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WILLIAMSBURG'S

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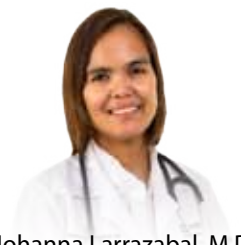


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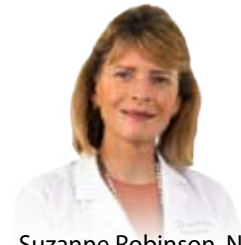
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Meredith Collins, Publisher

The "Our Military" issue is always one of my favorites. In part, because my husband is retired from the Navy and I have learned about and appreciate his many adventures and opportunities for growth over the years. The Navy became the foundation for much of his life and it helped teach him how to be an even better man.

These stories give us a less seldom seen, up close and personal look into the lives of some of the military families in our community.

There are many appropriate and worthy salutes and celebrations given in honor of our military personnel these days, but they don't compare to the in depth interviews provided in these pages that allow us to learn more about some of our active duty and retired military.

We are fortunate that so many military personnel call Williamsburg home. It adds another dimension to an already diverse community, especially since "our military" come from all parts of the country and have traveled all over the world. Read on and enjoy the stories of some of our military neighbors. NDN

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Helping Veterans Find Their Way

By Alison Johnson

For Sharon Duncan, a girl who grew up in such extreme poverty that she had to dodge an aggressive turkey to get to her family's outhouse, the Air Force was a lifeline.

More than four decades later, Sharon's job is to help fellow veterans and their families improve their own lives. As a Veteran Service Representative with the Virginia Department of Veterans Services, she guides them to the federal and state benefits they have earned in service.

"This isn't just my work. It's my passion," she

says. "We're here to be advocates for our veterans so they get what they deserve. We can make a huge difference in their lives."

Sharon, a retired Air Force Master Sergeant, works in the department's new Williamsburg office which opened last fall on Ironbound Road. Her coverage area is Williamsburg and James City and York counties, although she can help any veteran who lives in Virginia or entered active duty in the state.

Compensation from the Department of Veterans Affairs might cover physical and mental

health care, disability, education and burial costs. Sharon also helps veterans submit required documents to maintain their benefits, such as updated address forms, bank records and dependent lists. She files about 130 items a month with the VA, a total she expects will increase as the new office grows.

"So many people don't know about the benefits they can get, so a major part of my job is putting the word out that we're here," she says. On Fridays, in fact, Sharon travels to local sites where veterans are likely to work or live, from



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law enforcement agencies to assisted living facilities.

Sharon, 60, has been a Veteran Service Representative for seven years. She was based in an office in Staunton before moving to Williamsburg last year. Her callers span from surviving spouses of World War II veterans to service men and women just home from Afghanistan. Some people are still preparing to leave the service. Others have been out for decades.

Vietnam War veterans continue to be a major population served by the department, due to growing knowledge on the health risks of exposure to the herbicide Agent Orange. Vietnam veterans now can file claims for a long list of illnesses, including Parkinson's disease, ischemic heart disease, leukemia, lymphoma and lung, prostate and soft tissue cancers. Another larger group of veterans are those exposed to contaminated drinking water at Camp Lejeune, N.C., from the 1950s through the 1980s.

"Your heart can break when you hear some of their struggles, but what's good is you're able to try to improve their lives," Sharon says. If a claim is denied, the Department of Veterans

Services can provide advice and attorneys for appeals. All services are free.

Not surprisingly, Sharon hears from many grateful veterans. She recalls a memorable case with a woman who, as one of the first female aircraft mechanics, had to repeatedly climb steps with heavy tools. After leaving the service, the woman developed such horrible back problems in her 40s that she could hardly walk or stand up straight.

The woman's first disability claim was denied. As her appeals hearing date approached, she grew so discouraged at the possibility of having to wait several years for a decision that she contemplated giving up. Then she talked to Sharon.

"I told her, 'No, you have to go. We will be there with you,'" Sharon says. The hearing officer sized up the veteran's dire situation and asked for doctors' statements tying her disabilities to her military service. Not long after Sharon had relocated to Williamsburg, the woman called.

"She told me she had won her appeal and because of that money, she had been able to buy

tires for her vehicle and a new furnace for her home," Sharon relates. "We were both crying on the phone. That is exactly why I do my job."

Sharon knows about hard times, too. The youngest of seven siblings, she grew up in a small town outside of Staunton, in a home with no running water or indoor plumbing. The family boiled water for baths and used out-houses as toilets (That turkey was on a small farm where Sharon lived as a teenager.).

"We went to school with more privileged kids, so we were very aware of how poor we were," she says. "We didn't want people to know."

The family had no money for college, and the other option for Sharon was a trade school. For women at the time, that likely meant secretarial work. Then at a high school career day, Sharon met an Air Force representative who offered the 17-year-old new hope. With her mother's permission, she entered the service's Delayed Entry Program that year.

"The military gave me opportunities that I would not have received in any other job," Sharon says. "I was put in positions of authority at

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a very young age. I was taught discipline, leadership skills and responsibility.”

After basic training and tech school, Sharon’s first assignment was to Hickam Air Force Base in Hawaii, where she worked as a telecommunications operator. There, she fielded one of the earliest messages about the historic Korean Tree Incident, a 1976 attack by North Koreans on United Nations officers and South Korean laborers trimming a tree in a demilitarized zone. The incident left two people dead and resulted in a joint military operation by the United States and South Korea. Sharon also gave birth to her first child, son Cory, in Hawaii’s famous pink Tripler Army Hospital.

Sharon’s next posting was to the 5th Combat Communications Group at Robins AFB in Georgia, which trained to set up field communications centers in combat situations. That meant living in tents for days or even weeks while dealing with heat and mosquitoes. Sharon also had to deploy for three weeks to Alaska for a training mission with very different challenges. “I had never been so cold in my life,” she says. “I didn’t see daylight the entire time I was there.” Sharon’s second child, daughter Aislinn,

was born in Georgia.

In 1981, Sharon was reassigned to Norton AFB in California and retrained into personnel, essentially the equivalent of Human Resources in the civilian world. She went to personnel school in Mississippi where the food was a highlight. “I didn’t drink but would always attend happy hour on Sunday afternoons for a full meal. I’d order iced tea and then fried fish with red beans and rice.”

Sharon’s personnel work in California, Hawaii and finally Virginia included processing new arrivals at a base, filing paperwork for promotions and handling separations and retirements. Involuntary separations, for issues such as misconduct or drug abuse, especially kept her on her toes. Sharon’s last duty station was at Langley AFB in Hampton, where she retired after 20 years of service.

After retirement, Sharon worked for two years as an emergency dispatcher for the Hampton Police and Fire Departments and another 12 in administrative support and dispatch for Christopher Newport University Police. One of her earliest solo 911 calls came from a Hampton bank robbery and the robber was the caller.

“The police had shown up, and he got scared because he didn’t want to get shot,” she says. “We were able to peacefully get everyone out.”

Sharon moved back to Staunton in 2011 to begin her career as a Veteran Services Representative. When the Williamsburg office opened, she jumped at the chance to relocate with her husband, Bill, a retired police officer who is now a school bus driver. Although Cory sadly died from leukemia at age 15, Aislinn, her husband Chad, and their two children, live nearby. Sharon enjoys going to her grandchildren’s sporting events, as well as reading, researching genealogy and caring for her three dogs and two cats.

Sharon Duncan has zero regrets about the military life she chose at age 17. “I loved the Air Force,” she says. “It was a way of life and demanded high expectations from me that I continue to strive for in every job I’ve held.” Her current job just might be the best of them all. “I wouldn’t think of doing anything else. It’s an absolute joy for me.” NDN

For more information about the Department of Veteran Services, visit dvs.virginia.gov or call the Williamsburg office at (757) 221-1734.



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Family Life with the Military



Lisa Cumming Photography

By Dawn Brotherton

Major Brandon Kennedy appreciates the small town feel of Williamsburg. “I can’t say enough good things about Williamsburg. You’ve got all this history and community and great schools. The friends we’ve made here extend well beyond just the military family and friends we typically make when we move places,” Brandon says. “You can’t go out anywhere in Williams-

burg without running into at least one person you know, and they’re probably a friend.”

Brandon grew up in Shelton, Connecticut, a town with a population of 38,000 and only one high school. He went through the

application process to enter West Point during 9/11. “I’ll never forget it. A good buddy of mine was sitting next to me in the civics class while we’re watching the towers

come down. [It was] ninety minutes from where we lived in New York City. He knew I wanted to go to West Point and asked if I was ready to go to war.”

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during his application interview for the congressional appointment. The presiding officer told him there was a good chance the U.S. was going to war and asked how it made him feel. He replied, "I'm either going to go to West Point and serve as an officer or I'm going to enlist." He received his academy appointment, graduated from West Point in 2006 with a degree in Human Factors Engineering and was commissioned into the Army.

In the past 12 years, Brandon has had many deployments and many moves. His first assignment was with the 173rd Airborne Brigade in Vicenza, Italy as part of the 503rd Parachute Regiment, "The Rock." As soon as he completed his conventional infantry officer training, he dropped his household goods on the base and deployed to meet up with his unit in Kunar Province, Afghanistan. He spent three months on the staff and the last 10 months of the deployment as a platoon leader for Able Company, leading men in combat.

"I lost a good friend, and the unit lost a bunch of people in a big attack. I came back from that and was in Italy, kind of searching

for something. I was blessed because I met the woman who would become my wife within two months of coming back." Soon after his return to Caserma Ederle Military Complex in Italy, he was introduced to Ashley, a sister of a member of his unit. "Some might call it a whirlwind romance. We met, were engaged, and married within seven months," Brandon confesses. Now nine years and three children later, he couldn't be happier. "They've been an amazing presence in my life."

They got married and enjoyed a tour through Europe as their honeymoon before Brandon deployed to Afghanistan again, and Ashley went back to nursing school in North Carolina. Following his deployment, he was sent to Captain's Career Course in Fort Benning, Georgia, then followed-on to the Ranger Training Brigade as an instructor.

As with many military couples, life circumstances kept Brandon and Ashley apart for a time. While Brandon was stationed at Fort Benning, Ashley stayed in Augusta to finish nursing school. After graduation, she moved to Fort Benning where they bought their first

house and welcomed the arrival of Liberty Grace, their daughter. Brandon was selected to be a company commander and then headquarters commander.

In no time at all, they headed to Hawaii where Brandon was a company commander and Ashley worked on her master's degree in Nursing. Soon their second daughter, Mercy Adele, was born.

Brandon appreciated the unique challenges of his assignment. "My unit helped reestablish the jungle training course on the island of Oahu. We were the first ones to go through and learned some hard lessons about packing enough water and what it's like to walk up and down secondary jungle mountains. We had some cool training events and got to work with a lot of great people."

After three years in Hawaii, the Kennedy family went back to Fort Benning, where Brandon took the position as Ranger Regiment recruiting officer. During that tour, Brandon was selected for the Major General James Wright Fellowship that sent him to William & Mary (W&M) for a graduate de-

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gree.

His first exposure to Williamsburg was the kindness shown by the staff at W&M who went out of their way to help him get settled. He happened to be overseas when he received his assignment and tried to coordinate everything over the internet. "They actually drove out to a couple of places and looked at them for us by proxy. I was flattered and humbled by the gesture."

In October 2016, the Kennedys were celebrating the W&M Lantern Festival tradition. This is an event where people buy a lantern, decorate it with images, wishes or goals, and send it into the sky on a tether. Ashley and her daughters released a special lantern with a message to dad that baby number three was on the way. Abel Alexander was welcomed into their family a month before Brandon finished his master's program and transitioned to Fort Eustis to serve in the Army Training and Doctrine Command.

They have been in Williamsburg for almost two years, and Brandon and his family are taking advantage of all the town has to offer. "I'm

really excited about hiding rocks around Colonial Williamsburg, going for walks around campus and DOG Street, and visiting the friends in town." They are a part of the group that paints rocks and hides them on Duke of Gloucester Street, then searches for rocks others have hidden. "We've probably logged hundreds of miles on DOG Street," he says.

In addition to spending time with his family, Brandon takes fitness very seriously. "My life has always been about sports and fitness." At West Point he played sprint football. "It's collegiate football with a weight limit designed in the '50s for the average size man to compete at a division one school or an Ivy League school. For a guy who's perennially 165 to 175 pounds, this is the perfect sport for me. I grew up my entire life playing football, but my height never reached my aspirations, so I wasn't big enough to play division one. But West Point had this unique team where guys my size could keep playing football."

Brandon continues his fitness regime here in Williamsburg in various ways and could see himself getting more involved in that career

field after the military. But for now, he is very happy to continue with the Army. "I grew up a member of teams, football teams. I had two brothers and a sister, and a big extended network that was always getting together. The kind of camaraderie, kinship, teamwork, that familial thing you get when you're around people that you know you can count on. You know you can work together, even when they're mad at you, they've always got your back. I've always found that in the military. There's always been a sense of community and closeness that I valued growing up."

Brandon Kennedy has never served in the Pacific Northwest and would be interested in finding something up there if it was right for his family. "My next role should be as a battalion operations officer or executive officer. The Army has ideas about where it wants to send me, and we'll explore that this fall. The immediate thing that's next is enjoying this time with my family. Knowing with a good measure of certainty that I'll be here for my son's first birthday in July. That's what I'm really excited about." NDN



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MASTER SERGEANT ANGEOLINA CAULFORD

Army Empowered

By Dawn Brotherton



Lisa Cumming Photography

Master Sergeant Angeolina Caulford has served this country for 21 years and is currently a Master Sergeant in the Army. Born in Lima, Peru, she has an older brother and sister. “My parents left for the U.S. in search of a better life,” she says. She was raised initially by her grandparents while her parents got their family established in New Jersey. It wasn’t an easy beginning for a young couple who didn’t speak English.

The family reunited in the United States when Angeolina was five years old. Her mom worked two jobs, and although her father worked, he developed a drinking and gambling problem, so the money quickly disap-

peared.

“My mom was a genius. Somehow, she always made everything look great, and we never really knew we were poor. She would come up with these things when we didn’t have power. My mom would have candles lit in the house, and she’d say we were going camping.”

At the age of seven, Angeolina and her brother were placed in foster care while her older sister returned to Peru. Her father was in jail and her mother bounced between relatives, trying to cope with the hand that was dealt to her. When she turned eleven, Angeolina and her brother went to live with her paternal grandmother in Florida. “I never really

had a home that was mine, never had my own bedroom. I mean, yes, they gave us a room, but it wasn’t my house, and it didn’t belong to me.” Angeolina believes this experience helped shape her into the woman she is today. “I was desperate to become my own person, even as a small child.”

When she turned 17, she heard about a program called “split option,” where she could sign up to join the military while still in high school. “I didn’t understand. I just thought, this guy Uncle Sam can give you money if you work for him.” She completed basic training before her senior year, and her first training course after graduation was at Fort Eustis as a

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traffic management coordinator over 20 years ago.

“My first unit was 82nd Airborne, and it was scary. I’m not going to lie. It was a different culture,” Angeolina says. “I remember this old, crusty sergeant major would come out to the balcony on Airborne Street and yell, ‘Is that my meat truck?’ I guess for me it was comical but scary at the same time. The reason I say comical is because I had been physically and emotionally abused for so long that cussing didn’t bother me. Nothing physical bothered me, and I was mentally strong because of it.”

Angeolina’s assignments and deployments have varied throughout her career. She was attached to an engineer unit in 1999 to help with hurricane relief in El Salvador. Once they discovered she spoke Spanish, she was attached to a civil affairs unit, acting as an interpreter between the community and the military for almost a year.

During her second assignment in Savannah, Georgia, she deployed to Djibouti, Africa. Instantly she was assigned as the senior airfield operator and worked with Army special operations forces. She was amazed at the responsibility the Army entrusted her with at only 25-years-old. Soon she was selected as assistant to the camp mayor, helping to oversee the running of the military post set up for the deployment.

“We would hire workers from the community to fill sandbags or barriers. Here are these Djiboutians in flip-flops and shorts. They’re singing and throwing dirt in the bags. They’re happy as can be because they’re going to get a paycheck. Even if it’s three dollars a day, they’re getting paid. It was a very humbling experience.”

Shortly after her return to the states, she was transferred to Fort Stewart, Georgia and immediately deployed again, this time to Kuwait to await the big push into Iraq. When the call finally came, the troops started the long convoy into Iraq, Angeolina as a driver in one of the Humvees.

“The beginning of the convoy, everybody is still fresh. Everybody still has that adrenaline going. I was excited. I think back now. I was so innocent as a young soldier.” Angeolina recalls running out of good food quickly with a lack of resupply, hearing the explosions in the distance and passing areas where artillery had done its damage. “There was a point when we were under fire, and I didn’t even know what was happening. It’s almost like you become numb and you think to yourself, ‘This is not my life. This can’t be happening’. I remember my lieutenant yelling for me to get out of the vehicle and take cover. It was probably the longest half hour of my life.”

Eventually they made their way to the Baghdad airport, which had been conquered by that time. Angeolina directed traffic in the middle of downtown Baghdad with no protection except her flak jacket and a 9mm she had never been trained to fire. “We were supposed to get our trucks into the area and direct traffic to keep the Iraqis from coming near us. That was scary. You can hear people shooting, and I didn’t know if it was coming toward us.”

For Angeolina, the best thing to come out of that deployment was her stop through Kuwait on her way back to the States. At Camp Doha she met her future husband, Rob, a Marine who secured the camp. In a very unlikely romance, they bonded over unusual circumstances

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that only people in their situation could appreciate. “We could talk about everything and anything.”

When her unit rotated home, she was transferred back to Savannah. Rob returned to the States and they married five months later after only knowing each other approximately nine months.

Ten months later, their first daughter Bella joined their family. Abigail arrived three years later. By this time, they were back at Fort Bragg, and Angeolina worked at 2nd Brigade Combat Team, 82nd Airborne Division. When Rob went back into the National Guard, he and Angeolina discovered the trials and tribulations of having both parents in deployable status.

Angeolina deployed again, this time to Camp Taji, Iraq. After she had been gone only a few months, her husband was tagged for a deployment, and they had no close family to take care of the girls. Thankfully, Angeolina’s unit sent her home to work with the rear detachment while her husband went forward.

Shortly after he returned, they decided that Rob would leave the military and go into civilian law enforcement. “It wasn’t any easier or safer than when he deployed, but he loves law enforcement,” Angeolina says. They then found their way to Fort Eustis where Angeolina became an instructor for Traffic Management Coordinators.

Just as the family was settling into a routine, Angeolina was reassigned to Italy. “We were in Italy for three years, but my job was in Africa,” Angeolina says. “The first country I went to as a transporter was Botswana. I was scared because the culture is different, and females are not the authority. Females are much more submissive, so for them to see a female in a military uniform was uncomfortable.”

By observing the people closely, she picked up on parts of the culture, learning words and phrases that helped build her friendship with members of the Botswana Defense Force. Before the end of her tour in Italy, she went back to Botswana two more times where she was greeted with a warm welcome.

Angeolina wrapped up her tour in Italy and made her way back to Fort Eustis. Her strengths were quickly recognized, and she became the Headquarters and Headquarters Company first sergeant, the pinnacle in a non-commissioned officer’s career where the focus is taking care of troops. For the last two and a half years, she has worked as the executive officer for the Training and Doctrine Command Sergeant Major.

After 21 years, she is ready to start the next phase of her life. With her military background and a bachelor’s degree in Psychology, Angeolina would like to find a way to work with community veterans helping children build resiliency in their lives.

Angeolina Caulford’s childhood was different from many kids, so she can relate on a variety of levels to children in need. “My life began at seventeen,” she says. “The Army made me who I am today. I love empowering females especially. I want them to know how strong they are. You can’t let your gender define you or stop you from doing stuff.” NDN

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Getting the Job Done

By Gail Dillon



Reflecting on his 24 years of Army service, Colonel Eric T. Smith says that his fondest memories are about the people with whom he served as well as the folks he and his family still call friends from their many duty stations around the world. "It all comes down to the people you work with, work for, work under," he says. Currently the Chief of Plans for the Army Capabilities Integration Center

at Fort Eustis, he has had a diverse career featuring tours to Korea and Germany as well as one deployment to Iraq and two to Afghanistan. Serving runs in his blood. His parents were both teachers in the Peace Corps and Eric was born in Zambia. "We always had this strong sense of different culture and travel," he says. "I guess I learned how lucky we are to be Americans after seeing a lot of the rest of the

world."

Ironically, Eric's military adventure began when he turned down a coveted slot at the United States Military Academy in West Point, New York, for a more traditional college experience at Dickinson College in Carlisle, Pennsylvania. "I went there almost by accident," he says. "I had my heart set on West Point and got accepted but I also applied to

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Dickinson because they sent me a bunch of mail and I felt guilty.” He laughingly adds that his mother insisted they visit Dickinson to justify paying the \$20 application fee. “So, we went there, and I said, ‘I love this school.’” His decision was further solidified after he watched a documentary on West Point “that showed the freshmen doing the seniors’ laundry.” The easy-going Cleveland native says his four years at the liberal arts college were “fantastic” and that being a typical college student while still training to become an Army officer was the right choice for him. “I think ROTC gave me access to more diversity and more experiences and also allowed me to get more stuff out of my system,” he says.

He was commissioned in 1994 as an Infantry officer with a bachelors degree in Political Science. Infantry was his first choice. “I liked the fundamental nature of it,” he says. “If you think of the Army, you think of a bunch of guys with rifles on long walks. It seemed very much, to me, to be the core of what the Army does.”

As an Infantry officer, he was expected to get through Ranger School. The grueling two-

month course is divided into three segments: the “city” phase held at Fort Benning, Georgia, the mountain phase in northern Georgia and the Florida “swamp” phase. “You look back at your life and think, what are the things that define me? Becoming an Eagle Scout, where I decided to go to college, having kids, and definitely Ranger School was one of those,” he says. “It was the hardest thing I ever did. You don’t get to sleep, you don’t get to eat. I lost 27 pounds in the first two weeks. You’re doing physical activity all the time, carrying heavy ruck sacks, walking, falling off cliffs. It was tremendously difficult.”

Camp Hovey, Korea was his first duty station, which he calls “the perfect place to be. That’s where the action was.” He and his fellow Infantry soldiers were constantly training due to the frequent turnover in personnel. “It meant you had to train to maintain your proficiency, and it meant a lot of jobs became available,” he says. “It was kind of like a deployment except you had civilian clothes and weekends off.” He extended his time in Korea twice because he found the work interesting and satisfying, but eventually reached the

point when he’d learned all he could. “I think by the end of my third year, I was ready to go.”

Eric’s next assignment was Fort Campbell, Kentucky where he commanded a rifle company. He was still single at this point, much to the fascination of the mostly married lieutenants who worked for him. “I was a prime source of gossip,” he says, chuckling. “But I always had this thing, when we’d go out to the bars and I’d be talking to a girl, I’d ask her, ‘do you like canoeing?’ If she said ‘no, I don’t like canoeing, I hate bugs,’ I’d say, ‘we’re incompatible.’ But if she’s like, ‘oh I love canoeing, I go camping every summer,’ then we keep talking. That was my screening criteria.”

He recognized his future wife, Dina’s version of screening criteria when he attended his sister’s college graduation in Ohio. Dina was his sister’s friend, and she asked Eric during a rousing game of the card game Euchre if he had read the novel “The Shipping News” by Annie Proulx. He had not but soon learned that it was one of her favorites and his response was crucial if he wanted a chance with her. “This question came out of the blue, and I thought, ‘she’s asking me the canoeing question.’ I said,

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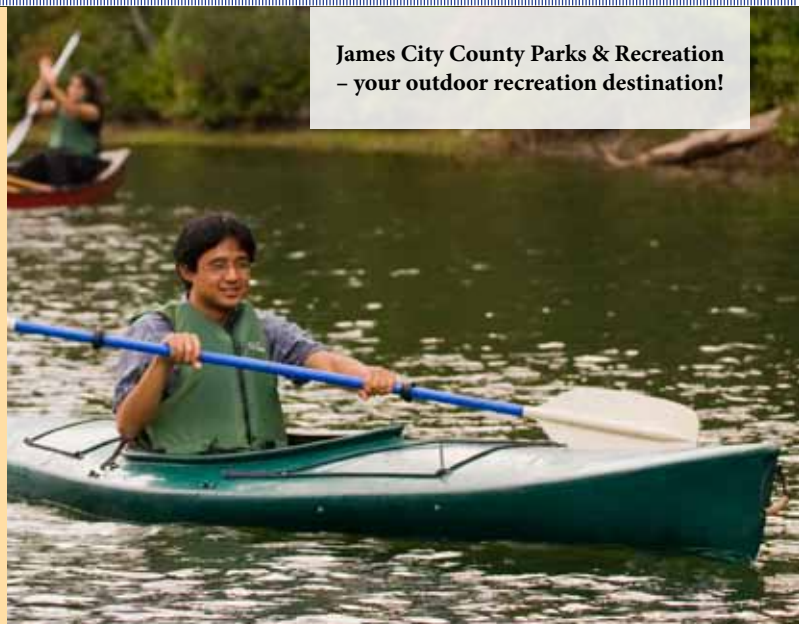
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“Shipping News... I love it. Great book. Fantastic!” She had just written her senior thesis on it and promised to send him a copy so he could tell her what he thought of it.

When Eric got home, he unearthed his copy of the novel and immediately started reading it. “I remember sitting on the helicopter with all my gear reading this novel and my lieutenants are like, ‘sir, why are you reading that weird literary book?’”

Eric and Dina were married in 2002 and moved to Fort Polk, Louisiana, a seemingly undesirable duty station but one that they ultimately embraced. “It is remote. You’re an hour and a half from any city but at that point we didn’t have kids, we were both working, and because you’re remote, the people get really close. We had a good time.” The Smiths lived there for five years during which time their twin daughters Kirsten and Skyler were born. The girls are now 13 and will start high school in the fall. The couple also have a son, Neil, who is 10 and a rising fifth grader.

They moved to Fort Drum, New York next and enjoyed their years there, despite the harsh winters. As a Major, he deployed with the

10th Mountain Division to Iraq in 2008, during the tail end of the Iraq surge. “We were in Kirkuk in northern Iraq so we were starting to plan the downsizing.” Once he returned, he had about a year before leaving for another deployment, this time to Northern Afghanistan.

When he came home from that deployment, the Smith family moved to Hohenfels, Germany, a bucolically beautiful and very rural Army installation in Bavaria. He speaks affectionately about their time living there, and three years later, moving to the Grafenwoher area, also in Bavaria. “We were so fortunate to be able to live in Germany for six years,” he says. “We traveled from one end of Europe to the other, from the Pyramids to Scotland on family vacations. It was priceless.”

His second deployment to Afghanistan was a very different experience and one that left a positive mark on him. “That deployment was the best job, hands down,” Eric says. He was a battalion commander during that year with 1,100 soldiers under his watch. They were deployed to Regional Command South, outside of Kandahar, which was he calls “a bad neighborhood” due to the Taliban originating there

and the fact that it was a prime opium-growing area. But he had no doubts that his soldiers could handle it. “It almost sounds cliché”, he says. “The quality of the soldiers was so high that I had huge confidence in them being able to do their jobs no matter what happened.”

The Smiths moved to Williamsburg in 2016 and soon realized this would be their permanent home, at least until their kids are out of the house. They bought a house that they love located close to Lafayette High School which their twin girls will attend. The family enjoys pop-up camping together at local parks. Eric is also an avid kayaker when time permits.

“We absolutely love this area,” he says. “The schools are great, there’s so much to do. There’s beaches, mountains, forest, big city. You can see Broadway shows if you want to.” Colonel Eric T. Smith says the earliest he will consider retirement is 2019 and is interested in teaching community college as a second career but is still enjoying being a soldier. “I’m going to miss the sense of purpose,” he says. “Even on your worst day of the Army, you still feel like, I’m here to get something done that’s helping a lot of people.” NDN

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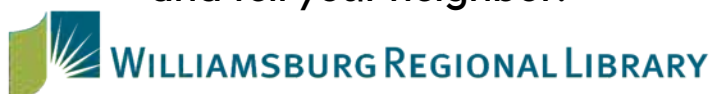
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From a Military Life to Entrepreneur

By Ben Mackin

Relocating is a phenomenon most military families have in common. Regardless of the length of a career, be it three years or thirty, assignments can take a service member almost anywhere in the world for undetermined lengths of time. For retired army colonel and current real estate agent Tony Pauroso and his family, moving was second nature. In Tony's more than two-and-a-half decades as a military intelligence officer, he moved well over a dozen times to places like Germany, Japan and everywhere in between.

While he enjoyed his time in the military, Tony and his wife, Gaye, knew there would come a day after the army where they could move to a permanent location. That place was Williamsburg.

"My wife's mother had moved down here shortly after we began dating," Tony says. "That was my connection to Williamsburg. We got married at the United Methodist Church on Jamestown Road, and we had our reception at the Kingsmill Golf Club. Every time we moved with the Army, we would make a stop here in between assignments. It was the closest thing we had to a hometown."

Tony was born and raised in Connecticut and left the state right after high school. He attended Rice University in Houston, Texas. "My uncle lived in Texas and that is how I heard about the school," Tony says. "I received a good



Lisa Cumming Photography

financial aid package, and I guess I had a little wanderlust, so I ended up in Texas." At Rice, Tony majored in political science and business. Going into his junior year, Tony received a two year Army ROTC scholarship. Upon graduation he was commissioned as a second lieutenant in the military intelligence branch and thus started a 26 year long adventure that would take him all over the world.

After his initial officer branch training at Fort Huachuca, Arizona, Tony was assigned to Fort Carson, Colorado. From there the Army sent him to graduate school in Washington D.C. which set him up to spend the next three years in Munich, Germany. "That was a great assignment," Tony says of his time in Germany. "It

was a great job and a fun place to be." After Germany, Tony and his family bounced around Texas for a few years before being assigned to Tokyo in the early 90s. After returning from Japan, Tony was assigned to Fort Monroe. The family was able to settle in Williamsburg during that time, and he commuted to Hampton. From there he took command of a battalion at Goodfellow Air Force Base in San Angelo, Texas. "That assignment was very challenging but very rewarding," Tony says. "It was a training unit on an Air Force base, and I was the senior Army officer for hundreds of miles."

After his stint at Goodfellow, Tony went to northern Virginia to begin work with the Defense Intelligence Agency. It was during this as-

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signment that he was deployed to Iraq in 2003 as part of a multi-national, multi-agency task force whose job it was to track down the weapons of mass destruction that were said to be in the country. "It was an exciting and interesting time," Tony says as he remembers that era. He was in charge of the day-to-day operation of the task force while high ranking officials on the team worked with the Iraqi authorities. "It was pretty fascinating and intriguing and frustrating all at the same time."

Tony returned to Virginia from Iraq in December 2003. He finished his career while living in Virginia, retiring as a colonel in 2008. While he enjoyed the Army, Tony never thought he would make a full-blown career out of it. "It never was my intention," he says of his early aspirations. "It just kind of happened. The Army is pretty smart about that. When it is time to move, they give you a promotion and send you to school and before you know it you have been doing it for fifteen years. So, no it was not my intention to stay in, but I do not regret a day of it. I got to do some interesting things and see some cool places, and I think I made a difference."

When Tony's retirement came about he had several options. "I could have stayed in D.C.,"

Tony says. "Potentially, I could have retired in uniform on Friday and gone to work at the same job in a tie on Monday." However, he was ready for a change. "I always knew that when I got out of the Army, I would not want to be in the Army anymore. I had been interested in real estate for a long time, but 2008 was not the time to jump into that market." So, Tony and Gaye decided to leave the frenetic pace that northern Virginia offered and move down to Williamsburg where Tony had spent a few years working for defense contractors like Lockheed Martin. "I did that for three or four years, but that just was not exciting or interesting," Tony says. "So, after I sent my youngest off to college, I decided to try something more entrepreneurial, and that is how I found this."

When he ventured into real estate, Tony found his second calling in helping people with one of the biggest investments of their lives. On the surface, the Army and real estate might seem vastly different, but Tony maintains that the two go hand-in-hand quite nicely. "My job as an intelligence officer was to take a bunch of disparate information with varying degrees of reliability, synthesize it, package it and present it to decision makers who are making important decisions." Tony has observed that work-

ing in real estate requires the same set of skills. "You present information so the client can feel comfortable making a decision that is for them maybe the most significant financial decision of their life."

One of the things Tony enjoys most about selling real estate is that each day brings unique and exciting challenges. "I enjoy meeting new people. There are always different problems to solve and different avenues to take to get the client across the finish line." He recognizes that real estate is high stakes for most people, and because of that it can be very emotional. With such a high level of stress involved for all parties, Tony Pauroso has one thing that will make this experience easier to navigate.

"I think what I bring to the table is that I have a very even temperament, and I am able to help keep things on the rails and temper some of the emotion that can come with the real estate transaction."

And of course, Tony notes that the end result of helping people is the highlight of his job. "The best thing is handing the keys to someone who just bought their first home, and they are happy with it and comfortable that they made the right decisions. Now they can start making their home." NDN

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From the Navy to the Dogs

By Susan Williamson

For retired Chief Petty Officer Rebecca Mulvain, U.S. Navy life was all about comradery. The upstate New York native served twenty years of active duty in the Navy. “Wherever you’re stationed,” she says, “the people you work with are like your family. You work together, you eat together.”

Rebecca believes the reason that so many veterans suffer from depression and anxiety is that they no longer have that close group around them. When Rebecca retired in 2012, she missed the group setting so much that she ended up going back to work for the Navy three years ago as a civilian security specialist



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DESIGNS by REGGIE AKDOGAN

at Cheatham Annex Naval Base, doing pretty much the same job she did on active duty. “My superior’s husband is a retired Marine who I was stationed with. There are always connections.”

Navy recruiters came to Rebecca’s high school in Pulaski, New York. Pulaski is located north of Syracuse near Lake Ontario. “They had the coolest uniforms,” she says. Rebecca had been considering going to school to study graphic design, but her father told her she would have to finance her higher education. “He was a pull yourself up by your bootstraps kind of guy,” she says. So, she decided to enlist. The Navy made her feel welcome immediately. “The recruiter even came to my graduation.”

Boot camp was in Orlando, and she was in one of the last classes there. Now recruits go to Great Lakes Naval Base. “I expected boot camp to be hard,” she says, “but it really wasn’t. My dad had taught me to control my own destiny by being responsible and having a positive attitude.” Her father had served in the Navy Reserve during the Vietnam era.

After boot camp, Rebecca signed up for air traffic control training but it wasn’t a good fit for her. “The training was overwhelming,” she says. “I learn by doing and there was so much technical training crammed into a short time.” She ended up working in TAR (Training and Administration of Reservists) and FTS (Full Time Support). Her job included scheduling, payroll, orders and other duties taking care of reservists. She began her career at Cheatham Annex and then worked at various bases around the Hampton Roads area.

The last four years of her tour were spent in San Diego where she worked with a deep submergence unit, basically submarine rescue. Since there were no women serving on submarines at the time, she was the only female in her unit. She laughs. “They really didn’t know what to do with a woman.”

One of the high points of her career was making Chief in 2004. Rebecca explained that promotions from E1 to E6 involve written exams, but being promoted to Chief-E7 is different. To make Chief, one must be evaluated by a board of peers along with testing. The training for this rank is itself a bonding experience. “Once you are a Chief, you are accepted by Chiefs throughout the Navy, part of a select group.”

Rebecca retired to Williamsburg as did her sister who was a Navy Reservist. She still enjoys going back to the Adirondack Mountains in New York to visit her father and other family members. “It’s my special place,” she says.

Her son, Dylan, attends Berkley Middle School. He is active in Boy Scouts and loves roller coasters. They frequently visit Busch Gardens and King’s Dominion. Her older son, Hunter, lives in California with his dad. When he visits, they enjoy bike rides, hiking and kayaking.

When Rebecca feels stressed or anxious, animals are her go-to solution. She grew up with a Shetland sheepdog and has owned various dogs when she could. Now her canine family includes a 125 pound white lab, Marley. “I think there might be some Great Pyrenees mixed in.” She also owns a German shepherd-lab mix named Casey.

When she was stationed in California, she rescued a horse. She borrowed from her retirement fund to ship Charlie to the East coast when

she retired. She uses the 19-year-old buckskin Quarter horse to teach lessons in order to help with her board at Kentucky Stables in Newport News. “I like puns,” she says with a smile. “Charlie horse.”

Her love of animals is leading Rebecca toward a new career. In 2017 she founded Muddy Marley’s Self-Serve Dog Wash. Although she plans to have a brick and mortar location at the Williamsburg Crossing Shopping Center soon, she is currently operating on a pop-up basis in order to get her name and business better known in the community. She has purchased portable walk-in fiberglass tubs which she sets up to operate at various non-profit and commercial events around the area.

Tim Ryan from the local business incubator Launchpad, located in New Town, has been very supportive in getting her business started. He helped Rebecca to formulate a business plan and secure a business license. “Starting your own business is intimidating,” Rebecca says. But she knows she would be sorry if she didn’t try. She has researched her market. “Even during the last recession, the pet industry didn’t suffer.” She was inspired by the many women entrepreneurs who have been featured in Next Door Neighbors magazine. She first thought of the idea after trying to give Marley a bath in her tub. “He jumps out and makes a mess,” she says. She had seen similar businesses in California.

Rebecca earned third place and \$5,000 at the Start Peninsula pitch competition in Williamsburg last November. Her face lights up when she talks about it. There were only three top spots for the 21 competitors, and contestants first gave a 90 second pitch, followed by a five minute presentation by the 10 semi-finalists. The annual competition is held alternately in Williamsburg, Newport News and Hampton, usually the first weekend in November. The 2018 contest will be in Newport News.

Muddy Marley’s will offer both self-serve and custom dog bathing and grooming. There is a basic “Wash and Go” package as well as a “Spa Package” which includes a South Bark Blueberry Facial, dryer and other extras. The store will stock such items as locally handmade collars, leads and home-made treats. Rubber aprons, shampoo, conditioner, bucket of tools, curry comb and towels are furnished to do-it-yourself bathers. Prices depend on the treatment selected and the size of the dog.

For the immediate future, Rebecca will continue to work at Cheatham Annex. She has hired a manager who is an experienced vet tech. Rebecca will work at her business on weekends and after hours.

While her family, her job and her business occupy most of Rebecca’s time, she also enjoys restoring and re-purposing old things. “I don’t think there’s anything new in my house,” she says with a laugh.

Williamsburg is a dog-friendly town. Many stores and eating establishments provide water bowls and dog treats. Canine companions can often be seen strolling the streets or sitting by their owners at outdoor venues. Waller Mill Park has a dog park. There are many dog grooming facilities, but so far, no self-serve dog washes.

Rebecca Mulvain has spent twenty-plus years taking care of reservists in her job and animals in her free time. Now she is transitioning to help dog owners with a useful service, using the skills that her dad and the U.S. Navy taught her. NDN

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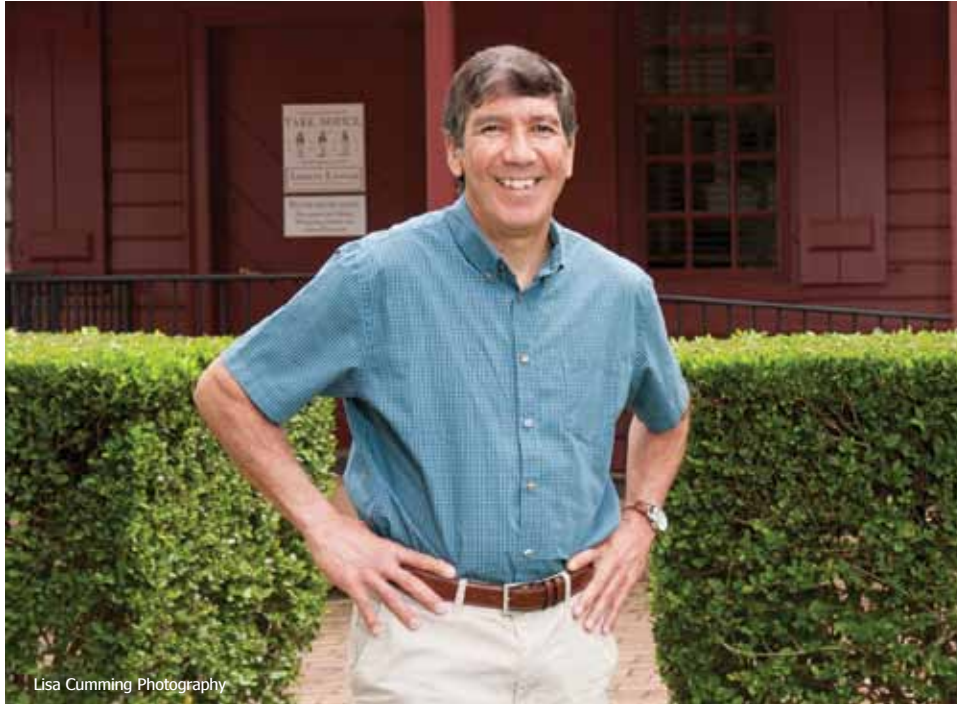
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IT'S ALL ABOUT THE PEOPLE

By Narielle Living



Lisa Cumming Photography

No matter where Joe Garcia lives or works, the one thing he enjoys is being around people. In fact, when asked about the best part of his job with Colonial Williamsburg, his reply is simple: “The people. The people who come here and the people who are here.”

Originally from San Antonio, Texas, Joe enlisted in the Navy and left home when he was 19 years old. “It sounds a little corny, but I was

looking for a way to get my life started. I was going to college, I was working, but I wasn’t really getting anywhere. I was spinning my wheels.” One day a recruiter came to the junior college campus where Joe was enrolled and talked to him about joining the Navy. “He had some really cool posters of airplanes and the ocean and foreign countries, and it looked like an adventure.” When they told him the Navy’s

not just a job, it’s an adventure, Joe decided it was an adventure he wanted to take.

His initial plan was to spend four years in the Navy and learn about electronics, enabling him to segue into a good job once he got out. “The Navy did its part and trained me for aviation electronics but then I met my wife in Key West. I got married and decided to reenlist.”

Joe came to Norfolk in 1989 aboard an air-

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craft carrier, the USS America. “We’ve been in Virginia ever since,” he says. After retiring in 1998 he started working at Colonial Williamsburg immediately. “I took off one uniform, put on a costume and came to work.” Joe and his family have now lived in this area for 20 years. He and his wife raised their five children in Williamsburg and love living here.

When Joe was ready to retire from the Navy, he researched his options to determine his next step. The Navy hosted retirement seminars to help people transition into civilian life and find a job best suited for them. “They also give you a suggestion of books to read. Two of the books I read were very beneficial. One was ‘What Color is Your Parachute,’ and it worked. The other was ‘Do What You Are,’ a book about the Meyers Brigg personality types.” He was amazed that he could find his personality so easily within the pages of these books. “I found out I’m a people person,” he says. “My type are the hosts and hostesses of the world. Looking back on my Navy career, I found out why I enjoyed doing certain things, like when I was an instructor at Oceana. I really loved doing that. When I was the leading petty officer on the America I was up in the beehive of activity.

I had all these people who would come to me for advice and referrals and help with training, and I was really a liaison between them and the division chiefs.”

In fact, Joe worked so well with others that it got him promoted. He often worked with others not only in his primary duties as an electronics technician but also in his collateral duties. “You always had a bunch of other things that need to get done, so I served as a training petty officer for a while. I was a financial counselor for a while. They send you to schools on how to give financial counseling, and I just love working with people. So reading that book ‘Do What You Are’ explained why I loved doing this.”

After giving the matter some thought, Joe decided to find a job where he would work directly with people. He made a list of possibilities. “I had a short list. I like sports so I looked at some sports shops looking for people to be on the management track and the National Park Service working as an interpreter.” He then found people to talk to about each of those places. He found a person who worked with Colonial Williamsburg and called her to talk with her. “I had to explain first how I got

her phone number because we didn’t know each other.” Aboard the Enterprise, the ship he retired from, the assistant safety officer and Joe went to church together. This person was able to get Joe the phone number of someone who worked with Colonial Williamsburg and Joe made the call. “I told her how I got her number and why I was calling. We talked for about an hour.” He knew that this type of job would be a good fit for him, so he applied, got interviewed and was hired.

Although the Navy and Colonial Williamsburg are very different organizations, Joe’s move to a civilian work life was smooth. He credits having been an instructor in the Navy with giving him a head start working in his current job. “I was used to teaching people. I’d also volunteered to give tours; I like giving tours. I like to talk, I like the people. When I interviewed here, they had me make up a story as part of the interview. I made up a pretty good one! It was over at the Anderson house, and I used a chair to make the story up. I do that naturally so I didn’t have to study for it.”

Joe is also responsible for overseeing the 67 volunteers at the Liberty Lounge, a lounge that was established in 2016 and is reserved



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for ticketed military guests. Ticketed military guests and their families can use the space to have a cup of coffee or just relax. The community lounge also contains military memorabilia.

According to Joe, many of the volunteers at the lounge are affiliated with the military. "A lot of them served, retired from the military, went on to other jobs and retired from that, then decided to live here. The spouses also volunteer, and they have a connection, too, because some of them were in the military and served with their spouse. It's a team effort. You may be the one on the ship out in the ocean but you do it together."

In order to work as a volunteer, people have to go through a process with Colonial Williamsburg. Joe interviews and hires the volunteers at Liberty Lounge. "What I'm looking for is the same thing I look for when we hire staff: that you're nice and you like to talk. If you're nice and you like to talk, then you're almost there. If you're not nice and you don't like to talk, this is not for you. I get energized by being with people. I get drained if you put me in a room all day alone."

Joe has a connection with the volunteers at the lounge because he's retired military. "It

helps if you have that military affiliation because, just like out here of course you have to be gracious and welcoming and interacting with the guests, but it's a different language. They might say yeah, I was TAD to NAS... what's a NAS? Naval air station, temporary duty assignment. We speak the lingo."

Liberty Lounge has been open for two years and Colonial Williamsburg gives complimentary and discount admission to military year round.

"I hope that if you're not already familiar with Liberty Lounge, you'll learn about it," Joe says. "We're not a static display, we're a living museum. Even if you take the same tour a year later it will be different. It will be the same basic theme but a whole new dynamic. People need to keep coming back because it's not the same. Even the weather makes it different."

When you visit Colonial Williamsburg, you can find Joe Garcia at Liberty Lounge ready with a smile, a story and a comfortable place to visit. NDN

For more information about Liberty Lounge, check out www.colonialwilliamsburg.com/locations/liberty-lounge

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NEXT DOOR NEIGHBORS JULY 2018

A SENSE OF DUTY

By Ben Mackin



Lisa Cumming Photography

The military promises much for young women and men. For many, the allure of travel, adventure and job training is more than enough to get them through the door of a recruiter's office and on the bus to a basic training. For Brandi Pritt Walker, however, the desire to join was deeper than that. For her, it was an innate desire to help people coupled with a sense of duty to one's country and community. This feeling had been instilled in her during her early childhood by her father, a Navy veteran, and grandfather, and World War II Army veteran. Their patriotic influence remains today.

"I remember my grandfather telling me stories of the concentration camps that he had seen and the inhumane and terrible things he witnessed. Because of that, I wanted to make the world a better place and do my part."

With a desire to help and a family tree steeped in military tradition, the 17-year-old Brandi decided to enlist in the West Virginia Air National Guard, but not before researching all of her options. At that time she was not so sure about leaving home but she knew she wanted to

join the reserves. In order to make her decision she held interviews with recruiters from each of the branches, trying to determine which would be the best fit for her. "I called the Air National Guard in Charleston, and they told me that I could come and meet with them," Brandi remembers. "All the other branches had come to me. But me being the person I am, it made me want to go. So, I went down there and spoke to them." When they offered her college tuition, she knew this key benefit would drive her decision. The college tuition would help her to realize another lifelong goal of being an engineer. With that meeting, Brandi's military path was set. Over the next several years she earned her degree in civil engineering from the West Virginia Institute of Technology while working full time at the nearby Air National Guard

Base.

During her time with Air Guard, Brandi worked as part of an aerial port squadron, which is a team responsible for running logistics for a military airport. They are in charge of everything from processing personnel and cargo, rigging for airdrops, packing parachutes, loading equipment and preparing air cargo. It was in this role where Brandi was able to truly help people, not only in her home state but all over the world.

"Anytime the cargo went somewhere, we went with the cargo," Brandi says. "We would make multiple stops all over in places like Japan and Hawaii, but my favorite part was when we went to Kosovo in 1998." In Kosovo the planes in Brandi's squadron dropped supplies to refugees who were affected by the war that

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had devastated the region. On the ground, they took their parachutes off and distributed meals, also known as MREs (Meal, Ready-to-Eat) to the people who needed them. “We would keep candy with us to give to the children, and I think that was the first ‘ah ha’ moment I had. Just seeing these people in need and being able to help them - that was the core of the reason I joined the military.” Brandi would have the ‘ah ha’ moments repeatedly throughout her two decades career. In 2001, West Virginia was hit by a massive flood that came close to washing away entire towns. She was called to flood duty for the next six months.

“On active duty you only have the federal missions, and that’s it. In the guard, you have the federal and the state, and I absolutely loved being able to help my hometown and my home state. That is second to none for me.”

After Brandi graduated from college she decided to go on active duty with the Air Force. Over the next several years she served in different roles at Andrews Air Force Base in Maryland as well as Fort Belvoir in northern Virginia. It was during this time that she met her husband, Justin. Justin is also a native of Fayetteville and grew up no more than two miles away

from Brandi. Despite their proximity during their childhood, they were zoned for different schools. They met as adults when Justin came home on a leave with the Army National Guard during his first deployment to Iraq. “We met that first time, and we just never came apart,” Brandi says with a smile. Over the next few years, Brandi and Justin got married and had two daughters, all while juggling multiple overseas deployments and graduate school, not to mention demanding work schedules. With two young daughters, Brandi made the decision to take a small step back in order to spend more time her family. She transitioned from active duty back to the Air National Guard.

Wanting to get away from the hustle and bustle of northern Virginia, Brandi and her family decided to move to Williamsburg. “When we were living in the D.C. area, we used to vacation down here, and we just loved it,” Brandi says. She joined a Virginia Air National Guard unit based in Langley where she was put in charge of airmen coming into the Air Force.

As the family settled into their home in the Williamsburg area, Brandi was able to enjoy being a full-time mother. “When the girls started school, I needed something to do,” she says.

She thought about going back into her original field of engineering but decided against it in favor of something with more flexible hours. After some deliberation, she decided to try her hand at real estate.

“I figured that I love people, and I love structures, and they just fit together.” While real estate and twenty years in the Air Force might seem mutually non-exclusive, Brandi finds a correlation between the two. “Always being respectful and professional are big,” she says. “Just like in the military, I was always a phone call away. Same thing in real estate. communication is key.”

Outside of her family and professional career Brandi is making time to continue serving the community. In her work with the Williamsburg Area Association of Realtors’ outreach committee she was able to procure benches that were placed at the Veterans Tower in Newtown. As a member of the American Legion and Kiwanis Clubs, she is looking forward to getting involved with projects that help make the area better. With the same ideals that drove her to join the military, Brandi Pritt Walker strives to fulfill her community duty and make this area a better place. NDN

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LT. COLONEL SCOTT WALTON



Lisa Cumming Photography

Staying Healthy After the Military

By Narielle Living

Lt. Colonel Scott Walton began his childhood as an Army brat, living in different locations as his father was transferred from one town to the next. “My dad retired when I was in fourth grade,” he says. “We grew up in Virginia Beach and I came to William & Mary (W&M)

for my undergraduate degree.” His family had a history with Williamsburg, as this is the place where his grandparents on his mother’s side met. “It was nice to be able to come back here and be just far enough away from home where I could go home when I needed to but still be

a little bit away.”

While he was at W&M, Scott joined the ROTC, an option that was not available to him in high school. After graduating he decided to go into the Army. “I couldn’t decide what I wanted to do,” he says. “I thought maybe I

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wanted to go to law school but yet I wanted something kind of adventurous, and I wanted to be able to travel.” Since his father had retired from the Army after 27 years of service, this factored into his decision to join.

While stationed in Texas, Scott met Tami, who was from Austin. They married and had two children, twins who were born here in Virginia. “We were stationed at Fort Monroe right before they closed,” he says. “That’s where our twin boys were born, and they’re nine years old now.” Later, they moved back to Texas for a few years and then landed in Mississippi. “I was in charge of Army ROTC at Ole Miss,” he says. This was a job he had applied for in addition to his regular duties. He was a department chair for Army ROTC at UNC Chapel Hill prior to moving to Fort Monroe. While in the Army, Scott was Armor Officer, in charge of leading and commanding the armor units and combined armed forces during land combat. “I was in the tanks the majority of my career but it was nice those last four years.”

The thing that Scott liked the most about military life was dealing with people. “You

build a common bond. It’s uncommon, some of the hardships you go through together,” he says. “I don’t miss a lot about the Army, but I definitely miss the people.” He notes that the positive side to social media is that it allows him to stay in touch with his military friends. He appreciates the diverse group of people he has met over the years and loves that he has been able to share these experiences with his family. “That’s what we take for granted being in the military: how many diverse people you get to meet from across the country. You just take it for granted. Likewise, our kids; they’re nine years old and this is the ninth place they’ve lived.”

Some of Scott’s experiences with other cultures have made a deep impact on him. “I was a company commander a year after the invasion of Iraq, and I had an area of about 500,000 residents. I had a neighborhood advisory council, and I was basically put in charge of mentoring them, developing projects and trying to get them to leave. The hard part of it was that they were used to being told what to do under Saddam. When he was removed, we had to fill

the vacuum. We take a lot for granted here.” He notes that sometimes it’s easy to forget that not every culture understands democracy, and there can be a steep learning curve for many.

After 20 years, Scott decided to retire from the Army. He and Tami discussed their options for where they wanted to live during this next phase of their life. “We knew we wanted to retire in a college town, because the atmosphere’s kind of different,” he says. With their connection to Williamsburg, they decided this was the place for them. “It was good to come back to this area, and especially because of Fort Monroe and the historic presence and to be near family.” When they returned to the area, Scott was surprised at the amount of growth Williamsburg has undergone. “It’s grown considerably since I graduated college in 1997. Nothing on the Monticello side was there, and there was a lot less on Richmond Road. I think it’s got a lot more room to grow, and I think in terms of inviting the younger generations it’s got a lot of potential.”

Some people have difficulty transitioning from military life to civilian life, but Scott had

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his future planned before he retired. Back when they were living in Mississippi, his wife Tami started doing a workout at a new place, Orangetheory. Orangetheory is a fitness program with innovative workouts at a gym. "When we were at Ole Miss my wife started doing Orangetheory as a member and fell in love with it, and she finally convinced me to do the workout. Once I did the workout I was sold. This was what we needed to do."

Once they made that decision, Scott and Tami worked hard to prepare for their new business venture. They bought a franchise, found the ideal location on Richmond Road and started getting set up. One of the fun aspects of this gym is that each person wears a heart rate monitor to keep track of the workout intensity. "My wife's a nurse, so of course she loves the heart rate monitor," Scott says. "But the key thing is you're not competing with the person next to you, you're competing with yourself. It's all about your heart rate and your own body." He goes on to say that when Tami was doing an Orangetheory class in Mississippi, she noticed the men who were working out

next to her. On one side was a 70-year-old man and on the other side was Eli Manning. "She didn't know it was Eli Manning right away, but that gives you a sense of the diversity of people who do this workout."

They worked hard to make their dream a reality, and Scott and Tami were able to open Orangetheory in Williamsburg two weeks after his official retirement date. "There was no break," he says. "I commissioned the last group of cadets in May. Tami was already here, and I had the boys in Mississippi to get them through the end of school. After we graduated, we came back here and started setting up the business. We got a lot of our members before we even opened."

Orangetheory is a unique gym that is able to show people their heart rates on overhead monitors during workouts. "We have what are called splat points. If you're in the orange zone or the red zone for 12 to 20 minutes, it's said that you continue to burn calories up to 36 hours after the workout."

This type of workout is somewhat similar to what Scott was used to doing and is the reason

he wanted to open an Orangetheory. To him, fitness is a very important aspect of leading a healthy, successful life. "As a Soldier not only is it necessary to maintain the strains of a long deployment and combat operations, but being in ROTC and working with ROTC cadets I saw how young leaders' confidence was built through physical fitness. When you're a lieutenant, your soldiers may or may not see what you do on a daily basis, but if you're out there doing physical fitness with them every day and leading them by example, through your effort your soldiers are going to respect you a lot more. I see physical fitness as a big part of building a leader's confidence, and you've got to be confident to be a good leader."

Scott Walton wants to reassure people that the type of workout at Orangetheory is for everybody, not just the elite athletes. "You're not competing against anybody. Nobody's looking or judging what you're doing. It's all about competing against yourself based off your heart rate, and it's a good workout. Even if Orangetheory isn't right for you it's just very important to do something and stay healthy." NDN

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Parrotheads

in Williamsburg



Corey Miller Photography

By Lillian Stevens

In the late 1970s, Jimmy Buffett exploded on the pop music scene in America. With songs that evoke an “escape to the islands” lifestyle, his music offered, and still offers, a sort of respite for hard-working folks in danger of taking themselves too seriously.

From the top ten hit “Margaritaville” which was released in 1977, to “License to Chill” which peaked at number one on Billboard charts in 2004, these songs, to the delight of Buffett’s fans, are anything but serious.

Today, Jimmy Buffett’s popularity is still off the charts and his devoted base of fans, known as Parrotheads, can be found all over the world. In Williamsburg, Phil Kandel is a founding member of Parrotheads of the Phininsula (aka the Parrot Head Club of Williamsburg). The Club’s name is a play on words that alludes to a well-known Buffet song called “Fins.” Indeed, fin and shark themes are a prominent part of Parrothead island culture.

“The first time I really heard Buffett’s music

was when I was deployed to Saudi Arabia back in 1995,” Phil says. “Sitting outside of a tent on Prince Sultan Air Base, a friend of mine broke out a guitar and everyone just started singing along. I knew right then I was a Parrothead.”

Parrotheads of the Phininsula is one of over 200 chartered Chapters of the national Jimmy Buffett fan club organization known as Parrotheads in Paradise (PHiP). The mission of PHiP is to promote the international network of Parrothead Clubs as a humanitarian group sharing

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information and social activities. Over the span of its 16 year history, PHiP is a nonprofit organization whose members have donated over four million hours of their time and have raised over \$50.5 million dollars for community and environmental concerns.

Here at home, Phil has served as the Parrotheads of the Phininsula club president since 2011, the year the club was chartered. Club activities are multi-faceted, running the gamut from social gatherings to fund-raising and volunteer work to concerts and Parrothead conventions.

“There is a lot of dedication and a lot of work,” Phil says. “But we also keep it fun. We enjoy traveling to Jimmy Buffett concerts and other social events, but the emphasis is on giving back to the community, none of which would be possible without the dedication and community spirit of all the board members and people in my club.”

The Parrothead Club of Williamsburg is required to host one annual charitable event per year or participate in a good will volunteer event plus one environmental event per year.

“We participate in the Great American

Cleanup as well as a variety of charity events,” Phil says.

Organizations who have benefited from the local Chapter’s efforts include the Virginia Peninsula Food Bank’s Mayflower Marathon Food Drive and Tastefully Yours event, as well as many others.

“Every year, we staff the Housing Partnership’s PIPE Concert at Martha Wren Briggs Amphitheatre at Lake Matoaka,” Phil says. “This year, that event will be held September 15 and there will be a Jimmy Buffet theme band performing. If you come, you’ll see us collecting tickets and selling beer.”

Dubbed “parties with a purpose,” fund-raising events include cornhole or bowling tournaments. Monies raised by the club have benefited organizations like the Wounded Warriors Project, Virginia Veterans Family Support program, FISH (Williamsburg), the Virginia Peninsula Food Bank and the Heritage Humane Society. “We’ve moved toward bowling events recently,” Phil explains. “Cornhole is fun but the weather can interfere. We’re safer with bowling.”

Last year, Parrotheads of the Phininsula hosted a bowling tournament to benefit the

Virginia Veteran and Family Support Program, operated by the Virginia Department of Veterans Services.

Phil is a veteran, having retired from the United States Air Force in 2003 where he spent 23 years as an Enlisted Weapons Director.

“There are a lot of veterans in the club, so supporting veteran groups is near and dear to our hearts.”

The Bowling tournaments are held in the fall, so between fund-raising, volunteering and just plain fun social gatherings, there’s always something going on.

“We have a lot of musicians in the area who support us from all over the region, like Richmond’s Dave McKenney, Virginia Beach’s Brad Brewer and even The United States Army Band ‘Pershing’s Own’ Emily Randle,” Phil says. “When we had our anniversary party at Billsburg Brewery, the Billy Jo trio played for us. Even though they don’t normally play Buffett, they did learn some for us. We enjoying promoting local music and local businesses. Our philosophy is it’s a two-way street.”

Other local haunts popular with the Parrotheads include the Virginia Beer Company,



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"We meet there once a month," Phil says. "Membership in the local club hovers at around 42 individuals, but that can fluctuate."

There is also one social event per month, usually around the fourth Friday.

"We typically do something here in town where there is live music," Phil says. "I think this month we're supporting Old City Barbeque by having our social during their Labor Day event on Sunday."

Fun fact: being a member of a Parrot Head Club has its perks. Club members have access to concert tickets - good ones.

"As club members, we are usually able to get pavilion seats," Phil says. "And we get them at a better price than the public gets. That's one of the biggest perks. If we want to go to a concert in Raleigh or Manassas, we can usually coordinate a caravan."

Another perk involves club conventions. During the first week of November, the Parrot head clubs converge on Key West, Florida for a national convention known as Meeting of the Minds.

"It's a great event, four or five days of being a Parrothead in Key West. A bunch of us went a couple of years ago and Buffett put on a free concert. There's always a street party, and for the 20th anniversary of PHiP, he actually played downtown Duval Street for everyone."

Club membership of \$25 goes a long way, camaraderie with like-minded people, concert and event access and the knowledge that members are making contributions to the greater good.

Clearly, a lot of activities have been underway during the seven years since the Parrothead Club of Williamsburg was created.

"We're just happy to have a local presence," Phil says.

He knew all along that it only took 20 people to start a new club, but there's also a rule that a new club cannot be closer than 50 miles from another club.

"My wife and I started out as members of the Virginia Beach club. I was stationed at Langley at the time. We enjoyed that for a few years but the drive was so far. When I retired from the Air Force, we decided to move to Williamsburg. There is a club in Richmond, and we decided since that was closer, we'd get involved

with that club. After a few years, we got tired of that drive too."

Phil says that it finally dawned on him that Williamsburg fell within the parameters and he knew he had 20 people locally who were interested. The application was submitted, and the local chapter was founded in 2011.

Looking forward, the Parrothead Club of Williamsburg is going to be working with the Washington Nationals baseball team to promote an event in Washington on July 20 which club members are looking forward to attending. "The Washington Nationals have been working with us to get live music there for them and get some promotional ideas going."

Phil is also very excited about another initiative underway.

"We are about to get together with the Parrothead Club of Tidewater (Virginia Beach) and the Parrot Head Club of Richmond to work on a regional event here in Williamsburg."

Phil Kandel encourages fellow Jimmy Buffett fans to stop by one of the Club's monthly socials to learn more about the Parrotheads of the Phininsula. NDN

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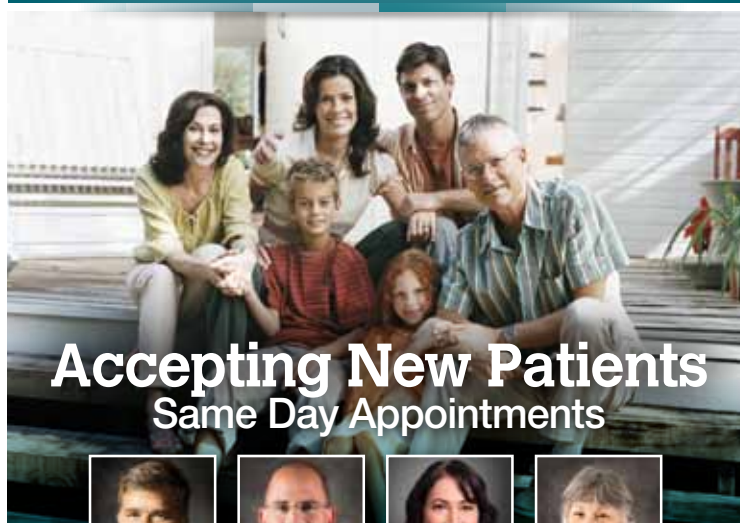
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Corey Miller Photography

A Family in Jiu-Jitsu

By Narielle Living

Marissa Talley started training in the art of Jiu-Jitsu when she was only 16 years old, at a time when girls were not flocking to the sport. Today, the sport has gained in popularity and a number of girls are now competing. While Marissa is glad to see so many new faces in Jiu-Jitsu, she views the people connected to that martial art as her family.

Initially, Marissa began training because a friend who went to high school with her had recommended it. "He talked me into it because

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I babysat a lot, and I had an incident with one of the dads of the kid I was babysitting.” She agreed, but her first lessons were not without difficulty. “When I first started I liked to stand up more, like thai boxing, because I was an angry teenager,” she says. “I wanted to punch somebody, and I actually hated jitsu. I did it because I felt obligated because I was there.” She hadn’t initially realized that jiu-jitsu was akin to wrestling and she would spend more time on the floor than standing.

Finally, she decided to just move forward with her classes, but she had reservations for quite a while. “I hated wearing the gi, I hated everything, and I just felt uncomfortable.”

Because it was like wrestling and because the room was full of boys, the classes were awkward for the teenager. “It’s more popular for girls now but when I started it wasn’t. I felt like I was going to get in trouble rolling around with boys. I was a teenager, you know? I’d hang out with my friend and some of his friends, and we’d play around in their living room and I kept thinking I was going to get in trouble.”

The uniform, or gi, continued to be hot and

uncomfortable on her. “I didn’t like being on the bottom, and I didn’t like losing. I don’t like things I’m not good at.”

Then she participated in a tournament at the urging of her friend. The tournament took place in New Jersey and she participated in the teen’s division. “It was mixed girls and boys, and I got third,” she says. “I beat two or three different guys and a girl, then another girl ended up winning the division.” This gave Marissa some pause. “I thought if she won the division and I got third and I’ve never done it before, maybe I’m good at this.”

That was a turning point for her, and Marissa began competing frequently. She started competing in the women’s divisions, which are now broken, unlike when she first started. “For women it was pretty much all about levels, all weights, because there was only a handful of us. I was a blue belt who had been training for a year and a half, and I was competing against black belts who had won the highest level of tournaments. There were only five people in the division. I’ve been in tournaments where I normally compete at 135 [pounds] and the

girl I was competing against was 250 pounds.”

Today, tournament divisions are divided every 10 pounds, and they have beginner, intermediate and advanced. Competitions are also separated by belt level, which evens the playing field.

She notes that when she began training finding people to train with was sometimes an issue, too. “We lived in Richmond and in Virginia Beach for a while, and there’s probably 15 schools in Richmond and 20 in Virginia Beach. When you go to those schools, you can find multiple black belts in all of them. But when we started, finding just a blue belt was great, or finding a girl who was upper level -we had to scout out training.” Marissa has travelled to Maryland, North Carolina and West Virginia trying to find people, specifically girls, to train with so she could compete. She wanted to seek out better instruction because at that time it simply wasn’t available. “This was the early 2000s. Everyone I trained with was the same level. We couldn’t train under somebody higher level unless we lived in a big city.”

Marissa’s partner, Mike, also practices jiu-



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jitsu and received his black belt in 2008. He has taught combative training, which is a more tactical approach used by military personnel. “It’s for situations where they don’t have their weapon and come into close contact,” Marissa says. “It’s no longer a sport. It’s more real life.” Some of the techniques are different, she explains, and this is used for survival situations. Marissa and Mike lived in several cities in Virginia before settling in Williamsburg. They lived in Hampton, Virginia Beach and Richmond before realizing they wanted to escape what they felt was the hectic pace that each of these locations offered. “I was tired of it being busy everywhere I went, and the traffic always being congested,” she says. “Sometimes it took a lot of time just to travel a short distance.”

After some deliberation, they decided Williamsburg would be ideal because it allows them easy access to relatives in both Richmond and Hampton. They then defined the precise neighborhood where they wanted to settle. “We now live in Queen’s Lake,” she says. “It was hard waiting for a house to come up that we wanted, and we moved there in September.”

Of course, as soon as they moved to Williamsburg they began searching for a place to train. “We’ve been in the game for so long we’re used to having our own program and our own gym, and we are used to teaching.” Unable to find what they were looking for, it wasn’t long before they decided to open their own school. “We could train with each other but there’s only so much of that we could do,” she says. “In December we decided to do it, and we started looking at places to rent.”

Marissa was cautious, though, and with a new house she didn’t want to get in over her head with another large investment. “We found this place. This was the last unit, and it’s close to our house.” Originally seven rooms, Marissa and Mike took walls down and created a spacious, clean studio for students to come to learn. They added new mats, new lighting and new paint, creating an open and airy unit in what used to house the old William & Mary radio station.

Marissa is settling into training and teaching at the studio, and she is more than happy with the direction the school is taking. She

currently works as a nurse at an elementary school, which leaves her with a great schedule for teaching evenings, weekends and summer vacations.

The school policy about learning jiu-jitsu is somewhat flexible for each student. “Everyone has their own style of teaching, but we don’t want to be strict to a particular style or way of doing things,” she says. “We want our students to be able to do whatever they want with the art. If they want to learn, that’s fine. If they want to compete or if they want to do only self-defense, that’s fine. We want it to be up to them and not make the choice for them.”

The one thing Marissa Talley stresses to anyone who is curious about jiu-jitsu is that it’s a lot like wrestling. “It’s not karate,” she says. “Jitsu means gentle art but it’s not always gentle. The purpose of jitsu is that the smaller opponent can be the bigger opponent. We’ve taught all ages and sizes. It’s for everybody, and it’s having the mindset that it’s something you want to do. It’s for self-defense, fitness, fun, competing, whatever you want it to be. It’s done a lot for me. It’s a family.” NDN



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A Pirate's Daughter

By Linda Landreth Phelps

“Is your daddy a pirate?” That’s a question Williamsburg author Tara McClary Reeves and her younger sister often heard as they grew up. “It’s a natural thing for kids to ask,” she says, “because Daddy wears an eye patch.” Clebe McClary’s no pirate, he was just a Marine lieutenant who left significant pieces of himself behind on a Vietnam battlefield in 1968 before his girls were ever born. Tara and Christa were raised to be proud of their father’s sacrifice. “He didn’t lose his left eye and

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arm, he gave them freely,” Tara says.

Tara always wanted to be just like her father. When she speaks of him, she has a wide, brilliant smile and a sparkle in her brown eyes. “Daddy only has two working fingers on his remaining hand, so his grip on a pen is unique. Despite my teachers trying hard to correct me, to this day that’s how I write, too.”

The little girl from Pawley’s Island, South Carolina grew up, got married, and had three children of her own, twins Daniel and Caroline, 17, rising seniors at Providence Classical School, and their sister, Harrison, 5, a darling dynamo known fondly in the family as “The Mayor.” Along the way, Tara has written or co-authored five books aimed at a young audience. Her latest, *Is Your Dad a Pirate?* is a tribute to the parents she refers to as her hero and she-ro. The sensitively written and illustrated book’s sales have soared and it’s now available at Target and Walmart stores as well as Amazon.

Like her parents before her, Tara’s a sought-after speaker in international Christian and military circles. Hers is a timeless, inspira-

tional message that resonates deeply with audiences of all ages. “I have a very soft spot, understandably, for our wounded warriors,” Tara says. “But in writing this book I also wanted to acknowledge the sacrifices made by the families of those who care for them.”

“I watched my mother, Deanna McClary, care for Daddy in the most tender way all my life. She cuts his meat and helps him dress. All those buttons! In a way that recognizes his independence and preserves his dignity. The first thing she does every morning is to make sure he’s dressed and shaved, ready for the day, putting his needs before her own.”

Tara recalls watching her parents’ interaction, her father quietly expressing his appreciation with words and little love taps, thanking his wife for the things Deanna does for him routinely. “God has just grafted them together in a unique way, and they’re truly a team in life and in ministry,” she says.

There are countless family members who are doing the same kind of caregiving for their loved ones, people whose efforts go unseen and unsung. *Is Your Dad a Pirate?* embraces

those caregivers and draws them into the spotlight for the recognition they deserve. The next time we thank any vet sincerely for their service, Tara says, we should salute their family, too. Chances are that the spouse at their side has fought their own private battles and made daily sacrifices. Every member of a military family serves through lonely separation during deployments and frequent moves, and they should all receive our thanks.

Being a wife, homemaker, and mother has always seemed the most honorable pursuit Tara could imagine. After graduating from Furman University with a degree in political science, she went simultaneously to work and to seminary for a year and a half. She was then recruited as personal assistant to Mary Wood Beasley, the First Lady of South Carolina. This position only came to an end when she married Lee Reeves. “I’m sure everyone had given up on the idea that I’d ever get married,” Tara says with a smile. “I was almost 29, but I was willing to wait forever on God’s best for me in a husband.”

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classic. “Our families were longtime friends. There are pictures of me as a five-year-old and Lee, who was then seven, together in a swimming pool in Americus, Georgia, where his parents grew up.” Lee’s dad is Dan Reeves, former NFL player and head coach of the Denver Broncos, New York Giants, and Atlanta Falcons. Lee and Tara kept track of each other through the years without ever dating. “We’d check out Christmas card pictures to see if either of us was with someone,” she says with a laugh. Eventually they got together, and their first date was New Year’s Day, 1998. They were engaged by the end of February and married on September 19th of the same year. “That was the only weekend the Falcons weren’t playing that season, so that was it!” Tara and Lee still make time for weekly date nights to keep their marriage fresh, a tradition since the twins were two weeks old.

Lee, an attorney, recently accepted a position with Lumber Liquidators which brought the family from North Carolina to Williamsburg, Virginia. “I was so excited to be living here. This was my favorite place to visit as a

child, so having a home on Scotland Street in the heart of town has been such an adventure for us. We absolutely love it!”

The children are thriving in their new home and made a good transition from their large Christian school in Charlotte to Providence Classical and St. Stephen’s Preschool. Tara and Lee’s son Daniel is a gifted athlete who was invited to play for Lafayette High School’s lacrosse team. His grandfather McClary recently drove more than seven hours to be there to celebrate when the Rams racked up another win for the state championship. This victory was particularly sweet for the Reeves family because Daniel was diagnosed with Acute Lymphocytic Leukemia (ALL) at 6 years old and completed his treatment in 2010. Caroline has inherited her mother and grandmother’s musical talent and beauty queen good looks. Luckily, their inner beauty and sweetness was also passed along.

Even with keeping up with a husband and three busy offspring, Tara’s priorities remain as they are stated on her Facebook profile page: Christian. Wife. Mommy. Writer. She could

have added one more, too: Patriot. “I was raised in an extremely patriotic family, to say the least,” Tara says. When speaking publicly, she often reminds her audience that almost twice as many returned Vietnam veterans have committed suicide than lost their lives during that war. Vets were too often shunned and spat on instead of being welcomed home. Our nation’s tragic schism is being healed at last as these service members are honored belatedly. On this past March 29th, Tara McClary Reeves, as the daughter of a well-known wounded warrior of that era, was invited by Governor McMaster to speak at South Carolina’s National Vietnam Veteran’s Day official recognition ceremony.

“Whenever I’m speaking, and the program begins with a salute to the flag, I can hear my mother’s voice in my head. ‘Tara,’ she’d always say, ‘when you place your hand over your heart and feel it beat, remember the sacrifices of those who have shed their blood for love of this country.’ I recognize what that red stripe stands for in our flag, and I’m so grateful for the legacy I’ve been given.” NDN

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The County’s two outdoor pools at Chickahominy Riverfront Park and Upper County Park and a new splash pad are open through Labor Day!

The new splash pad at Chickahominy Riverfront Park offers visitors a camping theme aquatic area perfect for all ages and especially non swimmers. Daily and season passes are available. For complete operating hours plus fees, after hour rentals and park amenities, visit jamescitycountyva.gov/recreation under “Parks & Trails.”

The County’s outdoor pools and new splash pad are open through Labor Day!

For more information, pick up a copy of the **Destination Recreation** Activity Brochure at park facilities and County government offices and libraries, visit us online or call the parks or the park office at 757-259-5360. If inclement weather is in the forecast, please call ahead!
Chickahominy Riverfront Park, 1350 John Tyler Highway, 757-603-1114
Upper County Park, 180 Leisure Road in Toano, 757-566-1451



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Corey MillerPhotography

FOOD AS MEDICINE

By Linda Landreth Phelps

If the old saying, “You are what you eat” were literally true, a lot of us would be walking around in a McDonald’s wrapper. Dr. Sarita Golikeri would like to help her patients change that, turning “diet” from a four-letter word into a positive method of self-care.

In her Williamsburg practice Dr. Golikeri regularly sees conditions that reflect a lifetime of poor eating habits. Advancing age plus genetic predisposition often leads to Type 2 (T2) diabetes, a disease many adults may struggle with. Once seen only in adults, T2 diabetes is increas-

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ingly being diagnosed in children. The World Health Organization predicts diabetes will be the seventh most common cause of death by 2030. It's a scourge which can lead to complications such as heart disease, stroke, loss of vision or amputation if not carefully controlled. These dire consequences can usually be avoided or delayed by regular screening, physical activity and medication, combined with the proper diet.

"I'm a family medicine doctor and board certified in Geriatrics because the prospect of caring for a patient from cradle to grave appealed to me," she says. "As time passed, I found myself particularly interested in prevention of chronic disease." Sarita often found herself frustrated that her scheduled fifteen-minute patient interaction window didn't leave her time to do much more than refer diabetics to an educator and hand out diet information sheets. This frustration motivated her to consider continuing her education with a fellowship in an emerging specialty, Culinary Medicine. Since completing her certification a year ago through Tulane University's Goldring Center for Culinary Medicine, she became the only doctor in Virginia who is currently qualified in this timely field.

Sarita has held many jobs during her career,

from the Veteran's Administration health system to caring for incarcerated prisoners. In addition to her current practice, she's an adjunct faculty member at Eastern Virginia Medical School (EVMS) and also serves as the advisor for EVMS' Food as Medicine Club.

"I'm from the East Coast and grew up near Manhattan, but I went to the University of Chicago for my undergrad studies," Sarita says. "My husband, Vijay, and I met at a gym in New Jersey the day after I graduated from St. George's University School of Medicine." In 2002 they moved to Pittsburgh where they both continued their medical studies. Sarita's husband, Dr. Vijay Subramaniam, is now a well-regarded Williamsburg pulmonologist. To avoid confusion, she kept her maiden name and is known professionally as Dr. Sarita Golikeri.

After six years in Pennsylvania and a brief stay in Iowa, the family arrived in Williamsburg in 2009, ready to put down roots. Their daughter Prema is now a sophomore at Warhill High School, while her sister, Priya, attends Toano Middle School as a sixth grader.

"After we arrived, I got the opportunity to help Olde Towne Medical Center, the free clinic here in Williamsburg, set up a geriatric clinic. I

think that's where the spark for culinary medicine was born for me. Olde Towne had received a grant to begin diabetes education classes." In addition, these classes functioned as a doctor's visit, where they could check a patient's blood sugar, blood pressure, hemoglobin A1c, and do foot and eye exams in a group setting. "We just weren't getting the message across to the patients about how crucial diet was to their health, so the nurse and I decided to take advantage of the clinic's full kitchen and add cooking demonstrations." The classes were quite effective, and the patients benefitted immensely. "I enjoyed it, too, because when I was growing up, I didn't want to become a doctor. I always thought I'd become a chef because I love to cook and entertain," Sarita says.

In September 2014 an opportunity arose to join Tidewater Physicians Multispecialty Group (TPMG) with a geriatrics practice. She attended an American Geriatrics Society conference devoted to obesity in the elderly where she first heard about the emerging field of Culinary Medicine.

"I was immediately drawn to this idea because I saw it as a chance to let my 'inner Emeril' out to play. I could help my patients while pretend-



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ing to be a chef!” she says with a laugh. The requirements were extensive for this specialty, taking Sarita 18 months to complete them with both course work and hands-on kitchen training.

“Weight loss is both the easiest and hardest thing in the universe,” Sarita says. “It’s simply a matter of calories in, calories out, but what kind of calories also has an effect.” In Williamsburg, a large proportion of her patients tend to be fairly well-to-do retirees. “But I’ve also worked where people are living in true poverty. We see obesity at both ends of the spectrum.”

There is a lot of misinformation floating around out there on the internet. The latest diet fad, the “diet du jour,” tempts us with promises of a magical result. “I can’t count the number of questions I field from my patients,” she says. “What do you think of the keto diet, or how about eating paleo?” All of these programs may be effective in the short term, but are so restrictive that most go back to their previous way of eating after they lose weight.” Sarita recommends a well-balanced diet low in sugar for long-term success. “Portion control is key,” she advises. Food is good, and the proper foods in the right amount can save your life.

When people retire, they might expect to have more time to exercise and cook healthy, nutritious meals every night, but what often happens is that their gourmet chef’s kitchen remains largely unused while they gain weight instead of losing. So much of social life revolves around food and eating out. Finally, you’re able to meet your friends for breakfast or a nice lunch or dinner, but portion control can go out the window at a restaurant. Happy times and sad times alike: our emotions often drive our choice of what we eat and how much.

Food as medicine isn’t just a concept for the overweight. “There are many people living with anorexia or cancer or chronic diseases such as HIV,” Sarita says. “Some patients are underweight and frail and can’t gain, so we need to figure out how to nourish these people adequately, too.”

“My concern is that the older generation simply isn’t passing on the skills needed to nourish their families properly. I’m a busy working mom, and with two children in various activities, it’s tempting to depend on a fast food drive-by for dinner or to use highly processed foods in my kitchen. But I want my girls to watch me cook, to work with me in the kitchen or in the

classes I teach. I want to help future generations learn to remain healthy by equipping them with the means to prevent chronic diseases from happening.”

In that spirit, Sarita is teaming with a diabetes adviser to do a quarterly cooking class for diabetics. “My goal is to have a working portable kitchen up and running within the next two years, so that I can do traveling demonstrations,” she says. Check the Christopher Wren Society’s fall catalog for Sarita’s planned six-week “Cooking Up Health” course if you’d like to learn more. Education is power and learning to cook and eat right is self-empowering in every way.

Dr. Sarita Golikeri has a very personal stake in the success of her new specialty. “My family has a deep history of diabetes,” she says. “My grandfather literally dropped dead when he was 50 years old. My aunt was a terrible diabetic and died at 52. My mom was a very smart woman who was in denial about her diabetic disease process.” Sadly, Sarita’s mother had strokes and heart attacks and lost vision in one eye before she finally passed away in 2015. “It’s too late to help her,” Sarita says, “but maybe, through educating others, I can prevent what she went through happening to someone else.” NDN

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Corey Miller Photography

Walk Among The Butterflies

By Harmony Hunter

When the Williamsburg Botanical Garden debuted its first Butterfly Festival four years ago, it was with the modest goal of making locals aware of the garden's existence. The 2014 festival attracted 1,000 people, and each successive year has added 1,000 more to that number. This family-friendly event is well on its way to being a Williamsburg mainstay, beloved by young and old.

This year's Butterfly Festival is slated for

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August 4-5, 2018, from 9 a.m. to 5 p.m. both days. It's hosted by the Williamsburg Botanical Garden, which sits just outside Freedom Park at the intersection of Longhill and Centerville Road. Stop by any time during the festival weekend and dive into an immersive education with these sophisticated and indispensable insects.

Event vendor Catherine Short wants you to know one thing about the weekend. It's free. "Walk with hundreds of butterflies for free. Create three or four separate crafts with kids for free. Take home a butterfly pyramid with a Painted Lady butterfly chrysalis inside for free. Take a guided tour of the botanical garden for free. Hear a lecture for free," she says.

The centerpiece of the event is the butterfly tents. Two tents, one 30' by 10' and one 20' by 10', are stocked with hundreds of live butterflies. Visitors will enter these tents in small groups, where six species of butterflies which

are native to Virginia will flutter to the nectar sticks that are provided at the tents' entrance. It's a thrilling experience for children, who find the friendly butterflies' habit of landing on noses and hands highly memorable.

Once you exit the butterfly tent, an array of family-focused activities awaits. Kids' crafts will be available throughout the day. Children can stop and create up to four crafts to keep so they can remember the day. A bit of the magic can be carried home with the "butterfly pyramid" craft, a small habitat for a butterfly chrysalis to hatch and release in your own yard. Small milkweed plants are also available for a donation amount of your own discretion, and your newly hatched butterfly will have a ready-made habitat.

At the event's close on Sunday night, the hundreds of captive butterflies who've entertained visitors will be released into the garden and the forest beyond. "At the end of the night, we turn the tents inside out like a big

sock and let all the butterflies free. We can do that because we are only holding Virginia native species. The Williamsburg Botanical Garden is a wonderful habitat for them as well as the willows and sassafras in the woods," Catherine says.

For those with a deeper interest in botany and the Williamsburg Peninsula microclimate, guided tours of the Botanical Garden are led by the volunteers who help it thrive. Lectures are scheduled throughout the weekend for people who want to extend their knowledge of the butterfly's role in the environment.

The whole weekend is fueled by volunteer power. Early risers report to the garden before the gates open to unseal glassine envelopes that hold individual butterflies. As the slim packets are opened and the insects respond to the warm August air, they awaken from their torpid state and begin to flutter and fill the tents. Other volunteers help orient visi-

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tors to the garden while yet more help staff craft tables and usher small groups through the tents.

More volunteers always are needed. Almost 100 people are needed to staff the festival weekend. "We have some volunteers who participated in this event the first two years, but now they are ready to move on to something different," Catherine says.

The Williamsburg Botanical Garden is pleased to offer this kid-friendly event each year, but their mission extends beyond simple entertainment into environmental education. "We have an overall goal that we want to change the way people think about the environment, but we don't want to hit them over the head with it. If we can just make a good impression and help them realize insects don't hurt them, then they might be curious to see what else is out there. They can hold a butterfly. If they're having a good time, it might spark their interest. They don't have to read all the educational posters, but maybe they'll glance at just one," Catherine says.

The Williamsburg Botanical Garden is passionate about sharing the important functions these small insects perform in the ecosystem. Pesticides and diminishing native landscapes endanger butterflies as early as their egg stage, and the effects are not limited to their species alone.

Caterpillars are regarded as pests to many who make their living by the soil. Pesticides can eradicate the nuisance, but lost caterpillars can translate to lost birds who were fo-

lying on the insects for food. This cascading effect ripples through intricate ecosystems and impacts interconnected species. Protecting the humble caterpillar can translate to the preservation of myriad uniquely adapted local fauna.

Beyond serving as a food source for birds and the animals who eat them, butterflies are also important pollinators. Honeybees might be the first bugs that come to mind when we think of pollination, but butterflies visit some plants that bees don't. Further, butterflies are specifically adapted to certain plants. The monarch butterfly dines on milkweed while the black swallowtail prefers parsley and dill. Oak and willow trees host yet more species.

You can take simple steps to help our native butterfly species in your own yard. Stop before spraying a pesticide and consider whether an organic remedy or symbiotic planting might address pest issues. Plant native plants and understand the garden's place in nature.

Butterfly Festival Weekend is an event your family will treasure memories of for years to come, but garden educators and organizers hope this won't be your only exploration of the Williamsburg Botanical Garden.

Open in all four seasons, the Williamsburg Botanical Garden offers an instructive view of a working garden, from first blooms to the winter dormant state. Admission is always free, and its informal architecture of paths and plant patches encourages exploration, especially for children. Dedicated zones fo-

cus on specific Virginia regions, hosting plant species unique to the soil and climate of their homes. An English garden contains a riot of roses in bloom while vegetable beds demonstrate how edible plants can exist alongside the ornamental.

This year's Butterfly Festival is sponsored by a grant from the Greensprings Garden Club in honor of Board Chairman Karen Jamison. The Williamsburg Botanical Garden is a circular island that stands separately from the larger county park that surrounds it. Within the garden, meandering paths guide visitors through an array of native plants from specific Virginia climatological regions.

Catherine Short hopes people learn a few things at the festival. "Education is our first priority, and our second priority is for people to have a good time. I want to share a take-home message: plant native species. Don't step on and swat everything. If you see something that you don't like, don't reach for pesticides. They claim to kill a certain species on the bottle, but many others may be harmed by it."

Those interested in lending a hand with the butterfly event can contact Judy Jones at jjones184@cox.net. NDN

Learn more about the Williamsburg Botanical Garden throughout the year at <http://www.williamsburgbotanicalgarden.org>. Keep up with upcoming events and seminars on their Facebook page at <https://www.facebook.com/WilliamsburgBotanicalGarden/>.



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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! BE A FOSTER EVENT FOR GERMAN SHEPHERDS

June 30, 2018

From 1:30-3:30 pm, join your neighbor volunteers at Petco, 4600 Casey Blvd, Williamsburg. This special event will provide information on how to BE A FOSTER for Virginia German Shepherd Rescue. Meet the beautiful German Shepherds awaiting adoption in foster homes. Talk to foster families to hear about the joy and rewards of fostering these amazing dogs. Short term fosters always welcome. www.vgsr.org a 501c3 nonprofit since 2001. Sponsored by Petco Foundation. It's free. It's family friendly. It's fun.

Hey Neighbor! WALK AND TALK – TREES OF NEW QUARTER PARK

June 30, 2018

From 10 am – 12 noon. New Quarter Park, 1000 Lakeshead Dr, Williamsburg. Join the Master Gardeners Tree Steward Program on a walk around the park. Learn how to identify several different species of trees, shrubs and other plants. Free, no pre-registration is required.

Hey Neighbor! HERITAGE HUMANE SOCIETY MEGA YARD SALE

June 30, 2018

From 8 am-1 pm at 430 Waller Mill Road, Williamsburg. For information, call 757-221-0150, ext. 1004, or visit yardsale@heritagehumanesociety.org. Pet-related items, household goods, furniture, toys and much

more.

Hey Neighbor! ROTARY CLUB PRESENTS THE SUMMER CHARITY CONCERT SERIES

June 30, 2018

Bobby "Blackhat" Walters, recording artist, harmonica player, vocalist, songwriter and actor hails from Cleveland, Ohio. Bobby has had the honor of opening for Blues Legends B.B King, Taj Mahal, and Steady Rollin Bob Margolin. In 2017, Bobby won the USAA/We Are The Mighty Mission: Music nationwide competition. In 2016, the Bobby BlackHat Band advanced to the FINALS of the International Blues Challenge in Memphis, TN. Bobby has won two Blewzzy Awards for "Song of the Year" (I Hear Mama's Voice, 2012 and Please Mr. BlackHat, 2015). He was also awarded two 2016 VEER Music Awards for "Best Blues" and "Song of the Year" (HRBT Blues). Bobby BlackHat brings together the finest blues musicians in Hampton Roads to perform classic, modern, as well as original blues tunes that will keep your toes tapping and your hips shaking all night long. For information: www.eventbrite.com/e/bobby-blackhat-walters-tickets-42817496284.

Hey Neighbor! WILLIAMSBURG FARMERS MARKET

Saturdays in July, 2018

From 8am – noon, in Merchants Square, enjoy the heart of Williamsburg while shopping in this

producer-only market for produce, prepared food, fish, artisan cheeses, meats, cut flowers, and handmade soaps. The market includes live music, chef demonstrations and children's activities. The market now accepts SNAP/EBT, credit cards and W&M Express. 757-259-3768, www.williamsburgfarmersmarket.com

July 7 – Live music by Timothy Seaman from 9 -11 am. Chef David McClure of Gabriel Archer Tavern with demonstrations from 9:30-11 am. Power of Produce (POP) Club for kids from 9:30- 11 am. July 14 – Live music by Jack Enea from 9 -11 am. The Corner Pocket at the Chefs Tent from 9:30 – 11 am. Power of Produce (POP) Club for kids from 9:30-11 am. July 21– Live music by LCV Project V. Chef Troy Buckley of Amber Ox with demonstrations from 9:30– 11 am. Power of Produce (POP) Club for kids from 9:30-11 am. July 28 – Live music by Andrew Shield V. Power of Produce (POP) Club for kids from 9:30-11 am.

Hey Neighbor! WILLIAMSBURG PRO-AM BBQ COOK OFF

July 1, 2018

The Rotary Club of the Historic Triangle will be hosting its 1st Annual Williamsburg Pro-AM BBQ Cook Off from 12 non – 4 pm at Jamestown Beach Event Park. This family friendly event allows Williamsburg's best BBQ restaurants and food trucks to compete head

to head for top brisket, pulled pork, BBQ side and Grand Champion with our ticketed guests being the judge. Ticketed guests will be served unlimited samples from 8 of the area's best BBQ purveyors including: Two Drummers Smokehouse, Old City BBQ, Rocco's Smokehouse, Red, Hot and Blue, Smoke Restaurant, Suck On This BBQ, The Scottish Pig, and Whiskey Hill BBQ. Not only that but our adult attendees will get 2 free beer tickets. We will feature craft beer from our beer sponsor, Billsburg Brewery. Entertainment provided by Rotary's own, Liz Daley Events! To add to the fun, we will be hosting an amateur BBQ competition for all the back yard BBQ enthusiasts, smokers, and Big Green Eggers who want to see how their BBQ skills stack up. Amateur entrants will set up Saturday evening at the event park and cook their best Pulled Pork, Ribs, and Chicken for private judging by our select panel of judges for cash prizes from a minimum prize purse of \$500! We are seeking amateur teams to participate and they can sign up at our website www.historictrianglerotary.org. This year, the Rotary Club of the Historic Triangle has selected 3e Restoration (www.3erestoration.org) as the primary beneficiary of our positive proceeds. 3e Restoration is a non-profit founded and based in Williamsburg Virginia and serving locally and nationally which, according to its vision statement, seeks "to break the cycle of homelessness and social displacement through gracious hospitality and systemic change one friend

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at a time". Additional proceeds will benefit other local and national Rotary charities. Adult tickets are \$40, include unlimited BBQ samples and 2 beer tickets. Children 10 and under are \$10 and receive a special kids meal. Tickets are available for purchase online by going to the rotary club website, www.historictrianglerotary.org or from a Rotarian. Amateur teams may register online as well or by contacting a Rotarian. For specific questions, call Brad Anderson at 757-816-2968. This event would not be possible without the generous help of our sponsors: Tyges International, Chesapeake Bank, Brad Anderson Group RE/MAX Peninsula, Towne Bank, Sysco Foods, James City County Events and Tourism, Liz Daley Events, Williamsburg Event Rentals and Billsburg Brewery. Please contact Brad Anderson for additional information at bradandersonrealestate@gmail.com or by calling 757-816-2968.

Hey Neighbor! **JULY 4TH CELEBRATION AT THE OUTDOOR POOLS**

July 4, 2018
From 11 am – 7 pm. Chickahominy Riverfront (1350 John Tyler Highway, 757-603-1114) and Upper County Park (180 Leisure Road/Toano, 757-566-1451). Beat the heat by visiting James City County's two outdoor pools or the new splash pad at Chickahominy Riverfront Park. Pool/splash pad fees apply. Free ice pops to everyone entering the pool (while supplies last). Call ahead if inclement weather is in the forecast.

Hey Neighbor! **ACTIVITY DAYS AT VIMS**

July 11, 2018
Stop by the Visitor Center at the Virginia Institute of Marine Science between 1:30 - 4:30 pm on Wednesday afternoons July 11 - July 25 for hands-on activities and an up-close look at animals that live in the Chesapeake Bay and its tributaries. A docent will be available in the Visitors Center to answer questions about VIMS and the exhibits. Activity Days are family-friendly programs that are open to all ages, free of charge, and do not require a reservation. We hope to see you there! The VIMS Visitors Center is located at 1375 Greate Road, Gloucester Point. For more information visit www.vims.edu/events, call 804-684-7061, or email programs@vims.edu.

Hey Neighbor! **SUNSET – MOVIE IN THE PARK**

July 13, 2018
New Quarter Park, 1000 Lakeshead Dr, Williamsburg.
Join us as we watch movies under the stars! Movie will begin at sunset.

Bring chairs or a blanket for seating. Concessions will be available. For more information on movie titles and event updates go to <https://www.yorkcounty.gov/1921/Movies-in-the-Parks> or call 757-890-3500. Free.

Hey Neighbor! **PARK TO PARK BICYCLE TOUR**

July 14, 2018
From 8 am – 2 pm. This annual self-guided bicycle tour begins at a new site - the James City County Marina, 2054 Jamestown Road! Choose from a family ride (ride as little or as much as you'd like), 15 miles, 30 miles or the Half Century ride (50 miles)! The 50-mile ride includes visits to a variety of County parks. Cool off after your ride in the Chickahominy Riverfront Park pool. Fee includes refreshments, pool admittance, maps, support vehicles to help out tired riders and lunch! Preregistration forms are available at local bike shops, James City County Recreation Center, Freedom Park Interpretive Center, and Satellite Services in Toano or online at jamescitycountyva.gov/recreation. Offered in partnership with Williamsburg Area Bicyclists. Save \$5/person if you register by June 30! Half Century 50-mile Ride, \$20/person after June 30/onsite; 30-mile Ride, \$15/person after June 30/onsite; Family Ride or 15-mile Ride, \$10/person after June 30/onsite. Info: jamescitycountyva.gov/recreation or 757-259-5355. Youth age 17 and younger must have a parent or guardian present on the ride. Children age 9 and younger are free and must be on a tandem bike or trailer.

Hey Neighbor! **THE MAGIC OF BUTTERFLIES**

July 14, 2018
At 10 am in the Freedom Park Interpretive Center, 5537 Centerville Road, Williamsburg. Learn how butterflies start as tiny eggs and the stages they go through to become beautiful flying creatures. Find out how to bring more butterflies to your backyard. For children ages 4 and up. Free, but registration is required: <http://bit.ly/wbgKIDSJuly2018>

Hey Neighbor! **PLANT WALK: FERNS, MOSS-ES, AND FOREST PLANTS**

July 14, 2018
Join Helen Hamilton from 9 -10:30 am to look for summer forest plants, ferns and mosses, on a short trail in Freedom Park. The Historic Rivers Chapter of Virginia Master Naturalists was involved in developing a path that leads to a deep ravine heavily covered with low herbaceous plants. Bring a magnifier to look at tiny plants and a camera to photo-

graph the larger ones. Park by the playground near the Go Ape facility. Contact Helen at 757-564-4494 or helen48@cox.net for information.

Hey Neighbor! **FAMILY SPLASH PARTY, FREE!**

July 21, 2018
From 6-9 pm, Chickahominy Riverfront Park, 1350 John Tyler Highway. Join James City County Parks & Recreation at the park for a free family night at the pool! Games, prizes and fun. Children ages 12 and younger must be accompanied by an adult. In the event of inclement weather, please call ahead at 757-603-1114.

Hey Neighbor! **SUNSET – MOVIE IN THE PARK**

July 21, 2018
McReynolds Athletic Complex, 412 Sports Way, Yorktown, VA 23692. Join us as we watch movies under the stars! Movie will begin at sunset. Bring chairs or a blanket for seating. Concessions will be available. For more information on movie titles and event updates go to <https://www.yorkcounty.gov/1921/Movies-in-the-Parks> or call 757-890-3500. Free

Hey Neighbor! **UNDERSTANDING SNAKES: FEAR NOT!**

July 21, 2018
At 10 am in the Freedom Park Interpretive Center, 5537 Centerville Road, Williamsburg. Biologist Tim Christensen will explain snake biology and behavior, why we need snakes in the landscape, and how to overcome your fear of snakes. This event is part of the Learn and Grow Educational Series sponsored by the Williamsburg Botanical Garden. Limited seating. Register to guarantee your spot: <http://bit.ly/LGJUL18>. The program is free, although a \$5.00 donation to help the Garden grow is appreciated. Weather permitting, after the program Master Gardeners will be in the Garden to answer questions and talk about what is in bloom. Request our eNews delivered right to your inbox by texting WBGARDEN to 22828, or emailing WBGgardenNews@gmail.com.

Hey Neighbor! **AFTER HOURS LECTURE AT VIMS: DEEP SEA DISCOVERIES**

July 26, 2018
The deep sea is a mysterious and intriguing place. Join us as Dr. Mike Vecchione, an expert on deep sea squids and octopods, shares information on the rare creatures he has encountered during his explorations of the ocean depths. Dr. Vecchione is a Zoologist with the National Marine

Fisheries Service, Curator of Cephalopods at the Smithsonian's National Museum of Natural History, and an adjunct faculty member at VIMS. All After Hours lectures take place at 7 pm in Watermen's Hall on the VIMS campus, 1375 Greate Road, Gloucester Point. Reservations to this free, public lecture are required due to limited space. Visit www.vims.edu/events or call 804-684-7061 to register or to find out more information about this and future After Hours lectures. Can't attend in person? The lecture is also offered as a live-streamed webinar. Register for the webinar at www.vims.edu/events.

Hey Neighbor! **SUNSET – MOVIE IN THE PARK**

July 27, 2018
Charles Brown Park, 1950 Old Williamsburg Rd, Yorktown, VA 23690. Join us as we watch movies under the stars! Movie will begin at sunset. Bring chairs or a blanket for seating. Concessions will be available. For more information on movie titles and event updates go to <https://www.yorkcounty.gov/1921/Movies-in-the-Parks> or call 757-890-3500. Free.

Hey Neighbor! **WHISTLE BELLY 2018: A VIRGINIA BEER & MORE FESTIVAL**

August 4, 2018
The 4th annual Whistle Belly comes to Merchants Square. The Peninsula's largest and the region's most esteemed craft beer festival whose mission is to raise money for the Junior Women's Club of Williamsburg (JWCW) as they benefit local non-profits and scholarships to high school students. General Admission is \$50 and includes all food and drink. Entrance time: 7 pm. V.I.P. tickets are available for \$70 and include VIP ONLY beers as well as an early entrance time of 6 pm. Tickets are required and can be purchased at www.whistlebelly.com or at Hair of the DoG Bottle Shop. Volunteers are also needed. Sign up at www.whistlebelly.com and click on the Volunteer tab.

Hey Neighbor! **4TH ANNUAL BUTTERFLY FESTIVAL**

August 4-5, 2018
From 9 am - 4 pm, Rain or Shine. Williamsburg Botanical Garden, located within Freedom Park. 5537 Centerville Road, Williamsburg. Walk through 2 tents filled with live butterflies and learn about their amazing life cycle! Children's crafts and activities, speakers, and displays. Free event co-sponsored by the Williamsburg Botanical Garden and the Green Spring Garden Club.

Request Garden eNews at <http://bit.ly/WBGeNews> or by texting WB-GARDEN to 22828.

Hey Neighbor! SUNSET – MOVIE IN THE PARK

August 11, 2018
McReynolds Athletic Complex, 412 Sports Way, Yorktown, VA 23692. Join us as we watch movies under the stars! Movie will begin at sunset. Bring chairs or a blanket for seating. Concessions will be available. For more information on movie titles and event updates go to <https://www.yorkcounty.gov/1921/Movies-in-the-Parks> or call 757-890-3500. Free

Hey Neighbor! SUNSET – MOVIE IN THE PARK

August 17, 2018
New Quarter Park, 1000 Lakeshead Dr, Williamsburg. Join us as we watch movies under the stars! Movie will begin at sunset. Bring chairs or a blanket for seating. Concessions will be available. For more information on movie titles and event updates go to <https://www.yorkcounty.gov/1921/Movies-in-the-Parks> or call 757-890-3500. Free.

Hey Neighbor! DISCOVERY LAB AT VIMS – FEEDING FRENZY!

August 21, 2018
Discovery Labs are free, family-friendly programs provided each month by the Chesapeake Bay National Estuarine Research Reserve (CBNERR) at the Virginia Institute of Marine Science (VIMS) in Gloucester Point. Designed with elementary-aged youth and their parents in mind, each lab focuses on a different topic related to the Chesapeake Bay and our local environment and includes exhibits, demonstrations, and hands-on activities as well as a short presentation by a VIMS scientist. At the August Lab, participants will explore the variety

of ways animals in the Bay find and eat food and how their mouths and teeth are adapted for their specific food source. VIMS graduate student Kate Bemis, who calls herself a “fish dentist” will talk about her research on the teeth of the ocean sunfish. All Discovery Labs take place from 6 - 8 pm (presentation from 6:30-7 pm) on the VIMS campus in Gloucester Point. Registration is required due to limited space. Visit www.vims.edu/events or call (804) 684-7061 to register and to find out more information on this and all upcoming Discovery Labs.

Hey Neighbor! AFTER HOURS LECTURE AT VIMS: SEAGRASSES AND BAY SCALLOPS

August 30, 2018
Underwater grasses are an important part of Virginia’s coastal bay ecosystem as they improve water quality, store carbon, and provide critical habitat for juvenile blue crabs, striped bass, bay scallops, and other aquatic species. In the 1930s, seagrasses, and the bay scallops that depended on them, completely disappeared from Virginia’s coastal bays. Join us as Dr. Robert Orth shares how seagrass restoration efforts led by VIMS scientists are paving the way for restoration of bay scallops on the Eastern Shore of Virginia. All After Hours lectures take place at 7 pm in Watermen’s Hall on the VIMS campus, 1375 Greate Road, Gloucester Point. Reservations to this free, public lecture are required due to limited space. Visit www.vims.edu/events or call 804-684-7061 to register or to find out more information about this and future After Hours lectures. Can’t attend in person? The lecture is also offered as a live-streamed webinar. Register for the webinar at www.vims.edu/events.

Hey Neighbor! WILLIAMSBURG SYMPHONY ORCHESTRA BEGINS ITS 35th ANNIVERSARY SEASON

September 10, 2018

The Williamsburg Symphony Orchestra (WSO) is pleased to announce that its 35th season will begin on Sept. 10, 2018. The 2018-19 concert season will feature a number of guests artists that include Stefan Jackiw (violin), Sterling Elliott (cello) and Tessa Lark (violin). Music Director Janna Hymes will return for her 15th season. “2018-19 is a landmark season for us,” says Maestra Hymes. “I am excited to celebrate the orchestra’s 35th season. It has been both my honor and pleasure to lead the Williamsburg Symphony for the past 15 years. Thank you for welcoming me into this wonderful community. I thought it only fitting for this anniversary season to honor our history as an organization.”

Hey Neighbor! WILLIAMSBURG YOUTH CHORALE 2018-2019

September 11, 2018
The Williamsburg Youth Chorale, founded by the Williamsburg Choral Guild in 2010, is conducted by former public school music teachers, Genrose Lashinger and Ann Porter. Membership is open to interested singers in grades 3-12. The Chorale offers wonderful opportunities in developing choral skills, performing in beautiful venues, and having fun with a group of very special youngsters who love to sing. The Chorale meets at Bruton Parish House in the choir room on Tuesdays, beginning September 11, 5:30-6:30 pm. There is no cost for membership. They perform in two concerts; at Christmas, Dec. 9, with the Williamsburg Choral Guild at St. Martin’s Episcopal Church, and in the spring with the Williamsburg Women’s Chorus. A warm welcome to all who might be interested. Contact Ann Porter, aportermusic0@gmail.com or cell phone, 757 810-0068 for membership information.

Hey Neighbor! 2018 EARL “TUGGY” YOUNG GOLF TOURNAMENT

September 15, 2018

As Bacon Street Youth and Family Services celebrates our 46th year of service to youth and families, we are gearing up for the annual golf tournament! In memory of Earl “Tuggy” Young, this golf tournament is coming soon at 9 am at Ford’s Colony Country Club. Early Bird Rate! \$475 for a Foursome and \$120 per person. After September 1st, Foursomes are \$500, or 125 per person after September 1st. Foursomes include: Continental Breakfast, 18 holes of great golf on the Blue Heron Course, Lunch Buffet, 2 On Course Drink Tickets, Range Balls, Cart Fees, Post-Tournament Awards, Golf Poker, Mulligans, and Raffle tickets will be available day of! Visit <http://baconstreet.org/golf/> for more information or to sign-up!

Hey Neighbor! DISCOVERY LAB AT VIMS – MARINE CAREERS

September 18, 2018
Join us as we explore the variety of careers related to the marine environment - from fishing and crabbing, to shipbuilding, tourism, and research. Participants will get hands-on experience with “tools of the trade” associated with different marine-related careers as well as hear about how people in different careers and with different interests come together to support sustainable oyster harvests in the Bay. All Discovery Labs take place from 6-8 pm (presentation from 6:30-7 pm) on the VIMS campus in Gloucester Point. Registration is required due to limited space. Visit www.vims.edu/events or call 804-684-7061 to register and to find out more information on this and all upcoming Discovery Lab

Hey Neighbor! AFTER HOURS LECTURE AT VIMS - VIRGINIA’S BARRIER ISLANDS

September 27, 2016
Barrier islands and their marshes and bays are home to diverse ecological communities and large-scale infrastructure. Although they are a



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LA TERRAZA | **LA TERRAZA**
HAPPY HOUR: 4-7PM | HAPPY HOUR: 4-7PM

seemingly permanent feature of our coasts, these islands are among the most rapidly-changing landscapes on earth. No barrier system on the US East Coast changes as swiftly as those found along Virginia's Eastern Shore. Join us as Dr. Christopher Hein shares the geology, human history, and modern change seen along barrier islands in Virginia and around the world. All After Hours lectures take place at 7 pm in Watermen's Hall on the VIMS campus, 1375 Greate Road, Gloucester Point. Reservations to this free, public lecture are required due to limited space. Visit www.vims.edu/events or call 804-684-7061 to register or to find out more information about this and future After Hours lectures. Can't attend in person? The lecture is also offered as a live-streamed webinar. Register for the webinar at www.vims.edu/events.

Hey Neighbor!
WESTOVER EPISCOPAL CHURCH'S AUTUMN PILGRIMAGE HOUSE TOUR, CHARLES CITY
September 29, 2018

Celebrate history from 9 am - 5 pm. There are four beautiful plantations, Sherwood Forest, Westover, Shirley and Berkeley as well as River Pointe, Governor Wilders summer home, BarnStone a beautiful post and beam barn restored into a \$900 a night B and B, Dogham Farm 1637, and Westover Episcopal Church one of the oldest churches in Virginia. A total of 8 venues for advanced tickets are \$40.00, \$45 day of the event. Box lunches may be ordered in advance. Brunswick stew, Pulled Pork, hot dogs and hamburgers for sale at the church. For more information call 757-561-6430 or visit westoverepiscopalchurch.org.

Hey Neighbor!
RESPITE BENEFIT LUNCHEON
October 3, 2018

At 11:30 am at Williamsburg United Methodist Church, catered at no cost by Carrabba's Italian Grill. Menu includes Chicken Marsala, pasta, salad, bread, iced tea, and dessert. Tickets must be purchased in advance for \$18 each. Entire ticket proceeds to support Respite Care of Williamsburg United Methodist Church which offers an enriching, social afternoon program for adults with special needs, in a safe and supportive environment, while providing a necessary break for their caregivers. Contact: Carolyn Yowell, Executive Director, Respite Care of WUMC, 757 229-1771.

Hey Neighbor!
GREATER WILLIAMSBURG CHAMBER AND TOURISM AL-

LIANCE TRAVELS!
October 18, 2018

For information, visit our website: www.williamsburgcc.com. Greece 4 day Cruise and 4 night Hotel! Referral program! Contact Victoria at 757-476-7322 or Victoria@Williamsburgcc.com

Hey Neighbor!
AFTER HOURS LECTURE AT VIMS - STRANGE BUT TRUE TALES OF THE SALT MARSH
October 25, 2018

Why do zombie crustaceans mindlessly wander the marsh? Why can't a snail let go of its past? Join us as Dr. David Johnson of VIMS answers these questions and shares stories of the strange animals wonderfully adapted to life in a salt marsh. All After Hours lectures take place at 7 pm in Watermen's Hall on the VIMS campus, 1375 Greate Road, Gloucester Point. Reservations to this free, public lecture are required due to limited space. Visit www.vims.edu/events or call 804-684-7061 to register or to find out more information about this and future After Hours lectures. Can't attend in person? The lecture is also offered as a live-streamed webinar. Register for the webinar at www.vims.edu/events.

Hey Neighbor!
VIRGINIA THANKSGIVING FESTIVAL
November 4, 2018

From noon to 4 pm, 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 Chickahominy Tribal Dancers perform. Families participate in Colonial period games, dancing, crafts, activities and a corn maze. Vendors showcase their food, arts, crafts and jewelry. The re-enactment of the landing begins at 3 pm. Following the re-enactment, the Chickahominy Tribal Dancers invite everyone to join them in their traditional friendship dance. Brock's BBQ will continue the tradition of offering Thanksgiving Dinner in a glass along with other food items. It is an exciting, educational and enjoyable day for the whole family! For additional information call 804-829-6018 or 1-888-466-6018 or go to www.virginiathanksgiving-festival.com. There is a \$10 per car, \$5 per bike, and \$20 per bus parking fee to help support the festival and a charge for house and museum tours.

Hey Neighbor!
PUBLIC TOURS AT VIMS
Ongoing
Select Tuesdays and Fridays July,

and August 2018. This summer, The Virginia Institute of Marine Science invites the public to participate in a guided tour of our Gloucester Point campus from 10:30 am - 12:00 pm on select Tuesdays and Fridays. During these tours, guests will learn about the mission and history of the Virginia Institute of Marine Science, receive a docent-led tour of our Visitors Center, visit a research laboratory, and receive a tour of either the VIMS Teaching Marsh, the Oyster Hatchery, or the Nunnally Ichthyology Collection. During their time in the research laboratory, guests will have the opportunity to interact with a VIMS scientist. Laboratories visited vary by date, but participants can select the tour of most interest to them by visiting www.vims.edu/events and reading about the tour stops and topics covered during each tour. VIMS public tours are most appropriate for adults and older children (children ages 9 and up are welcome). Tours are free and registration is required for each tour. For a list of dates and information about tour stops or to register for a tour visit www.vims.edu/events. All tours take place on the VIMS Gloucester Point campus at 1375 Greate Road, Gloucester Point, VA 23062.

Hey Neighbor!
FLUTE FRENZY SUMMER CAMP 2018
Ongoing

Come One, Come All and join Flute Frenzy Summer Camp "Under the Big Top"! Camp is open to all flute players entering grades 6-12. We will explore music with a "Circus theme" and players will have the opportunity to play the piccolo, alto, and bass flutes. Campers will enjoy professional instruction, technique classes, games, crafts, snacks, and two performances during the week. It is also a wonderful opportunity to meet players from many different schools in the peninsula. Camp will be daily from 9:00-12:30 at Our Saviour's Lutheran Church, 7479 Richmond Road, Williamsburg. Tuition: \$135. Need-based financial aid available. Registration forms: www.flutefrenzy.org Sponsored by Flute Frenzy, a 501(c)(3) non-profit organization.

Hey Neighbor!
BIBLE STUDY IN NORGE
Ongoing

There is a comprehensive and in depth ongoing bible study and question answering session held at the Williamsburg library in Norge every Monday night starting at 6 pm. We also use the teachings based on the Shepherds Chapel for those that study with them, with question 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, or why isn't Cain listed in Adams genealogy, so if your bible study is lacking the quality of study that you need to answer such questions then you are invited to join us, see you there. Contact: 757-253-0172 or 7576046649

Hey Neighbor!
THE WILLIAMSBURG WOMEN'S CHORUS REGISTRATION
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 to noon. We will be preparing for our Winter Concert which will be held in December. Rehearsals for the fall season will begin September 6, 2018. If interested please contact Beckie Davy at bdavy@brutonparish.org to set up an informal audition.

Hey Neighbor!
WCAC'S JURIED ANNUAL MEMBERS ART SHOW
Ongoing

The Williamsburg Contemporary Art Center's juried Annual Members' Art Show is currently underway through Friday, July 20. The show includes a variety of two- and three-dimensional art in different mediums and styles by outstanding local professional and emerging artists. This show, judged by John Lee, Assistant Professor of Painting Art & Art History at the College of William & Mary, represents the best work of our member artists. All artwork is for sale. A new exhibit - the third Member's Co-op Show - opens Tuesday, July 24. WCAC is located in the "Blue Building" at 110 Westover Ave. (off Lafayette St.) in the Arts District. Hours are 11-3 Tues.-Sat. and 12 to 4 on Sun. Closed Monday. Free.

Hey Neighbor!
GROVE COMMUNITY GARDEN
Ongoing

Come grow with us!!! We are always happy to have volunteers come plant, prune, weed or water the garden! Or just come by and see what is growing! There are over 900 bulbs in bloom right now! The garden is coming to life and you can help! All are welcome! Volunteer!!! No amount of time is too small! Check out our new fence and expanded planting area, sign up for a plot! For info call Rob Till @757-332-3361.

Hey Neighbor!
JOB POSTING: EXECUTIVE DIRECTOR, FULL-TIME WITH BENEFITS
Ongoing

Position Summary: This full-time leadership position is responsible

for the business operations of the Clinic including strategic planning, administration, employment of personnel, financial management, fundraising and community relations. The Executive Director, in conjunction with the Medical Director, represents and supports the Clinic Mission and ministry in the community. Education and Experience bachelor's degree required, preferably in Healthcare Administration, Business or Related Health field; master's degree in Healthcare Administration or Business preferred. Must have minimum of 5 years progressive leadership experience preferably in healthcare or other non-profit. Must have 3-5 years of Development/Fundraising experience with excellent interpersonal communication skills. Must have Budget Development/Management and Data analysis experience. Must be detail-oriented with strong writing skills and professional judgment. Demonstrates initiative and ability to function independently. Preference will be given to candidates with the following desirable skills: Public speaking and presentation skills preferred, marketing or outreach experience, grant writing experience. Qualified candidates are invited to submit a letter of intent and resume for consideration to Tricia Connell, Human Resources: HRVolunteer@lackeyhealthcare.org. MISSION STATEMENT - LACKEY CLINIC: To provide skilled, compassionate healthcare and counseling to the medically disadvantaged in a manner that honors the name of Jesus Christ.

Hey Neighbor!
WHITE CLOUD ZEN MEDITATION GROUP

Ongoing
On Sunday mornings from 9 -11, we offer a formal Soto Zen service which includes sitting and walking meditation, sutra chanting, and a discussion period. On Wednesdays from 6:30 to 7:30, we offer sitting meditation and study group. There are also designated hours on Monday, Tuesday, Thursday, and Satur-

day when we are open for you to join in silent meditation. Feel free to call Dr. Joseph Garcia at 912-677-3076 or see our Practice Schedule at www.whitecloudzen.com for details and fully updated schedule. We are located at 1126 Professional Dr., Williamsburg 23185.

Hey Neighbor!
MATURE SINGLES GATHERINGS

Ongoing
The Mature Singles Network an organization for single Williamsburg area residents who are 55+ holds a no-host Social Gathering on the third Saturday of every month. For more information email maturesinglesnetwork@gmail.com.

Hey Neighbor!
THE WILLIAMSBURG AVIATION SCHOLARSHIP PROGRAM

Ongoing
The Williamsburg Aviation Scholarship Program is based at Williamsburg Jamestown Airport in Williamsburg. Our sole purpose is to train high school students to be pilots. Students must be at least 16 years old and in the 10th, 11th, or 12 grade. We currently have 7 students enrolled in the program. The cost (per student) to put a student through the program and achieve their private pilot's license is approximately \$11,000.00. The student pilot pays nothing. Our program pays the total bill. Williamsburg Aviation scholarship Program is a 501c3 program and is incorporated in Virginia. We have a Board of directors that volunteer their time to administer the program. No one receives any compensation for their time and efforts. As you know, it is expensive to get a pilot's license. The year is almost over and income tax time is upon us. Your donations to this program are tax deductible when you file your State and Federal Income Tax. We will send you a receipt for your donation. Please make your check payable and mail to: Williamsburg Aviation Scholarship Program, 102 Marclay

Road, Williamsburg, Va. 23185. You may also drop your check off at the airport in person.

Hey Neighbor!
CELEBRATE RECOVERY

Ongoing
Ministry that helps people going through difficult times in their life. We meet on Friday evenings at 6 for dinner. Our meeting starts at 7 pm. 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!
REPUBLICAN WOMEN'S CLUB

Ongoing
Location: The Monticello Woods Club House, 199 to the Monticello exit toward Jamestown. Stay on Monticello for approximately 2 miles and then turn left into Monticello Woods. Take your first left onto Ambassador Circle. Time: second Monday of the month at 6:45 pm. HTRW is the only local Republican Women's club that meets evenings. For more information visit our web site: Welcome to Historic Triangle Republican Women or look us up on Facebook

Hey Neighbor!
BIBLE SUNDAY ON MONDAYS

Ongoing
There is a comprehensive and in depth on going bible study and question answering session held at the Williamsburg library in Norge every Monday night starting at 6:00 pm, with question such as why isn't Cain in Adam's genealogy, or what was that forbidden fruit, or where did he 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 and have I committed it?, so if your bible study is lacking the quality of study that you need to answer such questions then you are invited to join us, see you there. Contact: 757-253-0172 or 7576046649

Hey Neighbor!
HOPE PREGNANCY CARE CENTER

Ongoing
Hours: Monday- Thursday 10:30 am - 3 pm. Wednesday 6:30 - 8:30 pm by appointment. All services are free and confidential- no insurance needed. We serve all women with unplanned and unexpected pregnancies. We also accept donations of new or gently used baby clothes up to 2T, as well as maternity clothes. Located at 1315 Jamestown Road, Suite 202. Phone: (757) 229-6472. Visit: www.hopewilliamsburg.org.

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!
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.jc-cwmg.org.

Hey Neighbor!
CHRISTOPHER WREN

AUGUST ISSUE OF
Next Door Neighbors
Hidden Williamsburg
Publishes July 26th
Advertising Deadline July 10th
Contact Meredith Collins 757-560-3235

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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. Classes are filling quickly, and students are encouraged to submit their course requests online as soon as possible. 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). We will also host a variety of lectures and scholarly events. 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 email wmci@wm.edu.

Hey Neighbor! THE TIDEWATER VIRGINIA HISTORICAL SOCIETY (TVHS)

Ongoing

TVHS offers unique tours, lectures, social events, plus behind-the-scene adventures during 2017-18. "History in your own backyard" takes on a new meaning when you know what all TVHS has to offer. TVHS opens doors to "off-the-beaten-path" and "not open to the public" historic sites. Lectures by experts in their field provide information prior to tours to complete the experience. Bill Kelso, everyone's favorite archaeologist, says, "You can read about history in a book but you can walk thru it here." 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 FARMERS MARKET

Saturdays

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 8:00 am - 12:00 pm. The market includes live music from 9-11 am. Chef demonstrations, Master Gardener exhibits, and exhibits along with local shops and restaurants. The market now accepts SNAP/EBT, credit cards and W&M Express. For information, call or contact 757-259-3768, www.williamsburgfarmersmarket.com.

Hey Neighbor! VOLUNTEERS NEEDED

Ongoing

National Historical Park (consisting of the National Park Service at Historic Jamestowne and Yorktown Battlefield) continues its mission, preserving and protecting the interests of the public since 1930. The Park operates two visitor centers and several historic homes. However, like all national parks, Colonial relies heavily on volunteers. Perhaps a sign of the times, but volunteerism is not as prevalent as it once was. But, you have a chance to change that trend at Colonial. A need exists for regular volunteers four hours a day, one day a week, orienting visitors to the park and the area. We also need volunteers to conduct tours for the public and operate historic homes. There is something for everyone. So, consider becoming a steward of your wonderful national parks, and begin at Colonial National Historical Park, (Historic Jamestowne or Yorktown Battlefield) by contacting Mike Byrd at 757-898-2422. Come make a difference!

Hey Neighbor! NORGE DEPOT MUSEUM

Ongoing

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

Hey Neighbor! 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,

that's where you can get answers to such question as what really happen in the garden between Adam, Eve and the serpent (i.e., to say the Devil) or why isn't Cain listed in Adam's genealogy, or where did Cain get his wife, did Adam and Eve really die the day the ate the forbidden fruit, and what was that fruit, or what is the mark of the beast 666 and what does it mean and what about the unforgivable sin and have I committed it, so if you have questions such as these, then bring them with you when you come.

Hey Neighbor! HEAD START OPEN ENROLLMENT

Ongoing

Williamsburg James City County Community Action Agency's Pre-school 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.

Hey Neighbor! CHRISTOPHER WREN ASSOCIATION COURSE, LECTURE, AND ACTIVITY REQUESTS

Online and Ongoing

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

Hey Neighbor! HISTORIC JAMESTOWNE SEEKING VOLUNTEERS

Ongoing

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

Hey Neighbor!

BIRD WALKS AT NEW QUARTER PARK

Ongoing

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

Hey Neighbor! BRAIN INJURY SUPPORT GROUP

Ongoing

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

Hey Neighbor! GROVE COMMUNITY GARDEN CALL FOR VOLUNTEERS

Ongoing

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

Hey Neighbor! MEETINGS - COLONIAL NATURE PHOTOGRAPHY CLUB

Ongoing, first Monday

We meet the first Monday of every month at the James City Library on Croaker Road at 6:30 pm. The club is one of the few photography clubs in the area and has been in existence for over eight years. We have about

60 members with skill levels ranging from novice to nationally recognized. The club web site is www.cnpcva.org

Hey Neighbor! **WILLIAMSBURG RESTORE EX-PANDS FACILITY AND NEED FOR VOLUNTEERS**

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

Hey Neighbor! **WILLIAMSBURG MOOSE LODGE SEEKS NEW MEMBERS**

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

Hey Neighbor! **CALL FOR THEATRICAL VOLUNTEERS**

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

Hey Neighbor! **F.R.E.E. OF WILLIAMSBURG**

Ongoing
F.R.E.E. is a non-profit that gifts mobility related equipment to adults who are uninsured or under insured and have no other means of obtaining needed mobility equipment such as canes, walkers, bed rails, hoist lifts, wheelchairs and power scooters. Equipment gifted also includes bathroom transfer aids such as shower chairs, tub transfer benches and bedside commodes. If you or someone

you know is in need of equipment or would like to make a donation, call 757-707-4741, visit our website www.free-foundation.org, or find us on Facebook.

Hey Neighbor! **ABUNDANT LIFE GROUPS MEETINGS**

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

Hey Neighbor! **JAMES CITY COMMUNITY CHURCH**

Ongoing
"A Door of Hope" James City Community Church is located at 4550 Old News Rd., Williamsburg. Services: 9 am (Nursery provided) and 10:30 am (Nursery and Children Classes). Visit our website at www.jccchurch.com. Come join us and make yourself at home, and feel free to participate as much or as little as you feel comfortable. No matter where you are on your spiritual journey, we're glad you're here.

Hey Neighbor! **MULTI-FUNDED NON-PROFIT AGENCY SEEKING TO FILL DIRECTOR OF FINANCE POSITION**

Ongoing
Applicant must have financial experience working in a non-profit multi-grant environment and meet the following requirements: (1) Supervise financial and human resources staff. (2) Strong experience in developing and managing budgets annually. (3) Proficiency in the use of QuickBooks (QB) for Non-Profit Organizations. (4) Ability to explain how transactions would be distributed among different grants. (5) Proficient use of Microsoft Word and Excel to produce financial reports utilizing downloads from QB. (6) Ability to work with spread sheets. (7) Ability to communicate effectively financial matters with staff, board members, grantors and others. Prior experience working with Federal, State and local grantor agencies is a plus. Experienced with grant audits. Requirements – BS degree and/or MBA in accounting/business with at least 5 years working in a multi-funded non-profit financial office. EOE. Send resume to – Attn: Human Resource Department Williamsburg-James City County, Community Action Agency, 312 Waller Mill Road, Suite 405, Williamsburg, VA 23185. 757-229-9332. Salary Range – \$55,000

to \$60,000.

Hey Neighbor! **VOICES OF CHANGE TOASTMASTERS CLUB**

Ongoing
Develop your leadership and public speaking skills in a safe, friendly environment with the Voices of Change Toastmasters Club of Williamsburg. Visitors are welcome; this is an open club. We meet every Friday at 12:05-1:05 pm in the second floor conference room at EVB (formerly Virginia Company Bank), 1430 High Street, Williamsburg. For more information, visit www.voicesofchange.toastmastersclubs.org or www.facebook.com/VoicesofChangeWilliamsburg.

Hey Neighbor! **BIBLE STUDY AND WORSHIP**

Ongoing
Informal, interactive Bible study and Holy Communion worship each Wednesday evening, 6:30 pm, at St. Stephen Lutheran Church, 612 Jamestown Road, right across from the campus of the College of William and Mary.

Hey Neighbor! **VOLUNTEERS NEEDED: WILLIAMSBURG AREA FAITH IN ACTION**

Ongoing
Faith In Action relies on volunteers to transport care receivers to doctor's appointments, the grocery store, bank, pharmacy, etc. Right now, the demand for transportation is increasing. Faith in Action offers a flexible schedule for its volunteers. "Our organization was built on the idea of people helping people," Smith said. "If you have a few hours to dedicate to someone who may just need an arm to lean on to get to a doctor's appointment, then we have a spot for you." If you are interested in volunteering, call the Williamsburg Faith In Action offices at 757-258-5890.

Hey Neighbor! **VIRGINIA AERONAUTICAL HISTORICAL SOCIETY (VAHS)**

Ongoing
Every third Wednesday of the month, the Williamsburg chapter of the parent VAHS headquartered at the Richmond Airport Aviation Museum meets with aviation related speakers, programs and field trips. Everyone with an interest in aviation is encouraged to attend meetings in the second floor conference room of the Williamsburg-Jamestown Airport terminal building. Come for the camaraderie and learning experience, which comes with expanding your interest in aviation – past, present and future. Point of contact: 757-258-0376

Hey Neighbor!

VOICES OF WILLIAMSBURG

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

Hey Neighbor! **BRUTON PARISH SHOP CALLS FOR VOLUNTEERS**

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

Hey Neighbor! **ST. MARTINS EPISCOPAL CHURCH**

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

To find a complete list of events and happenings, go to williamsburgneighbors.com and click on Hey Neighbor!

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

**GREAT FOOD AT
THE NEW TOWN
SUMMER FEST**

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

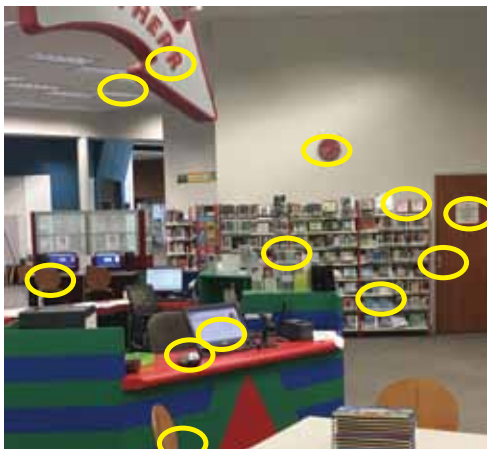
Enjoy!

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

June 2018
In the Neighborhood
Photo Challenge



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