

April 2015

WILLIAMSBURG'S

Next Door Neighbors[®]

VOL. 5, ISSUE 4

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Many of us are fortunate to live comfortable lives in a stable, prosperous and wholesome community. A great deal of effort goes in to making this a great place to live, work, and raise a family. Most of that effort takes place behind the scenes, day-in and day-out, unbeknownst to most of us who benefit from it.



Meredith Collins, Publisher

In this issue we are pleased to give you a peek behind the scenes, a little insight to some of the people who serve our community and the jobs that they do.

Without exception the public servants we interviewed have an amazing passion for serving others and an impressive level of knowledge and expertise at what they do. While we could only fit a fraction of these folks into this issue, they cover a broad range of resources and services representative of a large and impressive group of individuals committed to providing us all with a safe and secure place to call home. Perhaps after reading these stories we all might take a little more notice of our dedicated neighbors who are working behind the scenes to make life here better for us all. NDN

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portrait

Cover Photo by Lisa Cumming

ROBERT WASHINGTON



Lisa W. Cumming Photography

A Burning Desire to Serve

By Linda Landreth Phelps

Williamsburg Fire Department's Battalion Chief Robert Washington has a long history of serving others. As the oldest child of a large family, Robert remembers washing dishes when he was so small that he had to stand on a phone book to reach the sink.

"My biological father died when I was six years old," he recalls. "Mom was going to nursing school while we lived with my grandmother, who also worked every day. They counted on me to keep the little kids in line and help out wherever I could."

He was happy to do it then and grateful now, he says, because that kind of responsibility shaped him into the man he is today. Robert

is still looking out for the welfare of others, and he's made fulfilling that desire a richly satisfying career.

"I'm not one of those people who like to be in the limelight. I prefer to leave that to others, keep my head down and just do my job," Robert says modestly.

When he crossed the county line into Williamsburg two years ago, that comfort zone was breached. "I've had more press coverage since I came to work for the city of Williamsburg than I did in all the previous 17 years I worked as a firefighter in James City County," he says with a laugh. The Williamsburg Fire Department consists of a force of 37 full-time career

staff plus a volunteer contingent. They are responsible for all emergency calls within the 9.6 square miles of the city, serving homes and businesses as well as Colonial Williamsburg's 1.5 square miles of restored area, plus William and Mary's campus. Robert is now one of three battalion chiefs, heading up ten firefighters assigned to the "A" shift.

Two years ago Robert was a captain at the JCC fire station near Busch Gardens. "I was content where I was, but when an opening for battalion chief in Williamsburg was advertised, I applied." He was chosen for the job out of 42 candidates and is quite happy to be where he is today.

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Robert stands on the wide and gracious porch of his home, enjoying the view. His pool is closed for the season, but the playhouse in the front yard tree is ready for any potential visits from his four young grandchildren. “Everything within sight was built by us, piecemeal, as we could afford it,” he says. It’s a comfortable monument to Robert’s perseverance. Putting down roots and making a home are especially meaningful for him and his family.

“My mother eventually remarried, and my stepfather was in the Air Force. We moved around from Tampa, Florida to England, then Idaho and Spain, before we were sent here. My folks retired in Arizona in 1986, but by then I was settled here. I was a student at Hampton University (HU) and had gotten married at 20.” Robert’s first wife, Tracy, and he were raising her little girl and the son they had together while he went to school.

“I went to HU for a year and a half, pursuing a degree in fashion merchandise and design, believe it or not!” Robert laughs. He was also working at Lowe’s for up to 76 hours a week, but it was a struggle. “Tracy was working, too, making just \$13,000 a year. I clearly remember sitting at the table one night. We had fed the kids first and all we had left was a bowl of cereal and a hot dog, so we had to decide which of us would eat what. I swore that I would do whatever it took to make sure this never happened again.” Robert sees this as his life’s defining moment. It’s at times such as this, he says, when a man decides whether to give up or dig deep and work harder. For him, given his upbringing, there was no choice. “The only thing to do is your best then continue to do better,” he says. Robert began to plan seriously for the future.

Sadly, sometimes even doing your best isn’t enough. “Things happen, and my marriage failed. I decided I would never get married again” he remembers. Then, during a paramedic class, Robert and fellow firefighter Toni Colon met. “She wasn’t looking for a relationship either, just trying to do her job and raise her son, who was 14 at the time.” The two have been together for 17 years now. “I can truly say that if it wasn’t for my wife, I wouldn’t be where I am today. Toni and my mother are the strongest people I’ve ever met.”

Public service runs in both sides of the family. Robert’s son, Robert Washington III, is with the Army in Kuwait, and his stepson, Christopher Clauser, is also a firefighter. “At one time, Toni, Christopher and I were all James City County firefighters working different shifts.”

Something most people don’t realize is how diverse a firefighter’s job is. “When a 911 emergency call goes out, we want to solve your problem, no matter what it is,” Robert says. “Busted water line, cat up a tree – we actually do take those calls. It’s not all fire suppression, by any means. We have people trained as first responders to medical emergencies, but we can also correctly recover evidence, like guns thrown into a lake. When it’s a water rescue situation, our dive team deploys quickly. We’re a part of MIRT, or Maritime Incident Response Team, and because of the training we’ve received, the Port Authority or Coast Guard call us when they need help, too.” Robert and his wife, Toni, are both divers fully trained in surface and underwater searches. This training was crucial on one particularly tragic day.

When Robert was an Emergency Medical Services supervisor for JCC he was called to the Boy Scout camp for what was said to be a near-drowning. In reality, one boy who was a poor swimmer had tried to swim out to a platform in the river and went under. A second scout

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disappeared while trying to save him. Robert was there before the dive team could arrive, so he jumped in and initiated his own search pattern. It wasn't long before he found the first body.

"The James River is really murky, so my training taught me to search using my hands, not my eyes. When I first touched him, I immediately grabbed him and tried to surface, but his body was too heavy, and I had to let go." Others had to help Robert get the boy out of the water, and he was given CPR, but there was no response. Meanwhile, Robert stayed in the river because there was a second boy out there somewhere who needed to be found. Another diver joined the search. He and Robert were working as a team when they ran up on that body, as well. "They were only kids, between 12 and 14 years old," Robert says, his eyes showing the pain that still lingers. Such memories are part of the job, the burden he carries as part of the uniform.

The Battalion Chief's first uniform as a teen was the drab brown polyester one then featured at McDonald's. A natural leader, within six months Robert had worked his way up to

manager there. Jobs at Pizza Hut and Little Caesar's followed the same pattern. "I was a manager for years but was still only making \$20,800 annually and was out of options for advancement. My brother-in-law at the time was a Newport News firefighter and thought I'd like it, too." Robert applied and made it almost to the final cut for a JCC job. "They told me they needed somebody who was an EMT, and I didn't even know then what that was." He joined the Abingdon Volunteer Fire Department and began studying for certification. Robert was fascinated from the start and was more than ever determined to leave the pizza business behind. Surely he would be accepted as a firefighter soon.

"On my way to take the annual exam I had a flat tire. I showed up two minutes late and they couldn't let me in," he recalls. Discouraged but determined, Robert didn't quit. "I used that next year to get my advanced EMT certification. By then I was going through a divorce and knew I had to get hired." When the exam was given again, he arrived an hour early and aced it. James City County gained a firefighter and kept him for 17 years. It was more than a

job for Robert. "Firefighters live together for days at a time," he says. "They become family."

What surprised Robert most when he made the move from the much larger county fire department was how busy it was in the city.

"Our typical day in Williamsburg is 12 to 15 calls, compared to 8 or 9 in JCC," he says. A pleasant benefit was the intimacy of a smaller work force. Management styles differ, but Robert's new bosses and he share a commonality of outlook. At 4:45 a.m. three days a week, Robert and a dozen or so other city employees gather for an intense workout they call Boot Camp. Fire Chief William "Pat" Dent and Robert enjoy an easy camaraderie both there and at work. "Chief Dent has asked me to call him Pat, but I just can't; that's not how I was raised," Robert says.

Robert was raised to respect his superiors, to help those who need help, to work hard and take care of his family. Williamsburg is fortunate to find a man who will do his best, then continue to do better. His parents instilled in him a burning desire for public service. "I plan to keep this job for a long time," Robert Washington says. "I love it!" NDN

Beds by Michelle



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The Power of Caring

By Cathy Welch

Wendy Evans, Social Work Supervisor with the City of Williamsburg Department of Housing and Human Services, discovered her career at the age of nine.

Born in Connecticut, Wendy grew up in New Hampshire with three brothers. In fourth grade she participated in a volunteer opportunity with her Girl Scout Troop. “We volunteered at a domestic violence shelter,” she says. “That’s when I knew what I wanted to do.” From that time on, she was involved in volunteer service. In high school she served in area shelters.

Wendy came to Virginia to earn her Bachelor of Science with a Major in Psychology at Old Dominion University. She did research with several professors and decided to be a child maltreatment researcher. After graduation in 2000, she accepted a job with the family research laboratory at the University of New Hampshire (UNH).

“I worked for amazing researchers in the field of child abuse, neglect, sexual abuse and

domestic violence,” she explains. “Part of my job was to interview hundreds of children about their experiences with abuse and neglect.”

But she could only conduct research. “I couldn’t do anything to affect that community or what was going to change for that kid to

no longer experience abuse and neglect,” she explains.

Wendy enrolled in UNH’s Masters of Social Work program while still conducting research. After earning her master’s degree and a brief stint as a child welfare social worker, she moved into a supervisory position in fos-



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ter care and child protective services in Claremont, New Hampshire. Soon after, her future husband received a job in Virginia which brought her back to the area.

In 2005, Wendy accepted her current position as Social Work Supervisor for the Williamsburg Department of Housing and Human Services. Her department consists of multiple units: the Benefits Programs unit where workers determine financial eligibility for several Federal/State programs, such as the Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance to Needy Families (TANF), and Medicaid; the Social Work Unit; and the Community Services Division. She oversees the last two areas, with four social workers and two workers in the Family Services Division.

“In our department,” she states, “we say that we handle situations from birth to death and even burial.”

The Social Work Unit covers adult protective services investigating allegations of abuse and neglect of disabled and elderly adults. Social workers also perform other adult services, including client monitoring. “This may be connecting them to the right resources or

working with Peninsula Agency on Aging to get resources into that family,” Wendy explains. “With Williamsburg’s aging population, this is definitely a big part of our work.”

Adult Services’ social workers support caregivers of elderly parents, disabled adult children and spouses. They help gather information and connect them to appropriate resources.

“These are the people making decisions to care for their loved one in the home or to seek a higher level of care,” Wendy describes. “Since caregiving is usually new to them, they don’t know how to qualify for hospice, get home healthcare or network with agencies.”

Wendy’s team investigates allegations of abuse and neglect. “If we find the child is at imminent risk, we may have to bring them into foster care,” she says. “Our primary goal is to return that child to their parent or relatives. If that can’t happen, then we’re looking at an adoptive home.” The department manages adoptions and a caseload of foster care youth. Social workers provide oversight for supervised visits.

The Family Services Unit guides youth and their families if parents accept ongoing ser-

vices. Social workers help identify what the family’s needs and goals are and how they can assist in overcoming challenges for the parent of a disabled child or a family experiencing domestic violence or substance abuse issues.

From dealing with families in stressful situations, Wendy found that she needs to involve multiple service systems, and things can get complicated. The city’s social workers help parents navigate resources such as the school system, the courts and the mental health system with their different requirements. “It can be overwhelming,” Wendy says. “Our goal is to bring the parties together.”

The Family Services Unit also provides mentoring services for youth. “When we’re working with a family, we have a mentor that may provide academic support, mentoring and social skills to the youth,” Wendy explains. Family Services oversees Williamsburg’s Summer Youth Achievement Program, a full-time, weekly summer program for 20 to 30 middle school youth focusing on character building and leadership skills. Students work on leadership skills and participate in team building through a program customized to the unique abilities of staff members and participants.

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Wendy supervises the department's outreach program performing intake, assessment, referrals and emergency assistance for residents in crisis. She coordinates Williamsburg's Comprehensive Services Act, which provides wrap-around services for individuals with significant mental health issues or special education Individual Education Program (IEP) candidates who require private-day instruction or other wrap-around services.

Local faith-based communities and programs including FISH, Community of Faith Missions and Avalon are collaborators with Wendy's department. "I understand we're not experts on everything so we definitely need to build our team around the family," she says. "If a family is struggling with getting appropriate education services, we are going to pull in people in our community to help."

Wendy fosters a deep working relationship with the school system. Her social workers attend IEP meetings and monitor attendance. "Our goal is for kids not to be adjudicated or truant," she says. "We want to do prevention service before they get to court."

She explains that social workers' roles can look different for each client. "Sometimes

we're trying to coach a family through a situation. We're teaching parents how to navigate systems or overcome obstacles. We recognize that our job is difficult and our decisions or the things we do can significantly impact a family. These are critical decisions. We don't take that lightly. This is our mission. This is way more than just a job for us, or we would be doing something easier."

Wendy truly appreciates the strong teamwork within the city. "Our social workers aren't out there working on their own," she states. "This is emotional work, and we want to make a positive impact on somebody's life. Teamwork really sets us apart."

The fire department, police department, codes and compliance and other city departments are part of the team that Wendy assembles to assist residents. "We may be at a location and need to determine whether it's safe for a person to be in their home," she says. "We're there making those critical decisions with codes and compliance, the fire department and the police department. I can call somebody at the fire or police department and know that I'm going to have a friendly person on the line. I'm going to know them, and they're going to

help me problem solve. You feel like you have the support of the team. Ultimately we're all there for the same reason: to make sure that the resident is safe, has their needs met and hopefully improve their well-being."

Wendy suggests area residents get involved with local faith-based organizations and neighborhood groups to support the Department of Housing and Human Services' work. "One of our biggest challenges has been trying to find permanent homes for our teens in foster care," she says. "We are planning to finalize five adoptions this year; two of them are teens."

Families can define how they wish to be involved in the high-demand area of foster parenting. "They could offer short-term respite for a child in crisis or choose to foster or adopt," Wendy explains. "When we're placing a child in foster care, it's wonderful to see a child flourish. That's what keeps me going."

When she looks back at her ten years with the department, Wendy Evans says, "The really significant events were the ones where we had to work with other departments and organizations, really collaborate as a team of concerned people to resolve the situation. That's the power of caring." NDN

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CRAIG BALLER



On the Friendly Streets of Williamsburg

By Ryan Jones

Lisa W. Cumming Photography

Craig Baller spends a fair portion of his workday combing the streets of Williamsburg. As the Street Superintendent for the City of Williamsburg Public Works and Utilities, Craig is responsible for the upkeep on much of what residents see in passing while on the move inside the corporate limits. In fair weather, he tackles problems like potholes, poorly timed stoplights and damaged traffic signs. In inclement weather, like the kind we

experienced in the recent snowstorms, Craig's work is more conspicuous. He oversees crews that plow, sand and salt the roadways to make them passable for residents who don't get to take the day off from work. Sometimes, if the storm is severe enough to make a feature story, he can even be seen answering questions about snow removal efforts on the evening news.

"As part of our maintenance program, I'm on the road all the time doing inspections,"

Craig explains. "I can drive almost every lane mile of road in town with the exception of residential side streets in a couple of hours. There are about fifty lane miles of road I'm responsible for in the City of Williamsburg."

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sidewalk, traffic light, traffic sign and storm water issue in the city of Williamsburg," he says. "We also manage all of the upkeep on the Cedar Grove cemetery on South Henry Street. I notice problems with the thoroughfares all the time. Turn lanes that aren't cycling correctly at a stoplight; a crosswalk light that is too short for someone to reasonably cross. I enjoy having the ability to see something wrong and actually be able to have a hand in fixing it, be it potholes, road construction, cracked sidewalks, timing on traffic signaling or working with Williamsburg residents."

Craig's military experience had a strong influence in preparing him for his career as the city's public works street superintendent. He traveled extensively in Europe and Africa during his 24 years of service and gained an appreciation for the advantages that are afforded by local municipalities here in the United States.

"I was in the Air Force for a little over 24 years," he says. "I spent fourteen years in Europe, seven in Italy and seven in Germany. I've probably worked in fifteen or sixteen different countries doing humanitarian civic assistance projects and exercise related construction. That type of work is mostly about winning over the hearts and minds of people to garner support for projects like hospital renovations, runway construction and runway maintenance programs. In addition to working in Europe, I traveled all over Africa and helped teach the Kenyan Air Force folks how to repair their runways."

Supervisory roles with increasing levels of responsibility came to Craig over time and involved a number of contrasting duties.

"My first three years in the Air Force were spent doing all the cool stuff with humanitarian projects," he remembers. "Then I sat on staff for a while and dealt with paperwork, and then I ran operations at Ramstein Air Base in Germany, which amounted to being responsible for 56,000 people and 1300 facilities."

On base, his projects tended to follow OSHA codes, even though they were situated in other countries that may have had different standards. Then, depending on the locality, additional codes were applied to the work for it to pass inspection. Whichever code was more stringent was the one the Air Force usually went with. Craig says he has many fond memories of his time working overseas, most of which brought the satisfaction of being able to help out in down-to-earth ways that made a significant impact.

"Working with the Croatian ambassador to do a hospital renovation in Knin, Croatia was a good experience," he remembers. "The infrastructure over there was poorly degraded. It was sad. There was about a half-million dollar renovation to the facility. We replaced all of their HVAC and electrical systems and retiled several floors. The best part of the project was the neonatal area where the premature births were. Before we arrived, it was covered in mold and was very bad situation from an engineering and safety perspective. We did a complete facelift on the area with only fifteen people. It was a really small crew, but the nine weeks of work were rewarding and the people were so appreciative of our efforts. It was incredible."

Craig says he also enjoyed working with the Air Force in Israel.

"We did lots of repair at Nevatim Air Base, where we worked on a munitions maintenance facility," he says. "There were lots of exercise-related details and many people that flowed through there, so we were able to help a lot of folks with our efforts. We also built what amounted to giant sunshades for the pilots to park under. The daytime high in that part of Israel often reaches over 120 degrees in the summer, so I

think those were particularly appreciated.”

One of Craig’s most rewarding experiences with the Air Force came in Africa, where he not only headed up repair operations on a dilapidated runway, but was able to pass along his knowledge of engineering in ways that empowered the locals to continue moving forward once he was gone.

“In Laikipia Air Base in Kenya, they were spending a large portion of their defense budget on tire repairs caused by runway potholes,” he says. “They paid contractors to come in and do skim patches on the runway, which is not the correct way to repair that type of surface. They didn’t have engineers to direct the efforts, so we took their radar technicians and airplane mechanics and taught them how to properly maintain and repair a runway. On the first day, it was just me and a few other engineers doing the repairs. By the time we left, the workers we trained successfully repaired a 20 x 20 hole in the runway. They were very happy to learn, and it was gratifying for us, because we left them knowing that they would be able to successfully fend for themselves.”

Craig says that *chakula cha mchana* (Swahili for lunch break) in Africa sometimes brought unexpected diversions for the runway workers. “The monkeys over there were pretty funny,” he says. “We had a box lunch to eat every day, and we would try to feed some of the food to the monkeys. We had a sandwich, crackers, fruit, and, of course a banana. Believe it or not, the monkeys would take everything except the bananas. They probably knew they had plenty of those hanging in the tress, so they ate everything else. The irony of it (compared to the obvious expectation) was hilarious.”

In 1996, Craig’s life took a turn that would eventually land him thousands of miles away from Africa’s sweltering heat.

“As my military career was drawing to an end,” he says, “my wife and I were considering places to live, and Williamsburg ended up near the top. My wife is Italian. We met in 1996, got married in 1998, and we wanted to move to a place that would give us easy access to Europe. The east coast of the United States is much better for that than the west, so that narrowed our search down. We came to Williamsburg in 2012 to visit with the intention of staying for five days, and instead, we ended up staying a whole month. We fell in love with the city. There are great people, tons to do; there is culture, history, everything that our family could ask for. We bought a house, relocated the family while I finished up in Germany, and while I was in the middle of that, the job with Williamsburg Public Works opened up.”

Originally from Ft Wayne, Indiana (where his parents still reside), Craig says that he likes playing volleyball, car racing, UFC (Ultimate Fighting Championship), and is an avid Indianapolis Colts fan. In regard to his job here in Williamsburg, Craig says that, other than having a hand in fixing the things that need fixing, his favorite part of being the street superintendent is working with the public.

“I really enjoy working with Williamsburg residents,” Craig Baller says. “In any line of work when you’re dealing with the public sector, there will be some times that are frustrating. But the majority of the feedback we get is positive. The residents here in Williamsburg are solid people. When I came here in 2012, I was amazed at how many people actually waved at us. To tell the truth, I was shocked. In Williamsburg, people seem relaxed – they even let you in when you’re waiting for traffic. In some of the European countries I visited, I was used to a certain level of brashness. Here, there is this friendly, open dialogue. That’s probably the most enjoyable part of my job.” NDN

You Are In Good Hands

For Dr. Daniel Roth, owner of the Williamsburg Neck and Back Center, life is literally a “hands on” experience. Dr. Roth is a Chiropractor, a physician that diagnoses and treats many musculoskeletal conditions mainly by the use of his hands. This is not a new approach, however. Some historians date the beginning of chiropractic all the way back to Hippocrates, who was born in the 5th century, BC. In the United States, the practice has been a part of healing since 1895.

Dr. Roth is an avid believer in wellness and physical fitness. He has a background as a personal trainer and holds a Bachelor’s Degree in Business from Gannon University. He also attended the Palmer College of Chiropractic, followed by licensure and practice as well as continuing education. He and his family relocated from Florida to Williamsburg in 2008, and have enjoyed both a warm welcome and a solid promise for the future.

Dr. Roth and his team work diligently to help patients get back into enjoying their lives. His mission is to get to the source of the issue in the neck or back, and relieve the patient of pain. He does not perform surgery or prescribe medication. Instead, he utilizes a combination of hands on techniques applying specific pressure and movement to certain related joints. In conjunction with this, he uses application of physical medicine modalities such as interferential, ultrasound, traction or decompression therapy. Many patients also find benefit from the trained and licensed massage therapists that are on-staff, available for muscular relief and maintenance.

Although this discipline has a history of helping those suffering from spinal and musculoskeletal symptoms, people may surprisingly find some relief from migraine headaches, asthma, allergies, digestive disorders, stress and many injuries. Sprains, strains, joint issues and herniated discs are all treated successfully in his office. Potential patients range from Williamsburg retirees who suffer from sciatica and arthritis or disc issues, to college and high school athletes, and even younger children.

Of course, word of mouth is a powerful tool, and they receive many referrals because of good care they give. Members of his staff radiate a positive approach to care, and they are friendly, professional and highly skilled. In this office, you are definitely in the right hands. Outstanding customer service is part of the routine, and they strive to exceed all expectations. Most insurances are accepted, and the staff works to accommodate your schedule. No contracts are required. Appointments are available six days a week and Dr. Roth and staff look forward to helping you improve!



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Protect & Serve

By Brandy Centolanza



Lisa W. Cumming Photography

Monique Marchand, a master police officer with James City County Police Department, knew early on that she wanted to pursue a career helping others. Like most children, she had a soft spot for animals and thought she would one day grow up to be a veterinarian.

"I always had a helping nature and loved animals," recalls Monique, who eventually decided on a job in the criminal justice field instead after attending Penn State Altoona.

"I thought that this would be a better way

to get out and help people, to pursue a career in criminal justice," she says. After graduating with a degree in criminal justice in 2004, Monique returned to her hometown of Portsmouth to work as a police officer. She met her husband, Marc, in the police academy and joined him with the James City Police Department two years later.

"I really love it here," Monique says.

She began in James City as a patrol officer on the evening shift, keeping an eye on the citi-

zens in both the Grove and New Town areas of the county.

She soon worked her way up to the day shift and recently moved on to the Community Services Unit. Officers in this unit assist community members in crime prevention.

"We give presentations to the public on how people can avoid becoming victims of such crimes as scams, fraud or identity theft," she says. "We also go into the elementary schools and talk to students about safety and what it

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is that we do in law enforcement.”

Officers in the Community Services Unit also oversee such programs as Child ID, which helps prevent children from becoming victims of abduction; Projection Life Saver, which helps locate missing individuals with autism, Alzheimer’s disease or dementia; Rape Aggression Defense (RAD), a self-defense program for women and a similar program for children called Resisting Aggression Defensively or RADkids; and the Citizen’s Police Academy, which provides community members with a better insight of how the police department is run through classes and ride-a-longs.

“When the weather is warmer, we also do bike patrols,” Monique says. “It’s us being out there being seen in a different way by the citizens. We do a lot here in the Community Services Unit. It’s about getting out into the public and helping out in any way we can. I like it.”

The Community Services Unit also offers building surveys, in which they show residents how to better secure their homes in order to prevent them from being burglarized.

In addition, Monique organized the department’s first Stuff the Cruiser Thanksgiving Food Drive last year to help those in need over the holiday season and has also been active with the police department’s Cops Camp, a summer camp program for children ages 10-13.

“The camp provides lessons on how to be respectful, how to communicate, how to be better citizens, as well as team skills,” she says. “We also teach them about community service. Last year, we helped out with the Heritage Humane Society.”

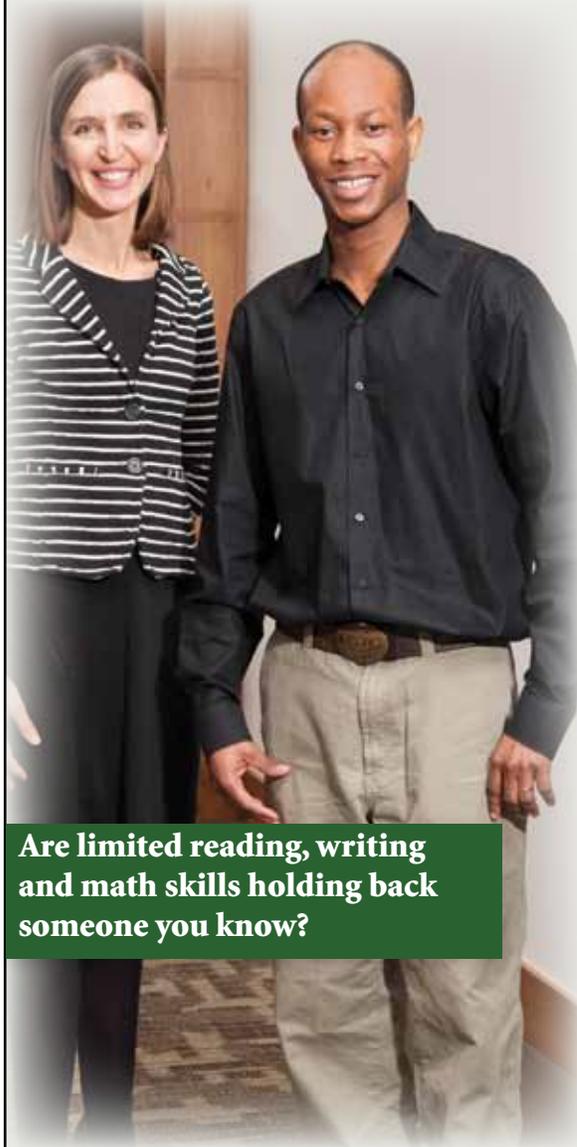
One of Monique’s favorite aspects of the job is working with children. “I really love interacting with the kids,” she says. “I enjoy talking with them and going into the schools to get to know them. It helps them to become comfort-

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able with police officers so they aren't afraid. That's important. It shows them that police are people too. We see the kids in our neighborhoods. We want to be friendly with them so that they know they can come to us if they need help."

Monique is also a member of the police department's Honor Guard as well as Law Enforcement United, a non-profit organization that honors fallen officers and their families. "One of our biggest fundraising events is called The Road To Hope where officers and survivors ride bicycles 250 or more miles from Chesapeake to Washington, D.C.," Monique describes. "This ride is done over three days. The money that is raised is donated to the Officer Down Memorial Page as well as to Concerns of Police Survivors (COPS). I participated in this event in 2013 as well as 2014 as a bicycle rider."

She finds working with the public rewarding in her ability to make life better for the citizens of James City County. "I just love being able to help people," she says. "If someone is a victim of a crime, I love being able to assist them with rebuilding their life and getting their life back to the way it was before the crime happened."

Monique appreciates the way residents are so welcoming to the officers who serve them.

"The citizens here in James City are excellent," she says. "Every day, I meet someone different. It is always great interacting with new people." She recalls sharing a meal with an elderly couple one afternoon. She and a fellow officer sat at a table in an overcrowded restaurant in Lightfoot, one of the areas of the county that she sometimes covers while on patrol.

"They asked if they could sit with us, and we had a great conversation with them over lunch," she says. "Another time, we had a mother who wanted us to have a talk with her son about stranger danger. He came to the station, and we talked with him and gave him a tour of the building. A few days later, he sent us a letter of appreciation. It was really sweet. It's the small things like that that mean a lot to me."

For Monique, being able to provide assistance to anyone in any way is what really matters to her. "It doesn't have to be anything major," she says. "Whether I am helping someone change a tire on the side of the road or catching someone committing a crime against a person or property, that's rewarding to me. The things that you think are small can be huge to someone else."

Being a police officer does have its challenges. "The downfall is seeing the things that do happen to people," Monique points out. "It does get to you after a while, but I try not to dwell on it. You have to find some balance because it is your job."

Her extended family, as well, helps keep her mind off of the bad side of the business. She makes frequent visits to her mother Gloria and siblings in Portsmouth, and Monique likes to travel to North Carolina to spend time with her grandmother and aunts and uncles, especially during the holidays.

Monique devotes time to her church, New Zion Baptist Church. There, Monique is involved with a mentorship program for middle and high school girls called Ladies of Virtue and Elegance (LOVE). "We teach the girls about etiquette and how to respect themselves," she says. "It's exciting to be a part of it."

She has won numerous awards and accolades through the county for her service to the police department. Currently, she is working on a master's degree in criminal justice through Troy University. "I'd like to one day move up in the police department here to a command position," Monique says. "I want to stay here. I think this community is just great. I think it is wonderful to be a part of a police department that appreciates citizen involvement." NDN

JODY PUCKETT



Lisa W. Cumming Photography

Keeping Taxpayers in the Loop

By Erin Fryer

For Jody Puckett, it's all about keeping the lines of communication open.

As Director of Communication for James City County (JCC), Jody's daily focus is making sure her team is relaying important information to the county's taxpayers. Whether she's alerting citizens regarding emergency informa-

tion about a hurricane, spreading neighborhood news or announcing a new green space for outdoor recreation, Jody prides herself on providing the citizens of JCC with reliable, tangible and timely information.

A valued member of the JCC communications team for nearly two decades, Jody prides

herself on making it her priority to reach every member of the community by assuring she covers all of her bases. "We make an honest effort to reach every citizen, whether that be through print, video, audio, graphics, the list goes on and on," she says. "People learn on different levels; some visually and some by listen-

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ing or reading.”

Jody and her team take county information that they feel the citizens need and have the right to know and communicate it in a way that is understandable through different mediums, including social media. “It can be challenging to get all of the information out there, but we do our very best.”

When she started working in the communications field, she was typing press releases, printing them, and then faxing them to the Virginia Gazette, which was the only real news source that would print Williamsburg news at the time. Back then, Jody says, she often felt like Williamsburg was left out of a lot of news because most of the focus was on Richmond or Hampton Roads. Jody has been a big part of putting JCC on the map.

“Since my early days in the field there has been an absolute explosion media-wise,” Jody says, “everything from Facebook, Twitter, and all of the other new electronic mediums, to video, which is also extremely important. In the past, we would do 30-minute talk shows, and now we are doing videos that are no more

than a minute long because we have found that’s how long you can hold someone’s attention. It’s a totally different way of doing business, but we are definitely keeping up.”

JCC communication’s primary audience is everyone who pays taxes in the county, her position as director impacts those people because she is the one making sure the information they receive is correct, factual information. “We work really hard at showing people the facts and making sure they aren’t skewed in any way. We are the reliable source of accurate information. Some people think we ‘spin’ stories, but we make sure not to do that.”

Her favorite part about working for the county is the collaboration with the staff, and not just her own communication staff. “I don’t know anyone who doesn’t do their absolute best to serve this community,” she says. “When there are challenges and problems to solve, the collaboration between the county staff is fantastic.”

Jody says she collaborates with county administrators, fire and police, and the planning department regularly. “We are lucky because

we work with every department in this organization,” she says. “Because of that, we learn something new every day.”

The most challenging aspect of her job is making sure they only report the facts, by ensuring what they release has no agenda or personal opinions. “We want to earn the trust of the community and for them to know we are the reliable source of information,” she says. “We do this by ensuring our press releases and information are vetted in all of those involved in the county.”

As much as they encourage the community to communicate with them, Jody explains, they don’t receive communications from the county residents very often. “You know you are doing a good job when you don’t hear from people,” she says. “It’s when we hear from people that we know we aren’t doing our jobs well. We don’t want them to have to seek the information from us. We want to get it to them before they can even think about asking for it.”

Prior to working for the county, Jody was a stay-at-home mother of two, and before that she started her career in public television

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while living in Kentucky. After moving to Williamsburg, she spent a few years working for Continental Cable, the first cable company in Williamsburg, but then started staying home and freelancing until her youngest daughter entered kindergarten.

When she started working for the county, Jody was a part-time communications specialist and also worked for a program called Neighborhood Connections. “We had the dual purpose of not only writing press releases and producing videos, but also reaching out to neighborhoods and helping them with problems.” After that, Jody moved into a full time position and eventually took over as director when her former boss retired.

Jody says the thing she loves the most about living in Williamsburg is the tight-knit community. “I know the county is developing and growing, but if you take a step back and look at all of the beautiful green space and the recreational trails and the fact that the neighborhoods are all so unique, you’ll see that Williamsburg is such a quiet and nice place to be with lots of interesting amenities.”

Jody lives with her husband, Mike, near the Greensprings Trail, and she says she loves walking the trail and being outdoors. In her spare time, she is trying to get back into doing some quilting after years of spending the majority of her spare time being a wife, mother and grandmother.

As a mother to two daughters and as new grandmother, she admits she has invested most of her time over the past few years in spending it with her family. However, with her youngest recently married, she’s looking forward to exploring her next phase of life in Williamsburg and doing some traveling with her husband while they aren’t watching the Kentucky Wildcats play basketball. “Kentucky basketball is our life,” she adds with a laugh.

Jody wants to let all of the citizens of the county know that they should pay attention and get involved in their local government. “I don’t mean they need to go out and run for office,” she explains. “What I mean is it’s very hard for county staff and administrators and our board of supervisors to shape policy when they don’t hear from their constituents.”

Jody says sometimes she feels like she is pushing information out, and she isn’t really getting any feedback. “I often feel like people don’t think we listen, but we definitely do,” she says. “We make an effort to respond as quickly as possible.”

If the Board of Supervisors are in the boardroom and making policy decisions, Jody stresses that they need to hear from the people who elected them. “We offer so many ways to reach out to us,” she says. “Use Facebook, Twitter, the website or the phone. Growth is going to happen, but getting feedback from people will influence that.”

As the county employee responsible for keeping an informed citizenry in JCC, it’s important to know Jody Puckett has everyone’s best interest at heart when crafting her messages.

“I really believe in the power of the media and the power of good communication,” she says. “The citizens are paying taxes, and they are paying for our services, so we want to do the best we can to make sure they are getting what they need from us.” NDN



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Lisa W. Cumming Photography

HE'S ALL ABOUT Wastewater

By Brandy Centolanza

Most people don't think about where the water goes after washing the dishes or taking a shower, but for Danny Poe, that is his job. Danny is Chief Engineer for Wastewater with James City Service Authority (JCSA), working with a team responsible for ensuring the safe removal of wastewater from local homes and businesses.

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By K.H. Queen

When Dr. Gregory Schultz saw the 19-year-old woman in March 2014, both she and the previous eye doctor blamed her persistent bad vision on an earlier corneal abrasion and swelling.

But Schultz suspected something else was going on when the cornea exam did not explain the visual findings. Today, the woman can see clearly—thanks in part to Schultz's persistent observations.

The good outcome in this case also underscores the importance of a complete, dilated retinal eye exam when suspicion arises, especially if you're extremely nearsighted. An eye exam simply to determine if your glasses or contact lens prescription has changed is not nearly enough.

Schultz, owner of the Eye Center of Virginia on Ironbound Road near New Town-- formerly Eyewear Plus, insists on a dilated retinal exam to make sure no problems escape detection.

Unfortunately many big box commercial optometrists face quotas on the number of eye exams, glasses or contact lens prescriptions they write per day, Schultz says. Under the pressure to meet those quotas, they simply don't have time for such an in depth exam or to handle and manage challenging vision problems. To make difficult diagnoses it takes in depth study, he says.

But every case of bad vision can't be corrected with new glasses or contacts. For example, some people have dry eye that manifests as reduced vision, he says.

Other issues, such as the teenager from last March, are even more complex. The woman, who wears contact lenses, is also extremely nearsighted. This puts her at risk for vision-threatening retinal tears and detachments as well as myopic macular degeneration, Schultz says. She had experienced a corneal abrasion in her left eye a month previously and was being treated with medicated drops. When Schultz saw her about three weeks later, he saw that the corne-

al abrasion was resolved. Yet, the woman's vision remained 20-200 even corrected in that eye. That fits the definition of legal blindness.

As he investigated the woman during a dilated retinal exam, Schultz saw that she had what's called a choroidal neovascular membrane (CNVM) or bleeding under the retina. Blood was building up under the retina and macula, which is responsible for central vision. The build up of blood and fluid caused the retina to become partially detached from its critical nutrient support, he says.

Fortunately, Schultz's high level of skill and state of the art technology available in his office combined to provide an accurate diagnosis before the young woman suffered irreversible vision loss. Eye Center of Virginia has Optical Coherence Tomography (OCT), a technology that helps diagnose a number of eye conditions including macular holes and puckers, age-related macular degeneration diabetic macular edema and other retina problems.

"The problem had probably been going on for about a month," Schultz says. "The longer the blood sits there and the greater the amount of blood that accumulates the greater the chance of scar tissue forming. If the blood sits there for months, that separates the sensory retina from the eye's underlying nutrient layer. It can result in permanent visual dysfunction."

Schultz referred her to a retinal specialist, who was able to relieve the fluid buildup and stop the bleeding with a single eye injection.



Dr. Gregory Schultz

"Her vision at last exam in my office was 20/20," he says. "She had the possibility of permanent vision loss in that eye. We saved the vision in that eye."

Schultz is accustomed to diagnosing such challenging cases. After graduating from the Pennsylvania College of Optometry, Schultz devoted more than 20 years to working with leading specialty optometrists and ophthalmologists to gain clinical experience and insight into some of the most difficult aspects of eye care. He's one of

just 300 optometrists nationwide with such specialized training in a number of eye-related diseases. He has experience both as a general optometrist and in the key specialties of glaucoma, retina disorders, neuro-ophthalmic disease, cataract and corneal diseases. He also has specialized training in the acute care of surgical patients in all of the above sub-specialties. For years, hundreds of fellow optometrists and ophthalmologists in Virginia, New Jersey and Tennessee have referred difficult patients to him for second or third opinions because they respect his expertise.

He is a Fellow in the American Academy of Optometry with specialties in ocular disease, glaucoma and retina problems and is one of three area optometrists who are board certified by the American Board of Optometry. He teaches students, residents and fellow optometrists and has given more than 150 invited lectures in the United States and abroad. He stays current in

new studies and research through his involvement with the American Academy of Optometry's Retina and Glaucoma special interest groups. He is also a member in good standing of the American Optometric Association, and Tidewater Optometric Society.

"It excites me when people are willing to give me a chance to fix their problem based on my clinical experience," he says. "I've worked hard and long perfecting that craft, that excitement and my skill set are what set me apart."



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Once the water leaves a residence, it travels through James City's pipes to the Hampton Roads Sanitation District (HRSD), which in turn treats the water and then discharges it into the local rivers.

The county provides service to 23,000 customers, and has 400 miles of gravity sewer pipeline and pressure pipeline as well as 9,000 manholes in the gravity collection system. In addition, there are 76 pumping stations as well as 70 pipe bridge crossings. Danny and the JCSA staff constantly monitor and maintain all these assets.

"We keep an eye on the pipe bridge crossings to make sure there is no damage to them or that no trees fall on them, especially during a hurricane," Danny explains. "We have 75 miles of pipeline in remote areas, and we need to keep the easements clear in case of an emergency. We don't want any wastewater to spill out into the environment."

Danny has been at the helm since 1998 and has faced two major challenges in his tenure so far. He came aboard at the start of an economic boom for James City County and spent his first ten years trying to manage a system overwhelmed by an expansion of homes and businesses. "It was really hard to keep up with that growth," Danny recalls. "Our sys-

tem was constantly expanding as all the new developments came in. New pumping facilities had to be built and some existing ones had to be upgraded."

In 2007, the Virginia Department of Environmental Quality (DEQ) began requiring an inspection and evaluation of all wastewater systems in the Hampton Roads region in order to eliminate wet weather-related overflows of the systems. This posed a new challenge for Danny, who has been working since then to identify which county assets are leaky and which need to be repaired. DEQ requires every manhole must be inspected once every ten years and every sewer line inspected once every 15 years.

"Four and a half million gallons of wastewater flow through our system on an average, dry day," Danny says. "But during storms, rain water seeps into the ground and infiltrates our system, and flows increase significantly."

In order to keep up with the county's wastewater infrastructure, Danny and his staff use a Geographic Information System (GIS) to not only map the system but to also store data such as lengths, depths, diameters, equipment specifications and design information for each sewer line and pumping facility. The GIS system is continuously monitored and updated.

"It is a great tool for us because there is so much to keep up with," Danny says. "Practically everyone in the organization depends on it, including our emergency responders when dispatched in the middle of the night to make repairs."

Danny works in the office as well as in the field, depending on the day.

"I also have interaction with customers who may have issues," Danny says. "We have a great staff here. They are very professional and really care about putting the customers first."

One issue that customers often have is blockage of a pipe running from their home to the public sewer system. Blockages can be caused by cables bored through a pipe, tree roots that intrude through cracks in a pipe, defective construction or grease build up. "One of the primary things a customer can do is to watch what they put down their drains," Danny says. "Grease is particularly problematic because it collects and solidifies and can cause a blockage. When a blockage occurs, an overflow may occur. Keeping the wastewater in the pipes is our main objective."

Danny, who grew up in Newport News, earned a degree in civil engineering technology from Bluefield State College in West Vir-

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ginia. He spent six years working in the coal industry as an environmental engineer before starting work for a consulting engineering firm in Williamsburg in 1984.

"As a consulting engineer, I worked for about every municipality from Richmond to Chesapeake," says Danny, who worked closely with JCSA through the years and decided to apply for his current position when the opportunity came along. "I knew the people there and thought very highly of them," Danny recalls. "I could tell they all cared very much about their jobs and really had the desire to develop and maintain a quality system."

Danny's job may be demanding, but he really enjoys it.

"I truly do like engineering," he says. "I like finding solutions to technical problems. I like making things more efficient, less costly, and doing something that provides a great benefit to people and the environment. That's very rewarding to me."

Continuous maintenance on the county's system remains a challenge. "There is so much infrastructure, and we must know it intimately in order to maintain it," Danny says. "Wastewater really is not a glamorous field. People just don't realize all that is involved with getting the water safely away from their

house to a wastewater plant where it can be treated. There is a lot to inspect, evaluate and operate, and most of it is underground and inconspicuous. Our staff is prepared to respond to emergencies 24 hours a day, seven days a week."

It is especially difficult to keep the system operational during hurricanes and tropical storms. During Hurricane Floyd in 1999, a causeway along Jamestown Road completely eroded away, taking with it a waterline, gravity sewer line and sewer pressure pipeline. Danny, his team and a local contractor worked 48 hours straight on a temporary solution to prevent the wastewater from spilling into Lake Powell. "We tried to come up with the best way to piece the pipes back together with no road there," Danny recalls.

There wasn't as much damage during Hurricanes Isabel and Irene. Power outages were the major factors during those storms, though the county's pumping stations are equipped with emergency generators and still worked even when the power was out.

"We had to clear fallen trees so we could access our pump stations and deliver fuel," Danny says.

Two of Danny's three sons work in similar fields. Steven is a civil engineer in Virginia

Beach, and Matthew is a civil engineer with HRSD, while David is in the computer science field. Danny's wife, Kathy, is an English teacher, and the pair enjoy doting on their four grandchildren. "Everything people say about their grandkids is true," Danny says. "It is fun to spoil them and give them back."

In addition to spending time with his family, Danny is also a mentor for high school and college engineering interns at JCSA. "I like to pass along knowledge and experience to the young men and women who have the desire to pursue a career in engineering," he says.

Danny is also active with his church, Williamsburg Christian Church, and volunteers with the Community of Faith Mission and 3e Restoration. Both programs help local homeless people. Danny is an "all-in friend" with 3e Restoration, assisting individuals in need if they could use a ride, or someone to talk to or offer them resources.

"3e Restoration is more of a process than a program," Danny Poe says. "Being present and loving people are the primary means by which you can help them make the transition from homelessness to self-sustainability. I hope to continue to remain involved with 3e. I like working with organizations that are making a difference in the community." NDN



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SAFETY FIRST



By Alison Johnson

As Codes Compliance Administrator for the City of Williamsburg, Matt Westheimer oversees a myriad of building and property maintenance regulations that set minimum standards for safety and sanitation. So whenever people step into a new store, rent an apartment or take their kids to an inflatable bounce house, the imprint of his five-person department is all around them.

Their work is in details such as working smoke detectors, operable windows, proper ventilation systems, emergency exit routes and

roofs and walls designed to hold up to a certain amount of wind or snow delivered by hurricanes and other storms. It's also in what city residents don't want to see, like badly peeling paint, unkempt grass, detached porch hand-

rails or trash-strewn yards.

Codes Compliance inspectors make sure buildings' electrical, plumbing and mechanical systems follow standards set by the Virginia Uniform Statewide Building Code. They handle erosion and sediment control programs. They monitor amusement structures such as bounce houses and theme park rides, checking everything from stitching on inflatable structures to bolts on roller coaster tracks.

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about unless something goes wrong,” Matt says. “For the most part, the general public is unaware of the important role that building codes play in their day to day life.”

Sound like a big job? It is. “There are several different code books, and each one of them might be 1,000 pages long,” says Matt, who has been in his position for three years. “It’s not always about knowing each and every code, but knowing exactly where you can find it.”

For Matt, 36, his work is extremely rewarding. His position combines two of his passions: the inside-outs of engineering and construction practices, and helping others.

“The codes are not in place to make life unpleasant or make the construction process difficult, but to protect health, safety and welfare of all people in a building or structure,” he says. “We also want to help the city have the look and feel that people want.”

And sticking to the rules helps everyone’s wallet: how well a locality enforces building codes helps determine homeowners’ insurance rates. A national risk assessment organization called the Insurance Services Office evalu-

ates Codes Compliance departments every five years, and Williamsburg has consistently earned high scores for training and timeliness and thoroughness of inspections. “If a locality isn’t doing a good job, then its insurance rates will understandably be higher,” Matt explains. Matt was first introduced to codes, the National Electrical Code, specifically, while studying for an associate’s degree in electrical engineering from The Apprentice School, run by Newport News Shipbuilding. “After learning that codes like this one existed to ensure safety, the rest is history,” he says. He began his career in 2000 as a residential and commercial inspector in Isle of Wight County.

Matt also spent about four years as Senior Plans Reviewer for Hanover County, where his duties included inspecting rides at Kings Dominion. “We checked everything in the pre-season and again mid-season,” he says. “A single roller coaster could take days to inspect. You walk the entire length of the tracks and put your hands on everything, looking for loose bolts or, on a wooden coaster, areas of rotting wood. You check restraints on seats. There are so many details.”

That job did come with a nice perk, though. “After the inspection, we got to ride everything to make sure it was safe,” he says. “That was the fun part.”

Codes Compliance staff must complete a variety of educational, training and certification programs on an ongoing basis. Many are multi-day courses offered by the state’s Virginia Building Code Academy in Richmond. Matt holds the highest certification possible from the International Code Council (ICC), Master Code Professional, which is a rare achievement for those in his profession.

The ICC sets model codes for states to follow, although states can tweak them to suit their individual needs. More northern states such as Michigan or Wisconsin, for example, will have different “snow loads”, a calculation of how many pounds a roof is required to hold per square foot, than Virginia, as based on average annual snowfalls over about 100 years. Earning the Master Code Professional certification in 2010 required Matt to pass rigorous tests in core areas of inspection: residential, commercial, electrical, plumbing and mechanical and accessibility, to name a few,



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as well as in 18 different elective courses. He's also working toward an associate's degree in fire science through Kaplan University, an on-line program.

One of Matt's areas of expertise is amusement park devices. Although he mostly works from his office nowadays as a supervisor, he does cover temporary carnivals and permanent structures such as inflatable bounce houses. At the latter, he looks for any air leaks, unclear signs on size or weight restrictions and hazards such as ceiling beams that are too low for safe jumping. (Busch Gardens and Water Country fall outside the city's jurisdiction).

Matt's days also might involve extensive code research, answering questions from staff members or residents, talking to businesses looking to occupy existing buildings, holding pre-construction meetings, going on site visits with inspectors and checking structures after fires or water damage. "The list goes on and on," he says. "No day is typical."

As for the three inspectors in the department, they're out of the office much of the day, in all kinds of weather. Two cover construction sites, new buildings, additions and remodeling

projects, while the third focuses on property maintenance and rental programs.

A few conflicts are inevitable, but Matt says they're uncommon. Complaints are most often linked to property maintenance violations such as tall grass. "I've found that if you just let people talk to you, to vent a bit, they will be OK," he says. "People just want to feel like someone has listened."

So while Codes Compliance workers obviously need a good working knowledge of codes and engineering and construction practices, they need more intangible skills, too: common sense, time management skills, experience with problem resolution and an ability to partner with design professionals, developers, residents and contractors alike.

"It takes a lot of good people working well together," Matt says.

Inspectors see some "crazy things," he adds. As an example, he describes attics turned into bedrooms but with no windows or steps, just a ladder up. "If there's a fire, that person is completely trapped," he says. "It's a tragedy waiting to happen. When you can fix a situation like that, it's very rewarding."

Matt has grown strong roots in the community. Born in Goldsboro, North Carolina, he moved to Hampton with his family when he was in elementary school, after his father was stationed at Langley Air Force Base. He graduated from Hampton High School.

Matt, his wife Valerie, along with daughters, Averi and Addyson, and son, Landon enjoy spending time outside. Matt's hobbies include hunting, camping and jogging, and he's also in the process of learning to play the banjo. "It's a work in progress," he says with a laugh. "It's something I've always wanted to do."

His career does affect his perspective even during his free time, he admits. "My wife makes fun of me that I can't go into a movie theater without immediately looking around to see if there's a good exit near our seats," he says. As for the smoke detectors in his home, they get new batteries every six months.

Safety, after all, is his job.

"I love what I do," Matt Westheimer says. "The people I work with, all of us are just trying to help. We're not ever wanting to cause anyone heartache. In fact, our goal is to prevent it." NDN

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HELPING LOCALS TO Be Prepared

By Lillian Stevens

To date, only three “Category 5” hurricanes have ever struck the United States. There is one living emergency manager in the country who has been through that experience. Kate Hale, James City County’s Emergency Coordinator, is the one.

In 1992, Kate was the Director of the Miami-Dade County Office of Emergency Management in Miami when Hurricane Andrew hit. With 65 fatalities and \$26.5 billion in damages, Hurricane Andrew was one of the most powerful hurricanes in U.S. history.

“As bad as it was,” Kate says, “Bob Sheets (former Director of the National Hurricane Center) said that Andrew hit the single point on the east coast of the United States where it could do the least amount of damage. Had it

made landfall ten miles farther north it could have been exponentially so much worse.”

When a major hurricane hits, though, the actual landfall itself is the shortest part of the experience. “That part goes by very quickly,” Kate says. “The planning and preparation before literally takes years, and of course, the re-

covery afterward is the largest component of any major disaster.”

These days, emergency preparedness is as important as ever and there is probably no average day at JCC’s Emergency Operations Center, located a stone’s throw from Route 60



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“We plan for a variety of hazards,” Kate says. “Emergency plans are required to be developed and updated on regular schedules and that can be a complicated and lengthy process. For some of those, the process can take a couple years and involve dozens of agencies.”

It’s a tall order for a small office. Kate oversees one full-time administrative coordinator and a part-time planner. The office also manages the Community Emergency Response Team (CERT) program for JCC, so there is a person who works on an on-call basis to help coordinate the program. In addition to the normal administrative functions, there are frequent training exercises.

“In the United States, the frequency of emergencies, disasters and unusual events has skyrocketed,” she says. “I think it’s impossible to know anyone today who hasn’t experienced a disaster, emergency or crisis over the past ten to 15 years.”

Many people confuse the terms “disaster,” “crisis” and “emergency.” Hurricane Andrew was, of course, a disaster.

“A disaster is when an event occurs and there is significant damage and loss of systems, life and property,” Kate explains. “A crisis is something political, economic or social in nature – 9/11 was a classic crisis. You can’t prepare for it because there is no real probability that such a threat exists. Once a hazard/threat is known, you can assess risk and develop plans. You may have any number of crises that will evolve out of an emergency or disaster situation. An emergency is when you are under imminent threat or actual impacts from a hazard, such as a tornado or winter storm.”

While James City County is prepared for a variety of storms and other events, Kate believes that for a community to be prepared, its citizens must also be personally organized and equipped. “We have standards to meet, and we meet them very well,” she says. “But we don’t have the ability to force citizens to be informed, to make plans, to maintain their supplies. So we do all we can to educate, inform, assist and encourage personal preparedness.”

Preparedness is understanding the hazards you are vulnerable to, and the steps you can

take to maximize your safety and that of your family, home, business and community, Kate explains. “Yes, you need supplies, and your supplies might look very different from another family’s supplies, but that is only part of what you need to do. You need to know what your insurance is, what the hazards are, be informed so you can plan and act wisely.”

Kate stresses the importance of taking the time to locate and scan important documents and put them on a thumb drive, the Cloud or in an email. This includes birth and marriage certificates, passports, insurance policies, property titles— all of your vital records.

“With Cloud services, you can send emails to yourself and go back later and retrieve them. Or email the documents to a friend or relatives in other parts of the country,” she says. “Emergency preparedness is an infinitely practical business, and we need to break it down into pieces and get these tasks done. You build your resilience not in the huge actions you take, but by layering on lots of small tasks that you can complete one at a time.”

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supplies you will need and how to get them; another might be how best to prepare your house or property; a third could be devising a communications plan with your family. The more each of us is prepared, the more the collective resiliency of James City County increases.

“People should also give some thought to what it would be like to live off the grid if the power is off for weeks or months in a severe event,” Kate says.

She says it’s also a good idea to ask yourself some basic questions and be sure that you know the answers. For instance, do you know what to do when you hear the Surry alarm? If you live within ten miles of the Surry Nuclear Power Plant, you have no doubt heard it. You might even have the Surry Power Station Emergency Planning Information Calendar on your desk at home or at work. Kate says that knowing what to do in a Surry event can help prepare for other events like hurricanes.

“It all comes back to that comprehensive resiliency and layering it on in little pieces,” she says. “When you hear the Surry alarm, you tune to media.”

The Surry calendars are chock full of most of the kind of information residents need in order to prepare themselves, not just for a radiological event, but for most any crisis, emergency or disaster. Or you can visit www.ReadyVirginia.gov for guidelines and advice.

“If you are prepared for one thing then you are better prepared for anything else that might happen,” Kate says. “There is nothing magical about it. Nothing that goes beyond very basic considerations.”

Because she has lived in the Midwest and south Florida, Kate has seen a lot of extreme weather herself.

“I’ve lived at both extremes,” she says. “I’ve seen brutal blizzards in the Midwest and more than a dozen hurricanes including a Category 5 hurricane. My home town was hit by a severe tornado when I was a baby. I grew up in an environment where people lived with vivid memories of the tornado which killed so many people, destroyed so many homes and changed so many lives.”

Members of her own family were profoundly affected. “My whole life has been in a context of people being aware of and vigilantly prepared for emergency events,” she explains. “That awareness makes you realize your vulnerability, and it makes you take actions to be prepared.”

Kate has worked in the public realm her whole life except for a brief stint when she was in college. “It has been my choice to work in the public sector,” she says. “I come from an Irish military background. In my family, we were raised that public service was important and it was expected that in some way you would do something to benefit the greater good.”

Moving from Miami to greater Williamsburg was a quality of life decision for Kate Hale. “I have family here whom I often visited, and I really wanted a different pace of life. For instance, in Miami my commute was three hours round trip – and I lived 11 miles from my office. I loved it there. I loved everything that I did there, but I’m very happy here too. James City County is beautiful and easy to live in, and I love what I do.”

Neighbors Helping Neighbors

LOCAL SERVICES FOR HEALTH & WELL-BEING

The United Way of Greater Williamsburg Community Resource Center (CRC) provides assistance to Greater Williamsburg residents who face challenges that hinder their ability to provide basic needs for themselves and their families. Serving 400 to 600 households each month, the CRC offices at 113 Palace Lane are safe, secure, and welcoming.

The welcoming atmosphere is no accident. "I am passionate about customer service," says Sharon Gibson-Ellis, executive director of UWGW. "We treat everyone with respect. We listen. We then provide what help we can and make sure they find what other services may be available in the community."

The CRC began as phone "Helpline" in 1994. Callers received information about local human services, but more intense services were needed. In May 2011, the CRC expanded and opened an office where staff and volunteers could meet directly with clients. The one-time helpline is now a professional team overseen by a licensed social worker.

Help from the CRC may mean financial or in-kind assistance for rent, food, clothing, shelter, utility bills, transportation, furniture, and medical needs. "So many people we see find themselves in need because they have been ill or have become disabled," says Gibson-Ellis. "We recently helped a gentleman who had actually helped us when he owned a local business. After a major medical event, he could no longer work, and he lost everything. He came to us, and we were



(757) 229-2222 • 113 Palace Lane
Suite F, Williamsburg, VA 23185

able to help him with food and housing while he applied for disability and found housing he could afford."

United Way has become a trusted partner not only for individuals but also for local agencies. The CRC can determine eligibility for services supplied by FISH, St. Bede Outreach, Salvation Army, Lackey Free Clinic, Virginia Employment Commission, local governments' (social, housing, and human services), and local faith groups.

"We can help get one person through many doors," says Gibson-Ellis.

Consumer Credit Counseling, Wounded Warriors (staffed by AmeriCorps), and the Virginia Peninsula FoodBank work from the CRC offices as needed to reach those living in Greater Williamsburg.

United Way realizes that it is hard to make a life without a permanent home. To that end, the

CRC provides resources to those needing housing through the Guest House Program (for men transitioning from incarceration back to the community) and actively participates in the Greater Williamsburg Housing Collaborative to build a network of service providers to strategize, develop, and support efforts to reduce homelessness in the Greater Williamsburg community.

The CRC is made possible with continued support from and collaboration with members of the business, local government, faith-based, human service, and citizen communities in Greater Williamsburg.



Serving everyone, including pregnant women, children, and seniors, Olde Towne Medical & Dental Center is a community-based, nonprofit clinic. Olde Towne provides medical, behavioral, and dental health services to both the uninsured and underinsured who live or work in the City of Williamsburg, James City County, and York County. Call today for an appointment.

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Lackey Free Clinic provides free medical, dental, and mental health care to individuals with minimal or no income who live in Williamsburg, James City or York Counties, Poquoson, and Upper Newport News. The Clinic serves over 1,500 patients, many of whom have multiple chronic conditions. To volunteer or become a patient, call today.

(757) 886-0608
1620 Old Williamsburg Rd.
Yorktown, VA 23690
lackeyfreeclinic.org



Colonial Behavioral Health provides mental health, intellectual disability, and substance-use disorder services to adults, children, and families living in Williamsburg, James City and York Counties, and Poquoson. Emergency staff is available during times of crisis. To find out more about services, call today. Colonial Behavioral Health can help.

(757) 220-3200
1657 Merrimac Trail
Williamsburg, VA 23185
colonialbh.org



Faith in Action serves seniors and adults with a chronic illness or physical disability. Services include well-check calls, home visiting, and respite care for caregivers. Transportation for medical appointments as well as visits to pharmacies and grocery stores and more are provided. Call to find out how you can help or if you need help.

(757) 258-5890
354 McLaws Circle, Suite 2
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CDR is a resource for all parents who have questions or concerns about their infant or toddler. One call to 566-TOTS (8687) opens the door to a host of services provided by CDR and referrals to services provided by other community organizations. CDR leads Virginia's Infant & Toddler Specialist Network. To donate, volunteer, or ask questions about your child, call today.

(757) 566-3300
150 Point O Woods Road
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cdr.org

Working For Her Community



Lisa W. Cumming Photography

By Narielle Living

Born and raised in Virginia Beach, Jodi Miller has found a true home in Williamsburg. She and her husband became familiar with the area because of Jodi's education. As part of her graduate program at Virginia Tech, Jodi was required to have an internship. She had lined up an internship in Richmond, but that fell through. "A friend of mine had interned

here at the city manager's office and told me that the internship might still be open. So I contacted them and applied and was able to come here," she says. "I'll be honest with you, I didn't really understand what city management or the process was about, but I had an internship and that's all I was looking for at that time. It was life changing, and at the end

of that summer experience I knew that was what I wanted to do for a living."

After graduating with a Master of Public Administration, she worked in Newport News for a nonprofit group called Newport News Alliance for Youth as a research and evaluation specialist. "I worked with youth development programs and trainings for children. I inter-

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acted a lot with their city government on writing grants for programs for kids and establishing youth development activities.”

After that job, Jodi took a position with the city of Virginia Beach. “Although I loved the work I was doing in Newport News, I knew I wanted to get into city management. The next step was to actually start working for a city.”

When a job opened up in Virginia Beach in the Parks and Recreation Department, she applied and was offered the job. Although her background was not in the field of Parks and Recreation, the director was looking for someone who had skills in research, analysis, statistical work and planning. At that time the city was working on a project to analyze all of the open space in Virginia Beach and create a usage plan for the city and city council. “We were determining the best and highest use for that space in regards to leisure activities and recreation,” she says.

After working with the Virginia Beach team for almost a year, a position with the city of Williamsburg became available. “I just loved my experience here, and thought gosh, it would be so great if I could come back in the

job of what I want to do for a living and build a career. I applied, and next thing I know I was offered the position,” Jodi says. She was thrilled to begin her career with the city, and worked her way up the ranks of the city manager’s office. In 2002 she served as Assistant City Manager, and in 2014 she was appointed as Deputy City Manager. “In the city management profession you start out as an assistant to, then you get promoted to assistant, then you get promoted to deputy. Each one has different levels of responsibility and expertise,” she explains. “After deputy a person typically goes to city manager or county administrator.”

Since starting with the city in 2000 she has married and started a family. “My husband loves it here. He’s a middle school math and science teacher, and I have two great girls, ages eight and five. They go to school, play soccer, go to dance class and girl scouts and all those kinds of things here. We’ve had a wonderful experience and really enjoy living in this area.”

Jodi’s areas of responsibility are to work directly for the city manager and the city council. “A lot of work I do for them is in regards to either special projects or working on the

city strategic goal process, which we call our goals initiatives and outcomes,” she says. Her job encompasses high level strategic planning, which includes establishing some of the goals that the council wants to accomplish in the next two years that are outside the mission and vision of the city. “I deal with some of the specific initiatives, programs and services that we are going to focus on to get us closer to achieving those goals that were identified,” she says.

Other areas of responsibility within her job are greatly varied. “I work with city human resources, and our communications team that works with Parks and Recreation sort of falls under my area of responsibility, as well as working with human services. A relatively new assignment is with our housing division of human services and our housing authority. Two years ago the city integrated the Williamsburg Redevelopment and Housing Authority, their staff and services in with our human services department, so I work closely with our human services director on continuing that transition as it relates to managing public housing here in the city.”



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about my Mom when I had to leave her, whether for one night or several days, because I knew she was getting the best care possible. I had peace of mind which is priceless. It is a wonderful place for seniors to live and thrive.”

- **Deborah J. Schoenberger**



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The one thing that Jodi can always count on is that no work day will be exactly the same, making it difficult to plan her daily or weekly schedule. "I think that's one of the exciting and interesting things about city management, specifically, and local government in general, you could get involved and do so many different things. Working for a small city we all wear lots of hats around here, so any given day what you're working on can be very different."

In addition to her job as Deputy City Manager, Jodi works with a wide diversity of city organizations. She represents the city on the Williamsburg Area Transit Authority Board and is the current chair. She became interim executive director of the Williamsburg Redevelopment and Housing Authority after an unexpected death of the executive director. She worked on the Farmers' Market board and the committee that started the concept and came off the board a few years ago.

"The Farmers' Market is one of the fun things in my career, and I look back and say what a great experience that was and what a

great event that has been to the community."

According to Jodi, the more enjoyable part of her job is being a facilitator of conversations between people and groups who have differing opinions. She enjoys working to develop solutions to issues and challenges that make sense for Williamsburg, meet the needs of the citizens and are good public policy for the community.

Her love for the job is apparent when she talks about challenges she has faced. "My personal management style is that I'm a details person, and it's important that I balance that detail focus to step back and look at the bigger picture and the issues as how they impact our citizens and the community. I would definitely say there have been more learning opportunities and learning experiences than true challenges."

Jodi is a member of Virginia Local Government Management Association (VLGMA). In 2005, VLGMA awarded her the Marcia Mashaw Outstanding Assistant Award after a nomination from her supervisor, Mr. Jack Tuttle.

She is also a member of the International City/County Management Association (ICMA) and has been a credentialed manager with them for the past seven years. This is a national professional association for county administrators and managers, and to be a credentialed manager, members must commit to 40 hours per year of professional development as well as submit a report to the organization on what was learned.

Jodi has worked and lived in Williamsburg for almost fifteen years, and she is still excited about her job and home. "We have a wonderful community to live, raise a family and to have people come visit. I take great pride in working for the organization that supports those things. I am grateful to have had this opportunity to serve this community, serve the citizens and work with city council, city manager and the staff. We've got a very talented and committed staff here, and all those things make our community great. Every day I come to work excited about the work we're doing and the fact that we get to live in such a special place." NDN

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Lisa W. Cumming Photography

PROVIDING SOLUTIONS THROUGH INFORMATION TECHNOLOGY

By Lillian Stevens

As Director of Information Resources Management for James City County, Patrick Page oversees a 21-person division (small compared to some other jurisdictions in Hampton Roads) that is charged with a myriad of functions. In a nutshell, his team provides information, communication and business solutions to the departments and agencies of James City County so that they can best serve the county's

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citizens.

“If it deals with information for the county, it’s in my area,” Patrick says. “From administration to solid waste, police, fire, emergency services – all but schools. They have their own information resources. Also, there is a separate communications department that is in charge of public announcing.”

There is never a dull moment. “We operate in an environment that is constantly changing,” he says. “I like that.”

Under his leadership, the division manages information systems and technology, software applications, records management, publications management and, of course, web and telecommunication related operations. They also support the James City Service Authority in terms of utilities, as well as JCC Parks and Recreation.

In April, the seasoned IT professional will celebrate 24 years with James City County, the most recent year and a half spent in his current role. His success, however, did not happen overnight.

“I started at the bottom,” he says candidly.

After graduating from high school, Patrick learned the tricks of the plumbing trade as his family was in the plumbing business. He later went to work for the College of William and Mary, working full-time while attending classes at Thomas Nelson Community College.

“At William and Mary, I worked for Facilities Management in their buildings and grounds division and then later as a plumber steamfitter for 11 years,” he says. “It was during that time that I started attending classes at TNCC to study HVAC. I finished my certificate in that, but then I found that I was interested in computers.”

Patrick went on to earn an associate’s degree in information systems which lead to a part-time job in the systems division of the college’s Swem Library. He was still working full-time in Facilities Management at the time.

“By day, I worked in Facilities. At night, I worked in Swem doing backups and computer programming on the side,” he says. “I did that for a year and a half.”

Eventually, a friend told him about an entry level computer technician position at the county. “At that time there were only a couple of computer technicians on board. I applied and within a month I was hired. So I made the move from William and Mary to James City County as a full-time PC specialist.”

Patrick chuckles when he recalls his first day on the job with the county. “It was interesting, believe me,” he says. “They showed me to an office in Building B and told me that I’d be there for two weeks, and then we’d be moving into a trailer that was parked in the back of the building.”

It was time for a renovation, albeit not one affecting the computer room just yet. “We were moving into the trailer while they were doing the renovation but our computer room remained in place. So the only way into the computer room was through a window created into a door, but still the size of a window.”

He took it in stride, having spent part of his earlier career in crawl-spaces. “It’s nice to know how to fix my own plumbing and HVAC but I don’t miss crawling under houses.” Still, he says that it helps to be open to doing different things.

“When I started as a computer technician, I was working with hardware and PCs, building desktop computers. But then I learned networking. From there I moved into the server realm where everything is networked together. Since I knew how to write computer programs, I was promoted to programmer/analyst.”

Patrick was on his way and eventually took on the role of IT Admin-

istrator. During that time, he supervised the IT portion which included infrastructure and programmers.

“Then, a year and a half ago when our director retired, I was asked to be the interim director for about six months. Ultimately, I was appointed director.”

While working his way up through the ranks, Patrick says that he has seen the division evolve from a handful of PCs and emails on a mainframe system to the server-based network in place today.

“We had less than 50 PC computers. We were still in the minicomputer/mainframe era in the mid to late 1990s. The mainframe system became a dinosaur, and we needed to go to servers. Building a server was one of my first tasks.”

The county procured the components (including chassis, cards, mother board and memory). Patrick and his team assembled it.

“First, we loaded an OS (operating system) and then started loading applications through the server, building a network. We focused initially on our financial groups, and then we progressed to where we had pockets of servers in other departments. It was only in the late 1990s and early 2000s that we connected the buildings together.”

Today, JCC has a server room that holds 70 percent of their systems but they also maintain computer facilities distributed offsite throughout the county.

“This year we completed the final leg of the first phase of fiber optics across the county. We also put fiber in the ground and up to every school. So, this means that we own the fiber optics we use for communication for most county locations and the schools. Prior to that, we leased fiber from a private vendor.”

If you ask Patrick why he has stayed with JCC for so long, he will tell you that he enjoys the challenges and the people. He believes that the key to his success, first and foremost, has been his willingness to be open to taking on new challenges, whatever they might be.

“With growth comes challenge, and we work hard to meet a challenge. In the technology realm, it is necessary to stay abreast of developments and emerging innovations. It’s daunting at times. We have to be ever looking forward.”

Of course, these days everyone wants to be mobile and that is certainly on the rise in the public safety arena. Fire and police officials need communication capabilities and computers in their cars in order to do their jobs effectively.

“We also have a fairly new county administrator,” he says. “And he has his own ideas and vision so we are doing our best to help him. We must be willing to take problems and work toward solutions. We are always challenged with new ideas and concepts so it is neat to find out what is needed and then go out and find a solution, whether it’s a solution already made or whether we have to put it together in-house.”

Patrick immensely enjoys the staff members he works with. “We have a great staff. We are fortunate that we have a low attrition rate. Most of the people who leave do so in order to retire. So we have a staff, for the most part, that has worked together many, many years.” He looks forward to many, many more.

Having lived in greater Williamsburg from about the age of ten, Patrick enjoys working in the community where he grew up, the community where he and his wife Jennifer, who also grew up here, have raised their own family. The couple has two daughters, one in college and the other still in high school.

When he’s not working, his hobbies range from snow skiing to trips to the nearby Outer Banks or just working around the house.

Just not under the house. NDN

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Some of the most generous provisions of the tax code are those that permit beneficiaries of IRAs and other retirement plans to defer income tax on retirement plans until time of withdrawal. This allows the retirement plan to grow significantly more than if it were subject to tax each year.

An equally generous provision of the tax code permits beneficiaries to withdraw only a “required minimum distribution” (RMD) from retirement plans each year. Therefore, a beneficiary can “stretch out” distributions over his or her lifetime, resulting in further deferral of income tax on the amount remaining in the plan. A common misperception is that one should not name a trust as beneficiary because it’s overly complicated and doesn’t permit a stretch out. While naming a trust does add some complexity, a properly drafted trust using the IRS regulations not only permits the stretch-out, but is the only approach that ensures maximum income tax deferral, if that is your objective.

Naming the right beneficiary for tax-deferred retirement accounts is critical. Most people want to continue the tax-deferred growth for as long as possible, pay the least amount in income taxes and get the maximum stretch-out for their family. RMDs after the owner dies will be based on the new beneficiary’s age and life expectancy, so the younger the beneficiary, the longer the stretch out.

Naming a beneficiary **outright** has several disadvantages. Distributions to minor beneficiaries must be paid to a guardian; if no guardian exists, a court must appoint one. Older beneficiaries may be tempted to take larger distributions or

even cash out the entire account, thereby destroying your plans for continued tax-deferred growth. The money could be vulnerable to the beneficiary’s creditors, spouse or a failed marriage. There is the risk of court interference and potential loss of government benefits if the beneficiary becomes incapacitated. If the beneficiary is your spouse, he or she can name a new beneficiary (via the “spousal roll-over”) and is under no obligation to follow your wishes.

Naming a trust as a beneficiary provides more control over, and protection for, these tax-deferred accounts. Ideally, it is a separate “stand alone” trust designed specifically for this purpose, because it must meet certain requirements from the IRS. For this reason, these trusts are often called “**STAND ALONE RETIREMENT PLAN TRUSTS.**”

Here’s how this “**stand alone retirement plan**” trust works: RMDs will be paid into the trust for the benefit of your beneficiary. The trust can either be mandated to then pay these distributions directly to beneficiary or it can accumulate these distributions and pay out trust assets according to your instructions. Further, the beneficiary is prevented from cashing out or taking a larger distribution, assuring continued tax-deferred growth. Finally, successor beneficiaries can be named in the trust document, allowing your tax deferred retirement plan to pass through the generations.

For more information on **STAND ALONE RETIREMENT PLAN TRUSTS**, you are welcome to call our office at 220-8114 for a no obligation conference with a firm’s estate planning attorney.

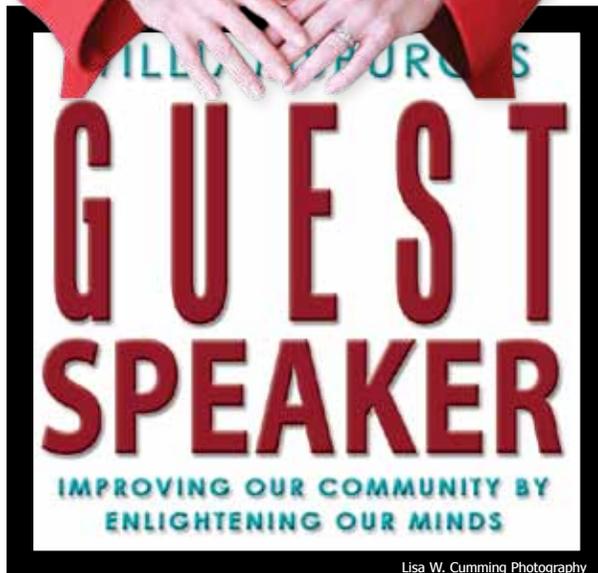
SALLY WOLFE

ON HISTORIC TRIANGLE ROTARY



Sally Wolfe was born and raised in Richmond, Virginia and spent many Sunday afternoons visiting Colonial Williamsburg. "It was such a treat to take a drive and end up in the 18th century," she says. "My mother, grandmother and aunt were all avid collectors of antiques, especially Virginia antiques – and they worried constantly that my four boisterous brothers would crash into them!" Her college years were spent in Lynchburg, Virginia at Randolph-Macon Woman's College and in Reading, England at the University of Reading. After that, she spent sev-

eral years in manufacturing and even more years in banking, before going into fundraising. "I've now been in Development for over fifteen years, first with WCVB Public TV and Radio in Richmond, then the Muscarelle Museum of Art at the College of William & Mary. I joined Williamsburg Landing six years ago to start their fundraising program."



Lisa W. Cumming Photography

When and why did you first become involved with the Historic Triangle Rotary Club?

When I joined Williamsburg Landing as Director of Development, the expectation was that

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I would join a service club. It didn't have to be Rotary, but community involvement was a requirement. After visiting several groups, my brother reminded me that our father had been a Rotarian for decades, so Rotary rose to the top of the list. After visiting the Rotary Club of The Historic Triangle, I knew I'd found the right club for me. I liked the fact that it was a lunch meeting, because my evenings tend to be spoken for, and I liked the positive, humorous outlook of the meetings. We always make time for "happy dollars" where we celebrate birthdays and anniversaries and other accomplishments. It's really a highlight of my week to hear all the good things going on with the members of the club. That was five years ago, and I don't think I've missed a meeting.

What is the mission of the Rotary?

Rotary is an intriguing mix of international and local, and as a Rotary

member, you can focus your efforts on one or both. Internationally, we are known for our efforts over many decades in polio eradication. It is an enormous effort to take on something like that and we are very grateful to our many partners in the project. Best of all, we are very excited that polio remains in only three countries in the world. That's impact. That's a real accomplishment. As the Rotary ads like to say, we are "this close."

But we are also concerned with causes close to home. Over the years, our club has developed a real partnership with Dream Catchers, a therapeutic riding program located in Toano. We have helped with trailers, and saddles, and materials for their barn. We are very proud of our growing scholarship fund at Thomas Nelson Community College. If you ever get the chance to attend Thomas Nelson's scholarship luncheon – do it! You will come away inspired by the

excitement and dedication of their students.

What are some of the activities of the group?

Seems like every month, we are up to something. We start each month with a food drive for FISH. In the fall, we do the United Way Day of Caring in September, followed by an international project providing knitted goods to children in Ecuador. Each Thanksgiving, we host a fundraiser – an invitational basketball jamboree. That is one of two fundraisers we conduct each year. The second is a golf tournament in late spring. One of our favorite activities is wrapping Christmas gifts at Elf's Corner at the Well-spring United Methodist Church each December and ringing the bells for the Salvation Army. Over the years, through our foundation, we've supported CDR, Avalon, Literacy for Life and many other local non-profits.





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Our club is fortunate to have a variety of members – a mix of working professionals and retirees. That's part of our secret sauce. Sometimes you need the contacts and energy of your professionals, while other times you need the time and talents of retirees. Our club has both.

For readers who might be interested in Rotary, how can they find out more?

We welcome new members! I always invite those who might be interested to join us for lunch so you can see the value of the meetings and get to know our members. We meet every Wednesday at noon at the Colonial Heritage Clubhouse.

What are some personal experiences you have had that renew your commitment to the Rotary Club of the His-

toric Triangle?

When I first joined Rotary, I remember thinking that the weekly meeting would be a challenge – after all, my calendar was jam packed already! But now I just block out that hour each week and arrange my day around Rotary. What keeps me coming back? My fellow club members are one reason. They are accomplished and inquisitive people with a wide variety of experiences, some of whom have lived around the globe. I learn so much from them and I've witnessed how they come together to support each other in times of trouble. I also appreciate our speakers. We work very hard to bring in interesting speakers. We've had Generals and Admirals, authors, peace mediators, non-profit leaders, engineers, money managers – there is a lot going on in this town, and thanks to Rotary, I'm connected and knowledgeable about my community. NDN

Next Door Neighbors

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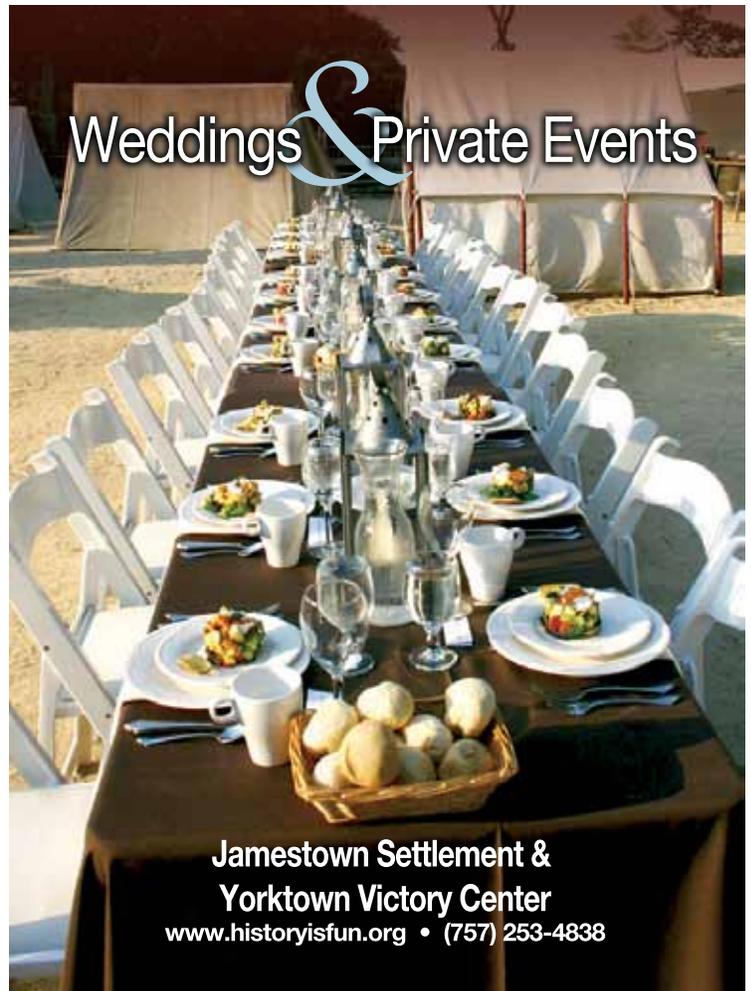
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Business Collaborator

By Greg Lilly, Editor



Lisa W. Cumming Photography

Julie Summs, Director of William and Mary's Economic Development and Business Innovation, explains that she and her team encourage business development and efficiency both externally, in the region and around the state, and internally, within the business that is the college.

"We have the economic development side and the business innovation side," she describes.

"Economic development has more of an

external audience – the localities and area businesses. We're an ally in their process." An example of this could be matching a Virginia Institute of Marine Science (VIMS) scientist with a business that could benefit from that expertise. "Or a business that needs a specific piece of equipment and we know there's one at another organization, we connect them so they can use the equipment for a day and not have to buy it," she adds. Julie can also tap into the

William and Mary community to help a consultant find summer interns to assist on a project. "It's really is a variety of things."

The business innovation side has an internal client base. "How can we, as the business of being a college, do the best, most efficient job we can do?" she says. The business processes, methods and productivity are the focus of this side of Julie's department. "A couple of examples," she says, "are how can our copier leases be the best

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use of the dollars or how can we be sure we're not overpaying for services?" She assists the internal departments of William and Mary in reviewing their business processes to ensure the methods are straight forward and as efficient as possible.

She's always looking for an opportunity to make the operations of the college efficient, productive and cost-effective.

Julie is an alumna of the William and Mary class of 1992. Growing up in Richmond, she had heard of the quality of the college all of her life. "William and Mary was so close to home and was such a well-respected school by my parents and people who went to my church," she says, "I had always thought about it as my potential school." She graduated with a degree in anthropology and psychology.

"I wanted to concentrate on topics that really interested me. I watched some of my friends choose majors according to what they thought would be good employment opportunities. Sometimes that worked out and sometimes it didn't. I wanted a different experience."

She began work with the Virginia Department of Historic Resources. While there, she

thought about her next step and which aspects of business appealed to her. "I was interested in urban and regional planning. This was related in thought to some of the things I had learned at William and Mary."

She earned her Master's Degree in Urban and Regional planning from Virginia Commonwealth University. "Once I had more exposure to it, I fell in love with economic development," Julie says. "It is planning and helping mold the community. People are actively employed and can provide for themselves, and the businesses can also be partners with the community."

The community aspect was important to her. "I come from parents who were both civil servants. My mom worked for the federal government as an artist, and my dad worked for the state government as a landscape architect. He was an outdoors planner. I've worked in the private sector, but for the fulfillment standpoint, I enjoy working with the community."

From the Virginia Department of Historic Resources, Julie moved to Virginia Economic Development Partnership and from there to the private sector with a Christmas ornament company.

"I went from economic development to working with a German-owned Christmas ornament company. It was a job I was introduced to through my job at the state when we located the company in Hanover. With it being a German company, the business gave me exposure to import and export. This was a hand-crafted, 14 generation process product. We had to plan how to compete with the big box stores and their one dollar ornaments – how to market. It was interesting and gave me a lot of perspective to the internal workings of a company. It taught me the value of businesses interacting with each other. You hear about that academically, and common sense tells you that's needed, but you really get into it when you help run a business."

That business moved to Minnesota, and Julie declined to go with it. "I wanted to get back into building community economic strength. I went to work for Orange County. I started as their economic development director and then became the assistant county administrator, then the county administrator. That was a tremendous experience and gave me a different sense of the process. From the economic de-



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velopment standpoint, the state tries to get the potential project to look at Virginia.”

With a company examining the state, the regions and the localities compete for the possible project. “Once the prospect locates here, you have to look at the local labor force,” she adds. “Will there be a trained workforce for what they require? How do you help them find the resources they need? It’s a different type of pressure once the business has located in your jurisdiction. You stay connected with that business because they are now part of your fabric.”

With a little over a year since Julie started here, she’s still making the transition from Orange County to William and Mary. “The college side is a different process – sometimes it’s like the municipalities’ economic development, but other times, we’re dealing with the labor or the resource side of things. It’s not up to the college to find the perfect spot for a company, but it’s more ensuring there will be interns and a labor force. That’s our part of it.”

She explains that a four year college, a community college, and other organizations, each support different aspects of the labor force. Some may concentrate on technical skills, oth-

ers on medical skills, while others bring in scientists, business planners and knowledge workers.

For area businesses, Julie’s office often partners or acts as a liaison to refer the businesses to the resources that can help, like the entrepreneur center at the business school or some other entity within the college. “A lot of what we do is connections, rather than providing a service.”

Encouraging the William and Mary community to interact with the local business community brings an economic impact to the area. “We’re a major employer,” Julie says, “and have a lot of visitors to the college that helps the tourism industry. We have over 2300 people on the main campus. These people visit the shops and restaurants and have clients and visitors who spend nights at local hotels. That’s a significant impact on the local economy. The total impact in 2006 in greater Williamsburg was over 300 million. Not every university can say they have that kind of impact on the community. We have a phenomenal staff and students who are a branded entity known for quality, strong thinking, leadership in the nation and

internationally.”

The staff and students have a desire for service, she states. “We had 320,000 hours of service by our students. We have folks who become elected officials and in all levels of government.”

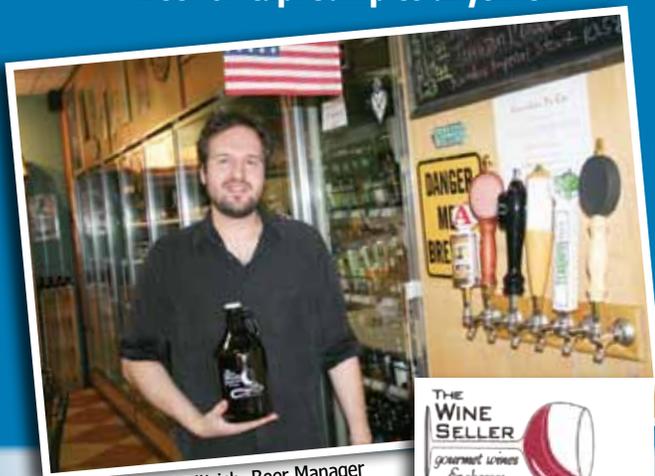
Julie adds, “We train people how to think. VIMS is second to none, in my biased opinion. We have a very strong niche with VIMS. We collaborate with universities around the state and nationally. We’re strong thinkers.”

The past year has altered Julie Summs’ view of the college, now working on its staff. “As a student, you have a certain perspective of your college,” she says. “When you graduate, you have fond memories of that college, but not the inner workings of how someone gets hired or reimbursed for a business expense. You may not realize how that entity can be a partner within the region or the whole state as an economic driver. In the last year, I’ve gotten an education on who we are and what we do. In ten or twenty years from now, I’ll still be learning because these departments are changing and growing in response to the market and evolving technology.” NDN

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Solid Follow-Through

By Greg Lilly, Editor

Bob Dill has helped restart the girls' tennis program at Walsingham Academy. This past autumn was the first season of play the girls have had since the program was discontinued a few years ago from a lack of participants.

"Walsingham is a small school with a lot of athletes playing multiple sports," Bob says. The girls' tennis season competed with volley-

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ball, field hockey and cross country.

About this time last year, interest started to build from the younger students who played club tennis. Bob worked with the Lower School kids to show them tennis fundamentals. "I saw some of the girls really take to the racquet." From there, interest increased until Bob and Director of Athletics Neil Bailey decided they had enough girls to start a junior varsity team.

"Our initial plan was to field a JV team last year because we had a lot of sixth, seventh, eighth and ninth grade girls who had played and were interested in starting a team." A few older girls transferred into Walsingham who were talented tennis players and the excitement grew. "All of a sudden, we went from zero to fielding a varsity team and a JV team." The students and staff credit Bob's enthusiasm and contagious love of the sport.

Bob grew up playing multiple sports in his hometown of West Point, Virginia. "West Point High School is a small school," Bob describes. "There were 69 kids in my graduating class. If you played one sport, you played every sport. The coaches would hand us a racquet or a basketball or football and send us out onto the field or court. I played all the sports in high school, but the one that really hooked me, the one that I'd play to chill after a hard day at school, was tennis."

He says that in a lot of team sports, you rely on other people, and they rely on you. "Sometimes, if you're not at your best, you can feel like you let the team down. In tennis, I was solely responsible for the outcome. I loved having just me and another person on the court slinging tennis balls at each other. I just loved it. Every play, I'm involved. Everything that happens on the court, on my side, is my responsibility, both good and bad. I like that. It was very rewarding."

In his high school tennis career, Bob won the regional tournament and a year later was the state level runner-up. College recruiters talked to him about how he could go to the next level with tennis. "I was playing a lot of other sports, but tennis was giving me more feedback and encouragement."

At Ferrum College, he racked up academic-athlete awards during his four seasons on the tennis team. In college, Bob had his first taste of coaching. "We did a lot of community activities in college, like the USTA 'Tennis 4 Kids.' We took elementary and middle school students and started hitting with them. It was very rewarding to watch kids get excited about hitting a tennis ball. It reminded me of how I felt when I first started playing."

Bob spent a couple of years in the Roanoke area while attending graduate school. "That really wasn't working for me," he says. "I came back home and kept helping out at Tidewater Physical Therapy where I had worked for a while." Walsingham's athletic trainer Jared Howell also works for both Tidewater Physical Therapy and Walsingham. "I learned about Walsingham from Jared, and could see myself helping out here," Bob says. He adds that he's appreciative of John Mitrovic at Tidewater giving him the flexibility to coach at Walsingham and work at Tidewater.

While the first season back stirred up excitement, the girls' tennis team is poised to move forward this coming fall. "We didn't have any seniors on the team, so all the players will be back next year. The team only won a few matches last fall," Bob says, "but they will be more competitive this year. The girls have been practicing in the off-season and I'm working with them. We're excited about the future of girls' tennis at Walsingham."

First seasons can be challenging. Bob focuses on team building and unity. "It's a positive team atmosphere. It's easy to get discouraged when we're a young team, especially in the TCIS (Tidewater Conference of Independent Schools), which is such a strong conference. The best high school tennis players in the state are in the TCIS. Our top seeds are good athletes, but in this conference, they are playing against future pros."

The level of play in the conference is a challenge for Bob and his team. "Especially when you talk about schools like Norfolk Academy and Cape Henry, these schools have some of the best players in the state. In a way that's good because I like for the girls to learn from their opponents. Tennis is a sport where you raise your level of play to your opponent. That's one great thing. Some of the girls will hit some great balls, and that's what we celebrate."

He explains that his biggest surprise has been the level of dedication and the team unity. "I was truly blessed to have two captains, Alexandra Ague and Mairin Shea, to keep the team together and take a leadership role from day one. They were role models on and off the court."

Stressing the fundamentals is his strategy. If you have a great foundation, you can build on that, he explains. "As I worked on fundamentals with the newer girls, the more experienced ones could brush up on their skills. With a new team, that's where I like to focus."

The girls have formed more than a team; it's a peer group and a social group. "They feel accepted and at home on the team," Bob explains. "They're challenged in a way that allows them to push themselves in a safe environment, where they aren't afraid to make a mistake or fail. That's such a big thing for kids."

Bob describes the school's athletic philosophy as "challenge with support." He explains, "We want to put the student athletes in tough situations and push them as hard as we can, but let them know we're right there. If they fail, it's just an opportunity to learn perseverance and get back up and continue to work."

As the Walsingham girls train through the spring and summer, preparing for their fall season, Bob Dill sees a positive atmosphere on and off the court. "I also give lessons at Quarterpath Recreation Center," he says. "When the parents and kids ask about playing tennis in school, I have to tell them Walsingham is the place. This past year has been a wonderful experience for me. I have great memories of matches and watching our athletes improve and blossom. This sport has given me so much, and it's definitely my time to give back. Giving back never felt so great. I want to thank Walsingham for giving me this chance. I know this team is getting better and stronger." NDN

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Lisa W. Cumming Photography

Creative Exploration

By Greg Lilly, Editor

Haley Ellis, a senior at Warhill High School, recently placed first for her body of work and won the People's Choice award at This Century Art Gallery's 12th annual High School Student Show. She's the daughter of Robin and Bruce Ellis.

When she's painting, Haley says she feels a range of emotions. "Usually, I get, what we learned in psychology, flow. It's almost like you don't even see what you're doing, which you would think is weird for painting. Physically you have to be looking at it, but in my mind, I

could be thinking about literally any other part of my day. It's like a calm, comfortable feeling."

Maybe that's why her artwork looks so polished and unfretted. She compares it to a musician, lost in his music, not really seeing the notes on the score, but reading, interpreting

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and playing as a single motion. “Yes, the painting kind of flows.”

She admits that the flow can be interrupted when her mind is distracted. “As soon as I get into the flow of the painting, I forget the time. But, when I have to stop and think about it, that makes getting back into it harder. Sometimes, I do get agitated. I get this feeling like when you drink too much coffee and your skin tingles. I get that feeling when I’ve been painting on one work for too many days. Other than that, it’s good.”

Haley started out in art as so many other students do, with finger-paints and crayons. “I never got ‘into’ art. I was just always in it,” she explains. “I wasn’t exemplary as a kindergartner artist. I remember doing things like a snowman with the three circles, but I liked drawing and painting. I kept practicing and practicing and got better.”

The idea of improving through practice appealed to Haley. “It’s fun for me. That’s in all aspects of my life. There’s nothing I see more of an improvement in myself as with art. That’s probably why I like it so much.” Her parents encouraged her. She remembers her father col-

oring with her in elementary school. Of art influences in her family, she says it goes back generations. “My great-grandfather was an artist. My grandma paints, too, and she’s very good. That’s on my dad’s side of the family.”

She mastered the craft and skill of drawing and painting as she went through school and practiced the mechanics of art over and over. She credits Ms. Barbara Stephenson, her fine arts teacher at Warhill, for taking her to the next level.

“I think it was last year in Ms. Stephenson’s class that I ventured beyond representational work. I’ve taken two versions of this class. I used to draw portraits, things I saw, things that looked cool to me, but then Ms. Stephenson told us how in the AP curriculum you have to do conceptual work. You can’t just do an image of something. You have to put meaning into it. So, last year, she encouraged me to branch out.”

At first, she interpreted branching out as in mediums. “I would do oil paints, drawings, and all different things, but then I realized branching out in mediums made me bored. As soon as I got bored, I started doing subjects that were more than just what you can see.” She ventured

beyond representational work by adding concepts to the image.

“A good example,” Haley says, “is the concentration I’m working on now. A concentration is basically a group of artwork that has a central theme you are exploring. The work doesn’t have a theme, but it’s the theme the artist is exploring. Such as, for mine, I am exploring perspective, angles and the absence of people in a space.”

The painting she had just finished showed one corner of a ceiling, a perspective of the angles that merge to the corner and the play of light and tone that creates an abstract image from a seemingly ordinary one. In another, she illustrates the skewed view of a chessboard and the encroachment of the room’s angles – with no people actually playing chess. “It’s about the absence of people,” she says. “I have always been interested in abstractions of reality, meaning that I don’t actually change it, but it looks abstract. I like angles and perspective a lot. Perspective is a big thing for me.”

For the show at This Century Art Gallery, Haley chose from her recently completed works. “I picked my favorites from the ones I



UPCOMING EVENTS

- **Mar 26-29**, William & Mary Dance Concerts, Phi Beta Kappa Hall
- **March 30, 31**, 8:00 Williamsburg Symphonia, Kimball Theater
- **March 17 to Apr 5**, Muscarelle Museum Leonardo Da Vinci Exhibit
- **Apr 12**, 11:00 – 5:00 Second Sunday Festival, Prince George Street
- **Apr 15 & 17**, 8:00 Williamsburg Opera: Cosi fan Tutte, Kimball Theater
- **Apr 18**, WHRO Antique Appraisal Fair, Double Tree Hotel, Pre-registration required
- **Apr 22**, 7:30 Virginia Symphony Brass Quintet, Williamsburg Regional Library
- **Apr 25**, 3:00 Williamsburg Symphonia & Youth Orchestra Side-by-Side Concert – Wmbg Community Chapel
- **Apr 25 & 26**, 10:00 – 5:00 New Town Family Fun and Chalk Art Festival
- **Apr 26**, 10:00 – 5:00, Art on the Square Merchants Square
- **May 2**, 2:00 Muscarelle Museum of Art: Wine & Run for the Roses
- **May 3**, 10:00 – 5:00, Art at the River, Riverwalk Landing, Yorktown
- **May 4 & 5**, 8:00, Williamsburg Symphonia: Zuill Bailey, Kimball Theater
- **May 5**, This Century Art Gallery: Vera Dickerson Opens
- **May 8**, 7:30 Williamsburg Women’s Chorus 50th Anniversary Concert, Walnut Hills Baptist
- **May 10**, 11:00 – 5:00, Second Sunday Festival Prince George Street
- **May 21-24**, Virginia Arts Festival – Festival Williamsburg. Various concerts
- **May 21** – 7pm - Bruce Hornsby/Tide Radio 10th Anniversary Concert at Lake Matoka
- **May 22** – Busch Gardens Food & Wine Festival opens
- **May 28**, Williamsburg Players: Guys and Dolls opens



For a complete list of events visit www.WilliamsburgSpringArts.com • (757) 229-6511

did this year.” What her favorite work had in common was that it “popped” when she considered the lineup. “There’s one that I did of a girl’s face in Saran Wrap. The colors are so bright in it. If you looked at a bunch of landscape paintings and you came across this one of a girl with Saran Wrap on her face, it would just pop.” She picked that one for the show. “The other two for the show included one I had just finished and another favorite, but basically I looked at the ones that would stand out. That’s the goal in a show, to have your work stand out.”

Her three paintings won her the first place award for body of work, and she won the People’s Choice award. “I had won People’s Choice last year, too. So, that was exciting.”

She says her style is still evolving, and that high school is the perfect time and place to try many different styles and mediums.

“One artist that I take a lot of inspiration from is Johannes Vermeer. His most famous painting is ‘The Girl with a Pearl Earring.’ I just like the way he uses light with the very dark background,” Haley explains. “Maybe that’s

one thing that describes my work. No matter what the subject matter is or the style of painting there’s always some important amount of light in it. That’s what I’m into. I like to have something on the painting lighting up. It actually looks bright compared to the darker surroundings. That’s really interesting to me.”

She says that even small details can change the mood of a painting. “I worked as a portrait artist at Busch Gardens,” she says. “The last step in painting a portrait would be putting a sparkle in the eye. Every time I drew someone, they would say it looks good, but as soon as I added the sparkle to the eye, they were like ‘Whoa!’ It looks like a real person with that spark. The eyes come alive.”

In the fall, Haley will attend the Maryland Institute College of Art (MICA). “That’s really cool because that was my ‘reach’ school and I have a scholarship. Plus, I’m a finalist for their full-ride scholarship. I just received that news in the mail.”

She says she will start college with the art foundations courses. “They put you through every type of art you can do, like graphic de-

sign – really, all different types of art. Most art colleges offer two art classes for every three regular classes. But, MICA does three art classes for every two regular classes. The regular classes are geared toward art. So, history is art history. They’re really an arts school.”

Energy and enthusiasm beam from Haley. “My goal in life is to be an artist, do gallery showings, do the art that I want to do and make enough money to support myself. I don’t need to be rich. I want my job to be doing what I want to do and supporting myself. ‘Doing what I want to do’ is painting. I would like to paint what inspires me, but I also would do commissions. That’s what I’m doing now. I do murals for people. It would be ideal to paint my stuff and people would like it and buy it.”

Haley Ellis has developed an artist’s eye for the world around her. “I look at everything in terms of how difficult it would be to paint – all the time. I imagine how to capture the scene in brushstrokes. It’s kind of cool to see how light and dark bring dimension to objects. I pay attention to contrast, probably more than other people do.” NDN



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Lisa W. Cumming Photography

FINDING YOUR HEALING ENERGY

By Greg Lilly, Editor

“I know that after my first Reiki session, something was released. Something had awoken. I believe it was healing energy, Kundalini. My experience was complete joy. I got emotional. I can’t explain the wonder and joy. It transformed my life,” Teresa Susalis describes.

Reiki is an alternative therapy developed in Japan, incorporating ancient Eastern techniques from thousands of years, that focuses on releasing blocked energy in the body. These blocks can inhibit the body from healing – physically, mentally and spiritually.

As soon as the subject of the mind-body-spirit connection surfaces, Teresa says that some people become instant skeptics. She admits that she was too. She was raised as a Catholic in Staten Island, New York and has a Bachelor’s Degree in Psychology with a minor in religious

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studies from Saint Leo Catholic University.

While in high school, she met and then later married Christopher Susalis. "Chris decided that he was going into the Coast Guard. That's how I left Staten Island," she says. "His 20 year Coast Guard career had us moving around the country. We ended up in Virginia. I fell in love with Virginia. We both knew this was where we wanted to raise our children. We did not want to go back to New York."

Not long after they moved to Yorktown in 1999, Teresa dealt with several traumatic events. "I've had a lot of experiences that have shaped who I am now and led me down this path. One was losing my mom in 2000. She was diagnosed with cancer and died within three weeks. I really struggled with the grief. Then there was 9/11. I had family who were in the Trade Center." The stress of losing her mother so suddenly then the shock of the terror attacks affecting her hometown family and friends, she found herself out of sorts. "There were a lot of things hitting me at the time. I was seeking different modalities to help me."

Teresa first experienced Reiki on the Bimini Islands. "I was going through those tough things in my life, and a friend invited me on a dolphin trip. Just before I left the island, I had my first Reiki session. I didn't know what it was about, but my friend said I needed to try it and I'd never be the same. That's exactly what happened. It was part of my awakening. I woke up."

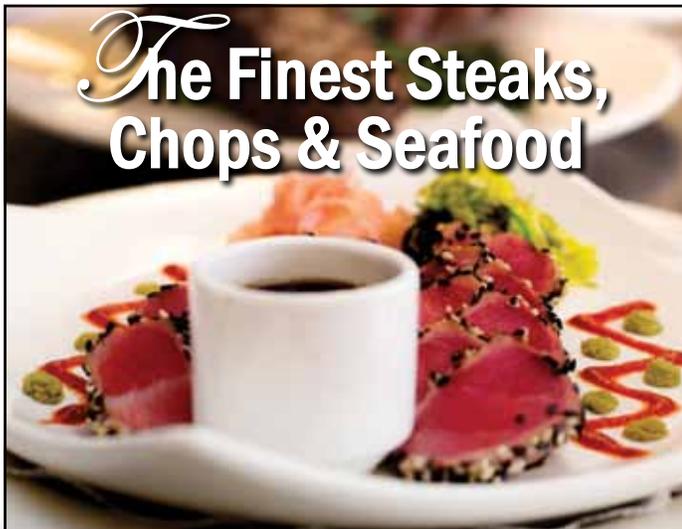
She explains that we are all on a holistic mind-body-spiritual journey. "If one part is out of synch, the others are out too. It's about the whole. Reiki and other energy therapies complement Western medicine," Teresa says.

"The holistic therapeutic system Ayurveda, which we hear more and more about, is natural healing that goes back five thousand years. You see a common thread in all the natural healing techniques. It addresses the life-force energy to see where it is blocked. Another example is acupuncture. It is part of the Chinese medicine philosophy that deals with the meridians, looking for blockages to release and allowing the body to heal."

The spiritual part of the holistic view tends to be the aspect with which most people struggle. Teresa explains that the spiritual energy signifies different things to different people. Some call it a God force, others the Holy Spirit, the Universe or a Higher Power. "I see it as the life-force energy," she says of a general term that seems to sit well for many of her clients.

Teresa started her path to energy work, really before that first Reiki session on the Bimini Islands. "It started many years ago, but I didn't recognize it. At the young age of 25, seeking my own spiritual path, I started practicing yoga. I believe yoga is part of this journey I'm on." Today, Teresa teaches yoga around town. "A lot of life experiences have opened doors for me. Like the Chinese proverb says, 'When the student is ready, the teacher will appear.' That's exactly what happened. It was a natural progression to look into alternative options in self-care. It just evolved for me."

Now a Reiki Master, Teresa performs Reiki on other people seeking the mind-body-spirit balance. "Some say it feels like a massage, but



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it's a spiritual massage," she says. "Clients come to the office dressed in comfortable clothes. Many are anxious with their first time. But, when we're done, they're so relaxed they can barely speak." The sense of peace and well-being can be overwhelming for people who thought those emotions were out of their reach.

Moving to Williamsburg from Yorktown in 2008, Teresa felt like she was meant to be here. "This is definitely a spiritual journey for me. I feel like spirit works through me and I was led to do this work, led here to Williamsburg. As I sorted out energy sessions for myself, I also sorted them for my son who was battling addiction issues. Reiki really spoke to my soul, and I saw the positive effect it had not only on me but others like my son and husband."

Seeing energy work as her calling in life, she began classes to become certified. "It's been an amazing journey over the last several years of learning the different healing techniques."

Teresa explains that Reiki clears and balances the body's energy field and energy centers (called Chakras) thereby releasing any block-

ing or stagnant energy (referred to as Chi in acupuncture and prana in yoga). "This allows the energy to flow smoothly through the body," she says. "The process releases negative energies and emotions while reenergizing positive light energy. It restores the natural balance of energy." The result is a feeling of relaxation and peace.

"If we focused on a specific area, the knee, for example. I've had clients say the pain isn't there anymore, sometimes they notice it subsides by the next day. I'm not a physical therapist or doctor," she clarifies. "Reiki unblocks the energy pathways in the body to allow it to heal naturally. This isn't a replacement for Western medical treatment, but a complement to it."

Regular sessions help restore the balance of the life-force energy, she describes, so our body's natural healing mechanisms can kick in. "When we are stressed, or trauma or illness has occurred, the flow becomes blocked or disrupted in some way affecting our physical, emotional or spiritual wellbeing. Reiki can

restore that flow, therefore helping the body's own natural healing abilities to activate; this is about the whole, restoring balance to mind-body-soul."

Teresa says she is always seeking and learning all she can about different methods of energy work. As part of this, she plans to start learning shamanic healing techniques this fall. "I feel every drawn to nature and the shamanic connection to nature. I love being outside. I'm a runner, and running becomes meditative to me. I love Greensprings Trail."

Her friend, Jessica Lloyd, Ph.D., plans to open a healing arts center featuring Laughter Yoga. "I'll teach a yoga class there. She wants to create a wellness center with workshops and classes. It will be called the Laughing Buddha."

Without the love and support of her husband Chris, Teresa Susalis says she doesn't think she could have travelled this path. "Learning more about energy work and the holistic effect it has on mind, body and spirit has changed my life dramatically. I want to share that with the world." NDN



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Spring Spruce-Up

By Greg Lilly, Editor



Lisa W. Cumming Photography

Joe Hertzler says that extending our living spaces to the outdoors - spending warm days and cool nights outside, watching local wild-life, catching the scent of flowering plants, enjoying the sound of water and the splash of fish - creates memories for a lifetime.

Joe attributes his love for the outdoors to his early years living in the Peruvian rainfor-

ests. "Until I was about six years old, we lived in the Amazon basin of Peru. I remember as a kid loving the plants, the animals, the river systems, really just being in that environment. That hardwired me for the rest of my life."

Joe's mother's parents were missionaries in Peru. "They were some of the first missionaries to go into that area of the Amazon back in

the 1930s," he says. "They would tell the story of how they went to the mouth of the Amazon in Brazil. They started on a big boat going up river then had to go a smaller boat and went farther, and then a smaller boat. It took weeks to get in the rainforest, using continually smaller and smaller boats until they were in a canoe and landed in little town called

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Pucallpa. My grandfather eventually became mayor of the town. My mom and her brothers and sisters were raised there.”

The story goes that Joe’s father headed to Peru in the 1950s to help build roads through the jungles. “I’ve seen photos of my mom from the 1950s. She was quite the young beauty,” Joe says. His parents met and started their family in Peru.

When Joe was about six years old, the family went to California for his uncle’s wedding. “We were planning to go straight back, but for whatever reason, it never happened. We came to Virginia when I was half way through first grade. My dad was from this area.”

Peru is like a second home to Joe. He grew up speaking Spanish and English. “To this day, that’s helpful since there are a lot of Latin American people in the landscape design, construction and maintenance industry.”

Joe graduated from Virginia Tech with a degree in chemistry. “Science is science no matter what science you’re in,” he says. “So, what does chemistry and landscaping have to do with each other? Not much except that there is definitely a science to landscaping. It’s a much more complicated and knowledge-

based field of work than most people give it credit for.”

After graduation, Joe worked in the mortgage banking field. “I left that when my dad, who ran a tree service in town, began to get ill from Parkinson’s disease.” Something about the environmental industry resonated with Joe. “I started to work with my dad and soon began my own company. That was 1992.”

When the recent recession hit, Joe enrolled in the Executive MBA program at the College of William and Mary. “It’s a 20-month, turbo-charged program,” he says. “Getting an MBA, trying to hold a business together during a recession, managing an addition to our house and raising a family – that was insane.”

He laughs. “How did I do it? That MBA program is a fabulous program. Being in that program, at the time that everything was rough in the business world, forced me to think about my business and industry from a different perspective, maybe a less pessimistic set of eyes than others had at the time. I would learn something and apply it the next day. It was incredibly valuable. We weathered through the recession.” His landscape design, build and maintenance firm keeps his life

busy, especially as spring comes to Williamsburg.

Joe advises homeowners to look to April as a time for outdoor living spruce-ups. With the seemingly never-ending snow, lawns have accumulated sticks, leaves, limbs and other debris. “It’s time for spring clean-up in the yard. Rake the beds and add a fresh layer of mulch.” If you haven’t cut down perennials and grasses, it’s time to do that too. Joe explains that he likes to see them left until time for new growth because they provide habitat for birds, insects and animals all winter long.

“Also, those browned-out plants add seasonal interest. Sometimes we’re a little scissor-happy and cut things down to make the yard clean, but that’s not nature. Nature has rhythms and cycles, and sometimes plants are brown. By leaving those in place, not only do you have a winter habitat, but you have seasonal interest to the landscape. Clean up in the spring in anticipation of new growth.”

April is also the time to have your lawn mower serviced. Change the oil, sharpen the blades. “Of course, springtime is a great time to do plantings,” he adds.

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residents crave more time outdoors and plan projects to make their outdoors as inviting as the indoors. Joe's experience says the best project for any house is to look at the front door area.

"The entry of almost every house can use some help," he explains. "We tend to focus on our backyards. Enjoy your front yard. The walkway coming up to the front door, let's call it the entry garden, it's the approach and arrival to your home. That's extremely important. You see it all the time, and your guests see it." The entry garden is a guest's first impression of your home. "Do something to enjoy it."

The home's entry, the "approach and arrival" area, is a project with the most bang-for-the-buck, according to Joe. "The walkway to the front door is the thing that can have a tremendous impact on the way your house looks and how you enjoy your garden. Most front walkways are poorly designed – too narrow, no style. Changing that with plants or the shape of the walkway can make a big difference."

One thing Joe suggests is to create a landing at the bottom of the front step. "A typical walk-way is 30 inches wide, which is too nar-

row. It should be 48 inches wide. If you build a landing at the bottom of the stairs, you will be amazed at how people use it. It functions as a gathering place, as people are arriving or leaving." Also, with that landing area, there are many options for landscaping around it.

A trend Joe sees for outdoor living is the fire pit. "More and more people want to add that. It can be anything from a gas outdoor fireplace to a portable fire pit bowl. It's amazing what fun you can have around a fire." Beyond the gathering aspect of fire, it provides heat to extend the time you can enjoy the outdoor living spaces.

A high-end trend is the addition of an outdoor kitchen. "This is a connection of indoor and outdoor spaces," Joe says. "The trick is to take the architecture of the house and the indoor spaces and connect it to the outdoors. You want to extend the architecture of the home to the landscape."

The primary component of an outdoor kitchen is a grill. Additional options include refrigerators and sinks. "It depends on how much you'll use it. Do you really need a refrigerator or is the home's kitchen close enough? It's not just a question of budget, but of func-

tion. Do you need it? Will you use it?" he asks.

Aside from a fire pit or an outdoor kitchen, Joe likes adding to the aesthetics of the outdoor environment. "If I could, I would convince everyone to put some kind of water in their landscape," Joe says. "Water is incredibly magnetic. There is something about it that your eye goes straight to it. Your kids will go straight to it. People will gather around it." He cautions that a water feature is a labor of love. Even with something as simple as a bird bath, it takes work. "You cannot have a low-maintenance landscape with water in it."

For those homeowners willing to invest the time and effort to maintain a water feature, Joe says, "It is magic." With a pond, he suggests adding koi. Fish in a pond can animate a landscape like few other elements. "I call them living jewels," he says. "It's amazing to watch them move around in the koi pond. The sound and movement of water are amazing. It attracts wildlife, too – all good things."

From the Amazon River to the James and York rivers, Joe Hertzler finds a deep appreciation for nature and how incorporating it into living spaces creates a positive effect on a home's appeal. NDN

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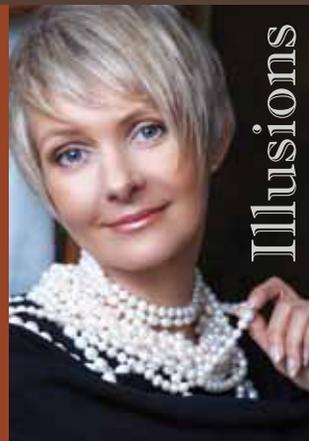
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WOMEN'S CHORUS NEW SEASON

Ongoing

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aportermusic@verizon.net or call (757) 810-0068 to schedule a vocal interview. This season is especially exciting: we are celebrating our 50th anniversary with a commissioned piece for the occasion.

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NEW WATA BUS ROUTE SERVES JAMESTOWN AREA

Ongoing

The Williamsburg Area Transit Authority (WATA) will begin a new pilot route serving the Jamestown area. The new route will provide 15-hours of daily service (6 am – 9 pm), Monday through Friday starting at the Williamsburg Crossing Shopping Center, on the side of Food Lion. It will travel along Rt. 199 to Jamestown Rd., Greensprings Rd., John Tyler Hwy., and back to Jamestown Rd. Transfers can be made at the Williamsburg Shopping Center to the Red Line taking you to the Williamsburg Transportation Center accessing all other routes. For more information about WATA, visit www.goWATA.org or call the WATA at (757) 220-5493.

Hey Neighbor!

NEIGHBORHOOD BASKETBALL LEAGUE (NBL) SIGN-UP

Ongoing

Registration for the Neighborhood Basketball League for boys and girls has begun. Cost is \$15 for Williamsburg and James City County residents and \$22 for non-residents. Parent's signature is required if the student is under 18 years of age. The ages are 10 to 18 years old. Bring proof of age. If you need more information, call Linda or Yvonne at (757) 229-9332. Sponsored by Williamsburg-James City County Community Action Agency.

Hey Neighbor!

VOICES OF WILLIAMSBURG

Ongoing

Do you want to end your fear of public speaking? Develop communication and leadership skills? Join Toastmasters in a

caring and supportive environment. On **Marvelous Mondays**: Get a Powerful start to your week! Time: 7 am at the James City Community Center, Longhill Road. On **Wonderful Wednesdays**: meet, mat, and speak time at 7 pm (4th Wednesday of each month). Location: Anna's Brick Oven, 2021 Richmond Road. Contact John Steinbach at (757) 897-6819 or <http://voicesofw.toastmastersclubs.org>

Hey Neighbor!

HEAD START OPEN ENROLLMENT

Ongoing

Head Start is a Preschool Program for Children ages 3 to 5 serving income eligible families, including children with special needs. To apply, call (757) 229-6417 or visit us at 312 Waller Mill Road, Ste. 400, Williamsburg. For information contact Williamsburg James City County Community Action Agency.

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 have been here since 1995 and are a 501(c)3 store. 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. Much of the money raised by the shop is used in Williamsburg and the surrounding areas. We need more men and women to staff our shop. 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; 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

Do you play a musical instrument? Have you always wanted to be a part of a theatre's live orchestra? The Williamsburg Players, a 58 years-old, all volunteer, 501-C3 IRS 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. 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.) at 2 pm. Donations accepted to help defray cost



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of meeting room. All are welcome to attend. For more information, visit our Facebook page at <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-come-first-served. Scholarships for youth with financial need are available for all club registration fees. For more information visit the Virginia Cooperative Extension James City County Office website (www.offices.ext.vt.edu/james-city/) or call the office at (757) 564-2170. You must call in order to register for the clubs. 4-H Robotics Clubs, 4-H Pet Pals Companion Dog Club, 4-H Archery Clubs

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!

THE COLONIAL AREA REPUBLICAN MEN'S ASSOCIATION

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!

HISTORIC TRIANGLE REPUBLICAN WOMEN

Ongoing

Location: Thomas Nelson Community College, President's Board Room at Thomas Nelson Community College (3rd Floor). 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!

MESSY CHURCH

Ongoing

Are you looking for an innovative worship time that is fun, interactive, reflective, musical, creative, delicious and prayerful? Then come to Williamsburg United Methodist Church the second Tuesday of every month from 5:30-7:30 pm for Messy Church! Each month we celebrate a different theme. This experience is called Messy Church because we will be learning about God through active means as well as Bible teaching. Snacks, crafts, games, music and fun, followed by dinner are all a part of worshipping God together. Messy Church is free and for people of all ages, all denominations, and all abilities. For further information, go to www.williamsburgumc.org or call 757-229-1771 and ask for Cindy, Kay or Andy. Williamsburg United Methodist Church is located at 500 Jamestown Rd across from the college in Williamsburg.

Hey Neighbor!

REGISTRATION FOR EARLY CHILDHOOD MUSIC SCHOOL

Registration for the Fall 2015 Early Childhood Music School classes is now open! Morning and evening times are available for infants through age 7. Age-appropriate singing, movement and instrument play includes Keyboard instruction for children and adults. Also, you may register for a five-day summer session which will be held July 20 - 24. All classes are held at Williamsburg United Methodist Church, 500 Jamestown Rd. in Williamsburg. For additional information please contact Cindy Freeman, Director, at 229 - 1771.

Hey Neighbor!

WARHILL HS PRESENTS "SHREK THE MUSICAL"

March 26-28, 2015

Warhill High School's Lions Roar Theatre Department presents "Shrek the Musical," a must-see show based on the award-winning DreamWorks animation film. Join our unlikely hero and his loyal steed, Donkey, as they embark on a quest to rescue the beautiful Princess Fiona from a fire breathing, love-sick dragon. Add the diminutive Lord Farquaad, a gang of fairytale misfits, and a

gingerbread cookie with attitude, and you've got the biggest, brightest musical comedy around! Performances are in the Warhill High School auditorium (4615 Opportunity Way) on March 26-27 at 7 pm and on March 28 at 2 pm and 7 pm. Tickets (\$10 each) can be reserved by calling (757) 565-9100. Kids attending the show are encouraged to come dressed as their favorite fairytale character!

Hey Neighbor!

ADULT PLEIN AIR PAINTING AND SKETCHING

March 28, 2015

The first of three workshops, offered to all who are artists or wannabe artists. So bring your chair, an easel, a sketchpad, or a nature journal and get to know the seasons! Artist Linda Miller will kick off each session with a botany overview for artists. Then, take your gear out to the garden to paint and sketch for an hour or two or even the entire day. Rain or shine. All four sessions will be held at the Williamsburg Botanical Garden, beginning at 10 am, and is open to the public. The program is free. However, a donation of \$5 to support the Williamsburg Botanical Garden at Freedom Park would be appreciated. The other two sessions will be June 27 and October 17. For further information, please contact Linda Miller at botanicalarttoday@yahoo.com .

Hey Neighbor!

AFTERNOON OF JAZZ

March 29, 2015

The Williamsburg Alumnae Chapter of Delta Sigma Theta Sorority, Inc. is excited to announce An Afternoon of Jazz featuring RaJazz. This annual event takes place from 4-8 pm at the Williamsburg Lodge. Dinner will be served at 4:30 pm. Tickets are \$60 per person. For tickets or more information visit www.williamsburgdst.org or email Margaret Stockton at mlcstockton@aol.com. Looking forward to seeing you on March 29th!

Hey Neighbor!

WILLIAMSBURG SYMPHONIA MASTERWORKS #4

March 30-31, 2015

The Williamsburg Symphonia presents Masterworks Concert #4, Transitions to Jazz, featuring works by Bernstein (On the Town: Three Dance Episodes), Schubert (Symphony No. 8, "Unfinished") and Kurt Weill (Symphony No. 2). The Symphonia, Williamsburg's own professional orchestra, is conducted by Music Director Janna Hymes, in her 11th season on the podium. At the Kimball Theatre in Merchants Square. Performances begin at 8 pm. Single tickets are \$48 and \$58. Information:

(757) 229-9857 or visit www.williamsburgsymphonia.org.

Hey Neighbor!

WILLIAMSBURG AREA FAITH IN ACTION OPEN HOUSE

April 1, 2015

Williamsburg Area Faith In Action (WFIA) will hold an open house from 3-5 pm. "We want to invite the public to come in, meet us and learn more about our organization," said Rita Smith, executive director of WFIA. Williamsburg Faith In Action helps seniors and 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. "We hope the community will come out to find out how they can help seniors in our community or find out more about the services that are available. Please join us for some light refreshments and meet the staff, some of those we serve and some of our volunteers," Smith said. The open house will be at Williamsburg Faith In Action's offices, located at 354 McLaws Circle, Williamsburg.

Hey Neighbor!

WILLIAMSBURG FARMERS MARKET

April 4, 11, 18, and 25, 2015

402 W Duke of Gloucester St. in Merchants Square. From 8 am – 12 noon, enjoy the heart of Williamsburg in Merchants Square while shopping in this producer-only market for produce, fruit, fish, artisan cheeses, meats, pasta, cut flowers, and handmade soaps.. The market includes live music, chef demonstrations and exhibits along with local shops and restaurants. The market now accepts SNAP/EBT, credit cards and W&M Express. For information: (757) 259-3768 or www.williamsburgfarmersmarket.com. Live music from 9 – 11 am: April 4 –LCV Project; April 11 –Audio Portrait; April 18 – Andrew Shield; April 25 – Scuppernongaree.

Hey Neighbor!

EASTER SUNDAY AT OLIVE BRANCH

April 5, 2015

Pastor Richard Cline invites you to Easter Sunday activities at Olive Branch Christian Church (Disciples of Christ), beginning with a sunrise service at 6:30 am in the nature trail area behind the church, followed by breakfast and morning worship services at 8:30 and 11, as well as Sunday School at 9:45. The church is at 76434 Richmond Road, halfway between Toano and Norge. Call (757) 566-8077 between 8

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SAVE THE DATE: 5.16.2015

DREAM CATCHERS AT THE CORI SIKICH THERAPEUTIC RIDING CENTER

8TH ANNUAL BRIDLES & BOW TIES FUNDRAISING EVENT

Riverside Health System is the title/video sponsor of this event held at Dream Catchers facility, 10120 Fire Tower Road, Toano. The event includes tours of the facilities, student demonstrations, cocktails, oysters and champagne, an elegant dinner and a live auction sponsored by Monarch Bank. The purpose is to share Dream Catchers' mission and to celebrate the successes of their program participants.

For the past several years, it has been a sold out event, so purchase your tickets early by calling the Center at (757) 566-1775 or online at www.dreamcatchers.org!



am – 3 pm, Mon–Thu for further information; email obcc1833@gmail.com ; website www.ob-cc.org .

Hey Neighbor!

PICK UP THE PACE WRITING WORKSHOP

April 11, 2015

Presented by This Century Art Gallery (TCAG) as a part of the Williamsburg Book Festival Workshop. Learn to structure the tempo of your writing. Whether a memoir, short story, romance, mystery, or thriller, your writing has a pulse. Learn how to quicken or calm the pace of your writing to keep your readers turning pages. This workshop is for intermediate to advanced writers. Register at the TCAG Art Education Center 229-5549.

Hey Neighbor!

REGISTRATION FOR YOUTH MOUNTAIN BIKE RACE SERIES

April 11-12, 2015

Riders ages 3 – 18 are invited to participate in a youth mountain bike race series on trails designed especially for children at New Quarter Park, located at 1000 Lakeshead Dr., Williamsburg. Pre-ride the trails (highly recommended) for free and sign up on Saturday, April 11 at 10 am or Sunday, April 12 at 1 pm for the Wednesdays on Your Wheels series. Then, race on four Wednesdays, April 15, 22, 29, and May 6, at 5:30 pm (May 13 rain date). A finale and banquet will be held on May 17 at 1 pm. Parents must be present and helmets are required. A geared bike is necessary for middle, high school and advanced riders. Push bikes, balance bikes or strider bikes are suggested for younger participants. No training wheels are allowed due to the terrain. For more information and registration with York County Parks, Recreation, and Tourism, call (757) 890-3500. Registration fee is \$25; \$20 for each additional child in the same family. Participate in one or more individual race days, for \$10 per child per day. All participants receive a WOYW wristband and a bike number plate.

Hey Neighbor!

COUNTY-WIDE ANNUAL SPRING CLEANUP

April 11 and 18, 2015

James City County's Spring Cleanup is held annually simultaneously with the Keep America Beautiful Great American Cleanup Campaign, which occurs all over the country. The program's goal is to recruit hundreds of local volunteers to clean and improve local parks, waterways, recreational areas, and roadsides into cleaner, greener environments. Volunteers will accomplish this goal by picking up debris and yard waste or by

planting native plants! All those participating will receive cleanup materials and free access to dump the waste at a JCC convenience center. This is the 34th year the cleanup will be held in JCC. In 2014, we had over 350 volunteers representing 40 communities in the Hampton Roads Areas. A total of 1268 tires and 117 tons of litter were collected. Individuals or groups (businesses or community organizations) wishing to volunteer should contact Will Barnes, Clean County Commissioner, at 565-3664 or the County's Environmental Coordinator at 259-5375.

Hey Neighbor!

DOG WALK OF WILLIAMSBURG

April 12, 2015

Time 11 am – 5 pm. For information, visit www.dogwalkwilliamsburg.com. \$10 donation. Sponsored by Colonial Williamsburg in partnership with 2nd Sundays.

Hey Neighbor!

LEARN ABOUT WOMAN'S CLUB OF WILLIAMSBURG

April 15, 2015

Calling all Williamsburg-area women! The Woman's Club of Williamsburg – GFWC is holding an informal new-member information social at the Port Anne Club House, 211 William Way, Williamsburg, from 1:30-3:30 pm. All those interested in potentially becoming a member are welcome! If you are interested in community service, this is your opportunity to learn more! Come hear about the Club's many activities and the wonderful community causes that it supports, enjoy light refreshments and meet current members. Please contact Betty Nicholls by April 10 to reserve a seat, (757) 645-2193 or email@womansclubofwilliamsburg.org. More information about the Club is available online at <http://www.womansclubofwilliamsburg.org/>.

Hey Neighbor!

OPERA IN WILLIAMSBURG PRESENTS "COSI FAN TUTTE" BY WOLFGANG AMADEUS MOZART.

April 15 and April 17, 2015

At 8 pm. Tickets available at www.operainwilliamsburg.org or at the Kimball box office. General admission \$45, Military/Seniors/Teachers/Faculty/Staff \$40, Students \$15. New Town Art Gallery will host the cast of Opera in Williamsburg on April 7 from 5:30-7:30 pm. This gallery event is free and open to the public; refreshments will be served. For more information, see www.operainwilliamsburg.org

Hey Neighbor!

MIX-IT-UP WRITING CLASS

April 16, 23, 30, May 7, 2015

Presented by This Century Art Gallery (TCAG) as a part of the Williamsburg Book Festival Workshop. This class is for advanced writers (fiction, non-fiction, poetry) who have published or are close to publishing. Students will have an opportunity to have their writing critiqued by their peers and to expand their understanding of other genres. Register at the TCAG Art Education Center 229-5549.

Hey Neighbor!

INAUGURAL FUNDRAISING GOLF TOURNAMENT

April 17, 2015

From His Hands is having its inaugural fundraising golf tournament at Stonehouse Golf Club in Toano. From His Hands partners with 16 local churches and with the Salvation Army, Westgate Resorts, The Wade family and 3e Restoration. Its mission is to serve the hungry in our community, serving in Christ's name to glorify God. Since it began in 2005, From His Hands has served over 45,000 meals. Now there are over 10,000 meals served on a yearly basis. All the people involved in this ministry are volunteers with an executive committee that oversees its operations. From His Hands is solely funded by donations from churches, organizations, and individuals. Register for the golf tournament at www.uwgv.org/from-hishands. Local businesses interested in being a sponsor of the tournament can contact John Gregoire at 757-506-9192 or johngregoire185@hotmail.com.

Hey Neighbor!

"BREAST" BALL GOLF TOURNAMENT

April 17, 2015

Fords Colony Country Club, 240 Ford's Colony Drive, Williamsburg. Time 1 -9 pm. Gentlemen and ladies from all over the east coast come out to hit the links at Ford's Colony Country Club at the area's first and largest golf tournament of the year. Join us as we get into the swing of it, with a great day of golf in support of our mission. With over 300 players, our day kicks off with a 1 pm tee time and ends with an after-party celebration. This event offers the opportunity to win many great items in our raffle and auction, compete for awards, and enjoy dinner and fun long after the score cards have been tallied. For information, contact Vicki Vawter (757) 645-2649 or vicki@beyondboobs.org. Our website is <http://www.beyondboobs.org/events/bb-annual-events/breast-ball-golf-tournament/breast-ball-golf-tournament-registration/>

Hey Neighbor!

BLUEBIRDS IN OUR GARDENS

April 18, 2015

"Learn and Grow" Educational Series In Freedom Park Interpretive Center of Williamsburg Botanical Garden. All programs start at 10– 11:30 am, open to the public, a \$5 donation is appreciated. Join Nancy Barnhart and a team of Certified Master Naturalists to learn all about bluebirds and how to attract them to your garden. We will visit several nest boxes in the monitoring program (weather permitting). For more information contact Nancy Barnhart, 540 454-3014, or barnhartnt@gmail.com.

Hey Neighbor!

THIRD ANNUAL CLARA BYRD BAKER (CBB) RELAY FOR LIFE 5K RUN/WALK FOR A CURE

April 18, 2015

The race starts and finishes at Clara Byrd Baker Elementary 3131 Ironbound Road, Williamsburg. The 5K is an out and back course on the scenic Powhatan Creek Trail. The race registration begins at 8 am in the CBB cafeteria. The race begins at 9 am. T-shirts are guaranteed to all who register by April 4th. There will be refreshments and door prizes after the race. Online registration is available at Raceit.com. For more information contact Jim Goggin at james.goggin@wjccschools.org.

Hey Neighbor!

SISTER CITIES FRENCH MARKET

April 18, 2015

From 10 am – 3 pm at Riverwalk Landing, 313 Water Street, Yorktown. Join Sister Cities Yorktown for the 4th Annual Authentic French Market and experience all things French with all of your favorite French products. This annual event celebrates the spirit of the regular Saturday market in Port-Vendres France, Yorktown's sister city since 1990. Traditional market products such as fresh-baked bread, pastries, confitures, chocolates, soaps, lavender sachets, wine, along with fresh food items, will be available for purchase. The marché puce (flea market) and silent auction are back by popular demand. Browse for French linens, pottery, French art and books. Proceeds benefit Sister Cities programs, including student and citizen exchanges. More information at www.sistercitiesyorktown.org

Hey Neighbor!

RELAY FOR LIFE INFORMATIONAL MEETING

April 21, 2015

At 6 pm, JCC Rec Center at 5301 Longhill Road. Information, visit website www.relayforlife.org/williamsburgva

Hey Neighbor!

RIVERSIDE DOCTORS' HOSPI-

TAL WINE & CHEESE SILENT AUCTION

April 23, 2015

At Riverside Hospital in Williamsburg from 6-8 pm. For information, visit www.riversidesilentauktion.com

Hey Neighbor! CATCH THE VISION! TOUR AT WCA

April 23, 2015

Get an up-close view of Williamsburg Christian Academy when you visit the beautiful campus for this informative one-hour tour. Hear directly from administrators, teachers, and students to find out why this community Christian school is an inspiring place to be. WCA is dually accredited, interdenominational, and provides personalized, college-preparatory education from preschool – grade 12. Located at 101 Schoolhouse Lane, Williamsburg. For more information, visit williamsburgchristian.org or call (757) 220-1978, ext. 113.

Hey Neighbor! COMMUNITY OF STARS FUND-RAISING BANQUET

April 24, 2015

The Williamsburg-James City County Community Action Agency will hold its 12th Community of Stars fundraising at Colonial Heritage, Rte 60, Williamsburg. In celebrating its 47th year, the agency will honor several individuals, businesses and organizations that have strengthened and supported CAA by giving their time and resources. Proceeds from the banquet will go toward the agency's programs and services, to include Head Start pre-school and youth and family and emergency services. The event is open to the public. Tickets are \$55 per person, \$100 for two and \$500 for a table of ten. To purchase tickets contact Yvonne Joseph at 229-9332. The evening is semi-formal and includes a silent auction and cash bar. Silent auction items are welcomed.

Hey Neighbor! 3RD ANNUAL HIKE FOR HOSPICE

April 25, 2015

Join us for a leisurely 2 mile walk followed by a Celebration of Life Park East in Governor's Land. Walk to celebrate the memory of loved ones, in honor of someone, or just to support Hospice House. Registration is \$25/per person prior to April 1, \$35 per person after. The first paid 300 registrants will receive race swag the day of the event. Form a team! Walk as an individual or form a team - invite family, friends, co-workers and neighbors to join or sponsor you. Name and promote your team, spread the word through your personal net-

works, have t-shirts made, bring a sign or banner and get your team picture taken together. All team members must register as an individual hiker. Team awards include

Golden Shoe award for the team with the largest number of walkers; Best Dream Team award for the team with the most interesting theme/costumes; Top Fundraising Team award for the team that raises the most by April 22. For more information, visit williamsburghikeforhospice.kintera.org.

Hey Neighbor! ANNUAL "PLANTS HAZZAH!" SALE

April 25, 2015

The Virginia Cooperative Extension's James City County/Williamsburg Master Gardener's, John Clayton Native Plant Society and the Williamsburg Botanical Garden will be holding their annual plant sale from 9 am – 2 pm at Jamestown Beach Park. Vegetables, herbs, annuals, perennials, shrubs, trees, native plants of various types, hanging baskets and more will be available for purchase. Cash and checks only, rain or shine For questions or more information on the plant sale please contact Virginia Cooperative Extension: (757) 564-2170 or visit www.jccwmg.org

Hey Neighbor! SOROPTIMIST FASHION SHOW SUPPORTS SCHOLARSHIPS

April 25, 2015

The Soroptimist International of Williamsburg will host its annual fashion show and luncheon at the Colonial Heritage Club House, 6500 Arthur Hills Drive in Williamsburg (Lightfoot). Fashions presented by Talbots and Bodacious Lady Boutique. The event begins at 11 am with social time, shopping, and raffles. Lunch and fashion show begin at noon. Proceeds support local scholarships and awards. Soroptimist is an international volunteer service organization of business and professional women who work to improve the lives of women and girls, locally and internationally, through educational and economic empowerment. Tickets \$40, advance registration required, contact April Altman (757) 236-3676). www.soroptimistwilliamsburg.org.

Hey Neighbor! JAMES RIVERFEST 2015

April 25, 2015

From 10 am – 3 pm, the James River Association and Eco Discovery Park hold the fourth annual James RiverFest at Eco Discovery Park, 2054 Jamestown Rd, in Williamsburg.

This unique event includes on the water activities, fun and educational activities for children, food vendors, live music,

kayaking, and a wide variety of vendors and environmental booths. Admission is free. The event showcases the James River for the community, builds awareness and support for JRA and increases environmental stewardship in the Williamsburg community. Featured are arts and crafts vendors, local environmental groups, children's activities, food vendor, James City County Fire and Safety education, Coast Guard Auxiliary, and performing groups. A full day of activities - you won't want to miss it! For more information contact Christiana Tambone at ctambone@jrava.org.

Hey Neighbor! VIRGINIA GERMAN SHEPHERD RESCUE ADOPTION EVENT

April 25, 2015

From 11 am – 2 pm at PetCo, Settlers Market, 4600 Casey Blvd., Williamsburg. Come and meet some wonderful German shepherds awaiting adoption. Find out how you can become a proud owner or foster family for one of the most outstanding, intelligent and loyal breed of dogs. Volunteers are needed in many areas to help German shepherds find their forever homes. For further information contact Virginia German Shepherd Rescue (VGSR) www.shepherdrescue.org or call (703) 435-2840.

Hey Neighbor! 52ND ANNUAL ART ON THE SQUARE

April 26, 2015

A juried show presented by the Junior Woman's Club of Williamsburg, from 10 am - 5 pm, rain or shine, in Merchants Square. The event features more than 170 artists from across the country and is free and open to the public. Proceeds from artist booth fees are donated to visual and performing arts organizations throughout the greater Williamsburg area, including Williamsburg, James City and the Bruton District of York County.

Hey Neighbor! WOMAN'S CLUB OFFERS SCHOLARSHIPS TO HIGH SCHOOL SENIORS

April 27, 2015

The Woman's Club of Williamsburg-GFWC will offer a \$2000 scholarship to one high school senior at each local high school (Bruton, Jamestown, Lafayette, and Warhill High Schools) who is planning to attend an accredited four-year college or university. Information on the scholarship requirements is available in the guidance departments of each high school. Criteria for the award include academic standing, leadership ability and extracurricular activities. Applicants need two letters of recommendation from members of their high school staff

(counselor or teacher) and must compose a 200 to 300 word essay explaining "What This Scholarship Means to Me." The applicant also must provide a copy of an acceptance letter from an accredited university or college. Applications are due to high school guidance departments by April 27. Jean Migneault is the Scholarship Coordinator for the Woman's Club of Williamsburg-GFWC; contact her at (757) 220-0036 or via email at email@womansclubofwilliamsburg.org for additional information, or visit your high school guidance department.

Hey Neighbor! RELAY FOR LIFE EVENT

May 1, 2015

Join the American Cancer's Largest Fundraiser, Relay For Life Movement. All are welcome - individuals, teams, sponsors, volunteers. Location: Jamestown High School from 7 pm – 7 am. For more information, visit the website: www.relayforlife.org/williamsburgva. Like us on Facebook: Relay For Life of Williamsburg. Survivor & Caregiver Dinner 5-7 pm. Opening Ceremonies at 7 pm. Food Trucks, Live Bands, Bounce Houses, Face Painting, Balloon Artist, Luminaria Ceremony and more... Breakfast and Dove Release from 6-7 am to close out the event. Information: www.relayforlife.org/williamsburgva.

Hey Neighbor! CELEBRATE NEW QUARTER PARK'S 30TH ANNIVERSARY

May 2, 2015

York County Parks, Recreation, and Tourism invite Historic Triangle neighbors to celebrate the Upper York County Park's anniversary from 10 am - 2 pm with activities and exhibits for adults and children. Park partner organizations will lead a bird walk, trail hike, mountain bike ride, botany walk and more while others will exhibit their programs under a big tent over the basketball court. Help archaeologists wash and sort artifacts from New Quarter's recent dig. Listen to music by Joe's Day Off, and buy native plants from the Virginia Native Plant Society. Kids will enjoy the bounce house and craft activities. A ceremony to commemorate and thank partners for 30 years of fun in nature will be hosted by the York County Board of Supervisors at 11:30 am. New Quarter Park is located at 1000 Lakeshead Drive, near the Queen's Lake neighborhood.

Hey Neighbor! ANNUAL NAACP LIFE MEMBERSHIP 36TH AWARDS BANQUET

May 2, 2015

Williamsburg Lodge - Virginia Room, Keynote Speaker: Dr. John W. Kinney, Dean of Samuel DeWitt Proctor School

of Theology, Virginia Union University. Presiding: Dr. Robert Trent Vinson, Assoc. Professor of History and Africana Studies, College of W&M. Silent Auction/Reception – 5:00 pm. Dinner/Program – 6:30 pm. Proceeds support the Branch civil rights programs and advocacy work, scholarships for graduating seniors, and community outreach efforts. For tickets call NAACP Branch Office at 229-3113.

Hey Neighbor!

THE WILLIAMSBURG CHORAL GUILD – “THE WHOLE WORLD SINGS”

May 2-3, 2015

Come with us on a thrilling musical visit to all seven continents (yes, including Antarctica!) through the voices of people expressed in song. Guild members will be joined by outstanding soloists, the Williamsburg Youth Chorale (Ann Porter, director) and pianist Jane Alcorn, conducted by Artistic Director Jay BeVillie at 7:30 pm on Saturday at 4 pm on Sunday. At Williamsburg Presbyterian Church, 215 Richmond Road, Williamsburg. Tickets: \$20 in advance (\$25 and \$10 for students with ID, at the door). For more information call (757) 220-1808 or visit www.williamsburgchoralguild.org.

Hey Neighbor!

COLONIAL WILLIAMSBURG EMPLOYEES ARTS AND CRAFTS SHOW

May 2 - 3, 2015

Colonial Williamsburg Foundation employees, volunteers and retirees will once again combine their time and talents for their annual Spring Arts and Crafts Show from 10 am -5 pm. This year the show and sale will be held at the Historic Triangle Community Services Building, 312 Waller Mill Road. Admission and parking are free and open to the public. Each crafter uses his/her spare time and talents to create unique handmade gifts. Several media are represented during the show and sale, from jewelry and textiles to woodcrafts and photography. Luxuriant jams and handmade paintings are only a portion of the treasures available for personal enjoyment or as a special gift for that certain someone. Since 1983, the Colonial Williamsburg Employee Arts and Crafts Show has been held as a widely regarded as one of the best local craft shows. Employees, volunteers and retirees come from all divisions of the Colonial Williamsburg Foundation to share their voluminous talents and passions outside of their jobs with the public in this very special show and sale.

Hey Neighbor!

WORLD RENOWNED NEURO-

SURGEON TO SPEAK

May 4, 2015

Ali Rezai, MD, world-renowned neurosurgeon will speak in Williamsburg on May 4 at 6:30 pm at the Two Rivers Country Club at Governor's Land. The fee is \$36.00, which includes dinner. Reservations may be made by calling 757-258-4610. Dr. Rezai is the director of the Wexner Medical Center's Neurological Institute at Ohio State University and he was the President of the Congress of Neurological Surgeons. His clinical areas of expertise are the neurosurgical management of patients with severe movement disorder such as Parkinson's disease, dystonia, tremor, psychiatric conditions such as depression and obsessive compulsive disorder, traumatic brain injury and chronic pain.

Hey Neighbor!

WILLIAMSBURG SYMPHONIA MASTERWORKS CONCERT #5

May 4 - 5, 2015

The Williamsburg Symphonia presents “The Exquisite Artistry of Zuill Bailey,” world-renowned cellist, who will perform Schumann's Cello Concerto in A minor. Also on the program are works by Stravinsky and Mozart. The Symphonia is conducted by Music Director Janna Hymes, completing her 11th season. At the Kimball Theatre in Merchants Square, Williamsburg; parking nearby. Performances begin at 8 pm. Single tickets are \$48 and \$58. Information: (757) 229-9857 or visit www.williamsburgsymphonia.org.

Hey Neighbor!

BENEFIT GOLF TOURNAMENT FOR OLDE TOWNE MEDICAL AND DENTAL CENTER

May 7, 2015

The Ford's Colony Men's Golf Association (MGA) will host the 20th annual golf tournament to benefit the Olde Towne Medical and Dental Center (OTMDC). The first year of the tournament, the first check to OTMDC was \$2,500. Last year, the tournament, coupled with strong support from Ford's Colony resident contributions, business sponsorships and donations, gave OTMDC a check for \$69,000. The total contribution to OTMDC over the past 20 years has been \$680,000! Because the golf tournament is self-supporting through entry fees, contributions go directly to OTMDC. Since 1993, the Olde Towne Medical and Dental Center has provided quality medical, dental, prenatal, mental health and health education care to citizens of Williamsburg and the surrounding areas who are too young for Medicare, do not meet the requirements for Medicaid, have lost insurance or otherwise do not have low cost insurance coverage through their

employers. There are hardworking people who may be seasonal workers, landscapers, waiters, dishwashers, maids, et al, whose employer does not offer insurance. OTMDC is located at 5249 Olde Towne Rd, Williamsburg. Individuals can contribute to this worthy cause with a check made out to “OTMDC” which can be mailed to MGA OTMDC Benefit, PO Box 6713, Williamsburg, VA 23188. Area businesses can also contribute by sending a donation, or by giving gift certificates to be raffled. For more information about the benefit golf tournament, making donations, or sponsor opportunities, contact the committee chairman, Walter Culhane, at (757) 645-4350.

Hey Neighbor!

CHILDREN BOTANICAL SKETCHING PROGRAM

May 9, 2015

Instructor: Linda Miller, Ages 8-16. Time: 10 – 11:30 am. Limited to 15 participants.

Learn how to observe and draw stems, leaves, and flowers from the garden! All materials donated by the artist. A \$5 Donation to WBG is appreciated. Registration is required at sherryapat2@yahoo.com by May 7. If you need any additional information, please send me a note or give me a call at (757) 259-7332.

Hey Neighbor!

PROJECT LIFESAVER CAR SHOW

May 9, 2015

The James City County Police Department along with the Classic Cruisers Car Club will hold their 6th Annual Project Lifesaver Car Show at Warhill High School, 4615 Opportunity Way. The show is open to all vehicles (cars, trucks and motorcycles) antique to brand new. \$10 plus a canned food item to register a vehicle. The car show is held to raise funds and awareness for the department's Project Lifesaver program. This program uses a radio transmitter to locate subjects who are high risk to wander such as Alzheimer's, Dementia and Autism. For more information or questions, contact Officer Todd Dill (757) 603-6025.

Hey Neighbor!

OPEN HOUSE AT HOSPICE HOUSE

May 12, 2015

From 4 – 6 pm, all are welcome to join us for a community open house at Hospice House, 4445 Powhatan Parkway, Williamsburg. Take a tour, see our beautiful facility, and have any questions about our services for the community answered. For information, call (757)

253-1200.

Hey Neighbor!

50TH ANNIVERSARY CONCERT

May 15, 2015

At Walnut Hills Baptist Church, 1014 Jamestown Road, Williamsburg, starting at 7:30 pm. The Williamsburg Women's Chorus celebrates its 50 years of choral music with a spring concert featuring two commissioned pieces for this event. Works by Phyllis Varner, a former director of the Chorus, will be performed and there will also be a piano and flute duet with Christine Niehaus and Deby Kidney. For ticket information, contact Dianne, (757) 903-4602, Mdianne510@yahoo.com, or www.williamsburgwomenschorus.org.

Hey Neighbor!

WATER WISE GARDENING

May 16, 2015

Freedom Park Interpretive Center, 10 am, open to the public, a \$5 donation is appreciated. Learn tips for creating a pleasing multi-season garden by selecting and designing with beautiful plants that are adapted to our local environment, require lower maintenance and need minimal additional watering. Speakers Iris Grant and Stacy DeMeo are both Master Gardeners who co-chair the Water Wise Low Maintenance Demonstration Garden located at the Human Services building in Williamsburg. For more information, contact Iris at 258-3688 or rgrant4916@aol.com.

Hey Neighbor!

DREAM CATCHERS' 8TH ANNUAL BRIDLES & BOW TIES FUNDRAISING EVENT

May 16, 2015

Riverside Health System is the title/vidéo sponsor of this event held at Dream Catchers facility, 10120 Fire Tower Road, Toano. The event includes tours of the facilities, student demonstrations, cocktails, oysters and champagne, an elegant dinner and a live auction sponsored by Monarch Bank. The purpose is to share Dream Catchers' mission and to celebrate the successes of their program participants. For the past several years, it has been a sold out event, so purchase your tickets early by calling the Center at (757) 566-1775 or online at www.dreamcatchers.org/

Hey Neighbor! is a free service for non-profit organizations, civic groups and churches. To attain the deadline for submission for each issue go to: www.williamsburgneighbors.com and download the Media Kit. Use the advertising deadlines on page 2 where it lists publication dates for your deadline to submit your listings to Hey Neighbor!

Williamsburg's
IN THE
NEIGHBORHOOD
photo challenge

JCC FIRE
STATION 5

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

Enjoy!



INTERMEDIATE LEVEL

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

MARCH 2015
In the Neighborhood
Photo Challenge





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