

August 2015

WILLIAMSBURG'S

Next Door Neighbors

VOL. 9, ISSUE 8

PRICELESS

Discovering the people who call Williamsburg home

About Our Pets

**Jonathan
and
Jules
Highfield**



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I've had pets throughout my life. My first dog was a Collie named Blaze. I remember I was 6 years old when it ran out into the street and was killed by a car. I was devastated. It took me several more years to convince my parents to get another dog.

One day our family went for a leisurely ride and I was bored to tears, as usual. But this day, to my surprise, we stopped at the Humane Society and came home with a mixed breed dog that we named Herbie. From that day forward, Herbie was my dog and followed me wherever I went in the neighborhood.

I don't remember if there were leash laws then, but if there were, I ignored them. Herbie was well behaved and very loyal to me. Anywhere I went, she went. One Saturday, I went up to the school to run full court basketball with the guys. I played all day long. Herbie went with me, but when I left she was nowhere around. I had headed home with a group of friends and we went out of a door to the gym that was opposite to the one I went in. When I got home, no one had seen Herbie for hours and as it got dark I became worried. It was about 10 o'clock at night when we thought to retrace my steps that day. My parents drove me to the gym, and there was Herbie still sitting by the door waiting for me to come back out. I will never forget that.

She was my best friend growing up and by the time I went to college she was showing her age and couldn't go many places with me. Herbie lived to be seventeen. Of all of the dogs I have had since then, which are too numerous to mention, none of them meant as much to me as Herbie dog.

As you read this issue, I hope it brings back pleasant memories of a special pet companion for you too. **NDN**



Meredith Collins, Publisher

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Cover Photo by Lisa Cumming



It's Their Imperfections That Make Them Just Perfect

By Elinor Warren

"This dog must have run into me six times while walking this morning," says Jonathan Highfield, owner of Bandit, their brindle and white greyhound. "He doesn't know he has only one eye."

Each of Jonathan and Jules Highfield's four pets has some kind of disability. Two of their cats are blind from birth. They have a three-legged cat, as well as their one-eyed dog.

"I've been interested in animals as long as I can remember," Jonathan says. "I grew up in

farm-like country in rural Pennsylvania. We always had outside cats, which kept down the vermin in the barn. The dog was just for us; we always had a dog in the house."

Jonathan and his wife, Jules, live in rolling countryside at one end of Rt. 199. A former resident of Norfolk, Jonathan works as a head baker in a Southside restaurant. Jules, originally from Richmond, is a nurse at Virginia Commonwealth University (VCU). When they were travelling in opposite directions to

their jobs, they had to be sure their animals' needs fit their schedules.

"I became interested in adopting disabled animals purely by chance," Jonathan says. "Years ago, when I lived in the British Virgin Islands, the Humane Society called and said, 'We have a three-legged cat.' They were afraid he wasn't going to find a home. I took him in and fell in love with him."

When Jonathan moved to Williamsburg, he became interested in getting another cat. He

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asked the Heritage Humane Society if they had any special needs animals.

"I know that special needs animals are rarely adopted," he says. "People want cute little kittens. But I didn't want that. I wanted an older animal, and if it had a disability, that was okay. The Humane Society said, 'We have an older cat, and she has three legs. Nobody wants her.'"

The cat the Highfields adopted is a tortoise (black and brown and copper in color). Her name is Lulu. No one knows how she lost her leg, but it seems to have been surgically removed. Jonathan says she gets around very well in spite of her limitations.

"She hops around like a rabbit. She only weighs seven pounds. She only has three legs, but she has two eyes, more than any of our other animals."

Lulu is 13 years old. "I have heard from vets that when a cat loses a limb it decreases their age," Jonathan says. "Their joints break down from putting all their weight on three legs instead of four. Lulu is playful and wants to be petted. She's especially appreciative, because she was truly rescued. While she was in the shelter she was overlooked for a long time."

Soon after the Highfields moved to Williamsburg, the Richmond Animal League called to say two blind kittens were available for adopting. Although Jonathan claims he "is not a kitten person," he was interested in the two disabled cats.

"They were totally blind from birth. I knew nobody was going to want them. They were in a foster home, where the foster lady must have had 15 cats," he says. "We had to go through a lot to get them because they were special. First of all, the woman didn't want to let them go, and the Richmond Animal League had strict regulations about who could adopt them. They had to be together. They couldn't be with children. They couldn't be in a setting where things would be moved around from place to place."

The kittens were born with a respiratory infection and their eyes never developed. Jonathan and Jules talked to an organization called the Blind Cat Rescue in North Carolina, which recommended that they have the kittens' eyes sewn shut. A doctor at Jolly Pond Veterinary Hospital offered to do the eye closures "two for the price of one."

The twins are three. Now fully grown, they are beautiful and quite big. Stevie, a girl, is a calico. Ray is black.

"You can't pick them up a lot because they get disoriented," Jonathan says. "They're pretty hypersensitive, with a well developed sense of smell. If they don't know where they are, they'll put their paw out and explore. They find their toys that way. You really have to watch where you're going because they can't see you coming. A quiet environment is best, so a home with no children was recommended."

Bandit, the greyhound, arrived in the Highfield's home by way of the James River Greyhound agency in Richmond. Because the organization is very particular about who they allow to adopt their dogs, they first did a home visit.



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“It went well, and soon they called to say, ‘We have a one-eyed greyhound. Would you folks be okay with that?’ We said yes, and it’s funny because he fit right into our family. He’s good with the cats. All greyhounds are cat-tolerant, because as race dogs they’re used to chasing rabbits. Basically Bandit and the cats just ignore one another.”

Racing greyhounds need to be adopted when they get older because their entire life has been spent as race dogs.

“They grow up in crates, on dirt floors, with a small patch of grass outside. They don’t know steps and floors. And basically their life is racing. They’re picked on the basis of the competition. We can trace Bandit’s history for eight generations, his race record, who sired him, it’s all very specific. The only thing the agency didn’t tell us was why he was retired, and why he doesn’t have the eye. We’re pretty sure he had a bad eye at birth and they removed it. But he had such good lineage, they let him race anyway.”

Greyhounds can run 45 miles an hour. “When they run, they’re so beautiful, so graceful,” Jonathan says. “At the dog park everyone just stops and watches Bandit.”

He is just like the blind cats, in that he doesn’t know the difference of having only having one eye. “He can run into you and runs into a wall sometimes. He doesn’t realize how far down the floor is. But he fit right into this menagerie of unwanted toys. He wants to sleep 95 percent of the time. He’s a handsome dog, a good dog. He thinks he’s a lapdog, at 75 pounds.”

Jules and Jonathan talked about the need for greyhounds to be adopted. “There should be more press about them because I think they’re kind of a forgotten dog,” Jonathan adds. “There are a lot of them in Williamsburg. I’ve seen a couple of them walking on Duke of Gloucester Street. Greyhounds are wonderful. They come almost pre-trained, but they need housebreaking because they’ve never been in a house. It took us about three weeks to train Bandit. They’re very smart. They’re very lovable. They’re extremely lazy. People think, ‘Omigosh, they must require so much exercise.’ But they don’t. They’re retired. They’ve been through a rough life.”

James River Greyhound has a number of requirements for adoption. Applicants need to read a book which supplies necessary knowledge about the dogs.

“Greyhounds get cold very easily. Bandit has a sweater. But unlike most large dogs, they don’t have a lot of health issues. They can live 14 or 15 years.”

Jules and Jonathan Highfield have a few recommendations for people who would like to adopt disabled pets. First of all, have lots of patience. Don’t move things in your house around too much. If you’re adopting a blind animal, try to make sure they know where things are. They need a calm environment. In some cases they need special care and there’s cost.”

Jules says, “There’s a real need for people to adopt disabled pets. I don’t think most people realize how much they would like an animal with disabilities. They need homes too and they need love.” NDN

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Pets On Paper

By Wynne Bowman



Lisa W. Cumming Photography

Surrounded by windows, books and award-winning drawings in an upstairs studio, professional artist Elaine (Lainer) Urbik creates unique custom-made portraits for local clients. “I cannot remember a time when I did not love to draw,” she says.

Williamsburg’s own local artist and beloved grandmother of two explains why she took the path she did.

“It started when I was just two years old. My father would bring out blank pieces of white paper with crayons, markers and colored pencils. There were no lines or pictures to follow. We would just lie on the floor and create.”

This passion for art, instilled in her by her father, followed Lainer through her years in college. “My father was my motivator,” she says, and his influence lent her the drive to

earn a Bachelor of Fine Arts from Drake University in Des Moines, Iowa. With a Degree in Commercial Art and Graphic Design, she established and directed a graphic design business for fifteen years.

After retiring from the business of graphic design, she went back to her roots of hands-on creation. “I spent my whole career in advertising. When I retired, I realized that I had not

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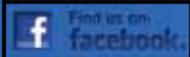
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been able to draw during those years. I had employees to do that for me. After retirement, I went from controlling the business of art to truly being an artist.”

It was just thirteen years ago that Lainer began making marks for the industry in which she now works – pet portraiture. Her first pet portrait, a drawing of a dear friend’s Chihuahua named Missy, helped Lainer in her newfound business. She used the portrait in her advertising.

Using colored pencils from Prismacolor® to capture the detail of an animal’s eyes, expression, patterns of fur, etcetera, Lainer works on up to ten portraits at a time. Though her business started slowly, it has become so successful that most of her clients now learn of her work through word of mouth. The inspiration behind a life dedicated to art began with her father, but the motivation to keep her going is the fun challenge of creating commission-based artwork. “I like to be as free-spirited as I can with the drawings, but having to meet a deadline gives me something different to focus on.”

Time constraints, especially around the holidays, bring difficulty to the business of pet-portraiture, but the reward of delivery makes the effort more than worth it. “I like the challenge, and giving people a lasting memory. There is a warm feeling in delivering the work. People love their pets as their children, and it is so nice to be a part of that.”

The most interesting part of the job is interacting with the clients. Each client approaches the completed portrait of their pet in a different way. Some smile with the excitement of seeing their loved one while others have cried with the memory of a lost family member and an appreciation of the artwork.

Lainer spends from eight to twelve hours on each portrait, drawing for two to three hours at a time. Under a light that also serves as a microscope, a still photograph of each animal allows Lainer to replicate unique qualities with pinpoint accuracy. “I am acutely aware of the details in the eyes of the pet, so that is where I begin. I love what I do. I have found that once I start drawing an animal’s eyes, I can’t stop working.”

Using a photograph as a point of reference helps her to reach goals of representation and deadline, but it is with the background of each drawing that she takes artistic liberty and the chance to be free-spirited. “I present the pet as truly as I can, but that background is where I can make things different. For example, I have begun to hide the name of each animal in the background of their portrait,” she says, looking forward to a new step in the process. “It gives me something personal to add to the work while meeting me with another small challenge in creating each piece.”

Though she is dedicated to using Prismacolor® colored pencils, she can successfully work with acrylic paint if a client requests a painting. Her traditional colored pencil drawings, which are typically eight by ten inches, run a few inches smaller than a requested painting. With wax-based colored pencils, Lainer can capture deep colors and bring life to any image by a process of layering. By layering the colors from light to dark, she creates realistic contrast and believable dimension.

When Lainer isn’t in her Williamsburg studio working on pet portraits or miscellaneous drawings, friends can find her spending time on the golf course. “Much like my father was my mentor in art, he was my mentor in golf,” she explains; “Golf, art and more golf is what I like

to do.”

Lainer found herself in Williamsburg by way of her family. After traveling as a Navy wife for thirty-five years, she landed in Northern Virginia. Her two children, son David and daughter Kerry, were living in Virginia Beach. Wanting to be closer to her children and two granddaughters, Lanier moved to Williamsburg just over a decade ago. She has loved it ever since. After being born and raised in Iowa, spending a year in Minneapolis, and travelling the world for three and a half decades, she seems to have found a place of passion in Williamsburg.

“I love Williamsburg, I love golf and I love art. It’s all such fun,” she exclaims.

Her inspiration and happiness are carried all the way from her artistic motivation, the time she spends golfing and the pride she feels for her family. Lainer speaks of her granddaughters as her “pride and joy,” and one can find family photographs placed around her studio. A picture frame that surrounds the image of Lainer with her granddaughters lets guests know ‘What happens at grandma’s, stays at grandma’s.’

With a love for family and animals that fuels her artwork, it is no surprise that this local artist has a couple of pets of her own. Her calico cats, sisters by blood, are five years old and go by the names Molly and Winnie the Purr.

One can find Lainer Urbik’s artwork around the Historic Triangle, in local gallery showings and in stores, where she sells her individually crafted stationery.

“I am a big supporter of local art,” she explains. “Meeting new people and staying social is another part of my motivation. I hope I stay busy with this my whole life. It’s so much fun and I really love it.” **NDN**

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~ Welcoming Beecher E. Kirkley ~



Beecher Kirkley with Dr. Gregory Schultz

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Beecher attended Durham Community College in Durham, NC graduating in 1975 with an Associate Degree in Opticianry. He then attended Pitt Community College in Greenville, NC graduating in 1982 with an Associate Degree in Business Administration. Years of experience in fitting and dispensing prescription eyeglasses has made Beecher an expert in solving optical problems such as eye discomfort, double vision, eye strain, and distortion or “swim” effect.

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Beecher also has taken on a leadership role in the optical department training and teaching two highly qualified optical technicians, both of whom are working towards becoming licensed opticians. He actively participates in continuing education in the development of lens manufacture and design.

“I have trained apprentice opticians under the J. Sargeant Reynolds Community College for state licensing of Virginia’s Opticians,” Beecher says.

“I’ve been a teacher of doctors for 20 years and active in continuing

education,” Dr. Schultz explains. “Beecher has been a teacher of opticians. We both love what we do. We make a great team. Beecher’s career exemplifies his commitment to lifelong education and training. He stays on the cutting edge of current technologies and new developments in the industry. He has expertise in the latest lens designs using enhanced digital lens processing particularly products from Essilor and Crizal. As a practice, we are committed to providing our patients with the highest technologies these companies have to offer. Essilor manufactures the world’s highest selling and innovative no-line progressive lens technology, called the Varilux Series.”

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“Nichole and Sheryl have worked diligently upgrading our optical inventory, making it second to none in Williamsburg. The combination of this optical staff has made me quite proud. I look forward to our future serving the Williamsburg community,” Dr. Schultz says.

Beecher resides in Gloucester with his wife, Lee Ann D. Kirkley. They have three sons, all living in the state of Virginia. Beecher enjoys boating, fishing and motorcycling.

Please help us welcome Mr. Beecher Kirkley to the Williamsburg community!



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Siamese Cat Rescue

By Alison Johnson

Basements can be fun game rooms, cool “man caves” or useful storage spaces. Or they can be places to save lives.

Debi Austin’s finished three-room basement is the latter: a safe haven for homeless Siamese cats and kittens found in shelters or in the wild. Debi keeps as many as six animals there, dedicating much of her free time to helping them get healthy, socialized and matched with forever families. Since 2008, she has fostered more than 170 animals as a volunteer with the Siamese Cat Rescue Center, a coalition of shelters that places animals throughout the country.

Debi is sad that she can’t save every cat that needs her, whether because shelters are too full or the cats are too sick to survive. For the life-long cat lover, the joy of seeing an animal land with the right owner outweighs everything, from twice-daily litter box scoops and a few scratch scars to stressful trips to the emergency vet and money spent on food and supplies.

“They all deserve to be happy,” she says. “I feel like this is my way to pay forward. It’s so rewarding.”

Siamese are short hair domestic cats native to Thailand, once known as Siam. They come with various color patterns and head shapes



Lisa W. Cumming Photography

but are generally recognized for their blue eyes and solid body colors with different-colored points on their ears, face, paws or tail.

The breed’s intelligence and fierce loyalty is the draw for Debi. “They’ll follow you around and ‘talk’ to you,” she says. “If their owners die, they can really get depressed because they care so much.”

Besides her temporary fosters, Debi keeps

five of her own cats upstairs at her James City County home: Siamese females Roxy and Ally, Siamese male Quincey, and tabby cats Gracie, discovered as a roadside stray, and Zoey (rescued from a local shelter).

Roxy and Ally are her “divas”. Ally is known for prancing on tiptoe like a princess. Quincey is very vocal. Gracie likes to sit with Debi on her favorite chair and Zoey sleeps with her at

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night.

“They all have their own little personalities,” she says. “They’re just always great company.”

Debi began volunteering for Siamese Rescue, which has a shelter in Locust Dale, Va., after befriending another foster mom who thought she would enjoy the work. With required training and home inspections, she operates one of about 72 foster homes on the East Coast. Other Siamese Rescue volunteers evaluate shelter cats, interview would-be adopters, drive cats to their new homes and make beds and toys. “It’s a wonderful organization, and it requires a real team effort,” she notes. “I’m honored to be a part of it.”

Kitten season, which can run from late spring to early fall, tends to be the busiest time. Debi accepts up to six animals then; if she has adult-only fosters, she limits herself to two. She pays for food and litter, while Siamese Rescue covers medical expenses.

When new fosters arrive, Debi keeps them in isolation for 10 days to monitor their eating and litter box habits, make sure they’re up

to date on vaccinations and administer needed oral or intravenous treatments. She also takes a hair sample to test for ringworm, a highly contagious fungal infection that requires a prescription shampoo, ointment or pill.

After she has that sample, it’s bath time. Some cats are cooperative and seem to enjoy getting clean. Others are so resistant that Debi has to call on friends to help control them. “I can often judge how well a cat might do with young kids by how it does in a bath,” she notes. “If they are clawing, biting and squealing like crazy, they may not be good candidates.”

Debi shoots videos and pictures of each cat and writes descriptive blurbs for the rescue’s Website, siameserescue.org, pointing out limitations such as a dislike for dogs or other cats. She also maintains a daily journal to update posts with any changes in a cat’s personality or medical history.

As prospective adopters express interest in a cat, Debi and an interviewer consider multiple factors to find the best pairing. Kittens younger than 6 months old, for example, gen-

erally don’t go to families with very young and potentially rough children, while homes that already have a cat might do better with a new pet of the opposite sex.

“If it’s not the right fit, I write an email to explain why and do my best not to hurt anyone’s feelings,” Debi says. “Usually, we still want that family to adopt one of our cats, just not that cat. My goal is to make the humans happy as well as the cat happy.” Adopters can return a cat at any time, she adds.

Different types of Siamese also have personality tendencies that can go into matching them. “Some are more likely to be dominant, others more laid back,” she explains. “Some tend to be better lap cats.” Yet kittens, while in demand, are always more unpredictable.

“I tell people, ‘Kittens are like a box of chocolates. You can never be sure what you’re going to get as they grow.’”

Kittens also require more attention as fosters. If they’ve only lived in the wild, Debi has to slowly gain their trust by reaching into their playpens without necessarily touching them,



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using wand toys, feeding them and blinking as she looks into their eyes, a signal that she's not a threat.

"It can take a couple of weeks for them to come around," she says. "It's like new kindergartners. These kittens may not even know what toys are."

To cut down on odors and for hygiene purposes, Debi has a litter box for each cat, plus one extra, and scoops them twice daily. Every two weeks, she replaces all the litter during more thorough cleanings. She also wears separate clothes when caring for fosters and her own cats to help safeguard their health.

Once a kitten or cat is ready to leave, Debi helps arrange pickup or transportation to adoptive homes. Volunteer drivers operate what's known as the Meezer Express, which has taken Debi's fosters as far north as Massachusetts and as far south as Georgia.

According to Siamese Rescue, most foster cats go to a permanent home after 35 days. Debi can't help but get attached to them, but she's also happy to send them off. She did

adopt one of her fosters this past January, a kitten named Grayson who had an incurable virus and died a short time later. "He felt loved and knew he was home," she says.

While Debi has a few "war wounds" on her hands, her most serious problem came when she was bitten by a stray cat outside her house. She had to go through rabies treatment with multiple vaccinations. "My fault," she says. "It's not smart to approach and pet a stray like that."

Debi, a Norfolk native, has been drawn to animals since childhood, when her parents had both dogs, dachshunds and Yorkshire Terriers, and cats. She was about 8 years old when she got her first cat, a Persian named Stormy. She thought the animal was "storming" when it purred. She went on to have a Stormy II and Stormy III, also.

As a single, working adult, Debi gravitated toward cats because she didn't have to be home at specific times to let them outside. She moved to Williamsburg in 1991 with her then-husband; she is now divorced and works full-time

as a Court Administrator for Williamsburg-James City County Circuit Court. As a hobby, she hunts for collectibles at thrift stores and flea markets, especially cat equipment for her home and handmade glassware to sell online.

Debi's best 'paychecks,' though, are email and photo updates from adoptive families. One of her favorite cases involved four white-pawed kittens, known as snowshoes, that she cared for in late 2012. Named for characters in The Hunger Games, Katniss, Peeta, Gale and Prim all had ringworm and had to stay with her for two months. Once healthy, they went in pairs to two families in Northern Virginia.

Since then, those families have become friends and visit each other with their happy cats in tow.

"I love getting their pictures," Debi Austin says. "Knowing I was part of making that happen is an amazing feeling." 

To learn more about volunteering for Siamese Rescue, go to <http://va.siameserescue.org/VAVolunteer.php>.

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Following Her Dreams

By Lillian Stevens



Lisa W. Cumming Photography

Animal daycare centers certainly aren't new. They have been around for decades. According to Karen Joyner, owner of Paws Pet Resort, business is booming not just locally but all over the country.

"People consider their pets as a part of the family, their babies," Karen says. "So my main mission here is to take care of the babies. It's my passion and I love doing it!"

When clients and visitors arrive at Paws Pet Resort, they follow the colorful signage and festive flags to the entrance of the building. Cheerful staff members greet new arrivals and there's a hum of happy chaos as pets are either headed out to play or returning to the air conditioned comfort of indoors. There are lots of overstuffed sofas, chairs and, of course, toys at the ready for the clientele they call their

"campers."

When the business launched in March, there was a ribbon cutting and a soft opening. Karen says that she looks forward to hosting a grand opening sometime in the near future. With 4,000 square feet, the pet resort has ample space for pet boarding and inside play care space for the campers. There is also an outdoor area with an additional 3,800 square foot play-

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ground.

Currently, there are only dogs at Paws Pet Resort. Karen attended two symposiums for boarding, one in North Carolina and one in Pennsylvania. The training also included cats. She took the classes and received her certification, but cats bring challenges of their own.

"I love cats," she says. "But I can't afford the ventilation system necessary to board them just yet. And I have to know what my limitations are."

Karen tries to give herself Sundays off but the facility is open seven days a week. With the exception of a full-time receptionist, the staff members work part-time. "I employ good hearted people who love animals. I can teach them what they need to know about the care of our campers."

Play care is included in the daily rate – it doesn't cost extra. "We don't nickel and dime people here and we never will."

While many newer clients have come her way thanks to social media, Facebook in particular, Karen is well-known in veterinary and rescue circles locally. Those connections have

helped her form a solid customer base. She worked for Dr. Averitt at Toano Animal Clinic until fairly recently, and she has run a "pet taxi" business too.

"I was at Dr. Averitt's for about eight years," Karen says. "I started as a vet assistant, then office manager, but grew so much there and wore a variety of hats. Eventually, I started a transportation business called Paws Pet Express because we had a lot of people who couldn't get their pets to the vet on time. That grew to where I went out on my own, first with my pet taxi and now this."

Born in Smithfield and raised on a farm there, Karen's first memory of an animal is sitting on a horse. She doesn't remember how old she was, but she remembers she was young enough to be in diapers. She had all types of dogs growing up and comes from a family of animal lovers and hard workers.

"Each of us had responsibilities on the farm," she says. "Every day, we took care of the animals, feeding and caring for them and cleaning up after them. On our farm, there were pets but there were cows, horses and

chickens too. Then, once the animal chores were done, there was house work and tending the garden."

After graduating from high school, Karen attended college in Greensboro, North Carolina but didn't feel that the classroom was for her. She left school for a career in the restaurant business back home. In addition to her restaurant job, she also became involved with training and showing horses. Before long, she was offered an opportunity to go to work at a private thoroughbred horse farm in New York.

"So, I was off to this huge farm on Long Island. I started off as a groomer and within a year I was promoted to farm manager. I loved it but it was a 24/7 job."

It also took a physical toll.

"One day, a yearling ran over me, busted my jaw and broke my arm. So I decided to return to the restaurant field."

By then, Karen was in her late 20s. She landed a job as a line cook at Ruby Tuesday, a well-known restaurant chain, and quickly moved up to 4-star shift leader before being named a general manager. Because of her po-

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sition in the corporate structure, she moved several more times and was traveling a lot. The problem, though, was that she didn't enjoy the travel and she wasn't particularly passionate about her work.

"And I missed home," she says. "So I transferred to a Ruby Tuesday back here."

When a position opened at Toano Animal Clinic, that set the stage for the lifelong animal lover to embark on a career following her passion. Of course, it's a labor of love and not without challenges. For instance, there are the regular building repairs and maintenance. There are also "buyer beware" types of transactions.

"The worst one yet was when I purchased the tempered glass kennels from a distributor in Ohio and they arrived damaged and the wrong size. The company refused to make the purchase right so I ended up spending additional money I did not have for a local company to help correct to the right size. It was one of the worst experiences I have ever had in opening up my business."

On a happier note, Karen also has a story or

two to tell about dramatic pet rescues including one river rescue last summer.

"I live at Chickahominy Haven," she explains. "And my mom and dad came to visit and brought their boat up from Smithfield. So I was out on the Chickahominy River with my family just cruising along. All of a sudden my dad slowed the boat and asked 'what is going on? What is that?'"

At first, Karen and her family thought it was a buoy. But it was no buoy. There was a dog out in the middle of the river. Instinct took over as Karen asked her father to cut the engine and instructed her mother to get the life jackets.

"My mom threw me a life jacket and my dad cut the engine about 100 yards from the dog, a medium size dog, swimming in circles and in a panic."

Despite her mother's admonition not to jump overboard, Karen donned her life vest and went off the stern while her brother entered the river off the bow. As she crawled closer to the dog, she noticed the pup trying to swim away.

"I realized I was scaring her. So I switched to a breast stroke and kept talking to her, reassuring her 'you're fine; you're fine.'"

It was clear from the way the poor dog was bobbing up and down that she had been stranded there a long, long time.

"She was just exhausted, dead weight," says Karen with a catch in her voice. "When I finally reached her, she was going under and I knew she was just about done."

It took about 20 minutes for Karen to swim back to the boat with the dog. "Luckily, we had a ski platform on the boat. So my brother helped me get her up on the boat."

All of a sudden, a guy on a jet ski motored over to the boat. Turns out he was the dog's owner. Karen had saved his dog's life.

Luckily, the days at Paws Pet Resort are drama free and Karen feels that she has found her calling. If things go according to plan, there will someday be a Paws expansion farther west in James City County.

"I'd love to open up a place like this in Toano," Karen Joyner says. "That's another one of my dreams." NDN



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A Dream Come True

By Rachel Sapin

Dr. Terry DeWitt of Williamsburg Veterinary Clinic knew exactly what she wanted to do before she even started middle school.

“When I was a very young girl at the age of eight, I made a flat-out statement that I loved animals and that I would be a veterinarian one day,” she explains. “As kids will do, I took a little piece of paper and I wrote, ‘I will be a veterinarian.’ Then I took a survey in my family. There was a ‘yes’ column and a ‘no’ column. You could choose either ‘yes, you’re going to make’ it or ‘no you’re not going to make it.’”

When Dr. DeWitt graduated from the University of Missouri College of Veterinary Medicine, her mother pulled out that piece of paper from years ago and showed it to her. Dr. DeWitt remembers her mother had been the first one to put a check mark in the ‘yes’ column out of everyone in the family.

“Having daughters now myself, I hope that I can inspire them to follow their dreams as my mom did for me,” she says.

Little did she know at the time that her



Lisa W. Cumming Photography

dream to work with animals would lay the groundwork for the rest of her life: not only her job, but for how she would meet her husband, Chris, and have her two children, Morgan and Madison.

Dr. DeWitt’s varied career has taken her to the Caribbean island of Saint Martin where she worked with beached whales. She even helped heal polar bears that were part of what she remembers as a terrible traveling circus.

“But wait, let’s back up for a minute,” Dr.

DeWitt, who has been practicing medicine now for nearly 30 years, says with a laugh. She knew as a child that she wanted to be veterinarian, but it wasn’t until she attended veterinary school that she found her true calling in the field.

“I thought I would want to do equine work. Interestingly enough, I found that my passion was in zoo work, specifically working with exotic animal species,” she says.

Dr. DeWitt says some of her fondest mem-

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ories as a veterinarian-in-training date back to an internship she did with the Saint Louis Zoo while in graduate school. She is especially fond of the time she got to work on the zoo's polar bear.

"I was working with one with a fractured leg. It was everything that I've ever wanted to do. I had a feeling that this was the greatest day in my life," she remembers.

A passion for zoo work was what brought Dr. DeWitt to Virginia after graduation, where she says she was very fortunate to be hired by the animal clinic that performs the veterinary work for the animals residing at Busch Gardens, the Virginia Living Museum and some other local zoological parks.

After some time, she was offered a position to work with a zoologist on a project in the Caribbean. Knowing that the prospect of working at a zoo in the U.S. was extremely competitive, she jumped at the prospect of moving to a tiny, exotic island.

"It was an awesome opportunity for me to be more or less the head veterinarian on this endeavor. I loved living in Williamsburg, but this was an opportunity for me to go and really work with some exotic animals," she says.

"After meeting [Chris] briefly for the first time in Williamsburg, we met again on the island of Saint Martin," she fondly recalls. It wasn't long before the couple settled down together on the island where they ran a small veterinary practice and raised their children.

"The island is half Dutch, half French. My practice was on the Dutch side of the island," she says. Since 1648, the Caribbean paradise has been amiably split between the French side and the Dutch side, with residents from



"In 2005, I was asked to join the Board of Directors of Literacy for Life. The board seemed to be a perfect fit for me because at that point I had been a reading specialist in the WJCC schools for over 30 years. Contributing financially has been a natural step for my husband and me. When I retired in 2011, I became a volunteer tutor at Literacy for Life. I love having learners who WANT to be there. You don't have to have a background in education as I do to tutor because all the training is provided. Literacy for Life is looking for individuals who are patient, reliable, eager to learn new things and looking for a way to make a difference!"

- *Shelby Hawthorne, Board member, Volunteer tutor and longtime donor*



"I had been a volunteer tutor with Literacy for Life 20 years ago when I was studying Linguistics and Spanish at William & Mary. I went on to teach in the Baltimore City Public Schools, teach ESL adult education, and work for a multinational company in Spain. When I returned last year, I was surprised to learn how international Williamsburg has become. As someone with a passion for improving lives through education as well as my previous experience, I truly found a special niche when I had the opportunity to join the staff at Literacy for Life."

~ *Allison Lenthall, Communications and Development Coordinator*

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both countries comprising a roughly equal portion of the island's nearly 80,000 residents. With an area of only 37 square miles, the island is the smallest island in the world shared by two nations, France and the Netherlands, and is also home to 140 nationalities.

The French side is known for its fashionable shopping and Continental flair in cities such as Marigot that offer galleries, sidewalk bistros and patisseries that bake fluffy croissants all day. The Dutch side provides more night life, with casino hotels. That's not even including the island's 37 pristine beaches.

Dr. DeWitt says living on the island was sometimes a lot like living in two separate countries.

"The spelling is even different than on the French side. On the Dutch side it's spelled 'Sint Maarten,' and on the French side, it's spelled 'Saint Martin.' It's even pronounced differently. It was an interesting place to work because of the culture, and for my kids, it was awesome to be in a very multicultural atmosphere," she says.

Dutch is the official language of Saint

Maarten and French in Saint Martin. "Being able to speak some French was a necessity," she says. Dr. DeWitt and her husband were glad their children were exposed to so many different worlds that inhabit the same small island of Saint Martin, but they always knew that once their children got older, they would want to move back to Williamsburg.

It's been almost two and a half years since the family moved back. "As time goes by, I think my favorite experience working with animals clearly is being there from the day that people bring that puppy or kitten home, and feeling as an important member of their family."

"To be able to support the newest member of the family from basic training and preventative care, sharing a long and wonderful friendship with a family as well as being there for the client to share their sorrow on the day their pet passes away, it makes you feel that you've done the right thing in your life. That you've chosen a career that makes a difference."

Dr. DeWitt may have left her exotic home in Saint Martin, but she still travels through

volunteer work with World Vets, a nonprofit that provides international veterinary and disaster relief programs to help animals. One trip this year took her and other veterinarians to Ecuador, where the group spayed and neutered over 400 animals.

"Recently, in Nicaragua we were working out in the field, working on horses. These horses, especially, are the residents' livelihood. They don't have cars or any way to transport themselves other than these horses."

Since moving back to Williamsburg, Dr. Terry DeWitt has been most excited about her work with the staff and animals at the Heritage Humane Society. Working with dogs and cats is certainly not the same as working with polar bears and whales, but it's equally rewarding.

"I really love working with the Heritage Humane Society. They do an awesome job in supporting the community and caring for the homeless animals of our area until they are able to find their forever home. It is an honor and privilege to be working with this very special foundation," she says. NDN



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SMART BEAUTIFUL STRONG

By Cathy Welch



Lisa W. Cumming Photography

“I am smart, I am beautiful, I am strong,” reads the tattoo covering the inside of Amy Buck’s lower right arm.

Amy, was born in 1970 in Sarasota, Florida. When she was two years old, her mother, Vilma, divorced her father and relocated them to Colombia, South America.

“My mom was part gypsy,” Amy explains. “I moved three times in third grade. If she bought a new car, had a bad hair day or just got tired of the location, we moved. When I was younger I hated it, but now as an adult, I’m so glad that happened. I appreciate it a lot more.”

Vilma married Amy’s stepfather, Alejandro,

and the couple had three sons, the oldest six years younger than Amy. While there, Amy had a wide variety of animals.

“There’s never been a time when I’ve been without an animal growing up,” she says. “In South America, we had a menagerie: cats, mules, horses and chickens.”

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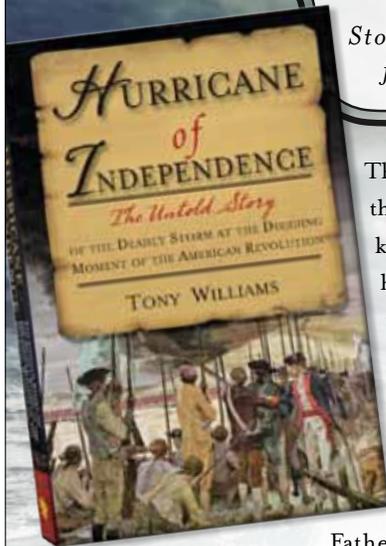


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After moving to California at age 11, Amy's family finally settled in Florida where she graduated high school. Three weeks later, Amy and her cat moved to California.

I am Strong.

"California was cool when I was 11," Amy says. "Not so cool when you're 18 and you have to find a job."

She returned to Florida after three months, but true to her strong and independent nature, Amy found a place of her own. She worked as a waitress and continued to collect animals.

"I think the reason is because they need us. They didn't ask to be here," she explains. "My grandfather would joke and say to my grandmother, 'Let's go visit the animal shelter,'" Amy says of how he used to refer to her home. "At any given time, I'd have about nine cats. I'd always find a home for everybody."

Not long after she came back to Florida she was living in a duplex. "I was sitting in the courtyard and this beautiful long-haired tortoiseshell cat came up to me and made friends," Amy says. "I took her to the vet and made sure she was fine." She became Amy's cat until six months later when a family came across her in the courtyard and reclaimed their cat. "They must have thought she was lost," she says.

Though Amy did not make a lot of money then, she always made sure her cats had food and good veterinary care. "When I was growing up in South America, animals that got sick just went off to die. We didn't have a vet," she says. "So when I became an adult I made sure my animals were taken care of."

While living in Florida, Amy married and had daughters, Aubrey and Emily. They were her motivation to move to Williamsburg. "I needed my daughters to have a good education," she explains. "I thought Virginia had a better school system."

Amy's work history in Virginia was eclectic. When her girls' were in elementary school, she worked as a substitute teacher in York County. When the girls joined Girl Scouts, she became a troop leader and was eventually hired by Girl Scout Council of Colonial Coast to establish troops in local schools. She left that job in 2008 to pursue a career in the field of animal care.

Amy worked as a senior animal care technician for Heritage Humane Society. She drew blood, administered vaccines and ran tests for heartworm, Parvo, feline aids, etc. But it was her other duty that made her unhappy there.

"I was the only one certified through the state to euthanize," she says. "That's the ultimate reason why I had to quit. It was too much emotion."

She took the position of veterinary technician for Colonial Veterinary Clinic to work alongside Mark Mangelsdorf, DVM, and Mark Sullivan, DVM. "I thought it was a great thing to work in the vet's office," she explains. "There you see people come in and want to do everything possible for their pet."

Because the clinic only had two vets, Amy gained much more medical knowledge than she otherwise would have. She took this knowledge and the experience she gained at Heritage and put it into her new career.

"My daughters were getting to that age where they were active, and I needed to be more available for them," Amy explains. "So I started working for a pet sitting business."

Around her one-year anniversary on the job, she began to run the business for the owner. After another year, during which she started her

own business, Wags and Whiskers, Amy decided to buy her owner's client list and build it into Wags and Whiskers.

I am Smart.

"I am smart because I run my own successful business," Amy explains. "But we're more than just a pet sitting business."

Wags and Whiskers takes dogs to the groomer, picks up and delivers medicine to the pets' homes and works with animals who have lifelong health conditions such as diabetes and kidney failure. Amy can give subcutaneous fluids, insulin injections and more. She even responds at odd hours to clients who have health concerns.

"I am my own boss and so happy," Amy says of her business. "When my daughters were younger they made a contract for me to sign. It said I was not allowed to bring home any more animals. Now, I get to be in households all day long with all different kinds of animals and I am not going to bring them home."

Today, Amy has three dogs, one snake, two fish and seven cats of her own. She has over 200 Wags and Whiskers clients and when she is with them she's completely focused on them.

"When I'm there, I play with them and do stuff with them, holding them and loving them," she says. "Everything is about them and they get it. It's the unconditional love from the dogs when you come into the house," she says. "The cats are the same way. They meet me at the door and I've even had them bring me mice as a gift."

A self-proclaimed outdoors girl, Amy appreciates the way each day begins. "The reason I love this job is because the first thing I do when I wake up in the morning is walk a dog," she says. "How cool is that?"

I am Beautiful.

When a client informs Amy that their pet has passed away, she finds a charity related to that pet and sends a card to the family letting them know she donated. "A lot of times the owners will donate too," she says.

In her free time, Amy likes to ride her bike, kayak and hike around Williamsburg. "When I was living in South America we lived in the rain forest," she explains. "So I'm used to all the nature and all the trees." Her grandfather took her and her girls hiking every year around his house in North Carolina. She still travels to the Sherando Lake area to hike with her girls every summer.

Amy's dog, Maggie, is a Chow/Pitbull/Shar Pei mix. She brought the two-month-old home from Heritage Humane Society as a rescue. "I love that girl," she says. "I'm a foster failure. After I fostered her for nine months, I asked for the adoption papers. She was my birthday present to me."

Her other two dogs are Gabriel, a retired American foxhound hunter who is a 65-pound couch potato, and Scooter, a gorgeous, red and white, three-year-old beagle mix she adopted. He growls when you say his name. "He was physically abused," Amy explains. "If he didn't have us, he wouldn't be here."

Amy appreciates the fact that she has a job that doesn't stress her out. And it has the added benefit of being surrounded by animals. "It's my life," she says. "It's what I do," Amy Buck says. "I am smart because I have a successful business, I am beautiful because I'm always helping others and I think it takes a strong person to set goals and stick with them." NDN

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PLANNING FOR YOUR PET'S CARE

By Narielle Living



Lisa W. Cumming Photography

Lucy is a ten year old Labrador retriever, and belongs to Dan Gasink and his family. She is one of three dogs in the law firm of Johnson, Gasink and Baxter, LLP, a business that focuses on trusts, estates and elder law. “We’re a three-dog firm,” Dan says. “Each of us has a dog.”

Dan and his wife, Ginny, decided to get Lucy after being married for about six weeks. “When we picked her up, in fact, it was on the Fourth of July weekend. We drove out to West Virginia and bought her from a farm out there.”

The decision to get a dog was easy for Dan and Ginny. They had both grown up with dogs in the house, and they knew it was time for them to get one of their own. “We chose a Lab because they’re great dogs, great family dogs. We had a townhouse at the time, but now we have a nice fenced yard. We did not understand how energetic Labs were. People told us but we didn’t believe them. It’s like having children, you don’t really know until you have them.”

Dan and Ginny met while attending the College of William and Mary. “She was an undergrad while I was in law school,” he says. “We’re both from northern Virginia. I went to high school in northern Virginia, and I was here between teaching high school and going to law school.”

Prior to going to law school, Dan was a high school teacher; a job that he quickly knew was

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not for him. "Teaching high school is an important and rewarding job, but classroom management is very hard, particularly when you're a 22 year old and they teach you educational psychology and lesson planning, and that's it. I taught for a year and it was clear pretty early in that year that I was going to do something else."

He decided to pursue law since it was the logical choice for him. He'd worked for an estate planning law firm in college and had enjoyed it, and with his background in humanities, history and government it seemed the natural choice. He picked up his law school application on the way to a William and Mary homecoming.

Dan was in the Williamsburg area for most of the 1990s and then he had a job offer in McLean, Virginia. He worked as a wills and trust attorney in Mclean until he got married. Then he and Ginny moved back to Williamsburg right after they married.

"We wanted to be here, it's a nicer way of life here," he says. "There's a lot less traffic, the people are very nice, and the economy is good here. We have a bigger diversity of businesses here, there's agriculture, there's manufacturing, but up in DC everyone just sells services. And

let's face it, there's so much money in that area that the kids don't have a good appreciation for 'normal people.'"

At his law practice today, Dan focuses on wills, trusts and estate planning. Part of that includes pet trusts, or making sure that a person's pet is provided for and taken care of after the owner dies. According to Dan, a pet is part of what you have, and legally it's not much different than a car or a suitcase.

"You have this animal that you want to make sure is properly homed and cared for. The word chattel, which means personal property, comes from the Middle English word for cattle, so legally the dog is the same as a suitcase," Dan says.

Therefore, an animal has an owner, not a guardian. The first step for people when planning for a pet is to decide who can take care of the animal. Some people might want to add instructions and money to help with the care and upkeep of the animal or animals. "I had one sweet lady who had a farm with rabbits and ducks and all kinds of critters, and we put money aside to make sure someone was going to take care of those critters when she's gone." What happens if a person passes without in-

structions or arrangements made for an animal? "Legally, the animal is part of the estate and would go to either the heirs under the will or the legal heirs if there is no will," Dan says. "Practically, the relationship with a pet is special enough and personal enough that you would typically make arrangements and people would sign off on it."

Dan states people typically line up pretty well and he doesn't see much arguing over the care of a pet. "Like children, if both parents pass, everyone in the family wants to make sure the kids are taken care of, but usually there's agreement on where the best home is. The best home is a function not just of the architecture, but who has space, time and interest."

Dan reminds people that placing a dog is a lot easier than placing a horse, and a lot less expensive, but in either case the first and most important thing is to leave instructions about the animal. "When the boys next door take care of our dog for the weekend, we give them two pages of instructions. A lot of people don't think of that as part of their estate plan, but it's always good to leave instructions. Here's the vet, here's the food they eat, here's what the schedule is. Birds can live a very long time, and

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in the case of a horse, who's going to pay for it? Farriers and boarding are expensive. When people set money aside as pet trusts we do a math operation. How much will it cost per year, how many years will they live, if there's money left over where will that go? Usually it's the humane society or other heirs or something. We pet owners know that regular care is expensive, but you also worry about extraordinary care."

Pet trusts are a specific market, and although Dan sees it frequently he says it's not an every client occurrence. They see it often in cases where people feel very tied to their animals and are not confident that there are other friends or family members who will stand up to provide for them when they'll be gone, and so they take the extraordinary measure of putting the funds aside for the animal.

In the cases where people might want to assign a pet to a minor, Dan advises against that. "You can give it to a minor but you wouldn't want to," he says. "You don't want to give anything to a minor, because minors don't have the authority to give it back, sell it or mortgage it. You're not going to mortgage a dog, but we've had cases where people give the family hunting

ground to the 13 year old nephew because he loves it, and now he can't sell it, refinance it, or do anything with the title until he's 18 because minors can't sign contracts." If a waiver is needed at the vet the minor would not have the authority to do the waiver. "You can do it to a trust for the child, where the child is the trustee. Usually it's taken care of more informally."

Pet trusts are not something most people usually think of, but for some a pet trust is their main concern. For many, their pets are their closest relationship. "I've got clients who might not have children so pets are particularly prominent, and even sometimes if there are children the kids are grown up and can take care of themselves, but who's going to take care of the cats? Sometimes too, the cats have behavioral issues. They don't get along well with others, so that's enough of a reason to put money aside because people don't want to have their pets euthanized."

For now, Dan Gasink and his family take good care of Lucy, the floppy-eared Lab. At some point in the future they may add another dog to the household, but, as Dan says, the jury is still out on that. NDN

Next Door Neighbors

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Happy Cat. Happy Home.

By Ryan Jones



Cognitive therapy and other methods of physiological intervention have been used to treat behavioral disorders in humans for decades. Similarly, errant canine behavior has long been addressed with professional training and obedience school. But what about cat issues? Thanks to behavioral techniques that focus on placating feline instincts with acceptable choices, Williamsburg resident Brenda Richmond says there is hope for even the most willful and rascally cat. Solutions are not nearly as complicated as folks might think. In short, Brenda says, if you want a happy feline, you have to learn to think like a happy feline. The rest is scenery.

“Once you’ve observed a cat and learned how to think like a cat, their behavior makes perfect sense,” she explains. “You just have to modify what they’re doing to fit the environment so that everyone is happy.”

Brenda, who graduated with her Bachelor’s Degree, cum laude, in Chemical Engineering and Mathematics from Vanderbilt University

and then spent twenty-two years as a chemical engineer working in product development, says she was able to cultivate the ability to solve problems analytically as part of her career. Her work, however, left her living in many remote areas of the country, and she eventually found herself in Williamsburg

searching for new adventures.

“I just got burned out,” she says. “I needed a change. I had a lot of different capabilities and interests, so I wasn’t really sure what I wanted to do. I ended up taking a job at the Heritage Humane Society as an adoptions counselor, and then I went on to become the adoptions manager.”

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Brenda's fit for the Humane Society was a good one because she has always been an animal lover, albeit more of a dog-lover than cat-lover when she started the venture.

"I grew up with dogs," she remembers. "I was never really around cats, so this was something new. When I took the job at the Heritage Humane Society, I spent a lot of time learning about cats. I did a lot of research, a lot of reading, a lot of observation, and a lot of talking to the cat volunteers. In the process of doing that, I really came to love cats. Because I was trying to help with adoptions, I needed to understand cats and kittens in order to match them well. I ended up fostering two kittens which I then adopted, and I spent a lot of time trying to understand them. A shelter is a very stressful environment, so I tried to work with the more active cats as well as the fearful ones. That was something that I really enjoyed, not only working with the cats, but talking to the people and making a good match. I really saw the different personalities as part of making a good fit."

Brenda says she hopes her newest venture as a freelance cat behavior counselor will raise awareness of the new resources available to Williamsburg residents who may be having feline behavioral problems that they can't quite get to the bottom of.

"There aren't really a lot of resources out there for cat behavior" she says. "There are plenty of dog trainers, but many people don't know that if a cat has a behavioral problem, it can be fixed. A lot of times, people can make very simple changes and get great results. I'm really excited to be doing it."

What kind of cat issues do cat counselors run across? Brenda says that she has dealt with everything from escape artists to bullies to mean cats, and, while the solutions are all custom-fit to capitalize on the tendencies of the cat and its owner, the guiding principles are similar.

"When cats have issues, something essential is missing," she says. "A sanitary litter box. Fresh water. Freedom from pain. Proper veterinary care. Mental and physical stimulation. Cats prefer to do some solo flying, but they do need interaction. It's just like the old cliché with dogs: a good dog is a tired dog. The same is true for cats. If they don't get constructive stimulation, they will find it on their own, and it probably won't end up being the kind the owner prefers."

A person who subscribes to some of the conventional feline presuppositions may wonder what kind of stimulation cats need. After all don't they just eat, sleep and sharpen their claws?

Not quite, says Brenda. "I recently worked with someone who was having trouble with an indoor cat escaping and causing trouble in the neighborhood," she says. "It's dangerous for cats to be outside, and the neighbors were complaining. I gave the owner some tips on what could be done to make the indoors more enjoyable for the cat. I also talked to her about play-time, because the owner told me her cat didn't play much. Dealing with a cat's instincts is much more involved than dangling a toy in front of them. They want to hunt, they want to chase, they want to catch and they want to kill. That's excitement for them. It's their nature, and you have to work with their nature. In this case, I explained how the cat's hunt-catch-kill mindset operated and gave them some suggestions about how they could work these needs into

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playtime. The family said it made all of the difference. Now the cat plays and gets regular exercise. It also has been given more access to windows, which are like cat TV. With the indoor environment modified in favor of the cat's behavioral needs, there is no more need to go outside. Everyone wins."

Brenda gives advice on many other unacceptable feline behaviors, including the unpleasant condition many cat-owners refer to as mean-cat syndrome.

"I would have to actually see the cat to know for sure," she qualifies, "but I would probably start by exploring what territorial issues might exist. If the cat has bad interactions with visitors, I would say that people coming into his/her territory might be causing a serious boundary issue.

Giving it a lot of different perches and things that it can call its own might help. Sometimes, in a cat's mind, the whole house is their territory, so they are going to become stressed out by intruders. If you give them a perch in different places in the room where they can watch what is going on and make sure everything's okay while still being safe and secure, they may adapt better to visitors. There are also things the guests can do to help reinforce a positive association with the cat. Say there's a special treat the cat loves above everything else. Have the owner refrain from giving that particular treat to the cat. Instead, ask that the guest be the one to do it. Have them come in, sit down and completely ignore the cat. Then they set the treat on the couch a couple feet down and continue to ignore the feline as it investigates. After a while, it will start to associate the guest as 'the guy or gal who always brings the good stuff' and relations may warm up over time."

Brenda says that having multiple cats in the same house sometimes causes problems. In some instances, one of the felines might be a bully. If another household cat is skittish and prone to run away from trouble, the dominant cat may start to treat it like prey. One of the best ways to deal with bully cats, Brenda says, is to try to predict the undesirable behavior and then take proactive steps to prevent it from happening. For instance, if a pet owner sees a mischievous gleam in the cat's eye, he or she might create a diversion by playing games with it, particularly if the toy used is discerned by the cat as prey. The offending cat will likely prefer to use the toy for stalking games over the other cat, but if one isn't readily available, a chase may ensue.

"Most times, these behavioral problems are very simple to fix once the root cause is identified," Brenda says. "No matter the issue, it's still the same principle. You're making observations about the behavior, tying it back to their instincts and meeting that need through a more acceptable method. Fortunately, my engineering experience gives me a unique perspective on cat behavior. I want to think like a cat. But then I put on the engineering hat and say, okay, let's work out a plan. We'll do this, observe how it works, and if we need to make tweaks or corrections, we'll do it. I don't actually implement. It's up to the owner to do that. But I give them tools and resources to work with."

Though cat issues may abound among our readers here in Williamsburg, Brenda is confident that most can be solved with a little knowledge, a little observation, a little patience and a lot of love. **NDN**

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Three Limited Liability Planning Tips for Sole Proprietorships and Other Professionals

Any business activity can be fraught with liability. Employment related issues, careless business partners and employees, and contractual obligations add to the increased risk assumed by a business owner in the private sector. Couple these practice-related liabilities with personal liabilities, and it is clear that business clients need to protect themselves on all fronts.

Insurance is the First Line of Defense

Liability insurance is the first line of defense business owners should use to protect themselves as it provides a source of funds to pay legal fees, settlements and judgments.

Professionals should not rely on insurance as their sole means of liability protection due to policy costs and exceptions to coverage. Instead, insurance should be used as part of a multi-layer strategy designed to place a barrier between a plaintiff's claims and the business and personal assets. In addition, professionals should work with an insurance professional who can explain the purpose of each type of coverage, and make recommendations for liability limits and deductibles.

State Exemptions Protect a Variety of Personal Assets from Lawsuits

Each state has laws that partially or completely exempt certain types of assets owned by residents from the claims of creditors. While these laws vary widely from state to state, in general, professionals may be able to protect the following types of assets from a judgment entered against them under applicable state law:

- Primary residence
- Qualified retirement plans (in Virginia, IRAs are exempt from creditor process to the same extent permitted under federal bankruptcy law)
- Life insurance (in an irrevocable trust)
- Annuities
- Property co-owned with a spouse as "tenants by the entirety" (a form of ownership only available to married couples; in Virginia this protection applies to both real and personal property).
- Prepaid college plans
- Disability insurance payment
- Social security benefits

Business owners in Virginia should consult with an experienced asset protection attorney in Virginia to determine which state exemptions are available and how much they can protect. It is also important to understand the pros and cons of each type of exemption. As with liability insurance, exemption planning is best used as one layer of an overall asset-protection strategy.

Business Entities Protect Business and Personal Assets from Lawsuits

Business entities include limited liability companies, and corporations. Business owners who own their own practice need to mitigate the risks and liabilities through the use of one or more business entities. Business owners should work closely with a business planning attorney to determine the right structure for their practice by not only taking into consideration asset protection, but also income taxes, estate planning, retirement, and business succession goals.

Business entities can also be an effective tool for protection personal assets from lawsuits. In many states, including Virginia, assets held within a limited partnership or limited liability company are protected from the personal creditors of an owner. In addition, the personal creditors of an owner cannot step into the owner's shoes and take over the business.

An added benefit of using a limited partnership or limited liability company to protect an owner's personal assets is the leverage that can be created for gifting and wealth-transfer planning through the use of valuation discounts. With a properly structured limited liability entity, assets held within the entity will be entitled to a discounted valuation for tax purposes because of the lack of control, the lack of marketability of the interests in the entity, and the inability of owners to simply walk away from the business and take their ownership interests with them. Valuation discounts allow the physician to gift entity interests for cents on the dollar and at a reduced use of the gift-tax exemption.

To assist our clients with these business formalities, our firm now offers a "Business Maintenance Program". We offer seminars on this topic on a regular basis. Please call our office for details.

Traffic Relief

By Greg Lilly, Editor

Lisa W. Cumming Photography

Traffic issues affect business in the Williamsburg area. That's common knowledge. Dewey Hurley helps map a plan for the region to address these issues. Dewey is the Williamsburg representative on the Citizen Transportation Advisory Committee (CTAC), a part of the Hampton Roads Transportation Planning Organization.

"Certainly, transportation is extremely im-

portant to the businesses in Williamsburg," Dewey says. "The Hampton Roads Transportation Planning Organization is mandated by the Federal Government. With a municipality area over a certain size, it's mandated that the area come up with a cohesive direction to address transportation concerns from all the different municipalities in the region."

The Virginia Department of Transporta-

tion (VDOT) administers the plan, but the businesses, organizations, municipalities and citizens of the region develop the plans. "For example, the Six Year Plan is fiscally restrained and backed by the budgets of the area. VDOT does the Six Year Plan for the whole state. This region produces a plan of projects that it wants and that we can afford."

Of those plans, the I-64 Capacity Improve-

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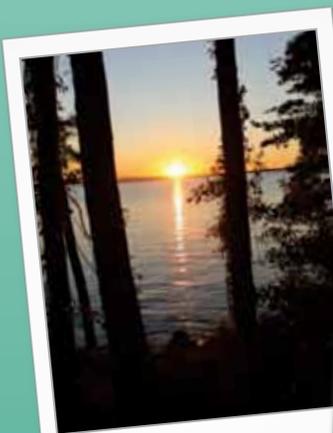


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ments has two segments in motion. “The first segment of expanding I-64 that is underway now was partially funded by the sales tax increase the region put in. The next section will be fully funded by that tax money,” Dewey says. “That segment is out for procurement now. It’s the responsibility of the citizens to ensure we get what we pay for. CTAC plays a role in that.”

Dewey has a unique view of how transportation affects the region’s businesses. He grew up in Williamsburg and started out in the restaurant and hotel business. “I went to Florida State for a career in hospitality. They had a hospitality/business program. I came back to Williamsburg and opened up Second Street Restaurant in 1981 – I’m sensitive to the hotel and restaurant needs here.”

He worked for years in the industry. “Working every holiday, on nights and weekends,” he adds. “As far as being conducive to a family life, it wasn’t. I decided to look around to see what else I could do, wanting to stay here in Williamsburg.”

He had an interest in Branscome, Incorporated. “They provided good jobs and I sought

that out.” Dewey went back to school and completed the coursework for the CPA exam. “I didn’t follow that through, but had the courses I needed. I ran the offices for Branscome for a period of time. I saw the opportunity to work for Branscome, worked toward that and actually landed the job. There’s something to be said for coming up with a plan.”

Today, Dewey is Branscome’s vice president of Business Development. He and his wife, Mary, have two grown sons serving in the Coast Guard: William in Monterey, California and Josh in Honolulu, Hawaii.

“For over 20 years, I’ve been involved in the civil construction business building roads, ports and railroads,” he explains. This gave Dewey extensive experience working with federal, state and local projects, as well as the major economic drivers of the area: the military, ports and shipbuilding.

His concern for a healthy regional economy and his understanding of the construction industry steered him to work with the Hampton Roads Partnership, the Maritime Association and with CTAC.

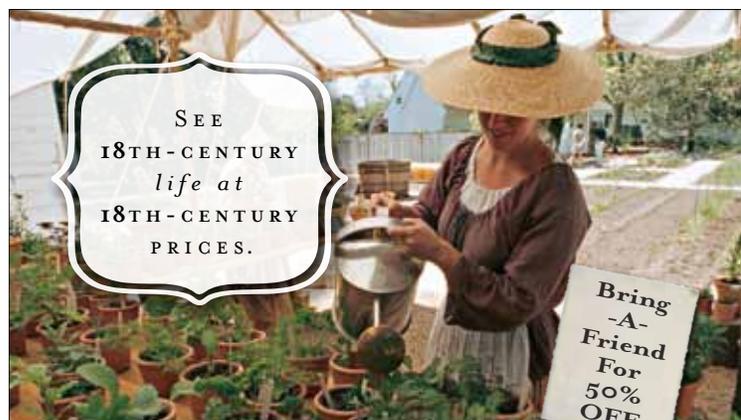
“CTAC is one of the youngest parts of the

Hampton Roads Transportation Planning Organization (HRTPO) and is still in a formative state.”

Dewey’s term on CTAC will soon come to an end. “To further citizen involvement, I’d like to see CTAC take on a meaningful role providing input into planning, maintenance and long-term projects,” he states, “essentially mirroring HRTPO and VDOT processes. By doing that, CTAC could add the regional citizen’s voice on the status of additional investment, as being spent well or not spent well. It’s the responsibility of the citizens to ensure we get what we pay for. CTAC plays a role in that.”

An important project that is on the horizon, but awaiting its priority rating, is Patriot’s Crossing.

“Patriot’s Crossing has a lot of benefits for the Peninsula,” Dewey explains. “All the traffic going in and coming out of Naval Station Norfolk totals approximately 90,000 people, both military and civilian. That area accounts for about 48 percent of the Hampton Roads economy. All those people are working in the vicinity of where the Patriot’s Crossing would go.”



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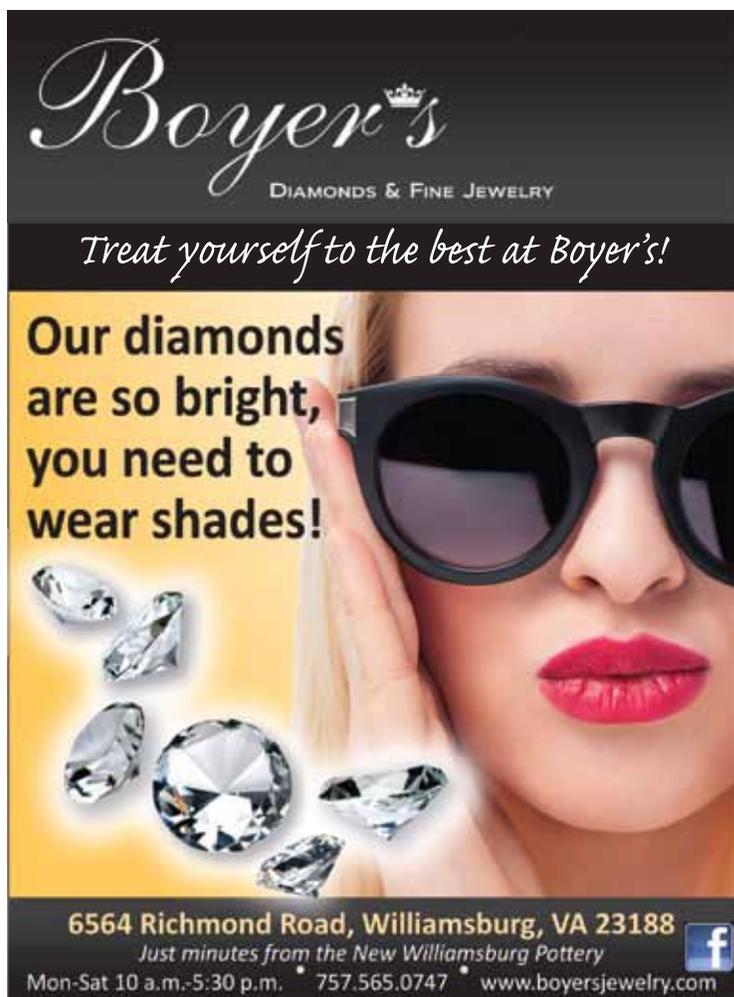
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Over time, medical specialties have been added, and Olde Towne now provides psychiatry, cardiology, orthopedics, gynecology, prenatal care, neurology, HIV/AIDS management, pulmonology, nephrology, pediatrics, and dermatology.

Olde Towne is staffed by a full-time physician, three full-time nurse practitioners, three part-time physicians, and nine volunteer physicians. The Dental Clinic is staffed by three part-time dentists and a part-time hygienist and, 13 volunteer dentists, and two volunteer hygienists. Approximately 65 community volunteers support patients and staff.

Funding is from foundation grants, patient payments, support from local governments, and private donations. Olde Towne collaborates closely with community organizations and public health departments as well as community hospitals and their emergency rooms. Olde Towne wants to help patients stay healthy so they can avoid costly emergency room visits.



Pictured L - R: Wilma Bond, RN, BSN, Olde Towne Medical and Dental Center greets Mariana, holding one-month old, Oscar with big sister, Yareli age eight and seven year old brother, Erick. Mariana was an Olde Towne prenatal patient during her three pregnancies. She and her family continue to be Olde Towne patients.

In fiscal year 2014 – 2015, Olde Towne had 14,500 patient visits from more than 4,700 patients, 73% of whom were uninsured, and this percentage is rising. Ninety percent of patients are in the local workforce with many holding more than one job.

As the seasons change from summer to fall, children will return to school.

Olde Towne will hold a “Back to School Physical and Immunization Day” on Thursday, August 6, 2:00 – 7:00 p.m. for uninsured children in grades K-12.

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Eight-year-old Yareli and her seven-year-old brother, Erik, pediatric patients, are students at Waller Mill Elementary School. They are looking forward to their visit with pediatrician Dr. Roger Perry. Yareli said, “He answers my questions; asks me if I eat the right foods and exercise.” Both Yareli and Erik added, “We like coming to Olde Towne because it makes us feel happy.”

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Initial plans for Patriot's Crossing create a bridge-tunnel to Naval Station Norfolk from a spur off of the Monitor Merrimac Bridge-Tunnel, and later, a connection from Portsmouth. (More information is available on virginiaidot.org) "With that in place, those 90,000 people wouldn't have to utilize the Hampton Roads Bridge-Tunnel (HRBT). That would relieve a lot of congestion. Modeling creates a scenario of how traffic would flow." The transportation models expect diverted traffic to Patriot's Crossing would bring HRBT back to its designed capacity.

"When 9/11 happened, the gates were closed and the lines started," explains Dewey. "With that being such a large part of our region's economy, we want to relieve that congestion. If it helps out the Peninsula, that's even better."

Traffic is difficult for Williamsburg businesses, but Dewey sees progress being made. "The first two segments of I-64 improvements will go a long way to help. There will be an extra lane and a shoulder big enough to use. That's better than doubling the capacity, which is really needed."

With the CTAC being a regional commit-

tee, Dewey takes a regional perspective with a Williamsburg angle. "We have the tendency, of being in Williamsburg, of not understanding what the Southside is like, unless you travel it often," he says. "Just the other day, a truck blocked the interstate. I was in Norfolk." He searched the traffic maps for an alternative route. "There aren't a lot of options. It took three hours to get to Williamsburg. I ended up taking the ferry home."

He knows that kind of experience affects our tourist trade. "It doesn't take too many trips through that, coming or going, to deter someone from travelling that way."

Besides the tourists, locals are deterred from travelling regionally, unless we have to. Traffic shouldn't be a decision point on attending an event at the Chrysler Museum, but it is.

"I think that will be changing soon," Dewey says. "Remember the horror of the potholes? That has been taken care of, and most people have forgotten about it. The expectation is that our roadways should be in decent shape. We should expect that. We're in the process of it being done and improved. The I-64 issues are being dealt with now. Our money is being well

spent on that."

Dewey remembers growing up in Williamsburg before Interstate 64 was completed. "That was a very different Williamsburg back then. Where Yankee Candle is, that was the end of Williamsburg development and commercial business." Better transportation has helped Williamsburg grow and flourish.

In the next ten years, Dewey predicts the completion of the Interstate 64 Capacity Improvements. "That will be a huge relief to be able to go to Newport News without having to face a traffic jam. Ultimately the expansion will head all the way to Richmond."

With a regional focus, the municipalities are working together to set priorities for the economic and standard of living aspects of Hampton Roads.

"The transportation system is very involved as far as the planning goes. It's been drastically improved over the last five years," Dewey Hurley says. "There was a call for improvement and they have certainly done that. Advisory groups have been added to help industry. We have a lot at stake. We need to be heard, and I think we have been heard." NDN

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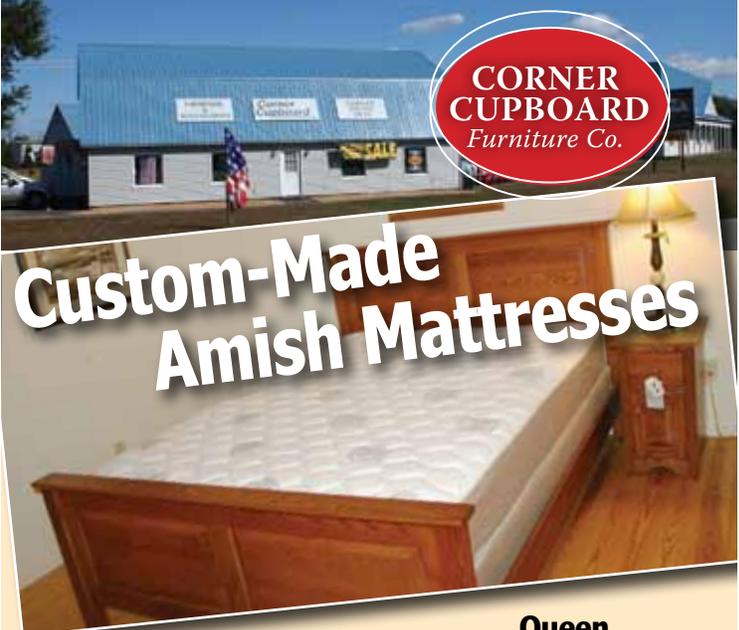
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Coaching Archery

By Greg Lilly, Editor



Lisa W. Cumming Photography

Bryan Simpser, coach of Providence Classical School's Archery Club, gets great satisfaction from the club, "The students have a stick, a string and an arrow, and they do these amazing things. I find that tremendously rewarding as their coach." For a classical school, it's a classical sport.

"The biggest connection between archery and classical education is the form," Bryan explains. "All through the grades, we emphasize the form. We help them learn the grammar of the thing. See it for what it is, and then we have them see it's made up of parts. It's not like, here's a bunch of parts and processes and

let's put them together, instead we say here's the thing. Let's look at it in a context." He explains that once the students understand the overall concept of archery, and then the components of good form, at that point they can start to break down the logic of perfecting their performance. "Applied to archery: Why is

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the arrow consistently hitting to the left? Why does it go over the target? Let them make mistakes so they learn.”

Bryan grew up in Virginia Beach and graduated from Kempsville High School. “I went out of state for a couple of years for college. I finished up at Old Dominion University with an English degree with a creative writing emphasis.” He met and married his wife, Amy, and they moved north to the Buffalo, New York area and then to Massachusetts.

“I wound up working full-time for Plymouth Plantation, the living history museum, for three years. I just loved it,” Bryan says. “I was in costume, pretending to be someone from the past, all the way down to how I spoke and answered questions. A lot of people think it’s acting, but it’s more historical profiling. I tried to embody that historical person.”

Their daughter, Emily, was born there. A move back to the Buffalo area resulted in Bryan being a stay-at-home dad. “I was ‘Mr. Mom’ for about a year and a half with our daughter while my wife had the full-time job. I had a lot of time to think about education because I was working with Emily.”

He researched education theories as he

watched his baby daughter grow and develop. “I did a lot of reading from author, Victor Davis Hanson, who wrote about classical Greek education. His book, *Who Killed Homer?*, co-written with John Heath, stuck with me. Hanson, a classics professor in California, bemoans how his classes are getting smaller and smaller and the tenor of the students has changed, how they see education and what they want to get out of it. How does this happen: from wanting to study the humanities to be better people all around to seeing education as a way to a paycheck?” Bryan found the concept fascinating.

They moved to Virginia, and Bryan worked full-time for the Colonial Williamsburg Foundation as an historical interpreter. They had their second child, Brendan, and Emily was ready for the first grade.

“We had been attending Grace Covenant Presbyterian Church, and the pastor at the time, Tom Darnell, had worked with several others to start Providence Classical School. The first grade teacher, Joanie Burns, was Emily’s Sunday school teacher, and Emily just adored her. We prayed about it and ran some numbers, looked at financial aid options.” They

weren’t sure if they could afford to send her to a private school, but even if it was just for her first year, they wanted to try. They made it work each year. Brendan and then the youngest Dorothy joined their sister at the school.

“This past year, Emily graduated salutatorian from Providence Classical School.”

During his time at Colonial Williamsburg, Bryan had moved from working directly with the public and teaching to behind the scenes in a supervisory position. “I’d been asked to be part of the board at Providence Classical School and as my term came to an end, I couldn’t imagine not being involved with the school any longer.” A teaching position opened and he started teaching there.

“I was on the board when the Archery Club was proposed and gave it multiple thumbs up because it doesn’t require physical contact, boys and girls of any size or shape can do it and it’s extremely classical. The school invested in the startup for the Archery Club: bows, arrows, strings, nocks, arrow rests, stringers, limbs, replacement limbs.”

Archery was in Bryan’s background. “As a kid, I went to camps with archery. I had relatives who were bowhunters. I think I liked it



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because I was an awkward child. I didn't really grow into my body until college. Archery was one of the few things I could do."

The school sponsored instructor training for Bryan to be certified by JOAD (Junior Olympic Archery Development), and the club took off.

The club is open to students from sixth to twelfth grades. "Younger kids might not have the size to handle the bow. It's the physicality. Their limbs aren't always proportionate to their torsos, torsos not proportionate to their feet, you know: growth spurts!"

Generally, the club consists of an equal number of boys and girls. "I had to expand the number of kids. This past school year we had a limit of 12 and a waiting list. A lot of it has to do with popular culture," he explains about the popularity. "They've seen movies like *The Lord of the Rings*, *Robin Hood*, *The Hunger Games*, and then there's all the reading that they do. A lot of them are into fantasy novels. They are very interested in emulating their heroes and heroines."

Bryan attributes the resurgence of interest in archery due partly to the entertainment industry, but also to the realization that it's a

sport that can be practiced in the student's own backyard. No need for a special field or court, just a target and space.

Like many sports, archery builds skills that the participants use in other parts of their lives. "Patience and control," Bryan says. "It's the mental control and the physical control. It is a mentally challenging sport for kids. Without the ground rules, there's potential for serious injury. You have a bunch of sharp, pointy things and excited kids. Even pulling the arrow out of the target, if someone is behind the kid, the nocks on those things are sharp and someone could get scratched or worse. If the ground is hard, we get ricochets. Everyone needs to be looking in the same direction. Even common teenage absent-mindedness can be a challenge."

Bryan recounts going out to move a target back into place that the wind had blown over. "Everyone was supposed to be off line. I turn around and there's a boy with an arrow nocked, straddling the line. While talking to a friend, he had gotten up, grabbed his bow, picked up an arrow and nocked it. It was half drawn, and I was in front of the target. His mind was somewhere else."

Along with control, both mental and physical, there's patience. "Patience with themselves, patience with their physicality, patience with others, waiting their turn," Bryan lists. "I see a development of confidence, and more than that, I see a development of poise. That comes from one of the fundamental aspects of archery: the form. It all has to be there."

He stresses that not all sports are about power and force. The students see their favorite NBA star slam the basketball into the basket, or the offensive line of the Redskins hold back their opponents through sheer muscular strength, but there are no extra points in archery for how deep the arrow goes into the target. "Not everything is about strength and power. There is a fluidity to movement that surpasses speed. There's a form that contributes to accuracy."

Bryan Simperts coaches the Providence Classical School students in archery, not to be intimidating to opponents, but to develop patience, control and poise. "The kids understand that mastery takes time, a great deal of practice and there is always something more you can add to that mastery. It's never complete." **NDN**

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Pay It Forward

By Greg Lilly, Editor



Lisa W. Cumming Photography

Ending her ten years as the artistic conductor of the Williamsburg Women's Chorus, Ann Porter says her work gives back to all the instructors and champions of her musical journey.

"I had tremendous supporters and mentors in the music world as a child. The first piece of furniture my parents bought was a piano,"

she says. Her aunt taught her to play that piano from a very young age. "My first piano recital was at age five. I was an early starter because of these wonderful people around me."

Ann was born in Richlands, Virginia, and the family moved to Bluefield, where Ann's mother made sure Ann had the best teachers. "There are teachers on both sides of my

family. Everyone was a teacher. I remember as a child teaching the cousins. It was destiny that I became a teacher, and in music."

The piano hooked Ann on music, but the sound of people's voices raised in harmony riveted her. "That was magical to me. I remember the first choir I heard and how I knew that was what I wanted to do. I won-



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dered how the conductor got that sound from a group of people. What do you have to do to make that happen?"

Her teachers in school knew she could play the piano and would often suggest her to play for the school choirs. As a fifth grader, Ann was the accompanist on the piano to the choirs.

"I was able to watch the conductor at work. I had these incredible people who gave me those opportunities. That propelled me, in a sense, as a teacher, what can I pay back? What can I offer?"

She graduated from Radford College and headed to New York. The employment fair at her college had placed the graduates in different schools that needed the new teachers' subject area. "For ten years, I rambled about teaching around New York and overseas. I guess I placed myself in risky places, but these wonderful people helped me through. I had a band at one time, and I had never been a band director. I got into places where I had to function or go home. Fortunately I was able

to stay and finish it out."

In New York, Ann taught at a school on Long Island. "It was an outstanding middle school, and the students were often in Broadway shows. At that time, music was required for all students. I saw what an influence music could be on a school."

She earned her graduate degree from the University of North Carolina and taught her first year of high school in North Carolina. "Then I went with the Department of Defense and taught in Okinawa and Germany."

When she came back to the States, she met her husband, Bill, who had just returned from Vietnam. "It was perfect timing," she says. "We met, and within four months, we were on the journey of a wonderful marriage."

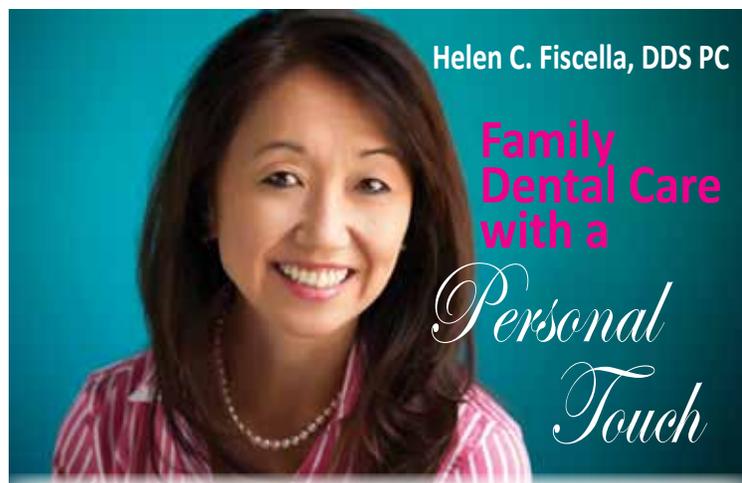
The newlyweds lived in Henrico County where Ann taught at Highland Springs High School. "Bill is in local government," Ann explains. "He was offered the job of Director of Planning here in Williamsburg in 1978. We spent five years here, and I taught at Bruton High School. I developed a lovely women's

choir and a concert choir there."

Bill went on to other jobs and they ended up in Louisa County. "I was taken away from beautiful Williamsburg. He was the county administrator in Louisa County for eleven years, and I was the high school and middle school choral director. Those eleven years were magical. We developed five choirs and the kids took off. I was so proud of their accomplishments, for example they started doing musical plays. It was a beautiful, rich time for me."

In 1987, they returned to Williamsburg, and Ann went back to Bruton High School as the choral director. She retired in 2003. In retirement, she wondered what would be next. She knew of the Williamsburg Women's Chorus and attended a concert to see Cindy Freeman direct. "Cindy retired from directing the chorus. She's an amazing music educator. I thought what a great opportunity it would be to work with them."

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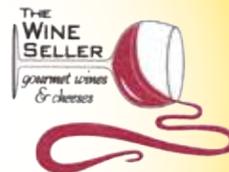
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challenges and enjoys singing, Ann explains. "It's a wide range of ages and abilities, but with a focus on making the very best sound and communicating music of a high level in women's choral literature. The exciting challenge in the women's choir, for me, was the research and enjoyment of finding this wonderful choral literature for women's voices."

There have been major composers who wrote for women's voices. That didn't mean there were a large number of compositions strictly for an all-female chorus. "That has changed in the last 15 years because of the phenomenal number of women's choirs throughout the world. Women love to sing and be together in fellowship. A choir is very attractive with those things in mind."

This year, the Williamsburg Women's Chorus celebrates its 50th anniversary. In 1965, several women from the Williamsburg Music Club began to meet in their homes to sing choral music. "That developed into the Williamsburg Women's Chorus," Ann says. "There have been about five or six conductors

since that time. Cindy Freeman, the director before Ann, helped solidify the group into what it is today."

On May 15th, the chorus had their 50th Anniversary celebration concert that included performances of two commissioned pieces. "One by a young composer, Zach Taylor," Ann states, "and Robin Canter Cook wrote the lyrics for it. The title is 'Still Here.' The second piece commissioned was by a major composer of women's choir music. We were thrilled to have 'The Gift to Sing' by Gwyneth Walker."

Even with her time with the Williamsburg Women's Chorus coming to an end, Ann has a full schedule. Ann directs the Bruton Parish Church Choristers and conducts the Williamsburg Youth Chorale with Genrose Lashinger.

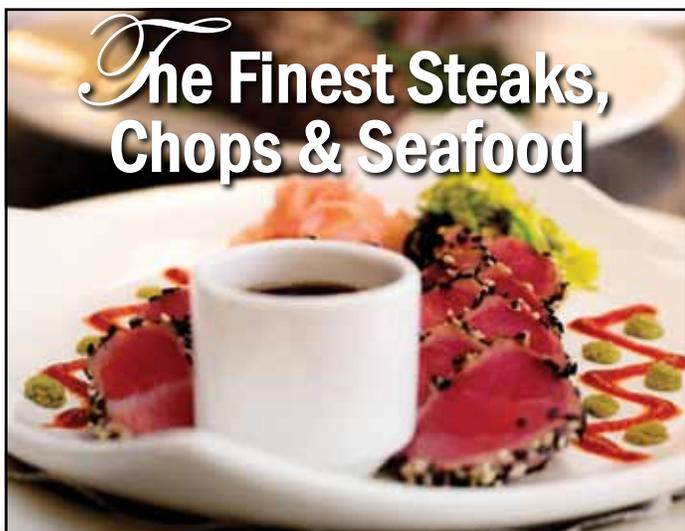
"Genrose is an outstanding music educator and former teacher at Matthew Whaley Elementary School. She and I jointly conduct the Williamsburg Youth Chorale. We have 40 singers in that group."

The Williamsburg Youth Chorale was asked to join the Virginia Children's Chorus in Norfolk, directed by Carol Downing, in a November joint concert.

"I'm grateful to Jay BeVillie and the Williamsburg Choral Guild for founding the Williamsburg Youth Chorale," Ann says. "And to Rebecca Davy who has given so many singers opportunities to perform beautiful music at Bruton Parish Church. We've completed two concerts in the Rockefeller Concert Series." She includes her appreciation to the parents and family members of the youth who support the organization.

"I hope the theme of my reminiscence is that I'm thankful for those people in my life that have made such a difference. I hope that my teaching career gave those same opportunities to my students and people I came into contact with."

Ann Porter has touched many people by bringing music into their lives. Her teaching and directing has been, and continues to be, a catalyst for blossoming musical careers. NDN



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Lisa W. Cumming Photography

Skilled Hands

By Greg Lilly, Editor

“Most surgery for ophthalmology is cutting and sewing,” Dr. Anthony DeRosa explains. “Even with lasers, the laser does the cutting, but the stitching is still needed in some instances.” Dr. DeRosa uses the latest technologies and techniques in his practice, along with nimble exercises from an unexpected hobby.

“Needlepoint. Yes, it’s true,” he says with a grin. “I do a lot of it. We have different tastes in my household, so there are different Christmas trees with different decorations. My Christmas tree has all handmade ornaments that I have stitched with needlepoint.”

Dr. DeRosa uses needlepoint for relaxation

and agility and has for many years. “It really does help with my finger dexterity, doing fine sutures and to stay limber. I do that in my spare time.”

From Long Island, New York, Dr. DeRosa went to Dartmouth College for his undergraduate degree when he was 17. “I worked at the sleep disorders lab at the college after graduation for a number of years. While I was there, the co-directors were a psychiatrist and psychologist.” He was interested in doing more research, so maybe psychology would be his goal. The co-directors urged him to work toward medical school. “They both said it would

open more doors for me.”

He began taking graduate courses at Dartmouth and fulfilled the prerequisites for medical school, applied, and was accepted.

“I wasn’t sure where my focus would be. I was interested in sleep disorders. I had been doing that for about six years. In medical school, we are given a lot of information during the first couple of years. In the third and fourth years, we start clinical rotations to get a sense of specific practice areas. I started shadowing a family practice doctor.”

Working with his hands appealed to him. “My parents said I was always taking things

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apart to see how they work.” A hands-on practice meant some kind of procedure or surgery as a focus.

“But I liked seeing patients on a regular basis,” he adds. “A lot of surgeons are defined by the surgical experience: they see you, they do your surgery, they see you for post-op care and that’s it. With other areas of medicine, the doctor has on-going relationships with patients. If you have the need to do more than diagnosis and prescribe medication to the patient, the surgeon has the ability to follow that through. Ophthalmology was a great fit for me.”

With ophthalmology, doctors have a primary year internship, which can be rotational through several different sub-specialties or, like Dr. DeRosa completed, in internal medicine. “After 15 years at Dartmouth, I was ready for a change so I did my year internship in Los Angeles at UCLA. Before that, I had matched for an ophthalmology program in Tampa, Florida. I did two cross-country moves in two years. After my residency, I did a fellowship in San Francisco.” He moved back to the East Coast and decided he’d had enough cross-country relocation.

“I didn’t want New England winters again,” he says of his decision to move to Williams-

burg. “Florida is nice, but my mom was still living by herself in New York, so I wanted to be closer to her.”

A job offer in Hampton Roads moved to the top of his list of possibilities. The practice told him there were several offices and locations in Hampton Roads: Norfolk, Hampton, Chesapeake, Newport News and Williamsburg. “I heard ‘Williamsburg’ and like many people who have visited here as a child, I knew I would love to live in Williamsburg. That’s what brought me here.”

Dr. DeRosa joined Tidewater Physicians Multispecialty Group (TPMG) in 2006. “My partners from the other practice were on the Southside and I was the Peninsula guy. They were tired of coming through the tunnel this way, and I was tired of driving the tunnel that way, so we decided it was a good time to split apart.” His own family doctor was a TPMG doctor and mentioned they were looking for more specialists. “I find I’m doing more general ophthalmology now than with the other group where I was more focused. I like the variety of this.”

His patients come to him for a range of reasons: surgical consultations; chronic management of eye diseases, such as glaucoma, diabet-

ic eye disease and dry eye treatment; changes in vision status, so he can determine the cause; and tests for other systemic diseases.

“Like with most ophthalmologists, I do a lot of cataract surgery,” he describes. “That’s probably number one everywhere. I do a lot of refractive surgery, partial and full corneal transplants, pterygium excision surgery, glaucoma surgeries, lid lesion and basal carcinoma removal.”

Cataract surgery, he says, is typically only about ten minutes of procedure time. “It’s really fast. With cataract surgery there are no stitches involved. It has evolved to be micro-incision surgery. When we do that, the wound self-seals, and we no longer have to stitch it closed. Patients return to normal activity usually the day after the procedure, with little pain. The biggest inconvenience is using eye drops as it heals.”

With corneal transplant surgery, depending on the procedure, a longer recovery period is needed. “A donor cornea is sewn into the patient’s eye and securing it with multiple small stitches – usually sixteen of them at the edge of the cornea. That’s sixteen stitches the diameter of a human hair in the area the size of a pencil eraser. Doctors of ophthalmology do a

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lot of microsurgery and that requires fine motor skills.”

Another common issue of his patients is dry eye. “Dry eye is an umbrella description of several pathologies involving the tear film on the surface of the eye,” he says.

One type is when the eye doesn't create enough tears. “This is common in women after menopause. It's common in certain autoimmune disorders, especially in Sjögren's syndrome, inflammation of secretory glands. People have dry eyes and dry mouth.”

He explains that dry eye is also more common after eye surgery. “If someone has dry eyes, we want to treat that before surgery, so after surgery it isn't worse.” There are medications that increase the production of a person's own tears. “Or some people will have plugs put in the tear drains to conserve the amount of moisture on the eye. It keeps the produced tears on the eyes longer.”

Another type of dry eye is evaporative tear dysfunction where people make enough tears, but the oil layer that helps stabilize the tear film on the eye is deficient. “Usually we see that on people with lid disease. There are about 20-25 oil producing glands on each eyelid. Their job is to make clear oil that intersperses with the tears, helps stabilize them, lubricates the eyes

and prevents them from drying up too fast.”

Exposure is another factor in dry eye syndrome. “Sometimes it's a mechanical issue causing the dry eye. Someone may have had a skin cancer removed and the scar tissue is pulling the eyelid lower. Or with age, a person may have laxity of the lid. With that, the tears aren't bathing the eye as well.”

Dr. DeRosa looks at the cause of the dry eye to know the treatment. Sometimes, it is a combination of these causes. “This is a chronic condition that requires on-going maintenance.”

Investigating the cause of conditions means he takes time talking with his patients, learning about their condition and lives. “I enjoy spending time with my patients. The word ‘doctor’ comes from the Latin word *doctore* meaning ‘to teach.’ Our job is to teach our patients about their disease. That's something I really enjoy helping the patient understand why we do what we do, what we're looking for, why the disease affects them the way it does and why it's important they participate in helping themselves to get better.”

With a nine year old son, Dr. DeRosa's household is filled with activity. “When you have a young one, it's all about the child,” he says. “We waited to have him until we were

older. Being an older parent gives me greater appreciation and definitely more perspective. We have better means to provide for him, but I have less stamina,” he adds with a laugh.

His family has seen their circle of friends adjust. “Before, when we didn't have a child, we hung around people who were single or couples without children. Now, we know more people with children through our son's activities.”

Dr. DeRosa and his family enjoy travelling, and since their son is older, they plan to take him on a European vacation.

Also, the southwest calls to Dr. DeRosa. “I did a couple of medical stints on the Navajo Reservation. I collect Southwest culture, like Navajo rugs and pottery from the different pueblos. I try to get out there every couple of years.”

In his spare time, he enjoys gardening and collecting art glass, the products of skilled hands holds an appeal and appreciation for Dr. DeRosa. He's a regular customer of The Stitching Well at Haus Tirol in the Village Shops at Kingsmill. “All those Christmas ornaments I made, the patterns and supplies came from her shop.” Keeping his hands limber and agile, Dr. Anthony DeRosa brings clearer vision to his Williamsburg patients. NDN

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It's All About **FLAVOR**

By Greg Lilly, Editor

“In a rut?” Laura Sullivan asks. “How far out there do you want to get?” Laura and her husband, Alan, own The Spice & Tea Exchange of Williamsburg. She says when her neighbors fire up their grills there are more options than A-1 Steak Sauce.

They list their top three spice mixtures for steak rubs. “Espresso,” Alan says, “that’s my favorite. Espresso has coffee in it. You put that on the steak about 30 minutes before and it tenderizes the meat. There’s a strong coffee flavor – delicious.”

Laura counters, “I like the Chef’s Choice

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because it has mushrooms in it.”

“Not a fan of mushrooms,” Alan says.

They both agree on the third steak rub: Butcher’s Blend. Like the name implies, it complements most meats. “It’s an all-purpose, pepper-based rub,” Laura describes, “that works great on steak, pork, soup, potatoes and even salmon.”

For grillers who want to take their beef in unexpected directions, Laura recommends some of the exotic, international rubs: Jamaican Jerk, Moroccan Spice and Thai Red Curry blend.

Rubs are like wine when pairing them with meats, Alan and Laura explain. “You want something more intense to go with the red meats, less so for pork.”

Lighter meats like pork can take advantage of the smoky hickory spices. “But, my favorite is English Roast on pork,” Laura says. “A pork loin in the crockpot with English Roast is yummy. It’s designed for prime rib, but I like it on pork. It’s celery-based, and my mom cooked a lot with celery. There’s a connection with me, a feeling of childhood.”

Laura is originally from southern California, and Alan was born in southeast Missouri. His mother brought the family to Yuma, Arizona when he was six years old. That’s where he and Laura met years later, both working in the Yuma school system.

“Our previous occupations were in education,” she says. “We both retired from the Yuma school system. Alan finished as a middle school principal and I finished as a teacher/coach/mentor.”

She explains that as the spouse of an administrator, she hosted a lot of social gatherings and activities. “In college at San Diego State, I waitressed,” she says, “so I had a background in the service/hospitality industry that has served me well. I liked to cook and entertain because I love to eat.” She estimates that they hosted work-related gatherings or family and friends about three weekends a month.

“In Yuma, our barbeque season was November through April – that’s the outdoor season in southern Arizona. It’s very easy to entertain outdoors during those six months. The summertime was the time to stay indoors because of the extreme heat. Alan loves to garden, and he created a very nice outdoor area for entertaining.”

As they approached retirement from the school system, they wanted to do something fun. “We had been to a Spice & Tea Exchange franchise in Charleston, South Carolina while on a culinary tour vacation,” Laura says. “We loved it and started using the spices at home.”

The idea of a spice shop seemed to be a fun way to indulge their love of the culinary arts. The next step for them was deciding where to live and work. “We started touring for locations. Since Alan likes to garden, we were looking for a climate more conducive to gardening than Yuma. He wanted to move to the south. We checked out a lot of places. We travelled up and down the Atlantic coast. Our decision wasn’t just where the business might do well, but where we wanted to end up. We picked Williamsburg. We’ve been here for three years.”

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Sherry Kletzly
President of WAAR

Some good news for buyers looking to close quickly. The implementation of the TRID closing disclosure that requires a 3 day waiting period for disclosure review, has now been moved to October 3rd, 2015. It was initially to go into effect August 1st. This is could be good news for buyers looking to close before September.

More good news for Virginia. Virginia is ranked Number 1 in the nation for best places to retire - citing financial, healthcare, housing, community quality of life, employment, and education - as reported by the Virginia Association of Realtors®, citing Forbes. All of these things we treasure about Williamsburg. Call a Realtor® today to guide you to the best decision for you!

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what a spice and tea exchange was all about. This gave Alan and Laura a chance to use their educator backgrounds to talk to people about how fresh spices and teas add a boost of flavor that is missing in heavily processed and packaged foods.

“Now people come in specifically for tea, custom spice blends or specialty spices to make certain recipes,” Laura says.

“Teas are our best seller,” Alan adds. “Over time, we saw that we sold a lot of it. That’s special to Williamsburg when we talk to other franchise owners.”

One of his favorite summer teas is the blueberry black tea. “That makes a great iced tea with little or no sugar because of the blueberries in it. Bonita Peach and Blood-Orange both make great iced teas. They are made with rooibos herbs from South Africa without caffeine. Berry Sangria herbal tea is popular. Peach on the Beach is a good one.”

Being this close to the ocean and bay, Williamsburg has fresh seafood. Alan likes using the Butcher’s Blend on grilled fish. “It’s excellent. My favorite is the Northwest Salmon rub. Also the salmon tea rub has fresh tea and peppercorns blended with it.”

Laura suggests blackening spices for a zesty seafood rub. “For something lighter, a lemon-garlic pepper rub is good on any white fish,” she says. “Chesapeake Bay and Mariner’s Chowder spice blends are seafood based and can be used on anything from shellfish to chowders to burgers and fries.” Crab and shrimp boils benefit from fresh spices to bring out the flavors.

With grilling, fresh is best, but can last year’s spices still produce a great taste? It depends, according to Alan. “If the spice is ground, the flavor is best for about six months. It doesn’t spoil, but it loses its flavor. That’s one of the keys to a great meal is to keep things fresh. With whole spices, like nutmeg, those can last for years, but once it is ground it starts to lose flavor.”

Laura adds, “Oxygen and light are not friends to spices. Keep your fresh spices sealed and in dark spaces to keep the flavor longer.”

Beyond the main dish, drinks and side dish recipes can be enhanced with specialty sugar or salt mixes. Add a banana split sugar mix to lemonade for a sweet surprise.

“Alan suggested using the habanero sugar in lemonade,” Laura says. “Alan likes hot things. One of the fun things we do at the store is experiment. With the habanero sugar, do not use the same ratio as regular sugar. I did that and it was liquid fire! One gallon of lemonade only needs one tablespoon of habanero sugar. It is delicious. It makes a great adult beverage with vodka. It’s a different kick.”

Laura and Alan Sullivan still use their educator backgrounds when talking to customers, social groups and neighbors who want to investigate the world of spices.

“One of the things I love is how spices can ramp up food” Laura says. “Like grilling corn, use chili lime salt. Bacon salt is an unexpected boost on baked or grilled potatoes. Sometimes a new spice on your grilled vegetables makes a big surprise.”

Hey Neighbor!

Please visit

www.WilliamsburgNeighbors.com,

go to the magazine site and click on

Hey Neighbor! for a complete list of current community announcements.

To submit your non-profit event to Hey Neighbor! send a paragraph with your information to:

heyneighbor@cox.net

Hey Neighbor!

“WORKING AND RACING ON THE BAY”

Through September 8, 2015

The Chesapeake Log Canoe” Special Exhibition, Jamestown Settlement – Objects from The Mariners’ Museum collection are featured in this special exhibition tracing the evolution of the dugout canoe through the centuries, from the watercraft of the Powhatan people 400 years ago to multi-canoe trade vessels and work and racing boats. Admission to Jamestown Settlement, a museum of 17th-century Virginia history and culture, is \$16.75 for adults and \$7.75 ages 6-12. Children under 6 are free. Museum hours are 9 am-5 pm daily. Jamestown Settlement is located on Route 31 South in Williamsburg. For information, call (888) 593-4682 toll-free or (757) 253-4838, or visit www.historyisfun.org. See images in the exhibition for media use: <http://www.historyisfun.org/about-us/news/chesapeake-log-canoe-images/>

Hey Neighbor!

KAYAK

Through September, 2015

Bring your own kayak (BYOK) is a fun monthly program, held every third Saturday through September, from 9 am - 12 noon, at New Quarter Park. York County Parks, Recreation and Tourism teams up with Chesapeake Experience to host the popular event lead by staff guides from each organization. The paddle is free with you own kayak or one can be rented from Chesapeake Experience. The rental cost is \$30 and includes kayak, paddles and life jacket. Rentals can be made and paid for on the Chesapeake Experience website at <http://chesapeakeexperience.org/experience/queens.htm>. For directions or more information, visit www.yorkcounty.gov/ParksandRec or call New Quarter Park at (757) 890-5840.

Hey Neighbor!

MOONLIGHT AND MUSIC AT NEW QUARTER PARK

Through September, 2015

Bring your acoustic instrument - guitar, fiddle, harmonica, drum, dulcimer, etc. - and join in this round-robin music jam, led by local musician Joe Duggan of Joe’s Day Off. Music Jams are held every 4th Wednesday of the month from until September

from 6:30 - 8:30 pm. Meet outdoors in the picnic shelter area just off of the parking lot. Listeners are welcome! Bring your own lawn chair. New Quarter Park is located at 1000 Lakeshead Drive between the Queen’s Lake neighborhood and Cheatham Annex. For directions or more information, visit www.yorkcounty.gov/ParksandRec or call New Quarter Park at (757) 890-5840.

Hey Neighbor!

MAD DASH 5K & FUN RUN AND WISC 9TH ANNUAL FAMILY FESTIVAL

August 1, 2015

Join us for the Mad Dash 5K and Fun Run held as part of the WISC 9th annual Family Festival community event. Proceeds from the race go to Child Development Resources. Race packet pick up begins at 6:30 am with the Fun Run starting at 7:30 am, followed by the 5K Run/Walk at 8 am. The WISC 9th Annual Family Festival follows the race starting at 9:30 am-12:30 pm and themed Wild Wild WISC. This fun community event will provide local vendors, arts & crafts, games and a petting zoo. The Zone featuring Clip N Climb, Laser

Tag and an Indoor Playground will be open at discounted rates. This event is open to everyone in the community so bring your family and friends. Visit our website to register for the race, register as a vendor or for more information www.thewisc.com.

Hey Neighbor!

“ON THE RIVERFRONT”

August 1-2, 2015

“On the Riverfront,” Jamestown Settlement – As part of “Tools of the Trade” theme month, scrape out a Powhatan-style canoe with an oyster shell and learn about Chesapeake Bay life with crafts and games. Admission to Jamestown Settlement is \$16.75 adults, \$7.75 ages 6-12. Children under 6 are free. Museum hours are 9 am-5 pm daily (until 6 pm June 15-August 15). Jamestown Settlement is located on Route 31 South in Williamsburg. For information, call (888) 593-4682 toll-free or (757) 253-4838, or visit www.historyisfun.org.

Hey Neighbor!

“TOOLS OF THE TRADE” THEME MONTH

August 1-31, 2015

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Know Someone We Should Interview?

If you know of someone that you would like to see us interview, email a paragraph about this person with contact information to Greg Lilly, Editor.

GregLilly@cox.net

All submissions will be considered.

Next Door Neighbors

Jamestown Settlement & Yorktown Victory Center – Interpretive programs in August feature a range of 17th- and 18th-century tools and implements. Program highlights include “On the Riverfront,” August 1-2 at Jamestown Settlement, featuring objects used to build dugout canoes and harvest Chesapeake Bay waterways, and “Tools of the American Revolution Seminar,” August 15 at the Yorktown Victory Center, with hands-on activities and scholarly topics.

The Yorktown Victory Center is located on Route 1020 in Yorktown. For information, call (888) 593-4682 toll-free or (757) 253-4838, or visit www.historyisfun.org.

Hey Neighbor!

HAPPY HOUR AND MEMBERSHIP MEETING

August 6, 2015

At 6 pm, at the Williamsburg Golf Club, 1801 Merrimac Trail, Williamsburg. Socialize with your fellow Yuppies and learn about what the new Board has in store for the year. Are you a paid YEP member? Then, your first drink is free! Everyone is welcome-- for YEP members and those who want to learn more about YEP! Young Emerging Professionals of Williamsburg (YEP).

Hey Neighbor!

THE WILLIAMSBURG-YORKTOWN AMERICAN REVOLUTION ROUND TABLE

August 6, 2015

At 6:30 pm at Grace Episcopal Church Parish Hall, 111 Church Street, Yorktown. Norman Fuss will speak on “Artifact 18th Century Military Uniforms in North American Repositories.” The WYARRT provides a forum for the exploration, discussion, and sharing of knowledge about this critical period of our history. All are welcome to participate regardless of knowledge level and we are always open to new members. We meet bi-monthly. Questions regarding Williamsburg/Yorktown, email wmbgyrktwnarrt@gmail.com. Our website is williamsburg-yorktownarrt.weebly.com.

Hey Neighbor!

COMPASSION IN ACTION: DALAI LAMA AWAKENING VOL 2

August 7, 2015

Film goers are invited to the welcom-

ing sanctuary of Unity Fellowship Church in Williamsburg to view an exclusive private screening of Compassion in Action: Dalai Lama Awakening, a 15 year realization of American director Khashyar Darvil's newest documentary film which critics and audiences alike are already calling a “shift in consciousness.” This one time only screening of Compassion in Action: Dalai Lama Awakening will take place at Unity Fellowship church at 7 pm. Admission is \$10 per person, or \$8 per person for students and seniors. Tickets are available at the door. No one is turned away. 50% of the proceeds will be used to support the World Wide Tour of this film. Unity Fellowship Church is located at 624 Queens Creek Road, just off Penniman Road in Williamsburg. For more information call (757) 5940389 or email unityfellowship@verizon.net.

Hey Neighbor!

CDR SUPERHERO 5K

August 8, 2015

To benefit Child Development Resources which serves nearly 1,000 babies and toddlers in the Historic Triangle. 1-mile fun run begins at 8 am, 5K run/walk begins at 8:30 am. Food, activities, ice cream and more. To register, go to cdr.org.

Hey Neighbor!

LIFE OF BEES CHILDREN'S PROGRAM

August 8, 2015

At the Williamsburg Botanical Garden, (inside Freedom Park Interpretive Center if rain), 10 am, open to the public, a \$5 donation is appreciated to help the garden grow. Did you know that of the 900 THOUSAND kinds of insects that we know of, only ONE insect makes food for humans? The food is honey, and the insect is the honey bee. Come take a closer look at the honey bee—we promise—you won't get stung! Children can find out how a bee colony gathers its food, pollinates OUR food, raises its baby bees, survives cold winters, and swarms to a brand new home. This event is part of the Learn and Grow Educational Series, sponsored by the Williamsburg Botanical Garden. Instructors: Pam Burton and other beekeepers from the Colonial Beekeepers Association. Registration required by emailing sherryprat2@yahoo.com.

Hey Neighbor! GROWING ORCHIDS

August 15, 2015

At Freedom Park Interpretive Center, 10am, open to the public, a \$5 donation is appreciated to help the garden grow. James Pressly, a James City County Williamsburg Master Gardener, will discuss the basics of orchid growing in the home. The presentation will include a PowerPoint program and a demonstration on re-potting orchids. This event is part of the Learn and Grow Educational Series, sponsored by the Williamsburg Botanical Garden. For information contact James Pressly at (757) 220-1858 or npressly@aol.com.

Hey Neighbor! "TOOLS OF THE AMERICAN REVOLUTION" SEMINAR

August 15, 2015

Yorktown Victory Center – As part of "Tools of the Trade" theme month, this one-day seminar features hands-on activities illustrating period tools and scholarly topics ranging from military engineering to land surveying. Admission to the Yorktown Victory Center is \$9.75 adults, \$5.50 ages 6-12. Children under 6 are free. Museum hours are 9 am - 5 pm daily (until 6 pm through August 15). The Yorktown Victory Center is located on Route 1020 in Yorktown. For information, call (888) 593-4682 toll-free or (757) 253-4838, or visit www.historyisfun.org.

Hey Neighbor! WALK AND TALK: DEER AND TICKS IN OUR NEIGHBORHOOD

August 15, 2015

From 10 am-12 noon. William and Mary biology professor Matthias Leu is studying deer and ticks to understand the effect of the urban landscape on some of our favorite animal species in the local region. Come to his Walk and Talk at New Quarter Park to learn more about the relationship between deer and ticks, their impact on other species such as birds, the diseases they carry, and population data on deer and ticks in the Greater Williamsburg area. New Quarter Park is located at 1000 Lakeshead Drive, Williamsburg, near the Queen's Lake neighborhood. For more information, call York County Parks, Recreation, and Tourism at (757) 890-3500 or New Quarter Park at (757) 890-5840.

Hey Neighbor! MASTER NATURALISTS PHOTOS ON DISPLAY

August 16, 2015

Reception from 2-4pm, at the Williamsburg Regional Library. The Historic Rivers Chapter of the Virginia Master Naturalists has captured the humor, the beauty, and the mystery of nature through the lens of a camera. Through September 7, their exhibit, "Through the Eye of a Naturalist," is on display at the gallery inside the Williamsburg Regional Library. This exhibit highlights flora and fauna found in Virginia. For the last five years, the Historic Rivers Chapter has had professional judges select winning photos submitted by its members. The exhibit shares with the public these winning photos. The Historic Rivers Chapter of Virginia Master Naturalists was organized in 2007 and is one of 30 chapters across the state. There are more than 100 members in the group whose purpose is to volunteer in the community as educators, citizen scientists, and stewards of Virginia's natural resources.

Hey Neighbor! NETWORKING LUNCH

August 19, 2015

At 12 noon, at Mooyah (Tribe Square on Richmond Road), join us for a casual networking lunch with fellow young professionals. Look for the table flyers/tents when you arrive. Everyone pays his own way. All are welcome! Young Emerging Professionals of Williamsburg (YEP).

Hey Neighbor! WALK AND TALK: WAY DOWN IN THE PAWPAW PATCH

August 22, 2015

From 10 am-12 noon, follow naturalist and wild foods expert Vickie Shufer on an approximately one-mile walk to New Quarter Park's pawpaw patch and back. Along the way, stop and learn more about other edible plants. Participants will pick up pawpaws to take back to the park's picnic shelter to peel and mash into yogurt smoothies. New Quarter Park is located at 1000 Lakeshead Drive, Williamsburg, near the Queen's Lake neighborhood. For more information, call York County Parks, Recreation, and Tourism at (757) 890-3500 or New Quarter Park at (757) 890-5840.

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Hey Neighbor!

ANNUAL ESTUARIES DAY

August 22, 2015

From 9 am – 3 pm, join the family fun where the river meets the sea. The day begins with the York River State Park 5K Race. Ranger guided activities include fossil hunting, hiking, paddling, and seining. Several exhibitors will have hands-on displays to enhance the estuarine experience. For 5K race information & registration, please contact Rick Platt at rick-platt1@juno.com or Craig Worman at xccoach@hotmail.com. All other activities are free with \$4 parking.

Hey Neighbor!

VOLUNTEER - CAPITAL TRAIL CLEANUP

August 25, 2015

At 7 pm, at the Jamestown Visitor's Center Parking Lot. YEP has adopted the first mile section of the Capital Trail starting at the Jamestown Visitor's Center. We get together quarterly to clean it up and help keep our community beautiful. Meet us in the parking lot at the Jamestown Visitor's Center. We will provide trash bags and gloves. The more people we have come out, the more fun it will be and the less time it will take! Dogs are welcome to join at this event. Young Emerging Professionals of Williamsburg (YEP).

Hey Neighbor!

VIRGINIA GERMAN SHEPHERD RESCUE ADOPTION EVENT

August 29, 2015

From 11 am - 2 pm at PetCo in Settlers Market, 4600 Casey Blvd., Williamsburg. Come meet some wonderful German Shepherds awaiting adoption. Find out how you can become a proud owner or foster family

for one of the most magnificent, loyal and intelligent breed of dogs. For additional information contact Virginia German Shepherd Rescue (VGSR), www.shepherdrescue.org or call (703) 435-2840.

Hey Neighbor!

FREE AIRSHOW- NATIONAL MODEL AVIATION DAY 2015

August 29, 2015

From 11 am – 4 pm, the Colonial Virginia Aeromodelers (CVA) is proud to host an event in celebration of National Model Aviation Day (NMAD). Over 150 RC clubs nationwide will be participating in this year's NMAD. Giant Scale Airplanes, Jets, Warbirds, 3D Stunt Planes, Quadcopters, Rockets, and Helicopters are scheduled to perform in this year's airshow. In addition, Aerobatics, Air to Air Combat, Candy Drop, and Paratrooper Barbie are scheduled to be part of the show. There will be many aircraft available on static display, plus CVA members will be available to answer any questions that you may have. The Chick-Fil-A cow is scheduled to make an appearance. Fun for the whole family! For more information, visit www.FlyCVA.com

Hey Neighbor!

REGAINING HOPE FOR SEPARATED AND DIVORCED CATHOLICS

September 7, 2015

From 6 – 7:30 pm, at More Hall, the Journey of Hope, a 13-week support program to help Catholics recover from the emotional pain of separation and divorce and to regain hope will begin. With its uniquely Catholic perspective, Journey of Hope addresses the key challenges brought on by separation and divorce and leads

participants down the path to recovery by helping them more fully understand and live their faith. The result is a rediscovery of the beauty and wisdom of the Catholic faith. This is St Bede Parish's 4th year for offering this program to its parishioners and those interested in the Catholic Faith. Journey of Hope participants experience real healing and renewal of hope in their daily lives. The healing and renewal that starts during the program continues to grow as part of their faith journey. Please contact Deacon Francis Roettinger at (757) 603-6989 ext2308or froettinger@bedeva.org.

Hey Neighbor!

WILLIAMSBURG WOMEN'S CHORUS SEEKING NEW MEMBERS

September 10, 2015

The Williamsburg Women's Chorus is seeking new members to join our group. To become a part of a great group of women who love to sing contact Ann Porter at aportermusic@verizon.net or www.williamsburgwomenschorus.org for information. Rehearsals begin Thursday, September 10, at Bruton Parish House and run from 10 am – noon.

Hey Neighbor!

WORLD OF WORMS! CHILDREN'S PROGRAM

September 12, 2015

At the Williamsburg Botanical Garden (Inside Freedom Park Interpretive Center if rain), 10 am, open to the public, a \$5 donation appreciated to help the garden grow. Join us to meet our hardworking earthworms—the Red Wigglers! Explore the Worm Farm and learn what worms eat, how they breathe and how they help your garden. Ages 3-14. This event is part of the Learn and Grow Educational

Series, sponsored by the Williamsburg Botanical Garden. Instructor: Vanessa DiLeo, Child Development Specialist. Registration required by emailing sherryrat2@yahoo.com.

Hey Neighbor!

THE NIGHT BELONGS TO MOTHS

September 19, 2015

At Freedom Park Interpretive Center, 10am, open to the public, a \$5 donation is appreciated to help the garden grow. With slides and narratives, Teta Kain will introduce those night-flying insects that she attracts with white sheets and floodlights. A vibrant speaker with wide knowledge of her subject, Teta will share many unusual stories about moths and their relatives. This event is part of the Learn and Grow Educational Series, sponsored by the Williamsburg Botanical Garden. Contact tkdragonrun7@gmail.com for more information.

Hey Neighbor!

THIRD ANNUAL WARHILL HIGH SCHOOL CAR SHOW & VENDOR FAIR

September 19, 2015

From 10 am - 2 pm at Warhill High School, 4615 Opportunity Way. Registration open from 10 am -12 noon; all cars/vehicles welcome. Trophies for the top 30 vehicles. Vendor fair hosted by 4Event Planning includes unique crafters and vendors from Hampton Roads. Nonperishable food drive to benefit Salvation Army. Music by Ron Herrick. Vehicle rescue demonstration as well as truck display by James City County Fire Department. Come visit James City County Police monster truck! Concessions and restrooms available. All funds raised are designated for student-teacher

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Hey Neighbor! OPEN HOUSE AT HOSPICE HOUSE

September 22, 2015

From 4-6 pm at Powhatan Parkway, Williamsburg. The Hospice Guild welcomes all in our community to visit Hospice House to find out about volunteer opportunities, programs and services. Hospice House is dedicated to enhancing the quality of living for those facing their final phases of life and to supporting those who love them. A unique hospice model, we work with medical hospice agencies to provide compassionate care. Hospice House does not charge a fee for any of the services provided, and all services are open to those in our community. For more information, call (757) 253-1220 or visit www.williamsburghospice.org.

Hey Neighbor! RESPIRE CARE BENEFIT LUNCHEON

October 7, 2015

At 11:30 am at Williamsburg United Methodist Church. Tickets must be purchased in advance for \$18 each. All proceeds support Respite Care of Williamsburg United Methodist Church which offers an enriching, social afternoon program for adults with special needs, in a safe and supportive environment, while providing a break for their caregivers. Contact: Carolyn Yowell, Executive Director, Respite Care of WUMC, (757) 229-1771.

Hey Neighbor!

WILBERT M. WALLACE SCHOLARSHIP FOUNDATION ANNIVERSARY

October 24, 2015

The Wilbert M. Wallace Scholarship Foundation will celebrate its 25th Anniversary at 1 pm at the Ramada Inn, 500 Merrimac Trail in Williamsburg. As they celebrate their Silver Anniversary, they would like to invite all of their former scholarship recipients to attend and help in the celebration. Local family members are asked to please make contact with the recipients that are out of town and inform them of this event and invitation. Cost of tickets is \$30 for adults and \$15 for children ages 12 and under. For additional information, please call Mr. Lloyd Wallace at (757)220-0807.

Hey Neighbor! AMERICA'S FIRST ENGLISH THANKSGIVING

November 1, 2015

Come back in history as the Virginia Thanksgiving Festival recreates America's First English Thanksgiving. Nowhere can you find a more exciting, educational and enjoyable way to add to your holiday traditions than a beautiful fall day on the James River at Berkeley Plantation on Historic Route 5. The festival is a wonderful family event from noon - 4 pm. It begins with a parade, including horse drawn carriages and fife and drum performers. First person re-enactors, musicians and magicians stroll the plantation grounds. There will be a silent auction. Vendors showcase their food, arts, crafts and jewelry. The program ends with a re-enactment of the First Thanksgiving and a Friendship Dance led by the Chickahominy Tribal Dancers, where all are invited to participate. There is no admittance

fee to the grounds, other than a parking donation of \$10. For further information, call Berkeley Plantation at (888) 466-6018 or (804) 829-6018 or visit our website at www.virginia-thanksgivingfestival.com.

Hey Neighbor! JAMES CITY COMMUNITY CHURCH

Ongoing

"A Door of Hope" James City Community Church is located at 4550 Old News Rd., Williamsburg. Services: 9 am (Nursery provided) and 10:30 am (Nursery and Children Classes). Visit our website at www.jccchurch.com. Come join us and make yourself at home, and feel free to participate as much or as little as you feel comfortable. No matter where you are on your spiritual journey, we're glad you're here.

Hey Neighbor! MASTER NATURALIST TRAINING REGISTRATION

Ongoing

The Historic Rivers Chapter of Virginia Master Naturalists is accepting applications for its annual six-month Basic Training session. The session starts September 1, 2015 and ends March 9, 2016. The group meets about twice a month on Tuesday evenings and participates in six weekend classes/field trips over the six-month period. People who are curious about nature, enjoy the outdoors, and want to be part of natural resource management and conservation in Virginia are perfect candidates. Enrollment is limited to 25 people. The fee is \$150, which includes all materials and instruction. The application for Basic Training can be downloaded from the Historic Rivers Chapter website: www.historicrivers.org/

or contact the Basic Training Committee at sedevan52@cox.net Additional information about the statewide program is at: www.virginiamasternaturalist.org/

Hey Neighbor! EARLY CHILDHOOD MUSIC SCHOOL FALL CLASSES REGISTRATION

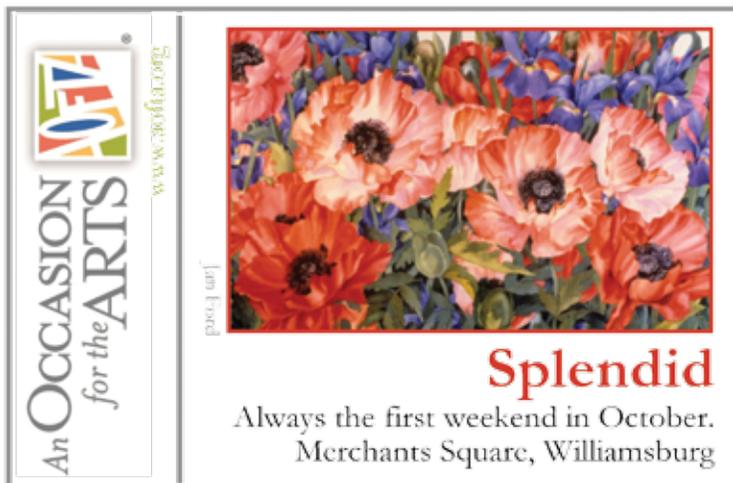
Ongoing

The Early Childhood Music School of Williamsburg United Methodist Church is accepting registrations for the next session to begin September 8, 2015. Weekly classes in music-and-movement are offered for children, ages 2 months through 7 years. The classes, tailored to the student's age and developmental level, are taught by certified early childhood music specialists in a positive and nurturing environment. The offerings include Keyboard (group piano) classes for children 6 - 7 years old as well. Please contact Cindy Freeman for a fall brochure at (757) 229 - 1771, Ext. 108 or cfreeman@williamsburgumc.org.

Hey Neighbor! MULTI-FUNDED NON-PROFIT AGENCY SEEKING TO FILL DIRECTOR OF FINANCE POSITION

Ongoing

Applicant must have financial experience working in a non-profit multi-grant environment and meet the following requirements: (1) Supervise financial and human resources staff. (2) Strong experience in developing and managing budgets annually. (3) Proficiency in the use of QuickBooks (QB) for Non-Profit Organizations. (4) Ability to explain how transactions would be distributed among different grants. (5) Proficient use of Microsoft Word and Excel to produce



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financial reports utilizing downloads from QB. (6) Ability to work with spread sheets. (7) Ability to communicate effectively financial matters with staff, board members, grantors and others. Prior experience working with Federal, State and local grantor agencies is a plus. Experienced with grant audits. Requirements – BS degree and/or MBA in accounting/business with at least 5 years working in a multi-funded non-profit financial office. EOE. Send resume to – Attn: Human Resource Department Williamsburg-James City County, Community Action Agency, 312 Waller Mill Road, Suite 405, Williamsburg, VA 23185. 757-229-9332. Salary Range – \$55,000 to \$60,000.

Hey Neighbor! VOICES OF CHANGE TOASTMASTERS CLUB

Ongoing
Develop your leadership and public speaking skills in a safe, friendly environment with the Voices of Change Toastmasters Club of Williamsburg. Visitors are welcome; this is an open club. We meet every Friday at 12:05-1:05 pm in the second floor conference room at EVB (formerly Virginia Company Bank), 1430 High Street, Williamsburg. For more information, visit www.voicesofchange.toastmastersclubs.org or www.facebook.com/VoicesofChangeWilliamsburg.

Hey Neighbor! BIBLE STUDY AND WORSHIP

Ongoing
Informal, interactive Bible study and Holy Communion worship each Wednesday evening, 6:30 pm, at St. Stephen Lutheran Church, 612 Jamestown Road, right across from the campus of the College of William

and Mary.
**Hey Neighbor!
WILLIAMSBURG FARMERS MARKET**

Ongoing Saturday mornings
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.

Hey Neighbor! VOLUNTEERS NEEDED: WILLIAMSBURG AREA FAITH IN ACTION

Ongoing
Faith In Action relies on volunteers to transport care receivers to doctor's appointments, the grocery store, bank, pharmacy, etc. Right now, the demand for transportation is increasing. Faith in Action offers a flexible schedule for its volunteers. "Our organization was built on the idea of people helping people," Smith said. "If you have a few hours to dedicate to someone who may just need an arm to lean on to get to a doctor's appointment, then we have a spot for you. "If you are interested in volunteering, call the Williamsburg Faith In Action offices at (757) 258-5890.

Hey Neighbor! VIRGINIA AERONAUTICAL HISTORICAL SOCIETY (VAHS)

Ongoing
Every third Wednesday of the month, the Williamsburg chapter of the parent VAHS headquartered at the Richmond Airport Aviation Museum

meets with aviation related speakers, programs and field trips. Everyone with an interest in aviation is encouraged to attend meetings in the second floor conference room of the Williamsburg-Jamestown Airport terminal building. Come for the camaraderie and learning experience, which comes with expanding your interest in aviation – past, present and future. Point of contact: (757) 258-0376

Hey Neighbor! NEW2YOU THRIFT STORE HAS GREAT SELECTION OF PROM DRESSES

Ongoing
Prom season is here and new2you Thrift Store, 4500 John Tyler Highway, has lots of dresses to choose from. New2you is a nonprofit community thrift store benefiting Williamsburg Christian Academy and is open Mon. - Sat., 10 am - 6 pm. Stop by during our regular hours or call (757) 221-6633 for more information.

Hey Neighbor! MOMS IN PRAYER INTERNATIONAL

Ongoing
No matter what age group from pre-K to graduate student, Moms worry about their children. Replace your anxiety and fear with peace and hope by praying with other Moms for our children and our schools. Moms in Prayer International meets weekly throughout the school year and continues through the summer. Join us and other Moms for a powerful time of prayer every Wednesday from 1-2 pm at Calvary Chapel Williamsburg, 5535 Olde Towne Road. Contact info: Jeanne Hallman, (757) 220-8400/Jeanne4J@cox.net. Visit www.MomsInPrayer.org

MomsInPrayer.org Hey Neighbor! HISTORICAL SOCIETY MEETINGS

Ongoing
The Tidewater Virginia Historical Society, TVHS, offers unique tours, lectures, social events and behind-the-scenes adventures. TVHS opens doors to "off-the-beaten-path" and "not-open-to-the-public" historic sites. Lectures by experts in their field provide information prior to tours to complete the experience. A recent archeological dig took place at New Quarter Park. A video dedicated to the dig, "Joys of Discovery" is currently running on the Cox community channel 46 at 3 p.m. daily. An Infomercial is running several times a day. Another dig that will be open to the public will be held in August. To learn more contact us at (757) 28-5587 or visit us on the web: tv-hs.org or info@tv-hs.com.

Hey Neighbor! BUS DRIVER POSITION AVAILABLE

Ongoing
Williamsburg-James City County Community Action Agency (WJCC-CAA), Head Start bus driver position available: Approx. 5hrs/day for 160 days per year. Requirements: CDL, P&S endorsement, HS/GED diploma, and able to pass VDOT physical, and have satisfactory DMV driving record. All applicants please email: headstart@wjccactionagency.org, or come to 312 Waller Mill Road, Suite 400 in Williamsburg, VA 23185, or call (757)229-6417. EOE.

Visit
WilliamsburgNeighbors.com
for a complete listing of events.

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Photo Challenge



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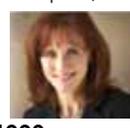
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