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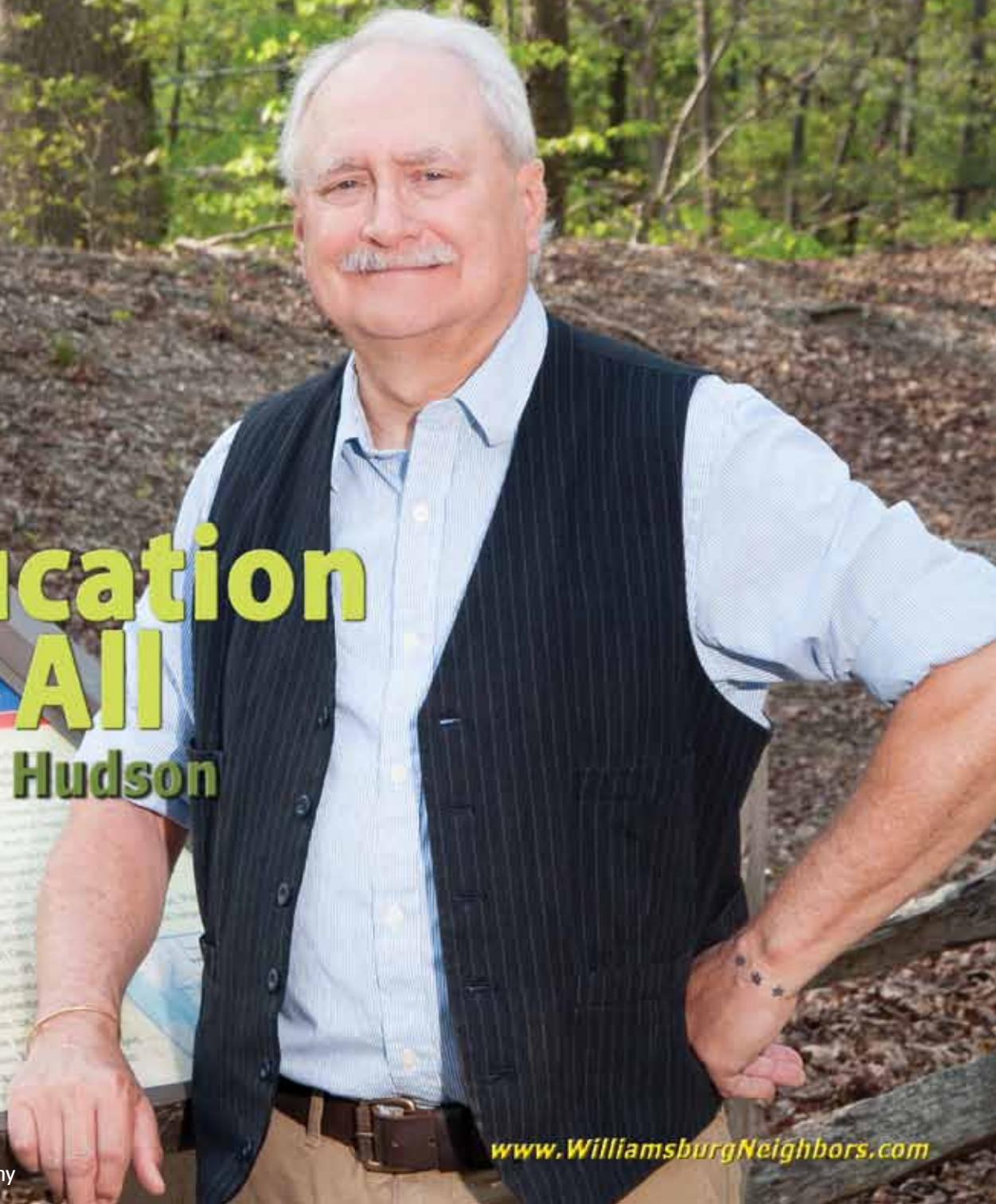
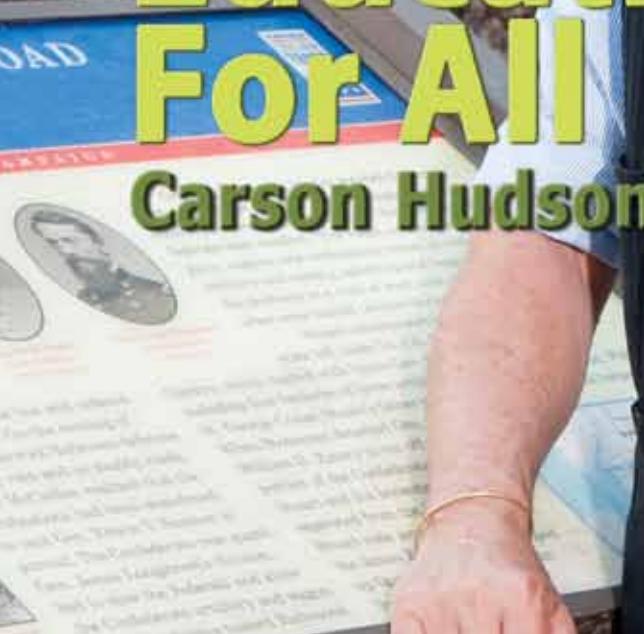
VOL. 10, ISSUE 6

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They say you learn something new every day. I can't think of a single day where I've learned just one new thing; it seems as though I learn many things each day! Some things I learn by accident, some things by chance, and some things I seek out.

Fortunately, there are a lot of people who give learning a gentle push - teachers and educators, mentors, counselors and countless others who have a passion for shepherding others through the learning experience.

My husband, Joe, has an education related career; his company develops training, games and simulations largely for the Department of Defense. I observe what he and his colleagues do and I am always amazed at the very significant investment the government makes in training. On the other hand, I am glad they do. I want our soldiers and sailors and airmen and marines and coast guardsmen to have the very best opportunity to succeed that we can possibly give them. I think that's what most educators want from the people they teach, to enlighten them and prepare them for whatever might lay ahead.

In this issue we introduce you to several people in our community who have devoted themselves to lifelong learning and the education of others. I hope they motivate you as you read this issue. **NDN**



Meredith Collins, Publisher

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CARSON HUDSON, JR.



Lisa W. Cumming Photography

History More Than Names and Dates

By Alison Johnson

Carson Hudson, Jr. started making history on the day of his birth. He was the first person in his family born in a hospital, not at home or in a doctor's office. That Richmond hospital just happened to be within sight of the Virginia Historical Society.

Carson's mom, Laura Jackson Muse, nurtured his love of education and history. She took her son to Civil War battlefields and the local lending library, where he checked out every book in the history section.

"The one thing we both knew was that I didn't want to work in the tobacco fields like my granddad," Carson says. "It's hot, sticky, dirty work, with worms everywhere. I said, 'I'm not going to do that,' and my mom said, 'No, you're not going to do that.' She put a premium on being educated. She was quite proud that I went into history and completed my studies."

For much of his life, Carson has made teaching history his passion. As a museum educator,

book author, screenwriter, lecturer and long-time program manager at Colonial Williamsburg, his goal is to connect people of all ages with America's fascinating past and preserve historic sites for future generations.

"Learning history is becoming a lost art," he says. "A majority of people don't seem to be interested or care, primarily because they are taught the subject badly. It's more than just learning names and dates to pass a standardized learning test. My philosophy has always been to teach history less academically and make the past more relevant to people's real-world lives and concerns."

Carson specializes in the Civil War, especially military history, and he also teaches Colonial history. He feels strongly that many lessons from past time periods could provide important perspectives on modern times, if only people know about them.

Take the election of 1860, which pitted Abraham Lincoln against three candidates, two

from an impossibly divided Democratic party and one from a third party. The issue of state sovereignty versus federal authority was central to a struggle between radical, conservative and moderate politicians that fueled a bitter campaign and ultimately led to the Civil War.

"It shows that there can be serious consequences to these types of divisions," Carson says. "We all need to know where we've been before. To me, it's Citizenship 101. If you want to be a responsible citizen and voter of the United States, you need to know its history."

Carson's family's roots in Virginia date all the way back to the 1630s. After spending his childhood in the Richmond area, Carson was drafted into the Army but transferred to the Air Force, where he served for eight years, eight months and four days. A variety of national and international posts included Vietnam, Thailand and Germany.

Wherever he was, Carson studied. He took classes at the schools closest to his base, eventually

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ally finishing his Bachelor's Degree in History at St. Leo's College (now University) in Florida. He went on to earn a Master's Degree in Military History and Studies and a Master of Education in Educational Technology and Social Studies Education from two online universities.

When Carson was discharged from the military in 1979, at Langley Air Force Base in Hampton, he had no job prospects or a plan. He found a summer job as an interpreter at Jamestown Settlement. "That was when I first discovered that I could make a living from history, my great interest," he recalls.

At Colonial Williamsburg, Carson began as an interpreter and rose into writing and production positions. Over the decades, he wrote a score of programs, including Cry Witch, To Hang a Pirate, Courage or Cowardice, Something Wicked, To Go A-Pirating, Williamsburg's Most Wanted, Women of Civil War Williamsburg, Civil War Williamsburg Tour and Grand Medley of Entertainments, an 18th-century variety show. "The hope is that visitors are both entertained and educated," he says.

Carson has also authored a number of screenplays for the Colonial Williamsburg Foundation and won an Emmy for one, The Bill of Rights. He has published four books: one on witchcraft and one on piracy in Colonial times, and two on local Civil War history. His latest is titled *Yankees in the Streets, Forgotten People and Stories of Civil War Williamsburg*.

To top that off, Carson is a musician in a group called the Cigar Box String Band, which plays a mix of traditional American tunes. His main instrument is the banjo, but he also plays fiddle, guitar, dulcimer and harmonica. He has produced and recorded two CDs, one of Virginia Banjo History and one of music by Stephen Foster, a 19th-century songwriter inspired by simple tunes popular on Southern plantations.

In his "retirement," Carson remains very busy. One of his posts is Historian for the Williamsburg Battlefield Association, which is fighting to preserve sections of an approximately three-acre stretch near Busch Gardens where an intense Civil War battle was waged in 1862. Ultimately, the association would like to create a driving tour to mark various landmarks. "The things that happened in what are now parking lots and suburbia, in people's front yards, you wouldn't believe," he notes. "Medals of Honor were won there. People are sitting on bloodied, hallowed ground."

In addition, Carson is a part-time educator for the Mariners' Museum in Newport News and regularly gives history lectures at the DeWitt Wallace Decorative Arts Museum in Williamsburg. He also works for Road Scholar, a Boston-based group that connects travelers with local history experts; Carson teaches American History classes to people visiting Williamsburg, often in their hotels.

Most Road Scholar students are ages 50-plus, which Carson enjoys. "I taught community college classes for a while, and there were too many freshmen who didn't want to be there. These are people who want to be there. I get people in their 70s and 80s who are learning things they never knew, and they appreciate it. They think learning is fun."

Finally, Carson presents seminars and lectures on museum education techniques through his private company, Historical Diversions. Much of that work is on the East Coast and involves helping historical interpreters bring lessons to life for visitors.

Carson Hudson, Jr. only wishes his mother, who died when he was in his 20s, could hear about the life that history has given him. "She would hate that we are forgetting a lot of our past, even what I consider very basic names, dates and facts," he says. "She would want me to keep trying to do something about that." NDN

Tristian's Journey

For four years, Tristian Castleman pumped up the crowds at Jamestown High School's games as the school's Eagle mascot. Last fall, he went off to college along with 3 million of his peers.

It's been quite a journey for this young man with the big smile and bigger heart. When he was 14 months old, Tristian and his family came to CDR because he was having delays in his development. A teacher from the Infant & Parent Program worked with Tristian and his family during home visits. Tristian attended developmental playgroup until CDR's Early Head Start Center opened in a public high school, offering him a full day program while his mother, Stephanie, was at work.

Through CDR, Stephanie took advantage of advocacy training opportunities at the state and federal levels. Her resulting sense of empowerment has made her an effective advocate for Tristian and the children of our community.

As Tristian finished high school, Stephanie looked for a college that could provide her son with the special education he needed. She found it in Shepherds College, a school that provides career training (culinary arts for Tristian) and an education in independent living skills.

To help pay for college costs, a GoFundMe campaign is under way. The campaign's spokesperson is Tristian himself. In a moving video, he talks about his life and his goals. "I just want to go to college like everybody else," he says.

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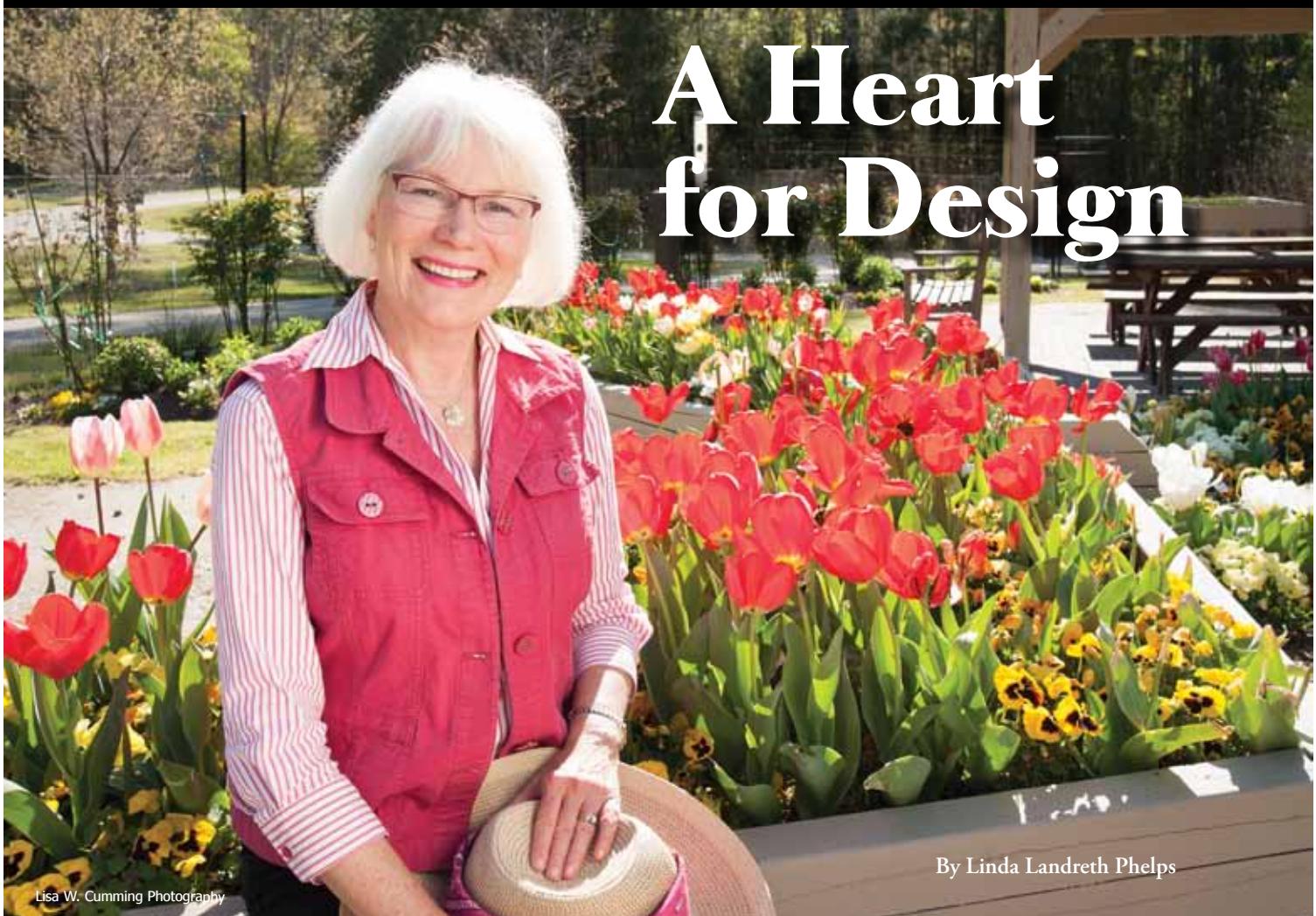


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Tristian at Early Head Start

A Heart for Design



Lisa W. Cumming Photography

By Linda Landreth Phelps

“...the gardener must put some kind of twist on the existing landscape, turn its prose into something nearer poetry.” ~ Michael Pollan

The best gardens are both poem and painting. Instead of words or pigment, they achieve rhythm, rhyme and evocative imagery through a combination of eye pleasing hardscape and living greenery. They stir the heart.

One of the greatest compliments Heart's

Ease Landscape and Garden Design owner, Peggy Krapf, ever received came from people she didn't yet know. “A woman phoned from Manhattan several years ago to say they had just bought a house with a garden I'd designed that's been featured in Southern Living magazine twice, which was my 15 minutes of fame,” she says with a chuckle. “She was calling to say the reason they'd bought it was because they fell in love with the yard!” To make her satisfaction

sweeter, the original owners recently returned to Williamsburg to buy another house in Governor's Land, and they want to work with her again. “I have repeat clients I've designed for three different times as they've moved. That always makes me feel good.”

Peggy didn't grow up in an area known for creative landscape design. Her Pennsylvania neighborhood usually featured a plot of grass, a tree or two, a few bushes, and maybe a veg-



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Little Creek Reservoir Park

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Powhatan Creek Park & Blueway

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Brickyard Landing

- boat ramp, fishing

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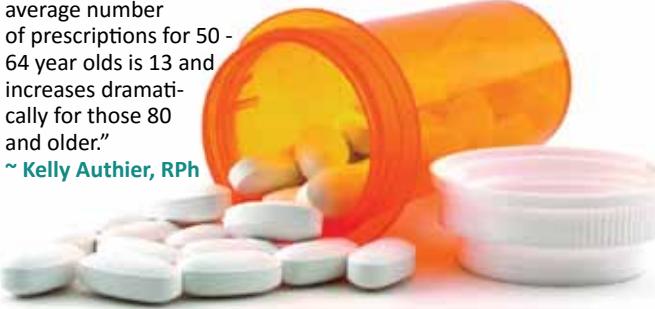
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etable garden out back. It wasn't until Peggy and her new husband, Rich, were stationed at an Air Force base in the Mojave Desert and saw a fellow military wife's beautiful garden there that she was struck by the possibility of vegetation as a work of art. Making that art a profession was still a dream yet to be born.

"Being military meant we relocated every three and a half years," Peggy says. "This meant I had to start over and reinvent myself with every move." With a degree from Kutztown University behind her, Peggy continued learning new things as she traveled, many self taught, most artistic. She became fascinated by quilting in the early 1970s and soon found herself teaching classes. At another duty station in upstate New York, she worked at a historic home as an educator and planted a personal vegetable garden.

"We bought a house in Hampton when we were first stationed at Langley in the '70s. Hoping to return, we rented it out for what turned into ten years. When Rich and I and our two children, Michael and Emily, came back for his last duty assignment before retiring, it was in sad shape, and the yard needed to be completely redone," Peggy remembers. They hired a landscape designer to help them, and it was then the fire for her life's passion was lit.

"Watching that complete disaster of a yard turn into something beautiful fascinated me," she recalls. "I still remember him opening the blueprint on my kitchen table. One of my first business purchases was my own blueprint machine; I still use it. I know I'm a dinosaur, but there's something so satisfying about seeing my plans unroll."

Peggy always promised herself that if she returned to Tidewater she would enter the Virginia Cooperative Extension's challenging Master Gardener program. She had just graduated near the top of her class and was working at Hampton's Extension office when she heard that George Washington University was offering a two year landscape design certification nearby. She took full advantage of the opportunity.

By the time she and Rich retired and the family moved closer to his new position with Colonial Williamsburg to a fixer-upper on five lovely acres in Toano, Peggy was all set to begin Heart's Ease.

"For years, I was doing the majority of my design work for builders, but when the economy crashed I had to regroup. After 23 years, most of my business now comes from renovation projects." Peggy finds this to be more challenging than a blank slate. "You have to design around the existing bones," she says, "but sometimes things aren't in the right place and you have to decide whether it's worthwhile to salvage mature plantings or just start over." As long as there are people who upsize, downsize, or live in a house for decades, Heart's Ease will have plenty of business. Unfortunately, some of that work will have its origins in fixing avoidable mistakes.

Even the most expensive houses are often built without an appropriate landscape budget. Lots are scraped clean for construction, and the new homeowner is left with a thin crust of topsoil which can't nourish a healthy lawn or plantings. Peggy's advice is to invest upfront in a plan which allows for growth, starting things out the right way and developing over the years into the fully realized garden of your dreams, with no expensive backtracking.

There is a lot more to the business than people might imagine. She is not a landscaper. Peggy describes it as the difference between the architect who designs your house and the builder who builds it. Both are specific skill sets which don't necessarily overlap.

A good design avoids many of the costly ways in which things can go

wrong, even in a small space. You're buying a combination of knowledge (which plants like shade, how big a tree will grow, which bushes marauding deer will avoid) and art. What plantings will enhance the architecture of the house as well as look attractive near each other? How large can the patio be and where should it be placed? Scale, proportion and color all come into play. "It takes a team," Peggy says. "The homeowner, my incredible installation crew and I all have to pull together to make the project work."

For this lifelong learner, there is always something fresh about her business to discover. For the last 23 years, Peggy has attended Virginia Beach's annual Mid-Atlantic Horticulture Short Course, where she'll take 18 to 20 hours of classes such as perennials, turf, pest control, diseases, hardscape, business practices and more.

"Mine is an extremely diverse and changing industry," she says. "But I see continuing education and gaining new knowledge as having fun with great friends."

Peggy believes in sharing that knowledge with the community as well, having just taught a class at the Home and Garden show on deer problems. Sadly, Peggy admits she doesn't pos-

sess a magical solution to avoid their ravages. "A combination of repellents, fencing, and choosing deer resistant plants is your only hope," she says.

Peggy has taught landscaping for the Master Gardener program and leads classes through a commercial nursery for a hands-on learning tour. "Every winter I dream of doing things like another class for Christopher Wren Association, but come spring I stay so busy that it's hard to fit everything in." Peggy has talked to every garden club on the Peninsula at least once and conducts workshops regularly. She has just stepped down after serving eight years on the board of directors for Williamsburg Botanical Garden, but plans to present an August "Landscape Your Yard Like a Pro" class there, with many helpful tips to beautify an outdoor space.

"Doing that well takes thought and it takes time, and if you don't give those to a garden in the beginning, you won't be happy with the result," Peggy says. Garden design helps touch our souls in ways that only natural beauty can. As Peggy Krapf knows, even the simplest garden can delight the eye and ease a troubled heart. "My greatest joy is to create a space for my client which makes the yard their home's favorite room." NDN

Next Door Neighbors

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The Freedom of Knowledge

By Wynne Bowman

Susan Oweis is a regional native who uses the momentum of those around her to give back to the community. The positive energy that Susan provides for our community's school system has started trickling down to the students at the Providence Classical School, where she gratefully leads as Head of School.

As an alumnus of Old Dominion University (Elementary Education), Christopher Newport University (Curriculum and Instruction) and George Washington University (Educational Specialist Degree), Susan spent 17 years teaching in James City County schools. After teaching a range of subjects for nearly two decades, she became the Vice Principal of Queens Lake Middle School, making her way to York County in 2003.

It was in 2007 when Susan came across an opportunity that she now calls a blessing, provided by the Providence Classical School

(PCS). As the PCS Head of School, she passionately claims, "I feel like I am exactly where God called me to be. I truly love what I do. I love the way I am treated by the parents, the students, the faculty and the board. When people talk about their callings, being with children is just what seems to come naturally to me." Because PCS is a school that teaches grades K-12, Susan is able to witness the intellectual growth of all ages.

Before moving to Norfolk for college, she was born and raised in Hampton. Susan first moved to Williamsburg after meeting her hus-

band, Jamal, in a local church while he was a student at William & Mary. "When I first got married, I spent almost an entire year as a substitute at James Blair. I loved teaching public school," Susan says. "I thought the middle school kids were 'off the chain', but I loved them."

Susan's husband, Jamal, puts forth the same effort at Susan when it comes to education. Jamal Oweis, a current Math teacher at Hornsby Middle School, has been an educator and a coach in James City County for 37 years.



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The couple have been married to each other for 31 years and have three children together - Brittany, Jordan and Alex. This April, the family celebrated the wedding of Brittany to Michael Pafunda.

When those at Providence Classical School requested Susan as their leader in 2007, she took the position with no regrets. "My children attended Williamsburg Christian Academy, so I was familiar with Christian education, but not classical education. I knew it would be a learning process." Just two years after taking on this challenge of a new school, Susan became Williamsburg's 2009 Principal of the Year.

Speaking passionately about education and about children as a whole, Susan states, "The first time I visited the school, I could not believe how smart the children were. I was in awe. The first graders spoke in complete sentences; the boys held the doors open for the ladies and, because of exposure to the classics, the kindergarteners could recognize and identify the music of Bach. If there is anything I want people to know about classical education, it is that while it is very academic, it is not exclusive. All children can learn this way and it is not too hard."

Since accepting the position nine and a half years ago, Susan recalls the many times that parents have gratefully visited her office: "I've had adults come into my office and cry, telling me they had no idea that their children could learn like this."

Susan's outlook on others allows her to provide an appreciative and encouraging environment. "Every child and every adult is made unique," she says. "We are all made in the image of God. I think sometimes children can feel as if they are just a number, but I make sure to know the names of all the children in the school. I know every adult, every birthday. I want to know about people. If you care about them and nurture



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join the military. He successfully completed the requirements for the Virginia National Guard last year, and now he wants to continue his education by going to college. I believe it's been a remarkable and rewarding journey for both of us."

~ Virnell Bruce, Tutor



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them, they really do matter to you and they begin to know that."

As there is Christian education, Montessori education and Progressive education, there is Classical education. At Providence Classical School, the first Classical School in Williamsburg, students are exposed to the classics in a cyclical method. Using History as an example, Susan explains the Classical School's approach to teaching. "At Providence, we begin with teaching our children about Ancient history. This Ancient history is followed by the history of the Middle Ages, then the European Renaissance, and so forth. Every four years, we start over with Ancient History and each learning cycle goes more in depth than the last." Continuing, she mentions that she and the PCS faculty help students consider the connection between subjects to form a complete understanding of their context.

"We ask them to think about what science breakthroughs were made during the time. What literature was being published? What were the best works of art from the time period?" Years after learning the answers to these questions, the students go back through this information for a deeper understanding.

Susan believes the answer to what makes her position unique and what makes classical education successful is in one word: freedom. "We have the freedom to educate our students in the manner in which we feel is best." At PCS, students take a Standardized Test, the CPT4 by the Educational Records Bureau, and, when preparing for college, the SATs and/or ACTs. However, the teachers are not required to stick to a set curriculum.

"One of the biggest things you will notice about our school is that virtue and the character of the child matters. If a child wants to speak, they are acknowledged. When they are acknowledged, they stand. When they speak, they speak in complete sentences."

After serving the community as an educator for more than two decades, Susan has discovered a human truth. "You can learn no matter what your age, and there is always something to learn."

Susan's approach to education is reflected in her energetic disposition, which builds her up as a leader and a woman with a growing list of interests. "If I can do something myself, I will do it," she says. "I'm going to re-do my kitchen soon. I think my favorite two things to do on my own time would be decorating and painting furniture."

Though Susan has held the title of an educator for many years, it is clear that she is an active learner in her own right. When she's not charmed with furniture design, home decoration or quality time with her family, Susan spends her free time as a reader. "I love reading," she says. "I'm one of those people who always enjoys a book more than a movie."

On engaging in the world around her and teaching others to do the same, Susan confesses, "There is nothing like taking a book and teaching a child to read, think and develop deep thoughts on their own." One of Susan's missions at PCS is to build up the self-esteem of the students. "We teach them to learn, and we marvel at their ability to learn." Through exercises that encourage communal contribution, like the student-monitored discussions that take place at a Harkness table, students learn how to communicate with confidence and respect.

Susan Oweis' belief that everyone has the ability to learn on unthinkable levels, regardless of age, is reinforced by the faith she has in the potential of her students and faculty. Her positive and supportive mentality allows her to approach education with an open mind, and to successfully enforce a platform that gives her students the freedom of knowledge. **NDN**

Education for All

By Naomi Tene' Austin



Lisa W. Cumming Photography

There are some people whose voracious appetite for life makes them immune to complacency. Nick Vrettos is one of those people. His calendar reads like a well cultivated community events list. Between his colored pencil classes in Richmond and training for an upcoming bike run down the Natchez Trace Parkway through Alabama, Tennessee and Mississippi, this retiree shows no signs of slowing his pace.

The former CPA turned Air Force fighter pilot turned commercial airline captain has now added museum docent to his eclectic resume.

Nick believes that art is a medium that everyone can appreciate, an idea that directly affects his approach as a guide for the Muscarelle Museum of Art on the campus of William & Mary. The dynamic, culturally rich community museum has featured major world-renowned

artists such as Michelangelo, Leonardo da Vinci and Norman Rockwell, making fine art accessible to everyone, a mission that Nick has enthusiastically championed. "It doesn't take a lot of money to enrich your life through the arts. Everyone should visit museums. My goal is to help people relate to and understand the art."

His approach as a docent, balances independent exploration with guided education. "When you go into a museum the first thing you want to do is just walk around the center of the place and take it in, look at the colors, enjoy the beauty and if you see something that really touches you, then stand there and absorb it. Don't read the label, don't intellectualize it, just feel it. That's the way you enjoy a piece of art."

As Nick poetically articulates his fervent

passion for art, it is impossible to ignore the dichotomy of the fact that he spent his entire career in a profession that allowed little room for the abstract. Few jobs require as much tactical and calculated precision as aviation, particularly in the military. Prior to spending 33 years working for commercial airlines, Nick flew the F-100 Super Saber, the F-105 Thunder Chief and the T-33 Shooting Star in the United States Air Force and the New Jersey Air National Guard. He speaks of his piloting career with the same delight that he applies to all of his endeavors.

"The greatest people I've ever worked with are military pilots and pilots in general. There is such a small margin for error, and you have to make quick decisions without consulting anyone for a second opinion, so when some-

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thing goes wrong, you take responsibility. It requires character," he says.

Interestingly, Nick began to hone his creativity during his last few years in commercial aviation. While based in New York, Nick served as an "on-call" pilot filling in and covering absences when necessary. His flexible schedule left him with time to explore. He found himself gravitating toward art stores, museums and libraries. Nick attributes the evolution of his appreciation for the arts to this period in his life.

"At some point in a person's life, it just dawns on them that they lack and so you take it upon yourself to grow and expand. I needed cultivating," he says.

It was during this stint that he began taking calligraphy writing courses from an expert instructor. Nick credits his mastery of calligraphy with developing his appreciation for art. "There is a Zen-like quality to calligraphy and once you start to pay attention to the forms and the lines and the letters, it leads you to art," he says. "It's funny because I can trace my development and evolution by looking at my early calligraphic writing. Initially it was heavy, gothic, black letter writing with every letter perfectly equidistant from the next and standing at attention. It was very rigid and structured much like I was back then," he says. "Now my writing incorporates a lot more flourishes; it's still orderly but not nearly as stiff." Nick taught

calligraphy one day per week, for two years at the Williamsburg Montessori School and continues to write for enjoyment while taking on commissioned work upon request.

Nick credits his fascination with calligraphic writing to his dear grandmother who played a major role in his Trenton, New Jersey upbringing. "I remember when I was in preschool, my grandmother gave me a pencil and a box of stationary to occupy me, and I sat there and scribbled along a line and felt like I was one of the big people. I just loved the tactile feel of dragging a pencil across a paper and the way the words looked. That seed was definitely planted by my grandmother," he says.

Nick maintains fond memories and close attachment to the Greek community where he grew up. "Everyone in my community knew each other, we were all family whether related or not," he says. "So many of our activities where centered around the Greek Orthodox Church. When I go home, I always visit the cemetery and pay my respects to everyone: my father, my dear grandmother, godmother and aunts, the old priest who baptized me, my entire community. That's who I am. Those people raised me," he says.

After graduating from Rider College in New Jersey, Nick began his career as a CPA for the accounting firm now known as Price Waterhouse Cooper. He commuted each day from

Trenton to Philadelphia for work before being drafted into the military. "The next thing you know I was off on an airplane to Laughlin Air Force Base in Del Rio, Texas," he recalls.

This city boy, who vividly remembers the sense of excitement he felt as a kid the first time he saw a blade of grass growing through a crack in the sidewalk, now finds himself at home in Williamsburg, a place he refers to as one of the greenest and most beautiful cities in the lovely state of Virginia. Toward the end of his career, Nick and his wife began exploring potential retirement destinations. They chose Williamsburg because of its history, culture and charming aesthetics.

There is no argument that the move to Williamsburg was the right one for Nick and his family. Here, he has discovered many outlets for his talents and newly developed areas of expertise. He brims with excitement as he anticipates upcoming events at the Muscarelle Museum. "We are expanding. We're set to build a new addition to make it larger, and we're going to have our own parking areas," he says. "We have brought in the best, Michelangelo, Leonardo, the major impressionist artists, the best art in the entire world is right here in Williamsburg." Whether you're a novice or an art expert, if you're looking for a passionate guide to help you interpret these exquisite works, Nick Vrettos is your guy. NDN

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By Dr. Gregory Schultz, OD, FAAO, ABO

Eye Center of Virginia is proud to offer Lipiflow, a new state of the art dry eye treatment. "We are one of only seven practices in the state of Virginia and the first practice on the peninsula to invest in this FDA approved technology," says Dr. Gregory Schultz.

What causes dry eye symptoms? "There can be many predisposing factors," explains Schultz. Understanding the anatomy of our tears helps to clarify this. Your tears are made up of three basic layers. A mucous layer (protein) against the eye, an aqueous (water) layer in the middle, and an outer oil (lipid) layer.

Traditionally, doctors address the water layer with things like lubricating drops and prescriptions such as Restasis®. After much research, experts have come to better understand the roll of the oil (lipid) layer of your tears and know that it is intimately tied to dry eye symptoms. The lipid layer holds the water layer on your eye longer, preventing it from evaporating too quickly. This layer is produced by our meibomian glands.

Dr. Schultz says, "Patients with Meibomian Gland Dysfunction (MGD) produce an oil in the glands that is too thick and heavy for normal oil release to occur with natural blinking. Heavy oil resting in these glands for many months or even years creates inflammation and scar tissue within the glands, blocking them, ultimately shutting them down completely."

"To truly address this multi-factorial disease process, we need to treat the patient on many levels with various treatments," Dr. Schultz says. "Dry eye does not

discriminate; it affects even the young (less than 60 years old), and the process itself can begin early in life. Identifying this disease process early, before a patient reaches the third and fourth stages, is ideal."

"This technology allows us to do just that," says Schultz. Now we have a way to painlessly release this "toxic" oil and restore function to these glands that would otherwise atrophy and degenerate. It is wonderful to see patients taking advantage of modern technologies to help them see clearly such as Lasik and high technology lenses. The fact is, if a patient has a dry ocular surface none of that matters. None of these technologies, implants or spectacle lenses will deliver as advertised if the ocular surface is dry. The quality of your tear film is just as important as your cornea and lens when it comes to focusing light. To enjoy the benefits of such technologies a healthy tear film is essential; without it you are setting yourself up for disappointment," says Schultz.

"My career has been specialized in eye diseases by design. I have a passion for solving issues for my patients and making a proper diagnosis. I've made a career of seeing patients for second and third opinions. Meibomian Gland Dysfunction is an epidemic problem that

is entirely treatable and is present in 60% – 80% of dry eye cases. I have been a dry eye sufferer since my late 30's.

At one of my educational meetings in Denver, Colorado I sought out Tear Science's demonstration of their Lipi Flow technology. After

hav-

Schultz. Lipiview is the imaging test performed prior to the Lipi-Flow procedure. It allows the doctor to view and assess the health of the meibomian glands. If you are diagnosed early and properly treated, you can largely cure the disease, and prevent further destruction of the glands. Some of our patients show up too late and have already lost up to 90% of their glandular tissue. Unfortunately, once lost, these glands cannot be replaced, leading to a lifetime of discomfort, tearing, irritation and redness. The very nature of MGD is a disease process that is inflammatory, chronic and progressive.

Translation: "Without intervention it gets worse." To people with mild symptoms the condition may seem mundane, but those who are severely affected are driven to find relief.

ing my own condition viewed by their Lipiview technology, I was awakened to just how important this condition is to the long term comfort and vision of patients," says

"It can be a miserable existence living with severe dry eye," Dr. Schultz says. "I have patients who are so debilitated from the condition that it literally rules their lives."



Dr. Gregory Schultz



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BREAKING A LEG FOR 20 YEARS

By Morgan Barker

All of the world is a stage for Suzan McCorry. With 17 years of experience teaching theatre, Suzan has made the stage her home. She's taught theatre for nine years at Lafayette High School and eight years at Toano Middle School.

"I was working for the first school to start a Theatre program at the middle school level back in 1999. Prior to 1999, I taught for several years in Pennsylvania and Michigan," Suzan says. "I have taught pre-school, elementary, middle school, high school and ELS to adults in an evening program with a school district in Michigan. I have been teaching for over 20 years total."

Suzan had wanted to be a teacher for a long time. "I come from a long line of educators in my family. My background has been immensely shaped by teachers who taught me in elementary through my college years."

In high school, Suzan discovered education was for her. "As a senior, I was the school president and worked with Mr. Nelson, who was my history teacher as well as our school government sponsor. Because of Mr. Robert Nelson, I seriously became interested in want-

ing to become a teacher. He made learning fun and engaging, was positive and demanded that we push ourselves further than we believed we could. He also deeply cared about his students and was interested in each and every one of us," Suzan recollects.

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Lisa W. Cumming Photography

"One of the greatest achievements is when one teacher can inspire another person in the next generation to become a teacher. Years later, when he retired, I reached out and found him to let him know the difference he made in my life and because of him, I was following his footsteps. I hope I could inspire students the way he did for me in my formative teenage years," Suzan says. "It's because of my enjoyable high school years at Centereach High School, Centereach, Long Island, that I have really loved teaching at the high school level."

Working with 9th to 12th grade, Suzan sees her students grow up. "I see lots of progress from a first year theatre student entering 9th grade and one being involved throughout their four years. Students working together as an ensemble, brainstorming and collaborating is something very important in the

theatre program. The confidence is built within each theatre student, and I love watching these young adults blossom along the way," Suzan says.

Teaching an elective is unlike teaching a core course because it engages students in different

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ways. "For the most part, it's a hands-on experience, has instant rewards and fosters collaboration. We move a lot in a theatre classroom, using our bodies and voices," Suzan explains.

Theatre allows opportunities for all kinds of students, from the most extraverted student who thrives under the stage lights to students who enjoy the hard work that goes on behind the curtain. There are no small roles.

"Theories of multiple intelligences have been popular in classrooms for many years, there is no single intelligence, but equally valid ways to learn, including visual, auditory or kinesthetic," Suzan explains. "In the theatre, there are a lot of opportunities for students to take part as techies, costuming, lighting. All roles are important and attract different kinds of learners."

Suzan feels that theatre serves a vital role. "Theatre is not dead and will never die. As long as there are human beings taking the stage, this art form will not disappear. Actors' performing in theatre is a universal cultural phenomenon that goes back in time and continues to exist in all societies globally," Suzan states passionately.

Far from entertainment, theatre serves a role in the community. "Theatre teaches us to communicate and express ourselves through our thoughts and feelings. We learn more about ourselves, by watching others on stage. We understand other cultures by learning about how they perform in their countries. We learn about

other people, places and events," Suzan says.

She cites a specific example where a theatre production had a real impact on her students. "Watching history recreated on stage can be challenging but extremely effective. A wonderful example is the time I took my Toano Middle School theatre students to the musical 'The Civil War' at VCU Theatre in Richmond. Reading about the Civil War in textbooks, watching a documentary on film, or learning about this time period in a classroom are certainly ways to absorb this knowledge, however, watching history come alive right in front of our eyes is extremely powerful and effective," she adds.

"There were moments watching this live theatrical performance, which I felt the pain and struggles of the soldiers and families left behind and the joy of their reunions. I was completely mesmerized by this experience and pulled into the history lessons of Bull Run to Gettysburg to Appomattox. Cameo appearances by Abraham Lincoln and George McClellan and the theatrical vignettes gave me an up-close and personal view of Americans confronting the realities of a tattered nation and a war that shattered our nation," Suzan says. "I recalled my follow up discussion with my middle school students after the production. We were all in agreement, that watching a movie would not have provoked the same responses within us. It was one of the most moving experiences I had as an audience

member while watching live theatre."

Suzan learns more about her craft by watching other productions. "This production from many years ago also influenced me as a director, as I became more aware of the importance of telling the theatrical story on stage more authentically and with integrity."

This intimate environment sets theatre apart from different art forms. "Theatrical performances are live, versus watching a movie, film or documentary. Regardless of the venue space in the house or theatre, there will always be an intimate feeling being connected with other audience members. Each live performance is unique and different. With a film, you will always see it identically presented the same way each time you view it, the first, fifth or tenth time," Suzan explains. "A great audience is almost a guarantee that a night of theatre will never be boring, no matter how many times the actors said their lines, sang their songs or danced their moves. No two audiences are the same; therefore no two performances are the same. There is nothing like attending a live theatrical performance."

Theatre is unique art, which is why it constantly offers new challenges to Suzan as an educator, opportunities for her students, and stories for the people who come to see their shows. Suzan looks forward to the infinite possibilities theatre continues to offer. **NDN**



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Educator & Life-Long Student

By Gail Dillon

Lisa W. Cumming Photography



Forty years in higher education have given JoAnn Gora a keen perspective into the joys of learning, and she believes Williamsburg is the perfect place to continue that journey. "What I love about Williamsburg is that there are a million ways to learn and to give back in this community," she says.

Retired since 2014, her impressive resume tells the story of a woman committed to making a quality college education accessible to everyone. "What's exciting to me about education and why I have always been a dedicated student is because it opens new doors for you and gives you a chance to really broaden your horizons," Jo Ann says.

She neatly sums up her life's work by saying she "spent the first 20 years working for private universities and the second 20 for public ones." JoAnn was the president of Ball State University in Indiana for 10 years, and prior to that, the chancellor of the Boston campus of the University of Massachusetts. Earlier she served as provost and vice president in charge of academic affairs for Old Dominion University, and she began her academic career as dean of the college of Arts and Sciences at New Jersey's Fairleigh Dickinson University.

These days she stays busy by running her own consulting firm, Higher Education Solutions, as well as taking classes at William &

Mary and the Christopher Wren Association.

"I've been an undergraduate in my retirement years," she says with a smile. For example, she recently took an accelerated Spanish class at W&M because "I've always wanted to become fluent in a foreign language."

She has nothing but praise for the local schools. "I think the Christopher Wren Association is a phenomenal resource for this community," she says, explaining that Christopher Wren is a continuing education program available to any resident in the Williamsburg area. "It's associated with W&M but it's not funded by them. She points out that at Christopher Wren, the faculty is graded but the students.

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are not graded. Another plus is the wide range of courses available. "It's all topics," she says. "It's everything from history, to current events, to what I call skill-based courses like photography courses."

Originally from Queens, New York, Jo Ann climbed the proverbial academic ladder to success at a time when it wasn't so common for a woman to hold top leadership positions. "I had graduated from college thinking I was going to be a lawyer and then, this was the 1970s, an era of feminism, an era of social unrest. I decided to get a PhD in Sociology," she says. "Once you have a PhD in Sociology, you're really on-track to go into university teaching. And so I won a faculty position at Fairleigh Dickinson University in New Jersey." At the time, she was married with a young son, but she soon found herself divorced and a single parent. She has since remarried. She shrugs off the obstacles she encountered as a result. "I used to say, 'With one child you can do anything.' I mean I took my son everywhere. You do what you need to do."

This "no big deal" attitude becomes evident when she recounts her selection as the first female president chosen for Ball State, as well as Old Dominion. "There were not women typically in these positions, and I felt a very heavy responsibility to do the right things and to do them well." One of her proudest accomplishments while at Old Dominion was spearheading a partnership program with the Navy and community colleges. "Old Dominion was really way ahead of other universities in terms of on-line instruction, offering degree programs to ships at sea, to military families, and also partnering with the community college systems," Jo Ann states. "At one point we were offering 50 degree programs to 60 different community college campuses. We were offering the last two years of a four year degree."

This use of technology to make education more accessible was innovative for its time. "No other university in the country had developed such a comprehensive way to provide four year programs across a state as Old Dominion," she says.

Merging technology and education is clearly a topic she holds dear. "With the Internet, students can learn any piece of information they want. It makes every student an independent learner. And now, what faculty and universities get to do is to help students understand how to use that knowledge."

As president of Ball State University, Jo Ann's tenure was marked with many accomplishments. "Our biggest challenge was to raise the visibility of the university, in a state that had two very well-known universities, Perdue University and Indiana University," Jo Ann explains. "My hat is once again off to the board of trustees who appointed me. I was the first woman president in the state, I was an east coast person and I was a Northerner." Despite representing a significant change in the university's leadership, she says she always felt welcome. "Entertaining relentlessly" was a large part of her job as president. "This was my favorite part of the job," she admits, "as well as I used to meet with student organizations and student groups, and I loved talking with the students because they were so hardworking and conscientious and dedicated and thoughtful."

Jo Ann believes a college education today is just as valuable as it was several decades ago. "This is a knowledge-based economy. A college degree is a basic building block for individuals in a knowledge-based economy. You have to know how to use ideas, you have to know how to analyze, synthesize, evaluate and build on data and information."

If she were to do it all over again, she says working in the field of higher education today would be just as satisfying. "No matter what era you live in there are exciting opportunities and challenges." But being the forward-thinking woman she's always been, she's looking ahead. Jo Ann Gora and her husband are happy to be enjoying their retirement years in the Williamsburg area. "Williamsburg is beautiful," she says simply, "and it has so many different ways you can learn, so many different ways you can spend your time, acquiring new interests or further developing existing interests. There are just lots of fun things to do." NDN



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A MAGNET FOR LEARNING

By Cathy Welch

Retired lawyer, reform squad member and former James Cutler Professor of Law, Emerita, Jayne Barnard has taken multiple opportunities to move into entirely different roles in life. Today, she invests her time to work with a local educational association to enrich the lives of Williamsburg residents.

Born and raised in a suburb of Cleveland, Jayne Barnard earned her Bachelor of Science Degree in Journalism from the University of Illinois. "I spent the next 15 years finishing college, going to graduate school, jogging, having a life and becoming a lawyer," she explains. She received her Juris Doctor from University of Chicago Law School Urbana-Champaign in 1982.

"I ended my career in Chicago working for Mayor Harold Washington as part of his reform squad," she says.

After Mayor Washington died, Jayne decided to do something entirely different. She went into the job market for law school teaching. This led her to meet with the former Dean of The Marshall-Wythe School of Law at William & Mary, William Spong, in 1985. "He persuaded me that this is where I wanted to

come and he was right," Jayne says.

After 30 years of teaching, she retired in 2015. Today, she has four stepchildren, nine grandchildren and a five-year-old great grandson, all scattered around the United States.

While very much enjoying retirement, Jayne retains an office at the law school for her part-time position as Coordinator of Academic Events for the 100th anniversary of women. "Women students came to W&M in 1918, and we're going to celebrate that fact in a number of ways starting in 2018," Jayne explains. "My job is figuring out what those ways should be and making sure they happen."

She is still connected to the law school. She

attends lectures and colloquia. She also speaks around town when invited.

"I knew lots of people in the college and knew vaguely of the Christopher Wren Association (CWA)," she says. "A friend of mine was recruiting and said, 'Why don't you come and teach a course?' He was hard to resist and I agreed."

Beginning in 1991 as a volunteer organization, CWA's purpose is to provide learning and enrichment opportunities in a collegial environment for local residents to explore a wide range of topics. Classes are held in multiple venues around town. W&M supports CWA with classroom space, office space and account-



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ing support.

Jayne taught corporate law and securities law at the law school. Again she wanted to pursue something completely different. She decided to teach a course on impending Supreme Court cases. "I teach in September before the term begins on the first Monday of October," she explains. "This means you sit down in August and see which cases are in the pipeline."

This concept left her with no control over the cases she had to choose from. "You start from a blank slate and that's one reason I like the class," she says. "I pick five to ten cases that I talk about for three weeks. This took me way out of my regular niche."

"They get 6000 or 7000 petitions a year and take 65. Why they chose this one is always a mystery," she says. "We crowd source the answer because we've got a hundred people in the room, all of whom have some life experience and may have some instinct. They ask very fundamental questions about justice that sometimes get overlooked."

Her classes have covered civil rights cases, criminal cases, employment discrimination cases, water rights, admiralty law, etc.

"I had to delve into something new, try to figure out how to explain it, prepare it, teach it and be done with it. It was fun."

Jayne not only teaches for CWA, she is also a student. "I couldn't wait to retire so I could

become a Christopher Wren student," she says. "So far I've taken a course in film, advanced PowerPoint and one on ISIS."

The first 26 years she was in Virginia, Jayne resided in New Kent County. Then she moved to the city. Jayne loves being able to walk to the Williamsburg Farmers Market. "I love the whole vibe," she says. "I volunteered there for a couple of years, serving vendors and shoppers and meeting the dogs. It's just a wonderful place to be."

She also has a regular calendar date with Second Sundays, doing yoga and bikes.

"I do a lot of casual walking which is easy to do in Williamsburg," Jayne explains. "I walk 5K's for almost any good cause."

Since her retirement, Jayne spends a lot of time traveling the globe. Last September she toured Spain. This February she visited sites in India for the first time, including the Taj Mahal. But it was the trip to Varanasi, a cremation city and Hindu pilgrimage site on the banks of the Ganges River that made an imprint. "I could have skipped the rest of the trip," she says. "We were acquiring skills and knowledge until we could deal with this at the end of our trip. It was amazing."

Jayne believes one of the main contributions CWA offers Williamsburg citizens is the opportunity for retirees to continue to grow and learn.

"Usually they've led very rich, complicated lives where they came from and are not ready to stop leading rich, complicated lives," she says.

In addition to the development of art festivals, good restaurants and great golf courses, Williamsburg is home to a major university where people can continue to learn. "There are lectures all the time, and most of them are open to the public," Jayne says. "Anybody paying attention can find international film festivals, Spike Lee festivals and ancient mosaics. And on top of what's offered by the university, CWA is designed for local retirees."

Jayne loves teaching her CWA classes.

"We have retired military and retired business executives in my classes," she explains. "I'm always happy to have retired lawyers and retired judges." She can always turn to a former prosecutor or judge and ask how they dealt with a particular topic. "But what's really nice for me are the people in the room who have never been lawyers or never thought about many of the issues we talk about in class," Jayne explains.

"I think that CWA is a great magnet for people," Jayne Barnard, who teaches her next class in September, says. "The fact that they've been able to build their student body so quickly and have developed so much loyalty is a tribute to the people who figured out how to do it." NDN

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CHRISTY O'NEIL

A PASSION FOR EARLY CHILDHOOD LEARNING

By Lillian Stevens

Lisa W. Cumming Photography



Her earliest memory of teaching includes playing "school" in the basement of the family's home outside of Philadelphia. From a young age, Christy O'Neil knew that she was destined for a career in education.

"I always knew that I wanted to be a teacher," Christy says. "When my brother and I were

children, I'd have him sit at a school desk, and I'd pretend to be the teacher. My parents even saw to it that I had a chalkboard in my basement classroom."

Both of her parents placed a high premium on education.

"They always encouraged imaginative play

because it nurtures such a love of learning. My parents participated as students in my classroom too! I had a passion for teaching, even then."

Today, Christy is the director at La Petite Academy, located on Lake Powell Road. Prior to working her way up to child care manage-

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ment, she taught several age groups, ranging from infants to pre-K (the age group served at La Petite Academy learning centers) to elementary and middle school-aged children.

Christy believes that the focus on an individualized approach for each child is one of the things that sets La Petite Academy apart.

"We are building a foundation for each child, a foundation that is different for each child," she says. "Kids learn individually and at different rates. Individualized learning is really what sets a child up for success in elementary school and beyond. We want them to have that foundation to be curious, to be inquisitive, to like learning new things, and to want to go to school. When they leave here, they are set for elementary school."

While the approach and curriculum comes largely from the parent company, Learning Care Group, Christy has found a niche at the local level. "At my school, we also know our community very well, so we understand how best to serve the parents and children who live in this area. I'm so proud of our teachers and staff here."

With help from Nick, the assistant director, Christy enjoys hiring the teachers who will

work with the youngest of students. They look for several things when hiring new staff, such as the right personality type combined with the right blend of education, experience and passion for the work.

"I love that I am able to hire and then train the teachers," she says.

Christy and Nick are extremely selective about the teachers they hire. That stems partly from her own personal experience, both as a teacher and as a young mother of two sons who are now 10 and 13 years old respectively.

"As a young mother, I felt the need to know exactly who would be around my children, so that's how I got into the management part of child care," Christy says. "I had such a passion for how I wanted to shape their days and have a role in selecting the teachers too, so I went from teaching to working as an assistant director."

After six months as assistant director, Christy became a director. That was 16 years ago. Like her peers who have made teaching their profession, the journey started with college. Unlike many who enter college without a road map for their careers, Christy says that hers was an easy path into college.

"It's because I knew from a young age exactly

what I wanted to be when I grew up."

Christy attended Kutztown University of Pennsylvania, located about an hour and a half outside of Philadelphia. There, she studied education and early childhood. After graduation, she taught in the public school system before embarking on a career largely spent in early childhood.

Engaging each child's natural curiosity holds the key to unlocking that child's potential and his or her overall enthusiasm for learning. This includes literacy skills from a young age, to hands-on exploration, and, of course, making healthy choices.

"There's an education department at Learning Care Group that develops the different curriculums for the age groups. For infants up to two years, it's 'Learn from the Start', then comes 'Learn as we Grow,' an early preschool curriculum, followed by our Preschool and Kindergarten prep curriculum."

The latter is managed via computer. As teachers observe and assess the children, they enter data into the computer and as indicators are reached, there is feedback to direct what comes next.

"That's where the individualized path comes



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in," Christy says. "It allows the teachers to make sure we are meeting all of the kids' needs but it also allows for a lot of creativity which we all want as teachers."

There are 85 children at La Petite Academy's Lake Powell location. Beyond the regular learning activities that make up the daily routine, Christy is excited about new initiatives underway, such as the "technology table" that recently arrived. The technology table incorporates several learning games that can be changed to meet individual levels.

"We are one of five schools in the country that were just chosen to pilot a technology program," she says. "The new technology table links to our curriculum and pushing forward that individual foundation I keep talking about so we are super excited. It's a smart board designed to enhance small group learning."

All of the teachers at Christy's school have iPads which they use those to communicate with parents in order to keep them constantly updated on their children. The kindergarten prep classroom will also be receiving five new, more individualized, iPads, too.

Additionally, there are STEAM and STEM activities on the horizon, starting in the sum-

mer. STEAM is an acronym for the fields of study in the categories of science, technology, engineering, arts, and mathematic; STEM programs are designed to integrate science, technology, engineering, and mathematics in the classroom.

"Our summer camp is based entirely on STEM activities, such as making our school-age children engineers and scientists, for instance, who figure out what can be done with various recycled materials."

From engineering to the arts (and everything in between), most teachers will say that they ultimately hope to have made a difference for someone. They hope that they have somehow touched a person's life. Christy is no different. She was especially delighted to hear from a former student via Facebook several years ago.

"I will never forget it," she says. "I logged onto Facebook and there was a message from a former Pre-K student. She said she didn't know if I'd remember her but she wanted me to know that I was the reason behind her decision to become a teacher herself. In this moment, I knew that I had made that difference for someone, and that made me very happy."

Christy is also happy that her family's pro-

fessional path led them first to Yorktown, and then to Williamsburg, a town she has fully embraced. "We love the historic area of Colonial Williamsburg, that feeling as if we're just stepping back in time."

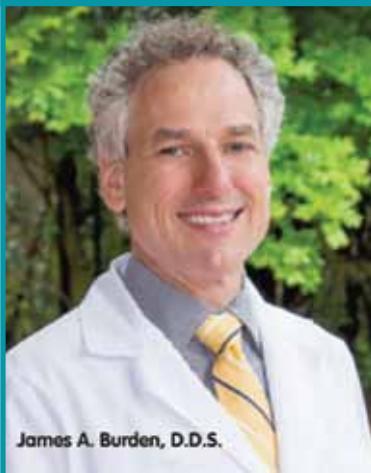
The family moved to Hampton Roads from the St. Louis area when her husband, Scott, retired from the United States Air Force. "I'm a military wife so we've moved around. My husband is retired now so that's why we're here in Williamsburg."

Though retired from the military, Scott holds a job in logistics with a company called NFI Industries. The couple's eldest son will be a freshman at Warhill High School in the fall; their youngest will be entering Hornsby Middle School.

"Williamsburg is great! It's a big town with a small town feel."

Christy O'Neil says that she and her husband also feel at home in their sons' schools. "I love how they host the open houses for parents to come and meet the teachers. It feels like family and that is great. In fact, that's exactly what we strive to do here at this Center – we want our families to feel like they are part of a bigger family. And I think they do." NDN

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A Curious Nature

By Brandy Centolanza



Lisa W. Cumming Photography

Anyone who has taken a computer class or enjoyed a performance or concert at Williamsburg Regional Library has Rob Haas to thank. Rob is the library's program services director. He will celebrate 18 years with the library in November.

His main role is working with the other librarians to plan and schedule all of the programming at both the downtown library on Scotland Street and the James City County Library in Croaker. This includes classes and computer training, exhibits, films, lectures, workshops, concerts, plays, author visits, book discussions, and other activities and events.

"I schedule everything from the programs in the theatre to the small meeting rooms," Rob

says. "This includes our concert series and our lecture series."

Williamsburg Regional Library has its own lecture series and concert series, The Dewey Decibel Concert Series, which features pianists, percussionists, symphony orchestras and other musicians. Rob also assists teen and youth services librarians with preparing the popular summer children's programming in the library's theatre. There are weekly crafts, story times and acts from puppeteers, jugglers, magicians, mad scientists, musicians and other children's entertainers.

"I get to work with everybody at the library, which is great," says Rob.

In addition, Rob is also the library's security

director, overseeing two security monitors at each branch as well as emergency planning for the library.

Rob grew up in an Army family. He was born in Germany and reared in New York. As a child, he loved digging in the dirt, and one day dreamed of becoming a paleontologist. Two days after high school graduation, Rob began a stint with the Navy. He earned an ROTC scholarship and attended the University of Utah, where he studied anthropology with an emphasis on Middle Eastern archaeology. Rob met his wife, Robin, during his college years, and the pair moved back east when Rob was stationed in Norfolk. Norfolk had been his first assignment with the Navy, and his last was with the

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Hampton Roads Naval Museum as an assistant curator. Rob and his wife settled in James City County in 1993.

Rob began contract work as an archaeologist with William & Mary and later with James River Institute for Archaeology. During a lull in his field, he applied for a part-time position as a security monitor at the library. Rob later became a full time program services assistant in 2006. He was promoted to his current position two years ago.

Rob views Williamsburg Regional Library as the perfect place for those hoping to gain more knowledge on any subject or in any area. "I always love learning something new, and I have the opportunity in my position to do that, whether it is by listening to a lecture that gets my attention, or listening to some music," he says. "I think my background in archeology is what makes me good at my job here. I used to excavate and find something I've never seen before, learn all that I could about something that was new, and moved on. I have a curious nature. I think the library offers different ways to do that, either through lecture, art, our digital resources, our classes, or our collection itself. Either through a traditional book or our digital resources, you can find what piques your interest and then dig as deep as you like here."

As Rob continues with his work at the library, he hopes he can have an impact on others just like those who had a positive influence on him when he was growing up.

Williamsburg Regional Library hopes to expand its programming now that they have more space with the recent reopening of the new Stryker Center across the parking lot. The extra space has allowed for the library to revisit its strategic plan and what it envisions for the future. In such a technological age, it may seem that the need for libraries is no longer necessary, but that is certainly not the case here in Williamsburg.

"Our e-book circulation has gotten stronger as we get more titles as more publishers are making them available," says Rob. "But our book circulation is still strong. People still want to hold onto a book. Plus, our library has additional resources, and people come to the library for lots of different reasons, not just for the physical book. I think it's about finding different ways to reach out and be relevant to the community."

Williamsburg Regional Library offers various computer classes, including instruction in basic computer usage, use of the Internet, social media, and use of electronic tablets, as well as courses in job searching, creating a resume and

skill building. All of the work and effort into making the local library a place to be has reaped national awards and honors.

"We have visitors who bring guests from out of town here to show off the library," Rob says. "I take great pride in giving them a tour and showing off our theatre. I like being a small part of that."

In addition to the extra meeting space at Stryker Center, the library has a new art exhibit space. The current exhibit is a photo gallery of "75 Years of Modernism in Williamsburg." Rob will be responsible for bringing in a fresh showcase about every three months.

"When I was at the Hampton Roads Naval museum, I helped move the museum to the Nauticus," he says. "I helped with the design and the work for that new location. I am looking forward to helping with the art exhibit here. I'll be circling back around to Mrs. Kissel, and doing more of that."

He will be doing more of promoting all that the library has to offer to its patrons through its programs and beyond. "The library's mission is to inform, enrich and strengthen the community, and I think our library very much does that," Rob Haas says. "It's a reflection of our community, and I think the community really values all the services we provide." NDN

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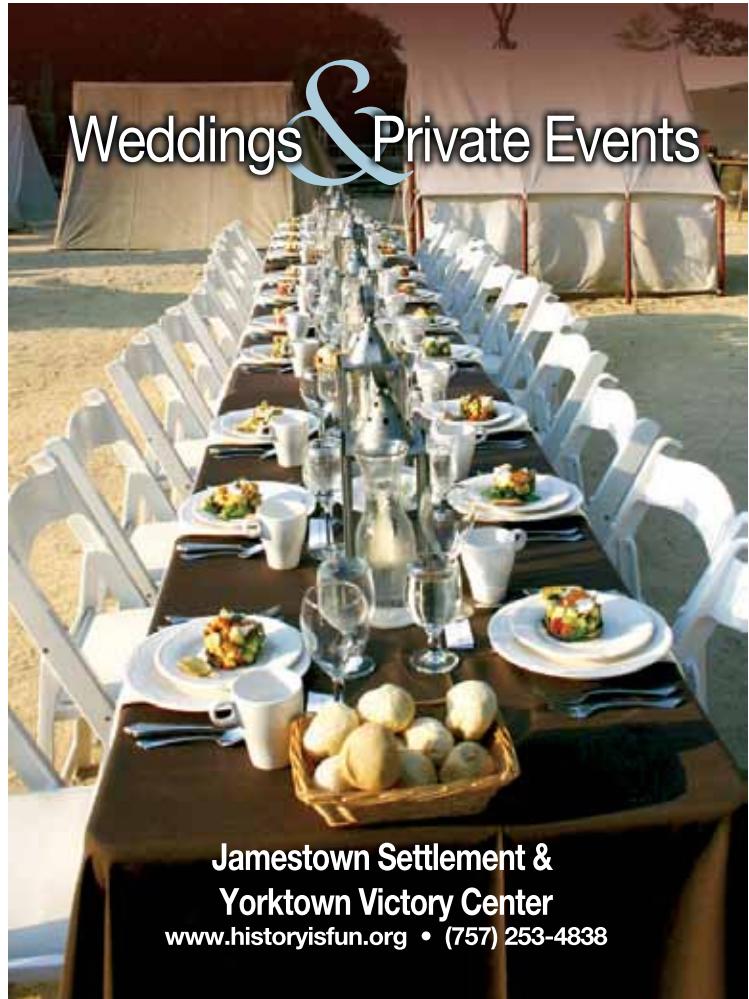
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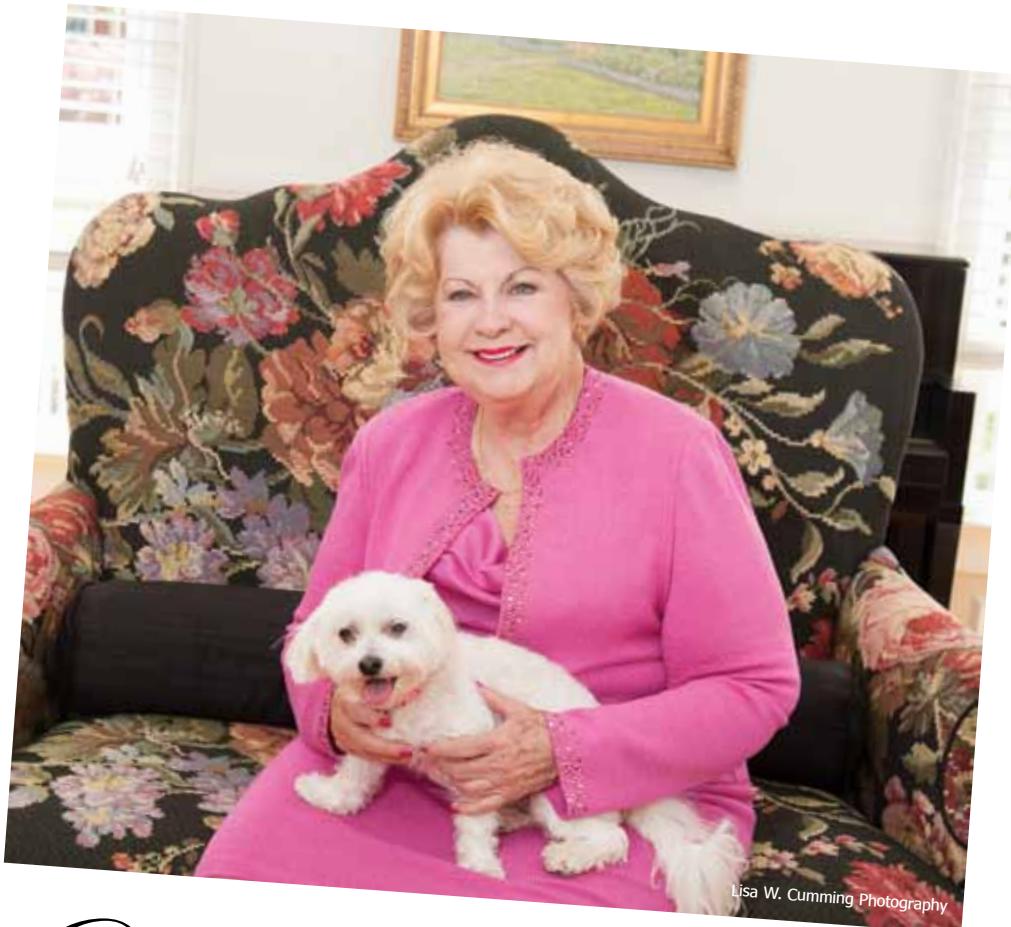
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Life's STEPPING STONES

By Erin Fryer

Reverend Jeanne Forrest believes that in life, we are all given events, good, bad and ordinary, that we can look back on and see that they were each stepping-stones to where we are today.

A skilled Real Estate Broker, Life Purpose Coach and Pastoral Care Specialist, Jeanne accomplished and endured many significant

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events in her life that have served as her personal stepping-stones and in turn, learning opportunities.

Jeanne spent a lifetime involved in education. Through the years, she has continued to seek new learning opportunities for herself, and has also served as an educator for others.

A graduate of Granby High School in Norfolk, Jeanne completed her undergraduate degree at Hollins University and received her master's degree from the Catholic University of America. Following what Jeanne calls an "interesting and unusual call to ministry," she graduated from the Duke University Divinity School with a Master's of Divinity degree.

Currently an Associate Broker at Williamsburg Realty, Jeanne fell in love with real estate on a whim. Always ready to learn something new, she had returned home from a nine year stint as an opera singer in Germany when she decided to take a real estate class.

"I decided to take the class just for my own knowledge while living in Northern Virginia," Jeanne says. "I really enjoyed it and did very well. In fact, if it weren't for a technicality, I would have been named Rookie of the Year that first year, but I was teaching music classes at the time and it threw timing off so I was disqualified."

While she was thrilled to have found a new career that she loved, Jeanne was also still grieving a tremendous loss. While living in Germany, she gave birth to a son, Michael, who, due to several heart complications, lived for only 43 hours before unexpectedly passing away.

Losing her son led Jeanne to Fort Collins, Colorado where she studied intensively with Dr. Alan Wolfelt, Director of the Center for Loss and Life Transitions. After completing several training sessions with him, Jeanne took more classes in counseling at the Virginia Institute for Pastoral Care, and is recognized by the American Association of Pastoral Counselors as a Pastoral Care Specialist.

In ministry, Jeanne has served as a solo pastor, an intern associate pastor and minister for congregational care. She also worked as interim director for the Respite Care Program for the Williamsburg United Methodist Church.

"I have always loved working with people whether it be in pastoral care, as a voice teacher, facilitator of various classes or a Realtor," she says. "I feel that stepping stones lead us to our life purpose, and feel that mine is to inspire and empower others to achieve their goals, both in real estate and their overall life purpose."

While she has walked through many exciting stepping stones in her career, Jeanne has gone through some painful ones as well. In addition to Michael's death, Jeanne was diagnosed with breast cancer while still living in Northern Virginia. After undergoing surgery to remove her cancer she decided to finally answer her call to ministry and further her education at Duke.

While juggling so many different hats, Jeanne figured out that she couldn't do everything at once so she took a break from real estate to become a grief counselor. She also did chaplaincy, and reached the fourth level of training after graduating from Duke. For several years, Jeanne served as an on-call chaplain for Sentara Hospital in Williamsburg, and continued pursuing more training opportunities.

"Grief is a topic very near and dear to my heart because of the loss of my son," Jeanne says. "His death was so significant and so painful, and I was living in a different country at the time where there are a lot of cultural differences. I had my husband there, but we had no family

and our friends didn't come see us, call or send a card for two weeks. That event was so significant to me and my life purpose and was a very major stepping stone."

Jeanne says that helping others work through their grief has in turn helped her with her own. She continued to do grief counseling for years and help others through their losses, and eventually one thing led to another and she decided she had had enough of grief and started teaching happiness classes. "I did a lot of reading and gathered information from various courses and put together a happiness program," she says.

Jeanne's happiness classes eventually led her to what she is currently doing and that is leading life purpose seminars, while still pursuing real estate full time. "This is what I really feel I am called to do," she says. "My calling is to help people."

Jeanne also points out that real estate is just another form of helping people. "I want to help in whatever capacity I can, whether it's walking people through a grief process, or walking them through a new home. I just want to focus on them, not myself."

Throughout all of the different learning opportunities Jeanne has pursued in her quest to becoming what she is today, she has met several mentors along the way. One particular mentor is Jack Canfield, the brainchild behind the *Chicken Soup for the Soul* book series. It was Jack who invited Jeanne to share her story in the recently published book, *Soul of Success*, Vol.1.

In addition to being a three time cancer survivor, Jeanne also went through a painful divorce in the midst of it all. "Some of the most painful things in life eventually can lead us in a whole new direction and when we look back we see the value and importance of them," she says.

With her strong belief system, Jeanne feels like she has been able to overcome some of the most devastating situations, from the loss of her son, the end of her marriage, and her cancer diagnosis. She says she was able to get through it all because she hadn't yet fulfilled her life purpose, which is what she is doing now.

While the seminars she gives are only every so often, she is still content to be working in real estate. "I just think it's so fun," she says. "I like the challenge, but also try to make it a pleasant experience for my clients. People are often dealing with the most important financial decision of their lives, so it's not a fly by night kind of thing. It's serious but I try to make it fun and pleasant."

Jeanne says what she enjoys most about where she is right now in her real estate career is working with people her age who are downsizing or moving to the community to retire. "That's where I see my specialties," she says.

While the pain of losing her first-born son will live with Jeanne forever, she has found so much joy in her two children and two granddaughters.

A formula Jeanne teaches in her life purpose seminars is E+R=O, or Event+Response=Outcome. She believes we are all responsible for how we respond to an event, and it's our response that determines the outcome.

Jeanne believes a lot of people live and die and they never question why they were put on the Earth in the first place. "Once you question why you're here you begin to live life differently," she says. Throughout her personal life journey, Jeanne Forrest has crossed over many stepping stones, and they have led her to where she is now, pursuing her ultimate life purpose of helping others. NDN

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NAVIGATING THE LEGISLATIVE PROCESS

By Greg Lilly, Editor

Lisa W. Cumming Photography



The legislative process can be confusing for many people with an interest in a regulation, ordinance or law, especially when it comes to their business. Susan Gaston heads a government relations and public affairs firm that helps navigate the sometimes turbulent waters of government legislation.

As a professional lobbyist, Susan employs a combination of three different skill sets. "First,

it's education," she says, "not just on the issue, but on the process, as well. Laypeople don't have a strong understanding of the workings of the legislative process. It's different on the local level than it is at the state level than it is at the federal level."

People are extremely busy running their businesses or completing projects, so going to council meetings, supervisor meetings or to the

General Assembly isn't possible for most.

"You may be able to work through your local chamber or trade association," she explains. "These organizations advocate for decisions being made. Going to the meetings can be overwhelming and time-consuming. People put their trust and expectations on the shoulders of a lobbyist because we have the knowledge of the process."

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Secondly, a lobbyist creates relationships with elected officials. "The heart and soul of what I do is based on relationships," Susan says. "I can learn about any issue. The value of working with a lobbyist is who they have relationships with and which committees they spend the most time in front of. The elected officials and their staff know that I'm an honest broker. What I tell them is factual. It's a level of trust created by the relationship."

When Susan first started lobbying, she met with Hampton Senator Hunter Andrews at the Capital. "He was president pro tem of the Senate and chair of the Finance Committee," she describes. "He was quite a character, but also a fine, fine Virginia Gentleman. I was terrified of him. I had the conversation with him about the issue, and as I was leaving, he asked for my business card. He looked at it and said, 'Mrs. Gaston, you do know, that at all times, a lobbyist carries with her two things. The first is her integrity, and the second is her business card. If the former is nonexistent, the latter is no longer required.' That has stuck with me. It's so important. Lobbyists perform a very honorable service in the process through the education and with relationships."

The last component, she explains is being a good captain about the journey's destina-

tion. "I tell my clients the good, the bad and the ugly. I tell them things they don't want to hear and give them a reality check. If they want to pursue an issue, a budget amendment, a change to a local ordinance or a reversal of a judicial order, I'm here to give them the reality of that pursuit." If she thinks there's little chance of it happening, she tells them that. "I categorize the issue as: possible, difficult, quick or impossible. That's a valuable service as well." The business owner or industry representative may not know the climate. Maybe for the industry, the issue is important, but for the general population, it has little benefit or may be a detriment to a larger number of people. Susan can predict if it's a battle worth fighting.

From a small community in western Kentucky called Henderson, Susan grew up in one of Kentucky's founding families. "When I was in the sixth grade, I decided I wanted to come to the College of William & Mary. As a child, my family came to Colonial Williamsburg often for vacations." The only college she applied to was W&M.

She arrived at W&M to major in biology or chemistry to pursue a career in medicine, but then she took a couple of government classes. "The bug bit me," she says. "I'm from a politically active family. Our dinner table conversa-

tions were always political in nature. I took classes at W&M with Dr. Jack Edwards, who was the chair of the James City County Board of Supervisors. I was so intrigued that I ended up making American Government my major." Her professors included Jack Edwards, John McGlennon and Joel Schwartz.

With the political nature of her family and her hometown entrenched in oil and natural gas production industries, Susan experienced lobbying at a young age. "My father was an oil producer and owned a chemical company that allowed for a cleaner and more efficient production of oil," she says. "He was very involved in trade associations. For many years, Dad was the president of the national oil and gas association and the independent producers association. In that role, he did a lot of legislative work, being the face of the associations in meetings with congress." She would go with her father to Washington and watch the swirling activity on the floor of the Senate. "I was enthralled."

When she graduated from W&M, she interned for Senator Mitch McConnell (R-KY). "I loved being in the Washington office and learned so much there."

Then back in Henderson, she worked with the legislative director for a large bank with

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a presence in Kentucky, Indiana and Illinois. "When he couldn't go to city council meetings or association meetings, I was sent. I experienced what it was like to gain influence at the local level. I'd been in Washington and then learned lobbying at the local level. That intrigued me because the process was so fast, compared to the federal level."

Williamsburg stayed in her mind, or maybe it was a particular young gentleman. "There was a really cute boy at W&M that I'd fallen head over heels for. His name is Dave Gaston (today, Dr. David Gaston is the Superintendent of Schools for Charles City County). When he came back to W&M for graduate school, I left the job at the bank and returned to Williamsburg. We were married eight months later."

She continued her education, earning her Master of Arts degree in Human Resources Development from George Washington University. She began working as the governmental affairs director for the Virginia Peninsula Association for Realtors.

"I dealt with all the local legislators, the city councils, supervisors, General Assembly and members of Congress. I worked for the association full time for six years," Susan says. "Our first son came along, and I thought about doing something on my own schedule. The Real-

tors, especially the women, showed me how I could run a successful business and still be an involved and present mother, which was extremely important to me."

In April of 2000, Susan started her own consulting group. An example of what she accomplishes comes from Reedville, Virginia. "Omega Protein is now 102 years old, operating on the Northern Neck. Outside of the public school system, it is the largest employer in the region. In January's General Assembly session, through legislative actions, we were able to preserve that company and the 300+ jobs they provide. When the employees and their families come up to me, with tears in their eyes, thanking me for helping keep the jobs for their husbands or wives, jobs that lead to their children being able to go to college, that puts food on the table, that is why I do what I do. It always touches me."

Susan, an avid runner, won her age division in the Northern Neck Earth Day 5K. She's also been around horses all her life, her Kentucky heritage. "We own a lovely Thoroughbred gelding named Cole, and I train and ride three to four days a week, focusing on dressage but also moving again into the jumping world. Cole is my therapy!"

She and Dave enjoy visiting Virginia's win-

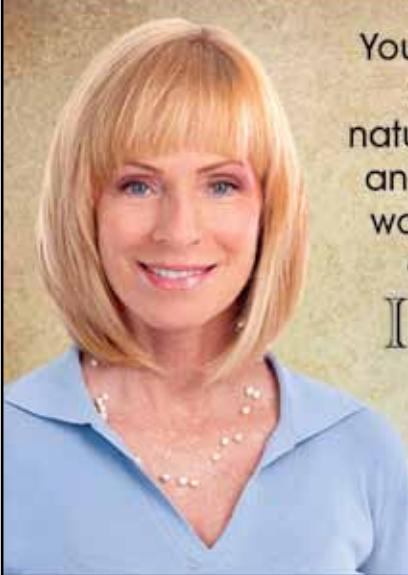
eries and craft breweries. "Dave is my rock and my best friend," she says. "Always has been, since we met at W&M. We enjoy traveling and truly being together."

Their oldest son, John, is a freshman at the Virginia Military Institute (VMI). "He always wanted to pursue a military career, so John is a Naval ROTC Marine Option Midshipman, and he will commission into the Marine Corps when he graduates in 2019. He is one of five Virginians to have received the National Naval ROTC Marine Option four year scholarship. We're immensely proud of him."

Their youngest son, Henry, is a junior at Lafayette High School. "He is on the Rams' swim team, and this year posted the highest GPA on the team that ultimately placed third in the state. He also is the Fifes Section Leader for the Colonial Williamsburg Fifes & Drums Corps." Henry intends to attend VMI, as well, with his objective being a member of the United States Coast Guard.

When the tides of work calm and Susan Gaston isn't running or riding her horse, look for her and her family walking their yellow Lab puppy, Anne Morgan, and playing fetch around the Governor's Palace. "What a joyful, tireless yellow bundle of fun," she says of the pup. "She makes us all smile." NDN

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Making A Positive Difference

By Greg Lilly, Editor

Lisa W. Cumming Photography

Opportunity is the word Robbi Hutton uses to describe the programs at Williamsburg's Parks & Recreation Department. Robbi is the new director of the department and has been a participant in the Parks & Recreation programs since before she entered elementary school.

"At five years old, I began participating in the youth basketball program," she says. "I participated in the youth softball and basketball programs. I took swim lessons at the Quarterpath Park & Recreation Center. Really, Williamsburg's Parks and Recreation is where I developed my love for sports."

When she was old enough, she began working for the department as a seasonal employee. "And I never left," she adds with a laugh.

While in college in Maryland, Robbi con-

tinued to work with the Rec Center during the summers. "Youth sports official, scorekeeper, lifeguard," she lists. She'd earned a basketball scholarship and thought about becoming a physical therapist while attending University of Maryland Baltimore County. She decided to major in Sports Management. Returning to the Peninsula, she was hired by the city of Hampton and worked in the Parks and Recreation Athletics Division, in charge of youth and adult athletics programming. "I was there ten years. A position opened here, and I wanted to come home," she says.

"I knew Williamsburg would be a great place to work because I was so familiar with it. This is where I grew up."

Working full-time for Williamsburg since 2005, Robbi worked her way from parks &

recreation specialist, to the department's facilities and grounds manager, and then to the deputy department director in 2009. As director, she wants to grow programming options and provide more recreational opportunity for the community.

"James City County and Williamsburg work cooperatively instead of in competition," she explains of the sports programming of each municipality. "York County joins us in a good mix when it comes to Sports Tourism because we understand we cooperate regionally in order to compete nationally."

The city of Williamsburg's recreation offerings include: youth and adult tennis, volleyball, softball and basketball. The city is in partnership with James City County for baseball, football, soccer and lacrosse. All programs at



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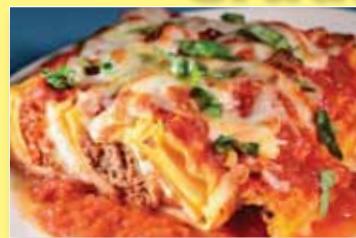
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the Parks & Recreation Departments of both Williamsburg and James City County are open to all area residents.

At Quarterpath Recreation Center, the most popular program is youth basketball. She admits basketball is a favorite sport of hers. "Every sport that Williamsburg Parks & Recreation offered, I grew up in it. I played basketball and softball here. I took swimming lesson here. I took a few ballet classes, too. If I was eligible to participate, my parents had me in it."

The programs include a wide-range of age groups. "We have a great walking program, Monday through Friday from 8 until 1. It's free and in the climate-controlled gym. The people who attend have developed into a close-knit community. They look out for each other: if someone doesn't come for a few days, they're on the phone checking on them."

Recently, the Parks & Recreation Department has branched out to more senior programming. "We hold a Silver Sneakers aerobics class. We've reestablished yoga. We're bringing in a few more options that appeal to seniors."

Of Williamsburg's ten parks, Robbi says the hidden gem is Waller Mill Park. "It's amazing, with something for everyone. For the four-legged family members, there are two dog parks at Waller Mill. There are walking trails and scenic vistas. We have disc golf, boating and fishing. It's a one stop shop for anyone

who wants to reconnect with the outdoors."

For getting on the water, Waller Mill rents pedal boats, kayaks, canoes and jon boats. Electric motors can be rented for your own boat because gasoline motors are not allowed.

"Waller Mill Park has undergone a facelift, and we're nearing the completion of the renovation project in late May," Robbi adds. "On May 8, we opened our 18-hole disc golf course. We're excited about the new course."

A successful initiative by the Williamsburg Chamber and Tourism Alliance, the Parks & Recreations departments of Williamsburg, James City County and York County is sports tourism. "Encouraging and supporting sports tourism benefits the local economy, first and foremost," Robbi says. "That helps all the residents. It provides our neighbors the opportunity to see different sports and venues at a different level of play. We had the NSA (National Softball Association) Class B World Series two years in a row. That's rare that they do those back to back in the same location. That was a joint effort of James City County, Williamsburg and York County."

The future brings a planning initiative. "We're embarking on the Parks, Recreation and Culture Master Plan," Robbi explains. "We're excited about that opportunity and going through the process. That will show us the direction of where we need to grow. Our

department will take on a new look from this process."

The renovation of Waller Mill Park and its growth over the past few years provides better amenities and more program opportunities for Williamsburg neighbors.

"One thing we're bringing onboard is a kids' fishing program," Robbi says. "We have the Giving Garden run by staff and volunteers at the park. All the produce coming from the garden is donated to the community. Currently, our crops are donated to Avalon to help with their healthy food initiative. A lot of great things are happening at the park."

Robbi Hutton and the staff of Williamsburg's Parks & Recreation Department work well together and exemplify the sense of family. Many of them have grown up in the programs that they now manage.

"When I see someone discovering the facility for the first time, or in sports, when I see a child play and succeed for the first time, or someone takes the time to say how much they enjoyed the work we do, that makes my day. Actually, it's hard not to have a good day here. Choosing a path of public service as a career is not about money or prestige or recognition. It's about people. It's making a difference in the life of someone else. That's what it is for me: making a positive difference and providing opportunity for my neighbors." **NDN**

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A BOLD LINE TO THE PAST

By Greg Lilly, Editor

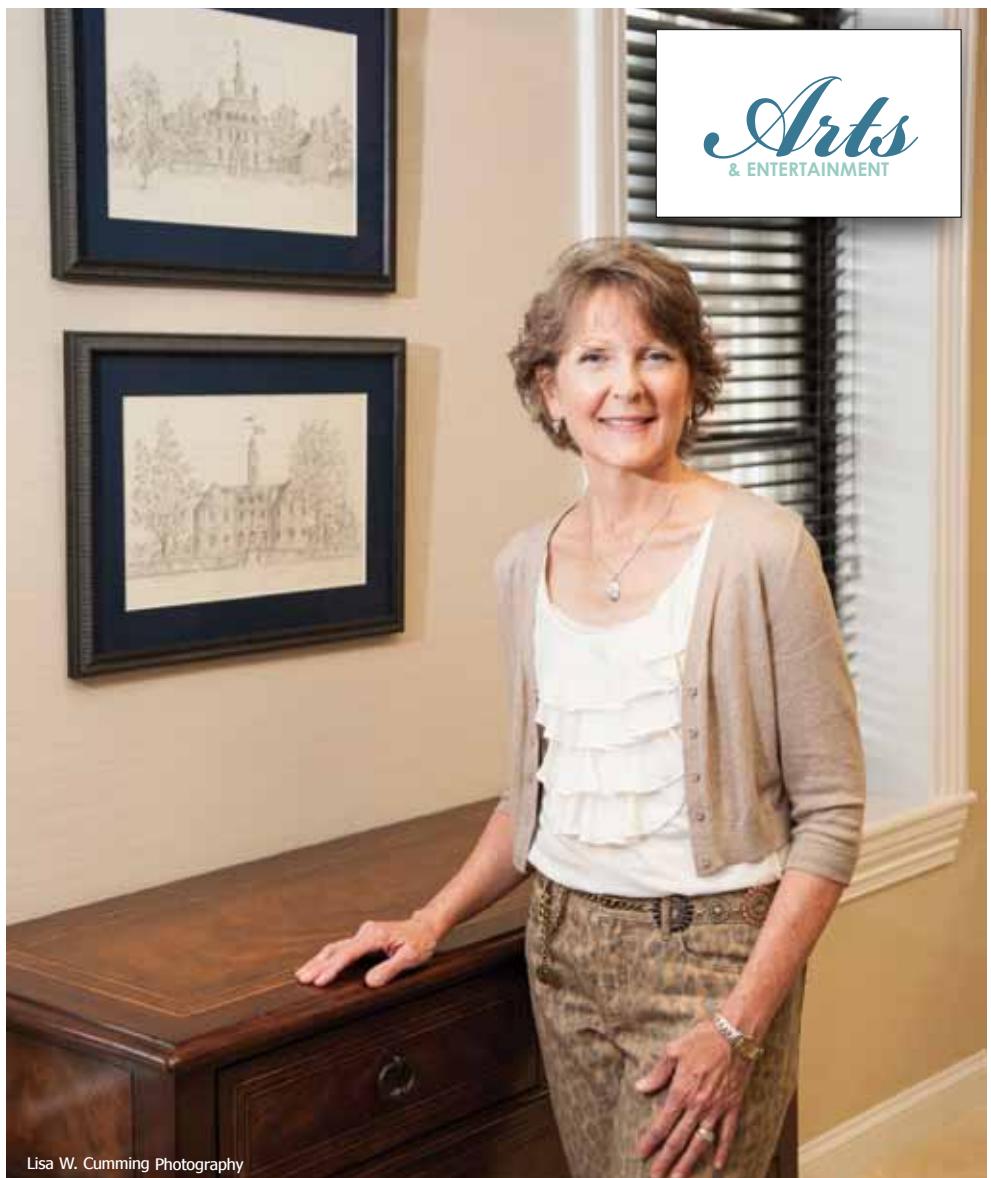
Her pen and ink drawings commemorate special times in a person's life. Images of homes, churches, university buildings and iconic architecture hold a special place in the hearts of the viewer. Artist Patti Dwyer creates a bold line to the past.

"I'm trying to create a memory for the viewer," she says. "I want to make it personal. That's why most of my pieces are created on commission. A lot of people commission me to do a drawing as a gift for someone else. Most people don't think about having an artist draw an image of their home or a picture of the church where they were married. But if someone gives it to them, they say it's the best thing they could have received. It creates a family heirloom."

She's been drawing special places for the last 30 years, mostly to give to friends and family to honor a significant occasion. "I love to draw anything, but it's really special when someone comes to me to have me draw their childhood home or church where they were married."

She created a drawing of Duke Chapel on the campus of Duke University where she married her husband, Bobby. "That hangs in our foyer," she says.

Patti graduated from Duke with a Degree



Lisa W. Cumming Photography

in Education. Her father was in the Air Force and after some time in D.C. and Texas, her family ended up in Durham, North Carolina when her father retired. "He was hired by Duke University as a hospital administrator," she says. "I ended up staying there for college, at Duke. Growing up, I loved drawing. I never really had any formal training. I always thought I would be an architect. Duke doesn't

have a school of architecture, so I studied education and became a kindergarten teacher."

After graduation, Patti taught kindergarten in Durham. "I met my husband, Bobby, who was one of Mike Krzyzewski's assistants at Duke. After we married, Bobby became the head coach of the University of the South in Sewanee, Tennessee."

Their first son, Patrick, was born in Se-

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wanee. With the new family, the life and the pressure of being a coach wasn't as alluring to Bobby, she explains. "A job came open at the athletic department of William & Mary, in development. Bobby took the job, and the family has been in Williamsburg since."

"I waited to go back to teaching until my sons (Patrick and Peter) were school age. When they were at Walsingham Academy in first and third grades, I started as a kindergarten teacher there. It was a great experience. I was a kindergarten teacher until two years ago."

The reason she retired from teaching was at the urging of her two sons. "I was diagnosed with breast cancer nine years ago, and both of them began talking about the idea of my retirement and going after my original love, something to do with the arts and drawing."

Her younger son, Peter, is a graphic designer in northern Virginia. "He urged me to focus on my drawing. My other son, Patrick, is a marketing guy and has been a real support for me, too. They are raising me up. It's a very fulfilling venture for me."

Patti says she was one of the lucky ones when it came to her cancer diagnosis in June 2007. "It was very small. My oncologist said the tumor was the size of a grain of rice. I was very aggressive with the surgery, a bilateral mastectomy, the following month. I was back

to school that August. I had no chemo or radiation. It was the aggressiveness of the surgery that took care of the cancer. It's a very personal decision for women to go through that. I'm good. My husband was very supportive."

The cancer was a "wake-up call" to Patti. Her son, Patrick also encouraged her to make a change in her life. Now, she knows it was the time to make the leap. "I wake up in the morning and the first thing I want to do is go to my studio. That's affirmation that I made the right move."

She also shows at Art in the 'Burg and 2nd Sundays. "I didn't have a body of work because I work on commissioned pieces. I spent about two months creating a body of work that I could display. I loved doing that. I wanted local appeal, so I did several W&M buildings, some athletic facilities, a few churches around town and a few Colonial Williamsburg buildings. I love to do different aspects of buildings, like just the door or the steeple of a church."

She begins her drawings, if she can, with a photograph that she has taken. "I like to get photographs of different angles and perspectives. It's the details, too. I like close-up shots of the brickwork or the dental molding or shutters. That really adds to the character of the drawing."

When she does drawings of places she can't visit, like one she did of a Hindu temple in New Delhi or the palace in London, she'll use images of the buildings from different sources showing different angles. "People send me photos or have pictures from their own trips."

"I love those challenges that have research." She created a drawing of the Wren Building with a background of the original floorplan and Thomas Jefferson's plans for an addition to mirror the current structure. "That was something unique and never seen before. I like that."

She doesn't use a computer for her drawings, but does them all by hand. "I do a lot of measuring. Once I get the scale, I do a complete pencil drawing first, and then I start drawing over the lines I want to keep. If I have my paper, ruler, calculator, pen, eraser and my blending sticks, I can do the drawings anywhere. That's all I need."

She honors other women struggling with breast cancer by donating a portion of her proceeds from each commission to the V Foundation for Cancer Research.

Patti invites neighbors to come see her work at Colonial Folk Art or at art shows like Art in the 'Burg and 2nd Sundays. "I love the street fair vibe and talking to people about what I do." NDN

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Lisa W. Cumming Photography

Dealing With POTS

By Greg Lilly, Editor

In February 2015, Caroline (Carly) Lloyd noticed she was out of breath from going up the stairs at Jamestown High School. She's an athlete and had played basketball all season, and she was gearing up for soccer. She couldn't be out of shape.

She discovered she had a little known

chronic illness called POTS (Postural Orthostatic Tachycardia Syndrome). "The best way I can describe it in non-medical terms is: like when you stand up too fast and you get blacks spots in your vision," Carly explains. "That's the blood pressure trying to regulate the autonomic nervous system. Your brain talks to your

heart and says, 'Hey, we have gravity against us and need more blood to the brain.' My brain and my heart aren't always talking, so when I stand up my heart starts beating fast, and before my brain knows what's going on, my heart is going 160 beats per minute. My brain senses it and sends a signal to slow it down, quickly."

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With that panic by the brain at her quick heart rate, she goes into a “reset” mode and faints. “When you faint, it allows the body to regulate the blood flow back to the brain.”

She started having the cardiac symptoms a year ago, February. “I was two weeks out of basketball season, not out of shape, and we were doing indoor soccer.” She noticed she was out of breath frequently, from activities that shouldn’t cause shortness of breath, like taking the stairs. She had been training and playing basketball for the past three months, but she felt like her body wasn’t responding.

“When I stood up, I’d notice my heart racing, and I’d get this black tunnel vision. But, again, I thought maybe I wasn’t getting enough water or standing up too quickly.” She could physically feel her heart beating rapidly in her chest.

Her mother, Mary Alice Lloyd, is the school nurse at Rawls Byrd Elementary School, and she caught one of Carly’s episodes with her stethoscope. She knew the heart rate and rhythms weren’t normal for a girl Carly’s age or for an athlete.

“My heart rate would hit 170 going up the stairs, and I should only be at 140 when I’m sprinting,” Carly says.

“We went to the emergency room, and they

didn’t find anything wrong,” Mary Alice adds. The condition worsened. They went to a hospital on the Southside where specialists could take a look at Carly’s heart.

“They did an echocardiogram and didn’t see anything,” Carly says. “I was able to show the cardiologist what triggered the episode. She said it was because I was skinny and a type-A personality, that’s why I was having the heart problems.”

“That’s when the nurse part of me kicked in,” explains Mary Alice. “I called the pediatric cardiology department at MCV in Richmond.” Carly had an appointment within the week when they heard what was happening. “The day before the appointment,” Mary Alice remembers, “the school nurse at Jamestown, Louisa Johnson, handed me an article out of a nursing journal and asked if we had considered POTS. I didn’t read the article, but stuck it in my calendar because we were going to Richmond the next day.”

When they got to Richmond, the doctor spent almost an hour with Carly measuring standing and sitting blood pressures. He then began a wide range of questions: from headaches (Carly has had migraines since the age of 12) to gastrointestinal problems (“I have a picky stomach,” Carly says and was in the

emergency room for it earlier in the year) to orthopedic injuries (she’s had knee surgery and frequent ankle and wrist sprains and hip problems). The questions the doctor asked seemed completely unrelated. Carly and Mary Alice wondered where he could be going with the line of questioning. His diagnosis was POTS.

Mary Alice remembered the article that Jamestown High School’s nurse had handed her, and she read up on the condition. MCV has a dysautonomia team that specializes in POTS, and Carly was green-lighted to meet with the POTS team cardiologist. They confirmed that Carly has POTS. Since the diagnosis, she has seen a gastroenterologist, a geneticist, and an appointment with a pain specialist is scheduled for the end of summer. The definitive diagnostic test is a tilt-table test.

Before school started this past fall, Carly was strapped to a table. “It looks like some medieval torture table,” Carly says. “It’s a table with a footboard at the end. You are strapped over the chest and legs to hold you on the table. They took my vitals for about twenty minutes while I was lying flat. The nurse would ask, on a scale of 1 to 10, my headache, nausea, stomachache, dizziness. They kept asking and then started tilting the table until I’m almost standing. They continued to take vitals and pumped IV fluids

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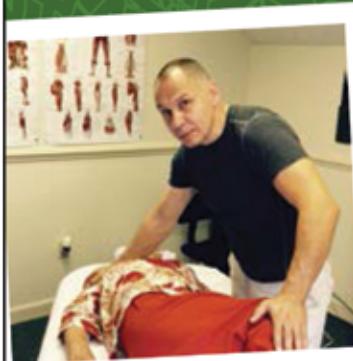
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into me to keep me hydrated."

She began to have reactions from being set upright, headache, nausea. She would usually sit down at this point, but the table kept her upright. She started to feel overheated. Her heart rate jumped.

"They had to push me to the limit to see the extent of the problem. I closed my eyes because that usually helped with the dizziness and nausea, but I threw up and then fainted. My heart rate went from 160 to 55. I went into a junctional rhythm, which means half the heart isn't working, quivering, trying to reset."

Carly's diagnosis took just 6 weeks, thanks to her mother pushing to find a cause. "For some people, a diagnosis can take as long as six years," Carly says. "POTS imitates so many other things. It imitates Lyme disease because of the joint problems; it imitates Crohn's disease and ulcerative colitis because of the gastrointestinal problems; it imitates fibromyalgia for the pain associated with it."

"We were so fortunate to be tapped into the doctors at MCV who recognized what was going on and dealt with it," Mary Alice adds. "With that definitive diagnosis, we had a direction to take. It's like fighting a forest fire. One portion is controlled, and then the wind shifts. We never have full control, but we're respond-

ing to the symptoms."

Always an "A" student, Carly now deals with challenges caused by POTS. "My heart sucks at getting blood to other places in my body," she says. "My hands and feet are always cold. My brain often doesn't get enough blood, causing 'brain fog.' It's like trying to think through maple syrup. Sometimes, I can't remember the word for 'table' even though I've known 'table' since I was two years old. I'll repeat things when I write. Like if I'm writing 'the' and I'll write it three times in a row because I don't realize it. That's frustrating because I've always been good with academics. This year, the words on the page don't make sense." Because the physical aspects of sports can be challenging, Carly developed some of her other interests like choir and photography. "Although our stage production of 'Footloose' was really physical," she adds.

She says that socially, the symptoms cause her to miss out. "There are days when I deal with chronic pain. Your friends don't want to hear how much your body hurts. The pain scale they use at the hospital is for normal people, people without chronic pain. My 6 on the 1 to 10 pain scale is like someone else's 15. I have a really high pain tolerance. When I complain that I'm in pain, it's harsh. The pain isn't easy to describe. It's not muscle or bone pain. I try

to shut it out."

The way she describes the reason for the chronic pain is: "Since my brain doesn't talk to my heart, the doctors think it's not talking to my nerves and sends signals that every little thing is pain. Hopefully, we can get that resolved. It keeps me from going out with my friends because I'm exhausted from being in pain or my stomach is upset."

She says she knows that people with conditions like POTS can become isolated because few of their peers understand.

"Your friends don't want to hear about how much pain there is. So the standard answer to 'How are you?' is 'I'm fine.' That's become the go-to answer. A lot of times we're not fine, but we don't want to talk about it and put our friends in a bad mood. That can lead to depression and anxiety for a lot of people with POTS and chronic illnesses. We don't know how to handle it because our bodies are so out of control."

Next school year is Carly Lloyd's senior year at Jamestown High School, and then she's off to college. Her field of interest is medicine. "I'd like to be in the medical field because I can offer a unique perspective to patients. I've been there. I've been to the ER. I've had tests run without conclusion." NDN

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LIVING WELL UNTIL THE END

By Greg Lilly, Editor

"Hospice House is not about helping people die; we're about helping people live well, whatever that means. It's about living well and supporting the family," explains Audrey Smith, executive director of Hospice House & Support Care of Williamsburg.

Audrey has a long history of working with Hospice House before becoming its executive director in August 2015. In the late 1990s, Hospice House didn't have a house to care for

guests and their families during the last phases of life. Services and support came to the family's home. But, Audrey, a consultant and fundraiser helped the organization gauge the feasibility of building a house to serve its clients.

"My father was in the Navy. He'd gone to Duke and then was a supply officer. He was stationed here in Virginia." She was born at Naval Hospital Portsmouth, but Audrey grew up in Pittsburgh. She graduated from Denison Uni-

versity in Ohio with a major in international relations in political science.

"My uncle's roommate in college was Ronald Reagan, so it was almost pre-ordained that I'd be in Washington. My grandmother called my uncle, who talked to the Reagans. I was a political appointee in the White House."

In the White House, Audrey worked in public relations, doing speech writing and communications. "I was part of a fledgling foundation

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called Invent America. We were a national invention program for children. George Bush was our honorary spokesperson. I wrote the PSAs (public service announcements) for the effort. We raised money to provide children the opportunity to integrate invention into the classroom."

Next, Audrey moved to a consulting firm where she specialized in capital consulting and fundraising for organizations embarking on major projects such as constructing a building. "Going out and raising funds to support an organization whose mission you're not connected with is difficult. In the fundraising field, you have to work on something that matters to you. This matters to me."

She acquired a broad range of experiences. "The common denominator was how to organize and structure a successful fundraising campaign. I worked for clients all over the country. Working for that consulting firm allowed me to learn best practices and to be able to apply them wherever I went."

Audrey's husband, Dana, grew up in Williamsburg. "His father was the head of the English Department at William & Mary. We moved our family here, and I did consulting work for some local organizations. One of those was Hospice House," she says.

"This was in the late 1990s. They hired me to do a feasibility study funded by the Community Health Foundation. My task was to meet with individuals and businesses in the community to gauge whether there was support to build the first ever Hospice House. There was tremendous support."

She helped conduct the campaign to build Hospice House. The team of local community organizers, businesses and the individuals met the campaign goal in record time. "Williamsburg is a unique place with smart, dedicated folks who understand the importance, not only of healthy beginnings, but of a healthy ending. Hospice is about that capstone experience."

Williamsburg, she explains, is one of the first communities to employ the "social model" of hospice. "Hospice House is here because we have this community, supporting each other from beginning to the end. We recognize the importance of living well until the end. We recognize the importance of giving back and supporting the community. All of those things are embodied here."

Today, Hospice House provides services to about 25 families a month in their homes. "We provide services to just under 200 families in our home, meaning Hospice House," Audrey adds. "We serve hundreds in our community

through our bereavement programs and outreach."

The bereavement walking group has more than 200 people involved, people who have lost a loved one and come for support. "You do not have to have lost a loved one under Hospice House care to benefit from the services we provide for navigating the bereavement process. We will walk with any family going through that journey."

With the loss of a loved one, many people seek others for support. "We have bereavement groups here at the house, and we have walking groups. Walking groups meet at a certain place in our community and walk together. For some, walking along side someone who is going through what you are going through is a lot less intimidating than sitting around in a group session, which isn't for everybody." The bereavement walking groups have become a popular option for people.

"Hospice care means we support the entire family, either in our house or your house. When your loved one is gone, we're with you on that journey, too."

Another service of Hospice House is caregiver support. "Caregiver support is really what we do in the home," Audrey explains. "For instance, a woman in her 80s has a husband with

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a life-threatening illness, and she's trying to care for him, without a break, with no family in the community. That's overwhelming. She may need to take a nap, go to the grocery store or go to her own medical appointment. Her husband may need help with daily things. We have volunteers to come into the home and be that support system for her." The volunteers take some of the daily tasks from the family so the family members can spend the time together, without the worry of what will happen next or how things will get done.

After the capital campaign to build Hospice House, Audrey served on the board of directors for several years. So, when Linda Taylor Stallings retired last year from the executive director position, Audrey knew the non-profit's mission fit her passion. "Mission-driven is how I would describe myself. The mission resonates with me for many reasons. I feel like I was here, in some ways, at the beginning. I saw the magic of what happens here and who's involved here and how supportive the community is. I went through end-of-life with my mother in Pennsylvania, without hospice care."

She remembers the stress of not having support at her mother's end of life. "Flying to Pittsburgh on weekends to see my mother, spending time on the phone trying to figure out where to

get a hospital bed or if I should get a hospital bed for her home, how does it get here, who do I ask? Meanwhile, I really should have been sitting by her, spending time with her, unburdened by processes. When I was here working on the campaign and serving on the board, I thought 'what I wouldn't have given to have this type of support for me and my family.' I've watched other families go through that journey. There's no do-over here. It's really powerful and meaningful. If I can bring the skills I have to be a part of the success in helping our community, that's a wonderful thing to do."

When Audrey left her last position at Hampton Roads Academy to come to Hospice House, someone walked up to her and said, "Wow, do you really want to do that? You'll be around people dying all the time." Since she knew Hospice House previously, that thought hadn't occurred to her.

"I knew what a peaceful, dignified, caring, loving and happy place this is in many ways," she says. "The folks just feel so happy to be able to help and support a friend, a neighbor, their community. We know the families here are having a hard time, but we make it better. We help them through something that they don't get a second chance at. Going through end-of-life with a loved one is difficult. We're here to help

them, give them what they need and support them how they need to be supported. That's a really rewarding experience."

In July, the Williamsburg Winery presents "An Unforgettable Evening" in support of Hospice House. "The wife and mother of the Duffelers spent her last phase of life at Hospice House with our care," Audrey says. "The family wanted to do something to help our organization. This is the first time we've had an event like this. It's a farm-to-table, eight-course dinner, showcasing chefs from all over the region, from the best farm-to-table restaurants and farms. The dishes are paired with the best wines in the world. The dinner includes the night's stay at Wedmore Place and breakfast in the morning. It's only open to a very limited number of people. What a phenomenal opportunity. It's meaningful to the Duffeler family in honoring their mother. That's an event that is so special and a lot of fun."

When a loved one isn't able to stay in the family home, Hospice House is a home where they're able to be a family again. "You can sit by your loved one's bed and read a story or sing a song or hold a hand or just sit and be there. That's a moving experience," explains Audrey. "It's not a sad place. It's living well until the end." NDN

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FAA WINGS SAFETY SEMINAR

May 28, 2016

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Hey Neighbor!

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May 30, 2016

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Hey Neighbor! COLONIAL LACEMAKERS DISPLAY AND DEMONSTRATION

June 1 - June 30, 2016

Members of the Colonial Lacemakers specializing in lace made with bobbins will showcase their handmade lace at the Williamsburg Regional Library, 515 Scotland Street, accompanied with descriptions of the history of lace. Although the lacemaking tradition began in the 1500s, today's lacemakers have moved into more creative

expression and include contemporary designs, jewelry, as well as traditional patterns in this display. On June 4, from 2-4 pm, lacemakers will demonstrate their skills in Room C of the Library and a "try-me" pillow will be available for visitors to learn the basic stitches.

Hey Neighbor! FLUTE FRENZY SPRING CONCERT

June 3, 2016

Flute Frenzy presents a spring concert 7 pm at Our Saviour's Lutheran Church. The program will be an exciting "Mélange" of music, from baroque to contemporary, for ensembles of flutes (piccolo, flute, alto flute, bass flute) with a few surprising additions. All flute choirs will perform Prelude,

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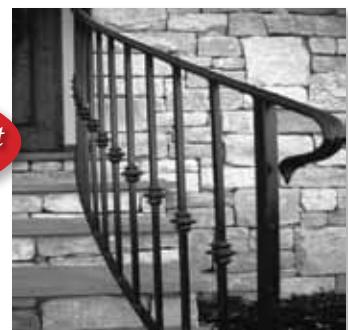
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June 11, 2016

At Freedom Park Interpretive Center, 10 am, young people ages 5 - 12+ can learn some fascinating facts about these beautiful creatures that show up in their backyard. Instructor is Joe Raich, nature lover and photographer, who has studied and photographed deer in their natural habitat. Registration is required for all Williamsburg Botanical Garden children's programs. Please register by emailing wbkids@gmail.com. A \$5.00 donation is suggested.

Hey Neighbor!

LIFE CHURCH'S ANNUAL YARD SALE

June 4, 2016

From 7 am-1 pm. Proceeds send our middle and high school students to Summer Camp. Household items, clothing, accessories, kids' stuff, office supplies, furniture, electronics. The sale is inside! There will be free coffee and pastries, as well! Location: Life Church at 4451 Longhill Rd., Williamsburg 23188. For more information, call (757) 220-2100.

Hey Neighbor!

THE TIDEWATER INTERGENERATIONAL ORCHESTRA (TIO)

June 12, 2016

The Tidewater Intergenerational Orchestra (TIO) will close its 12th season with a concert including works by Franz Joseph Haydn, Benjamin Britton, and Fritz Kreisler. This "Celebration of Youth" concert will feature award winning prodigies Ari Han and Romain-Olivier Gray. Begins at 1 pm at Saint Bede Catholic Church, 3686 Ironbound Road. The concert is free. For more information, call (757) 229-3631 or visit www.bedeva.org/ concerts.

Hey Neighbor!

COLONIAL HERITAGE INVESTMENT CLUB

June 16, 2016

Meets at Colonial Heritage Clubhouse, 6500 Arthur Hills Drive, Williamsburg. Open to anyone with an interest in investing, from beginners to seasoned traders, including people who work with an investment advisor. Meetings held on third Thursday of each month from 9:30 - 11:30 am. A wide range of investment topics are covered through presentations, discussions, and question-answer sessions, all with a common goal of helping people learn more about the markets, investment alternatives, and managing their portfolios. The club does not invest money, buy securities, or permit sales presentations. Guests admitted free.

Hey Neighbor!

GROWING AND USING HERBS FOR WELLNESS

June 18, 2016

At Freedom Park Interpretive Center, 10 am, open to the public. Pam Andrlot, student of Naturopathy and Master Herbalist, will share with you the way herbs are wonderful companions in the quest for wellness. She will give you information on identifying local/native herbs, parts of the plant safe for use, and how to use them in the home and first aid kit. This program is part of the Learn and Grow Educational Series sponsored by the

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July 18, 2016

Celebrating its 25th anniversary this year, the Christopher Wren Association is an organization dedicated to adults of all ages who seek opportunities for learning and enrichment of their lives in a collegial environment of sharing and fellowship. It offers opportunities to explore an array of topics in varied areas through lectures, courses, field trips, and activities. Each semester approximately 1,400 community members are involved in a wide variety of courses taught by volunteer instructors. Contact us at www.wm.edu/cwa or (757) 221-1506 to get a Fall catalogue and registration information.

Hey Neighbor!

THE ARC OF GW SEEKS ART INSTRUCTOR

Ongoing

The Arc is in need of an Arts and Crafts Instructor for six classes to be conducted bimonthly. The Arc serves adults with intellectual and developmental disabilities and conducts these classes from 7-9 pm at various locations within the greater Williamsburg community. This is a contract position. For information and details, contact The Arc at (757) 229-3535 or email pam.mcgregor@thearcgw.org.

Hey Neighbor!

GROVE COMMUNITY GARDEN CALL FOR VOLUNTEERS

Ongoing

Located behind the James River Elementary School, Grove Community Garden is a quarter-acre plot growing fruits and vegetables for the families in the Grove Community. The Garden has communal beds and family beds for growing and recently became a 501c3 non-profit organization. We would welcome any individuals who would assist with a mower or rototiller, and ongoing garden maintenance. Please contact Rob Till, garden manager, at (757) 332-3361 or email grove.va.garden@gmail.com.

Hey Neighbor!

WILLIAMSBURG FARMERS MARKET

Ongoing

2016 Market Schedule: Saturdays, April 2 thru October 29 from 8 am - 12 noon; November 5 thru No-

vember 26 and December 10 and 17 from 8:30 am - 12:30 pm. The Williamsburg Farmers Market is located in Merchants Square in the heart of historic Colonial Williamsburg, Virginia. Flowerbeds and benches offer a tranquil setting for this open-air, Virginia producer-only market. Over 35 vendors offer a variety of local products, among which are fresh seasonal produce, chicken, beef, bison, pork, oysters, fish, crabs, prawns, herbs, potted plants, baked goods, confections, honey, cheese, cut flowers, handmade soaps, and more. Enjoy chef demonstrations, live music, and learn while you shop. The Market accepts cash, credit cards, SNAP, and W&M Express. Visit www.WilliamsburgFarmersMarket.com for music, chef and vendor information. Free parking available on Francis Street (Lot P6) during market hours of 8 am - 12 pm. Live entertainment from 9 - 11 am for April: April 2 -Timothy Seaman; April 9 -Hampton Roads Youth Guitar Ensemble; April 16 - Jim Lord; April 23 -Audio Portrait; April 30 -Stephen Christoff

Hey Neighbor!

TEACHER'S ASSISTANT/BUS DRIVER POSITION AVAILABLE

Ongoing

Assist teacher in classroom; drives school bus on field trips or as necessary and fulfills transportation requirements. HS or GED diploma required. CDA or Early Childhood Education AA program required. Must have or able to obtain commercial driver's license with satisfactory DMV driving record. Bilingual (English/Spanish) and certifications in First Aid, CPR, and MAT preferred. Employment is subject to satisfactory background checks and Human Resource processing. All applicants please submit resume to: email headstart@wjccactionagency.org or come in person to 312 Waller Mill Road, Suite 400, Williamsburg, VA 23185. EOE.

Hey Neighbor!

WJCC COMMUNITY ACTION AGENCY HEAD START OPEN ENROLLMENT

Ongoing

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, Williamsburg, VA in Suite 400.

Hey Neighbor!

MEETINGS - COLONIAL NA- TURE PHOTOGRAPHY CLUB

Ongoing, first Monday

We meet the first Monday of every month at the James City Library on

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JULY ISSUE

Next Door Neighbors

Patriotism

Publishes June 30, 2016

Advertising Deadline

Tuesday, June 14th

Croaker Road at 6:30 pm. The club is one of the few photography clubs in the area and has been in existence for over eight years. We have about 60 members with skill levels ranging from novice to nationally recognized. The club web site is www.cnpca.org

tinuing education skills, life skills, and vocational skills. We rely on gifts, grants, donations, and income from our Laundry Service. Our facility has commercial grade washers and dryers and we can meet most laundry needs. We specialize in large, bulky items such as comforters, quilts, and mattress pads. Please contact us by email at Isteele@e3serves.org, by phone at (757) 345-2299, on the web at www.e3serves.org, or on Facebook at EEE Resource Center, Inc. We appreciate the support of our Williamsburg neighbors!

Hey Neighbor!

WILLIAMSBURG RESTORE EXPANDS FACILITY AND NEED FOR VOLUNTEERS

Ongoing

The Habitat for Humanity ReStore needs your help! We are looking for volunteers who would like to help fulfill Habitat for Humanity's mission of providing affordable housing for local families in need. We want you to be part of the ReStore family. 100% of the proceeds from the ReStore go towards building homes in your community. We need volunteers to help assist on the sales floor, processing donations, repairing furniture, processing recyclable materials, and customer service. Any amount of time you can volunteer at the ReStore is a huge help. Please contact Kristin or Diane at (757) 603-6895 X5662.

Hey Neighbor!

CALL FOR THEATRICAL VOLUNTEERS

Ongoing

Williamsburg Players Theater is looking for volunteers to help in all areas of the theater. There are so many ways to get involved! No experience necessary. Please go to williamsburgplayers.org/volunteers/ for more details. Come have some fun!

Hey Neighbor!

F.R.E.E. OF WILLIAMSBURG

Ongoing

F.R.E.E. is a non-profit that gifts mobility related equipment to adults who are uninsured or under insured and have no other means of obtaining needed mobility equipment such as canes, walkers, bed rails, hoist lifts, wheelchairs and power scooters. Equipment gifted also includes bathroom transfer aids such as shower chairs, tub transfer benches and bedside commodes. If you or someone you know is in need of equipment or would like to make a donation, call (757) 707-4741, visit our website www.free-foundation.org, or find us on Facebook.

Hey Neighbor!

WILLIAMSBURG MOOSE LODGE SEEKS NEW MEMBERS

Ongoing

We are a charitable group of men and women that "do good" for neighborhood causes (as well as for MooseHeart and MooseHaven). Just this past year, at the local level, we have donated to Beyond Boobs, A Gift from Ben, all three local Fire Departments, Hospice House, Historic Triangle, and others. We also host many events at our lodge that donate to other causes and charities. Contact us for more information: Joe Roney, administrator (757) 565-5149 or Williamsburg Moose Lodge #757 at (757) 565-9807 Moose757@cox.net

Hey Neighbor!

ABUNDANT LIFE GROUPS MEETINGS

Ongoing

Are you a vegetarian, vegan, raw food or just curious? Join us to taste new recipes and foods, get educated and share ideas around plant based living for a healthier you! You don't have to be plant based to join the fun. 1st Sunday of each month at 7 pm. Email AbundantLifeGroups@gmail.com for more information.

Hey Neighbor!

SEEKING SUPPORT FROM THE WILLIAMSBURG COMMUNITY

Ongoing

The EEE Resource Center is a non-profit center dedicated to serving adults with special needs through Education, Empowerment, and Engagement. In our day program, Associates spend time working on con-

tinuing education skills, life skills, and vocational skills. We rely on gifts, grants, donations, and income from our Laundry Service. Our facility has commercial grade washers and dryers and we can meet most laundry needs. We specialize in large, bulky items such as comforters, quilts, and mattress pads. Please contact us by email at heyneighbor@cox.net.

Go to WilliamsburgNeighbors.com and click on "Media Kit" to see publication dates and deadlines.

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

WILLIAM & MARY RA'S

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

Enjoy!



INTERMEDIATE LEVEL

**Look for the answers
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May 2016
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