

November 2016

WILLIAMSBURG'S

Next Door Neighbors®

VOL. 10, ISSUE 11

PRICELESS

Discovering the people who call Williamsburg home

Campus Connection

Austin Swink

www.WilliamsburgNeighbors.com

Lisa W. Cumming Photography

SEE SOME OF OUR HOMES ON THE MARKET



Come be enticed by this well cared for home in Brandon Woods. The home boasts gleaming hardwood floors, a neutral paint palate, plantation shutters throughout the home, custom closet, whole house generator, enlarged Trex deck & a lovely end of the street location. A wonderful community close to all of Williamsburg's wonderful spots.

Mish Vaiden-Clay
ASSOCIATE BROKER
CRS, SRES, CRI, ISE, ABR, #100, ASY
757-810.7133
mishclay@cox.net | www.IKnowWilliamsburg.com



701 HAMILTON STREET
Hansel and Gretel could live here! Charming 1930's cottage in walking distance of CW and great dining/entertainment options. Gleaming hardwoods and an updated tile bath add character to this one-of-a-kind 3 bedroom find in the heart of the City.

NAN PILAND
757-870-0611
nanpiland@lizmoore.com



CITY OF WILLIAMSBURG
NEW PRICE \$370,000

Ranch with finished bonus room, 3 bedrooms, 2 full baths, hardwood floors, ceramic tile, see through gas fireplace, generator, deck, shed.

FAITH S. HEINEN
RE/MAX
757-778-7900
www.FaithHeinen.com | faithheinen@lizmoore.com



SEASONS TRACE

104 Southeast Trace • \$258,000
A wonderful home in a fabulous neighborhood, this 3 bedroom, 2 bath home has just been totally renovated from top to bottom. Hard wood, granite, screened in porch, new roof & HVAC. Come see for yourself!

The Key to your Success!
Elizabeth Jones
757-870-6235



KINGSMILL

3 BR | 2.5 BA | 1,854 sqft.
Resort living at a great price. Completely renovated townhome in Winstar Fax. Upgrades galore - gorgeous kitchen with stainless steel appliances, granite countertops and designer lighting, beautiful new hardwoods, cozy & private backyard escape, large BRs, updated BAs and loads of storage. Great opportunity for second home or cash-flowing investment property. \$234,900.

TONY PAUROSO
REALTOR
tonypauroso@lizmoore.com • 757.645.8168



Commuter's dream! Uniquely expansive end-unit townhouse in The Mews - more than 2,800 sqft of living space PLUS storage. Low HOA fees in a private setting. All within less than 1 mile of Rt 199. Call for details.

Sue McSwain
Guiding You Home
Realtor®, MS, SRES, SFR
908-400-1440
suemcswain@lizmoore.com

It seems serendipitous that on the same weekend I am assembling this issue where we focus largely (but not exclusively) on William & Mary that the school is celebrating its Homecoming (24-17 over Delaware, Go Tribe!).

A nice coincidence, I assure you, but it is highly indicative of the way our institutions of higher learning are so nicely integrated with our community. It is certainly due, in part, to the fact that many alumni return here to work and live after graduation or that their parents often gravitate here once they are captured by Williamsburg's charm. It is also partially due to the fact that many local high school graduates elect to attend Thomas Nelson as an interim step before continuing on to another higher center of learning or entering the workforce better prepared.

I found the stories in this issue heartwarming in the way they reveal how both schools are committed to not only imparting a quality education, but also cultivating adults with a passion for bettering the community in which they live. They are not just developing business and academic leaders, but good neighbors as well. It is one big reason we are fortunate to have them here. NDN



Meredith Collins, Publisher

Inside

- | | |
|---------------------|-------------------------|
| 3. Austin Swink | 37. Cindy Glavas |
| 9. Linda Morse | 40. Gretchen Bedell |
| 12. Gregory McLeod | 43. Alona Casanave |
| 16. Jeremy Martin | 46. Vance Stallings |
| 20. Diedre Connelly | 49. Gale Pearson |
| 24. Sherri Thrift | 52. Teresa Christin |
| 28. Anne Arseneau | 55. Hey Neighbor! |
| 31. Nicole Norton | 61. Guest Speaker |
| 34. Katie Marceron | 63. In the Neighborhood |

The October issue of Next Door Neighbors should have stated that the Peninsula Agency on Aging's Memory Cafe is funded by the Williamsburg Community Foundation. PAA regrets the error and any inconvenience it may have caused.

© 2016 Collins Group, LLC. Williamsburg's Next Door Neighbors is a community publication solely owned by Collins Group, LLC. It is published monthly for Williamsburg area residents. The stories within this publication are intended to introduce readers to their neighbors and are not endorsements for those individuals, their abilities, interests or profession.

lisa cumming
photography

www.lwcpphoto.com commercial industrial architectural portrait
757-532-4037
lisa@lwcpphoto.com

Cover Photo by Lisa Cumming



Lisa W. Cumming Photography

Military Mondays

By Linda Landreth Phelps

Second Lieutenant Austin Swink stands out among his fellow students at William & Mary Law School. He's a Marine, even in civvies. It could be the erect posture, his close-cropped hair, or the shirt neatly tucked into his khakis, but the snappy "Yes, Ma'am!" reply to my questions is proof of military discipline. The engaging young man personifies founder Thomas Jefferson's 1779 goal of educating citizen lawyers prepared both to lead and serve a

newly born nation. How better to serve one's country than by helping military veterans receive benefits they've earned in its defense? Austin Swink does that through a program known as Military Mondays.

Austin took a year off after graduating from University of Florida to work in politics, and then came to Williamsburg two years ago for law school. "I'll graduate in May," Austin says. "I attended Officer Candidate School for ten

weeks at Quantico this past summer and was commissioned on 6 August. It was a year-long process from signing up to commission, during which I was working here as part of our Puller Clinic."

The Lewis B. Puller, Jr. Veterans Benefits Clinic, founded in 2008, initiated the innovative Military Mondays program last year. It was recently given the 2016 American Bar Association's prestigious Brown Select Award,

Virginia's Only Nationally Ranked Heart Program



Sentara Heart Hospital Top 25 Ranked Heart Program

Sentara Heart Hospital has been recognized for 17 years as one of America's Top 50 cardiology and heart surgery programs by *U.S. News & World Report*. As a destination medical center for heart care, and Virginia's only nationally ranked heart program, Sentara Heart Hospital continues to be the choice for heart care in the Mid-Atlantic region and beyond. Thank you to our devoted team of Sentara Heart physicians, nurses and clinical teams for your ongoing commitment to the heart patients you see every day.

Destination Medical Center

Since 2011, consumers from 49 states, Washington D.C., Puerto Rico, Virgin Islands, Australia, Canada and the United Kingdom have selected Sentara Heart Hospital for their care.



To learn more about our nationally ranked heart program, visit sentara.com/usnews

sentara.com/usnews Your community, not-for-profit health partner



Irregular heart beat?

SENTARA HEART ON THE PENINSULA

Sentara Heart Provides Local Access to Heart Rhythm Experts

Having a good sense of rhythm is nice for a person – but it's essential for a heart. When treating an irregular heartbeat, it takes a highly-skilled cardiologist specializing in the heart's electrical system. Our heart rhythm experts on the Peninsula are the same experts who work at the nationally ranked top 50 cardiology and heart surgery program at Sentara Heart Hospital. From state-of-the art testing to recommendations on treatment medications to surgical interventions, Sentara Cardiology Specialists are on the Peninsula and ready to help your heart get its rhythm back.

For appointments:

Sentara Cardiology Specialists

Newport News
(757) 736-2541

Williamsburg
(757) 345-4800



Visit SentaraHeart.com to learn more today.

sentaraheart.com *Your community, not-for-profit health partner*

 **SENTARA HEART[®]**

given in recognition of services rendered to the U.S. Armed Forces in partnership with coffee powerhouse, Starbucks®.

The seed of this legal outreach program was planted when Patricia Roberts, Clinical Professor of Law and Director of Clinical Programs at W&M, read a Time magazine story which mentioned that more veterans live near a Starbucks than they do a Veteran's Administration facility. She contacted Starbucks headquarters with her idea, and they put her in touch with Unique Turner, owner of a Williamsburg franchise who is from a military family. Originally launched as Claims Over Coffee, it's designed to serve the Hampton Roads area's 100,000 active-duty and reserve personnel, as well as thousands of veterans. Military Mondays is now being used as a pilot program and has been replicated nationwide.

Austin looks forward to the twice-monthly sessions. He and other law students meet clients by appointment at the McLaw's Circle Starbucks, a venue that's accessible, familiar and comfortable to everyone, for one-on-one

free legal advice and counsel. "We operate under the close cooperation and oversight of our professors," Austin says, "but we're able to take what we've learned and help these men and women navigate what is, unfortunately, the complicated process of applying for disability compensation benefits, and to answer other basic legal questions they may have. It develops our client skills while fulfilling a need within the community. They don't have to go hire an attorney, and we can help them get the benefits they've earned and deserve. For us, there's something so satisfying about getting to work with people on a personal basis."

Dramatic results have come from the program, thanks largely to the enthusiasm the law students bring to their task. They have the passion, skills and time to invest in their clients' needs. Though under the supervision of their professors who are licensed attorneys, it's actually the students who are doing the research, writing the briefs, and contacting the Veterans Administration (VA).

"One great story I can share without breach-

ing attorney/client privilege," Austin says, "involves an Air Force veteran with Parkinson's disease who had been stationed in Thailand for a year during the Vietnam conflict. "Everyone who served on the ground in Vietnam is assumed to have been exposed to harmful chemicals, but not in Thailand. This airman's hootch, or barracks, was open-air, and dust would blow through. He'd taken pictures of his hootch and his work on the flight line near vegetation which had been killed off with toxic herbicides." His disability claim was denied until a student's research uncovered an old official map of the base which showed his close proximity to affected places. "That, plus the vet's photographs which his wife had saved, proved that Agent Orange was used to establish a perimeter around the base and he had been exposed to it daily. His claim was accepted," he says with satisfaction.

Austin expects that he will be able to continue to serve clients well on his current military career track. "I credit Adjunct Professor Aniela Szymanski's example for my transfor-



GUTTER GUARD
Gutter Protection System

Holds up to extreme weather conditions and lasts years.

- No more gutters to clean, no more dirty hands, and no more ladders to climb
- Rainwater from the roof drains through a patented per-flow filtration system allowing only water to flow through
- Air circulation from above and below allows the leaves and debris to dry up and blow away in the wind
- Fits snugly to the top of your gutters — low profile makes it virtually invisible from street level
- Adds years of life to your gutter system
- Manufactured with hi-temper aluminum - will never rust or distort
- Available for 5" and 6" K Style Gutters
- Water capacity greatly exceeds the U.S.A. record rainfall amounts

ALAN ONCKEN + CO.
PROFESSIONAL GUTTER CLEANING
EST. 1994 · 757-565-6302

LICENSED INSURED DEPENDABLE

© 2015 Williamsburg Drug Company. Gutter Guard Gutter Protection System is a trademark of Williamsburg Drug Company.



medi

COMPRESSION STOCKINGS

Wearing compression stockings helps with...

- Swelling / edema
- Venous Insufficiency
- Varicose veins
- Wound healing
- Blood Clot prevention
- Tired legs

Let our certified staff fit you to your proper size

Williamsburg DRUG CO.

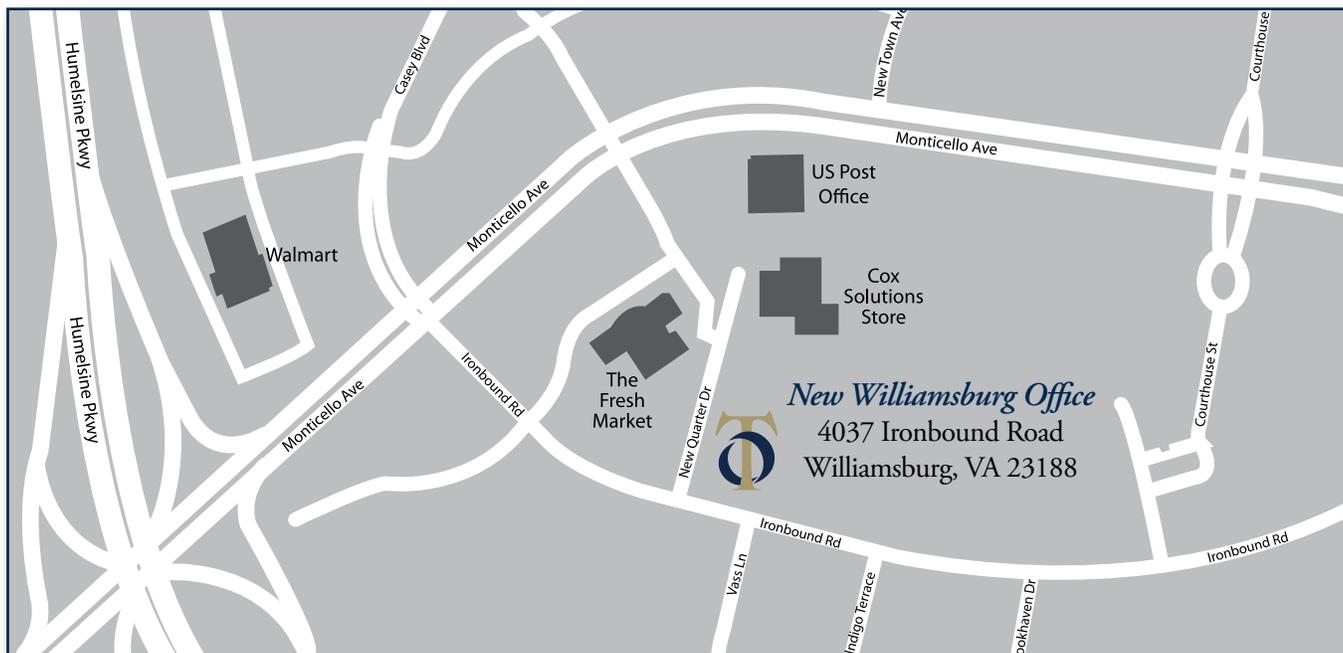


established 1895

WILLIAMSBURG DRUG COMPANY
240 McLaws Circle, Ste. 147
Williamsburg, VA 23185
757-229-1041

Our New Williamsburg Office Is Opening November 14, 2016!

Our Williamsburg office will be located at
4037 Ironbound Road.



Our new office offers:

- A more accessible location
- Better parking
- Additional exam rooms
- Expanded physical and hand therapy services
- Additional X-ray services

*Robert M. Campolattaro, M.D.
Michael E. Higgins, M.D.
Colin M. Kingston, M.D.
Paul B. Maloof, M.D.
Jonathan R. Mason, M.D.*

*John J. McCarthy III, M.D.
Loel Z. Payne, M.D.
Nicholas K. Sablan, M.D.
Nicholas A. Smerlis, M.D.*



Tidewater Orthopaedics
Specialized Care You Can Trust

www.tidewaterortho.com

To schedule an appointment, call (757) 827-2480.

mation from law student to Marine,” he says. She serves as a major in the Marine Corps Reserve, and observing her career caused Austin to see a side of the law that interested him and which he wanted to explore. “After graduation, I’m contracted to complete the same training that all Marine officers go through, which means six months at Quantico for The Basic School, or TBS. I’ll then go to Naval Justice School in Rhode Island for ten weeks of further study with other Marine, Navy and Coast Guard officers, then into the Judge Advocate General (JAG) Corps as a JAG officer.”

One of the attractions for Austin was the expectation that he’ll be able to work directly with clients quickly after graduation, while his classmates will most likely be logging many long hours as research assistants.

“In the first two years, Marines typically concentrate on criminal law within the military justice system, whether it is prosecution or defense, but I’ll also get a chance to continue what I’ve been doing with veterans, which is legal services and support,” Austin says.

“Marines, like anybody else, need help with property issues, wills, adoptions and divorces. I can help take that load off of them by offering free legal support as part of their military benefits.”

There is no precedent in Austin’s immediate family for careers in law or the military. “I was in fourth grade when the 9/11 attacks came, and that made a big impact on me. As I grew up, I realized I wanted to serve and protect my country and honor the sacrifices others had made for me. I liked to stay fit and enjoy travel, so why wouldn’t I want to join the military? It felt selfish not to consider it.”

Austin’s wife, Chelsea, an Orlando native whom he met when they were freshmen at college, is also excited about military life. “We got married in January of 2015 and don’t have kids yet, which will make it easier to move around,” Austin says. Chelsea works from home by Internet for a company in Orlando, so her job is mobile. She’s also an emergency room technician at Sentara Williamsburg and volunteers as an EMT with the fire de-

partment. “She’s hoping to eventually be a nurse-practitioner,” says her proud husband. “The great thing about a medical career is that wherever you go, there’s always a demand for your services.”

Service seems to be a shared goal that will eventually become their family legacy. The desire to help others is what drives both careers. Austin’s service starts now, in a booth at Starbucks on a Monday afternoon, with a grande black coffee and a yellow legal pad at hand, ready for his next client. “I realized I could serve best by being an advocate for those who go out and put themselves in harm’s way,” he says. “Being a lawyer and a Marine officer isn’t about me, it’s about them.” NDN

For further information or an appointment, please contact veterans@wm.edu, or call (757)221-7443.

The views expressed are the personal opinions of Austin Swink and do not reflect the official policy or position of the United States Marine Corps, Department of Defense, or the U.S. Government.



Make sure your birds keep coming back!

\$500 off

Your purchase of \$25 or more.
Expires 11/30/16
Regular Priced Items Only







Terry Deaver Brian Deaver Kevin Deaver *Family Owned and Operated*

FIVE LOCATIONS TO SERVE YOU

Governor's Green Shopping Center
4511 John Tyler Hwy. • 757-220-9362

Williamsburg Shopping Center
1230 Richmond Rd. • 757-229-1900

Newport News and Hampton

www.acepeninsulahardware.com • OPEN: Mon.–Sat. 7:30 a.m.–8 p.m., Sun. 9 a.m.–5 p.m.

WE SPECIALIZE IN

Your Care



Eric L Niver, DDS,
MS Periodontist



Bryan Horspool,
DDS Endodontist



Sebastiana Springmann,
DDS FAGD



Omar Hasham,
DDS

We are a full service, state-of-the-art dental practice here to serve you, inform you and help you understand your dental issues.

We can take care of your dental needs in-house.

ROOT CANAL, GUM, IMPLANT AND SURGERY SPECIALISTS
INVISALIGN, FAMILY DENTISTRY, COSMETIC DENTISTRY

New Town Dental Arts

SEBASTIANA SPRINGMANN, DDS

GENTLE AFFORDABLE CONTEMPORARY DENTAL CARE

www.newtowndentalarts.net

4939 Courthouse Street, Williamsburg • 757-259-0741
Located in New Town across from the theater parking lot





LINDA MORSE



Lisa W. Cumming Photography

Geology on Wheels

By Erin Fryer

Linda Morse has been a faculty member at William & Mary for more than two decades, but her Williamsburg roots run much deeper than the years she has spent at the university.

She's the daughter of two educators. Linda's parents raised their family here in Williamsburg, just minutes from the W&M campus. According to Linda, the town she grew up in



QuickBooks Training & Support

WILLIAMSBURG GLOUCESTER
757-564-0701 | 804-695-0900
www.payneassoc.com

the accounting firm of
Payne
A+ S-S x O *C/I *A+T *E-S

FREE e-filing!

Pampered Perfection in Greensprings West!

Exquisite taste is evident in this stunning 4 bedroom, 3 bath with an entertainment-sized great room, an elegant dining room, luxurious 1st floor master suite with sitting area and Trex Deck. You'll love your address almost as much as you'll enjoy living in this 2,835 sqft. Springbrook model home!



Brandi Walker
REALTOR®, SRF, MRP, SRES, ASP

757-751-7743
Fax: 757-240-5671



brandiwalker@lizmoore.com

Real Estate. Reinvented.®

lizmoore.com/brandiwalker

5350 Discovery Park Blvd., Williamsburg, VA 23188 | Licensed in Virginia

was very different from the Williamsburg we know today. "When I was growing up there was no Busch Gardens or gated communities," she says. "The town was very southern, very old Virginia. It was rural; there were cornfields, wildflowers and lightning bugs everywhere."

Linda's memories of growing up in Williamsburg include never seeing an unfamiliar face and spending her summers climbing trees and running around her neighborhood. "We found our own fun and spent all of our time outdoors. That was until Dad whistled for us to come home," she says with a laugh.

To this day, Linda is at her best in the great outdoors. A graduate of Virginia Tech, Linda became enamored with the field of geology during an introductory course as an undergraduate. "I fell in love with the class and knew that that was what I wanted to do," she says. A predominately male field, it was unusual for women to be majoring in geology at the time. "I was kind of an odd ball," she says.

Linda's career at W&M started 25 years ago when she was hired as a lab director for the geology department. "I've always been happy to

have the opportunity to educate young people in this wonderful science," she says. "I have never tired of being at the university or being a geologist. Science is a great field, and it's comforting to know about your earth. There is always something new to learn, and everywhere I go I am familiar with the land."

Almost immediately after coming on board at W&M, Linda was given the responsibility to head up the Geology on Wheels project. The project, which is considered one of the early STEM (Science, Technology, Engineering and Mathematics) outreach programs at the university, involves college students volunteering their free time to visit neighboring elementary schools with a red wagon in tow, piled high with lesson materials like rocks, minerals and fossils. Through the years, Geology on Wheels has evolved, and Linda and her students have started thinking of new ideas to bring STEM lessons into the classroom. They have also started to shift their focus to 6th and 7th graders.

According to Linda, W&M students come to the university knowing they need to participate in some kind of service-oriented project,

and it's just innate with them now. The students come to her with fresh ideas for what they would like to see the Geology on Wheels program accomplish, and Linda serves as their support and guide.

"The dynamic of older students teaching younger students is great, and the college students are so full of energy and have a great time educating the younger generation," Linda says. "It also serves as a learning opportunity for the teachers involved who may learn something new or get clarification on lessons they are already teaching." The new approach to target middle school students is an effort to capture their attention at the age when it's common to lose enthusiasm for science.

Linda has had former students who have pursued careers in education as a result of their love of the Geology on Wheels project. The program also helps the college students with public speaking skills and creating lesson plans that kids or the general public can learn from.

While her memories of growing up in Williamsburg are nostalgic and special, Linda is glad the town has grown and become a vital

It Just Makes Good Sense to Insure Your Family's Future and Plan for Tomorrow TODAY!



Specializing in Medicare & Living Benefit Plans

Call Robert Altieri
Independent Agent

Office: 757-253-1921

Proudly Marketing for:

- Humana
- Transamerica
- Equitrust Life
- Aetna
- United Home Life
- Guaranteed Trust Life
- Kemper Life & Health
- Equitable Life
- Alliance Life
- Gerber Life

Robert L. Altieri, Independent Agent
415 Neck-O-Land Rd., Williamsburg, VA 23185
757-508-7883 • raltiere1@cox.net



COMPASSIONATE CARE

Presented by Ed Golden, President

The services provided by professional caregivers allows your loved ones to "age in place" and offers respite to the families who care for them. Caregivers treat their senior clients with respect and compassion, and they are trained to help seniors with everyday tasks. They can make sure their client is taking their medications, help them with dressing and grooming, offer light housekeeping services and provide transportation to and from medical appointments and social events.

Whether you require respite from providing for the care of a loved one, or you live alone and want to maintain your independence, COMFORT KEEPERS can provide a wide range of home and personal care. We are dedicated to providing individualized in-home care that will help maintain the highest possible level of independent living.

For More Information Call
(757) 229-2777



Comfort Keepers

www.comfortkeepers.com

place for people of all generations. "People have come here and brought the arts, and they are more appreciative of nature than when I was growing up," she says. "We are getting better and better at planting and landscaping using plants that belong here in our coastal plain. Local nature groups are helping us as we expand, and when you fly over the town there's still a lot of green here, which is great."

Linda notes that the university is much more involved in the community than what she remembers as a child. The students who come here are eager to lend a helping hand, and they are always thinking of new ways they can serve the local community.

In addition to her busy work schedule, Linda is also a Virginia Master Naturalist. A lover of all things science and nature, she wanted to be able to identify more than just the rocks and sediment she comes across in her outdoor adventures. "I wanted to be able to identify things like grasshoppers, insects and poisonous snakes," she says. "Also, one day when I decide to retire, I want to stay connected to the W&M community somehow, so I became the

programs chair and started bringing W&M faculty to give talks and tours to the Master Naturalists."

One major community project Linda has spearheaded has been the Crim Dell Invasive (Plant) Species Removal project. She coordinated the Virginia Master Naturalists, W&M students and several offices on campus in the removal of invasive plant species in the Crim Dell. From her office in McGlothlin-Street Hall, Linda used to peer out of her window and cringe as she saw invasive plants overrunning the beloved campus landmark. "The Crim Dell I knew as a child is not the Crim Dell that is there today," she says. "Working to remove these species has been such a great community project, and I love working with the students. They always give me energy."

Linda says it's so important for the W&M community to serve the local community because they depend on each other. "Williamsburg, James City County and York County would not be what they are without the university," she explains. "Living in a college town gives the community access to experts, and

we benefit from that through public lectures, tours and events. In turn, the campus community benefits from the people who want to live here and the knowledge base of the retirees and students. We give to them and they give to us."

Outside of her busy schedule at the university and her responsibilities as a master naturalist, Linda loves to travel with her husband of 30 years, Gordon. "If I can be outside camping that is where I prefer to be," she says. The pair has two sons who are both graduates of Linda's alma mater, Lafayette High School.

Though her plate is full, Linda makes her family and friends her priority. "People are so important to me," she says. "I will drop anything to be with my family or my girlfriends. Those relationships are so special."

Linda Morse has taken her love of the earth and nature and turned it into a stellar career as a scientist and a fixture in the community she has called home for nearly her entire life. She has never tired of being in Williamsburg, and it's safe to say Linda will continue to strengthen the bridge between the campus and community for years to come. NDN



Grand European Tour

Amsterdam to Budapest • 15 Days from \$3,999*



ASK YOUR WARWICK TRAVEL PROFESSIONAL ABOUT VIKING'S 2017 SPECIAL PRICING.

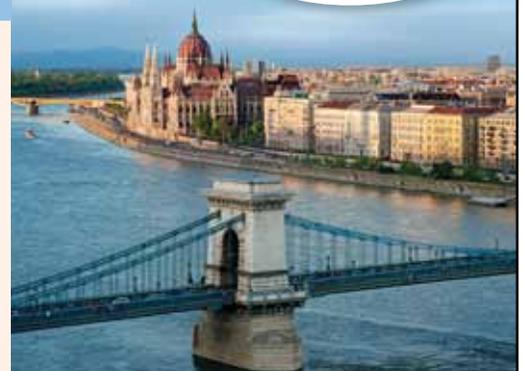
Take a Cruise that Highlights the Rhine, Main and Danube Rivers

From Holland's windmills and tulip fields to Germany's fairy-tale castles and the picturesque vineyards of Austria's Wachau Valley. Savor a decadent Sachertorte in a Viennese café, enjoy panoramic views of imperial Budapest and appreciate the genius of Mozart.



CALL THE TRAVEL PROFESSIONALS AT WARWICK TRAVEL

Williamsburg 757.229.7854
Newport News 757.599.3011



*Note: Grand European Tour price based on CAT F, select Oct & Nov 2017 Viking Longship sailings. Cruise fares listed are for cruise and cruisetour only in US dollars, per person and fares/discount offers are based on double occupancy. Prices are based on lowest price at time of print and are subject to change without notice. 2-for-1 cruise and international air discounts are considered a single offer. International air does not have to be purchased to get cruise offer. Must request 2017 Special Pricing offer at time of booking and pay in full by current expiration date; call for details. Valid on new bookings only as of 11/1/16, subject to availability and may not be combinable with any other offers except Viking Explorer Society Travel Credits and Referral Rewards. Viking reserves the right to correct errors and to change any and all fares, fees and surcharges at any time. Additional terms and conditions apply; see Passenger Ticket Contract at vikingrivercruises.com. CST#2052644-40

A College for the Community

By Lillian Stevens



Lisa W. Cumming Photography

"I would like to think that every student we see on that first day of class has hope, a dream and an optimism that he or she will complete a particular class or program," Dr. Greg McLeod says.

Dr. McLeod is the Provost at Thomas Nelson Community College's (TNCC) Historic Triangle (HT) Campus. He and his colleagues there are committed to doing all they can to help students move on to become happy, productive members of the community they call home.

A math teacher at heart, he has been professionally involved in education for the past

23 years, instructing at the middle school, high school, and college levels as well as in corporations. Dr. McLeod assumed the role of Provost at the HT Campus in the summer of 2015. With strong family ties to Virginia and North Carolina, he and his wife, Beverly, quickly embraced the opportunity to move to Williamsburg.

By all accounts, it's been a good year for his family, for TNCC's HT Campus and for the wider community. Whether introducing himself to new students on the first day of classes, or shooting some basketball hoops with a faculty member outdoors, the Provost thoroughly

enjoys the students and his colleagues.

"I think it's important that we offer excellent academic facilities, state-of-the-art technology and a supportive and collaborative atmosphere that promotes teaching excellence, high-quality support services and student learning and success," he says.

The Historic Triangle Campus typically attracts local students, so the faculty and staff there are particularly mindful of the needs of the community.

"We are here to meet the educational and training needs of our local citizens," Dr. McLeod says. "I think that providing access to

House Won't Sell?
#1 Property Manager for 2011, 2012, 2015 & 2016!

We'll Help You Rent It!
We're your full service Property Management Department: residential listings, owner services, tenant services and more!

"Call me! I can help reduce your worry over monthly mortgage payments by finding a qualified renter."

Beth Mueller
 Property Manager, Associate Broker
(757) 229-5681
 bmueller@century21nachman.com
 Serving Williamsburg, James City & York Counties
 Each office is independently owned and operated

Century 21
 NACHMAN REALTY

www.century21nachman.com

Celebrating Ten Years!
 It's *how you live* that matters.

At Spring Arbor Senior Living, you can live as independently as you want, but if you need it, our caring, professional staff is always ready to help.

Call Us Today
 and schedule your visit.
 We're closer than you think!

Visit us soon. Find out how you can enjoy a new, rewarding life in a gracious setting.

Spring Arbor of Williamsburg 935 Capitol Landing Rd.
757.565.3583 • SpringArborLiving.com

Julia's Journey

Julia Lee is now a busy 15-year-old, but the first few years of her life presented significant challenges.

Julia was referred to Child Development Resources after she experienced her first brain bleed and her first brain surgery. While at CDR, she was diagnosed with Cerebral Cavernous Angioma, an aggressive disease that causes frequent brain bleeds.

During her first four years of life, Julia experienced several more incidents and numerous corrective surgeries, which meant her development was off track and regressed each time a bleed occurred.

The CDR Infant & Parent Program team, along with Julia's parents, worked hard to make up and surpass each setback in order for Julia's development to progress. Her mother, Connie, participated in CDR's Parent Group for guidance, support and friendship. Today, Julia is proud to be a junior ambassador for the Angioma Alliance, an international organization started by Connie when Julia was finishing her early intervention services at CDR.

"The Alliance was established because I realized how important the support from the parent group at CDR had been for me. I wanted to create that nurturing environment for other families who so desperately need it."

Julia's mom, Connie

Julia now lives a busy and exciting life, participating in horseback riding, summer camp, archery, and rock climbing. Her companion dog, Harper, accompanies her to school, camp, and riding lessons. She is a straight-A student at Chesapeake Academy.



Julia, her first day at CDR



CHILD
DEVELOPMENT
RESOURCES

Questions about your baby or toddler?
Call 757-566-TOTS, or go to cdr.org



Give. Joy.

Lucky November birthday girl. Surround her with good karma. One-of-a-kind Imperial topaz crowned with diamonds. Only here.



THE • PRECIOUS • GEM

Merchants Square, Williamsburg • 757-220-1115

Mon - Sat 10am - 6pm, Sun noon - 5pm

thepreciousgems.com • Like us on Facebook 

DESIGNS by REGGIE AKDOGAN

WE ARE YOUR CATERING EXPERTS

FOR HOLIDAY PARTIES
& special events!



BAKER'S CRUST
ARTISAN KITCHEN

BAKERSCRUST.COM



Delivery & Set-up or
Pick-up is available
for any order!

(757)253-2787 • 5234 MONTICELLO AVE • WILLIAMSBURG, VA 23188

a great education and quality support for young people transitioning from high school to higher ed is essential to the mission of the community colleges.”

TNCC launched the HT Campus site in 2009. Its location adjacent to Warhill High School has fostered collaborations like dual enrollment and early college for some students. “We also have some dual enrollment classes at Lafayette and Jamestown but we hope to partner more with all of our area high schools,” Dr. McLeod says.

In the current fall 2016 semester, there are over 300 class sections offered, with approximately 1,500 students enrolled across those sections. Course offerings range across many disciplines and allow for a variety of degrees. Beyond a traditional associate’s degree, the college also offers students many opportunities to learn skills and trades that will prepare them for jobs in the community.

“We have programs for electricians, welding, pharmacy tech, phlebotomy. The list goes on and on,” he says. “We offer programs in nursing, dental hygiene and emergency medical services. Our onsite dental hygiene clinic is but one example of a program that is truly phenomenal.”

Members of the community might not be aware of it, but dental hygiene services are available onsite, at a very modest cost. “People can come in and get a general oral exam, including cleaning and x-rays.”

In addition to serving as the College’s Provost, Dr. McLeod is actively engaged in community service. He sits on the boards of the Greater Williamsburg Chamber and Tourism Alliance and Olde Towne Medical and Dental Center. He also enjoys partnering with local business, civic and government leaders to create opportunities for all learners, including some of the community’s youngest citizens. As an example, this past summer, Dr. McLeod’s vision to host a computer coding and robotics camp at TNCC for 7 and 13 year olds was realized.

“We offered the camp for free to some of the community’s youngest citizens, children whose families might not have the resources to afford similar camps,” he says. “This meant a lot to me. I recognize that there are children in our community who may not have the same access or encouragement to explore STEM-related projects. So I had this idea to partner with others to reach our target audience and to ensure a high quality learning experience.”

Dr. McLeod took his idea to Sylvan Learning Center and the Williamsburg/James City County Community Action Agency. The response was immediate and positive. “The Community Action Agency provided marketing outreach, transportation, and snacks, while the Sylvan Learning Center provided some of the robotics kits we used, as well as one of their own instructors, Lindsey Grant, who was great!”

In addition, thousands of dollars in funding for food, supplies, camp shirts, and robotics kits were provided through area restaurants like Chick-fil-A, Chipotle, Sal’s by Victor, and Jimmy Johns, several private donors, Prince Hall Lodge #139, and the local chapter of Sigma Pi Phi.

“We held the camp on this campus during the first week of August with 21 children participating,” Dr. McLeod says. “We had over 60 applications in just a few days but due to budget and space constraints we had to limit the number of participants.”

He hopes to make it an annual tradition and offer multiple sessions to accommodate more campers in the future.

“We recognize that not all children will go into computer coding and robotics,” he says. “But I have learned that just being exposed to these

types of applications can help increase critical thinking skills and logical reasoning, while building confidence and encouraging teamwork.

To Dr. McLeod, it's exciting to imagine the breadth of educational and professional paths from which today's youth can choose.

"Growing up in rural Raeford, North Carolina, I wasn't aware of the professions out there," he says with candor. "My dad first started working at the post office after his military service in Vietnam, and then he became a preacher. So I knew of those two professions."

While working full-time and raising his family, Dr. McLeod's father made a personal choice that would resonate throughout the whole family: he decided to go to college.

"Since he was drafted into service in Vietnam, my father wasn't able to go to college after high school," Dr. McLeod says.

Dr. McLeod's father enrolled in the local community college where he earned an associate's degree. "I remember riding to campus with him on occasion, when I was a little kid, and it didn't dawn on me then, but that was really my first connection, not just with community college but with college in general."

The elder McLeod went on to earn not only a bachelor's degree but also his master's in Divinity from Duke University. "He finished at Duke about the same time I graduated from high school."

Dr. McLeod and both of his sisters attended college during the same time. "Fortunately, I was able to attend the University of North Carolina at Chapel Hill on a full math teaching scholarship," he says with a laugh, "because there were three of us to send to school while my little brother was still at home."

Chapel Hill wasn't far from home, geographically, but it was a world apart in other ways.

"The environment was so different from what I was used to. I enjoyed my time there but I wasn't as mature as I needed to be at that time and I had a little too much fun."

In hindsight, he says that he probably would have been a great candidate for community college.

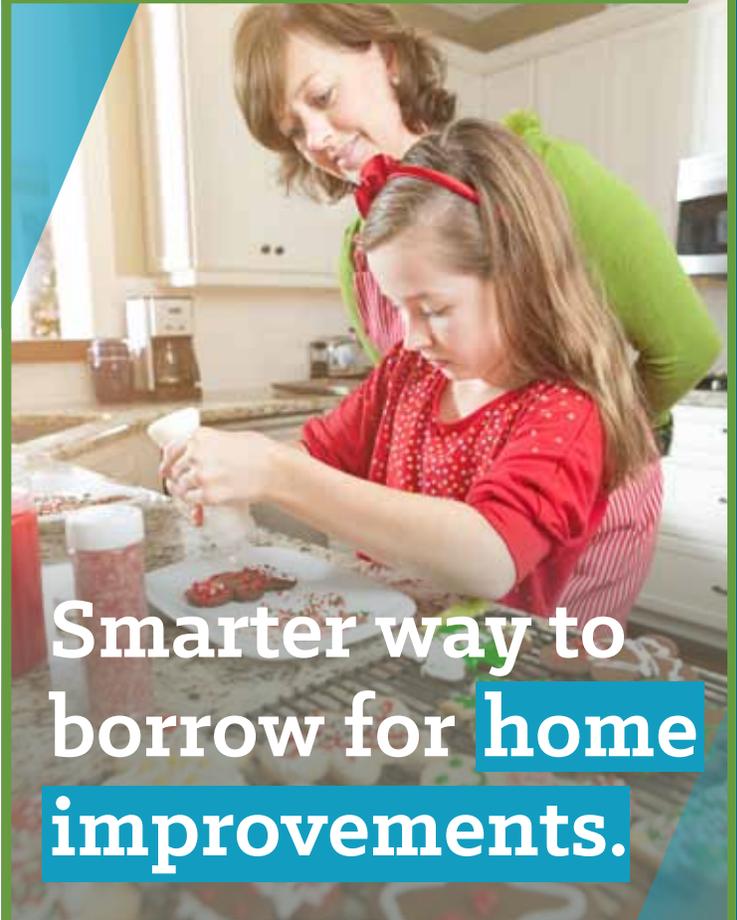
"Community college is more affordable, and provides a great transition between high school and a university."

Consider that freshmen and sophomores at TNCC can expect to have 20 or 30 students in any given class, as well as a direct connection with instructors. "When I was at Carolina, I had a Psych class with over 300 people and a religion class with over 600 people," Dr. McLeod says. "The classroom size, together with my immaturity at 18, was not ideal for me."

Still, he buckled down, earning a Bachelor's Degree in Math Education, followed by a Master's Degree from North Carolina State University, and a Ph.D. in leadership and education with a specialization in higher education administration from Barry University.

Dr. Greg McLeod spent several years teaching and several more in the private sector before embarking on the path that would ultimately lead toward higher education administration. He's pleased that his trajectory unfolded in such a way that he and his family were able to move closer to family in Hampton Roads. The self-described teacher at heart and his wife have two children who are both students at Hornsby Middle School. 

Home Equity Line of Credit



Smarter way to borrow for home improvements.

No Closing Costs!*

Introductory rate
1.99%
APR*
12 months

As low as
3.50%
APR*
Variable thereafter

YOUR ADVANTAGE:

Creating the perfect space for holiday memories.

Get Started Today!

757-877-2444

1stAdvantage.org/HELOC



**1st Advantage
Federal Credit Union**

*1.99% fixed Annual Percentage Rate (APR) for first twelve months. Thereafter, variable APR adjusted quarterly based on Wall Street Journal Prime Rate (index) + a margin for the life of the loan. Current APR as of 10/14/2016 is 3.50% APR. Includes a 0.00 margin and assumes great credit and loan to value < 80%. Minimum floor rate of 3.50% APR and a maximum rate of 18% APR. Rates and terms will vary depending upon loan-to-value, loan amount, loan term, lien position, and credit qualifications. Introductory offer not available for refinances of existing 1st Advantage home equity loan/line of credit. No closing costs, excluding appraisal fee if required, for new loans greater than \$20,000. Not available for home purchase. Offer excludes properties currently for sale or within last 180 days of application. Property insurance is required, flood insurance may be required. Certain restrictions apply. Limited time offer.



Federally Insured
by NCUA

TOWN & GOWN

By Brandy Centolanza



Lisa W. Cumming Photography

Jeremy P. Martin likes to joke that he enjoyed college so much that he never left. That is certainly the case when it comes to William & Mary, where he started working as assistant to the President and Provost four years ago after earning a doctorate degree in Educational Policy, Planning, and Leadership from the institution.

Jeremy and his wife, Tia, moved to Williamsburg in 2008 when Jeremy first started at William & Mary as a graduate student. He worked as an intern in the office of university President W. Taylor Reveley III and was later hired for a permanent position the day after he defended his

dissertation for his doctorate.

“We loved it here and realized pretty quickly that we wanted it to be our home,” Jeremy recalls. “Fortunately, I had the opportunity to stay after finishing the degree.”

Now, as assistant to President Reveley as well as Provost Michael R. Halleran, “I spend my days thinking how we can be the best William & Mary that we can be,” Jeremy says. “I get to do a lot of things behind the scenes to ensure things are going well. I love the breadth of my work, whether it is being asked how best to help the students succeed here, how best to position the university for the future, or how best to help the locals or alumni work with the students.”

Jeremy sits on a variety of committees, most notably the Neighborhood Relations Committee. That committee is comprised of five



Love at 425°

25% OFF
Your Order
purchased at regular menu price

Applies to walk-in and call-in orders only. Must present coupon at time of purchase.

Phone ahead. We'll have it ready.
757-903-2156
www.papamurphys.com
4680 Monticello Marketplace Shopping Center
(Near Martin's & The Wine Seller)



Supreme Styles
BEAUTY SUPPLIES & FASHION

- Urban Apparel • Excellent Earrings
- Wigs • Hair Extensions
- Beauty Aids
- Cell Phone Accessories

FALL SALE

20% OFF FIRST Item* + 10% OFF Every Other Item*

Valid at Supreme Styles with coupon. *Discount off REGULAR priced items only. May not be combined with any other offer or sale item. Exp. 12/31/16.

6610-R Mooretown Rd. (btwn. Ross & Dollar Store)
(757) 221-0220 • www.supremestyles1.com

Mon 9:30 - 7:00 • Tue - Sat 9:30 - 8:00 • Closed Sunday

Come Visit Our Store!

Here's another reason many
Peninsula residents are deciding to...

SWITCH TO SENTARA



For 3D Mammography.

On the Peninsula, 3D Mammography is available from Sentara in three locations, including a new location at Sentara CarePlex Hospital in Hampton. This advanced technology for early detection of breast cancer finds 35% more cancers sooner* - when treatment is most effective.

Scheduling your mammogram is easy. Call us today at **1-800-SENTARA** or visit Sentara.com/mammogram to schedule your appointment online.

*June 2013 issue of the *American Journal of Roentgenology (AJR)*

SENTARA ON THE PENINSULA

3D Mammography at these locations:

- Dorothy G. Hoefer Comprehensive Breast Center
- **New Location!** Sentara CarePlex Hospital in Hampton
- Sentara Port Warwick in Newport News
- Sentara Williamsburg Comprehensive Breast Center
- Sentara Williamsburg Regional Medical Center

sentara.com/mammogram Your community, not-for-profit health partner.



members: Jeremy, who is the William & Mary representative, as well as a representative from the student body, the surrounding neighborhoods, city government, and a landlord representative, who all work together to ensure there are positive Town and Gown relations.

“My goal at the start of every year is that students will knock on their neighbors’ doors, introduce themselves, and give them their contact information,” says Jeremy. “I want them to be able to talk to each other if there is ever an issue.”

Jeremy works as a mediator between students and residents when issues arise. Most disputes are minor and often come about as a result of lack of communication between the students and the locals.

“No matter who the resident is, whether it is a student or a retiree, regardless of their occupation, the goal is for them to appreciate and respect one another,” Jeremy says.

Jeremy is also the William & Mary representative on the Neighborhood Council of Williamsburg, another group that meets monthly to discuss neighborhood relations and needs.

“It’s more of an information sharing group, where neighbors come together to get a better sense of what is going on,” Jeremy points out. “It’s made up of an eclectic and very engaging collection of people in our town.”

He is also part of the W&M’s Emergency Management Team, the Planning Steering Committee, the Women & Philanthropy Internal Advisory Group, and the President’s Working Group on Veterans and Military Affairs, among others. He’s been working with student veterans for three years.

“We want to support them, and we want to know how we can help them make the most of their time at William & Mary,” Jeremy says. “I’m also a past president and continuing board member for Williamsburg Campus Child Care, which operates on William & Mary’s campus. I guess you could say I’m involved with our students from birth through college graduation and beyond.”

Jeremy aims for assisting with the success of all students, whether it’s serving on task forces on how to better help student veterans, chairing a working group to improve retention and

graduation rates, or how to enhance e-learning initiatives and interstate distance learning with other Virginia universities.

In addition, he is a co-coordinator of major special events at the college, including the Dalai Lama visit in October 2012 and regular visits with Chancellor Robert M. Gates, the 22nd U.S. Secretary of Defense.

“I’ve spent quite a bit of time with Chancellor Gates, and I am essentially his host whenever he visits campus, which is typically two to three times per year,” Jeremy states. “I’ve really enjoyed getting to know him personally and gained even more respect for him as a leader by seeing him when not in public. He’s the real deal, a true patriot, and someone who continually puts his country first. One of my favorite stories while hosting Chancellor Gates on campus was being mistaken by a student as a Secret Service agent. I guess walking with Secretary Gates in a dark suit could give that impression. We all had a good laugh at that one.”

Jeremy also enjoyed meeting the Dalai Lama.



FREE APPETIZER!

Present this coupon and receive a **FREE APPETIZER** with the purchase of any dinner entrée from our regular dinner menu. Up to four guests may use one coupon. Choose from the Following **Delicious Appetizers**:
 Shrimp Cocktail, Ahi Tuna, Calamari Frita, Miniature Crab Cakes, New Orleans BBQ Shrimp, Bourbon Pecan Brie, Chesapeake Bay Fried Oysters or Homemade Onion Rings.
 Excludes Lobster Scampi & New Zealand Lamb Lollipops.
 Coupon not valid with Prix Fixe or Reception Menus. Not valid with any other offer or promotion. Not valid on Thanksgiving Day (11/24). May be used during dinner hours only.
RESERVATIONS SUGGESTED • Coupon Expires 11/30/16

Opus 9
Steakhouse

New Town Center
5143 Main St
757-645-4779
Opus9Steakhouse.com

— FREE —

\$ **25**

PROMO CARD*

WHEN YOU BUY

\$100 IN GIFT CARDS

— FREE —

\$ **50**

PROMO CARD*

WHEN YOU BUY

\$150 IN GIFT CARDS

Nov. 7
- through -
Dec. 24

Williamsburg - New Town
5107 Main Street
(757) 565-2800

ME
Message Envy

*Offer ends 12/24/2016. Gift cards must be purchased at a Message Envy franchised location. Offer is not valid online, from a third-party retailer, or for previous purchases. Minimum \$100 per transaction for a \$25 Promotional Card or \$50 per transaction for a \$50 Promotional Card. Gift cards are not redeemable or refundable for cash or credit except where required by law. Promotional Cards expire on 03/31/2017, and are subject to restrictions on use (See Promotional Card for details). Rates and services may vary by franchised location and session. Additional taxes and fees may apply. Each location is independently owned and operated. ©2016 Message Envy Franchising, LLC.

“I was among the first to greet the Dalai Lama,” Jeremy recalls. “A few of us were there on the runway when his plane landed and escorted him to campus. The best thing about that visit was it was entirely student driven. As wonderful as hearing from and being around the Dalai Lama was, it was an even greater example of the impact students can make on our community.”

Jeremy, a native of Georgia, started his own college career at Houghton College in New York, where he played basketball and earned Bachelor’s Degrees in Business Administration and Communications. After earning a Master’s Degree in Sports Administration from Georgia State University, Jeremy worked as a basketball coach at Emory University in Georgia and later at Gordon College near Boston, Massachusetts. Jeremy met his wife, Tia, on a blind date during his interview at Gordon College. When seeking a change a few years later, the pair relocated so Jeremy could return to college once again as a student. It was Tia who recognized Williamsburg was the right fit.

“I thought we were still weighing a couple

options when Tia declared we’d be moving to Williamsburg. She just knew William & Mary was the place for us,” Jeremy says. “I’ve always been interested in leadership of higher education, and I wanted to learn more about what presidents do.”

Now, he knows plenty, thanks to his position at William & Mary.

“I have yet to have a day at William & Mary that I didn’t find interesting,” Jeremy says. “We really do have exceptional people who work and learn here. They want to be here and are committed to our students, to one another, and to the institution.”

That especially goes for President Reveley and Provost Halleran.

“The President and Provost must often deal with serious matters. It’s natural given their jobs, but we laugh a lot around the office, too,” shares Jeremy. “They are wonderful people and leaders of substance. Both of them genuinely care about others and are motivated by a desire to make a difference in people’s lives. I consider them mentors, not just my bosses.”

Education remains a focus for Jeremy, who

co-teaches an undergraduate course on higher education at William & Mary on Monday evenings and takes classes on Tuesday evenings as he works toward an MBA Degree in Business Administration, which he will finish in the spring.

Family is also a priority. Jeremy, Tia, and their two children, Gianna and Joey, are active in church at Williamsburg Community Chapel, and enjoy frequenting Kidsburg, Waller Mill Park, Colonial Williamsburg, Busch Gardens and Tribe athletic games.

“I enjoy all the things that William & Mary and Colonial Williamsburg bring to town,” Jeremy says. “Williamsburg is an unrivalled place to be a kid. There is no other town in America that can offer the environment that Williamsburg does.”

He feels the same way about William & Mary. “I don’t expect to ever leave higher education,” Jeremy Martin says. “There’s great satisfaction in being part of university leadership. I hope to always do work that is interesting and to be able to bring value to whatever institution I am working at.” NDN



Your Life. Your Style. Your Plan.

Build Your Own Social Network.

Get connected and reserve your space in our exclusive New Neighbors Package – only a few spots remain!

Call today! 757-585-4435

Life at Williamsburg Landing offers so many opportunities to connect, engage and grow. We invite you to live a lifestyle as vibrant, active and uplifting as you wish, with comprehensive health care services available. Choose from an array of activities, such as:

- Dinner with Friends at the Cove Café
- Volunteering at Colonial Williamsburg
- A Class at The College of William & Mary
- A Tasting Tour at The Williamsburg Winery
- An Aquatics Class at the Health Club and Spa
- A Performance of The Williamsburg Symphonia



www.WilliamsburgLanding.com

5700 Williamsburg Landing Drive | Williamsburg, VA 23185



DEIDRE CONNELLY



Lisa W. Cumming Photography

Athletes Lend a Hand

By Alison Johnson

Last spring, Deidre Connelly helped lead athletes at William & Mary to a Colonial Athletic Association championship, but it wasn't in sports.

The university's Student Athlete Advisory Council, or SAAC, collected 936.5 pounds of canned goods during the conference's annual food drive, more than any other of its 10 member schools. That food, plus nearly \$1,400 in online donations, went to two local

food pantries.

The food drive is one of many community outreach efforts that SAAC and individual athletic teams at W&M complete each year, notes Deidre, a Sports Psychology Consultant and Advisor to the SAAC. In her advisory position, she helps student-athletes understand local needs and plan service projects to make a difference.

"The students often say they get as much –

or more – out of what they do than the people they are helping," Deidre says. "It gives them a different way of looking at the community around them, beyond just their campus. It connects them with real life and helps them stay grounded. It lets them take a breather and relate to someone else."

Deidre stresses that athletes are just a small piece of the active volunteer culture among W&M students. But as a lifelong sports fan,

Join us for...

Award Winning Deli & Pizza!

Best of Williamsburg Winner
2007, 2008, 2009, 2010,
2011, 2012, 2013, 2014 and
2015



6546 Richmond Rd. • (757) 564-9258
newyorkdelipizza.com

10% off
Entire Check with this Ad
Excludes Alcohol
Offer Expires 11/30/16

NEW YORK DELI AND PIZZA RESTAURANT

Not sure how to help your teenager file college applications?

We can help!

Get expert assistance with:

- Choice of college major
- Choosing the right college
- College admissions applications and essays
- Scholarship identification and applications



Pam Rambo, Ed. D.
pamela.rambo@cox.net
Experience in admissions, counseling, scholarships and financial aid.

RAMBO Call for a **FREE** consultation.
RESEARCH AND CONSULTING **757-903-6511**
www.ramboresearchandconsulting.com



this season's top trends
hand-selected, just for you.



GOODMAN
& **SONS** *Jewelers*

Monticello Marketplace
4640-11A Monticello Ave.
Williamsburg, VA 23188
757-229-5388

she's also aware that they can be an important piece, since many people, especially children, are excited to interact with college athletes.

Players who tutor at Matthew Whaley Elementary School, for example, "come back and tell me that they felt like they made somebody else's day just by showing up," Deidre says. "When our cheerleaders hosted the ARC (an agency that serves people with developmental disabilities), none of them could stop smiling. It was the middle of exams for the cheerleaders, but they just all had a blast."

Last year, SAAC's service projects included running a blood drive in partnership with the Red Cross that drew 100-plus donors; collecting food and toiletries for the nonprofits FISH, Inc., and the Grove Christian Outreach Center; and participating in fundraising events for cancer, diabetes and ALS research.

Athletes also have tutored and coached, worked with shelter animals, cleaned up areas of York River State Park and hosted benefit car washes, golf tournaments and dance marathons. On the MLK Day of Service in January, about 270 athletes and 10 coaches donated several hours of their time to various agencies. "They prefer very hands on work,"

Deidre says. "They have a lot of energy."

Working with athletes is what Deidre has long wanted as a career. A Long Island, New York, native, she was involved in multiple sports as a child and played both field hockey and lacrosse at the University of Bridgeport in Connecticut, where she majored in Health & Physical Education. Running remains a favorite hobby.

"I am a sports junkie, in my personal and professional life," she says. "My kids joke that I only let them watch two things on television growing up: PBS and ESPN."

Deidre's family had moved to Williamsburg in the 1970s, and after college she got a job as a teacher and coach at Walsingham Academy. As the field of Sports Psychology emerged, she was fascinated by the idea of strengthening an athlete's mental game to improve physical performance. She went on to earn a Master's and Doctorate Degrees in Sport Psychology at the University of Virginia, training under prominent consultant Bob Rotella, famous for his work with golfers.

"Dr. Rotella would have us go out and do many presentations. He thought we should stay in touch with what it feels like to get ner-

vous and sort of practice what we were learning to teach," Deidre recalls. "So as a first-year grad student, you might be going out to talk to 100 parents of youth sports participants about best practices in guiding your kid's sport experience, or meeting a roomful of high school football coaches to talk about team dynamics or coping with frustration. We got lots of great experience."

After graduate school, Deidre spent three years as director of the graduate program in Sports Psychology at the University of Iowa. She landed her current position at W&M in 1990. As a Sports Psychology Consultant, she is housed in Athletics but also is a member of the Counseling Center staff, where she works with non-athletes on issues such as test anxiety or fear of public speaking.

"These are very accomplished, brilliant students, but everyone can experience self-doubt and performance issues in a challenging environment," she notes. "They can learn to battle through things that are scary and be proud of their efforts."

Sports Psychology is a resource available to all W&M athletes. Deidre's goal is to help them manage internal and external pressures

ACCESS EVERYTHING YOU NEED,

every time you need it.

Enjoy more access to your kitchen with custom pull-out shelves for your existing cabinets.



ShelfGenie®
EVERYTHING WITHIN REACH™

FREE INSTALLATION*

Schedule your free design consultation
(757) 208-7214 • shelfgenie.com



*Limit one offer per household. Applies to purchases of 5 or more Classic or Designer Glide-Out™ shelves. Expires 11/30/2016. Lifetime warranty valid for Classic or Designer Solutions.

Enviro^Wash®

Aggregate
Restoration



Decks & Driveways
House Washing
Roof Stain Removal

804-744-2974
envirowashinc.com

Angies list
Reviews you can trust.



Licensed • Insured • References Available

to succeed and be more resilient even in the face of mistakes. Some athletes approach Deidre on their own; others are referred by their coach.

“Playing sports at a high level can be nerve-racking, not for the faint of heart,” she says. “You don’t have to be ‘crazy’ or in crisis to come in to talk. It’s good for anyone to talk about how to address performance issues to become more confident, more consistent and less anxious.”

Sports Psychologists emphasize a mindset of staying in the present moment, not reflecting on past errors or projecting into the future. They also nurture a “growth-oriented” outlook, or viewing each experience as a challenge and a chance to improve – not simply an evaluation of talent. “You can still be competitive without always needing to prove that you’re good,” she explains.

Deidre, a married mother of four and grandmother of two, has been SAAC’s advisor for 15-plus years. The group is made up of representatives from each of W&M’s 22 teams and meets biweekly. In addition to facilitating service opportunities, Deidre helps members vote on proposed NCAA legislation, plan an-

nual events to honor academic and athletic achievements and communicate any athlete welfare concerns to college administrators.

Those include practice time commitments, needed academic supports and mental health issues that can affect all college students, such as anxiety, depression, substance abuse and eating disorders. “In some respects athletes are in a positive environment, so that’s a protective factor,” Deidre says. “In other ways, there can be an elevated risk due to pressure, injury, sleep challenges, etc.”

Taking time to serve others is a positive. In addition to participating in SAAC-wide projects, many individual teams have built special relationships with specific non-profits, causes or schools, Deidre says. The men’s gymnastics team, for example, holds an annual food drive for FISH, while the golf program plans a fundraiser called Tribe Birdies for Breast Cancer. Last year, members of the women’s lacrosse team volunteered on Sundays at the Avalon Center; women’s soccer players coached all spring at Legacy Soccer Club.

“Everything they do gives them a better understanding of where they are living now, because they have come here from all over the

country,” Deidre says. “This draws them together and also adds their voices and perspectives to this community.”

Following the lead of the college’s Office of Community Engagement, Deidre asks SAAC members three questions: What? So what? Now what? In other words, what can athletes do to make a difference? What is the impact those actions had? And what else can they do?

“We’re just doing our little part here, as athletes,” she says. “We do what we can, given the time we have. William and Mary students as a whole do so much.”

Deidre also points to the motto on wristbands that SAAC has sold for several years, which reads, “One Tribe. One Family.” Proceeds from those bracelets originally went toward an endowed study-abroad scholarship in honor of Army 1st Lt. Todd Weaver, a W&M graduate killed in Afghanistan in 2010.

“That saying means we’re part of the entire community,” she says. “We want them to have a sense of being a good citizen.”

The efforts are equally rewarding for Deidre Connelly. “These kids I work with, they’re amazing,” she says. “I have the best job on campus.” NDN

Seeking peace of mind? Come visit Edgeworth Park at New Town!

No cleaning or laundry

New friends and more activities

3 chef-prepared meals daily

Nursing staff is available 24 hours a day

New Town shopping and amenities are nearby

A fitness center and walking trails are on-site

Visit Our Furnished Model!
5425 Discovery Park Blvd.
Suite 102
Williamsburg, VA 23188


EDGEWORTH PARK
at New Town

**OPENING SOON!
NOW LEASING**

Williamsburg’s newest assisted living and memory care community

(757) 663-5677 EdgeworthParkAtNewTown.com

Managed by  Life Care Services®



MAG/benefits/9-16

MOVING FORWARD

By Cathy Welch



Lisa W. Cumming Photography

“We are not just here to train a workforce already in a job,” Sherri Thrift, Program Coordinator and Adjunct Instructor for Thomas Nelson Community College’s (TNCC) Workforce Development Team, says. “We also have programs to train those over 18 in careers.”

Raised in West Virginia, Sherri earned her Bachelor of Business Administration in Management from Marshall University. She worked in mortgage and corporate trust banking in Richmond. She did not want that as a career, so she explored alternatives, then met and married Paul. Both quit their jobs and studied at Virginia Tech. Paul finished his master’s degree and Sherri earned her Master’s Degree in Urban and Regional Planning with a concentration in Economic Development.

“I worked with Tech’s Economic Development Assistance Center traveling the state helping communities,” she explains. “That helped me focus my urban and regional planning degree.”

Following graduation, Paul worked at Fort Eustis in forestry which brought them to live in Williamsburg in 1998. Today he is a superintendent of grounds at Virginia Commonwealth University and Medical College

of Virginia. “I worked with the Virginia Department of Business Assistance and Virginia Department of Housing and Community Development,” Sherri says.

In 2000, she joined William & Mary’s Economic Development Office helping their director start New Town. They worked with many students. “I liked having students help because it’s important for them to get practical experience,” she says.

Dress Your Table

For an inviting Thanksgiving!

Schmidt's
flowers & accessories
A Williamsburg Tradition Since 1939



(757) 229-1665 • 312 Lightfoot Rd., Suite E • www.schmidtsflowers.net



INTRODUCTORY SPECIAL • 1st Time Clients

50% OFF \$10 OFF for our regular clients

Try our clinically-styled massage to target specific areas of pain and tension including headaches, sciatic pain and sore or tight muscles. We offer stretching and trigger point release, as well as many styles of massage, including **deep tissue, sports, integrated, myofascial and Swedish.**

REAL DEEP TISSUE MASSAGE

Williamsburg Therapeutic Massage

williamsburgtherapeuticmassage.com

1761 Jamestown Road, Suite 103A • Williamsburg • 757-707-4619

1

CHOICE FOR ORTHOPAEDIC & SPINE CARE

MARY IMMACULATE HOSPITAL

At **Bon Secours Mary Immaculate Hospital**, our doctors, nurses and therapists are the most experienced in the region and ready to get you back to good health.

- 1ST “Jiffy Hip” anterior hip replacement in Virginia
- 1ST MAKOplasty® partial knee replacement in the region
- 1ST cervical spine arthroplasty in the region

Why go anywhere else?
To find a physician, call 757-525-8177 or visit OrthoFirstChoice.com



LOCAL. LENDING. THRIVING.

At Fulton Mortgage Company, you'll find trusted local mortgage specialists who have the knowledge and expertise to guide you through the process of buying, refinancing or building a home.

Contact Ryan today:



Ryan Mutter

Sales Manager
NMLS #: 615258

757.254.2584

rmutter@fultonmortgagecompany.com

Fulton Mortgage Company

A Division of

Fulton Bank, N.A.

fultonmortgagecompany.com



Fulton Bank, N.A. Member FDIC.
Subject to credit approval.

Fall in love with a New Flame



Let Taproot re-kindle your flame with a new fireplace makeover. Come see what's new in Gas, Wood and Electric fireplaces. The possibilities are endless!



Fireplaces Reimagined

757-229-3722 • 157 Second Street • www.taprootstore.com

When 9/11 happened, Sherri had a preschool son, Cole, and one-year-old, Lydia. She didn't want to work full-time anymore so she became a part-time consultant for W&M working on entrepreneurial projects and grant writing.

A few years later, the family moved to Charlotte, North Carolina where Sherri's family is from. "The second we drove out of Williamsburg, I thought, 'What the heck are we doing?'" she explains. "I loved Williamsburg. You can put your arms around it, and I felt like we had roots here."

Sherri's family moved back to Williamsburg in 2006. She did counseling for a local Small Business Development Center and worked with W&M on several projects and with TNCC, running their Peninsula Executive Leadership Forum in Hampton.

Today, as TNCC's Program Coordinator for Workforce Training and Continuing Education and adjunct instructor, Sherri develops and implements programs. She also teaches the Entrepreneurial Leadership Academy and its veterans' version. "Some students are active duty, but thinking about separating from the service and want to get prepared," she explains. "It's really at the idea stage of starting a small business."

The collaborative class helps its member decide if their business idea is viable, who their customers are, what other students would buy and what they should charge. The class's ground rules are to be respectful and open to listening to what others have to say.

"A lot of times people start with one idea and by the end of class they've totally changed or expanded their idea because of what others said."

At TNCC's annual Open House, Sherri mans the Workforce Development table and believes that parent and student attendees do not understand what her organization does. "The kids will look at the table and a parent says, 'Oh, that doesn't pertain to you,'" Sherri explains. "They don't understand what workforce development is, and I believe that's a misconception in our community."

Many understand the Workforce Development Team's work is to train workers already in place. That is one thing they do, but they also train individuals for a career in addition to corporate training. Businesses can use their space to train their employees and have board meetings. "If they need their employees trained on something like how to communicate better, we develop affordable programs for them," she says.

Williamsburg Landing approached them about a year ago to do the certified nurse aide (CNA) program specifically for their employees. Their facility is growing and needs CNAs.

Sherri's responsibility is workforce development. Her office implements programs to train adults in short-term programs that can help them get a paying job or move forward in their current job. "This area has a very college-focused school system," she says. "But there are kids getting lost in the system who are not college material. We do allied health programs like phlebotomy which is wildly popular now."

TNCC offers a Workforce Credential grant program for adults who have lived in Virginia over 12 months. It pays over two-thirds of the course's cost for programs that train welders, electricians, manufacturing specialists, pharmacy technicians, security, A+ certified positions and more.

"My big focus is on partnerships," Sherri says. "That's what's made our program successful: partnering with the community. We're not just

a silo providing something. We're actually working with our community. Partnering provides so much more energy, helps with marketing, building a more robust program, getting speakers and identifying and fulfilling a need."

Her office's Triangle Entrepreneur Exchange, which is conducted in partnership with James City County six times a year, is in its third year. This free event brings in speakers on entrepreneurial topics and provides networking time. "We get 40 to 50 people each time, and it's going strong," she says.

Several years ago they began a family caregivers program in partnership with Peninsula Agency on Aging, Colonial Behavioral Health and Colonial Heritage Foundation. She took the idea of a "lunch and learn" like at their Triangle Entrepreneur Exchange to develop this series. "Some of them come and are crying because they needed it so badly," Sherri says of participants. "Some don't know what they're doing or where to turn."

Recent caregiver programs concentrated on medication management in conjunction with Walgreens and the importance of a good night's sleep in partnership with a local neurologist. During November's Family Caregiver Month, their program will celebrate the caregiver and focus on self-care management. "We're hoping to help them take care of themselves and to offer resources that can provide respite for them," she explains.

From March to August 2017, TNCC will offer a new, low-cost culinary program called ChefsGo 1.0. Participating top area chefs are from Blue Talon, Camp Peary, Colonial Williamsburg, DoG Street Pub, The Hound's Tale, Kingsmill, Waypoint Grill, Williamsburg Landing, WindsorMeade and W-JCC Schools. They will provide eight weeks of classroom instruction on the basics of cooking using Warhill High School's kitchen. "It's going to be hands-on," Sherri says. "They will learn how to operate and work in a restaurant, too." Once instruction is complete, the students will be working for one of the chefs making a salary for four months in an internship-type position.

"I like to develop things," Sherri says of her work focus. "That's what gets me excited."

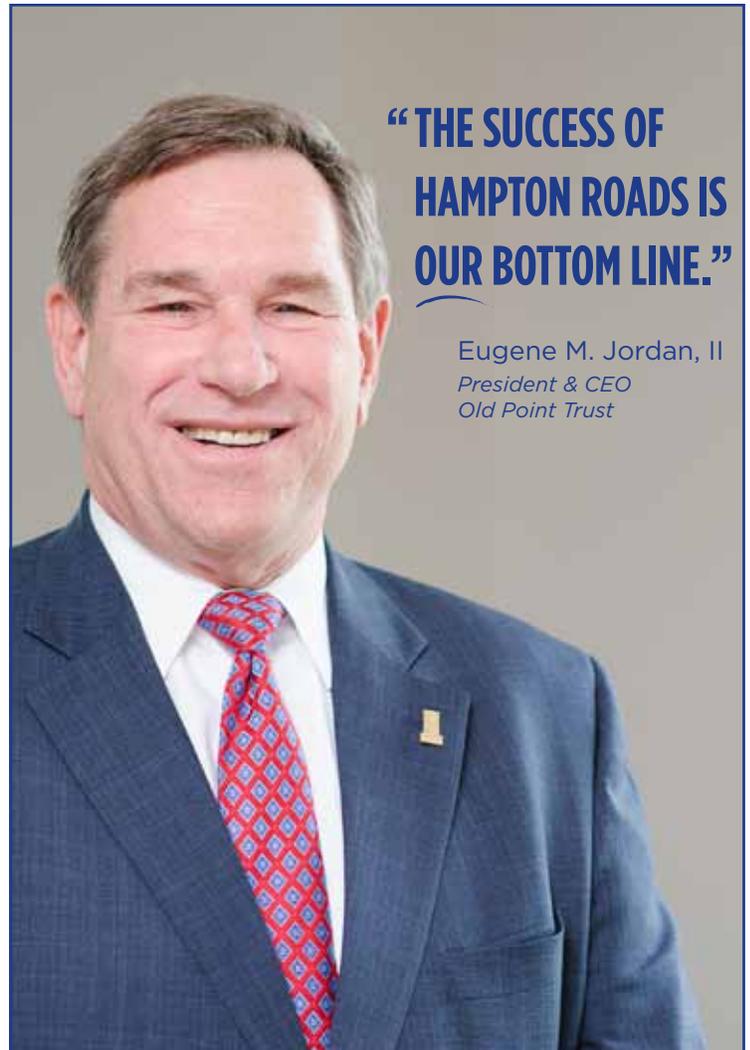
Sherri believes her Workforce Development Team's work is important to Williamsburg. "If we are doing our job right and participants are one hundred percent invested, it's going to make a better future for them. It will give them new skills and create a more educated workforce for the community."

Today, Sherri and Paul's son, Cole, is a sophomore at Virginia Tech and daughter, Lydia, attends Jamestown High School. The family attends Williamsburg Community Chapel.

"We like Williamsburg's small town atmosphere," Sherri says. "Growing up, I always thought I wanted to live in a big city. It's not for me. We really like knowing people, the lack of traffic, the slower pace, its intergenerational aspect and the sense of community here."

Sherri loves to travel but not necessarily what she calls epic travel. "We go to the beach like at Hilton Head," she says. "Last year we went to Yellowstone." She enjoys hiking at Wintergreen and visiting orchards in the Charlottesville area.

"This year, I want to do a better job of helping the community understand what we do," Sherri Thrift says. "I just want people to know we're here." NDN



**"THE SUCCESS OF
HAMPTON ROADS IS
OUR BOTTOM LINE."**

Eugene M. Jordan, II
President & CEO
Old Point Trust

Local Matters to Us

We provide solutions for every stage in life, so you can reinvest your time in our community.

We know your family.
We know your business.
You matter to us.



**OLD
POINT**

OldPoint.com
757.728.1200



#localmatterstous

Member FDIC
©2016 Old Point

ANNE ARSENEAU



Lisa W. Cumming Photography

The Many Faces of Community Engagement

By Rachel Sapin

It didn't take long for Anne Arseneau, who is originally from the Arlington area near Washington, D.C., to learn the lay of the land at William & Mary. "At the end of my senior year, I had this great social experience through my sorority," Anne says. "I was on Honor Coun-

cil, which touched on academic integrity, and I worked with new students and alumni. I felt it was a really robust way to be a part of many different facets of the campus community."

Today, Anne is still an active member and volunteer with Kappa Alpha Theta, the first

Greek-letter fraternity for women. But she now proudly also dons the title of Director of William & Mary's Office of Student Leadership Development.

She credits her experience as an undergraduate at W&M that led her to a career she is

Is Your Life in Transition?

We can help you through these challenging times...

- Downsizing
- Packing and Moving
- Home Clean-outs
- Estate Sales and more!



Kim Gibbons, Project Mgr. Laura Kinsman, Owner

(757) 784-7764 • www.WilliamsburgEstate.com

Our Nutcrackers will be Marching Soon!

Buy a \$100 Gift Certificate and receive a \$20 Gift Certificate for Free!

Victoria's

757-253-2233 • victoriaswilliamsburg.com
(Corner of Rt. 5 & 199) 5269 John Tyler Hwy.

Open Daily: 7am - 9pm, Sun: 7am - 3pm, Closed Tues.

passionate about today.

Anne came to W&M as an undergrad with the intention of becoming a high school English teacher. She attended W&M for both her Bachelor's Degree in English and later, her Master's Degree in Secondary Education. "I had a really great experience as an undergraduate at William & Mary," she explains. "I was getting involved in organizations and activities on issues I cared about and working with people to make a difference."

At the time Sam Sadler, who served as Vice President of Student Affairs, was Anne's mentor. "He recommended I think about higher education as a place to land professionally," she remembers. That advice stuck with Anne. After graduating from her master's program and moving to the Midwest for work, she found she couldn't stay away from W&M for long.

In 1997, she returned to serve in what was then called W&M's Department of Student Activities.

In 2013, that department changed to the Office of Student Leadership Development. Anne led the charge for the department's new

philosophical approach with the goal of providing all students on campus with meaningful opportunities for leadership development. "Before, we were doing transactional service-based support for student organizations and events," Anne says. "Monthly, there are about 2,000 things happening on campus. I believe now we see our work as fundamentally supportive of transformational experiences for students. The places where students get involved on campus are their primary practice fields for leadership development."

Today, W&M has 475 recognized student organizations. If you ever look up a list of what those organizations are, they run the gamut. There are groups for ballroom dancers, bike lovers, sign language and anime aficionados to name a few. Not to mention bird club, Badminton, and botany. And that's only getting to the "B's".

In recent years, the university has also created the Office of Community Engagement, where support is provided to 60 student organizations dedicated to community service and community engagement efforts.

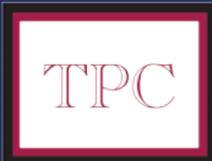
The Office of Community Engagement keeps a list of local agencies in Williamsburg as well as an ongoing listserv of local volunteer opportunities for students. Those efforts in the Williamsburg area have ranged from working with Habitat for Humanity to build homes to working with the Campus Kitchen to cook and package nutritious meals at the Williamsburg Presbyterian Church.

W&M also hosts a student mentoring program, which develops tutoring and mentoring relationships between W&M students and students from the local community.

"The Office of Community Engagement is a place where we've grown in our scope and intention about how it is our responsibility to further engage citizens, and we're doing that thoughtfully," Anne says. The increasing efforts to engage outside residents in what is going on inside the university's beautiful brick walls is benefiting students as well.

How does Anne compare her experience at W&M to what it's like for students today?

"I think everything is better now. Everything was slower then; there was not as much



The Peninsula Center for Estate and Lifelong Planning

"Our focus is on helping clients identify all of the issues impacting them (personally, financially, and legally) and providing education on all available options, as well as the tax and non-tax implications of each option."

Our attorneys are skilled in the following areas:

- ▶ Estate & Trust Planning
- ▶ Tax & Business Planning
- ▶ Asset Protection Planning
- ▶ Special Needs Planning
- ▶ Veterans' Benefits & Medicaid Planning
- ▶ Elder Law & Life Care Planning
- ▶ Estate Litigation
- ▶ Family Law
- ▶ Guardianship & Fiduciary Services
- ▶ Probate & Trust Administration



Helena S. Mock, Esq.

Erin Smith, Esq.

here. For example, in my freshman hall, 35 women shared one phone. The pace of how we engage with one another and all of the different opportunities available to students, I don't remember it feeling as robust as it does today."

She says the surrounding Williamsburg community has also benefited from the increased activity on campus, whether that is through attending a lecture hosted by a student club or department, or delighting in the performances by the student-run Sinfonicon Light Opera Company.

"One thing I hear from people moving to Williamsburg is that they love the vast array of opportunities hosted by the college," She says residents also love the hustle and bustle that comes with living near a university. "Just to walk around on campus on a beautiful fall day and see the ultimate Frisbee practice in the Sunken Gardens is a great thing," she says.

Anne adds that any town benefits from a scenario where it sees a new generation of young people every five years. "What happens, there is a youthful enthusiasm that breathes life into a community. There is enthusiasm, ideal-

ism and perseverance to work on the things you care about. From the life cycle of an undergrad that idealism, enthusiasm and perseverance can show up afresh every four years."

Anne recalls a recent visit with a W&M student where they discussed his interest as a business major in doing pro-bono work with local businesses to do more effective digital advertising.

"It's a win for him. It's a win for community members," Anne says. "Those kinds of things happen in small and large ways for lots of different entities across campus and off campus."

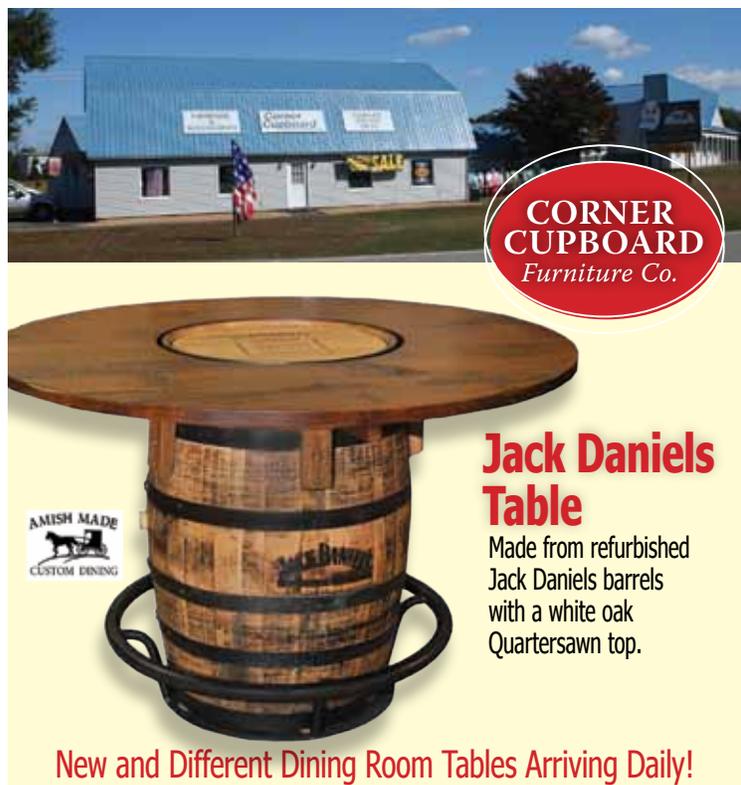
Anne's anecdotal experience with the subject is backed up by data. According to the Brookings Institute, the average bachelor's degree holder contributes \$278,000 more to local economies than the average high school graduate through direct spending over the course of his or her lifetime. And high value-added four-year colleges contribute \$265,000 more per student to local economies than low-value added four-year colleges. W&M consistently finds itself on the U.S. News and World Report list of the nation's best universities. The university

remains sixth among all public schools in the country this year.

Though Anne says she spends 95 percent of her time helping students on campus, off campus she is also somewhat of an organizer around town. She is part of a running group whose routes veer through the pastoral trails of Colonial Williamsburg each Saturday morning. She also is the co-founder of a book club that is celebrating its 20th anniversary this year. "I love to connect people around things they're interested in. If I can make a group out of something, I will," she says with a laugh.

She says the book club is more "club" than "book" and that originally it was founded by people all connected to W&M. Today, only a few of the members have a specific connection to the university, and the book club is also made up of several area residents with an interest in reading.

As if still discovering the lay of the land, Anne enjoys walking around Williamsburg with her significant other and their new puppy. "I'm one of those competitive Fitbit people," Anne Arseneau says with a laugh. NDN



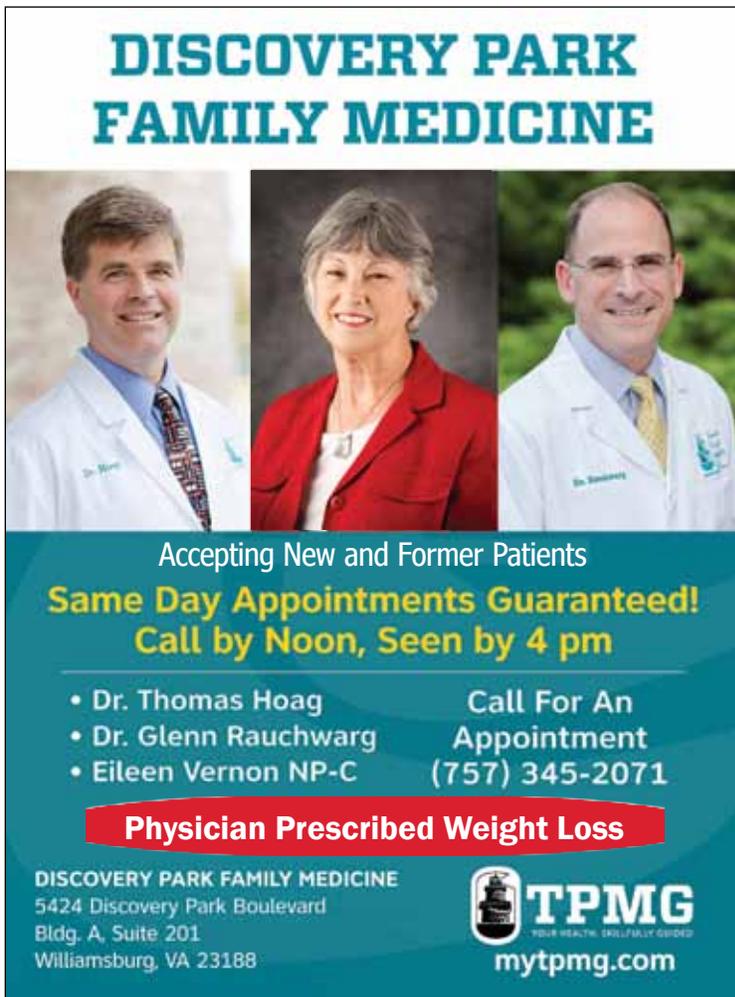
CORNER CUPBOARD Furniture Co.

Jack Daniels Table
Made from refurbished Jack Daniels barrels with a white oak Quartersawn top.

New and Different Dining Room Tables Arriving Daily!
www.facebook.com/cornercupboardfurniture

HOURS Monday, Tuesday, Thursday, Friday 10 am - 5 pm
Saturday 10 am - 3 pm • Closed Wednesday and Sunday

On Rt. 33, 5 mi. East of West Point in Shacklefords • Call 804.785.6291



DISCOVERY PARK FAMILY MEDICINE

Accepting New and Former Patients
Same Day Appointments Guaranteed!
Call by Noon, Seen by 4 pm

- Dr. Thomas Hoag
- Dr. Glenn Rauchwarg
- Eileen Vernon NP-C

Call For An Appointment
(757) 345-2071

Physician Prescribed Weight Loss

DISCOVERY PARK FAMILY MEDICINE
5424 Discovery Park Boulevard
Bldg. A, Suite 201
Williamsburg, VA 23188

TPMG
YOUR HEALTH. SKILLFULLY GUIDED.
mytpmg.com

NICOLE NORTON



Lisa W. Cumming Photography

WILLIAMSBURG CAMPUS CHILD CARE

By Lillian Stevens

From the moment Nicole Norton walked past the white picket fence and into the front door of Williamsburg Campus Child Care (WCCC), she felt at home.

“I just remember a warm, comfortable and cozy feeling,” she says. “It reminded me of the childcare center my daughter, Ryann, had at-

tended back in Ann Arbor.”

Since December, 2011, Nicole has served as assistant director at WCCC. Prior to that, she had worked with children and families for about a decade, in a variety of teaching and administrative positions. She believes that the cozy feeling of community she felt from day

one is one of the things that makes the popular child care center unique.

Williamsburg Campus Child Care opened in 1981 as a parent-run co-op. In 1992, the Center moved into its current building. Located on the campus of William & Mary, the Sarah Ives Gore Center (named for the

A Chocolate Bakery & Cafe

croissants
crepes
quiche
lunch
wine

MAD
about
chocolate!

brownies
cookies
truffles
desserts
gift boxes

757-645-2995
www.madaboutchocolate.us

SAVE 10% with this ad!

204 Armistead Avenue, Williamsburg

SAVE ON YOUR FRESH CUT

Fraser Fir Christmas Tree!

Cut fresh just before Thanksgiving. All sizes. Delivery and set up available.

Sales Begin Thursday, Nov. 24th

SAVE 10%

with this coupon!
Not valid with any other offers.

5' to 12'
TREES!

Large and small tree stands available.

4197 Centerville Road - BP Greensprings Grocery

Hours: Mon-Fri 12 noon-7:30pm, Sat., 9am-8pm, Sun., 10am-6pm

All trees cut fresh from our farm in North Carolina. "Since 1970"

HUGHES ROAD TREE FARM

Call 757-870-1165 for more info. We Accept Credit Cards!



donor who made it possible) is flanked by playgrounds on each side, one for toddlers and another for the older children. Some of the windows are at eye level so that even a nine-month old can see outside from his or her classroom.

Inside, there are five classrooms that accommodate infants and toddlers from 6 weeks of age up to Pre-K. Although W&M families have priority for admission, approximately 30% of the families enrolled are from the broader community. "I think the biggest misconception is that people in the community may know of us, but they don't realize that they can come and be part of the Center," Nicole says.

Small classrooms set the tone for specialized learning and for families to get to know each other. With 21 teachers and administrative staff, the Center serves some 75 children during any given year. The average length of staff employment is 9.6 years which is pretty remarkable.

"A quarter of our teachers, five, have actually been here more than 20 years," Nicole says. The teachers and staff enjoy close relationships with the families they serve. "We are big on

family involvement. We know that involvement will enrich our program, as well as the lives of our children and families. We're a close knit center."

As the Center's assistant director, Nicole takes her work very seriously.

"Research shows that the foundation children get in the early years lays the groundwork for future learning," she says. "A large focus of what we do is making sure that children leave here excited to learn. They are exposed to activities in different subject areas through hands-on experiences and play, building on a natural curiosity to learn."

Obviously, the campus location is a bonus. One day there might be international students from the Reves Center's FLAG program visiting to share about their countries and cultures, and another day the Tribe Truck Farm rolls in (literally, a farm located in the bed of a pickup truck) and students involved in sustainability efforts on campus teach the children about organic gardening.

There's never a dull moment.

"The kids thought that the Tribe Truck Farm was really cool," Nicole says. "It was fun to see them sample the veggies and herbs off

of the truck. There were kids who won't eat their veggies at lunch happily eating the fresh spinach coming off of the Tribe Truck Farm. My daughter being one of them."

Some of the children at the Center are bilingual, speaking languages such as Chinese, Japanese, Russian, French, Spanish, Dutch and German. "We love when our families share their languages and cultures. Currently, there are approximately 10 languages spoken by WCCC families. We had a little guy in one of our toddler rooms who would speak in both English and German. He got a lot of his classmates speaking some German too."

As one might expect, Nicole's role is multifaceted. She works closely with Janet Yang, the Center's director, on day-to-day matters. She also serves as volunteer coordinator and manages the 15 student employees working at WCCC.

WCCC also partners with professors from both William & Mary and Thomas Nelson.

"I believe that we are a great resource for both institutions," Nicole says. "I think that having the college students coming in to utilize our center for research or observation is a huge asset for student learning. For many

Happy Thanksgiving!



El Sabroson
TRADITIONAL
LATIN FOOD

Voted Williamsburg's Best Latin and Best Specialty Food Restaurant (Peruvian Chicken)

\$5⁰⁰ Off **Lunch Buffet** **\$1⁰⁰ Off**

Two Entrees & Two Drinks

Not valid with any other offers. Excludes Pupusas. Coupon good thru 11/30/16.

M-F, 11-3 reg. \$8.99

With this coupon. Offer ends 11/30/16

El Sabroson
TRADITIONAL
LATIN FOOD

Closed Thanksgiving Day • Re-Open Black Friday

122 Waller Mill Rd. Located in the K-Mart Shopping Center next to Tu Tienda
(757) 220-3145 • www.EISabrosonVa.com

Enjoy State of the Art Dentistry

- ▶ CEREC One Visit Crowns
- ▶ Bridges and Veneers
- ▶ Cosmetic Dentistry
- ▶ Preventive Care
- ▶ Implants
- ▶ Extractions
- ▶ Root Canals
- ▶ Teeth Whitening
- ▶ And More!

Over 20 years of experience in a full range of dental services.

CHILDREN & ADULTS
MOST INSURANCES ACCEPTED

Edward A. Owens D.M.D.

211 Bulifants Blvd. - Suite A, Williamsburg, VA 23188

757-229-6414

www.DrEdwardAOwens.com

students, coming to our center brings what they're learning to life."

For their part, the children enjoy a full, fun day. With the Center's close proximity to Colonial Williamsburg, it's not uncommon to see the tots walking in town, holding steadfast to the rope that keeps them adorably single-file. Excursions include parades to Baskin Robins, visits to the library, story time at William & Mary Bookstore, and outings to Duke of Gloucester Street or the Sunken Garden on campus.

This past spring, the Center partnered with Merchants Square and the university to host Williamsburg's first annual "Tot Trot" 1K walk/run through Colonial Williamsburg. Geared toward children under the age of six, the event was a resounding success.

At the end of the day, Nicole knows that parents working on campus and in the community have the peace of mind of knowing that their children are not only being well taken care of for their custodial needs, but they are being well prepared for the future.

"We offer families a place for their child to receive excellent care while they are doing what they need to do to provide for their family," she says.

Education runs in Nicole's own family. Her mother earned a degree in education and worked as a substitute teacher before taking a job as a preschool teacher. "She stayed home with my sister and me when we were little, but as we got older she went back to work."

"Growing up, I knew I wanted to work with children in some capacity," Nicole says. "Initially I thought I'd teach kindergarten. Then, in college, I kept changing my mind and considered social work instead. Finally, I found a major that combined many of my interests."

She earned a Bachelor's Degree in Family Studies from Central Michigan University, and just last year, Nicole completed her Master's Degree in Education from William & Mary.

Rewind, however, to 2009, the year she and her husband, Daniel, moved to Williamsburg from Ann Arbor.

Daniel had accepted a position in Information Technology at the Raymond A. Mason School of Business on campus. Soon thereafter, Nicole set out to find a job that would fit her professional background and also her circumstances as the mother of a young daughter. She found a position in another local child care center, and worked her way up from lead

teacher to director before joining WCCC.

"I had read about Williamsburg Campus Child Care and liked what I read, but had never visited," Nicole says. "Then, one day I learned that they had an opening for an assistant director."

The rest is history.

Last year, while working full-time (and being a wife and mother of two), Nicole completed the requirements for a master's degree from W&M's School of Education. "I always wanted to get my graduate degree," she says. "I was scared at first because I hadn't been in school for so many years. But once I started I fell in love with the School of Ed and the time flew by."

It took Nicole about three years to complete the program. Nicole remembers evenings when she would read her homework assignments out loud to her daughters, Ryann and Stella, both of whom are alumni of WCCC. Nicole is happy that they got a solid start there.

"I know that we are preparing our children for their education and what lies ahead," Nicole Norton says. "But I also believe that we are nurturing the next generation of our community." NDN



COLEMAN NURSERY & FARMERS MARKET

If you like fresh fruits and vegetables, come out and see what Coleman Nursery/Farmer's Market has to offer. You'll also want to check out our large selection of beautiful plants, shrubs, trees, and flowers.

Come Visit Us!



3000 Ironbound Road • Williamsburg, VA 23185 • ColemanNursery.com • Follow us on Facebook!

Solid Advice

By Ryan Jones

What makes an athlete a star player? That is a difficult question to answer. Natural talent, strong work ethic, good sportsmanship, and the ability to make plays under pressure are all part of the package. But there is something else. Every star athlete has an essence in his or her countenance that inspires teammates to greater performance when the chips are down and the clock is ticking. Some refer to this essence simply as intangibles. Others call it leadership. Whatever the terminology, success in sports, as in most things in life, is determined by a person's ability to take passion, optimism, and knowledge and connect it with others for the benefit of the team.

Such is the case with Health Professions Academic Advisor Katie Marceron. Katie brings a wealth of experience to the team of student advisors working at Thomas Nelson



Lisa W. Cumming Photography

Community College (TNCC). She holds a Bachelor of Science Degree in Business from the University of Florida and a Master of Science Degree in Higher Education from Drexel University. She also has over six years' of experience working in higher education including roles in admissions, enrollment and advising. But there is something else that makes her pas-

sionate about her work; Katie has the ability to connect with students on a personal level. Her ability to empathize with aspiring students and motivate them to personal achievement, beyond what they might believe they are capable of, is wrought by years of being in the trenches herself.

Achievement in higher education did not

Community Partnership Program

Curry Dental Supports Local Non-Profit Organizations

Each month we donate 10% of the revenue we collect for new patient visits to a featured organization.

"FISH. Inc." is our November 2016 Recipient



CURRY DENTAL CENTER, PLC
 Lisa J. Curry, DMD
"the gentle dentist"
 312-H Lightfoot Rd., Williamsburg
 williamsburgdmd.com

Most Major Dental Insurance and Children's Medicaid Accepted
757-220-3450



Dr. Lisa J. Curry

Follow us for the latest dental tips, promotions & FREE GIVEAWAYS!



Laney's
Diamonds & Jewelry

5121 Center St., Ste103
Thanksgiving - Christmas
Mon-Fri 11AM-6PM
Sat 11AM-5PM
229-7333
www.laneysjewelry.com

We Make Jewelry!

come easy for Katie, and she is able to use her experience to find common ground with students who are dealing with the problems and stresses that come with college life.

“I am incredibly passionate about working with students,” she says. “It is my mission to help them overcome life’s obstacles, plan for their future, connect them to support services and cheer them along as they work toward their degree. Like many of the students I advise, I was a first generation college student balancing life, work and school. My husband and I lived in three states over the span of four years due to his career in the Coast Guard. Before I completed my associate’s degree, we had our first child. It took me six years to earn my four-year degree. It was difficult and there were many good reasons why I could have quit. I am able to use that experience to connect with my students and help them stay focused.”

There are a myriad of resources students can take advantage of to help them rise to their potential, but sometimes they are not aware of the venues available. This is where Katie is able to utilize her experience as an academic advisor and bring the entire package to the place where the rubber meets the road.

“Academic advisors build solid relationships with their students,” she explains. “Not only do we provide comprehensive academic planning to include transfer to four-year universities but we connect them to support resources such as tutoring, mentors, workshops and degree-focused opportunities. My focus is on guiding, encouraging and advocating for students along their path with the understanding that every student has their own unique goals, strengths and obstacles.”

While there are many people and programs available to help the up-and-coming generation as well as adults who want to further their education, no one can accomplish the prescribed work in place of the student. Each must find his or her own will and determination to plow the path through college, and it is rarely an easy endeavor. However, when the chips are down and the clock is ticking, a dose of intangibles in the huddle can make the difference between finishing the game and walking off the field. Katie remembers one student in particular she was able to motivate after he decided that college life was not for him.

“I worked with a student who had been separated from the college for five years,” she recalls. “After a complete review of his academic history, I determined that he had completed all degree requirements with the exception of one math class. I encouraged him to register for the appropriate math class and apply for graduation.”

A year later, Katie thought of this student, wondering if he had completed his class and gone on to graduate.

“When I looked him up, I saw that he had not,” she says. “I decided to call him. He explained that the math class intimidated him and, because he had landed a great internship opportunity, he had decided that he was not going to worry about completing his degree. We had a long talk about the need to complete his degree, and I expressed my belief that he could do it. The following semester, the student registered for the class and passed with flying colors. He graduated! Knowing that I helped motivate a student to take a chance on a class which led to the completion of his degree is one of the highlights of my career.”

Holding a position of trust in the lives of scholars who stand at the launching pad for success in life can be a rewarding experience, and one that can be repeated over and over as graduating students are replaced



Fall is Planting Season

and

WE KNOW WHAT TO DO!

Planting isn't just a spring activity! Fall actually has more good days for planting than a typical Spring season. Here are a few services perfect for fall:

- *New Landscape Design & Install
- *Front Foundation Plantings
- *Backyard Renovations
- *Large Plantings for Screening
- *Hardscapes & Water Features
- *Irrigation & Landscape Lighting

Call us today to get your free estimate on a beautiful new fall planting.

Ask about our FREE leaf clean up with new fall plantings!

757-564-7011

WilliamsLandscapeDesign.com

Retina & Glaucoma associates

Retina & Glaucoma Associates specializes in the diagnosis and treatment of retinal diseases and glaucoma.

- Diabetic Retinopathy
- Glaucoma
- Macular Degeneration
- Retinal Tears
- Retinal Vascular Disease
- Visual Field Loss



- John R. Nordlund, MD, PhD

Fellow, American Society of Retina Specialists

Fellow, American Glaucoma Society

Dr. Nordlund is a board certified Ophthalmologist practicing full-time in Williamsburg.

- Retina fellowship at the Mayo Clinic
- Glaucoma fellowship at Johns Hopkins

Open Monday - Friday 8 a.m. to 5 p.m.
113 Bulifants Blvd., Suite A | Williamsburg, VA 23188

757.220.3375 | RGAVA.com

each year with new hopefuls. People inspired by Katie's career in student services can take a similar path if they enjoy working with people and are willing to pay the price in hard work and dedication.

"Anyone interested in becoming an academic advisor needs to be a people person," Katie explains. "By nature, an advisor should be a strong communicator and motivator. They need to be able to empathize with students, but also need to help them push through and persevere. They need to be able to work with a diverse group of students and make personal connections with each of them. Problem-solving and strategy are also important elements, as one of the primary roles is to give advice."

From an educational standpoint, Katie says that academic advisors should be well educated and believe in the value of education. This gives the advisor credibility with students and helps them lead by example. An advisor who, like Katie, has sacrificed to attain a higher education can help a struggling student believe personal achievement is possible even in the midst of difficult circumstances.

"We need to show our students not only the importance of an education, but also that a good education is attainable," Katie says. "We understand that college can be intimidating and the processes can be cumbersome. We do our best to guide students past barriers and make the transition with ease. Not only are we committed to providing comprehensive support, but we are also genuinely committed to each student and their success. We are happy to go above and beyond to support our students."

When Katie is away from her work at TNCC, she says she enjoys spending time with her family near one of the many waterfronts in the area.

"I am a military spouse of 16 years," she says. "My husband, Aaron, and I have two children, Kaylee, 13, and Adam, 5, who keep us very busy. Being that we're originally from Florida, we love being near the water and outside in general, and we like being active."

Katie also dedicates some of her free time to supporting a local outreach that she and her family have a stake in. "We are actively involved in Child Development Resources (CDR)," she says. "Our son, Adam, has a very rare genetic disorder which leaves him as an infant developmentally. CDR provided invaluable resources to Adam from the age of three months through his third birthday. We are committed to helping other children and families within our area connect to this resource and others so they too can learn how to navigate raising a child with special needs."

Whether she is at work or play, Katie's relocation to the Williamsburg area seems to be a good fit. There is no way to gauge the far-reaching consequences of her work with students who may leave her office and go on to be a great asset to the communities they eventually settle in. In the meantime, Katie finds satisfaction in sharing in the current achievements of the students with whom she makes a connection.

"The sense of accomplishment that followed my graduation is what I want my students to feel," she says. "Every time one of my students succeeds through graduation or acceptance into a competitive program, it feels like a personal success for me as well."

A favorite quote leaves little doubt that Katie Marceron will continue to connect lofty ideals with real-world problems as she works to make the Williamsburg area a better place one student at a time.

"It always seems impossible until it's done." -Nelson Mandela NDN

GIVE A TASTE OF VIRGINIA

THIS HOLIDAY SEASON



We have the perfect treat for everyone on your list, from delicious candies to hand-cooked peanut products.

- Ready made gift packs to go or let us ship it for you!

10% OFF*

Like no other peanut you've ever tasted!

WhitleysPeanut.com
800-470-2244



Visit our store locations today!

1351 Richmond Rd. | Williamsburg, VA | 757-229-4056
1977 George Washington Memorial Hwy. | Gloucester, VA | 804-642-1975

* Present this ad at time of purchase. Not valid with any other coupons. In store purchases only. Expires 1/15/17.

CINDY GLAVAS



Lisa W. Cumming Photography

MORE THAN CLASSROOMS

By Narielle Living

With years of experience in auxiliary services and a passion for higher education, Cindy Glavas loves her job. She has an engaging attitude and infectious smile, and is currently the Director of Auxiliary Services for William & Mary. Cindy works diligently to ensure that her department functions efficiently for both staff and customers. Within a higher education setting, auxiliary services are essential for a diverse array of the population, including students, faculty and guests.

BUSINESS INSURANCE
Home • Auto • Life • Business



Call us for your business insurance needs.
757.564.8900

www.nationwide.com/mikeroack
1303 Jamestown Rd. Unit 119, Williamsburg, VA

Developed by Nationwide Securities, LLC. Nationwide Life Insurance Company, Nationwide Mutual Insurance Company and Affiliated Companies. Home office: Columbus, OH 43215-2220. Subject to underwriting guidelines, review and approval. Products and discounts not available to all persons in all states. Nationwide Insurance, the Nationwide framemark and On Your Side are service marks of Nationwide Mutual Insurance Company

AUTUMN
— ELEGANCE —
CELEBRATE AUTUMN WITH MORRISON'S FLOWERS



Morrison's
757-220-1242 MORRISONSFLOWERS.COM

According to Cindy, auxiliary services encompass everything from the dining hall to trademark licensing. "Auxiliary Services vary from school to school, but at William & Mary they include dining services, W&M bookstore, McCormack-Nagelson Tennis Center, Tribe card services office (ID Cards and the Express program), parking and transportation, print shop, Williamsburg Child Care Center, conference services, vending and trademark licensing," she says.

Cindy's career path into this field began during her own higher education experience. She grew up in Gloucester Point, Virginia, and after attending Hampton Roads Academy, went on to college at American University in Washington, D.C. She received her BSBA with a concentration in International Business and then went on to receive an MBA.

While attending American University, she worked part-time as a cashier in the Eagle's Nest, the school's convenience store. The store was one of the auxiliary services at the university. She took that job 26 years ago. "Through that experience, the manager of the convenience store asked me to take on more of a business manager role in Auxiliary Services

by preparing deposits and helping update reports," she says. "Later, as a junior, I started looking for a full-time job at American University, but there was not an opportunity in Auxiliary Services. However, I was successful working full-time in Financial Aid, Design and Construction, and in Facilities Management at the Washington College of Law, that's American's law school, while finishing my undergraduate and graduate degree at American University."

The spark had been lit, though, and Cindy started to explore opportunities to work in this field. Although she did not work in higher education for a couple of years, she later had the opportunity to return to American University to become the Marketing and Contracts Manager for Auxiliary Services. After remaining there for another 10 years and becoming the Director of Auxiliary Services during that time she decided to take an opportunity, in 2005, to become the Finance Manager for Auxiliary Services. This position allowed her some flexibility of telecommuting and gave her and her family the opportunity to move back to Williamsburg in 2008. After spending many years in the Washington D.C. area, Cindy and her

husband decided that they wanted to return to Williamsburg to raise their family. They now have two sons, ages 14 and 11, and her parents and her brother's family also live in Williamsburg.

"I continued telecommuting until 2010 from Williamsburg, at which time I accepted a job as the Associate Director of Business Operations at Old Dominion University managing all business operations for the Office of Housing and Residence Life." Cindy became the Director of Auxiliary Services at William & Mary in 2013.

"I love my job," she says. She points out that people don't generally land in a job like hers without really wanting to do it. "I don't think I went to college saying I want to work in auxiliary services, but I think once I got into auxiliary services and started working full time for higher education I knew that was the path I wanted to take. I took a break for two years, and we actually moved down here once and lived in Norfolk. I worked in the for-profit world, and that really cemented for me that higher education was where I wanted to be. After that experience, I had the opportunity to go back to American and took it."

Best Dentist & Customer Service of 2015



We offer:

- Implants
- Invisalign
- Traditional Braces
- Sleep Apnea Treatment
- Cerec Crowns
- Preventive Care

Offering same day emergency appointments!

Create Your Beautiful, Natural Smile With Us!

\$29 New Patient Specials



James A. Burden, D.D.S. & Associates

Family & Cosmetic Dentistry

277 McLaws Circle • Williamsburg

(757) 229-1224

www.SmilesOfWilliamsburg.com



Pre-Christmas

Sale!

- Two Days Only -

Sat. & Sun., November 12th & 13th

Browse 45,000 sq. ft. of antiques & excellent collectibles from over 300 dealers.



Mon-Sat 10-6 • Sun Noon-5

(757) 565-3422 • 500 Lightfoot Road

www.AntiquesWilliamsburg.com

Like Us On Facebook!

Cindy finds her job interesting because she never has the same day twice. "I have always loved working in higher education and am so happy to be in Williamsburg and at William & Mary," she says. "We have a great auxiliary services team who wants to provide the best services to our students, faculty, staff and guests."

During the years Cindy has been working in this field not much has changed, as these services typically encompass the amenities that students expect to receive as part of their university experience. There is, however, one exception. "One area that has evolved is the technology available to support operations and another is marketing and communication," she says. "We have been very successful at W&M updating the systems that support our different areas. We have also effectively built our marketing and communication efforts to our students via email, Facebook and Instagram." The efficiency of technology has allowed them to disseminate information through multiple channels so each of the auxiliary areas can provide better customer service.

Cindy's job entails not just working with students, though. Her department inter-

acts in many ways with the general public as well. "Our bookstore is located in Merchants Square so there is a lot of involvement with the local community and visitors. The bookstore also works closely with Colonial Williamsburg and Merchants Square for the different events that go on throughout the year." W&M dining services is also responsible for the concessions for football and basketball games, and the parking and traffic services interact with visitors for special events.

An important aspect to auxiliary services is that they are self-sufficient. "Auxiliary services is another potential revenue source for the college, so we need to be self-sufficient and cover our operating expenses, our debt and our facilities," she says. Since they provide another source of revenue for the school they are always looking to cut expenses or discover new revenue opportunities. An example of a revenue producing product would be the scented candle that was introduced and sold by Yankee Candle in 2013. Dark green in color, the scented candle was wrapped in a W&M logo. W&M can then earn a commission off of the sale of those products.

"The bookstore is always looking to diver-

sify what they are offering," Cindy says. "Our entire department wants to be up with the trends. Within food services we want to make changes and be able to respond to the foods that our students are looking to have when they come to the campus." W&M currently has a registered dietician on staff to address specific food concerns that students might have, and they offer vegetarian, vegan and gluten-free options.

One additional thing that Cindy Glavas really enjoys about her job is the energy students bring to campus. She stresses that feedback from students is always welcome as it is essential to keeping her department running at maximum efficiency.

"In each auxiliary area we can't fix a problem if we don't know about it," she says. "We constantly try to share our links from our website so we can have feedback. Dining services right now is doing a survey, and although we don't want to over-survey our students we find that those are very valuable to get feedback. We have different committees that we sit on where students are also members and they provide that feedback as well. We're always trying to communicate that we welcome that." NDN



Your Dedicated Eye Care Team

- Dry Eye Center of Excellence
- 21 Years Experience in Consultative Eye Care
- Advanced Treatment of Eye Disease
- Complex Contact Lens Fittings
- National Teacher of Doctors - Board Certified
- Optical Gallery with Over 1,000 Designer Frames
- Highly Skilled Licensed Optician



101 Tewning Road, Williamsburg, VA
(757) 229-1131 • www.eyecenterofvirginia.com

Beecher Kirkley

Dr. Gregory Schultz

Co-Working

By Greg Lilly, Editor



Lisa W. Cumming Photography

“This was one of those ‘only in Williamsburg’ moments. A group of friends posted on social media about a meeting on co-working space. I thought that would be perfect. That’s what I needed,” explains Gretchen Bedell. “We met at the Blue Talon to discuss it. I show up thinking it was a done deal, and they were there to get people to rent space.” But the meeting was to gauge the interest in a co-working community. “I ended up helping to look for space.” Three people volunteered to investigate the details of opening a co-working space: Jenn

Haynes, Natalie Miller Moore and Gretchen.

“Natalie has since found herself committed to other things; she’s still a co-worker here, but not managing Work Nimbly.” Work Nimbly is the product of that initial meeting.

Gretchen explains that the concept of co-working has been around for many years. Anytime someone needs workspace, there are usually companies that have an extra desk available to accommodate the need. “Two big aspects,” Gretchen says, “make up co-working: space to work and the community created by entrepre-

neurs and freelancers, who usually work alone.”

The term “Jellies” is used when people get together and co-work. “It’s like the flash mob of working,” Gretchen says. Freelance, home office and small business workers spend a lot of their working hours alone. To get out of that isolated work environment and to get a new perspective, people meet at a location to work together in a social environment. A Jelly is a combination of working, chatting, comparing ideas and sharing tips. New collaborations may spring to life from unlikely alliances. An

K&J MECHANICAL LLC
 HEATING, AIR CONDITIONING & REFRIGERATION

CALL TODAY FOR WILLIAMSBURG NEIGHBOR PRICING!
 Schedule Your Appointment Today!
757 585-8926
WWW.KJMECHANICALSERVICES.COM

Everyone Needs a Little Help Sometimes.

Companionship • Personal Care • Caregiver Relief • Meal Preparation • Medication Reminder • Bathing • Toileting • Personal Grooming • Light Housekeeping • Laundry • Home Management • Grocery Shopping • Walking Stabilization

“We assist individuals with living a dignified and independent life.”
 ~ Keesya Hill-Jones, Owner

Caregivers In-Home Care
 757-345-0393
 243 McLaws Circle, Suite 102
www.CaregiversInHomeCare.com

accountant may mention a new tax law that will trip up small business owners to a journalist, who takes the article idea to her newspaper. A marketing consultant could hear about a new real estate project from an interior designer. "It's collaboration and cross-communication," Gretchen says. Gretchen, Jenn and Natalie held Jellies at the library on Wednesdays to see who would attend and see what interest there was.

"Jenn and I were trolling Craigslist one day and found this building (Work Nimbly's office space on Ingram Road). It was perfect. That week, we signed the paperwork to form the company and signed the lease for the space. It's a great space. Five Forks is central to everything. There is a lot of charm in this building."

Gretchen moved her office there. "It was a good move for my business, Odd Moxie. Getting out of the house gives an air of legitimacy, plus there is a lot of cross-communication and support here. Then there's the smaller stuff. When you work as an entrepreneur or a small business owner or a freelancer, that work can be isolating. Even if you have an office, but work by yourself. You are in a box, all by yourself, doing your job. You don't get that stuff you get in an office, breaking to talk to co-workers, hearing about a great play or a new movie. Now with this, there's a social component that I wouldn't have had if I was in a space alone. Then there's the cross-promotion and recommendations, which is great for everyone's business, but it's just good for you as a human to interact with others during the day."

Gretchen grew up and went to school just outside of Philadelphia. "The community was really arts-heavy. We'd take trips to see off-Broadway shows, the symphony or the opera. Philly is right there, so we'd take the train in. We could go to the museums or plays. Then we had the counter-culture, too. We'd go to South Street and places that I'm sure our parents didn't want us going to. There were a bunch of record/CD shops that don't exist anymore, where we'd discover new bands, a great underground music scene. I spent all this time in high school being exposed to a range of arts, both high-art and back alley art. It was exciting."

When Gretchen graduated from high school, her mission was to become a great actress. "At eighteen, that's what you do! I went to college and discovered right away that I'm a terrible actress," she says with a laugh. "I switched my major from acting to theatre arts management. While I may be not that great at acting, I'm really good at management." At Ithaca College, Gretchen met her husband, Ryan Bedell.

"We moved to Williamsburg because Jack Barnett, a friend of my father-in-law, Dr. Kevin Bedell, needed someone to run the Music Theater of Williamsburg. I was the production manager there for two years before it closed. This was in 2004."

She began working at the law school at William & Mary. On the development side of the school, she helped create some of the graphic design materials and assisted with photography for fundraising efforts. "I had done that for the theater" she says. Word travelled that Gretchen could produce materials for marketing. She soon realized that she had a lot of requests to freelance graphic design and photography. Her decision to go out on her own and do graphic design full time was an

OLD POINT INVESTMENT SERVICES

LET'S TALK STRATEGY.



Products & Services

- Brokered CD's
- Mutual Funds
- Municipal Bonds
- Life Insurance
- Tax-Deferred Variable & Fixed Annuities
- College Savings Plans
- Business Retirement Plans
- Comprehensive Financial Analysis
- Long Term Care



OLD POINT
INVESTMENT SERVICES

Tom Vitaletti

Wealth Strategist/Program Manager

4139 Ironbound Road | Williamsburg

757.728.1865

www.OldPointInvestmentServices.com

Securities offered through LPL Financial, member FINRA/SIPC. Insurance products offered through LPL Financial or its licensed affiliates.

The investment products sold through LPL Financial are not insured Old Point National Bank deposits and are not FDIC insured. These products are not obligations of the Old Point National Bank and are not endorsed, recommended or guaranteed by Old Point National Bank or any government agency. The value of the investment may fluctuate, the return on the investment is not guaranteed, and loss of principal is possible.

We salute our veterans. Thank you.



Antonija P Simpson
Financial Advisor
5388 Discovery Park Blvd
Suite 130b
Williamsburg, VA 23188
757-253-7554
www.edwardjones.com

Edward Jones
MAKING SENSE OF INVESTING

Member SIPC

organic progression of her career.

“My husband is a DP (director of photography), and we met on a film set back when I was going to be an actress. He’s always been a freelancer. So, he helped me navigate those first months of establishing my own freelance business, Odd Moxie.”

A year ago, Gretchen moved Odd Moxie into the co-working space, Work Nimbly. The Jellies now happen throughout the day as people work and communicate in the common room.

Jenn and Gretchen have implemented two other regular events for their co-working members: the Unread Book Club and the Cobblers’ Collective.

“The Unread Book Club meets once a month. It’s the only book club where you don’t have to read the book. Two people read two different business books and present them to the group. We all know each other and each other’s businesses, so we know if the book will help someone or maybe it’s just a chapter or two that another person would find relevant. That way the group benefits from the shared knowledge and can skip a book or just read the pertinent parts.”

The Cobblers’ Collective meets Thursday mornings. “It’s a small business support group. The Cobblers’ Collective may have between six to twenty people attending, depending on the week. What happens there stays there. You can be vulnerable, and you can share your mistakes and questions. It’s a safe space to talk shop and get advice.”

The co-working movement in Williamsburg has grown, and Jenn and Gretchen are searching for the next space. “We’re looking for something at least twice the size. We discovered that people want the collaboration and the community. They don’t want to be alone. Even if it’s just once a week, they want to be around people. They need a good place to work.” Not only is Work Nimbly expanding, but Gretchen’s Odd Moxie is stretching its reach with plans for a video/photography production studio in town. “In Williamsburg there is a need for a small studio where people can come in and film an interview, even if I don’t shoot that. The studio would double as a photography studio, open to other photographers and videographers. There are a lot of home-based photographers in town without access to a studio or studio lights. That’s a hard investment early in your career. I’m a collaborator. I want to collaborate with everyone. Odd Moxie will have a studio and more office space.”

Work Nimbly’s expansion would include additional private offices and larger common rooms and conference rooms. “This is really exciting to have something that works and takes off. That’s fun. A co-working business is not the way to become Daddy Warbucks,” Gretchen says. “It’s a sustainable business, but not lottery winnings. It is hands-on. Building the community takes time and energy. Jenn and I want to support the small business community at-large, not just those that are part of Work Nimbly, but all over the Williamsburg area. The more we do that and grow then wonderful things happen in this town. There is amazing stuff happening as small businesses thrive here.”

Gretchen Bedell adds, “This is a really cool town. You can do what you dream. No one said we couldn’t open a co-working space, so we did. You can do it here. Where else does that happen? It’s so cool.” NDN



LuLaPalooza
GIVEAWAYS
All Day!

Sun., Nov. 6
11 AM - 5 PM

Your UNICORN is waiting

30+ consultants all in one place! Come get you LuLaRoe Fix
Williamsburg Hellenic Center, 4900 Mooretown Rd., Williamsburg

ATTENTION! ATTENTION! ATTENTION!

It is maintenance time for your fireplace. You change your oil and filter in your car, right?!!

When was the last time you tuned up your fireplace?

- Make sure it runs properly
- Reduce odors
- Improve appearance
- Get rid of soot
- Eliminate gas leaks
- Clean Oxygen Depletion System (every year)

CALL NOW TO SET UP YOUR APPOINTMENT!



1480-2C Quarterpath Rd., Williamsburg
(Next to Harris Teeter)

757-221-8070

Open Mon. - Sat 10:30 - 6, Sun 11 - 3
Accepting All Credit Cards
HEALIVING.com

Williamsburg’s Largest Showroom of Outdoor & Casual Furniture!



Lisa W. Cumming Photography

Healing & a New Beginning

By Greg Lilly, Editor

Alona Casanave's training for Uzbekistan's Olympic rowing team put her on the route of opening her own business in Williamsburg using Pilates and therapy massage to help people live pain-free lives.

She was born in Uzbekistan, a country that made up part of the Soviet Union. "I'm from very solid poverty. No one gave me a dime for anything, so I worked since I was a child." She was an independent child, taking the bus and two transfers to get to music school from the time she was six years old. "I managed my own schedule for seven years. I loved music, but that wasn't enough for me to

be a music teacher. So I moved on."

Her love of music was eclipsed by what the government-supported Olympic teams saw in her. "I was very healthy and very active," she says. Her independent spirit and her warrior attitude moved her forward, and when faced with a challenge, she tackled it. "The more people chew me down and laugh at me, the more I'm encouraged to go farther. It doesn't discourage me, but encourages me. That's my personality."

In 1985-86, Alona was selected to be on the Uzbekistan rowing team to compete for a place on the national USSR team. "I was always the

tallest, always the heaviest, always the strongest," she says. The Uzbekistan team coaches didn't give the young women much time to work up to the level they needed for national, then international competition. So, they began training – hard.

"When I started, no one explained the correct way to row. We were all in a rush to prepare. We had a crazy training schedule. Five o'clock in the morning, we got up and ran for two hours. That was a killer for me because I'm an owl, not an early bird. I hated that. Then we rested a little bit and then went to the gym to lift. In the afternoon, it was non-stop on

Full-Service Auto Wash, Lube & Detail

Buggy Bathe



Williamsburg • Virginia Beach
757-220-9315
2217 Richmond Rd. • Williamsburg
(Across from Yankee Candle)
www.buggybathe.com

WE SERVICE ALL MAKES & MODELS!

Exterior Wash & Hand Drying from \$7.95



OPEN 7 DAYS!

- Complete Detailing
- Full Interior Services
- Oil & Lube Service
- Hand Waxing
- Paint Protectants
- Tire Rotation

Conserve Water. Protect the Environment. Use A Professional Carwash!

\$20⁰⁰ OFF
COMPLETE DETAIL

BUGGY BATHE
Not valid with other discounts or coupons. With this coupon. Expires 11/30/16. NDN

\$10⁰⁰ OFF
ANY OIL CHANGE with a car wash

BUGGY BATHE
Not valid with other discounts or coupons. With this coupon. Expires 11/30/16. NDN

\$3⁰⁰ OFF
GOVERNOR'S CARRIAGE WASH
Full-Service Wash
Undercarriage Wash
Triple Foam Wax • Polish Wax
Dash Protectant • Wheel Magic
Tire Gloss • Air Freshener

BUGGY BATHE
Not valid with other discounts or coupons. With this coupon. Expires 11/30/16. NDN



the water, rowing. I was on the boat with my partner. We each had an oar. She's in front, I'm behind." They didn't know how to properly row together, pushing and pulling mainly with their shoulders. "It was a disaster. The coaches were young, not experienced. All they wanted: 'Give me medal; give me time.' I was absolutely devastated. That's how I developed scoliosis. When you have both oars, the body is in alignment. I had only one, so my body was out of alignment the whole time we rowed. It was bad."

Her back ached the whole time. She didn't know if it was the expected result of training or something else. Her personality spurred her on to work hard and achieve. "We went to the Olympic trials. I was screaming inside because of the pain, but I pressed on. After that, I gave up. It hurt. I never imagined being in that sport."

She developed scoliosis, a curvature of the spine. "As a teenager, my sports career was shut down, not even started. I was very upset. But, after that, I was never the same. We trained extensively for forty days. I felt depressed. How can a healthy girl, all my life, end up the girl with the crooked spine?"

Alona attended college after school and re-

ceived honors with her associate's degree before moving on to the architectural university in Samarkand, Uzbekistan. In the university, she married and then had a child, her son, Vlad. "The pregnancy was very difficult," she says. "I was in bad shape then. I thought I would go back to university after I recovered, but I didn't because my ex-husband graduated from the military university and we moved to Russia."

Education is important to Alona, and she didn't want to give up learning. "In Russia, I went to law school for three years, but then I got divorced. I did not graduate. That was killer for me. I wanted my diploma."

She returned to Uzbekistan. Vlad attended an English school to learn English. The secretary at the school spoke fluent English and introduced Alona to a man she knew in the United States. "The school secretary was our communicator," Alona says. "The man invited me to visit the U.S. We talked back and forth, but I had zero English. What she spoke to him was all I knew. I was involved, but not exactly knowing what was happening." But, Alona knew the United States was a land of opportunity, and she wanted Vlad to experience it.

With \$149 in her pocket and round-trip tickets to the U.S., Alona and Vlad flew to

New York City. At the airport, no one showed up to meet her. Other people arriving from the USSR helped her contact the man. He had suddenly taken ill and said he was in the hospital. He casually told her to go back home.

"I was already here. Fourteen hours on the plane and I was supposed to turn around and fly back? The people at the airport said there was a Russian community where people spoke Russian. 'They will support you. Don't rush home,' they told me. 'You have the visa and you're here. Spend some time in New York, in Queens.'" The Russian community took her in and helped her find a job to earn some money. She started working in a café. After two weeks, she didn't want to go home.

"I thought I was in heaven. This is the land of opportunity. I didn't want to go back. For the first time, I believed in myself. I knew this country could change my life. I had opportunity to be who I wanted to be. If you work, you can get what you work for." She found a job and a community. "I was not desperate to survive, but desperate to stay in the place I wanted to be."

Where Alona worked in the Russian community in Queens, a woman suggested Alona and Vlad move to Virginia. The woman had a

friend here who would help Alona. "She told me, 'Go there and give it a try. Queens is very expensive. In Virginia, in Williamsburg, it is easier.' So, they sent me to Russians here," Alona explains. "They helped me find a place to live. I found work in the bakery."

Even with all the changes going on in her life, one thing stayed constant, her back pain. "I just adopted the pain. I tried many things. I have an American Dream to do what I love and to find myself."

In Williamsburg, Alona found a job within walking distance of her new home because she couldn't drive or speak English. "I went to Sal's by Victor. They trained me and helped me learn English. Victor is the godfather to my middle son, and he walked me down the aisle to my present husband. I met my present husband in the restaurant. He and Victor are best friends. Tony, my husband, is the one that always came to help me."

One of Alona and Tony's first dates was to the chiropractic office of Dr. Vincent Anania because of her constant back pain. "Dr. Anania and my husband, Tony, are long-time friends. Tony took me there to get my back better." Alona began weekly chiropractic adjustments. "I started to feel better. In 2003, I had my sec-

ond child. My friend from New York flew in for his baptism. She is a Pilates instructor. She gave me a DVD and book on Pilates. I studied it for five years. It was slow motion and a repeating of motion. The more I did it, the less pain I had."

From those basic Pilates movements, Alona began more comprehensive exercises. "I pulled information from every book, website and video I could find. I became an evangelist for Pilates. I became pain free from the combination of the chiropractic office, massage and these techniques. That changed my life."

In 2007, Alona became pain free. She demonstrated Pilates to her neighbors Lynn and Bert. Lynn encouraged Alona to get official Pilates education. "Till this day, they are my friends, neighbors and clients," Alona says of Lynn and Bert. "Lynn inspired me. She truly believed I could do it. She inspired me to help others."

On November 4, Alona Casanave re-opens her Pilates business, Smart Bodies Pilates. From her own back pain and warrior attitude, she has created a place of healing, strength and movement. Today, with husband Tony and sons Vlad, Michael and T.J., Alona lives the American Dream. NDN

Next Door Neighbors

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

Writers

Linda Landreth Phelps, Rachel Sapin,
 Brandy Centolanza, Alison Johnson, Ryan Jones,
 Lillian Stevens, Narielle Living, Chris Jones,
 Morgan Barker, Susannah Livingston,
 Cathy Welch, Erin Fryer, Wynne Bowman,
 Michael Heslink, Naomi Tene' Austin, Gail Dillon,
 Lauren Plunkett

Advertising Information

Meredith Collins

(757) 560-3235

meredith@williamsburgneighbors.com

www.WilliamsburgNeighbors.com

Next Door Neighbors is a monthly, direct-mailed magazine serving the residents of the Williamsburg area.

Circulation: 39,911



COLLINS GROUP

PO Box 5152, Williamsburg, VA 23188

NEW TOWNSM

Shop • Dine • Explore



*Enjoy the fall foliage,
 shopping and dining
 in New Town.*

*For holiday events and extended
 shopping hours throughout the
 holiday season, please check our website.*

RESTAURANTS | SHOPPING | MOVIES | HOMES & APARTMENTS
 HEALTH & BEAUTY | PROFESSIONAL SERVICES & BANKING

NEWTOWNWILLIAMSBURG.COM



Corey Miller Photography

OUR SYMPHONY

By Greg Lilly, Editor

Vance Stallings, the new president of the Williamsburg Symphony Orchestra Board of Trustees, explains the orchestra is an eclectic mix of people working toward a common vision of entertaining, inspiring and educating a diverse audience through music.

Vance has enjoyed music throughout his life, shaping his service to the community. Born in Missouri while his father was in seminary there, Vance grew up in the Southern Baptist Church where his father served as minister.

“When you grow up in the church, there are a lot of jobs to be done. One of those jobs involves music,” Vance says. “From an early age, I was very involved in music.” He began piano lessons in the first grade, and that continued until he left for college. “I began

LA TERRAZA
MEXICAN GRILL

1840 Richmond Rd. Williamsburg
757.707.3333
www.laterrazamex.com
Open 7 Days • Full Bar Available

| | |
|--|--|
| \$5 OFF The Purchase of 2 Dinners & 2 Drinks With coupon. Not valid with any other specials. Excludes alcohol. Good through 11/30/16 | \$4 OFF The Purchase of 2 Lunches & 2 Drinks With coupon. Not valid with any other specials. Excludes alcohol. Good through 11/30/16 |
| LA TERRAZA HAPPY HOUR: 4-7PM | LA TERRAZA HAPPY HOUR: 4-7PM |

Colonial Folk Art
Studio & Gallery

LOCAL ARTWORK &
SO MUCH MORE ...

Art
Classes Original
Art

Open Studio

www.Colonialfolkart.gallery

110 Bacon Ave. | Williamsburg | 941-826

**COMING
SOON!**

December issue of
Next Door Neighbors
Williamsburg Holidays

Publishes Nov. 25th
Advertising Deadline
Nov. 8th

757-560-3235

**Cardinal Cabs
of
Williamsburg**



757-345-5557

24 Hour Service
Trips Around Town
Service to All Airports



playing for our church services in some capacity or another when I was in high school. In addition to that, I did a lot of vocal work. My father is a trained vocalist, and I learned a lot from him.”

With the environment of the church surrounding Vance, his decision to pursue a career as an attorney didn't stray far from his core values. “I did consider the ministry,” he says. “There's something about being so close to something, like being a child of a minister, or of a doctor or lawyer, that it washes away any pretense. It's all reality to you. Early on, my father encouraged me to consider all options. At the age of 16, I decided I was not going in that direction and that something else would be for me. When I left for school, I set myself on a course to become an attorney.”

His first impressions of attorneys came through television courtroom dramas. “I didn't mind arguing, but the appeal was more about the interaction with people. I saw people that needed help and assistance and the role of an attorney in doing that. In many ways, it was not dissimilar to a minister. I saw a lot of what I would mirror from my father's ministering. Hopefully, today, I still mirror him in the way

I work with my clients.”

Vance believes most people have a calling, and law was the way to answer his call, to work with people to find their passion, help them clear the way to pursue it and to better the community. “Those things are important to me.”

Vance and his family have lived in Williamsburg for 22 years; part of that time, his practice was in Newport News. “About 12 years ago, I had the opportunity to come to Williamsburg with my practice. When we consolidated where I live with where I practice, that allowed me to get involved in some service organizations and integrate what I wanted to do all in one place. Don Williams was on the board of the Williamsburg Symphonia at the time and recruited me because I was part of a large law firm, and when he found out I was a musician on top of it all, that became a natural fit. It certainly became that way for me. I was excited about the opportunity to get involved.”

The Williamsburg Symphony Orchestra (then called the Williamsburg Symphonia) had big changes around that time. “We had just brought in Janna Hymes as the conduc-

tor. For a young guy who loves music, being on the board of the symphony was a perfect fit for me.”

Through the years, Vance has had the opportunity to sing with the orchestra multiple times. He sang with them during the Christmas season in the orchestra's Holiday Pops series. “That's one of the high points of where singing has taken me,” he says. “Today, I do most of my singing at the Williamsburg Community Chapel.”

The Williamsburg Symphony Orchestra started 33 years ago with an effort by some local musicians to take a small orchestra into an educational setting for the benefit of students. “Education was a strong motivation from the beginning,” Vance says. “There was a presentation of Sergei Prokofiev's *Peter and the Wolf*, that we've done many times since, and that was the brain child of the founders of what would become the Symphony. They wanted to give something to the community.”

In those early years, the orchestra brought in a conductor from outside. The organization, and enthusiasm for it, grew quickly. “Janna Hymes has been our conductor for thirteen years and has been essential in taking

Put a Twinkle in her Eye this Christmas

Twinkles

Boyer's
DIAMONDS & FINE JEWELRY

6564 Richmond Road, Williamsburg, VA 23188
Mon-Sat 10 a.m.-5:30 p.m. • 757.565.0747 • www.boyersjewelry.com

Welcome Dr. Kelsey Guth
Williamsburg's First Residency Trained Pediatric Optometrist

Dr. Guth is excited to work with children and adults using non-surgical treatments for many common visual problems.

- Amblyopia or lazy eye
- Strabismus or crossed eyes
- Double vision
- Convergence insufficiency
- Reading and learning disabilities

Dr. Kelsey Guth

Colonial
EYE CARE

CALL TODAY
757-903-2633
colonialeyecare.com
www.facebook.com/colonialeyecare.fanpage

us to the next level as an organization and as an orchestra,” Vance states. “We’ve had a big jump in the last thirteen years compared to where we were before that.”

The symphony’s core offerings center around five Masterworks concerts. “Masterworks being great works both of past and present that we want to bring to our community, both time honored and the best of contemporary music classified as classical,” he explains. “As that passion has grown around the five Masterworks series, we now include Pops events, including the Holiday Pops on Grand Illumination Weekend, and Cabaret & Cocktails coming up in January.”

The orchestra itself is a reflection of our community. “Our musicians are an eclectic bunch,” Vance says of the quality and diversity of the symphony musicians. “Just look to see from where they came. Amongst the schools from which they were trained are the best in the country – the Peabody Conservatory, the New England Conservatory of Music, Juilliard and everywhere else accomplished musicians train.”

While many of the musicians play with different orchestras around the region, Wil-

liamsburg Symphony creates a distinctive mix. “Some Williamsburg Symphony musicians perform with the Virginia Symphony and the Richmond Symphony Orchestra. Janna has created the uniquely Williamsburg Symphony Orchestra from this wonderful variety of musicians. They do play in various places, but the sound we put together with the number of components we have, makes it unique from the Richmond Symphony and the Virginia Symphony, which are different types of orchestras in size and scope. We have amongst the best in all of those.”

On November 17 & 18 the Masterworks concert focuses on “The Great Symphony” with works by Frederick Delius, Gabriel Fauré, Sergey Prokofiev and Franz Schubert. The orchestra performs at the Kimball Theatre in Merchants Square.

“The Kimball Theatre is a great place to go. It’s at the center of it all,” Vance says. “I would encourage everyone to go early and avail themselves to the dining options available locally and the shops there in Merchants Square. The Kimball Theatre is a very personal experience. At larger venues, you may have felt removed from what is going on, both by the size of the

space and by not being a part of what’s taking place.” At the Kimball Theatre, the musicians and the conductor are physically close to the audience, creating an intimate space.

Conductor Janna Hymes talks with the audience and sets the groundwork for the event. “She shares with the audience the nature of the work, when it was written, the circumstances under which it was written and a little about the person who wrote it.” This information, Vance explains, helps the audience feel the music and puts the listener in a time and place with the music. “Most of the great works were written particularly to express something that was going on at that point. Janna is a great historian of the works.”

Vance and his wife, Susan, have three daughters, all into music like their father. “We have twins, 12 years old, and a 10 year old. They all take piano lessons, are training vocally and are in the Choral Guild Youth Choir. They also sing in the chorus at the Community Chapel. There are a lot of neat opportunities for kids to sing in Williamsburg,” Vance Stallings says. “And with the Symphony, we hope to entertain, inspire and educate a new generation in the magic of a community symphony.” NDN

GET MORE OF WHAT YOU LOVE

GROW GREEN CHECKING

REFUNDED ATM FEES
MOBILE AND ONLINE BANKING
NATIONWIDE BRANCH AND ATM ACCESS

1.26% APY


baylands
federal credit union

888.843.2520
baylandsfcu.org

CANDLELIGHT MEMORIAL FOR THE WILLIAMSBURG COMMUNITY

November 10, 2016

Hosted by Hospice House & Support Care of Williamsburg from 4:30 – 6 pm. Members of the greater Williamsburg community area invited to join Hospice House & Support Care of Williamsburg for a nondenominational candlelight memorial service to remember anyone who has passed away in the Williamsburg community as well as those who have passed away at Hospice House in the last year. Service will be held at King of Glory Lutheran Church, 4897 Longhill Road, Williamsburg. Contact Chaplain Hannah Creager at (757) 253-1220 or hcreager@williamsburghospice.org to add a loved one to the list.

APY = Annual Percentage Yield. Dividends are compounded daily and credited monthly based on the average daily balance method. You must satisfy all of the requirements in our Truth in Savings disclosure during each qualification period to obtain the qualifying percentage yield. ATM fees may be refunded up to \$25.00 on qualified accounts. If you close your account before accrued dividends have been credited to your account, all accrued dividends will be forfeited. Fees may reduce earnings. No minimum balance required, although \$25 must be deposited into a Share Savings Account in order to open a Grow Green Account. Balances over \$15,000 earn .05% APY. If requirements are not met, the APY on all balances will be .05% APY and normal ATM fees will apply. This rate is effective as of 9/1/2016 and is subject to change. See Member Service Representative for additional disclosures. This credit union is federally insured by the National Credit Union Administration.



Corey Miller Photography

ADVOCATING HEALTHY EATING

By Greg Lilly, Editor

“Enjoy food, be comfortable. Respect food, but do not fear food. I deal with a lot of fear. People are afraid to eat certain foods. That’s a big issue,” explains Gale Pearson, registered dietitian and certified diabetes educator.

She says that with the amount of marketing people experience, on the Internet and from attention-grabbing headlines in health magazines, the average person is confused about

what is healthy eating and what it isn’t.

“The diet industry has made my job very hard,” Gale says. “What people used to know about healthy eating is gone. Consumers have a difficult time because they are confused and frustrated by the amount of misinformation being funneled to them by companies trying to sell products and diet programs. People are searching. Everyone wants to eat healthy,

but what shows up in Internet searches, both in the listing and in the side ads, is information that is misrepresented.” Marketing works against people looking for solid facts. Gale says simple labels like low fat, no fat, low carb and no carb can be confusing.

“It gets to be challenging. If you are used to hearing misconceptions, when you hear evidenced based facts it’s hard to accept.” She

Professional Interior Design

“Chris Chura’s work is distinguished by her exceptional style, design skills, attention to detail and experience. I highly recommend Chura Custom Interiors to anyone wanting a beautiful home interior.”

~Gloria K.

Stylish... Sophisticated... Livable



Call for Your Appointment

Chura Custom Interiors
Chris Chura, MFA, IDS
757.870.9112



Christine@ChuraDesigns.com • www.ChuraDesigns.com

Every day your property sits vacant, you lose money.
Enjoy 45 Days Lease Out + 2 Year Lease & Tenant Replacement Guarantee.

- Winner- Best Property Management Company 2015 & 2016.
- Full and customized services offered.
- We are the trusted leader in residential property management & leasing.
- We handle the hassle, you receive the money!



Each office is independently owned and operated.



Own The Property, Not The Stress!

5388 Discovery Park Blvd., Suite 130A • 757-251-9188 • www.rpmvapeninsula.com

says some see an ad that bananas are the worst food anyone can eat, and they believe it because it's on the Internet. In reality, the headline is to entice you to click on the ad.

Nutrition is a science, Gale stresses. "It's not up to individual interpretation. It's biochemistry. It's okay to eat fruits and vegetables and whole grains. Diets have people afraid to eat a carrot or a piece of fruit because of sugar. It's not the same category as a candy bar."

Why is there so much misinformation in regards to nutrition? "It is sales," she says. "If you see a magazine at the grocery store that says it has the top five super foods, consumers will pick that up. There aren't any new vegetables and they all have some nutrients in differing amounts. Kale has been around all my life, and now everybody is eating kale, which is great. You don't want to think the other vegetables are not healthy because they are not on the "super" list. I focus on whole foods and balance and portions. You can eat the right food in the wrong portions. With healthy eating, hearing that 'It's good for you' doesn't mean you can eat all you want."

Gale grew up with real foods on her family's

farm in King and Queen County. "I had no idea what a dietician was until I was a senior in high school." Gale was the valedictorian of her senior class, and the guidance counselor asked her what she was thinking of for a career. "I liked chemistry and the sciences. I didn't want to be a nurse. He suggested a dietician. I had never heard of that. He gave me some information on the curriculum."

She went to Hampton Institute, now Hampton University. "Initially, I wasn't in the dietitian program. My dad hadn't heard of a dietitian either and didn't want to pay tuition for something he wasn't sure I could find a job with. He wanted me to be an elementary school teacher. In King and Queen County, in that time, that's what a woman did." She changed her major, with the blessing of her father. He was reluctant, but realized she knew what she wanted to do with her career.

"From our farm, we grew everything. We cooked using those ingredients we harvested. That has worked to my advantage. I still have a garden, and I believe in real foods and whole foods."

She finished her Bachelor's Degree in Di-

etetics from Hampton University, and then earned her Master's Degree from Howard University. For several years, she worked in health nutrition in Newport News and around the Peninsula.

"I had a passion for diabetes education for a long time," she says. "I volunteered for the Diabetes Association for years, even as I worked in public health, I still volunteered. Volunteering is important to me. I decided to get my CDE (Certified Diabetes Educator) certification."

Gale went into private practice while her children were small so she could manage her time around them. She taught nutrition at ECPI and still teaches at Thomas Nelson Community College. Today, she is part of Nutrition Services for Tidewater Physicians Multispecialty Group (TPMG).

With the holidays approaching, panic and fear set in for people worried about nutrition and weight gain. "Thanksgiving is just one day," Gale says. "I usually downplay it. It's one day. Enjoy yourself. Focus on what you do 80 percent of the time. Don't focus on one holiday or a birthday or a special occasion.

LAST CALL FOR BEST PRICES OF THE YEAR ON OUTDOOR FURNITURE!



Clearance Sale!

Up to 50% off in stock furniture

We will meet or beat any competitor's prices!

HEA LIVING
Patio & Hearth

WILLIAMSBURG'S OTHER HEARTH STORE

1480-2C Quarterpath Rd., Williamsburg (Next to Harris Teeter)
757-221-8070

Open Mon. - Sat 10:30 - 6, Sun 11 - 3
Accepting All Credit Cards
HEALIVING.com

THE WILLIAMSBURG SYMPHONY ORCHESTRA

MASTERWORKS CONCERT 2

The Great Symphony

Music Director Janna Hymes

November 17 & 18 **8:00 p.m.**
at the Kimball Theatre



PURCHASE TICKET
Call (757) 229-9857
www.williamsburgsymphony.org

@WMBGSymphony

Concert Sponsors



The problem is from November to January 1, there are a lot of celebrations and gatherings. It's overwhelming during the holidays that everything revolves around food."

She doesn't like to talk people out of food. She stresses balance. "I don't do a list of 'don't eat this or that' because that's diet-thinking. Most people only hear 'what not to eat' instead what they can eat."

When faced with a large amount of food, like a holiday buffet, Gale suggests taking a survey of the table. "Walk around and see what's there." If someone begins filling their plate at the beginning of the buffet line, they'll end up with an overflowing plate, discovering new things to try with each step. "Scope it out first and decide what is really important and what you want to enjoy," she says. "Make informed decisions on what you want. Practice the plate method."

The plate method for healthy meal planning is a concept of half of the plate has non-starchy vegetables (things like carrots, green beans, tomatoes), one quarter of the plate is a protein (fish, lean meat, poultry) and one quarter is a starch (whole grain pasta, corn,

yams, brown rice). "You can't go wrong with that method. You decide what goes in each corner."

Usually, pot-lucks and buffets are filled with a variety of starches. "It's okay to have corn, peas, bean salads or potato salad but they are a smaller portion of your plate. I don't like to bash food. I just want everyone to know what proper portions are."

Good habits start early. She says to start using the plate method now, so when Thanksgiving rolls around, the portions are natural.

"And do not skip meals," she stresses. "That's the biggest problem I find. People wait too long to eat. When you wait too long, you cannot control portions. The longer you wait or are actually skipping a meal, the lower your blood sugar drops. You have to eat more to feel full which is confused with having 'no will power.' Meal patterns are important. Don't wait too long to eat so you have a comfortable hunger and enables you to control portions."

She uses a hunger scale, from one to ten. "When you wait too long, that hunger is too high (maybe a 14, off the scale) and can't be satisfied with healthy portions. A comfortable

hunger can be satisfied at a regular meal time and with reasonable portions. Come to a meal with a hunger scale at five or six. You're hungry, but not to the extreme."

The other thing that makes people overeat is how salty the food is. "Salt is an appetite stimulant. You can eat beyond fullness when the food is salty."

Gale sees a trend of more people preparing their own food. "It could be the popularity of cooking shows. I like the fact that people are using their kitchens! More eating at home helps. People are exploring how to prepare foods differently. My job is to find solutions to the challenges – to give options. I don't grade people and make them feel bad. I meet people where they are. If someone doesn't like to cook, I don't give them recipes. I give options when eating out and find the best options that fit their lifestyle.

Don't fear any food. Respect it for the nutrients it provides. "The options are there," Gale Pearson says. "My goal is to discourage the concept of dieting, with all the don'ts. Proper balance and portions are the keys to enjoying food." NDN



Plan Your Success Story.

ChooseHome members
Fritz and Kit Ober



Powered by Riverside
and Williamsburg Landing

Aging successfully at home begins with a plan. ChooseHome is an innovative alternative or supplement to traditional long-term care options that supports safe, independent living in your own home.

Call **757-327-4523** to RSVP for an upcoming Lunch and Learn event.

Read the Ober's story at choosehome.com/ober



Corey Miller Photography

When It's Not Safe at Home

By Greg Lilly, Editor

"We work so hard. There's a danger of burn-out because the staff is so taxed, and we hear the most horrible stories," Teresa Christin, executive director of Avalon Center, says. "But, when I hear, 'She graduated from the program! She doesn't need to come to counseling anymore.' The client has made it through and can make her way in the world. That is what makes working with Avalon Center so rewarding."

Ending the cycle of domestic and sexual violence is the cornerstone of Avalon Center. "We start with prevention, education and community outreach to break the cycle of violence," Teresa explains. "The shelter program is for those neighbors where it is not safe to stay where they are. Many times the reason a woman with children will not leave is because of financial reasons. They can't afford to leave. They don't

see a way out. This starts with a Help Line call. We operate the Help Line 24 hours a day, seven days a week. Someone can call that number and there will be an advocate on the other end."

The shelter program consists of 20 beds in the shelter and another six apartments with two bedrooms each. The apartments allow a woman with multiple children to keep her family safe and together. "This is easier than the communal

Francesco's
Ristorante Italiano

Try Francesco's Italian Fare for Thanksgiving!

Open Thanksgiving at 5pm
Reservations recommended but not required

See Our Dedicated Take-out Menu (*within 5-7 mile radius. Serving Lunch & Dinner
Catered Dinner Free Delivery* After 5pm \$20 min order.) Gluten Free

Mon-Thur 10:30am-10pm • Fri-Sat 10:30am-11pm • Sun 10:30am-10pm
6524 Unit D, Richmond Rd • 757-345-0557
www.francescosristoranteitaliano.com

DEPENDABLE and KNOWLEDGEABLE agent seeks customers looking for real **PROTECTION** and long term **RELATIONSHIP**.

Look no further. Having one special person for your car, home and life insurance lets you get down to business with the rest of your life. It's what I do.
GET TO A BETTER STATE™ CALL ME TODAY.

Fuentes Ins. and Financial Svcs, Inc. • Javier Fuentes, Agent
4516 John Tyler Hwy. • Williamsburg, VA 23185
Bus: 757-220-9910
sfvirginia.com

State Farm™

State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company, State Farm Fire and Casualty Company, State Farm General Insurance Company, Bloomington, IL
1101201.1

shelter,” Teresa adds. Also, anyone who might not fit in well with the general population of the shelter is housed in the apartments. “For example, one of the buildings is used for victims of sex trafficking, in association with the police, because there are unique circumstances with sexual assault victims.”

Avalon Center is a dual center, focusing on domestic abuse and sexual assault. “We are a rape crisis center, as well. We work closely with William & Mary and the community schools, hospitals, social services, the other agencies in the area.”

Teresa says there is no limit on the amount of time a person may stay in the shelter program. “Generally, they are there from 30 to 45 days. During that time, they are offered food and shelter and clothing. In addition to those basic offerings, we have a van that provides transportation. We have individual and group counseling.” The center also has a children’s counselor and children’s programs. “We know that kids exposed to violence, are physically affected by it. Their health is affected for a long period. We hope to intervene as part of stopping the cycle of violence.”

Along with sheltering, the clients of Avalon receive assistance with housing, budgeting, job hunting and training in life skills.

“When they are ready to leave the shelter, they have found a job and are ready to live on their own. We have private donations to help cover a security deposit and help get people into their own place. As long as they need it, they can have counseling for them or for their children. There is no limit on that and no cost to them.” Once the clients leave the shelter, they become part of the outreach services.

“Hopefully, they have relocated, found permanent housing and have financial stability. Counseling helps each person transform their lives and their children’s lives,” Teresa adds.

Teresa grew up in Virginia Beach, one of six children of a Navy Commander. She graduated from Old Dominion University, majoring in sociology.

“My husband was a Navy Seal. We traveled a bit, living in Arizona, California, New York, Venezuela and North Carolina. With our son, we knew we needed to stop moving. We settled in Toano and raised our son here.” Since Teresa had grown up in Virginia Beach, many school trips and family weekends were spent in Williamsburg. “I always wanted to move here. I was more than thrilled to stop moving and put down roots.”

Her interest in sociology in college came from her desire to help people. “I wanted to

understand people, understand human development,” she says. “I was trying to figure out the world around me and my place in it.” After college, she took a lot of different jobs: preschool teacher, real estate, paralegal. “I felt none of it spoke to me.”

When she and her husband lived in Venezuela, she was not able to get a job as a foreigner. “I became involved in volunteering with the University Women. It was an active group of international women, all very smart, intelligent, dynamic women. In a country like Venezuela, where poverty means something completely different than it does here, I saw the impact they were making. It touched me very deeply. I got hooked and knew I wanted to make an impact and a difference in peoples’ lives.”

Instead of going to law school, as she had planned, Teresa went to work for a non-profit in Norfolk, the Planning Council. “It was a great training ground for me. They prided themselves on fostering the development of young women and turning them into community leaders. I was fortunate to be in the right place in the right time.” At the Planning Council, Teresa received training in non-profit program development, grant writing and community involvement.

When the family moved to the Williamsburg

Agapé Home Care

We're thankful to our community for trusting us to serve your loved ones for 8 years and counting!

Quality Care, Peace of Mind

www.AgapeHomeCareVA.com

757-229-6115

350 McLaws Circle Suite 2, Williamsburg



24/7 Personal Care Services Available

•Meal Prep •Errands •Bathing & More



Licensed, Insured & Bonded

Crawl Space Encapsulation Moisture Management



Enviroguard

“Guarding your home against the elements.”

804-744-2974 | envirowashinc.com

NIA National Insulation Association



ACCREDITED BUSINESS BBB

Angle's list Reviews you can trust.

SWAN

area, Teresa knew she couldn't make the commute from Toano to Norfolk for very long. "I took a job with a non-profit here. Shortly after that, the executive director left and the board placed me in that position. At a fairly young age, I was an executive director of a non-profit. Fortunately, I still had my mentors at the Planning Council that I could call on."

Over the years, she has worked in different non-profits, including Hospice House, learning and acquiring skills and experience.

Avalon Center recently updated its name. "A center for women and children, as the former name included, does not fully tell you what we do. We serve men, as well. Unfortunately, men and boys are victims of sexual assault and domestic violence. Domestic violence can take many different forms.

We serve everyone in the community who is a victim of this type of crime. It is not specific to women. A vast majority of domestic violence victims are female, but it also happens with men and boys. They are more reluctant to report it."

The 24 hour Help Line is the first step in seeking assistance. Our community has a growing need to respond to sexual assaults. "The Williamsburg Community Health Foundation helped fund our position for SART," Teresa

says. "If the Help Line receives a call of reported rape, we have a staff person, part of the Sexual Assault Response Team (SART). Avalon is part of the SART team in James City County, Williamsburg and York County. We coordinate services for sexual assault victims. If someone contacts the hospital or the police, Avalon has someone to be an advocate for them and to show up at the Emergency Room." The SART coordination is about improving our community's response to sexual assault.

"Reporting rape is better than it used to be. We have more outreach clients than we did. I would guess part of the reason for that is the national attention to campus sexual assaults and to domestic violence in the NFL. That turned the whole country's attention to it for several years. Not that there is more of it happening, but more people know to call us, and they do." Teresa adds that Avalon's numbers of reported sexual assault have increased, more so than the rate of population growth in the area. The awareness has encouraged more people report assault and to seek help. "It affects everyone. It cuts across economic, racial and religious lines."

Increased outreach and services benefit from the Victims of Crime Act of 1984 (VOCA). Victim services, such as some of those provided by Avalon, are funded through fines and fees

that perpetrators of violent crime pay to the court when they are sentenced. "They are accumulated at the federal level," Teresa says. "This fund has grown over the years. Virginia, in the last two years, was given five times the amount of money they normally received. It's finding its way to the local level through the state's department of criminal justice services." These additional funds help Avalon expand services to underserved communities, such as youth and the elderly. "We've been asked by the state to fill in the gaps, including the underserved. That's what is funding those new projects."

This spring, a young lady stopped in Avalon's office to see Teresa and the staff to share her good news. "She had been with her infant son in the shelter four years earlier and had gone through counseling and re-housing," Teresa Christin describes. "She had just gotten word that she had received a full scholarship to graduate business school. She was over the moon. To go from homeless and no resources to being independent and enrolled on a scholarship to business school – wow! She was one impressive young lady. She wanted to come back and talk to the women in the shelter now to tell them not to aim low, but aim high. You can do what you dream." NDN

Avalon's 24-hour Hot Line: 258-5051

DECORATING DEN INTERIORS OF WILLIAMSBURG

**DECORATING DEN
INTERIORS**

Services Include:

- Complimentary in-home design consultation
- Window treatments
- Furnishings
- Flooring
- Lighting
- Accessories
- Kitchen Design




AMY AHEARN | INTERIOR DESIGNER
757.378.2785 • 757.561.6592
amy@decoratingden.com • amy.decoratingden.com

Colonial Center for Hearing

Don't Lose Your Marbles

Multiple studies by Johns Hopkins and the National Institute for Aging have shown that untreated hearing loss deprives the brain of important sound stimuli. This deprivation has been linked to **dementia**, irreversible brain deterioration, and accelerated brain **shrinkage**.

**Call Today for Complimentary
Hearing Screening**



Jude Liptak, Au.D.

757-229-4004

430 McLaws Circle,
Suite 101
Williamsburg, VA



Bethany Tucker, Au.D.

Life

CHANGING

HEARING

SOLUTIONS

Hey Neighbor!

Please visit

www.WilliamsburgNeighbors.com,

go to the magazine site and click on

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

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

heyneighbor@cox.net

Hey Neighbor!

41ST MARINE CORPS MARATHON TEAM LATISHA October 30, 2016

Latisha's House Foundation is seeking runners to join "Team Latisha's House" and financial sponsors for the 41st Marine Corp Marathon in Washington, DC. Latisha's House is a 501 (c) (3) non-profit safe house for human sex trafficked women in James City County. To be a part of "Team Latisha's House," contact Executive Director Elizabeth Ameling at latishashouse@gmail.com; (757) 603-2255 or jdaming@gmail.com; or go to www.latishashouse.com. "Changing One Life at a Time, Changing the World for Future Generations."

Hey Neighbor!

THE ART OF TASTE October 30, 2016

From 3 - 6 pm, sample wares from two breweries; two cideries, two meaderies, a winery and five distilleries and learn how to infuse products for outstanding craft cocktails at home. Music by Orion and Chesapeake Bearcats. A great way to wrap up a fantastic weekend in Williamsburg! Presented by Blue Talon Bistro for An Occasion for the Arts. Tickets \$25 in advance; \$35 at the door. Logo glass included. Purchase tickets at www.aofta.org.

Hey Neighbor!

TIDEWATER INTERGENERA-

TIONAL ORCHESTRA

October 30, 2016

The Tidewater Intergenerational Orchestra will present a free concert including "Romanian Folk Dances" by Bela Bartok, "Symphony No. 29 in A Major" by Wolfgang Amadeus Mozart, and the "Cello Concerto No. 1 in C Major" by Joseph Haydn featuring soloist Stephen Custer. Time: 1 pm at Saint Bede Catholic Church, 3686 Ironbound Road. For more information, call (757) 229-3631 or visit www.bedeva.org/concerts.

Hey Neighbor!

LIVE WELL EXPO, FREE! November 4, 2016

Come pamper your mind, body and spirit during James City County's annual Live Well Expo on Friday, Nov. 4, 8:30 a.m.-noon at the James City County Recreation Center, 5301 Longhill Road. The event is designed for participants age 55+ and caregivers of any age. Learn about the services available for ages 55+; over 40 community vendors are participating and providing information on nutrition, home health care, leisure and recreational services and more. Also featured during the event are FREE preventive health screenings including vision, hearing, cholesterol and blood pressure as well as an opportunity to get your vaccinations. For more information, visit jamescitycountyva.gov/recreation or call 757-259-5353.

Hey Neighbor!

PET PARENT SEMINAR FOR VISITING CANINES PROGRAM November 5, 2016

Williamsburg Area Faith In Action will host its 1st Annual Pet Parent Seminar at the James City County Recreation Center from 9:30 am - 12:30 pm. If you are a pet lover, then this is just the event for you. This educational event will provide you with great information about how to make your pets lives as healthy & happy as possible! Registration is \$10.00 per person and \$20 per pair (2 people). Proceeds will benefit our new Visiting Canines Program- a unique program that brings certified therapy dogs to visit lonely seniors in their homes. Register online at www.wfia.org, by phone at (757) 707-8040, or at our office, 354 McLaws Cir, Suite 2, Williamsburg by October 31, 2016!

Hey Neighbor!

QUEENS LAKE COMMUNITY ARTS & CRAFTS SHOW November 5, 2013

From 9 am - 3 pm, at 234 E. Queens Drive, in Williamsburg. This is the 7th annual show featuring artists from the Queens Lake neighborhood and local community with original work for sale. Jewelry, needlecrafts, pottery, ceramics, photography, natural skin care items, books from local authors and more! Concessions for morning coffee and lunch. Free admission, free parking. For information please

contact the QL Office at (757) 229-0973, or email Ann Brown-Hailey at abrownhailey@cox.net.

Hey Neighbor!

WELLSPRING UNITED METH- ODIST CHURCH FALL FESTIVAL November 5, 2016

From 9 am - 3 pm, Wellspring's Music and Worship Arts Ministry will hold its annual Fall Festival at 4871 Longhill Rd, Williamsburg. You can choose something from our homemade delicacies at our bake sale, browse through the many tables filled with holiday gifts and decorations and get a head start on your holiday shopping, or place a bid on items at our silent auction. One of the most anticipated features is Bob's famous Brunswick stew. Enjoy a bowl for lunch along with other selections at our Fall Cafe' or take some home for dinner.

Hey Neighbor!

VIRGINIA THANKSGIVING FESTIVAL November 6, 2016

The first English Thanksgiving in America, which occurred on December 4, 1619 at Berkeley Plantation, is re-enacted on the lawn. Activities include a parade, horse drawn carriages, fife and drums, musicians, magicians, Colonial period games and dancing, arts and crafts, corn maze, storytelling, cornhusk doll making, candle dipping, choral groups and dancing by the Chickahominy Tribal Dancers.

United for Shelter

United Way provides emergency, transitional,
and permanent housing assistance
to those in need.

MONEY RAISED HERE,
STAYS HERE.

Need help? Call 757.229.2222

Want to help? Visit www.uwgv.org



Vendors showcase their food, arts, crafts and jewelry. Food includes our famous Thanksgiving dinner in a glass. A Silent Auction, along with the sale of souvenirs, is also held. Hours are from noon – 4 pm, with house tours beginning at 9 am and admission to the grounds in free. There is a \$10 per car parking donation. For more information call (888) 466-6018 or (804) 829-6018 or visit our web site at www.virginiathanksgivingfestival.com.

Hey Neighbor! **THE WILLIAMSBURG CHORAL GUILD PRESENTS – “HAYDN & NEW FRIENDS”**

November 6, 2016

Celebrating traditions and new perspectives for its 41st season, the Williamsburg Choral Guild will perform a mix of well-known classical works plus newer, contemporary pieces. Enjoy Haydn's Mass in Time of War, Vaughan Williams' Toward the Unknown Region and Ola Gjelio's "The Ground" from his Sunrise Mass. Join Artistic Director Jay BeVillie, the Chorus, professional soloists and a chamber orchestra for this breathtaking afternoon. November 6, 2016 at 4:00 at Warhill High School Auditorium, 4615 Opportunity Way. A free pre-concert discussion will take place at 3:00 in the Music Room. Tickets are \$25 or \$10 for students. For more information call (757) 220-1808 or visit www.WilliamsburgChoralGuild.org.

Hey Neighbor! **KUMRO, ORGANIST**

November 9, 2016

Joel S. Kumro, organist and choirmaster at Saint Benedict Church, Richmond, will perform works by Bach, Mendelssohn, De Grigny, and Duruflé. All are invited to bring lunch and meet the artist following the FREE concert. Beverages will be provided. Time: 12:00 p.m. at Saint Bede Catholic Church, 3686 Ironbound Road. For more information, please call (757) 229-3631 or visit www.bede.va.org/concerts.

Hey Neighbor! **CARD PARTY FUNDRAISER**

November 10, 2016

The Woman's Club of Williamsburg-GFWC invites everyone to an Afternoon of Games/Cards and Friendship card party, from 11:30 am – 4:00 pm at the Kingspoint Clubhouse, 119 Northpoint Drive, in Williamsburg. Play bridge, mah jongg, Mexican train, Shanghai rummy and more. There will be raffles and door prizes and a buffet lunch. Cost is \$20 per guest, and proceeds will support the Club's scholarships and community service programs. Get your table of

four together and RSVP by November 4 to Ann Lysenko, 253-7587 or email@womensclubofwilliamsburg.org. The non-profit Woman's Club of Williamsburg-GFWC is a group of women with a common interest in community welfare and philanthropic projects. The Club provides financial support for a variety of local, national and international humanitarian organizations.

Hey Neighbor! **CANDLELIGHT MEMORIAL FOR THE WILLIAMSBURG COMMUNITY**

November 10, 2016

Hosted by Hospice House & Support Care of Williamsburg from 4:30 – 6 pm. Members of the greater Williamsburg community area invited to join Hospice House & Support Care of Williamsburg for a nondenominational candlelight memorial service to remember anyone who has passed away in the Williamsburg community as well as those who have passed away at Hospice House in the last year. Service will be held at King of Glory Lutheran Church, 4897 Longhill Road, Williamsburg. Contact Chaplain Hannah Creager at (757) 253-1220 or hcreager@williamsburghospice.org to add a loved one to the list.

Hey Neighbor! **VETERANS BLUE STAR MEMORIAL DEDICATION**

November 11, 2016

The Williamsburg Area Council of Garden Clubs and the City of Williamsburg will dedicate a Blue Star Memorial Marker at the newly established site in Bicentennial Park, located at Nassau and Newport Avenue, at 1:30pm on Veterans Day. Local officials, veterans, and garden club officers will take part in the ceremony. Patriotic music, honoring our veterans, will be part of the ceremony. Open to the public, especially veterans, service members and their families. Contact ggknowles@cox.net or (757) 651-0401.

Hey Neighbor! **VETERANS DAY AT THE GOVERNOR'S PALACE CEMETERY**

November 11, 2016

At 11 am, the Williamsburg Sons of the American Revolution, with the support of Colonial Williamsburg, will conduct a Veterans Day Event in the Revolutionary War Cemetery back of the Governor's Palace. Included will be CW Fife and Drums, Rev. War Flag Procession by Boy Scout Troop 1932, the French Organization, Amicale Francophone, and wreath laying ceremony by the DAR and SAR. All veterans and families are invited to at-

tend. Attendance is free.

Hey Neighbor! **VETERANS DAY**

November 11, 2016

The Combined Veterans Organization Committee (CVOC), of the greater Williamsburg area, cordially invites the public to join us, on Veterans Day, to honor all Veterans, Past, Present, and Future. The ceremony will be held at the Veterans Tribute Tower, Discovery Park Blvd, New Town, starting at 10 am, "Rain or Shine." This year marks the fifth anniversary of the Veterans Tribute Tower. Our Guest Speaker, Mr. Harry Walters, US Military Academy at West Point, class of 1959, was the stalwart in getting the Tribute Tower to be erected here in Williamsburg. Not only was the tower erected here, but also a traveling foundry was present to cast the Bell that now hangs in the center of the Tower. The Bell has a direct tie to World War II. During the casting process, two USMC personnel, added sand they had brought back from the beaches of Iwo Jima. Master of Ceremony will be, Brig Gen Jerry Fields, US Army (Ret). For those whom have yet to visit the Veterans Tribute Tower, a testimonial to all Veterans, from all wars, and conflicts, we again extend an invitation to join us, this Veterans Day. Seating will be available.

Hey Neighbor! **AUCTION & CHILI DINNER**

November 12th, 2016

4:30-7:30 p.m., Thankful Giving . . . For the Kids will include a chili cook-off dinner, a silent auction, a live auction, restaurant gift cards raffles, \$150 LEGO gift card and Apple Watch raffles, and fellowship for our school and community. Funds from the event will provide new classroom materials and equipment, scholarships to families in need, and professional development for our teaching staff. Dinner tickets \$10 adult; \$5 child, ages 3-11; FREE children 2 and under; \$30 maximum for immediate family. One drink ticket per adult is \$7 for your choice of 2 beer/wine drinks. \$150 LEGO Gift Card and Apple Watch raffle tickets are \$10 each or 3/\$25. Pick-a-Restaurant raffle tickets are \$3 each or 2/\$5. Auction attendance is FREE. To purchase tickets, contact King of Glory School at 757-258-1070.

Hey Neighbor! **WILLIAMSBURG AREA MARINES**

November 12, 2016

The Williamsburg Area Marines (WAM) will observe The 241st Anniversary of the founding of the United States Marine Corps at Legacy Hall

in New Town between 6:30 - 9 pm. USMC Color Guard, Speaker Joni Stevens White House/DOD Liaison Specialist, Traditional Readings and Cake Cutting. Heavy hot and cold hors d'oeuvres, cash bar. \$25 per person. All Marines and friends of the USMC are invited to attend. For information call (757) 879-5153.

Hey Neighbor! **HEARTCHASE COMMUNITY ADVENTURE GAME**

November 12, 2016

From 8 am – 12 noon at Legacy Hall, New Town (4801 Courthouse Road),

HeartChase is a fun and frenzied pursuit of hidden rewards and healthy lives. It's also a chance to help our community and the AHA chase away heart disease for good. Teams of 2-5 people will compete against other teams in a chase through the community. Each team will face multiple checkpoint challenges and locate Power Ups all while tracking progress in the HeartChase Mobile Game App. The team with the most points at the end of the clock wins! To put the fun in fundraising and jump start the competition, we've created a series of Game Advantage Cards that are used to get a head start on chase day. The first Game Advantage Card only goes to the first ten teams to reach \$100. And the team with the highest donation total wins a special, one of a kind Game Advantage Card! For information, contact heartchasewilliamsburg.org.

Hey Neighbor! **COWBOYS UNCORKED**

November 13, 2016

From 6-9 pm, this annual fundraiser will be held at the Williamsburg Winery which benefits Dream Catchers at the Cori Sikich Therapeutic Riding Center. Wessex Hall at the Winery is transformed into a western town – complete with a DJ, country line dancing lessons, western whiskey bar, jail house, gunslinger quick draw contest, games and more! The "celebrity arrestees" participating in the event are "bailed" out of the western jailhouse with donations to Dream Catchers. Tickets are \$50 each and on sale now. For information, contact www.dreamcatchers.org

Hey Neighbor! **WILLIAMSBURG WOMENS CHORUS SELECT ENSEMBLE "THE CHORALIERS"**

November 16, 2016

The Williamsburg Music Club proudly presents the select ensemble "The Choraliers" of the Williamsburg Women's Chorus in a program of the highest finesse of vocal choral ensem-



United Way of Greater Williamsburg

Dear Neighbor,

We write to you today to ask you to be a neighbor, friend, champion to all those who need help in our community by donating to the United Way.

The mission of the United Way of Greater Williamsburg is to improve lives by mobilizing the caring power of people and community. And this is why our mission is critical –

- So our neighbors have somewhere to turn when they need food for their family, help buying a bus ticket to get to work, or find a safe place to stay for the night. The United Way provides hope through emergency assistance. We are united for the Community Resource Center.
- So nonprofit agencies that help children or seniors or teach scouting or rebuild homes can receive broad, community-wide support for their work. We are united for Community Investment in partner agencies.
- So when the support network has gaps, we can fill them. We provide permanent housing solutions so homeless families can have a place to live and support services to improve their family's health and economic outcomes. We are united for the Home for Good program.

It's all hard work. But, it's all critical work, or we wouldn't do it. Join in helping your neighbors; be part of this united effort of caring; be part of this community. **Give generously. Give today.**

With sincere appreciation and thanks,

Elizabeth Parman
Interim Director, United Way of Greater Williamsburg

Jake Liebler
Board Chair, United Way of Greater Williamsburg

Sam Poole
Board Vice Chair & Campaign Committee Chair, United Way of Greater Williamsburg



United Way of Greater Williamsburg, 5400 Discovery Park Blvd., Suite 104,
Williamsburg, VA 23188 • Phone 757-253-2264 • www.UWGW.org

MONEY RAISED HERE STAYS HERE
Scan and donate today.

bles. Program begins at 11 am preceded by "Coffee & Conversation" at 10 a.m. This program is free and open to the public. Lewis Hall in Bruton Parish, 222 Duke of Gloucester Street. For more information, contact (757) 291-9082 or www.williamsburgmusicclub.org.

Hey Neighbor!

THE WILLIAMSBURG SYMPHONY ORCHESTRA PRESENTS THE GREAT SYMPHONY

November 17 - 18, 2016

Kimball Theatre, 424 W. Duke of Gloucester St. at 8 pm. The second concert of the 2016-2017 season's Masterworks series features works by Delius, Fauré Prokofiev and Schubert. Conducted by Music Director Janna Hymes. For tickets and season subscriptions call (757) 229-9857.

Hey Neighbor!

NATIVE USES OF NATIVE PLANTS

November 19, 2016

Freedom Park Interpretive Center, 10 am, open to the public. Helen Hamilton, author and former high school science teacher, will deliver a PowerPoint talk about the food, structures, and medicines used by Native Americans. Helen will explore how the native materials provided the survival needs for early settlers of eastern North America, with an emphasis on the experience at Jamestown. This event is part of the Learn and Grow Educational Series sponsored by the Williamsburg Botanical Garden. The program is free, although a \$5.00 donation to help the Garden grow is appreciated. For more information, contact Helen at (757) 564-4494 or email her at helen48@cox.net.

Hey Neighbor!

10TH ANNUAL HOLIDAY ARTS & CRAFTS BAZAAR

November 19, 2016

From 10 am - 4 pm, Holiday Arts & Crafts Bazaar hosted by the Queens Lake Middle School-PTA, at 124 West Queens Drive, Williamsburg. We will have over 60 exhibitors offering handmade crafts and unique holiday gifts for all ages! There will be food, music, raffle prizes, animals and so much more! For more information, please visit our Facebook Page at www.facebook.com/QLMSHoliday-bazaar. You can also visit the QLMS website at www.queenslakemiddle.my-pta.org

Hey Neighbor!

COLONIAL WILLIAMSBURG EMPLOYEES ARTS AND CRAFTS SHOW

November 19-20, 2016

Colonial Williamsburg Foundation

employees, volunteers and retirees will once again combine their time and talents for their annual Fall Arts and Crafts from 10 am - 5 pm. The show and sale will be held at the Historic Triangle Community Services Building, located at 312 Waller Mill Road. Admission and parking are free and open to the public. Each crafter uses their spare time and talents to create unique handmade gifts.

Hey Neighbor!

FALL COLORS ON THE NOLAND TRAIL

November 20, 2016

At 2 pm, meet at the Holly Overlook parking area in Mariner's Museum Park, Newport News. Enter Mariner's Museum Park on Museum Drive from Warwick Blvd and Fine Arts Ave. Peninsula Master Naturalist Susie Yager will lead this colorful walk and discuss how the power of observation can help us identify fall trees from a distance by their general growth habit and leaf color. In addition to the autumn leaves, there will be color from fruiting American Holly, Winterberry Holly, Partridgeberry, and Swamp Rose. Migrating waterfowl often stop over at Lake Maury, so you may want to bring camera or binoculars. Contact Susie Yager to register at soozigus@cox.net. Sponsored by the John Clayton Chapter, Virginia Native Plant society

Hey Neighbor!

FOODS & FEASTS OF COLONIAL VIRGINIA

November 24-26, 2016

The holiday season begins on Thanksgiving Day with a three-day event that explores food ways of 17th- and 18th-century Virginia and centuries-old cooking and preservation methods. At Jamestown Settlement, historical interpreters demonstrate how food was gathered, preserved and prepared on land and at sea by Virginia's English colonists and Powhatan Indians. At the American Revolution Museum at Yorktown, programs examine typical soldiers' fare during the American Revolution and trace the bounty of a farm from field to kitchen. Learn more at <http://www.historyisfun.org/jamestown-settlement/foods-and-feasts/>.

Hey Neighbor!

A COLONIAL CHRISTMAS

December 1-31, 2016

Holiday traditions of 17th- and 18th-century Virginia are recalled throughout the month with special interpretive programs and, December 23-31, period musical entertainment and daily appearances at Jamestown Settlement by the Lord of Misrule.

Hey Neighbor!

THE WILLIAMSBURG SYMPHONY ORCHESTRA PRESENTS ANNUAL HOLIDAY POPS CONCERT

December 3 - 4, 2016

Kimball Theatre, 424 W. Duke of Gloucester St. at 1:30 pm and 3 pm each day. A festive program of seasonal music to delight the whole family during Colonial Williamsburg's Grand Illumination weekend. Guest singer Brett Cahoon, conducted by Music Director Janna Hymes. Tickets \$30. Order tickets at <https://www.colonialwilliamsburg.com/do/kimball-theatre/>

Hey Neighbor!

CANTORI CHORAL ENSEMBLE PRESENTS MAGNIFICAT!

December 4, 2016

The 2016 Christmas Concert will feature John Rutter's glorious setting of Mary's Song of Praise, known as The Magnificat. This extended multi-movement work will be accompanied by Rebecca Davy, and features Claudia Kessel as soprano soloist. The concert will be presented 7:30 pm at Walnut Hills Baptist Church, 1014 Jamestown Road, Williamsburg. There is no admission charge for the concert, but donations will be received in support of Cantori. More information about the group may be found on our website: www.cantoriwilliam

Hey Neighbor!

HERITAGE HUMANE SOCIETY AUXILIARY CHRISTMAS BAZAAR

December 10, 2016

The Heritage Humane Society Auxiliary presents the annual Christmas Bazaar from 9 am - 3 pm at Bruton Parish Hall on Duke of Gloucester Street in Colonial Williamsburg to raise money for homeless shelter pets. Come early for the best selection of gourmet soups from fifteen fine Williamsburg restaurants, one of the biggest bake sales in town, a wide variety of gifts for pets and people (many hand-made), animal themed books for all ages, scarves, jewelry, plush pets to "adopt", and exciting raffle prizes highlighted by a 50/50 raffle. You also will find themed gift baskets, "critter baskets", and specialty cuisine to order for later delivery (new this year!). For more information, visit www.heritagehumane.org. All proceeds benefit the Heritage Humane Society.

Hey Neighbor!

4TH ANNUAL CHRISTMAS GALA

December 11, 2016

Latisha's House Foundation 4th Annual Christmas Gala at the Kingsmill

Doubletree Hotel Ballroom, Williamsburg. Dine on gourmet food, enjoy fine wine, finish your Christmas shopping at the silent and live auction, and dance to the Hullabaloo's. Guest speakers will share their stories, all this for a great cause. Tickets \$150 per person; Corporate tables of 4, \$1000; Corporate tables of 8, \$2000. Visit www.latishashouse.com to purchase tickets and make dining selections; or contact Lauren at (757) 777-0647. A portion of your ticket is tax deductible.

Hey Neighbor!

FIRST NIGHT WILLIAMSBURG

December 31, 2016

A family-oriented, New Year's Eve celebration of the performing arts presented throughout the City and on the campus of the College of William & Mary. Join us for new acts and new culinary experiences New Year's Eve. This will be an exciting year to be part of the fun! Adult admission buttons are \$20, kids wristbands (ages 3-13) \$10. See as many acts during the day as you like! Food will be available for purchase from various food trucks set up around the area. Volunteer for a two hour shift and receive FREE admission all day! Limited tickets available, so buy early. See you New Year's Eve! <http://www.firstnightwilliamsburg.org/>

Hey Neighbor!

BUILDING A VOCAL COMMUNITY: THE POWER OF SONG IN COMMUNITY

January 27-28, 2017

This is a 2-day event at the William & Mary School of Education, starting 6-9 pm Friday and continuing 9 am-4 pm Saturday (lunch provided). Internationally renowned singer/conductor Dr. Ysaye Barnwell will lead participants in experiencing African & African American musical traditions while exploring the power of music to bring communities together. No musical experience or talent needed! \$50 for general admission; \$15 for students. Search for the event on Facebook or Eventbrite.com or email wmsbgvocalcommunity@gmail.com for more information and a registration link.

Hey Neighbor!

WILLIAMSBURG FARMERS MARKET

Saturdays in November, 2016

From 8 am - 12 noon. Enjoy the heart of Williamsburg in Merchants Square while shopping in this producer-only market for produce, fruit, fish, artisan cheeses, meats, pasta, cut flowers, and handmade soaps. The market includes live music, chef demonstrations and exhibits along with local shops and

restaurants. The market now accepts SNAP/EBT, credit cards and W&M Express. Live music from 9 – 11 am: November 5 – Timothy Seaman; November 12 – Scott Varney; November 19 – W Quarter; November 26 –The LCV Project.

Hey Neighbor!

WOMAN'S CLUB NOVEMBER MEETINGS

November 16, 2016

All Williamsburg, VA-area women interested in learning more about The Woman's Club of Williamsburg-GFWC are invited to attend our November meeting! Choose from a daytime meeting from 11:15 m - 1:30 pm at the Colonial Heritage Club House, 6500 Arthur Hills Dr., in Williamsburg, or at 6:15 pm at the Williamsburg Chamber of Commerce building, 421 N. Boundary St., Williamsburg. The daytime meeting includes lunch (\$15) and a presentation by invited speaker Linda Wallace-Cody, Community Service/Youth Services Coordinator with Williamsburg-James City County Community Action Agency, who will discuss the agency's efforts to reduce poverty. To attend, send an email to info@womansclubofwilliamsburg.org. The non-profit Woman's Club of Williamsburg-GFWC is a group of women with a common interest in community welfare and philanthropic projects. The Club provides financial support for a variety of local, national and international humanitarian organizations. Visit www.womansclubofwilliamsburg.org for more information about our club's activities.

Hey Neighbor!

COLONIAL HERITAGE INVESTMENT CLUB

November 17, 2016

Open to all residents of the Williamsburg area. Meetings held on the third Thursday of each month from 9:30 – 11:30 am at Colonial Heritage Clubhouse, 6500 Arthur Hills Drive, Williamsburg. 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!

THE COLLEGE WOODS 45 YEARS LATER

November 17, 2016

Owned by the College of William and Mary in Williamsburg, the College Woods has been under study for many years, by faculty members and

students. For her 2016 graduate thesis Caitlin Cyrus observed and counted the plants growing in this forest, to document the changes that have occurred since the last plant study in 1989. Predictably the presence of deer has had a significant impact. Caitlin will present her findings at the November meeting of the John Clayton Chapter, Virginia Native Plant Society. Starting at 6:45 pm, on Thursday, November 17, in Room A, at the James City County Recreation Center at 5301 Longhill Road, Williamsburg 23188, the meeting is free and open to the public.

Hey Neighbor!

CALLING LOCAL WRITERS!

2nd Monday each month

Are you a writer* who longs for a group to connect with? Word Weavers International, Inc., established in 1997, has a local group just for you, Word Weavers Williamsburg. Word Weavers has a tried-and-true formula for sharpening the skills of its members, turning out published authors who go on to win acclaim and awards. If you are a writer who is not afraid to critique and be critiqued, join us and see what all the WW talk is about. We meet on the 2nd Monday of each month from 5:30 - 7:30 pm in the Cosby Room at James City County Library - 7770 Croaker Road. For more information, go to: www.WordWeavers.com or contact Sheryl: 757-342-1460. *While WWI, Inc. is a Christian-based group, all writers are welcomed.

Hey Neighbor!

SEEKING VOLUNTEER TAX PREPARERS

Ongoing

Williamsburg AARP Foundation Tax-Aide is looking for volunteers to assist seniors and low/moderate-income taxpayers in completing their 2016 Federal and Virginia tax returns. IRS certification training is provided during classes in early January. Basic knowledge of tax return preparation, as well as the ability to do returns on a computer, are needed. We help over 2,500 local taxpayers each year take advantage of tax credits and tax law changes, resulting in refunds of over \$3 million. The service will be offered at the Williamsburg and James City County Libraries in 2017 from February 1 to April 15. We also need facilitators for each session to register and do an initial screening of our clients. Please email District Coordinator George Richmond at grichmond4@live.com if you are interested in becoming a Tax-Aide volunteer.

Hey Neighbor!

CHRISTOPHER WREN

ASSOCIATION COURSE, LECTURE, AND ACTIVITY REQUESTS

Ongoing

The Christopher Wren Association is a self-funded, volunteer-led organization dedicated to adults of all ages who seek opportunities for learning and enrichment of their lives. This fall, CWA has over 150 offerings, including a wide variety of courses, activities (including the Town & Gown Lecture series), one-time lectures, and special events. The semester is already underway, but students are able to submit new or additional requests for courses and activities throughout the fall. For information about becoming a member, contact us at www.wm.edu/cwa, or (757) 221-1506

Hey Neighbor!

WILLIAMSBURG FAITH IN ACTION SEEKING VOLUNTEERS!

Williamsburg Area Faith In Action (WFIA) seeks volunteers to drive seniors to medical appointments, shopping and errands, help with household chores, or provide respite to full-time caregivers. Whether you have a few hours a month or a few hours a week, you can help. Volunteering with WFIA is easy to do because you work only as often as you wish and only when it fits your schedule. Please contact Patti Watts at info@wfia.org or call 757-258-5890 for more information on how to become a WFIA volunteer. The rewards of volunteering are enormous and the new friendships you make will enrich your life. There's no time like now to start helping your neighbors and friends!

Hey Neighbor!

HISTORIC JAMESTOWNE SEEKING VOLUNTEERS

Ongoing

Historic Jamestowne seeks volunteers to greet and engage guests as well provide accurate information about this premier historic site. A variety of volunteer opportunities are available, including Visitor Center greeters, Fort Site interpreters, and Docents in our archaeological museum, the Archaearium. Volunteer shifts are available Monday through Sunday, 9:30 am – 1 pm and 1 – 4:30 pm. Training sessions will be held in the Spring and Fall. If you are interested in volunteering at Historic Jamestowne, please contact Kelly Williams at kwilliams@preservationvirginia.org.

Hey Neighbor!

FARMER'S MARKET IN CW

Saturdays

Enjoy the heart of Williamsburg in Merchants Square while shopping in this producer-only market for produce, fruit, fish, artisan cheeses,

meats, pasta, cut flowers, and hand-made soaps. The market includes live music, chef demonstrations and exhibits along with local shops and restaurants. The market now accepts SNAP/EBT, credit cards and W&M Express. (757) 259-3768, www.williamsburgfarmersmarket.com

Hey Neighbor!

FALL COURSES: WILLIAM & MARY CONFUCIUS INSTITUTE

Ongoing

During the fall of 2016, WMCI will offer Beginning Chinese, Chinese Board Games, Pipa Workshop, Chinese Cooking and Hulusi Workshop. The courses will run on weekdays between September 12 - October 6 (Session I), and from October 17 - November 10 (Session II). Additionally, a Beginner Sun Style Taiji Class will be offered Tuesdays from September 6th to November 15th. Please sign up today to secure your spot as the classes are filling up quickly!

Hey Neighbor!

GOT BIBLE QUESTIONS?

Ongoing

Not getting enough from your bible study or church group, then perhaps you should join us at the Williamsburg Library in Norge every Monday at 6 pm to get your biblical questions answered, such as what really happened in the garden between Adam and Eve and the serpent (that is to say the devil) or why isn't Cain listed in Adam's genealogy and where did Cain get his wife if there were only three people, and did Adam and Eve really die the same day they ate the forbidden fruit (in case you don't know, they did) and what was that fruit, or such questions as what is the unforgiveable sin and has it been committed or what is the mark of the beast 666 and what does it mean, so if you would like to know the answers to these and any others, then bring them with you when you join us. Hope to see you there.

Hey Neighbor!

BARTERING FOR A CONTINENT: HOW ANGLO-INDIAN TRADE SHAPED AMERICA

Ongoing Through December 10, 2016

Special exhibition, Jamestown Settlement – The importance of trade between American Indians and English colonists, from the founding of Jamestown through the American Revolution, and the role of Virginia in the development of a new world of exchange in goods and commodities in North America is explored in this six-month special exhibition. Visitors are encouraged to join in the bartering adventure with interactive

experiences. Admission to Jamestown Settlement is \$17.00 adults and \$8.00 ages 6-12. Children under 6 are free. Museum hours are 9 a.m.-5 p.m. daily. Jamestown Settlement is located on Route 31 South in Williamsburg. For information, call (888) 593-4682 toll-free or (757) 253-4838, or visit www.historyisfun.org. (Direct URL: <http://www.historyisfun.org/jamestown-settlement/bartering-for-a-continent/>)

Hey Neighbor! **WILLIAMSBURG WOMEN'S CHORUS WELCOMES NEW MEMBERS**

Ongoing
The Chorus is open to women of all ages and voice parts. Rehearsals are held on Thursday Mornings at Bruton Parish House from 10 am - noon. We will be preparing for our Winter Concert which will be held on December 6 at 7:30 pm. Rehearsals for the fall season will begin September 8 @ 9:30 am. If interested please contact Beckie Davy atbdavy@brutonparish.org to set up an informal audition.

Hey Neighbor! **YOGA AND MEDITATION CLASS FOR ADULTS 60 AND OVER**

Ongoing
Every Thursday, 1 - 2 pm. The Peninsula Agency on Aging has partnered with Breathing Space, Inc., a non-profit promoting mindful movement, to offer a free weekly Chair Yoga class. People with chronic pain and challenges with balance are welcome. This program enables family caregivers to participate in a yoga class while their loved ones participate in gentle chair yoga at the same time. At the Messmer Community Services Center, 312 Waller Mill Rd., Williamsburg, (Off Bypass Rd.) in Room 801. No registration needed; just drop by. Call (757) 345-6277 or email Information2@paainc.org if you need more information.

Hey Neighbor! **BIRD WALKS AT NEW QUARTER PARK**

Ongoing
2nd and 4th Saturdays, The Williamsburg Bird Club leads bird walks at New Quarter Park every month on the second Saturday from 8 - 10 am and on the fourth Saturday from 7 - 9 am. Join them for upcoming walks to observe ducks, hawks, and eagles as well as songbirds that live in the area year round and those that are migrating in, out, or through the area. New Quarter Park is located at 1000 Lakeshead Dr. in Williamsburg near the Queens Lake neighborhood. Exit the Colonial Parkway at the Queens Lake and turn right. Travel a short distance

to Lakeshead Drive and follow the signs to the park.

Hey Neighbor! **BRAIN INJURY SUPPORT GROUP**

Ongoing
The Williamsburg/Newport News Brain Injury Support Group invites all area brain injury survivors and their families to join them for discussion, socialization, support, information, friendship, and encouragement. The Support Group meets twice each month on first and third Thursdays. The first Thursday meeting is held at Riverside Doctors' Hospital Williamsburg from 3 - 4:30 pm and the third Thursday meeting is held at The Denbigh House, 12725 McManus Boulevard, Suite 2E, Newport News, from 5:30 - 7:00 pm. For more information, contact Sara Lewis at slewis@cox.net or (757) 784-0344 or Lisa Kavitz at lisa@kavitz.com or (757) 784-0952.

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 emailpam.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! **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: emailheadstart@wjccactionagency.org or come in person to 312 Waller Mill Road, Suite 400, Williamsburg, VA 23185. EOE.

Hey Neighbor! **WILLIAMSBURG JAMES CITY COUNTY 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 NATURE PHOTOGRAPHY CLUB**

Ongoing, first Monday
We meet the first Monday of every month at the James City Library on 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.cnpcva.org

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! **YJCW-NAACP MEETING**

Ongoing
The York-James City- Williamsburg NAACP meets the second Monday of each month (except July) at First Baptist Church, 727 Scotland Street, Williamsburg. Branch meetings begin at

6:30 pm. For more information, contact NAACP@yjcwnaacp.org

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! **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, hoier 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! **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.

Find all listings at
WilliamsburgNeighbors.com

ERIN HARRIS

COMMUNITY KINDNESS PROJECT

Erin Harris was raised to believe there was always something she could do to help someone else. "I think I just carried that with me, and over time, it shaped the paths I took in life."

In high school, she taught the three year old Sunday School class and participated in summer mission trips. In college, she volunteered at a local elementary school, and after college she went on to earn her Master's Degree in school counseling and licensure in play therapy.

"I have always found myself working with children, and I absolutely love the helping profession." Erin now teaches undergraduate psychology classes part-time while being a full-time stay-at-home mom, military wife and full-time kindness project planner.

What led to the creation of the Community Kindness Project?

After having my third child I read the book, "One Million Arrows" and it posed a question that really made me think about how I wanted to raise my kids: "Will the world change your children or will your children change the world?" I think it was that same day that I started looking for opportunities for my kids to serve in Williamsburg. But the problem I had was that not many organizations had opportunities for toddlers & preschoolers to participate in. Honestly, I prayed about it and felt strongly that this was what I was being called to do in this moment.

I set up a few simple summer service projects for my kids (all age 5 and under at the time) and invited some friends to join us because service projects are so much more fun with friends.



That group of five friends grew and soon moms in the community started contacting me about upcoming projects. Those summer projects turned into monthly projects and soon our small group of five families became 90+ families and our projects have become much more frequent.

What are the children's ages that participate in the projects, and how do they react to new situations?

Our usual age group is age 1 to about 7 or 8 years old, but we welcome anyone who has the desire to get hands-on in their community! No child is too young to participate and make a difference. We have one year olds who brighten the days of the residents of the local assisted living center we visit, and we had two year olds planting flowers at an elderly resident's house last month. And you would be surprised with how these kids handle the different projects. At the assisted living center, there are instances where some parents

pause, unsure before entering a room, but before we know it our kids have run past us to hop up on a resident's bed or give a big hug. These kids are truly amazing! They are so proud as they march up the walkway and ring the doorbell to deliver a meal with Meals on Wheels and hand the recipient their handmade card. As a parent to watch the pride in their smile as they hand over the canned goods they have collected for FISH and then proceed to very carefully sort them into the different labeled bins is truly heartwarming. These kids form relationships with the people they are serving and with each

other. They learn the importance of helping in their community, and understand that even their tiny hands can make a mighty difference.

What types of local community projects have the children participated in?

We have had the opportunity to work with a lot of wonderful organizations in Williamsburg. These agencies have given our kids the opportunity to get involved despite their young age. I am so appreciative of that. I am all about the kids being hands-on through the entire process from making cards for Meals on Wheels to ringing the doorbell and hand delivering them on the routes with the afternoon meal. It makes an impact when the kids see the result of their kindness. In the past, we have delivered meals with Meals on Wheels, collected and delivered pet food for the Humane Society, decorated and handed out bubbles to kids at Kidsburg, collected and sorted canned goods for FISH, made holiday cards for Faith in Action, held a reverse trick-or-treat for the residents of Morningside Assisted Living Center, hosted a Valentine party for the Grove Christian Outreach Center, and made goody bags and delivered them to the Williamsburg Police Department.

What are some of the reactions of the beneficiaries of the projects, the children participating, and of the parents?

Children can brighten even the darkest day and have done that so many times this year. They get lots of smiles and hugs and even tears as they deliver their homemade cards. We have formed relationships with some of the people we work with, and the kids look forward to seeing their new friends on the next project. I have not yet had a child who wanted to leave once the project started or who refused to participate. The projects are not elaborate or fancy, but usually once a family participates in one project they come back the next month. I just love the hearts of these families we serve alongside and their desire to make a difference in their community!

What projects are coming up in the next year?

We have some great projects planned for this year including a monthly Kindermusik class at Morningside Assisted Living Center. We also have some great projects coming up with FISH, Grove Outreach Center, Meals on Wheels, and a community lemonade stand in New Town to benefit agencies in our area. This year our project area will be expanding to include Newport News which means working with wonderful organizations such as SPCA and The VA Food Bank. Anyone interested in participating in one of our projects can check out the calendar on our website for upcoming events.

What can readers do to help you?

We would love to have families join us on one (or more) of our projects – take a look at our calendar or check us out on Facebook for upcoming projects. For those who are unable to attend a project but would like to contribute, monetary donations go toward funding every project and can be made through our website. If you are part of a local agency that serves our area and could use donations, handmade items, or little smiling faces to help please contact us, and we can brainstorm ways that we can work together to serve our community!

What are some personal experiences you have had that renew your commitment to the Community Kindness Project?

There have been two experiences I have had this year that will probably always stay with me. Through Faith in Action we identified an elderly resident who needed some yard work done. We had about 5 or 6 families who came out to plant flowers, cut down overgrown trees and bushes, and mow her yard. After the project, as I was cleaning up, she invited me inside and wanted to share with me that “those kids” were her sunshine on a very cloudy day. She shared that she was beginning to think that everyone had forsaken her. Having strangers and their children show up to help her on a day when she felt forgotten made her feel loved. The best part

is that we were scheduled to work on another resident's yard, but they changed their mind at the last minute so we were given her address that morning – how is that for timing?! The second experience I had was with one of the children who has been with me since our very first project. When you spend time planning projects and trying to find age appropriate activities you hope the projects are meaningful for families, but you just never know. So, when one of your sweet kids comes up to you at the playground and says “Ms. Erin – when can we go back and do another visit at Morningside?” it makes it all worth it. I can say that with kids you never know what is going to be that one thing that piques their interest and lights that spark to help others. So if through our projects we can light that spark in just one child then I'd say it's been a pretty good day!

How has your work with the Community Kindness Project affected you and your children's life and outlook?

I think my work through our projects over the past year has made me thankful in multiple ways – thankful for my faith that led me here, thankful for the awareness of what I have been provided in life, and thankful for the experiences it has provided for both me and my family. My four year old can be very reserved in new situations so watching her deliver meals to strangers and share the card she has lovingly made or as she sits at Morningside and talks with Ms. Mary as they craft together and chat like they've known each other for years makes me thankful that her heart is being softened and guided. Over the past year, my six year old has developed his own thankfulness and awareness of what he has and what others go without. It is a lesson I am thankful he is learning as God is guiding his heart and shaping his character through these projects. As a family we invest our time, our energy, and our love into each and every one of our projects but the lessons, opportunities, and love we get in return is beyond measure.

www.TheCommunityKindnessProject.org

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

**Alan B. Miller Hall
Mason School of
Business**

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

Enjoy!

October 2016
In the Neighborhood
Photo Challenge



INTERMEDIATE LEVEL





WE'LL FIND THE RIGHT NEIGHBORHOOD FOR YOU!



THE VINEYARDS AT JOCKEYS NECK

2629 Jockeys Neck Trail

Exquisite custom Craftsman built in 2015

5,386 SQ FT • 4 BR, 3.5 BA

3 Car garage • 0.73 acre lot

This gorgeous executive home is BETTER THAN NEW!!



dianebeal
REAL ESTATE PROFESSIONAL
(757) 291-9201

dianebeal@lizmoore.com



Ford's Colony

4 BR | 2.5 BA | 2,541 SQ FT

Completely renovated by custom builder Wayne Harbin
All new interior | Remodeled kitchen w/spacious keeping room

Master BR with double tray ceiling and two walk-in closets
\$459,000



757-503-1999

Deelyn@lizmoore.com

www.PremierWilliamsburgRealEstate.com



4056 MILL DAM COURT

Brazilian cherry floors, cherry cabinets, granite, ceramic tile, stainless Appliances!

Corner lot on 2 cul-de-sacs!
3 BR, 2.5 BA with Bonus room.
Offered at \$285,000
Great Neighborhood!



rebekahbrewster@lizmoore.com
www.rebekahbrewster.com **757-272-8981**



108 ALWOODLEY

Fords Colony • \$440,000

3 BR, 3 BA, 2,880 sqft

Adorable Cape in St. Andrews Village.
First floor master, golf view, beautiful garden, detached 2 car garage.

Check it out for yourself!
http://108alwoodley.info



757-784-4317

charlotteturner@lizmoore.com



QUEENS LAKE • \$399,000

Brick Cape Cod on 0.70 acre lot.

Extensive HW & millwork throughout.
2 FPs, one in formal LR & one in fam. rm.
Spacious kit. w/eating area & patio access.
Ample counter and cupboard space.

First floor BR with easy access to hall BA.

Master Suite w/en suite master BA.

Raised flower beds with multitudes of Daffodils and flowering bushes and trees.
http://www.lizmoore.com/107holcombdive



Susan B. Smith
REAL ESTATE PROFESSIONAL

757-876-3838

susansmith@lizmoore.com
www.lizmoore.com/susansmith



UNDER CONTRACT IN 4 DAYS!!

139 ELIZABETH HARRISON

Powhatan Secondary! Pristine Condition!
3,670 sqft! One of the largest homes in Powhatan Woods neighborhood. 4 BRs plus bonus room, PLUS office! Family room, LR, DR, kitchen, breakfast room, and office create a fabulous/1st floor layout. Hardwood flooring and tile in all main living spaces. Huge kitchen with copious cabinetry and work space. 4 large BRs all with BA access.



Andrea Pokorny
757.291.9119

andrea@williamsburghomefinder.com



FORDS COLONY

172 S. Turnberry

3 BR, 2.5 BA, 2,957 sqft. First floor master, open floor plan, private back yard. Gourmet kitchen with granite and SS appliances. Whole house back up generator.

Tim Parker
(757) 879-1781

Cyril Petrop
(757) 879-8811

www.timparkerrealestate.com



LANDFALL AT JAMESTOWN

Reduced! Now \$639,000!

Move in ready!!! 3,886 sqft. Prior Parade home. 5 BRs, Master down, Loft & sunroom! Updated kitchen, generator, high efficiency furnace & air conditioning units. Rennai, on demand hot water heater. 1 Mile from Historic Jamestown. Close to William and Mary & CW. Too many upgrades to list. Call Elena for details! www.williamsburgrealestatenow.com/property/1626009/



Elena Chando

757.508.5019

elenachando@lizmoore.com • williamsburgrealestatenow.com