that one of the worst moments was when she lost her hair. "This was astonishing to me because it's just hair," she says. "But suddenly I looked like a cancer patient and I had somehow never viewed myself as a cancer patient. But, with no hair to fix, I could go from zero to ready in about 15 minutes. Plus, it was summer time, too hot for wigs and scarves, so I went au naturel. I embraced it. I rocked it pretty well, I thought!" Her last chemo treatment was in November. Today, Julie takes a pill daily and sees her doctor every three months. "They watch me pretty closely. But I've had the genetic testing done and was so happy to learn that I don't carry the gene."

Sometimes, though, Julie has felt guilty for being one of the "lucky ones."

"I know everyone does not have a positive outcome, and I know several beautiful women who have lost the battle," Julie says. "I hope my story provides encouragement to others who are faced with either receiving a diagnosis or caring for a loved one with a diagnosis."

There are local breast health organizations like Beyond Boobs that support and educate wom-

en with breast cancer. She found comfort there and in many other places, sometimes unexpected. "The love and support I received from so many people in the community was truly humbling. My small group from church immediately went into action the moment they heard of my diagnosis. They spent an entire day helping me with several home repair projects they knew I needed to have done. After they finished, I felt like I had just been on extreme home makeover."

Additionally, Julie's church friends helped prepare a "care giver" room for family members who were planning to come from out of town to help as she recovered from surgery and during the chemotherapy treatments.

If you wonder how to help a friend or loved one who is going through this, Julie's experience might offer insight. For months, meals appeared at her home and volunteers made sure that her lawn was mowed. Some friends sat with her during treatments, others sent cards with notes of love and encouragement, or flowers to brighten the darkest days.

"Truly, it's the practical, everyday things others did that meant so much," Julie Hunt says. "Those notes are still coming." NDN



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The Pain of Fibromyalgia

By Cindy Laraway



Lisa W. Cumming Photography

Linda Radcliff can only remember about five “good days” that were mostly free from the pain of fibromyalgia over the past 25 years. On those rare occasions, she tries to analyze what she ate or did that might be responsible. She’s had no luck pinpointing an answer.

“I’ve had pain for so many years that I’ve forgotten what it’s like to not have pain,” Linda says.

Now 60, her problems started when she got

sick with a bad case of the flu in her late 30s while living in Massachusetts. She knew something was wrong when the aches and pains didn’t stop. “I was living alone at the time. I thought I was going to die on the kitchen floor,” Linda says. After the flu passed, she was still very tired, achy and having bad headaches. “I could hardly lift my arms.”

She went to a doctor after her bout with the flu to try to figure out why she still felt so bad.

Many tests were done and the prime suspects, lupus and lime disease, were ruled out. Linda was sent to a rheumatologist who pressed trigger points in her body from the back of her head to the inner knees. “You jump because you really can feel the pain,” Linda says. “Then I was diagnosed with fibromyalgia.”

Her doctor explained that the pain comes from inflammation around her muscles and that the cause is unknown.



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She bought a book about fibromyalgia and went to a support group. She met a woman in the group about her age who'd gotten very sick from a virus and gave up a high-powered job to go on disability. "She never got over it," Linda says.

Linda had worked as a paralegal, a stressful job that required long hours of sitting and typing. "Oh my God, I can't even lift my neck up and the pain will shoot through my shoulders and back," she says. Her doctor told her that she'd be better off with a job that would keep her moving around, like in retail. She was on her own then and had bought a house and didn't think that a retail job could cover her expenses.

Would disability and collecting social security become her future?

Doctors had told her they could help to make that possible. "I couldn't imagine anything more depressing than being told in your 30s that you're disabled and have to stay home."

A friend who'd noticed Linda's spotless house and knew that she likes to clean suggested that she start a business. She gave it a try and the new occupation kept Linda working and

helped with the fibromyalgia. "I started cleaning her house and her neighbor's house and it took off from there," Linda says.

When she started out she'd clean three or four houses a day. The pain forced her to cut back to two or three houses. "When I was doing more a couple years ago I was in agony constantly," Linda says. She learned to pace herself and realizes that moving around helps with the pain. "I've really found that the more I walk, the better I feel," she says.

Linda married, and her husband, Paul, took a job as a government contractor working in Norfolk. The couple moved to Williamsburg in 2006. Moving away from her doctors was difficult.

She'd been taking anti-inflammatory medications, Ibuprofen and Naproxen Sodium, to help manage the pain. But after surgery to correct a problem with her colon about nine years ago, she developed kidney problems and had to stop taking those drugs. Tylenol-Codeine has worked best for Linda but she says that doctors here don't like to prescribe it and won't for long-term use because of the addictive nature of the drug. Now she takes Cymbalta and says

it helps a lot. "If I don't take Cymbalta, forget it," Linda says.

After settling in Williamsburg her teenage daughter, Emileigh, was having health problems too. Doctors were investigating some serious concerns, including a suspected brain tumor that fortunately did not prove to be her problem. "I suspected fibromyalgia right away," Linda says. "Please don't let her have this."

But a fibromyalgia diagnosis came for Emileigh, too.

She struggled greatly in high school. Forced to disenroll from the York County schools when attendance became an issue, they enrolled Emileigh at Jamestown High School and life improved.

Mother and daughter share many of the same problems related to the condition including a common one – trouble sleeping. Keeping busy during the day makes the pain more bearable, but Linda says when she lies down at night in a quiet house and her brain isn't busy, she's more aware of how much she hurts. "You don't sleep well and you're exhausted the next day," Linda says.

One problem leads to another with fibromy-

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algia. Constant pain and sleep problems can combine to make life even more challenging. “Depression is the worst,” Linda says. “You can’t do what you want to do and it’s very frustrating.” But she’s found ways to cope that include a love of television.

Linda says she developed her TV escape after an exploratory surgery for a gall bladder problem when she was 22-years-old. Lying in a hospital bed waiting for her low blood pressure to rise to the level that would allow for pain medication, she focused on the TV and played along with *The Match Game*. “I’m addicted to TV,” Linda says.

Emileigh introduced her mother to AMC’s *Breaking Bad* a few years ago and thinks that Linda pioneered binge watching before it was “a thing.” Linda likes to tune into comedy shows too. This summer she found reruns of *Frazier* and is convinced that laughter has a pain dulling effect.

She also believes that a healthy diet helps her feel better. She eats plenty of vegetables and fruit and very little sugar and red meat. Eating well didn’t start because of fibromyalgia but from a determination to maintain her weight.

“I was very heavy when I was young and lost 75 pounds when I was 24,” Linda says. Emileigh is on a gluten free diet that has eliminated sugar and she’s shown improvement with the changes.

Linda is convinced that menopause has lessened the flairs that she once suffered. Emileigh still struggles when her hormones fluctuate during her monthly cycle.

Another reality of the condition known as “fibro fog” causes Linda and Emileigh both to experience moments of cloudy thinking. “Now that I’m older, I sometimes think I have Alzheimer’s,” Linda says. “You have to think about things you shouldn’t have to think about.” Sometimes words don’t come easily and there are moments when she has to really think about where she’s going when driving.

Linda is still cleaning houses and grateful that being self-employed gives her the flexibility to call off when she doesn’t feel up to it. Usually she’ll rally the next day and get the work done. “Most people are very understanding,” Linda says.

A massage therapist gives her hot stone massages that really help in exchange for cleaning

her apartment.

Linda knows that a schedule is important and tries to follow a routine that can help her chances for having good days. Her intention is to get up every day around the same time and apply moist heat while relaxing, followed by stretching her muscles. But she’s a doer and often finds it difficult to pull off the relaxing part of the routine.

She found a heating pad that has Velcro and allows her to attach it while moving around doing something useful, like vacuuming.

And she takes Wicket, a 5-year-old Shih Tzu, for a daily walk. Wicket gets credit for making a big difference for her family. Linda says Wicket is just like having a little Buddha whose belly can be rubbed for comfort. “Just seeing her happy little face every day brightens me right up,” Linda says.

Linda Radcliff is a survivor and finds purpose in her life in spite of the pain. “What really helps me is I work for a lot of elderly people, cleaning, and it helps me to know that I’m helping other people,” she says. “As long as I’m helping other people, like a busy mom with seven kids, that helps me feel better.” **NDN**

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SWATI AND SATISH ADAWADKAR AND SON, DEVAN



Lisa W. Cumming Photography

STRENGTH IN A SMALL SIZE

By Sandy Rotermund

Parenting, as any mother or father knows, takes a warrior's courage and a heart made of elastic. Obstacles only challenge your enduring strength. Surrender is never an option. Swati and Satish Adawadkar know this only too well, and their journey has just begun.

In November of 2013, their worst fear was

confirmed. Their son, Devan, was diagnosed with Duchenne muscular dystrophy. His two-year birthday was one month away.

"I can still remember that moment," Swati, a Williamsburg OB/GYN, says. "I was in the lobby of a hotel where my boards course was taking place, sitting in a chair."

Swati's medical oral boards examination was underway, so she was in Baltimore, Maryland while Satish, a Williamsburg anesthesiologist, and his parents met with a Richmond, Virginia neuromuscular specialist.

"We had no idea the doctor was going to come out and say what she thought Devan

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had. We thought they were going to do more blood work and genetic testing,” Swati shakes her head. “So they were there, and the specialist says it clear as day.”

Swati heard the diagnosis over the phone during this family conference with the doctor. “I was completely devastated,” she says, looking at her husband sitting next to her.

Satish’s eyes met hers. “I don’t know how Swati did it. I, at least, had my dad, my parents, with me.”

Devan, a slender toddler with saucer-size brown eyes, climbs onto Satish’s lap. His little body propels him like that of any boy his age.

Duchenne muscular dystrophy is an incurable, genetic disease that affects the dystrophin protein. Dystrophin controls the strength and development of all skeletal muscles, including the cardiac muscle and diaphragm. This genetic mutation prevents Devan’s body from producing this large protein. Inevitably, his muscles will stop performing and begin to atrophy. The heart muscle and respiratory system will follow suit.

Despite their medical background, neither Swati nor Satish’s studies at the University of Virginia or Medical College of Virginia’s medical schools delved into this disease. And no amount of medical background could prepare them for the journey they began less than a year ago.

Devan slides down Satish’s legs and plops onto the pillows in front of the television. Mickey Mouse catches his attention.

Lacking family histories of the disease, Swati and Satish didn’t recognize Devan’s early symptoms as anything more than a slower physical development. Crawling began at twelve and a half months and a slight asymmetry to the back of his head didn’t alarm them. But Devan’s progression toward his physical milestones began inching out of the normal range.

“We kept getting reassurance appropriately because he had always been at the tail end of what was normal,” Swati says. “Really, we just thought he has his own timeline.”

Their concern grew, however, so they pursued evaluations beginning with a pediatric physical therapist and soon involving orthopedists and neurologists.

“I think we were actually worried that there was some mild cerebral palsy or something that happened in utero. We really couldn’t pinpoint it,” Swati says.

Blood tests followed, and then the more conclusive muscle enzyme test. Devan’s values were thousands of times above the norm.

“This test is very non-specific,” Satish adds. “It’s a test for muscle damage.”

But the neuromuscular specialist suspected the worst and was right. Swati will never forget that day and phone conversation.

Devan hands his mother a brochure from the table. “Mail!” he announces before resuming his pillowed posture.

“Devan’s muscles are still gaining strength at this point,” Swati says. “It’s typical for them to get to about four or five years old and then plateau in strength. Then, they’re usually started on steroids. At this point, steroids are the standard of care, basically.”

Around 7 years old, however, Devan’s muscles will plateau again. Then, atrophy is likely to pick up momentum.

“There’s a lot of research going on in terms of treatments that will delay the disease process,” Swati says. “But there is no cure.”

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Satish chimes in. “The theory is there about how to fix the problem. you have to make it so the body makes the functional protein.” Decades of research continue.

Right now, Swati and Satish help Devan stretch and exercise daily to keep his muscles strong and free of contractures. It is part of his routine. Future steroid treatments come with side effects such as obesity and behavior changes, less significant compared to the steroids’ promise of delaying the inevitable ventilator in Devan’s future. But Swati and Satish exude hope and enthusiasm.

“He enjoys music,” Swati says. “He loves to sing. He loves to tap to the rhythm of things.”

Swati now works just two days weekly and doesn’t take overnight or weekend calls. This allows her to help Devan stretch, participate in music classes, and prepare for his first year of preschool. Satish maintains his call schedule at the hospital, but this arrangement has eased the stress of juggling two doctors’ responsibilities and a busy toddler.

“Despite the diagnosis just being made at the end of last year,” Swati says, “we had the best summer we have ever had because we’re getting to do so many activities, see so many people, and our weekends aren’t tied up with work.” Swati glances over at Devan’s restless form rolling over the pillows. Bedtime beckons him.

As with Devan, Swati and Satish keep their own exercise a priority. Satish works out with a buddy, and Swati prefers hot yoga and exercise classes. “Exercise helped me get through this,” Satish says. They both attest to the mental and physical benefits they’ve experienced.

When not working, exercising, playing with Devan or enjoying a date night with Swati, Satish tunes into the newest research on the disease. He stays current with clinical trials, gene therapy and new technologies that facilitate movement. He is fascinated by the use of exoskeletons with people who are paralyzed and those unable to talk.

Satish’s smile competes with the TV’s bright screen as he discusses the partnership of technology and medicine and how this embodies hope for Devan and others suffering from disabilities.

Connection with those sharing their plight is also vital. In July, Swati and Satish hosted a fundraiser for the Parent Project Muscular Dystrophy, a non-profit organization whose mission is to end the disease. Williamsburg’s Bounce House, hospital employees, friends and family all contributed to the event’s success.

“That gave us something positive to focus on,” Swati says. Going to the park, picking berries and visiting with friends and family keep this family involved and hopeful. Swati and Satish try to take each day at a time.

“You put one foot in front of the other, and you move forward,” Swati says. “We have a toddler son just like anybody else, and we don’t know what the future holds.” She pauses as Devan calls out “Mama!” from the stairs as Satish carries him up to bed.

“You just decide to move forward, you decide not to be a miserable person. I mean, what other choice do you have? You live or you crawl into a ball, and you don’t live. We don’t want to do that.” After a chorus of Devan’s calls of “Mama,” Swati looks up at him, his head resting on Satish’s shoulder.

“What is it, Devan?” Swati calls gently.

“I be alright,” Devan responds, sleepily.

Swati Adawadkar smiles. “Yes, Devan. You will be alright.”

ANNUAL REPORT

2013

REPORT TO THE COMMUNITY

LETTER FROM THE CHAIR AND THE PRESIDENT



Welcome to the annual report of the Williamsburg Health Foundation. Our decision to publish this report to the community in *Next Door Neighbors* magazine demonstrates the foundation's commitment to promoting health for all in Greater Williamsburg and to engaging the community in this endeavor.

We target millions of dollars each year to support programs and agencies working to make ours a healthier community for all. In this report, you will see how those funds were invested in 2013.

Greater Williamsburg is fortunate to have so many local organizations at work every day to increase access to health care for all and the promise of healthy futures for our children. We are proud to support their work and encourage you to consider supporting them and the friends and neighbors they serve.

While this report is intended to share our work with you, we know that you are a critical part of the effort to make Greater Williamsburg a community that promotes health. The lifestyle choices you make for yourself, your loved ones, and those groups to which you belong are all critical to the health and quality of life we share.

Choices made again and again, day after day, have the greatest impact on lives. But, one thing we all know is that in today's world, healthy choices are seldom the easy choices. That's something we as a community, working together, can change. For example, we need sidewalks connecting to each other to make ours an ever more walkable community. We need water where you find soda vending machines. Changes like these take time—and the passion and commitment of members of our community.

The foundation is determined to continue supporting access to quality health care and promoting healthy lifestyles, and we invite all of you to join this cause. Know something that can make our community healthier? Advocate for it. Talk to your neighbors, co-workers, community leaders, news outlets, and, of course, live it. The sum of what citizens can do both as individuals and together to influence the health of our community is greater than what one foundation can do alone.

Douglas J. Myers, Chair, Board of Trustees
Jeanne Zeidler, President & CEO

“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.”

– Margaret Mead

GRANTS AWARDED IN 2013

The Williamsburg Health Foundation awards grants twice yearly in two categories. The first category is “responsive” for programs that present solutions to ever-changing community health needs and the second is “by invitation” for programs previously identified as critical to the foundation’s mission.

No matter which category, the foundation invests carefully in programs which must then meet established performance measures and reporting requirements. To find out more about our grants process, visit williamsburghealthfoundation.org.

RESPONSIVE GRANTS

The Arc of Greater Williamsburg	Stay Fit for the Future	\$20,000
Bacon Street	Youth Substance Abuse Intervention and Treatment	\$50,000
Center for Excellence in Aging & Lifelong Health	Screening, Brief Intervention, and Referral To Treatment (SBIRT)	\$40,000
Child and Family Connection	Multicultural Counseling and Outreach	\$38,000
	Violence Prevention and Intervention	\$15,000
Colonial Community Corrections	Better Ways Substance Abuse Program	\$38,000
Community Housing Partners	Community Health Initiative	\$29,000
FISH, Inc.	Health Priorities in Action	\$15,000
Gloucester Mathews Care Clinic	Dental Van	\$20,000
Grove Christian Outreach Center	Food Pantry with Diabetes Management	\$15,000
Lackey Free Clinic	Volunteer Recruitment Program	\$26,000
Literacy for Life	Health Education and Literacy (HEAL)	\$35,000
Peninsula Agency on Aging	RIDES Transfer	\$50,000
	Senior Health Assistance Resource Program	\$128,000
Senior Services Coalition	Community Action Plan on Aging	\$40,000
Virginia Health Care Foundation	Software Conversion	\$35,000
Williamsburg Area Faith in Action	Medical Transportation	\$20,000
York County Division of Juvenile Services	Psychological and Substance Abuse Services Program	\$56,000
	SUBTOTAL	\$670,000

GRANTS BY INVITATION

BASIC OPERATING SUPPORT

Olde Towne Medical & Dental Center	Basic Operating Support	\$427,000
	SUBTOTAL	\$427,000

BASIC PROGRAM SUPPORT

Child Development Resources	Infant & Parent Program	\$90,000
	Parents As Teachers	\$78,000
Colonial Behavioral Health	Intensive Outpatient Program (IOP)	\$45,000
Peninsula Agency on Aging	RIDES	\$110,000
Virginia Legacy Soccer Club	Community Partnership Program	\$16,000
Williamsburg Area Meals On Wheels	Supplemental Nutrition	\$40,000
	SUBTOTAL	\$379,000

FOUNDATION DIRECTED

Angels of Mercy Medical Clinic	Chronic Care Collaborative	\$113,000
Colonial Behavioral Health	Children’s Behavioral Health Initiative	\$272,000
	Chronic Care Collaborative	\$120,000
Gloucester Mathews Care Clinic	Chronic Care Collaborative	\$260,000
Lackey Free Clinic	Chronic Care Collaborative	\$431,000
Olde Towne Medical & Dental Center	Chronic Care Collaborative	\$225,000
Rx Partnership	Chronic Care Collaborative	\$30,000
Virginia Health Care Foundation	Greater Williamsburg Medication Access Program (GWMAP)	\$378,000
Williamsburg-James City County Public Schools	School Health Initiative Program (SHIP)	\$554,000
	SUBTOTAL	\$2,383,000

CAPACITY BUILDING, RESEARCH AND EVALUATION, AND HEALTHCARE HEROES **\$165,000**

TOTAL 2013 GRANTS AWARDED **\$4,024,000**

2013

THE FOUNDATION IS PROUD OF THE WORK OF ITS GRANTEEES

Here, we highlight three: Angels of Mercy Medical Clinic, Lackey Free Clinic, and Olde Towne Medical & Dental Center. While they differ from each other in mission, size, and scope of services, they all work hard to create a safety net that enables our uninsured or under-insured neighbors, the vast majority of whom work part or full time, to receive medical care.

If and when Virginia expands Medicaid as part of the implementation of the Affordable Care Act (ACA), each clinic will have to examine their business model. To date, though, the ACA has little to no impact on either the clinics' incomes or their patient base as many Virginians living in low income households do not feel they can afford to buy insurance from the new Marketplace.

Read these quick profiles; visit the clinics online or in person to learn more; and consider giving your support.



ANGELS OF MERCY MEDICAL CLINIC

Angels of Mercy is a small medical clinic with big results. Treating just over 300 uninsured patients each year, Angels provides outstanding treatment to adults with diabetes and other chronic illnesses. The clinic places special emphasis on secondary prevention. Health coaches assist clinicians in managing their patients' diseases by guiding them through individual treatment plans and supporting long-term lifestyle changes.

angelsfreeclinic.org

7151 Richmond Road, Suite 401 - Williamsburg, VA 23188 (757) 565-1700

Tax ID # 54-1901759



LACKEY FREE CLINIC

Olivet Medical Ministry began outreach into the Lackey neighborhood of York County in 1995 when a husband and wife, a physician and nurse, began providing free health care for the uninsured. In its brand-new facility with an on-site pharmacy and access to a broad array of in-house specialists, Lackey Free Clinic provides medical and oral care to over 1,500 uninsured patients from Williamsburg and surrounding counties including upper Newport News.

lackeyfreeclinic.org

1620 Old Williamsburg Road - Yorktown, VA 23690 (757) 886-0608

Tax ID # 54-1850915



OLDE TOWNE MEDICAL & DENTAL CENTER

The largest of the local clinics, Olde Towne averages 5,000 patients and 16,000 patient visits annually. Olde Towne's mission is to treat the uninsured and underinsured of our community. 75% of patients have no insurance. The change for a patient's care is based on his or her income level. No one is turned away because of inability to pay.

Olde Towne offers a wide-variety of in-house medical specialties, including pediatrics and oral health care. The clinic is also a community resource for pregnant women with no insurance or who are insured by Medicaid. Birth outcomes from Olde Towne are outstanding with nearly 100% of pregnant women delivering full-term infants at healthy birth weights.

Located on a bus line and open five days a week, Olde Towne seeks to meet the needs of the working poor by providing evening office hours on Tuesdays and Thursdays.

oldetownemedicalcenter.org

5249 Olde Towne Road, Suite D - Williamsburg, VA 23188 (757) 259-3258

Tax ID # 54-1663905

WILLIAMSBURG HEALTH FOUNDATION

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KIMBERLY ZEULI, *Sr. Vice President; Director, Research and Advisory Practice, Initiative for a Competitive Inner City (ICIC)*

Ex-Officio: JEANNE ZEIDLER, *President & CEO, Williamsburg Health Foundation*

Board members listed with professional positions from 2013.

HEALTHCARE HEROES CELEBRATED STRENGTHENING THE MEDICAL WORKFORCE

In October 2013, the Williamsburg Health Foundation's annual Healthcare Heroes event focused on the importance of developing the medical workforce to meet the current and future needs of our community. The honored organization was Thomas Nelson Community College Historic Triangle Campus for its Health Professions Division. Carl Gibson, MD and Ethlyn Gibson, RN, MSN were celebrated for their volunteer leadership of a program designed to interest high school students in medical careers. Avtar Dhillon, MD was recognized for his work teaching safety-net health care clinicians how to screen, assess, and refer patients experiencing behavioral health issues.



Back row, from left: Cressondra Conyers, 2013 Healthcare Heroes Committee Chair; Dr. Carl Gibson, 2013 Hero; Dr. Avtar Dhillon, 2013 Hero; Dr. John Dever, 2013 Hero; Dr. William Travis, 2013 Hero; Doug Myers, WHF 2013 Board Chair.
Front row: Dr. Dianne Reynolds-Cane, 2013 speaker; Ethlyn Gibson, RN, MSN, 2013 Hero.

SCHOOL HEALTH INITIATIVE PROGRAM

Since 2005, the Williamsburg Health Foundation has invested in the future of our community by promoting student health in partnership with Williamsburg-James City County Public Schools through the School Health Initiative Program, or SHIP.

In November of 2013, the foundation hired researchers from the Schroeder Center for Health Policy at The College of William & Mary to survey over 5,000 students and 1,200 parents to evaluate the program's results.

Between 2010 and 2013, WJCC students at all levels ate more fruit, watched less television, and drank less soda. Elementary school students increased their physical activity levels, and middle and high schools students ate more vegetables and salads. Compared to students across Virginia and the United States, WJCC students have healthier diets and are as, if not more, physically active.

We believe that wasn't just because students knew better what to do to be healthy. It was because they found healthier, more appealing foods to eat at school and opportunities to remain active after school hours.

SHIP continues to evolve and adapt to new challenges as it brings nutrition education and active learning into classrooms, keeps students active after school, and helps to create school meals that are healthy and appealing to all. We want the healthy choice to be the easy choice for students in Williamsburg-James City County schools.



Coffee and tea revolutionized the world in 18th century. Water can revolutionize ours.

A major cause of preventable illness in the United States today is obesity, and a major cause of obesity is sugary drinks: soda, juice, and sports drinks.

In children, one sweetened beverage a day fuels a 60 percent increase in the risk of obesity—and American teenaged boys drink almost three times that much. Is it any wonder that about two-thirds of Americans are now overweight or obese? – Harvard School of Public Health



FINANCIAL ASSETS

The foundation's financial assets are invested with the primary objective of providing the financial support needed to fulfill the foundation's mission in perpetuity. To meet this objective, the foundation strives to achieve a long-term total return sufficient to support its ongoing operations and programs while keeping up with inflation. For a private foundation, which must annually distribute a minimum of five percent of its investment assets in grants and related expenses, this equates to an annual return objective of inflation plus at least five percent over the long term. While the foundation has not met this objective every year, the average annualized return since the foundation's inception in 1996 is comparable with the "inflation plus five percent" objective, thus maintaining the inflation-adjusted value of the corpus.

SUMMARY STATEMENTS OF FINANCIAL POSITION	AS OF DECEMBER 31	
	2013	2012
Assets	<u>\$127,877,000</u>	<u>\$119,703,000</u>
Liabilities and net assets		
Grants and other accounts payable	754,000	817,000
Unrestricted net assets	<u>127,122,000</u>	<u>118,886,000</u>
	<u>\$127,877,000</u>	<u>\$119,703,000</u>

SUMMARY STATEMENTS OF ACTIVITIES	YEARS ENDED DECEMBER 31	
	2013	2012
Revenues and gains (losses)		
Investment income and gains (losses), net of fees	<u>\$13,549,000</u>	<u>\$11,993,000</u>
Expenses		
Community grants	3,910,000	4,462,000
Program, general, and administrative expenses	1,199,000	1,166,000
Federal excise and state tax (benefit) expense	<u>204,000</u>	<u>184,000</u>
	<u>5,313,000</u>	<u>5,812,000</u>
Change in net assets	8,236,000	6,181,000
Net assets at beginning of year	<u>118,886,000</u>	<u>112,705,000</u>
Net assets at end of year	<u>\$127,122,000</u>	<u>\$118,886,000</u>

Numbers are rounded to the nearest thousand.
A copy of the audited financial statements is available upon request.

ASSET ALLOCATION as of 12/31/13

50% Total Return Assets

- Global Equity
 - Developed Markets
 - Emerging Markets
- High Yield Bonds
- Other Total Return Assts

50% Hedging Assets

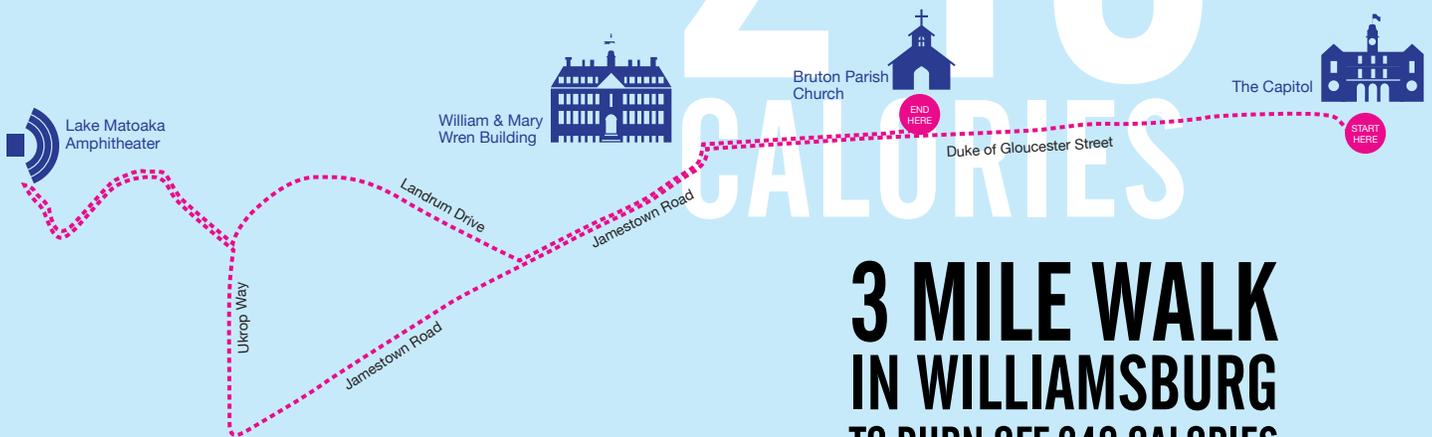
- Inflation Hedges
- All-Purpose Hedges
- Other Hedging Assets



- Developed Markets
- Emerging Markets
- High Yield Bonds
- Other Total Return Assts
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- All-Purpose Hedges
- Other Hedging Assets

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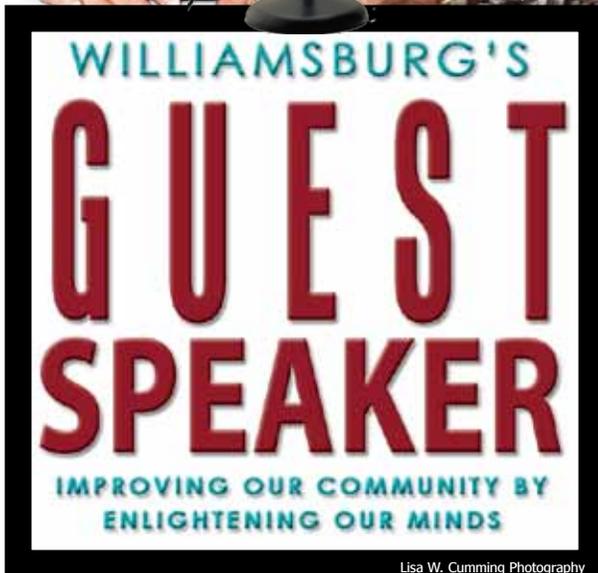
**WILLIAMSBURG
Health
FOUNDATION**

Williamsburg Health Foundation
4801 Courthouse Street, Suite 200
Williamsburg, VA 23188
(757) 345-0912
williamsburghealthfoundation.org

SANDRA STEPHAN



ON FRIENDS OF THE WILLIAMSBURG REGIONAL LIBRARY



Lisa W. Cumming Photography

Sandra W. Stephan is originally from Philadelphia, Pennsylvania. She and her late husband moved many times during their life together. "My husband was a Naval Aviator, so we spent several delightful years here in the Tidewater area," she says. An avid reader, Sandra followed that interest into her professional career as a professor

of literature.

"Williamsburg has long held a special place in my heart: steeped in history, rich in cultural opportunities, inhabited by fascinating people and simply beautiful. So when I retired from teaching in Ohio, it seemed a perfect place to settle," she explains. "Here I have found a wealth of avenues through which to pursue

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and expand my interests, to continue to learn, and to contribute what I can to this vibrant community."

When and why did you first become involved with Friends of the Williamsburg Regional Library (WRL)?

I first learned about Friends of the WRL only a few weeks after I moved to Williamsburg in fall of 2007 when I attended the Friends Book Sale. Even though I was in the process of "downsizing" and had just divested myself of hundreds of books, how could I resist the opportunity to browse through a library book sale? It was there that I met a Friends board member who recruited me as a Friends member immediately, and not long after that I found myself volunteering in the WRL Book Nook. Of course, I was aware of the fine reputation of the

WRL, but I was delighted to learn of all the support that the Friends organization provides to help the WRL achieve and maintain its national recognition. I was soon "hooked" on this group and the good work that it does.

I have written for Ex Libris, the Friends newsletter, for several years. This is a very informative publication, by the way, that includes a monthly calendar of events taking place at the library (and there are many of them). I am proud to serve on the Friends Board and to be involved in this vital organization. In the time that I have been associated with Friends of the WRL, I have come to realize the remarkable breadth of services this library offers and the wide range of community members it serves.

What is the mission of Friends of the WRL?

Friends of the Williamsburg Regional Library is an organization dedicated to making the library a better place for users. It is run by a volunteer Friends Board, which is responsible for promoting interest in our libraries, sponsoring cultural programs for the community, and providing funds for special services and grants.

What activities does the group do to accomplish the mission?

Friends of the WRL raises money through three sources: the Annual Friends of the WRL Book Sale, the ongoing sale of donated books at the Book Nooks located in each of the branches and Friends membership dues. Every year Friends of the Williamsburg Regional Library re-

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turns many thousands of dollars to the WRL to support programming, enhance collections and purchase materials. The Friends Board reviews applications submitted by various divisions of the library and recommended by the library director throughout the year. In 2013, Friends granted over \$102,000 to the Williamsburg Regional Library to support a variety of programs and has already approved quite a number of grants for 2014.

For example, the Multiple Copy Grant makes it possible for the WRL to purchase many copies of best-sellers and other popular library items in high demand by patrons. This helps shorten the waiting lists and helps to get the latest fiction, non-fiction and feature DVDs into the hands of eager library patrons as soon as possible. The "Virginia

Symphony Presents " Grant supports a series of free performances throughout the year. This program has been very successful, drawing a full house at the WRL Theater for each of the performances. Friends of the WRL also provides substantial grant support for the WRL Summer Reading Program, which has an extremely high participation rate among area youngsters, from toddlers through high school. Friends provides books and educational materials for the "Gab Bag" and "Guys Read" programs as well as funding for WRL staff development opportunities and association memberships, among many other programs and activities.

What can readers do to help?

There are a number of ways that community members can support

the work of the Friends. First, become a member. There are four levels of membership: Friend, \$15; Good Friend, \$25; Best Friend, \$50 (or more); and Student Friend, \$10. All membership dues go directly to support library programming and enhance collections. A Friends membership is rewarding: you not only become an active participant in the work of the Friends, but you have early access to the Annual Book Sale, you receive your monthly copy the Friends' newsletter Ex Libris at home, and you are entitled to a 10% discount on tickets for the WRL's popular Dewey Decibel musical programs.

A second important way to help is to contribute your gently used books, magazines, CDs and DVDs to the Friends to ensure that our

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Nook shelves and Annual Sale tables are stocked with a generous supply of quality materials. Your donations are tax-deductible. Be sure to pick up a Donation Receipt when you bring in your books.

Next, stop in at the Nook whenever you visit either of the library branches. You may find a treasure, and you'll surely find a bargain! And finally, you can volunteer your time. Friends volunteers support the library by providing hours of help with the Book Nooks and the Annual Book Sale and by serving on the Friends of the Library Board of Directors. Anyone interested in volunteering at the library should complete the volunteer application available at both library branches and on the website and submit it to Benjamin Goldberg, Volunteer Coordinator at the WRL.

It's a popular place to volunteer, though, so there aren't always positions available.

What are some personal experiences you have had that renew your commitment to Friends of the WRL?

My commitment to Friends of the WRL is renewed every time I enter the library. There are always interesting folks perusing the Nook, and I enjoy talking with them about what they like to read and what they might recommend. It's especially rewarding to me to watch the children come in and excitedly pore over our lovely selection of kids' books to find just the right one to purchase for their own. When school is out, the library is alive with youngsters who are participating in the Summer Reading Program,

which is largely underwritten by the Friends.

From my early childhood, I have loved books, and those great repositories where books are available in abundance, public libraries. Libraries provided the stuff of dreams for me. To wander among the stacks and make my own choices from what seemed an unlimited number of authors and titles was a splendid treat. Then to bring home those carefully chosen volumes, scramble to find a quiet reading spot, and enter into the worlds those books offered—this was heaven to me.

It is satisfying to me to see our local young people, from tykes to teens, learning the joy of reading and beginning to become familiar with the many resources the WRL offers. NDN



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Rediscovering Williamsburg

By Greg Lilly, Editor

"I have been blessed to have a 28 year career in marketing, and the last 15 years of that have specifically been geared toward travel tourism," explains Karen Riordan, the new President and CEO at Greater Williamsburg Chamber & Tourism Alliance. For the past several years, she's merged her personal passion of travel with a professional ability to market tourism products. "I have been blessed to work with hotels, other destinations. I worked with Amtrak for

many years – really a number of different aspects in the hospitality industry."

When Karen was approached by a recruiter, she jumped at the opportunity when she found out the location was Williamsburg. "I had been down here many times, both for professional and business reasons. My family has vacationed here since we moved to Leesburg, Virginia. We had always said that if we didn't live in Leesburg, we would want to live in Williamsburg.

Every year we came here. My husband's a history buff, my daughter's a history buff, so we just loved coming here."

Karen was born in Battle Creek, Michigan. "To this day, my mom can't stand the smell of cornflakes because we were close to the Kellogg's factory," she says with a laugh. Her father was in the Air Force and while she was still an infant, the family moved to New England. "Back to where my mom and dad had met and

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grew up – northern Rhode Island and southeast Massachusetts. I lived most of my life in that area. Lincoln, Rhode Island was my hometown.”

She’s had a taste of living in a tourist destination before moving here. “For a while I actually lived in Plymouth, Massachusetts, which was fun. Although I tired of taking people to the Mayflower and Plymouth Plantation to go see Plymouth Rock. Little did I know I would be in Williamsburg and talking about the first permanent English settlement. In Massachusetts, everyone is pretty darn proud of Plymouth.”

While attending Boston College (BC), Karen’s primary major was English Literature with a secondary major in Speech Communications with a focus on journalism. “I wanted to be a writer. My goal was to write for The Boston Globe.”

She had secured several journalism internships during her freshman, sophomore and junior years. “Then my life changed. The fall semester of my senior year, one of my friends suggested that I join her in this new class that was being offered at BC by a professor who was senior vice president at Grey Global Group,

a big advertising agency on Madison avenue. She was in Boston for a year and was going to be teaching Advertising 101.” Her friend convinced Karen to take the class as an elective to complement her journalism perspective. “I fell in love with marketing and advertising,” Karen says. “I decided to change my career path.”

While at BC, Karen met her husband, Mike, and they started their married life together and their careers in the suburbs of Boston.

“I lived most of my adult life there until 2005 when the CEO of the advertising agency I worked for asked me how I liked Washington D.C.” The conversation turned to an opportunity for Karen to work on a three-month project that then expanded into an offer to become the president of the D.C. office of the agency. “I moved with my family in early 2006 to Loudon County, and we have been living in Leesburg for the last eight plus years and really enjoying it there. My daughter considers herself a Virginian even though my husband and I consider ourselves Bostonians. She was about four when we moved. Virginia is all she remembers.”

Now starting on her tenth month at the Chamber and Tourism Alliance, Karen says

local businesses and the Alliance have made a name for ourselves as a wonderful tourism destination. “I heartily believe that the reputation that we have is very, very good in terms of the kind of hospitality and customer service we provide as a destination. If you love history, Williamsburg is the place to come.” Residents, business owners, retirees, students and visitors are drawn to the Historic Triangle.

“I believe the opportunity is beyond history, because we have done a good job cementing that in peoples’ minds,” she says of the Chamber’s work. “So what else can we tell them that they didn’t know? I believe that is the opportunity for us as a destination and for individual businesses. Start looking at the other assets that are here. It’s my job, and all of our jobs collectively, to make sure people who are not from the area understand exactly how many things they can enjoy and take advantage of here.”

Some initiatives that Karen is excited about have already started. “I feel blessed again that some of what I’m doing is moving the ball forward, down the field. That ball was already started by our board and our committees, like the arts. How vibrant and robust the arts scene is here. It’s a secret we want to tell. Local people

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are beginning to realize what we have. But, if you're a family in New Jersey thinking about coming to Williamsburg for vacation, history is there in your mind, maybe Busch Gardens, but arts? No, not yet."

She says that arts marketing is a big opportunity for the area to use for its advantage. "We know that the arts in Williamsburg are big opportunities for people to relax and enjoy. It's a different facet. It's not completely removed from someone's interest in history, culture and learning vacations. I think that is a really good fit, the civic leaders and the Board of the Chamber – people who started this process just a few years ago, really had it right. I really do believe they were on the right track." Taking that to a higher level in terms of what we do to tell that story is Karen's focus.

"Another story that is more surprising than that is the ecotourism side. I think that is a really, really big opportunity. It's a national trend. It allows us to remain true to our roots as a family-friendly destination, but the fact that you can kayak here, you can sail here, that you can swim, hike, bike, learn to paddleboard and that you can go down a zip line over at Go Ape – all those kinds of things are a great surprise to

families when they come to this destination."

She sees it as the Alliance's job, as well as all businesses and residents, to really promote the natural beauty that is a huge part of the area. "Whether it's walking through the woods, bird watching," she describes, "there are just a myriad of different things to do outdoors. It could be very active like a zip line or a roller coaster, but you can enjoy the ecotourism aspects as simply as strapping on a pair of sneakers and going for a nice walk down Duke of Gloucester Street and around by Merchants Square. It's beautiful. Again, that story hasn't been told yet, and I think that's part of our job is to do it."

Arts tourism and ecotourism, like history, fit into that same profile of adults who are looking for a family-friendly destination. Singles, young couples, girlfriends' weekends, golf buddies, families, retirees can all indulge activities in the Williamsburg area. "Williamsburg is a great place to exercise body, mind and spirit. That is the way our advertising agency has dubbed the concept."

As a location for body, mind and spirit, Williamsburg can offer people pursuing an intellectual and cultural visit, but also many opportunities for physical activity in the golf courses,

waterways and trails. "I believe there's a really nice overlap between those segments," Karen says. "I think telling a new fresh story allows the visitors to come here and maybe rediscover Williamsburg. Some of the research we have seen has too many people feeling like 'If I did Williamsburg once I really don't need to come again.'"

Her objective is to show the vibrancy of the area. "That's why arts are important, and the outdoors are important – it's never the same place twice," she says. "We have that opportunity to show people how vibrant the Williamsburg area is. Even if you were here last summer, you can have a very different experience this summer. If you come in the fall, it's different than if you come at Christmas. I see the Alliance's mission to entice people to come here in the spring, the fall, the winter as well as the summer. -- this is a year-round destination."

Karen Riordan wants to spread the word about the great things the Williamsburg area has to offer residents, businesses, students and visitors. "It's not just about telling the story about why you should come to Williamsburg, it's the story about why come to Williamsburg now." **NDN**

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Lisa W. Cumming Photography

IT'S ABOUT SUCCESS

By Greg Lilly, Editor

In his inaugural year as head football coach for Bruton High School, Reggie Jones looks for a successful year. "Success doesn't always equal up to wins and losses," he says. "When a kid graduates from here, he should feel free to come back here at any time. He played football here. He's always welcome here. I want him to be successful, want him to feel at home. Now don't get me wrong, wins and losses do count, but it's not everything." Building a team and a brotherhood means success to Reggie.

"I want success for the kids. I want them to be successful in everything that they do. It may take longer for some than for others, but if you have a plan in place and you stick to that plan, the team

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will find success.”

Reggie states the usual first-year head coach challenge is to earn the respect of the team. “The team has to believe in you, believe in you as their coach,” he says. “If they believe in you, they will follow you. Even when the coaching staff is all on the same page, most importantly a kid will tell you if you’re right or wrong. If they feel that you’re in their corner, they will go with you. If not, they can let you know and sometimes straight out, ‘This doesn’t sound right, this isn’t right.’ Most first-year head coaches struggle to have the kids buy into the program, but that’s not a problem for us because I have been here, and they know me.”

A hometown man, Reggie was born in Williamsburg and attended Magruder, Waller Mill, Queens Lake and then on to Bruton High School. “I graduated from Bruton in 1988. I played football here,” he says. A football scholarship took him to Hampton University. After graduation, he landed his first coaching job back at Bruton. “Coach Kyle Nave was head coach back in 1992. That was his first year as well.” Reggie taught and coached at Bruton for four years.

“Then I went to the Northern Neck, and I taught at Rappahannock High School. I taught there for maybe four years, and then came back and taught at Williamsburg-James City County where I coached at Jamestown High School,” Reggie explains. “Then in 2008, Tracy Harrod, the previous coach here at Bruton, gave me a call and said he would like me to come here to coach. I had stopped coaching. I had two kids and was spending time with them.”

Tracy Harrod and Reggie had grown up together in Williamsburg. “He went to Lafayette. I went to Bruton. We have known each other a lifetime.” Reggie says that Coach Harrod’s call had him itching to coach again. “I had to talk it over with my wife (Shannon), and the kids were a little bit older, so there you have it. I’m back at Bruton High School coaching.”

Coach Harrod moved to another opportunity after this past school year. “There was a vacancy here. Dr. Alexis Swanson, our principal, and Richard Onesty, our athletic director, came to me and said they found a guy for the head coaching position,” Reggie says with a smile. “It’s a dream. You go to school here; you coach here; I have two kids that are here. My daughter, Kayla, just graduated. She’s at Christopher Newport University now. I have a son, Daniel, who is on the football team. My wife, Shannon, was my high school sweetheart when we were at Bruton – it’s a family event to be back. A dream come true!”

Since Reggie was already on staff, he feels that the transition to head coach has been easier. “If I was somebody different, brand new, we would all have to go through that process of feeling each other out and knowing who can do what.”

Knowing the team helped Reggie get them ready for the season. He explains that the best trait a football player can have is a desire to work hard. “You could have an individual who has talent but no work ethic, and you just have a body,” he says. “You can have a person on the other hand, with not a whole lot of talent, but will give his all because that’s ultimately what he wants to do. You want that person who has that heart and a desire to play.”

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The need to pull and draw out a performance on the field is not the job of the coach, but sometimes it ends up being that because of a player's mind-set. "You see it all the time: an individual has a multitude of talent, but they don't use it correctly. Then you have a person that comes in and works hard every day. The work ethic is it. The desire to be better every day, to get better daily – that's what you need right there. You don't need the talent, because sometimes talent can be overrated. You can be the best individual in the world, you can be fast, you can be strong, but you have to have that desire to get better and listen and take constructive criticism."

Many players may come to high school sports through recreation leagues that focus on fun, more than hard work. "They were the star," Reggie says. "Things were handed to them. They really didn't have to work for it. But it catches up with you after a while. If you haven't established that work ethic, and you haven't had adversity and had to deal with it, it can be a shock to you later on when you get to the high school level. You might have been successful all the way through but now everyone else has caught up with you or surpassed you."

At the high school level, the game gets more complicated, a little faster, the opponents get stronger. "But you are the same," he describes, "you've been passed by. That's a hard lesson for an individual to learn. You really have to be willing to give of yourself, regardless of how much talent you have. You have to work daily at it, religiously. I think that's what makes a good football player. You have to have it within."

Besides the work ethic, football can help a student learn to balance the responsibilities in their lives. "That's the one thing I found out, it enables you to do a multitude of things," Reggie says. "You still have priorities in place. I see kids I taught 20 years ago that come back and say 'Coach, I want to thank you for instilling in me what I have today. Football helped me to be a better person.' I know it has helped me to become a better person because I have based a lot of things today on football: communication, being able to work with other people, taking directives, being criticized – not always constructive criticism but criticized. You have to be able to accept that role and learn from it. Football helped me with responsibilities. It didn't teach me responsibility. My parents [Bennie and Emily Jones] taught me responsibility, but football was a great assistance in helping me learn I'm accountable, not only to myself, but to others as well."

That's the team concept, he explains. "You have 11 people out there, and everybody is depending on you to do your particular job. With 11 people trying to do their job, it's easy for someone to break down. It not only affects you but it affects the entire team. It makes you aware of your surroundings, but you have a responsibility to others as well."

The Bruton High School team and the coaches have known Reggie Jones for years. Now he steps up as their head coach. "That's the toughest thing right there," he says about being head coach at his alma mater, "it's not about me. It has never been about me. I walked these halls. I was in the locker room. I was out there on the field. You know, this is me, but it's not about me. It's about all the kids being successful in all they do." NDN

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Lisa W. Cumming Photography

Follow Your Passion

By Greg Lilly, Editor

Daniel Westmoreland, Senior Brewmaster at Anheuser-Busch, says that he remembers his first impressions of the company through his family's trips to Busch Gardens in Tampa, Florida. "We lived here in Virginia, and that was before Busch Gardens was built in Williamsburg, so my parents would take the family to Tampa for vacation. Anheuser-Busch was al-

ways a class act. The park was landscaped to the max, always a clean facility, and at that point and time I was a child so I didn't know anything about the beer. I remember taking the brewery tour with my parents, and it made a sizeable impact on me from a company standpoint."

As the Senior Brewmaster, Dan spends his

days ensuring the time honored quality and consistency of the products from the Williamsburg brewery. "As the Brewmaster, you are always on. This process never stops. You must have a passion for your beer and the art and science of brewing beer," Dan says. Beer occupies most of his work life, and on his personal time he still finds the opportunity to host beer

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tastings.

Growing up in Hopewell, Virginia, Dan had an interest in fermentation. "When I was in high school, I was fermenting wine. It wasn't bad but it wasn't great," he admits. "Wine took too long. So I thought I would get into beer because it fermented faster, and you could see the fruits of your labor sooner. I liked the whole aspect of brewing beer. I was in high school, so my parents were not in favor of what I was doing. At that point and time, I didn't see it as a career. I actually wanted to be an airline pilot. Beer making was a hobby."

Dan decided he wanted to know more and found out the name of the Brewmaster here at the Williamsburg brewery. He called Tom Haber at home on a weekend to ask about brewing beer. "I believe at the time I was 17 or 18 years old," Dan says. "I told him I was interested in brewing beer and wondered what a Brewmaster did. I was surprised he even took my call." He advised Dan to set an appointment with his secretary so they could talk. He met with Tom Haber and took a tour of the brewery. Before he left the brewery, one of Haber's assistants told Dan about a program called Bud Man on Campus. "He said I should

look into that when I went to college."

Dan entered college at Richard Bland College, which is a branch of The College of William and Mary in Petersburg. He found out that the local wholesaler didn't have the Bud Man on Campus program, but was interested in it. "I was 18 at this point, which was the legal drinking age then. I went by the wholesaler, and they offered me the job of Bud Man on Campus. I mean right there, they offered me a position. That gave me some part-time income and let me drive a beer truck on weekends delivering beer."

He says that was a great opportunity to see the beer industry from the business side. Dan finished at Richard Bland and came to Williamsburg. "My debate was to continue with William and Mary or go to Christopher Newport part-time. I had seen Tom Haber again at a regional sales convention for Budweiser. He told me they were expanding the brewery – this was 1980 – and he would need some new folks to work at the brewery." Dan sent in his resume and application and went through the interview process. "I was offered a position. Two years into college and I got offered a position as a brewer." He went to Christopher

Newport because he could attend part-time while he worked the night shift at the brewery.

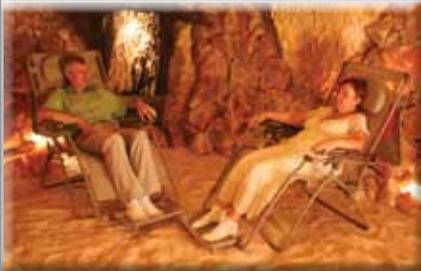
Dan and his wife, Patricia, had married, and they had their first child Marisa about the same time he was going to school and working as a brewer. "Two years later, we had our second child, James. We were living in Seaford in York County. I commuted over to school for classes, then I would leave school and go to the brewery. I was pushing the classes to finish my Bachelors of Science degree because, in 1987, we were just about ready to open a brewery in Fort Collins, Colorado. What a great opportunity to be part of a startup of a brand new facility." Dan had been offered moves and positions before, but had turned them down to keep his young family in Williamsburg. He was asked to interview in Fort Collins and was offered a position.

In Fort Collins, Dan eventually became the Assistant Brewmaster. After seven years, he was asked to go to St. Louis to manage brewing technical training for the company. He documented the standard operating procedures so the company could grow and expand. "I taught brewing Budweiser to people brewing our beer internationally."

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His work caught the attention of Gerhardt Kraemer, who was the president of Budweiser and a very close friend of August Busch, III. Dan was asked to be Mr. Kraemer's Executive Assistant for World Brewing and Technology. "I was 35 or 36 years old, so it was a great opportunity to learn from him," Dan says. "We worked together on the top floor of the corporate complex in St. Louis, just down the hall from Mr. Busch. I did a lot of traveling with the two of them, even some international travel on the corporate jet, which was a great experience. I became friends with the corporate pilots – remember I wanted to be a pilot. They would allow me to sit in the jump seat on take-offs and landings just because I liked flying, but once we were in the air, the focus was back on the business."

Anheuser-Busch needed to modernize the finishing operations at the Williamsburg brewery. "I came back to Williamsburg in 1997 as Assistant Brewmaster and Modernization Project Lead," Dan says. "I had left Williamsburg, gone to Colorado, lived in St. Louis, came back to Williamsburg, which I thought would never happen. My wife was delighted to be back in Williamsburg because all our family was here."

Dan and his family were here for seven years. During that time, Dan had finished the modernization and also earned an MBA from The College of William and Mary. Then management in St. Louis asked him to go to Cartersville, Georgia. "That was a hard, hard decision but I was too young to say no. So I agreed and told my wife 'Don't worry, we will retire in Williamsburg. We will get back, don't worry.' Our kids had graduated from Jamestown High School and were in college, still calling Williamsburg home."

In 2008, when InBev bought the company, Dan was asked to come back to Williamsburg as the Senior Brewmaster. "I couldn't say no. I was glad to come home and being Senior Brewmaster was a realized goal. So that's how we got back here, and we have been back nearly six years now."

He admits his favorite beer is Budweiser. "You know, from the college days forward I've been a very loyal Budweiser customer. Sure I could drink anything else, and I could home brew whatever I wanted, but I like the profile of Budweiser."

To entertain friends with a beer tasting, Dan says to go to the store and buy a range of a

certain style of beer. "Just recently I went out and looked for bourbon beers," he says, "beers that are aged in bourbon barrels or on bourbon staves, something that is aged on a high residual alcohol stave. I pulled as many of those as possible and we tasted those." The special limited edition beer, "Batch 23185," he created was an all malt lager aged on bourbon staves with a hint of Madagascar vanilla.

"If I have neighbors at my house where we do a beer tasting, I never tell them which beer is which until the very end. I give them a sheet of paper to give me their comments and to rate the selections on a scale of 1-10. We see one or two beers stand out from the rest. A lot of times the beers that they like and buy won't make the cut. I put all the competitors together on one stand, and then I level the playing field by tasting blind. That makes a big difference."

Dan says that beer has been a major part of his life for as long as he can remember, from visiting Busch Gardens in Tampa as a child to Senior Brewmaster in Williamsburg. He suggests neighbors try a beer tasting by lining up some fresh, crisp, medium-bodied lagers. Dan is certain that Williamsburg Budweiser will be crowned the winner. NDN

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THE WALL THAT HEALS

By Greg Lilly, Editor



Lisa W. Cumming Photography

Etched into black granite, the names of those who gave their lives in service in the Vietnam War makes a powerful visualization of our nation's loss. Millions visit "The Wall" in Washington D.C., but many cannot make the trip – physically, emotionally or spiritually. Bill Truax

is bringing The Wall to Williamsburg.

"There is a travelling replica of The Wall," Bill explains. "The one we're bringing to town is called The Wall That Heals. It's a one-half size replica of the Vietnam Veterans Memorial in D.C. Just as with the original, the names are

listed alphabetically by the day of casualty."

Bill grew up in Pennsylvania and moved to New Jersey after high school. He was drafted into the army in 1965 and spent '66 and '67 in Vietnam. "When I went in 1966, there were a lot of battles, but certainly not the turmoil

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that came later. The public was not for the war," he says, "but they hadn't turned against it. So when I came back I didn't experience any of the negative impact that the others who came after me did." His division was the 1st Calvary Division and was sent to Vietnam by President Johnson in mid-1965. "There were a couple of huge battles not long after that. There's a Mel Gibson movie 'We Were Soldiers' about that time," he adds.

"When I came back, it was strange getting off the plane and coming immediately home," Bill states. "One day you're fighting in Vietnam, and the next day you're flying home and walking up the street to your front door. That was very strange." At that time, there was no assimilation program for returning forces.

"After I got out of the army, I went to computer school and got a job with IBM. I found my niche. I spent 30 years with IBM as a systems engineer and in management. I enjoyed it."

He had lived in northern Virginia a long time and had seen The Wall in D.C. several times. "Initially I hadn't heard of The Wall That Heals, and then I received some literature on it

from the veterans groups in Washington. I ask them if it had ever been to Williamsburg, and the answer was 'no.' At that time it had only been to Virginia four times. We are close to D.C., however, there are some sections of Virginia that are not, so I thought I'm going to ask if we can bring it down here and have the Historic Triangle host it."

Last summer, he sent a proposal out to local groups who might be interested in helping bring The Wall That Heals to town. "Jack Tuttle [Williamsburg's City Manager] called and said it was something he wanted to support. James City County was interested, and I received a call that the Colonial Williamsburg Foundation had heard about it and wanted to be involved." He had the support and wanted to have funding and a site lined up before he contacted the local veteran groups.

"I think I walked all around town looking at possible locations," Bill says. "Jack Tuttle was telling me if I saw something on the college grounds or around Colonial Williamsburg to let him know. It took me a while to walk around, and all the sites discussed with Jack just didn't work out for whatever reason. There were

a few bumps in the road," he admits.

"When the Colonial Williamsburg Foundation became involved, they said they had the ideal location: in front of the DeWitt Wallace Museum on Francis Street. It's a big enough piece of property. Nassau Street will hold the truck. Then there's an information tent that's attached to the truck and it will hold computers and literature. We even have a scanner available because they encourage people, if you know somebody on The Wall, bring a picture and we'll scan it right into the system."

The Wall That Heals is comprised of three components: The Wall replica, an Information Center (the tent attached to the truck trailer), and inside the trailer, which is the museum that includes a timeline of the Vietnam War, samples of memorabilia left at D.C.'s Vietnam Veterans Memorial and photos collected for The Wall of Faces.

"The Wall of Faces is part of the Vietnam Veterans Memorial Fund's Faces Never Forgotten program. I'm hoping we can help complete the program to put faces on all those names," he says.

"The first time I went to see The Wall in

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D.C., it was very emotional,” Bill describes. “I have to be honest with you, I got out of there quickly. The first time, I admit, it was difficult. I honestly don’t know any names on the wall, which may sound odd as a Vietnam veteran. It’s just the way it worked. I had neighbors that lost family over there. I mean these families have lost more than one member. I didn’t, but still there was that emotion involved. The Wall That Heals offers people the opportunity – that maybe can’t cope going to D.C. to see The Wall – seeing it in their own community.”

He says that when the Vietnam Veterans Memorial opened in 1982, he pulled out his high school yearbook to see who was on The Wall. “There wasn’t anyone on there, but probably a lot of people did that – pull out their yearbook.”

For the Williamsburg area residents and visitors, The Wall That Heals will have a huge impact. “For those seeing The Wall for the first time and have names on there, I hope this is part of the healing process,” Bill says. “When you see all those names, it puts it all in perspective. There were a lot of casualties over there, more than 58,000. They keep adding more names that have died because of it. The Wall

just puts war in a new perspective. I think Maya Lin, the designer, did a great job. I know she got a lot of static initially.”

The Wall That Heals arrives on October 7th and will be met at the I-64 Welcome Center and escorted into town. “Williamsburg’s Deputy Chief of Police Andy Barker is leading that effort. There will be other police jurisdictions involved. Traditionally, it is escorted into town by motorcycles. They will be led by the Patriot Guard. Deputy Chief Parker’s escort will bring it right to the site to a large welcoming crowd.”

The next day (October 8), the exhibit will be set up, and volunteers will be trained. The opening ceremony is Thursday, October 9th at 10 a.m. with guest speakers Congressman Rob Wittman and General Anthony Zinni.

On Saturday, October 11, the documentary “Return with Honor” narrated by Tom Hanks will show at the library theater. “It’s about American pilots shot down over North Vietnam, how they survived in the prisons and their return home,” Bill explains. “We have a former POW who was in these prisons, and he’s going to speak of his experiences there.”

Jamestown High Schools students from the

Rho Kappa social studies honor society will read the names of the 1307 Virginia casualties at the Memorial Ceremony on October 12th. The community can request reading the names of others from The Wall. “This is an education for the younger generation and a healing experience for our generation.” Taps will be played each evening at 8:00 p.m.

The Wall That Heals is hosted by the Combined Veterans Organization Committee (CVOC) and locally sponsored by the City of Williamsburg, James City County, York County and the Colonial Williamsburg Foundation. Bill and CVOC Chairman George Bull are the planners of the event.

Open 24 hours a day from the opening ceremony at 10:00 a.m. October 9th through Monday, October 13 at 3:00 p.m., The Wall That Heals is free and available to all.

“People can go in there in a quiet atmosphere, whether it’s the middle of the night or mid-day, and reflect on whatever they need to reflect on,” Bill Truax says. “Seeing a name on The Wall, it’s going to be emotional. You just can’t help that. So that’s what inspired me to help bring it here.” NDN



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CUSTOM HOME *Showcase*

By Greg Lilly, Editor

“It’s going to be a knock-out first impression,” Wayne Harbin says of the Ford’s Colony house his company built as a 2014 Southern Living Custom Builder Showcase Home. “There are different elevation heights when you first come in, and it really sets the tone as you walk into the foyer. This house could easily be built on the Chesapeake Bay. It gives clarification all the way through the home to what’s behind the house – nothing but nature and everything that Ford’s Colony has to of-

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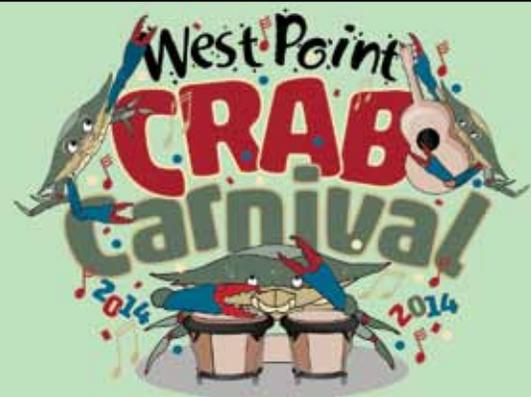
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fer. It's all green space behind this house, for the home's visitors to see and enjoy."

Wayne and the team at Wayne Harbin Builder, Inc. have created a home to inspire ideas and stimulate the senses.

Gearing up to celebrate 30 years in custom home construction, Wayne started his own company in 1985. "I actually started out in the construction industry right out of high school in 1965," Wayne explains. "I started as a laborer for a building company. Back then there were a lot of smaller builders. Back then, you'd start out with a small builder and do a little bit of everything. I worked in the northern part of Newport News, working with Mennonites at the time. They were the largest concentration of builders and very good tradesmen."

He dug footers, laid block, framed and roofed. "It wasn't as it is today where a framer is a framer. Then you did everything that needed to be done. The whole crew could do any job needed. It wasn't as segmented as it is today."

Wayne worked his way up to a lead man on a framing crew for a large company and then to a superintendent. "As a superintendent, I had to figure the houses, the materials, run the jobs and meet with the subcontractors. So I worked about 20 years in the trades from a laborer right on up to a superintendent then went into business in 1985."

When he began his own business, Wayne liked the mom-and-pop model. "We started out as a complete family business. We had an office over our garage, as a lot of people did. My wife, Bonnie, worked the books. I did the superintendent job - the ordering and all of that." The business grew. When Wayne and Bonnie's sons were teenagers, they spent their summers working in the family business. "Doug and Brad have always been involved in this business in one way or another," Wayne says. "When Brad decided to go to college at East Carolina, he majored in Construction Management. Doug went to the University of Alabama where he received his degree in biology with an emphasis in marine science. Brad has been with us for 12 years and Doug for 14 years. I can honestly say that being a family business, we wouldn't be where we are today without their influence, their education and their drive to do the job correctly."

Each project is different and that's what keeps Wayne excited about building. "It's always a learning experience. Even today, there are so many things that change, different materials and different methods. Back when I started, that kept me excited and learning because in framing, I would create different styles of houses: hip roof houses and Cape Cods and mansard roofs. Everything was a little different, and it was a challenge." He says even today, he takes pride in seeing construction in which he was involved. "I think it was the challenge and doing a good job and seeing that product built and complete."

For over 14 years, Wayne has been part of the Southern Living Custom Builder program. "The Southern Living name represents what we do, the style of houses that we typically do," Wayne explains. "We go outside the box, but if you have seen the magazine, they go outside the box too. We're not just a colonial Williamsburg type of builder. A lot of our clients are readers of the magazine. So it just kind of goes hand-



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- Christine Estep

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in-hand. It's a classic magazine. We do a lot of coastal, and Southern Living has coastal."

This year's Showcase Home is located at 109 Ford's Colony Drive. It's open to the public on three consecutive weekends in November: 7-9, 14-16, 21-23. "People can come in and see the newest trends and ideas," Wayne says. "Visitors will be able to walk through the home and see the quality of work and design. We showcase all the sponsors' products, like Bevol gas and electric lights from New Orleans, Lennox, Marvin windows, Moen plumbing fixtures. We have a designer, Christine Estep, [Jackson Thomas Interiors] to design the home's interior décor."

He promises that visitors to the Showcase Home will find unique features and decorating ideas. "You'll discover great ideas, from the newest light fixtures and plumbing fixtures to the latest design elements. For example, a unique feature: We have things for the dogs in the garage, like a built-in dog bath. The outdoor living area is unforgettable. Everything you think you might like in your new house, or existing house, you can see it and touch it and try it at the Showcase Home. This is a place where people can come and get ideas of things they can do."

Some of his favorite features are innovations to make everyday living more efficient and enjoyable. "The master bath has his and hers sides with a shared mutual shower," Wayne describes. "So each person has their own bathroom – two bathrooms where you can go from side to side through the shower. In the kitchen, the design is a very functional, updated 2015-type of kitchen. I think it has outstanding ideas."

The home has an open floor plan, which Wayne says more people are asking for, yet the living areas are well-defined in the plan.

"Outside, you have to see that," Wayne says. "We are lucky in our area that we have four seasons of outdoor living. This house has an outdoor cooking area where part is covered, part of it is decked. We have retractable screens. The covered area has a suspended poured concrete floor with storage underneath it. It gives you that extra storage for garden equipment or lawn equipment. It's not in the garage; it's outside, unseen, stored and dry."

Wayne explains that he's working with Doug and Brad to transition the projects and business to their generation. "I want to be active, and I am in a smaller way," he says. "I have the best of two worlds: my sons are awesome at what they do, and I'm able to sit back and know when I'm gone, they can take it on and are doing it now. That's just unbelievable. I have done everything I have wanted to do as far as in business."

Pride swells in Wayne when he talks about his sons. "They should get the credit because they are out in the forefront everyday building and remodeling homes. As a dad would be, or an owner of a business would be, I'm happy that Doug and Brad are moving the business forward. We are lucky enough to have longevity, and our sons to take this thing on." NDN

Visit the website: www.WilliamsburgShowcaseHome.com

Ticket sales from the event benefit Operation Finally Home and Habitat for Humanity.

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what's up in real estate



Q: I've heard that interest rates might rise. What will that mean for the market?

A: At the moment of writing, interest rates are still at almost all-time lows making it still a great time to buy. Although there is no immediate indication that rates will rise, it would seem likely to happen in the near future. However, even a one percentage rise will still mean that rates are lower than 10 years ago. As the economy continues to improve so confidence will continue to improve the real estate market.

Q: In a previous article you mentioned that Realtors® are held to higher standards than regular sales people. What extra things do they have to do?

A: In order to become a Realtor® in the State of Virginia you have to complete 60 class/clock hours of a Board-approved Principles of Real Estate and pass the state and national portions of the examination. But it does not stop there. In addition the Code of Virginia requires all active new salesperson



By
Andrew Nelson
President
Williamsburg
Area Association
of REALTORS®

licensees to complete a Board-approved 30-hour post-license education (PLE) curriculum **within one calendar year** of obtaining their salesperson licenses in order to remain on active status. After that salespersons need to complete at least 16 hours of continuing education every 2 years to maintain their license.

Q: I notice that some Realtors® are called Associate Brokers. What is the difference?

A: In addition to the salesperson license, once you have completed three years you can take your Brokers' license. This qualification covers real estate issues in more depth and includes additional topics which enable the person to manage their own brokerage if they so wish. Additionally, the requirement for continuing education is increased to 24 hours every 2 years.

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Please visit www.WilliamsburgNeighbors.com, go to the magazine site 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:
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Hey Neighbor! WILLIAMSBURG FARMERS MARKET

Ongoing, every Saturday

Enjoy the heart of Williamsburg in Merchants Square while shopping in this producer-only market for produce, fruit, potted plants, fish, artisan cheeses, meats, pasta, cut flowers and handmade soaps. The market includes live music, chef demonstrations and exhibits along with local shops and restaurants. The market now accepts SNAP/EBT, credit cards and W&M Express. For information, contact call (757) 259-3768, or visit www.williamsburgfarmersmarket.com. Hours 8 am – noon. October 4 – The Williamsburg Farmers Market relocates for An Occasion for the Arts between Henry Street and Nassau St. The Williamsburg Inn is at the Chefs Tent with demonstration at 9:30 am and 10:30 am. October 11 -- The Blue Notes perform from 9 am until 11 am. October 18 – The Williamsburg Farmers Market celebrates homecoming with W&M Alum musician Timothy Seaman performing from 9 – 11 am. The Spinners and Weavers Guild with exhibit.

Hey Neighbor! BELL RINGERS NEEDED

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ent donation locations throughout the Williamsburg area. For more information call (757)229-6651.

Hey Neighbor! CALL FOR VOLUNTEERS

Ongoing

We are the Bruton Parish shop located in the Parish House of Bruton Parish Church on Duke of Gloucester St. We give all of our net proceeds to the Outreach and Mission ministries of the church. Our sales people are volunteers comprised of parishioners of Bruton Parish and other churches in the area. It is not a necessity to be a church member but just a believer in our mission. All ages are welcome from teenagers to mature adults. We are open 7 days a week 7 hours a day except Sunday, when we are open for 4 hours in the afternoon. Call Carol Weaver, (757) 220-1489.

Hey Neighbor! ST. MARTINS EPISCOPAL CHURCH

Ongoing

1333 Jamestown Rd. Williamsburg, (757) 229-1111. 10 am Sunday school (resumes in September); 8 am, 9:15 am, 11 am worship on Sunday, Noon Healing, worship on Wednesday; 5 pm Taize Service on Saturday. Visit www.stmartinswmbg.org.

Hey Neighbor!

BIBLE STUDY

Ongoing

If your church or Bible study group leaves you wondering about Biblical questions such as what really happened in the Garden, where did Cain get his wife, what is the mark of the Beast, or any other lingering questions, perhaps you should join us for our weekly Bible study at the Norge library. Every Monday from 6 - 9 pm. Contact (757) 253-0172 or cell (757) 604-6649.

Hey Neighbor! CALL FOR MUSICIANS

Ongoing

The Williamsburg Players, a 58 year old, all volunteer, non-profit community theatre, is looking for musicians to help bring the joy of musical theater to the area. Especially needed are rhythm section players such as keyboards, guitar, bass guitar, drums, and percussion. You should be able to read music. Come and share in the excitement as we put on the Hampton Roads premier performance of the second longest running musical in Broadway history, "CATS." Show dates run mid-September, 2014. Email Mike McCoy at wmmccoy01@cox.net, or call and leave a message at (757) 229-1679.

Hey Neighbor! MEETINGS - JANE AUSTEN SOCIETY

Ongoing, Second Sunday

The Jane Austen Society North America Southeastern VA Region meets on the second Sunday of every month at the Schell Room, Williamsburg Regional Library (515 Scotland St.) Williamsburg at 2 pm. Future dates are Sept 14, Oct 12, Nov 16, Dec 14. Donations accepted to help defray cost of meeting room. September 14 program will be a play, The Milliners – A Female Revenge, at the Williamsburg Regional Library Theatre. The president of JASNA, Iris Lutz, will be joining us that afternoon and will present a talk on the houses of Jane's life and novels. The Dec 14 event will be a birthday celebration for Jane Austen held at Bruton Parish Hall. A small admission fee will be applicable to the Sept and Dec programs. All are welcome to attend. For more information visit our facebook page <http://www.Facebook.com/JASNASoutheasternVa>. For membership information visit the national site at www.JASNA.org.

Hey Neighbor! 4-H CLUBS FOR YOUTH

Ongoing

James City County 4-H, a program of Virginia Cooperative Extension (VCE), is offering several exciting 4-H clubs for youth during the 2014/15 school year. Clubs are open to all youth ages 9-18 and registration for each club is first-

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Hey Neighbor!
SEEKING VOLUNTEERS

Ongoing
Historic Jamestowne seeks volunteers to greet and engage guests as well provide accurate information about this premier historic site. A variety of volunteer opportunities are available, including Visitor Center greeters, Fort Site interpreters, and Docents in our archaeological museum, the Archaearium. Volunteer shifts are available Monday through Sunday, 9:30 am – 1 pm and 1 - 4:30 pm. If you are interested in volunteering at Historic Jamestowne, please contact Kelly Williams at kwilliams@preservationvirginia.org.

Hey Neighbor!
MEETINGS – REPUBLICAN COMMITTEE

Ongoing

The City of Williamsburg Republican Committee meets at the Williamsburg Regional Library the second Tuesday of the month at 7 pm. Come and join other city residents who care about the future of their country. For more information please email rpc.lbg@gmail.com.

Hey Neighbor!
MEETINGS – THE COLONIAL AREA REPUBLICAN MEN’S ASSOCIATION (CARMA)

Ongoing

CARMA meets on the third Thursday of each month at Giuseppe’s Restaurant at 11:30 am. For more information, please go to their website at: www.carmagop.com.

Hey Neighbor!
MEETINGS - JCC REPUBLICAN COMMITTEE

Ongoing

The James City County Republican Committee meets in the auditorium of the James City County Human Services Center located at 5249 Olde Towne Road. Monthly meetings are held on the fourth Wednesday of the month at 7 pm. Meetings are open to all who are interested in making a difference in our community and country. For

information, please visit www.jccrc.org or email JCCRepublicanCommittee@gmail.com

Hey Neighbor!
MEETINGS - HISTORIC TRIANGLE REPUBLICAN WOMEN (HTRW)

Ongoing

Location: Thomas Nelson Community College. Time: second Thursday of the month at 7 pm. HTRW is the only local Republican Women’s Club that meets evenings. For more information please visit our web site: <http://www.htrwc.org> or look for us on facebook.

Hey Neighbor!
MEETINGS - MOMS IN PRAYER INTERNATIONAL

Ongoing

No matter what age group from pre-K to graduate student Moms worry about their children Replace your anxiety and fear with peace and hope by praying with other Moms for our children and our schools. Join us and other Moms for a powerful time of prayer every Wednesday from 1-2 pm at Calvary Chapel Williamsburg, 5535 Olde Towne Road. Contact info: Jeanne Hallman, 757-220-8400/Jeanne4J@

www.MomsInPrayer.org.

Hey Neighbor!
WILLIAMSBURG WOMEN’S CHORUS

Ongoing

The Williamsburg Women’s Chorus is seeking new members to join our group for the celebration of the 50th year of the chorus’ existence. Special music and events will headline this year, so inquire now to become a part of a great group of women who love to sing! Contact Ann Porter at aportermusic@verizon.net or www.williamsburgwomenschorus.org for information. Rehearsals begin Thursday, September 11 at Bruton Parish house.

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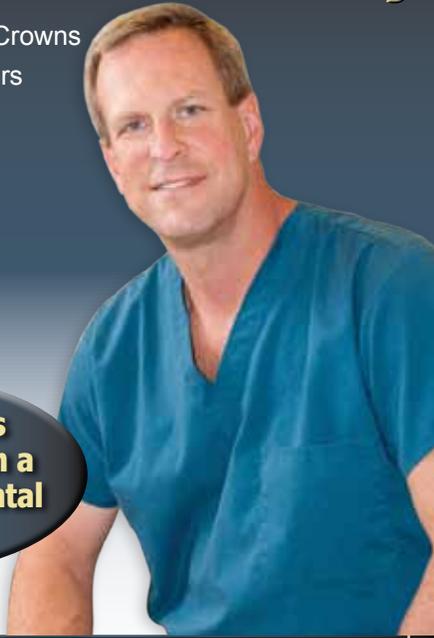
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Hey Neighbor!

FALL PLANT AND ART SALE

Saturday, Sept 27, 2014

Williamsburg Botanical Garden Fall Plant and Art Sale: "The Art of the Garden" 9 am – 2 pm Rain Date: Sunday, Sept 28. Freedom Park 5537 Centerville Road, Williamsburg. Fall perennials, shrubs, native plants, butterfly-friendly plants, daffodils, mums, pumpkins, iris, Garden Artists and Crafters and more! Credit cards accepted. All proceeds to benefit the Williamsburg Botanical Garden. For more information go to www.williamsburgbotanicalgarden.org or find us on Facebook.

Hey Neighbor!

200TH ANNIVERSARY OF OUR NATION ANTHEM

September 27, 2014

A day full of new programs – concerts, lectures and the showing of a new documentary – celebrating the 200th anniversary of our national anthem. Join us to see Mark Hildebrand's new documentary "Anthem," explore the six weeks that saved our nation from Steve Vogel, author of "The Perilous Fight," and hear other music from the War of 1812 and the tune borrowed for our national anthem during concerts presented by musical historians David and Ginger Hildebrand. Find out more at <http://bit.ly/1qiOrUB>.

Hey Neighbor!

OPENING NIGHT SENSATION!

September 29-30, 2014

The Williamsburg Symphonia presents the first Masterworks concert of its 31st season, featuring concertmaster Akemi Takayama in

compositions by Chausson (Poème) and Saint-Saëns (Introduction and Rondo Capriccioso). The Symphonia is conducted by Music Director Janna Hymes, returning for her 11th season. At the Kimball Theatre in Merchants Square, Williamsburg; parking nearby. Performances begin at 8 pm. Season subscriptions are on sale now; single tickets are \$48 and \$58. Information: (757) 229-9857 or visit www.williamsburgsymphonia.org.

Hey Neighbor!

TRINITY ORGAN CONCERT

October 1, 2014

The free concert will include a variety of musical selections performed by Saint Bede's organist Aaron Renninger and baritone Fr. Michael Renninger. Time 12 noon at Saint Bede Catholic Church, 3686 Ironbound Road. Bring a friend and your lunch. Beverages provided. For more information, call (757) 229-3631 or visit www.bede.va.org/concerts.

Hey Neighbor!

AMERICAN REVOLUTION

ROUND TABLE OF

WILLIAMSBURG/YORKTOWN

October 1, 2014

At 6:30 pm at Grace Episcopal Church Parish Hall in Yorktown. 111 Church Street. All ages and knowledge levels welcome to join our group. The only requirement is an interest in the history of the Revolutionary War period. This organization is devoted to the study of all aspects of the Revolutionary period (ca. 1763-89). Composed of an open group of historically-minded individuals, the WYARRT provides a forum for the exploration, discussion, and sharing of knowledge about this interesting and critical period of our history. Our group is open to anyone with an interest in the time period.

Hey Neighbor!

OPEN HOUSE FOR WILLIAMSBURG FAITH IN ACTION

October 1, 2014

3 - 5 pm at Williamsburg Faith In Action's offices, located at 354 McLaws Circle, Williamsburg. Williamsburg Faith In Action helps the elderly, chronically ill and disabled adults maintain their independence and help them stay in their homes by providing them assistance with everyday activities. Services include but are not limited to: transportation, grocery shopping, visiting, respite for caregivers, household

chores and yard work. All of these services are provided free of charge due to the support of volunteers and donors and to those adults living in Williamsburg, James City County and the Bruton District of York County.

Hey Neighbor! 22ND CHILDREN'S CONSIGNMENT SALE

October 3-4, 2014

Shopping Hours: Friday, October 3, 2014 – 11 am* - 7 pm (*Get in at 10 am with a Jar of Peanut Butter for FISH). Saturday, October 4, 2014 – 8 am – Noon. Location: King of Glory Lutheran Church, 4897 Longhill Road, Williamsburg. The money that is raised goes into gift certificates for families in need in our area to shop our sale, the King of Glory National Youth Gathering and the King of Glory Preschool Tuition Assistance Program. Items are donated to FISH, Grove Christian Outreach. Books are donated to the Storybook Connection program. Contact: Kimberly Kay, Director Children's Consignment Sale, kogccs@cox.net or (757)784-3524.

Hey Neighbor! SCORE POINTS FOR SPRINGERS

October 4, 2014

Mid-Atlantic English Springer Spaniel Rescue (MAESSR) will host a Captain's Choice golf tournament at the Kiskack Golf Club in Croaker. Registration will open at 8 am with a Shotgun Start at 9 am. The entry fee, \$65 per individual and \$260 per team, includes green fees, cart, practice balls, and cookout-style lunch. There will be raffles, free range balls, and other prizes. Single golfers are welcome. Online registration is available at www.maessr.org/marketplace. For more information please contact John Keegan at (757) 869-3049 or jjkeegan@cox.net.

Hey Neighbor! IN THE TRENCHES TOUR

October 7 & 21, 2014

10 am. Guests get an "inside the ropes" tour of the original 1607 James Fort, once thought lost to history. Join Dr. William Kelso who led a team of Jamestown Rediscovery archaeologists that found the original fort site in 1996. Enjoy "moments of discovery" and walk the ground once trod by Captain John Smith and Pocahontas. Tickets are \$40 per person and can be purchased online. Price includes admission. Historic Jamestowne, James-

town. Call (757) 229-4997 or visit www.historicjamestowne.org.

Hey Neighbor! FINE WINE GALA

October 8, 2014

Men's Charity Tennis, Inc. and The Fresh Market invite you to a Fine Wine Gala to benefit Hospice House and Support Care of Williamsburg. The event is scheduled for 7:30 - 9:30 pm at The Fresh Market store on Monticello Avenue. Enjoy tasting over 50 wines, shrimp cocktail, crab cakes, and other delightful hors d'oeuvres as well as distinctive cheeses and up to a 15% discount on wine purchases at this exclusive wine tasting event. There will also be a silent auction at the event. Only 300 tickets are available from Men's Charity Tennis board members or visit www.menscharitytennis.com.

Hey Neighbor! CURATOR'S ARTIFACT TOUR

October 8 and 22, 2014

3 pm; During the "Curator's Artifact Tour," senior archaeological curator Bly Straube provides an exclusive, behind-the-scenes look at the archaeological collection which provides a glimpse of the artifacts discovered at James Fort, most of which will never go on public display. Tickets can be purchased online. Price includes admission. Historic Jamestowne, Jamestown. Call (757) 229-4997 or visit www.historicjamestowne.org.

Hey Neighbor! ANNUAL MIDDLE PENINSULA CHARITY TENNIS TOURNAMENT

October 10, 2014

Two Rivers Country Club at Governor's Land. To raise funds for Hospice House and Support Care of Williamsburg, this one-day, men only doubles tournament started in 1999 and has raised over \$600,000 for Hospice. A reception with refreshments and silent auction for the public will be held beginning at 3 pm with awards and check presentation begin after the last match at 4 pm. Visit www.menscharitytennis.com for more information.

Hey Neighbor! ARCHAEOLOGY DAY

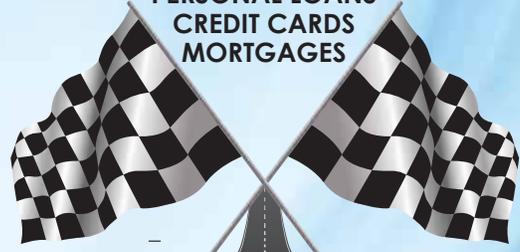
October 11, 2014

10 am – 4 pm. In commemoration of Virginia Archaeology Month, guests meet the Jamestown Rediscovery archaeologists and learn about the discoveries made at the James Fort site during the 2014 field

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season. The day will also include historic trades demonstrations, living history programs and special tours. Free with paid admission to Historic Jamestowne, Jamestown. Call (757) 229-4997 or visit www.historicjamestowne.org. Free with paid admission.

Hey Neighbor!

SHRED-A-THON SPONSORED BY JCC POLICE DEPARTMENT
October 11, 2014

The James City County Police Department will be hosting their annual "Shred-A-Thon" to help fight identity theft and also to fund the department's "Shop with a Cop" Christmas program. This is a great opportunity to shred those unwanted documents and help a child at the same time. The time is from 9 am – noon at the county courthouse, 5201 Monticello Ave. For more detail or questions, call Officer Todd Dill 603-6025.

Hey Neighbor!

COLONIAL LACEMAKERS DISPLAY AND DEMONSTRATION
October 11, 2014

Members of the Colonial Lacemakers will be in Room B of the Library to demonstrate the technique. A "Try-me" pillow will be available for visitors to learn basic stitches. 1:30 – 4 pm. October 3-31, the Colonial Lacemakers will have a display of their work at the Williamsburg Library. The group specializes in making bobbin lace which uses wooden sticks called bobbins, a pillow, and pins using the original technique that began in the last half of the 1500s.

Hey Neighbor!

CONCERT - TRADOC BRASS ENSEMBLE AND ORGANIST AARON RENNINGER
October 15, 2014

The concert will feature a Brass Ensemble from the U. S. Army Training and Doctrine Command Band and Saint Bede's organist Aaron Renninger performing music for a Cathedral space, culminating in the last two movements of the Saint Saëns Symphony No. 3. Time: 12 noon at Saint Bede Catholic Church, 3686 Ironbound Road. For more information, call (757) 229-3631 or visit www.bedeva.org/ concerts.

Hey Neighbor!

FLUTE FRENZY'S PRELUDE PROGRAM ACCEPTING REGISTRATIONS

October 15, 2014

Flute Frenzy, the area's premiere flute choir program, directed by flute instructor and concert artist, Margaret Carlson, sponsors a flute class for beginner flutists, those students who are in their 1st or 2nd year playing flute. The class teaches basic skills while introducing the students to ensemble music. The first session begins October 15 and meets weekly Wednesday evenings, 6-6:45 pm at Our Saviour's Lutheran Church, 7479 Richmond Road, Williamsburg. Questions, call Margaret Carlson, 757-253-0850. Registration forms and more information: www.flutefrenzy.org

Hey Neighbor!

AUTUMN WINE & CHEESE EVENT
October 17, 2014

The Auxiliary of the Sentara Williamsburg Regional Medical Center is hosting its annual membership meeting, 4-6:30 pm. Current members and potential members are invited. There will be a panel of doctors discussing women's health, plus tours of the Sentara women's health center in the Geddy Building. No charge, but reservations are required. RSVP: auxiliarieswrmc@gmail.com.

Hey Neighbor!

GREENWOOD CHRISTIAN ACADEMY FALL FESTIVAL
October 18, 2014

Greenwood Christian Academy will host a community fall festival with vendors, crafts, food, and kid friendly activities. Free and open to the public. 9 am-3 pm. Located in the Williamsburg Crossing Shopping Center off of John Tyler Highway. For information, visit our website at www.greenwoodchristianacademy.com or email Brandie Weiler at development@gcaroyals.org

Hey Neighbor!

HOW AND WHY RAIN GARDENS
October 18, 2014

Williamsburg Botanical Garden, Freedom Park Interpretive Center, 10 am, open to the public, \$5 donation for each guest is recommended. Master Gardener Carol Fryer has designed rain gardens for James City County homeowners and developments, and will provide information about their construction in home gardens. For information, contact Carol Fryer, (757) 220-0759 or cfryer@cox.net.

Hey Neighbor!

**MEET CAPT. DON MOLINA:
ENGLISH CAPTIVE, SPANISH SPY**
October 18, 2014

12 & 2 pm; Meet Don Diego de Molina, a Spanish commander, who was captured near a Virginia Fort in 1611. He will be allowed an interview with those wishing to meet him but beware - he is alleged to be a Spanish spy! Under close arrest at James Fort, Molina quickly learned how desperate the conditions were for the Englishmen "held captives by their masters." Some of the details we know today about life in the fort come from reports Molina smuggled out of the colony and back to Spain. Learn about this Spanish captive and his experience at James Fort. Historic Jamestowne, Jamestown. Call (757) 229-4997 or visit www.historicjamestowne.org. Free with paid admission.

**Hey Neighbor!
ORCHESTRA AND VIOLINIST
DR. WANCHI HUANG**
October 18, 2014

The Tidewater Intergenerational Orchestra (TIO) concert will open its 11th season featuring Dr. Wanchi Huang in Mendelssohn's D Minor Violin Concerto. Works by Vivaldi, Mozart and others will be performed. Time: 2 pm. at Saint Bede Catholic Church, 3686 Ironbound Road. The concert is free. For more information, call (757) 229-3631 or visit www.bedeva.org/concerts.

**Hey Neighbor!
YORKTOWN VICTORY
CELEBRATION**
October 18-19, 2014

Military life and artillery demonstrations mark the 233rd anniversary of America's momentous Revolutionary War victory at Yorktown on October 19, 1781. To experience Continental Army life firsthand, visitors can enroll in "A School for the Soldier" to drill with wooden muskets and learn about soldiers' provisions and sleeping quarters. October 19 events feature commemorative programs and a parade in historic Yorktown and Yorktown Battlefield. For information about the Yorktown Victory Center, a museum of the American Revolution, call (888) 593-4682 toll-free or (757) 253-4838, or visit <http://www.historyisfun.org/yorktown-victory-celebration.htm>.

**Hey Neighbor!
RELAY FOR LIFE OF WILLIAMS-
BURG 2015 KICKOFF MEETING**

October 21, 2014
Location: the Central Offices of James Blair at 6 pm. Live music, food and information on getting involved. For more information or if you can't attend, please contact Sue Harmon, Event Chair at (617) 447-4283 or sberry921@yahoo.com.

**Hey Neighbor!
A SOCIETY OF EXPLORERS -
HISTORIC EXPLORATION**
October 25, 2014

The Jamestown Rediscovery Society will travel to three historic sites in Virginia's Northern Neck and lunch at The Inn at Stratford Hall. Historic Christ Church, Stratford Hall and Menonkin (Francis Lightfoot Lee's circa 1769 home) are the destination sites. Motor coach transportation. Light refreshments, and a luncheon. Sign up today by calling Andrew Zellers-Frederick, director of the Historic Jamestowne Fund, at (757) 220-7466. A minimum of 45 participants are needed for the trip to proceed.

**Hey Neighbor!
THE PAMUNKEY INDIANS OF
VIRGINIA**
October 30, 2014

5:30 pm, Hennage Auditorium, DeWitt Wallace Decorative Arts Museum. Join members of the Pamunkey Tribe as they explore the past and present of Virginia's native peoples during a special roundtable discussion. The 2014 World of Pocahontas programming commemorates the 400th anniversary of Pocahontas' marriage and the seventeenth-century cultural exchange of the emerging Atlantic world. Tribal members of Pocahontas' natal community will provide perspectives on Virginia's contemporary tribes, traditional culture, and plans for the future.

**Hey Neighbor!
YOUNG WOMEN'S PRAYER
CONFERENCE**
November 1, 2014

Free Young Women's Prayer Conference, (ages 15-29) from 10 am - 4 pm, hosted by Calvary Chapel Williamsburg. The focus of this conference is to teach younger women how to grow in their personal prayer life. Please respond via email to: Jeanne.Hallman@jeanne4j@cox.net by October 24. Calvary Chapel 5535 Olde Towne Road, (behind Food Lion), 757-220-8400.

For a complete listing visit:
WilliamsburgNeighbors.com

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the altered photograph
(bottom).

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INTERMEDIATE LEVEL

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