

May 2015

WILLIAMSBURG'S

Next Door Neighbors®

VOL. 9, ISSUE 5

PRICELESS

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As warm weather finally came our way, many of us ventured outside to enjoy the warmth of the sun, the cool breezes and a relaxing walk, jog or bike ride in the neighborhood or on a nearby trail. I noticed just today the familiar sounds of lawn mowers humming and neighbors working outside pulling weeds, picking up limbs, fertilizing and more while taking the time to stop and chat with neighbors. I'm sure this is a familiar sight in many Williamsburg area neighborhoods.



Meredith Collins, Publisher

For some people, the warm weather catapults them into different activities that provide much more excitement than pulling weeds. Some of our neighbors are building obstacle courses in their backyard. Others are seeing the world through a camera's lens and others are on the water in fellowship and fun. At least one of our neighbors that I know of is spending some of his time outdoors in organic worm farming.

As for me, I like to walk our dogs and work in our yard. I would much rather cut grass than cook, which works out nicely since my husband and nephew enjoy preparing meals. Maybe one day I could grow a vegetable garden and contribute to mealtime. In the meantime, I'll most likely stick with the simple things like planting flowers and giving the birds food. I'm not even remotely a green thumb. I'm just someone who likes to play outside! NDN

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Cover Photo by Lisa Cumming

DAN CAPOZZI



HOOKED ON GOLF

By Susannah Livingston

About 20 years ago, golf grabbed Dan Capozzi, and it has never let go of him.

Today, Dan is one of those rare and fortunate people whose everyday work revolves around what they love best. As General Manager and Director of Golf for the Williamsburg Golf Club (WGC) since 2011, Dan has overseen the transformation of a quiet local club into one with golf amenities that compete favorably with others in our area. It has been a welcome challenge and an interesting journey for Dan.

Dan grew up in Boston in an unusually athletic family, but golf was near the bottom of the long list of Capozzi (pronounced “Ca-PO-zee”) family sports. Dan’s mother ran track and played basketball and softball. His father played football, hockey and baseball and his sister was an All-American softball player.

Dan played those sports and more, but didn’t really catch the golf bug until high school.

“Growing up in the city, golf was the last

sport that was really on our minds. Actually, when I was young I played everything but golf,” Dan says.

As high school approached the sport was looming larger in Dan’s life. “It was a sport that I wasn’t good at and being athletic, it aggravated me not to be good at it. So I put a lot of time into getting better.” Though he had long been a successful baseball player, Dan gave up baseball during his senior year so he could focus on golf. “I didn’t even make my golf team my freshman year of high school; I played football,” he explains. “But I did play competitive golf my last three years of high school and ended up being captain of the team by my senior year.”

Next up for Dan was four years at Campbell University in North Carolina, a school renowned for its program in professional golf management (PGM). Dan also honed his game while playing in Campbell’s PGM golf

tournaments.

“Campbell PGM had great tournaments and I was learning about every aspect of the golf business. I was getting a great education and working toward earning my PGA (Professional Golfers’ Association) membership at the same time. It was all under one roof.”

To the uninitiated, membership in the PGA might sound like a matter of filling out some forms and writing a check. This is far from the case.

“It’s a lot of testing and qualifying,” Dan explains. “You have to pass a player ability test and go through three levels of education, classes and book work.” It took Dan four and a half years to accomplish that, but he counts himself lucky. “A lot of people have to work toward PGA membership while they’re working full time. I had the opportunity to be in a professional golf program where it was part of our curriculum.”

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After college and some internships that gave him great hands-on experience, and invaluable personal contacts, Dan found himself at the North Ridge Country Club in Raleigh, North Carolina. "I worked there for five years under Sammy Brewer, who is a legend. He was my first mentor, a great pro, great teacher, great player." Dan also worked with John McNeely, another well-known PGA professional who developed Diamond Creek Golf Club in Banner Elk, North Carolina, and Floridian in Palm City, Florida. These are two "super-exclusive" private golf clubs owned by Wayne Huizenga, founder of Waste Management and other top companies.

In March 2011, at the ripe old age of 26, Dan arrived at the newly rebranded, private Williamsburg Golf Club (WGC). His previous mentor John McNeely, who had personal and professional ties to WGC's new owner, businessman Dwight Schaubach, suggested Dan for the job. "It's definitely a who-you-know kind of business, and they gave me an opportunity to be part of something really special," Dan says. "They trusted me enough to take over a club and develop it—membership, staff, clubhouse renovations, the whole experience."

The club had been shut down for all of 2010 and early 2011 while the existing facility was renovated from top to bottom. "The first thing they did was renovate the golf course," Dan explains. Design professionals kept the same 153-acre blueprint but re-grassed it, reshaped the greens and added a six-acre short game center and two 10,000-square-foot practice greens. Schaubach's team also modernized and improved the building, adding cherry wood lockers in the locker rooms, a beautifully redesigned bar and grill, a sumptuous lounge, and a terrace and veranda overlooking the rolling hills of the course.

Although WGC hosts wedding receptions, banquets and other social functions, its reason-for-being is golf. Each year, the club is home to private tournaments as well as charity events that raise awareness and money for the Children's Hospital of the King's Daughters, Hampton Roads Academy and other nonprofit groups.

"We're fairly selective about outside tournaments," Dan says. "The big focus for us is member events and our member-guest tournament." No matter the event, if it involves golf, Dan and his staff of PGA professional do it all. "I love seeing something executed perfectly, the way it should be," he says.

In his work at WGC, Dan lives and breathes golf every day. But as a member of the PGA Mid-Atlantic Section board of directors and the education committee, he's also constantly looking to its future. Like other sports such as tennis, golf has seen a decline in popularity in recent years. "People are very busy," Dan explains. "It's just not as easy for families to spend four hours on an activity. The economy has changed, too. So it's important to offer a golfing experience that sets you apart from others."

The good news, Dan says, is that the PGA is working to increase interest particularly in ladies' and junior golf. Talented young players can now compete at the Augusta National Golf Club the day before the legendary Masters Tournament, an event that is helping instill a passion for the sport in a whole new generation. "Being part of the board of the PGA—it's an eye opener. It's fun to be part of the decision-making process and see passionate people shaping its future."

So what is it about golf that so often grabs people for good?

"It's a challenge," Dan Capozzi says. "You never perfect it, but it's a game where once you get hooked, I don't think you can ever turn back." He adds that like just about every other golfer on the planet, he's always trying to improve his game. "You're always going to have something you can work on, which is the great thing about it. And once you start, there's no chance that you're going to give up on it." NDN

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COACH MIKE KUEBLER



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Play Ball!

By Alison Johnson

To people who don't understand baseball, the sport may look simple and slow. Those who love it, as Coach Mike Kuebler has since age six, know it's anything but.

America's pastime is a team sport that can play out over hours yet boil down to single, pressure-packed moments with all eyes on one player. Each position on the field has specific responsibilities that change depending on the game situation, requiring players to make split-second decisions. Every good throw or swing of the bat involves complicated mechanics.

"It's a very mental game, in addition to all the physical and technical requirements," says

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Mike, head baseball coach at Jamestown High School and Owner/Head Instructor for Colonial Baseball Instruction (CBI), a business he founded in 2011. "No matter what level you're at as a player or coach, you can always learn something new about how to succeed at the game."

Teaching baseball is a passion for Mike. Through CBI, he offers year-round individual and group lessons, week-long summer camps, online articles and instructional videos, a subscription email service and a mobile app with tips on all aspects of the sport. "I'm constantly looking for more ways to share my love of the game," he says.

Baseball's complexity is ideal for building character, he believes. The sport has a fun, laid-back side, with its unique culture of dugout camaraderie (plenty of chatter and sunflower seed spitting) and matching uniforms for players and coaches (no coats and ties here). At the same time, it's serious and intense, sometimes brutally so.

"This is a game of failure," Mike notes. "If you get three hits for every 10 at bats, you're doing well. That means you'll be out the other

seven times. So if you strike out or go 0-for-4 in a game, or make a bad error in the field, you have to take it in stride. You can't think back to your mistakes, make excuses or have too many negative emotions. You have to pick yourself up and try again."

Mike has experienced every emotion during his baseball career, which began early in his childhood in Long Island, New York. He has many fond memories of playing with his father, whether backyard catch or batting practice at a nearby park. His dad also took Mike and his two older brothers to games at Yankee Stadium, where his favorite player was the great hitter and first baseman, Don Mattingly.

"Shared interest in the game of baseball is a great bonding experience for a parent to have with a child," he says. "I feel so lucky that I had that growing up."

Mike embraced baseball quickly, from its rich history to the thrills of making a big play with a crowd watching, stretching a single into a double or smacking a game-winning hit. Nothing, he found, could quite match the feeling of hitting a ball perfectly.

"When you really connect with a pitch, with

just the right mechanics, you actually don't feel anything – no sting, no vibrations," Mike says. "You just hear the sound. It's rare and it's hard to do, because you're trying to hit a fast-moving ball with a pretty thin stick. But it's so great when it happens."

Playing third base and catcher, Mike played baseball throughout college at State University of New York at Albany, a Division I program, where he earned a degree in sociology. He began coaching middle and high school teams while working toward a Master's Degree in Physical Education at Adelphi University in Garden City, N.Y.

Mike and his wife, Kristina, moved to Williamsburg in 2006, where they are now raising three young children. He taught Health and Physical Education at Menchville High School in Newport News for a year before taking the same position at Jamestown High. He became head baseball coach in 2009 after two years as an assistant.

As a coach, Mike celebrates when his team executes a technical part of the game that he has drilled repeatedly in practice. He tells all of his fielders to ask themselves at least three



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questions between every pitch to a batter: How many outs are there? What do I do with the ball if it comes to me? And what do I do without the ball, if it's hit to someone else but I need to move to the right place?

"Once the ball is hit, you have about four seconds to make an out," he says. "It's not easy. You can't ever lose sight that you have to work together as a team to be successful, but you also have to continually work on your individual skills and understanding of the game."

Mike started CBI after local parents began regularly asking for guidance for their kids. With the help of other qualified coaches, he offers in- and off-season instruction on pitching, fielding, hitting, catching and throwing at the Virginia Venom Baseball Facility off of Richmond Road.

"There are so many technical sides in baseball that players need to learn as they advance in level," he explains. "This makes it so much more important to have a solid fundamental base to work from. Additionally, I like to have kids strive for attainable goals and most importantly, to make the game even more fun

for them."

He encourages parents to stay and watch coaching sessions. "I don't just want people to drop their child off," Mike says. "I want them to take notes and videos of drills so they can go home, practice and come back and progress. If you're serious about baseball, you have to put the time into it."

In the spring, Mike's life as a teacher-coach is especially hectic: teaching and grading, planning and leading two-hour daily practices at Jamestown, communicating with parents, playing two or three games a week and updating team statistics for the local media. On game days, he's lucky to be home by 8 or 9 p.m., when he still tends to be digesting and analyzing what happened on the field.

"I have to thank my wife for taking the brunt of the responsibility around the house," he says.

In the long run, the biggest reward is watching his teenage players grow into responsible young men, go off to college and careers and, often, come back to school for a visit during a practice or game. "The chance to talk and reminisce is something that I truly value," he says.

He's also beginning to create memories with his own children. Mike's oldest son, six-year-old Gavin, made his Tee Ball debut with the Williamsburg Youth Baseball League last spring and is already asking his dad to play catch. Still, Mike doesn't plan to push baseball or softball on Gavin or his siblings Jillian, 4, and Aidan, 21 months. "We want to expose them to as many activities and sports as we can and let them choose," he says.

When Mike has free time, he likes to relax by going kayak fishing on the James River, where he can glide beneath trees with eagle and osprey nests. "It's kind of my way to decompress when stress level is high from juggling so many responsibilities," he says.

Yet, Coach Mike Kuebler has zero regrets about building a life around baseball. Ask him to name his second-favorite sport, in fact, and he doesn't really have an answer.

"Maybe golf?" he ventures after a pause. "Or at least maybe it will be golf when I get older and have time to play. Really, I'm just grateful for what baseball has given me. That's why I want to give back what I can to others." NDN



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WHAT'S HAPPENING AT **Jamestown Beach?**

By Linda Landreth Phelps



Curious minds want to know what's going on with all of that construction activity down by the ferry, and there's no better place to go than straight to the source for answers. That source would be Nancy Ellis, parks administrator for James City County Parks and Recreation. For the last six years, Nancy says part of her job has been capital budget planning for new and existing facilities, a budget which is currently funding a major expansion and renovation of what's officially known as Jamestown Beach Event Park.

Most residents don't fully realize how diverse their recreational options are. From swimming pools, skate parks and soccer fields to play-

grounds and fishing piers, an amazing variety of activities are available to those of us lucky enough to live in Greater Williamsburg. None of them would be possible without careful planning. From design to funding, and then all the way to completion of a project, Nancy helps steer the course. Jamestown Beach Event Park is only one among 18 different parks and 40 miles of trails which Nancy oversees, but it holds memories particularly close to her heart.

Before their move to Williamsburg in 2002, Nancy and her husband, Troy, lived in Surry for twelve years and commuted daily by ferry. "Our two boys, Nick and Ben, little kids at the time, would play on the campground's beach

until I'd yell for them to come back, that it was time to board. Who would have guessed it would be a public park one day, and I'd wind up responsible for making it a nice place for people to visit?"

There are big changes in the works for Jamestown Beach. New, permanent rest rooms are replacing the former basic porta-potty, and there will be outside showers and a concession area. Those who liked to kayak from the sandy beach will be happy to know that the burdensome trek from the parking lot will be a thing of the past. Kayakers can soon drive down to the water's edge to offload at the paddle craft launch area. Individuals with disabilities will



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have full access to the water and can enjoy a close-up view of the river from an observation pier, features which please Nancy.

“For years our family has gathered for summer reunions at the Outer Banks. My Aunt Betty loves the water and uses a wheelchair, so it’s always been a challenge to carry her down steps and across the sand to a spot close to the waves. I can’t help but think how pleased Aunt Betty will be, thanks to the new Americans with Disabilities Act outdoor guidelines, that if she wants to get down to the James River, she won’t have to depend on others.”

Jamestown Beach’s large, grassy field is the officially designated event area. As part of the old campground, that space has seen some fairly rowdy volleyball tournaments and colorful Scottish Festivals in its day. James City County is using it for such things as fundraising annual plant sales and a convenient staging area for triathlons. “The racers come out of the water there, go through that field, and hit the Capitol Trail right up the road,” Nancy says.

Another element of the park is Amblers on the James, a stately home once known for Marguerite Vermilion’s extensive azalea gardens. It’s located between the beach and the event area and not currently open to the public. It has been added to the list of Virginia Landmarks as well as the National Historic Registry.

Jamestown Beach has been a spot that most locals who used it were happy to keep private and primitive. The installation of rocky breakwaters that began in 2011 stabilized the eroding shoreline, and completion of Phase Two of the master plan created wide, sandy beaches. On any recent summer weekend, most of the wooden picnic tables under the shade of towering pine trees were filled early by families settled in for a long day of sun and sand. Savory scents of grilling meat drifted in the breeze, enhancing the sweet sounds of laughter and conversation. Park rangers patrolling to ensure a family-friendly, alcohol-free environment meant it was safe, clean and beautiful, but it was still a work in progress. The next stage, Phase Three, required closing the park for months of construction.

“If you build it, they will come,” is a good probability in this case. There is some fear that the new improvements will mean the park becomes so popular that the usual beachgoers will be crowded out. Those concerns were heard and taken seriously by Nancy and her staff. Community input is important to this public servant, as evidenced by another project she spearheaded.

Nancy says, “We spent two years designing and working with the community on rebuilding Kidsburg at Mid-County Park, a sensitive task since it originated as a community-built playground.” Nancy assured the public that the space’s creative historic theme would be carried forward, but with safe, sturdy materials and a fully accessible design. Kidsburg reopened and children are still able to set sail in a ship and travel the world in their imaginations while parents and grandparents watch from comfortable, shady benches. According to Nancy, the beauty of what she does is seeing concrete results all of her planning and watching ideas conceived and born in a boardroom bear fruit.

“I see families bonding with each other and interacting with oth-



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MAY EVENTS

America's Music Series – Tuesdays, 11:30 a.m.

May 5 – The Civil War in 7 Songs – Carson Hudson explores the moving story of the catastrophic war that overtook America in the 1860s.

May 12 – Fiddle Music from Jamestown to Yorktown – Award-winning fiddler and musical historian David Gardner traces fiddle music from the 1607 landing to the 1781 British surrender.



May 19 – Unique 18th-Century Musical Instruments – Stephen Christoff shows how the colonists made music without harpsichords.

May 26 – Hammer Dulcimer Music Old & New – Timothy Seaman gives a brief tour of the development of music high and low on hammered dulcimer.

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Thursday, May 14, 5:30 p.m. – Regional Musical Traditions.

Dr. Nikos Pappas, an emerging voice on the music of the early American South, presents fiddle music from colonial Virginia and the coastal South in two evening performances.



Songs of the Tall Ships – Friday, May 22, 5 p.m.



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Yankees in the Streets: Williamsburg During the Civil War – May 2, 4 & 8, 4 p.m.

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ers through recreation. The kids learn valuable lessons through play: how to take turns and wait in line; how to share and be part of a team; how to deal with others who are different from them. You can't buy that!"

Nancy's enthusiastic abundance of energy means she likes to get out and mingle with the people, to take the figurative pulse of her parks. She also embodies a philosophy unusual in management levels. Not many administrators get down in the trenches with their workers and pitch in with latrine duty. "How can I expect them to do something I'm not willing to do?" she asks. "The guys that work at Warhill Sports Complex love when I come to help during tournaments because women yell at them when the men have to shut down their bathroom to clean. The worst is field hockey," she says with a laugh, "with four or five hundred girls all having to use the facilities."

Their goal is to be finished with Jamestown Beach's improvements by mid-May so it will be open for Memorial Day weekend. "David Nice Builders are phenomenal. They've worked through some horrible weather this

winter and still say they will finish on time." Nancy puts another rumor to rest when she says that access to the beach and its new amenities will still be free, though parking fees may come one day with further development over the years.

Change is inevitable, and this summer some may mourn the time when Jamestown Beach was a quieter place. Others, perhaps new to the park, will just enjoy the cold drinks and snacks, flush toilets, shower off the sand, and be happy. It may be that folks like Aunt Betty who find it easy to enjoy the beach at last will be the happiest of all.

"We've had baptisms, engagements and weddings there in the past, and Jamestown Beach has always been a favorite spot for photographers to capture images of the most stunning sunsets," she says. "The full spectrum of life will continue to happen there and it's an incredible privilege to get to watch."

Nancy Ellis says this about her job: "It's a good feeling when you go home at night knowing you did something to really help your community." NDN

Next Door Neighbors

Publisher.....Meredith Collins
 Editor.....Greg Lilly greglilly@cox.net
 Copy Editor.....Al White, Ginger White
 Photographer.....Lisa Cumming
 Graphic Designers...Sue Etherton, Lara Eckerman
 Account Manager.....Anne Conkling

Writers

Linda Landreth Phelps, Rachel Sapin,
 Brandy Centolanza, Sandy Rotermund,
 Alison Johnson, Ryan Jones, Lillian Stevens,
 Erin Zagursky, Erin Kelly, Narielle Living,
 Natalie Miller-Moore, Morgan Barker,
 Susannah Livingston, Cathy Welch,
 Susan Guthrie, Cindy Laraway, Erin Fryer,
 Wynne Bowman, Nicole Puskar

Advertising Information

Meredith Collins

(757) 560-3235

meredith@williamsburgneighbors.com

www.WilliamsburgNeighbors.com

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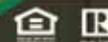
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COREY FENTON



Lisa W. Cumming Photography

Exploring the Area's Waters

By Erin Fryer

Summertime in Williamsburg is hard to beat. Residents and visitors from all over the world flock to the area to ride the roller coasters at Busch Gardens, make a splash at Water Country USA and step back in time at Colonial Williamsburg.

For years, local businessman Corey Fenton knew there were so many ways to enjoy every-

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If you or someone you know starts to experience memory problems, schedule a hearing evaluation with an audiologist to find out if there is another issue at hand that could be treated. Monitoring of hearing loss is crucial when memory issues are present.



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thing Williamsburg has to offer, but he always felt like there was something missing.

A life-long resident of the Williamsburg area, Corey grew up in Croaker on the banks of the York River. “My childhood was filled with fishing, boating and crabbing,” Corey says. “From a young age, I always had a dream of operating something on the waterways.”

Fast-forward a few decades and Corey is now the owner and operator of Jamestown Discovery Boat Tours at the Jamestown Yacht Basin, a stones throw from Jamestown Settlement and a mecca for local wild-life and nature. Corey’s spacious United States Coast Guard certified 28-passenger pontoon boat was built specifically to achieve his dream of taking people out to admire the beauty of the James River.

The Jamestown Discovery tour boat shares a home with Eco Discovery Park, another recent initiative in Williamsburg created to help locals and visitors to the area enjoy the great outdoors. What was at one time a simple marina has now become a hub for boating, kayaking, stand-up paddle boarding, local entertainment, and of course, boat tours on the James River.

Corey says he chose to operate his business out of Jamestown Yacht Basin because of its accessibility to the historic area. “I wanted to be able to take my guests out on Powhatan Creek and through the thoroughfare to see historic Jamestown Island,” he says. “As we cruise by the island, we talk about Captain John Smith and Pocahontas, and I will sometimes quiz them a little on our local history.”

Corey says after he takes his guests to admire the beauty of Jamestown Island, they cruise over to the ships at Jamestown Settlement where they continue to discuss history and get the opportunity to take unique photos they would not otherwise be able to take by visiting the ships by land.

In addition to his sightseeing tours, Corey also offers nature tours where the focus is on the natural beauty and ecology of the James River. “During our nature cruises, guests may encounter indigenous wildlife including bald eagles, turtles, marine mammals, muskrats and snakes,” he says. “Our passengers really enjoy bringing binoculars and cameras and taking in the sights.”

For the more romantic at heart, Corey also offers a sunset cruise for guests who just want to soak in the scenery as the sun sets on the James River. Every now and then, the ambiance created during the sunset cruise will lead to a romantic marriage proposal.

Like many Williamsburg businesses in the summer months, Corey says his audience often consists of a lot of tourists. However, he says he also sees his fair share of locals who become returning passengers as well. “We get a lot of bird watchers who love taking photos of bald eagles,” he says. “Others just love to float around and watch the sunset.”

While most of the passengers come as couples or families, Corey also hosts groups for private charters, special events and fundraisers.

His busiest times of year are the summer months, which leaves him in somewhat of a constant balancing act, as he is also owner and operator of Virginia Grounds, a commercial and residential landscape company that he started in 2002.

Corey says because of the dedicated staff he has at Virginia Grounds, he is able to jump back and forth between his two businesses, though he says it can get hectic at times.

To top it off, Corey also owns a fishing charter boat in Virginia Beach that specializes in taking guests offshore fishing and whale watching. "I started that business for folks like me who love to fish, and I started the Jamestown Discovery for the people who love history and enjoy nature."

For the public there aren't many ways to see the area from the water unless riding the Jamestown Ferry counts. "I thought it would be cool to put something new and different out there to highlight all of the beauty and history we have on the James. I think it's neat to approach the historical sites by water instead of parking and walking to them."

Corey says Steve Rose, president of Eco Discovery Park at Jamestown Yacht Basin, shared Corey's enthusiasm for bringing boat tours to the area when the pair first started discussing the idea back in 2012. At the time, Corey was in training to obtain his Master Captain's license. When the pair got the green light from the county to operate a tour boat, Corey had the boat custom built to meet the needs of his business venture.

He chose the pontoon boat because it can easily get under the bridges and through the shallow areas of water. "The pontoon allows me to get closer to land instead of being in a 'V bottom' boat," he says. The boat is also handicap accessible and has a private restroom for the comfort of the passengers.

Corey has a wealth of experience when it comes to operating boats. Prior to opening Virginia Grounds, he was a private contractor and would transfer boats for brokers from one marina to another.

His favorite part about boating is just being out on the water. "That's how I recharge my batteries," he says. "It's how I relax and get my energy."

It's not surprising to learn with Corey's love of the water that he is also a Master Angler with a plethora of citations and qualifications. He says his favorite thing to fish for is offshore tuna, marlin and striped bass.

Seeing people enjoying themselves on the waterways he holds so near and dear to his heart is his favorite part about running Jamestown Discovery Boat Tours. "I love experiencing the appreciation people have for what we have here in Williamsburg."

In terms of customers, Corey says he gets a mix of tourists and locals. "I get a lot of visitors to the area during the summer months, but when it comes to private charters like kids' birthdays or church outings, that's more locals."

When it comes to owning and operating two businesses in Williamsburg, Corey says it's a great town to run a business in.

"Williamsburg locals love to have their properties looking nice, which is great for Virginia Grounds," he says. "For Jamestown Discovery Boat Tours, everyone likes the water, everyone loves the James and everyone likes history. It's a lot of work but it's worth it."

As Williamsburg locals and tourists welcome the summer months with open arms, Corey encourages everyone to experience the James River for a few hours of relaxation, history, sightseeing and fun. **NDN**

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SHAWN JOHNSON



Spartan Style Adventure

By Ryan Jones

Lisa W. Cumming Photography

"If you want to change your life, you have to change your frame of reference." -- Joe De Sena

When Williamsburg resident Shawn Johnson says he loves being outdoors so much it hurts, it's not a figure of speech. A transplant from the mountains of northern Utah, Shawn has spent much of his life enjoying the fresh air, sunshine, and exercise that come with open air activities. Last year, he took his pas-

sion for all things alfresco to a different level when, at the prodding of one of his more audacious friends, he trained for and competed in the internationally renowned Spartan race at Wintergreen Ski Resort.

Participants at the event were tasked with completing a grueling eight mile, twenty-five obstacle course that stretched up and down the slopes of one of Virginia's most prolific

snow-sport retreats. To make matters worse, the course was peppered with everything from mud pits and oversized logs to fire and barbed wire. Having conquered the appropriately named Super Spartan, Shawn plans to make three more trips through the fire this year, and looks forward to spending time outdoors training as part of the process.

"The outdoors provides so much more than



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a gym ever could,” he says. “The constantly changing topography of a trail forces your body to utilize muscles, tendons and ligaments that a treadmill can never duplicate. Being outside with the fresh air and the solitude of the woods is relaxing and provides a constantly changing view of the world. Anyone can drive to a gym and work out when it is cold and raining, but it takes your training to another level when you can run wooded trails while it is cold, raining and the bitter wind is blowing straight into your face.”

As part of last year’s training regimen,

Shawn, with the help of his sons, built a mini-obstacle course in their back yard to mimic real-time conditions on the trail. In addition, he and his next-oldest son, Austin, regularly ran trails together to get in shape.

“It was a once-in-a-lifetime experience training, racing and completing the race with Austin,” Shawn remembers. “The hours we spent on and off that mountain are times I will treasure, and crossing the finish line with our arms around one another was priceless.”

Shawn says that after the race, he, Austin and the other kids decided to add to their

backyard equipment, which sometimes piques the curiosity of neighbors and visitors.

“We installed ‘monkey pegs’ (think of monkey bars, but smaller) all around an elevated platform which allows us to have a perpetual monkey bar setup,” he says. “We also installed a 25 foot climbing rope and, recently, we finished our eight foot climbing wall complete with chin-up bar and inverted row bar. It is not uncommon for our neighbors to see the three of us climbing, crawling or swinging around in the early evening.”

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such vigorous physical activity with work, church and other activities, one wonders why Shawn, or anyone, for that matter, would want to train for three obstacle races in a year. Shawn says he was sold on the Spartan race, and, more importantly, on the underlying values associated with Spartan runners, when he read a book published by the creator of the event.

“Joe De Sena, the founder of Spartan Race, speaks quite a bit about delayed gratification,” he explains. “Delaying gratification means not taking the easy choice when there is something more to be gained. Most people want to take the quick reward or the easy way out, but by doing so, they rob themselves of the satisfaction of self-control and self-mastery. Imagine how much more we could accomplish if we developed a little more grit and determination in our lives. I chose Spartan Race over other obstacle races based on two factors. First, Spartan Races are timed and ranked. You are competing against others and yourself. Second, you do not have the option to skip an obstacle. In other races you may choose to not tackle an obstacle. In a Spartan Race, failure to complete an obstacle always requires a thirty

burpee penalty before you move on with the race. (The burpee is a full body exercise used in strength training and as an aerobic exercise.) The threat of thirty burpees after five miles, multiple obstacles and screaming muscles, is a mighty motivator. When Spartan Race tells you that ‘You will know at the finish line,’ they aren’t kidding. It is the greatest feeling of accomplishment in the world.”

Shawn’s zest for thrill-seeking has a unique history that dates back to his boyhood home in the Rocky Mountains. As a teenager, one of his adventures nearly went sour when he and two others found themselves stranded atop an elevation at dusk with no supplies to aid their decent.

“When I was in high school, my younger brother and my best friend decided to climb a large mountain behind our home,” Shawn remembers. “Foolishly, we left later than we should and were not adequately prepared for the climb. Neglecting the counsel of my father, we left without any matches or flashlights and, given the stupidity of youth, we lost track of time and discovered ourselves on top of the mountain as the light was fading. I knew we were in trouble as the trail would take us be-

hind the mountain and away from the lights in the valley below. The only option was to attempt a descent down the face of the mountain. After a quick prayer, the three of us began the descent down the rocky outcroppings without rope, harnesses or light. I have never been more afraid nor more relieved than when we reached the bottom of the canyon and saw the headlights of my father’s vehicle. Over the years, both my brother and I have attempted that same descent and have yet to find the relatively easy path we used that evening. I have no doubt that God was looking after us.”

Despite the close call, a more cautious Shawn continued to enjoy camping, fishing, hunting and other outdoor pastimes. He later attended Utah State University, and then relocated to Virginia to pursue a Master’s Degree in Clinical Psychology at Virginia State University. He spent several years working as a psychologist for the Department of Corrections, and then decided to take a position as a pharmaceutical sales representative, a move that precipitated his relocation to Williamsburg. He currently lives with his wife, Shannon, and their four children in Williamsburg and has no immediate plans to relocate. Their

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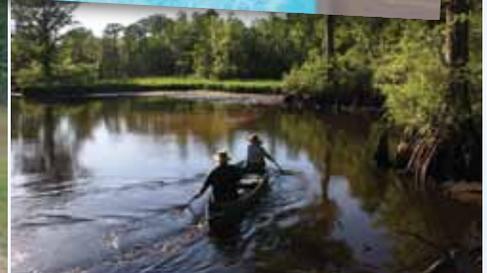
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Little Creek Reservoir Park
Mid County Park/Kidsburg ■ Powhatan Creek Park
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oldest son, Zach, is set to return from Brazil after serving a two-year mission for the Church of Jesus Christ of Latter Day Saints.

For those who dare to join him, Shawn offers a final perspective on outdoor adventuring, Spartan style:

“Imagine standing at the top of Wintergreen with 7800 people,” he relishes. “It has rained for days prior to the event and it was pouring as you arrived. The energy and the excitement eclipse the rain and the mist that enshrouds the mountain. Every fifteen minutes, 250 racers are released to tackle over eight miles of mountain trails and over twenty-five obstacles. You climb the mountains of Wintergreen four different times that afternoon. You carry logs and five-gallon buckets of gravel up one side and down another. You climb walls ranging from six feet to ten feet. You flip logs, run down mountain streams, crawl under barbed wire and throw spears into hay bales. It is the most physically draining and demanding thing you have ever attempted. Racers end up with cramped muscles, twisted ankles and broken bones, but the sense of camaraderie and teamwork is overwhelming. Your muscles ache, your legs feel like rubber and even though everyone is covered with scratches, bruises and mud, you notice that nearly everyone is smiling. Each completed obstacle is another step closer to achieving the goal set eight months earlier. Each step is another reinforcement of your will power and dedication. Finally, after hours of grueling activity you cross the finish line, receive your medal and pick up your t-shirt. At that moment, with all of the mud pits, obstacles and exertion behind you, one thought keeps flashing in your mind: When can I do this again?” 

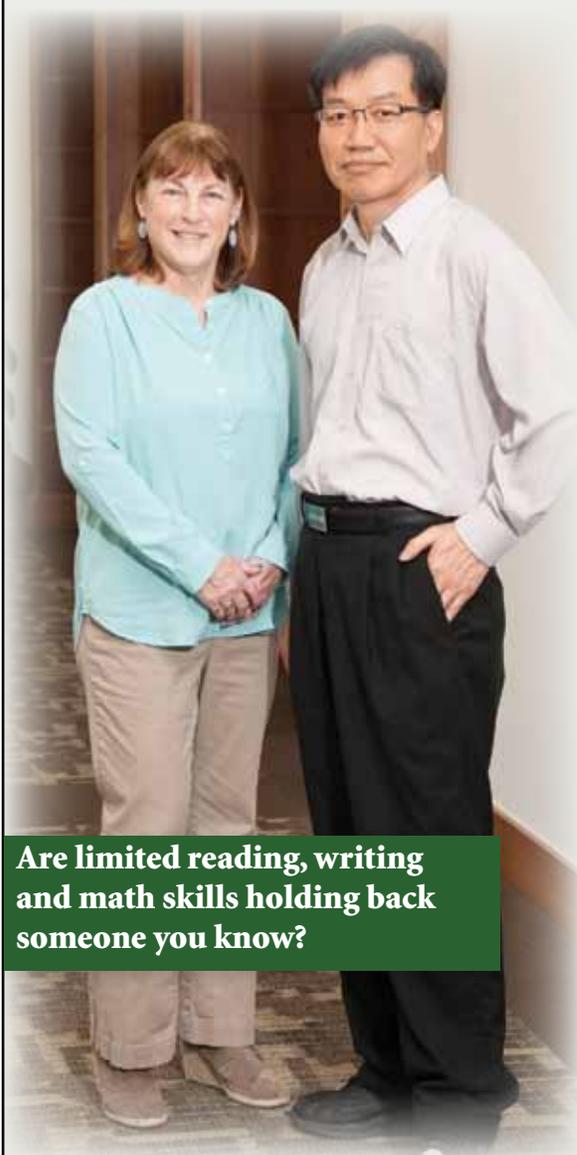


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KEN CONGER



Corey Miller Photography

The Magic of Photography

By Cathy Welch

“My father gave me my grandfather’s Argus camera when I was a young guy,” wildlife photographer Ken Conger says. “The first roll of film was like magic to me. I just couldn’t fathom the fact that what I just saw I could have for the rest of my life.”

Ken knew, from a young age, what he wanted his career to be. His father was in the military, and their family saved money by camping on vacation. The first park ranger he saw was in Shenandoah National Park.

“He walked out and had this stunning hat

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and gold badge, and he's working in a place where people took vacations," Ken says. "I was totally enamored with this guy. I remember tugging at my father's short-sleeved shirt and saying, 'Pops, that's what I [want to] do when I get older.' I wanted to be that guy."

Ken's passion carried into college where he earned a Bachelor of Science in Wildlife Management at New Jersey's Stockton University and a Master of Science in Administration of Justice at Virginia Commonwealth University.

His passion for wildlife preservation led to his 30-plus year career as a game warden. He started in Virginia's Northern Neck and ended up in Williamsburg as the manager of everything east of I-95 his last two years before retirement.

"Of all the people you'll meet in your life I'm probably the luckiest guy in the world," Ken says about choosing this line of work. "When they give you a four-wheel-drive, an ATV and a boat then tell you to go out in the woods and waters and catch the bad guys? How cool is that when you're young? But my rules in retirement were: don't arrest anybody and don't boss anybody."

Before retirement, he served as a Denali National Park ranger for two years, a longtime

wish, before ceding his place to younger aspiring park rangers.

Ken has been a Boy Scout leader and football coach for local kids. His wife, Carole, is a librarian at the College of William and Mary's Swem Library. The couple raised their son, Will, who is now grown and lives locally. They have two Chesapeake Bay Retrievers they can't keep out of the water.

During Ken's career, photography took a backseat. But when his son's tuition and other time commitments were over, he and Carole had more time; time they used to take a trip to a lake in Yellowstone National Park where he knew cutthroat trout spawned. They encountered an otter with a trout.

"I get down low and the guy is eating the fish right in front of me," Ken says. While positioning himself for an eye-level shot, he slipped on a rock and dropped his grandfather's camera in the water. "I'm crushed, but my wife says, 'I think it's time for you to get a good camera,'" he explains. "I came home, sold my boat, got a second mortgage and had \$14,000 of camera equipment delivered."

That was in 2005, when he turned to photography. Ken only photographs wild animals,

primarily in national parks, fish and wildlife refuges. He isolates individual animal subjects in the manner of human portraiture and uses a very shallow depth of field in order to get direct eye contact with his subject. His aim is that the viewer will have a sense of connection with the animal or see something unique.

"There's a million people out there doing what I'm doing," Ken says. "What I'm trying to achieve is that when you look at a Ken Conger picture something is special; either you have that sense of connection or it's just that wow thing."

"I only photograph animals in early morning or late evenings when the sun's elevation is a perfect bathing glow of light," Ken explains. "Just that perfect light angle, that perfect luck, that perfect behavior."

He loves the dead yellow grass background, what he calls the bokeh or out of focus area of a picture, Ken explains. "That's what I'm trying to achieve. It's kind of like a treasure hunt or safari."

"I've always said the true measure of a man is the size of his telephoto lens," Ken jokes. "I have a really good one that allows me to stay outside an animal's comfort zone. The last thing I want



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to do is alter an animal's behavior for a picture."

One of Ken's favorite photos shares a place in his heart with one of his favorite photo setups. In 2010, his second year as a Denali park ranger, he took a photographer friend to nearby Katmai Park where he heard Milkshake, a mother bear he had previously photographed, had four cubs. They stalked the beach where Milkshake was known to take her cubs to fish and chose to focus on a pool of water to take advantage of the added reflection.

"Never did I think I would get that shot," Ken says. "The fifth morning she comes out of the woods and is walking down the beach."

While Ken got his settings his friend realized his position would force him to have a boat across the water in the background. So he decided to move a few feet.

"He picks up his tripod and as he's walking he trips over a log and face plants on the beach," Ken explains. "He goes, 'Oh my gosh, my camera.' And when he did, the little cubs ran to their mom and that's when I got the shot. They are all looking at him. It was hilarious."

Ken is often asked if he has ever been in dangerous situations as a photographer.

"I purposely don't want to put myself there,"

he says. "I'm an ex-game warden and ex-park ranger so I can read animals. The dangerous situations I've been in as a park ranger is when I put myself between visitors and animals."

Ken had led around 40 people on Alaskan photographic tours when some of his students expressed an interest in participating in worldwide trips. "That planted the seed to become a professional wildlife photographer," he says. "Every year I go to Africa, India, the Amazon for the jaguars and I always go back to Alaska," he explains. Ken aims to inspire his clients, to obtain unique images and to educate them as they connect with nature.

In March of 2015, Ken led a trip to Tanzania, a place he considers special. He's been to Kenya seven times and many clients expressed an interest in experiencing another part of Africa. So, in addition to this year's photography trip to Kenya, he invested some of his time in finding high-quality lodges and safari locales in Tanzania.

Ken's African photography tours interweave with the natural course of the indigenous animal migration that flows between Kenya and Tanzania. "The wildebeest and zebra make a big loop," he explains. "It's something you should

see before you die. On our tour in Kenya, we saw four leopards which are like the Holy Grail species."

Ken stops leading photography tours in late August/early September every year. He spends the balance of the year showing his work at East Coast art and seafood festivals like An Occasion for the Arts here in Williamsburg and the Poquoson Seafood Festival.

"Everybody has a favorite animal. My wife likes giraffes," he says. "If you like bears? Come to my booth. I'll make you happy."

Ken's work has won awards from the National Wildlife Federation, National Parks Competitions, Sony International Photography Contests and Popular Photography Contests. He's won Best in Show at many festivals.

Ken has a book coming out endorsed by Jane Goodall, entitled *Wildlife's Greatest Connection: Mothers and Their Young*. He will sell the book at his photography programs and festivals. His photo of Milkshake and her cubs is included.

"It's still magic to me to this day when I take special pictures in Tanzania or Kenya," Ken Conger says. "I've never lost that [magic] for photography." NDN

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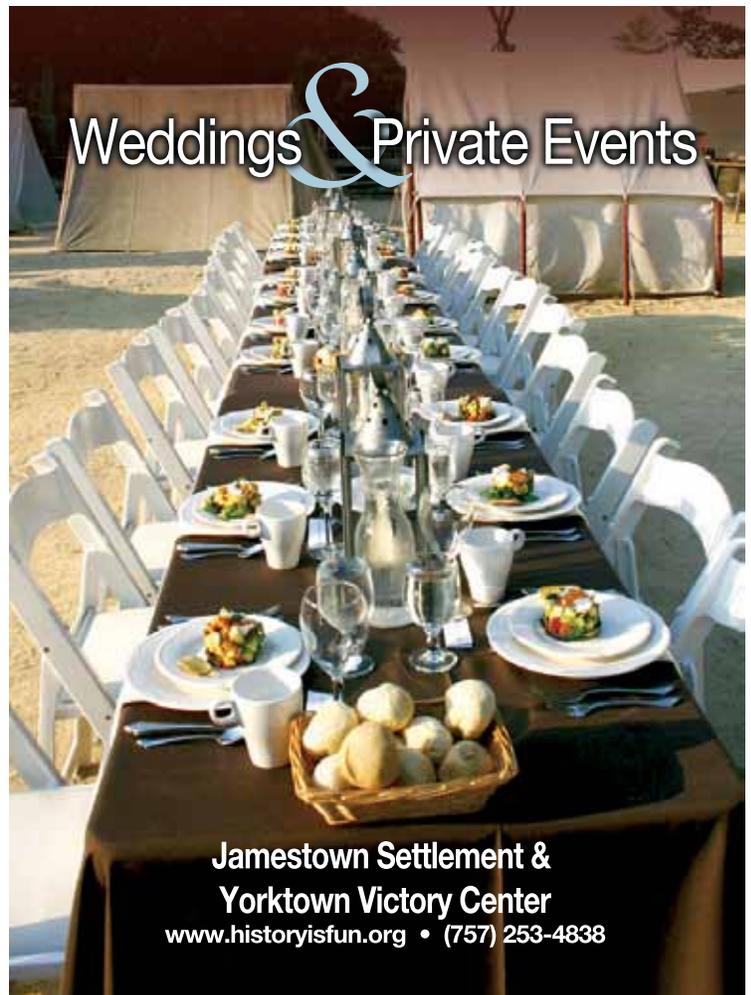
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Campus Recreation

By Lillian Stevens



Lisa W. Cumming Photography

It's widely known that the College of William and Mary is very academically oriented and that the students who attend the university are quite intelligent and accomplished. So, it goes without saying that they are going to get a great education.

According to Linda Knight, Director of Campus Recreation at William and Mary, today's students are also more interested than ever in campus recreation programs.

"We do a good job at William and Mary,"

Linda says. "About 80% of our students participate in some form of campus recreation, and we have the largest concentration of sport clubs at any Virginia college or university, and that includes schools with twice the number of students."

Linda has seen a lot of change over the span of her 15 years at William and Mary and is very proud of all that the university has to offer the campus community, a community that includes students, faculty and staff too. From

the gleaming and recently renovated student recreation center to a myriad of intramural and sport club programs, there is something for absolutely everyone.

Take the Intramural program for those who want to play sports. "That could include people who want to play basketball or some other sport, pitting fraternities or res halls against each other," Linda says. "We just had our soccer sign ups and there are 100 teams. That's incredible."

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For those who don't particularly care for basketball, soccer or any number of other organized sports, there is always the rec center itself, complete with pool, fitness equipment and a climbing wall. There are many other activities from which to choose, like swimming, hiking, kayaking, even stand-up paddle boarding at Lake Matoaka.

There are even outdoor programs where students take weekend trips. "We offered a ski trip over winter break and had students camping out in the wilderness," Linda says. "The latter was a service trip so the students camped but also made repairs to a park site."

No matter what type of activity students choose, research proves that health and wellness activities translates to performance in the classroom. Linda says that there are studies that show students who use the rec center two to three times a week have higher GPAs.

"We know that exercise helps us focus more, gives us more energy and makes us more alert," Linda says.

At William and Mary, Campus Recreation falls under the Office of Student Affairs. About three years ago, the operation was changed from

"Recreational Sports" to "Campus Recreation." At that time, Student Affairs reorganized to include a health and wellness theme. Campus Recreation, the Student Health Center, the Counseling Center, and the Health Promotion Specialist were all placed under one umbrella.

"When you think of campus rec, you might think physical," says Linda. "But we don't just throw a ball out there and encourage students to play games. We also nurture them emotionally and mentally. We want to help them build their self-esteem."

Part of that involves programs that Linda and her colleagues have put in place to focus on student development via job opportunities. Her team makes sure that any student who wants to take advantage of these opportunities is able to do so. Assistant directors meet with their student staffs every year one-on-one to talk about their goals and aspirations and how they can reach them.

"If someone comes here and wants to teach fitness or be a personal trainer, they take a class offered by Campus Rec and then they take the national certification," she says. "So, yes, they are students but they are also certified. We take

the time and effort to help them develop and to earn some money too."

The development phase between the ages of 18 and 24 is critical so Linda and her staff want to provide opportunities to students for fitness and fun, but also talk to them about how recreation develops them as a person and how it can help them in their next job. In fact, jobs for students at the rec center are abundant. At any given time (except maybe the summer), there are over 200 students working in Campus Recreation.

"We make sure that they understand that it's not just about working here and it's not just about teaching a fitness class. It's about the skills that they are getting so that they can include those on their resumes; they can demonstrate to an employer that they have learned about time management, collaboration, even dealing with difficult patrons."

In the end, it's really about building on a strong (and fun) foundation and establishing lifelong skills. "We want students, when they get older, to think: what fun that was in college! I want to do that again!"

Linda herself is a two-time graduate of Vir-

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ginia Tech. She holds a B.S. in Physical Education and an M.S. in Athletic and Recreation Administration. As an undergrad, she played varsity field hockey but it was in graduate school when the lightbulb really started going off.

As a grad student, Linda had an assistantship in Tech's Rec Program. During a meeting with the director of that program, he asked why she wanted to go into athletics.

"I said that I wanted to make a difference in people's lives and I wanted to do that in an athletic environment," Linda says. "And he told me that you can reach more people in recreation than anywhere else on campus."

Turns out he was right.

Once out of graduate school, she worked at Emory University for 13 years, first as Assistant Recreation Director then as Director of Recreation.

"I really enjoyed it there, but at Emory, Rec Sports was under Athletics so it was a little different. Atlanta was great too, but eventually I decided that I didn't want to live in a place where it took me two hours to get to work."

Currently, she loves her job at William and

Mary, loves the community she now calls home and, of course, she loves fun. Linda suggests that whatever your goals, focus on improving your own personal best and make it fun.

"People always ask me what I think is the best exercise," she says. "And I always tell them that the best exercise is whatever they enjoy doing because if you do what you enjoy, you'll continue doing it."

This is true at any age. "That's one thing students can carry with them," she says.

Not surprisingly, Linda comes from an athletic family and played sports all of her life. She enjoyed watching and playing sports from a young age.

"I played softball from the time I was six or seven years old, and then I played sports in high school and, of course, in college. Those experiences helped so much. They helped shape the person I am. Through athletics, we learn to work together and be kind to each other and develop lifelong friendships. I think sportsmanship is one of the most important things we can do."

She participated in a mini triathlon once in grad school and had three goals: to finish, to

not finish last and to not die. "I achieved all three and it felt great."

Nowadays, Linda enjoys playing golf and improving on her own personal best. She jokes that she never wants to get too good at it because then it might not be as much fun. "At least now I get my money's worth because I get to take a lot of shots."

She also stays busy in the greater Williamsburg community where she serves on James City County's advisory board for Parks and Recreation. "I do that so I can hear what the community needs, and they can hear what William and Mary needs."

In fact, William and Mary uses some of the county's sites. The college's rowing club goes out to Chickahominy Riverfront Park in the fall and spring to practice and host a regatta, and the JCC Rowing Association sometimes uses the college's erg room in the winter.

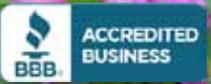
"We are all doing the same things, just in different places," Linda Knight says. "Whether it's the campus community or the wider Williamsburg/James City community, we all want our respective communities to shape healthy and happy individuals and citizens." NDN

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DAVID CHIN



Lisa W. Cumming Photography

Set Sail for Fellowship

By Brandy Centolanza

David Chin believes he's found his spiritual calling through sailing.

David is the man behind Virginia Maritime Ministries (VAM2), an outreach sailing ministry he started locally in 2010. Up to half a dozen individuals seek spiritual guidance or recreation on David's boat, Genesis, as it sets sail from Queens Creek nearly every weekend. Childhood friends first introduced David to sailing when he was a teenager growing up on Long Island in Oyster Bay, New York.

"I had a classmate who learned to sail, and he would take me out on his boat," David re-

calls. "I thought it was really cool, so much responsibility and freedom at such a young age. I was intrigued."

When David was 16 years old he became a water safety instructor while working as a camp counselor and lifeguard for the Boy Scouts.

"That's when I really started to learn the proper way of sailing," he says. David continued to hone his sailing skills in the Philippines, where he studied as an International Rotary exchange student during high school. "I was completely surrounded by water, so, of course, I did a lot of boating there," he says. "It was

a wonderful time learning to sail often home-made traditional island boats."

After high school, David earned a Bachelor's Degree in Geology from Tulane University in New Orleans, and then joined the Navy through the ROTC. During a stint stationed near Philadelphia, Pennsylvania, David became Captain of the Marsh Creek Sailing Club and began dingy racing and qualified as a Laser Champion. David also first discovered the connection between sailing and faith when he was asked to assist a retired skipper as her first mate on a singles sailing retreat out of a church

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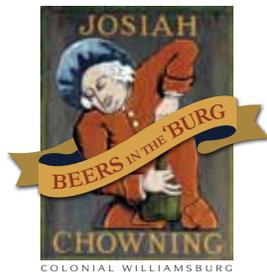
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in Wayne, Pennsylvania. Hearing biblical stories come alive while on the water inspired him.

“I really had a good time on that trip, and I wanted to do more,” David says.

Soon, David began developing his own maritime ministry program, designing a curriculum, and training his own crew to help. He expanded his ministry when he relocated back to Oyster Bay for work. There, David worked as a financial advisor but remained committed to the ministry.

“I didn’t want to give up sailing,” he says. “I felt it was my spiritual calling, and I wanted to take it to the next level.”

David established Long Island Maritime Ministries (LIM2) after being certified as a lead instructor for the Water Front Center, a non-profit community sailing center in Oyster Bay. The center is a U.S. Sailing Sanctioned Facility, which David highly regarded.

“It was a perfect match for me,” David says. “That’s where I qualified for my U.S. Sailing Instructor Certification. It was where I really started to develop and grow with my boating skills and my teaching skills, and where I developed a lot of my relationships with the community.”

Like many, David became challenged after the September 11 terrorist attacks, but turning to members of the Christian Boaters Association renewed his faith. A friend through the association was so moved by David’s desire to continue with his maritime ministry that he offered him a boat to help get LIM2 off the ground with a “flagship.”

“The original name of the boat was ‘Seraph,’ but when you heard it through the VHF radio, it sounded like Sheriff, and no one wants to hear that,” David shares with a laugh. “So I changed the name of the boat to ‘Genesis,’ since it was the first boat, the beginning, as in the Bible.”

Thanks to the support of the community, LIM2 became a success.

“At the time, I was becoming more excited about my faith,” David says. “Instead of just inviting people to church, I invited them to sail and fish on my boat. Time on a boat is healing, and the water is gentle. I was finding out what was going on in people’s lives. It was more about building fellowship and trust with people. I was mixing my passion of sailing with my passion for faith with my passion for people.”

In 2010, David moved to Williamsburg to be closer to his sister, brother-in-law, and twin nieces. Fittingly, he ended up living on God-speed Lane. He brought Genesis along and founded Virginia Maritime Ministries, (VAM2), which offers a variety of sailing options, all with David as the skipper.

People throughout Hampton Roads and Richmond join David most weekends on his sails. The most popular sailing retreat aboard Genesis is Second Sunday Single Sails (S4s). These sails allow singles from various churches to meet and mingle while experiencing worship on the water.

“We gather after morning services the second Sunday of the sailing months for an afternoon of relaxing fellowship and sharing,” David says. “Usually the weather is perfect and for some reason the women always bring a ton of really nice food to share, the guys do the work, and everyone has a great time.”

David also offers Commencement Cruises for graduating high school seniors in local church youth groups and Pastor Retreats, a bonding experience for local clergymen. In addition, active military men and women or veterans can step aboard Genesis for David’s Armed Forces Family and Friends (AF3) sails every other month.

David also provides his sailing services for auction fundraisers with

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Sandy Trower is 73. He has lived alone for more than 20 years, and he plans to keep on living by himself – with just a little help. On a limited income, Sandy doesn’t have a car to drive and hasn’t had one for eight years. Enter Williamsburg Faith In Action (WFIA) and his volunteer, Art Mebert, who frequently drives Sandy where he needs to go.

Founded in 2002, WFIA helps seniors and adults in Greater Williamsburg with a chronic illness or physical disability remain independent in their own homes. WFIA offers transportation, shopping, respite care, light housekeeping, visiting, telephone reassurance, light yard work, and help with paperwork. In 2014, WFIA provided 11,000 of these acts of service.

“I appreciate all the help provided by Williamsburg Faith In Action,” Sandy said. Sandy has been in his apartment for nine years. “I don’t know how I would’ve stayed here all this time without [it].”

In 2008, having had back surgery and being a diabetic, Sandy was at one of his many doctor appointments. The doctor told him about additional appoint-

ments he needed. “I was telling him that I didn’t have a way to get there. Then, the doctor told me for any help I needed, that I could give Faith In Action a call.”

In November 2008, a WFIA volunteer took Sandy to the doctor. WFIA has transported Sandy 300 times since, and the transportation is the right price: free.

“We provide our services fee-free,” said Rita Smith, Executive Director of WFIA. “We are able to do this through donations from individuals, churches, foundations, and grants. This way we assist everyone who needs our help within our program guidelines. Aging doesn’t discriminate, and neither do we.”

Art takes Sandy to the grocery store, bank, and drug store. At the grocery store, Sandy leans on the cart to keep himself steady while Art acts as his hands. Art loads the groceries into his car, returns with Sandy to his apartment, and unloads and puts away the groceries. The two have become friends.

Art said, “It’s hard to believe everything that Faith in Action does. My wife suffered vascular dementia. While she was in hospice care, Faith in Action supplied me with respite relief on Tuesdays or Thursdays. Now, I’m returning the favor.”

Would you like to help someone like Sandy? Do you or someone 60 or older need help? Visit wfaia.org or call (757) 258-5890.



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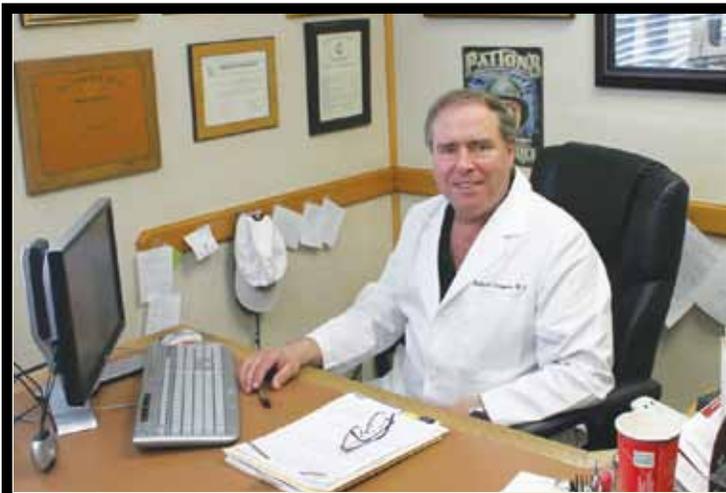
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local charities through Sunset Sails. "Our local non-profits are finding their philanthropic supporters really covet these experiential prizes," he adds. "The sails have helped their fundraisers tremendously."

Genesis is docked at the Queens Lake Marina for easy access to the York River from Queens Creek. David typically sails along the York River on short day trips, but he has enjoyed longer destinations to Yorktown, Cape Charles, or sails up the Mattaponi River or all along Mobjack Bay.

"I'm always looking for excuses to explore new waters," David says. "Where we go depends on the crew, boat, and the weather."

No matter where the wind takes him, David appreciates any time on the boat, and the company that comes along.

"The conversations we have underway are revealing," David says. "We can have deep, uninterrupted conversations on the boat without the distractions of cars, TV or cell phones."

David also gives custom introductory sailing lessons to the passengers of the boat, often complementing the Dry Sailing instructions he offers on land through his volunteer work as the Sailing Instructor Chair of Kingsmill Yacht Club and joint efforts with the local Coast Guard Auxiliary Flotilla 67 during the off-sailing season. "It's a chance for the guests to learn some skills," he says. "When they are on the boat, they are engaged with the boat, they become a part of it. It's not just a ride. I often witness people at their best and at their worst when I'm on the boat. Some people are happy, while others are stressed. It's fun to watch them grow and see them accomplish what they didn't think they could through sailing. To see the faces of fear on both the kids and adults turn to cheers is rewarding."

David rarely finds time for sailing alone but when he does, he relishes it. "I really enjoy sailing," he says. "I love the constant awareness of it, how you have to be attuned to a dynamic environment, think quickly, and be creative and accommodating, and work with what you have, be it the tides or the wind. I also enjoy the solitude and sitting at anchor and watching the sun setting."

He urges beginner sailors to work with sanctioned sailing schools and yacht clubs or take up private instruction. "You want to spend as much time on the water as possible," he says. "You can read all you want to about it but you need to get out there on the water and experience it, in a variety of boats, through a variety of conditions and with a variety of skippers."

In addition to sailing, David loves canoeing, kayaking, cycling, skiing, skeet shooting, fishing, camping and backpacking. "I'm an avid outdoorsman," he says. "There is something to celebrate outside for every season. I love being in God's elements and appreciating whatever he gives me."

David, who helped implement the sailing training program at the Jamestown 4-H Education Center, hopes to someday open a sailing school, but for now, he is content on continuing as commodore for VAM2. His plans for the ministry include expanding partnerships with other congregations, as David suspects there is an unidentified yacht or sailor in nearly every congregation that could use help. He's had previous joint outreach sailing projects with Maritime Ministry, Inc. in Richmond, and with the historic Grace Episcopal Church in Yorktown, and their members' boat, "Hallelujah."

"It is always nice meeting new people and touching their lives," David Chin says. "I love that I am able to help people spend time together with family and friends and make memories. It's so much fun." NDN

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SAM STEVENS



Lisa W. Cumming Photography

Cool Cars & Coffee

By Rachel Sapin

At age 15, Sam Stevens purchased his first car for \$80. It was a nine-year-old 1963 Chevy Impala with a 409 cubic inch 8 cylinder engine. The car's angular two-tone red with white hardtop design made it so hip that the Beach Boys even wrote a song about how fine and fast that car went.

"Ownership of that vehicle set the stage for what would become a lifelong passion, and eventually lead to the founding of Cars and

Coffee Williamsburg," says Sam, who grew up in the 1960s just outside of Detroit, Michigan.

Sam, a veteran of both the Air Force and later making a career in the Navy, has visited 40 countries during his military career. He says being born and raised within five miles of the Ford test track never really left him. "Living so close to the motor city, I guess you could say motorsports is one of my genes," he says.

This is why in 2010, he formed Cars and

Coffee Williamsburg, a group that meets the third Saturday of each month at the Coffee-house at 5251 John Tyler Highway. Modeled as an informal cruise-in, car enthusiasts of all stripes come together to share a cup of coffee in an outdoor space as well as their knowledge of and passion for all things with horse power.

Free and open to the public, and thanks to Sam's active engagement with members on the Cars and Coffee Williamsburg Facebook group

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page, the event is the largest ongoing monthly sports car event in the Tidewater Peninsula region with over 750 Facebook members.

The event is modeled after the first Cars and Coffee event that began in 1992, in a coffee shop in Roswell, Georgia, Sam explains.

“A guy on business from California stopped into a coffee shop with his hot rod to get a cup of coffee and a donut. When other passing enthusiasts saw his car there, they pulled in to check it out. During the following months that he was in Roswell, the word got out and it became popular to go to that little cafe on Saturday mornings, have a cup of coffee, and do exactly what we’re doing here,” Sam says.

The Williamsburg event has only grown since it started five years ago, according to Sam. “Over the last 4 months, we’ve been seeing in excess of 125 cars or so at each event, and we expect the event will grow even larger in 2015,” he says.

He says the cruise-in attracts a little bit of everything, from old muscle cars to the French-made Bugatti supercars, which in their newest iterations can cost upwards of \$1 million. Sam

promotes a positive atmosphere where everyone can feel comfortable. One of the mottos behind Cars and Coffee Williamsburg is that people simply bring what they’re proud of, not only cars that scream someone has all of the money in the world and the desire to spend most of it on a blistering fast vehicle.

“I’m just as interested to see a 50-year-old car as I am to see one that came off the showroom yesterday,” he says. “If a guy has a Geo Storm that he’s modified with Lambo doors or something like that, he’s obviously proud of that little Geo, as much as the guy who paid \$350,000 for a car.”

That being the case, Sam has seen some interesting cars come through Cars and Coffee over the years.

“At one of our events we had 20 Vipers show up together as a group. It probably took them 15 minutes to get their cars parked side by side,” he remembers. “They came replete with a good representation across all model years of Vipers at that time, and in all available color schemes. If somebody came shopping for a Viper, they could’ve walked right down that line,

talked to every owner. We’ve never seen that many Vipers at a single event again.”

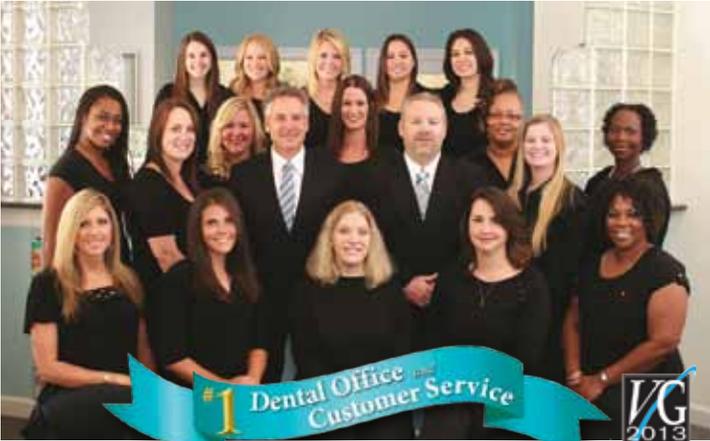
Sam has lived many lives prior to founding Cars and Coffee. In 1975, having caught the travel bug from family stationed in Germany with the Air Force, he joined the Air Force at age 18 just two weeks after graduating from high school.

Later, while serving in the Navy, he once had the opportunity to mingle with a Hollywood celebrity while he was an instructor on shore duty. “During pre-filming of the movie ‘The Hunt For Red October,’ Alec Baldwin arrived to tour and learn about sonar equipment and tracking operations at the simulator facility where I instructed,” Sam says.

When Sam retired from the Navy in 1995, he decided to go back to school to learn about computer science. That’s when an opportunity to apply for an internship in the computer department at Thomas Jefferson National Accelerator Facility came up. Once Sam snagged that internship, things moved pretty quickly. By the end of his first day as an intern with the department, he applied for a job with the same



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requirements and was hired.

"Always a mechanically proficient technician, I found myself building the first high speed computer farms in existence at the lab," he says. The facility is one of only five in the country funded by the Department of Energy. One thing Sam likes to point out is that it has a 4.5-mile underground racetrack, operating at absolute zero, where a continuous beam of electrons traveling at the speed of light is steered toward a target.

"Too small to be examined even with the most powerful electron microscopes, a continuous beam of electrons is used to discover the previously unknown properties of the tiny atom," he says.

Sam's longtime passion for cars was reignited when in 2008 he purchased a 2006 Nissan 350Z convertible with 9,000 miles on it. "I modified the vehicle with special paint and various other improvements and began showing the vehicle around town," he remembers.

Then in 2010, he purchased a 40th Anniversary Nissan 370Z, which was an immediate novelty in the Williamsburg area and the

United States.

"What made the 40th Anniversary Edition novel was the special exterior paint, a grey metal flake. The 40th Anniversary was a milestone for the Z car and was the only Z Nissan ever produced with that special exterior paint color on it," he explains. Also, unlike all other 370Zs, instead of a black leather interior, Sam's 40th Anniversary interior was red and gunmetal colored rims replaced standard silver-toned wheels.

"Altogether everywhere you looked, the 40th had a sportier appearance than the standard 370Z that came off the line in 2010. Nissan only made 1,000 of these rare 370Zs for the U.S. and less than 2,000 worldwide," he says. "While very sharp and crisp at a car show, these darker tones made it almost invisible on the highway. At 100 miles an hour on the freeway for some reason it was all but invisible to police."

Soon after purchasing the 370z in 2010, Sam and his wife, Lillian, also joined The Z Car Club of Richmond (ZCAR). Sam was later elected to become the club's president

in 2012. "As part of the club, members met together one fine Saturday to visit a Cars and Coffee event. Enjoying the meet immensely, I felt I could run an event of this type myself and so in August of 2010, Cars and Coffee Williamsburg was founded," he says.

Today, Sam is pretty proud to talk about his latest Nissan, a Juke NISMO that he describes as a strange little hatchback with a cool factor. "It's like a little kid tried to draw a jeep with alligator eyes on the hood," he explains with a laugh, referring to his NISMO's quirky curves, strange light configuration, and sporty ground effects that put a more futuristic spin on the old "Coke bottle" styling of cars popular during the 1960s and 1970s.

As far as I know it's one of two Juke NISMOs in the entire Southeastern Virginia area," Sam says. "I purchased the car for practicality, and found it came pre-loaded with cool factor too. I didn't know it would end up being such a novel point of interest for visitors. I've owned the NISMO for over a year now, and people still crowd around it at each event to take photos." NDN

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Lisa W. Cumming Photography

ORGANIC WORM FARMING

By Wynne Bowman

Down a dirt road in Toano, the worms of Ron Crum's Organic Worm Farm work quietly to provide nutrients for the soil in which they live. Ron, the owner and creator of the worm farm, tends to more than 400,000 worms on a three-acre lot.

"I started because this land needed something to make it productive," he explains. "To

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have three acres and not use it for something positive is wrong.” With the title “Worm Farmer” set aside, Ron is a local stone mason and a brick layer, following his father’s footsteps. However, his passion is tuned to vermiculture. Ron has been building his worm farm for seven years, dedicating enough time and financial value to eliminate his chances of retirement.

Growing up, Ron was exposed to the process of worm farming by way of his father. Born in Kentucky, he moved to North Carolina at the age of fourteen. Spending time in North Carolina as a teenager and as an amateur fisherman widened Ron’s appreciation for life near a watershed and subsequently worms. While he gained knowledge of what it meant to keep a worm farm at a younger age, he spent an additional year in research to pursue vermiculture after realizing he had not paid enough attention.

“I want to inform as many people as I can through the benefits of vermiculture, all the way from the land to the dump. I have not been the most environmentally friendly through the

course of my life, but in recent years the worms have shown me the bigger picture. The Earth is constantly rebalancing itself and these worms play a huge part in this.”

While crediting God for much of his success, Ron relies on Charles Darwin for the argument of why worms remain a staple in the quality of our environment and our food production. Charles Darwin’s Friends of Farmers study has helped researchers find that earthworms and vermicompost can serve as a fertilizer that is 50-100 percent more beneficial than other fertilizers, both organic and chemical.

Ron’s Organic Worm Farm is home to more than 400,000 Red Wigglers. Red Wigglers, though smaller than the typical earthworm, are the world’s champion reproducer.

“I have had up to a million worms,” he states. With the reproductive quality of Red Wigglers, Ron is expecting a plentiful summer. “Worms are hermaphrodites, meaning that they will all lay an egg. From each egg, you could get six to eleven worms. Though this winter wiped out more than half of the cultures, I have no fear. They’ll be back.”

“God put me in the perfect place at the perfect time,” Ron says, speaking to why he chose this area for nesting. Worm farms thrive in horse manure and peat moss, and Toano’s Forge Road, where the Organic Worm Farm rests, provides plenty of each. Not only does the worm farmer have free and plentiful access to the soil in which these worms flourish, but he works with the community to feed these cultures. While the worms eat no meat and no dairy, Ron claims they are big fans of melon in the warm seasons and pumpkin when the cold weather makes its way.

“The negative effect of cold temperatures is something I did not fully anticipate when I started, but I have found a few solutions.” In addition to the melon, pumpkin and other industrial food donated to the farm, the worms consume a literal ton of cardboard each year. This cardboard, set on top of the soil, doubles as an insulator for these farms which can go deeper than eight feet into the ground. Alongside a mixture of hay, the cardboard seems to protect the worms from the cold.

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down and about six feet across, approximately ten thousand Red Wigglers can nest. Each case is considered a worm farm. “What that soil can do is amazing,” Ron says. Most of Ron’s farms exist outdoors, though a few are tended to inside. Through a process called sifting, and a machine called a “strainer,” worm castings are separated from the worms which are still alive. He sells these castings by the quart, knowing they will serve as a gardening catalyst.

The Organic Worm Farm is home to free-range wild worms as well. Behind the farm, down a grassy slope on the way to a natural spring, one can find peach trees and healthy soil. Thousands of worms spread through the yard, assisting the peach trees in their growth and leaving a trail of pumpkin seeds atop the land, unintentionally marking their territory.

With organic farming on the rise, it is easy to believe a worm farmer may be threatened by the success of surrounding vermiculture. However, competition in worm farming is not something Ron believes in. “The more the word gets out about the benefits of vermiculture, the more people will be into worm cast-

ings. If there are more people with knowledge, we can make a bigger difference.”

Though there are several companies from which worm farms can be shipped, Ron does not want to join that bandwagon. “I almost refuse to ship. When I started, I did plan on selling them. But I realized that counting out thirty worms, putting them in a box and sending them across the country is not something I want to do.” The fact that Crum’s first purchase of a worm farm left him with 2,000 dead worms on his doorstep may have something to do with this.

“There is a certain knowledge I believe should come with a worm farm, and I want to know I am leaving these cultures in the right hands.”

While he is selective about who has complete access to his worms, he is eager to give everyone access to his knowledge. Conducting lectures for garden clubs and other entities who ask for his help is something he is more than happy to do. “Whenever I get a call, I go.”

Hopeful for a summer of successful organic farming, Ron has additional plans in a sphere

he has yet to play with: aquaponics, a blend of hydroponics and aquaculture. Because it can create plentiful nutrients through a symbiotic environment, he believes that aquaponics are our future.

However, his vermiculture is most definitely here to stay. He finds further support for his belief in the benefits of worm farming through the scriptures of ancient culture. Ron quotes a branding of Egyptian hieroglyphics from Cleopatra’s reign: “Remove a worm from the Nile Valley and you will be beheaded.” From Cleopatra’s reign to Darwin’s dedicated eight year study, Ron Crum has a historical platform when it comes to his faith in the significance of worm culture.

“The best thing I can do is let the worms and the Earth adapt.” When it comes to general misinterpretations of vermiculture, he states, “What I have learned in my farming is that what some people find to be filth, I find to be the perfect microbial structure. If people could see that nature breaks down and replenishes itself, they may find that this is not so filthy anymore.” NDN

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TAMMY HARDEN

ON 3E RESTORATION



Tammy Harden grew up in rural southeastern North Carolina and was an active duty military spouse for eighteen years. That marriage ended in 2005.

"I truly enjoyed the years of serving as an Army Family Readiness Group Leader and being part of the military community," she says. "Volunteering has always been important to me."

Tammy has lived in Williamsburg since 2003 and raised two children, the youngest going to college this fall.

"Professionally, I began a career in residential real estate in 1990, specializing in military relocation," she explains. After

remarrying in 2007, Tammy and her husband shifted their real estate business to focus on consulting and project management in the areas of affordable housing and housing for persons with disabilities. They both decided to return to school in pursuit of new careers.

"While my husband decided to pursue a clinical path in professional counseling, I was still unsure of my career direction. In the fall of 2012, I began an internship with the The Salvation Army and the Community of Faith Mission's first winter homeless shelter." She says one of the most rewarding tasks was working alongside the volunteers at different shelter

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host sites. "I later became involved with the Greater Williamsburg Outreach Mission (GWOM) through their piloting of the 3e Restoration Process."

When and why did you first become involved with 3e Restoration?

Until my time volunteering at the homeless shelter, I had no idea that a homeless population existed in our city or that hundreds of individuals and families were living in hotels. After my internship ended, I volunteered at the United Way's Community Resource Center, participating in the GWOM pilot and working with several individuals through the 3e Restoration Ministry of Williamsburg Christian Church. In March 2014, I was asked to be the Executive Director of 3e Restoration Inc., a newly formed 501(c)(3) nonprofit organization.

I saw that there were many gaps in services for the homeless – not due to service providers and local government agencies lack of tireless effort, but due to the volume of people already being served and the nature of the services

needed to address the complex realities of homelessness. The protocol in many service agencies offering emergency assistance is to ask: "What is your plan so you will not be in this situation next week or next month?" This is an important and necessary question, but many of our friends/families in-need do not know how to navigate services alone, or more importantly, services do not exist. With the rapidly growing number of people receiving temporary assistance, the 3e Restoration process offered a holistic approach to addressing homelessness.

What is the mission of the 3e Restoration?

We partner with faith communities to encourage, equip and empower them to walk in relationship with a "Friends/Families in Need" helping transition from homelessness/extreme poverty to self-sufficiency through community and God's sufficiency.

3e Restoration believes that when a person lacks a clear vision, hope, and

relational support system, the church is best postured to offer a vision of a different way of living, a particular hope, and a community of relationships grounded in the same hope and similar vision for support. However, there is never an expectation or a requirement to attend any church service.

What activities does the group do to accomplish the mission? What is the 3e Approach?

We regularly make presentations about 3e Restoration Inc. and homelessness to various groups in the community. We are committed to helping groups of all ages better understand the challenges of homelessness, and we gear our talks to all age levels and group needs. When possible, 3e Restoration utilizes case studies, stories inspired by "friends/families in need" and partnering churches in order to offer a new vision for addressing homelessness.

We also participate in a number of community activities that advocate for the betterment of people living through

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homelessness.

The 3e approach was designed to equip and empower anyone or any faith community compelled to serve others living through homelessness or extreme poverty to be able do so in a highly relational and meaningful way. Our approach is evidence-based, trauma-informed, and best practices. Our approach is modeled after the way of life and teachings of Jesus Christ, especially concerning how he related to others. Therefore, our approach is always self-directed, meaning the friend in need leads the relationship, and we serve to equip and empower them accordingly, using a curriculum designed to offer memorable coaching tools and "growth symbols."

Our curriculum is taught by the "servant leader coordinator" and within the context of relationship, i.e. friendship. It is written to address the Five-Fold Reality of poverty, which includes the physical, cognitive, emotional, social and spiritual aspects of the whole person.

In addition, 3e Restoration, as a mem-

ber of the Service Coordination and Assessment Network is able to equip our friends/families in-need with direct access to state housing funds administered by the James City County Office of Housing and Community Development and The Salvation Army. These funds help provide a better continuity of care and advance the quality of life for those in need, it reduces costs on hospitals, jails and public safety—which expend extraordinary amounts of time and dollars managing homeless people on the street.

Finally, we are able to equip organizations and agencies within the Social Services and nonprofit sector that may benefit from our approach as a mentoring model or a person-centered case management system sufficient to address the whole person. Based upon an organization or agency's needs, we can contextualize an approach that is able to do either of the above.

What are some personal experiences you have had that renew your commit-

ment to 3e Restoration?

Having a background in housing and housing for people with disabilities, it is especially meaningful when I am able to facilitate a friend/family in-need's move into a safe and appropriate housing unit for the first time, in a very long time. When I am able to send an email to our church partners and in within a couple of days, have furniture and house hold goods to completely make a home. When I see a friend that had been sleeping on a bench at the train station, now prepare her first meal in her own apartment and I share that meal with her, I am blessed.

How has your work with 3e Restoration affected your personal life and outlook?

My work with 3e Restoration, Inc. allows me to witness story after story, one person and family at time, how hopelessness and homelessness shift to hopefulness and housed through friendship, community and gracious hospitality.

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The Future is Bright

By Greg Lilly, Editor

Mitchell B. Reiss, the president and CEO of the Colonial Williamsburg Foundation, has an extensive background in foreign affairs, an expertise that guides him in his current position.

“My experience in foreign affairs sensitizes me to the complexity of the world, the complexity of accomplishing things inside an organization,” he says. “It alerts me to different cultures, different ways of seeing things.”

At one point in his career, Mitchell served as a professor at William and Mary’s Marshall-Wythe School of Law. “I used to teach a class at the law school on negotiation. I would say the greatest qualification for a good negotiator is empathy. You don’t have to agree with what your opponent is saying, but you have to understand why he or she is saying that, what’s behind the stance, why is it important to them?”

He explains that this understanding and empathy serves businesses well, and he uses this concept with Colonial Williamsburg. “Here, we’re trying to run a successful business, not because we want to make money necessarily, but because we want to be financially stable so



Lisa W. Cumming Photography

we can keep telling our stories. I think being exposed to a lot of different cultures, societies and people, trying to understand them and what motivates them and what they believe in, that has helped me over time. It’s humbling. You often think you understand something, and then the more you learn and talk to people, you don’t understand it as well as you thought. There’s a level of modesty to bring to whatever you do, because you need to rely on other people to help you.”

Mitchell brings this spirit of understanding a diversity of interests and potential customers to the operation of Colonial Williamsburg.

Mitchell grew up in Boston and remembers his parents taking him to Faneuil Hall, Sturbridge Village, Lexington and Concord and Bunker Hill, and to see Old Ironsides (the U.S.S. Constitution). History fascinated him.

At Williams College in Massachusetts, Mitchell double majored in political science and history. “I always liked history,” he says. “The stories really appealed to me. The characters, the choices people had, how they decided.”

He also enjoyed current events, so political science attracted him. “Along the way, I realized I had a better insight into current events when I understood the history. Those majors were related for me.”

Graduating from Williams College at the end of the 1970s and beginning of the ‘80s, Mitchell saw a time of great tension between the United States and the Soviet Union. “I became very interested in nuclear weapons.” He decided he wanted to negotiate arms control agreements between the two countries. He saw that the people involved in those negotiations

mostly consisted of lawyers. “I thought a law degree would help me there,” he explains. “As it turned out, by the time I finished law school, the Soviet Union had disintegrated. So, there went that plan.”

A few years later at the U.S. State Department, he served as special envoy and ambassador for the Northern Ireland Peace Process and also had the chance to negotiate with North Korea over its nuclear weapons program.

“I was the chief negotiator for four years as we were trying to contain and eventually eliminate North Korea’s nuclear weapons ambitions.”

From his global interests at the State Department, he turned his focus to the smaller environment as president of Washington College in Chestertown, Maryland. “When you leave government service, you have to readjust,” he says. “As my wife, Elizabeth, said, ‘Okay Mr. Ambassador, it’s time to take out the trash.’ That brings a guy to reality fast,” he adds with a laugh.

“Washington College was attractive in part because I’d had such good fortune to learn from really outstanding leaders at William and Mary: Tim Sullivan, Gillian Cell and Taylor Reveley.

I learned a lot watching them. I had the opportunity to apply those lessons and to make a difference in young people’s lives at a small liberal arts school like the one I had gone to.”

Today, as Mitchell works on opportunities for Colonial Williamsburg (CW), he sees international potential. “We attract a number of international visitors. I don’t think we have ever targeted international visitors in terms of a marketing campaign. That’s going to change.” A couple of natural connections would be places like Great Britain and Ireland.

“We also think a lot of people in the Middle East and in China would be very interested in Williamsburg. I’ll be going to Asia later this fall and talking with travel agents about tour packages to get more international visitors. We have to invest in this. It will take a couple of years, but the opportunities for us are great. It will benefit all the businesses in the community when we can get more visitors.”

Colonial Williamsburg ticket pricing has taken focus with Mitchell. “Ticketing numbers and revenue had been declining for some time. We had a steep price point for a lot of families. We felt we were losing opportunities to give folks a taste of what they can experience here.”

New pricing structures are being rolled out for visitors. The Good Neighbor Pass for area residents continues to be the best bargain in town at \$10.

“It’s not just the ticket pricing, we have to execute better on our Website by making it easier for people to navigate once they are here.” The use of mobile devices within the historic area is primed for opportunity and visitor interaction. Technology will allow visitors to use mobile devices to navigate around the historic area. A smart phone could be used to buy tickets, as a pass into a restricted area, to make reservations for lunch or dinner, book a horse-drawn coach or to download information on any historic building.

In the next few years, a virtual Colonial Williamsburg will emerge on-line where, at any time or any place, you can navigate around the historic area and discover the history of the buildings or the people. “The really cool thing is we want to translate that into Mandarin and Arabic and other languages to share our values and ideals with people around the world who wish they could have that in their system of government, that don’t yet.”

His technology objective is: “To use 21st



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century technology to deliver authentic 18th century experiences. And allow people to have a lot more fun.”

Another objective is to make the historic area a place to linger day and night. “We’re putting in safety lighting and uplighting the historic buildings pending the approval of the city,” he says. “We’re bringing back the bakery, baking goods, including cookies in the Raleigh Tavern Bakery. It was a hugely popular event back in the day.”

CW should be enjoyable and fun for all visitors, he adds. “If we can’t engage and entertain people, we can’t educate them and inspire them. I think the time when we were the only game in town, the only place in the whole country, that day is gone, and it’s not going to come back. We have to be more nimble, meeting people where they live, making it easier for them to sample everything that we have.”

The concept of enjoying CW is expanding to include more than the historic area. “We were trying to shoehorn all the history lovers into the hotels and restaurants. There just aren’t enough of those history lovers. We have our great amenities, first class hospitality, restaurants, golf course and spa. But we weren’t doing a good

job separating that from the historic area. These are two different operations, even though they are linked and there’s overlap. The idea is that if you want to go away and have a relaxing or romantic weekend, you should think of Colonial Williamsburg even if you don’t cross the street and go into the historic area. We need to offer everything the family wants, everything the couples want.”

The future looks bright for the historic area. Mitchell describes a dynamic, lively historic area with more visitors. “There will be more programming. There will be more interactive, experiential opportunities for young people and their families, like the archaeological dig. We have more ideas coming. Visitors will be able to choose how they want to experience Colonial Williamsburg and it will be easy for them.”

Residents and visitors can stroll through CW at night and take advantage of evening programs. “You can have a cocktail at Chowning’s Ale House or a meal at a tavern. You can take the family into the Governor’s Palace or get coach rides, whatever you like. The historic area will be re-invented.”

Things are changing at Colonial Williams-

burg. “Keep an open mind,” Mitchell says to residents and long-time visitors. “Come back and see us this spring, this summer, this fall. Keep coming back. There will always be something new.” An example is the recently reopened Chowning’s Ale House. A place to get a drink, relax and have light food during the day in CW.

“We’ll have fire pits, up-lighting,” he adds. “We have 42 initiatives this year that are underway. This is not going to be a ‘bucket list item,’ where people do it once and don’t come back. This is an evolving place that is a lot of fun.”

Mitchell says Williamsburg neighbors should explore the changes at CW. “Bring your friends, family and neighbors with you,” he says. “There’s going to be big changes and small changes. Keep coming back. Let me know how I’m doing. If you have ideas, please share them with me.” NDN

To offer suggestions/comments, call 757-220-7406. Mitchell Reiss has a team of employees tracking all suggestions and determining their feasibility. Tell the team you are a “Next Door Neighbor.” All suggestions are welcome and considered.

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SCULPTED PHYSIQUE

by Greg Lilly, Editor



Lisa W. Cumming Photography

“Basically, the different categories for women’s bodybuilding competitions are: Bikini, Figure, Physique and Bodybuilding,” explains Lynn Combs. “The judges are looking for more muscle tone as you go up in the categories. With the Bikini, they look for a little softer look. Figure has a little bit of definition. With Physique, they look for definition with

a softer look and overall appearance. In Bodybuilding, they look for hard definition and for size.”

Lynn says that anyone in weight training can get definition with proper eating. “Your diet is 80 – 85 percent of how you look. You can train and train and train, but if you have body fat over the muscles, you won’t see the

definition.”

The diet is the key to bodybuilding. Most competitors stay within 10 to 15 pounds of their competition weight all of the time. “Realistically, we’re on a strict diet. We eat a lot, but there is no sugar and not a lot of fat in our diet. You can’t stay on that all the time, so our weight fluctuates – some.”

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Genes play a role, too. Some people just have the physical makeup that they can add muscle fairly easily. "They are ways to train to get the muscle and definition," she adds. "If you want to put on muscle, you do heavier weight and lower repetitions. If you want to tone and condition, you use the higher reps and lower weights. We do a combination of both. We have a building season, and then when we're dieting, we condition and sculpt the body for the stage."

A long-time Williamsburg resident, Lynn travelled the world as a child. Her father was in the military, and spent most of his time in Vietnam during the late 1960s and early '70s. Lynn, her brother and mother lived in Taiwan while her father was in Vietnam. After his last deployment, he and his wife separated, and Lynn and her brother moved to Florida with their mother. Her mother served in the Army and Lynn spent her high school and college days in Fort Walton Beach, Florida.

After college, Lynn wanted a change of scenery and went to Pennsylvania where her father was living. "I don't like the cold weather. I was young and wanted to come down close to the beach. So, I ended up in Newport News with a friend." She didn't want to be actually on the beach again, since she'd expe-

rienced the summer tourists in Florida, and she thought the peninsula was close enough to the ocean. After a year, her friend moved back to Pennsylvania and Lynn moved to Williamsburg. "I've been with Ford's Colony for 30 years. That was my first job when I came here. That was in 1985."

Before bodybuilding, Lynn was a long-distance runner. "About 12 years ago, a friend talked me into weight training. I fell in love with it. I did my first show in 2004. I prepped the year before. I took first place in my first competition and thought it was the best thing in the world."

Bodybuilding is an intense sport that encompasses the athlete's entire lifestyle. What Lynn loved was the transformation of her body. "I went from a calorie-burning exercise to start getting definition in my arms, shoulders, legs – with the muscle tone. I liked that change of the physique. Plus, my knees were starting to go from running so much. I was ready for a transition to happen. I had to back away from the running routine because the two don't mix. A lot of cardio burns the muscle off."

From that first competition, Lynn continues, now, for over 10 years she's been bodybuilding. Recently the new category of Physique was introduced, and that's what caught Lynn's attention. She likes it because it's an overall appearance competition. For the more intense category of Bodybuilding, the judges concentrate only from the neck down. Physique judging takes into account the woman's face, makeup, hair, plus uses softer poses.

Her first competition of this year is in May, and she's in her 12-week preparation for the event. "I have a trainer out of Fredericksburg, Jill Vadala. She is awesome. She has about 100 clients she trains for shows. We're called 'Team V.' I take pictures of where I am in training, and she sends me my diets."

Every three weeks, her trainer evaluates Lynn's progress and recommends her diet to keep her on track for optimal condition for the competition.

"The week before the show, we have a 'dry out week.' People think we are depleted of water, but we're not. Usually, I drink a gallon and a half to two gallons of water a day. The week of the show, I get up to about two and a half. Then I start tapering it back down. Even on the day before the show, I'm drinking about a gallon of water."

She says that some people who don't train properly will get on stage dehydrated. "I've seen them pass out on the stage. That's really

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unhealthy. Jill has been training people for a long time. She knows what to do.”

During her 12-week prep, Lynn’s diet is a combination of six to seven meals a day. She eats every three hours. “In those three-week evaluation cycles, I eat the same thing at the same time. It’s a portion of protein, vegetables and good carbs.”

The weight training side of her preparation doesn’t change much until a couple of weeks before the competition when she starts defining and refining. “Where I might have been doing leg extensions, I might do single legs, focusing on the single muscle instead of the double muscle. I start going a little higher in reps to cut the lines. I practice the posing. That’s important too.”

Her May competition is in Richmond. The event starts with a pre-judging where the competitors line up on stage and perform their mandatory poses, comparison poses. “Then there’s a break,” she describes. “The evening show is when family and friends come in. That’s an individual routine. Everyone comes back out, but the judging has been finished. We do a 60-second routine to music. We pick the music and choreograph the routine. You can see the creativity of the competitors. Then trophies are given out.”

Lynn says she enjoys the preparation and the competition. “It’s a goal for me, besides I’m in the gym all the time anyway.” Lynn trains at Iron-Bound Gym and teaches there.

“I like group fitness. At Iron-Bound Gym, I teach spin classes (indoor cycling), boot camp, muscle conditioning and TRX (suspension training). I’ve played softball and basketball – those are fun team sports. But, when it comes down to my own workout, I like the individualized aspect of bodybuilding.”

Time management plays a big part in Lynn’s day. “I’m in the gym early in the morning. I teach six a.m. classes. I train before that. I get up at three a.m. each day to get my food ready and packed up in my lunch box. I train then go to teach my classes then on to work at Ford’s Colony. I go to bed fairly early.”

She doesn’t look her age of 57. “That’s from eating right. I’m not a smoker. For the last ten years, I’ve been training and not drank alcohol. It’s just that type of living.”

This past year, Lynn became a grandmother. Besides that, a lot happened in 2014 for Lynn. “Last year, I was prepping for a show in February, and on New Year’s Day, my mom fell and broke her hip. I became a caregiver. I had to drop out of that show. As she went through physical therapy, my 22 year old son

announced he was getting married and they were having a baby and buying a house. A lot of things happening last year. It was a good year to take off from competition.”

About her grandson, she gushes. “I tell you...You love your kids, but a grandchild – that’s a whole different love. He’s adorable. He’ll be nine months old soon.”

With this May competition being her first in a couple of years, Lynn is ready and excited. “It takes a special discipline because of the food,” she says of the lifestyle needed to participate in bodybuilding. “People will say they want to compete, but when they get onto the diet, it gets hard – twelve weeks of no alcohol, no sugar. It’s not that we’re starving ourselves, we have plenty to eat. It’s just a very specific diet.”

Unlike most sports that can be weekend pursuits or seasonal activities, bodybuilding is a year-round lifestyle. “It’s so self-rewarding,” Lynn Combs says. “I do everything I can to get ready for the show. I give it 100 percent. That’s very rewarding for me. It’s a goal to set and follow-through. I like this lifestyle. I like teaching classes. I love lifting weights. I like competing. As long as I’m still able to do that through my 50s and beyond, that’s what I want to keep doing.” NDN

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From Poe to Whitechapel

By Greg Lilly, Editor



Lisa W. Cumming Photography

At the age of twelve, Nancy Schoenberger was home from school, recovering from a typical childhood illness. Her mother saw she was getting bored and decided to teach her how to use a typewriter.

“She pulled out her old typewriter and gave me some poems by Edgar Allan Poe to practice with,” Nancy explains. “I started to type the poem ‘Annabel Lee’. I think my mother thought she was giving me a skill so I could grow up and be a typist, but it was the po-

etry that excited me. Instead, I grew up to be a writer of poetry.”

Today, Nancy keeps a picture of Poe in her William and Mary office because that’s where her fascination with poetry began. “He’s so gothic, but I’m attracted to the gothic, too. Especially in this newest book that I’m hoping to get published, which is based on the Whitechapel murders. That’s a very gothic subject.”

Both of her parents were born in New Orleans, on either side of Audubon Park Zoo.

“Each had the early childhood memory of hearing the lions roar at night.” Her parents had studied at Louisiana State University (LSU), and that’s where Nancy received her Bachelor’s and Master’s Degrees in English.

After earning her master’s degree at LSU, she taught for a couple of years in Montana. She wanted to get back to her own writing and decided to go to Columbia University in New York for the MFA program. “I worked with some great teachers there. Mark Strand (U.S.

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Poet Laureate and Pulitzer Prize for Poetry), Charles Simic (editor of the Paris Review and Pulitzer Prize for Poetry), and two Nobel Laureates, Derek Walcott, and the late, great Joseph Brodsky. These were my teachers," she says. "I feel like I had a fabulous exposure to world-class poets."

She worked in film while in New York as part of the PBS series "Voices & Visions." Part fund raiser, researcher and interviewer, she produced the film on American poet Robert Lowell called "A Mania for Phrases."

"He was married three times to three writers," Nancy explains. "His last marriage was to Caroline Blackwood. That was when I was first introduced to that interesting figure, and twenty years later I wrote a book about her."

After producing with the New York documentary film company, she began working with the Academy of American Poets. "We sponsored contests and fellowships. I directed the poetry reading series. I met so many poets. It was inspiring, but got in the way of my own work. When I had a chance to be the writer-in-residence here at William and Mary in 1989, I jumped at it."

The writer-in-residence commitment was for one year. After that school year, the program lost funding. Since then, the program was reinstated with new funding, and there is an active writer-in-residence program at the College of William and Mary today.

"That's what brought me here," she says. "Since William and Mary did not have a viable creative writing program, they rehired me to teach creative writing classes." The program has grown under her direction. Today the college offers a minor in creative writing, and the staff has grown. "We have more people teaching and more students taking our classes. We offer creative non-fiction and screenwriting, which I teach, as well as our usual poetry and fiction classes. We now have a big viable creative writing program and creative writing minor. I'm the director of it, so I'm proud of this program and the way it has expanded."

Nancy chairs the Patrick Hayes Writers' Series and Writer-in-Residence committees at the college. In April, the Patrick Hayes Writers' Series hosted award-winning novelist, Walter Mosley, at the Kimball Theatre. Mosley is best known for his mysteries and crime novels including *Devil in a Blue Dress*. "We bring in a well-known writer at the end of the school year for an event at the Kimball to make it accessible to the community."

From Louisiana to Montana to New York City to Williamsburg, Virginia, Nancy says the places she's lived are all very different culturally, but all enriching to her life experiences.

"I met my husband, Sam Kashner, in New York. We've collaborated on a few books. We wrote *Furious Love* together and that was excerpted in Vanity Fair magazine. He's a contributing editor at Vanity Fair." Their book about the very public and tempestuous relationship between Elizabeth Taylor and Richard Burton drew national attention and was on many best-seller lists.

When working on the Robert Lowell film for PBS, Nancy found his wife, Caroline Blackwood to be a fascinating character. Her interest became the book, *Dangerous Muse*. "Caroline Blackwood was a mysterious figure," Nancy says. "A Guinness heir, she was born to the Anglo-Irish aristocracy in a big estate outside Belfast. She was beautiful and haunting, and she was married to three artists and inspired their work. That's why I called her 'dangerous muse.' Her first husband was Lucian Freud, the painter. Her second husband was composer Israel Citkowitz, and her third husband was Robert Lowell. His book *The Dolphin* was about their marriage, a very intense and short-lived marriage. He won

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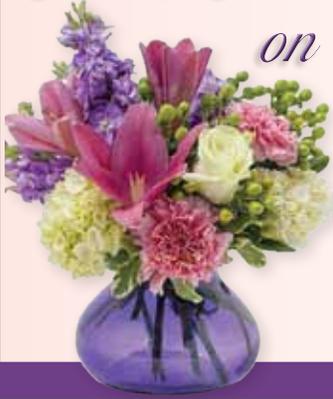
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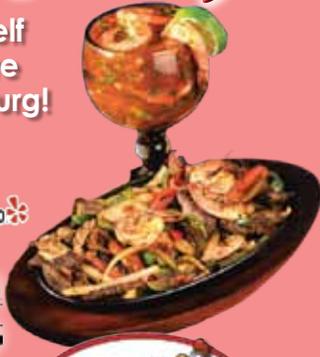
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his second Pulitzer Prize for that book. He was famously bi-polar and Caroline was famously alcoholic."

As a historic figure, Caroline, as described by Nancy, was a brilliant woman, a journalist and a fiction writer of high merit. "I became interested in her as a personality, a writer, an inspirer of these other artists," Nancy explains, "but also someone who had a tragic fate, her alcoholism derailed her life and she died at only 64. Because she was so intense and so alive, Robert Lowell used to say, 'I'm manic. Caroline is panic.' She was one of those figures who was a part of every important literary or artistic scene of her day. She fascinated me and very little had been written about her. I wrote the first biography about her."

Nancy's current projects include a study of the collaboration between director John Ford and actor, John Wayne. Her fourth book of poems, "Set to Music: The Whitechapel Arias", which focuses on five of Jack the Ripper's victims, is being read by several publishers.

"The Whitechapel Murders poems started ten years ago," Nancy explains. "I've worked on it when I could over the years. It began on one of my early trips to London to interview people for the Caroline Blackwood book. I took the Jack the Ripper tour. It was so compelling. I started collecting the books. I didn't become a 'Ripperologist' but did collect a lot of information."

She says much information is recorded and speculated about what are called the five canonical victims. "They are 'canonical' because a lot of other women may have been victims, but these five are the ones Scotland Yard identified as being killed by the same person known as Jack the Ripper." Inspiration hit when she thought about how these women were only remembered from the grisly photographs of their deaths. "That's how they are known to history. Yet, they had a life before that moment. We know something about them. I thought I would try to reconstitute their lives up to the point of their deaths so we have a sense of them – no longer as victims, but as living women."

Her idea was to restore them to some level of humanity so they didn't go through history as ruined victims. "It took me ten years to finish, and I have a poem for each of the five victims." One of the poems was inspired by Colonial Williamsburg's "Threads of Feeling" exhibit at the Dewitt Wallace Museum last summer. That exhibit featured artifacts left by women who gave up their children to the London Foundling Hospital.

"Many of these women couldn't read or write, and they wanted to do this anonymously, so in order to reclaim their child at a later date, they would leave a piece of fabric with the child. They would keep a piece and rematch them later. The London Foundling Hospital discovered, in their archives, hundreds and hundreds of these fabrics with sheets describing who brought them in and the infant associated with the fabric." The Foundling Hospital began in 1741 and was operating in the 1888 when the Whitechapel murders occurred.

"I assumed that at least one of these women might have taken an infant there. That's the only invention I made, based on a probability. One of the five victims was a young woman in her early 20s, Mary Jane Kelly. I imagined that she could have brought one of her infants there and left fabric." Nancy's poem "London Foundling Hospital" was named the winner of this year's Graybeal-Gowen Contest from Shenandoah Literary Magazine.

The inspiration and creativity Nancy has found in this new book of poetry has rekindled her love of the poem. Her non-fiction biographies ignite her curiosity and desire to research artistic personalities, but poetry brings her back to Edgar Allan Poe's "Annabel Lee" and the way enchanting tragedy or the surge of joy can be captured in words. NDN



Lisa W. Cumming Photography

More Than Skin Deep

By Greg Lilly, Editor

Dr. Donna Corvette practiced internal medicine before she decided to specialize in dermatology. “There is a tremendous overlap between skin and internal medicine,” she explains. “The skin is a window to internal problems of the human body. A dermatologist is trained to look at a person’s skin to determine if the rash is due to autoimmune disease, medications, internal organ dysfunction, cancer, genetic disorders. The list of possibilities is extensive. I’m glad I trained in both internal medicine and dermatology. The extra training allows me to have an understanding of the entire body and enables a ‘root cause/integrative’ approach to medicine versus approaching the skin and the inner workings of the body separately.”

Her childhood experiences led to her decision to become a physician and teacher. Dr. Corvette’s father worked for IBM and took the family to different parts of the country. Around the age of six, she and her family settled in Rockville, Maryland.

She always had a passion for learning and for teaching. Even at a very young age, she was an

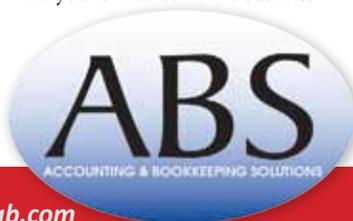
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entrepreneur. She made potholders and soaps and then sold her goods around the neighborhood. She wrote a play for the neighborhood kids and directed them in the performance. During her middle school and high school years, she began teaching piano to students of all ages. One of her students was a physician at Walter Reed Army Medical Center, a foreshadowing because twenty years later, she would graduate from Walter Reed Dermatology Residency.

“Innately, I love teaching and being around people. Early on, my calling was music because that was my forte. My mother pushed me to become a musician. My older brother was encouraged to become a physician.”

Her home was close to NIH (National Institutes of Health), and her brother was encouraged to attend the medical lectures there. She decided to go, too. “I started taking the courses and realized I could have two strengths: medicine and music.”

At the University of Maryland, she began taking science courses. “They came easy to me, so I started tutoring in those subjects.”

She majored in zoology, the study of animal biology. “Most of the pre-med students at the University of Maryland studied zoology

because that curriculum included the harder sciences like physics and chemistry. I knew I was good in the sciences. I loved people. I liked helping people, and I was a natural for the medical profession.”

During medical school, she had to decide in which field of medicine to concentrate. “I met the most incredibly inquisitive, exceptionally intelligent internists. I was hooked. I wanted to know the entire body well.” She decided to become an internist. “After I finished medical school, I completed a three year residency and became board-certified in internal medicine in 1991.”

For the next three years, she practiced internal medicine and taught at Brooke Army Medical Center in San Antonio, Texas. “I was in the Army.”

Dr. Corvette’s husband had gone to West Point, and they met in medical school. He (Dr. Alex Lambert) became an orthopedic surgeon. “He’s the guy on the other end of the building (their offices are in New Town),” she says, “and that’s why we call this building ‘Skin & Bones.’ When I met him in medical school, I was a financially in-need medical student. Walter Reed was just down the street. I applied and received a scholarship. I was active duty Army

for 12 years.”

She decided she wanted to do another residency and did a three year residency in dermatology at Fitzsimmons Army Medical Center. She completed her final year of dermatology residency at Walter Reed Army Medical Center in 1997. From 1997 to 2000, she was chief of dermatology at Fort Eustis.

“My husband and I really liked the Williamsburg area. We didn’t want to go back to all the congestion around D.C. We decided to stay here.”

At Fort Eustis, she became a Major at a young age and ran her own clinic. “That was a great experience. I learned quickly. I loved my retirees and my active duty guys. My husband was working just down the hall as an orthopedic surgeon. I decided that I couldn’t stay in the military because I had a child. I couldn’t be ready to be deployed at any time with my young son.”

She joined another dermatologist’s office in Gloucester. After four years, she knew she wanted to set up her own practice.

The main issue she treats is skin cancer. “I see skin cancers all day long. I probably see 30 to 40 skin cancers a day. There are three main types of skin cancers: basal cell carcinoma,

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squamous cell carcinoma, and melanoma,” she lists in order of severity.

“Remember ‘B’ for best – basal cell. They won’t kill you, but will disfigure you if you leave them too long. You may see people without noses and ears and things like that. A melanoma will kill you within a year if you leave it. That’s the bad type.”

Her main focus is on prevention. She urges people to see a dermatologist for a methodical, meticulous skin check. “Top to toe,” she says. “We even look at their scalps. It’s really important to have a thorough skin check. My big belief is in prevention.”

The human body needs a certain amount of sunshine every day, she states. “Yes, you heard that from a dermatologist. How are you supposed to make vitamin D? Protect your face. Use a physical sunblock that has certain chemicals like titanium dioxide and zinc oxide.”

She says to be sun smart but not sun scared. “You don’t do things like intentionally try to get a suntan or lie in a tanning bed. A lot of people think tanning beds are safer. They are not. The reality is an 81 year old guy has had over 75 years of sun exposure. Am I going to tell him to not go to the Bahamas? No. Go enjoy yourself. People need to realize that 80

percent of their sun damage is before the age of 18. When you consider that aspect then just don’t do stupid things. Don’t lie in the sun. Protect yourself. But, there is a national trend of vitamin D deficiency. People need some sun. A sunscreen of SPF 25 is sufficient.”

When she plays tennis or walks at lunchtime, she says she wears a hat that covers her ears, and she wears good sunglasses to protect her eyes. “I put the sunblock all over my face. When I sweat, I reapply it. I don’t slather myself. I have a live life attitude.”

She stresses that the most important aspect of dermatology and skin cancers is early detection. “The biggest mistake I see is that people self-diagnose themselves. If you had chest pains, you would go to the doctor. When you see a spot, melanomas can be the size of a pin head, go see your favorite dermatologist.”

When a spot on the skin is changing or not healing or if it’s new, the standard of care is to biopsy it.

“The key point is that the biopsy is sent to the right pathologist,” she says. “There are two different types of doctors who read slides: general pathologists and dermatopathologists. A dermatopathologist only reads skin biopsies. They are excellent.”

After 30 years of medical training and practice, Dr. Corvette says she is more inquisitive than ever. “I’m questioning what I’ve learned over the past years. I’m a lot more about treating the entire body, not just the skin. This was never taught in my dermatology courses. It came from realizing that Americans are the sickest they’ve been in 30 years. Why? Everywhere I went in dermatology courses and conferences, this was never discussed.”

Her internal medicine background prompted her to look to other medical conferences that focused on the root causes for illnesses. “Dissect down,” she says. “How does that person sleep, eat, handle stress? What other diseases does that person have and what drugs are they taking and how do those interact?” It’s a holistic way to approach dermatology.

“I’ve been going to ‘functional medicine’ conferences for the past several years. Another name is ‘integrated medicine’ conferences where you look at the entire person, not just the skin. You have to put it all together. It’s all connected.”

She says dermatology is more than the skin, it’s the whole patient. “You are what you eat, sleep, breathe and think. Everything you do affects your body.” NDN

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NEXT DOOR NEIGHBORS MAY 2015 53

Creating Joyful Memories

By Greg Lilly, Editor



Corey Miller Photography

To create a successful party, Liz Daley suggests, “Stack the deck in your favor. That takes planning.” Liz is a wedding entertainment director and disc jockey (DJ) and an event planner and the person in-the-know about party organization.

Liz stresses that parties, small and large, need careful planning with everyone involved.

Nothing is more awkward than silence settling over the group as the master of ceremonies (MC) searches for the eldest son to give a toast to his parents on their 50th anniversary or waiting for the father of the bride to meet his daughter on the dance floor.

“Find out exactly what each person involved in the event will do, when they will do

it and how they do it, especially the ‘guy with the mic.’ You want to feel comfortable with what is played in music and what is said in front of your guests. Question the DJ and the MC, if they are two different people.”

Interview your entertainment, she stresses. “Stalk them on Facebook, YouTube and social media to see how they perform. Make sure

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they are good at their jobs and that they act appropriately and professionally.”

Liz is a certified WED Guild® wedding entertainment director. She has seen some cringe-worthy microphone speeches at weddings, anniversaries, graduation and retirement parties. She’s speaking around the globe to DJs about the need for a professional demeanor and creating well-planned event. Liz recently spoke at conferences in Oxford, England and Toronto, Canada training DJs on creating an agenda, directing and choreographing the event.

Born in Williamsburg, Liz spent her early years here. Her mother and father had met when he was attending the College William and Mary. Her mother B.J. Costa taught school for 35 years in the Williamsburg-James City County Public Schools. Liz graduated from Boston Conservatory of Music with a Bachelor of Fine Arts in Musical Theater with an emphasis in directing.

“I worked as a professional actress in New York City for many years,” Liz says. “After 12 years, my husband, Steven, and I decided that since we weren’t auditioning any more, we

should move. My mom was in Williamsburg, so we decided to relocate here in 2003. I had worked for an entertainment company in New York, as a means to support my acting habit. I was dancing at bar mitzvahs and handing out glow sticks and hosting corporate events and weddings. I didn’t realize I was learning a new trade, but I was.”

When Liz and Steven moved to Williamsburg, Liz decided to continue organizing events and working as a DJ. “I always had a passion for music and entertainment. As I progressed, I started merging my theatricality with my events to make them different.”

A wedding reception is a major event for any planner, but other parties need a plan as well. “Weddings take months to plan,” Liz explains, “but I’ve planned a high school graduation party in as little time as a couple of weeks. It was in a family home with about 50 guests. While it’s not as heavy on the planning, there are little moments that an experienced master of ceremonies will help make happen.” There are moments that shouldn’t be missed like a toast to acknowledge the graduate’s success.

“You look for the little pockets where you can spotlight the guest of honor, even if it is a straightforward event like a high school graduation celebration or a retirement party. It’s not as much to do as a wedding, but you still find those moments to shine a light on the guest of honor to make them feel like a million bucks.”

The event, after all, is a celebration with a point. “Remember that people are coming together for a purpose. You should remind the attendees why they are celebrating,” Liz says. “That is truly why everyone came to the event, to honor that purpose. Graduation, anniversary parties, weddings, retirement parties, how can we make the event personal and memorable? You do that at any event, whether it is 35 people or 400 people. Everyone wants to feel that it matters they were there, and that whatever is being celebrated is honored.”

If the party is for two people getting married, someone graduating from high school or college, a couple married for 50 years or a man who has worked at a company for 30 years, if you remember and honor the purpose, Liz states, and then build the entertainment to



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Sherry Kletzly
President of WAAR

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Join us! Find out what **BLING** is all about!

support that purpose, you will have a successful event.

Music is one the big elements of a party, but also one of the least explored by the hosts. The type of music sets the tone of the party. Will grandma enjoy Eminem's latest rap? Will the high school graduates want to crank up show tunes? Is asking your cousin to bring his iPod and speaker system all you need?

"Some people will say, 'I just need music for the party.' I ask how important is the music?" Liz says. "If the florist doesn't show, does that stop the party? If the food doesn't make it, does that end the party? What happens if the DJ doesn't show? If the entertainment isn't there, there's no party." Make sure you have a reliable and professional DJ.

During the nice weather, most Williamsburg neighbors want to hold parties at their homes. Liz suggests exploring the infrastructure and logistics of a group of people in your home. "Parking, serving liquor, heat of summer, restrooms, cost of a tent," she lists things people forget. "Maybe a facility would be a better deal. Weather and tents usually push a party to a rental facility."

Places like Ford's Colony, Two Rivers Country Club, the Williamsburg Community Building and New Town's Legacy Hall can accommodate parties of different sizes. "There are only a few places in town that can host large parties, like over 300 people," Liz says. "Those are venues like Kingsmill, the Double Tree, Colonial Heritage, the Williamsburg Lodge and the Williamsburg Hellenic Center."

Also, when selecting a site for the party, think about the feel of the event. "Relaxed? Think about the Williamsburg Winery," she suggests. "Fancy or rustic, laid-back or energetic, each facility has its own atmosphere."

Liz explains that the upfront planning and working with a professional to choreograph and direct the agenda of the event is the key to a smooth experience. This doesn't mean the evening can't flow naturally, but an experienced MC can watch and adapt the program for the guests, honoree and hosts.

"When everything we've spent months preparing for goes right, we just knock it out of the park. I love that feeling of success," Liz says. "There's a feeling of euphoria for them and for me. We've achieved what we wanted for that event." That's a great day at work for Liz. "When I'm able to do everything I promised, that really feels good. I do about 30 weddings a year. Thirty days a year where when I finish, people are happy and saying things went perfectly. Where else, when you finish a job, do people give you kudos? Those personal accolades are great."

She says that loving her work means it isn't work for her. "I love what I do. I'm passionate about it, and I love giving people that success. It's rewarding to help people have that experience. It's not just a party, it's an experience."

Helping neighbors honor and celebrate each other, creating an experience, that's how Liz Daley sees event planning and coordinating the flow of the party.

"I've done this before, they haven't. It's my job to stack that deck in their favor so that everything they say they wanted, I make happen. I love giving people those happy, joyful memories." 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!

BIBLE STUDY

Ongoing

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

Hey Neighbor!

CALL FOR MUSICIANS

Ongoing

Do you play a musical instrument? Have you always wanted to be a part of a theatre's live orchestra? The Williamsburg Players, a 58 years-old, all volunteer, 501-C3 IRS non-profit community theatre, is looking for musicians to help bring the joy of musical theater to the area. Especially needed are rhythm section players such as keyboards, guitar, bass guitar, drums, and percussion. You should be able to read music. Email Mike McCoy at wmmccoy01@cox.net, or call and leave a message at (757) 229-1679.

Hey Neighbor!

MESSY CHURCH

Ongoing

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

Hey Neighbor!

WILLIAMSBURG F.R.E.E. FOUNDATION

Ongoing

The Foundation for Rehabilitation Equipment & Endowment (F.R.E.E.) celebrated their Ribbon Cutting/Open House March 24th. FREE is a non-profit organization that gifts mobility related rehabilitation equipment

to adults who are uninsured or under insured and have no other means of obtaining needed mobility equipment including bathroom transfer aids. Volunteer opportunities are also available. For more information visit www.free-foundation.org, find us on Facebook or call (747)707-4741.

Hey Neighbor!

VIRGINIA AERONAUTICAL HISTORICAL SOCIETY (VAHS)

Ongoing

Every Third Wednesday of the Month at 10 a.m. The Williamsburg chapter of the parent VAHS headquartered at the Richmond Airport Aviation Museum meets monthly with aviation related speaker, programs and field trips. Everyone with an interest in aviation is encourage to attend meetings in the second floor conference room of the Williamsburg-Jamestown Airport terminal building. Come for the camaraderie and learning experience, which comes with expanding your interest in aviation -- past, present and future. Point of contact: 757-258-0376

Hey Neighbor!

MOMS IN PRAYER INTERNATIONAL

Ongoing

No matter what age group from pre-K

to graduate student, Moms worry about their children. Replace your anxiety and fear with peace and hope by praying with other Moms for our children and our schools. Moms in Prayer International meets weekly throughout the school year and continues through the summer. Join us and other Moms for a powerful time of prayer every Wednesday from 1-2 pm at Calvary Chapel Williamsburg, 5535 Olde Towne Road. Contact info: Jeanne Hallman, (757) 220-8400/Jeanne4J@cox.net. Visit www.MomsInPrayer.org

Hey Neighbor!

HISTORICAL SOCIETY MEETINGS

Ongoing

Please join the members and guests of the Tidewater Virginia Historical Society (TVHS) at one of the extraordinary lectures with corresponding field trip. TVHS plans unique tours, lectures, social events and behind-the-scenes adventures throughout the year. "History in your own backyard" takes on a new meaning when you know what all TVHS has to offer. TVHS opens doors to "off-the-beaten path" and "not open to the public" historic sites. Lectures by experts in their field provide information prior to tours to complete the experience. Lectures are usually free and

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*Ask for details.

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open to the public. Tour price is based on the length and complexity of the trip. To learn more contact us at (757) 258-5587 or visit us on the web: www.tv-hs.org or info@tv-hs.com. Everyone is welcome.

Hey Neighbor!

WALT SPRING 2015 SCHEDULE OF COURSES

Ongoing
It is always amazing the variety, quality, and number of courses that come together for the Williamsburg Area Learning Tree (WALT). This spring is no exception. Visit our website www.wuu.org/walt to learn about the courses and the instructors.

Hey Neighbor!

WOMEN'S CHORUS NEW SEASON

Ongoing
Williamsburg Women's Chorus begins its new season with practice at Bruton Parish. New members are welcome and encouraged to contact Ann Porter at aportermusic@verizon.net or call (757) 810-0068 to schedule a vocal interview. This season is especially exciting: we are celebrating our 50th anniversary with a commissioned piece for the occasion.

Hey Neighbor!

VOICES OF WILLIAMSBURG

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

Hey Neighbor!

HEAD START OPEN ENROLLMENT

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

Hey Neighbor!

CALL FOR VOLUNTEERS

Ongoing

We are the Bruton Parish shop located in the Parish House of Bruton Parish Church on Duke of Gloucester St. We have been here since 1995 and are a 501©3 store. We give all of our net proceeds to the Outreach and Mission ministries of the church. Our sales people are volunteers comprised of parishioners of Bruton Parish and other churches in the area. It is not a necessity to be a church member but just a believer in our mission. All ages are welcome from teenagers to mature adults. Much of the money raised by the shop is used in Williamsburg and the surrounding areas. We need more men and women to staff our shop. We are open 7 days a week 7 hours a day except Sunday, when we are open for 4 hours in the afternoon. Call Carol Weaver (757) 220-1489.

Hey Neighbor!

ST. MARTINS EPISCOPAL CHURCH

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

Hey Neighbor!

MESSY CHURCH

Ongoing
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Hey Neighbor!
DALAI LAMA AWAKENING
May 1, 2015

Unity Fellowship Church in Williamsburg invites you to an exclusive private screening of Dalai Lama Awakening, a 15 year realization of American director Khashyar Darvish's newest documentary film which critics and audiences alike are already calling a "shift in consciousness." This new film, featuring the Dalai Lama and narrated by actor Harrison Ford, presents the profound and life-changing journey of innovative Western thinkers who travel to India to meet with the Dalai Lama to solve many of the world's problems. This one time only screening of Dalai Lama Awakening will take place at Unity Fellowship church at 7 pm. Admission is \$15 per person, or \$12 per student or senior. Location: 624 Queens Creek Road, just off Penniman Road in Williamsburg. Learn more Unity Fellowship, our loving com-

munity, and the event at www.peninsulaunity.org. For more information call (757) 5940389 or email unityfellowship@verizon.net.

Hey Neighbor!
RELAY FOR LIFE EVENT
May 1, 2015

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

Hey Neighbor!
CELEBRATE NEW QUARTER PARK'S 30TH ANNIVERSARY
May 2, 2015

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

Hey Neighbor!
WILLIAMSBURG FARMER'S MARKET
May 2, 2015

Enjoy the heart of Williamsburg in Merchants Square while shopping in this producer-only market for produce, fruit, fish, artisan cheeses, meats, pasta, cut flowers, and handmade soaps.. The market includes live music, chef demonstrations and exhibits along with local shops and restaurants. The market now accepts SNAP/EBT, credit cards and W&M Express. 402 W Duke of Gloucester St. in Merchants Square 757-259-3768, www.williamsburgfarmersmarket.com Saturdays, May 2

Hey Neighbor!
ANNUAL NAACP LIFE MEMBERSHIP 36TH AWARDS BANQUET
May 2, 2015

Williamsburg Lodge - Virginia Room, Keynote Speaker: Dr. John W. Kinney, Dean of Samuel DeWitt Proctor School of Theology, Virginia Union University. Presiding: Dr. Robert Trent Vinson, Assoc. Professor of History and African Studies, College of W&M. Silent Auction/Reception - 5:00 pm. Dinner/Program - 6:30 pm. Proceeds support the Branch civil rights programs and advocacy work, scholarships for graduating seniors, and community outreach efforts. For tickets call NAACP Branch Office at 229-3113.

Hey Neighbor!
THE WILLIAMSBURG CHORAL GUILD - "THE WHOLE WORLD SINGS"
May 2 -3, 2015

Come with us on a thrilling musical visit to all seven continents (yes, including Antarctica!) through the voices of people expressed in song. Guild members will be joined by outstanding soloists, the Williamsburg Youth Chorale (Ann Porter, director) and pianist Jane Alcorn, conducted by Artistic Director Jay BeVillie at 7:30 pm on Saturday at 4 pm on Sunday. At Williamsburg Presbyterian Church, 215 Richmond Road,

Williamsburg. Tickets: \$20 in advance (\$25 and \$10 for students with ID, at the door). For more information call (757) 220-1808 or visit www.williamsburgchoralguild.org.

Hey Neighbor!
COLONIAL WILLIAMSBURG EMPLOYEES ARTS AND CRAFTS SHOW
May 2 - 3, 2015

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

Hey Neighbor!
WORLD RENOWNED NEUROSURGEON TO SPEAK
May 4, 2015

The local alumni chapter of Ohio State University presents Ali Rezai, MD world-renowned neurosurgeon. He will speak at 6:30 pm at the Two Rivers Country Club at Governor's Land. The \$36/person fee includes dinner. Make your reservations by calling (757) 258-



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4610. Dr. Rezai, director of the Wexner Medical Center's Neurological Institute at Ohio State University, was the President of the Congress of Neurological Surgeons. His clinical areas of expertise are the neurosurgical management of patients with severe movement disorder such as Parkinson's disease, dystonia, tremor, psychiatric conditions such as depression and obsessive compulsive disorder, traumatic brain injury and chronic pain.

Hey Neighbor! WILLIAMSBURG SYMPHONIA MASTERWORKS CONCERT #5 May 4 - 5, 2015

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

Hey Neighbor! CINCO DE MAYO FUNDRAISER May 5, 2015

The James City Lions is hosting a fundraiser to support vision, hearing and diabetes programs in the greater Williamsburg community. This exciting event will be held for members, guests and the public at the Ford's Colony Country Club from 5-7 pm. Admission tickets are \$35/person. Price includes Mexican hors d'oeuvres prepared by Chef Mark Florimonte and two drinks. There will be raffle prizes. Net proceeds will pay for charitable needs within our community. Email lenshartzer@gmail.com to purchase your admission tickets. Thank you for your support!

Hey Neighbor! WEDNESDAY ON WHEELS May 6, 2015

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

Hey Neighbor! TRINITY ORGAN CONCERT May 6, 2015

The free concert will include a potpourri of popular classics. Thomas Lindsay, violinist, and Aaron Renninger, organist. Time: 12 noon at Saint Bede Catholic Church, 3686 Ironbound Road. Bring a friend and your lunch. Beverages provided. For more information, call (757) 229-3631 or visit www.bedeva.org/concerts.

Hey Neighbor! WILLIAMSBURG FAITH IN ACTION'S 4TH ANNUAL AGING IN PLACE SYMPOSIUM May 7, 2015

"Putting the Pieces together." It will be held at the DoubleTree by Hilton,

50 Kingsmill Road, Williamsburg. The event, where professionals can obtain four continuing education credits, will feature two board certified geriatricians, Dr. Jacob D. Almeida, DO, as the breakfast speaker and Dr. Kyle Allen, DO, as the luncheon keynote speaker. Dr. Emily Peron, assistant professor of Geriatrics at VCU's School of Pharmacy also will speak about medications and older adults. Additionally, registrants will be able to choose two sessions to attend from the following: Elder Scams; Estate Planning, Demystifying Hospice, Family Caregiving 101, Elder Physical & Financial Abuse, Advance Care Planning, End-of-Life Planning, Communicating with Your Loved One with Dementia. The event runs from 7:45 am - 1:30 pm. Each ticket includes breakfast and lunch. Registration of \$20/person is now open. CEU registration is \$35. You can register online at: <https://app.etapestry.com/onlineforms/WilliamsburgAreaFaithinAct/AIP2015.html>. Call (757) 258-4519 with any questions or for a registration form.

Hey Neighbor! BENEFIT GOLF TOURNAMENT FOR OLDE TOWNE MEDICAL AND DENTAL CENTER May 7, 2015

The Ford's Colony Men's Golf Association (MGA) will host the 20th annual golf tournament to benefit the Olde Towne Medical and Dental Center (OTMDC). Contributions go directly to OTMDC. Since 1993, the Olde Towne Medical and Dental Center has provided quality medical, dental, prenatal, mental health and health education care to citizens of Williamsburg and the surrounding areas who are too young for Medicare, do not meet the requirements for Medicaid, have lost insurance or otherwise do not have low cost insurance coverage through their employers. OTMDC is located at 5249 Olde Towne Rd, Williamsburg. Individuals can contribute to this worthy cause with

a check made out to "OTMDC" which can be mailed to MGA OTMDC Benefit, PO Box 6713, Williamsburg, VA 23188. For more information about the benefit golf tournament, making donations, or sponsor opportunities, contact the committee chairman, Walter Culhane, at (757) 645-4350.

Hey Neighbor! CHILDREN BOTANICAL SKETCHING PROGRAM May 9, 2015

Instructor, Linda Miller, Ages 8-16. 0 - 11:30 am. Limited to 15 participants. Learn how to observe and draw stems, leaves, and flowers from the garden! All materials donated by the artist. A \$5 Donation to WBG is appreciated. Registration is required at sherryapat2@yahoo.com by May 7. If you need any additional information, please send me a note or give me a call at (757) 259-7332.

Hey Neighbor! PROJECT LIFESAVER CAR SHOW May 9, 2015

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

Hey Neighbor! OPEN HOUSE AT HOSPICE HOUSE May 12, 2015

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Hey Neighbor!

CATCH THE VISION! TOUR AT WCA May 14, 2015

2 p.m. 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.

Hey Neighbor!

50TH ANNIVERSARY CONCERT May 15, 2015

At Walnut Hills Baptist Church, 1014 Jamestown Road, Williamsburg, starting at 7:30 pm. The Williamsburg Women's Chorus celebrates its 50 years of choral music with a spring concert featuring two commissioned pieces for this event. Works by Phyllis Varner, a former director of the Chorus, will be performed and there will also be a piano and flute duet with Christine Niehaus and Deby Kidney. The chorus is comprised of about 45 women, many of whom traveled last fall to perform in New York City at the Lincoln Center. For ticket information, contact Dianne, (757) 903-4602, Mdianna510@yahoo.com, or www.williamsburgwomenschorus.org.

Hey Neighbor!

WOMAN'S CLUB OF WILLIAMSBURG FASHION SHOW AND LUNCHEON

May 16, 2015

The Woman's Club of Williamsburg-GFWC invites the Williamsburg community to its Fashion Show and Luncheon. The event will be at the Colonial Heritage Country Club, 6500 Arthur Hills Drive, Williamsburg. Registration begins at 11 am., lunch is served at noon, and the fashion show starts at 1 pm. Come see the newest summer fashions from Chico's and enjoy delicious sandwiches and desserts. This event is always a delightful way to spend an afternoon with friends! The cost is just \$30 per person; proceeds will be used to fund the Woman's Club's 2015 schol-

arship program and other community service efforts. In addition to fashions and refreshments, the Club will sell raffle tickets for baskets of goodies donated by Williamsburg area merchants. Reserve your spot by May 9 by contacting Jean Migneault at (757) 220-0036 or jmigneault@cox.net. The non-profit Woman's Club of Williamsburg-GFWC is a group of women with a common interest in community welfare and philanthropic projects. Contact Betty Nicholls at (757) 645-2193 or email@womansclubofwilliamsburg.org for information on how to become a member of the Woman's Club.

Hey Neighbor!

WATER WISE GARDENING May 16, 2015

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

Hey Neighbor!

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

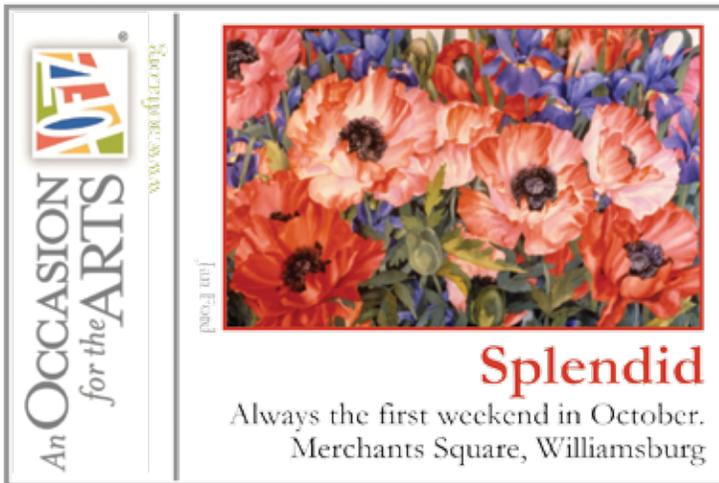
May 16, 2015

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

Hey Neighbor!

CELEBRATION OF YOUTH CONCERT May 17, 2015

The Tidewater Intergenerational Orchestra (TIO) concert will include works by Hindemith, Vivaldi, Kabalevsky, and Puccini. This concert will feature violin soloists Fravarti Purveyor and Tara Davy. Time: 1 pm at Saint Bede Catholic Church, 3686 Ironbound Road. The concert is free. For more information, call (757) 229-3631



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Hey Neighbor!

CANTORI CHORAL ENSEMBLE PRESENTS SPRING CONCERT

May 17, 2015

Cantori Choral Ensemble will present its 2015 Spring Concert at Walnut Hills Baptist Church, 1014 Jamestown Road in Williamsburg, at 4 pm. The concert, Hope Springs Eternal, will feature sacred, secular, and folk music about hope in love, hope in life, and hope in the afterlife. Special guest musician will be Timothy Seaman on tin whistle and flute. Cantori is an auditioned 14-voice concert choral ensemble under the direction of Agnes French. There is no admission charge for the concert, but an offering will be received in support of Cantori.

Hey Neighbor!

WILLIAMSBURG MUSIC CLUB ANNUAL SPRING LUNCHEON

May 20, 2015

The Williamsburg Music Club will hold its Annual Spring Luncheon showcasing the student winners from the Williamsburg Music Club's March Grants-in-Aid Auditions. The installation of the new officers for the 2015-2016 season will also take place. Location: Bruton Parish Church Hall, 222 Duke of Gloucester Street. For more information, contact (757) 229-4429 or www.williamsburg-musicclub.org.

Hey Neighbor!

WILLIAMSBURG PLAYERS PRESENT "GUYS AND DOLLS"

May 28-June 13, 2015

8 pm Thursday – Saturday, and 2 pm matinee on Saturdays. Directed by Christina Westenberger; book by Jo Swerling and Abe Burrows. Presented by special arrangement with Music Theatre International. Set in Damon Runyon's mythical New York City, this oddball romantic comedy -- considered by many to be the perfect musical comedy -- soars with the spirit of Broadway as it introduces a cast of vivid characters. Adults: \$20. Students/Children: \$12. Location: 200 Hubbard Lane, Williamsburg. Information: (757) 229-0431.

Hey Neighbor!

ANNUAL BLOOD DRIVE

May 29, 2015

The Williamsburg Area Association of Realtors® invite all our Historic Triangle neighbors to give the gift of life by donating blood to the American Red Cross at our Annual Blood Drive between the hours of 9 am – 3 pm. Schedule an appointment by visiting www.redcross-blood.org – key in "WAAR" for the

Sponsor in the "Find a Blood Drive" box today!

Hey Neighbor!

FREE COMMUNITY DOCUMENT SHREDDING EVENT

May 29, 2015

Families and members of the community are encouraged to bring personal and confidential documents to the Williamsburg Area Association of Realtors® office between 10 am – 12 noon, where PROSHRED® Security will destroy them while you watch. (No need to remove staples, paperclips, fasteners, or rubber bands!) Shred up to 5 boxes free! Location: 5000 New Point Road, Suite 1101. For more information, call (757) 253-0058.

Hey Neighbor!

8TH ANNUAL KIWANIS CLUB OF TOANO GOLF TOURNAMENT

May 29, 2015

Kiskiack Golf Club, Williamsburg, is the site for this year's event. Start time: 1 pm. Over \$8,000 in grants were donated last year as a result of this fund raiser. Players and sponsors are welcome. \$400 for a foursome. Hole-in-one prizes on all par 3s. Two-week membership to Kiskiack Golf Club for early registrations. Baked chicken buffet, prizes, golf and cart fees and two free drink tickets for use during play are all included. Free beer on tap before and after tournament. Certificate to play again at Kiskiack Golf Club for all players. Contact Tournament Chairperson Traci Carlson at (757) 220-3293 or tracarlson@cffc.com or www.facebook.com/Kiwanis-ClubOfToano.

Hey Neighbor!

"THE WRIGHT BROTHERS"

May 30, 2015

Experience the thrill of man's first powered flight as Rainbow Puppet Productions presents The Wright Brothers; this production is sponsored by the Williamsburg Players. Follow the brothers from early childhood until the moment they make their first powered flight in Kitty Hawk, North Carolina. It's a wonderful story with a very important lesson. Orville and Wilbur were successful because they grew up in an environment that valued and encouraged reading and they had great faith in their own abilities. The show has been presented in Washington, D.C. for aviation museum directors from around the world and it's been kid-tested and approved! All tickets for an individual show are \$7 each. Seating is open seating. Show begins at 11 am. Location: 200 Hubbard Lane, Williamsburg. Information: (757) 229-0431.

Hey Neighbor!

YOUNG EMERGING

PROFESSIONALS (YEP) SOCIAL

May 30, 2015

Chef's Garden Tour and Tasting in Colonial Williamsburg. From 10 am – 12 noon at Taste Studio. Take a private 45-minute walking tour with YEP through Kings Arms and Wyrthe House historic gardens; then experience a tasting of historic flavors that come from the garden to your table. Pastry Chef Rodney Diehl shares his garden-inspired flavor incorporating herbs, with fillings enrobed in rich, decadent chocolate. Wear comfortable walking shoes. Garden tour is weather permitting. Cost is \$30 for members and \$35 for non-member. For information, contact yepofwilliamsburg@gmail.com.

Hey Neighbor!

"THE NEW JIM CROW" BOOK DISCUSSION

May 31, 2015

At 2:30 pm, Dr. Iyabo Osiapem, Senior Lecturer of Africana Studies and Linguistics at the College of William and Mary, will facilitate a discussion focused on Michelle Alexander's "The New Jim Crow." The book's author is a civil rights advocate and litigator and provides a powerful analysis of why and how mass incarceration, especially of young black males, is happening in the United States. This book addresses the history and the development of excessive policing. The site for the book discussion will be James City County Library (Grace & Stanley Kitzinger Community Room) located at 7770 Croaker Road, Norge, Virginia. This event is free and open to the public. The Lambda Lambda Omega Chapter of Alpha Kappa Alpha Sorority, Inc. will host the reception that follows in collaboration with the Lemon Project, All Together, and the Williamsburg James City County Branch of the NAACP. Join us for an important conversation.

Hey Neighbor!

BACON STREET RUN

June 6, 2015

Come join us for this fun bacon filled event in support of families struggling with adolescent addiction and behavioral issues. The 7:30 am fun run/walk and 8 am 5k will be followed by bacon snacks and an awards ceremony that will include the winner of the best bacon costume. The cost is \$25 pre-registered (postmarked by May 30, 2015) or \$30 after May 30 and on race-day. No fee for the one mile fun/run walk (\$10 with T-shirt). T-shirts guaranteed for pre-registered participants only – all others while supplies last. It's going to be fun!! Proceeds to benefit Bacon Street's work with youth and families. Go to www.baconstreet.org to learn more about our mission and to register for the run.

to learn more about our mission and to register for the run.

Hey Neighbor!

6TH ANNUAL CHARITABLE GOLF TOURNAMENT

June 12, 2015

The Historic Triangle Rotary Club is holding its annual golf tournament at Kiskiack Golf Course in Croaker. The event benefits Dream Catchers of Williamsburg, Polio Plus and other charities. Individuals and business may contribute to this worthy cause as a \$500 Gold Sponsor (one team of four players and a Hole Sponsorship); a \$350 Silver Sponsor (1/2 team of two players and a Hole Sponsorship); or a \$200 Bronze Sponsor (a Hole Sponsorship). Four players may register as a team at \$100/player. A registration form may be downloaded from the club's website at <http://www.thehistorictriangle.rotary-clubs.org> or by calling Clay McEldowney, Tournament Director, at (757) 229-1569. Those wishing to contribute and enjoy an afternoon of fine golf, including greens fees, golf cart, BBQ lunch, range balls, prizes, awards reception and much more, make check payable to The Historic Triangle Rotary Club Foundation and send, along with completed registration, to The Historic Triangle Rotary Club, PO Box 6296, Williamsburg, VA 23188.

Hey Neighbor!

WILLIAMSBURG'S 23RD ECUMENICAL SUMMER MUSIC CAMP

July 13-17, 2015

At Williamsburg United Methodist Church on Jamestown Road, across from the campus of William and Mary. This year's campers will prepare and present a musical--ELIJAH-- about the prophet and his faith in the one true God. The registration fee is \$60; brochures/registration forms are available on the church. For information, contact Terri Osborne at (757) 220-3647 or marktteri@juno.com or visit the church's website: www.williamsburgumc.org

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