

January 2015

WILLIAMSBURG'S

Next Door Neighbors®

VOL. 9, ISSUE 1

PRICELESS

Discovering the people who call Williamsburg home

Our Volunteers

Jasper Gay

BUSINESS

Roy Hartley

SPORTS

Reed Nester

A & E

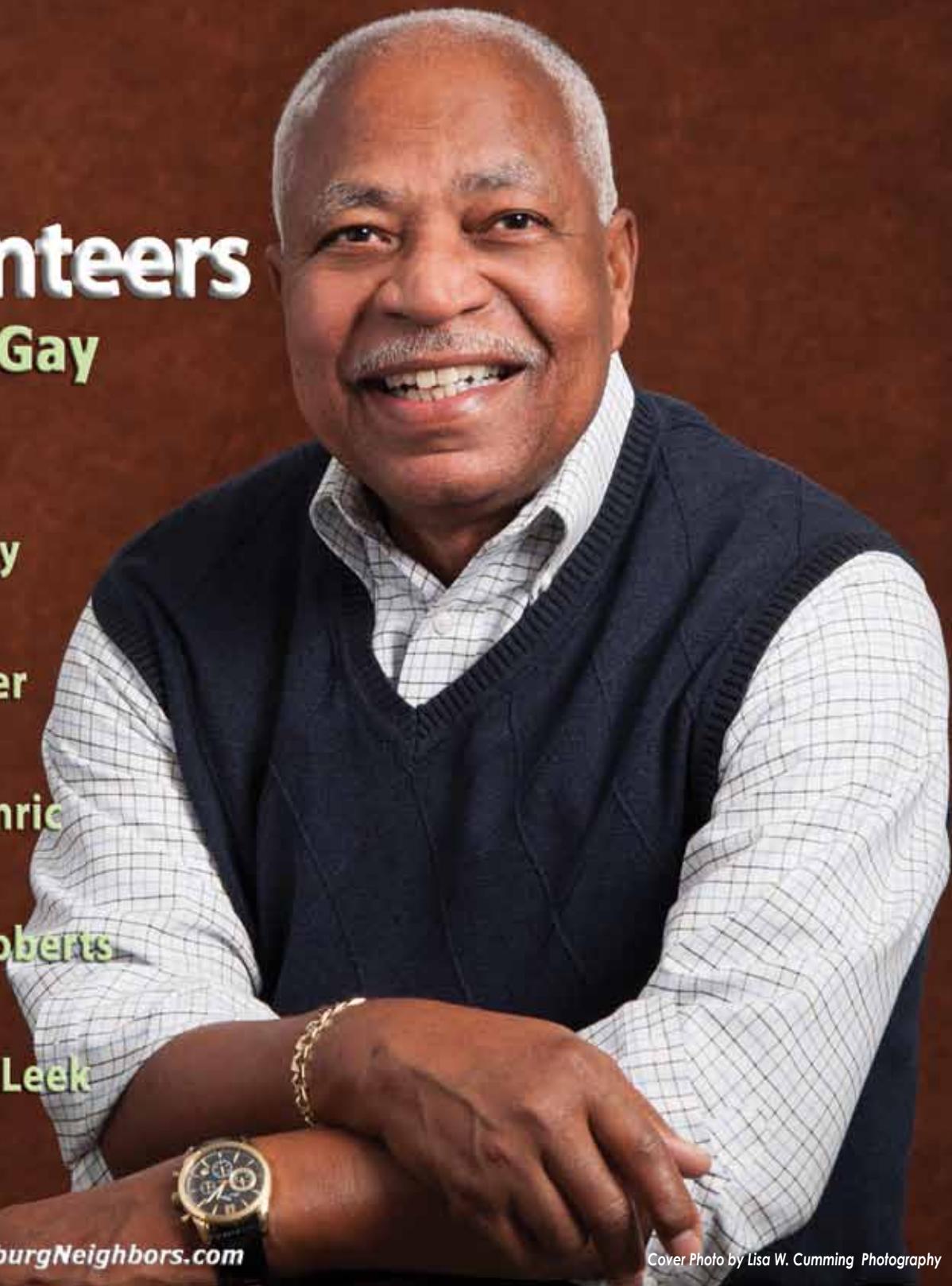
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Our Volunteers provides a snapshot of some of your neighbors who give of their time to help others. The practice of volunteering time or talents for charitable, educational or other worthwhile programs in our community is an honorable way to contribute to the well-being of others.



Meredith Collins, Publisher

Williamsburg is abundant in altruistic opportunities that help improve the quality of life for people who live in our community. Volunteering oftentimes has positive benefits for the volunteer as well as the person served.

Your neighbors featured in this issue represent only a small fraction of locals who give their time and service to local non-profit organizations, civic groups, churches, lifelong learning and more. Some even volunteer for more than one group or organization. The common thread woven between these individuals and the hundreds more not found in these pages is the ability to see outside of their own needs and devote positive energy to helping others to become more successful, healthier, and happier. Volunteers are an integral and indispensable force in Williamsburg. Through their selfless actions our community as a whole is lifted and enriched. I hope you enjoy reading about some of your neighbors who volunteer. If you have the time and resources, perhaps you will be inspired to give of yourself too. **NDN**

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Cover Photo by Lisa Cumming



Lisa W. Cumming Photography

I am only one, but still I am one. I cannot do everything, but still I can do something...

— Helen Keller

Jasper Gay didn't always have as much time to devote to volunteer work as he does today. Before he retired, every weekday morning Jasper would take the long train commute from his New Jersey home into the heart of Manhattan. Jasper worked as a radiology administrator at Cabrini Medical Center for 25 years until it closed, then taught radiology for five years.

When Jasper was a young man in the U.S. Air Force he was assigned duties in a hospital office. The airman was intrigued by the medical practices he observed and used G.I. benefits to attend radiology school when he left the service. This led Jasper to meet his future wife, Judy, who was also working in New York City as a claims adjuster for vets, and eventually took him all the way to a master's degree and a long, successful career. Afterwards, Jasper retired and moved to Williamsburg.

"We've lived here for two years now, but have owned our home for six," Jasper says.

Judy had relatives who lived in Hampton

and Jasper had family in Virginia Beach, so they and their two children spent many happy vacations visiting them and exploring the area.

"Our son Jeffrey and daughter, Nicole, especially enjoyed Colonial Williamsburg, Water Country and Busch Gardens," he recalls.

New Jersey's high cost of living continued to escalate while prices for Virginia homes were falling at about the time Jasper and Judy were seriously contemplating retirement. "I got lucky," Jasper says. "My wife's aunt and mother live with us, so we found a large house here that they took care of while I worked for a few more years."

Retirement hasn't meant kicking back with the TV remote, however. He still finds himself a busy man. Jasper cuddles a dimpled baby girl on his lap as we chat in his cozy kitchen.

"This is Faith," he says as he pats her back and expertly coaxes forth a burp. Faith belongs to young church friends new to Williamsburg and comes to stay a few hours several days a week. Jasper's only grandchild, Nicole's daughter, Mercy, is 7 years old and lives in Kansas City, too far away for daily involvement in her life. "I sure wish Mercy could meet Faith," he

says with a smile, wiping the baby's mouth with a tea towel.

Jasper is used to pitching in when he sees a need. For more than two decades the couple volunteered in a dynamic prison ministry in New Jersey. Jasper saw their mission there as uncomplicated. "We'd do anything we could do to brighten the day and bring a smile to their faces. Something as basic as a hug and a 'God loves you!' really means a lot when you're incarcerated," he explains.

Jasper recalls that six years before their move he and Judy felt drawn to focus their volunteer efforts on the large homeless population around Newark. "Twice a month we'd help cook and serve a meal at the House of Mercy Mission, taking time to talk with the individuals and just love them." For Jasper and Judy, love meant acting when the phone rang at midnight and a voice asked for help.

"I had people ask me to pick them up in a bad section of town and give them a ride. I never turned down anyone truly in need, but sometimes I was scared and questioned the wisdom of what I was doing," he says with a laugh. Jasper's strong Christian faith is a pow-

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erful force, but in his opinion not the sole motivation for what he does. "It's a people story as much as it is a faith story," he says. "Even if I weren't a Christian, I think I'd still be doing this work, but as a believer, it's a good opportunity to share the gospel when I can."

When they moved to Williamsburg and were looking for a spiritual home, the first thing Jasper always asked was if there were opportunities through the church to volunteer in the community. The couple soon found the right fit in the Christian Life Center (CLC), located on Long-hill Road.

Before long, Jasper was busy serving with the Greater Williamsburg Outreach Ministry, or GWOM, a coalition of 21 faith groups and both public and private social agencies that collaborate to provide permanent solutions to end homelessness. They address short term emergency shelter needs but also offer longer term efforts, helping to transition people into successful, independently functioning members of society.

"The concept is to really help the person, whatever their problem may be: alcohol, addiction, abuse, throwaway kids or just poverty. Some of our people have gone into the woods to search out the tent encampments and try to get them back into traditional housing. "One ministry uses a program called the 3E Restoration Process, which involves encouraging, equipping and empowering 'Friends in Need' through tangible acts of compassion and love. We address the root causes of poverty and homelessness and provide practical solutions for them," Jasper says.

That ministry led to Jasper's twice weekly, four-hour shift for, Community Resource Center (CRC), which operates under the United Way banner. "I'm a receptionist there or whatever else they need me to do," Jasper says. "People will call in and say they can't pay their rent or have no place to stay, or their electricity has been cut off. I'll set up an appointment for them to come in and talk with a case advocate and they'll figure out if we can help them."

Community of Faith Mission (COFM) is another of the four separate groups that count Jasper as a volunteer. COFM is a nonprofit founded three years ago by friends Kathy Banfield and Reneé Collins, who saw a need and took action. This faith-based ministry serves Greater Williamsburg's homeless population throughout the coldest months. From November through March, many local churches take turns, a week at a stretch, feeding and housing as many as 25 people nightly who have no other means of shelter. There's a large trailer packed with mattresses, towels, and other essential supplies which travels from place to place during the season. It's not just hot meals and warm beds, however. COFM always provides individual bags of toiletries and the hosting church will often arrange for barbers to give haircuts, or will distribute new underwear and socks. Some will also have a rack of free coats and gloves set up for those in need of warm clothing. The church near their neighborhood where Judy is a part-time nursery worker, Williamsburg Community Chapel, gets a special mention from Jasper.

"When it's their turn to host, the Chapel provides a big motorized trailer equipped with hot showers, and the guests can use it every day," he says. I just signed up for a shift there in January. I volunteer at a lot of the churches that participate, usually for the night shift when I can talk to the people and interact." Each church in turn provides two meals a day, dinner and breakfast, plus a brown bag lunch for the daytime hours when their guests must go elsewhere.

"Some have jobs during the day, but for those who don't, when it's snowing, wet, or really cold, it's bad. They can go to the library, ride the buses with a pass all day, or visit friends if they have them. One of the things we're doing at GWOM is working to find some kind of daytime shelter where they can rest and stay warm and dry."

Jasper Gay's philosophy of life can be summed up simply: "You can't help everyone, but you can do your part," he says. "For the rest, leave it up to God." NDN

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prescription medications for patients. Since the majority of patients work full time, the clinic offers expanded evening office hours and walk-in care for urgent medical problems.

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For the Love of Lifelong Learning

By Lillian Stevens

Art Grant is serving a one-year term as president of the Christopher Wren Association for Lifelong Learning. The Christopher Wren Association (CWA) is sponsored by the Office of University Advancement at the College of William and Mary. Offering a variety of intellectual opportunities to locals with a desire for life-long learning, the organization is administered mostly by volunteers.

Art wants readers to know that the Christopher Wren Association is not just for retirees.

A good number of their membership does include area retirees but CWA is open to all.

"We welcome people from the entire community and region," he says. "Whether you are a retiree, a stay-at-home mom or an empty nester, if you are interested in lifelong learning,

we are interested in you." The CWA was founded in 1991 by two retired educators, Wayne Kernodle from William and Mary and Ruth Kernodle from Christopher Newport University. In its first semester, enrollment was 105. Today, enrollment has increased to over 1400 members.

Art and his CWA colleagues would like to see even higher numbers, both in the classrooms and at the podium.

In addition to serving as president, Art is also a CWA instructor. And he's been known to



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Actually, there is no typical class. The subjects are as unique as the instructors who teach them and the members who enroll. Courses are taught by volunteer instructors from William and Mary faculty, both current and emeritus, as well as instructors from the Association's membership and the community at large.

"When someone comes to us indicating a desire to teach a CWA course, we collect information from them about their own professional background as well as the course they would like to teach," Art says. "We sometimes conduct a brief interview as well, particularly if that person has never taught before."

There is a program committee in place with a designated person responsible for each of the subject areas. A representative from that committee will spot-check a class to observe and offer assistance as needed. Each class also has a

host who helps with logistics and a classroom assistant who handles audio visual and computer setup needs.

Students or members? Both!

To take advantage of the vast array of courses available, members join for a nominal fee. That entitles them to up to 15 hours' worth of classes each semester that they choose purely for the joy of learning. There are no tests or grades. Courses and activities are planned and operated by the members and volunteers and occur at various locations throughout the area, either on W&M's campus or nearby.

What's more, a month after registration starts, classes are open to all members, even if they have reached their 15 credit hours. "If there is classroom space," Art says, "you can take more classes. We are only constrained by classroom size and total number of students. Of course, some instructors do limit the classes to a certain number of students."

At the end of the semester, teacher evaluations are conducted, just as they are in a regular college class.

In addition to regular membership, the CWA offers an associate membership which entitles associate members to regular Town and Gown brown bag lunches and topical lectures. Other

activities include computer users groups, yoga classes and special events like day trips to concerts and museums. There are all sorts of outings whereby members are able to socialize in a more informal way outside of the classroom.

William & Mary's Office of University Advancement provides classroom space, office space and accounting support to the organization. The CWA employs one full-time staff member and three part-time employees.

"We have a very small overhead and our 13 board members are all volunteers, as are the instructors," Art says. "Our relationship with William and Mary is phenomenal. They are very good to us." The Williamsburg Regional Library also opens up its large auditorium and small classroom to the CWA for classes – as does WindsorMeade.

Art became involved with CWA in 2009. He and his late wife, Ellen, moved to Williamsburg in 2006 in order to be closer to their daughter who lives here. The couple also enjoyed the close proximity to North Carolina's Outer Banks. At first, he and Ellen took classes. Then, at Ellen's urging, Art began teaching. An alumnus of the U.S. Military Academy at West Point where he taught for three years, Art also taught at the National War College and George

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Washington University. Ellen suggested that he would be a natural to teach a class on the Civil War.

He took her up on it.

"I have been interested in the Civil War since about the fifth grade," he says. "So that's one of the classes that I teach."

Having served on Capitol Hill as a U.S. Senate staffer, Art also teaches a course about Congress.

"That course is part history and part current events," he explains. "The first two sessions are on the history of the Constitutional Convention. In other words, what did the Founding Fathers believe a Republic should look like? Then, the second session is devoted to what a Republic should look like in 1787. The third and final session is about how Congress operates now."

Art's intent is to help students form their own opinions based on education and facts, not what their neighbors believe or what they see on various "news" channels.

Prior to his work on Capitol Hill, Art served in the United States Army for 25 years.

"I was an airborne ranger qualified tanker, which basically means that I ran tanks," he says with a chuckle. "Then I retired from the Army

and went to work as a U.S. Senate committee staffer. From there, I went to the Raytheon Company (a Defense contractor) for six years before fully retiring in 2006."

Art has been pretty busy in his retirement, as are his fellow volunteers.

"Fortunately, recruiting great instructors has not proven to be a challenge because we find that local experts enjoy sharing their own vast experience and brain trust with intellectually curious individuals," he says. "For example, Patrick Dugan is an instructor who recently moved into the area. He came up to me after our spring meeting and told me that he used to teach at Fordham University and he had served as an Assistant District Attorney at New York's Manhattan District Attorney's Office. So, Patrick is teaching and he also joined the board and is serving as the interim program chair."

Another popular instructor is John Rogers who hails from the business world. "It doesn't matter what he teaches," Art says with a laugh. "John's classes are always full."

When he's not taking or teaching classes, Art's hobbies include radio controlled model airplanes and participating in Fords Colony's model railroad club. He is an active member of Williamsburg United Methodist Church where

he serves as chair of the finance committee. He also helps out on weekends at the Norge Train Depot, an historic property adjacent to the Croaker Library which was built at the turn of the century by the Chesapeake and Ohio Railway.

Like his Christopher Wren Association colleagues, Art is an enthusiastic advocate of education.

"For me, the take-away is participating in an organization that loves lifelong learning and is committed to it. Our instructors are enthusiastic and the staff is happy," he says. "And, of course, the Kernodles were visionaries! It turns out that a lot of folks are interested in lifelong learning – and not just seniors."

Even though its membership is robust, Art says that CWA leadership is always looking for new members. Besides, who doesn't want to keep up with current events, continue their personal growth, and have fun learning something new? Or, at the other end of the spectrum, impart wisdom from a successful career?

"The volunteer spirit in Williamsburg is phenomenal," Art Grant says. He encourages readers to learn more about the Christopher Wren Association for Lifelong Learning at <http://www.wm.edu/cwa/>. NDN

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Brightening the Lives of Children

By Susannah Livingston

After talking for a while with Lisa Thomas, it's hard not to start feeling a lot better about the future of children in our community.

Lisa is a volunteer mentor with Big Brothers Big Sisters of the Greater Virginia Peninsula (BBBS), and she loves to talk about just how the organization does so much good. BBBS, Lisa says, is based on a beautifully simple idea: that time spent one-to-one with a caring adult can make a big difference in a child's life.

Lisa's involvement with BBBS goes all the way back to her early adulthood. She had

graduated from William and Mary, finished graduate work in social work and education in New Jersey, and moved back to Williamsburg as a young newlywed in 1984.

"I didn't have any kids. I was just starting out on my career and was really looking for a way to get immersed in the community," she explains. "I knew I wanted to do something with children anyway because that was sort of my professional path."

Big Brothers Big Sisters, which was founded in 1904 and had built an enviable national

reputation, seemed like the perfect place to start. The program carefully matches volunteer mentors with children who have been referred to BBBS by their own parents or by another agency.

"The process they use is phenomenal," Lisa says. "They do background checking but it goes way beyond that. They ask you questions about your own childhood experience, what you liked to do as a child, what was important to you. Then they ask about your style. Do you like a child who likes to read books or a really active



Lisa W. Cumming Photography

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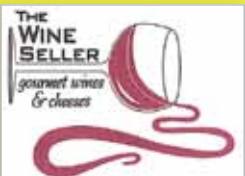
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child?" The agency also provides plenty of training and helps its volunteers find the right kinds of activities to do with a child.

Lisa was paired with a nine-year-old girl whose family situation Lisa describes as "very challenging." The two quickly hit it off. The child loved the outdoors, so she and Lisa did a lot of swimming, took long walks, and went to sporting events. They also spent a lot of time at the library. "She didn't have exposure to simple things like that, or even a parent to go to her parent-teacher conferences with her," Lisa explains. "Her mother didn't have the time or the comfort level to go into a school setting, so I asked her permission and went with my Little Sister." Even in the relatively short time she had with her, Lisa says her "Little" began doing markedly better in school.

"My goal was to expose her to experiences, to explore things that were not a part of her life," Lisa says, adding wistfully, "I was only with her for three years and then her family moved out of the area. She'd be 36 today and I often wonder how it all turned out."

While working full-time and raising her own four kids, Lisa took a bit of a break from volunteering with BBBS. But when her youngest left home, she knew it was time to go back to the mentoring she had so enjoyed. In 2010 she was paired with a seven-year-old girl, now a middle-schooler, and the two have become great friends. Almost every weekend, they get together for a fun fair or a play, they visit a museum, or they wander around Colonial Williamsburg. The two have even run several 5Ks and volunteered with the United Way. Lisa says there could not be a better community than Williamsburg for expanding a child's horizons while having plenty of wholesome fun—"and a lot of it is free!" Though her Little has a big personality and quickly opened up to the experience, Lisa says the child's mother was "appropriately cautious" at first. "It took a while to earn her trust," she says. "I would be very specific about our plans, and I'd check in frequently while my Little and I were together." Now, to her delight, Lisa says the child is very much a part of her family—and vice versa.

The vast majority of Little Brothers and Sisters in one survey said their experience with their Big influenced their decision to go to college. "With my Little Sister I do a lot of 'future talk,'" Lisa says. The child comes from a family in which college is not the automatic next step, so Lisa talks with her about "when you go to college, when you're an engineer, when you're a teacher." She often walks around the William and Mary campus with her and says that "it really sparks her interest."

Talking with her about her career, it's easy to see Lisa's work with BBBS as an extension of her professional calling. She's deputy director of Child Development Resources (CDR), the nationally admired local agency that each year serves about 1,000 very young children with developmental delays or other special needs or risks and their families. She joined CDR in 1986 and has worn many hats, including home visitor, parent group facilitator, trainer and coordinator of an interagency council.

These days, Lisa's primary responsibility is to oversee all of CDR's direct service programs. Her duties are largely administrative and budgetary, and she admits that she misses working directly with the kids. Fortunately, tots are almost always just down the hall.

"We're still small enough that if I want to go hang out with the play-group or parent group, I can do that!" she says, laughing.

Lisa grew up in central New Jersey with her parents, two brothers, and two sisters. "We weren't a family of means. We were very middle class," Lisa says. But the family was close and, thanks largely to her father, who had a well-developed sense of fun, they had plenty of family adventures. One year, she says, he saved up six weeks of vacation and the family went on a cross-country camping trip that took in almost every state.

The Macy's Thanksgiving Parade in New York was another family favorite, and still is. Lisa had hoped and planned to go to the parade in 2014, but a happy event, the arrival of her third grandchild, put that plan on hold.

Lisa says one of the greatest gifts her family gave her was a love of volunteerism. Her parents helped found the FISH organization in their town, and Lisa remembers delivering holiday baskets with her parents. "Volunteering seems very natural to me," she explains. "When people say to me, 'It's so nice of you to give up your time,' I say, 'Who doesn't?'"

New Jersey still has a strong pull for Lisa. Her mother, who is in remarkable health, lives there still, and being within a few hours' drive of her is a top priority for Lisa. She and her husband also travel frequently to see their kids and grandkids, who live in Texas, Florida and California. Their only daughter is a medical student at Eastern Virginia Medical School in Norfolk.

Retirement is still a ways off, and Lisa looks forward to many more years with both CDR and Big Brothers Big Sisters. She says there's always a waiting list of children, particularly boys, who need mentors, and she wishes more people would get involved. "There are lots of different ways to help. There are mentors like me but there are also school-based mentors who go in for an hour a week to meet with a child at school." Sometimes these mentors will simply have lunch with a child or help with homework.

Most importantly, Lisa Thomas says, "Mentoring is a great opportunity for kids to be exposed to new things, and that's pretty much how all of us learn. It has exposed me to stuff that I wouldn't have done otherwise. I probably get more out of it than the kids! I think children are very interesting people." **NDN**

To find out more about volunteering with Big Brothers Big Sisters or to sign up to be a mentor, call the local office on McLaws Circle at (757) 253-0676 or visit the website at www.bigs4kids.org.



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Take My Outstretched Hand

By Brandy Centolanza

There is a verse in poet Rod McKuen's "I'll Catch the Sun" that Jim Ivey knows by heart. It reads in part:

"...and in a world where no one understands I'll take my outstretched hand and offer it to anyone who comes along and tells me he's in need of love. In need of hope or maybe just a friend...."

Not only does Jim know the words, but he chooses to live by them.

"Those lines really jump out at me," says Jim, who has been a volunteer at Olde Towne Medical & Dental Center for the past six years. "It's my philosophy on life. It's my philosophy with my fellow man."

Jim is reminded of the poem each time he walks through the door of the center. He spends three days a week there overseeing other volunteers as the volunteer coordinator and also serves on the medical center's board of directors. His position at Olde Towne Medical & Dental Center is a unique one in that he is not only a volunteer but also a patient.

Jim grew up in Isle of Wight County and settled in Williamsburg in 2008 following more than a dozen years of living in Atlanta, Georgia. Jim suffers from several chronic illnesses including Diabetes and Hemochromatosis, a condition in which the body absorbs too much iron.

He also had a heart stent implant in 2004.

His health was well-maintained thanks to his insurance, but then he was unexpectedly laid off from his job in the procurement business.

"Everything was going well when I had insurance and could buy my medicines," Jim says. "I had never been laid off before, so I was trying to figure out what to do next, where to

go. I was trying to figure out how to cover health insurance for my wife and me. It was the first time in 40 years that I was without health insurance."

Jim searched for a new job without much luck and eventually decided to retire. Jim and his wife, Virginia, moved to Williamsburg to be closer to his brother, Rick. One day, Jim stumbled upon an article in the Virginia Gazette about Olde Towne Medical & Dental Center and decided to check it out.

"I had found nothing like Olde Towne Medical & Dental Center in Atlanta," Jim says.

He was elated to hear that he qualified for services based on his family income, as well as the Medication Access Program (MAP), which provides prescriptions to patients at nominal or no cost.

"I immediately started seeing the physicians here, and I felt more comfortable than I had in nearly two years because now I was able to be treated for my illnesses and receive the medications I needed."

Deeply grateful, Jim decided he wanted to reciprocate.

"I wanted some way to give back and felt that there had to be something that I could do to help," Jim says. "I asked how I could help and found out about the volunteer program." Dozens of volunteers devote time to the center each month. Jim started his volunteer service there by checking in patients and registering



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new patients. During the last fiscal year, Olde Towne Medical & Dental Center received 19,327 patient visits, roughly 1,600 per month.

"Our patient load has increased tremendously much of which is because of people like me, people who have lost their jobs or lost their health insurance," Jim says. "We help those who are underinsured or uninsured."

Jim later started volunteering in the dental department, maintaining and filing patients' health records. After two years of serving as a volunteer, Jim was asked by the center's executive director to serve on the board of directors.

"They asked me because they wanted a patient to serve on the board," says Jim, who started his second three-year term on the board last July. As a board member, Jim attends meetings and training sessions, and helps with fundraising and marketing, including folding and mailing brochures. Jim has been involved in the amendment of the constitution for the center as well as the preparations for a recent gala celebrating the medical center's 20th anniversary. He also routinely sits in on education sessions for the center.

"We are always looking at what's going on at Olde Towne Medical & Dental Center and seeing what we can do to make it better," Jim says. For his part as volunteer coordinator, that means recruiting the best volunteers to ensure things are running smoothly at the center. The center currently has roughly 70 volunteers, including ten dentists, three dental assistants, six nurses, eight physicians, 27 community volunteers and 25 students from the College of William and Mary. Jim is responsible for filling volunteer shifts and maintaining volunteer records and hours. Many of the volunteers are used as interpreters for non-English speaking patients.

"Our volunteers are amazing," Jim says. "They are really dedicated to the work. We have a 95-year-old lady who has been volunteering for 15 years at the center."

Jim also promotes Olde Towne Medical & Dental Center at various health fairs throughout the region and participates in the center's Give Kids A Smile program each February. The program provides free dental treatment to uninsured children in the community.

"We examine, diagnose and treat those children all in the same day," says Jim, who is also a member of the Greater Williamsburg Association for Volunteer Administrators (GWAVA).

"When I took on the volunteer coordinator position, I had a talk with my wife about it, and she was on my team right away," Jim explains. "We knew that what I was about to do would be something worthwhile for this community and the people in it. I don't volunteer to reward myself or because I get any benefit from it. I just want to do what I can to help other people. There is this aura that you feel from being able to help people."

Beyond Olde Towne Medical & Dental Center, Jim devotes time to his church, St. Stephen Lutheran Church, where he serves as chair of the social ministry coordinating committee. The committee helps with various community organizations, including the Community of Faith Mission's homeless shelter program, Avalon, FISH, and Olde Towne Medical & Dental Center.

Reaching out to assist others in need has always been second nature to Jim. While he was in Atlanta, Jim helped start the Rosebud Foundation, which helps incarcerated individuals transition to a productive life once they are released from prison.

"We helped them find a job, a car or a place to live," Jim explains. "There was one woman who went on to be a veterinary assistant who worked with guide dogs. To see something like that happen is real joy." Jim also served as a volunteer counselor in a state women's prison, helping them adjust to life as a prisoner.

"I'm always looking for more community volunteers here," Jim Ivey says. "Working here has been one of the most rewarding situations I've ever been in. I love the staff and the people here. I think a lot of people here must have also read Rod McKuen's poem." **NDN**

Easing Grief

By Alison Johnson

Lisa W. Cumming Photography

As Carol Occhuzzo drove up to Hospice House of Williamsburg for the first time about four years ago, she quickly began to sense that somehow, this was not a sad place.

Yes, the four-bedroom home was a space for the terminally ill, where families gathered to say goodbye. But inside and out, it felt so unlike the sterile hospital grounds where Carol had stayed with her parents during their final days. She saw flowers, rocking chairs, a cozy fireplace and bird feeders. She smelled fresh-baked cookies. She heard people chuckling and sharing happy memories.

"This was not what I expected," says Carol, now President of the Hospice Guild, a group of nearly 400 volunteers for the nonprofit. "How I would have loved for this setting to be available for my loved ones – and for me. It was clear that while families were facing the final days in the journey of life, they were able to do it with help, support and caring. They were

doing it with laughter as well as tears."

The more Carol learned about Hospice House and Support Care of Williamsburg, the more she thought of her father's four days in intensive care after a heart attack and, even more, of her mother's six-week hospital stay following a sudden diagnosis of liver and bone cancer. Carol had hung family pictures in her mom's room, but it had never felt warm and peaceful. She imagined how much Hospice's variety of bereavement services and support groups could have helped her.

"I knew I had to do whatever I could, no matter how small the contribution, to make sure that this environment was always available," she says. "If I could have given this gift to my mom, it would have been so wonderful." Ultimately, it was her mother's passing that brought Carol to Hospice. Her 2007 move to Williamsburg was a direct result of that loss, which had followed the deaths of her father,

sister, stepfather, mother-in-law and father-in-law during a devastating five-year stretch. Remaining in the Pennsylvania town where her mom had also lived was simply too painful.

"I struggled with the accumulated grief of those losses but did not seek bereavement support," she remembers. "While I had a loving, supportive family, I know now how important that kind of support would have been for me. I kept too much of my grieving to myself."

All Carol knew was that she wanted to spend as much time as possible with her remaining family members. Her brother, her only surviving sibling, lived in Newport News, while the younger of her two sons was then a student at William and Mary Law School. She and her husband, Richard, also had fallen in love with the Williamsburg area during past vacations.

So after more than 30 years in Pennsylvania, the couple sold their home and relocated to Virginia within six months. Richard was



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already retired, and Carol quit her job as an educational consultant with the Center for Economic Education at Indiana University of Pennsylvania.

"I know now that people probably shouldn't make such big life decisions so soon after a loss," she says. "Thankfully, it all worked out very well in my case."

Once in Williamsburg, Carol found part-time work conducting educational tours of Jamestown Island and looked for a volunteer post that felt like a good fit. After a friend told her about Hospice House, she pushed aside fears that she would face too much grief and signed up for the volunteer training program. "I'm so glad I gave it a chance," she says.

The Hospice House residence opened its doors in July 2002, providing short-term stays for respite care and end-of-life support. With a kitchen, family room, sunroom and gardens, the home offers 24-hour care by staff members who can help with personal hygiene, nutrition, recreation, medication and transportation – or simply extend a hug or a hand to hold. "A lot of places have hospice, but this homelike setting really is so unique," Carol says. "It can relieve a lot of stress."

Other Hospice services for the community include spiritual support, individual and family counseling, meditation, a lending library

of educational and inspirational materials, bereavement groups and a social group that plans regular walks and outings to restaurants, movies and concerts.

Hospice relies on philanthropy from individuals, businesses and foundations to fulfill its mission. Each April, the nonprofit hosts a fundraising Hike for Hospice. The next event is April 25, where people can walk in memory or in honor of a loved one, along with a "Celebration of Life" service.

As Hospice Guild President, Carol heads a volunteer corps that each year provides more than 15,000 hours of service and raises \$100,000-plus for Hospice programs. Volunteers do everything from tending the house gardens to creating centerpieces for memorial services to educating other organizations about Hospice services.

Carol has worked many volunteer jobs herself, starting off with manning the reception desk and writing articles and press releases about Hospice activities. She volunteers anywhere from two to 30 hours a week depending on the calendar, fitting that work around hobbies such as reading, traveling and line-dancing and spending time with friends and family, especially her baby granddaughter, Mara.

Carol was busy writing curriculum for students in kindergarten through 12th grade

when her mother began complaining of some back pain, fatigue and apparently flu-like symptoms. "Honestly, none of us thought much of it," she recalls. "She was 74 and doing fine, and all of the women in her family had lived into their 90s."

The next thing Carol knew, her mother was diagnosed with cancer and given two to four months to live. She survived another six weeks in the hospital, losing her battle in August 2006, just after her daughter's 56th birthday.

That personal blow continues to fuel Carol's passion for volunteering. "I am awed by the staff and all they do each day to 'put their arms around' those in need. I am thankful for the hundreds of talented and dedicated volunteers who are always ready to help. I take pride in being a small part of what I feel is the phenomenal Hospice House family," she says.

She only wishes she could do more – and that more people didn't assume Hospice volunteering would be too depressing. "While there is no denying sadness with death, the support and caring given by the staff and patient-family volunteers eases that loss, both for those facing the end of life and those moving on with life after their loved one's death," she says. "There is great joy and satisfaction in helping with and easing the grief this inevitable life process brings." NDN

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ANDY DAYTON

When it comes to volunteer work, everyone has their own motive for giving of their time and talents. For Andy Dayton, it's ensuring his son and other members of the community have a place to build relationships and flourish.

Andy is the President of the Board for the Arc of Greater Williamsburg, a local non-profit organization dedicated to improving the quality of life for people with intellectual and related developmental disabilities through community activities and advocacy. An unpaid, part-time position, Andy joined the Arc two years ago while searching for new opportunities for his son, Drew.

A husband and father of two, Andy, his wife Donna, and their family have been members of the Williamsburg community for more than two decades. Their children, who have always called Williamsburg home, are Alex, a current student at James Madison University, and her big brother, Drew.

A military brat, Andy says he moved around for most of his childhood before his family settled down in Gloucester where he attended Gloucester High School and met Donna. The pair went to college together at Old Dominion University, and a few years later settled down in Williamsburg.

Time marched on and then came Drew. At just six weeks old, Drew was diagnosed with Down's Syndrome, causing Andy to immediately begin exploring options to ensure Drew received the care, attention and love that he needed to thrive. As a result, Andy has been a board member of Child Development Resources (CDR) for the majority of



Lisa W. Cumming Photography

BUILDING RELATIONSHIPS

By Erin Fryer

Drew's life.

As a parent with a child with a disability, Andy says one of the hardest things is when your child reaches the end of high school and graduates. "All of the kids he grew up with at school go off to college, but he doesn't, so then what," Andy asks.

In comes the Arc. Now in its 37th year, the Arc's support services provide education, health and wellness, life skills, cultural, social and recreational programs for adult individuals in the Williamsburg community with intellectual and developmental disabilities.

After graduation, Drew watched his friends go off to college while he remained at home with his parents. Andy knew he had to find some new opportunities where Drew could excel in a social environment.

"We found the Arc and saw that the clients were getting out and doing different social activities at least a couple times a week so that they don't fall out of touch," Andy says. "They get to interact with folks in the community which they love. All they really want is to participate, help, be seen, and be enjoyed for everything they have to offer."

Andy said he jumped in headfirst and went straight to the office and knocked on the door and announced his desire to be on the board. Shortly after, he decided in order to make some real changes he would have to become president.

"The Arc has been a staple in the community for many years but I felt like it's time to take the next step," Andy says. "We have made a lot of changes over the past year and a half and we are making them every day. If we remain stagnant we aren't helping as much as we could be."

When Andy started at the Arc two years ago, the organization was focused on adult clients ages 21-72. Andy felt that it's important for the Arc to expand their reach and include the folks who will become clients in the next few years

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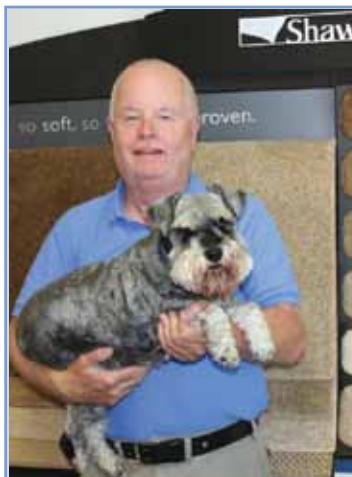
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when they come out of high school. "By allowing 16 and 17-year-old kids to start attending our activities, they develop friendships so that when they graduate high school they aren't left in the cold."

All week long, Andy, Drew and some of the approximately 150 members of the Arc, can be found engaging in activities like bingo, Special Olympics bowling, touring Jamestown Settlement or riding the rides at Busch Gardens. Sometimes you can even catch them perfecting their downward dog poses in a yoga class.

Arc clients pay next to nothing to be a part of the organization, just a very small membership fee, which Andy says gives them the extra drive to attend the events. The majority of the Arc's funding comes from grants, and Andy says they are trying to acquire more funds from different avenues because the more they can afford, the more they can do for their clients.

While membership fees for the Arc are minimal, Andy says they would never dream of turning someone away just because they can't pay. "We welcome everyone," he says. "We would never exclude anyone for any reason."

The Arc is also a very important resource for the parents of the clients. "The Arc gives the parents the opportunity for respite care," Andy says.

Andy says the underlying purpose of the Arc is to bring folks with intellectual and developmental disabilities out into the world where they can enjoy life and flourish. Andy says living in a community like Williamsburg is great because there are so many individuals, especially youth, who are willing and eager to get involved and volunteer their time.

"The William and Mary students and some of the high school students in town are unbelievable at our events," Andy says. "They develop friendships with the clients and take to them like magnets to steel. It's truly wonderful."

Andy says at the end of the day, all that the clients want is someone to look at them and talk to them, and the students volunteering to spend time with them become better adults in the end. "They won't look the other way when they see someone with a disability," he says.

Most recently, Andy and his team decided they want to expand their reach down to four-year-olds in an effort to serve as a resource for the parents to help them find their way. "If a parent has a child with autism, they can call us and get the name of someone to talk to," he says. "We want to become that resource so people know we are here for them everyday. We're not going to be selective. No one is excluded."

While the younger generation will not be attending the Arc's events, getting them involved and aware about the Association gives them an outlet full of resources to so that they can offer their child the best care as possible.

What makes Andy so passionate about volunteering for the Arc is his overall goal of providing more in the future. "It's a progression," he says. "I want to increase who we are helping, and expand the program and find more opportunities to raise awareness in the community about the Arc. We don't want to just be a hidden face," he says.

When he and his wife first learned of Drew's disability, they always wanted to make the changes but didn't know how. "I want to know what I can do to help the next parent who just found out their child has cerebral palsy or autism, so they can call someone when their child is 5 or 6 and they don't know what to do next."

Andy says this organization is so important for the clients because it is about their sense of belonging in the community. "I honestly feel like just like anyone else who has goals and objectives or dreams in their lives, part of it is being part of the community and doing something fun, enjoying other people and having that bond."

Andy Dayton makes it clear that while the Arc is making huge strides to expanding their reach to the younger generations in the community, their focus remains where it always has, with their adult clients building relationships and a sense of community. NDN

MAGGIE GRAY



Lisa W. Cumming Photography

Just Try It!

By Narielle Living

Maggie Gray is a retired medical management professional who never once thought of herself as a teacher. Yet, in 2014, she won the Outstanding Volunteer Service Award for her work as a teacher with Literacy for Life, a volunteer position she cherishes.

Maggie and her husband retired to Williamsburg in 1999, moving here from the Palm Beach County area of Florida. "Our dream was always to retire to Williamsburg-James City County," Maggie says. "We visited, loved the

area, and always vacationed here in either the spring or the fall. We spent a couple of Christmases here and just knew that this was where we wanted to end up."

The first person Maggie met in Williamsburg was a parishioner at St. Olaf's, the church she attended. "It happened that she was on the board of directors of Literacy for Life, and we became fast friends," Maggie says. She had previously volunteered with her church in Florida, and she was active on the Council of

Catholic Women at the parish and state levels. "I was appointed to the board of directors for the National Council of Catholic Women and went on to become the president for a two year term, but I was on their board of directors for ten years, so I had a lot of experience in that area."

After making their dream of retiring in Williamsburg come true, Maggie's husband continued to face many medical challenges, and he eventually passed away.

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"When we came here I was still president of the National Council of Catholic Women, but my husband passed away about a year after my term was over." Maggie is grateful that her husband, who was her biggest supporter, had a chance to witness her achievements and see her goals reach fruition within that organization. After he passed away she spent time trying to find what her friend called "the new normal."

"She told me that I should volunteer for Literacy for Life," she says. "I told her that I'm not an educator, and I didn't have a background in education. I couldn't do that."

But Maggie's friend persisted in encouraging her, despite her repeated refusals to work with the organization. Finally, she relented and looked into the position. "I took their training, and oddly enough, my statement to her had been true, because in the training session I was the only person in the room who was not an educator."

It worried Maggie at the time, because she didn't feel like she had the skills to be able to do the job well. But at that point she was determined to simply explore the possibility of working with Literacy for Life. Once she signed up, Maggie had to take the training, which lasts about two months. After that she was paired with her first student.

"They paired me up with a woman from Burma, so our first meeting was dialogue. We just talked and had a conversation. I had her read something, and I found she could read and write English to a certain degree. What I realized as she was reading was that she didn't recognize the Americanisms in the paragraph. She didn't know what a potluck was, or a casserole, or a block party. Then I knew where we needed to go with the lesson. While we were reading and having a conversation it just took off." That's when Maggie became comfortable with the fact that she didn't have to have a degree in education to be able to teach the English language.

"We're just conversing back and forth, and I'm able to understand what she is trying to say and then have her frame it for me." Maggie has been with her first student for 2 1/2 years, and she has been working with Literacy for Life for almost 3 years.

Despite her background in the medical field, Maggie had no intention of using that when she worked with Literacy for Life. But through a series of steps, she soon found herself working in the Health Education and Literacy (HEAL) program.

"I was concentrating on the one woman I was tutoring when they approached me to see if I wanted to do a lower level learner English class, and I agreed." Maggie believes her experience with the Council of Catholic Women helped her step into new roles within Literacy for Life. "As a leader in that organization I did a lot of workshops and conventions, so I was comfortable trying to put something together. We started off with basic grammar, nouns and parts of speech."

She was then asked to teach a health course, so she created lessons that taught things like how to talk to the doctor, how to make an appointment, and what to do in an emergency. "I used stories, things that related to health. For example, a worker in the kitchen cuts his finger, what do we do? But the students had to read the stories which gave them the English and the speaking skills, while also teaching the medical end of it."

After she finished those two courses she was asked to be a part of the HEAL program which was just kicking off. At that point she started teaching the intermediate level. "HEAL is just a fabulous program," Maggie says. "Right now we're coming to the second to the last class in the advanced area. It is really worthwhile, because it's not so much that students don't have the education but their difficulty is in communication. That's what we try to help them with, how to communicate a

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problem."

Maggie is adamant that with a little bit of patience and dedication anybody can teach these classes. Clients are from all areas of the world, are over the age of eighteen and range from young adult to older. Maggie gives the example of a woman in her class who was employed, but she had never graduated high school. "She came to English class and was working toward getting her GED. During the time she was in class she got a promotion and a higher salary, and she's lived here in Williamsburg forever." The majority of the learners, however, are from other countries and speak other languages.

For Maggie, the best part about this job is seeing people learn and watching their excitement about being able to have a conversation. "I can sit and watch and see when it clicks, and I know right away they have made progress. My students' stories have such an impact; I can't help but want to help them because it's something that I've never had to experience. I can't begin to understand it, but I can sympathize with what they want, and I also get excited because they are learning and we see all the successes. One learner was successful because they sent their first email, so it's small steps, not huge hurdles that we're helping these people with. So if you have the least little thing to offer this is the place to do it."

Maggie's hope is that people who retire to Williamsburg would use their background to volunteer in the community. "It helps the community and it helps how we live here in Williamsburg. So many people retire here but don't give themselves to a community effort, and there's so much that needs to be done. People who have the time and the talent can give back and make a difference. I would hope that they feel that they can give something to people who are less fortunate and are struggling just to get a job, to have what we have." NDN

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A Child's Advocate

By Rachel Sapin

As a young nurse serving in Vietnam in the 1960s, Mary Donlan knew she wanted to help people, but she wasn't naive about the world that she was about to enter.

"I thought it was going to be pretty bad, and it was," she remembers. "Some of the other nurses traveling with me felt that they were Florence Nightingale – a nurse that was going to save the world. Whatever picture they had in their heads, that was not the picture that confronted any of us. The weather was extremely hot and humid, with the territory that we were immediately required to travel being quite dangerous. That was only the beginning of a very long, challenging, and fortunately, highly rewarding year for me. That's where I really grew up and began to appreciate what was truly important in life."

One of Mary's new realities was working with children in the war-torn country.

"So many children had parents that were either separated from them because of the war, or sadly killed during the war," she remembers. "The children were totally lost in the shuffle. My heart and soul became connected to these kids, many of whom regrettably ended up in orphanages."

When Mary returned to the U.S., she found

herself on a 30-year career path working in a variety of positions in healthcare that included clinical nursing, healthcare administration, healthcare consulting and family mediation. She remained drawn to children in need, volunteering for both national and international organizations.

It wasn't until she retired and moved to Williamsburg that she became a Court Appointed Special Advocate with Colonial CASA, some-

thing that she'd wanted to do for years.

Now, a decade later, she can't picture doing anything else.

"I think it's one of the most important, fulfilling and rewarding opportunities that I've had in my lifetime. I've been fortunate to have a variety of professional roles, however being a CASA has become my anchor in life," she says.

A Court Appointed Special Advocate, also known as a CASA, is a trained child advocate



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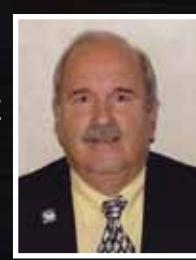
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who is appointed by a juvenile and domestic judge to represent the best interest of a child who is suspected of being neglected or abused. The CASA is an extra pair of eyes and ears for the court, and ultimately the much-needed "voice" for the child.

Out of the sea of social workers, lawyers, teachers, therapists, doctors and so many more professionals that can be involved in one court case, Mary helps determine if it's in a child's best interest to stay with his or her parents or guardians, be placed in foster care or placed for adoption.

As a CASA, Mary does not provide legal opinions in the court room and she doesn't have to have a legal background to do the work. But she helps give perspective on one of the most important opinions: the child's.

"I always tell the children, 'I'm about to communicate with the judge about how things are going for you. What do you want to tell him?' The goal of a CASA is to assure that one way or another, these kids, in the homes that they're currently in, or through an adoption process, end up over time in a safe, healthy, permanent environment," she explains. "I also add 'loving' to that."

To make an informed decision about what would be the best outcome for a child, she talks with everyone connected with a case. That means speaking not only at length with the child, but with parents, foster parents, family members, social workers, school teachers, guidance counselors, child care providers, healthcare providers and others who are knowledgeable about the child's history. From there, she writes a lengthy report to the judge for each court hearing.

Mary is someone who has done her homework and knows her resources when it comes to helping these kids. "The last time I checked there were over a 100 agencies that we can access in Williamsburg alone to help these children, as well as their parents," she says.

For Mary, her love for this thorough and sometimes heart-wrenching work began with her first CASA case ten years ago.

The child was a 10-year old boy that she likes to refer to as Harry Potter. "Because he looked like him," she says with a laugh. The boy was living with his mom, a single parent. "He adored his mom, so that wasn't the issue. She was simply incapable of caring for him, and no one really knew it," Mary says.

The issue finally came to the light when the boy started missing a lot of school because he was staying home to care for his mom. For that case, Mary spoke with everyone from teachers to psychologists to social workers, to even a dentist. Eventually, Mary recommended that the boy be placed with his grandparents.

From there, he flourished.

"This child moved in with them, and it was amazing. He excelled in every possible way. He was on the honor roll at school," she recalls. "The last time I talked to him he said, 'I never thought my life could be so good.' He loved school, he had friends, and most importantly, he loved his new life."

Not all of Mary's cases have wrapped up as quickly, though many have had happy endings. Currently she's working with one teenager who has been through four foster care homes since elementary school. And this one too, recently had its own happy conclusion.

Mary is thrilled that the girl has finally found a family.

"There's been no such thing as stability in this girl's life. I've been on this case five and a half years," Mary says. "This child, who's now a teenager, has been through hell and back in so many ways. She has also grown a lot. She's a beautiful young teenager. I look at her, and tell the foster parents, who are in the process of adopting her, that they will never know how far they have come with this girl because they haven't lived her history. I know what they've done in the year and a half that she's been with them, and it's phenomenal."

The role foster parents play in the lives of children cannot be overemphasized, Mary says. "So often foster parents get a bad name because you only hear about the ones who are doing it for the wrong reasons,



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not doing it well, or both," she says. "That's never been the case for me. They have been wonderful people with very big hearts. And they have given everything they have in every way to the children that they bring into their home."

Another myth Mary says people believe when they hear of children who need a CASA is that it only happens to a "certain type of family" or a "certain kind of child."

"There are a lot of misconceptions about who these kids really are," she says. "I've worked with a parent that had a PhD. There are kids who are in gated communities. There are children of parents who are well educated and quite financially stable, and they still have these issues. It doesn't matter what their education is. It doesn't matter what their sex is. It doesn't matter what race they are."

The cases themselves can be equally complex, according to Mary. She's had cases with parents who truly love their children, but just can't take care of them; and then parents who are doing just enough to not have their children taken away, but also don't have their best interest at heart. Mary says in both cases, communication with the child is essential.

"If you get a phone call that everything has fallen apart, and the kids have been taken out of the home again, CASAs are there in a heartbeat," she explains. "The kids think it's their

fault, and you've got to make sure that they understand that it's not their fault, that this has nothing to do with them... and that everything is going to be okay."

She adds that the work is not only about being there for children in times of crisis. It's also about having fun and getting to know them as the individuals they are.

That has meant getting to know her share of pets, like guinea pigs, ferrets, hamsters, big dogs, tiny kittens, even a snake or two, over the years.

"It involves mucking through the mud and backyard ponds, and sometimes going to sports and school events," she says. "You play with the kids, draw pictures with them. You meet them at the library, find out what their interests are and you try to build on that. If they don't read in school, you try to find out what they like and what books they would want to read. I've worked with children that never picked up a book unless they were made to, but now they realize if they look hard enough, they're going to find books they love."

Most of all, it's about giving children the agency to find their future too. "A child's heart is always so full of love, regardless of circumstances. They may not be able to voice what they desperately need and want in their life. But being a CASA to them gives them a voice to do so," Mary Donlan says. **NDN**

Next Door Neighbors

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FAITH IN ACTION

By Lillian Stevens

Ron and Linda LaFleur have spent a combined 17 years as volunteers with Williamsburg Faith in Action, a non-profit organization that assists elderly or disabled adults in remaining independent, living in their own homes. Through its volunteers, Williamsburg Faith in Action provides assistance with transportation, light chores, yard work and respite for caregivers. The organization serves the City of Williamsburg, James City County and the Bruton District of York County.

"I think that because we have only lived here for ten years, volunteering for Faith in Action has helped us feel more linked to the community," Linda says.

There are so many programs locally, so many ways Ron and Linda could invest their time and talents, but they say that this program fits them both so well.

Even though there is access to public transit in Greater Williamsburg, there are also areas where buses are not readily available. Moreover, it can be difficult for elders to maneuver and plan doctors' appointments, for instance, around routes and schedules.

"We will drive them wherever they need to go," Ron says. "Sometimes we just visit folks and offer companionship or fix something around their house."

Ron enjoys driving people around to appointments and helping them run their errands but he also likes to help with handyman-types of tasks. His only requirement is that anyone

accepting a ride with him must understand that he drives a truck.

"It's not a big four-wheel drive truck," he says. "But it is a pick-up truck. If someone is not sure they can manage, I will bring a set of steps that I made. It's fun – especially when I am transporting someone who has never been in a truck before because it's like an adventure for them."



Lisa W. Cumming Photography

Linda was first to volunteer for the organization, and her positive experience and encouragement led Ron to follow in her footsteps. "We had a mission fair at our church, which is King of Glory Lutheran, and one of the members had a booth about Faith in Action," Linda says. "I immediately thought that this sounded like the perfect thing for people who can't get out."

It reminded Linda of her own parents who had lived in a rural area some 10 miles outside of the town they called home. She remembers driving an hour round trip to take her mother to a weekly hair appointment. "I can tell you that it was such a highlight for her to have her hair done. We lived 30 minutes away ourselves, but I would drive to her house and pick her up to take her to that hair appointment. It was the best gift I could give her."

Based on that memory and experience within her own family, Linda knew she had found the perfect fit with Williamsburg Faith in Action. She wanted to help people like she'd

helped her mother.

"This morning, I took a lovely older lady shopping at Walmart," Linda says. "This is a person who doesn't get out often so she had a lot of things on her agenda. She wanted to buy groceries and had a few other errands like having a picture enlarged at the photo studio there in the store. She told me that she didn't know how much time I had, but that she really hoped to take enough time in the grocery aisles

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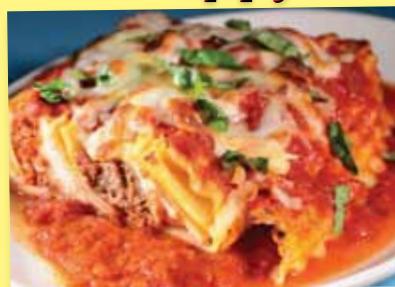
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At the end of their morning together, there was such warmth and gratitude.

"She was so thankful for my help," Linda says. "When I drove her home, she told me that it was such a blessing to have me with her and she was grateful that I didn't rush her."

Linda enjoys the time spent driving folks to their appointments or helping them with shopping or other errands. She also likes to help with light house cleaning. It all comes back to the community they have grown to love.

"When we are volunteering, we learn so much about people and this area," Linda says. "Some of the people we meet have been here their whole lives. Hearing their stories and being a part of their lives makes us both feel somehow more connected that we might otherwise be."

Ron and Linda have lived in Williamsburg for about a decade and they love it here. They have a son in nearby Gloucester and a daughter who lives in Northern Virginia. Having both served in the U.S. Army, the family spent a lot of years moving around.

"Ron was Infantry and I was in Personnel Management," Linda says. "We met later in life at the Army's Command and General Staff College at Ft. Leavenworth, Kansas."

Because they "bounced around a good bit," the couple gave a lot of thought to where they

wanted to retire and make their home. They chose Williamsburg. Like the other 300 active Faith in Action volunteers here, the couple feels so fortunate to be part of this wonderful endeavor.

On the first of each month, the WFIA office distributes a list of requests for the following month so that volunteers can plan ahead.

"The volunteer coordinator tries to match up a client's needs with where we live," Linda says. "Since we live on the western side of James City County, we tend to be paired with clients who live near us. They will also call us if they have a need for a task that we have done before."

When considering a potential care recipient, Faith in Action staff visits the home to assess (and sometimes reassess) need and match that individual with a volunteer. Needs assessments ensure, for instance, that someone isn't signing up for house cleaning if that individual is able to manage that on his or her own. The organization also works diligently to ensure that volunteers are not put into a situation that would be difficult or dangerous for them.

"They are very conscious of the safety and wellbeing of the clients and volunteers," Rob says.

"We are not a free taxi service for anyone who needs a ride. We are here to meet a specific need."

Most volunteers are also retired and some-

times a volunteer will be an individual who has been a former client. "Their situations change and they want to help out – and give back," Ron says.

Volunteers aren't always drivers. Some sign up to be visitors – engaging care recipients in conversation or maybe catching a basketball game with them on television. "We also have volunteers who make telephone calls," Linda says. "That's such an easy thing to do, but important too because there are many who look forward to hearing from us, just looking forward to that contact."

Ron echoes what Linda has said – that clients are so thankful and often concerned about his own time constraints.

"I tell them that once I pick them up, I belong to them until they are done," he says. "We will go where you want to go and do what you want to do. Then, I wish them well at the end of the day and it was an adventure for us both." Once a year, there is an open house for the volunteers which affords the opportunity of everyone getting together to socialize with each other. "Otherwise, we rarely see the other volunteers," Linda says.

"The truth of the matter is that I think we all feel like we get far more than we give," Ron LaFleur says. Linda agrees. "We gain so much," she says. "We come home all smiles because we know they had a really good time and so did we." NDN



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Role Models

By Wynne Bowman

"We are passing on the blessing that was given to us," explains William Templeton, a newlywed who volunteers alongside his wife, Kimberly, to help victims of domestic violence and abuse. While volunteering for Avalon, a shelter for women and children, the Templetons lend a hand of comfort to the children whose stories are often bleak.

As a Williamsburg native, William Templeton says that he and Kimberly were blessed to grow up in stable and good homes. "We have also had a lot of people from outside of our homes reach out to us such as youth leaders, pastors and friends," he says. "Their investment of lending worth to who we were has helped shape who we are."

Since meeting at Wisconsin's New Tribes Bible Institute a few years ago, the Templetons have crossed states with the desire to lend a helping hand. After recently moving to Williamsburg from Wisconsin, Kimberly Templeton says that she wanted to find a way to get involved. With volunteer experience from a similar shelter in her home state, she contacted Avalon's Volunteer Coordinator after finding information of Avalon online.

"We have always had a heart for kids, espe-



Lisa W. Cumming Photography

cially kids that are in some way less fortunate," William says. "None of the reasons why they are in Avalon are good. They are usually there to escape."

The Templetons' impact on the children of the shelter is one of positivity. William, who the kids refer to as BJ, explains, "That is what's so fun about it for us. We can go in and give them another role model."

Kimberly adds, "To be able to show them how to treat others is important to us. We don't know what these kids have seen or experienced. They want a role model. You can see it in the boys. They repeat everything BJ does. You can

tell they want to be like him. They desire to have someone to look up to and embrace it so quickly."

Speaking from experience, BJ responds, "I was a kid once and I remember wanting to hang out with the 'big guys.' When they would give me the time of day, it was really encouraging. It is a systematic problem and that's what really breaks my heart as a man. You can tell the boys really just want a positive role model."

The Templetons volunteer for about an hour per week in Windows, Avalon's art program for children. "Sometimes we stay longer," Kimberly says. "It's different now because it gets dark

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before the art activities are over. When we first started, we would finish up the art program and then the kids would play basketball with William."

William says that, like most volunteers, he receives more than he gives. "The relationship we've developed with the kids makes it a lot of fun. There are these brothers," he says and grins. "I will walk into the room, and they will come running towards me smiling and screaming my name. Knowing they look forward to seeing us makes us even more excited to see them."

If allowed more time in their schedule, the couple is in agreement that they would both be interested in spending more time at the shelter. However, they make their current time with the kids worthwhile. "You never know where these kids come from or what they've seen," Kimberly explains. "That hour might be the best hour of their week. Just being able to give them a break and something to look forward to is special to us."

William, whose experience with the clients of the shelter has given him a new perspective, adds, "It's interesting because we don't know their specific backgrounds at all. It's a reality check every week to pause and think of someone outside of yourself. You don't know their circumstances and you can build them up regardless of what place they're coming from." Speaking generally, he states, "We, as humans,

can be so selfish. We often approach people with a sense of entitlement but we don't know anyone's story."

Kimberly, in full support of William's statement, establishes that though the victims' pasts are a mystery, she wants to ensure they have authentic support and validation. "I want them to think 'she accepted me for who I am.' I do not want the moms to think I judge them for being in a shelter, and I do not want the kids to feel like I am judging them for where they come from. I think every kid deserves to have comfort and to feel that someone believes in them and supports them. I want to be able to give that to them."

The Templetons don't only serve the children of Avalon, but also the children of Relevant Church in Williamsburg where the couple devotes their time as youth leaders. In addition to their time serving others, the Templetons are still able to balance the challenges of everyday life. William works full time as a railroad signal engineer and Kimberly tends as a barista. Despite their workload, the couple still takes time to appreciate and experience the outdoors. "We go hiking and camping," Kimberly says, "and we love to go on day trips. My favorite so far has been to Skyline Drive." After marrying in March, the Templetons settled in Williamsburg. They have volunteered for Avalon since July 2014.

William states, "Most domestic abuse happens in secret. It would be a shame for some of these women to be going through this without knowing that Avalon is right here. It's important for them to know that it exists and it really is helpful. I wouldn't be able to tell you the numbers but Avalon has helped so many women."

William and Kimberly want every person in the area to know that if they, or someone they know, are in need of help, a 24-hour crisis line (757-258-5051) is provided by Avalon every day of the week.

"If the readers are interested in helping, there is always a need for more volunteers. Because what the shelter really needs are volunteers who will be consistent," Kimberly says. "Sometimes we will see volunteers once or twice and then never again."

Kimberly and William Templeton declare a call to action for their friends and neighbors. "Avalon is a great organization to help out with," Kimberly says. "Even if you can't donate your time, you can donate things. You could organize a drive at your work, your church or your school. There is always a need for supplies – sweatpants, towels, toiletries – because sometimes all these women show up with are the clothes on their back." Not just role models to the kids of Avalon, the Templetons are role models for the community. NDN

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Next Door Neighbors Business

SENIOR JOB MARKET

By Greg Lilly,
Editor

The job market for those of us over 45 can be a scary place to be. Roy Hartley helps tame the stress and uncertainty as a facilitator of the 45-and-Over Job Club. The Peninsula Agency on Aging's Senior Services Coalition runs the club.

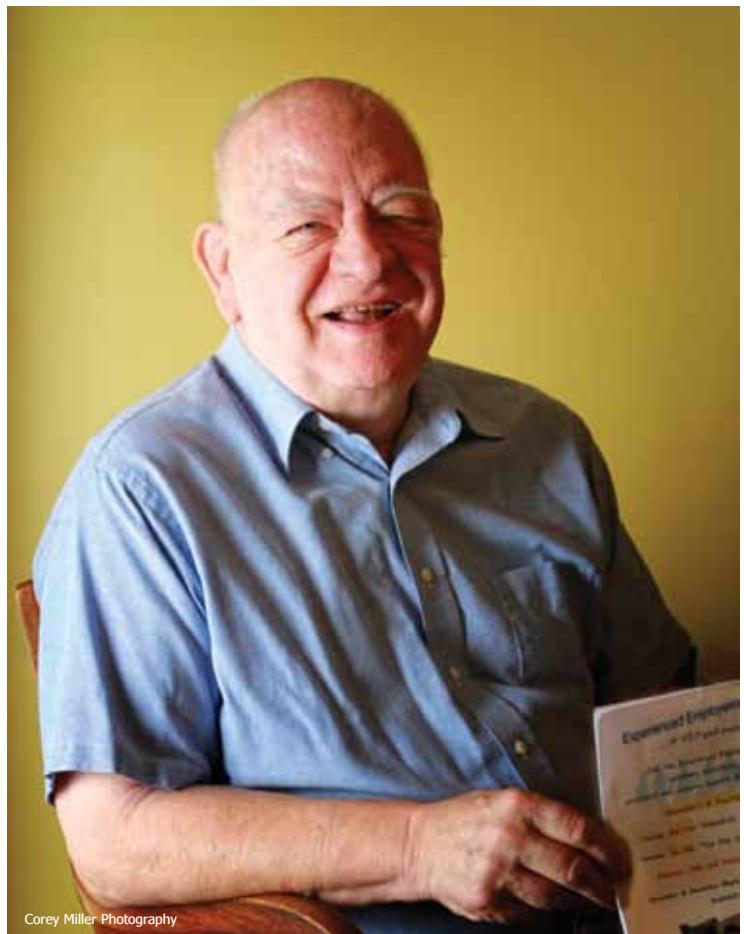
"Moral support," Roy says, "that's what the club offers." He explains that being out of work for older workers can be devastating. They wonder if they can compete with younger workers, if there are employers willing to invest in a worker heading for her retirement years, if new technology has rendered him obsolete. "The club addresses the concerns of the older worker and guides them to a place where they feel as if they're in control of their future," he says.

The meetings begin with a round-the-table check in on accomplishments from the past two weeks. Also, club members announce any work related news they've heard or job leads they can share. This networking opportunity is followed by a presentation and discussion of employment topics that enhance the member's job search.

"We want the older job seekers to interact with each other. Sitting at your computer eight hours a day, sending our resumes and perusing job listings can lead to depression and burn-out," Roy says. "I know, because I went through the same thing."

Roy retired from the Navy in 1980 and later worked with military contractors in the technology field. In 2011, his last contract ended. "I wasn't sure if I could find another job that paid as well as the one I had in Norfolk," he says.

He wasn't ready to take on another job that required commuting to the Southside. As a technology guy he enjoys analysis. He found that calculating in the commuting time, the gasoline and car maintenance costs, along with the intangibles of stress and traffic frustration,



Corey Miller Photography

he wasn't making enough to justify commuting again. He focused his job search to his hometown.

"Our area, with the exception of Busch Gardens, Colonial Williamsburg and a few other companies," he says, "offers mostly hospitality and healthcare oriented jobs. If you're not hospitality-oriented, then that cuts your job market."

As a technology man, he knew he'd need to look to ways to incorporate his other skills to find a job match in Williamsburg. He heard about the Job Club at the Senior Services Coalition and attended a meeting. "That was in September of 2011. The club helped me see opportunities where I might not have seen them before."

The club's discussions and presentations include such topics as: honing interviewing skills, using volunteerism to get a foot in the door, preparing for job fairs, rebounding from rejection, identifying transi-

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tional skills, using LinkedIn for networking, and writing compelling cover letters and resumes.

Along with the meetings and presentations, the club hosts employment events. Some events have invited local employers to attend a presentation on the benefits of hiring older workers. Other times, employers set up tables to discuss opportunities and take applications from the club members.

"Some companies say the health care costs may be higher for older workers," Roy describes, "but the thing is, we have health insurance or are on Medicare, so we don't really look at those types of benefits." That's one of the reasons older employees are able to work the part-time jobs that a thirty-something employee can't. "We work for fulfillment, activity, socialization, and for the money, but not so much for the benefits."

Members have discussed the awkwardness being interviewed by a person much younger and with less experience. "You have to show that you're not after their job," Roy says. "Yeah, we could do it, but we're not looking to climb the corporate ladder."

The club presents discussions of finding the right job for a person's personality. When unemployed, the first available opportunity isn't always the best. "We talk about discovering the right work for your traits. I like to see people stay in a job for years because it is a good match, not because they can't find anything else."

The longevity of workers in a position is another hot topic. Some older workers worry that they may not be hired in their 60s because an employer may feel they'll retire after a couple of years. "It's really the opposite. Younger workers tend to be more mobile and job-hop, looking for better opportunities. Gray hair brings stability and commitment to a company and team."

A portion of Roy's background included technical training and teaching management skills, so when the club needed a facilitator, he volunteered. He keeps track of the mailing list, organizes the meetings and presenters, helps welcome new club members and generates reports for the Senior Services Coalition.

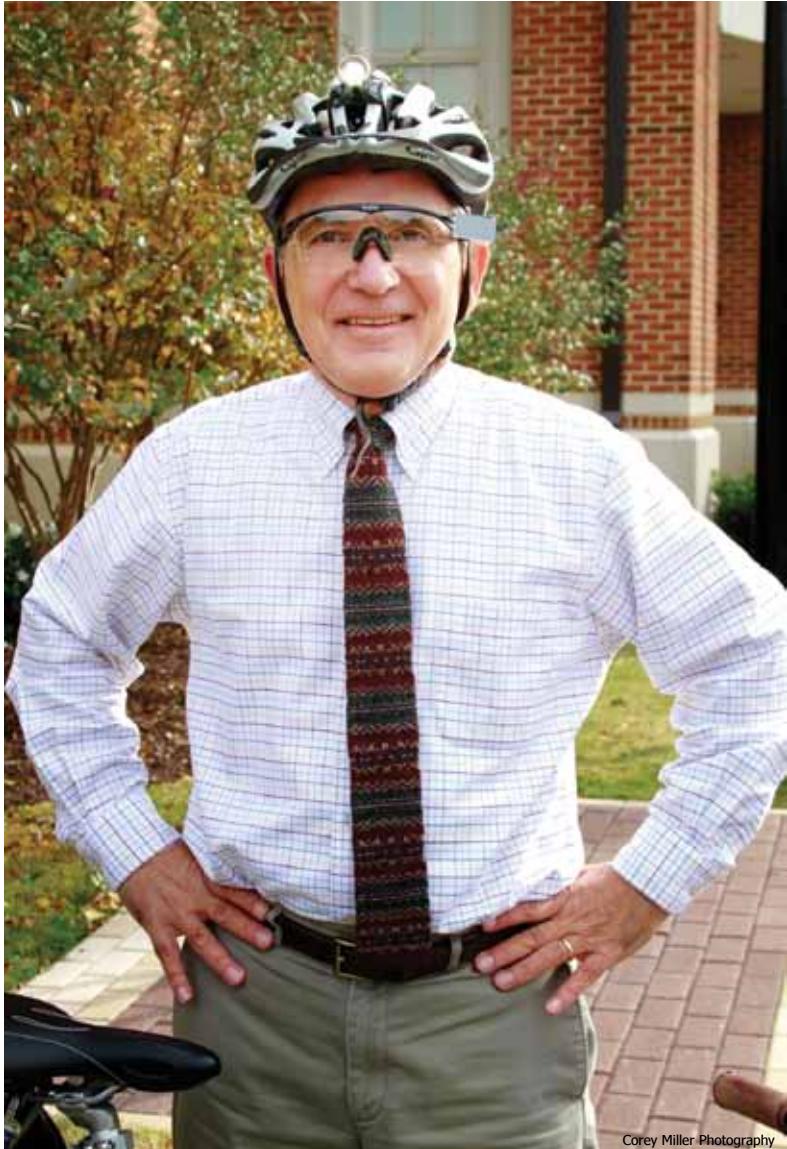
"We have about 120 people on our list. We have meetings twice a month – the 2nd and 4th Tuesday of each month. Usually we have around ten people at the meetings. I know that of 120 people on the list, 21 have found jobs." He says others may have stopped attending meetings because they've found jobs or moved out of the area, but he doesn't have a way to track those. "Not everybody tells us when they get a job."

The club also works with AARP Foundation's Senior Community Service Employment Program. Low-income seniors work with local non-profits and government agencies to get back in the job market and learn new skills. "We partnered with AARP Foundation to implement it here. It helps people get back into the job market by job-training with service organizations where they get paid as they train. The organization gets help, the Foundation pays the employee, and the employee is trained and earns a paycheck." Host agencies in the Williamsburg area include Olde Towne Medical and Dental Center, Faith in Action and Williamsburg-James City County Community Action Agency.

Now that he's retired, Roy finds the analysis of the club's activities keeps his interest in technology satisfied. "It benefits me by keeping my mind active. I'm also the vice president of our homeowners association. That helps keep me busy. It gives me motivation to get out of the house."

Roy Hart knows the doubts and obstacles older workers must face – in their own minds and in the eyes of younger workers and employers. By facilitating the Job Club supported by the Peninsula Agency on Aging, he shows the way to overcome those obstacles and turn them into assets. **NDN**

The Job Club meets the 2nd and 4th Tuesday of each month. See www.SeniorServicesCoalition.com for more information.



Being Bike Friendly

By Greg Lilly, Editor

Recently, Reed Nester received a Williamsburg Health Foundation Award for his advocacy in promoting bicycling for recreation and for transportation around the area. You may see Reed and his wife, Karen, biking around town on their tandem bicycle. "We've logged over 33,000 miles together," he says.

Reed's commuting bike is usually parked outside the Williamsburg Municipal Building on Lafayette Street weekdays. He is the City of Williamsburg's planning director. "Biking is good exercise," he says of his commute. "It's a good way to get prepared for a day at work. It's a good way to unwind after work. It's a nice feeling getting to work under your own power instead of driving a car."

His house is about three miles from his office. "So, I have a six mile roundtrip – that's an ideal cycling distance. It's a little too far to comfortably walk back and forth, but cycling makes it a great ride."

Reed began riding bicycles growing up in Winchester, Virginia. "Now, going way back," he describes his rides, "I had my Schwinn Corvette balloon-tired bike followed by the Schwinn Varsity ten-

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speed bike. In high school, I rode my bike extensively around Winchester. I commuted to my high school job on my bicycle."

He headed to the University of Virginia for college, enrolling as an engineering student. Engineering sounded to him like an interesting career, but once he started the courses, he discovered that it wasn't a good fit for him. "I looked around to see what the other career opportunities there were and happened onto the City Planning curriculum." After graduation, Reed returned to his hometown for his first job: Planning Director for Winchester. He worked there for over 12 years and then came to Williamsburg as Planning Director in 1986.

"When I graduated from college in the early 1970s, the first real bike-boom was hitting in the country," he says. Back in Winchester, he and Karen biked around town. As they raised their children and moved to Williamsburg, family responsibilities usurped biking for recreation – until their oldest asked for a mountain bike. "We went into a bike store to buy one for him and came out with his bike, a bike for myself, one for my wife. Shortly thereafter, we upgraded our youngest son's bike. We started riding together as a family. That was about 23 years ago."

As Reed looked for routes safe for young children, he found there weren't a lot of options outside of the neighborhood. "We would drive sometimes for an hour or two to be able to have access to a nice bike trail or a traffic-free facility. That sensitized me to the need for good and safe bicycling options." His own experience of both commuting to work and his recreational riding gave him insight to safe bicycling facility planning and the aspects needed when designing those facilities.

One of his many responsibilities as the city's planning director is preparing and updating the Comprehensive Plan. "The city has done seven Comprehensive Plans, starting in 1953. Four of our seven plans have been created during my tenure with the city," Reed says. The Comprehensive Plan had included bicycling before Reed came to Williamsburg, but the 1976 pilot program only provided a few non-interconnected improvements. Work on a wide-ranging bicycle plan began in 1992.

"The first regional bikeway plan was adopted in 1993," Reed explains. "I have always emphasized the importance that it was a regional plan that included James City and York Counties and the city of Williamsburg. When we started on this, the planning departments in the three jurisdictions realized that it made no sense planning for each jurisdiction individually since we're so interconnected."

The regional nature of the bicycle plan is its success. From the initial plan in 1993, it has grown into its own specific section of Williamsburg's Comprehensive Plan. "Now, all three of the jurisdictions have integrated the regional bikeway into their individual plans."

Reed says that when planning bicycle facilities, it includes several types of routes: shared roadways (there are no bike lanes, so bikes and cars share the road), bike lanes (designated space along the side of the roadway for bicyclists) and shared use paths (biking and running/walking trails.) A primary example is the Virginia Capital Trail. "The Virginia Capital Trail isn't within the city limits, but thinking regionally, it is an important part of our bicycling network."

The bicycling plan is not only building bike lanes or bike paths. "It's also about having an interconnected street system so you can design your own, safe routes around the community," Reed explains. "As an example, when I started commuting to work, I had one choice to get to work – Richmond Road. There were no other good alternatives. As we've developed in the city, we have street interconnections. With the construction of High Street, my commute to work goes through High Street and other various local streets to avoid the busiest portions of Richmond Road. Today, I have two or three options for the ride to work."

For recreational rides, Reed says to look at scenic and safe roads. "We have a good framework of bicycle facilities in the urban parts of our jurisdictions. Add to that, some of the bike trail connections; use those as a way to access low-traffic rural roads where you don't need bike lanes."

Illustrating that Williamsburg is a bike-friendly community, Reed can ride from his house to the Capital Trail or to York River State Park without having to load his bike in the car and drive there.

"That, to me, is one of the great things about living in Williamsburg. There's so much great cycling that I can ride to from my house."

The Virginia Capital Trail is scheduled to be finished by the fall of 2015. "You'll ride from Jamestown Settlement to Richmond on a car-free trail. If you add the Colonial Parkway, a bicyclist can ride from downtown Williamsburg to Richmond, about a 60 mile ride. What makes the Capital Trail nice are all the things feeding into it – neighborhood streets, bike lanes, connecting trials, all working together."

With the trail finished, a Richmond visitor could ride to Williamsburg, stay a few days and explore the area – all without a car. As part of Reed's Williamsburg Health Foundation Award, he has designated \$5,000 to go to the city's Economic Development Authority (EDA). The EDA is matching it with another \$5,000 so there will be \$10,000 of grant money to help businesses with the cost of installing bike racks.

"Part of the plan is to improve bicycle parking facilities so riders can safely lock their bikes when commuting and shopping. The city plans to increase and improve bike racks in public facilities at the library, in the Prince George parking garage, Merchants Square, city parks, the Community Building and many other public areas. The EDA grants will help local businesses with the cost of installing their own bike racks. We'll be rolling that out the first part of 2015." Reed Nester says, "You can never have too many bikes." The tandem is his and Karen's main bike, and the second one they've had in 12 years. "We've gone 33,000 tandem miles. They say wherever your relationship is going, you get there faster on a tandem," he adds with a smile. "It's great. We can ride together, and we always arrive at the same time. It's a lot of fun." **NDN**

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

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

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

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

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

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

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

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

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

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

Days before her visit with the neurosurgeon, she called Dr. Schultz early one morning. She was vomiting and told him she had the worst headache of her life. Dr. Schultz had her immediately come to his office,

which at the time conveniently sat above an emergency room. "I saw her and she had every symptom in the book of a condition called pituitary apoplexy," he remembers. Schultz escorted her to the emergency room where she was then medevaced by helicopter to another hospital in Norfolk. Later that day, doctors performed emergency brain

Dr. Schultz trained under all of these subspecialists.

"In that setting, I would see anywhere from 40 to 60 patients a day. Every single patient had an eye problem or an eye disease," he remembers. "I either managed them myself, or if they needed surgery I triaged them to the appropriate surgeon. Most optometrists don't have that level of experience."

It's why for Dr. Schultz, optometry is so much more than providing a prescription for glasses or contact lenses. He believes one grossly under diagnosed ocular disease is glaucoma which is why Dr. Schultz is particularly passionate about detecting the disease in patients early. Glaucoma is the second leading cause of blindness in the world and the leading cause of blindness for people under 65 in the United States.

"People think that if they see reasonably well everything's fine. That is not the case," he says. "You can have advanced glaucoma and still have 20/20 vision on the eye chart."

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

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

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

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

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surgery.

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

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

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

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

"We had every kind of ophthalmology subspecialty in our practice," he says of OMNI Eye Services, where he worked in New York and New Jersey as a resident and staff consultative optometrist for six

years. "We had a glaucoma specialist, a retinal specialist, a neuro ophthalmologist, a plastic surgeon, cataract refractive surgeon."



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Corey Miller Photography

Just Do It!

By Greg Lilly, Editor

"Mixed water media, which is everything you use water with," artist Joanne Limric describes her materials, "acrylic, watercolor, mixing the two. That gives me the freedom of expression." Joanne personifies freedom of expression.

"From fifth grade on, my family had a mink ranch outside of Cleveland," she says. Her father was an engineer and worked during the day, so young Joanne got her driver's license at 13 years of age so she could pick up the mink food during the week. She spent her time on the ranch and loved the show horses they kept there.

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Her little sister wanted to take art classes, and since Joanne had her driver's license, she drove her. Joanne took the classes along with her sister – since she was already there. "I really didn't have much interest in art. It was easy for me."

After high school, she enrolled in architecture at Miami University (Oxford, Ohio). "Then I dropped out and went to the Cleveland Institute of Art. I earned an illustration degree. I worked for advertising agencies and department stores, starting out as a lowly artist."

She laughs at the memory of her first interview. While going to art school, she roomed next to a secretary with strong opinions. "At the Art Institute, students had job interviews before graduation because they wanted us to have a job when we left school," Joanne explains. "The secretary living next door told me I had to wear a suit and high heels to the interview. She had a mink scarf, where they bite each other to form the length, but the snap was missing, so I had to hold it. She placed a navy blue hat on my head that had a netted veil and a large pink feather.

None of the colors matched," she remembers.

The portfolio of her work was so packed full that she needed two hands to carry it. "But also, I had to hold my mink scarf together. So I went into the interview with the ad director. I lit a cigarette and worked it through the

first job – not because of my art samples, but because they wanted to see what else I'd do."

She went on to be art director, advertising manager, creative director for many agencies and stores. She worked for Macy's, was the creative director at Garfinckel's and also worked at J. Walter Thompson agency where she was part of the Ford account team. She was named one of the ten best ad designers in the United States before she turned 30.

"My forte was catalogs. One thing that happened when I was an ad manager, our fashion artist got sick suddenly. Someone had to do the art for the advertisement. I did it. I hadn't been doing it, and my

style was very avant-garde, very design-y. I got a name for that." She reminds us that several years ago, department stores didn't use photographs of merchandise on models for their ads; each advertisement was hand-drawn.

"I lived all over the south," she says. "My ex-husband was a salesman of textile machinery, and I followed him around the south. I spent many years in the Carolinas and then Tennessee. This was all a huge culture shock for me."

"After I've had the experience of creating, it's gone. There's a new one coming. I never look back. There's so much more to do."

~ Joanne Limrie

mesh of the veil, being very sophisticated and business-like. Then I couldn't get it out."

She laughs and rocks back and forth retelling the tale. "The ad director called in the president and vice-president of the company. They couldn't believe what they saw – I don't think they ever looked at my samples!" The ad executives helped Joanne cut the cigarette out of her veil.

"I made an impression. That's how I got my



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Freelance work had her on accounts with well-known southern retailers such as Belk and Ivey's in Charlotte, North Carolina for many years. She moved to Williamsburg from Charlotte.

"My new husband and I started the Pepperbird Foundation. I was the executive director for 27 years. We published magazines called 'America's Hidden Heritage.' It told of the contribution of Indians, Hispanics, Latinos and African Americans. The magazines were distributed all over the country."

Joanne's husband, Skip Thomas, was an adjunct professor at Hampton University. He had noticed the limited knowledge that the students had of the involvement of minorities in the development of the United States. "Everything we did was to highlight the contributions all these different cultures added to our country. We focused on time periods prior to the 1920s – all positive aspects of multicultural achievements."

While working, Joanne taught art classes in community centers and evening classes at schools. "I enjoyed teaching art. I love what I'm doing with art, and I want others to love it too."

Now retired, she promotes water-wise plants as a master gardener, plays tennis, teaches art

classes at This Century Art Gallery's Art Education Center and creates fine art paintings.

"I've always enjoyed people," she says of her art and of her classes. "My favorite subject is people in different situations."

Her focus is on capturing the essence of a person in a certain moment in time. "I reach into the soul," she says. "What's behind their eyes? What is their face saying? What is the body language? Who are they? I want to do more than a photograph that captures the physical features; I want to show the whole person. I don't try to make representative art. Instead, I try to capture their spirit, their self." Her inspiration comes from studying others. "I'm watching people all the time. It's a bad habit, but I'm watching them because people fascinate me. I watch and remember it." When she paints, she prefers using live models instead of photographs. "The spirit isn't in a photograph."

The use of color and action are hallmarks of Joanne's work. Many pieces portray interaction between two people, an illustration of relationships.

"Yes, color, action, that's what I like to paint. I wonder what people are attracted to in my paintings... I'd guess people interacting and the colors. Of course, being a graphic

designer all these years, I have a strong sense of design, of balance. I'm very creative – that's what they say."

Her students and fellow artists credit her contagious laugh, open mind and supportive nature that guide her fellow creative artists to produce great work.

"I don't believe there are any rules or laws in painting that you can't break. As a creative individual, you just do it. You don't do it to please others," she says. "That's what all those years of commercial work were: pleasing others. Now, I don't care at all. I just do it."

Settling down to one project is her biggest challenge. "All these things are flying around in my mind. I have to isolate and focus on one thing at a time. The one word is focus." On the other hand, the easiest part of painting for her is freedom. "Letting loose," she adds with a laugh. "Just letting my creativity go; that's the easiest part."

She's not much on reviewing her paintings and choosing a particular favorite. "After I've had the experience of creating, it's gone. There's a new one coming. I never look back. There's so much more to do."

Joanne Limric says life is too short to slow down. "There's so much to do, so much to live, so much to learn." NDN

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Family Peace of Mind

By Greg Lilly, Editor



Lisa Cumming Photography

"My grandfather had Parkinson's disease. I saw the kind of strain that puts on a family trying to navigate someone's healthcare from across the country. He was in California," Jennifer Roberts explains. "Our family was on the east coast, flying back and forth to try to help him. It was always a challenge. Having a trusted partner there would have made a world of difference."

Jennifer's family ended up bringing her grandfather to the east coast. "He was only in a nursing home for about a week before he passed away. His quality of life wasn't what it could have been with him so far away from us. It could have been a completely different scenario if he'd had someone to advocate for him, and someone to help us navigate from 3,000 miles away."

Today, Jennifer is helping to solve that problem with a new model of continuing care that keeps people in their homes and manages the maze of medical and home care needed for seniors. She's the director of Riverside's Choose eHome program.

Williamsburg's lure as a retirement community has many seniors living away from their mid-career children, who have families and

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responsibilities of their own. Ask a group of seniors if they would like to stay in their home instead of moving to an assisted living or nursing home community and their hands shoot up. Home care is an attractive option. Jennifer says that even if all seniors had the means and desire to move to a retirement community, with the "Silver Tsunami" of Baby Boomers coming, there aren't enough facilities to house all of them.

"ChooseHome is a plan to help you remain in your home no mat-

"If your goal is to remain in your home and not worry about being a burden on your children, or maybe you don't have children, you need a plan in place."

~ Jennifer Roberts

ter what your needs may be – something to give your family peace of mind," Jennifer describes. "It provides the long-term, continuing care services that your insurance doesn't cover." A common misconception is that Medicare and a supplemental health insurance policy will cover long-term care needs. It doesn't. "It doesn't cover assisted living, home care in most instances, or any of those companion or homemaker services," she says. "It's important to have a plan for those things. Hope is great, but it isn't a strategy."

The first step in planning for long-term, continuing care is to determine goals. "If your goal is to remain in your home and not worry about being a burden on your children, or maybe you don't have children, you need a plan in place."

Riverside owns and operates three retirement communities in the geographic region: Warwick Forest (Newport News), Patriots Colony (Williamsburg) and Sanders (Gloucester). In working with seniors, Jennifer has heard that a lot of them would like to stay at home, but needed the amenities of the retirement communities. Even those with long-term care insurance found that they had a plan for the costs of care, but not help with the coordination, knowledge and access to service providers for their continuing needs. "We thought: Why not take this wonderful concept of a retirement community and take it to people at home?" Jennifer says.

The regulatory commissions and agencies have recently set Virginia for this new concept in long-term, continuing care. "I look at ChooseHome as a provider plan with an insurance-like component for cost control," Jennifer explains. "Becoming a member of the plan says you have set your provider of services for long-term home care, and the plan controls the costs of those services by having the network already in place." Each person's goals for long-term care are different, especially when it comes to continuing care at home. "We can tailor plans based on what a person already has in place."

While seniors may have thought about the financial side of long-term care, many haven't thought of the coordination of care. "If you had a crisis tomorrow," Jennifer poses the question, "do you know who would advocate on your behalf? If you started needing services tomorrow, who do you call? Most people probably don't know."

When a family member isn't in the area, a health event will cause a lot of travelling and phone calls to coordinate care and plot a course of next steps to long-term care. A son or daughter in town – with plenty of time – is the optimal resource.

"Williamsburg has become a retirement Mecca. When you have someone living in Williamsburg and their children are all over the U.S.,

then they need someone to help them stay at home, advocate on their behalf, someone to relieve some of that burden of the family across the country," Jennifer states. Her father and aunt had to be advocates and coordinators for her grandfather in California. Each travelled for weeks at a time to navigate the healthcare needs of their father.

"It's stressful enough when you have a situation with a loved one, so it's great to have someone to help navigate the healthcare system, help explain what's going on and the options – doing that across the country can be overwhelming and frustrating. I saw it with my family."

Jennifer adds, "I don't envy anyone trying to navigate the healthcare system alone. Our goal is to say you're not alone; you have a partner here to help you. We want to help our members reach their goals and work with their families, if appropriate for them, so they're all connected. It doesn't mean they are out of the loop, but that they have another partner to help coordinate."

It's as if the senior had a good son or daughter in town to help coordinate their care. "Yes, and it's like having that good daughter or son who is also a nurse with clinical training and can tell you what the medical needs are." The program provides that good daughter or son in the form of a personal services coordinator. "You call one number for your personal services coordinator. She's your advocate," Jennifer explains. "She helps educate and advise you on the options and helps you make those decisions as you move forward, all in the context of keeping you at home as long as possible."

Jennifer is excited to be on the early side of this growing trend in continuing care. To date, there are only two programs in Virginia: Riverside's ChooseHome and Goodwin House at Home in Northern Virginia.

"We're experiencing exponential growth in programs like this around the country. There are 21 currently operational. Three of the 21 have been in operation for more than 20 years. One of the largest is in Pennsylvania, and they serve about 3,000 people. The other long-time programs are based in Chattanooga, Tennessee and in New Jersey. They are growing and spreading across the country."

Jennifer grew up in Manassas and received her undergraduate degree at Hollins University in Roanoke. "After graduation, I spent several years in the financial services industry, and then I started working with non-profits."

She developed best-practices for daily operations and programming for a successful non-profit. She came to Williamsburg to attend William and Mary, where both her mother and aunt are alums and where her parents met. "When it came time for me to look at grad schools, William and Mary was the only school I considered."

She entered William and Mary to earn her Masters of Business Administration (MBA). "That's where I was first introduced to Riverside and to healthcare as a whole." She was impressed with Riverside's passion for serving the community and closing gaps in community needs. "They recruited me out of the MBA program, after I did some consulting work for them. They had identified this community need of continuing care through a trusted provider and created a program to serve the community."

Her personal reward of her career is the knowledge that she's helped people find a way to reach their goal of staying in their homes and that they've received the long-term care they needed. "In a moment in life when someone is in need, I want to make sure someone was there to help. I want older adults to know what their options are and to not feel like they are alone. That's important in healthcare that people shouldn't feel like they are alone and have to navigate this by themselves."

Jennifer Roberts' mission is to keep other families from the stress and long-distance frustration of providing care for parents and grandparents that her own family endured. "Before now, staying at home was a complicated and, sometimes, prickly endeavor. I hope to give seniors and their families peace of mind." **NDN**

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A Bright Light

in student homelessness

By Greg Lilly, Editor



Lisa Cumming Photography

"School may be the only stable place some of the kids have," Stephanie Leek says. "In their day, the one constant is going in to school and the classroom with their own cubby and own desk. They know when they get to school, they will get breakfast and in the middle of the day, they will get lunch. When they go home, it may be a different place than where they left that morning."

Stephanie is the Williamsburg-James City County (WJCC) School System's Home-

less Liaison. For students in transition, their school activities may be the only constant in their day, not just their education, but the community of the school that includes friends, teachers and staff.

Originally from central New York, Stephanie and her husband, Brad, moved to Williamsburg on the advice of Brad's uncle. "My husband, Brad, is a teacher. He was looking for teaching positions around Long Island, and jobs were not as readily available there.

His uncle, Bob Leek, said to come here. Both Brad's uncle and grandparents had lived here, so he was familiar with the area. We moved to Williamsburg in 1996. Today, Brad teaches at Toano Middle School, and our two daughters are fifth graders at Stonehouse Elementary."

When Stephanie first came to the area, she worked retail security. "I enjoyed the work, but it came to the point that when I would bring someone in for shoplifting, I would ask why they were doing it, what was going on

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that caused them to shoplift. I wanted to know more about them."

She realized that maybe her interests were in social work. She enrolled in graduate school at Virginia Commonwealth University, and eventually came to the WJCC School System as a school social worker.

"The first day," she says, "I was in my new office and the phone rang. A parent explained that they had moved from a hotel where they were staying to another hotel. They wanted the bus changed so their child could get to school." This caught her by surprise, so she told the parent she'd call them back and then consulted with her colleagues. "That wasn't something we went over in grad school."

She wasn't sure why someone would be living in a hotel. Her co-workers filled her in on homelessness in the area. "That was the start. I knew I wanted to learn more," she says.

"Homeless? Here? It hit me that homelessness was even here in our community. We don't see it in front of us - no one sleeping on the streets."

~ Stephanie Leek

Her designation as the school system's homeless liaison is part of her school social worker responsibilities. "My job within the school division is to be sure that children and families are identified if they are experiencing homelessness and to ensure they are linked into services that would be helpful or needed by them."

After that first day on the job, Stephanie altered her understanding of homelessness. "Homeless? Here? It hit me that homelessness was even here in our community. We don't 'see' it in front of us – no one sleeping on the streets. At that point, I hadn't seen that. We have a picture in our minds on a homeless person and it doesn't include children. To see it and hear it – that was a whole new concept for me. I thought: Wow, how did that happen and what do we do about it?"

A federal law called the McKinney-Vento Homeless Education Act includes a component that speaks directly to homelessness as it applies to school children. Each state has a coordinator's office. In Virginia, it's called Project HOPE and is located at the College of William and Mary. "Under the McKinney-Vento Act, each school division names a homeless liaison," Stephanie says. "The act lays out what we need to look at for identification, and for those students who are eligible, the services we provide."

The identification of homelessness is not always an easy assessment. Sometimes, during school registration, a motel or hotel address is listed, but usually the first indication comes from school staff. "Lots of times we find out from teachers or bus drivers," Stephanie says. "They help us identify that something may have changed in the child's situation because the students interact with their teachers and bus drivers every day. An example from a bus driver is that the child used to get on at a certain stop, but now his mother is driving him to the stop and picking him up when he's dropped off. Or a student is picked up at school instead of riding the bus. This change in routine is shared with the school social workers who follow-up with the family."

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what's up in real estate



Sherry Kletzky
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She says that can be a difficult conversation to have with a family. "I might say, 'Hey, we're wondering if something has changed for you. Have you moved? Is there anything we can help with?' Many times, people don't want us to know. They are not aware that there is a law to help them. They are afraid that their children will have to change schools. There's a piece of embarrassment, too." The family may not want to say they've lost their home or that they're staying in a hotel or with a relative. "There are a lot of things that go into why we don't know or why it takes a while to find out a student is homeless."

The schools educate more than the children. When a student is identified as homeless or in-transition, his or her family probably hasn't sought assistance from agencies. The school social workers alert the family to the programs and agencies that are available to help them.

"As a school social worker, I'll get a call from the principal or registrar saying there is a family that they think may be experiencing this. I will call or go to the family to share the information of what is available. A child doesn't have to move to another school. We can get transportation for the student. This is usually the first time the family hears about this."

When Stephanie talks with families, she tries not to use the term "homeless" because there is some denial. "I talk about temporary situations or being in transition. Yes, set-backs happen for many different people and set-backs put us in temporary situations. The school system can help provide a stable place for the child during the school day."

Even when students may move to a different zone in the WJCC system, the social workers want the student to stay in his current school. "Also, there are provisions that if they move outside of the division of WJCC, we can have a discussion to determine if it's better for the student to stay with us." This is especially important when a different school system's territory is as close as across the street. "We work very closely with York County, New Kent County and Newport News. Those systems that are near us, help determine where the child should be to have stability."

Developing a relationship with a family helps Stephanie convey that she's their resource to help them manage a stable school experience for their child. "The best part is when they call and say: 'Hey, Ms. Leek. We have an apartment, and we're moving in.' I'm so glad when they have what they need and the kids succeed at school. That's the best when they're able to find something that's good for them, even if I didn't have a thing to do with it, just the knowledge that they are moving on and have what they need. Those are the days that make my job great."

Some of the older students are identified as unaccompanied homeless youth. That term is used for a child who is not in the custody of their legal parent or guardian. "Mostly, that's older kids," she explains, "high schoolers who may have run away or turned 18 and their parents sent them out of the house or other situations that have them on their own."

When they succeed, Stephanie is especially thrilled.

"We had a student last year who graduated and is at Old Dominion University now – that's wonderful. Another student had a baby and her family had decided she couldn't stay with them. She kept coming to school and graduated last year." The thought of all the things older students have to endure and overcome, alone, to succeed, graduate and move on with their lives makes Stephanie proud to be helping homeless students. NDN

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!

NEIGHBORHOOD BASKET-BALL LEAGUE (NBL) SIGN-UP

Ongoing

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

Hey Neighbor!

VOICES OF WILLIAMSBURG

Ongoing

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

Hey Neighbor!

SEEKING VOLUNTEER TAX PREPARERS

Ongoing

Williamsburg AARP Tax-Aide is

looking for volunteers to assist seniors and low/moderate-income taxpayers in completing their 2014 Federal and Virginia tax returns. IRS certification training is provided during classes in early January. The service is offered at the Williamsburg and James City County Libraries in 2015 from February 1 to April 15. Please email District Coordinator Jane Alcorn at mjanealcorn@yahoo.com if you are interested in becoming a Tax-Aide volunteer.

Hey Neighbor!

HEAD START OPEN ENROLLMENT

Ongoing

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

Hey Neighbor!

CALL FOR VOLUNTEERS

Ongoing

We are the Bruton Parish shop located in the Parish House of Bruton Parish Church on Duke of Gloucester St. We have been here since 1995 and are a 501©3 store. We give all of our net proceeds to the Outreach and Mission ministries of

the church. It is not a necessity to be a church member but just a believer in our mission. We need more men and women to staff our shop. We are open 7 days a week 7 hours a day except Sunday, when we are open for 4 hours in the afternoon. Call Carol Weaver, (757) 220-1489.

Hey Neighbor!

ST. MARTINS EPISCOPAL CHURCH

Ongoing

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

Hey Neighbor!

BIBLE STUDY

Ongoing

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

Hey Neighbor!

CALL FOR MUSICIANS

Ongoing

he Williamsburg Players is looking for musicians to help bring the joy of musical theater to the area. Especially needed are rhythm section players such as keyboards, guitar, bass guitar, drums, and percussion. You should be able to read music. Email Mike McCoy at wmmccoy01@cox.net, or call and leave a message at (757) 229-1679.

Hey Neighbor!

MEETINGS - JANE AUSTEN SOCIETY

Ongoing, Second Sunday

The Jane Austen Society North America Southeastern VA Region meets on the second Sunday of every month at the Schell Room, Williamsburg Regional Library (515 Scotland St.) at 2 pm. Donations accepted to help defray cost of meeting room. All are welcome to attend. For more information, visit our Facebook page at <http://www.facebook.com/JASNASoutheasternVa>. For membership information visit the national site at www.JASNA.org.

Hey Neighbor!

4-H CLUBS FOR YOUTH

Ongoing

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



The LEAD Historic Triangle class, sponsored by the Greater Williamsburg Chamber and Tourism Alliance, chooses a project that will have a lasting impact on the community. The 2015 class proudly announces the

Adopt-a-Bench program, in which we will install benches at bus stops throughout the historic triangle in order to provide a place to rest for those weary travelers who ride our local buses. Similar projects have been successfully implemented in other cities, and we know our community will benefit greatly from our efforts.

Would you like to "get on the bus" and help make this happen? E-mail us to learn more at:

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come-first-served. Scholarships for youth with financial need are available for all club registration fees. For more information visit the Virginia Cooperative Extension James City County Office website (www.offices.ext.vt.edu/james-city/) or call the office at (757) 564-2170. You must call in order to register for the clubs.

Hey Neighbor! SEEKING VOLUNTEERS

Ongoing

Historic Jamestowne seeks volunteers to greet and engage guests as well provide accurate information about this premier historic site. A variety of volunteer opportunities are available, including Visitor Center greeters, Fort Site interpreters, and Docents in our archaeological museum, the Archaearium. If you are interested in volunteering at Historic Jamestowne, please contact Kelly Williams at kwilliams@preservationvirginia.org.

Hey Neighbor! MEETINGS – REPUBLICAN COMMITTEE

Ongoing

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

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

Ongoing

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

Hey Neighbor! MEETINGS - JCC REPUBLICAN COMMITTEE

Ongoing

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

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

Hey Neighbor!

MEETINGS - HISTORIC TRI-ANGLE REPUBLICAN WOMEN (HTRW)

Ongoing

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

Hey Neighbor!

MEETINGS - MOMS IN PRAYER INTERNATIONAL

Ongoing

The 2014-15 school year has begun, and with it new challenges for our children. Replace your anxiety and fear with peace and hope by praying with other Moms for our children and our schools. Join us and other Moms for a powerful time of prayer every Wednesday from 1-2 pm at Calvary Chapel Williamsburg, www.calvarycw.org. Phone (757) 220-8400.

Hey Neighbor!

FREE USDA FOOD DISTRIBUTION CENTERVILLE RESIDENTS

December 20, 2014

There will be a free USDA food distribution for Centerville Residents from 2:30 – 4 pm at New Zion Baptist Church on 3991 Longhill Road in Williamsburg. Income Eligibility required and confidentiality is guaranteed. This Free Food Distribution is an outreach program of the Virginia Peninsula Foodbank and sponsored by WJCC Community Action Agency and the Community Development Organization Centerville Association. Pre-registration is required, so call 229-9332.

Hey Neighbor!

CLOTHING AND FOOD DRIVE FOR HOMELESS

December 20, 2014

The Buffalo Boyz of Williamsburg would like our community to help us by donating winter clothes for homeless. We will feed the homeless and have clothing and non perishable items for their taking. We need hats scarves, gloves, canned goods, non perishables, under clothes,

coats, long Johns, blankets, socks, shoes, etc. Bring all donations to 103 Luther Drive, bins on porch.

Hey Neighbor!

FIRST NIGHT WILLIAMSBURG December 31, 2014

New Year's Eve would not be the same without a good party, and we have it. With over 30 acts in downtown Williamsburg and on the campus of the College of William & Mary, First Night Williamsburg offers family fun through live entertainment and fireworks. Buttons are \$15 per person, kids under 5 free. Kids Show at Matthew Whaley School from 3 - 7 pm. Main stages light up at 7 pm and food is available for sale. Fireworks at Zable Stadium at midnight. Non-alcoholic environment. For button sales locations and entertainers, visit www.firstnightwilliamsburg.org.

Hey Neighbor!

CATCH THE VISION! TOURS AT WCA

January 15 & January 29, 2015

Get an up-close view of Williamsburg Christian Academy when you visit the beautiful campus for this informative one-hour tour. Hear directly from administrators, teachers, and students to find out why this community Christian school is an inspiring place to be. WCA is dually accredited, interdenominational, and provides personalized, college-preparatory education from preschool to 12th grade. 101 Schoolhouse Lane, Williamsburg. For more info, visit WilliamsburgChristian.org or call (757) 220-1978 ext. 113. Tours are at 2 pm on January 15 and 5:30 pm on January 29.

Hey Neighbor!

LEARN ABOUT RELAY FOR LIFE MOVEMENT

January 20, 2015

James City County Recreation Center, 5301 Longhill Road, Williamsburg. Doors open at 5:30 pm. Meeting begins at 6 pm. Join the American Cancer Society's largest fundraiser, the Relay For Life Movement. Individuals, Teams, Sponsors, Volunteers all Welcome! Relay For Life of Williamsburg VA will take place at Jamestown High School on May 1, 2015, 7 pm – 7 am. For information, visit www.relayforlife.org/williamsburgva.

Hey Neighbor!

WILLIAMSBURG SYMPHONIA – CABARET & COCKTAILS

January 24, 2015

The Williamsburg Symphonia presents a pops concert under the direction of Janna Hymes, with acclaimed guest artists Harris Simon, Liz Montgomery, Bobby Jasinski and Tempy Barbru. The program starts at 8 pm; it includes favorite tunes from the 20's to the 50's. At the Williamsburg Lodge, 310 S. England St. Cash Bar. Tickets: at tables for 10, \$75 and \$60 each; theater seating, \$45 and \$25 each. Purchase tickets online at www.tix.com or by calling 1-800-595-4TIX (4849). For details, visit www.williamsburgsymphonia.org.

Hey Neighbor!

GERMAN SHEPHERD ADOPTION AND INFORMATION EVENT

January 24, 2015

The Virginia German Shepherd Rescue group will hold an adoption and information event from 11 am – 2 pm at the Williamsburg PetCo, Settlers Market, 4600 Casey Blvd. The public is invited to come and meet German Shepherds for adoption, and learn about the many volunteer opportunities with VGSR. For further information contact: info@shepherdrescue.org or (708) 435-2840.

Hey Neighbor!

WILLIAMSBURG CHRISTIAN ACADEMY OPEN HOUSE

January 26 & January 28, 2015

WCA — we've specialized in personalized, Christ-centered learning for 37 years. We'd love to show you around! 101 Schoolhouse Lane, Williamsburg. For more info, visit WilliamsburgChristian.org or call (757) 220-1978 ext.113. Open house for preschool through 12th grade: January 26 (9am – 2 pm). Open house for preschool and kindergarten: January 28 (8:30 am and 10:30 am).

Hey Neighbor!

CELEBRATION OF WOMEN'S ATHLETICS

February 7, 2015

Introducing "TRIBE W.I.N.S": Tribe Women In Network Through Sport – Teach, Renew, Inspire, Build, Empower. Come celebrate Women's Athletics at the College of

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Spring Session

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William and Mary. This year's event begins at 12:30 pm and features a reception, a professional networking session, and an awards ceremony to honor those who have made outstanding contributions in their communities, athletic or professional fields. We are seeking female W&M athlete-alumnae to participate as mentors during the networking portion. If you are interested in attending, contact Meagan Bedsaul at (757) 221-1552 or mmbedsaul@wm.edu.

care packages to heroes filled with items the service members have specifically requested! Along with over 40 local vendors, there will be raffles, a donation bin and a card writing station for you to send off your own personal words of encouragement to our heroes! If you have any other questions please contact Cryst'l Gatto, [\(757\) 561-1792](mailto:c85.gatto@gmail.com). We look forward to seeing you there!

Hey Neighbor!

WILLIAMSBURG SYMPHONIA “CONVERSATION WITH THE CONDUCTOR” LUNCHEON

February 25, 2015

The College of William & Mary's Center for Gifted Education is hosting its 2015 Focusing on the Future event from 8:45 am – 3 pm. The event will expose high-ability learners in grades 6–12 to career opportunities related to the arts, humanities, and sciences. Separate sessions will be held for parents, guardians, and counselors, and will provide strategies and techniques to assist students with academic and career planning. The event will be held at The College of William & Mary's School of Education, 301 Monticello Avenue. All students must be accompanied by a parent, guardian, or group chaperone. Registration is required. The deadline to register is January 23, 2015. Additional information and the registration packet are available on the Center for Gifted Education's website at cfge.wm.edu. Contact Kate Nichols at (757) 221-6198 or sep@wm.edu for more information.

Hey Neighbor!

WILLIAMSBURG SYMPHONIA MASTERWORKS #3

February 25- 26, 2015

The Williamsburg Symphonia, Williamsburg's own professional orchestra conducted by Janna Hymes, presents Masterworks Concert #3, "Celebrating Musical Innovations," with guest soloist Paul Neubauer, principal violist of the New York Philharmonic. Romantic and fun describe the three compositions Mr. Neubauer will perform in a delightful and diverse program, which also includes works by Haydn and Brahms. At the Kimball Theatre in Merchants Square with parking nearby, the programs begin at 8 pm. Tickets are \$48 and \$58; call (757) 229-9857 or visit www.williamsburgsymphony.org for details.

Non-profit organizations, churches and civic groups can send their submissions to:

HeyNeighbor@cox.net

Williamsburg's **IN THE NEIGHBORHOOD** photo challenge

PUTTING THE STAR ON TOP

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

Enjoy!



ADVANCED LEVEL

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

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