

October 2017

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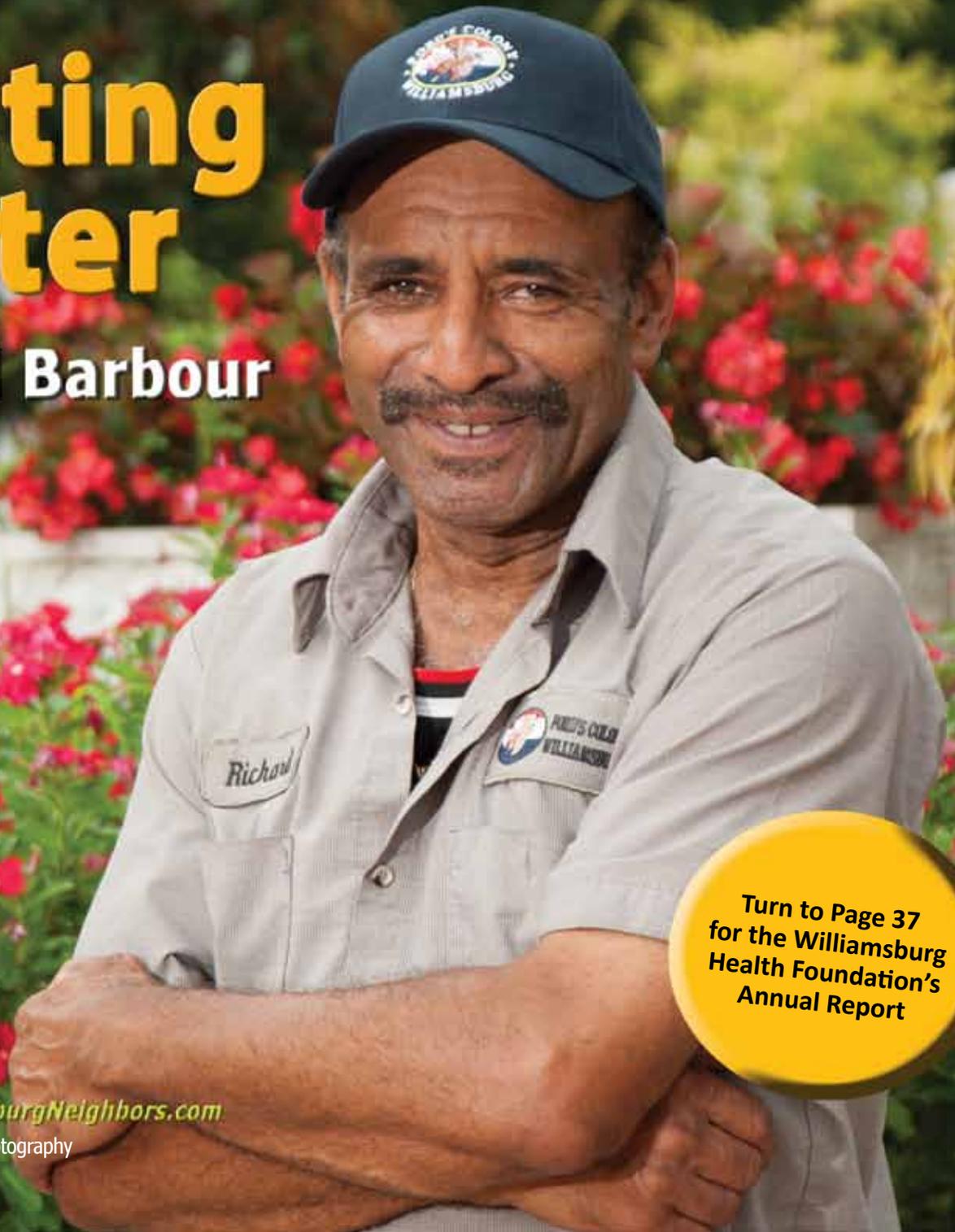
VO. 11, ISSUE 10

PRICELESS

Discovering the people who call Williamsburg home

Getting Better

Richard Barbour



Turn to Page 37
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On any given day, it may take a bit of effort to stay positive and remember to put others before ourselves. When you read about the people we interviewed for this month's magazine, you will appreciate their persistent, positive attitude. Their fire and energy in the face of adversity is inspiring, to say the least.



Meredith Collins, Publisher

I've always wondered how I will respond if I ever have to face daunting health issues. I can only hope that I will be half as courageous as these remarkable people.

I spent a little extra time looking at the photos accompanying the stories in this issue; the bright eyes and broad smiles indicate clearly that they refuse to let their setbacks get them down. What is also evident in each story is their enormous generosity of spirit, their willingness to look beyond their own difficulties to help others who are facing similar trials. These are admirable neighbors and we are fortunate to have them live in our community and share their stories with us. NDN

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A Special Man

By Linda Landreth Phelps

“I never imagined anybody would want to write about me,” Richard Barbour says humbly. “I haven’t done anything special.” Anyone who has worked at his side since Richard’s first job as the janitor’s assistant in his high school would disagree. They’d say that Richard is kind, congenial, and has a work ethic that just won’t quit. They would also agree that such qualities are pretty special today.

Richard, 59, presently holds a job in main-

tenance that began at Ford’s Colony in 1999. For years before that, he was a member of the labor force that created the community’s golf courses. He then worked at the country club’s restaurant until he earned his position as a custodian for the Swim & Tennis Club (S&T) and other areas in the Colony. Richard’s current responsibilities include maintaining both the S&T pool and courts, Westbury Park’s pool on the opposite side of the large subdivi-

sion, both playground areas, plus the Eagle’s Cliff condominium grounds.

A typical day starts with his 5:30 a.m. arrival at the clubhouse. He gets there early to make sure everything is clean and prepared for whatever is taking place that day. Out of the 60 different regular activities going on in the Colony, 45 of them take place in the clubhouse; many require specific configurations and setups. Richard has these schedules



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memorized.

“Richard is just the best!” declares Joanne Limric, who teaches an art class for residents on Tuesday mornings. “He’s always got everything set up for us exactly right and on time. He’s got a smile on his face and a kind word for everyone. Even when we knew he wasn’t feeling well, he was determined to do his job and not disappoint anyone.”

In 2015, Richard started having stomach pains that didn’t go away, so he went to the doctor. After testing, he got the news nobody wants to hear. “Sorry, but you have Stage III colon cancer,” they told him.

“I was shocked and scared. I thought I might die, but now I’m grateful to be cancer-free and back to working six or seven days a week,” he says. “That’s my usual schedule, but it took me a while to recover.”

Because he missed so little time on the job, people within the community may not even realize Richard is a cancer survivor. After recovering from surgery to remove part of his colon, he worked right through chemo treatments, only taking a day off for the actual infusions.

Richard says he was overwhelmed by all of the support he was shown during that tough time, both at work and at home. “Everyone was so kind. Charles, my brother, who lives near me, cooked meals and carried me to all my appointments, and his wife, Crystal, took real good care of me. My fiancée, Donna Thornton, gave moral support and kept my spirits up while I was being treated.”

When he came back to work, his supervisor assigned a younger employee, Chea Lemus, to assist Richard in the heavier tasks until he regained his full strength. There are some lingering side effects that he still deals with, among them numbness and tingling in his hands and decreased circulation. “My hands and feet stay cold,” he says. “I wear gloves most of the time, so I just deal with it.”

His illness brought another change as well. Richard says, “I used to love pedaling in any weather, but I swapped my bicycle for a moped. Even in a snowstorm or on icy roads, I’d get on my bike and just pedal my way through it to get to work. I was awarded ‘Employee of the Month’ for that a while ago,” he says with a smile and a glimmer of pride, as close to boasting as this modest man comes when talking about himself.

Richard’s always been a hard worker. As one of 11 siblings growing up in Charles City County, they rallied a team effort to keep the family fed and warm. “We chopped wood to heat the house and cook, and had a big garden, too,” he recalls. He remembers summer canning season as being unbearably hot, with the kitchen stove roaring nonstop and steam from boiling water adding to the usual Tidewater humidity. “We didn’t have indoor plumbing, so all the water had to be carried in from the well.”

Richard has fond memories of his mother’s cooking. “In my mind, I can still taste her cornbread with cracklin’ in it!” he says nostalgically. “My parents were the very best. I don’t know how they kept all us children fed and clothed, but they did.” The family has grown, and when they have their next reunion, upwards of 70 relatives will be expected.

Before he got sick, Richard had the urge to finish something he felt he’d left undone. In high school he’d needed an appendectomy, and



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while recuperating fell behind and lost his momentum to graduate. "I went to work at the Williamsburg Pottery and that was that," Richard says now. "I've always worked one or two jobs, sometimes three at a time, since then."

Despite all his labors, Richard hasn't found it easy to afford living in Williamsburg. "I've stayed in 18 different places since I've been here" he says. "Over the years I've lived in apartments, trailer parks, campgrounds and motels." Every time he would get ahead enough to feel secure in his housing, something would happen and force him to move on. He never lost hope that things would get better, and gradually determined to do something that might make a difference, something he'd wanted to do for 40 years.

"Richard was interested in getting his high school diploma, so some of his friends helped him get set up with an online GED program," says Chris Schwenker, recently retired from his position as Activities and Recreation Manager at Ford's Colony and Richard's supervisor at

the time. "He'd bring his laptop to work since he doesn't have internet access where he lives. He'd clock out and jump on our free public Wi-Fi, do his school work, then clock back in. That's Richard in a nutshell: honest."

"I felt really good once I had that certificate in my hand," Richard remembers with a big smile. "I did it!"

As Chris tells it, he and Richard actually ran the Swim and Tennis Club together. "I couldn't have done it without him," he says. Richard was always proactive about the maintenance needed to keep the place in top shape. "We have a regular inspection by the facilities committee, and he'd ask me when they were coming. Once I told him the date, he'd get busy with a paintbrush and make sure none of the railings looked worn and everything was absolutely perfect. I always said if we had ten more Richards, we could fire twenty people!" Chris jokes.

In his leisure time, brief as that is, Richard has hobbies. "I've been a big Dallas Cowboys fan for twenty years," he says with enthusiasm.

"I can't wait for football season to start!" He also owns an extensive baseball card collection that provides hours of enjoyment.

"I like music, too," Richard says. "I listen to all kinds on my iPod, just about everything except classical; I can't do classical!" he admits with a laugh. His favorites are gospel and R&B.

Richard's back to his old self again, and can be seen on the job almost every day, smiling, chatting, sharing a kind word. He scoots around Ford's Colony on his moped, keeping a close, critical eye on his domain. He works hard and takes great pride in the result.

"Richard treats that place like it was his own home," his old boss recalls. After all these years, it feels like home to him, and his colleagues seem more like family.

"I still don't know why you picked me to write about," Richard says. "I've had a simple life and really haven't done anything special." The answer isn't complicated at all, Richard.

It's the way you've lived that simple life that makes you special. NDN



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Chasing the Silver Lining

By Laura Lane

It's not uncommon for 72-year-old Denis Pelley to ride at least 100 miles a week on his bike. Upon meeting this fit, upbeat cyclist, you probably wouldn't suspect that his life has been anything but an easy ride.

Originally from Peabody, Massachusetts, Denis and his wife, Kaye, dated in high school before brief marriages to other people. They found their way back to each other 45 years ago. They have three children, Denis's daughter, Jennifer, and Kaye's son, Stephen, and daughter, Tracy, and later, six grandchildren.

With a Bachelor's Degree in Business Administration from Salem State University and a Master's Degree in Industrial Relations from Loyola University Chicago, Denis spent 37 years as a civilian personnel officer with the U.S. Air Force. When he was transferred to Langley in 1996, the Pelleys spent two years in Hampton before settling in Williamsburg.

In 2001, Denis was diagnosed with melanoma on his back, early enough for surgical removal without further treatment. "That got me

thinking," Denis says, "maybe this is a wake-up call to spend more time not working." So in 2003, he retired earlier than planned. "I was only 58 and loved my job," he says. "But we just decided, 'We've got to start living.'"

In his newfound free time, Denis became an enthusiastic long-distance runner, tackling

marathons and training for more. Unfortunately, that all stopped abruptly Thanksgiving weekend of 2004, when Denis was mugged.

Having spent the holiday with their children in Massachusetts, Denis and Kaye were preparing to drive home when Denis's mother was admitted to a hospital a couple of hours away. So,



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he drove there while Kaye flew home to return to work. One evening at his hotel, after being directed through a side door by an apparent employee, he was attacked. Police were never able to apprehend the perpetrator, though they suspected that the cash-only theft was drug related.

With vague symptoms and no memory of the interaction, it took days and two hospital visits before Denis was diagnosed with a traumatic brain injury. Finally, after he had repeatedly lost consciousness, a CT scan revealed his fractured skull along with brain bleeding and swelling.

"I slept for the month of December," Denis says. Unable to drive, he was also left with difficulty finding words, maintaining balance, and controlling his emotions. "For years, I couldn't sit with my back towards the door at a restaurant," Denis says. He permanently lost his sense of smell and still has lingering memory issues.

It took a year for Denis to regain most normal functions, but he struggled to find joy. "I just looked out the window all day, feeling sorry for myself, wondering what had happened to me," he says. As it turned out, he didn't have to

look far to get back on track.

A strong motivator for Denis and Kaye at the time was their 14-year-old granddaughter, Chelsea, who they raised from age six. "Our daughter, Tracy, was having personal issues," says Denis. "But the good side of that is we got to bring up this wonderful child. It was challenging but a delightful experience that we would never change." The Pelleys ultimately lost Tracy in 2007. She died at age 38. "It was Chelsea that gave us reason to get up every morning, smile and try to enjoy life," Denis says.

For her sake, he adopted a positive outlook and even returned to the thrill of running, but eventually encountered another roadblock. "I had terrible pain in my right hip," he says. Warning that running would keep Denis on a fast track to hip replacement, his orthopedist suggested road cycling instead.

Cycling quickly became a passion, and Denis signed up for a century ride in late 2013. Around mile 90 of the 100-mile Tour of Richmond, chest pain and trouble breathing caused him to stop for a rest. He heeded the advice of an EMT who said, "If you were my dad, I'd tell you to go home."

A few days before Christmas, Denis ran into his primary care physician "by pure happenstance" and mentioned his symptoms. The doctor examined him on December 26 and found fluid in his right lung, prompting further testing. Though the results were expected to take several days, Denis's doctor called within several hours. "He said, 'You have a mass in your chest. You need to get to an oncologist and a pulmonologist right away.' I hung up, and like the big tough guy I am, broke down crying," Denis says. "I told Kaye, 'I've got cancer.'"

Though the possibilities included lung cancer and metastasized melanoma, Denis's diagnosis was lymphoma, the best-case scenario. He began treatment immediately with Virginia Oncology Associates (VOA). When the cancer spread to his bones and reached stage IV, the Pelleys prepared for the worst. They sold the home they loved to move to a single-family condominium in Brandon Woods so that Kaye wouldn't have to maintain outdoor upkeep alone. Today Denis jokes, "Unfortunately, I'm still here!"

Indeed he is. After 11 months of chemotherapy and two years of maintenance therapy,

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Denis officially entered remission late last year. He attributes this victory largely to his medical team. "Dr. Booth, Nurse Practitioner Miriam New and the VOA staff saved my life," Denis says. "They got us through it with medical support, but just as importantly, with their positive outlook, enthusiasm, and obvious love for their jobs amid heavy responsibilities. They gave me a sense of normalcy. They've become our friends."

That positivity resonated with Denis. "Regardless of what people suggested, I never felt like I wasn't going to survive. If you give into that, then you're giving up. There's no shame in wanting to give up, there's no shame in being sick," Denis says. "But it's a shame if you don't want to fight."

On this side of his battle, Denis finds inspiration from the late Stuart Scott of ESPN, who said, "You beat cancer by how you live, why you live and the manner in which you live." "That's what I try to do everyday," Denis says. "But I'm a work in progress."

Denis is hesitant about receiving attention. "I'm one of the lucky ones," he says. "I hear other people's stories compared to mine. They're much stronger than me." However, because he humbly recognizes that his unique experiences

and recoveries equip him to empathize with others, he's always looking for opportunities to "make a minor difference in someone's life," even if it's just smiling or asking how someone's day is going. "Maybe it makes them feel good for a minute," Denis says.

He knows firsthand the value of an encouraging word. Initially skeptical when his nurse navigator suggested a cancer support group to ease his depression, Denis joined not one, but two groups through the Kelly Weinberg Foundation and Williamsburg Community Chapel. Two years later, he can't imagine not going.

"The idea is to help each other through today and tomorrow," Denis says. Beyond meetings, he often shares contact information, rides to meetings, and a listening ear with fellow members. "I get so much from them, listening to their struggles and trying to contribute. I'm always glad I went." Even as the groups recently grieved the loss of Denis's friends Declan and John, he says, "We're better people because we knew them."

Support is also offered for caregivers, who Denis calls "the unrecognized heroes of these illnesses." "Kaye waited on me and watched me get sick, but nobody said to her, 'How are

you? Can I come sit with Denis today?' It's important to me that more is made of that. Let's turn to the caregiver, encourage them and offer help," Denis says.

Today, with Williamsburg Area Bicyclists and other local groups, Denis typically rides 25 to 40 miles several times a week. Looking forward, he hopes to make a comeback with another century ride. But more importantly, he moves on with a different perspective.

"Before I got sick, I went through life like most people...caught up in the humdrum, going 100 miles per hour," Denis says. "I've been fortunate to face these challenges because I'm trying to let them make me a better person. What matters now is not what mattered before."

To Denis Pelley, what matters are the simple things. "I don't want to be remembered as this 'great guy,'" he says. "I just want people to say, yeah, he was a good guy. Just a good guy." NDN

The Kelly Weinberg Foundation support group meets the first and third Mondays of each month at 7 p.m. at Riverside Doctors' Hospital. The Cancer Support Group Ministry at Williamsburg Community Chapel meets every second and fourth Thursday at 6:30 p.m.

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SUSAN WILSON



Counting Her Blessings

By Ben Mackin

Lisa W. Cumming Photography

As Susan Wilson goes through the pictures on her iPad, the glow from the device lights up her face. “I think I might have deleted it already,” she says disappointedly as she continues to run her index finger across the screen. She looks for a particular picture that was taken while she was in the throes of chemotherapy. She begins to describe what led up to the photo, “I lost my hair last year, I went completely

bald. I think it was last September, and it was just coming out after all these years in chemo and it was clogging the drains. So, finally one evening, I just started pulling it out. It didn’t hurt and I just kept going until it all came out.”

Midway through her story she finds the picture she is looking for. Holding up her tablet proudly she reveals a shot of her grinning from ear to ear with no sign of hair on her head. In

that picture, she is holding up another photo of her infant granddaughter who was the spitting image of her grandmother, huge grin, no hair.

Susan between giggles asks, “Isn’t that a great picture? I just love it. It’s my favorite picture of me being bald.” This ability to find joy and laughter during the darkest of times is something Susan and her husband, James, depend on daily.

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Susan, a native of the Virginia peninsula, was 32-years-old when she had her first bout with cancer in 1985. She had a burgeoning house cleaning business and three daughters under the age of 10 when she began noticing symptoms. "I knew there was something wrong," she says of her first diagnosis. "I went to several doctors, but because of my age they did not equate it with any type of colon cancer. It was not until I was actively bleeding when he took me seriously." When the tests confirmed Susan's fears, she was devastated. "Mainly because my children were so young." She remembers, "They were 5, 7 and 9 and initially I thought I was going to have a nervous breakdown, but I didn't."

After a surgery to remove the offending mass in her colon, Susan was given a clean bill of health and she went back to being a mother and business owner. In 1992, she met the love of her life, James, and they were married a year later. After her first bout with cancer, Susan would undergo colonoscopies every year. In 1997, they found that the cancer had come back. "The second time I thought, 'Well they

will just operate and it will be done with.' I did not think much of it. The surgery took care of it, and I was checked a little more frequently." A few years later doctors found a squamous cell carcinoma on the side of her face. According to the Mayo Clinic, squamous cell carcinoma is a common form of skin cancer that is not typically life threatening, but if left untreated it can spread and become life threatening. So, Susan had it removed. "The thing on my face, it scared me a bit, but I was okay with it." Once again Susan returned to her regularly scheduled life.

In December of 2012 Susan was scheduled for her annual colonoscopy. After more than a decade of the screenings coming back negative, she considered skipping the procedure due to the extensive preparation it required. "You just get so tired of it." Erring on the side of caution she went through with the procedure anyway. It is a decision that saved her life. In the year since her last clear screening, the cancer had come back with a vengeance. Oncologists told Susan if the tumors had gone untreated she would have been dead within six months.

While Susan was no stranger to getting bad news from oncologists, this diagnosis scared her. She would have to undergo chemotherapy for the first time. If that was not bad enough, they had to remove the remaining one-third of her colon as well as parts of her liver where the cancer had spread and she needed a complete hysterectomy too.

As Susan had done before, she persevered through it all with James and her children by her side. Four months after the chemo and surgery, she began to feel good again. She was exercising and getting back into her routine when her oncologist came to her with more bad news. They found more tumors on the bile ducts in her liver. Since it is not possible to safely remove them, Susan has been treated with numerous rounds of intravenous and oral chemo since 2013. Using her innate ability to find the brighter side of the bleakest situations Susan quips, "Well, I don't have colon cancer anymore, because I don't have a colon."

While Susan uses laughter as a huge part of her coping mechanism, she also relies heavily

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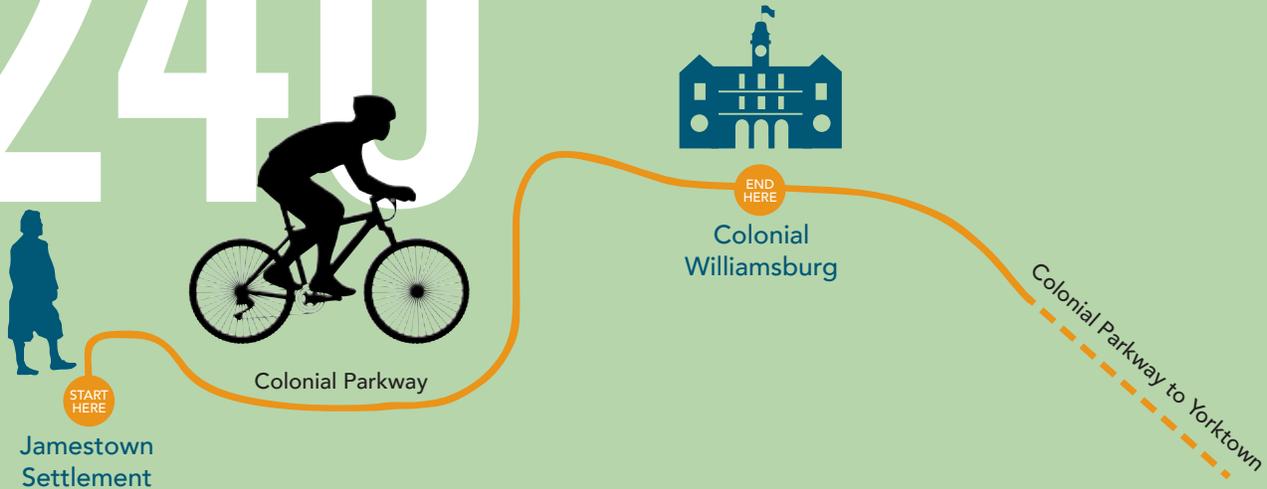
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on her support team of family and friends. Her advice to anyone dealing with the life altering effects of cancer is to seek help. "Tell your friends and your family. Don't be afraid to ask for help and just learn as much as you can about everything they are putting into your body." She says being aware of the various drugs can help a patient distinguish if how they are feeling is something to worry about or if it is just a side effect of the medicine.

Another resource she highly recommends is joining a support group. "That has been the most valuable thing that has helped James and me." After reading a posted flier at her oncologist's office, Susan and James started going to Kelly Weinberg Foundation meetings in Williamsburg. The group offers counseling and resources for cancer patients and caregivers and families. Susan says the meetings help patients not feel alone in their time of need. "We don't just sit around and talk about cancer. You can, you can talk about whatever bothers you, but we do a lot of laughing too."

Laughter is what gets Susan and James

through their toughest days. "I survive on humor." She is well aware of the statistics for people with conditions similar to hers and she takes it in stride. "I was looking on the internet earlier this year, which doctors don't recommend. Usually the survival rate on average is about five years. I'm approaching that." Armed with that knowledge Susan and James went to a funeral home to make final arrangements for whenever they would be needed.

"James could die before me. Regardless, eventually we want our ashes combined and taken to Fort Walton Beach." With a smile she relates, "I had to choose an urn, and I'm looking and looking and then James comes up to me and says, 'Look! This one matches our table.' So I got the one that matches the coffee table."

With their unique perspective on the fragility of life, Susan and James are determined to enjoy themselves. For the last several years the Wilsons have made annual trips to Las Vegas where they have become avid slot machine and roulette players. This fall they are breaking with tradition and heading south to Fort

Walton Beach, Florida to enjoy the sun and the sand. When they are home and the weather is nice Susan can be found tending to the tomato plants in her front yard. For exercise, she enjoys taking her recumbent bike for a spin around her neighborhood. When she started to experience the fatigue that inevitably comes with chemo, James installed a battery-powered motor that would help his wife get over the hills in their subdivision. "I get up to 25, 26 mph sometimes, and I love it!" Another thing they cannot get enough of is quality time with their three daughters and their combined six grandchildren.

From her experiences, Susan Wilson pauses for a second and then says, "The only thing I can say is that I am so grateful. I am grateful to James and my family and my girls, my siblings, my in-laws and friends. I am just so grateful when I wake up every morning. I don't always consciously think it, but I feel it. I've been very blessed my whole life, and it's not until this that I realize how blessed I have been. So, count your blessings." NDN



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KARA TRAHANT



Lisa W. Cumming Photography

Motherhood can be Tough

By Alison Johnson

Breastfeeding was supposed to be easy, effortless for a new mother. When it wasn't for Kara Trahant, she felt like a complete failure.

Kara's first child, her now 17-year-old daughter Amanda, wouldn't latch on to her mother's breast in the hospital. After a few hours of frustration, a nurse force-fed the newborn formula. For the next five weeks,

Kara had to pump her milk and bottle-feed Amanda, who would pull away from Kara's nipples in tears after sucking for only a few seconds.

"I cried all the time," Kara says. "I held her skin-to-skin throughout the day to promote bonding because, honestly, it was not always easy to feel close to my baby who wouldn't

feed."

Finally, a friend urged Kara to see a lactation consultant, a trained expert on breastfeeding. The consultant fitted her with specialized nursing equipment to help Amanda latch on and get a quicker flow of milk. Within a few days, and six weeks after her birth, the baby was nursing with no intervention.

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“She went on to breastfeed for almost two years,” Kara says. “I vowed that I would pay it forward. I want to offer all mothers the support that I eventually ended up with. I want them to know that I’ve been where they are.”

Today, Kara, a Speech Language Pathologist and Certified Lactation Counselor (CLC) with Child Development Resources’ Infant Parent Program, is fulfilling her vow. She and her colleague, Kelley MacArthur, a nurse and fellow CLC, run a free weekly breastfeeding support group that launched in 2016 with a grant from the Williamsburg Health Foundation.

Their message is simple: breastfeeding doesn’t always come naturally, and it’s okay to ask for help. Many women who have difficulty nursing also struggle with mood and anxiety disorders; they may be at higher risk for postpartum depression as well.

“Think about it. Your hormones plummet when you have a baby, and add to that other stressors like lack of sleep and the inability to

feed your baby and it’s a perfect storm,” Kara says. “I want moms to know that they are NOT alone and they are NOT to blame.”

CDR’s Breastfeeding Group, held for two hours on Friday mornings, is a safe place for mothers to vent, commiserate, laugh, cry, share tips and get expert advice. As a Speech Language Pathologist, Kara, 46, is in a unique position to help them.

“I can see the feeding from the baby’s perspective,” she explains. “I can check the baby’s tongue and jaw strength. Most babies who are having issues with breastfeeding have decreased tongue movement and decreased jaw strength. I can show moms how to do exercises with their baby’s lips, tongue and jaw to help the baby latch. Most end up having successful breastfeeding relationships.”

Kara is never judgmental if a woman decides not to breastfeed, although she encourages all mothers to at least give it a try. Breast milk is easily digested and packed with the exact vitamins, nutrients and antibodies a baby

needs, she says.

Research has shown breastfed babies have fewer ear infections, allergies and cases of asthma and may also be at lower risk for obesity, diabetes and Sudden Infant Death Syndrome. Formula can cost more than \$1,500 a year, Kara adds, “Breast milk is always there, always the right temperature, with no bottles to clean up.”

A major part of Kara’s job is to reassure nursing women. For example, many mothers worry that they don’t have enough milk, especially if a baby seems to be feeding often. “The truth is, frequent breastfeeding helps to bring in your milk supply,” Kara notes. “Babies should gain about an ounce a day. If that is happening and the baby has frequent wet and soiled diapers, mom has enough milk.”

At birth, a tiny amount of early milk known as colostrum, a thick liquid perfectly suited to a newborn’s delicate digestive system, is enough, as a baby’s stomach is then about the size of a cherry. Kara is now aware that

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anything she had pumped and spoon-fed to Amanda would have been beneficial.

“I wish I had known more about breastfeeding when I tried to feed my baby,” she says. “I wish I knew who to call when things aren’t going well.”

Working at CDR is a joy for Kara, who conducts assessments and provides home visits for children from birth to age 3. CDR serves more than 1,100 children with disabilities and developmental delays, or who are at risk for delays, each year in James City and York counties and the cities of Williamsburg and Poquoson. Some of her clients are medically fragile.

“I love that each day is different,” says Kara, who has held the position for 10 years. “I love seeing the progress my infants and toddlers make each week. There’s nothing like hearing a baby say ‘mama’ or ‘dada’ for the first time. I love getting video texts of a baby taking first steps. I love crying tears of happiness with my moms and dads.”

The job is very different from Kara’s original career plan: hospital administration. A native of Cape Cod, Massachusetts, she was a student at New York’s Ithaca College when she realized she preferred direct interaction with patients. A linguistics class in her sophomore year pointed her to Speech Language Pathology, and she ultimately earned bachelor and master’s degrees and has worked in the field for 24 years.

In her first job, at a rehabilitation hospital on Cape Cod, Kara worked with adults despite know-



“I was introduced to Literacy for Life three years ago when I attended *Reading Between the Wines*. I had a wonderful time enjoying the excellent food, wine, and company. The most unforgettable moment came when Maria, an immigrant from Tanzania, spoke to us. Maria described struggling with tasks that most of us take for granted, like communicating with her son’s doctor and teacher. She explained how volunteers at Literacy for Life had helped her develop her English skills and had changed her life. I was so inspired that my life changed as well! I got involved immediately and have been an avid supporter of Literacy for Life ever since. I encourage everyone to come out and enjoy this exciting event, which supports this quality organization and its services. Thanks to our donors, terrific staff and volunteer tutors, Literacy for Life helps adults “reboot” their lives - providing education in literacy and language, financial skills, health management, and job skills tuned to needs in our business community. Hope to see you on November 14!”

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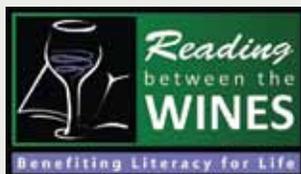
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ing her real passion was for infants and toddlers. She met her husband, Michael, then active-duty Army, when she cared for his father after a massive stroke.

“I saw his father twice a day,” she relates. “I saw him once in the morning, and then I made sure that I scheduled him at the end of the day when I knew his son would be there.”

Kara moved into early intervention services after marrying Michael, currently in the Air National Guard. Over the years, as the couple raised Amanda and their son Ethan, 14, she worked in schools, hospitals and outpatient clinics.

She became a CLC in 2000, when Amanda was still a baby, taking a weeklong course through the Academy of Lactation Policy and Practice. Based in Cape Cod, the nonprofit organization offers certification classes all over the world.

The family relocated to Williamsburg in 2006 after Michael and Kara visited bases along the East Coast. “We fell in love with this

area,” she says. “It was historic and green and close to the ocean; it reminded us of home. We have never regretted our choice.”

In her spare time, in fact, Kara likes to explore Williamsburg and Yorktown and take photographs. Stage performance is another hobby; Kara dreamed of being an actor as a child and now acts and runs lights for Backstage Theatre Productions, where kids she mentors call her “Mama K.” Favorite roles include The Ghost of Christmas Past from “A Christmas Carol” and Mrs. Bennet from “Pride and Prejudice”.

At CDR, Mama K consults with a breastfeeding support group at Sentara, Postpartum Support Virginia and the Williamsburg Maternal Mental Health Coalition to assist as many women as possible. Her group is geared toward women from pregnancy to the time when their babies are crawling, generally between six and 10 months old. CDR also aims to reach populations that historically have been less likely to breastfeed, including Afri-

can-American and teenage mothers.

One day, Kara would like to add a postpartum support group at CDR. The agency also is investigating grant funding for a comprehensive motherhood program that would offer prenatal education and postpartum and breastfeeding counseling.

Motherhood, after all, can be tough, something Kara Trahan knows all too well.

“Moms need the support of other moms,” she says. “Whether it’s commiserating about lack of sleep or strategies on how to fit in a shower during the day, our moms have each other. They have found other women who are going through the same stage in life, the same joys and hardships. I love that these moms, who may not have met under other circumstances, have found each other.” NDN

For more information about the Breastfeeding Group at CDR, call (757) 566-3300 or go to cdr.org.

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Listen to your Body

By Lillian Stevens



Lisa W. Cumming Photography

It was spring, the season of rebirth and new beginnings. On May 14th, the Catharine family gathered at the home of their eldest daughter, Devon, and her husband, Mike, to celebrate Mother's Day.

Less than one month later, despite the promise of the changing seasons, Barbara and Lester

set about a task that no parent should ever have to do – plan a funeral for their child.

“It is unimaginable,” Barbara says. “It goes against nature to outlive your child.”

In just over a decade, the family has celebrated three college graduations, two weddings and the birth of their grandson. With their daugh-

ters grown and settled in Virginia Beach, Newport News and Richmond, the family enjoys frequent get-togethers.

In April of last year, however, their world turned upside down when Devon was diagnosed with colorectal cancer. Surgeons quickly operated to remove as much of the cancer from

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her body as they could, but it had already progressed to stage IV.

She was 31 years old at diagnosis. Barbara, a nurse at Sentara Williamsburg Regional Medical Center, was incredulous.

“I know what stage IV means, but I could not connect those words to my daughter. Colon cancer at 31? Devon was the picture of health. She always ate organic foods; she avoided anything that was processed, and she was diligent about exercise.”

A firm believer that a healthy diet means a multi-vitamin should not be necessary (except for Vitamin D-3 which she says everyone should take daily), Barbara raised her family on healthy and wholesome meals prepared from scratch. The Catharines have always been very health-conscious.

“It just didn’t make sense to us,” Lester says. The only unusual thing that they noticed leading up to diagnosis was that Devon sometimes showed signs of fatigue.

“She seemed tired a lot,” Barbara says. “But I thought to myself, why wouldn’t she be tired?

She works full-time, she and Mike were always having people over, and she’s forever running off to a CrossFit or spinning class. I thought she was just burning her candle at both ends.”

Burning the candle at both ends is not and was not uncommon for any member of this busy family.

Twenty years ago when they moved to Virginia from Bedford, New York, the Catharine girls ranged in age from seven to 12. Lester’s job at Fuji Trading America, a marine engineering concern, brought them to the area. Barbara took time from her career as a nurse to be home with the girls.

“It was such fun being there with them,” she says. “I was lucky to have that.”

From busy school schedules to other activities like horseback riding lessons, it was a happy chapter in their lives.

“Horseback riding was Devon’s passion,” Barbara says. “As a child, she dreamed that someday she would have a family, lots of children, a farm, the white picket fence, horses and a lot of dogs.”

She would not have all of those things, although she did get married in 2014 and she did have two dogs, named Corona and Whiskey, and a home and garden she thoroughly enjoyed tending to. By all accounts, Devon was a happy and vibrant young lady, and she and her husband frequently entertained.

“Many of her friends have kids,” Barbara says. “And children love her. Devon would have been a great mother. It was one of her great regrets that she never had children.”

On that bittersweet Mother’s Day in May, the Catharine’s youngest daughter Bree (who was celebrating her first Mother’s Day as a new mom) made a short but treasured video of Devon with Henry, the baby nephew her sister adored.

Since Devon was happiest when the family gathered at her home, her parents are especially grateful that they had that day together because it was, in fact, their last. In addition to Devon and Mike, the Catharines enjoyed the afternoon together with their daughter Erin (who recently bought her first home in Richmond),

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their youngest daughter Bree, son-in-law Andrew, and adorable little Henry.

Devon had a particularly aggressive cancer known as Signet ring cell adenocarcinoma of the colon, which occur in less than 1% of all colon cancers. In a relatively short span of time, Barbara and Lester learned more than they thought they'd ever know about this kind of cancer, but they wish they knew more, especially about immunotherapy and stem cell therapy.

"People think of cancer and they are sometimes led to believe chemo is the only treatment," Lester says. "Some cancers respond to chemo. And some don't."

Despite the odds, however, Barbara and Lester held steadfast to faith and hope throughout Devon's illness.

Throughout chemo treatments, in the face of being extremely sick herself, Devon launched a massive effort that she hoped would prevent others from having to endure a similar struggle. She took to social media and spread her "listen to your body" message far and wide. She also urged her family and friends to do the same.

"Those words became her mantra," Lester says.

Even though the kind of cancer Devon had is rare, her father says that over the years there were signs and symptoms.

"Early signs were classic and included many symptoms of Irritable Bowel Syndrome, or IBS, including bloating and pelvic pain. As far back as her teenage years, Devon complained about lower abdominal discomfort and pressure – as well as low back pain."

She listened to her body and saw a doctor. However, when her doctor performed an ultrasound and dis-

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missed her symptoms, she took his word for it.

Over the years, Devon's pain progressed to a point where her parents insisted that their daughter have a colonoscopy. The procedure revealed polyps, including at least one that was cancerous. In the months to come, the family would learn that Devon's cancer had spread to her spine, ureters and liver.

It has been a very dark time for Barbara and Lester, who sometimes just struggle to get from one day to the next. Barbara says it helps being around others who have lost a child because those are the ones who truly understand exactly how it feels.

"But it's a club that you never wanted to join," Barbara says.

Barbara and Lester find great comfort in being with their daughters and are absolutely smitten with their grandson, Henry, now nearly a year old. They are also grateful knowing that their daughter left this life knowing how loved she was.

"I had the opportunity to tell her every day," Barbara says.

To honor Devon and the work she started, Barbara and Lester have become advocates for colorectal cancer awareness. "Colon cancer in people under age 35 is up 17%," Barbara says. "It's attacking so many young people, and no one seems to know what to do."

"If your body tells you that something is wrong, see a doctor. If the doctor tells you something that you aren't sure about, get a second opinion. People are fallible, tests are fallible, and results are fallible."

The couple also encourages parents to be more involved in talking to their children, no matter what age, about what's going on with their bodies.

"We realize that's not easy," Lester says. "They might be embarrassed by their symptoms and might not want to talk about it. My daughter didn't. She didn't even want to tell her husband."

Despite the gravity of their loss, the Catharines have recently learned that their daughter's message is already reaching others, including a school teacher in the family's native New York.

"My sister-in-law works in a school in New York," Barbara says. "She has shared Devon's story with coworkers, including a 33-year old art teacher who was having symptoms."

The teacher underwent a colonoscopy which revealed polyps – including one that was cancerous.

"I've never met her but she says Devon saved her life," Barbara says. "That means everything to us because Devon said that if her experience could save just one person, that if she died, it wouldn't be in vain."

Barbara's own physician has assured her that if he ever sees a 30-year old with IBS, he will order a colonoscopy. "That's a huge positive because usually they'd never approve a colonoscopy for a patient under the age of 50."

These are powerful, positive reinforcements of the message their daughter fought so hard to push out. Barbara and Lester Catharine will continue to share their daughter's story, encouraging others to listen to their bodies, in hopes of raising awareness about colorectal cancer. "It's what she would want us to do." NDN

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ELAINE WHITELEY



Lisa W. Cumming Photography

She's *Enjoying Life*

By Erin Zagursky

Her two beautiful daughters. The tea party she hosts every spring. The beau she calls “my Jerry.” The British car that she is helping him restore. Although fighting stage-IV breast cancer as well as interstitial lung disease, Elaine Whiteley is focused on enjoying every positive aspect of her life, and helping others to do the same.

“I’m trying to do it all with joy in my heart and be grateful,” she says.

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Beyond Boobs support group for women who have been diagnosed with breast cancer before the age of 50. As someone who has received that diagnosis three times herself and who has benefitted from the kindness of friends, family and even complete strangers, Elaine is using her experience to, like a good bra, support her fellow “boobers” wherever they are in their own journeys.

Elaine, who has worked for Williamsburg/James City County Schools for 23 years grew up in Australia and married an American sailor in 1984. The couple moved to Hawaii and then Orlando, Florida where they had two daughters, Danielle and Morgan, before coming to Williamsburg.

In 2003, she received her first breast cancer diagnosis after finding a lump. That experience taught her an important lesson. “If you’re not your best advocate for yourself, nobody else will be,” she says.

While trying to find out what was wrong, her health insurance was giving her problems about the kind of test she needed. Elaine was

exhausted.

“I couldn’t fight one more time; they got me,” she says.

A friend asked Elaine to try once more. She did and finally got the approval she needed. As she underwent the ultrasound, Elaine could tell by the look on the technician’s face that she had found something.

Diagnosed with stage II cancer, Elaine ended up having two lumpectomies, chemo and radiation. The hardest part, she says, was telling her daughters, who were just 14 and 16. But her family and friends rallied around her, and people she didn’t know, too. Soon after her diagnosis, Elaine took her girls to Bath & Body Works for what was intended to be a fun shopping trip. But the total charges ended up being too high, and Elaine returned the merchandise. The salesperson pulled Elaine’s name and address from a coupon she had used, bought the items and had them delivered to Elaine’s house.

Elaine still tears up thinking about it.

“It’s not about the things. It’s the essence of

what a complete stranger can do for somebody she didn’t even know,” Elaine says.

With all of the support she was receiving, Elaine began looking for ways to give back, and began making hand-stamped thank-you cards with a quote from Winston Churchill on the front, “Never, never give up,” and a small bra inside with a message saying, “Thanks for your support.”

Just a few years later, Elaine would find even more of that support, as well as another way to give back, when she was diagnosed for a second time. After years of biopsies on countless lumps, the doctor called her in for just one more, “to establish a new normal.”

“So then they call me in. ‘We found something on your other breast,’ and I said, ‘I’m not here for that. You’re getting my new normal.’ It just didn’t register.”

Although the cancer they found that time was stage zero, meaning it hadn’t yet started to divide, Elaine had a mastectomy.

“And it ain’t for sissies,” she says. “That reconstruction, it just threw me. And I wasn’t

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ARE YOU DECEIVING YOURSELF?

The Truth About Disability

We all would like to live in a world where bad things can't happen to us or the people we love.

As a result, when some people encounter a person who has suffered a disabling injury or illness they tell themselves, "That won't ever happen to me. That person is different from me." People do this to avoid the emotional distress and worry of thinking they could suffer the same fate.

Psychologists call this way of thinking "defensive attribution." One example of defensive attribution is the belief that "good things happen to good people and bad things happen to bad people. While this belief may help some people avoid feeling vulnerable to situations they cannot control, it often leads to blaming the victim - even in a tragic situation.

The truth about disability is that it can happen to anyone. Government statistics show that one in 4 of today's 20-years-olds will become disabled before reaching retirement age. At my law firm, we talk every day with hardworking people who've spent their lives playing by the rules, supporting their families, and making better lives for themselves -- people who, because of injury or illness, are no longer able to work full-time. They never thought they would ever be applying for disability benefits.

Unable to work, they often face many challenges. Many folks are living paycheck-to-paycheck, and if they do have savings, they're for a dream they've been working toward for years. Besides a loss of income, they often lose their health insurance too and have trouble getting the healthcare and medications they need to treat their injury or illness.

So many times, when someone gets sick and stays sick, people stop calling. They get tired of giving rides, of being generous with their time. Not being sick themselves.

People don't understand what it's like. Chronic illness can be a lonely place. It can be hard to know where to turn for help.

At the Gillette Law Group, we wake up every day with a sense of WHY we come to work. We come to work to help people make smart decisions to improve their lives. Our goal is to find clients who want to improve their lives and to work together with them so we can all succeed. We are looking for people to stand shoulder-to-shoulder with us in pursuit of a better life. We are not interested in judging people, but in lifting them up and encouraging them forward. We do this by offering competent and effective legal representation to individuals seeking disability benefits from the Social Security Administration and the Virginia Retirement System. In addition, we have created systems to effectively anticipate the needs of our clients and offer timely and effective solutions to the problems they commonly face. We respect the human dignity of all clients and offer them hope and encouragement while guiding them on the steps to take to help improve their chances of successfully prosecuting their disability claims.

We make interaction with our firm simple and convenient, and promote our clients' understanding of the process through frequent and effective communication. We also provide referrals to community resources whenever possible. In every interaction with our firm, we want our clients to feel respected and cared for by experienced professionals who truly enjoy helping them improve their lives.

When I was a "wee lad" my Scottish Great-Grandmother would quote the poet Robert Burns, who wrote: **"The best laid plans of mice and men often go awry."** It is true that despite our plans, and best efforts, we can't always protect ourselves from a disabling

injury or illness.

As the leader of my firm, I have been able to create a firm vision in alignment with my values, and I'm proud of the passionate, empathetic people who work here and share my vision. We know that each of our clients is a person—not a number, a claim, or a file. We know people tend to forget what we said, or what we did, but the one thing they never seem to forget is how we made them feel.

If you or someone you love is considering pursuing a Social Security disability claim, getting all the information you need to know up front is going to be extremely important. I was recently interviewed on the Legal Brief radio show, and I want to share that interview with you. In fact, I think it's the perfect thing to help give you the answers you need right now.

To listen to the interview, visit: www.Gillette-DisabilityLaw.com. If you're just ready to go ahead and schedule a one-on-one consultation, that's fine too—consultations with us are free, and you can give us a call now at (757) 220-4529. We want to hear your story and see how we can help!

- Brian Gillette



very well through the whole thing. My stitches had ruptured, so I had to be sewn up. One thing after another, you name it, it happened.”

Elaine’s plastic surgeon told her to call *Beyond Boobs*. She hadn’t needed a support group before, and she didn’t think she needed it now. But the surgeon insisted, and Elaine called Mary Beth Gibson, one of the organization’s cofounders who happened to live in her neighborhood.

“I called her up and was crying and said, ‘Mary Beth, I don’t know what to do.’ So, she came and sat on the end of my bed, and we were crying and laughing and, by the end of it, I just knew I was going to be okay because somebody finally understood.”

Soon, Elaine was attending support group meetings and H.I.P. Chick activities, meeting fellow “boobers” (the organization’s name for women with cancer), and gaining support and advice from people who had gone through it themselves. For instance, Elaine had been having trouble taking showers with all of the sur-

gical drain bulbs that were attached to her.

“Someone suggested to just get a lanyard and hook them all in. Why didn’t someone tell me that two surgeries ago? But that’s what *Beyond Boobs* is there for. People just chitchat, and you always find someone that’s like you or similar and tweak what they are doing to suit your stuff.”

After attending one event where a fellow boober, a complete stranger, held Elaine’s hand throughout an entire play while she cried, Elaine knew that the support group she hadn’t wanted was actually exactly what she needed.

“And they’ve just been my saving grace. They really have, at a time when I really, really needed them.”

In 2011, Elaine posed for the *Beyond Boobs* calendar, and the next year she started a “posh English tea” fundraiser for the organization.

“Everybody gets to dress in all their frocks, and I have a hat collection,” Elaine says.

In 2014, Elaine became even more involved

in the organization when she was asked to become a facilitator, completing the transformation of her mindset from victim to advocate in an organization known for being as sassy and strong as Elaine.

Beyond Boobs, which began in Williamsburg in 2006, now has support groups in Virginia, North Carolina, Florida and Texas. The Williamsburg group meets the third Thursday of every month, and the meeting begins with dinner so everyone can get to know one another followed by what Elaine calls “a chitchat.”

“When you walk into a *Beyond Boobs* meeting, it’s not an unhappy place,” she says. “We’ll let you cry. We’ll let you talk it out, but you’re going to leave with a smile on your face knowing we’ve all been there and done that and when you walk into a situation like this, you don’t even have to explain.”

Last summer, the lesson that Elaine learned the first time she went through breast cancer, being your own best advocate, was put into practice once again when she started cough-

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ing and couldn't stop. After a myriad visits to specialists, she was diagnosed with interstitial lung disease. As the doctors tested fluid they pulled from her lungs as part of that diagnosis, they also found that she had stage IV breast cancer in the lining of her lungs.

Telling her support group about the third diagnosis was as difficult as telling her children, she says. "Because there are girls in the group who are young, and you think, 'I'm going to be okay,'" she says. "I've had my mastectomy now, it won't come back." So telling them, that was the hardest thing for me."

But in typical boober fashion, the people in the group soon turned to action, and they helped put on her posh English tea, setting new records for attendance (60 people) and fundraising (\$1,600).

Elaine says that between the medical issues and her husband's passing, she had a choice. "Do you become a hermit and don't move on with your life? I chose happiness, joy and just opened my heart to the next part of my life."

With her heart open, she met the man she

affectionately calls "my Jerry," and has been able to continue living her life to the fullest despite the fatigue she often experiences. She still works, takes trips, collects English tchotchkes, gardens, entertains and spends time with her daughters, friends and, of course, fellow boobers.

"I've always seen the glass half full," she says. "I can't change what's going to happen. I've asked the doctors how many years do I have, and they said, 'I can't tell you that, Elaine, and everybody's different.'

"I can't live thinking I might die in five or seven years and not enjoy the time that I am presently experiencing."

While enjoying that time, she'll also continue giving back, paying forward the kindness that so many have shown her.

"I love how all my girlfriends have rallied around and how strangers throughout my life have done very kind and nice things to make me feel special," Elaine says. "I am so thankful and grateful for my daughters, coworkers, medical team, my Jerry and everyone else." NDN

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IT TAKES A POSITIVE ATTITUDE

By Gail Dillon



Lisa W. Cumming Photography

Eight and a half years ago, on an otherwise normal Saturday morning, Wilbur “John” Johnston had a massive stroke. “I didn’t have any symptoms. I was fit and healthy,” he says. “I got up one Saturday morning, walked around to the end of the bed, probably took about two steps and collapsed.” His wife, Marilyn, heard him calling and acted quickly, dialing 911 and getting him to the hospital as fast

as she could. “I knew right away what it had to be,” she says. The couple, who have been married 57 years, soon embarked on a new phase of their relationship, perhaps the most challenging one yet. “I thought I knew what a stroke was,” John says wryly. “I had no clue.”

In the first few days, he didn’t think his stroke was “a big deal” and assumed he’d still be able to take the cruise they were booked

on, which was set to depart in about a week. Unfortunately, this wasn’t to be. He spent five weeks at Sentara Hospital where he underwent a variety of therapies. “Speech therapy, occupational therapy and physical therapy. They were wonderful there,” he says. “There are so many different types of strokes,” he explains, adding that he had an Ischemic Stroke. “An Ischemic stroke occurs when an artery to the

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brain is blocked,” he says. “The brain depends on its arteries to bring fresh blood from the heart and lungs. The blood carries oxygen and nutrients to the brain, and takes away carbon dioxide and cellular waste. My stroke was in the right thalamus part of my brain which controls the left side of my body. The larger the block, the more damage to the brain.”

After coming home, the therapy resumed until he could walk to his car and actually get into the vehicle. “Then we went for another whole year, three times a week,” Marilyn says. “It’s a long process to get to this point where he is now. We were very lucky.”

When he left the hospital, he used a wheelchair and had to relearn how to walk. “After a month, I was able to put the wheelchair aside and use a quad cane to get around,” John says. He expected to have physical problems to overcome. What was surprising were the overwhelming emotional and mental struggles that hit him hard. “You get depressed, you get sad, you get apprehensive,” he explains. “There are all kinds of things that happen to you. Be-

cause not only is it physical, it’s mental.” The most difficult time for John during his time in the hospital was when evening came and his wife and other visitors went home.

“She was there every day,” he says. “and that’s the best thing anybody can do for someone who has a stroke - be there for them.” For Marilyn, she had the added stress of taking care of her elderly mother while John was recovering. “It was a trying time,” she admits.

In John’s case, the effects of the stroke left him with a mixed bag of hurdles, some that are still lingering. “I have problems seeing in my left eye, my tastebuds were out of whack for awhile, my hearing was damaged,” he says. “I had to learn how to swallow again in the hospital,” he adds. “Just about everything you can think of, it can happen to you.” In addition, he can’t use his left arm, and Marilyn says his speech has always been different since then.

The Johnstons have attended Sentara’s monthly stroke support group since he was able and praise the group for the friendship it has provided and all the advice they’ve received

and given. “This group has been a real asset for us and for others,” Marilyn says. “We have made the best friends. We socialize and go out for lunch, visit each other in our homes.”

“At the meetings it’s a chance to share experiences and what helped you to walk better,” John adds, “or how you figured something out.”

John and Marilyn moved to Williamsburg 24 years ago, mainly to be close to one of their two sons and his family. Their other son and grandchildren live in Detroit. John grew up in southern California, joined the Navy as a young man, meeting Marilyn in 1959 in Manhattan where she was working while his Navy ship was docked for a week. He served for 11 years, frequently moving with his young family.

“I decided to get out right about the time computers were getting started, and then I got into that field,” John says. He initially taught at UniVac in central New York at their training center. Later he and Marilyn ran their own electrical contracting business in Liverpool,



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N.Y. After moving to Williamsburg in 1994, they “weren’t old enough to retire yet” so John worked at Eastern State Hospital for a few years.

Maintaining a positive attitude is key to recovering from a stroke but it also helps if you were an upbeat person beforehand. Marilyn says her husband has always had a cheerful outlook on life. “John worked so hard that whole first year to get to the point we’re at now,” she says. “Some people are not able to leave the wheelchair behind or are unable to speak again in spite of long and difficult therapies.” He adds, “My outlook has always been, I never say I can’t do something. It’s always been that I try to find another way to do it.”

That optimism made him a popular patient at Sentara throughout his months of arduous physical and other types of therapy. His sense of humor earned him the name “Trouble” with such pranks as counting “98, 99, 100” when performing an exercise to make his trainer laugh.

Marilyn gets wistful when the subject of

dancing comes up. “We were very active in that,” she says. They loved to ballroom dance, joining a group here soon after arriving. John took dance lessons starting at age 12 and into his young adulthood. The two enjoyed waltzing, jitterbugging and performing Latin dances. “At last year’s Christmas party, we danced. But it was more like a high school shuffle,” John adds, laughing.

They soon found that other major adjustments would be necessary. When John had his stroke, they were living “out in the country” near the Chickahominy River. They soon realized this wasn’t going to work for them anymore. “It took us a few years to find the house we wanted but we’re so glad to be here (at Colonial Heritage),” Marilyn says. “Everything is handicap-accessible. Hallways are four feet wide, the doors are 36 inches wide, and there are no stairs inside,” agrees John. The neighborhood features amenities such as a pool that John “swim-walks” in, as well as a wood-working shop he uses frequently. “John is very creative and he likes to go to the wood shop

and he makes things,” his wife says. Perhaps his proudest accomplishment is the wooden tea cart he designed and built to use as a table-clearing device after dinner. This idea came about after he dropped Marilyn’s “favorite caserole dish” one night while cleaning up. He also made a wooden bowl and a rocking blade to chop vegetables more easily and routinely constructs playing-card holders for people who can’t easily grasp cards in their hands. “I have given them to Sentara therapy, Sentara Living...just about every senior home in the area,” he says.

John has some practical advice for people to help them avoid having a stroke: “Don’t smoke, don’t drink an abundance of alcohol. You have to make sure you have a good diet, drink a lot of fluids and don’t be overweight.” For those who have already had a stroke, he has this to say: “You’re going to go through a bunch of emotions. Try your best to get over it. And look around. If you think you’re bad off, look around and there’s probably somebody who is worse off than you.” **NDN**

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Balance as a Military Spouse

By Naomi Austin



Lisa W. Cumming Photography

Audacious. That's the word that comes to mind for women like Michele Bradfield. In 2009, as a young, newlywed military wife, she faced a huge learning curve in adapting to military culture. The classic overachiever,

she faced that challenge head on and eventually became the Armed Forces Insurance Ft. Riley Spouse of the Year for both 2015 and 2016. As Co-Founder and Executive Director of a health and wellness organization for mili-

tary spouses, she now helps others to navigate that transition. With a knack for adapting to change and a flair for creating solutions, Michele is the perfect woman for the job. Conquering challenges is what she does best.

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As a Montana native with no ties to the service, the military culture was completely foreign to her until she went off to college at Boise State and met the young man that would become her husband.

“He was in ROTC, and we dated for a couple of years,” she says. The two were subsequently separated for two years as he went to training and was deployed. “His whole family served in the military. His dad retired as a Colonel, so he knew pretty well what it was all about,” she says. For Michele, on the other hand, military life would take some adjustment. “I didn’t even think about it at first. I was just like ‘oh, this dreamy army guy, of course, I can do this.’ I had no clue what I was getting into.”

Michele received a crash course in the unconventional nature of military life when her beau deployed to Germany. Once she completed her master’s degree in Idaho, the separation became unbearable for the young couple. “The only way that I could join him in Germany was being married, which we knew we wanted to do anyway, but the plan was to wait until he

came back so we could have that special moment,” she says. While that plan looked great on paper, the reality of living on two separate continents didn’t translate well for the young couple. “Once he got there the days apart became real,” she recalls. “He was like ‘this isn’t going to work.’”

The two made the decision to get married, long distance, via double proxy—meaning neither of them was physically present for the ceremony. In fact, Michele didn’t know she was married until she received her certificate in the mail. “We were married in Montana, while I was in Idaho and he was in Germany,” she says. Though it felt bizarre at the time, this was the first of many military norms to which Michele would adapt.

Once married, Michele resigned from her job, packed her things, and moved to her husband’s duty station in Schweinfurt, Germany while he was deployed. “I didn’t know anyone. I had emailed with this lady in his unit, and she agreed to pick me up from the airport,” she says. “I didn’t know the landlord. I showed up to this apartment that my husband rented

and there was nothing there. I literally had an army issued bed, one fork, one knife, one spoon, one plate and I was using a box as a table.”

It was at that point that she first encountered the Family Readiness Program (FRP), a group of military spouses that served as a support system for one another. “Once you’re in the army spouse world, they’re so welcoming and great. They helped me out so much,” she says. “They took me to the gym and introduced me to friends. The one lady who picked me up from the airport gave me a little TV and some DVDs for the apartment.”

Michele came to love living abroad. “It was like a fairytale. I loved every single minute of our time in Germany,” she says. But, in addition to the culture shock of living in a foreign country where she didn’t speak the language, army life came with its challenges. She was alone much of the time as her husband was back and forth between deployments, and she struggled to find work. “I had just gotten my MBA and I wanted to work, but I couldn’t get a job because I wasn’t a resident and I didn’t

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speak German. My employment options were limited to this tiny base of 4,000 people," she says. With stiff competition, and no roles fitting to her expertise in communications and marketing, Michele struggled professionally. It was then that she partnered with four other women to start a nonprofit organization called InDependent, focused on health and wellness for military spouses.

"We just noticed that this was a common theme," she says. "Spouses were losing themselves, putting their exercise and their nutrition on the bottom of the priority list. So not only were they losing their identity, they were letting themselves go, which was making everything worse."

Still, with much of her time spent alone and a lack of challenging career options, Michele was floundering. "I think that was the start of me being like 'alright, who am I?'" she says. "I grew up in the generation of being told you can do anything you want, just get a college degree and you're set for life. I had that mindset, and my whole identity was wrapped up in my career."

She came to find that for military spouses, there was a different expectation. "As a military spouse, when you introduce yourself, it's like, 'Hi, I'm Captain Bradfield's wife.' It's not 'I'm Michele Bradfield who does this or that. It's 'I'm his wife, and this is what he does.'" If Michele was struggling to find her place, moving five times in eight years only compounded the issue. It became nearly impossible to get her career off the ground. "Every time we moved I had to start all over completely in a new city where I knew no one. So I just found myself getting these entry level jobs even though I was educated, and so it was a big blow to my ego."

Her lowest point came after moving to Kansas where the couple had purchased their first home. While her husband was working in Italy, Michele was diagnosed with Polycystic Ovarian Syndrome (PCOS), a condition that put her at high risk for infertility. During that time, her mounting depression came to a head. "Learning that I might not be able to have a child was devastating. I basically cried myself to sleep every night for multiple months," she says. With no career and nothing to anchor

her, the diagnosis was just too much. "I just looked in the mirror, and I didn't recognize myself. I didn't know who I was anymore," she recalls. "I was a broken mess." Michele reached out and got some counseling.

Fast forward to present and Michele has come full circle. She and her husband are expecting their first child and the nonprofit she started while stationed in Germany has blossomed into a thriving business offering health and wellness resources and virtual coaching support to military spouses. Having secured fiscal sponsorship with one of the nation's leading 501(c)(3) non-profit sponsors, Michele is gearing up for InDependent's third annual virtual military spouse wellness summit taking place in March of 2018. When asked what advice she would offer to military spouses just entering into the lifestyle, she says, "You have to step back and find that balance for you and make yourself a priority no matter how hard that is. Your family can not afford for you to go down." Michele Bradfield has turned that mantra into her life's mission as she inspires thousands of women to do the same. 



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Lisa W. Cumming Photography

Complementary Coping

By Linda Landreth Phelps

“Welcome to Chaos Manor!” the tall, hearty man says, gripping a walker in the doorway of a home at the far, isolated end of Croaker Road. A rusty iron ramp angles from the driveway to the side porch, the entry to a part of the house which had its origins as a 1920s hunting lodge. Piles of dirt and signs of recent construction activity pockmark the yard. Beyond the house lies the York River, their empty dock, and three




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separate osprey nests complete with busy parents hustling to feed their demanding chicks. It's a heavenly view from a property owned by Tom and Sue Murphy since 1972, but most often rented out while they lived and worked in Rochester, New York. A little over two years ago, they returned to Virginia with a plan they're confident will carry them through an uncertain future.

As a multidisciplinary scientist, Tom knows that symbiosis is an interaction between two organisms living together in a state of mutual dependence and benefit. His marital partnership with Sue is an ideal illustration, with their differing abilities complementing one another like teeth in a zipper, serving to hold together the fabric of their daily life.

Tom and Sue have been a couple since their university days at William & Mary in the early '60s. She was a beautiful, athletic girl who turned heads, especially Tom's. "I married a gymnast," he recalls with admiration. "A real athlete. Sue was still playing women's soccer well into her 50s, such a hard and fearless player that her nickname was 'Wild Thing!'"

A swift-seeming 54 years after their wedding

at Bruton Parish, Sue has Parkinson's Disease, a disorder of the nervous system, and Tom's mobility is limited by Muscular Dystrophy (MD), causing significant weakness in his legs. The things Sue is still capable of tend to be quotidian tasks requiring strength and agility, while Tom has gradually assumed sole responsibility for chores that involve memory, clarity and numbers.

"Though not curable, my disease is actually more treatable than Tom's," Sue says slowly, yet clearly, "but they're both progressive." There are three tiers of treatment for Parkinson's: first comes drug therapy, then DBS [Deep Brain Stimulation], and when that stops working well, doctors add more drugs into the mix. Sue is now in the third tier. For Parkinson's patients, it's always a tricky balance between prescribing enough drugs to "unfreeze" immobility without causing the flailing movements often seen.

DBS requires a surgical procedure that implants wires into the brain. A neurostimulator, sometimes called a brain pacemaker, sends a mild electric current to those individually specific areas which affect movement in Parkinson's patients. That stimulation seems to

disrupt and override the confused signals that cause tremors and other symptoms of the disease.

"You can see where my pacemaker is implanted," Sue says as she points to a boxy lump near her left clavicle, then traces the upward path of the wires standing in relief under the skin of her neck. "You can also feel what I call my antlers up here on the top of my head." She rubs the two hard nubs marking the spots where electrodes plunge through her skull.

Sue, now 74, first noticed symptoms about the time when their two daughters went off to college. "It started out as shakiness, but then weird things started happening. I couldn't turn over in bed at night. We bought satin sheets to make it easier, but then I'd slide right off the bed!" she recalls with a laugh. As the disease progressed, she noticed more difficulty remembering words, but was still running, teaching and coaching sports.

Tom's rare form of MD, Myoshi's Myopathy (MM), usually shows up in children, but didn't start affecting him until he was 43, about the same time as Sue's diagnosis. Mysterious, abnormally high blood proteins led to extensive,

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Helena S. Mock, Esquire

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painful testing. “They took plugs of muscle, did genetic and enzyme analysis, and tortured me with electric stimulation. At 77, I’m one of the oldest MM survivors, but I suspect the bioengineers did the others in during testing,” he jokes. His disease causes weakness in the muscles of his lower legs and thighs. “I can’t do stairs at all any more,” he says. His mental function remains as sharp as ever, for which the former NASA employee is grateful. “I switched to computers way back, and I’m still doing consulting work for the government,” Tom shares.

Sue’s conversation is now marked by long pauses as she searches for a word or a train of thought that has jumped the track. “That thought flew in, but flew right back out,” she apologizes with a laugh. When asked what she misses the most about her former life, she doesn’t hesitate. “Running! I’d run right now if I could get somebody to do it with me.” Tom has gradually assumed tasks that the former math teacher used to perform with ease.

“I’m in charge of the calendar, writing checks, anything to do with numbers,” he says. “I can stand for short periods, so I can cook and wash dishes, but Sue does the vacuuming

and any lifting.” They both drive independently, but lately Sue chauffeurs them around. “That’s something I can still do well physically, but Tom helps with directions.”

The couple’s daughter, Ann Armstrong, built a house across the street and often helps to take up the inevitable slack in their care. They’re additionally fortunate that Emily Bartolotta, their younger daughter, lives nearby in Toano.

Tom and Sue’s plan, in light of their progressing needs, was to subdivide their land and deed the existing house portion over to their children for tax purposes. On the remaining land, they’re building something more suitable for them than a two-story house with narrow hallways. “It’s actually more cost-efficient to start from scratch than it is to try to retrofit an old home,” Tom declares. The front yard chaos will soon resolve itself, they say, and within six months produce a fully accessible home for them to enjoy for years to come.

“We’re working with an architect who specializes in accessibility,” Sue says. “His father is disabled, and he built a house for his dad with all the latest bells and whistles. It’s helpful that we can look at that and decide which

features we’d like.” Sue recently discovered that the disease is likely to affect her vision, so she’s considering that in her plans. This extrovert is already looking forward to having visitors in their new home. “I’d like to have a party every night!” Sue declares.

“And I’m looking forward to having a private office space where I can close and lock the door on distractions,” Tom says with a chuckle. “Sue and I are so different in our personalities, but she’s been good for me. As an only child and introverted intellectual, I married into a big, wonderful family and became better socialized. I still need a certain amount of isolation to think and work, but she gives me balance. It’s made me a better, happier person.”

The Murphys are well aware that the daily challenges they face are mental as well as physical. The patience required for dealing with one illness is doubled. “I can tend to be a grumpy old man,” Tom confesses, “but one of the things that first attracted me to Sue is her sense of humor. When stress gets the best of us, pretty soon we have to find something to laugh about. You could say we use humor as a coping mechanism.” NDN



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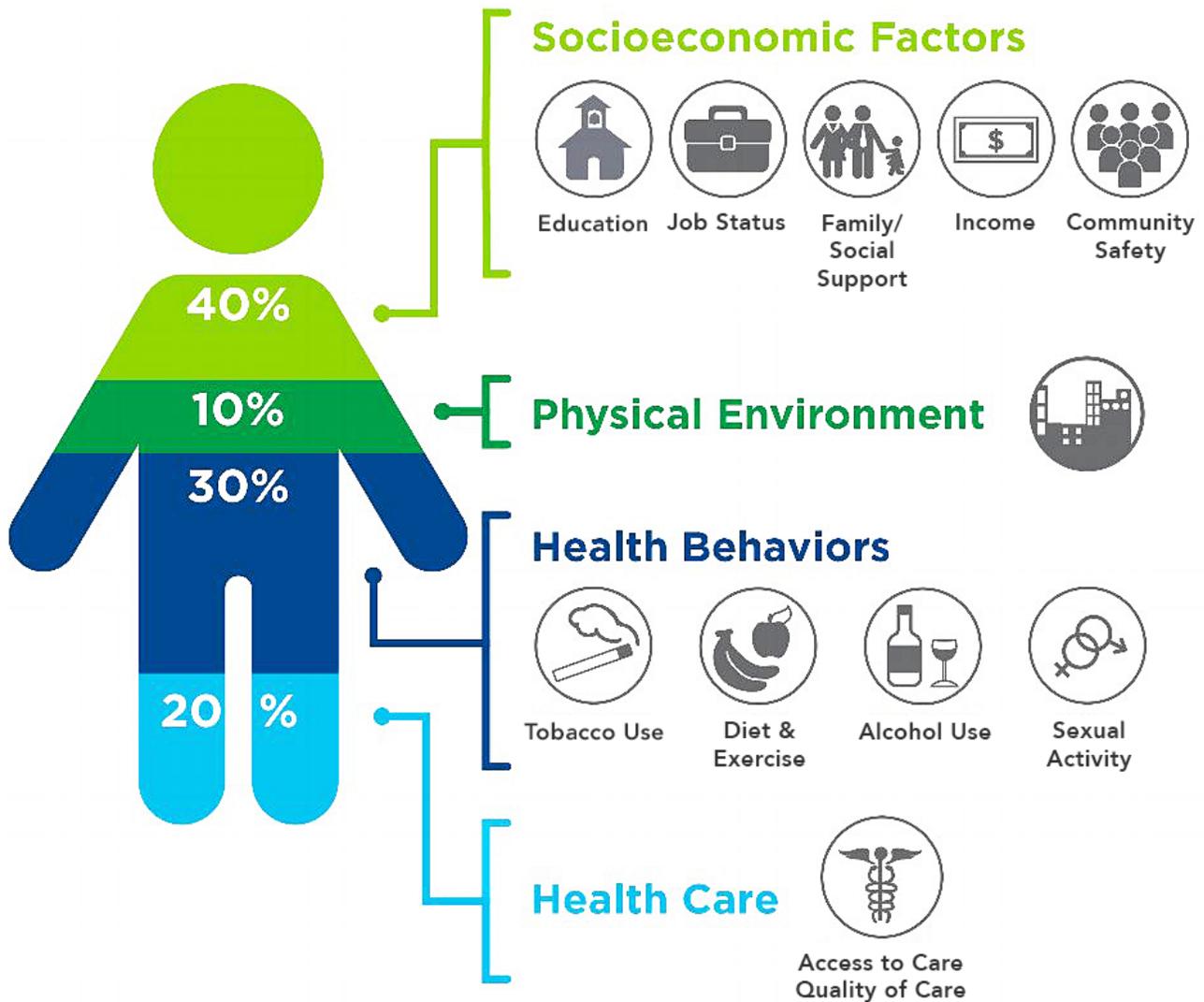
HEALTHY COMMUNITY HEALTHY LIVES



WILLIAMSBURG
Health
FOUNDATION

Report to the Community 2016

What Goes Into Your Health?



Source: Institute for Clinical Systems Improvement, Going Beyond Clinical Walls: Solving Complex Problems (October 2014)



Letter from the Chair of the Board of Trustees

Our vision at the Williamsburg Health Foundation is a community where everyone has the opportunity to lead a healthy life. We know that is not the case. Even in our relatively small service area, the difference of a few miles can make a substantial difference in life expectancy. Access to health care and the opportunity to make healthy choices varies by income, neighborhood, employment, and level of education – factors sometimes called the “social determinants of health.” The map below illustrates that reality.

The Foundation makes substantial investments each year, targeting in particular support of organizations like Olde Towne Medical and Dental Center that address the health care needs of our most vulnerable community members. WHF also funds efforts like the Williamsburg-James City County Public Schools’ School Health Initiative Program or SHIP, that promotes lifelong health, particularly exercise and healthy diet, to help reduce illness later in life. But the Foundation is painfully aware that while those efforts are important, the need is enormous and well beyond the capacity of any one organization.

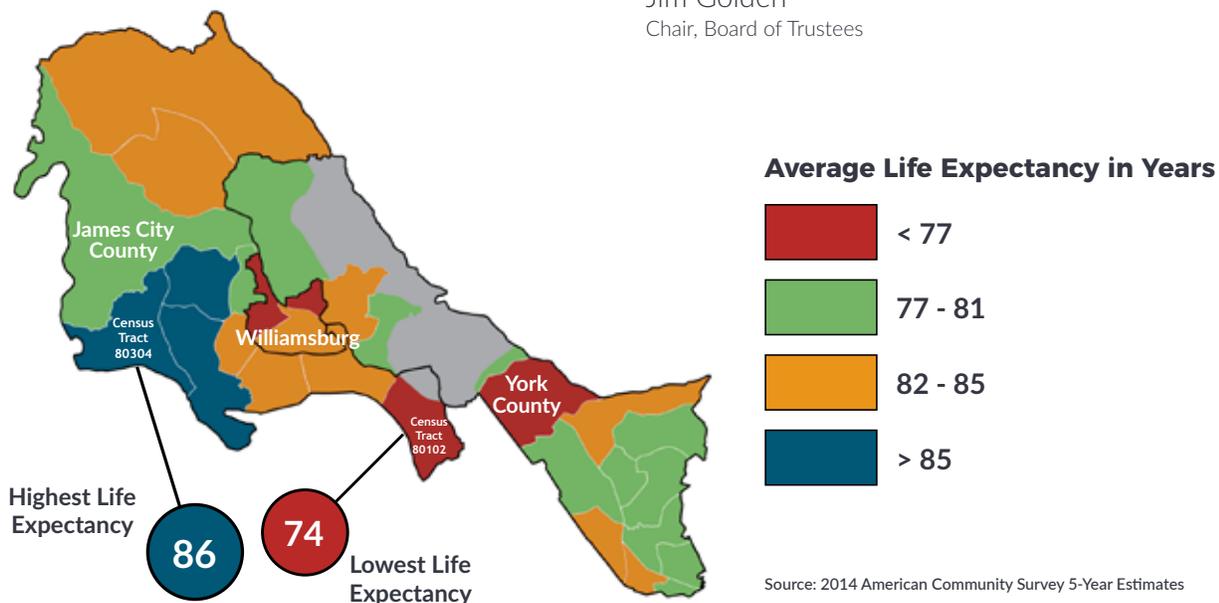
So the Foundation’s board of 21 community members who serve as trustees has decided we need to do more to promote collaboration, mobilize resources, and increase awareness of the core problem



– the social determinants of health. This annual report focuses on our efforts toward that end.

The good news is that there are areas in which we can all work to improve health both for ourselves and for our neighbors. Helping to maintain safe places to play, reading to a child of any age, sharing the bounty of a garden, calling on older adults to check on their well-being, making healthy meals for pot lucks, are things we can do. While this report focuses on what the Williamsburg Health Foundation does, it gives each of us an opportunity to reflect on what we can all do. Working together we can make a difference and give everyone in our community the opportunity to live a healthy life.

Jim Golden
Chair, Board of Trustees



CREATING OPPORTUNITIES TO LEAD A HEALTHY LIFE

Letter from the President and CEO



As the President and CEO of the Williamsburg Health Foundation, I believe that the Foundation has a responsibility to concentrate its resources strategically to improve health in the community, and to

that end, not only to impact health care services but also social determinants of health.

WHF supports the good work of our local safety-net primary care and behavioral-health providers. But, WHF focuses, too, on the provision of nutritious food; on positive early childhood education and experiences; and on health opportunity in schools to set the stage for lifelong health.

While we are proud of our grantmaking, investments through grants are not the sum of the work of the Williamsburg Health Foundation. WHF works to facilitate health improvement throughout our community by building meaningful relationships among community leaders and other stakeholders, supporting nonprofit organizations, and by promoting a culture of health that moves us ever closer to a community with health opportunity and equity for all.

This annual report shares progress of all kinds towards a healthier community, and among that progress, we once again celebrate another new playground. A safe place to play means a healthier childhood and a healthier childhood means a better chance of lifelong health.

Jeanne Zeidler
President and CEO

Social Determinants of Health

Economic Stability	Neighborhood and Physical Environment	Education	Food	Community and Social Context	Health Care System
Employment	Housing	Literacy	Hunger	Social Integration	Health Coverage
Income	Transportation	Language	Access to Healthy Options	Support Systems	Provider Availability
Expenses	Safety	Early Childhood Education		Community Engagement	Provider Linguistic and Cultural Competency
Debt	Parks	Vocational Training		Discrimination	
Medical Bills	Playgrounds	Higher Education			Quality of Care
Support	Walkability				

Health Outcomes
Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations

Credit: Henry J. Kaiser Family Foundation, kff.org.

“PLAY MATTERS FOR ALL KIDS”

Parks and safe places to play contribute to healthy childhoods and stronger communities and neighborhoods. In October 2016, the Foundation, Chickahominy Community Improvement Organization, KaBOOM! (national playground builders), and volunteers from organizations throughout the community, came together to create the Chickahominy Community Playground in upper James City County.



SHIP: WJCC SCHOOL HEALTH INITIATIVE PROGRAM

One of the largest programs of the Williamsburg Health Foundation is the School Health Initiative Program known as SHIP in the Williamsburg-James City County Public Schools. SHIP provides students the opportunity to learn about nutrition and, at the same time, try nutritious foods in the cafeterias. Here young students have an in-school farmers market and middle schoolers learn just how much sugar is hiding in drinks.



SHIP: WJCC SCHOOL HEALTH INITIATIVE PROGRAM

Running Challenge Clubs are at all elementary and middle Williamsburg-James City County Public Schools. Each semester, the clubs culminate in a 5K. In December, students end the term with the Sentara Sleighbell and in the spring, Run the DOG (Duke of Gloucester Street). Below are photos from both events. Other sports and activities are also offered as SHIP-sponsored Challenge Clubs.



The social determinants of health are the circumstances in which people are born, grow up, live, work and age, and the systems put in place to deal with illness. These circumstances are in turn shaped by a wider set of forces: economics, social policies, and politics.

- World Health Organization



CREATING OPPORTUNITIES TO LEAD A HEALTHY LIFE

Grants Awarded in 2016

A healthy life requires many factors that can determine one's overall health and well-being. At Williamsburg Health Foundation, we target grants to create a broad system of health opportunities for all. To that end, grants focus on a wide-variety of services, not only access to high-quality health care but also healthy early childhood and in-school experiences on which to build a lifetime of health. Grants are listed here by determinant, though many grants include more than one.

Behavioral Health Services and Support

Child and Family Connection	Multicultural Counseling and Outreach Program	\$ 40,000
	Violence Prevention and Intervention Program	\$ 30,000
	Neurofeedback Counseling Program	\$ 25,000
William & Mary	New Horizons Family Counseling Center	\$ 125,000
Colonial Behavioral Health	Greater Williamsburg Child Assessment Center	\$ 271,000
	Williamsburg Intensive Outpatient Program	\$ 45,000
	Chronic Care Collaborative	\$ 183,000
Colonial Community Corrections	Better Ways: A Therapeutic & Transitional Substance Abuse Program	\$ 14,000
Postpartum Support Virginia, Inc.	Healthy Mother, Healthy Family	\$ 4,000
York County, Division of Juvenile Services	Psychological and Substance Abuse Services	\$ 14,000

Community Health Promotion

The Arc of Greater Williamsburg	Fitness Program		\$ 25,000
KaBOOM! Inc.	Chickahominy Community Playground		\$ 100,000
Virginia Legacy Soccer Club	Community Partnership		\$ 16,000
Williamsburg-James City County Public School Division	SHIP: School Health Initiative Program		\$ 640,000

Education

Literacy for Life at the Rita Welsh Adult Learning Center	Health Education and Literacy Program (HEAL)		\$ 60,000
Colonial Behavioral Health	wmbgcares.org		\$ 34,000
Peninsula Metropolitan YMCA	YMCA's Diabetes Prevention Program		\$ 45,500

Access to Food

Community Housing Partners	Mobile Food Pantry (Providing Fresh Produce and Lean Protein)		\$ 6,000
FISH, Inc.	Health Priorities in Action		\$ 6,300
Grove Christian Outreach Center	Children's Summer Lunch Program		\$ 4,400
	Food Access Outreach Program		\$ 4,000
Virginia Peninsula Foodbank	Mobile Food Pantry		\$ 20,000
Williamsburg Area Meals On Wheels, Inc.	Nutritious Noontime Meals		\$ 50,000

WILLIAMSBURG HEALTH FOUNDATION REPORT 2016

Access to Quality Health Care

Angels of Mercy Medical Mission	Chronic Care Collaborative		\$ 113,000
Gloucester-Mathews Care Clinic	Chronic Care Collaborative		\$ 270,000
Olde Towne Medical & Dental Center	Transition from Hospital to Home Partnership		\$ 50,000
	Basic Operating Support		\$ 450,000
	Chronic Care Collaborative		\$ 250,000
Lackey Clinic	Chronic Care Collaborative		\$ 420,000
	Volunteer Recruitment Program		\$ 13,000
Rx Partnership	Chronic Care Collaborative		\$ 35,000
Virginia Health Care Foundation	Greater Williamsburg Medication Access Program		\$ 400,000
Virginia Oral Health Coalition	Oral Health Integration for Greater Williamsburg		\$ 4,000

Housing and Shelter

The Doorways	Patient and Family Access		\$ 15,000
United Way of Greater Williamsburg	Home for Good		\$ 130,000
Housing Partnerships, Inc.	Rapid Response Ramp Loan Program		\$ 14,000

Human Services and Social Supports

City of Williamsburg	Child Health Initiative		\$ 260,000
FREE: Foundation For Rehabilitation Equipment & Endowment	Free Medical Equipment		\$ 25,000
Peninsula Agency on Aging	Care Transitions Intervention Pilot Program		\$ 75,000
	Senior Health Assistance Resource Project, S.H.A.R.P.		\$ 128,000

Transportation

Peninsula Agency on Aging	RIDES Program		\$ 110,000
Williamsburg Area Faith in Action	Medical Transportation		\$ 24,000

Early Childhood Experiences

Child Development Resources	Breastfeeding: Building Confidence and Competence		\$ 24,000
	Infant and Parent Program		*
	Parents as Teachers		*

Other Grants: Capacity Building, Research and Evaluation, and Annual Awards		\$ 364,000
		\$4,936,200

*At the request of the agency, support for CDR's Infant & Parent and Parent as Teachers Program was distributed in 2015 for a term of 18 months; therefore, WHF funds continued to support these programs throughout 2016. WHF's support for quality early childhood education and experiences is consistent and undiminished.



William & Mary Receives Williamsburg Health Foundation's 2016 Annual Award

As an anchor institution of Greater Williamsburg, William & Mary is in a unique position to lead by example. For its 2016 Award, Williamsburg Health Foundation honored William & Mary for building a community focused on well-being as both a community-wide pursuit and personal responsibility.

Well-being involves emotional, environmental, financial, intellectual, occupational, physical, social, and spiritual health. William & Mary offers counseling, recreational opportunities, massage, biofeedback, neurofeedback, mindfulness, and yoga to assist students to stay well while they meet the rigor of their academic pursuits. But, the university looks at wellness beyond the provision of services. Wellness can include community service at the university and beyond.

According to William & Mary, "...one of the strengths of a small and tight-knit place like William & Mary is the ability – and responsibility – of every member to take part. That means fellow students, faculty, staff, and administrators all have a role to play."

William & Mary is intentional about setting the stage for healthy habits and providing the opportunity for students to take advantage of those resources – whether they encounter them in the classroom, recreation center, health center, or the Office of Community Engagement.

Williamsburg Health Foundation celebrates William & Mary for:

- A cutting-edge approach to integrative wellness that includes thoughtful systems change.
- Promoting excellence through a lens of resilience, fulfillment, and productivity.
- And, for providing an outstanding model of community responsibility for wellness.

Financial Summary

SUMMARY STATEMENTS OF FINANCIAL POSITION

	As of December 31	
	2016	2015
Assets	<u>\$ 116,524,000</u>	<u>\$ 118,179,000</u>
Liabilities and Net Assets		
Grants and Other Accounts Payable	739,000	441,000
Unrestricted Net Assets	<u>115,785,000</u>	<u>117,738,000</u>
	<u>\$ 116,524,000</u>	<u>\$ 118,179,000</u>

SUMMARY STATEMENTS OF ACTIVITIES

	As of December 31	
	2016	2015
Revenues and Gains (Losses)		
Investment Income and Gains (Losses), Net of Fees	<u>\$ 4,203,000</u>	<u>\$ (364,000)</u>
Expenses		
Community Grants	4,807,000	4,826,000
Program, General and Administrative Expenses	1,344,000	1,308,000
Federal Excise and State Tax (Benefit) Expense	<u>6,000</u>	<u>216,000</u>
	<u>6,157,000</u>	<u>6,350,000</u>
Change in Net Assets	(1,954,000)	(6,714,000)
Net Assets at Beginning of Year	<u>117,738,000</u>	<u>124,452,000</u>
Net Assets at End of Year	<u>\$ 115,784,000</u>	<u>\$ 117,738,000</u>

Numbers are rounded to the nearest thousand. A copy of the audited financial statements is available upon request.

ASSET ALLOCATION AS OF 12/31/16

64% Total Return Assets

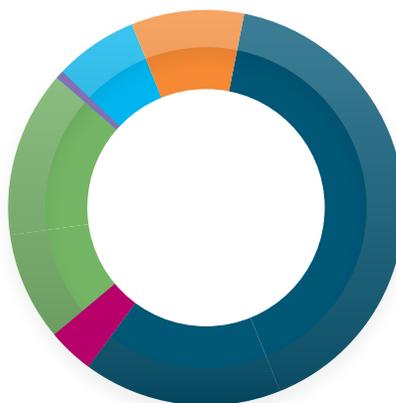
- Global Equities
- Private Realty

23% Diversifying Strategies

- Hedge Funds
- Private Opportunistic Credit

13% Hedging Assets

- Cash
- Conventional & Inflation Linked Bonds



- Global Equities – 60%
- Private Realty – 4%
- Hedge Funds – 22%
- Private Opportunistic Credit – 1%
- Cash – 7%
- Conventional & Inflation Linked Bonds – 6%

ANNUALIZED RETURNS FOR PERIODS ENDING 12/31/16

Fund	One Year	Three Year	Five Year	Since 9/30/96
	8.12%	2.94%	5.50%	2.15%
Policy Benchmark	9.76%	4.36%	6.36%	6.20%
CPI +5%	7.49%	6.10%	6.28%	7.24%
TIFF Constructed Index	10.81%	3.04%	4.77%	6.54%

The Foundation's policy benchmark is a composite of indices whose allocation is based on the Foundation's policy allocation. As of 12/31/16 it was 65% MSCI ACW and 35% Barclays Agg.

TIFF's Constructed Index (CI) embodies TIFF's staff and board members' long-term perspective on asset allocation. As of 12/31/16, it was 65% Equity-Oriented Assets, 20% Diversifying Strategies, and 15% Fixed Income.

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New Knee Better Life

By Narielle Living



Lisa W. Cumming Photography

According to Frank Mastaler, a positive attitude goes a long way toward helping the body heal. Four months ago, Frank had knee replacement surgery, and today he is able to get back to many of the activities he loves: biking, horse-back riding and playing with his grandchildren. Frank's father, an Army veteran, retired while stationed at Fort Eustis and the family settled

here. Frank graduated from Denbigh High School in 1972 and married in 1981. "My wife is a Williamsburg native so this is where we lived," Frank says. "Both of my daughters grew up here, and they call this home."

Formerly a civil servant for the Army, Frank is now retired. He loves retirement, but just because he's not going to a job every day doesn't

mean he is sitting around. He has remained busy. "Being busy led me to this discussion." Frank grew up in a family with four other brothers.

"We were all involved in sports from the day my dad could tell us to go outside and play," he says. In his active family, they also played organized sports, such as football, baseball, basket-

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ball and track. “We did a lot of that stuff, just like lots of other folks.” He originally hurt his knee as a kid when he lived in Texas. “We were playing sandlot football. When my knee popped it was painful. But back then nobody knew what to do about that.”

Frank’s doctor at the time recommended putting his knee in a cast to allow it to heal. “I continued to have issues on and off through high school and college,” Frank says. “I hurt it again my first year out of college.” His knee at that time had torn parts of the meniscus. The meniscus is an important part of the knee, in that it serves as a cushion and balances the weight across the knee.

“That was my first real surgery. The doctors went in and took some of the meniscus out. There’s a scar.” At that time, according to Frank, knee surgery was very different than it is now. “They went in, cut me open and I think I spent about a week in the hospital,” Frank says. “Today, that’s a long time to stay in the hospital.”

After healing from that initial surgery, he continued with his normal activities. “I ended up having another surgery where they went in and cleaned out all the residual meniscus. That was probably about 10 or 15 years ago.” At that point the surgeon told Frank he would eventually need another procedure to provide more permanent stability for his knee.

Despite setbacks with his knee, Frank still lived a very active lifestyle. “I kind of worked through it,” he says. “I had been a distance runner but gave that up and started riding a bicycle. It was easier on my knee until very late in this process.” In addition, Frank also golfed, hunted, fished, cut firewood and played soccer. “Both my daughters played soccer, so I did some of the adult co-ed stuff, but I finally had to give that up.” As Frank’s knee became progressively worse, he found he had to stop doing so many of the activities he enjoyed. “About a year and a half ago it got to the point where it hurt to even ride my bike. Trying to get up and down steps at the house became very problematic.”

When Frank realized that the quality of his life was being affected by the pain in his knee, he knew it was time to consider his best option: knee replacement surgery.

This time, his experience with having knee surgery was very different. “I showed up at six a.m. at the hospital, and I was home by two-thirty the same day. That’s unusual. Normally people stay over for a night or two. But I was pretty insistent on doing a one day if I could.” To his benefit, Frank was in good shape prior to the surgery. “I’d done all the advance physical therapy they told me to do, so the doctor and I made a decision to do a day thing.”

Frank credits the physical therapy for a large part of helping him prepare and heal. “The physical therapist gave me exercises and I did them. Honestly, my wife helped me through a lot. She would tell me, it’s time to do this, and she would write everything down.” Frank says that accepting that the physical therapy is going to be a painful process is important. “I did more than what the therapist told me to do in order to get back to where I was, because I was not going to be lying around doing nothing.” It’s only been four months since Frank had surgery, and today he is back to riding a bicycle, walking through the woods, cutting firewood, playing golf and riding a horse. He is careful to pay attention to his knee, and if

his knee becomes sensitive or has pain he decreases his activity level, takes something for the pain and puts ice on it. "I've learned over the past four months when I've overdone things. I ice it and continue to do most of the exercises the therapist gave me so I feel like I'm as good as I'm going to get. I'm not going to run again unless someone's chasing me."

According to Frank's doctor, complete healing from his surgery will take a year. "I'm always going to have to do some type of exercise," he says. "I notice now that if I sit around the house and watch television for an hour or two I have to get up because it's stiff. The implant is supposed to last 33 years."

With eight months left in the year-long process, all indications are that the surgery was successful. "The implant is being absorbed, and the bone is growing around the implant which is what they want. Everything has stayed straight. I am real happy with it, and hopefully I'll continue forward with the process."

When Frank returned home from his surgery, he wasn't sure what to expect. He had set up an air mattress in the downstairs living area, but never had to sleep there. Instead, he was able to use the stairs. "The biggest thing was making sure to check for swelling, which could mean blood clots," Frank says. "And the other thing that everyone really worries about is infections. Now if I go to the dentist I have to take antibiotics because I have a foreign object in my body, and if I get an infection that will be one of the places that gets attacked by the infection."

Despite the grueling hours of exercise and the amount of time needed to heal, Frank is happy he made the decision to have his knee replaced. "It took me a while to decide, as it should most people, but when my bad knee started to affect my quality of life that's when I made my decision. I want to be outside until I can't be outside, and if I could find a way to get fixed that's what I wanted to do. I'm happy I did and happy with the process."

Frank credits his swift recovery to several things. First, he pushed himself to heal. "I will continue to push. Some of the things I want to get back is complete flexion, if I can." Second, he has stayed in good shape and stuck to the exercise regimen he was given. And finally, he credits his team of professionals. "The whole process of working with the doctor's office, the physical therapist, the hospital, everything was top-notch great."

When considering whether or not to have this type of procedure, Frank's advice is straightforward. "You have to go into it doing what they've asked you to do. If they've asked you to do some exercises then you need to do that. And when you come out be prepared to work. You've got to accept it's not going to be easy. I think the willingness to work both before and after is key, and you're going to have to continue to build after the surgery until you get released from therapy." Frank adds that he felt it was best to delay the surgery until no other options were available, and then be sure to work hard before and after the procedure.

Frank Mastaler's approach to the entire process has been somewhat philosophical. "This is like a lot of things, if you're negative it's going to be negative," he says. He knew what he wanted from life and decided to push forward to make it happen. "I won't spend the rest of my life sitting in a chair drinking Cola and eating bonbons." NDN



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Seeds for the Future

By Greg Lilly, Editor



Lisa W. Cumming Photography

“It had been brewing in my mind,” Molly Peet explains, “a project of collaborative ceramic sculpture focused around the theme of seeds for the future. I wanted the students to think about what they’re doing now that will flower in the world. How will their actions of today affect their future and their community’s future? We talk about a ‘growth’ mindset. Maintaining an idea of constant growth throughout life is so important. Those are the concepts

we wanted to express with this collaborative piece.”

Molly, an art teacher at Lafayette High School, recently received an Innovative Learning Grant from the Williamsburg-James City County (WJCC) Schools Foundation. The grant enabled her to take the “constant growth” theme, cultivate it with her students and develop it into a physical form, a ceramic sculpture, displayed at the library for the public.

“Growth and the idea of continual development throughout our lives are concepts I love, and I try to sprinkle them into my classes when I can. It was a natural direction for me to take the sculpture. It’s a good visual metaphor, organic imagery and seed pods are interesting objects. Each of the students made a seed pod using hand-building clay sculpting techniques and the slab roller.”

The grant from the WJCC Schools Founda-

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tion helped add the slab roller to Lafayette's art studio. A slab roller does exactly that. It rolls out clay in a large, even, flat slab. "It's like a big rolling pin that produces a fast, consistent slab of clay," Molly says. "It's really hard to do it by hand. It's an awesome tool to have and an essential tool for a clay studio. Not having it was a big hole in our setup at Lafayette. The slab roller opens up so many opportunities for the students. They can build bigger and better structures in their clay."

Molly knows exactly what the school system's art classes can do for a student because she is teaching in the same room that she spent her high school years in, making art pieces. "I was born and grew up in Williamsburg and graduated from Lafayette. Here, in this room, is where I started getting interested in art and exploring the possibility of going to art school and becoming an art teacher."

Art was fun for Molly, and, she admits, it came a bit easier for her than other subjects. "It was one of the few things I liked in school," she adds with a laugh. "Now, I come to high

school every day, but then, I didn't like high school. I wasn't engaged in it, but I loved art." She hadn't planned to go to college until her art teacher encouraged her to consider Virginia Commonwealth University (VCU) and concentrate on art. "That sounded like something I would like. I went to VCU and majored in art education."

She graduated in December when schools were not looking for full-time teachers. Molly came back to Williamsburg from Richmond and worked with a tutoring program, reconnecting with many of her previous teachers. When a position opened the following school year, she interviewed, but didn't get the job. "I came in as a substitute teacher in October of that year. The person, who took the job I had interviewed for, decided they didn't want it. So I was hired permanently. This will be my eighth school year."

Of the different paths an art major could take, education attracted Molly. "I decided to take the art education path because of the experience I had in high school of feeling like

there wasn't a place where I belonged, until I got into art classes. That was where I shined. It's a clichéd sentiment, but I wanted to give another person the chance to find art as the place where they fit. That's pretty good work to do."

The WJCC Schools Foundation announced the grants to the area teachers, and Molly started thinking about how she could try something new with her classes. "It was exciting and I had some ideas. WJCC Schools Foundation wants to make the school system better by helping us with new tools to teach the students."

When it came time for the applications, Molly knew adding a slab roller to the studio would help the students with their projects. "I had seen the public art sculptures around town," she says of the sculptures in the Arts District and around the Stryker Center, "and I wondered if the class could do one. Everything came together, and I applied for the grant to do the public art sculpture." The slab roller was an essential tool for the project.

Molly and her students reviewed images



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of many different types of seed pods and discussed the aspects that made the pods visually interesting. She encouraged the students to incorporate those interesting qualities into their own designs for their ceramic pods. “They did a lot of visual research and came up with ideas.” They discussed the tactics of how to create each pod, and how to put them together as one sculpture. The project illustrated to the students how their separate components, each of the students’ own creations, come together to make a collaborative piece. Each student’s individual piece fit onto a metal frame to create a bigger, more expressive stacked sculpture – each part building and supporting the others.

“We overcame all the construction issues as a team,” Molly says. “I like the idea of all the students collaborating on one sculpture, but still having their own expressive component.”

The goal of the project was to show the students how they could have a larger impact together, using their individual work, not forcing themselves to compromise, but to collaborate, for a greater good. “Even when you think your

actions, hopes or wishes are discrete, they fit into a larger community. They all build each other up. It’s a metaphor for life.”

The finished sculpture debuted at BikeWalk Williamsburg’s “Bicycle Art & Culture Gala” on May 1, 2017 at the Williamsburg Library Theater Lobby on Scotland Street. The exhibition continued until June 15. “The students were excited about having their work publicly displayed at the BikeWalk art exhibit,” Molly adds. “I wanted them to think about public art and its impact on the community.”

The participation in creating the sculpture allowed the students to gain an awareness of public art. “It’s not just ‘let’s make something pretty.’ Public art projects affect the community and how they see the world,” Molly says. “Public art is all around us in our daily lives. It’s an avenue of personal exploration or a catalyst for personal growth. For the kids not going on to art in college, the project of creating the collaborative piece was about building awareness and appreciation for public art. They had made something challenging and publically

displayed. So now when they encounter art, they’ll think about how the artist was inspired, developed the idea and implemented its expression into a physical form.”

One aspect that delights Molly when working with the students is how they look behind the representation of the art for the meaning. “That’s a big thing for students. They really like the ‘why’ of artists doing things a certain way. I am surprised at the depth of their interpretations.”

Molly Peet, with the assistance of a grant from the WJCC Schools Foundation, introduced her students to the concept of continual growth in learning and in life. “There is so much opportunity to teach the growth mindset in art. Not only do they get to explore the concept of growth and how that continues into their adult lives and future careers, but they can see the progress they made in their skills of creating art from the beginning of the project until the completion over the school year. It’s a really fun process to watch them grow and to help them grow.” NDN

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SIDELINE ASSESSMENT

By Greg Lilly, Editor



Lisa W. Cumming Photography

Steve Cole, William & Mary associate athletic director, developed the SMART (Sideline Management Assessment Response Techniques) workshop with Dr. Michael Petrizzi, in part because of Pat “PG” Gantt. “Pat Gantt was an assistant equipment manager here with our football program,” Steve explains. “In 1986, W&M went to Charlottesville to play the University of

Virginia. We beat them. That was one of our historic wins. We’ve all seen it. Everybody rushes the field and piles on in celebration.”

Pat joined the celebration on the field. “He jumped up to high-five someone, got his legs knocked out from under him and landed in a pike position.”

Steve had completed his graduate degree at

the University of Virginia, and he knew the resources in the area. “When you work with Jimmye Laycock,” Steve stresses, “you know he is a stickler for planning and contingency planning and being prepared for the unexpected. He ingrains that in every member of his staff, the players and everyone involved in the program.”

Steve recalls that day in 1986. “There I am.



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Someone says PG is down and had the wind knocked out of him. I fight through the crowd and find him on the field around the 30 yard line. I go down on my knees with people still jumping and celebrating around us. He says he can't feel his legs."

With his knowledge of the resources in Charlottesville, Steve gets Pat Gantt to the trauma hospital. "He was paralyzed from his mid-chest down from that day forward," Steve says. "The bottom line is that every day bad things happen to good people. It took a long time for me to get past that. You always question what happened."

Knowing how to assess and manage an injury is a major part of the SMART program. "I tell people to do the best they can at that given moment with the resources they have. You should be able to get up the next morning and look in the mirror and say 'I did the best I could have done.' Seeing PG there with us in his wheelchair before every game, reminded us that we needed to be prepared to deal with injuries on the sidelines. Pat Gantt remained a part of our program until he passed in November 2013."

The SMART workshop is an evidence-based program. "In medicine that is very critical,"

Steve stresses. They spent over a year and a half compiling research to support the program. "The SMART workshop is certified for four hours of the ten hours needed for evidence-based programs in continuing education for athletic trainers." There are five instructors certified to teach the SMART program – Steve and two other W&M staff, plus an instructor in California and one in Florida.

"My instructor in California is a spine injury survivor," Steve says. "He was body surfing one day and got pile-drove into the sand. He was a quadriplegic. He tells the story of lying there looking up, the sun reflecting on the water. He couldn't move; his only thought was it was a beautiful last sight to see before he drowned." The ocean waves moved him to shore, and strangers on the beach came to see if they could help. "One man had been a lifeguard and took charge. Because that one person took charge, that saved his life. That's what we teach in the workshop: one person has to have the skills to take charge. We tell the physicians and athletic trainers going through the program to be that one person that can make a difference and save a life."

Steve's father served in the Air Force, and Steve's family traveled around the world when he was young. "My family had been in Taiwan and moved back to the States when I was in eighth grade." In Tampa, Florida, where they moved, the middle school consisted of seventh, eighth and ninth grades. "The middle school was overcrowded, so for my ninth grade year, 125 of us were sent to the high school for that year." Steve was too young, still being in ninth grade, to participate in sports at the high school level.

"We had a certified athletic trainer in our high school. This was in the late 1960s and a real rarity for a high school to have a certified athletic trainer." While living overseas and attending the crowded middle school, Steve hadn't had much opportunity to participate in sports, but he was very involved in the Boy Scouts. "Through Scouts, I had a first aid background. The high school's athletic trainer was my homeroom teacher and asked me to help out."

Steve took a correspondence course for athletic trainers from Cramer Products. "The irony of that," he says, "is for the past 34 years, we have offered a Cramer Sports Medicine work-



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shop here at William & Mary.” Today, the W&M athletic trainers continue to offer the Colonial Sports Medicine Camp, sponsored by Cramer Products. “That course and working with the high school’s athletic trainer started my interest, and at college, that became my course of study.”

His parents were sent to Thailand, and Steve stayed in the States. “I went to West Virginia University. Both my parents had gone there.”

The science of sideline assessments has progressed with the science of medicine as well as the education of multiple levels of sports participants, from the coaches to the parents and players to the local health care providers.

The SMART program was developed at W&M by Steve and Dr. Michael Petrizzi. “I had met Mike Petrizzi when I taught physician education programs on sideline assessment of injuries. He is the team physician for Atlee High School in Hanover County, a primary care physician and team physician for VCU. We started the program in 2003. There are very good team physician courses out there. The SMART program is not designed to replace those. The SMART workshop is a between-the-lines course to encourage physicians to get in-

involved at the local level in the health care of our middle school and high school athletes. As athletic trainers, we want and need our physician partners on the sidelines with us. The SMART workshop gives the skill set they need on the sideline.”

Some of the objectives of the SMART program include on the field management of an athlete with a suspected acute spine injury, a suspected acute fracture or dislocation, or a suspected concussion, and to perform musculoskeletal evaluations on athletes wearing protective equipment, as well as to assess the athlete’s readiness to return to play.

The program has trained thousands of athletic trainers, team physicians, emergency medical service (EMS) professionals and family physicians over the years. In the future, Steve isn’t so focused on the expansion of the program as he is in the participation of more people in the assessment of sideline injuries.

“I would like to see certified athletic trainers at every high school, physicians in local communities willing to come and be involved in the health care of the millions of young people involved in youth sports. I want to see physicians in private practice have a basic skill set on

identifying injuries that occur in sports and the physically active population.”

Steve says that the program at W&M has worked with the Williamsburg and James City County area EMS, high school trainers and local physicians. “The Virginia High School League (VHSL) has a sports medicine advisory committee that Mike Petrizzi serves on, along with several other very competent physicians and athletic trainers. The state of Virginia does a fabulous job of getting educational resources on the VHSL website.”

He advises parents, student athletes and others in the community to explore the resources for the recognition of a concussion. A concussed athlete may not know they have a concussion, but teammates and the coaches’ staff can also help to assess the situation. “The CDC ‘Heads Up’ program is an excellent on-line resource,” Steve says.

Also, he stresses the forethought to know how to assess and manage a suspected spine injury. “That information on Pat Gantt is in our football players’ handbook every year,” Steve Cole says of the inspiration for the SMART program. “Pat Gantt is still a part of our football program at W&M.” NDN

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Corey Miller Photography

Goosebumps!

By Greg Lilly, Editor

Along Duke of Gloucester Street, we've all seen the groups of tourists following along with a tour guide. The moonlight shines on expectant faces, young and old, waiting for a scary story of old Williamsburg. "There is something for everyone. Even if you are not a believer in ghosts – a lot of people are, but not everyone that comes on the tour is – what they all enjoy are the stories, hearing of people's experiences

from the past," Mike Scruton says. Mike is a tour guide for The Original Ghost of Williamsburg, the oldest ghost tour in Williamsburg and the second oldest in the United States.

Ghost guides are among us. From teachers, coaches and college professors to authors, retired military and moms, the guides are our neighbors.

Mike grew up in Upstate New York, near

Lake Ontario. "Right out of high school, I went into the Marines," he says. He travelled and was especially intrigued by the different cultures he experienced. "After I got out of the service, my interest in cultures and history had been spurred. I decided to go to school to become a social studies teacher." He earned his bachelor's and master's degrees.

"I began looking for the place that I wanted

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to settle. The economy where I grew up was not strong, not a lot of jobs there, and the winters are rough.” He thought if he was going to relocate, he’d go for a milder climate. “I had never been to Williamsburg before, but had heard a lot about it from friends and family members that had visited here. I started to come down and look over the area for myself and fell in love with it. I’m a history guy, so Colonial Williamsburg, Jamestown and Yorktown had me hooked after my first visit. I was fortunate to land a teaching job here.” He and his wife, Nancy, moved, and today, Mike commutes to Hampton High to teach social studies.

“Years ago, I was at an educational conference at William & Mary. They gave us tickets to one of the ghost tours. I loved it. A few years later, I happened to notice an ad for tour guides. It sounded fun and would work around my teaching schedule. This is my fifth year hosting tours.”

Ghost tours are popular all year, but in October, the excitement increases. “People are interested in a good ghost story all the time, not just around Halloween, but that does add to the

atmosphere,” Mike explains.

Mike hosts several different tours. The earlier evening tours are geared toward the general public, including families with younger children. There are later tours in the evenings that go a bit longer and have more walking that may not accommodate young children with early bedtimes. “The time and length are a little more strenuous on younger kids in those later tours. The earlier tours are good for kids and give a good set of goosebumps. We get more of the adult crowd for the late tours. The stories are more in depth, not necessarily more graphic, but they may frighten smaller kids.”

Mike has hosted people from all over the U.S. and several other countries in his tours. “One of the things I like is mingling with the group before we start. It’s fun when you get a mix of people in the tour.” The groups usually have first time ghost tour people along with those who have experienced many tours, both in Williamsburg and in other towns. “Some people will take a tour where ever they go around the country. They are the diehards, really into the ghost tours. Whether they believe it or not,

they enjoy it. A lot of times they will share what they’ve experienced on their other tours. That’s always fun to hear.”

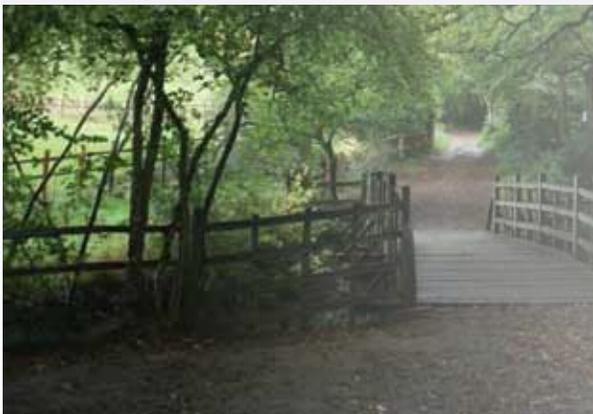
Mike says that, new or experienced, people on the tours are there for a good time. Skeptics and believers are respectful of each other. “Skeptics and believers add a balance and mix to the group. Even the skeptics are interested in the stories because we have some great tales.” The stories illustrate a personal point of view or a personal experience of someone from Williamsburg’s past.

“You can go to Colonial Williamsburg and wander around. I do that myself, and get the daytime history,” Mike says. “Then our stories are more the ghostly aspect. They tie into the daytime history, but it’s a totally different take on history. On a ghost tour, you want to hear about the ghosts and have some history of the house to set the stage. We focus more on the ghostly aspect, so you don’t hear the same thing that you would during the daytime.”

Each stop that Mike makes with his tour has its own unique story and history. “As far as the most active, that would be the Peyton

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Randolph House. That is a must-see if you are going on a ghost tour.” His tour guests report strange images on their cameras at the Peyton Randolph House. “You can get those strange occurrences on the camera’s picture anywhere, but for whatever reason, that house is heads and shoulders above the others for things like that. People will say they see things there with their own eyes, without their cameras. It has a strange mystique. It’s an original building,” Mike explains, “and over the years, it has had a number of events and strange things happen there. It has a different look and a different feel to it.”

Most of what Mike sees is captured on the tourists’ cameras. “I wonder how it can be there. It shouldn’t be there. When skeptics on the tour look at these things, they think the same thing: that should not be there.” Some people say they spot things with their own eyes. Normally, Mike notices it on the cameras. “There have been times that I’ve witnessed things with my own eyes that I should not have seen. Seeing shadows when there should not be a shadow – and they’re moving. I look around and there is nothing to cast the shadow or nothing to ex-

plain the movement. That’s been at the Peyton Randolph House when it has happened to me. Others have seen it other places.”

On the later “extreme” tour, Mike carries a “ghost meter” or an EMF (electromagnetic fields) detector. “It picks up energy. When it does, one of the theories is that it picks up the energy from human spirits. A lot of times, when that happens, people are taking pictures, and they get really strange images from the camera near the person holding the EMF detector.”

He stresses that it’s not the tour guide’s purpose to convince people on the tour that ghosts surround them. “That’s up to the individual person,” he adds. “I tell the stories, and they can take from those what they want. I have had many people say at the beginning of the tour that they don’t believe, but at the end say they aren’t so sure.”

As a social studies teacher, Mike enjoys the interactions of the diverse people taking his tours. “A tour has a bunch of people who have never met. By the time the tour is over, there are people from all over the country sharing their photos and talking about what they’ve experi-

enced. That’s a lot of fun for me. If they are interacting and having fun – that’s a great time. As soon as someone gets something on their camera, the whole group starts to come together,” he explains.

“Each group has its own energy. Some are really into it. Some are a little more passive.” Each group, he says, attracts different energy from the participants and from whatever may be hovering nearby.

After five years of leading ghost tours in Williamsburg, Mike took a tour with his family this past spring on a trip to Gettysburg. “I’m going to start going to more while travelling to get that nighttime history.”

For neighbors who love the streets of Williamsburg during the day, Mike Scruton says to try some nighttime history. “The stories we tell are different. If you love the daytime stories, we give a different view. It’s fun for all ages. Whether a believer or not, you can learn something different about local history – a different view, a different way to look at the community.” He guarantees the different look will leave you with a few goosebumps. NDN

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Corey Miller Photography

A CULTURE OF WELLNESS

By Greg Lilly, Editor

Encouragement for a healthy lifestyle goes beyond the family doctor or even spouses and children. The people we work with influence our outlook on health and wellness. The Health Committee of the Greater Williamsburg Chamber & Tourism Alliance has recognized Henderson, Inc. with the Health Promoter Award. Leslie Schultz, president of Henderson, Inc., says that health and wellness are part of their company culture.

“I remember back when the ‘Biggest Loser’ television program had started,” Leslie explains.

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“We did our own version of that. My mom is a nurse and has always been into fitness. Promoting healthy habits at work has been around our meetings and participating in community events, but starting in October, we’re putting a company-wide wellness plan into action.”

With the family company involved in community fundraisers, Leslie and her co-workers would assemble a team to compete in events like Run the D.O.G. Street Challenge 5K or The Williamsburg Landing’s 5K for The Arc. Along with those events, the company promotes wellness in-house. “We have ‘All Hands on Deck’ safety meetings when the entire company comes together at the beginning of each month. We stress health and wellness during these monthly meetings, but realized we were serving donuts as snacks. We decided to offer healthier choices like fruit and protein bars at company events and meetings. It’s those small choices that make big changes.”

Leslie’s grandfather, David Henderson, started the company in 1957. “He was in the office just this morning,” Leslie says. “This is

our 60th anniversary year. My grandparents raised my dad, Pete, in a house just off Mooretown Road.” Leslie’s parents attended college in North Carolina and she was born in Rocky Mount, North Carolina. “When I was three months old, my dad came back to Williamsburg to take over the business. That’s when the second generation started in 1979.”

Growing up, Leslie never felt there was any pressure from her father for her or her brother, Peter, or her sister, Lori, to join the family business one day. “Through high school, Lori, Peter and I would do some summer jobs at the office, answering phones, cleaning supply cabinets, just things to engage us a little bit,” she says.

At Virginia Tech, Leslie started in exercise physiology, but decided that a business major might be better. Summer internships at Henderson, Inc. had her thinking of changing majors to Building Construction, but her father assured her that a strong business foundation would always be a good thing to have.

“Peter was interested in coming to work here and eventually did. Lori decided that she

wanted to open her own business, and today, she owns Benefits Personal Training. I knew in college I wanted to work here.”

Their father told them they should work for other companies before joining the family business. He insisted their business would benefit from new ideas and different experiences his children would gain from working for other companies. Leslie’s first job was for a general contractor in Northern Virginia. “In 2004, I came home to Williamsburg to work at the family company,” she says. “We didn’t have project managers, so I helped develop that role.”

Sustainability of family businesses from one generation to the next can be uncertain, Leslie explains. “We do a lot of family business planning and succession planning. We have already started with the fourth generation. There are ten of them from age 1 to 11. We do activities to engage them in the company culture. Like during the warm months, we take the young ones to the job sites, and they give popsicles and water to the guys. This allows the children



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to see the business and the various sides of the construction industry.”

Over the years, Leslie has worked in just about every area of the company. Last year, she was named president.

From the initial steps of encouraging health and wellness at the monthly meetings to sponsoring and entering teams into community events like 5K races, the Henderson staff promotes, educates and encourages healthy activities and habits.

“In those First Monday meetings, we have a wellness topic like breast cancer awareness or heart health or a flu clinic here right after the meeting,” Leslie says. “Especially during the summer months, our wellness and safety topics are about hydration and proper eating. Our Safety Director, Dave Thompson, does a lot of that. We go out to the jobsites to take water and remind the site teams to cool down and hydrate.”

The 5K races usually generate excitement at the company. A fitness enthusiast herself, Leslie encourages participation in the events. “Last year, we did The Arc’s 40th anniversary benefit 5K run at the Williamsburg Landing. We thought we should get 40 people to run in it to match the 40th anniversary of The Arc. It was a good goal for us, and we ended up with 43 people participating. A lot of times, we will include spouses and children in the events. We’re one big family. We had a good number of employee’s children running in it. It’s very much a team building event with people from the office, from the field, spouses and children. That builds relationships within the company during those community events.”

A range of people from the company participate in the events. “It’s not just the office staff getting involved,” she explains. “We have multiple site guys, building superintendents and other areas. It’s a good mix. Sometimes we encourage participation by having teams within the company. That conjures up friendly competition.”

With the wellness plan implementation, one of the aspects the company has to consider is the business benefit of it. “We’re thinking a lot about that. As we invest in the new wellness program, we know it’s hard to pinpoint a

return on investment. But, the intangibles are there. Productivity – when you are healthier, you feel better, your endorphins are going and your production is up. The wellness program will help with talent retention and recruiting. The cost of healthcare should be affected by the wellness of our staff. We’ll encourage yearly health checks with the employees’ physicians. A lot of guys tend to avoid those routine doctor visits, but they are important.”

The benefits are that when the company employees are healthy, sick days are minimized. “It improves their lifestyle and that makes them better employees.” With informal surveys, the staff has been surprised at the length of time some people have gone between doctor visits. “We want to encourage preventative health care. We’re starting with awareness at the monthly meetings and from examples from management. When we can help change a few habits, small results come from those changes. Hopefully, that leads to a healthier lifestyle. It’s all about a culture of wellness that gets people involved.”

Leslie has helped instill that culture of wellness with the team participating in the 5K benefit races, discounted gym memberships and team exercise classes, healthier snack choices at company meetings, and an overall attitude that wellness extends to all parts of life, including the workday.

When she considers where the new wellness plan may be in a few years, Leslie Schultz admits she isn’t sure since they are still gathering ideas. “But just thinking about three years down the road, the thought excites me. I’m thinking about the change and impact we could have on people’s lives and that is an amazing prospect. We have to start small, but in three years, I would love to think that we’ve impacted employees and their spouses and children. I’m hoping for a high-level of participation in the company. I want to help with behavioral changes that turn into lifestyle changes that flow over into their families. Who knows, maybe we would have lunch & learn events for the employees’ families. We’re a family business and that means not just the Henderson family. It’s made up of our staff and their families as well.” NDN

2018 Themes

Next Door Neighbors

January

Our Volunteers

Making our community better through volunteerism

February

Got Game?

Outstanding high school athletes

March

Our Diverse Community

Focus on the different strengths and outlooks people bring to our community

April

Antique Automobiles

May

The Way We Were

Life in Williamsburg before recent growth

June

Games We Play

Corn Hole, Bridge, Bingo, Poker, etc.

July

Military

Men & women discuss life in and after the armed services

August

Hidden Williamsburg

People working behind the scenes

September

Arts in Williamsburg

A look at the arts in our community

October

Health

Annual health issue

November

Thankful

The gratitude people have in their lives; living in the moment; appreciation & inspiration

December

Williamsburg Holidays

Holiday guide for locals



Corey Miller Photography

Education to stop the cycle

By Greg Lilly, Editor

Glenda Turner, chair of Avalon Center's Board of Directors, says the first time she encountered the work Avalon does, she knew she wanted to be a part of its mission. "Shortly after I moved here, I had a friend in an abusive marriage. She was in that for a while but once she had her son her perspective changed." She understands that change when a woman becomes a mother and feels the responsibility of her little baby. "That can put everything in a different light. One night, my friend got to

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a point that she couldn't take it anymore. She called me and another friend." The woman didn't know how to leave, where to go or what to do after she left the abusive home.

Glenda looked through the phone book and found Avalon. The women called, not thinking anyone would get back with them since it was long after business hours. "But they responded right away," Glenda says. "They helped us make her move. They told us how to handle it. They counseled her. The most important thing was they provided her with the resources to get safely to her parents out of state. That was my first encounter with Avalon. It was so well handled. We didn't know what to do with our friend. Avalon's response, preparation and ability to provide resources here in Williamsburg and once she arrived to her family out of state was incredible."

Now years later, Glenda's friend is back in the area. Her son is grown and attending high school. "She went back to school herself and earned her degree and now helps others," Glenda says. "To me that is the outcome we want to achieve, where she went through it and is now able to help other people by sharing her story and enabling others to get out of similar situations. The most important thing is empowering them to be independent by providing resources once out of the situation and at the time that someone needs it the most."

Glenda grew up near Rocky Mount, North Carolina in a little community called Kingsboro. "My mom is a teacher, and my dad worked at the headquarters of Hardee's Food Systems." Her parents were always helping others, which was the norm in their community. "I remember when my mom taught high school. I went on more college visits than the average young kid because she would take her students to see the schools. Many of them were first generation college attendees, so she would take them to visit the college, help fill out applications and financial aid forms if they needed it. I remember her buying footlockers and packing them with necessities, like socks. It didn't dawn on me at the time the impact that had until I got older. Both my mom and dad would help the kids get their dorm rooms set up. Many times they were as excited as the students and their parents."

That foundation of getting involved in helping others wasn't something her family did

consciously, but it was part of the community, a part that has stayed with Glenda. "We treated each other like family because we all grew up together in that small community."

During her college years in Greensboro, North Carolina, Glenda mentored a lot of kids in various organizations. She graduated and moved to Raleigh and met her husband, William. His job transferred them to this area in 1998.

"He's involved in the community just as much as I am," she says of William. "He ran track in college. He's a banker by trade, but his passion is track and field. When we moved to Williamsburg, he became involved in the rec league's Team Flash. He's been volunteering and coaching with them since 2002." They have two children, a son who just started at George Mason University and a daughter at Lois Hornsby Middle School.

The mission of Avalon Center is to work toward ending domestic and sexual violence by breaking the cycle of abuse through prevention, education, shelter and support services. "Education is one of the cornerstones of Avalon," Glenda says. "Education and building healthy relationships can start early, especially for the children that witness abuse in their homes. Growing up, you respect your parents. The kids think, 'If my parents are doing it, then that must be how to act.'"

Once children get to a certain age, they can figure things out for themselves. But at that early age, they idolize their parents and want to act as they do. Through our educational efforts, we hope to help stop that cycle. We start as early as elementary school age, educating on healthy relationships, how to treat each other and how they, themselves, should be treated."

October is Domestic Violence Awareness month, and Avalon Center presents the Avalon Classic Golf Tournament at Ford's Colony. The benefit is Friday, November 3 at 12:30 p.m. "This is our first time presenting a golf tournament. We're excited." Co-Chairs Betsy and Joe Conboy worked with Ford's Colony Country Club Head Golf Professional Richard Rice and Director of Golf Mike Krick to ensure an exceptional experience for the inaugural event.

Glenda has supported Avalon for many years. Her commitment strengthened recently when she heard from a long-time friend from her high school days in North Carolina. "She had a special needs son that she would bring up

to Busch Gardens. Her son wasn't vocal or mobile, so she would bring him in his wheelchair. She said she recognized his responses when he was having fun and could tell he loved coming to Busch Gardens."

Glenda's friend would text her when they were coming to town and Glenda would meet them at Busch Gardens to catch up. "The last time I heard from her, she texted me that she had been at the park while I was out of town. She said they had a great time, as usual. That was nice to hear from her."

Glenda received a call that following Monday that her friend was dead.

"She had been in a relationship that she had recently broken off because he was mentally abusive to her. She would talk to me about that. She had said everything was going well." Glenda's friend and her friend's older son, who was home from the military, had walked to the bus stop to get the younger son to a van that would take him to a day program.

"The man gunned her down at the bus stop. Her military son was shot as well. He survived, but she didn't. That was the most chilling thing. I still have her last text on my phone."

That incident gave Glenda a different perspective. "I was involved and attuned to domestic violence, but that put it in a different light. She was someone I grew up with and talked with all my life, like family. That gave me a sense to want to do more and give more of my efforts to Avalon." Her purpose in Avalon was renewed.

"Avalon has the ability to empower women and men and children to overcome their domestic abuse situation," Glenda says. "They can also help others by sharing their experiences." There is a process before people can share their stories and Avalon Center helps them through it. "We have our annual wine tasting event, and I was talking to one of the ladies that attended. She had gone through abuse and wanted to help others. She was passionate about it. When I stop by the Avalon office, I just want to thank them (the volunteers, the staff and the board) for all they do. At Avalon, you can see the direct results of helping others. The difference you can make in a person's life." NDN

To help support Avalon Center or to participate in the Avalon Classic Golf Tournament at Ford's Colony, please visit: www.AvalonCenter.org



HOSPICE HOUSE
& Support Care of Williamsburg

Launches New Bereavement Resources

Hospice House & Support Care of Williamsburg (HHSCW) announces the launch of a new online library made possible by the generosity of The Huston Foundation. The Hospice House catalog of library materials is now organized and stored in Librarika, a library management software, thanks also in large part to more than 40 hours of cataloging support from Hospice House volunteers. A website design specialist worked with Hospice House to integrate the Librarika account into the Hospice House website. The new HHSCW online library provides quality end-of-life and bereavement resources to a wider population, allowing patrons to review and search for book resources and request book check-outs at the click of a mouse. Since 2002 Hospice House has loaned the Williamsburg community hundreds of titles specific to end-of-life and bereavement.

Books range from grief memoirs to caregiver guides and children's books. Book purchases have been supported by small grants from organizations and



donations from individuals over the years, many of whom have found the resource they donate to be beneficial to them in their grief journey. To view the HHSCW online library and to register as a patron, visit: <https://williamsburghospice.org/online-library/>.

Included in the online library is a new

publication written and produced by Hospice House staff members. *A Survivor's Guide: What to Do When Your Loved One Dies* is a step-by-step guide to navigating the practical, physical, emotional and spiritual challenges that accompany a death. The production and printing of the guide was funded by a gener-

ous gift from the Richard and Mary Ann Sleece Foundation, Inc. The guide includes features such as: a list of all documents to have on-hand after a death, tips on finalizing a loved one's estate, suggestions for sorting through possessions, and counsel on embracing the emotional rollercoaster that is grief. To down-

load a PDF copy of the *Survivor's Guide*, visit the Hospice House website: <https://williamsburghospice.org/print-resources/>. Hospice House Chaplain Hannah Creager is available to speak to community groups about the *Survivors Guide* and the online library as well as other HHSCW programs and services Hospice House & Support

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social and spiritual support to enhance the quality of living for individuals facing the last phases of life and the people who love them. The Hospice House itself is a spacious residence that is a home away from home for our guests and their families. Support care services range from companionship in families' homes to extensive bereavement programs provided to families throughout the community. Hospice House & Support Care of Williamsburg is a 501(c)(3) organization that is entirely funded by contributions. No family or individual ever receives a bill for our services and support; nor do we accept Medicare, Medicaid or other reimbursements.

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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!

UNITED WAY OF VIRGINIA PENINSULA HELPING HURRICANE HARVEY VICTIMS

Ongoing

Locally, the United Way of the Virginia Peninsula is accepting donations for to help relief efforts in Texas in the wake of Hurricane Harvey. Monetary donations will be accepted at United Way's office, 11820 Fountain Way, Suite 206, Newport News or online at uwvp.org. All funds will be given to appropriate United Ways in Texas to directly assist relief efforts. To donate, go to www.uwvp.org.

Hey Neighbor!

SCORE POINTS FOR SPRINGERS

September 30, 2017

Mid-Atlantic English Springer Spaniel Rescue (MAESSR) will host its fifth annual Captain's Choice golf tournament at the Kiskiack Golf Club in Croaker. Registration will open at 8:30 am, with a Shotgun Start at 9:30 am. The entry fee, \$75 per individual and \$300 for teams, includes green fees, cart, practice balls, and cookout-style lunch. Hole sponsorship plus team is \$420. There will be raffles, free range balls, and other prizes. Single golfers are welcome. For more information contact John Keegan at 757- 869-3049 or Rick Larner at 757-645-7369. Online registration is available at www.maessr.org/special-events.aspx.

Hey Neighbor!

GOLDENRODS GALORE

September 30, 2017

From 10 am – 11:30 am, come see the exhibit being developed in the Williamsburg Botanical Garden that features goldenrod species typical of

open upland habitat. Twenty species of goldenrod (the genera *Solidago* and *Euthamia*) occur on the Peninsula, and most of them are now in cultivation in the Garden. Park in the Freedom Park Visitor Center lot and follow the pathway to the Botanical Garden. Contact Donna Ware (dmeware1001@gmail.com or 565-0657) for more information or to register.

Hey Neighbor!

WILLIAMSBURG FARMER'S MARKET

Saturdays in October, 2017

Enjoy the heart of Williamsburg in Merchants Square while shopping in this producer-only market for produce, prepared food, fish, artisan cheeses, meats, pasta, cut flowers, and handmade soaps. Hours are 8 am – 12 pm.

Hey Neighbor!

SHOOT FOR THE MOON

October 1, 2017

An art exhibit to benefit Hospice House & Support Care of Williamsburg. Includes big band music. From 1:30—4:30 pm. At the Linda Matney Art Gallery, 5435 Richmond Road, Williamsburg. Visit <http://lindamatneygallery.com/> for more information.

Hey Neighbor!

FOURTH ANNUAL LACE EXHIBIT OF THE COLONIAL LACEMAKERS

October 1-31, 2017

At the Williamsburg Regional Library, 515 Scotland Street. From historical laces to contemporary designs based on doodles to jewelry incorporating beads, thread has never looked this good. On Oct. 28, join the lacemakers to learn some of the secrets of this art during hands-on

demonstrations from 2 – 4 pm.

Hey Neighbor!

DIVORCE CARE SUPPORT GROUP

October 2, 2017

Divorce Care will meet on Mondays from 6:30 pm - 8:30 pm for a 13-week commitment beginning October 2. It is open to all individuals who are in the process of separation / divorce. Divorce Care Support Group addresses the emotional impact and avenues of empowerment. It is Christian Based, Safe and Confidential. Please consider joining us, or share with a friend who could benefit from this. For registration, contact OFFICE@KOGVA.ORG, 4897 Longhill Rd, Williamsburg, 757-- 258-9701 or Pat Boffardi, patboff@gmail.com.

Hey Neighbor!

TRINITY ORGAN CONCERT SERIES: AARON RENNINGER, ORGANIST

October 4, 2017

Organist Aaron Renninger will present "Music of France - Travel through the Centuries" featuring music by Franck, Dupré, de Griigny, Messiaen, and more. A reception will follow. Time: 1 pm at Saint Bede Catholic Church, 3686 Ironbound Road. For more information, call 757-229-3631 or visit www.bedeva.org/concerts.

Hey Neighbor!

MEN'S CHARITY TENNIS TOURNAMENT

October 6, 2017

A tennis tournament hosted by Men's Charity Tennis to benefit Hospice House & Support Care of Williamsburg. From 9 am —4 pm at Two Rivers Country Club. To register visit, www.menscharitytennis.com.

com. Spectators welcome, includes silent auction & reception. Rain location is McCormack-Nagelson Tennis Center.

Hey Neighbor!

28TH KING OF GLORY CHILDREN'S CONSIGNMENT SALE ACCEPTING CONSIGNORS

October 6-7, 2017

Sign up to consign/volunteer by emailing ccs@kogva.org. Accepting fall and winter items. Friday, October 6, 11 am – 7 pm, and Saturday, October 7, 8 am – 12 noon.

Hey Neighbor!

WILLIAMSBURG BOOK FESTIVAL

October 7, 2017

The 2017 Williamsburg Book Festival celebrates the best in books in our region and beyond. Over 40 authors – both nationally-renowned and emerging – will meet readers and sign their books. Four Virginia Poets Laureate will read their work in the Presentation Room. Other sessions include topics for book groups, the art & craft of writing, and the business of publishing. Headlining the festival is bestselling author Kathryn Aalto. She will sign and discuss her book: *The Natural World of Winnie-the-Pooh: A Walk through the Forest that Inspired the Hundred Acre Wood*. The acclaimed book was a New York Times Best Seller and featured on NPR and was a People magazine "Best New Book Pick." The Stryker Center 10 am -4 pm. For more information: info@WilliamsburgBookFestival.org.

Hey Neighbor!

REGISTER FOR THE Arc 5K!

October 7, 2017

The 8th annual Williamsburg Landing 5k Run for The Arc online reg-

istration is now available at www.thearcgw.org. For sponsorship information, contact Pam McGregor at pam.mcgregor@thearcgw.org.

Hey Neighbor! **SINGLE PARENTING SUPPORT GROUP**

October 7, 2017

Single Parenting Support Group will meet beginning October 7, Saturdays from 9 - 11:30 am. It is a 13-week commitment; child care will be provided. In all aspects of a single parent's life, life can be overwhelming at times to say the least. Please consider joining us at King Of Glory Lutheran Church & School, 4897 Longhill Rd, Williamsburg. For registration, contact OFFICE@KOGVA.ORG, 757- 258-9701 or Pat Boffardi, patboff@gmail.com.

Hey Neighbor! **CAPITAL COLOR RIDE, NEW!**

October 7, 2017

9 am -1 pm, starting at Chickahominy Riverfront Park. In this new biking event, you'll venture from Chickahominy Riverfront Park to the James City County Marina and back! The Police Department will be onsite to register bikes, offer bike safety checks and more! Registration is \$5/person if you preregister by Sept. 30 or \$10/person beginning Oct. 1 and onsite. Children age 9 and younger are free, but must be on a tandem bike or trailer. Info/registration: jamestowncountyva.gov/recreation or call 757-259-5353. Weather permitting.

Hey Neighbor! **BLESSING OF THE ANIMALS**

October 7, 2017

8:30 am, rain or shine. Wellspring United Methodist Church, 4871 Longhill Rd, is hosting a service of blessing for your pets in celebration of the feast of St. Francis of Assisi. All friendly and well-behaved animals are welcomed! Pets must be leashed or crated and in control at all time. All denominations are welcomed. Event is free and open to the public. The 30-minute service includes scripture reading, prayer, song and the blessing. www.wellspringmethodist.org.

Hey Neighbor! **SYMPHONY AT THE MOVIES: HARRY POTTER, STAR WARS, TROLLS AND MORE!**

October 7-8, 2017

A new partnership between Williamsburg Symphony Orchestra

(WSO) and a long-standing Williamsburg cultural event -- An Occasion for the Arts -- will bring four multimedia concerts to Williamsburg, at the Kimball Theatre Saturday, Oct. 7 at 11:30 am and 1 pm and Sunday, Oct. 8 at 1:30 and 3 pm. These special performances will feature familiar music that the whole family will love, from features films that include Harry Potter and Star Wars. Popcorn will be served to the audience. Tickets can be purchased online at www.williamsburgsymphony.tix.com. Ticket prices are \$25 adults and \$12 children ages 3-18.

Hey Neighbor! **FALL 2017 OPEN HOUSE**

October 11, 2017

From 4-6 pm. Drop in to tour the Hospice House, and to learn more about our services and volunteer opportunities. Open to anyone in the community. Hospice House & Support Care of Williamsburg, 4445 Powhatan Parkway Williamsburg. Questions? Contact Kerry Mellette, kmellette@williamsburghospice.org.

Hey Neighbor! **A WALK IN THE HABITAT**

October 14, 2017

At 9:30 am, join Sue Voigt for a walk around a native plant garden with fall flowers and many bees and butterflies getting ready for winter. Meet at Stonehouse Elementary School, 3651 Rochambeau Drive (Route 30) in Toano. Park in the school bus parking lot near the far end of the school building, and contact Sue for more information: svoigt1@cox.net; 804-966-8487, or cell 804-815-6085.

Hey Neighbor! **FALL FEST AND ROAD RACES**

October 15, 2016

Sanford B. Wanner Stadium, 4725 Stadium Drive, Williamsburg. Before and after the event, participants enjoy a community fall festival, breakfast, entertainment, awards, food samplings, pumpkin painting, face painting, henna, and an expo of sponsors and community partners. Registration fees increase \$5 on October 1. Proceeds benefit Beyond Boobs! 8:00 am - 1 Mile Fun Run (\$20 registration). 8:30 am - 5K Run (\$30 registration). 9:15 am - 10K Run (\$40 registration). Registration fees increase by \$5 on October 1. Fall Fest 8:30 am - 12 noon.

Hey Neighbor! **WILLIAMSBURG WOMEN'S**

CONNECTION

October 18, 2017

A monthly luncheon for women. We socialize, enjoy a delicious meal, a little music, hear a great speaker and maybe make a new friend. Each month we feature 2 local businesses. So join us at 11:30 am to socialize and shop; then lunch is served at 12. Our luncheon is held at Center Street Grill - 5101 Center Street, Williamsburg. Cost is \$12. Call Hazel Tillar for more information, 757-229-4036.

Hey Neighbor! **LOCAL INVESTMENT CLUB**

October 19, 2017

The Colonial Heritage Investment Club will hold its monthly meeting in the Kings and Queens Room at the Clubhouse from 9:30 - 11:30 am. Colonial Heritage is located at 6500 Arthur Hills Drive in Williamsburg, just across Rt. 60 (Richmond Rd.) from the Williamsburg Pottery. For more information about the club email chic.williamsburg@gmail.com.

Hey Neighbor! **WE SHOULD BE DANCING**

October 20, 2017

From 6-10 pm, the Auxiliary of Sentara Williamsburg's annual fundraiser, "We Should Be Dancing," highlights the golden era of Rock & Roll with songs you know by heart from the 50's, 60's and 70's. The event is held at McAuley Hall at Walsingham Academy, where a retro style gym will magically transport you back in time. Find more information about this TGIF event on our Sentara Williamsburg Hospital Auxiliary Facebook page and purchase tickets online on the website www.auxiliaryswrhc.org. \$75pp (\$40 tax deductible).

Hey Neighbor! **7TH ANNUAL FALL FESTIVAL**

October 21, 2017

From 10 am - 3 pm. Live Music by the Solid Rock Bluegrass Gospel Band, silent auction, amazin' grazin' baked goods, arts & crafts show & sales, attic treasures, Free moon bounce, kids events and hay rides. All proceeds used to benefit Angels of Mercy Medical Clinic, Avalon, Salvation Army Transitional Housing, Faith In Action, & other local charities. Hickory Neck Episcopal Church, 8300 Richmond Road, Toano. 757- 566 - 0276. www.hickoryneck.org/festival

Hey Neighbor! **BOO BASH AT THE BEACH**

October 21, 2017

1-4 pm at Jamestown Beach Event Park. Enjoy a "day at the beach" with a Halloween twist! Costumes welcome. Trick-or-Treating onsite for ages 12 and younger. Children must be accompanied by an adult. Hands-on activities, pumpkin carving and decorating (\$), first-come, first-served while supplies last. Also features music, games, food for purchase and much more! Admission is \$5/car (cash or check only). Info/registration visit jamestowncountyva.gov/recreation or call 757-259-4200. Weather permitting.

Hey Neighbor! **WOMAN'S CLUB OF TOANO LUNCHEON AND CARD PARTY**

October 26, 2017

Woman's Club of Toano will host a luncheon followed by an afternoon of cards (bridge and "hand 'n foot canasta) at noon at their Clubhouse on Richmond Rd. in Toano. We are a non-profit organization and proceeds will go to the scholarship fund and other local charities. Cost is \$20, payable at the door. A bake sale and door prizes are included. Call Hilda Hollinger at 757-566-0361 for a reservation.

Hey Neighbor! **CAR SHOW TO BENEFIT THE HERITAGE HUMANE SOCIETY AND VCU PAULEY HEART CENTER**

October 28, 2017

Starts at 9:00 a.m. to 1:00pm. All Makes and Models of ANY vehicle welcome. Free for Spectators. Trophies for Best of Each Class. Raffle Prizes. Vendor Spots and Sponsorship Opportunities Available. For more information call (757) 220-9660 x1 or visit our website at www.eurocarswmbc.com/events1.htm

Hey Neighbor! **SKATE JAM AFTER HOURS**

October 28, 2017

5 pm at Skate Park (adjacent to the James City County Recreation Center). Join us for a special night of skateboarding competition! Participants are divided into experience categories and judged on style, flow and difficulty of the run. All ages/experience levels welcome! \$10/participant; spectators are free and welcomed. Preregistration is recommended, but not required. Registration forms available at james-

citycountyva.gov/recreation or call 757-259-4200. Weather permitting.

Hey Neighbor!
YOGA TEACHER TRAINING
November 2017

Shanti Garudasana Yoga School, a Williamsburg nonprofit, has a few openings in their 300 hour yoga teacher training program. The program is Yoga Alliance certified and proceeds of the program provide scholarships for William & Mary students. If you would like an application or have any questions please contact - Cindy Crace, Program Director at info@shantigarudasana.org.

Hey Neighbor!
INAUGURAL AVALON CLASSIC GOLF TOURNAMENT
November 3, 2017

The Avalon Classic at golf tournament will be held at Ford's Colony Marsh Hawk Course! Register a team or golf solo to benefit Avalon Center, the region's accredited agency on ending domestic & sexual violence. Registration is only \$100 per golfer and includes 18 holes, cart, snacks and beverages on the course, plus post-tourney buffet! 11 am-registration and 12:30 pm-shotgun start/Captain's Choice with BBQ and awards following the tournament. Register online at <http://www.avaloncenter.org/avalon-classic>, before we sell out or email Priscilla@avaloncenter.org or call 757-258-5544 for more options.

Hey Neighbor!
USMC BIRTHDAY CELEBRATION
November 4, 2017

The Williamsburg Area Marines (WAM) will observe the 242nd Birthday of the founding of the United States Marine Corps at Legacy Hall in New Town, from 6:30 - 9 pm. USMC Color Guard, traditional readings, guest speaker, and cake cutting. Heavy hot and cold hors d'oeuvres, cash bar. \$35 per person, \$60 per couple. All Marines and friends of the USMC invited to attend. For information call 757-879-5153.

Hey Neighbor!
VIRGINIA THANKSGIVING FESTIVAL
November 5, 2017

Celebrate the re-enactment of America's first Thanksgiving at Berkeley Plantation. The festival begins with a parade including horse-drawn

carriages, fife and drum corps, festival entertainers and participants. First person re-enactors, musicians and magicians stroll the plantation grounds. The re-enactment of the landing, moderated by Tim Timberlake, begins at 3 pm. For additional information call 804-829-6018 or 1-888-466-6018 or go to www.virginiathanksgivingfestival.com.

Hey Neighbor!
HOLIDAY BAZAAR - GET READY FOR CHRISTMAS
November 11, 2017

At the Mt. Vernon United Methodist Church from 9 am- 2 pm, 7801 Church Lane, Toano. Holiday gifts for sale and have a breakfast sandwich and/or a hot dog for lunch! Brunswick stew and baked goods will also be sold. Join United Methodist Church members for this event. All proceeds will be donated to mission work! Contact June Kasparek, 757-564-6342 for questions. E-mail: jbuglk@cox.net

Hey Neighbor!
ALOHA! DESTINATIONS 2017
November 18, 2017

A travel, leisure & entertainment auction and dinner to benefit Providence Classical School will be held at 6 pm in the Ballroom of Colonial Heritage Clubhouse. Live and Silent Auction packages will include such things as a week in Hawaii, a hot air balloon ride for four, a week in Orlando, FL and gift certificates for a Taste of the Burg and much, much more! Tickets are \$45 per person before Oct.20; after that, \$50 per person. Please RSVP by Nov.6. To purchase tickets, visit <https://www.501auctions.com/destinations2017> or call 757 565 - 2900, extension 1. Tropical or Hawaiian attire.

Hey Neighbor!
COLONIAL WILLIAMSBURG EMPLOYEES ARTS AND CRAFTS SHOW
November 18-19, 2017

Colonial Williamsburg Foundation employees, volunteers and retirees will once again combine their time and talents for their annual Fall Arts and Crafts Show from 10 a.m. - 5 p.m. The show and sale will be held at the Historic Triangle Community Services Building, located at 312 Waller Mill Road. Each crafter uses his/her spare time and talents to create unique handmade gifts. Fabulous jams and handmade textiles are only a portion of the treasures avail-

able for personal enjoyment or as a special gift for that certain someone.

Hey Neighbor!
58TH GREEN SPRING GARDEN CLUB CHRISTMAS HOMES TOUR
December 2, 2017

From 9:30 am - 5:30 pm, the Green Spring Garden Club, Inc. presents the 58th Christmas Homes Tour. This year's Homes Tour will feature six homes beautifully decorated with seasonal floral arrangements. Tickets are only available through Green Spring Garden Club and at each house during tour hours. Tickets are \$30 in advance; after November 15 tickets will be \$35. Single house tickets will be available for \$10 on the day of the tour. More information can be found at greenspringgardenclub.org.

Hey Neighbor!
HERITAGE HUMANE SOCIETY CHRISTMAS BAZAAR
December 9, 2017

Join us from 9 am - 3 pm at the Bruton Parish Hall, Duke of Gloucester Street, Williamsburg. All proceeds benefit homeless animals at the Heritage Humane Society. You'll find unique gifts and stocking stuffers for all the people and pets on your list. We have themed baskets and hand-crafted gifts, as well as a wide selection of jewelry, scarves, books, stuffed animals, holiday decorations and more! Your favorite pets will enjoy toys, togs and treats in their holiday "critter baskets". Try your luck at our raffles, with a chance to win exciting prizes.

Hey Neighbor!
SEEKING VOLUNTEER TAX PREPARERS
Ongoing

Williamsburg AARP Foundation Tax-Aide is looking for volunteers to assist seniors and low/moderate-income taxpayers in completing their 2017 Federal and Virginia tax returns. IRS certification training is provided during classes in early January. Basic knowledge of tax return preparation, as well as the ability to do returns on a computer, are needed. The service will be offered at the Williamsburg and James City County Libraries in 2017 from February 1 to April 14. Please email District Coordinator George Richmond at grichmond4@live.com if you are interested in becoming a Tax-Aide volunteer.

Hey Neighbor!
VCE MASTER GARDENER REGISTRATION
Ongoing

The James City County/Williamsburg Master Gardeners' Program is accepting applications for the Class of 2018. The entirely community based volunteer program is under the guidance and leadership of the Virginia Cooperative Extension and Virginia Tech and has been providing horticulture based programs for James City County and Williamsburg for over 20 years. Classes meet Tuesday and Thursday mornings from 9 am - 12 noon, January 9-March 27. For application and more information, contact the VCE office at 757-564-2170 or visit www.jccwmg.org.

Hey Neighbor!
CHRISTOPHER WREN ASSOCIATION FALL SEMESTER MEMBERSHIP, COURSE, LECTURE, AND ACTIVITY REQUESTS
Ongoing

The Christopher Wren Association is a self-funded, volunteer-led organization dedicated to adults of all ages who seek opportunities for learning and enrichment of their lives. This fall CWA will be offering over 150 courses, one-time lectures and activities, including the popular Town & Gown Lecture series. For information about becoming a member and to view the current catalog, visit our website: www.wm.edu/cwa. Questions? Call the office at 757-221-1506.

Hey Neighbor!
WMCI FALL COMMUNITY COURSES AND EVENTS
Ongoing

This fall, the William & Mary Confucius Institute will be offering a variety of engaging language and culture courses, including: Chinese Level I, Chinese Painting I, Walking into Today's China, and Erhu I for Session I; Chinese Level II, Chinese Calligraphy, Chinese Painting II, and Erhu II for Session II. Additionally, Chinese cooking classes will be held on Thursdays from October 19 - November 9. A Taiji course will be held over both sessions, beginning September 5 and ending November 14 (no class October 17). For more information, please visit our website at: <http://www.wm.edu/sites/confuciusinstitute/index.php>. If you have any questions, call 757-221-1286 or

Hey Neighbor!

THE TIDEWATER VIRGINIA HISTORICAL SOCIETY (TVHS)

Ongoing

TVHS offers unique tours, lectures, social events, plus behind-the-scene adventures during 2017-18. Lectures by experts in their field provide information prior to tours to complete the experience. To learn more contact us at 757- 259-9134 or visit us on the web: www.tv-hs.org or info@tv-hs.com. Lectures are open to the public. Call or visit the website for more information. Everyone is welcome.

Hey Neighbor!

WILLIAMSBURG YOUTH CHORALE OPEN FOR NEW MEMBERS FOR THE FALL SEASON

Ongoing

The Chorale is open to treble voices, boys and girls, grades 3-12. Rehearsals are held on Tuesdays, 5:30-6:30 pm at the Bruton Parish House choir room. Rehearsals begin on September 19. The Chorale is featured in the concerts of the Williamsburg Choral Guild and the Williamsburg Women's Chorus. Contact Ann Porter, aportermusic0@gmail.com for information.

Hey Neighbor!

CELEBRATE RECOVERY

Ongoing

A Christ-centered, confidential recovery group for anyone who has trouble dealing with life's hurts, habits, or hang-ups. We meet on Tuesday evenings at 6 for dinner. Our meeting starts at 7. Williamsburg Community Chapel – 3899 John Tyler Highway, Williamsburg. For information, contact (Men) Gale King, rgking10@gmail.com; (Women) Sheryl Buckner, sbuckner88@gmail.com.

Hey Neighbor!

CHAIR YOGA AND MEDITATION CLASS FOR ADULTS 60 AND OVER

Ongoing

Every Monday, 1-2 pm. The Peninsula Agency on Aging has partnered with Breathing Space, Inc., a non-profit promoting mindful movement, to offer a free weekly Chair Yoga class. People with chronic pain and challenges with balance are welcome. Caregivers and their loved ones are encouraged to attend! At the Messmer Community Services

Center, 312 Waller Mill Rd., Williamsburg, (Off Bypass Rd.). No registration needed; just drop by. Call 757- 345-6277 or email Information2@paainc.org if you need more information.

Hey Neighbor!

THE WILLIAMSBURG WOMEN'S CHORUS OPEN FOR NEW MEMBERS FOR FALL SEASON

Ongoing

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

Hey Neighbor!

YJCW-NAACP MEETING

Ongoing

The York-James City- Williamsburg NAACP meets the second Monday of each month (except July) at First Baptist Church, 727 Scotland Street, Williamsburg. Branch meetings begin at 6:30 pm. For more information, contact NAACP@yjcwnaacp.org

Hey Neighbor!

WILLIAMSBURG YOUTH CHORALE OPEN FOR NEW MEMBERS FOR THE FALL SEASON.

Ongoing

The Chorale is open to treble voices, boys and girls, grades 3-12. Rehearsals are held on Tuesdays, 5:30-6:30 pm at the Bruton Parish House choir room. Rehearsals begin on September 19. The Chorale is featured in the concerts of the Williamsburg Choral Guild and the Williamsburg Women's Chorus. Contact Ann Porter, aportermusic0@gmail.com for information.

Hey Neighbor!

ALL-AMERICAN TEA PARTIES

Ongoing

Colonial Williamsburg invites guests of all ages to take time to go back with its All-American Tea Parties the first and third Saturday of each month until August 19. Guests are encouraged to bring along their period-inspired dolls and partake in the midday festivities. All-American Tea Parties begin at 1 pm and last until 3 pm. Tickets are \$39.95 per

person and are available at colonial-williamsburg.com/tea-parties or by calling 855-296-6627, along with additional information, which is also available by following Colonial Williamsburg on Facebook and @colonialwmsburg on Twitter and Instagram

Hey Neighbor!

BIBLE STUDY

Ongoing

There is a comprehensive and in depth bible study and question answering session held at the Williamsburg library in Norge every Monday night starting at 6 pm, with questions such as where did Cain get his wife and what was the mark placed upon him or what is the mark of the beast and his number 666 mean or what is the unforgivable sin. So, if your bible study is lacking the quality of study that you need to answer such questions, you are invited to join us. Contact 757-253-0172 or 757-604-6649

Hey Neighbor!

VOLUNTEERS NEEDED

Ongoing

National Historical Park (consisting of the National Park Service at Historic Jamestowne and Yorktown Battlefield) operates two visitor centers and several historic homes. 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. Contact 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!

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>

Hey Neighbor!

WILLIAMSBURG WOMEN'S CONNECTION

Ongoing

A monthly luncheon for women. We socialize, enjoy a delicious meal, a little music, hear a great speaker and maybe make a new friend. Each month we feature 2 local businesses. So join us at 11:30am to socialize and shop; then lunch is served at 12. Our luncheon is held at Williamsburg Community Chapel – 3899 John Tyler Highway, Williamsburg. Cost is \$12. Upcoming meeting dates are March 22, April 19, and May 17. Call Sheryl Buckner for more information, 757-342-1460.

Hey Neighbor!

WRITERS CRITIQUE - WORD WEAVERS INTERNATIONAL

Ongoing

Meets on the 2nd Monday of each month at the James City County Library – 7770 Croaker Road, Williamsburg. We provide a forum for writers to critique each other's work in a face-to-face format to learn about and improve our craft. Writers of all levels are welcome. While WWI is a Christian-based group, all writers are welcome. Contact Sheryl Buckner for more information, 757-342-1460.

Hey Neighbor!

SUBJECT: GOT QUESTIONS

Ongoing

If you are not getting enough from your bible study or church group, then perhaps you should join us at the Williamsburg Regional library every Monday at 6 pm or contact us at 757-253-0172 or 757-604-6649,

Hey Neighbor!

HEAD START OPEN ENROLLMENT

Ongoing

Williamsburg James City County Community Action Agency's Preschool Program for Children ages 3 to 5. Serving income eligible families including children with special needs. Apply by phone 757- 229-6417 or in person at 312 Waller Mill Road, Williamsburg.

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

**RUN THE DOG
FOR YOUR
HEART HEALTH**

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

Enjoy!

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

September 2017
In the Neighborhood
Photo Challenge



INTERMEDIATE





NOTHING MAKES YOU FEEL BETTER THAN A NEW HOME



GOVERNOR'S LAND
4 BR | 4 FULL & 2 HALF BA | 4,100 sqft
Elegant home on quiet interior street
Light filled great room with cathedral ceiling and a palladium wall of windows overlooking the back terrace
Spacious kitchen w/center island
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4 BRs • 3 1/2 BA • 2,666 sqft
This home is HGTV Worthy!
Every room in the has been renovated!
Storage GALORE!
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Beautiful landscaped backyard w/fire pit!
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