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Spring Planning

Linda George Hertzler

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I admire the people in this issue who are so full of ideas and energy and plans for rejuvenation and growth. We've grouped their stories here under the theme of "Spring Planning," but as you will see they don't restrict their activities and enthusiasms to just the season of new beginnings. The stories here are stories of yearlong and lifelong pursuits of health and happiness. I think that is great – and symbolic of the promise of renewal that comes with spring.



Meredith Collins, Publisher

And, yes, I admire them and anyone who can plan for things in spring because as much as I try to plan it just doesn't often happen the way I intend. Instead, spring takes hold of me and embraces me and drags me outside to walk, work in the yard, drive with the top down while enjoying a nice cigar or just sit and bask in the sun and veg with my dogs. The recent tease of nice weather was no exception. Maybe we should have named this issue "Spring Happens" for those of you who experience this time of year more like me. NDN

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lisa cumming
photography

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The Art of Gardening

By Lillian Stevens

During Historic Garden Week, April 22-29, visitors will flock to over 250 of Virginia's most beautiful gardens, homes and historic landmarks. This year, Linda and Joe Hertzler's property in Williamsburg's College Terrace is being featured for the second time.

The Hertzlers, who own Hertzler & George, have created a fabulous outdoor space with their gardens and landscaping. Both front and back yards include a variety of hardscapes and patterns that serve as a framework for the stunning array of plants and flowers, herbs and vegetables that Linda has cultivated.

In addition to their gardens, the tour will feature the couple's mid-century farmhouse design kitchen, which was remodeled in 2014.

The Historic Garden Week tours raise funds for the restoration and preservation of historic public gardens throughout Virginia, something that Linda is passionate about. "It is an honor to be included on the tour," she says. "I'm excited because I love my street. But I'm also excited because this is a cause that is important to me."

Linda's own gardens, which were featured in *Better Homes & Gardens* magazine several

years ago, are ever evolving and have changed a lot since last featured. She describes them as a combination of formal and naturalistic, especially in the front yard.

"As you enter the front yard, there's a brick circular path to the left," she says. "The left side is very formal, with a boxwood garden. And then the other side is very free form. I hand-laid the stones myself in a crazy pattern. It's very soft and naturalistic."

In recent years, her garden is leaning more toward that naturalistic side.

"As I get older, I find that I don't actually

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want to spend that much time working in the garden," Linda says. "Instead, I want to relax and enjoy my garden. If you do it right, your garden can be low maintenance."

It's been just over ten years since the Hertzlers purchased the College Terrace house. When the family first moved in, there was nothing in the yard but two rotten trees and weeds. "And that's kind of cool, because a gardener wants a blank space," Linda says. "But we decided to take the first year to develop a plan."

In fact, a good, solid plan is at the top of her list of suggestions for planning any space, not just for designing yards and gardens. "Even if you can't do the whole project at one time, you'll have that plan."

A good design should incorporate "good bones" which will help define the space for flowers and plants. Also, Linda says that it helps to think of the garden as an empty house, visualizing how best to create the space, given existing walls and boundaries.

"Add a fence or evergreen shrubs as your walls," she says. "Build paths with stones, broken concrete, or whatever intrigues you. Think about what you see when you go into a beautiful, old empty house. You see the trim, the arches, all of these beautiful details."

Why spend thousands of dollars or thousands of hours of labor otherwise? A pretty flower that isn't surrounded by good bones doesn't shine. "It's also important to contemplate the transition between spaces. Especially the transition between home and garden. A good garden design will incorporate a transition space like a nice patio or porch. We do a lot of projects where we use French doors for that very reason. People want to see outside from indoors."

In terms of plants and flowers, Linda has two favorites in her gardens. They are variegated English holly, which is her favorite anchor plant, and peonies. "I love anything variegated," she says. "Variegated plants are typically evergreens, so they provide that interesting mix of white and green, which is beautiful. And peonies are bursting with color, and so low maintenance that you don't really have to do anything but admire them."

Although she prefers perennials, Linda also loves annual flowers like lantana, especially the trailing lantana. "You can't beat lantana. They are so inexpensive, they are disease resistant, the deer don't eat them, and the hummingbirds love them."

When selecting plants and flowers, consider the beauty that birds bring to the yard. Cardoon, for instance, attracts hummingbirds and bees; and goldfinches love giant zinnias.

"Also, bird seed is great, but water is king, so add a pretty bird bath," Linda says. "Then, maybe a broken pot for a toad house, and flowers for butterflies and bees. Adding nature is like incorporating living art to your garden."

Joe and Linda love nature, the earth and the environment. When they married 24 years ago, they knew they would do something environmental with their lives.

"When I first met Joe, we were each going through a life change. I left a career in Minneapolis and had returned to Virginia, and he had also returned to the area to help out his father who was suffering from Alzheimer's."

Joe's father had a tree service at the time, so he started helping out

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with the business. Joe branched off to start his own company, working with developers to preserve trees during construction.

Over the years, the Hertzlers have expanded the family business to care for more than trees.

“A tree service is more than just cutting trees down,” Linda explains. “When we started consulting on how to save trees during construction, we became involved in the entire landscape. People sometimes don’t understand root systems and they don’t know how it all ties together.”

Today, Hertzler & George offer landscaping services as well as lighting and irrigation.

Surprisingly, Linda did not study horticulture in college. “A lot of my inspiration comes from Colonial Williamsburg’s (CW) gardens downtown,” she says.

In fact, she spent several years volunteering with the local garden club tours which raise money walking through CW’s gardens in the spring. That’s where Linda was first exposed to CW’s landscape architects. “If you want to learn about colonial gardens and get ideas, volunteer there,” she says. “You will learn about the brick paths, the names of shrubs, and so

much more.”

She also conducted her own research, devouring books and attending seminars. Lest readers think it would be impossible to manage a garden like the Hertzlers’, Linda insists there’s no mystery to it, really.

“People always say I am lucky and have a green thumb,” she says. “But all you need to really do is just follow some common sense guidelines.”

First, and obviously, love and do not neglect your plants. “Treat them like your pets. Would you forget to offer your dog water?”

The Hertzlers also take soil very seriously. “You want a great base,” she says. “So, have your soil tested and get the Ph. correct. And mostly, add lots of worm poop because the worms go in and aerate, leaving nutrition behind. You can buy worm poop from a guy at the farmers market. That stuff is a miracle worker!”

Linda offers a few additional tips that are unique to spring.

“Now is the time for pre-emergent in the beds,” she says. “In fact, that should be done in late February or early March, if possible. I’m

a big believer in a good pre-emergent program. I love my pre-emergent in the flower beds. It makes a huge difference.”

Homeowners can hire a company for that, or go the do-it-yourself route, but timing is critical.

“It has to be done at the right time. Pre-emergent looks like rice, and when it rains it creates a barrier on your mulch or wherever you have applied it. It will prevent weeds from popping up unless you break the barrier like if your dog digs a hole or you pull a weed.”

As far as grass is concerned, Linda notes that many people pick fescue because it’s green year round.

“Remember, though, that fescue comes from up north where it’s cooler year round,” she says. You can baby your lawn with a lawn service or lots of work, or both, but it’s Mother Nature. Your grass isn’t going to be pretty in August.”

Also, whatever nature takes out of the Hertzler’s yard, stays out of the Hertzler’s yard. “If a plant struggles, I leave it out and plant something else that will be happy in that spot.” In the end, it’s about nature, and Linda George Hertzler doesn’t fight Mother Nature. NDN

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ERIN FRYER



Lisa W. Cumming Photography

MOTHERHOOD REALITY CHECK

By Alison Johnson

About a week before Erin Fryer found out she was pregnant with her first child, her best friend had a baby boy. Erin witnessed everything during those newborn weeks, the sleep deprivation, the dirty diapers, the spit-up, the crying. Despite it all, the new mother seemed happier than Erin had ever seen her in their 10-year friendship.

So while Erin can't wait for her own life to change with motherhood, she isn't naïve to the

challenges coming her way.

"My friend says that even though it's hard and absolutely exhausting at times, it's only temporary and it'll get easier," Erin relates. "Just having that perspective and not going into this blindly, thinking I will bring this adorable bundle home, and she will sleep through the night, and it will be all rainbows and sunshine, helps a lot."

Erin is due to welcome a daughter at the end

of June. She and her husband, Randall, have decided to name her Parker Lula Fryer. Parker is a name they both love, and Lula is for Erin's grandmother, one of her best friends and role models.

Married since 2014, Erin and Randall have been together for eight years, since the summer before she headed off to study for a communications degree at Virginia Tech. They always knew they wanted a family after some time

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together as newlyweds. Erin describes herself as “surprised, excited, terrified, anxious and thrilled” when she learned they were expecting. “We are so excited to start this new chapter in our lives,” she says. “I am so excited to see my husband as a dad to a little girl and just soak in the little things. I know our lives will be drastically different, but I also know it will be a very special time in our lives.”

A native of Williamsburg and graduate of Jamestown High School, Erin will be a working mother. She is a Content Specialist on the University Web & Design Team at the College of William & Mary, as well as a freelance writer. She plans to take 12 weeks off, possibly with some work at home in the second six weeks, and has reserved a spot at a day care near her home in Lanexa.

“I won’t really know how that balance will play out until I’m in it,” she says. “I know it will be hard when I first have to head to the office, but I love my job and I know it’s beneficial for me, and for my daughter, for me to continue working and setting that example for her.”

Her biggest anxiety about daily life as a new parent is the sleepless nights. “I am mentally preparing myself for those and enjoying every night’s sleep right now,” she relates. “That exhaustion will be hard, so working through that

and still being everything she needs me to be will be challenging.”

Not to mention that Erin describes herself as a bit of a worry wart already. “I am sure the things that normally make me worry will be taken to a whole new level!”

Erin draws confidence and inspiration from her mother, mother-in-law and two grandmothers, all loving, fun and involved women who have shown her what kind of mom she wants to be. As a child, she and her younger brother spent far more time on family outings than in front of the television.

“We’d go to the movies, Busch Gardens, the parks, the beach, and especially out on the James River on my dad’s boat,” Erin says. “I have such awesome memories. That’s definitely the kind of life I want to create for my child. I will be working, yes, but the weekends will be our time. I want to continue that strong sense of family, even when I know the digital world will pull on her.”

Erin and Randall, an electrician, who also grew up in the Williamsburg area, spend most of their free time outside, often with their 4-year-old chocolate lab, Bailee, in tow. Some of Erin’s favorite activities include hiking at York River State Park, running, boating, stand-up paddle boarding and hitting the beach. “I

definitely plan to be that mom that puts her baby in the jogging stroller and gets her outside, and away from technology, as much as possible,” she says.

When Parker is a little older, Erin and Randall are excited to take her out on the Chickahominy River on Randall’s bass fishing boat. “He loves to fish so he will want to teach her that probably as soon as she is big enough to fit in a life vest,” Erin says. “Me, I just hope she will love being outside like I do.”

Erin has other lessons to teach Parker too. Many based on some different choices she would have made in hindsight. For example, she regrets not getting more involved in sports and extracurricular opportunities in both high school and college.

“I wrote for the school paper at Virginia Tech, but most of the time I was hanging out with my friends,” she recalls. “That was wonderful, of course, but there are so many new clubs and activities I could have tried out. I never studied abroad, either. I hope Parker goes after more than I did.”

Erin also hopes her daughter won’t get caught up in body image: “I don’t want her looking at pictures of skinny women in magazines and trying to find fad diets. I want her to realize that being healthy is what’s important, and to

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use diet and exercise for that goal.”

Erin has kicked up her own health habits another notch during pregnancy, despite a craving for sweets that has led to indulgences such as pancake breakfasts. She has been exercising six days a week, mixing running, spinning, strength training, barre and yoga, and hasn't had any morning sickness. Other than some exhaustion during her first trimester Erin feels better physically than she ever has.

As they've begun setting up Parker's nursery, Erin and Randall have had a few conversations about how their relationship might change. While they understand couple time will be important, they don't expect to be "date-night-every-Friday" type of parents.

"Randall is a very chill, go-with-the-flow type of person," Erin notes. "We're also blessed to have our families close by, especially both of our mothers. And I have friends here who have been friends all my life – people I played kickball with when I was a kid. I think we will have a lot of willing babysitters."

As for Bailee the spoiled dog, who goes to Erin's mother-in-law during the workday so she won't have to be alone, Erin plans to keep up her routine as much as possible: "She's so used to it being just the three of us, but I feel like soon she and Parker will be best friends."

With her due date growing closer, Erin is balancing an eagerness to meet her daughter with the awareness that she should savor her pregnancy and the last weeks of a more carefree life. She is enjoying sleeping, reading, meeting friends spontaneously and going boating with her husband.

"I know this is going to be hard," Erin Fryer says. "I'm aware that I don't even realize all of the ways our lives are going change. It's uncertain, but I feel ready. We'll figure it out, just like so many other people have. I can't wait to get going." NDN



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SUZY CHEELY

Engineering Busch Gardens New Wooden Roller Coaster

By Cathy Welch



Lisa W. Cumming Photography

The park that won World's Most Beautiful Theme Park from the National Amusement Park Historical Association for the past 27 years is Busch Gardens Williamsburg (BGW). During the offseason, Busch Gardens Williamsburg is under construction everywhere; in the pathways, the facilities, the attractions and flower beds. Despite this challenge, every year the park falls back in place leading to a wonderful opening day this spring that will include a special new thrill for guests. Suzy Cheely is a big part of bringing this newest attraction to Greater Williamsburg.

Suzy Cheely, PE (licensed professional engineer) was born in Hershey, Pennsylvania to an Air Force father and a mother who was a registered nurse. She has three brothers. Suzy attended Pennsylvania State University where she earned her Bachelor of Arts in liberal arts and a Bachelor of Science in civil/structural engineering.

Her first engineering job was in Winchester, Virginia as project engineer for a consulting firm. "I was a structural engineer involved with construction projects," she explains. "Most of my work was done in an office behind a com-

puter." Suzy visited her job sites once or twice during the construction phase but was not able to keep an eye on the work regularly.

Suzy met and married, Ned Cheely, in northern Virginia and moved to Williamsburg for his new position in Parks and Recreation for James City County.

"I was looking for a job locally and heard about this position," she says of her work at Busch Gardens. "I thought, 'What fun could it be working as an engineer at a theme park?'" In 1991, Suzy began with BGW as a project engineer working on smaller construction

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projects.

A year later, she was promoted to director of Design and Engineering. A year or two later, Water Country USA (WC) was added to the Anheuser-Busch parks. A two-park ticket was offered to guests. "Attendance at Water Country USA exploded and caused a lot of expansion," Suzy explains. "Previously, we were on a schedule to add an attraction at WC every other year. Starting in about 1994, we put a ride or attraction in every year until 2001."

Suzy's responsibility has grown over the years since she assisted Larry Giles, lead project manager, with attraction construction on most of BGW's large attractions. In the mid-2000s, in addition to his role as vice president of Engineering, Larry became vice president of Maintenance. So, Suzy became lead project manager for all WC attractions starting with Big Daddy Falls in 1995. She helped lead the work on BGW's Apollo's Chariot and had a minor role with Alpegeist. The first attraction Suzy took on the role of project manager was for BGW's Sesame Forest of Fun in 2009, then at WC's Vantage Point and Colossal Curl. Subsequently, she took a lead role with BGW's Tempesto in Festa Italia. Her current work as project manager comes to fruition this spring.

"I was never the lead engineer until my

work with InvadR," she says of BGW's first wooden rollercoaster. "The construction site is right outside my office," she says. "It's just so fun to see what you're working on in the office out in the field."

This spring, BGW brings InvadR into their family of eight rollercoasters. Located in the New France Village, this wooden rollercoaster will feature a 74-foot drop, nine airtime hills, two tunnels and a maximum speed of 48 mph.

From the first day of its announcement, BGW fans have been included in the design process and engaged in selecting the ride's name and logo. One very special aspect of InvadR is its lower height requirement of 46 inches making this the first "big kid" rollercoaster smaller children can ride with the whole family.

"You'll see the integration and the interaction with our railroad and flume ride which makes it very unique in a way that I think only BGW can deliver," Suzy explains. "It's been interesting to build, even in the planning stages when we were trying to decide on the footprint."

Suzy and her team work with Adam House of Great Coasters who was very instrumental in the ride's layout. They talked about how they wanted InvadR to intertwine with other attractions, tucked in between Le Scoot

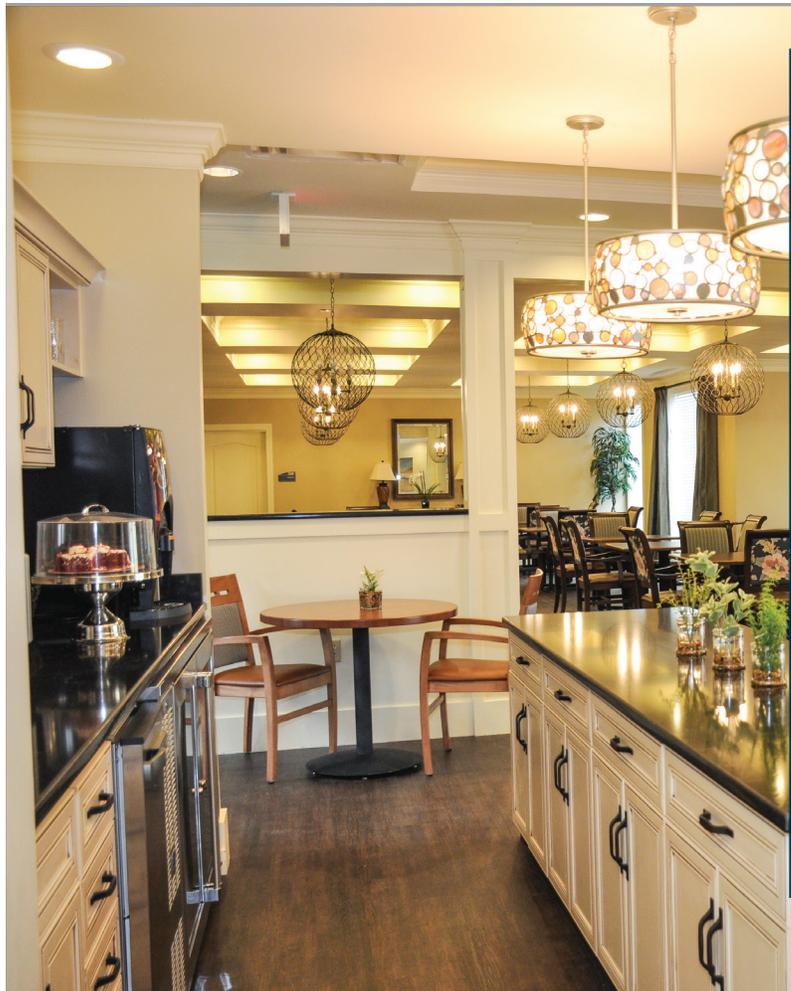
log flume and the train station, and have the guests feel that speed of going through different areas. They kept as many trees as possible and worked with the difficult topography.

"During the course of the ride, you'll leave the station, go over the flume, over the train tracks four times," Suzy says. "It's really going to be an exciting ride for everybody. No mistake, this is not a kiddie ride. If you're out in an open field and moving at 50 miles per hour, it's one thing, but if you're whizzing by other sites and other structures, you definitely get that feeling of speed."

Great Coasters who works solely with wooden coasters, typically uses 12-car trains. InvadR's trains, which were repurposed from a ride in Tampa, Florida, will use eight cars. Because the trains are shorter, they make tighter, snappier and more dynamic turns. This will pack a big punch into a small package.

Every one of Suzy's jobs comes with its unique challenges. "The water spilling over the flume trough kept the area underneath wet and soft during the summer. On hot days that was not totally unwelcome to the workers below," she says. "With any project, there are unforeseen obstacles. The key is to work through them as a team."

Not surprisingly, Suzy's job does contain



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some unexpected discoveries. "When we started excavating, there was a footing where there was this little area probably right under where Invadr's station is," she explains. "Years ago before I came here, this area was called Eagle's Nest where there were children's play areas. It was fun when we uncovered a ball toss area we didn't know was there."

Suzy credits her team with Invadr's success - the maintenance group's work on the rebuilt trains; the BGW crew for maintaining the ride; Great Coasters' Adam House for overseeing the work, David Nice Builders who did general contracting on the ride and the project architect from Guernsey-Tingle, among others for such a successful ride completion.

"My goal is to always create a unified team," Suzy says. "My job is to coordinate and schedule the project so that everyone has the tools they need, when they need them to get the job done. It is just so satisfying to watch the project go through concept, design and then the construction phase and all the way to opening."

Suzy and her family love life in the Williamsburg, James City County area. Avid bicyclists, they take advantage of the Colonial Parkway, the Virginia Capital Trail between Williamsburg and Richmond and the bike

trails in their Fords Colony neighborhood.

"Williamsburg/JCC is a great place to live with great people," Suzy says. "The beach is an hour away. Charlottesville and the mountains are an hour-and-a-half to two-hours away, and we are able to travel often to Greenville, North Carolina to visit our grandkids."

The Cheely family enjoys the local sites, as well as Virginia Beach, Outer Banks and wineries in the western part of the state. Their son, Dylan, played baseball and basketball most of his life, so they are big sports fans. He just graduated from Virginia Tech. "We could be seen tailgating there," Suzy says. "Now that he's started a job in Northern Virginia, we will undoubtedly be heading there to see the Washington Nationals and Baltimore Orioles this summer."

Ned and Suzy love to travel and spent two weeks in Spain and Italy in celebration of their 25th anniversary last year. When home, she truly enjoys her work at BGW. "We're really excited to finally have a wooden coaster," she says of her staff and all BGW employees. "It just fits right in this area and we can't wait to bring Invadr to our fans. This is just the latest example of our continued investment in BGW and WC and a key component of the overall destination of Greater Williamsburg." NDN

Next Door Neighbors

Publisher.....Meredith Collins
 Editor.....Greg Lilly greglilly@cox.net
 Copy Editors.....Al White, Ginger White
 Photographers.....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, Christopher LaPointe,
 Michael Heslink, Naomi Tene' Austin, Gail Dillon,
 Lauren Plunkett, Ben Mackin

Advertising Information

Meredith Collins

(757) 560-3235

meredith@williamsburgneighbors.com

www.WilliamsburgNeighbors.com

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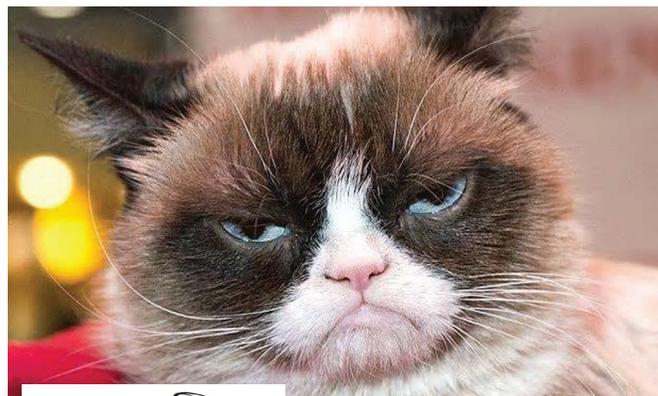
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ALAN & WENDY WUBBELS



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Cultivating the Next Adventure

By Ben Mackin

For Williamsburg residents Alan and Wendy Wubbels the nursery they started out of their home in 2003 was something new but certainly not unexpected. Both come from Lancaster, Pennsylvania and spent decades pursuing different callings before opening Forest Lane Botanicals. For Alan, it was a return to his first passion.

“As a child Alan grew lots of plants in his parents’ backyard. He loved irises, day lilies, all of those things.” Wendy says. He would take his passion for vegetation to Franklin &

Marshall College where he graduated with a Degree in Botany. Alan also went on to do post graduate work in forest ecology at Penn State. As he progressed in his education he did not see a career in what he was studying so he worked for his family’s retail business and moved to Virginia to run stores in Hampton Roads.

Wendy’s path was different still. Growing up she developed a keen interest in the German art of scherenschnitte or scissor cuttings. She would do mainly German motifs of sym-

metrical hearts and tulips but would later branch out to silhouettes and other forms within the medium. After she earned an English degree from William & Mary, she began to sell her work at arts and craft shows around Virginia and the surrounding states.

Over the next 40 years the Wubbels got married, worked in their respective fields and raised four children in various locations on the Peninsula. In the 1980s they bought a five-acre plot of land that would one day become Forest Lane Botanicals. In 2003 the

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Wubbels began to cultivate their nursery on the acreage around their house. "As our kids went off to college we had more time to focus on this," Wendy says. "Alan has always wanted to be around plants, grow them and meet other people who do that too." The planting couple started off small with simple ferns and shrubs. "We have this wonderful shade area, and I wanted to see what could grow," Wendy says. "So I got interested in hostas and shade perennials. I think as Alan saw me getting together a collection, he thought, 'Ok, a garden to walk through and unique plants to sell.'" With that idea they were off. Over the next decade and half the Wubbels became a key part of the local gardening community, gladly dispensing advice to people seeking to make their green thumb greener, all the while exploring the vast world of indigenous and non-indigenous flora. They used their property as a test kitchen to try growing new plants.

"Usually we try to test it ourselves," Alan says, "unless I am just incredibly excited about it and can't wait to share it, but normally I like to have some confidence that what I'm doing is going to work for other people before I share."

As spring begins to get off the ground, the nursery explodes in a vast multitude of color

and vibrancy that can be overwhelming. "It's sensory overload," Wendy quips while laughing.

As daunting as the year-round tasks are they would not have it any other way. "He needs to be outside all the time," Wendy says of her husband. "I feel like I am helping as much as I can."

For Alan, this labor-intensive lifestyle gives him perspective. "I love doing this. It is in my blood, I feel doing this has allowed me to reaffirm what I've always loved doing even though I did not do it for most of my working life."

Wendy adds that one of the aspects that makes their business work is both of them have their separate roles. "There's a division of labor," she says. "Like, I'm in charge of iPads and making sure those kinds of things are working, but I rely on him to lift heavy things and make arrangements. I look at it as his business with my support." Both Wendy and Alan know each others' strengths and where they are best utilized within the business.

"Anything creative here is her," Alan says beaming at his wife. "She has an eye for detail that I just don't have, or it's not my strong suit anyway."

"Alan is really good at lining things up and

organizing the different areas," Wendy responds. Working together over the years has given them a closeness that is hard to find in most business partnerships.

At the end of the day, the Wubbels truly enjoy their trade, and they truly enjoy each other. "I don't know if I would have been as enthusiastic about this business had I done it my entire working life," Alan reflects.

"This has been our connection to the community," Wendy adds. "When our kids were little, we met people through our kids, but I traveled so much I wasn't as connected with the community. Now we are meeting people everywhere. This is the perfect community for a small business like this. We couldn't handle it if it grew too much, but for now it keeps Alan busy."

Alan says laughing, "It keeps me off the street."

Wendy and Alan Wubbels make the conscious choice to not just be busy but to devote themselves to their passion. "It's work," Wendy says resolutely.

"It's hard work," Alan adds. "In an ideal world you want to be able to say this is what I choose to do, this is what I love doing and if I can share it with someone else then all the better." NDN

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ADAPTABLE & READY

By Naomi Tené Austin

On a crisp morning, with the scent of freshly brewed coffee in the air, I spotted Katie Bakken sitting at a table at Starbucks. Within moments, her jovial personality and transparent demeanor converted what was to be a brief interview into an engaging conversation that easily surpassed an hour. Katie possesses that rare adaptable type of personality that thrives everywhere, with anyone, under any circumstance. With her upbeat manner, it was hard to imagine that just months earlier she lay partially paralyzed in a hospital after having sustained a traumatic brain injury in a terrible car accident. While her condition has improved since then, the road to recovery is ongoing.

“There is a lot that I’ve forgotten about the accident,” she says. “I remember waking up in therapy and looking down at my leg and wondering where the scars came from.” Her memory of the aftermath of the event is still fuzzy but she remembers, in vivid detail, the events leading up to the accident. “My son and I were leaving the Subway near Busch Gardens when we were t-boned,” she recalls. Fortunately, both she and her son survived the impact, and ten-year-old Matthew is doing just fine. Through it all, Katie maintains a positive attitude and a good sense of humor. “When I first came out of my coma, I thought



Lisa W. Cumming Photography

it was 1986,” she says jokingly. “I thought Reagan was president.”

She gives her husband John a lot of credit for helping to ease her path to recovery. “My husband is a saint,” she says.

Mere months after having her halo neck brace removed, Katie tripped and sustained a leg injury that further impaired her ability to walk. “When I was still on crutches or using the walker, I would run into Mathew’s teachers in the grocery store, and they were always so helpful and supportive,” she recalls. “We are part of an amazing community here in Williamsburg.” When she became immobilized again, due to her leg injury, her fellow church members from Bruton Parish stepped

in to help out. “They made dinners for us from the week after it happened,” she says. “They were so great with my family.” Despite the unfortunate string of events, Katie insists on maintaining a positive outlook.

Before moving to Williamsburg, the California native worked as an actress before running off to join the circus, and that’s not even the half of it! As she detailed the fascinating series of events and experiences that she’s accumulated, it was clear to me that her adventurous spirit and optimistic approach to life has created the kind of existence that bestselling novels are made of.

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in Special Education, and then I moved to New York City and became a flight attendant for American Airlines because I wasn't ready to teach yet," she says. Katie worked a few more jobs around the city before finally landing a gig with a company that hired teachers to tutor child actors in Broadway shows. "I taught for 'On Location Education' part-time and I absolutely loved it," she says. Katie would eventually go on to rack up some acting credits of her own, co-starring in the 1992 movie, *Ele, My Friend*. "The film was about a nine-year-old boy who lived in India with his English parents," she says. "I played the boy's mother."

After filming wrapped, Katie moved back home to California where she worked for Disneyland as a resort leader for several months before accepting another job offer from 'On Location Education' to teach child performers in the Ringling Brothers Circus. "Two weeks later I flew to Raleigh and moved into a train car where I toured with the circus and taught on the Amazing Mongolian Tour," she says. "I'd teach two classes in the morning, and in some states, I had to be in the audience when the kids were performing so I'd watch the shows and help out from time to time."

Eventually, Katie was moved to a bigger unit and promoted to a larger role where she

managed travel logistics, lodging and PR for the entire company as Assistant Performance Director. "I did everything," she says. "I'd be standing by the tiger cage one minute and in the office completing paperwork the next. If someone got hurt, I would have to take them to the closest Urgent Care."

After traveling with the circus for some time, Katie decided to take on a stationary role with another company where she could utilize her experience as a teacher and circus manager. She accepted a job working for Cirque du Soleil in Las Vegas as Assistant Manager for the "O" water show. It was there that she met her husband, who worked there as an underwater carpenter. Both from Southern California, the two became friends before they ever thought of dating.

"One holiday, after driving down to spend Christmas with our families, we stopped and met for lunch," she says. "That was the start of it." John and Katie would tie the knot two years later. "We got married in 2003, the year after the (Los Angeles) Angels won the World Series," she says.

A couple of years later, the two welcomed a son, but their adventure didn't stop there. When Mathew was just three-years-old, John accepted an offer working for a new show in Macau, China. "It was beautiful. We loved

living there," Katie recalls. Still, when John was offered a job in Williamsburg working for Busch Gardens, they didn't think twice about the move.

The tight-knit community and excellent school system were just a couple of the many selling points that made Williamsburg such a desirable destination for the family. "I was excited to come here," Katie says. "John likes his job, Matthew enjoys the history, and I wanted to get back to teaching." None of them could have predicted that a car accident would thwart their plans so soon after the move. While her primary focus has been on recovering, Katie is not one to allow a setback to interfere with her plans. "I'm going to look into tutoring and maybe volunteering at the animal shelter with Matthew this summer," she says. "And maybe I can put my acting skills to use as a townsperson for Colonial Williamsburg." The possibilities are endless.

Everyone has a story. Our lives are chock-full of stops and starts, triumphs and tragedies, and countless decisions, the sum of which shape our narratives. While some define themselves within these boxes, others are defined by their uncanny ability to defy them. Katie fits the latter category. With her tenacity, I have every faith that the Bakken family will have a great go of it here in Williamsburg. NDN

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Leading the Way

By Gail Dillon

Moving around all of her life has given Andrea Lemieux a unique perspective and the ability to adapt to a variety of situations with ease. The 30-year-old is currently employed as the art center coordinator for the Williamsburg Contemporary Art Center. She says her love of writing and literature helped her develop and hone an appreciation for art in all its forms. “In high school, I fell in love with books and literature. That was really all I wanted to do.”

Living in Williamsburg now feels right to her, almost as if it were meant to be. “It’s kind of been a big oval, and it’s come full circle so now I’m back here in the mid-Atlantic,” she says.

Andrea was born in Oklahoma City but only lived there about two weeks before her parents relocated to Pennsylvania. The family, she is the oldest of four, also lived in New Jersey, Maryland and Alabama. Her father worked as a chemical and safety engineer and pursuing new projects required frequent moves. She is philosophical about relocating, and despite occasional nostalgia for certain places, she knows “you can’t go home again.”



Lisa W. Cumming Photography

“It’s always hard moving around a lot,” she says. “You leave and you miss it dearly then you go back and you’re disappointed because things have changed.”

After graduating from Purdue University in 2009 with a Degree in English and Creative Writing, she began searching for a job

but soon discovered that decent-paying liberal arts positions were not in abundance. “I graduated during the recession as an English major so I got really creative as to how I got my first job,” she says with a smile. “Georgia Tech was actually at a job fair at Purdue.”

To her surprise, she landed a position as a technical writer at Georgia Tech Research Institute. “It was very interesting work,” she says. “I think being in an engineering family helped me. I was able to communicate with the engineers and they started having me write software user manuals.”

Another positive result of her years working at Georgia Tech was meeting her now-husband, Brad Hegyi, through a Bible study group. Brad was pursuing his doctorate in Atmospheric Sciences and still had a few years of school left. After several years of dating, the couple was married this past New Year’s Eve at St Bede’s Catholic Church in Williamsburg. (Coincidentally, Brad also attended Purdue University as an undergraduate student though they didn’t meet then.)

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Following her Georgia Tech position, Andrea next found herself at Coca Cola Refreshments in Atlanta where she did contract work for the employees, eventually transitioning to an audit coordinator job. Although adjusting to the vast size and commercial setting of the company took some time, she says her stint at Coca Cola was valuable. "Just feeling like you're part of something much bigger than yourself. I mean, Coca Cola is recognized globally and that was just really, really cool."

She was tempted to stay on with Coca Cola but Brad was moving to the Hampton Roads area to begin a post-doctoral job at NASA-Langley, and Andrea didn't want to be separated from him. The two moved to Williamsburg in the summer of 2015. "We looked in Hampton and Newport News but they weren't fitting the lifestyle we wanted to have," she explains, adding that Williamsburg felt right for them.

She admits it was a big transition moving here and not knowing anybody, but they have adjusted well. "Because you have the tourism that comes through here, it doesn't feel like that small of a town," she says. "It's rich in history and has its own culture so we've been very engaged with that, which has been nice."

Andrea wasn't sure what she wanted to do career-wise at first so she decided to do some soul-searching and take her time figuring it out.

Through volunteer work, involvement with her church and other pursuits, such as taking a challenging eight-week grant-writing class online, she met someone through her association with the Young Emerging Professionals of Williamsburg. He gave her a reference and Andrea eventually got in contact with Janis Wood, who is president of the Williamsburg Contemporary Art Center.

"It was a good match right on the spot," she says. "For me to get back in the arts world was really cool. This is where I wanted to be." As the only paid employee at the gallery, her job involves helping manage the organization's membership and donor database, renewing memberships and handling invoices from gallery sales. She is also becoming more hands-on with their many volunteers, whose work is showcased at the gallery. The non-profit organization was once known as This Century Art Gallery but changed its name to the Williamsburg Contemporary Art Center (WCAC) in 2015. Now located at 110 Westover Avenue, the gallery, often referred to as the "blue building", features artwork demonstrating a wide range of mediums and styles, to include pottery, jewelry and glasswork. They also showcase local high school students' artwork in a special annual show, as well as a Member's Show in June each year.

For Andrea's part, she radiates joy at being around art all day. "I love fashion, I love art, I love clothes and shoes," she says. "It's the patterns that catch me. It's the type of imagery, I guess." Her love of beautiful things makes it a pleasure to decorate her house and to collect art, which she says makes her a bit dangerous working at WCAC. "It's hard to work in the gallery and not want to buy the artwork," she explains with a laugh.

She's excited about the future of WCAC, which will soon begin offering art classes again as it once did. "Now that we're in a new space we have new opportunities," she says, adding that the gallery boasts three spacious rooms to showcase artwork as well as two additional rooms to hold art education classes.

"This is the year of personal and shared interests," she says. "I played piano in the past and Brad plays, too. Also, I want to get back into writing again." Hitting golf balls when the weather warms up and walking their 10-year-old Golden Retriever are other activities they enjoy. Since they are both Purdue alums, they also try to catch their alma mater's televised sporting events with other Purdue alumni they've met in Williamsburg. "We've basically been able to recreate a lot of what we had in Atlanta here, which is neat," Andrea Lemieux says. NDN



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NITA NELSON



Lisa W. Cumming Photography

From Appalachia to Williamsburg

By Lillian Stevens

Located over 400 miles from Williamsburg, Appalachia is nestled in the heart of the Appalachian Mountains, for which the small town is named. It's also the place Nita Nelson and her husband, Barry, will always call home. With one daughter in Williamsburg, though, and the other living just west of Richmond, the couple decided that it was time to move east.

"Our girls really convinced us to move here," Nita says. "And it did make sense. But it was very difficult at first."

It's always interesting to meet Williamsburg's newer residents, especially the ones who choose to come here in retirement. Some migrate from the northeast because their dollars go farther in Virginia. Others are attracted by the area's many amenities, which range from world-class golf to that singular place the Historic Triangle holds in American history. Then there are those who, like the Nelsons, simply want to live closer to family.

While it was easy finding a home here that suited their needs, it wasn't so easy putting their family home in Appalachia on the market. "Barry and I bought that house in 1971. In addition to many renovations, we had also added on to it over the years," Nita says.

With heavy hearts, they sold the home where they had raised their daughters, and focused on making their new house in Williamsburg a home.

Though bittersweet at times, it has been a good move for the Nelsons.



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They enjoy frequent visits to Kingsmill to see their daughter, Sherri, and her husband, Aashish, and the drive to visit Michele, their other daughter, is an easy one.

“With Michele and Dan in Glen Allen, we are fortunate to be able to spend more time with them, and with our grandson, Logan,” Nita says. “And since they have careers that often involve travel, it’s nice to be close enough that we can keep Logan when they are away.”

In addition to enjoying the time they have with their family, Nita and Barry have found Williamsburg incredibly welcoming and convenient for their lifestyles.

Very much an extrovert, Nita has quickly made new friends. “When we first moved here, I think Sherri was concerned that we’d just sit around, even though she knows me better than that,” she says with a laugh.

At her daughter’s suggestion, one of the first things Nita and Barry did upon arriving in town was to join the local YMCA. They have since become regulars, and Nita enjoys regular classes, especially water aerobics.

“I am a people person,” she says. “So I’ve really enjoyed building friendships with the ladies I’ve met through my classes.”

Over recent months, Nita has also become involved at the Y as a volunteer, and serves on the Y’s Volunteer Board of Managers.

“When they found out that I retired from a career in human resources, they encouraged me to volunteer in their human resources office. So, I have helped the administrative assistant with various tasks, and helped organize the Christmas in July silent auction which is a fundraising event.”

No matter what brings new families to Williamsburg, most manage to fall in love with the place, and Nita and Barry certainly enjoy all that the area has to offer.

“With Barry having been a history teacher his whole career, it’s a wonderful place to be, because there is so much history here,” Nita says. “We’re close to everything, not just Williamsburg, but Jamestown and Yorktown too.”

Barry has always been an avid baseball fan, so the couple enjoys taking in a William & Mary baseball game every now and then, too. Sometimes they take their grandson to root for the Tribe.

The couple is impressed with the abundance of restaurants and places to shop in and around town. “We’re ten minutes from the outlet stores, and there are so many restaurants! Back home, we often drove an hour to the Tri-Cities area for most shopping and a wider variety of restaurants.”

Lifelong Methodists, the couple regularly attends Sunday services at Williamsburg United Methodist Church, and Nita has also become involved in BSF.

“BSF is an international Bible Study Fellowship, which is non-denominational,” she says. “Sometimes, we have potluck lunches which provides us an opportunity to better get to know each other outside of Bible study.”

For the Nelson family, which is very close-knit, it’s been a win all the way around. “I know the girls are very happy to have us here,” Nita says. She traces that sense of family closeness to her own childhood, to a simpler time.

“My two brothers and I grew up in an era when you could go to bed at night and leave your front door unlocked,” she says. “There was no fear of anyone breaking into homes. Everyone knew everyone, and our town was a safe place to live and grow up. There were always other kids in the neighborhood, and we were constantly playing outside, roller skating,

playing softball, or what have you.”

Nita’s father spent most of his career in sales, but in later years, he opened a restaurant and dance hall in Big Stone Gap called Skyline. “My mother would help my father on weekends. They’d cook steak dinners and have bands come in for dancing.”

It was the kind of small-town dynamic that Nita says was aptly captured in the movie, *Big Stone Gap*, which was released in 2015. “I’d say that the movie was a pretty fair depiction of life back home.”

Though Nita and Barry attended the same high school and even had a couple of classes together, they didn’t date until their college years.

After graduating from college, Nita taught physical education at a junior high school in Knoxville for one year, before moving back to Virginia to be near Barry.

“He had accepted a job teaching government at Appalachia High School,” she says. “Barry and I, as well as our daughters, graduated from Appalachia High School.”

Soon after leaving Knoxville, Nita was hired as a receptionist and medical assistant for a cardiologist at a hospital in Norton. After several years there, she switched gears and took a job in the loan department at CIT Financial Corporation.

“I was working there when Barry and I got married in April 1971,” she says.

Nita worked right up to the birth of their twin daughters, and became a stay-at-home mother until the girls started kindergarten. Then, one day a friend told her about cashier position that was open at Mountain Empire Community College, and she was intrigued. She applied for and got the job, and went on to spend the remaining years of her career at Mountain Empire, where she was promoted to executive secretary, then personnel officer. When she retired in 2008, Nita’s title was director of human resources.

“Those were some great years,” she reminisces. “But they were busy times.”

Nita and Barry were very much hands-on parents. They were actively involved in the girls’ academics, class activities and sports. “I was working full-time, and Barry was teaching government, coaching high school baseball, and was also the school’s athletics director. Still, we did manage to sit down to dinner nearly every night.”

Once Sherri and Michele went off to college, Nita was able to devote more time to her career. By the time she retired, Barry had also retired after spending his entire career teaching at his alma mater.

These days, the pace might be less hectic, but the couple stays pretty much on-the-go.

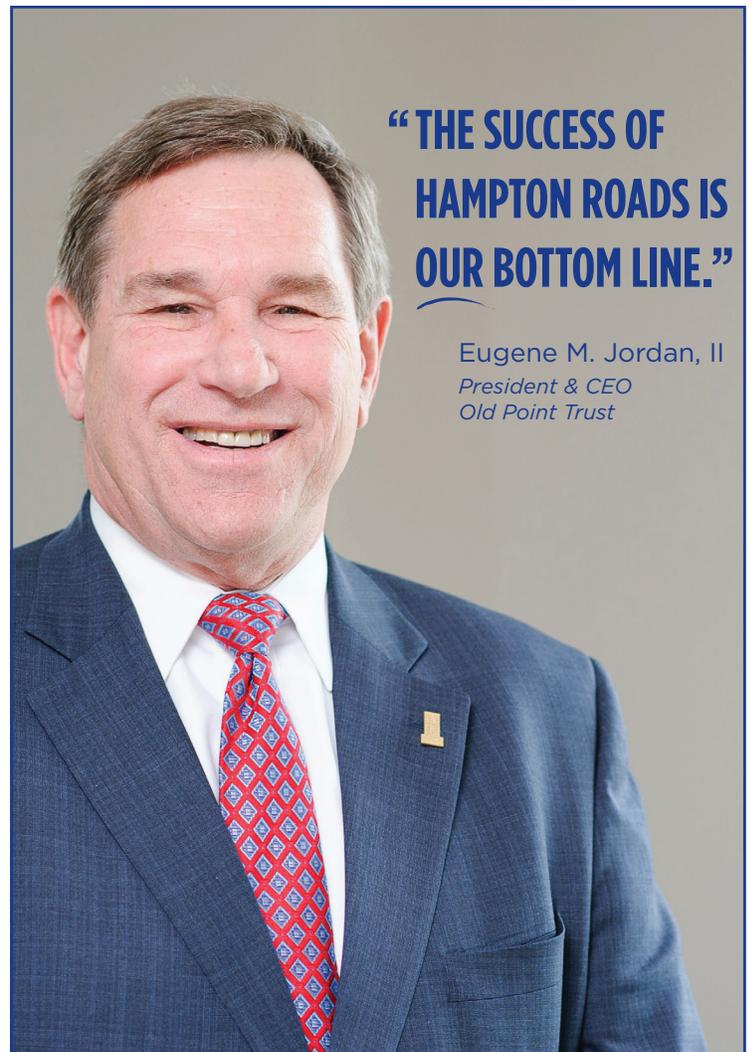
“We love being retired! But if I have a day where I just want to read and relax or just sit all day, it’s such a luxury to know that I can do that.”

Since moving to Williamsburg, Nita says that one of the best parts is the spontaneity that isn’t possible from seven hours’ distance. Super Bowl weekend, for instance, offers a great example of the family’s new normal.

“Sherri texted me and announced that she and Aashish were coming over for dinner,” Nita says. “Well, I hadn’t even planned dinner! So they came over and we just had pizza. Then, on Sunday, they had us over to watch the Super Bowl.”

From time to time, the Nelsons still make the trek to their beloved hometown. There are still many friends and a couple of family members there, so Nita and Barry try to visit when they are able.

“Wise County will always be home,” Nita Nelson says. “But moving to Williamsburg was the right thing for us.” NDN



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REVEREND LAUREN McDONALD

From professional theater to ministry, Lauren McDonald's life has been an unfolding cycle of redefinition and rebirth. Originally from Fayetteville, Georgia, Lauren has spent most of her adult life in Virginia. Her first vocation was as stage manager for Virginia Stage Company, a position she held for 12 years. Then, in the year 2000, she went with her church on a pilgrimage to the Holy Land. "That started my journey to seminary and ordination, and here I am," she says.

Lauren divides her professional work time between Bruton Parish Church, where she is Associate Rector of Outreach and Women's Ministries, and SpiritWorks, an addiction recovery organization. She began working with SpiritWorks as a volunteer in 2008. The executive director, Jan Brown, later told Lauren that she wanted to hire a clergy person to provide spiritual care for people in recovery. "I had preached so many times about getting out of the church and going into the world and ministering to people that I knew I needed to listen to myself," she says. So, she accepted a part-time position with SpiritWorks and is now the Director of Spiritual Recovery.

Lauren describes SpiritWorks as having a multifaceted approach to recovery. "We believe that the road to recovery is through some sort of spiritual path, and it may not be the same for everybody," she says. The focus is on helping people discover exactly what their higher power might be. "If all we're believing in is ourselves, it's very hard. And everyone may not share my higher power. The goal is being able to help people find the path that will help them into recovery and stay in recovery while moving toward wholeness." According to Lauren, for some people the road to recovery can involve 12 step meetings, 12 step groups or the 12 step program, while for others it might be meditation, yoga or therapy.



Lisa W. Cumming Photography

Redefinition & Rebirth

By Narielle Living

"There are different paths for different people, and Spiritworks is very much about the multiple paths you can take to recovery."

People find SpiritWorks in a variety of ways, whether it is online, word of mouth or referral. "We get a lot of referrals from Colonial Behavioral Health. Also, she says that they have a strong relationship with the faith community, so in addition to people who are in recovery from alcohol, drugs or other addictions many family members come to them for help.

"There's not a lot specifically for parents of addicted children, so we actually have a parents' group." These folks have young adult children who frequently haven't left home or

have left and come back and for whom college may not be the right thing, and the parents need support or guidance on what to do.

"The parents are told not to enable, that they need to do tough love, but they're parents. They love their kids. Often, they are not sure what to do. They want to help but don't want to help in ways that are harmful." The focus of this group is on coming together for support, to see that they are not alone in this and to be able to share their stories.

Lauren likes her job combination of working at both Bruton Parish and SpiritWorks. "I get to help make the church aware of some of the things that are going on in the recovery community and sometimes bring the church

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members in. Sometimes church members will not talk about addiction issues because of the stigma.”

Bruton Parish does a recovery service once a month called First Fridays. “This began before I started working there,” Lauren says. “We’re in our fourth year, and it’s a communion service that incorporates recovery, readings and prayer. It’s a mostly Episcopal service but with a recovery theme.”

Lauren says that her job has really helped her get to know people from all walks of life. The aspect she loves being with the recovery community is that she constantly witnesses death and new life. “People who’ve been desperate, who’ve gone to hell and back again, are so much more authentic and real. There’s an intimacy that comes because we talk about real stuff here, so it’s a gift and a privilege to be present for that.”

She goes on to say that people often feel like they need to bring their best face to church. “Sometimes people think they can’t go to church this week because they might cry. I would hope that you could cry in church, come and cry and let us hold you and be with you and let you know that God loves you.” At SpiritWorks people can share their pain and rest in the assurance that healing is possible.

With the Easter and spring season here, Lauren says that the theme of rebirth is reflected all around us. “I feel like we see Easter a lot here. Recovery is so much about new life, letting go of the old life and dying to that old life and being reborn to the new life. That is exactly what happens in the Christian stories with death in the crucifixion and rising to new birth in the resurrection.”

Of course in recovery there are people who do not get through the process. “We certainly see people who don’t make it, at least on this side of the grave. Not everybody makes it to recovery, and that’s really hard. But we also see people embracing a new life all the time, and being able to say I don’t want what I had anymore, I want something new, something different.”

Within the struggle of recovery Lauren is constantly amazed at the human compassion she observes. “I see so many ways people will give back. I’m always amazed at the generosity of people, and often these are people who have the least, who have nothing. I feel humbled a lot.”

Recovery is difficult for everybody, not just the addict. “My message about recovery is to let go of judgement and find compassion, because addiction is a disease,” Lauren says. She acknowledges that many factors create

addiction, including genetic, environmental and brain formation, but she says the thing to remember is people are dying. “We have this opioid epidemic, and one of the questions we keep asking is what is causing us to be in so much pain? I know for some people it’s injuries or surgeries, but this needing to numb the pain, what is causing this inner pain? I do think that there’s a spiritual issue there. What is this emptiness, this restlessness, this yearning that drives us to numb the pain with all sorts of things except for the one who really can fill that space?”

Lauren always finds it difficult hear judgments about addiction. “Those people do it to themselves and choose that... No one wants to be an addict, no one woke up and said I think I’d like to be a heroin addict today,” she says. She suggests that especially in this time of chaos in our national life we invite people into compassion and try to listen to one another. “I think we’ve lost the ability to listen to one another and work together.”

Spring is Lauren McDonald’s favorite time of year. “I love watching that death and resurrection. The winter hibernation turns into the spring blooming, and it’s just gorgeous. That is part of our lives as well,” she says. “We continue dying to our old selves and false selves and awoken to our true self.” NDN



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New Chance on Life

By Alison Johnson

Beth Hertzler has been on both sides of organ donation. The first time, she lost a brother. The second time, she watched her son receive the gift of life.

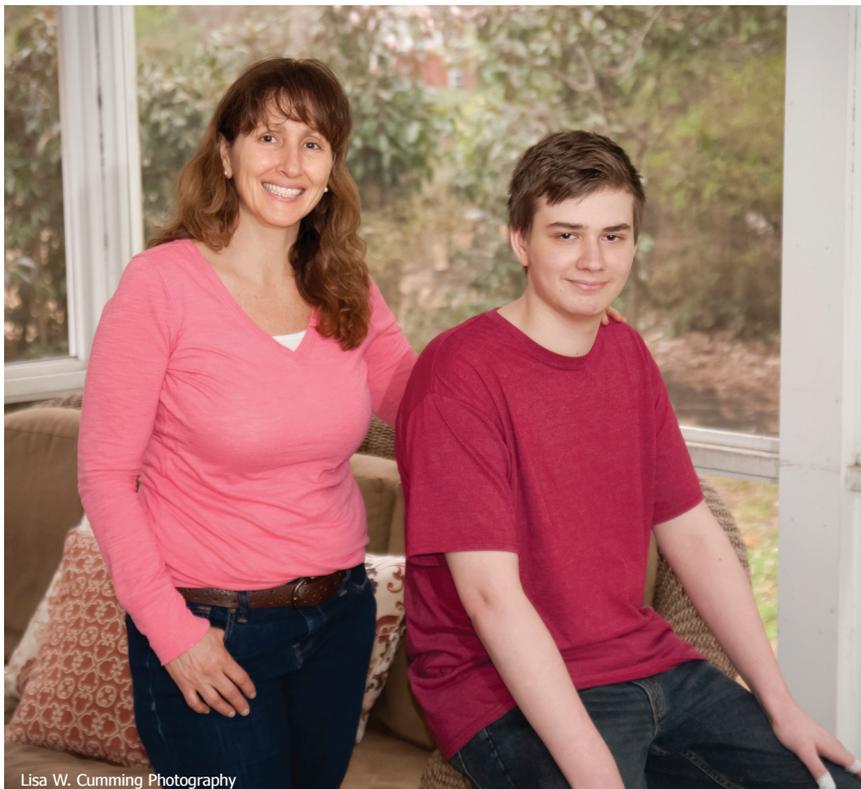
In 1985, Beth's younger brother, Billy, was walking home with friends when he was hit by a car. Billy, just 15, was declared brain dead several days later. Beth, then 18, watched as her devastated parents quickly decided to donate his organs to people who could use them.

Flash forward some three decades, to Aug. 29, 2016, when Beth's now 17-year-old son, Evan, received a kidney from a deceased donor. After more than two years of crippling fatigue and severe nausea caused by dialysis, Evan got the priceless gift of a return to his

normal life. He is now a junior at Lafayette High School who loves to play the drums and dreams of going to college to study animation.

"The transformation was immediate," Beth says. "Literally the day after surgery Evan told me, 'I feel great, even though he was looking at me with all of these tubes still sticking out of his neck. He hadn't used those words in such a long time. He's a new boy.'"

At 50, Beth has morphed into a new parent, too. Where she once lived with a lot of worry and fear because of what happened to her brother, she now gives Evan and his older



Lisa W. Cumming Photography

brother, Bryce, more space to make their own decisions.

"I learned that no matter what I do, they're going to have things happen to them," she notes. "I'm here to love them through all their experiences. I am a better listener to my children are after this. My husband and I trust them to know themselves. It has been very freeing for all of us."

Beth, a New Jersey native and holistic medicine practitioner, says Evan was a healthy child until age 14. In the summer of 2014, she and her husband, David, noticed he seemed

very tired, although he had no obvious signs of illness. That September and into October, Evan had a sinus infection that persisted through three different rounds of antibiotics. Soon more troubling symptoms appeared: constant earache, sore throat, nose bleeds and bloodshot eyes.

After an abnormal blood test in October, doctors sent the family to the emergency room at the Children's Hospital of Richmond at VCU. On October 23, Evan was diagnosed with Wegener's granulomatosis, a rare autoimmune disorder that causes inflammation of small and medium-sized blood vessels. That slows the flow of blood and oxygen to certain organs, and in Evan's case, the kidneys.

While doctors don't know exactly what causes Wegener's granulomatosis, it appears to develop after some sort of infection triggers a damaging immune reaction. "It was shocking to suddenly be in this situation," Beth recalls. "Really all we had dealt with before was a few middle school blues."

Kidney specialists at VCU prescribed steroids, immunotherapy and a daily immunosuppressant. Evan also endured three types of dialysis, a treatment to remove waste, salt and extra water from the body, regulate blood chemical levels and help control blood pres-



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Right after his diagnosis, Evan was hospitalized for a week of emergency dialysis. For the next two months, he had to travel to VCU three days a week for four-hour dialysis sessions, which also required placement of a catheter in his upper chest. He and Beth would leave their Williamsburg home at 6:30 a.m. and drive about an hour each way.

“We survived with humor,” Beth says. “We had to find things that were funny to get through it.”

In August 2015, Evan began a third round of dialysis, this one done at home after surgery to place a catheter in his upper abdomen. For a full year, he was connected to a machine every night for 10 hours. He had to be meticulous about keeping his catheter connection sterile to avoid infection.

The side effects were brutal. Evan vomited almost daily, usually first thing in the morning and again in the afternoon. Beth bought a huge trash can and put it next to his bed so he could throw up without getting up. Many mornings she’d sit with him, holding a wet washcloth to his neck.

Evan’s energy was shattered. At one point, he developed a painful umbilical hernia, a condition in which his intestines protruded through the abdominal muscles beneath his belly button. Many foods made him nauseous.

“For some reason, he could tolerate junk food better,” Beth says.

Doctors encouraged Beth and David to send Evan to school. “We tried,” Beth says. “One day he ran out of the gym throwing up. Other days I’d have to pick him up halfway through the day and he’d just come home and sleep.”

David, Beth, Evan’s older brother, Bryce, and other family members all wanted to donate a kidney, but none was a match. But as Evan waited on the transplant list, Beth’s mother had a dream about her late son. “Billy was smiling at her, and she felt this overwhelming joy,” Beth says. “He told me, ‘Beth, it is going to be OK. Evan is going to get a good kidney.’”

On August 28 of last year, at the end of a family beach vacation, the call came from VCU. A young man had died suddenly from an aneurysm, and his kidney was a match. “Evan was so moved,” Beth relates. “He had been so hopeful about getting a kidney in time to be back in school. Right away, he prayed to say thank you to this family. For me, it was bittersweet, because I knew the other side of the story.”

After a week in the hospital, Evan was home. He remains on multiple medications, drugs that he will need the rest of his life to prevent his body from rejecting his new kid-

ney. Not surprisingly, Evan’s medical ordeal has matured him. He manages his own medications, cooks himself healthy foods, grilled chicken and broccoli have replaced the junk ,and limits his sugar intake, as one medication raises the risk of diabetes. Recently, his doctors at VCU asked if he would lead a support group for other teenagers.

“He was so proud to have been asked,” Beth says. “Evan’s outlook on life is, ‘I have been given such a gift.’ I have seen what my child is made of, how phenomenal he is.”

Beth is also quick to recognize her older son, now 18 and taking a gap year after high school. “Bryce was in the 12th grade when much of this happened,” she says. “He really stepped up and helped with taking care of our dog and doing other things we needed. It wasn’t always easy because a lot of attention was on Evan. I am making sure to take some extra time with him now.”

One day, Beth hopes to meet the family of Evan’s donor. She also will tell them about the similarities between Evan and Billy, from their kindness and sense of humor to their love of playing tennis and being around animals. “People just liked Billy,” she notes. After her experience, Beth Hertzler is naturally a huge advocate of organ donation. “I have seen such an amazing circle of life myself,” she says. “Like Evan, I have been given a gift.” NDN

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Blooming into Fresh Starts

By Brandy Centolanza

Lisa W. Cumming Photography

Jessica Hanke’s cup runneth over with fresh starts from all angles of her life, from a new business venture to a recent marriage and the purchase of her first home.

Jessica is owner and lead designer at Fleurish & Bloom, a floral and event design company. Fleurish & Bloom recently celebrated its first anniversary.

Jessica first developed a knack for floral design while working at The Flower Cupboard in downtown Williamsburg during her time

as a student at The College of William & Mary. After graduating in 2013, Jessica went to work full-time as an administrative assistant with the health law firm, Mellette PC. However, experimenting with flowers was never far from her mind. Jessica’s younger sister, Samantha, who was still in high school, asked her to prepare the corsages and boutonnieres for her school dances and proms.

“That was really nice,” Jessica says.

Two years ago, Samantha followed that up

by asking Jessica to do the flower arrangements for her wedding.

“I was so happy to do it for her,” Jessica says. “Making her happy on her wedding day was a huge deal to me, and it was the catalyst for my business.”

Fleurish & Bloom was founded in March 2016. Jessica spent this past year working to promote the business and making a name for herself. Last season, she designed the floral arrangements for four weddings and a retire-

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ment party, and she has eight weddings and a baby shower in the works so far for this upcoming season.

"I am hoping to go full-time with the business within the next five years," Jessica states. "That is my goal."

Jessica also volunteers as a cheerleading coach. One of her first bookings was for the wedding of a parent of one of her students. "The bride gave me free reign to be creative and experiment with her color palette," Jessica says. "That's what I like to do. She was a very laid-back bride, which was fantastic."

Jessica's clientele goes beyond Williamsburg. She's done weddings in Richmond and in Staunton as well as for friends in the Washington DC area.

"I would love to do a destination wedding someday," Jessica says.

Jessica designs flowers for wedding ceremonies and receptions. Currently, popular flowers for weddings include garden-style flowers such as roses and peonies.

"Ranunculus are also huge right now," Jessica says. "There is nothing quite like handing

a bride her bouquet on her wedding day. It's an indescribable moment. It just makes me feel really good."

Jessica even designed her own flowers for her wedding to her husband, Kiel, a firefighter who works in Newport News. The couple, who met online, wed last October in an intimate ceremony at the Hornsby House Inn in Yorktown.

"We had a small wedding, which was perfect for us," she said. "We got married down the street from where we had our first date at Water Street Grille."

Reception fare included catering from Two Drummers Smokehouse in Toano, another one of the pair's favorite date night hangouts.

"Designing my own flowers seemed natural to me," Jessica says. "We used burgundy, peach and pale pink colors. We had ranunculus, Juliet garden roses, anemones, privet berries, amaryllis, and king protea flowers. I like to play with texture, and tried to incorporate something funky and fun into our wedding."

Jessica and Kiel recently returned from their honeymoon, a dream trip to Costa Rica

where the duo enjoyed hiking and being outside.

"We love to be outdoors," Jessica says. "We love hiking, camping, kayaking. We love going to Shenandoah."

Jessica also enjoys reading and writing, and is active in her church, King of Glory Lutheran Church on Longhill Road. She does the weekly altar arrangements for Sunday services and is a church youth group leader. Jessica and Kiel relied on their faith prior to their wedding and now during their marriage.

The couple underwent pre-marital counseling with King of Glory Pastor Bill Harmon. Counseling "was illuminating," Jessica says. "We both learned things about ourselves that we might not have known before. I encourage all couples to seek counseling."

Pastor Harmon also encouraged Jessica and Kiel to pray together every night.

"Praying together one on one is a very intimate thing, and felt a bit strange at first," Jessica says. "But we've been doing it for seven months now and it's amazing to reflect on how much closer together it's brought us."

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It's my favorite time of day. No matter what problems we're struggling with as individuals or as a couple, setting aside time every evening to praise God and pray for each other really grounds us and brings us back together to focus on what's important."

Jessica and Kiel also leaned on other congregation members as part of a small couples' group called "Love & Respect."

"Kiel and I were still engaged and had just finished up our per-marital counseling when we joined the group, which was based on a program called Love & Respect by Dr. Emerson Eggerichs," she says. "Love & Respect focuses on the differences between men and women and how that translates to marriage. During small group, we learned that men and women have fundamentally different emotional needs and fundamentally different ways of communicating those needs. Problems occur when those needs aren't being met and communicated in a way our partner can understand. The couples in our small group helped us learn strategies to overcome problems those differences can create; chief among

those strategies was believing the best of our partner and granting each other grace."

Learning to be unselfish has been one of the hardest adjustments to life as a newlywed. "It's been challenging, but marriage is a beautiful thing," says Jessica, tearing up. "I have this person who I can talk to about anything because he understands. He gets it. Kiel is one of the best guys I've ever met. Hearing him read his vows to me was one of the most breath-taking moments of my life. It was so sweet and sincere."

The pair recently purchased their first home together, a 100-year-old fixer-upper.

"It's a beautiful old house, and every time I walk in it, I imagine all the people who've also walked through it and what stories they've had," Jessica says. "Breathing new life into it will be a challenge, but in my mind it is already wonderful."

Children may come down the road, but for now Jessica and Kiel are focusing on each other. Jessica is helping her husband secure a promotion at work, while he is supporting her on her expansion of Fleurish & Bloom.

"He's really been the driving force behind my flower business," Jessica says.

Jessica, who is still working at the law firm while she continues to get Fleurish & Bloom off the ground, also has help from family and friends. In addition to booking more clients, her hope is to also provide do-it-yourself tutorials on flower arranging for brides.

"Eventually, I'd also like to offer workshops on order and assembly of flowers. I can easily teach how to do an arrangement, and I'd love to help brides in meeting their goals."

Jessica chose to name her business Fleurish & Bloom in part because of a passage she stumbled upon in the book Harry Potter and The Sorcerer's Stone about a shop called Flourish and Blotts, but, more importantly, she chose it because of her romantic side and her hope for the couples she interacts with through her company.

"When I spend time with clients helping them prepare for their wedding, I really get to know them as a couple and it is my sincere wish that they all have a happy marriage, that it flourishes and blooms," Jessica says. NDN

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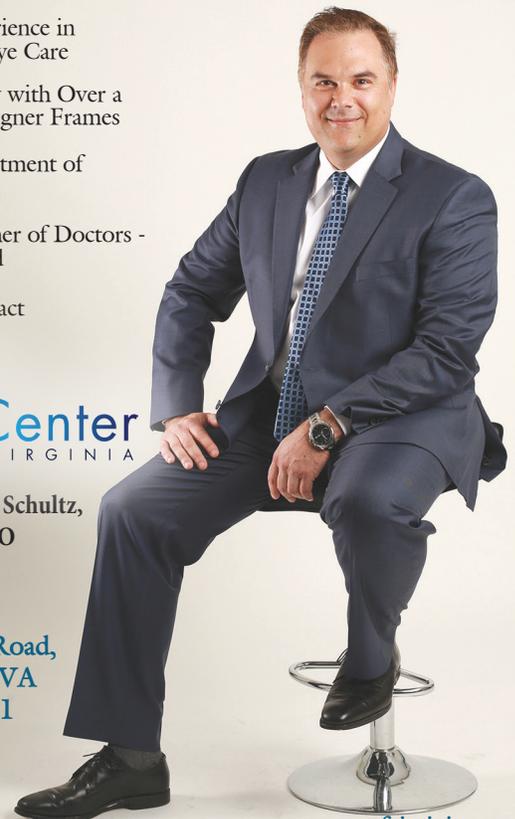
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FAMILY BUSINESS

By Greg Lilly, Editor



Lisa W. Cumming Photography

Family businesses bring in the next generation to continue the philosophy, values and goals of the founder. Ryan Newsom works with his father, Don Newsom, to keep their landscape company Delightful Gardens growing.

“We’ve eased into it,” Ryan says. “I’m handling the management of the crews and doing the scheduling. I do my own design sales. I’ve eased into it gradually. We know a gradual transition makes it go smoothly. That’s what we’ve been working on the last several years.” Although, Don is still very active in the business, he’s planning for the future.

“I’m thankful my dad helped me realize a career path that I am passionate about,” Ryan says. “Over the years, he has taught me so much about landscape design, business and life in general. When he decides it’s time to

step back from work, I’m excited about the opportunity to carry on the business that he started.”

Ryan wasn’t always sure what he wanted to make his career. He was born in Newport News, and by the time he was school age, the family had moved to Seaford. “That’s where I spent most of elementary school. From there, my mom, brother and I moved to Germany.” His parents divorced, and his mother worked as a teacher for the Department of Defense. “We spent four years over there in Germany. That was about the time my dad was starting the business here in Williamsburg.” During the summers, Ryan came back to Williamsburg and stayed with his father, helping around the landscape company, doing the basic tasks needed in the nursery.

“I didn’t know for the longest time what I

wanted to do for a career. I was into baseball and cars, but not really thinking about work then,” Ryan admits.

He came back from Germany for his last two years of high school, attending Jamestown High School. He lived in the apartment above the business with his father and step-mother.

“This started out as a burned out house with woods in the back lot,” he says of the property on Merrimac Trail. “My dad took it from there. He built the house up another story and slowly cleared out the land, building the nursery.”

In college, Ryan studied business management. After graduation, he began to get involved in the family business. “My dad offered me a position as a crew leader. I had been working at Outback Steakhouse while in school to have extra money, so I thought I’d

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give my dad's business a shot. I found I really enjoyed working with my hands outside creating things. From there, my interest grew."

Ryan says that the working relationship with his father goes rather easily. "We don't have the family issues that some may have in a family business where it can get crazy. It's just him and me in the business. For a long time starting out, he was primarily the designer and sales person, and I was primarily in the field on the install side." They had a division of labor between the two Newsom men. Ryan has begun to bring in new customers and work with them from design to install so the balance of business can naturally shift through the years to his generation.

Since he has started working in landscape design and installation, the customers have become more aware of the possibilities of what their outdoor space can be. "Most people come to us with an idea of what they want. They might not know exactly all the details or how much it costs, but they have the general goal of their project. Home improvement shows on television give people ideas. In recent years, the computer, smartphone and tablet apps of today, like Houzz or Pinterest, allow a lot of people to discover configurations and show us a picture of what they want."

With an existing home, Ryan says landscape

designers consider incorporating what is there or deciding, based on the plan, what should stay or go. "A new house is more of a blank slate," he says. "We do mostly existing homes." Front yard versus back yard focus depends on the homeowners' goals: curb appeal or private retreat. "To sell the home, start out front for curb appeal. A lot of times, the front shrubs are overgrown. We take those out and put in new ones for a fresh start, a fresh look." Overgrown shrubs make a house look old and unkempt. "A new sidewalk, maybe a paver sidewalk can make a house really appealing," Ryan adds. "Or, if the yard itself is looking ragged, re-sod the lawn."

A more private or entertaining area lies in the back yard. "For those more concerned with the backyard, landscape designers usually create an outdoor living space, a deck or a patio or a screened porch – maybe an outdoor kitchen. The outdoor room idea is really taking off."

A unique aspect of the company that Don created was the private nursery they pull from for their projects. "My dad loves plants," Ryan says. "We bring them in and grow them in the nursery and greenhouses so people can see the plants before they purchase them for their project." Seeing the actual plants, the color, size, shape, and even, feel of it helps homeowners imagine the design and placement before the

trees, shrubs and flowers arrive at their home.

The favorite part of his work, Ryan explains, is helping his clients create an outdoor environment for their home that they'll be proud of and enjoy for years. "It's rewarding to help solve problems. I enjoy building with my hands, creating something, and then to stand back at the end of the project to see what was created. That's great. Then to have a satisfied customer makes it really gratifying."

Ryan has three brothers. "I have an older brother in Blacksburg at Virginia Tech," he says. "Then, I have a couple of younger half-brothers in middle school and high school. They may become involved in the business later. They don't have much interest in it now, but then neither did I at their age. I'd like to see Delightful Gardens always continue as a family business."

Ryan and his wife, Tracy, recently added a baby girl to their family. "We also have a three year old son. He's at a fun age." A three year old boy could have a lot of adventures in the landscape company nursery's jungle of plants. "Yes, he's in the dirt playing stage. If he decides that he likes it, and wants to join the family business, that would be great," Ryan Newsom says. "But, right now, he's just being a kid." There's plenty of time for Ryan to transition his own son into the business. NDN

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Lisa W. Cumming Photography

Coaching for Life

By Greg Lilly, Editor

“I’ve been playing here for over 50 years,” Ms. Virginia Palmer says of Quarterpath Recreation Center. “I’ve been coaching a good 35 years. I’ve got kids that have gone to the pros to play basketball. I have a boy playing in England. He sent me a postcard the other day and called me his first coach. That made

me feel good that he remembers me and acknowledges me.”

Ms. Virginia, as many of her now-grown players refer to her, has set the standard in Williamsburg for a strong, yet supportive coach for young players of basketball and softball in the recreation leagues.

She was born where Camp Peary is now. “Magruder was what that area was called before Camp Peary was built. I’m the sixteenth child out of twenty-one children. All my siblings are dead except for seven of us. I have a brother born in Jamestown. My daddy named him after Captain John Smith. Where we live

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now is called Carters Neck, Next to Camp Peary, in the Skimino Road area. There aren't any stores there anymore."

Magruder isn't all gone, she explains. "It's just not called Magruder anymore. My dad is still up there. He died when he was 104, twenty years ago." Growing up there, Ms. Virginia remembers that they didn't have electricity and didn't have a car. "We drove a horse and buggy. That's how I learned to drive a horse and buggy. Route 168 that's now Interstate 64 is where we'd take the horse and buggy to the store to get our feed for the pigs and cows. We were raised on a farm." She noticed that people driving by in cars would slow down and take out their cameras to take a photo. "We had no clue why," she says. "One of my older brothers said they were taking pictures of us on that horse and buggy."

Ms. Virginia attended the Fredrick Douglass School then the James Weldon Johnson School back when there were separate schools for the African-American children. "Fredrick Douglass turned to Magruder and now that building is the Griffin-Yeates Center." Magruder moved to its current loca-

tion on Penniman Road and Merrimac Trail. "I went to James Weldon Johnson School in Yorktown then it got integrated to York High School. I didn't go down there, but one of my sisters was the first black girl down there."

As she grew up, Ms. Virginia was always involved in sports, playing basketball in high school and after that fast-pitch softball. "After I had my first child, I stopped. A year later, I started up again. I have seven kids, fourteen grandkids, six great-grandkids. I've worked at Eastern State Hospital, Colonial Williamsburg, several hotels and motels. That's my life...and coaching these children."

She started coaching children in softball, but then basketball presented itself. "When my baby boy was four years old, he wanted to play basketball. So, I started doing that. We ladies were playing basketball and my son was trying to hit the basket," she describes. "One of the recreation directors wanted to know whose baby that was playing basketball. I said he was mine." Most of her children were older at that time with her oldest son being around 20 years old. Her "baby boy" is now 34. She started him in the recreation league, and he

impressed everyone because he'd been playing basketball with his mother and her friends.

"At the first game, I told the coach not to play him because he had missed some practices because of supper with his father. Basketball is good, but his father was more important than basketball. I knew he could pick basketball up later. He needed to be with his father because our house was full of sisters. He needed to be around his father. He missed a lot of practices. I said not to put him in so he could sit and watch to see how the team played." She knew the importance of participating in practice sessions to help build the team. The next year, she coached her son in basketball. "That was 30 years ago."

She has coached generations of young players. Today, she coaches alongside her granddaughter. She mentions that their basketball team, coached by two women, beat another team coached by four men. "Too many cooks in the kitchen burn the food," she says with a smile.

"My granddaughter is teaching the kids bounce passing and they're scoring goals," Ms. Virginia says with pride. "I know this is

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about me, but she is me.”

As the years have gone by, Ms. Virginia finds it hard to stand for long because of arthritis in her knees. “I have the parents help. Some kids have bigger brothers and sisters that know some of the moves and they are my little helpers with the others. The kids are my life. When they come up and smile at me, they make me feel good. Now that I’m retired, they are my focus. When I was working, it was harder to fit in the time for coaching.”

She coaches basketball during the fall and softball during the spring. After her boys and girls play, she plays on a league at Quarterpath. “The kids are my first priority. If they have a game, I don’t play on my team. I play when the kids don’t have a game. I pitch in softball. I need practice with my team to see how they catch and hit. If I can’t make the practice, I don’t play that game.” She uses the same philosophy for herself as she does with her kids: no practice, no game play. With practice, she points out, the team builds and the players get to know their teammates’ strengths and weaknesses.

“The children catch on better with a coach with a good attitude,” she advises other coaches. “You can’t constantly yell at them. They have to understand what they need to work on.” At the beginning level that she coaches, the children need to remember things such as not getting distracted and play in the dirt in the outfield. “They have to pay attention or they could get hit by the ball.”

She says after all of these years, she can tell when one of her players wants to say something, but may be afraid to speak up or not know how to say it. “I had so many of my own kids that I know how to talk with the little ones. I told my kids, what you put out is what you get back. Treat people the way you want to be treated.”

She stresses that she is not a “winning coach.” Some parents are surprised by the statement. “To win,” she says, “I’d have to play my best players the majority of the time. If the best player is playing all the time, how will the weaker players ever learn? If we practice, play and have fun, we’ll win.” The children learn that the team is all of the players and each has to pull their own weight to win.

After 35 years of coaching, the one thing that keeps Ms. Virginia coming back year after year: the kids. “I have seen kids that wanted to play and those that didn’t. The kids that played, I see them now doing great things with their lives. Some that didn’t want to play are not doing so well in life. There’s a big difference when the kids are playing sports and keeping active and staying out of trouble.”

She explains that every child is looking for attention. “Every kid will get attention. I want them to get it in a good way by playing well and doing good things, rather than getting in trouble and getting attention for being bad. That’s why I’m still coaching. I’ve coached my kids and my grandkids. As of last month, I coached my great-granddaughter. She’s eight.”

Ms. Virginia Palmer plans to continue coaching at Quarterpath Recreation Center. “I’m doing basketball and softball until the day I can’t move or until I feel I’m not doing a good job. I know what the kids need. If I feel like I can’t give them that, I’ll retire. But, until then, I’ll go out on the field with a walker if I need to. Those kids do my heart good.” **NDN**

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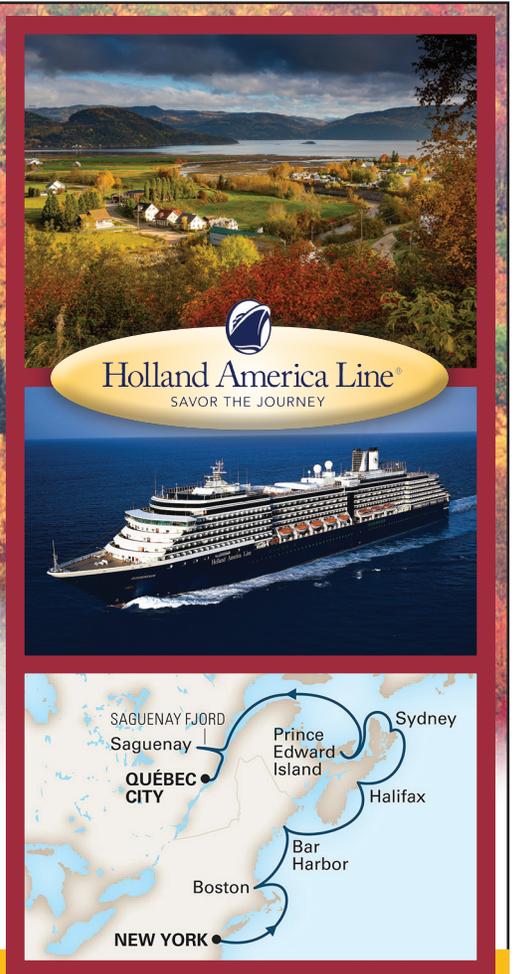
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Visual Tension

By Greg Lilly, Editor

Abigail Bannon won first place in the Williamsburg Contemporary Art Center's 14th Annual High School Student Art Show. "That was really surprising," Abigail says. "It meant a lot to me and was encouraging that an abstract and design-based piece won. I hope that encourages young artists that they can do more than a perfectly realistic face. There are other ways to express yourself than being technically perfect. That reassurance was great that this type of art is appreciated, by not only art connoisseurs, but by the general public as well."

She has always been into art, drawing from the time she could hold a pencil at two years old. In her elementary school years, her family lived in Fredericksburg, Virginia. Abigail, like all the other students, took art classes to try different media and techniques. In 2011, the family moved to Williamsburg and Abigail started seventh grade.

"A teacher saw my drawings and encouraged me to pursue it," she says. "Art was always something I really enjoyed, especially the concept and process of color, like color theory. I was good at form and figures. When I had the decision in middle school to choose between art or technology classes, I wanted to keep taking art classes because I was good at it and it was fun and relaxing to have that during the day." In middle school, the art classes became a little more competitive. These students wanted to take art because they loved it and wanted to improve their skills, not just because they had to as they did in elementary school. "It was great to be around people who just weren't throwing paint around because they wanted to get through class. It was a lot more inspiring to see other artists work around me, to gain knowledge from them, to critique, to experience their style and get other artists' point of view."

Abigail incorporates figures as a subject and design as a focus. "I've always been interested in photography, but it's purely design. I take some of the interesting aspect of photography and other types of media and put them in my art. Like line work in drawing. I work mostly



in mixed media because of that. I like so many different types of media, techniques and styles."

Drawing and painting for Abigail is stress release. "It's a good way to calm down and get emotions out on paper while using things around you, almost a visual diary," she explains. "I can show my experience without words. It's an alternative way of expressing myself. It's a narrative to a story, not a direct story, but more of a diary of my experiences. You can see the growth of focusing on realism and drawing to where I am today, more visually art focused and abstract."

The transition from painting and drawing realistic images to a more abstract style was not an easy transition for Abigail. "It was very tough," she admits. An art professor at Radford University's Residential Governor's School nudged Abigail in that direction. "My professor there wasn't a fan of my artwork. He thought I was too strict and too realistic. That's all I did. I'd find pictures of people and redraw them. He called me on it. He told me it was inexpressive and very strict."

The professor knew just which buttons to push to get the Governor's School students to

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try something different in their time there. “To spite him, I got looser in my artwork,” Abigail explains. “Then it hit me that the style was much more expressive. I realized he was right. Since I came back from there and starting my portfolio this year, I’ve been a lot more loose and abstract. It was a hard jump and difficult to admit that something I worked so hard to make as real as possible might not be the best option.”

Abigail’s style of painting is emerging as she tries new concepts and media. “Right now, rhythm is my signature piece. I love rhythm as a concept of design. It’s really intriguing and not used enough. Most people focus on emphasis or movement, but I think rhythm is a really powerful element.”

Her newer pieces are watercolor with oil layered on top. “I can have both realistic and abstract aspects to the piece. Taking abstract forms and making the realistic is where my art is headed.” Her current body of work is very diverse as she experiments.

“An example of that abstract to realistic concept,” she describes, “is taking a very loose watercolor figure to begin and then using oil to give it a more realistic style.” The pieces show a transformation of conceptual to distinct.

Her painting that won first place demonstrated how she uses rhythm in her work. “Each face has a jerked line of the nose that

goes straight up. That figure is repeated in each person’s face and causes the viewer’s eye to bounce from face to face.” Her technique leads the viewer through the paintings. “Instead of a fluid motion of the eye, I’m trying to cause visual tension.”

Having worked with photography, drawing, watercolor and oil, Abigail has an interest in adding 3D work to her mixed media experiments. “Ms. Peet (Molly Peet, her Lafayette High School art teacher) has been trying to get me to take ceramics. It’s not my strong suit. I’ve been avoiding it,” she adds with a laugh. “I am interested in incorporating 2D images on a 3D plane, possibly using foam or different ways of incorporating paper. I’m very interested in that.” She has created some metalwork pieces, particularly jewelry, that she may try to add to her mixed media compositions.

“Definitely, 3D work is something I want to experiment with. Also, I would like to work with light in the future. I’d like to work with something intangible like light, maybe different variations of smoke, things I can bring into a performance and in a 2D setting.”

She enjoys the idea of installation art that brings the viewer into the artwork so the work interacts with the viewer. “At Governor’s School, we did group installations. My group sculpted a giant fish skeleton that the viewer

walked through. It was interesting to see what the other groups did with light and projections of images. It makes the person feel like they are a part of the work.”

Abigail will attend Virginia Commonwealth University’s School of the Arts after graduation from Lafayette High School. “My goal is to be a gallery artist,” she says. She is inspired by the YBA [Young British Arts] movement and its artists like Damien Hirst and Jenny Saville. “Right now, I’m going to work and work and work to see what I can do. I really love to work with different mediums and to do whatever I want and not be confined by a specific style, medium or look.”

Representation in an art gallery requires a fairly large body of work for the gallery to promote and sell. Abigail is on her way to establishing that. “Yes, I have a closet full of paintings, about 70. Some are very small and stashed away in the closet. I like to finish things. I won’t give up on a painting so I push to finish it. I’m stubborn. I might change it later, but I don’t like to leave pieces undone.”

Abigail Bannon says it’s never too soon for an artist to look for a gallery. “My body of work is very diverse. Once I have a strong portfolio, then that would be a good time for me to start entering shows. That’s my goal to build up a connected, but diverse body of work.” NDN

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Corey Miller Photography

Boxing Against Parkinson's

By Greg Lilly, Editor

"I've seen it described as a boutique disease in that it affects people differently," Jean Petkofsky explains about her diagnosis of Parkinson's disease. "When I talk to other people, it's interesting how their initial experiences were different. My symptoms are really quite mild. I thought the neurologist would dismiss my concerns, but he walked in and said, 'You have Parkinson's disease.'"

Jean had noticed a tremor in her left leg. "What they call resting tremor," she says. "I would jiggle my leg constantly. I didn't think much of it." She had Googled that condition to see what it could be a symptom of, but

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she didn't worry much about it. "But then I was hiking with my husband, Andy, in York River State Park. After we had finished, Andy remarked that I was only swinging my right arm when we were hiking." She knew that was another sign that needed to be addressed and made an appointment with her doctor. "I went early on. I know a lot of people live with the symptoms for many years before bringing them to the attention of their doctor." Mild as her symptoms were, the neurologist confirmed she had Parkinson's disease.

"I'm on a low dose of medication, and I exercise. I have always loved exercise. I've been active all my life. This would be a difficult diagnosis for someone who had been really inactive because the best therapy is exercise. I always feel better when I exercise. Boxing is out-of-the box for me! It stimulates the brain as well as the body."

Jean participates in Rock Steady Boxing, a series of exercises adapted from the training routines of boxers. Aspects like hand and eye coordination, balance, agility and strength help people dealing with Parkinson's disease. Scott Brubaker, Jr. introduced the program to

his clients at Comber Physical Therapy in New Town.

Jean has always been active and involved in the world around her. She grew up on a dairy farm in Fairfax County, Virginia. "That was back when they had farms in Fairfax County. Then it was transitioning from rural to the mega suburb that it is today. That was an interesting time. I enjoyed growing up there and living near Washington, D.C. I always read the Washington newspapers everyday and became interested in journalism at a young age."

She went to the University of Virginia and studied government and speech. Working in the student radio station, she gained journalism experience. "I did some summer internships in broadcasting, and afterward, I got my first job in Roanoke covering local news."

She found Roanoke quite different than Fairfax County and the D.C. area. "In Fairfax, I thought everyone worked for the government. When I moved to Roanoke, it was a strong railroad town and union town. I met a lot of interesting people there. My full-time job was radio news reporting. I also did some part-time work for a television station in Lynchburg."

During that time in Roanoke, Jean learned about the wire services in the news industry. "We'd vie to see who could call our stories into the wire services first. It was a very competitive market with multiple news outlets in one community. I learned about the AP [Associated Press] and UPI [United Press International]. I wound up with a summer, vacation-relief job with the AP in Richmond. I worked the broadcast news desk where I wrote the news summaries. A full-time job opened and I ended up staying for 30 years with the AP in a variety of jobs."

While living in Richmond, Jean met her future husband, Andy Petkofsky. He was a journalist working for the Richmond newspapers. "We lived in the same apartment building," she says. "When I took the job in Norfolk, we stayed in touch. We ended up getting married and decided to move to Williamsburg because it was between Richmond and Norfolk. We thought we'd commute for a few years until we decided where to live. Now 30 or more years later, we're still here. We found we really liked the community, and when our kids came along, we found it a great town to raise chil-

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dren in. Now that we're retired, it's a perfect place for retirement."

When she was diagnosed, Jean was ready to fight. Exercise had been routine to her. "I have always been a walker and I enjoyed bike riding, as well. I go to the gym and do weights and swim. I stay active every day. I was trying to do that anyway, but this gives me extra incentive to remain active. It's fun." The Rock Steady Boxing sessions pull mind and body together in exercise. The activities are certainly not like mindlessly watching television while on a treadmill or stationary bike. The participants have to stay focused on their exercises.

"It's meant to combine cognitive activities with physical, fine motor activities." Jean says. "The class is a lot of fun. Some people may prefer other types of exercise, but I like this. I do whatever is fun because I'm more inclined to do it regularly."

The Rock Steady Boxing program started last June in Williamsburg. Jean joined the group in July and was the 14th person in the class. "Scott is up to almost 40 people now. There are about six women. We have a 'ladies caucus.' It's been nice to get to know them and

get together after class." Jean describes the participants from the ages of 40s through 80s and from all walks of life. "It's a real interesting mix of people."

As for her results, she says she is holding her own. "I don't notice worsening of symptoms. When I checked with my neurologist, he said I did better on my tests than the previous visit. That's encouraging. Any kind of intense exercise helps to keep us at a low level of symptoms. I aim to do this twice a week."

The other Parkinson's exercises that Jean does are the LSVT BIG therapy. "I do the 'BIG' exercises. It's a series of big movements, stretching exercises. Big arm movements, feet stamping, yelling out the number of repetitions. It's fun, and I see it as a way to limber up for other exercises."

The LSVT BIG therapy helps reinforce muscle memory by having the person concentrate on the movements by doing them in large motions.

"I think of this illness as a short-circuit of the brain," Jean explains. "The communication between the brain and the physical abilities is sometimes disrupted. Any exercise that makes

you think or emphasizes doing certain types of motion is helpful."

Jean isn't completely retired. She has her "fun retirement part-time job" with the Virginia Tourism Authority at the Welcome Center on Interstate 64 giving area advice to visitors. "After living here my whole life and my career taking me around the state, I consider myself an expert on Virginia."

She says retirement means she is busier than ever. "My husband and I do a fair amount of travelling. Our kids live in New York and California, so we visit them often. We've seen a lot of the country, but there are still places we want to travel. We do hiking in the National Parks. We went to the Grand Canyon and hiked to the bottom and spent the night then hiked back up."

Jean Petkofsky doesn't have time to slow down, and Parkinson's disease is in for a fight from her. "Growing up a girl, I didn't learn about boxing. That's why it's outside-the-box for me to take this up. I think of it like yoga, but noisy. I like the yelling and chatting and encouraging each other. It's fun to punch and fight back." NDN

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Corey Miller Photography

His New Hometown

By Greg Lilly, Editor

Andrew Trivette, the Assistant City Manager for the city of Williamsburg, didn't start out with his eye on working in local government. He was involved with science fairs. "When I was in elementary school, I had a teacher that said I should do something for the science fair. The process of developing a hypothesis then testing the hypothesis for a conclusion was really interesting to me. I really got into science fairs during elementary school. In high school, I started doing a science project every year on Olin-Mathieson in Saltville, Virginia. It's a fascinating, historical company town

embroiled in a heated discussion about EPA regulations versus employment. It was fascinating to me in all those aspects. Every year in high school, I did the project and expanded it from the previous year. That triggered my interest in environmental science, which is what I majored in at the University of Virginia."

From growing up in Chilhowie, Virginia, to his years at the University of Virginia, Andrew enjoyed the scientific process. "My first semester at UVA, Albemarle County was looking for interns," Andrew says. "One of the subjects I took as part of my major was

GIS (geographic information system), so I worked as an intern in Albemarle County's GIS department."

That taste whetted his appetite for local government. "My internship turned into a full-time position and moved on from there."

The Albemarle County GIS Department was housed in their Planning Department. "We were all guys in one office, our desks clustered together. That created a very collaborative work environment, but sometimes rowdy. That was my introduction to local government."



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With Andrew's work in the GIS department, he interacted with many of the other county departments and formed a firm base of knowledge of what each department contributed to the whole. "It gave me a good sense of all the things local government does on a daily basis. I realized it was something that fit my interests well."

A few years after graduation, Andrew was still working at Albemarle County. He met his soon-to-be wife, Ali, while at UVA, and she was finishing up her studies. He had made an offer on purchasing a house in Charlottesville. "We got word that the offer was going to be accepted. I told Ali that if I bought that house, there was a good chance we would be the typical UVA grads that never leave Charlottesville. Not a bad thing, but we really didn't have depth of experience."

She wanted to know what depth he was looking for. "We had both spent most of our lives in Virginia, so we wanted to go somewhere completely different geographically." A tropical climate was their choice. Ali suggested Hawaii or Key West.

"I applied for jobs in Hawaii and in Key

West," Andrew says. A job offer came from Hawaii for an environmental compliance position. "But, I couldn't figure out how to get all my stuff to Hawaii," he says with a laugh. "I decided to wait for a job in the Keys, which came. Monroe County offered me a job in their planning department as a planning technician. The county is 106 miles of islands. We lived there for about eight years."

The Florida Keys provided Andrew with a wide range of experiences in government. "Monroe County, Florida is the most regulated county in the country in terms of regulations applied by the state and federal governments." Juggling the many regulations to keep the Keys environmentally healthy, the locals productive and content, while keeping the tourists coming back, taught Andrew about being responsive in local government. "It's difficult to be responsive with so many layers of bureaucracy on what you can and can't do to help a citizen. I really took it on myself to expedite the process so our customers didn't feel the frustration that we sometimes felt as employees."

He moved up the ladder quickly in Mon-

roe County, promoted seven times in as many years. "I ended up as the third position in the county, which is the Growth Management Division Director. I oversaw a multitude of the county departments and most of the special projects, including legislative affairs, which took me to Tallahassee and Washington, D.C. on a regular basis."

Working there, Andrew and Ali seemed to be travelling a lot for business and for family visits. "We were on a plane flying back to the Keys from a family holiday back in Southwest Virginia, leaving from Tri-Cities Airport," Andrew describes. "I turned to Ali and said I was eager to get home." The statement startled them both because they hadn't really thought of Key West as "home." On the flight back, they had a long talk about if Key West would be their home. "By the time we landed, we had decided that what was best for us as a family would be to get closer to our family in Virginia. At that point we started looking for positions to get us closer to Virginia."

Bristol, Virginia had lost its planning director. Bristol is just half an hour south of Chilhowie, Virginia. "It was rare for a job to open

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- Ginter Botanical Garden’s Nancy Ross Hugo - “Windowsill Flower Arrangements”
- U.T.’s Ornamental Horticulture Specialist Carol Reese - “Using Plants for Artistic Impact”
- New York Artist Denise Amses - “The Cultural Impact of Public Art”
- Gardener’s Workshop, Lisa Ziegler – “Growing a Summer of Bouquets”

Saturday, May 6, 9:00 a.m. – 4:00 p.m. \$86 (Buy Both Days for \$160)

- Be inspired by the exhibition of “Trend Meets Tradition” Tablescape Designs created by area florists, garden centers, garden clubs, interior designers and civic clubs who are competing for prizes donated by Colonial Williamsburg Products Division.
- Plus - Tour 10 private cottage gardens plus select kitchens in Historic Yorktown on Nelson, Church, Bacon and Smith Streets. Hear Jim Orband on Shade Gardening at 11:00.



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that close to Chilhowie, so I applied and was hired. We moved to Abingdon for a year and then to Bristol.” He became the Economic Development Director and then the Community & Economic Development Director and then the Assistant City Manager. “My role expanded quickly during my term there. It was an exciting place to work.”

One of the surprising aspects about Bristol, that Andrew discovered, was that it was a tourism destination. “I found that the largest financial revenue for the city wasn’t property taxes, but the tourism income from sales tax, meals tax and lodging tax. That really told me that what we had to work with was a strong tourism base. That’s how we focused our economic development efforts.”

Then he heard about the assistant city manager position open in Williamsburg. “Williamsburg is one of those rare positions for a local government official’s career. It’s a position that you just can’t miss. Williamsburg has an unmatched reputation, not just in the state, but nationally.”

Here since August, Andrew has found his responsibilities very different than he had as

Bristol’s assistant city manager. “In Bristol, I had a very defined structure of what I was responsible for, certain departments assigned to me. Here in Williamsburg, the city manager, Marvin Collins, likes a shared management philosophy. We don’t have a split of departments. I am a duplicate of his effort. A department head can come see me as they would come see him to get a question answered. It’s much more co-management.”

He explains that his number one priority in a work environment is to be treated as a colleague. “While Marvin is my supervisor, we respect each other professionally for the strengths and weaknesses that we both have. We do an excellent match in that regard.” Their complementary skills and traits work well together.

He has great admiration his fellow city workers. “I have worked for several local governments, and in those roles, I have encountered just about every type of government employee that there is. In Williamsburg, I’m truly surprised at the level of professionalism in this organization, from top management all the way down. You don’t see this every-

where. That’s a testament to the people who have been here for a long time. It’s a testament to Marvin for carrying that professionalism forward. That’s something that the citizens should appreciate. Those that have lived in Williamsburg for a long time may take those types and qualities of service for granted. Coming from other communities like Bristol, Monroe County, even Albemarle County, I can see the differences in service here. The customer service offered here in the building and out on the street by our officers is unparalleled.”

Andrew Trivette applies his scientific curiosity to government processes. He likes to identify a process that may need improvement, make a plan, test his assumption and then implement the new and improved process. “Here, because things have been run so well, that’s more of a challenge to find those processes. But, yes, I’m a big process guy. I like the process to control the outcome so it is predictable. I want to control the variables.” He’s happy to be on the city of Williamsburg’s team and looks forward to getting to know the community. NDN

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Hey Neighbor!

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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! BIKES OUT OF HIBERNATION

April 1, 2017

Come join Williamsburg Area Bicyclists (WAB) along with James City County Parks and Recreation for this free event at Chickahominy Riverfront Park from 9 am – 2 pm (rain date April 8). Free safety inspections of bikes including pumping up tires, checking chains, brakes/shifting, and minor adjustments. Departing on the hour, every hour, from 10 am-1 pm, experienced Ride Leaders from WAB will guide riders along the Virginia Capital Trail. These rides will vary in distances between 2 - 15 miles to please all abilities. Participants are required to wear helmets. Please email information@wabonline.org with any questions.

Hey Neighbor! WILLIAMSBURG SYMPHONY ORCHESTRA LEAGUE CONCERT AND FUNDRAISER

April 1, 2017

Tiffany Haas of Broadway 'Wicked' fame will bring her spotlight performance to the Williamsburg Symphony Orchestra League's spring dinner concert fundraiser-a performance certain to become the highlight of the spring in Williamsburg. After the performance and an elegant 3 course elegant dinner, the evening will con-

clude with a 50/50 raffle drawing, live auction and paddle raise. Funds raised will benefit the Symphony's primary purpose of providing Williamsburg area children access to musical education beyond the classroom, as well as the excellent orchestral musical performances that enhance our community's quality of life. Tickets are \$110/person. Raffle tickets are \$5 each or 5 for \$20. At Two Rivers Country Club. Reservations required by March 24, 2017. For reservations contact Marie Knuettel at marieknuettel@gmail.com or 757-259-2313. Details also available at <http://www.williamsbugsymphony.org/support/League/#specialevents>

Hey Neighbor! A WALK IN THE HABITAT

April 2, 2017

2-3 pm. Look for signs of spring in the native plant garden at Stonehouse Elementary School, 3651 Rochambeau Drive (Route 30) in Toano. Va. Habitat Caretaker Sue Voigt will search for early blooms on the small trees, shrubs and wildflowers and a few early butterflies feeding on nectar. Contact Sue for more information (svoigt1@cox.net; 804-966-8487, or cell 804-815-6085) Sponsored by the John Clayton Chapter, Virginia Native Plant Society. All walks are free and open to the public.

Hey Neighbor! CANCER SUPPORT GROUP

April 3, 7-8:30 PM, April 17 7-8:30 PM, April 18 1:00-2:30 PM. The Kelly Weinberg Foundation offers support groups for those whose lives have been touched by cancer. Care givers and care receivers are invited to attend any of these monthly meetings at Riverside Doctor's Hospital Williamsburg room A/B. Light snacks, tea and coffee, mindfulness activities and conversation provide a safe and warm environment where questions get asked, feelings get shared and peer support is given. Groups are led by trained volunteer facilitators. For more information contact Bridget Weinberg at 757 250 3220 or bridget@kellyweinbergfoundation.org. Website is www.kellyweinbergfoundation.org

Hey Neighbor! CHINESE CULTURE SPRING BREAK CAMP

April 3 to 6, 2017

Enroll your kids in the Chinese Culture Spring Break Camp from April 3rd to April 6th at the William & Mary Confucius Institute! Kids ages 6-12 will have the opportunity to enjoy a variety of cultural activities such as Chinese brush painting, Chinese games, martial arts, musical instruments and more! Only eight spots are available. Register online today at

forms.wm.edu/20420

Hey Neighbor! MASTERWORKS SERIES

April 5, 2017

J. S. Bach had a love affair with the Italian style of music and thus created organ works based on Violin Concerti written by Antonio Vivaldi. Come hear how this enchanting music changed Bach's perspective on music and how he was influenced by Vivaldi. You will also hear the stories between Bach and Vivaldi – a fun history lesson led by organist Michael Steven Lianos at Saint Bede Catholic Church, 3686 Ironbound Road. Time: 1:00 p.m. For more information, please call (757) 229-3631 or visit www.bede.va.org/concerts.

Hey Neighbor! EASTER SERVICES

April 14 and 16, 2017

Calvary Chapel Williamsburg would like to invite the community to join us for Good Friday service on April 14th at 7pm and again on April 16th to celebrate Easter Sunday service at 10am. CCW is located at 5535 Old Towne Road (Behind Food Lion). 757-220-8400. Calvarycw.org

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April 15th, 2017

WMCI will be hosting the 2017 World Taiji and Qigong Day from 1:00-5:00 pm. The free demonstrations will take place 1:00-2:15 at Williamsburg Public Library theater, followed by paid workshops in Stryker 127 & 128. Licensed practitioner Brigitte A. Fox hosts informational session on how consciousness and thought patterns affect your state of health and influence your well-being. Guests are welcome to move throughout the environment at their own pace and learn about the wonders of Chinese wellness techniques. Tickets for the workshops are \$5 for W&M faculty, staff, and students, and \$10 for community members. Please bring cash or check to the event.

Hey Neighbor! **THE BEST PERENNIALS FOR TIDEWATER**

April 15, 2017

Freedom Park Interpretive Center, 10am, open to the public. Les Parks, Curator of Herbaceous Plants at the Norfolk Botanical Garden, will share information on growing the best perennials for our area. This event is part of the Learn and Grow Educational Series sponsored by the Williamsburg Botanical Garden. The program is free, although a \$5 donation to help the Garden grow is appreciated. For more information, contact Les by email at les.parks@nbg.org After the program, Master Gardeners will be in the Garden to answer questions and talk about what is in bloom.

Hey Neighbor! **OUTREACH CAR WASH**

April 15, 2017

Calvary Chapel Williamsburg Free Car Wash. Please join us. Get your car washed, have a bite to eat, enjoy some music, all for "FREE" for our community. 10 am to 2pm. C&F Bank, 4780 Longhill Rd. Corner of Longhill and Old Towne Road, across the 7-11. Hosted by Calvary Chapel Williamsburg. For more info call Donnie Vas 757-220-8400

Hey Neighbor! **EASTER EGG EXTRAVAGANZA**

April 15, 2017

Free. With over 10,000 eggs for the hunts, these events are ones to see! Hunts are divided by age and will be held at the Warhill Sports Complex on the baseball fields and at the Abram Frink Jr. Community Center. Also enjoy face painting, refreshments for purchase and more! Bring your Easter basket and camera! Sponsored by James City County Parks & Recreation and Williamsburg Parks & Recreation. In the event of inclement weather, please call the Activities Ho-

line at 259-3232 for any changes in schedules.

Hey Neighbor! **THE TRADOC WINDS FROM THE U.S. ARMY TRAINING AND DOCTRINE COMMAND BAND**

April 21, 2017

The TRADOC Winds will perform "Wind Serenade" by Dvorak, "Homage à l'ami Papageno" and "Mozart, A New Look" by Françaix, and several other works. All are invited to this free concert. Time: 7:00 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! **BREAST BALL GOLF TOURNAMENT**

April 21, 2017

Tee it up for breast health! In its 10th year, the "Breast" Ball is an event unlike any other. Even if you don't play golf, there's opportunities to volunteer and donate prizes to our huge raffle and live auction. With 340+ golfers and volunteers, this tournament occupies all 3 courses and promises to be not just a great day of golf but also a fabulous time for a great cause. To sign up, sponsor or find out more go to www.breastballgolf.com, or call 757-645-2649, ext 6. All questions can be directed to Vicki Vawter at 757-645-2649, ext 6. Come on and play, donate a prize, volunteer, sponsor, or just attend the after party and try to win a prize!

Hey Neighbor! **SPRING PLANT SALE**

April 22, 2017

In the Williamsburg Botanical Garden at Freedom Park from 8 am – 2 pm, open to the public. Rain or Shine! Many wonderful butterfly-friendly perennials and shrubs, deer resistant plants, native perennials and shrubs, evergreen ferns and so much more. You won't want to miss it. Come early for the best selection. Cash, check or credit card accepted. All proceeds benefit the Williamsburg Botanical Garden

Hey Neighbor! **ANNUAL HERB SALE**

April 22, 2017

From 7:00 AM - 3:30 PM at Christopher Newport University adjacent to Freeman Center in Newport News. The Colonial Triangle Unit of the Herb Society will sell many varieties of herbs and will have members available to answer herb-growing questions. Proceeds will fund scholarships in horticulture. For more information contact Veronica Balzer at (757) 463-1753.

Hey Neighbor! **FASHION SHOW AND LUNCHEON**

April 22, 2017

The Soroptimist of Williamsburg club will be hosting its annual fashion show on Saturday, April 22 2017 at the Colonial Heritage Club, 6500 Arthur Hills Drive, in Williamsburg. The event is from 11a.m. -3p.m. Including in the \$40.00 ticket is lunch, a fashion show, a silent auction and raffles. All proceeds go to Soroptimist scholarships and other service projects of the club. For tickets and information, contact Apryl Altman at 757-236-3676 or visit soroptimistwilliamsburg.org.

Hey Neighbor! **SINKHOLE PONDS AND ORCHIDS**

April 22, 2017

10:00 am at the Grafton Ponds area. Join environmental consultant Meegan Wallace to visit Grafton Ponds, which are Virginia's best remaining example of a coastal plain pond complex (about 2 mi round trip to ponds). We will also see showy orchis (*Galearis spectabilis*) in bloom as well as many other spring wildflowers and ferns. From I64, travel east on Fort Eustis Blvd (Va-105), pass Richneck Road on the right, look for a small parking area on the left, marked with VNPS signs. Contact Meegan at clm003@verizon.net to register and for more information. Sponsored by the John Clayton Chapter, Virginia Native Plant Society. All walks are free and open to the public.

Hey Neighbor! **SPRING PLANT SALE**

April 22, 2017

In the Williamsburg Botanical Garden at Freedom Park from 8:00 a.m. to 2:00 p.m., open to the public. Rain or Shine! Many wonderful butterfly-friendly perennials and shrubs, deer resistant plants, native perennials and shrubs, evergreen ferns and so much more. You won't want to miss it. Come early for the best selection. Cash, check or credit card accepted. All proceeds benefit the Williamsburg Botanical Garden.

Hey Neighbor! **A WINE TOUR DE FRANCE FOR AVALON**

April 23, 2017

Each year Avalon helps some 600 members of our community who have experienced domestic or sexual violence, and the requests for shelter and support are increasing. Our main fundraiser will be held April 23 at Le Yaca in Williamsburg. In its first year, A Wine Tour de France for Avalon,

was a solid success. In our second year of the event, which will be held Sunday, April 23, 2017 4-6 p.m. at Le Yaca at High Street in Williamsburg, the event will help raise funds to continue to provide critical services to our neighbors most in need. Purchase tickets at www.avaloncenter.org.

Hey Neighbor! **THE WILLIAMSBURG SYMPHONY ORCHESTRA PRESENTS HIDDEN GEM**

April 25 & 26, 2017

Kimball Theatre, 428 W Duke of Gloucester St., at 8 p.m. The Williamsburg Symphony Orchestra presents Hidden Gem, its fourth Masterworks concert of the 2016-2017 season. The program opens with Verdi's Overture to "La Forza del Destino" and includes symphonies by Mozart and Nielsen. Conducted by Music Director Janna Hymes, now in her 13th season at the podium. For Tickets call 757-229-9857.

Hey Neighbor! **WOMAN'S CLUB WELCOMES PROSPECTIVE MEMBERS**

April 26, 2017

Women interested in finding out more about The Woman's Club of Williamsburg-GFWC are welcome to attend our April meeting to meet us and learn more! We meet April 26, 11:15 a.m.-1:30 p.m., at the Colonial Heritage Club House, 6500 Arthur Hills Dr., in Williamsburg. The meeting includes lunch (\$15) and a presentation by invited speaker Shelly Carpenter of Pariser Dermatology talking about various types of skin cancer and methods of prevention. To attend, please email us at 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! **SPRING TEA**

April 26, 2017

The Heritage Humane Society Auxiliary invites you to join us for our first annual "Spring Tea" featuring our guest speaker, USAF Veteran, Renee Champagne and her service dog "Miley", (adopted from HHS). All proceeds will benefit the homeless animals at our shelter. Carrot Tree Restaurant and Bakery in the Colony Square Shops (Jamestown Road). Wednesday, April 26th (either 4PM-5:30 or 6PM-7:30). Reservations and Payment: [44](http://www.heritagehumane-</p></div><div data-bbox=)

society.org) before April 12th. Cost: \$30 (includes an \$18 donation, tea and savory and sweet refreshments). Contact Lynne Christensen, HHS Auxiliary President, lynnechris@cox.net, with any questions.

Hey Neighbor! FOODAPALOOZA

April 28, 2017

Williamsburg Area Meals on Wheels, a 501(c) (3) nonprofit organization, is devoted to making a difference in the community by feeding those with a physical or mental impairment who are unable to prepare their own hot nutritious meal. We provide the highest quality nutrition that benefits the overall well-being of residents living in the City of Williamsburg, James City County and the Bruton District of York County. We ask that you consider supporting our benefit with a monetary donation to our Signature Fundraiser, "Foodapalooza – A Festival of Taste", to be held on Friday, April 28, 2017 at The Williamsburg Winery. Our goal of \$50,000 will support the ever-growing need in our community to feed individuals who would otherwise go hungry. In our 43 years, we have never turned anyone away because they were unable to pay nor has anyone been placed on a waiting list. Your donation will be acknowledged in our program book and on our website. Our organization relies on support of generous donors like you. Your donation will contribute to our future success and help us continue to "KEEP OUR WHEELS TURNING".

Hey Neighbor! PHYLLIS VARNER MEMORIAL SCHOLARSHIP FOR HIGH SCHOOL GIRLS

April 28, 2017

The Williamsburg Women's Chorus (WWC) offers two annual scholarships of \$300 each to Williamsburg Area young women entering grades 9 –12 for the 2017-2018 school year. Each scholarship provides financial as-

sistance for voice lessons. Interested students may apply online via the WWC website: <http://williamsburg-womenschorus.org/scholarship.html>. The deadline for receipt of applications is midnight, April 28, 2017. The scholarship winner will be announced in May, and funds will be awarded at the beginning of the 2017-2018 school year.

Hey Neighbor! THE WILLIAMSBURG SYMPHONY ORCHESTRA PRESENTS CARNIVAL OF THE ANIMALS

April 29, 2017

Williamsburg Community Chapel, 3899 John Tyler Hwy, at 3 p.m. The Williamsburg Symphony Orchestra presents Carnival of the Animals, A Family Concert with Janna Hymes, Conductor. A variety of animal-themed musical pieces will enchant the audience with artist Bob Oller and dancers from Virginia Regional Ballet interpreting the music. A whimsical classic written over 150 years ago, Carnival of the Animals includes 14 movements representing different animals, including a lion, donkey, and elephant, as well as fossils, an aquarium and an aviary. The music will also be accompanied by the poems of Ogden Nash narrated by Elisabeth Reiss. Tickets available at www.williamsburgsymphony.tix.com

Hey Neighbor! WALK MS – WILLIAMSBURG FUNDRAISER

April 29, 2017

The National Multiple Sclerosis Society will be hosting the annual Walk MS charity walk in Williamsburg on Saturday, April 29th, at Colonial Heritage, 6500 Arthur Hills Dr., Williamsburg, VA 23188. Check-in and Registration begin at 9:30am with the walk commencing at 10:30am. Route lengths have 1 mile and 5k options and are fully assessable with on-site support from our dedicated volunteers. Register today! WalkMS.org|1-800-344-4867

Hey Neighbor! ANNUAL PLANT SALE

April 29, 2017

The Virginia Cooperative Extension James City County/Williamsburg Master Gardeners are busy planning their annual Plant Sale to be held at the Historic Triangle Community Center, Waller Mill Road, from 9 am - 3 pm. This year we will feature Extension Master Gardener members giving lectures on landscaping, pruning, grow boxes and more. Master Gardeners from the Extension Help Desk will be available to answer gardening questions. There will be a large assortment of annuals, perennials, herbs and vegetables for purchase. All proceeds raised help support over 15 Extension Master Gardener projects throughout the James City County and City of Williamsburg communities.

Hey Neighbor! ANNUAL NATIVE PLANT SALE

April 29, 2017

The John Clayton Chapter of the Virginia Native Plant Society will be offering over 150 species of native perennials, shrubs, trees, ferns, and vines on Saturday, April 29, 2017 from 10 a.m. to 2 p.m. at the Williamsburg Community Building [opposite the Williamsburg Library], 401 North Boundary Street, Williamsburg, VA. Come early for the best selection of native plants to attract butterflies and bees and to survive in shade to sun conditions. Sales by check or cash only. All proceeds benefit local and regional projects and youth scholarships for attending Nature Camp in Vesuvius, VA.

Hey Neighbor! VFW POST 4639 15TH ANNUAL GOLF TOURNAMENT

April 29, 2017

At Kiskiack Golf Course, Williamsburg, VA. 8:00 AM to 2:00 PM (EDT) Kiskiack Golf Club - 8104 Club Drive, Williamsburg, VA 23188 Golf with local heroes and help raise

funds for your community! The 16th annual VFW post 4639 18 Hole Golf Scramble will be held at the beautiful Kiskiack Golf Course in historic Williamsburg. Join our 71 year old post as we enjoy the weather, and have fun on the greens! Everyone is welcome! \$65 per person provides you 18 holes of golf, breakfast, box lunch, cart and green fees! Grab a 4 person team for only \$260! All proceeds are go to support veterans in the Williamsburg area and are tax deductible. Please contact: VFW Post 4639, PO Box 1236, Williamsburg, VA 23187, 757-258-9892. Purchase your Tickets online as well! Just Search VFW Post 4639 on Eventbrite.com

Hey Neighbor! THE MOVEMENT DANCE COMPANY PRESENTS "MENTAL"

April 29, 2017

At 7:30 pm at Kimball Theatre. Opening performance by Christian Grech. Tickets are \$10 for adults, free for students and are available through the Kimball Theatre box office. Institute for Dance, Inc. is a 501(c)(3) non-profit organization. For more information, visit www.institutefordance.org or call (757) 229-1717. This production is recommended for audience members age 13 and above.

Hey Neighbor! P. BUCKLEY MOSS

May 3, 2017

The Williamsburg Chapter of the Virginia Tech Alumni Association is hosting noted artist P. Buckley Moss at the Spring Event. Ms. Moss will speak about her life experience of struggling with dyslexia and finding success through her art. Her artwork will be available for purchase. Heavy hors d'oeuvres and wine will be served. Time and location: 6:30 pm at Kingspoint Clubhouse, 119 Northpoint Drive. \$20 per person/\$ 35 per couple. RSVP by May 1, vtcommish@gmail.com, 757-258-4510.

BREAST BALL GOLF TOURNAMENT

April 21, 2017

Tee it up for breast health! In its 10th year, the "Breast" Ball is an event unlike any other. Even if you don't play golf, there's opportunities to volunteer and donate prizes to our huge raffle and live auction. With 340+ golfers and volunteers, this tournament occupies all 3 courses and promises to be not just a great day of golf but also a fabulous time for a great cause.

To signup, sponsor or find out more go to www.breastballgolf.com. All questions can be directed to Vicki Vawter at 757-645-2649, ext 6. Come on and play, donate a prize, volunteer, sponsor, or just attend the after party and try to win a prize!

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Hey Neighbor! WOMEN'S WELLNESS WEEKEND

May 5-7, 2017

Join us at Jamestown 4-H Educational Center and treat yourself to a weekend designed for women ages 18 and better. Enjoy wellness workshops led by professional speakers in their respective fields. We take care of everything so you can enjoy a weekend of playing, laughing and learning with old and new friends. Join us on Friday, May 5 - Sunday, May 7, 2017. Arrival is between 6-8pm and departure is on Sunday at 1:00PM. Guests stay in our renovated lodge with rustic charm. \$130/person for full weekend or \$65 for Saturday only. Bring your friends! Financial assistance is available. Call for more information 757-253-4931 or www.jamestown4hcenter.org to register.

Hey Neighbor! WILLIAMSBURG TOT TROT 1K

May 6, 2017

Historic Area (Palace Green) 8:30-11 am; Second annual fun run/walk for children ages 6 and under. Registration of \$15 includes a participant t-shirt and other goodies. Families and siblings over 6 years of age are welcome to participate but will not receive a participant t-shirt or race packet. The event begins promptly at 9:10 am. Afterwards, W&M's Griffin will lead a parade of children to the William & Mary Bookstore where they will enjoy drinks, snacks and story time. Registration proceeds benefit WCCC, an independently operated 501c3 located on the campus of William & Mary serving families and children ages six weeks to five years. For additional information and registration details: <http://www.williamsburgcampuschildcare.org/>

Hey Neighbor! SPRING PLANT WALKS

May 6, 2017

Spring Flowers. 10:00 am, in Newport News Park. Peninsula Master Naturalist Susie Yager will lead a walk through this lakeside woodland area to see Pink Lady's-Slipper Orchid, Partridgeberry, Yellow Star-Grass, Putty-Root Orchid, Pickerelweed, and numerous other spring flowers as well as several ferns. Meet at Newport News Park's Discovery Center, Constitution Way. Use the NNPark entrance at Constitution. The round-trip walk will be about 2 miles. The Discovery Center has restrooms. Contact Susie Yager to register at soozigus@cox.net.

Hey Neighbor!

COLONIAL WILLIAMSBURG EMPLOYEES ARTS AND CRAFTS SHOW

May 6 & 7, 2017

Colonial Williamsburg Foundation employees, volunteers and retirees will once again combine their time and talents for their annual Spring Arts and Crafts Show Saturday, May 6 and Sunday, May 7 from 10am to 5pm. This year 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. Since 1983, the Colonial Williamsburg Employee Arts and Crafts Show has been held as a widely regarded as one of the best local craft shows. Employees, volunteers and retirees come from all divisions of the Colonial Williamsburg Foundation to share their voluminous talents and passions outside of their jobs with the public in this very special show and sale.

Hey Neighbor! JAMESTOWN SETTLEMENT & AMERICAN REVOLUTION AT YORKTOWN

May 13, 2017

Jamestown Day, a jointly sponsored event at Jamestown Settlement & Historic Jamestowne – Mark the 410th anniversary of the 1607 founding of Jamestown, America's first permanent English colony. Discover Jamestown's legacy through interpretive programs on Powhatan Indian and English interactions, archaeology, military and maritime displays, and traditional music and entertainment. Jamestown Settlement is located on Route 31 South of Williamsburg; Historic Jamestowne is located at the 1368 Colonial Parkway on Jamestown Island. For information about Historic Jamestowne, call (757) 229-4997 or (757) 898-2410 or visit www.historic-jamestowne.org or www.nps.gov/colo. For information about Jamestown Settlement, call (888) 593-4682 toll-free or visit www.historyisfun.org.

Hey Neighbor! THE EARTH SINGS!

May 16, 2017

Presented by Walnut Hills Baptist Church, 7:30 PM, 1014 Jamestown Road, Williamsburg. The Williamsburg Women's Chorus spring concert will feature music about nature and the abundance of our world. Composers will include Claude Debussy, Cecilia McDowall, Eleanor Daley, Libby Larsen, Dan Forrest, and Z. Randall Stroope. The Choraliers will perform an engaging set of Elizabethan Songs and the Williamsburg Youth Choral will again join the Women's Chorus, concluding the concert together with

a newly-composed piece by Virginia Beach resident John Dixon with text by local poet Angier Brock. Tickets are \$15 for adults and are available online at www.williamsburgwomenschorus.org

Hey Neighbor! THE SENSITIVE JOURNEY

May 20, 2017

King of Glory Lutheran Church, 4897 Longhill Road, Williamsburg, will once again host an event for the community to assist in end of life planning. Hard questions can be addressed with clear answers in a friendly atmosphere. Why do I need a Power of Attorney? Who chooses what happens to my personal property? Take advantage of hearing over 10 local businesses speak about these issues and more at 10:00 am. Visit tables with information for you to take. Understand your rights & responsibilities. This event is free. No reservations necessary. Just come between 9 am & 12 pm. For a list of businesses, check the website www.kogva.com Questions? Call Event Chair, Karen Peifer 757.817.1040

Hey Neighbor! GOSPEL SING

May 20, 2017

We are the Buffalo Boyz MC.1 of Williamsburg. We are hosting a gospel in the park from 10 am – 7 pm. Rain date May 27. Location is Grove community playground, 111 Grove Heights Avenue, Williamsburg 23185. Entertainment. Food and fun. Tickets \$5 for adults, \$2 for children (12 years old and under). Register to express your talents in singing, dance, poetry, storytelling, etc. Contact: C. Johnson 757-570-4049 or T. Lee 757-291-5911. Vendors welcome for fee.

Hey Neighbor! HIGH FIBER FESTIVAL

May 20, 2017

The High Fiber Festival will have vendors coming from all over Virginia and North Carolina. It is a charitable event. All proceeds will be given away to our local charities. For more information see Hickoryneck.org/Outreach and www.highfiberfestival.com.

Hey Neighbor! VOLUNTEERS NEEDED

Ongoing

National Historical Park (consisting of the National Park Service at Historic Jamestowne and Yorktown Battlefield) continues its mission, preserving and protecting the interests of the public since 1930. The Park operates two visitor centers and several historic homes. However, like all national parks, Colonial relies heavily on volunteers. Perhaps a sign of the times,

but volunteerism is not as prevalent as it once was. But, you have a chance to change that trend at Colonial. A need exists for regular volunteers four hours a day, one day a week, orienting visitors to the park and the area. We also need volunteers to conduct tours for the public and operate historic homes. There is something for everyone. So, consider becoming a steward of your wonderful national parks, and begin at Colonial National Historical Park, (Historic Jamestowne or Yorktown Battlefield) by contacting Mike Byrd at 757-898-2422. Come make a difference!

Hey Neighbor! NORGE DEPOT MUSEUM

Ongoing

At the JCC Library, 7770 Croaker Rd, Norge. The Depot is open from 10 to noon on Saturdays and 2 to 4 on Sundays. See railroad and local historical exhibits including artifacts, photographs, and clothing. A model railroad layout is running and a wooden railroad is available for children. Take their picture with our caboose! Free, but donations appreciated. More details at norgedepot.org.

Hey Neighbor! CLASSES AT THE WILLIAMSBURG LEARNING TREE

Ongoing through June

The Williamsburg Learning Tree (formerly "WALT") has a great lineup of classes for adults and teens for this Spring and Summer. Our instructors are sharing their knowledge, expertise and passion for a huge range of fun, inspirational and educational courses – Health & Wellness – Arts, Gardening & Cooking – Lifestyles, Music & Fun – Finance & Real Estate – Self-Improvement, Languages & Learning. Classes are held at local locations, at convenient times, and for very reasonable fees. Come browse our online catalog at www.WilliamsburgLearningTree.org. You can sign up and pay online. Or give us a call at 757-220-9975 to pay by phone, request a paper copy of the current catalog, or just to ask questions and chat. We'd love to hear from you.

Hey Neighbor! GROVE, VA FACEBOOK PAGE

Ongoing

Come check out the new Grove Community Facebook Page. If you are part of our small part of Williamsburg or have an interest in the success of Grove, please join the group! This discussion page is a great spot to share information, work together to solve common issues and foster our sense of community. <https://www.facebook.com/groups/grovecommunity>

Williamsburg's
IN THE
NEIGHBORHOOD
photo challenge

**James River
Equipment**

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

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