

October 2018

WILLIAMSBURG'S

Next Door Neighbors

VOL. 12, ISSUE 10

PRICELESS

Discovering the people who call Williamsburg home

Health

John Poteet



www.WilliamsburgNeighbors.com

Lisa W. Cumming Photography

Dr. Mohsin, with a patient rating of 4.7 out of 5,*
is the accessibility you want in Williamsburg...

ACCESSIBILITY



Dr. Sheba Mohsin,
Family Medicine

and her reputation for **experienced, trusted** health care can only be accessed at **Riverside Doctors' Hospital Williamsburg.**

Riverside Doctors' Hospital Williamsburg offers:

- A DNV certified primary stroke center (this national designation recognizes hospitals that meet the standards to support better stroke outcomes).
- A full-service emergency department.
- Online scheduling and electronic records 24/7.
- Comprehensive oncology care with the region's only radiation oncology center.
- A full-range of 18 specialty and three primary care practices, as well as diagnostics, physical therapy and surgery centers.
- Assisted living, skilled nursing care and home health.



RIVERSIDE
Doctors' Hospital Williamsburg

Choose RIVERSIDE

757-645-9911
riversideonline.com/choose

*as of April 2018



Meredith Collins, Publisher

I think many people are more health conscience today than ever before. We are provided with a tidal wave of information about medications, health issues and remedies every day - on television, in print, on the air and digitally. And yet, there are still some of us who only think of our health, or certain aspects of our health, when there is an undeniable problem.

The people we've interviewed for this issue are more in tune to attaining and keeping good health than others. They live it, and they want to help others live it as well. Being healthy for them is not just a way of life, it's the ONLY way of life. They are missionaries bringing that message to others.

There are also individuals who have good intentions (me, for example), to stick with an active workout schedule (but haven't) and know full well that cigar smoking is not a good thing to do (but I haven't stopped). I expect more of us fall into this health category than the folks you will read about in this issue. You never know what will motivate a person to change. Perhaps somewhere in the pages of this magazine you will find the inspiration to make healthier choices for a better life. I hope so. NDN

Inside

- | | |
|--------------------------------------|-------------------------|
| 4. John Poteet, III | 52. Steven Ruescher, DC |
| 9. Carly Crockett | 55. Kristin Tarrant |
| 13. Dr. Jonathan Stolz | 58. Alicia Riley |
| 17. Mark Tompkins | 61. Juli Pruden |
| 22. Scott Grafton | 63. Bill Sizemore |
| 25. Brock Dehlin | 66. Meghan Freeman |
| 28. Corrine Check | 68. Lisa Bux |
| 31. Florina Tusa-Wyss | 70. Hey Neighbor! |
| 34. Christopher Bosco, DC | 78. In the Neighborhood |
| 39. WHF 2017 Report to the Community | |

© 2018 Collins Group, LLC. Williamsburg's Next Door Neighbors is a community publication solely owned by Collins Group, LLC. It is published monthly for Williamsburg area residents. The stories within this publication are intended to introduce readers to their neighbors and are not endorsements for those individuals, their abilities, interests or profession.





LISA W. CUMMING PHOTOGRAPHY

www.lwcphoto.com
757-532-4037
lisa@lwcphoto.com

Commercial Architectural Industrial Portrait



YOU'LL FEEL BETTER WHEN YOU CALL US!



102 EDWARD WAKEFIELD
Colonial character, bright and charming home. Open living space with large masonry gas-log FP. First floor has freshly refinished hardwood flooring. Kitchen has been remodeled w/granite counters, upgraded appliances & gorgeous cabinetry. Separate utility room adds exterior access. Updated 1/2 BA completes 1st floor. Second floor include large master BR, 2nd BR, storage areas & remodeled full BA. Don't miss the courtyard with a white picket fence and dependency! Must see!



757-870-0611
nanpiland@lizmoore.com



Chanco's Grant
2903 John Proctor W • \$313,900
This home is situated on a private lot backing up to nature. Right next to the Capital Trail. The home is light and open. 4 bedrooms, 2.5 baths



The Key to your Success!
Elizabeth Jones
757-870-6235
elizabethjones@lizmoore.com



3283 DEERFIELD COURT
Fildcrest Estates • \$585,000
5 BR, 3BA, 4,353 sqft.
Spacious and updated.
Beautiful built-in bookcases.
Sunroom.
Third floor bonus room.
Three car garage. Cul-de-sac.
http://3283deerfieldct.info
MLS# 1830489



Find your way home
Charlotte TURNER
ASSOCIATE BROKER
757-784-4317
charlotteturner@lizmoore.com



108 STONE PATH
You'll be thankful you found this one: One level living in Settlers' Mill. All brick. Cherry floors. 3 fireplaces... and a game room like you've never seen before.
4,400 sqft • 4BR • 3BA
\$571,900



A HOME IN WILLIAMSBURG
TONY PAUROSO
REALTOR®
tonypauroso@lizmoore.com • 757.645.8168



4 BR, 4 BA, 3,400+ sqft Colonial situated on nearly half-acre in Ford's Colony. Formal LR & DR along with a spacious family room w/FP. Large eat-in kitchen boasts HW floors, abundant cabinet space and solid surface counters. Sweeping master includes ensuite BA Separate laundry room. Full covered front porch, back deck & screened patio overlooking a beautifully landscaped parcel. Brimming with the charm of Williamsburg.



Mish Vaiden-Clay
ASSOCIATE BROKER
CRS, SRES, GRI, CIP, ABR, e-PRO, ASP
757.810.7133
mishclay@cox.net | www.IKnowWilliamsburg.com



124 OSLO COURT offered at \$259,900
If you are looking for a virtually maintenance free, lovingly maintained & beautifully renovated home, look no further. HW floors throughout, wood-burning FP & built-ins, completely renovated kitchen, full BA with jetted tub on the 1st floor, den or 2nd BR on 1st floor. 2 large BRs up, one with office/exercise area. You'll love this one!



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



Lisa W. Cumming Photography

NEW PACE NO LIMITS

By Lillian Stevens

In late 2017, Toano resident John Poteet, III made the decision to have his left leg amputated just below the knee officially called a BKA, Below Knee Amputation. He was 18 years old at the time.

“For sure, that was the biggest decision of my life,” John says. “And it was a very hard decision to make. Imagine making a judgement call to amputate your leg even though you can walk.”

The problem was that John walked with a limp, and pain was the norm.

He was born with a congenital clubfoot. A pretty rare occurrence, clubfoot is a birth defect in which the foot is twisted out of shape or position. John’s case, however, was more severe because his foot stopped developing in utero. Additionally, he did not have a full calf muscle. There were surgeries every few years, the first one being before his first birthday. John recalls that the most traumatic operation was designed to lengthen his leg and involved an external fixator with screws worn for three months. His mother Rhonda had to rotate the screws every few hours



SENTARA COMPREHENSIVE BREAST PROGRAM

On the Peninsula, the Sentara Cancer Network is dedicated to providing women with high-quality, personalized care for breast health. Women can trust that when they choose Sentara Comprehensive Breast Centers, that they will benefit from the wide range of services offered, including:



Individualized Treatment & Advanced Technology



Experienced Care Team



Online Scheduling & Extended Hours



Dedicated Breast Cancer Navigators & Support Groups

Regardless of your breast health needs, our Sentara Comprehensive Breast Center care teams will be with you every step of the way to ensure you receive timely, quality and compassionate care, right here on the Peninsula

Locations on the Peninsula

Dorothy G. Hoefer Comprehensive Breast Center

11803 Jefferson Ave., Suite 130, Newport News, VA 23606

Sentara CarePlex Hospital

3000 Coliseum Dr., Hampton, VA 23666

Sentara Gloucester Medical Arts

5659 Parkway Dr., Gloucester, VA 23061

Sentara Williamsburg Comprehensive Breast Center

400 Sentara Cir., Williamsburg, VA 23188



To schedule your annual mammogram, visit [sentara.com/Mammogram](https://www.sentara.com/Mammogram) or call **757-736-0040**



SENTARA®

around the clock in order to keep the growth cycle going.

“Surgeries are scary when you’re eight years old, with all sorts of screws and bars in your leg,” John says.

There were prosthetics, of course, but those sometimes snapped or broke. Even so, John’s attitude was and is positive, and his outlook is always on the bright side. Even as a youngster, he was not one to feel sorry for himself.

“There is always someone out there who has it so much worse,” he says.

Unfortunately, as the years progressed, so did John’s discomfort. Because of his underdeveloped foot, he tended to walk on the side of his foot, causing alignment issues.

“I was coming to a place where I was starting to have a lot of pain. My leg was already not normal, and I knew it was never going to be normal. I could barely walk on it without it being uncomfortable. My doctors and amputee friends were telling me that I had other options, even a swimming leg and a blade (running leg). These are all options I never had before.”

After weighing the pros and cons, John came to the conclusion that his quality of life and his range of motion would be better in the long run if he chose amputation, combined with an Ertl procedure. An Ertl (pronounced “turtle” without the T) procedure provides the amputee with a physiologically sound residual limb capable of increased function.

Dr. James “Jim” Ficke, Director of Orthopedic Surgery at Johns Hopkins Hospital in Baltimore, Maryland, was his surgeon. The family had learned of Dr. Ficke through a friend of theirs on whom he had operated.

Before daybreak on January 10, John was prepped for surgery. Rhonda remembers watching her son remove his leg brace for the last time, and she remembers touching the coolness of his slender leg and his little foot which, in a few hours, would be gone.

It was an extremely emotional moment in the life of the Poteet family. The family had complete faith in Dr. Ficke, but their concern for John at this delicate time cannot be overemphasized.

During the surgery, Dr. Ficke took a smaller

bone from the fibula (calf bone), bridging that with the larger bone, securing them with washers and wire. “That keeps the bones from moving like chop sticks when he walks,” Rhonda explains. “It provides added stability under high impact activities.”

Oftentimes, amputees talk of phantom pains, but John never experienced those.

“Dr. Ficke had explained that there would be no physical sensation of limb loss post-op,” Rhonda says. “To avoid phantom pains, he rerouted the remaining nerves back up into the muscle to keep the nerves occupied.”

The surgery, which also included removal of the previous rod from a lengthening surgery years before, was a success. After being able to bear weight, John was fitted for a temporary test socket, a very different type of prosthetic than the ones he was accustomed to, which could be heated and modified and would later serve as the template for a permanent socket.

“The permanent socket is made out of carbon fiber which can’t be heated or changed,” John says. “It’s basically indestructible.”



Envirowash
Restoration • Pressure Washing • Coatings

Aggregate

Repair, Wash, Sand & Seal

Roof Cleaning
Safely, Effectively & Gently

Concrete Pavers
Repair, Wash, Sand & Seal

Decks
Repair, Restore, Wash & Seal

House Washing
Low pressure, heated water, mild solution

Angie's list
Reviews you can trust.

804-744-2974
envirowashinc.com

BBB ACCREDITED BUSINESS A+

Licensed • Insured • References Available



Enjoy great reads and great conversation with fellow readers at WRL's drop-in book groups

Get the full schedule at www.wrl.org/book-groups and tell your neighbor!





WELCOME TO PELEG'S POINT

Spread out on up to a half an acre wooded homesite minutes from Colonial Williamsburg, from the upper \$350s

- New single-family homes in James City County
- Innovative floorplans designed with your lifestyle in mind
- Minutes from 199, I-64, and conveniently located off Jamestown Road
- 3-car garages and up to 5 bedrooms available

Schedule your visit today and get an additional \$1,500 bonus toward your purchase!

Phone: 757.206.1146 | Address: 4705 Peleg's Way, Williamsburg, VA 23185



Offer valid for a limited time on new sales contracts written and financed through NVR Mortgage. Prior sales and homes under construction excluded. Cannot be combined with any other offers. Certain restrictions apply. Prices, offers, financing and availability subject to change without notice. See a Sales and Marketing Representative for details. NVR Mortgage Finance, Inc. is licensed by the Virginia State Corporation Commission as a mortgage lender and broker, MC-528



Following his operation, John was excited but nervous. For a time, he had to use crutches while getting used to his new socket. "Walking the first time was weird," he remembers. "It was a lot different for sure. I was a little afraid of everything, but I had bars to hold on to at first."

Healing would take months, but the main thing on John's mind was getting out of the hospital as soon as possible. He is passionate about hunting and fishing and wanted to go home. "My friends were out hunting and doing stuff. I wanted to be out there, too."

After a four-day stay at Johns Hopkins, John returned home. Three months post-op, he was back out hunting, but that's not to say there weren't challenges associated with his long-term healing. There were follow-up medical visits to Baltimore and to Charlottesville for prosthetics. John's physical recovery was coming along nicely, but in the beginning he grappled with some emotional adjustments.

"That's probably because of the permanence of being an amputee," he says. "But that didn't last long, because I realized that I'm still the same

person I was before. The difference is now the pain is gone."

As summer fades to fall, John can be found either playing or working on the water. The Poteets are an active family. Their home is a short walk from Little Creek Reservoir, and many summer weekends and vacations have been spent at a family property on the Chesapeake Bay. In fact, John has worked at Little Creek Reservoir for three years, renting out boats and helping folks who come into the park and want to explore. The job is a perfect fit for this young man who loves everything about being outdoors, and fishing, one of his favorite pastimes.

Today, John also has a prosthetic swim leg that he uses at the pool or beach. All he has to do is pull a pin and flip the foot into a flipper-like position, allowing him to swim and kick with the foot in a pointed-like position. When he gets out of the water, he reverses all the motions, locks the pin back into place, and walks to wherever he wants to go.

John also recently acquired his running blade.

Over the years, Rhonda has chronicled her

son's journey with photographs. "I can say that we raised him without treating him any differently," his mother says. "His deformity didn't get in the way of his living his life."

"I always liked swimming," John says. "But back then when we'd go to the beach, I had to take off my prosthetic and hide behind my family just to get to the water really quick before people started staring. That was one of the hardest things. The staring. I don't think people meant to be ugly, they just hadn't seen a kid with a clubfoot. I tried not to let it bother me."

Next year, John will celebrate his 20th birthday. Stares and questions no longer bother him; in fact, he welcomes the opportunity to educate others about amputees.

"A lot of people want to know what happened," he says. "They don't mean any harm. So, I talk to them and answer their questions."

Despite the many challenges and adjustments he has faced, John Poteet remains positive and is excited to see what the future will bring. He looks forward to good times with family and friends. NDN

MERCHANTS SQUARE, WILLIAMSBURG



PRESENTED BY: **Bank of America**  **Merrill Lynch** 

A Williamsburg Tradition



FEATURING VISUAL, PERFORMING, YOUTH, LITERARY & CULINARY ARTS

HOSPITALITY SPONSOR

Colonial Williamsburg

OCTOBER 5 - 7 | AFTA.ORG

Experience Your Transformation!

Highlights, haircut and style

\$150

Shampoo, Precision Haircut, Style

\$45 & Up

One hour therapeutic massage Reg \$90
Performed by a RN & Certified Master Massage Therapist and Certified Medical Massage Practitioner

\$10 Off

Military Discount
10% Off
all services for active duty military

Schedule Your Transformation Today

374 McLaws Circle • Suite One
Williamsburg, VA 23185

www.illusionbymarqus.com

Gift Certificates Available

HOURS:
Tues - Fri
9am to 5pm
Saturday
8am to 4pm
Evening Appointments Available



ILLUSIONS
Salon & Day Spa
757-253-7790



Lisa W. Cumming Photography

Building A Healthy Life

By Erin Fryer

Sometimes a single setback can create havoc in our lives and totally throw us off of our axis. Just ask Carly Crockett.

A 25-year-old personal trainer, Carly has been on an inspiring journey for more than five years. To date, Carly has lost 136 pounds, completely changed her life, and jumpstarted a career in health and fitness. These past five years have been filled with blood, sweat, and tears.

A 2011 graduate of Warhill High School, Carly grew up in a very active household. The youngest of four children, Carly and her siblings were always very athletic. She played volleyball and swam for Warhill, but during her sophomore year she sustained an ankle injury that required two surgeries and ultimately led her to be non-weightbearing for six months post-graduation.

“After breaking my ankle at 15, I continued

to play on it and fight through the pain with the help of cortisone shots and physical therapy,” Carly says. “I had my first surgery at 16 and then my second the day before my 18th birthday. I was non-weightbearing from July to December, and it was a very difficult time in my life. I was becoming an adult and had more freedom than ever, yet I was trapped because I couldn’t walk. I got very depressed and started to put on a lot of weight.”

Professional, quality cleaning with a personal touch

FREE CONSULTATION

- Residential & Commercial Cleaning
- Move-in and Move-out Cleaning
- New Construction Cleaning • More!

Pristine Cleaning Co.

Kim Amos • Owner & Operator
757-603-5779
www.pristinecc.com
 LICENSED • BONDED • INSURED

NOVEMBER

Next Door Neighbors Thankful

Advertising Deadline Tuesday, Oct. 9th

Publishes October 25th

call 757-560-3235 for more info

OVER 30 CRAFTERS

Consignment Gallery Now Open!

NOW OPEN! Come Visit!

Expanding to Include Consignment Gallery. Merchants and Consigners Welcome.

10% OFF
 any non sale item with this coupon

Sweet Caroline's MARKETPLACE

Open Daily 113A Palace Lane
757.253.9001
 Laurie Todd and Mary Van Swol - Owners

LA TERRAZA

MEXICAN GRILL

HAPPY HALLOWEEN! 1840 Richmond Rd. Williamsburg
757.707.3333
www.laterrazamex.com
 Open 7 Days • Full Bar

\$5 OFF | \$4 OFF

The Purchase of 2 Dinners & 2 Drinks
 With coupon. Not valid with any other specials. Excludes alcohol. Good through 10/31/18.

The Purchase of 2 Lunches & 2 Drinks
 With coupon. Not valid with any other specials. Excludes alcohol. Good through 10/31/18.

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

Carly says for all of those months that she spent in her bed in her parents' living room because she was unable to climb the stairs, she ate and cried for the majority of the time. "I binge-watched television and ate a lot of food," she says.

The depression and unhealthy lifestyle consumed Carly from her 18th birthday until she was 21. After a quick stint in Harrisonburg, she moved home and decided enough was enough.

Carly purchased a membership at American Family Fitness and immediately started working out with a trainer. Having come from an athletic family, she knew what she had to do to get her body and her life back.

Carly worked with her trainer twice a week and also did an extreme amount of cardiovascular exercise. She logged hours on the Stairmaster and fine-tuned her diet to the point where she was only eating proteins and healthy carbs, like sweet potatoes and brown rice.

"I was very heavy, but I started to drop weight and continued to lose it until I got to the point where I was 'skinny fat,'" she ex-

plains. "I had lost the weight, but I wasn't gaining any muscle."

Carly joined other gyms in town and at one point found herself with four gym memberships.

"My first 40 pounds I did with my trainer at American Family, and everything else was on my own," she says. "I taught myself how to properly lift weights and kept practicing and evolving to where I am now. It took me about seven months to get comfortable enough to go in the weight room by myself."

Lifting weights is Carly's favorite workout, and she admits that while she hates cardio, she does it because she knows it's an important part of staying healthy. At 23, she started running for the first time. "I never really ran because I was too heavy," she says. "I eventually started running 5ks to see if I could do it. Going from not being able to walk 15 minutes on a treadmill without having a panic attack or asthma attack to being able to run three miles has taken five years, but I am finally here."

Having grown up in Williamsburg, Carly

still loves to go to Colonial Williamsburg, especially now that she can combine her love of history with her love of fitness. "I love running in CW," she says. "There are no crazy hills, and it's just fun to run around an outdoor museum."

Carly says she likes to switch up what she is focusing on fitness-wise. She will concentrate on building her leg muscles for a while, and then she will switch to cardio endurance or strength endurance.

Where she was once nervous to step foot in a weight room alone, now Carly has made personal training her career, and she is helping others reach their health and fitness goals.

"Exercising has gone from something I had to do to something my whole day revolves around," she says. "I love it."

Carly completed the International Sports Science Association (ISSA) personal trainer certification and is helping people with the same struggles she used to face.

"You can specialize in arthritis, diabetes, weight loss, eating disorders, and so on as a

The Best Place to Get Warm!

Gas Logs & Fireplaces



Sales, Service & Installation

- Vented & vent-free.
- Professional installation available.
- Gas lines.



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

Open Mon. - Sat 10:30 - 6,
Sun 12 - 3

Accepting All Credit Cards

**LAST CALL ON
PATIO FURNITURE!
757-221-8070**

EASY ACCESS MEANS EASY LIVING.

Simplify your kitchen with custom pull-out shelves for your **existing** cabinets.



50% OFF INSTALLATION*

ShelfGenie
EVERYTHING WITHIN REACH

Schedule your free design consultation
(757) 208-7214

*Limit one offer per household. Applies to purchases of 5 or more Classic or Designer Glide-Out™ shelves. Expires 10/31/2018. Lifetime warranty valid for Classic or Designer Solutions. Learn more at shelfgenie.com.

Yes, we have moved and are open!

I have literally grown up on Duke of Gloucester Street. From my days in the mid-eighties at William and Mary, I have worked with my family in the brick arched building on Duke of Gloucester Street known as Binns. Truthfully, I have spent more time in that building than I have in my home. Therefore, you can imagine how heartbroken I was when I was notified through a letter that Colonial Williamsburg was not renewing our lease after having been in downtown Williamsburg for 93 years. As Binns has always prided itself to uphold the high ideals of quality, friendliness and service that John D Rockefeller envisioned for Merchants Square in the 1920's, I was shocked to read this. I went through many emotions of disbelief, sadness and anger and then finally determination set in to make Binns an even better place in a new location.

After searching the area, my family and I found a location at Windsor Meade on Monticello Avenue in Williamsburg that has the same amount of floor space on one floor as we currently have on the two floors. It has easy access from 64 via 199 exit and there is plenty of parking with no time limit for parking. (I know some of you will miss the circling around over and over for a parking space and looking for chalk marks on your tires to see if you need to move your car after an hour!) We are working with Hopke and Associates architects and David Nice builders to create a new place that is "Binns-worthy." Binns will still have the highest quality of merchandise and the same level of personalized service from the familiar faces that were on DOG street. Yes, we will still have everything from magnificent gowns to shoes to a spectacular Christmas selection.

I am thankful for the outpouring of support from our loyal regional customers as well as the Williamsburg community who have made me realize that Binns is so much more than a building. It is the hand selected merchandise and high level of service by a family and dedicated group of employees who are hardworking but are extremely lucky to be able to serve many generations of families of the greatest customers from all over Virginia and the world. As one door closes on Duke of Gloucester Street, I hope that I will see you and many generations to follow as our new door has opened at 4900 Monticello Avenue in Windsor Meade Marketplace next to Bed Bath and Beyond. Our grand opening will be in October, but we are presently opened in the back of the building. There is parking in the rear of the building and we have new Fall fashions arriving daily!

In closing, I leave you with the words of John D Rockefeller himself, "if you want to succeed you should strike out on new paths, rather than travel the worn paths of accepted success."

Sincerely,

Kimberly S. Jones,
President
Binns of Williamsburg

Binns
OF WILLIAMSBURG

4900 Monticello Ave., Williamsburg, VA 23188
(757) 229-3391

personal trainer,” she says. “I focus on weight loss and eating disorders because I can connect with those clients. They can see my story and know that I know how they feel and what I am talking about because I’ve walked through it.”

Carly’s journey has made her who she is today. Now she is in the best shape of her life and improving every day. She’s a personal trainer at Frame Fitness in Williamsburg and recently moved to Hampton where she trains at the Hampton YMCA.

Carly says that being a personal trainer is sometimes like being a therapist. “Clients will talk to me about why they overeat, their stress at home or their job, and the gym is their escape. I would say it’s about 70% talking, connecting, and building relationships and trust, and 30% working out.”

As for Carly, she admits that her fitness routine is a little over-the-top, but she loves it. “I work out six days per week, hour and a half each time,” she says. “I have multiple gym memberships because I like to bounce around. I absolutely hate doing cardio. It’s my least

favorite thing on the planet, so I just put on Netflix and zone out.”

Carly’s tip for anyone who finds themselves unhappy with their current fitness level is to have a goal in mind and keep pushing until you reach it. “I don’t want to see people get to the point where they are obsessed about it and then they are miserable because they are dead set on looking a certain way. If you find an obtainable goal and you can reach it and be happy with it, live in that moment and take pride in that, but don’t let it consume you.”

Outside of the weight room, Carly’s favorite thing to do is to hang out with her Boston Terrier, Gunnar. After losing her first dog, Kannon, two years ago, Carly started to fall into another depression but she snapped out of it and knew she couldn’t go down that rabbit hole again after all of the progress she had made.

When it comes to family, Carly says she was always looked at as the little sister and no one really expected much out of her. During those rough years, Carly felt like her siblings were

excelling and happy, and she was just kind of existing.

“When I first told my family that I wanted to start working out and getting healthy so that I could have something to be proud of like they all have something to be proud of, they were beyond supportive and have always cheered me on,” she says. “They never doubted me, and we have this new relationship and bond that we didn’t have before because we have fitness in common. Not only did I change, but it brought me closer to my siblings.”

She has lost weight, lives a healthy lifestyle, and helps improve the health and wellness of others through her job as a personal trainer, but Carly Crockett still pushes toward new goals.

She hopes to take her love of weightlifting and participate in a body building competition. Until then, she plans to continue to work on herself and be a living, breathing example that hard work and dedication enables people to take control of their lives and get their health back on track. NDN



Valor THE ORIGINAL
RADIANT GAS FIREPLACE

Since 1991, Valor inserts have evolved to become the most energy efficient, controllable heat source for your home. Eliminate smoke, messy ashes and cold drafts with an efficient, economical insert.

Fireplace Inserts Work.



Design • Installation • Service


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

Dream.



Rare natural gemstones – blue zircon, green tsavorite, tanzanite – splashed with diamonds. One-of-a-kind. Only here.

 THE • PRECIOUS • GEM

Merchants Square, Williamsburg • 757-220-1115
Open Mon. - Sat. 10 a.m. - 6 p.m., Sunday noon - 5 p.m.
thepreciousgems.com • Like us on Facebook 

DESIGNS by REGGIE AKDOGAN

DR. JONATHAN STOLZ



Lisa W. Cumming Photography

Medicine

from Cave Dwellers to Millennials

By Narielle Living

Dr. Jonathan Stolz might be retired, but he remains extraordinarily active. In fact, some might argue that the retired doctor still has a job. He is now a writer. "Someone told me when you retire, things will come to you, don't rush it. I played golf a little, but you can't play golf for the rest of your life."

Originally from Pennsylvania, Dr. Stolz attended Trinity College in Hartford, Connecticut where he majored in biology and American

Fall in Love

SHARE WARM WISHES WITH A BEAUTIFUL FALL ARRANGEMENT THIS SEASON!

Morrison's
flowers & gifts

(757) 220-1242
1303 Jamestown Rd, Ste. 129
www.morrisonsflowers.com

5 Brothers 
Lawn Care

757.634.5695

www.5brotherslawncare.com



**JACKSON
THOMAS
INTERIORS**

Custom Upholstery • Window Treatments • Kitchen & Bath • Lighting


“Beautiful, Tasteful, and Timeless Interior Design.”

4345 NEW TOWN AVENUE WILLIAMSBURG, VIRGINIA
757.220.3256 📞 JACKSONTHOMASINTERIORS.COM

Retina & Glaucoma associates

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

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



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

- John R. Nordlund, MD, PhD
Fellow, American Society of Retina Specialists
Fellow, American Glaucoma Society

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

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

757.220.3375 | RGAVA.com

history. This double major would be a foreshadowing of his interest in medical history. After graduating from Trinity, he went on to medical school at Temple University School of Medicine in Philadelphia. He had initially planned on working in obstetrics, but decided during his internship to change course and follow in his father’s footsteps. From that point, he made his way into the field of radiology.

Eventually Dr. Stolz returned to his hometown of Reading, Pennsylvania and took over his father’s practice, where he was able to bring several of his colleagues on board to work with him. “We had many wonderful years,” he says with a smile. “Medicine at that time, it was different. You had more time to talk to people. My area of expertise was mammography, women’s imaging and infertility, ultrasound and things like that.”

Not a person to pursue only one interest, Dr. Stolz was active in a number of organizations. He was active within the Community General Hospital as a Founding Member and on the Board of Trustees; he held a number of positions within the Pennsylvania Radiological Society, including President; he was the editor of *The Medical Record*, a publication of Berks County Medical Society; and he served on various committees with the American College of Radiology.

His list of committees and contributions goes on, but his career began to wind down when an unthinkable tragedy occurred. “In 2001, one of my close friends, a surgeon, committed suicide. It had a great impact on me. Life’s too short, and I decided to go part time at that point.” Dr. Stolz and his wife, Sandra, chose to purchase a small home in Kingsmill, a decision that would bring them closer to becoming full time Williamsburg residents.

“My father went to William & Mary,” Dr. Stolz says of their choice to spend time in this area. “Sandy and I had been married since 1974, and we came down here two to three times per year. We loved coming here.” It was on one of their visits here that they saw the small home in Kingsmill and knew they wanted to purchase it. After his father died, they moved to Williamsburg permanently. “It was not in the plan at all,” he says. “But after we came down here and sold the place in Pennsylvania, I gave up my practice. Turned out it was a blessing.” Dr. Stolz reminisces that he had many wonderful patients, but he was often known only as Dr. Stolz in his small town. After moving to Williamsburg, he became just Jonathan.

After realizing a daily round of golf was not in his future, Dr. Stolz signed up for courses with the Christopher Wren Association (CWA). “I had a long time interest in history, and more specifically medical history, and I’d done a lot of work on it,” he says. “The first time that I really got involved in medical history was in 1972 in Pennsylvania. They had a class with x-rays of presidents, prior to the invention of x-ray. It was basically before computers.” Essentially, the class looked at the made-up x-ray and made a diagnosis from what they could see (rheumatoid arthritis, gallbladder disease—based on one single film). “Then you had to guess the president who had the disease. At the time I said to myself why not present this as a talk?” The first course of many that Jonathan taught at the CWA was about presidential illnesses.

Dr. Stolz’s book, *Medicine from Cave Dwellers to Millennials*, is a compilation of the nearly 10 years’ worth of lectures he gave at CWA. His

When is Assisted Living the *Right Choice*?

For many older adults living at home, the thought of moving is not a pleasant one, particularly when the need to do so is associated with advancing age and/or declining health. A long-held family home holds important, cherished memories. Furthermore, subtle changes in physical and/or mental health may cause someone to be unaware of or unwilling to acknowledge the need for assistance. This can lead to an unhealthy or even dangerous living environment, as well as social isolation since children and other family members often live too far away to visit regularly.



While some indicators may seem quite obvious, others may be less apparent. Below are some indicators that it might be time to consider an assisted living community for yourself or a loved one:

- 1. The basics of daily living.** Is a loved one having difficulty bathing, getting dressed or simply maintaining proper personal hygiene? Is he/she able to get groceries or cook for themselves in order to maintain a healthy diet? Is he/she able to maintain a clean and well functioning home? The answers to these questions may indicate that an assisted living community may be worth considering.
- 2. Falls and/or a decrease in mobility.** Falls can be minor in nature or result in significant injury or disability. If a loved one is having increased difficulty walking independently or if he/she is experiencing frequent slips, falls or other mobility-related injuries, it may be time to consider an assisted living community. There, someone can respond quicker in the event of a fall and additional support is available to assist the person to get to and from where he/and she wants to go. There are also safety features installed in apartments such as grab bars and emergency call lights that are designed to reduce the potential for falls and other mobility-related mishaps.
- 3. Change in mental or cognitive function.** Is a loved one presenting signs of potential Alzheimer's disease or some other form of dementia? Is he/she becoming progressively more forgetful to the point that is impacting his/her health and safety? Occasional forgetfulness may not be a big cause for concern. However, if it impacting a person's ability to maintain a safe home environment, appropriate personal hygiene and/or the ability to manage daily medications, it may be a strong indicator that additional support and assistance is needed.



- 4. Social isolation.** Does a loved one have an active social support structure in place? Has there been a noticeable change in his/her interactions with others? Has your loved recently lost a spouse or stopped spending time with friends? An assisted living community can help individuals to remain more social, build new friendships and stay engaged in hobbies and activities he/she enjoys.
- 5. Fender benders and auto mishaps.** As we age, our senses and our reflexes begin to slow. These changes can negatively impact our ability to drive, often resulting in increased anxiety behind the wheel, forgetfulness once behind the wheel and an increase in traffic accidents and other mishaps. Left unaddressed, this problem could become a much more significant and dangerous one. If a one loved is becoming less safe behind the wheel, it might be time to consider an assisted living community. Most assisted living communities offer transportation services, which include regularly scheduled outings and other events.

While it might be difficult to consider at first, an assisted living community might be just the right choice for a loved one who could benefit from added support in an environment that encourages independence and personal choice. It can also provide much needed peace of mind for family members who want the best for their loved one.

We'd be happy to continue this discussion so
Please call today or stop by our
community for a visit.

757.345.5005 • Edgeworthparkatnewtown.com

5501 Discovery Park Blvd. Williamsburg, VA 23188


EDGEWORTH PARK
at New Town
Assisted Living & Memory Care



ChooseHome members Sandy and Ed Breuer

Keep Your Lifestyle and Your Neighbors!

Continue living a full, independent life in your own home with a comprehensive care program designed to fit your needs as they change as you age.

- ✓ **Prolong your independence with the support you need.**
- ✓ **Access to your own Personal Services Coordinator.**
- ✓ **Help covering longterm care costs.**



Powered by Riverside and Williamsburg Landing

Start planning now!

Join us for a free lunch and learn event, call **757-578-8898**.

Read member stories online
ChooseHome.com

classes covered a broad range of topics, as is reflected in the book. “We’ve covered presidential illnesses, mini medical school course, civil war myths and misperceptions, medicine in Colonial America, transformation of American medicine, medicine in ancient civilizations, medicine in the middle ages and renaissance and the emergence of modern medicine.”

The book is a fast-paced and informative read. At times written with a dry humor, the reader gains a deeper insight into how medicine developed over time and looks at pivotal moments in history, such as Pasteur’s germ theory of disease or how the x-ray machine came to be developed. The style is accessible for all readers and this quickly becomes a book that is hard to put down.

“The process of writing this has been fun,” Dr. Stolz says. If there were to be a second book, he indicates he might want to include pictures. But for now, he’s focused on talking with people about this one and will entertain the idea of another book sometime down the line.

Dr. Stolz says that there are underlying messages that he hopes readers will take from his work. “I think the message that is important is three-fold. Number one, we went a very long time before we got to where we are today. Most of the advances we have seen that have made a significant difference in our lives have occurred in the latter part of the twentieth century.” He notes that even the invention of penicillin, which came in the 1920s, wasn’t mass produced until WWII. “The second thing is there is so much we still don’t know.” He goes on to say that a good example of that is smallpox. “I’m a member of the AMA, and as a retired physician I get a daily email from them. Yesterday I got a thing that talked about the fact that for the first time in history we now have a cure for smallpox. Smallpox is the only disease that has been completely eradicated, and that is because of vaccinations. But when 9/11 happened there was a concern that smallpox might go around. I was vaccinated, but there was no cure. They now have something for it.” Dr. Stoltz shakes his head, pausing for a moment. “The third thing is that the physicians of ancient times were not stupid. There were some who were absolutely brilliant, but no one recognized what they did. I was just floored by what the Arab physicians in the middle ages knew.” He goes on to read a passage from his book that describes Ibn Sina, an Islamic physician who made discoveries that were later attributed to others. The book reads: “Historians have reevaluated his over 270 works. Their reassessment revealed that Ibn Sina made important fundamental discoveries that had to be uncovered centuries later to be appreciated. Among the amazing findings was his description of the elements of Newton’s First Law of Motion, a full 600 years before Newton, [his] descriptive treatise on time and motion, reached the same conclusions Albert Einstein did in his theory of relativity...” Dr. Stolz puts the book down and looks up. “Unbelievable! There are many others of those out there as well.”

Dr. Stolz notes that there have been many highly intelligent people working in medicine in the past and there are many more working in the field today. He is excited about what the future of medicine might bring and looks forward to learning about new discoveries as they unfold. NDN

Dr. Jonathan Stolz will be available for questions and conversation at the Williamsburg Book Festival on October 6 at the Stryker Center in Williamsburg.

MARK TOMPKINS



Lisa W. Cumming Photography

Love, Hope and Dreams on the Run

By Alison Johnson

When Mark Tompkins was in sixth grade, his teacher set up a mile-long course around his school and held races for the students, putting a gold star next to the winner's name on a chart.

Mark, trailed closely by his identical twin brother Matt, racked up a lot of stars. He also found a lifelong passion that he now shares with local kids from elementary to high school.

\$10% off
Lift Chair Purchase
with this ad.

Offer applies to lift chair only.
Offer Expires 10/31/18

Chair only. Excludes
upgrades and options.

GOLDEN



The Perfect Sleep Chair

Adjusts to any position you need for
a better night's sleep.



240 McLaws Circle 1302 Mount Vernon Ave.
757-229-1041 757-229-3560

www.williamsburgdrug.com

Golden lift chairs offer the most sizes, positioning options and luxurious fabrics for maximum comfort.

A former varsity runner at the United States Naval Academy, Mark is the head Cross Country and Track & Field Coach at Jamestown High School and leader of the Greater Williamsburg Distance Running Club (GWDRC). Founded in 2014, GWDRC is open to third- through eighth-graders and aims to promote a healthy lifestyle, boost kids' self-esteem, and draw more young athletes to the sport.

"I've watched so many kids do things they never thought they could do and go farther than they ever thought they could," Mark says. "It's amazing. I've also seen how much a young person can be affected by caring adults in a critical phase of growing up."

Running is both an individual challenge and a team sport, which tends to create strong bonds between athletes. "There's a sacrificial love. How hard will I try for my teammates? How much will I train for them? There is great satisfaction in working for months or years, through setbacks, triumphs and hardships. Runners are in many ways like a family."

The club has grown from 15 members in its

first year to about 45 today. On average, 30 runners come to twice-weekly meetups on the 3.5-mile Greensprings Interpretive Trail, mostly from Williamsburg and James City County but also from New Kent and York counties. GWDRC is affiliated with USA Track & Field and participates in local road races and youth cross country meets.

While GWDRC asks that kids be able to run a mile within 10 minutes by their third practice, Mark has a no cut policy and keeps the atmosphere positive and fun. "You simply tell them they can and never stop encouraging them," he says. "I've seen kids change their lives. I've seen some lose 20 or 30 pounds."

Club alumni have also begun to show up at Jamestown, where Mark, a special education teacher, is entering his third season as head coach. This year, he expects to have 15 to 20 of them on his approximately 100-athlete roster, including his own 14-year-old son.

"A lot of kids don't know they have running talents," he notes. "Whatever sport they choose, though, the endurance and mental

strength required for distance running will help them."

It certainly has helped Mark, now 42. A native of Palo Alto, California, he was born prematurely and weighed just over three pounds to a mother who didn't know she was carrying twins. Matt arrived first, by a few minutes, and the brothers were inseparable as they grew up. Following their sixth grade running dominance, Mark and Matt ran cross country in seventh and eighth grade at the directive of a physical education coach. While a high school football coach tried to recruit them, that effort didn't go far. "We were a little taller than the average middle school kid, so he wanted us to try out," Mark recalls. "The running coach heard about it and said, 'Do you want to lose football games or win medals?' We said, 'We'll run cross country.'"

The brothers were so competitive with each other that the coach put them in different events, often Mark in the 800-meter run and Matt in the mile. Yet the twins also loved being together, and Matt, who was diagnosed with

The Best Foods for Your Best Friends



We carry a variety of holistic and natural pet foods and pride ourselves in carrying only small independent pet foods that adhere to the highest quality and safety standards. Stop by and let us help you select the best food for your dog or cat.

Come and see our bigger and better store right next door!

5104 Main St., Williamsburg • www.nauticaldogwilliamsburg.com



**Fall is a Beautiful Time to Sit Outside...
And We have the Perfect Seat!
(in 20 different colors)**

- Low Maintenance
- Recycled Materials
- Chemical Free
- Mold & Mildew Resistant
- UV Stabilized
- Stainless Steel Hardware
- Thousands of Pieces in Stock!



Corner Cupboard
Furniture Company Inc.



Hours: Monday, Tuesday, Thursday & Friday 10am-5pm
Saturday 10am-3pm • Closed Wednesday & Sunday
(On Rt. 33, 5 mi. East of West Point in Shackelfords)

804-785-6291

www.facebook.com/cornercupboardfurniture

Every Minute Matters

In an emergency,
even seconds count.

- Full-Service ER
- Life-Saving Technology
- DNV Certified Primary Stroke Center
(this national designation recognizes hospitals that meet the standards to support better stroke outcomes)



Doctors' Hospital Williamsburg

Choose RIVERSIDE

1500 Commonwealth Avenue
Williamsburg, VA | 757-585-2200
riversideonline.com/RDHW

CLOSE TO HOME
24/7 CARE



asthma and allergies, always helped motivate his brother. The gravel sidewalks, rolling hills and beautiful weather in their hometown were perfect for training.

“We created all kinds of memories that we still talk about,” Mark says. “We’ve always had a great relationship.” They also worked to make their team stronger, even recruiting new runners from other sports.

At the Naval Academy, Mark earned a political science degree and was a varsity runner as a junior and senior. He served five years active duty, with three deployments to the Persian Gulf for assignments that included night bombings, ship inspections to enforce oil sanctions, and patrols to intercept terrorists fleeing Iraq and Afghanistan. He ultimately gained the rank of O-3 Lieutenant.

In 2003, Mark was featured on an ESPN special about active duty athletes who kept training toward their goals, which in his case was to make the Olympic Trials. He ran on his ships’ treadmills and on their flight decks, sometimes facing patches of slippery grease,

high winds, and rocky seas.

Mark didn’t get to the Olympic Trials, but he racked up remarkable personal bests over the years, including a 4:13 mile and a 25:04 for an 8K cross country course, which is close to five miles. Inducted into the Virginia Peninsula Road Racing Hall of Fame in 2015, he still runs almost every day for seven to 10 miles at a time, averaging 60 miles a week.

The sport has helped Mark stay fit, manage stress, and control symptoms of Crohn’s disease, a chronic inflammatory bowel disease that affects both him and his brother. While Crohn’s can cause abdominal pain, digestive problems, weight loss, anemia and fatigue, Mark is now mostly in remission thanks to medication, two surgeries, and his exercise routine.

Mark’s wife, Karen, was what brought him to Virginia. A fellow Naval Academy graduate, she is a Williamsburg native and Lafayette High School alumna who now works as Assistant Director of New Town Methodist School in James City County. The couple has five chil-

dren: Luke, 14, Amy, 12, Sarah, 10, and twins, Julie and Katie, 7.

Mark, who earned a Master’s Degree in Education from Old Dominion University, is in his 14th year of high school instruction. He worked at Menchville High in Newport News, Walsingham Academy, and Bruton High before moving to Jamestown.

In the classroom, the history buff is an inclusion teacher who works mainly with kids with milder challenges such as Attention Deficit Hyperactivity Disorder, autism spectrum disorders, and various learning disabilities. “I like working with kids who overcome things,” Mark says. “Although really, I like working with all kids. They keep me young.”

As a coach, Mark’s highlights include coaching Carley Shannon, a Bruton runner, to two state titles, and leading the 2014 Bruton Girls Indoor Track Team and the 2017 Jamestown Boys Outdoor Track Team to state runner-up finishes.

“I enjoy running with them and getting to know all of them,” he says. “Whether you’re

DECORATING DEN INTERIORS



LOVE YOUR HOME

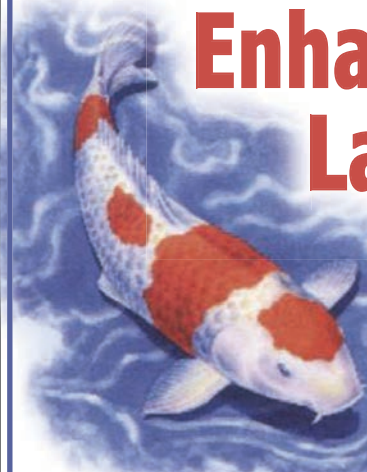
I create design solutions that not only enhance your living spaces, but give you peace of mind since I execute all phases. From concept to installation, I handle every detail, so all you need to do is sit back and love your home.

Amy Ahearn | Owner + Designer
757-378-2785 • amy@decoratingden.com
www.amy.decoratingden.com



Keep Your Koi Pond in Excellent Health

Enhance Your Landscape



- Maintenance
- Cleaning
- Construction Installation
- Service 24/7

Eastern Virginia Koi Ponds

Jack Robinson • 757-871-9700

Custom Made Ornamental Wrought Iron

Fences ○ Railings
Furniture
Gates ○ Garden Art
Accessories

757-871-9700

OrnaMetals

RESTORATION ○ WELDING ○ SANDBLASTING ○ PAINTING ○ FREE ESTIMATES

the slowest or the fastest on the team, you're still valuable." Some of his runners also have volunteered as junior coaches for the youth running club.

Other than parents who put too much pressure on their kids, discipline is one of the hardest parts of the job. At times, Mark has to be brutally honest to push athletes at the high school level to be their best, starting with those who don't follow his summer workouts.

"It's a demanding sport, and the kids have to want to do it," Mark says. "It's hard, but sometimes you have to suggest, 'Maybe this isn't for you.'" Athletes also need to be ambitious but realistic: "Sometimes they want too much too fast. You set high goals, yes, but you get there with smaller, reachable goals."

Mark and Karen are raising their kids to be active, too, testing out multiple sports and taking them to running club sessions. Luke, the Jamestown freshman, may turn out to be an 800-meter specialist like his dad, or perhaps a miler like his uncle.

Looking ahead, Mark Tompkins only wants to create more opportunities for young runners in the area. He hopes to expand his club's meetup locations to York County and upper Williamsburg, as well as perhaps travel to more competitions with his faster runners.

"I am inspired by so many of my young athletes," he says. "They have love, hope and dreams that are boundless." NDN

For more information on the Greater Williamsburg Distance Running Club, go to www.gurun.org.

Literacy for Life invites you to join us for our annual fundraiser



Friday, October 12 • 6:00 pm

**William & Mary School of Business
Miller Hall**

\$75/ticket • Purchase yours TODAY
www.literacyforlife.org/RBTW



**2018 Community
Partner Awardee
is Roy Hock!**

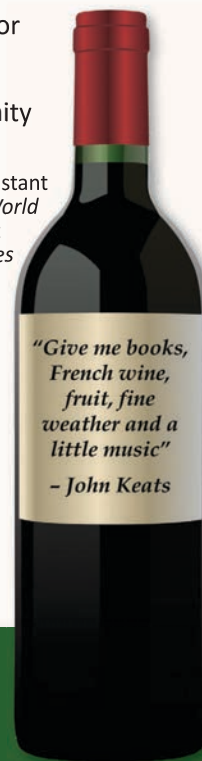


Join Christina Baker Kline,
#1 *New York Times* bestselling author of
***Orphan Train*, at this year's Reading**
Between the Wines fundraiser.

Enjoy scrumptious food, delicious wine,
exciting live and silent auctions, and an
entertaining presentation by Ms. Kline!

Proceeds directly benefit Literacy for Life, a non-profit organization committed to engaging and empowering adults in our community through individualized education.

Christina Baker Kline is the author of the instant *New York Times* bestseller *A Piece of the World* (2017). Her 2013 novel *Orphan Train* spent more than two years on the *New York Times* bestseller list, including five weeks at #1, and was published in 40 countries. More than 100 communities and schools have chosen it as a "One Book, One Read" selection. Her writing has appeared in the *New York Times*, the *San Francisco Chronicle*, *LitHub*, and *Psychology Today*, among other places.



Many thanks to our event sponsors: Langley for Families, Anonymous, Wells Fargo, Hargrove Wealth Management, Terry & Jack Murphy, The Lichtenberger Foundation, Wendy & Paul Ruffle, Mellette PC, Wilma & Marc Sharp, La Tienda, and the Dominion Energy Foundation.



**2018
Health Promoter
Award
Small Businessperson of
the Year Award**



Lisa W. Cumming Photography

Fit, Healthy and Feeling Good

By Ben Mackin

One day in late May local gym owner, Scott Grafton, received a call from the Greater Williamsburg Chamber & Tourism Alliance. They were having an awards banquet the next week, and they wanted to make sure Scott would be in attendance. In his good natured and unassuming manner, Scott confirmed that he would be present and went about his business of running

Jellenek Family Eyecare

Professional Eye Care

If you're looking for a great eyecare experience in the Williamsburg area, with a friendly, professional and knowledgeable staff to provide you with superior eyecare service, call us today!
757-645-3930
Over 1,000 Designer Frames! Buy One, Get One 40% off

4640 Monticello Ave., #8A • Williamsburg
www.drjellenek.com




Gregory P. Jellenek, OD

- Comprehensive eye exams
- Family Eyecare - children to adults
- Treatment for eye diseases
- Lasik & Refractive surgery consultations


Is Your Life in Transition?

We can help you through these challenging times...

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



(757) 784-7764



Kim Gibbons,
Project Mgr.
Laura Kinsman,
Owner

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

his fitness center, Iron-Bound Gym. “The ceremony was going on next door, and I’ve been a member of the chamber for a long time,” Scott says. He had known about the awards and had sent out nomination forms to the other businesses in the area but hadn’t thought more about it. On May 3rd, Scott arrived at the ceremony and no one was more surprised than he was when they announced that Iron-Bound had been named as one of the Small Businesses of the year.

“I was very overwhelmed,” Scott says of the honor. “When your peers nominate you for something, it’s great. I try to run behind the radar because it’s not just me. We have a great staff. Without the staff, and the members, this does not work. So, I accepted the award for everyone.” The sense of inclusion and community are things he comes by honestly. They are pillars that Scott has built Iron-Bound on in the 17 years since he bought the gym in 2001.

Scott has a lot invested in his business as well as in Williamsburg as a whole. Born and raised in James City County, Scott played numerous sports as a kid, though he particularly enjoyed tennis. He also spent eight years in the Fifes & Drum Corps. After graduating from Hampton Roads Academy in 1990, Scott matriculated to Virginia Tech where he majored in psychology and history. It was in college where he had his first taste of the fitness culture. “I had a roommate who was a gym guy,” Scott remembers. “I was always pretty thin and scrawny. He got me going to the gym. I am the opposite of most people when it comes to working out. I gain weight when I workout, which can be just as frustrating.” After graduating from Virginia Tech, Scott decided to shake things up and went to the University of Georgia where he earned a Master’s Degree in Social Work.

After the graduate program Scott returned to Williamsburg and began working in the local restaurant scene to make money while he applied for positions in his field of study. “I ended up getting frustrated looking for jobs and stayed in restaurants,” he says. “I became a restaurant assistant manager, then manager. Then I ended up with two, then three. I liked the chaos of the restaurant world.” Over the next few years Scott bounced from the restaurant industry to a dental management company in Virginia Beach and back to Williamsburg.

After his return from the southside, Scott was presented with an intriguing opportunity to own the gym he had been a member of since the early ‘90s. “Since 1992, whenever I was in town, I was a member of Iron-Bound,” Scott says. The late Warren Crammer opened Iron-Bound in 1983 and the gym had changed ownership a few times by the late ‘90s, with Warren staying on to manage the facility. During that time Warren became frustrated with the new ownership and wanted to see something different. He had gotten to know Scott over the years and had been cultivating him to buy Iron-Bound. The owner at the time had approached Scott about being a co-owner. Scott says, “I looked at the finances, and at the time it did not make sense for two people to split ownership. Back then the gym was in a leased building, an older building. I’m not sure when it was built. So, I was only buying the membership base. It was reasonable to take a chance.”

In 2001 Scott went through with the sale. “The first thing I did was fix two televisions on the wall that had not been working, and you would have thought I had bought all new weight equipment,” he says with a laugh. “It just shows you that sometimes little things go a long way.”

While small fixes were a good start, Scott had it in mind to change what



**OLD
POINT**
INVESTMENT SERVICES

Let Us Help You Navigate Your Financial Future

PRODUCTS & SERVICES

- Investment Planning & Asset Management
- Retirement Planning
- Stocks, Bonds, Mutual Funds & ETFs
- Long Term Care & Life Insurance



*Let's talk
about your
financial
goals!*

Tom Vitaletti
Wealth Strategist/Program Manager
thomas.vitaletti@lpl.com

4139 Ironbound Road | Williamsburg, VA 23188

OldPointInvestmentServices.com
757.728.1865

Securities and advisory services offered through LPL Financial, a registered investment advisor, member FINRA/SIPC. Insurance products offered through LPL Financial or its licensed affiliates.

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

Discovery Park Family Medicine



Accepting New Patients Same Day Appointments



Thomas Hoag
DO, MBA



Glenn Rauchwarg
DO, FAAFP



Virginia Knight
PA-C



Eileen Vernon
NP-C

Onsite Imaging and Lab

TPMG | Discovery Park Family Medicine
Tidewater Medical Center at New Town
5424 Discovery Park Boulevard, Bldg. A, Suite 201
Williamsburg, VA 23188



Office: (757) 345-2071

was a normal gym into an up-to-date fitness center that catered to a wide variety of workout needs. In 2006 word got out that a burgeoning New Town was looking to put a gym in the development. At the time he says it was a leap of faith, but in the 12 years since it has more than worked out. “New Town has kind of grown around us,” Scott says. “If you looked out the back door when we first built, there was nothing but woods and a gravel parking lot. Now we are in the middle of everything. It was a good move, and if we hadn’t done it, someone else was going to.”

In the almost two decades since he became the owner, Scott has kept busy professionally and personally. Right around the time the current Iron-Bound facility was under construction, he married his wife, Michelle. “I figured why not just do everything all at once.” He smiles. “Thank goodness she has been very supportive of me. Not only of me not being home some but also letting me bounce ideas and random thoughts off of her.”

Scott likes to keep a tight-knit staff, and many of them have become fixtures around Iron-Bound over the years. “I have been so lucky with people walking in the door or hearing about us through word of mouth or members who say they are looking for a job,” he says. “We are a big family, and I mean that, and that extends to our members, too.” Scott says that his gym’s role is not only about fitness and staying in shape but also taking care of the health of the community.

As Iron-Bound moves forward, Scott keeps his eye on the ever-changing fitness industry and watches for trends that will not only keep the facility relevant but will help his members stay motivated to lead healthy and happy lives. Currently, his members are all over the demographic map. “Our oldest member is 96, and he was in this morning,” Scott says. “We have school kids as young as 13.”

It is this service to a diverse community that earned Iron-Bound another award from the Williamsburg Chamber, this one celebrating their commitment to the health of the community. Greater Williamsburg Chamber & Tourism Alliance’s Health Committee named Scott Grafton the Health Promoter of the Year for 2018. “It’s not because he owns a gym. Rather, it’s despite owning a gym. Promoting health is about much more than diet and exercise” says Chamber health committee member, Allison Brody. “Scott does so much to make ours a community where everyone has the opportunity to lead a healthier life.”

Allison points out that Scott is known as a great employer and enjoys great staff loyalty. “The best things employers can do for their employees’ health is to pay them fairly, make sure they can access health insurance, and make them feel valued in other ways. Feeling valued is a huge component of mental health. When you have an employer who enjoys the loyalty Scott does, you know he treats people right,” Allison says.

Scott is also well known for holding multiple fundraisers that benefit different nonprofit organizations that greatly enhance the community’s health. He sponsors concerts, 5Ks, and more. He is always at these events literally doing the heavy lifting: moving coolers, sound equipment, tables or whatever else needs to move. Scott organizes fundraisers fare or a wide variety of veterans causes, disease awareness, and agencies like the Arc.

“Some business owners organize events to promote themselves. Not Scott. He steps out of the spotlight and focuses on the organization,” Allison says. “Scott has an old-fashioned work and service ethic and those two things combined go a long way to lifting up everyone in our community.” NDN



2637 BROWNSTONE CIR, Williamsburg
Many upgrades in this like new 4 BR, 2.5 BA home. Spacious 1st floor Master w/sitting room, dual vanities, walk in closet & double faucet tile shower. 1st floor family room w/gas stone FP & columns, Study, light filled morning room, vaulted ceiling & walk out porch. Formal DR w/upgraded HWs & crown moulding. Fenced rear yard w/deck, patio, rain barrels, shed & custom landscape! Kitchen - a functional balance of beauty, comfort and convenience! Kitchen has custom backsplash, walk in pantry with custom shelving and Eat-In bar area. Walk-in attic for storage! Roughed in outdoor gas line for future grill or firepit.



727 QUESNEL DR, Virginia Beach
Renovated kitchen w/custom granite, backsplash, cabinets w/soft close, S/S appliances (2 yrs old), gas cooktop, movable butcher block w/granite top & spacious eat-in bar area. Inviting morning room w/new wood burning FP & walk out patio. LR & traditional DR. Master Suite w/renovated BA w/granite & tiled walk-in shower. Townhome has been completed updated throughout, New Roof, New windows, new water heater, exterior trim wrapped, professional landscaped fenced yard, newer carpet (2 years old). 2 car driveway & minutes to Beach. This 3 BR, 2.5 BA townhome has been pre-home inspected!



864 SUGARLOAF RUN, Williamsburg
Colonial home in Seasons Trace! Charming 3 BR, 2.5 BA, 1,664 sqft home. Neutral paint throughout. Features wood burning FP. Impeccably maintained. Move in ready!



4313 CASEY BLVD, Williamsburg
3 BR, 2.5 BA townhouse located in New Town. HWs throughout 1st floor. Upgraded kitchen w/granite. 2nd floor hosts all 3 BRs - 2 having private porch walkouts. Attached 2 car gar!



Brandi Walker
UNLOCKING YOUR DREAMS

757.751.7743
Fax: 757.240.5671
brandwalker@lizmoore.com
brandwalkerhomes.com



Real Estate. Reinvigorated.
Licensed in Virginia

5350 Discovery Park Blvd., Williamsburg, VA 23188



Lisa W. Cumming Photography

A Commitment to Helping

By Anne Conkling

Do you remember details of the conversation on your first date with your current spouse, partner or significant other? Brock Dehlin does. “Megan casually said, who handles your car insurance? You really ought to check out State Farm.” Brock grins at the sweet memory. “I really thought that was a different kind of question, but then I learned she came from a whole family of State Farm people, includ-

ing herself,” he says. Today, Brock and Megan are happily married with three small children under the age of three, including a set of twins. After graduating from college, Brock was putting his degree in Social Work into practice, working nearly around the clock as a counselor and support staff in a group home for adults. He met Megan in Harrisonburg, Virginia, and they loved to visit Williamsburg. Both history

buffs, this town was their favorite destination, and accepting the opportunity to move here was a happy choice for the couple. Both Brock and Megan come from large families. In an ironic twist, Brock is the oldest of six children and Megan is the youngest of six. They had only been living in this area for one week when they received the news that Megan was pregnant with twins. As a parent,

Auto Wash, Lube & Detail Shoppe

 <p style="font-weight: bold; font-size: 1.2em;">Buggy Bathe</p> <p style="font-size: 0.8em;">WE SERVICE ALL MAKES & MODELS!</p> <p style="font-size: 0.8em;">OPEN 7 DAYS</p> <ul style="list-style-type: none"> • Express Washes • Interior Services • Complete Detailing • Tire Rotation • Oil & Lube Service • Preventive Maintenance <p style="font-size: 0.8em;">2217 Richmond Road • Williamsburg (Across from Yankee Candle)</p> <p style="font-size: 1.1em; font-weight: bold;">757-220-9315</p> <p style="font-size: 0.8em;">www.buggybathe.com</p>	<p style="font-size: 2em; font-weight: bold;">\$15⁰⁰ OFF</p> <p style="font-size: 1.2em; font-weight: bold;">COMPLETE DETAIL</p> <p style="font-size: 0.8em;">BUGGY BATHE <small>Not valid with other discounts or coupons. With this coupon. Expires 9/30/18. NDN</small></p>	<p style="font-size: 2em; font-weight: bold;">\$10⁰⁰ OFF</p> <p style="font-size: 1.2em; font-weight: bold;">OIL CHANGE</p> <p style="font-size: 0.8em;">PENNZOIL</p> <p style="font-size: 0.8em;">with a CAR WASH</p> <p style="font-size: 0.8em;">BUGGY BATHE <small>Not valid with other discounts or coupons. With this coupon. Expires 10/31/18. NDN</small></p>	<p style="font-size: 2em; font-weight: bold;">\$3⁰⁰ OFF</p> <p style="font-size: 1.2em; font-weight: bold;">GOVERNOR'S CARRIAGE WASH</p> <p style="font-size: 0.8em;">Full-Service Wash Undercarriage Wash Triple Foam Wax • Polish Wax Dash Protectant • Wheel Magic Tire Gloss • Air Freshener</p> <p style="font-size: 0.8em;">P9C371DR3X</p> <p style="font-size: 0.8em;">BUGGY BATHE <small>Not valid with other discounts or coupons. With this coupon. Expires 10/31/18. NDN</small></p>
--	---	---	--

Brock feels like part of a very special club. He loves being a parent. "Being a Dad is the greatest job in the world," he says with pride.

Brock is now an insurance agent in Williamsburg. Megan helps with the social media for the agency, so her degree in communications is a great fit.

Insurance is one of those necessary pieces of our lives, and while some policies, such as auto, are required by law, Brock believes life insurance is a gift of love. "It's really love insurance," he says. "Being sure your family will be taken care of, that is a real legacy to leave behind."

In his work, he is always grateful when he is able to tell a spouse or family member that there is insurance in place, and he wants to bring them a check. Someone ahead of him has asked the right questions and helped a family to be provided for in case of death or disaster. "I am so blessed to be able to help people. Every day I feel so lucky to be in this job, to be my own boss and able to help others. It is so good to tell my clients that if something hap-

pens, they have someone in their corner, someone who can help make their life whole again." He shares the experience of a young man who called to see if by any chance his father had any insurance. Brock was able to verify a small \$35,000 policy, and the gentleman was beyond grateful, absolutely in tears.

A big part of the job is educating people as to what is necessary for good coverage. Asking the right questions is important. What kind of lifestyle do you want to maintain for your family? What kind of a safety net will be needed? What kind of hole will be left in your family budget? What are the monthly expenses? Are there young people to be educated? Does someone need special care? "Everyone needs to be educated on this."

Many times Brock has received calls from a surviving child or spouse who has no idea where to turn or what to do in case of a death. In an all-too-familiar scenario, only one person knows all of the financial details, what the payment schedule is and how to handle all the bills. When life changes, for whatever

reason, all these details become vital to getting through to the next day. Talking about things together is a good start. Having papers organized or computer files clear and accessible is also important. Passwords are key to finding information. Insurance is a big part of any plan, and for the sake of future health all of the pieces should work together.

He is serious about his commitment to helping. There are many opportunities to help in our community, and often Brock and his team are out working to raise money for Latisha's House, or working at the House of Mercy or ringing the bells at Christmas for the Salvation Army. "Being in the community, making a difference, providing real service. It is all part of our commitment to the community in which we live and work." Brock is active in a local church and very busy with the Rotary club. More opportunities for hands-on service, such as building a home for Habitat for Humanity, come through the network of State Farm agents.

BREAKING THE CYCLE OF DEPRESSION

Treating Depression with State of the Art Technology



We are the first in the area to introduce a new era of treatment of major depression - Transcranial Magnetic Stimulation (TMS). TMS is a safe, effective, drug-free treatment that does not require hospitalization and has proven to be particularly effective for those who have not responded well to medications and/or therapy. It is a well tolerated treatment that stimulates regions of the brain responsible for depression and brings significant reduction of depressive symptoms.

Take Steps to Restart Your Life Today.

Please Call Today with Questions and/or to Schedule an Evaluation.

757-229-7927



FAMILY LIVING INSTITUTE

COMPREHENSIVE BEHAVIORAL HEALTH SERVICES

www.familylivinginstitute.com
www.brainsway.com

1307 Jamestown Road
Suite 202 • Williamsburg

Professional Service, A Better Wash-For the Right Price!

Rite-Wash



Professional Pressure Washing, & Soft Wash Systems

provided by Wind-Mart



- Washing, House Ext
- Deck Stain & Seal
- Roofs (safe on Shingles)
- Driveway Sealing
- Decks
- Gutter Cleaning
- Driveways
- Ext. Wood Repair & Painting
- Walkways

Williamsburg, VA
Local, Family Owned
& Operated (Fully Insured)
Rite-Wash is an Extension
of Wind-Mart, LLC



Call Today! Free Estimates
757-221-9500
www.Rite-Wash.com

His assistance is not limited to business hours. He assures his clients, "If something happens at 3 a.m., I will meet you there." So many things can be done online these days, but the Brock firmly believes that you need to be on face to face, friendly and comfortable terms with your insurance agent. Trust and reliability don't necessarily translate in a text or an email. This is a relationship between real people, working on handling real life situations and developing potential solutions.

It is clear that Brock enjoys being in this area. Living in the Historic Triangle offers the Dehlin family many opportunities for recreation, learning, networking and making new friends. "Harrisonburg has history, but it is so quiet," Brock says. He grew up in Utah, a state with rugged terrain and scenic mountains. Brock sees Virginia mountains as more gentle, and he and Megan enjoy hiking. Because Virginia is full of historic sites, the family has many places to visit. He sees all of this as a blessing and revels in the abundance of life here.

An avid reader and podcaster, Brock studies financial planning. Despite the technology of eBooks, he still loves the feel of paper and actually holding the bound book. "Sometimes it just has to be a book." Podcasts are extremely accessible and cover a variety of subjects. For Brock, the more he hears, the more he wants to hear.

For Brock, being passionate about life and the opportunities to serve and give back to the community is both a gift and a habit to be cultivated. Helping people on their journey and understanding how to engage in positive conversation about options can be a very big part of customer relations. Building trust and comfortable relationships play a role in sales, real estate, insurance, mentoring, friendship, education and sports. Figuring out a real mission in life, finding his role in the larger puzzle of existence isn't relegated to philosophy classes on the college level, it can be who we are every day. As Brock Dehlin knows, "Life can be most satisfying." NDN

Next Door Neighbors

Publisher.....Meredith Collins
 Editor.....Narielle Living, narielleliving@gmail.com
 Copy Editors.....Al White, Ginger White
 Photographers.....Lisa Cumming, Corey Miller
 Graphic Designers.....Sue Etherton
 Account Manager.....Anne Conkling

Writers

Linda Landreth Phelps, Rachel Sapin, Brandy Centolanza, Alison Johnson, Susan Williamson, Lillian Stevens, Melanie Occhiuzzo, Morgan Barker, Susannah Livingston, Erin Zagursky, Cathy Welch, Erin Fryer, Christopher LaPointe, Michael Heslink, Naomi Tene' Austin, Gail Dillon, Lauren Plunkett, Ben Mackin, Laura Lane, Dawn Brotherton and Tryna Fitzpatrick, Anne Conkling, Harmony Hunter, Kathleen Toomey Jobs

Advertising Information

Meredith Collins

(757) 560-3235

meredith@williamsburgneighbors.com

www.WilliamsburgNeighbors.com

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

Circulation: 41,242



COLLINS GROUP

PO Box 5152, Williamsburg, VA 23188

The TPC Family Values You and ...

Our attorneys specialize in various areas of planning:

- Estate
- Special Needs
- Medicaid
- Life Care Planning
- Tax & Business
- Asset Protection
- Elder Law

Other skilled areas:

- Veteran's Benefits
- Guardianship & Fiduciary Services
- Probate & Trust Administration



Loyalty:

We value **LOYALTY**. We are faithful to our clients, to our commitments, and to our obligations. Consistently meeting and exceeding expectations earns respect and trust, and we value our reputation with our clients and within our community.



The Peninsula Center

for Estate and Lifelong Planning

461 McLaws Circle Suite 2

Williamsburg, VA 23185

757-969-1900 www.tpcestate.com

Awakening Your Inner Fire Breather

By Narielle Living



Lisa W. Cumming Photography

Corrine Check, who owns Drachen CrossFit with her husband, Adrian, has a very clear set of health and fitness goals: “I want to be 70 and able to pick up my grandkids and carry them or sprint across the street and grab them if they need me. I want to do that forever, and Cross-

Fit, Drachen, can help me do that.”

Although always athletic, Corrine began to train in CrossFit after she had a family. “I was 33 when I started CrossFit,” she says. “I’d had three babies, and I could run. I couldn’t do a pull up, I could barely do a pushup. I never

thought I’d lift weights other than baby squatting and a machine at the gym. Now I can do these things and they’re fun!” Corrine’s mother trained with her for a period of time, beginning CrossFit at the age of 55. “She still goes to the gym.” Corrine notes that for some people the

New York Deli & Pizza

Best of Williamsburg Winner 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016 and 2017.

10% Entire Check off with this Ad

Excludes Alcohol. Offer Expires 10/31/18
6546 Richmond Rd. • (757) 564-9258 • newyorkdelipizza.com

NDN

House Won't Sell?

#1 Property Manager for 2011, 2012, 2015 & 2016!

We'll Help You Rent It!

We're your full service Property Management Department: residential listings, owner services, tenant services and more!

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

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

Century 21
NACHMAN REALTY

www.century21nachman.com

goal might be to continue living an independent lifestyle as a senior and maintain functionality within the home.

Both Corrine and husband, Adrian, lived in Hampton, Virginia as kids, and both came from military families. They didn't meet until Corrine was approaching the end of high school. "We met because of soccer. His dad and my dad were helping me train. Adrian was an amazing soccer goalie." Corrine had originally considered attending the Air Force Academy after high school, but those plans changed, which allowed her relationship with Adrian to continue. "I picked William & Mary, and I never regretted it at all." Corrine graduated with a Bachelor of Science Degree in Kinesiology, and after having children returned to school to pursue her nursing degree. "I found CrossFit and nursing at the same time." For Corrine, the two disciplines of CrossFit and nursing marry well, giving her a slightly different perspective on human anatomy.

Adrian went to Virginia Tech for a couple of years, then returned and joined the Marine Corps. After her college graduation, the couple married. "We lived in Hampton and Newport News until our daughter was nine years old. When we opened Drachen, we sold our house in Newport News and built a house up here and moved everything. Adrian still works full time in Suffolk."

The couple loves living in Williamsburg. "We enjoy the fact that everyone kind of knows each other," Corrine says. "It really is that small town feel. I graduated from W&M in 2002, and since then we have grown so much here. I love it as being a little slower paced, and you can breathe and enjoy it. There's always something outside to do, which is great."

Drachen is tucked away in a building on Alexander Lee Parkway. The space is cavernous, with weights and machines lined along the perimeter. A large screen is mounted on one wall, displaying fitness routines for the day. "CrossFit is infinitely scalable," Corrine says. She notes that each day is a different workout. "We have a system," she says, pointing to the computerized screen on the wall. "It holds the workouts, and it tracks workouts." After Corrine, or one of the coaches, meets with a client, they write up a suitable workout for that person and enter it into the system, making it easy for the client to access. "When they come in we talk and I'll ask how they are feeling. My job, or my coaches' job, is to find that out." The five minute "meet and greet" is scheduled to ascertain how a client is feeling that day, whether they are experiencing any pain and what type of physical activity they had performed before coming to workout. Corrine notes that most of the workouts are based upon intensity. "We have this goal in mind that we want you to work really hard for a certain amount of time, almost like interval training."

Each day of CrossFit training is different, though. "Every day it's written up, and the coach is here to walk you through the routine and remind you what it looks like." Most importantly, coaches assess a person's form to ensure safety. "Mechanics always come first. You have to be consistent with your mechanics before you can go fast or go heavy, whatever that intensity piece is for you. If someone is not moving well over and over again we never load that last piece."

At Drachen, part of the coaches' job is to encourage community build-



Binns
OF WILLIAMSBURG

Fashion Starts Here

FOR OVER 92 YEARS

Binns of Williamsburg has provided personal shopping experiences and been where to find the latest fashion advice for discerning women.

We travel the world to find exclusive items in all major categories women like to shop.

Sportswear
Italian Leather Department, Bags and Accessories
Designer Collections
Unique European Designer Collections
Cosmetic Brands & Specialty Fragrance
Shoe Salon
Holiday Heirloom Christmas Dept
Art and Porcelain Gallery

A SPECIAL, SPECIAL OCCASION DEPARTMENT

We specialize in finding that perfect dress
Special Orders are our Specialty
Hundreds of dresses in stock
That's lots of Special, just for you!

TRUNK SHOWS ON A REGULAR BASIS

Please come in and test us.
Let us show you why, for almost a century, we have been Virginia's leader in women's fashions.

Personalized Attention -
Your Personal Shopper

4900 Monticello Ave., Williamsburg, VA 23188

Call 757.229.3391 for more information.
Visit us on Facebook: Binns of Williamsburg
www.binnsonline.com

The Finest Steaks, Chops & Seafood



FREE APPETIZER!

Present this coupon and receive a **FREE APPETIZER** with the purchase of any dinner entrée from our regular dinner menu. Up to four guests may use one coupon.

Choose from the Following Delicious Appetizers:

Shrimp Cocktail, Ahi Tuna, Calamari Frita, New Orleans BBQ Shrimp, Bourbon Pecan Brie, Chesapeake Bay Fried Oysters or Homemade Onion Rings.

Excludes Lobster Scampi & New Zealand Lamb Lollipops and Lump Crabcake. Coupon not valid with Prix Fixe or Reception Menus. Not valid with any other offer or promotion. May be used during dinner hours only. Not valid for private dining.

RESERVATIONS SUGGESTED • Coupon Expires 10/31/18



New Town Center
5143 Main St

757-645-4779

Opus9Steakhouse.com

NDN

ing. “We love competitions, but that’s not our ultimate goal. Our ultimate goal is to build a better community for people to do something fitness related so they can stay well.”

So, what makes Drachen CrossFit different from a gym? “I am close to a personal trainer,” Corrine says. “I’m going to make sure when you come in that you don’t have to think too much. You’re going to come in, and I’m going to have written your warm up and your workout, and when you’re doing them I’m going to help you remember the things we’re working on. I’m going to help you set goals, and I’m going to talk about things like what your cabinet looks like. Those things come naturally in a CrossFit space.” Corrine states that although they may be slightly more expensive than a membership at a regular gym, the benefits are broader. “Every time you come in, you don’t have to stare at a machine and wonder what to do. I’m going to tell you what to do, and I’m going to encourage you while you do it. CrossFit meets you where you’re at, and we take you where you want to go and help you along the way.” While each coach has a different personality, their goals all remain the same: to help you feel better about yourself, and find things you’ve never done.

CrossFit is a branded regimen, and all gyms who use this name must be affiliated with the parent company. The tricky part, sometimes, is that only one gym can be assigned a particular name. So, when it came time to name their organization, Corrine and Adrian sat down to come up with a plan. “When you request to be affiliated you fill out papers, write an essay and submit names. We wanted something old world feeling, something that came with an image.” As they discussed possible names, they remembered the CrossFit saying about being a fire breather. “That’s someone who works really hard and puts it out there no matter what they are doing,” Corrine says. “We decided on Dragon, but there was a Dragon CrossFit in Wales.” Adrian, who’d learned some German in high school, suggested Drachen, the German word for dragon. “We submitted it and they said yes. Awakening Your Inner Fire Breather is our tagline. Our goal is to help you be you, but healthier.”

Drachen is hosting a fundraising activity for the Road to Hope bicycle ride, a 250+ mile ride that benefits surviving families of law enforcement officers who died in the line of duty. “One of our coaches is a James City County police officer, and they do the Road to Hope bike ride every year. On October 20, Saturday, our gym will be open for people to come in and get a workout, give a donation and get a t-shirt. We’re writing the workout and staffing the coaches to make sure everyone knows what to do. We start at 10 to 12.” Corrine encourages people to drop by and workout, explore the space and make a donation. Activities at the venue will be ongoing.

There is one thing Corrine Check wants everyone to know about CrossFit: Don’t be intimidated. “We’re all real people in here, moms and grandmas, dads and teenagers. We are here for you whether you are 300 lbs. walking in the door or 95 lbs. We’re going to meet you wherever you are in whatever journey you are going on. We want to be a part of it. Our dream for this place is that it’s a haven for men and women, and you’ll discover something about yourself.” NDN

CHOP UP THE CHARGES WITH GROW GREEN CHECKING

Refunded ATM Fees
Mobile Deposits
High Yields & More!

Healthier Checking

1.51% APY



WE’RE SERVING UP SMILES AT:
BAYLANDSLOANCHALLENGE.ORG

888-843-2520

APY = Annual Percentage Yield. Dividends are compounded daily and credited monthly based on the average daily balance method. You must satisfy all of the requirements in our Truth in Savings disclosure during each qualification period to obtain the qualifying percentage yield. ATM fees may be refunded up to \$25.00 on qualified accounts. If you close your account before accrued dividends have been credited to your account, all accrued dividends will be forfeited. Fees may reduce earnings. No minimum balance required, although \$5 must be deposited into a Share Savings Account in order to open a Grow Green Account. Balances over \$15,000 earn .05% APY. If requirements are not met, the APY on all balances will be .05% APY and normal ATM fees will apply. This rate is effective as of 07/01/2018 and is subject to change. See Member Service Representative for additional disclosures. This credit union is federally insured by the National Credit Union Administration.

FLORINA TUSA-WYSS



Lisa W. Cumming Photography

Reaching *for* Perfection

By Harmony Hunter

For Florina Tusa-Wyss, yoga is more than just a weekly workout. It is a way of life. A native of Switzerland, Florina joined the Williamsburg community in 2013. Together with her husband, she owns and manages Body Balance yoga studio in McClaw's Circle just off of

Route 60.

She, her husband and two daughters are avid travelers. In addition to residing in their native country, the family previously lived in Australia before settling in Virginia. "We are kind of gypsies," Florina says. Family and friends offered

a warm welcome here, and the Tidewater area has become home base for their new business venture.

Florina is certified internationally in physical therapy, holds two master's degrees and speaks two languages fluently. A deep understanding

YOU'RE ABOUT TO LOSE \$1000!

If you don't use your dental benefits or flex spending by December 31st, you lose them!

If you still have treatment that needs to be completed, call us today to schedule your appointment before you give this valuable money back to your insurance company. You paid for it, you should use it!

Last year many patients who waited until December to use their dental benefits or flex benefits were unable to get appointments in this high demand time. **AVOID THE RUSH!** Don't wait until December 31st when your benefits run out.

 **Curry Dental Center**
Dr. Lisa J. Curry



312-H Lightfoot Rd., Williamsburg
757-280-1347 • www.williamsburgdmd.com

Dr. Lisa J. Curry



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

Look no further.

Having one special person for your car, home and life insurance lets you get down to business with the rest of your life. It's what I do.

**GET TO A BETTER STATE™
CALL ME TODAY.**

Fuentes Ins. and Financial Svcs, Inc. • Javier Fuentes, Agent
3208 Ironbound Road • Williamsburg, VA 23188

Bus: 757-220-9910
sfvirginia.com



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

of anatomy, injury and recovery allows her to use yoga as a complimentary modality for healing. "I've liked to practice, always," she says.

When the opportunity to take over the Body Balance studio presented itself, Florina had the perfect place to combine the meditative aspect of yoga with a meaningful healing approach earned through years of work in hospitals and clinics.

Florina's core philosophy comes to the forefront when she speaks about the ideal practice of yoga at the studio where she teaches. "It's a very Swiss word, but I like to say 'perfection,'" she says. Giving students the space and the encouragement to find precision and alignment as they move through the asanas, or poses, facilitates a deeper mind-body connection that can be physically challenging yet calming and centering at the same time.

"I don't want to see students in class who don't have a good alignment. I want the teachers to correct them, or give them the opportunity to get it better," says Florina. All of her

teachers teach "off the mat," meaning that they roam the classroom and assist students by suggesting small adjustments in their poses to help them feel the greatest benefit of their practice. Locked knees and tense shoulders can be gently released so that students can relax into a posture to find strength and balance.

Yoga can be an excellent physical discipline, but at Body Balance Studio, a deeper goal is woven through the practice. "What makes us different is our therapeutic direction. It's one of my visions, and I work very hard on it," Florina says. A staff of high-caliber instructors makes this possible. "I don't want people to feel that they've come to therapy, but in order for this to happen in a lesson, the teachers have to be phenomenal," she says. Yoga therapists at Florina's studio must meet a high standard and participate in ongoing training and learning to constantly adjust their teaching style.

Although perfecting each individual's practice is an ideal at the studio, Florina is quick to point out that yoga is for everyone, from the

advanced practitioner to the first-time learner.

"We have beginner classes and one-to-one classes that break down the poses slowly to show the way to create the right position in your body," she says. At its heart, yoga is a very personalized discipline. In addition to introductory workshops, Body Balance offers a range of options from challenging cardio with Vinyasa classes to deep tissue release through long-held poses in gentler Yin yoga sessions.

On any given day, a student might feel differently about what poses they are ready for, and that kind of connection with the present self is encouraged at Body Balance. A mission at the studio is to urge people to move with awareness and sensitivity to themselves, never pushing through poses, but rather listening to their bodies.

"Each body is different, and the stretch should feel good in your own body. It's my job to make you feel comfortable by helping adjust the poses. I see when people overdo, or it's only about the pose. You might not be ready for ev-

How Can Upper Cervical Chiropractic Care Help My

MIGRAINES?

If you are one of the 46 million Americans who suffer from migraines every year, upper cervical chiropractic care may help you!


Many migraines are caused by irritation of the blood vessels in our brain. A stimulus causes the brain's blood vessels to go into spasm, decreasing blood flow. Once the muscles in the arterial walls fatigue, the blood vessels open completely and blood rushes into the head, causing intense throbbing and pain. Migraines are often debilitating and interfere with quality of life, but we can treat them naturally.

The atlas is the very first bone in our spine and has a direct relationship with the blood vessels and nerves in the brain. Using X-rays, an upper cervical chiropractor can assess if the atlas has misaligned, which can cause direct irritation to the blood ves-

sels and nerves, often leading to migraines. We use these X-rays to precisely measure down to the millimeter how the atlas has shifted, then gently restore it to its proper alignment. This adjustment removes the irritation, can greatly reduce the frequency of migraines, and is safe and gentle for people of all ages.

If you suffer from this debilitating condition, call us today to schedule a consultation. We look forward to serving you!

Brandon T. Babin, D.C.
Via Vitae Chiropractic



www.viavitaechiropractic.com
757-208-7108
4511 John Tyler Highway, Suite B • Williamsburg



Fourth Annual 2018 **ECW** AutoFest

Saturday, October 13, 2018 — Williamsburg Jamestown Airport

REGISTER YOUR VEHICLE TODAY!!

All makes/models welcome!

Trophies-Prizes-Community

Join us at our Fourth Annual 2018 ECW AutoFest

Our fundraiser car show is at the
Williamsburg-Jamestown Airport
100 Marclay Drive, Williamsburg, VA 23185
10:00 a.m. to 2:00 p.m.

All proceeds benefit CHKD and the VCU Pauley Heart Center

More information and register online at:
www.eurocarswmbg.com/events1.htm or
call 757-220-9660 x1 and ask for Helen

OUR SPONSORS

ery pose if the alignment is not right. Every day is different. Don't force it," Florina says.

The social culture of the studio is another area where Florina strives for something authentic. In a busy world too often filled with superficial pleasantries, she wants students to feel comfortable coming just as they are, physically and mentally. "It's not about what you're wearing, just come with your mat. Everyone is beautiful and everyone is enough," she says. Creating an atmosphere of acceptance means that people are not obligated to project a cheerful persona. "I love when I see people say, 'I didn't have such a good day, but I came,'" Florina says. Whether yogis are in the mood to chat or need a solitary, meditative practice, Body Balance embraces them both.

Coming to yoga after a bad day or a tough week can be restorative and renewing. "Yoga gives me such a nice balance in my life. It is really true that the worse life gets, the more you should do it." Taking the time to breathe, move with intention and do what your body

is able to do on a given day is a valuable way to check in with yourself and release tension. According to Florina, yoga practitioners gain a particular additional advantage. With a smile, she says, "Yoga people always have nice skin and a glow in their face. It's not just a workout on a machine. It's so much more. It's the energy exchange in the room."

Yoga also is an effective component of treatment for ailments including arthritis, anxiety and injury rehabilitation. Florina says, "You work along the meridians, and you work with three-dimensional movements. You work with your own body weight, and you do a lot of things which I would say you have to do in your daily life. You feel internally what happens."

Although yoga is an ancient discipline, new philosophies and angles keep the field of practice fresh and relevant. Body Balance studio will be among the first studios in the United States to offer the Cantienica Method for Body Form and Posture, an accent to traditional practice focusing foremost on skeletal alignment and

then building asanas and stretching out from that ideal body framing. Posture and tone are improved in this training that anchors itself at the center of the body.

The Cantiencia method originated in Europe and centers around the idea of "vivatomy," the alignment of the living body. "It's deep pelvic floor training. We want to first stack the bones on each other, then we wrap the connective tissue and everything around in the position it should be. You can include that in every yoga position," Florina says. Innovative new visions like these can be applied to every level of practice and keep the field of study lively.

Florina Tusa-Wyss's zest for the practice of yoga and the multifold physical and psychological benefits is contagious. It's impossible to hear her talk without wanting to roll out a mat and take a class. Her enthusiasm is fueled by an enduring exploration of the field and an openness to incorporate new philosophies. About her lifelong study of yoga, she says, "There's not a goal or an end. It's the path, always." NDN



Your Life. Your Style. Your Plan.

Tour the recently renovated River Court apartment homes and learn about our \$1,500 "Welcome Home" Package!

757-585-4435



Your Vibrant Lifestyle. Your Plan for Tomorrow.

Live vibrantly at Williamsburg Landing, enjoying an all-inclusive resort lifestyle that emphasizes choice, convenience and comfort. It's easy to relax today when you have a plan for tomorrow, with all levels of care available.

Best yet, Williamsburg Landing is the only Life Plan Community in the Hampton Roads area to earn distinguished accreditation – regarded as the mark of exceptional quality. Less than 15% of communities in the country have earned this distinction!



**WILLIAMSBURG
LANDING®**



www.WilliamsburgLanding.org
5700 Williamsburg Landing Drive | Williamsburg, VA 23185

Maintaining Health and Wellbeing On All Levels

By Narielle Living



Lisa W. Cumming Photography

At first glance, Christopher Bosco, DC, is a laid back, easygoing chiropractor with a thriving business in New Town. Underneath that demeanor, however, is a serious man who is passionate about the health of his family, friends and community.

Originally from New Jersey, Bosco (as he prefers to be called) relocated to Williamsburg to escape the frustrations of the crowded northeast. "My parents had been coming down regularly here since I was a kid," he says. "They came every year, and they loved it." His parents

had suggested he explore his options in Williamsburg. "They had bought a condo here, and they said I could live in the condo because they were only down here a couple of times a year. For about a year I came down with them about once a month." Those monthly trips helped him to find a place to open his new practice and soon he was ready for business.

Bosco had a very specific plan for what he wanted to do as a chiropractor. He knew there was more to the field of chiropractic, and he wanted to expand his practice into a variety of

alternative modalities. While living in New Jersey, he was utilizing various techniques that he felt would enable his patients to grow into their wellness, but it wasn't as popular as he thought it would be. "I was frustrated," he says. He was trying to introduce his patients to complementary energy techniques with varied degrees of success. "It wasn't resonating around there. I was doing talks and going to stores and doing demonstrations, and it didn't build enough for me to make a living at it up there." Plus, there were many chiropractors in his area, mak-

Certified Public Accountants

Simplicity, Accuracy, and Trust

- Tax Preparation & Compliance
(Personal, Business, Trusts, and Estates)

- Assurance & Consulting
(Compilation, Review, and Audit)

- Business Advisory & Support
(Planning, Payroll, QuickBooks, & Other Accounting Services)



Rodney Bolyard, CPA



1209 Jamestown Rd.
757-903-4403

www.mossandriggs.com

Everyone Needs a Little Help Sometimes.

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



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



757-345-0393

243 McLaws Circle, Suite 102

www.CaregiversInHomeCare.com

ing competition fierce. “New Jersey is densely populated, and chiropractors were on every corner.”

Bosco attended chiropractic school at Life University in Marietta, Georgia. After he began practicing in New Jersey, he had a life altering event which would forever change his approach to healing. “I was in a really bad car accident, and that’s part of the reason I got into energy work.” According to Bosco, energy work is the one thing that helped him to recover. “I went through four years of chiropractic, physical therapy, all the pain management stuff and everything you can think of conventionally outside of chiropractic.” But traditional Western medicine alone was not going to help him to recover.

In a twist of irony, Bosco recalls what he had often said to his patients. “I always told my patients to avoid surgery, spine surgery, any kind of surgery. Prevent it if you can. There are just inherent risks with surgery.” After four years of suffering from his injuries from being in the car accident, he had to face the inevitable. “The entire left side of my body was almost fully dys-

functional, almost paralyzed. I couldn’t move it, and I was in severe pain all the time.” After seeing multiple doctors, and having to stop chiropractic work because he was in so much pain, he agreed to the surgery. “I was almost bedridden for six months,” he says. “When I got in the accident, I was in so much pain I couldn’t move. I didn’t want to take any medication. I tried to do the right thing. I wound up breaking down and getting the spine surgery on my neck, my cervical spine. They were just going to take out the worst herniation.”

Overall, the entire experience was difficult. Bosco lost almost 50 pounds. He had been an avid athlete who worked out all the time but was unable to do so anymore. “I used to be able to bench press 450 pounds,” he says, remembering. “I thought I shouldn’t have all these problems. I’m strong enough, but it has nothing to do with that because there are other things involved with getting into an accident and the damage to the body. My body just hurt so much.” Everything changed for Bosco when he found the techniques and machines he uses today in his practice. “Once I found

these machines to help repair the body and find the underlying causes, I started to heal properly from the inside out instead of superficially or symptomatically.”

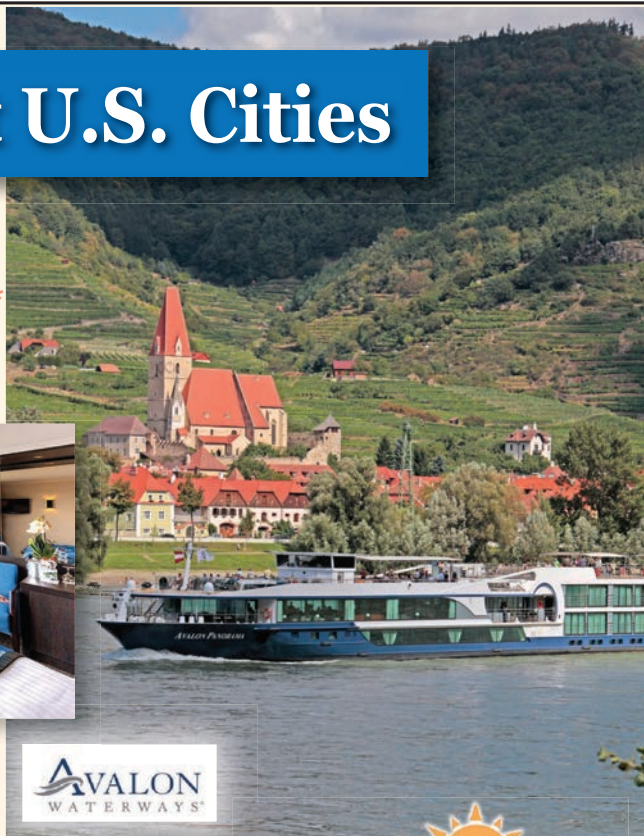
Bosco discovered these new techniques when he attended a seminar for chiropractic. “They talked about some new stuff, other energy stuff. I knew I needed to learn about this. We had the machine where I was working, so once I figured it out and did the research, I started using it. I started seeing the results, and I was actually healing from the inside out.”

He says this is because he wasn’t masking any symptoms or superficially healing anything. “I almost had tears in my eyes, it was ridiculous. I couldn’t go through life like that,” he says of his pain. As he gained strength and continued to heal, he was then able to resume his prior activities, such as weight lifting. “I wound up being super happy about having the surgery because it just 180ed everything. I was in a lot of pain for about a year after the surgery, just with the body and the soft tissue, and the nerve was getting atrophied so I had to rebuild all that back up. But I’m a much healthier person now.”

Fly FREE from Select U.S. Cities

on Select 2019 Avalon Waterways Europe Cruises*

Sail on the Rhone, Rhine, Danube and more. Choose from dozens of itineraries, even Christmas Market River Cruises.



Away from the hustle & bustle of busy highways, great rivers flow through beautiful landscapes. Experienced travelers agree that an Avalon Waterways river cruise is the most enjoyable & hassle-free way to discover & explore the sights.



*Book a select 2019 Avalon Waterways Europe river cruise, receive free round-trip economy class trans-Atlantic air from select air cities. Other gateway cities available from \$200 to \$1,075 pp additional (inclusive of taxes/fees). Air offer is based on lowest-priced economy class Flex airfare available for booking at time of reservation and scheduled to coincide with cruise itinerary; seats assignments are subject to availability. Alternate schedules may be available at an additional cost. New bookings only for US originating travelers and economy class Flex air tickets; must be booked & under deposit between Aug 29 – Oct 23, 2018 and paid in full by Oct 30, 2018. Offer does not apply to instant purchase air, Group Air (groups of 10 or more) and group air contracts. Offer combinable with the Welcome Back Credit. Not applicable on Royal Suites. Promotional discounts do not carry forward on voluntarily changed air bookings; other promotions at time of change may be available. Ticketed air subject to minimum \$300 penalty plus fare difference. Baggage fees may apply. Air schedules available 330 days prior to return travel date. Flight schedules, routings and air carriers are at the discretion of Globus family of brands. Additional restrictions apply; see Travel Terms for details. Offer may be withdrawn at any time. Offer available from participating GFOB offices only. CST#2017032-20. PRMYFK

Call the Travel Professionals
at Warwick Travel!

Williamsburg • 757.229.7854
Newport News • 757.599.3011



www.warwicktravel.com

His practice, the BioHarmony Rejuvenation Center, is focused on the physical and emotional wellness of his clients. Bosco is very attuned to helping people reduce stress and regain balance in their lives. His approach is always client first, a philosophy that became apparent while he was talking. In the middle of a sentence, the office door chimed, indicating a patient had walked in. After excusing himself, he went to the front room and talked with someone who had gotten their appointment time confused. Rather than turn his patient away, Bosco led the person into a room and set him up for his treatment.

Bosco says that the heart of what he does is advance active stress management. "Everyone knows that things can create stress in the body. If you work out too much the stress you just caused makes you sore the next day. So you understand some common sense things, and if you work too much or if a student is studying for exams, they may get worn down or have a headache because they are stressing the body mentally. There's also emotional stresses, chemical stresses, and the list goes on. Every single

thing you can think of that's out there can be considered a stress to the body, whether it's good or bad. Our bodies are amazing in that they are able to take the stress and determine what it is, then discern what the body needs to do to rebalance it."

According to Bosco, we are taught to use drugs to take care of our symptoms. For example, we might take aspirin for a headache. "When you do that the signal your body is giving you doesn't go away. The drugs take care of the symptom at that site but over time the medication doesn't work anymore, so the body pushes harder." This then creates a cycle of stress and pain that never truly addresses the underlying cause of the pain.

The services he performs in his practice are varied, and include pulsed magnetic cellular exercises, low level light therapy, emotional CPR, and the use of the SpectraVision, which detects interrupted energy flows within the body. In addition, he offers classes on Wing Chun Kung Fu. Bosco says that this range of modalities gives people the ability to process and transform both physically and mentally

so that they can achieve optimal health. "You have to want to come to the truth of what is aching you, or ailing you or whatever is bothering you. If you do that the body will heal."

Dr. Christopher Bosco has patients from other parts of the country who come to Williamsburg for his services. "They come to see me because of my specific, energy-based chiropractic adjustment. People come from Florida, Michigan, Ohio and New Jersey," he says. "These are people who heard about me and they'll come every 3 to 6 months or when they're able to. They all have their own chiropractors they see regularly, but those chiropractors don't do what I do."

Everything Bosco does, from his analysis of a patient to teaching about energy alignments and stressors, is designed to be preventative and used for maintenance. Sometimes explaining this type of work to the public can be difficult, but Bosco believes strongly in the healing power of what he does. "Most of the people who come in here know what these things do and they understand how the body works, and they want to prevent things." NDN

Cool Fall Deals!

Find your home and lawn needs at...



ACE
The helpful place.

Promotion 68



\$500 off

Your purchase of \$25 or more.
Expires 10/31/18 Regular Priced Items Only

5 Locations to serve you!

Williamsburg Shopping Center, 1230 Richmond Rd.	229-1900
Governor's Green Shopping Center, 4511 John Tyler Hwy.	220-9362
12490 Warwick Blvd., Newport News.	594-9890
2098 Nickerson Blvd., Hampton	850-0544
7 Towne Centre Way, Hampton	864-0970

(Located in AMC Shopping Center off Big Bethel Road)




ACE
The helpful place.

What are your goals for a healthy mouth?


**Keep my teeth for the rest of my life!
Have the least amount of dental problems I can!
Get rid of the mercury fillings in my mouth!
Re-discover my smile!**

If you are concerned with receding gums, mercury fillings, crooked teeth, or more, get **Dental Care That's Always Safe for You.**

Everything You've Heard is True.



757-220-1999



103 Bulifants Blvd. Suite B, Williamsburg, VA 23188
EvansDentalCare.com

EMPOWERING PARENTS PROGRAM

Made possible by a generous grant awarded to Literacy for Life by **IMPACT 100 Greater Peninsula**

When parents have limited English or literacy skills, they worry about things many others take for granted, such as how to give medicine to their children or how to support them in school. Through a generous grant awarded by Impact 100 Greater Peninsula, Literacy for Life is partnering with Matthew Whaley Elementary School to teach parents in four key areas: reading at home with children, interacting with schools, improving health literacy, and developing workplace soft skills.

Parents who could benefit from Literacy for Life's services struggle to make time for their own education when their highest priority is their children, and they frequently have difficulty securing affordable child care. The Empowering Parents Program alleviates these problems by delivering classes at the school where childcare is provided. The school offers a convenient, familiar setting and provides the support of an interpreter.

This summer, as part of the WJCC EL Summer Academy, the focus of the Empowering Parents sessions was "School Success: Navigating the School System." Maria (pictured with her children Jocelyn, Andres and Evangeli) participated in the class. She says that the class increased her confidence to ask questions of teachers, seek help from the school, and fill out forms. She also learned how to use ParentVue to track her children's assignments. She appreciated the opportunity to develop her English while also improving her ability to help her children in school. She was thrilled to receive a children's book at the end of each class and enjoys sharing those books at home with her children. Now that she is aware of Literacy for Life's services, Maria has chosen to continue improving her English by meeting with a one-to-one tutor at Literacy for Life.

Robin Ford, Principal at Matthew Whaley Elementary School, believes one of the greatest outcomes of the "School Success" module is parents becoming more confident communicating with staff, advocating for their children and embracing the partnership between schools and families.

Joan Peterson, Executive Director of Literacy for Life, is thrilled with the outcomes of the program. "We greatly appreciate the funding provided by Impact 100 Greater Peninsula which allowed us to create this program for parents in our community who struggle with English or literacy skills. We enjoy an excellent partnership with Matthew Whaley Elementary School, and would love to bring this program to other schools and community organizations as well."

The Empowering Parents Program is just one of several free services offered by Literacy for Life to adults in our community. One-to-one tutoring remains the heart of the program, and volunteer tutors are the lifeblood of the organization.



Robin Ford with learner Maria Alvarado and her children Joselyn, Andres and Evangeli

- An exciting new program that teaches parents four key areas: reading with children, interacting with schools, health literacy and workplace soft skills.
- "Anytime community organizations can successfully collaborate for their stakeholders, the community as a whole benefits. Partnering with Literacy for Life has allowed us to truly focus on the pillar of our work which builds on a foundation of healthy relationships within families and between home and school."
~ Robin Ford



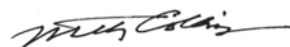
301 Monticello Avenue • School of Education College of William and Mary
757-221-3325 • literacyforlife.org

What makes Next Door Neighbors so interesting? You Do.

Over the last 12 years, we have published more than 1,955 stories to introduce you to your neighbors. Every month we mail 41,242 copies of our magazine to our Williamsburg community. Hundreds of business owners who pay to advertise are the reason you receive your copy in the mailbox free. These businesses rely on your readership to make their advertising dollars a strong investment. We owe it to you and the businesses who have become our customers to continue to keep Next Door Neighbors interesting and effective.

Next Door Neighbors is a great print advertising vehicle for businesses. Here are a few reasons why.

- Businesses can achieve multiple impressions with the same readers when they advertise consistently in Next Door Neighbors.
- It is delivered to every home with a mailbox in zip codes 23185, 23188 and 23168.
- As a monthly magazine, it has a long shelf life.
- It reaches 99% of the Williamsburg market, and that includes all high end and middle income households.
- And lastly, we think it's fun to read because the stories are about you!



Publisher



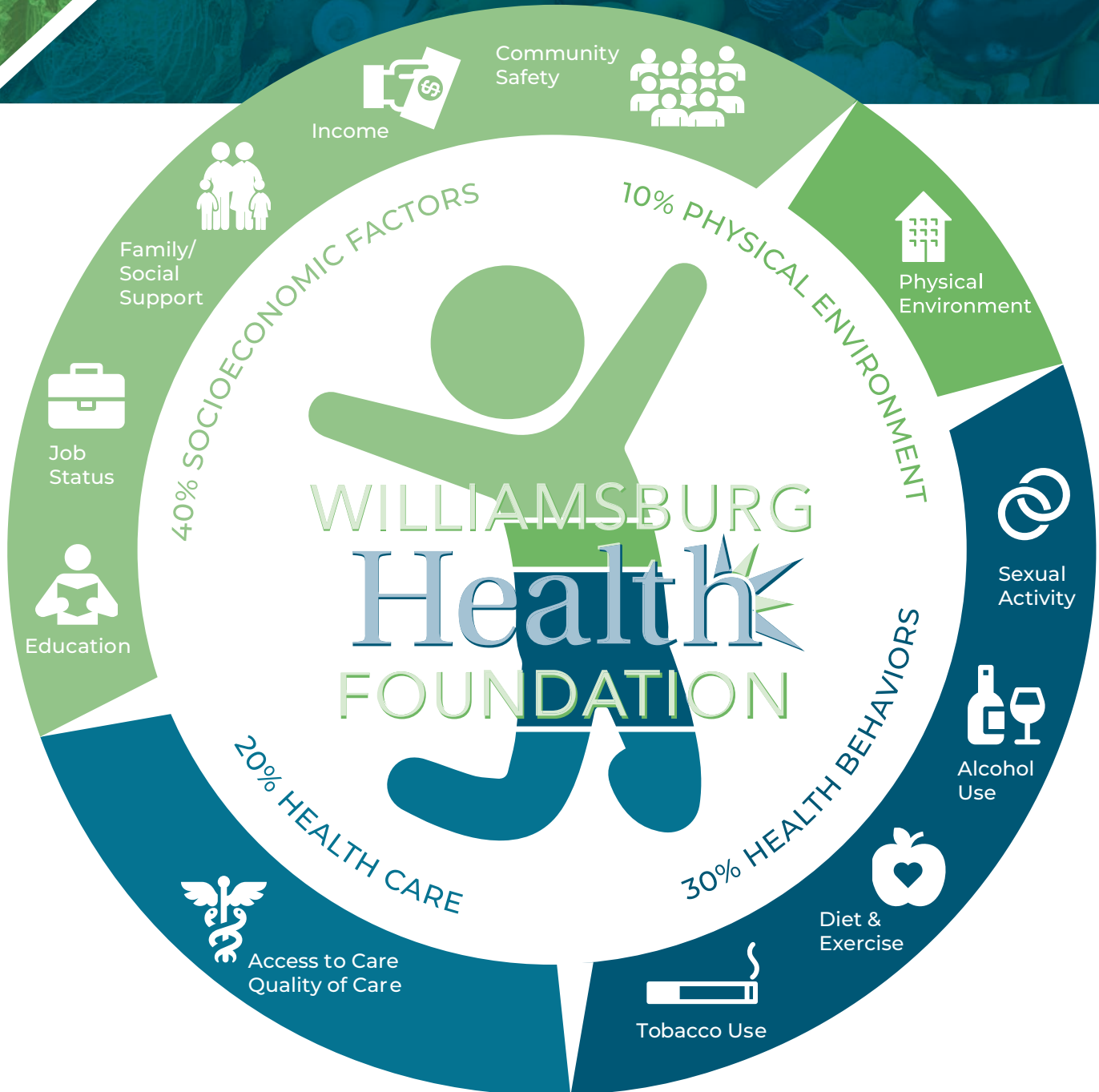
If you have a story idea, email a paragraph about the person to Narielle Living, Editor, at narielleliving@gmail.com

WILLIAMSBURG
Health
FOUNDATION



2017
Report to the
Community

What goes into your **HEALTH?**



STRATEGIC GOALS

WHF grants support a wide variety of programs addressing health disparities, encouraging wellness, promoting personal responsibility, and providing care.

GOAL ONE

Promote lifelong wellness and informed individual choices for all who live in our community

STRATEGIES

- Invest the Foundation's resources to increase opportunities in our community for health and well-being
- Strengthen partnerships and build networks across all sectors to advance a community culture of health
- Leverage the Foundation's influence to increase community demand for health opportunities

GOAL TWO

Target resources to meet the healthcare needs of our most vulnerable community members

STRATEGIES

- Invest in programs and agencies that provide quality healthcare to the uninsured and underinsured
- Invest in programs and agencies that enable access to health services and systems to support continuity of care

GOAL THREE

Increase health opportunities by advocating for their consideration in community decisions and by strengthening agencies influencing health in our service area

STRATEGIES

- Create awareness among public and private decision makers of the health impact of local and regional policy decisions
- Build the capacities of agencies and organizations that advance the Foundation's mission

2017 Board of Trustees

David E. Bush
Managing Director,
PBMares Wealth
Management, LLC

Nancy N. Campbell
Chairman, The Montpelier
Foundation

Beth F. Davis
Director, Patient Care
Services, Sentara
Williamsburg Regional
Medical Center

Paul W. Gerhardt
Shareholder; Member,
Kaufman & Canoles
Executive Committee;
Managing Director,
Kaufman & Canoles
Richmond Office;
Chair, Senior Housing
& Care Team

Earl T. Granger, III
Associate Vice President
for Development,
William & Mary

F. Brian Hiestand
Chief Investment Officer,
College of William & Mary
Foundation

Joyce M. Jarrett
Professor of English,
Hampton University

Laura J. Loda
Retired Vice President,
Human Resources,
The Colonial Williamsburg
Foundation

Ethlyn McQueen-Gibson
Associate Professor,
Institute of Inclusion,
Inquiry and Innovation,
Virginia Commonwealth
University

Richard H. Rizk
Judge, Circuit Court
for York County and
the City of Poquoson

Maribel O. Saimre
School Psychology
Specialist, Virginia
Department of Education

Robert J. Singley
President and Principle
Broker, RJS &
Associates, Inc.

Robert B. Taylor
Retired Senior Vice
President for Finance
and Administration,
The Colonial Williamsburg
Foundation

Thomas G. Tingle
President, Guernsey Tingle

Jackson C. Tuttle, II
Retired City Manager,
City of Williamsburg

Marshall N. Warner
Executive Vice President,
Chesapeake Bank

Kimberly Zeuli
Sr. Vice President,
Initiative for a Competitive
Inner City (ICIC)

CHAIR

James R. Golden
Senior Counselor to the
President, William & Mary

VICE CHAIR

Louis F. Rossiter
Founding Member,
New Health Analytics;
Retired Research
Professor, Thomas
Jefferson Program in
Public Policy; Director,
MBA Health Sector,
William & Mary

TREASURER

Clarence A. Wilson
Retired Director of
Finance, DuPont Company

SECRETARY

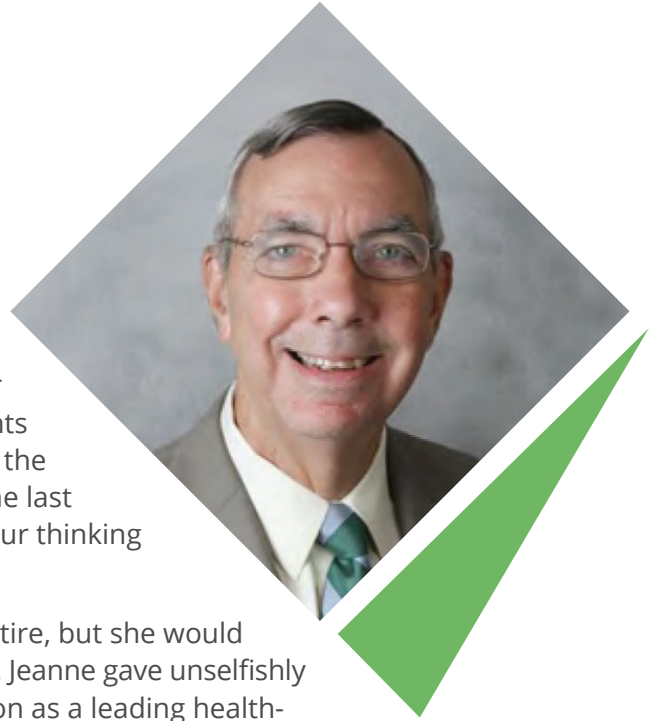
Jeanne Zeidler
* President & CEO,
Williamsburg Health
Foundation

IMMEDIATE PAST CHAIR

Jeffery O. Smith*
Superintendent,
Hampton City Schools
*ex-officio

Letter from the CHAIR OF THE BOARD OF TRUSTEES

The Health Foundation mission is to inspire collaboration, mobilize resources, and encourage innovation to enhance the health and well-being of people living in Greater Williamsburg. In the last few years the Foundation has made a serious effort to expand the scope of its activities to address not only critical clinical needs of the most vulnerable people in our community, but also to address the broader social determinants of health and to advocate for consideration of those factors in the development of public policies. Our President and CEO over the last eight years, Jeanne Zeidler, has been instrumental in guiding our thinking about those issues, and implementing our evolving strategy.



Jeanne told us in the early fall of 2017 that she was ready to retire, but she would stay on until the board found the right person to take her place. Jeanne gave unselfishly of her time and expertise to guide the Foundation to its position as a leading health-care resource for our community. Before she left, Jeanne facilitated development of the Foundation's latest strategic plan to guide us through 2020. The plan, provided in this report, confirms the Foundation's commitment to its vision for "individuals making healthy choices in a community with health opportunity for all." Jeanne helped craft this vision. We are proud to continue it as part of her legacy.

In the fall of 2017, the Foundation launched a nation-wide search to find the right person to follow Jeanne. We found that person right here close to home. In May of 2018, we welcomed Carol L. Sale as the new President and CEO. Carol is an experienced nonprofit administrator, a healthcare professional, and a prominent leader from one of our own grantee organizations, Lackey Clinic. Carol has managed teams of highly-skilled professionals in all three of our local health systems: Sentara Healthcare, Riverside Health System, and Bon Secours Health System. She is a passionate and articulate advocate for the uninsured and underserved. She currently serves as the chair of the board for the Virginia Association of Free and Charitable Clinics.

Carol's experience with healthcare delivery will be invaluable to the Foundation as it continues to support our local clinics, particularly as they navigate the transitions that will occur with Virginia's 2018 Medicaid expansion. Carol also embraces the Foundation's commitment to addressing the social determinants of health, and we look forward to her leadership in both of these vital health issues.

The past year began an important transition for the Foundation, and the board remains optimistic about its future. Thanks to all of our grantee agencies for their great service to our community. Together, we can in fact build a healthier community with expanded opportunities for all.


James R. Golden, *Chair, Board of Trustees*



Letter from the **PRESIDENT & CEO**

Let me begin by saying how thrilled I am to join in the great work of the Williamsburg Health Foundation. The impact of this board of trustees and staff on the work of the nonprofit organizations in this community has been exceptional. It's inspiring to see so many nonprofits working hard every day to better the health of our community.

With the upcoming changes to the Medicaid insurance program in the Commonwealth, we recognize there will be many challenges ahead for both local healthcare providers and residents trying to navigate these changes. We anticipate many more individuals will have access to numerous healthcare services. We are hopeful providers will achieve a stronger bottom line as they continue to care for those in need.

The Foundation will work closely with localities, key stakeholders, and providers to get the word out about Medicaid expansion and what it may mean to all involved.

The Foundation recognizes that "health" is a continuum and means different things to different people. For some health is the ability to run a 50-yard dash; to others, it means the ability to safely walk 50 feet without falling. For some it means access to life-saving healthcare; and for others it is access to healthy food. For others it means the opportunity to play soccer at a neighborhood playground; for some health means being able to get out of bed in the morning knowing they can emotionally handle the day ahead.

We are proud and humbled to come alongside the various organizations funded by the Foundation. We know we cannot accomplish our vision of *individuals making healthy choices in a community with health opportunities for all* without working in close collaboration and partnership with community organizations and with you. We encourage you to be a voice for healthy choices and policy changes that can improve the health of everyone in our community.

As you review the myriad of organizations on our grants list, we hope you are inspired to learn more about the great work they do and how you might support them with your time, talent, or treasure.

Carol L. Sale, *President & CEO*



GRANTS AWARDED IN 2017

A healthy life requires many factors that can determine one's overall health and well-being. At Williamsburg Health Foundation, we target grants to create a broad system of opportunities for all through our **Strategic Goals**.

GOAL ONE: Community Health Promotion

Promote lifelong wellness and informed individual choices for all who live in our community



Grants to Support the Health of Children and Families

Center for Child & Family Services <i>kidsandfamilies.com</i>	Violence Prevention and Intervention Program \$35,000
Child Development Resources <i>cdr.org</i>	Breastfeeding: Building Confidence and Competence . . \$ 18,000 Infant and Parent Program \$100,000 Parents As Teachers \$ 84,000
City of Williamsburg	Child Health Initiative \$260,000
Postpartum Support Virginia <i>postpartumva.org</i>	Healthy Mother, Healthy Family \$ 5,000
United Way of the Virginia Peninsula <i>uwvp.org</i>	Home for Good \$98,000
William & Mary School of Education , New Horizons Family Counseling Center <i>education.wm.edu/centers/newhorizons</i>	Youth and Family Counseling \$110,000



Grants to Support Opportunities for Active Living

The Arc of Greater Williamsburg <i>thearcgw.org</i>	Fitness Program \$ 25,000
Virginia Legacy Soccer Club <i>valegacysoccer.com</i>	Community Partnership \$ 20,000
Williamsburg-JCC Public School Division <i>wjccschools.org/our-schools/ship</i>	School Health Initiative Program (SHIP) \$640,000

Grants to Support Access to Healthy Food



Community Housing Partners <i>communitypartnersva.com</i>	Mobile Food Pantry	\$ 6,000
FISH, Inc. <i>williamsburgfish.weebly.com</i>	Health Priorities in Action	\$ 3,200
Grove Christian Outreach Center <i>groveoutreach.com</i>	Children's Summer Lunch Program	\$ 5,000
Peninsula Agency on Aging <i>paainc.org</i>	Nutritious Noontime Meals	\$50,000
Virginia Peninsula Foodbank <i>hrfoodbank.org</i>	Mobile Food Pantry: Fresh Produce Program	\$ 20,000

Grants for Information, Assessment, and Referral



Colonial Behavioral Health <i>colonialbh.org</i>	WMBGCARES.ORG Greater Williamsburg Network of Care (NOC)	\$ 34,000
	Greater Williamsburg Child Assessment Center (GWCAC)	\$271,000
Peninsula Agency on Aging <i>paainc.org</i>	Senior Health Assistance Resource Project (SHARP)	\$ 96,000

Grant to Support Health Literacy



Literacy for Life at the Rita Welsh Adult Learning Center <i>literacyforlife.org</i>	Health Education and Literacy Program (HEAL)	\$ 60,000
TOTAL COMMUNITY HEALTH PROMOTION GRANTS		\$1,940,200

WATER BOTTLE FILLING STATIONS

2017 Investment: \$22,600

When it comes to healthy choices, you cannot go wrong choosing to drink water. To help individuals keep their water bottles full and make the healthy choice, Williamsburg Health Foundation invested in the installation of water bottle filling stations at City of Williamsburg Parks and Recreation locations and in Williamsburg-James City County Public Schools.



2017
Report to the
Community

GRANTS AWARDED IN 2017

GOAL TWO: Healthcare

Target resources to meet the healthcare needs of our most vulnerable community members



Grants for Advanced Primary Care

Angels of Mercy Medical Mission <i>angelsofmercyclinic.org</i>	Chronic Care Collaborative	\$113,000
Gloucester Mathews Care Clinic <i>gmcareclinic.com</i>	Chronic Care Collaborative	\$100,000
Lackey Clinic <i>lackeyclinic.org</i>	Chronic Care Collaborative	\$420,000
Olde Towne Medical & Dental Center <i>oldetownemedicalcenter.org</i>	Basic Operating Support Chronic Care Collaborative Improving Diabetic Self-Management through Health Coaching	\$450,000 \$250,000 \$ 39,500



Grants for Behavioral Healthcare

Center for Child & Family Services <i>kidsandfamilies.com</i>	Multicultural Counseling and Outreach Program for the Greater Williamsburg Area Neurofeedback Counseling Program	\$ 40,000 \$ 19,000
Colonial Behavioral Health <i>colonialbh.org</i>	Advancing Opioid Addiction Treatment Chronic Care Collaborative Intensive Outpatient Program (IOP)	\$ 53,000 \$183,000 \$ 45,000



CHRONIC CARE COLLABORATIVE

During 2017, the four primary care clinics of the Chronic Care Collaborative saw over 6,000 uninsured or under-insured chronically-ill patients with over 24,000 patient visits. Through a “patient engagement” initiative members of the Collaborative focused on supporting patients in managing their health conditions day-to-day. Clinical outcomes continue to compare favorably with national benchmarks.

Grants to Provide Access to Prescription Medication



Olde Towne Medical & Dental Center <i>oldetownemedicalcenter.org</i>	Access to Medication Program (AMP)	\$ 24,000
Rx Partnership <i>rxpartnership.org</i>	Chronic Care Collaborative	\$ 35,000
	Access to Medication Program (AMP)	\$ 50,000
Virginia Health Care Foundation <i>vhcf.org</i>	Greater Williamsburg Medication Access Program (GWMAP)	\$400,000

Grants for Access to Services



The Doorways <i>thedorways.org</i>	Patient and Family Access Program	\$ 12,000
Foundation For Rehabilitation Equipment & Endowment (FREE) <i>free-foundation.org</i>	Independence Through Mobility Equipment	\$ 25,000
James City County Fire Department <i>jamescitycountyva.gov/672/Fire</i>	In-School Trauma Response Kits	\$ 28,400
Peninsula Agency on Aging <i>paainc.org</i>	RIDES	\$110,000
Williamsburg Area Faith in Action <i>wfia.org</i>	Transportation to Medical Appointments	\$ 50,000
TOTAL HEALTHCARE GRANTS		\$2,446,900

LEVERAGING FEDERAL AND STATE DOLLARS WITH LOCAL DOLLARS FOR TRANSPORTATION

2017 Investment: \$31,000

New vans or buses worth \$175,000 transport seniors and adults with disabilities in Greater Williamsburg. Peninsula Agency on Aging now has a \$55,000 vehicle thanks to the Federal Transportation Authority and \$11,000 in “local match dollars” provided by the Foundation. In 2017, Williamsburg Health Foundation and Williamsburg Community Foundation contributed \$20,000 and \$4,000 respectively to enable the Arc of Greater Williamsburg to leverage over \$100,000 for two brand new vans. With its partners, the Foundation brings federal and state dollars to work in our local community.



GRANTS AWARDED IN 2017

GOAL THREE: Strengthening Agencies

Increase health opportunities by advocating for their consideration in community decisions and by strengthening agencies influencing health in our service area



Grants to Build Agency Capacity

Lackey Clinic
lackeyclinic.org Volunteer Recruitment Program \$ 6,500

Williamsburg Area Faith in Action
wfia.org Support for a Development Director \$ 56,000

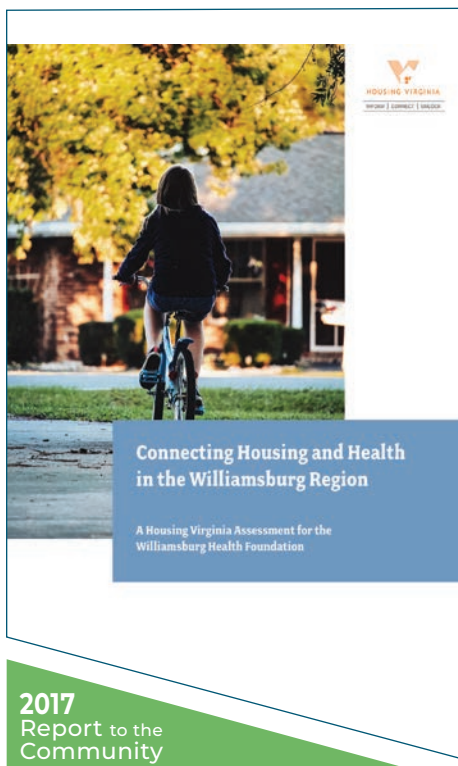
TOTAL STRENGTHENING AGENCIES GRANTS \$ 62,500



Small grants, research and evaluation, and annual award

Small grants, research and evaluation, and annual award \$191,473

TOTAL AMOUNT OF GRANTS AWARDED FOR 2017 \$4,641,073



HOUSING AND HEALTH

Both *where you live and how much of your income you pay to live there* impact your health. In 2017, the Williamsburg Health Foundation published a report, *Connecting Housing and Health in the Williamsburg Region*, by Housing Virginia (housingvirginia.org). In our community, over 6,500 households spend more than half of their monthly income in rent or mortgage, leaving limited funds for other basic needs. Living in a cost-burdened household correlates to lower life expectancy. For a copy of this report, visit the Williamsburg Health Foundation website.

In November, the Foundation gathered together the authors of three different housing reports in our area for a panel discussion about the challenges and opportunities for housing in the Williamsburg region. In 2018, the Williamsburg Health Foundation is convening the Williamsburg Housing Collaborative to advance this work through the collaboration of community partners.

Williamsburg Health Foundation

FINANCIAL SUMMARY

Founded as a result of the 1996 merger of the Williamsburg Community Hospital and Sentara Healthcare Systems, Williamsburg Health Foundation is a private foundation often categorized as a “health legacy” or “hospital conversion.” Like most private foundations, WHF must distribute a minimum of five percent of its investments annually through grants and expenses related to our mission “. . . to *enhance the health and well-being of people living in the Greater Williamsburg area.*” The Foundation’s primary investment objective is to provide financial support to fulfill its mission in perpetuity. To achieve this, a return on investment of its assets must keep up with inflation, cover the cost of operations, and provide funds for distribution as grants.



Sola Moniz
Chief Financial Officer

Sola Moniz, MBA, joined the Williamsburg Health Foundation as Chief Financial Officer in early 2018. Prior to her role at the Foundation, she served as the CFO of the National Domestic Workers Alliance.

Summary Statements of Financial Position

As of December 31

	<u>2017</u>	<u>2016</u>
TOTAL ASSETS	<u>\$125,921,000</u>	<u>\$116,524,000</u>
Liabilities: Grants and Other Accounts Payable	717,000	739,000
Unrestricted Net Assets	<u>125,204,000</u>	<u>115,785,000</u>
LIABILITIES AND NET ASSETS	<u>\$125,921,000</u>	<u>\$116,524,000</u>

Summary Statements of Activities

Ended December 31

UNRESTRICTED REVENUE AND GAINS (LOSSES)		
Investment Income and Gains (Losses), Net of Fees	<u>\$15,633,300</u>	<u>\$4,203,000</u>
EXPENSES		
Community Grants	4,618,800	4,807,000
Program, General and Administrative Expenses	1,352,500	1,344,000
Federal Excise and State Tax (Benefit) Expense	<u>242,000</u>	<u>6,000</u>
	<u>6,213,300</u>	<u>6,157,000</u>
CHANGE IN NET ASSETS	9,420,000	(1,954,000)
NET ASSETS, BEGINNING OF YEAR	<u>115,784,000</u>	<u>117,738,000</u>
NET ASSETS, END OF YEAR	<u><u>\$125,204,000</u></u>	<u><u>\$115,784,000</u></u>



Front l-r: Jeanne Zeidler, Williamsburg Health Foundation; Al Boswell, Colonial Behavioral Health; John R. Kuplinski, Virginia Peninsula Regional Jail; Jim Golden, Williamsburg Health Foundation; David Coe, Colonial Behavioral Health; Jane Burnette, James McCorry and Adria vanHoozier, Riverside Doctors' Hospital Williamsburg.

Back l-r: Jay Sexton, Williamsburg Police (Ret); Tim Renwick, James City County Police; Jay Faggart; Don Janderup, Williamsburg Police; Corey Trench, NAMI Williamsburg; Brad Rinehimer, James City County Police.

Williamsburg Health Foundation's 2017 Annual Award Presented To **COLONIAL AREA CRISIS INTERVENTION TEAM**

Led by Colonial Behavioral Health, members of the Colonial Area Crisis Intervention Team have changed the way in which someone experiencing a mental health crisis in Greater Williamsburg and beyond is encountered, understood, and treated. Members include:

- Colonial Behavioral Health
- Virginia Peninsula Regional Jail
- Williamsburg Police Department
- Poquoson Police Department
- Eastern State Hospital
- The Pavilion at Williamsburg Place
- Virginia Veteran and Family Support
- Hampton/Newport News CIT
- Williamsburg Alzheimer's Association
- Saint Bede Catholic Church Social Outreach
- Riverside Doctors' Hospital Williamsburg
- James City County Police Department
- York-Poquoson Sheriff's Office
- Colonial Williamsburg Foundation – Security
- National Alliance on Mental Illness – Williamsburg Chapter
- Riverside Behavioral Health Center
- Department of Magistrates / 9th Judicial District
- James City County Commonwealth Attorney's Office
- The College of William & Mary Police Department

According to Eastern State Hospital's Dr. Kristen Hudacek, "As psychiatric institutions have reduced their bed capacity, persons with mental illness have ended up in jail. Jails have become the *de facto* mental health system."

One way to stem the tide of individuals with serious mental illness spending time in jail is to change how law-enforcement officers and other first responders manage encounters with individuals suffering a mental health crisis. Since the Crisis Intervention Team Assessment Center opened at Riverside Doctors' Hospital, its team has managed nearly 2500 interventions, helping individuals engage in appropriate treatment rather than become unnecessarily involved in the criminal justice system.

According to David Coe, Executive Director of Colonial Behavioral Health, "We tend to be very understanding of cancer, diabetes, and other chronic conditions *except for serious mental illness*. It has become stigmatized over time. We think it's different. We have to remember, the brain is an organ of the body."

VISION

Individuals making healthy choices in a community with health opportunities for all.

MISSION

Inspire collaboration, mobilize resources, and encourage innovation to enhance the health and well-being of people living in Greater Williamsburg.

VALUES

We are...bold innovators, responsible decision makers, evidence-based actors, collaborative partners.

STRATEGIC STATEMENT

Provide resources in perpetuity to identify and communicate community health needs; serve as a catalyst for collaborative approaches to meet those needs; strengthen organizations to increase their impact; help fill gaps in the delivery of services to the most vulnerable populations; promote lifelong wellness; assess progress; and celebrate success in our service area.



757.345.0912

williamsburghealthfoundation.org

4801 Courthouse Street, Suite 200
Williamsburg, VA 23188

STEVEN RUESCHER, DC



An Ardor for Health and Wellness

By Gail Dillon

Lisa W. Cumming Photography

Helping his patients achieve better health and wellness is Steven C. Ruescher's passion, but it's fair to say that golf is a close second. Last April, the long-time Portsmouth chiropractor opened "Infinite Wellness of Williamsburg" to offer his services to even more Virginians. He says he and his family have always appreciated the natural beauty and the weather

here in the Tidewater region, and so in 2009, they relocated from Suffolk to Ford's Colony.

"I just love this whole area. It's great," he says. "I like the landscape, the rolling hills and the season changes."

Steven was an avid golfer in high school and college and remains enthusiastic about the game. A golf injury was actually the impe-

tus for him to become a chiropractor. "When I was 20 years old, I developed sciatica, pain down the back of the leg," he says, adding that back then, he intended to be an orthopedic doctor. "I was losing my game. I couldn't swing, couldn't turn or follow through on my left side. My dad took me to a chiropractor, a lady in Fort Myers, Florida. It made a com-

Not sure how to help your teenager file college applications?



Pam Rambo, Ed. D.
pamela.rambo@cox.net

Experience in admissions, counseling, scholarships and financial aid.

We can help!

Get expert assistance with:

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

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



BOO!

Don't be afraid to host this year's Halloween party!

Reserve our private banquet room or have us cater your party!

We Offer the Best in Italian Food!
From antipasto, pasta to pizza and more!

BEST OF Williamsburg 2011 WINNER
757-229-5252
2021-D Richmond Rd.
(Across from Yankee Candle)
www.annasbrickoven.com
Mon-Th: 11am - 10pm, Fri & Sat 11am - 11pm



plete believer out of me. I couldn't believe this lady could fix me with just her hands—no drugs, no surgery.”

After graduating from Florida Atlantic University with a Bachelor's Degree in Chemistry, Steven enrolled in four years of chiropractic study at Life University in Marietta, Georgia. There he met his wife, Pamela, who is also a chiropractor, although she is now retired. The couple originally opened their business in Chesapeake but then relocated their services to Portsmouth in 1997. He says he sees many older patients at his Portsmouth office and also offers a weight loss program there that is getting “good results.”

“We tell our patients they're going on an eating lifestyle change, not a diet,” he says. As a physically active person himself, he is familiar with the wide range of injuries common in different sports. For example, golf is often associated with lower back issues, but he also sees a lot of neck and shoulder problems with golfers. “They're not stretching well prior to playing. They don't know how to warm up and they're going out there and getting hurt,” he says.

When the topic turns to professional golfers,

Steven is quick to praise them for their athletic prowess and discipline, unlike the pro golfers of the past. “You look at these guys on tour now, Dustin Johnson and Tiger Woods, these guys are phenomenal athletes,” he says. “To walk 18 holes and to do it almost every day of the week and travel too. In the old days, they were out there with big guts, and they were smokers and they were chunky.”

Developing a strong core is crucial for most sports, including golf, and he emphasizes this with all of his patients. “We really focus on the lower back, the pelvis and strengthening the core. That's very, very important.” He treats runners, soccer players, gymnasts and football players and admits that he “feels obligated” to warn people of the risks they are taking in their sports. “I look out for their health, and if it means trying to change how they do things or how they play a certain sport, we've got to do that,” he says. “I'm pretty up front with my patients.”

Steven's three children are each athletes in their own right. His daughter, Shaylee is 21 and a talented volleyball player. She attends the University of South Carolina in Colum-

bia. His older son Preston is 17 and a senior at Lafayette High School. He and his younger brother Landon, a freshman, are both on the high school golf team. “It's been fun because I got to pass this down to my kids,” he says with evident pride. “I was the same way with my dad. My dad was a golfer too.”

In addition to seeing patients at his two chiropractic locations, he is also part of a thriving non-profit called the Foundation for Wellness Professionals, which relies on over a thousand doctors across the U.S. and Canada to give seminars, talks and lectures as well as screenings to employees and church groups in their respective cities. “It's a certified 501 c3 similar to the Red Cross,” he says. “Our organization is the official wellness provider for companies such as Verizon, Chrysler and Amtrak. We're all volunteers. Our job is to go out in the community and do health and wellness and disease prevention through various programs.” This includes weight loss, natural remedies for arthritis and fibromyalgia, as well as stress remedies.

Steven is particularly interested in this topic because it affects so many in a surpris-



YOU'RE INVITED TO

Coffee
with
Donna

SPEAKER: DONNA WILSON

Wilson Law Offices
430 McClaws Circle, Suite 102

November 14 | 10 am

Donna Wilson - Elder Exploitation

Guest Presenter: Douglas Panto, Alzheimer's Association

Topic: Understanding Dementia and What to Look For

RSVP by November 12th to Rachel at (866) 603-5976

December 5 | 10 am

Donna Wilson - The Importance of Powers of Attorney

Guest Presenter: Jaynee Sasso, Senior Runs, Inc.

Topic: Senior Safety Behind the Wheel. Warning Signs and Transportation Alternatives

RSVP by December 3rd to Rachel at (866) 603-5976

January 9 | 10 am

Donna Wilson - Follow the Road to Peace of Mind with Proper Estate Planning

Guest Presenter: Jeff Byrd, Jeff Byrd Coaching

Topic: Living Your Most Fulfilled Life at Any Age. What the Happiest People Understand About Life

RSVP by January 7th to Rachel at (866) 603-5976

**WILSON
LAW, PLC**

Following the Road to Peace of Mind

ing number of ways. The adrenal glands, he explains, are especially impacted when stress is high. "They're the most important glands in the body," he says, affecting crucial bodily functions like sleep and the digestive system. When he performs employee screening for stress, people are examined for range of motion and blood pressure, and their adrenal glands are checked. There is also time built in for any questions they might have. "Believe it or not, some of these people have blood pressure that's so high they need emergency care," Steven says. "One-third of American adults, according to the American Heart Association, have high blood pressure, and a third of these people don't know it until they have a heart attack or stroke. So sometimes we can literally save a life."

After screening each employee and getting the results back, he compiles the data and gives the employer a list of percentages of people with high blood pressure and any other pertinent medical problems. Naturally, due to privacy laws no names are mentioned. "Then we come back and do another more specific lecture. We like to tailor (the lectures) to what's

going on with the employees."

Perhaps a lesser-known service he offers is "heavy metals" testing, which has nothing to do with rock music. "We have a lot of people with thyroid problems," he says, "and metals get in the body and like to lodge in the thyroid. Heavy metal cadmium is very dangerous—the most carcinogenic metal on the planet (it is commonly found in some popular weed killers). When it's sprayed on crops, people ingest it." Pollution, exposure to arsenic and lead over one's lifetime and eating fish high in mercury are other ways metals can build up in the body, just to name a few. A simple urine test can detect the presence of heavy metals, he explains, using a coated strip of paper that changes color if there are high enough levels. A chelation protocol is then prescribed to detoxify patients of heavy metals.

Steven plays golf for fun and relaxation but admits that it can be frustrating at times. "It's so hard to be perfect at it," he says with a laugh. "It's so hard to hit (the ball) dead center every time. Something about when you hit it just right and that ball flies nice and straight. It's like making a three pointer." His dream

course is the Augusta National Golf Course in Georgia, and he is working painstakingly on his lawn to make it putting-green worthy. But even golf cannot compete with the satisfaction of seeing patients go from feeling pain on a daily basis to returning to living normally again. "Sometimes miracles happen in here," he says. "I had a 13-year-old girl with sciatica come in. She could hardly walk. I treated her on Tuesday. She came back on Thursday and just walked in the office without any leg pain. That is why I come to work every day."

He hopes to eventually hire a massage therapist to work in his office and be a kind of "one stop shop" for wellness. Currently, his schedule is packed with appointments between the two office locations. He sees patients in Portsmouth on Mondays, Wednesdays and Fridays and comes to his Williamsburg office Tuesdays, Thursdays and Saturdays.

Dr. Steven C. Ruescher emphasizes that prospective patients needn't worry about not being able to afford any of his services, and that he offers individualized payment plans. "I never let finances be a barrier to care," he says. "I'm all about getting people well." NDN

Delightful Gardens

Est. 1992

Landscape Company

Join Our Team—We are currently hiring skilled crew leaders and technicians.



- *Competitive Pay
- *Paid Vacation/Sick Time
- *Full Time Positions
- *Friendly Work Environment
- *Enjoy Working Outdoors
- *Hands-On Job Satisfaction
- *Great Diversity in Projects
- *Drug-Free Workplace

(757) 345-0123

www.delightfulgardens.com

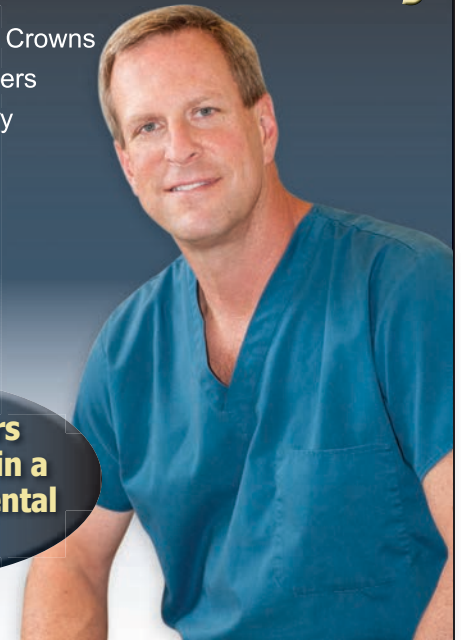


Enjoy State of the Art Dentistry

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

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

CHILDREN & ADULTS
MOST INSURANCES ACCEPTED



Edward A. Owens D.M.D.

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

757-229-6414

www.DrEdwardAOwens.com



Lisa W. Cumming Photography

Getting Ready for Educational Success

By Susan Williamson

Kristin Tarrant loves her job of ten years. “I wish I had started it sooner.” When her neighbors Curtis and Kathy Gray decided to expand their West Point Creative Critters Learning Center to include a Williamsburg location, Kristin was looking for daycare for her son and wondered if she might work at the new branch. Ten years later, she is the executive director of the Williamsburg center and next year will become regional director for all four Creative Critters Learning Centers, which include West Point, Williamsburg, New Kent and the newest location in Norge, which opened August 6.

Kathy and Curtis opened the original West Point location in 2005. They had a young daughter and Kathy took a four year leave of absence from her job as a special education teacher for James City County Schools. They

rented a building and launched the first Creative Critters Learning Center. Her original goal was to go back to school and earn a PhD from William & Mary, but that didn't happen. She expanded Creative Critters instead.

Some of the West Point clientele lived closer to Williamsburg and urged her to open a center there. In 2007, the Grays leased a former trucking company building and opened the Williamsburg branch at 3701 Rochambeau Road with Kristin's help. The New Kent location opened in 2012 and Norge this August. Kathy currently spends most of her time with human resources, hiring and training in addition to opening the Norge center. Curtis, a physical education major, works with the school age children and facility maintenance.

The Williamsburg location is currently undergoing expansion with a 4,000 square foot addition which will almost double its current capacity from 57 to 100 children. The center serves children from six weeks to 12 years of age. Classes are divided into age groups and include Cuddlebugs (infants six weeks to 16

months), Caterpillar 1 (young toddlers 16 months to two years), Caterpillar 2 (older toddlers), Butterflies (three, four and five year olds) and school age children (ages five-12 for summer, school holidays, and before and after school).

The mission of the centers is to offer a quality educational experience with structure and routine. They stress language development and early exposure to literature and music because of the importance of the first five years to a child's education and growth. The children and teachers sing as they move from one activity to another. The children do not use computers, electronic games or iPads, and televisions are used only for something like an exercise or other instructional video. The centers could be described as "old school."

While Kristin and Kathy talked, "Froggies" hopped over to the reading corner to hear a story. As one curious toddler comes to the knee high table and chairs, Kristen gives her an encouraging smile and pulls the little girl into her lap. "It's almost time for lunch," she

says to the child.

Kristen says that they try to make this experience as easy as possible for parents. "We provide snacks and a cooked meal every day." The scent of baked lasagna wafts through the air as that day's lunch of lasagna, salad and apple slices is prepared. Alternate meals are provided in the case of food allergies, but generally Kristin finds the children eat most of what she serves. Positive peer pressure helps. Kids tend to eat what they see other kids eating. Parents are often amazed to hear that their child ate salad or other healthy foods. The center takes care of laundering nap bedding and keeps track of and stores supplies of diapers and other essentials furnished by the parents. A "Kid Reports" app allows individual teachers to communicate with parents, and parents to notify teachers if they need to change a pickup time or give teachers other information. Parents receive a daily report from their child's teacher.

"I love being an extension of everyone's family," Kristen says. The Philadelphia, Pennsyl-

Join us for the 9th Annual Williamsburg Landing

5k Run for
The Arc
of Greater Williamsburg



Saturday,
October 6, 2018

1-Mile Walk, 5k Run/Walk Options!
Everyone is welcome!



Register online at thearegw.org

Hosted by  Presented by   

The Arc has proudly served adults with disabilities since 1976.

vania native moved to James City County in her teens and graduated from Lafayette High School. She then earned a Degree in Recreation and Tourism from Christopher Newport University. Before joining Creative Critters, Kristin worked as an event and wedding planner for Sherwood Forest Plantation and later for William & Mary as an event planner in the alumni office.

She married Brian Tarrant, a local, and the family lives in Lanexa. Their son, Dylan, is a rising eighth grader at Toano Middle School. He is involved in baseball, golf and Boy Scouts, and the entire family enjoys boating as well as supporting their son's activities. Brian is the manager of Kiskiack Golf Course.

Kristin credits Dylan's success in academics and extracurricular activities with the good start he received at Creative Critters. She has seen other former pupils succeed in school as well.

In 2008, Kristin became a partial owner of the Williamsburg location and has served as the director as well since then. In September

of 2018, her title changed to Executive Director of Creative Critters the company, not just the Williamsburg location.

One of the things Kristin enjoys about her job is being in a position to provide resources for staff at all locations, such as helping to find speakers for themed weeks and special programs or planning field trips.

Although an education related degree or coursework in early childhood education is preferred it is not required for teachers and assistants. Love of children is essential. Teachers receive a minimum of 26 hours a year of training and assistants attend a minimum of 16 hours. The centers work with staff members who wish to further their education. Both Kathy and Kristin strive to maintain a healthy work environment. The centers offer paid vacation, above minimum wage pay, a matching 401K, and health and dental insurance. Turnover is low.

Children may attend the learning center for several years before entering school. Often, these students can already read and write

when they enter kindergarten. The Creative Critters Summer Camp sessions includes sports, science, cooking, spy, veterinarian and super hero camps.

Center hours are from 7 a.m. to 6 p.m. Children are greeted by the same person every day and have the same classroom and teacher throughout the year. They enjoy outdoor recreation and age appropriate field trips as well as guest speakers. If a teacher does have to be absent, usually someone from management fills in to keep things consistent. All students participate in emergency preparedness and fire drills, learning essential safety skills.

Kristen and Kathy agree that good communication with their clients has developed a mutual respect. Kristin Tarrant makes it a point to get to know her clients and develop a positive rapport. Many of the parents they work with are armed forces members, police officers, teachers, firemen and others who serve their communities. Creative Critters wants to make a difference in the local community. NDN



Brett C. Dunnill, D.D.S.

Ricky J. Rubin, D.M.D., M.P.A., FAGD

Omar Hasham, D.D.S.



WILLIAMSBURG FAMILY DENTISTRY

Family and Cosmetic Dentistry

757.345.5500

www.WilliamsburgFamilyDentistry.com

A Decade of High Quality Dentistry with Detail

MOST INSURANCE ACCEPTED • EMERGENCIES SEEN PROMPTLY

Michael Commons • 213 Bulifants Blvd., Suite E • Williamsburg VA 23188 (across from Williamsburg Sentara Hospital)

Creating Memorable Moments

By Narielle Living

According to Alicia Riley, it's never too late to plan a party. Alicia is an event planner and designer who has devoted her life to creating memorable moments in people's lives.

"Of course, the more time you give yourself the better," she says with a smile. But any type of party could be fraught with stress, especially at this time of year. "Planning around the holiday times lends itself to its own stressors, but you have to decide what is the key to your happiness and not wrap yourselves around the idea that this is the event, this is how it's done." She





Over 25 Years and 100 Million in Sales Serving our Neighbors. Thank You for your Trust in me.



BERKSHIRE HATHAWAY | Towne Realty
 HomeServices

4135 Ironbound Rd. • Williamsburg, VA 23188 • JohnOtey.com
 An independently owned and operated broker member of BHH Affiliates, LLC.



John Otey, Associate Broker
john.otey@bhhstowne.com

Call Today
757-876-4460

112 Jefferson's Hundred • Kingsmill • \$629,900




All brick home w/ HW floors throughout. Gas FP in family room, renovated kitchen w/ gas Wolf range, S/S appliances, granite counters & breakfast bay eating area overlooking backyard w/ mature trees & gardens. Master suite & 3 additional BRs w/ 2 BAs complete second floor. Third floor w/skylights completed to be a studio, library or playroom. Entertain on screened porch or patio surrounded w/ lovely gardens & trellis with trailing jasmine, fire pit & gas line for your grill. Walk along the extensive trails in Kingsmill or play tennis or swim in the pools.




Patricia D. Myers, Realtor
 Office: 757-229-9595
 Cell: 757-291-0284



notes this is especially prevalent at Christmas or Thanksgiving, when people are stuck on how things had been done in the past. Instead, she notes, create your own style and don't worry about what it used to be like. "Be creative."

Alicia is originally from Glendale, Arizona, but because her father was in the military she moved to the peninsula as a young child. "My father retired at Langley Air Force Base. I was younger. I went to Bethel High School in Hampton, and I went to college at Christopher Newport University (CNU) and received my Bachelor's Degree in Fine Arts Design Work with a concentration in event design. Then I went to the University of Phoenix and got an MBA."

Several years ago, Alicia got married, and she and her husband, Kenny, decided to move to Williamsburg. "This is our second year in Williamsburg," she says. "I love it. I love my neighbors. They are fabulous. We're kind of in the middle part of Williamsburg so we hear the fifes and drums on the weekends. We hear Busch Gardens. We're in the middle of all the activity. It's great."

Originally, Alicia had planned to go into the medical field for a career. She was attending college with plans to become a Physician Assistant. "As part of the curriculum, I had to volunteer in something, so I decided to do a cancer benefit dinner. At the time I was thinking about the event as a whole, and I ended up trying to buy décor." The store she went to, in Hampton, no longer exists, but the impact it made on her has lasted a lifetime. "It was beautiful. I've never seen anything like it before in my life."

After speaking with the owner of the store, Alicia discovered his work included events for lawyers, the shipyard, and major corporations. "He said if you're really still interested I want you to meet a lady. She's a professional event planner and designer." After meeting someone in the profession, Alicia decided to change her major. "That was a shock to my parents," she says.

After speaking with the guidance counselors at CNU, Alicia was told she could petition for her own major but needed to write the curriculum. "I wrote a list of 70 things that I thought I needed to go into this field, and the college accepted it." At the time the college president had started a program called the presidential leadership academy. "I was in his inaugural program. He selected me to help with his events so at the same time I was studying events I was learning how to do open houses, how to work with politicians, all those great things I needed."

From there, her career took off, and now she is planning the release of her new book, "The Power of Events." The book is scheduled for a December release and is divided into three sections: education, beginning event planning and protecting your business.

"The first section is about how I changed my major," she says. "The second section is breaks down beginning event planning. I have divided up the process into acronyms, and one of my famous ones is LOVEE: logistics, objective, working with vendors, creating event and evaluating event. A lot of times people do timelines and checklists, and they'll check things off, but you have to protect yourself as if you were the lawyer of this person's event; you have to write down when it happened,



COLONIAL CENTER FOR HEARING

100% patient care
0% fake discounts

Don't discount your hearing!

"According to Johns Hopkins Medicine, adults with hearing loss are up to **FIVE** times more likely to develop dementia."

**HAVE YOU HAD YOUR
HEARING TESTED?**

Call for complimentary hearing screening.



Dr. Bethany Tucker

Dr. Jude Liptak

430 McLaws Circle, Suite 101
Williamsburg, VA 23185

757-229-4004

AWARD WINNING DOCTORS.
BEST HEARING AID SELECTION.
LIFE CHANGING HEARING SOLUTIONS.

www.williamsburghears.com

why it happened.” The third section deals with protecting yourself as a planner. “What people don’t understand is that I will probably work two to three times harder for one of my close friends, and it really drains you, so I talk about what do you do in that scenario.”

Although people can plan their own events, Alicia says that the role of a proper event planner is to alleviate your stress. “They should have your contacts, they should be very creative, and they are your advocate for your event. Also, they are there to help you create a memory.”

According to Alicia, corporate event planning used to be assigned to administrative assistants, but today that vision has expanded. “From a corporate perspective, we are your marketers, we are your brand holders. When I work with different companies, I review their strategy. What does the company need to see and how does the business need to grow? We’re formulating everything through our five senses from the time that person walks in a room to the visual imagery to the branding efforts.”

The best part about planning an event, for Alicia, is seeing people’s emotion. “Event plan-

ners are behind the scenes. When everyone is smiling and having a good time, we’re the ones peeking through the window. When you see a genuine smile, that is the best thing.”


The title of Alicia’s new book, “The Power of Events,” came from an experience she had at a retirement facility. “I was the event planner for the Alzheimer’s unit,” she says. “My supervisor was adamant that we read the files of our clients and find out about their lives. I did an event called ValenGras — half Valentine’s day half Mardi Gras. It was an expo. The notes of the residents mentioned they loved baseball, watching the news, cooking, shopping... so I put all the components into one room.”

Alicia goes on to say that the local news channel showed up as well as a host of other local businesses. “One of the residents was mute. When she walked into the space, she looked around the room, and she picked up a pair of earrings in the little shopping center. She put it to her ear and said, ‘I remember this.’ And she just kept going around saying ‘I remember this.’” The newscasters were able to film her speaking. “Afterwards we were able to rush and

call her daughter and actually put her on the phone. Being in the event sparked a memory.”

Today, Alicia plans events and acts as an educator for those looking to break into the business. In addition, she does what she calls “style to restyle,” a planning service for the home.

“Basically, it’s interior design for an event in your home. I go into people’s homes and find the event space, and I teach people how to manipulate their space. It could be things from changing your curtains out, or how to transform that smaller room for hosting and how to use the right interior design that works well for entertaining.”

Alicia Riley has been event planning for 22 years. “I’ve seen the market and the transformation. Now my goal is to educate and help new event planners. I recommend that they take time to seek out someone who has been seasoned. Let us help you and give you the tricks of the trade and the knowledge so we’re coming up stronger as an industry and not pulling each other down. I have three clients right now who are new to the industry, and they are so excited to be learning.” 



SKATE JAM

AFTER HOURS

October 26th

From 5-8 p.m. at the Skate Park, 5301 Longhill Road (adjacent to the James City County Recreation Center). This glow-themed night will include a skate competition divided into beginner, intermediate and advanced divisions where participants are judged on style, flow and difficulty of run. Warm ups begin at 5 p.m. and registration is required for admittance into the park. Preregistration is encouraged; \$10/participant.

For info/registration, visit jamescitycountyva.gov/recreation or call 757-259-4200. All ages welcome; children must be with an adult. Weather permitting; if inclement weather is forecasted, please call the Activity Hotline at 757-259-3232.





Lisa W. Cumming Photography

Dancing After Hours

By Kathleen Toomey Jobs

For Juli Pruden, the dance floor is more than an outlet for expression. “For the time I’m on the dance floor, I can forget anything extraneous that’s going on in my life, especially negative or difficult things, because all focus goes to dancing,” Juli says. She leans slightly forward when she talks, her spine straight, blue eyes flashing. She gestures with her hands

and smiles every time she mentions the word dance. Juli is the sole proprietor of Ac-Cent-Tchu-Ate the Positive Enrichment Programs and teaches a variety of creative classes, including dancing, quilting, memoir writing, piano and canvas paint. She loves all the creative expressions, but dancing is her passion.

“Dancing is one of the highlights of my

adult life.” She is amazed that she can dance for work and share her love for it with students. After ten years of teaching dance, Juli still considers it a thrill. She believes her late start into dancing has given her a different perspective and a non-threatening, welcoming way to relate to students of all ages and abilities. “I have a deeper appreciation because I came to dance

late in life. I ease people into it. I want dance to be accessible.”

Juli signed up for her first-ever dance class after graduating from college when she was invited as a date to a formal event where the Harvard Jazz Band would be playing. “I knew I couldn’t follow,” she says with a laugh. “I signed up for six weeks of introductory classes and that was it.” The guy didn’t last but the dancing did. When her first six weeks of lessons ended, Juli signed up for the next session. And then another. After twelve weeks, she was hooked. She continued to pursue training and after many more hours and classes she was certified to teach by the Imperial Society of Dance.

At the time she started taking dance lessons, Juli was living in Hebron, New Hampshire running a bed and breakfast, Six Chimneys and a Dream. She had graduated from college with a Bachelor’s degree in Hotel and Restaurant Management, so it was a perfect fit.

While running a B&B is a full-time job, Juli found the need to be creative to fill time in between leaf-peeper and summer seasons at the inn. New England winters are notoriously dark and cold, and when occupancy slowed, Juli started a writer’s workshop in her dining room and invited local crafters to display their wares in her gift shop. She also started teaching dance as an independent contractor at the studio where she had trained.

Juli continued to teach at the New Hampshire dance studio until the New England winters drove her mentor, the studio owner, to Florida. Under new ownership, the studio culture changed, and Juli no longer felt compelled to drive an hour along icy, snowy roads. Soon after she stopped dancing, Juli decided she needed a change.

She left New Hampshire for Beaufort, South Carolina where she started teaching dance. The timing was tricky and not long after she arrived in South Carolina, Juli found herself under orders to evacuate. “Hurricane Matthew brought me to Williamsburg,” she says. She stayed with her cousin in Charles City County for a week and explored the local area by day. At night, she stayed in her cousin’s house where “he grudgingly let me watch ‘Dancing with the Stars,’” she says, her eyes crinkling with suppressed laughter.

She returned to Williamsburg for good two

months later and started searching for a dance space. A good venue for teaching dance requires mirrors and a raised wooden floor. Juli currently has three locations where she offers lessons: Iron-Bound Gym on New Town Avenue, in studio space on the ground floor of Lokal Café on Prince George Street, and most recently, at the Spa at Colonial Williamsburg, which is open to the public for dance classes.

Juli teaches all levels of classes and all type of dances. Drawing on her training, she focuses the first half hour of sessions on beginner movements (Foxtrot, Waltz, and East Coast Swing) so that students can dance to every song. She later mixes to a broader range of dance styles. “The dance floor is a great equalizer. Color, age, everyone has something to bring and can be out there together all at once.”

Juli mainly teaches in six-week sessions but also conducts nightly workshops and private lessons for people whose schedules don’t align with regular intervals. She encourages students of all backgrounds and levels. Classes serve about eight students so she has time to give everyone individual attention. “If they’re enjoying it, they’ll continue.” She hopes her students are hooked like she was from her first sessions.

Singles are more than welcome. “I was a single when I took my first class,” she says. “My first partner became my very best friend.” Juli watches the list of new students as people sign up so that she can round out her classes. If she’s short a person, sometimes she enlists partners or talks to former students. She herself can fill in as “lead” or “follow” as needed.

To practice dance doesn’t require a partner. “There are benefits to practicing with a partner, but there is a lot of technique you can learn and work out on your own.”

Her lessons begin relaxed and casual. “I want people to feel at ease.” She asks new students to wear shoes that are “not grippy” on the bottom. No rubber soles. They make turning difficult. For students who choose to continue lessons or want to dance more often, she recommends ballroom shoes with suede bottoms to assist with sliding and fluidity. She is overjoyed to watch students develop from beginners to dancers.

“Sometimes the hardest step for people is signing up,” Juli says. She has seen a fair number of husbands entering classes under duress.

“They are funny and fun and wonderful to watch.” One of her most challenging students had been deprived of music during his life. She used a metronome so he could learn to identify a beat. She finds that students enjoy and learn from the way she breaks down the steps and explains the moves and the rhythms. Juli’s approach is different than the one many popular dance schools employ. Juli recounts stories of students who come to her with bad experiences and failed attempts at lessons. Her method is more pedagogical and individual. “I have architects and accountants who are like, ‘I get this now,’” Juli says.

Many of her students first show up when they realize they have a big event on the horizon and feel the need to prepare. If Juli had it her way, people wouldn’t wait to take lessons or relegate dancing to special occasions. She promotes the health benefits of regular dancing. “I have gone into classes feeling like I’m coming down with something, and it’s completely turned around by the end of the night. I think dancing boosts the immune system. I’ve seen the same results for a large number of students. Dancing has helped carry us through some otherwise very trying times.”

Asked to name her favorite dance, Juli is suddenly silent. “There are so many wonderful steps,” she says. She was a musician before she focused on dancing so she has a partiality to the Foxtrot as she loves the music. Then she quickly adds, “West Coast Swing,” as another favorite.

Juli Pruden is active in working to popularize dance throughout the music and dance community in and around Williamsburg. She served last year as a volunteer pro for the Dancing with the Stars benefit production in Williamsburg, working to choreograph one of the pairs. “It was a big commitment,” she says, and she found it exciting to work with the committee to raise awareness not only for dance but also for the Literacy for Life program where she volunteers as a tutor.

“Remember my cousin who grudgingly watched DWTS with me?” she asks. “He’s now out and about Williamsburg as a social dancer.” Juli coaxed him to take lessons soon after she arrived. “I have an extra follower,” she told him, “I could use you as a leader.” Her passion is hard to resist. So are the health benefits and joys of dancing. NDN



Lisa W. Cumming Photography

Writing

WITH PASSION

By Dawn Brotherton

Bill Sizemore has ink in his veins. He is a Virginia native and a local author of two books, *Uncle George and Me* and *A Far, Far Better Thing*. While he prefers nonfiction writing, he didn't start out with writing books.

In high school, Bill went to work for the same weekly newspaper as his father, writing sports articles and taking photos. He recalls

Every day your property sits vacant, you lose money.

Enjoy 45 Days Lease Out + 2 Year Lease & Tenant Replacement Guarantee.

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



Each office is independently owned and operated.



Unwavering Integrity. Unquestioning Reliability.

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



Comfort Keepers® provides in-home care services such as companionship, homemaking, meal preparation, errands, incidental transportation, bathing and dressing, and Alzheimer's/Dementia Care.

Comfort Keepers® 757-229-2777

WWW.COMFORTKEEPERS.COM

Each office independently owned and operated. I © 2009 CK Franchising, Inc.

that at that time the weekly used hot-type, where molten lead was injected into a mold to create casts for printing the paper. "It was a different era," Bill says.

He transferred his newspaper skills to the high school yearbook, then on to his work with the college newspaper. Bill was in the class of 1971 at William & Mary, graduating with a degree in philosophy. Although he majored in the same field as his future-wife, Mary Kay, they actually met working for the college newspaper, *The Flat Hat*. "It refers to the mortar boards you wear at graduation. I often say I didn't really major in philosophy. I majored in the Flat Hats," Bill says.

After graduation, Bill and Mary Kay took over the weekly from Bill's father. It was a great start for a young reporter and publisher. When the paper was sold, Bill began daily journalism with the *Roanoke Times*. Daily writing was a skill he perfected and brought back to Hampton Roads when he moved to Newport News to write for an afternoon edition newspaper.

After a few years of working for others, Bill and Mary Kay decided to strike out on their

own and purchased a weekly paper in Yorktown. It wasn't as profitable as they had hoped, and Bill elected to get a second job working as a copy editor in Norfolk. "That began what turned out to be a very long association with Norfolk newspapers." At that time, he functioned as copy editor and news editor while filling in as needed.

For Bill, it was another side of the same coin, and he appreciated everything he learned from that experience. When that paper shut down in the mid-nineties, Bill was able to move to the *Virginian-Pilot* as a reporter. "Writing was always my first love," Bill says.

In 1999, they moved to Williamsburg. For close to twenty years, Bill lived out his dream of being a reporter. When he retired in 2014, he wasn't able to give it up totally. He continued to fill in as a temporary reporter covering the General Assembly when invited.

Bill never set out to write a book. Now he has two: *Uncle George and Me: Two Southern Families Confront a Shared Legacy of Slavery* and *It's a Far, Far Better Thing*. The first seed was planted when Bill was in Utah on assignment.

He stopped by the Mormon Church Headquarters to visit their extensive genealogy collection. Bill knew his ancestors were farmers in Virginia for many generations back. His family never spoke of owning slaves, but Bill was curious. "It was a logical question, because I come from southside Virginia, which is a rural tobacco growing area. I knew that my ancestors there went back at least to around 1800," Bill says.

"Within minutes, there it was on the computer screen in front of me, a slave schedule from the 1860 census showing my great-great-grandfather as the owner of 16 slaves." Bill knew this was a tough topic but felt, as a newspaperman his whole life, that he wanted to tell the truth about his own family history. He started researching, and within a year or two decided that he had enough information to write *Uncle George and Me*.

It took another eight years of collecting information to complete his story. The adjustment from writing in short daily bursts to writing a book was a tough one. "With the help of a good editor, I made the transition. I really

You know how cool you are, but do your customers?

We Can Help!

- Monthly community magazine with all local interviews, in its 12th year of business.
- Delivered to every home with a mailbox in zip codes 23185, 23188 and 23168. Circulation = 41,242 homes.
- No advertising commitments or contracts are required.
- Home delivery ensures multiple impressions with the same reader.
- Long shelf life; does not go to recycle bin in one or two days.



**Call Meredith Collins at (757) 560-3235
or email meredith@williamsburgneighbors.com**

enjoyed the book writing process,” Bill says. *Uncle George and Me* is an attempt to stimulate a biracial dialogue about slavery which continues to confound the nation.

During his research, Bill did a deep exploration into slavery and reconstruction, Jim Crow, civil rights and racial reconciliation. “I’ve gained a new appreciation for the advantages that I had as a white male growing up in this society.”

While he was working on this project, another story captured Bill’s attention. “When I was a reporter back in 2006-2007, I did an investigative story on this notorious murder case out in western Virginia in which these two honors students from UVA were convicted of murder. They were a boyfriend and girlfriend convicted in the murder of the girlfriend’s parents,” Bill says. For 30 years, the boyfriend, Jens Soering, has been proclaiming his innocence. Ten years ago, the man reached out to Bill for help. He wanted Bill to co-write a book with him.

“I didn’t really want to be distracted from [Uncle George and Me], but Jens is a pretty

persuasive guy, and I eventually agreed. I put Uncle George on the shelf for a few months and wrote part of this book with him. It’s in two parts. Jens writes his first-person account of what happened, and the second part of the book is my analysis of the evidence in the case.” Bill discovered more evidence which had come to light pointing toward Jens innocence, including DNA not available at the time of his original trial.

“The prosecutor made the case that Jens had injured himself at the scene and left blood in the course of the murders. They used as evidence the fact that several blood samples that were collected at the scene were his blood type,” Bill explains. Now that the DNA can and has been tested, Jens was definitely excluded as a contributor for the blood.

It’s a Far, Far Better Thing was published in 2017 by Lantern Books. Bill isn’t sure if the book or the documentary film associated with the case (The Promise) is going to help Jens. “It’s probably harder in Virginia than any other state to get evidence of innocence into the record post-conviction. It’s almost impossible.

Virginia’s a very conservative state,” he says.

After Bill finished up with *It’s a Far, Far Better Thing*, he went back to work on his first project. *Uncle George and Me: Two Southern Families Confront a Shared Legacy of Slavery* was released this September.

Now that both his books are out, Bill is focusing spending his time with his grandchildren. He and Mary Kay have two daughters, one son and six grandchildren. They are split between Chapel Hill in North Carolina, Richmond and Williamsburg. Two of his children followed their parents to W&M while their son went to the University of Virginia.

Bill Sizemore is waiting for an idea for another book, but for now, he is busy promoting the two he has completed. He likes to encourage other authors to choose a topic they are passionate about. “That certainly was my motivation. It was a topic I really cared about,” Bill says. NDN

Bill will be at the Williamsburg Book Festival on Saturday, October 6 from 10 a.m. until 4 p.m. at the Stryker Center on North Boundary Street.

we are cdr!

Changing Lives Together

As Early Childhood Center Coordinator at CDR’s **Early Head Start First Steps Child Care & Development Centers**, Zuleika Natali interacts with families and young children every day.

“Observing children learn as they play is what excites me most about my job. And the families I work with teach me so much,” Zuleika said.

“Every time I see a child accomplish a milestone, I get excited — it’s as if I am seeing it for the very first time. I love that my co-workers and I share the same passion and mission. We work together to change lives.”

CDR’s Early Head Start First Steps Child Care & Development Centers offer high-quality child care for income-eligible families whose parents are working, in school, or in job training. Call **757-566-3300** or visit **cdr.org**.



Partners for an Abundant Life

By Linda Landreth Phelps



Lisa W. Cumming Photography

In the San Fernando Valley of California where she grew up, Meghan Freeman says, mental health was treated with the same importance as any other aspect of personal wellbeing. “If you had a dentist,” she says, “chances are you had a therapist, too. Even back when I was a child, there was absolutely no stigma attached to therapy. I was always interested in what made people tick.” As a youngster, Meghan was always questioning and seeking the meaning of life. “I looked for answers to deep questions that were causing me some anxiety, so I saw a therapist. A lot of my friends at prep school

outside of Los Angeles did, too, or their parents were in that field, so it was entirely normal.”

When it came time for college, Meghan knew she wanted to experience something totally different from her Valley Girl roots. “I wanted to go to the east coast to school, but I also didn’t like being cold,” she confesses with a smile. “I started my search at Georgetown and went south.” Meghan wound up picking Wash-

ington & Lee (W&L) in Lexington, Virginia as her ideal school. Ironically, she admits, she had looked at William & Mary and thought its location was “too touristy with nothing to do,” and then chose a town that made Williamsburg look like a metropolis. “W&L had the community feeling I was after, and I felt it was someplace I could make an impact,” she says. “I was a psychology and philosophy major and

Autumnal winds are blowing & Thanksgiving is coming! Need a little something for your table or door? Our arrangements will awe & inspire and be the talk of the holiday!

Williamsburg Floral
 James York Plaza
 229-9844

A Different Kind of Practice

Dr. Weeks is an Osteopathic Family Medicine Physician, board certified by the AOBFP.

This means, she’s a primary care doctor medically licensed to treat people of all ages.

- Accepting New Patients
- Insurance Not Needed
- Appointments are at least 30 minutes spent with the doctor

Apple Tree Medicine

1303 Mount Vernon Ave. Williamsburg
 (757) 378-3952 • www.AppleTreeMedicine.com

Dr. Elizabeth Weeks

was very active on campus.” Meghan’s original plan for graduate studies there in clinical psychology was derailed in the very best way. She met a cadet at Virginia Military Institute and fell in love.

“Tyler and I got married the day after I graduated, and he was commissioned in the United States Marine Corps. I knew we’d be moving a lot and was fine with the idea that I’d be serving others in a different way.” They went from Quantico to Camp Pendleton, and Meghan pursued her master’s degree at San Diego State University. After ten years as a Marine Infantry officer, Tyler decided he’d like to go to dental school. He switched his service to the Navy and currently attends Virginia Commonwealth University as a full-time dental student.

“I’m still a military wife,” Meghan says proudly. Meghan’s early professional career revolved around service life. She did an internship at the Veteran’s Administration while they were stationed in California, then worked at the brig at Miramar, the air station near San Diego. Then the Freemans started having babies, so Meghan began doing volunteer work dealing with other military families.

Eventually, Meghan shares, the babies numbered four. The oldest is daughter Remington, 8, then came Colt, the only boy, who is 6, then Kimber, 4, and Browning, who at a year old is still the baby. “Yes, I know,” she says with a laugh about the firearms theme. “Those names are what happens when you marry a Marine from Arkansas!”

The family moved to the area in 2010, starting out in Hampton. Meghan’s parents, Karen and Eric Joss, retired and moved to Toano to be nearer to the grandchildren, so the Freemans decided to buy a house in Williamsburg. They now live in Berkeley’s Green, just minutes away from her private practice office off of Jamestown Road. After living much of their lives battling California commutes, the whole family is ecstatic to be here, where waiting through two cycles of a traffic light is considered annoying.

Abundant Life Partners, LLC began with just Meghan and her vision. She had been working at Riverside Behavioral Health Center in Hampton, doing overnight shifts. The fourth

baby came along, and Meghan still wanted to use her skills as a therapist to benefit her community but needed to balance that with her desire to be more present for her family. As a military spouse, she knew there were many in the area who had marketable skills lying fallow. She went looking for people who could share her vision as well as her space.

“In addition to supporting my clients, I really wanted to lift up practitioners who didn’t fit the business mold. I was particularly looking for moms and others who didn’t want to work a regular nine to five job. The ones I found are all independent contractors. I provide the infrastructure and do all the billing, but they’re in charge of how many clients they take on. The four of us share this single office and a conference room, and it works out quite well for now. If we grow larger, we’ll need more room, and we’re open to more wellness professionals who share our mission and vision.”

One partner specializes in family therapy and finds that kids benefit most from group settings. She’ll be doing a class soon to help middle school girls through the rocky days of the early teens. “That’s a very developmentally challenging age,” Meghan says. “Peers are so important to mental health then.” Those groups are quite interactive, making use of art projects and crafts while learning essentials like emotional regulation and social skills. “I see clients singly, too, but they tend to open up more when there’s the power of community,” Meghan says. “There’s so much pressure these days, dealing with social media and wanting to succeed academically and socially. Therapy builds confidence, and kids with anxiety or depression can particularly benefit.”

Some parents just want a little boost to get their child past a rough patch without them being labeled with a medical diagnosis. “I’ve done a number of groups with kids in the seven to nine range, and I was shocked by how much they liked coming here. They see it as a ‘safe space’ free from worries. We work on a lot of coping skills in this age group, teaching them things such as breathing techniques to calm themselves when they feel stressed.”

Meghan finds herself with clients from pre-

school age to 80, though lately she sees many young people with eating disorders. “That has sort of become my specialty,” she says, “but I love my older clients and feel like I can learn from their wisdom, too. If an older woman is depressed following her husband’s death, for instance, she’s losing weight, having trouble sleeping, and generally apathetic about living. She should absolutely seek psychotherapy, which is usually covered under Medicare.”

Two partners don’t accept insurance but take payments on a sliding scale instead. “Parents should be aware that in order to use most insurance, their children will need to receive a mental health diagnosis that becomes a permanent part of their record. Not everyone wants that, so there are options.”

Meghan believes that some clients benefit more from creative solutions such as mentoring rather than classic psychotherapy. “I refer people all the time to things like a book club or other community groups, the best solution for someone who just needs stimulation and friendship. My ultimate goal is to get you feeling better.”

Modern day, social media-driven expectations of happiness often make us feel defective if our lives aren’t perfect. “The things we do to reach for that artificially elevated level and dodge unpleasant emotions. The drinking, spending, poor decisions, overthinking are making us miserable. I help people examine their lives and find strategies to live a rich, full and meaningful life despite the fact that they will sometimes be unhappy,” Meghan says.

The partners happen to share a Christian faith and worldview, but their education and training is secular and the clientele diverse. “I’m a therapist, a Licensed Clinical Social Worker, not a pastor, but I’m a believer, as well. My values are part of me, but if my client isn’t looking for spiritual answers, I don’t put them out there. I want everyone to feel comfortable with me, but I don’t hide who I am.” As a woman of both science and faith, Meghan Freeman dwells in the overlap. “I see no conflict between them,” she says with a smile. “The more I understand the brain, the more in awe of God I am!” NDN



Lisa W. Cumming Photography

A Southern Gardener

By Ben Mackin

In April of 2018 a close-knit team of gardening professionals opened up a shop called A Southern Gardener on Richmond Road in Norge. The mission of the shop was to help local gardeners create their own space. “It’s a room,” shop proprietor Lisa Bux says when referring to home gardens. “It’s an outside room, but it’s a room nonetheless.” The shop is a vast array of high end, often hard to find gardening products. Lisa wants to provide the products

Bespoke

Hand Monogram Service
 Wedding - Christening - Gift Occasions
 Shirts - Handkerchiefs - Pocket Squares



Bespoke

Williamsburg School of Needlework
 Building

5121 Center Street, Suite 100
 New Town, Williamsburg

By Appointment
 757.259.9400 ext 2

classicalmonograms@gmail.com



the accounting firm of

Payne

A+ S- S x 0 % C / I - A + T % E - S

QuickBooks Training & Support

757-564-0701
 WILLIAMSBURG GLOUCESTER
www.payneassoc.com

BOGO
 Buy 1 Hour
 Get 1 FREE

and service that larger gardening outlets are unable to offer. "Don't get me wrong," Lisa says. "I go to places like Home Depot myself. They have products that are excellent. But they don't have high end products. We are giving people that alternative."

While the store may have only been open a few months, Lisa's gardening experience goes back decades. Lisa has been in business in this area for the last 10 years working with clients to help them build every aspect of their outdoor room. From garden design to underground watering systems to tree and plant placement, Lisa has made a career out of using her experience to help others. The experience, however, did not come easily.

Lisa, a native of Bucks County, Pennsylvania, did not have a lot of interest in gardening as a kid other than helping her parents with the weeding. When she was 23, she bought a Civil War era dairy farm outside of New Hope, Pennsylvania. "It was in really bad shape," Lisa says of the property when it was first purchased. "I started to learn to garden while cleaning the place up. It took me five years." Lisa renovated the farm in her spare time while she worked as a corporate recruiter full time. Among the many large projects she tackled on the property, one of the biggest was a 9,000 square foot banked stone barn. "I brought back all original tin roofing, and I brought Amish workers out to rebuild it correctly because it had fallen into rack and ruin."

On top of the building projects, Lisa also personally took on designing and building the landscape. These projects were learning experiences. "The best way to eventually become a teacher is to do everything wrong in the beginning," Lisa says. "Which I did. But you have that learning curve. I also took a lot of classes." She came to truly love gardening. "I became obsessed with plant material," she says with a laugh. "I started a garden club that grew to over 100 people, and I started advertising my professional gardening in the newspaper."

Over the next several years the farm's popularity increased, as did her gardening for hire business. People would stop by and inquire

who was responsible for the landscaping. Soon, some local businesses started using the farm as a backdrop for their product publicity, and tour buses were making stops so that people could look around. The farm did so well that Lisa hired a staff to run it, all the while continuing to work as a recruiter. In 1996 health issues made Lisa take stock of her priorities. She says, "I thought, if I am going to die, I want to be outside working, not in a corporate office." With that conclusion she left the corporate world behind and focused on her passion.

After years of running a successful and profitable farm, it became apparent to Lisa that she was reaching her limits with the property. The cost of upkeep for the barn alone was prohibitive. "I took it as far as my money could take it," Lisa says. "I was turning 50 and I couldn't keep doing that." Also, at that time, Lisa's mother was diagnosed with colon cancer. "I told my mother that if she survived, we would move to a nice climate." Lisa sold the farm, and she and her mother decided to move to Williamsburg. It was here that she and her parents had gone on vacation when she was a kid.

In 2008 Lisa purchased several acres in New Kent and built a house. On her property, she indulges her own style of intense gardening. "I am an obsessed plant person," she says. "I can say, 'I like that plant. I'm just going to stick it there and start a new garden.'" Once she got settled in the area, it was not long before Lisa had established her professional gardening business in the area. She notes that there are some key differences between Pennsylvania and Virginia gardening. "It's a whole different lifestyle," she says. "Up there you had to deal with planting orchards and digging ponds and the upkeep of ponds, and a lot of stone work. Properties down here are smaller. We can get done with a project in a matter of days as opposed to months."

As the years progressed, Lisa began to build a dependable team to help with projects. In 2015, a new Williamsburg resident hired Lisa to help her with her garden. Kerry Johnson

had previously lived in Santa Fe, New Mexico for years and was used to a completely different kind of gardening. Lisa taught Kerry what to look for in the local indigenous plants and how to maintain them. Kerry took to the instruction so well that Lisa hired her to help run the business.

Around the time that Lisa and Kerry met, Lisa began looking around for a storefront that they could set up shop in. "I was looking for about three or four years," she says. "I needed something with some ground, and I didn't want it too big or too small." Lisa says that for about six months she and Kerry were intensely searching for a location before they found the 1,800 square foot shop complete with a vacant lot.

When asked about her staff, Lisa has nothing but wonderful things to say. "I don't run the staff, the staff somewhat runs me," Lisa says. "They are all professionals, they know their jobs. I have my input and veto power on some things, on occasion. I feel everyone does really well."

Since opening A Southern Gardener, Lisa Bux and company have strived to reach out to gardeners of all calibers, from the professionals with two green thumbs to the person who is just starting out. Kerry noted, "I think the most interesting part is to see the symbiosis between people coming in and looking for something and finding out about the gardening business. We have moved many retail customers to the gardening side and vice versa, because we are able to supply the kind of things our clients want."

Moving forward, the crew at A Southern Gardener is looking to continue building up the retail business while maintaining their professional gardening business. As if that were not enough, Lisa says she is looking forward to hosting Christmas themed kids gardening classes this winter. Lisa says that their niche is a small one, but it is one that she likes. "We have great clients on the gardening side," she says. "Fun to work for and fun to work with. And at that point in my life that is how I want it to be." NDN

Hey Neighbor!

Please visit

www.WilliamsburgNeighbors.com,

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! **FIFTH ANNUAL HISTORIC CREEKSIDE CONSERVANCY CELEBRATION**

September 30, 2018

Please join us at The Williamsburg Winery from 4:30 – 7:30 pm in Wessex Hall and enjoy a casual fall evening of southern comfort food, live music with Smith-Wade the duo, wine, beer, raffle prizes and a pie bar! HVLC helped place conservation easements on 274 acres of the Winery, and with your support, we can continue to protect additional beautiful greenspace in our community. Tickets are limited to adults only. For more information or to purchase tickets, visit HistoricVirginiaLandConservancy.org or call 757-565-0343.

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! **MASTERWORKS CON- CERT SERIES: MICHAEL STEVEN LIANOS, PIANIST** October 3, 2018

Inspire your soul with two passionate, yet exquisite sonatas on the piano: Sonata in F Minor by Brahms and Sonata in F Minor by Schumann. These sonatas were written when Brahms was falling in love and when Schumann was losing his sanity. Bring anyone who wishes to rejuvenate his soul to this free larger-than-life concert. Time: 1 pm at Saint Bede Catholic Church, 3686 Ironbound Road. For more information, call 757-229-3631, or visit www.bedeva.org/concerts.

Hey Neighbor! **MOVIE NIGHTS** October 5, 2018

From 6-8 p.m. FREE! Abram Frink Jr. Community Center, 8901 Pocahontas Trail. Bring a blanket/pillow and join us for family friendly movie nights held inside the multipurpose room. Popcorn and drinks provided. Children under 12 must be accompanied by an adult. Scheduled feature: Hotel Transylvania 3 (2018) PG;

movie subject to change. Info: 757-888-5810 or jamestown-countyva.gov/recreation.

Hey Neighbor! **AN OCCASION FOR THE ARTS COMMEMORATES 50TH ANNIVERSARY** October 5-7, 2018

Free and open to all. AOFTA provides an inspiring celebration of visual and performing arts in and beyond Merchants Square of Colonial Williamsburg. The juried show brings the work of talented fine artists, local youth artists, and lively performing artists together for an event that offers something for everyone. Live performances are held both days on two stages, and the popular food court provides a wide selection of culinary options from barbeque to street tacos. Virginia artist Carlton Abbott has created the 50th anniversary poster for AOFTA which will be available for sale at the show. AOFTA includes artists from virtually all media, including drawing, glass, printmaking, jewelry, fiber, metal, photography and more. Over 140 artists will participate and will showcase the works of artists traveling from states across the country, as well as Israel & Canada who will bring the beauty and craftsmanship of their work to Williamsburg. There will be a number of special events to commemorate the 50th anniversary of AOFTA

that include a 50th Celebration (ticketed) and the first AOFTA Endowment Grant Award from the Williamsburg Community Foundation. Friday night October 5th the weekend launches with the kickoff pARTy hosted with CultureFixVA. Friday is an opportunity to mingle with artists, dance, and enjoy local beverages and culinary offerings. There will be a champagne toast to commemorate the 50th show. The artist gallery and performance guide, as well as more information on special 50th Anniversary events, will be available soon at www.aofta.org. "We are also bringing back our Purchase Awards program that engages art lovers to buy 'art cash' throughout the year, and during the show to post their 'award' on art they have purchased with their art cash." said Charette. "Art is about the relationship between the patron and the art, and by extension the artist. The treatment of a purchase with art cash as an award with public recognition creates a social component that invites others at the show into that relationship. We hope those planning to attend the show will participate in this community building activity." AOFTA is made possible through the generosity of many dedicated volunteers and sponsors, including Bank of America and Merrill Lynch, who are providing support as this year's

presenting sponsors and The City of Williamsburg who provided a leadership gift in the annual campaign in recognition of An Occasion's 50th year.

Hey Neighbor!

CAPITAL COLOR RIDE

October 6, 2018

From 9 a.m. - 1 p.m. beginning at Chickahominy Riverfront Park, 1350 John Tyler Highway. You've heard of The Color Run™, but how about a color ride? Enjoy this family friendly biking event along a 15-mile stretch (choose your ride option) of the Virginia Capital Trail. Venture from Chickahominy Riverfront Park to the James City County Marina and back while encountering color stops, snacks, water and more at the rest stops. \$10/person; preregister by Sept. 30 and pay only \$5! Registration includes lunch and a free T-shirt while supplies last. All ages welcome; children must be with an adult. For info/registration, call 757-259-4200 or visit jamescitycountyva.gov/recreation. Weather permitting; if inclement weather is forecasted, please call the Activity Hotline at 757-259-3232.

Hey Neighbor!

THE WOMAN'S CLUB OF TOANO OPEN HOUSE

October 6, 2018

Please come, from 2 - 4 pm at our newly decorated building located at 7965 Richmond Road (next to the fire station). Perspective new members and renters are encouraged to attend. Our non-profit Club was established in 1915 to serve the community.

Hey Neighbor!

EXPERIENCED EMPLOYEES IN TRANSITION

(40-AND-OVER) CAREER CLUB

October 9, 2018

From 9-10:30 am, join us. This program is provided by the Peninsula Agency on Aging for speakers, workshops, networking, emotional and resource support throughout your job search! October topic is Mock Interviews: meet with HR professionals and receive feedback on your interviews. Location: Community Services Building-312 Waller Mill Road, Room 801, Williamsburg.

Hey Neighbor!

THE CHAMBER MUSIC SOCIETY OF WILLIAMSBURG PRESENTS THE PRIMA TRIO

October 9, 2018

Performance is at 8 pm in the Williamsburg Regional Library Theatre. Founded in 2004 while its members were studying at the Oberlin Conservatory, the Prima Trio triumphed at the 2007 Fischhoff Chamber Music Competition, winning the coveted Grand Prize. Prima currently performs over a hundred concerts a year across the USA & worldwide & has recently released their first CD featuring music by Khatchaturian, Piazzolla and Schickele.

Hey Neighbor!

WJCC COMMUNITY ACTION AGENCY 50TH ANNIVERSARY WEEKEND

October 12-13, 2018

At the Messmer Historic Triangle Community Services Center at 312 Waller Mill Road. Gala Friday 6 - 10 pm, tickets \$20. Block Party Saturday, 11 am - 3 pm, free admission, games \$1. Proceeds support the WJCC Community Action Agency's Head Start, Project Discovery, Weatherization and

support programs. Get your tickets at <https://wjcc-caa-dineandparty.eventbrite.com> or www.wjcc-caa. Contact Liz at 757-229-9332 to sponsor or book a Block Party table!

Hey Neighbor!

20TH ANNUAL C&F BANK MEN'S CHARITY TENNIS TOURNAMENT

October 13, 2018

The 20th annual C&F Bank Men's Charity Tennis Tournament benefiting The Hospice House and Support Services of Williamsburg will be held at the Kingsmill Resort Tennis Center. It will start at 8:30 am and conclude after lunch. The doubles tournament has an entry fee of \$100 per player, with a reduced fee of \$60 for first-time players. Entry forms and further details are available at menscharitytennis.com.

Hey Neighbor!

DIVORCE CARE SUPPORT GROUP

October 15, 2018

Divorce Care Support Group will meet on Mondays from 6:30 - 8:30 pm for thirteen consecutive weeks until January 14, 2019. It is open to all individuals who are in the process of separation / divorce. Whether you are going through a separation, divorce, or have been divorced a number of years, Divorce Care Support Group addresses the emotional impact you and your children are experiencing and the avenues of empowerment to continue a Healthy Christian Journey. It is Christian Based and is a Safe Confidential environment to share your feelings. Please consider joining us, or share with a friend who could benefit from this. Contact Registration

information, Pat Boffardi, Patboff@Gmail.com or Office@KOGVA.ORG, 4897 Longhill Rd. Williamsburg.

Hey Neighbor!

WCAC HOSTS ITS SECOND ANNUAL REGIONAL JURIED SHOW!

October 15-Nov. 16, 2018

The Williamsburg Contemporary Art Gallery is hosting its second Annual Regional Juried Show. The show, open to all Virginia artists, including members of WCAC, is being judged by Ken Wright, former Arts Commissioner of Virginia and current resident artist at the d'Art Center in Norfolk. There will be cash awards for show winners. The show exhibits the best works of regional artists and artisans and includes 2-D and 3-D artwork in all styles and mediums—painting, photography, pottery, sculptures, jewelry, fiber art, and more. Most artwork is for sale. WCAC's final Members Co-op Show for 2018 is still underway through Oct. 12. WCAC is located at 110 Westover Avenue in the Arts District. Hours: Tues.-Sat. 11-3; Sun. 12-4. 757-229-4949.

Hey Neighbor!

THE WOMAN'S CLUB OF TOANO CARD PARTY

October 16, 2018

At 12 noon, a luncheon and card party at their clubhouse, 7965 Richmond Road, by the fire station in Toano. The \$20 cost includes lunch, bridge/canasta cards, door prizes and raffle prizes. To reserve a seat, please call Dee at 564-7650 or Phyllis at 250-3141. We are a non-profit organization and all proceeds go toward our scholarship or renovation funds.

Hey Neighbor!

WILLIAMSBURG MUSIC CLUB: ADAM SCOTT CLIFFORD, PIANO

October 17, 2018

For its second concert of the season, the Williamsburg Music Club proudly presents the gifted and virtuosic pianist, Adam Scott Clifford, from Hoboken, New Jersey. The fascinating Mr. Clifford will present his program: "Examining Character in the Music of Haydn, Beethoven & Chopin." This extraordinary program will include Haydn's Keyboard Sonata in D. Major, the Allegro from Beethoven's Sonata No. 5, and Etudes and Preludes by Chopin. He will offer perspective in bridging the gap from the Classical to the Romantic eras. This educational and exciting program by a gifted and awesome performer, Adam Scott Clifford is sponsored by the Williamsburg Music Club and offered as a free gift to the community. Music begins at 11 a.m., business meeting and coffee at 10 am in Lewis Hall of Bruton Parish, 331 Duke of Gloucester Street, Williamsburg, next to the B&N bookstore. www.williamsburgmusicclub.org, 757-291-9082.

Hey Neighbor!

GREATER WILLIAMSBURG CHAMBER AND TOURISM ALLIANCE 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!

BOO BASH AT THE BEACH

October 20, 2018

From 1-4 p.m. at Jamestown Beach Event Park, 2205 Jamestown Road. Enjoy a day at the beach with a Halloween twist! Costumes welcome. Trick-or-Treating onsite for ages 12 and younger. Children must be accompanied by an adult. Hands-on activities, pumpkin carving and decorating (\$), first come, first served while supplies last. Event also features music, games, food for purchase and more! Admission is \$5/car (cash or check only). Info: jamescitycountyva.gov/recreation or 757-259-4200. Weather permitting; if inclement weather is forecasted, please call the Activity Hotline at 757-259-3232.

Hey Neighbor!

18TH ANNUAL FALL FESTIVAL

October 20, 2018

From 10 am – 3 pm, enjoy live music, silent auction, amazing grazin' baked goods, arts & crafts show & sales, attic treasures, free moon bounce, kids events and hay rides. All proceeds used to benefit Angels of Mercy Medical Clinic, Avalon, Greater Williamsburg Outreach Mission, Salvation Army Transitional Housing, Faith In Action, & other local charities. Hickory Neck Episcopal Church, 8300 Richmond Road, Toano, VA 23168. For more information, call 757-566 – 0276 or visit www.hickoryneck.org/festival.

Hey Neighbor!

BAY RIVERS DISTRICT ALUMNI ALL-STARS BASKETBALL TOURNAMENT

October 20 -21, 2018

Faith In Action has partnered with Dreamchasers Basketball

to launch the area's Bay Rivers District Alumni All-Stars Basketball Tournament. Come grab a seat in the bleachers and support your favorite high school standouts from the classes of 1978-2018. The tournament will tip-off at 11 am. Show your school spirit while cheering on your favorite all-stars as they hit the floor once again. Make sure you are back in the bleachers by 4 pm on Sunday, October 21, to watch the finals. Which of your favorites will take home this year's championship title? All games will be played at Lafayette High School, 4460 Longhill Road, Williamsburg, VA 23185. For tickets, or more information, visit wfia.org/alumniallstars

Hey Neighbor!

WMCI FALL COMMUNITY COURSES AND EVENTS

October 22, 2018

The William and Mary Confucius Institute is offering a variety of language and culture courses from October 22 - November 15 (Fall Session 2). The following courses will be offered this session: Chinese Martial Arts - Chang Quan II, Chinese Painting II, Chinese Level II, Taiji Fan II and Pipa II. The cost for each course is \$10/class, to be paid in full on the first day of class. In general, each session holds about 8 classes per course (\$80). W&M faculty, staff, and students always receive a 50% discount (e.g. \$40 for 8 classes). Sign up today to secure your spot, as the classes are filling up quickly! For more information, 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!

AFTER HOURS LECTURE AT VIMS - GHOST FORESTS, ZOMBIE SHRIMP, AND SPACE FISH: 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!

SKATE JAM AFTER HOURS

October 26, 2018

From 5-8 p.m. at the Skate Park, 5301 Longhill Road (adjacent to the James City County Recreation Center). This glow-themed night will include a skate competition divided into beginner, intermediate and advanced divisions where participants are judged on style, flow and difficulty of run. Warm ups begin at 5 p.m. and registration is required for admittance into the park. Preregistration is encouraged; \$10/participant. For info/registration, visit jamescitycountyva.gov/recreation or call 757-259-4200. All ages welcome; children must be with

an adult. Weather permitting; if inclement weather is forecasted, please call the Activity Hotline at 757-259-3232.

Hey Neighbor! **ST MARTIN'S AUCTION FOR HAITI**

October 27, 2018

Starts at 7 pm. Advance sales \$30 per ticket. The Men's Fellowship at St. Martin's Episcopal Church is hosting its first C.L.O.A.K. (Caring, Loving, Outreach, Action, Kindness) gala auction. The recipient of the proceeds is St. Vincent's Center for Children with Disabilities (<https://stvincentshaiti.org>), in Port au Prince Haiti. St. Vincent's is a school for children with physical disabilities in the poorest country in the Western Hemisphere. For over 50 years St. Vincent's has served hundreds of children --blind, deaf or those with crippling physical disabilities -- by offering quality education adapted to meet their physical needs, a prosthetic clinic, meals, and medical services under the auspices of the Episcopal Church. The current enrollment is 200. Our goal is to fund \$10,000 in scholarships for tuition assistance. For additional information on tickets, auction donations or direct contributions, contact Ted Lyman at tlyman45@outlook.com or the SMEC office at 757- 229-1111.

Hey Neighbor! **AVALON CLASSIC GOLF TOURNAMENT**

November 2, 2018

Join us for the second annual golf tournament fundraiser - ticket proceeds support Avalon Center's mission to end domestic and sexual violence. Registration and information at avaloncenter.org/avalon-classic.

Also seeking corporate sponsors!

Hey Neighbor! **USMC BIRTHDAY CELEBRATION**

November 3, 2018

The Williamsburg Area Marines (WAM) will observe the 243rd Birthday of the founding of the United States Marine Corps at Legacy Hall in New Town from 6:30-9 pm. USMC Color Guard, traditional readings, guest speaker, and cake cutting. Heavy hot and cold buffet, cash bar. \$ 35 per person. All Marines and friends invited. For information call 757- 879-5153.

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.virginiathanksgivingfestival.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! **DREAM CATCHERS' COWBOYS UNCORKED EVENT AT THE WILLIAMSBURG WINERY**

November 11, 2018

Tickets are on sale now for \$75 and are available online www.dreamcatchers.org or by calling 757-566-1775. Cowboys Uncorked is an annual fundraiser held at the Williamsburg Winery for 275 guests, hosted by and benefiting Dream Catchers at the Cori Sikich Therapeutic Riding Center. From 6 - 9 pm. Wessex Hall at the Winery is transformed into a western town - complete with a DJ, country line dancing lessons, western whiskey bar, jail house, gunslinger quick draw contest, games and more! The "celebrity arrestees" participating in the event are "bailed" out of the western jailhouse with donations to Dream Catchers. It is rodeo themed with cowboy fare (bar-b-que, brisket, chili, beer, wine, whiskey and sarsaparilla). Wear your boots & jeans and leave the heels & wingtips at home! This fundraiser supports Dream Catchers' life-changing equine assisted activities and therapies for children and adults with special needs. Professional Dr., Williamsburg 23185.

Hey Neighbor! **COMMUNITY OF FAITH MISSION (COFM) TO HIRE EXECUTIVE DIRECTOR**

Ongoing

Community of Faith Mission is a faith-based winter emergency homeless shelter program that provides food and shelter for 18 weeks from mid-November through mid-March for those without a home in the Greater Williamsburg, VA area. Job description: this position is responsible for the successful leadership and management of all projects and tasks related to shelter operations. The shelter season is seasonal with more hours required between October-April. Minimal summer hours. Duties and responsibilities include: The ED (1) ensures ongoing program excellence and delivery through direct oversight of the shelter program while working closely with congregations and community partners; (2) supervises Shelter Managers and oversees the efficient and effective day-to-day operation of the shelter program; (3) represents COFM at each facility during their shelter week as needed; (4) reviews existing policies and drafts new policies for board approval; (5) maintains client, donor, and volunteer files and keeps files securely stored and confidential; (6) appraises the Board of all aspects of shelter operations, meetings and activities related to COFM; (7) works closely with the board of directors on developing strategic planning. Attends all board meetings; (8) prepares annual operating budget and responsible for grant reporting; (9) participates in fundraising activities and community activities; (10) establishes relationships within the community to garner new opportunities and partnerships. Qualifications: College degree preferred. Knowledge of leadership and management

principles as they relate to non-profit organizations. Knowledge of volunteer management, financial management and project management. Must have excellent verbal, written and interpersonal skills. Candidate should be detail oriented and be able to problem solve as needed in a shelter environment. Grant writing experience preferred but not required. To apply, send resumes to information@cofm.info.

Hey Neighbor! **HOSPICE HOUSE & SUPPORT CARE OF WILLIAMSBURG OFFERS NEW BEREAVEMENT SUPPORT GROUP**

Monthly meetings

WAY: Widowed and Young, a support group for widows and widowers in their 30's-50's meets at Hospice House. Recognizing that established support is as far away as Newport News and Richmond, Hospice House & Support Care hopes to make support more accessible to younger widows and widowers residing in the Williamsburg area through the facilitation of this group. Support sessions focus around specific subjects such as coping techniques and offer up opportunity for participants to share in their grief experiences. Individuals interested in registering for the group should contact Chaplain Hannah Creager, facilitator, at 757-206-1177 or via email: bereavement@williamsburghospice.org.

Hey Neighbor! **COLONIAL LACE MAKERS DISPLAY**

October, 2018

Throughout the month, a mixture of old favorites and new creations by the Colonial

LaceMakers is on display at the Williamsburg Regional Library, 515 Scotland Street. On October 20, from 1-4 pm, join lacemakers at the Library for a live demonstration. "Try-me" lace pillows will be available for visitors of all ages to learn the basics.

Hey Neighbor! **WILLIAMSBURG FARMERS MARKET IN MERCHANTS SQUARE**

October, 2018

Saturday mornings, enjoy the heart of Williamsburg in Merchants Square 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 (9 – 11 am), chef demonstrations (9:30 – 11 am) and children's activities. From 8 am – 12 noon. October 6 – Live Music by Stephen Christoff, chef demonstration by Chef David McClure with Café. October 13 – Live Music by the LCV Project, chef demonstration by Amber Ox. October 20 – Live Music by Jack Enea, chef demonstration by Revolutionary Golf and Grill. October 27 – Children's Day at the Market! Live Music by Thomas Ruark, chef demonstration by SHIP. Halloween costume contest, trick-or-treating, pumpkin decorating and more!

Hey Neighbor! **SOTO ZEN SERVICES**

Sundays

On Sunday mornings from 10 -12 am, we offer a formal Soto Zen service which includes sitting and walking meditation, sutra chanting, and a discussion period (with tea/coffee and snacks). On Tuesday from 6-7 pm, we offer sitting medita-

tion and study group. There are also designated hours on Monday, Wednesday, and Thursday when we are open for you to join in silent meditation. Please see the practice schedule at www.whitecloudzen.com for details and fully updated schedule. Feel free to call Dr. Joseph Garcia at 912-677-3076. We are located at 1126

Hey Neighbor! **HOSTING HIGH SCHOOL STUDENT**

Ongoing

We are looking for families interested in hosting a high school exchange student for the 2018-19 school year. Experience the world from home! Contact c.dani.international@gmail.com 757-585-4009.

Hey Neighbor! **VOLUNTEERS NEEDED**

Ongoing

We have an urgent need for a few volunteers with trucks/trailers and who are able to lift slightly heavy equipment like wheelchairs. It is a once or twice a month volunteer opportunity to pick up equipment from donors' homes in the Williamsburg area. It is on an as needed basis but the commitment would be no more than 2 times monthly. Contact: Diane Harrah, Program Assistant, Williamsburg F.R.E.E., 757-707-4741 or www.free-foundation.org. 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, hover lifts, wheelchairs and power scooters. Equipment gifted also includes bathroom transfer aids such as shower chairs, tub transfer benches and

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

Hey Neighbor! **WILLIAMSBURG PARKINSON'S SUPPORT GROUP**

Ongoing

Persons with Parkinson's and their caregivers meet at the Williamsburg Landing Health Club and Spa on the second Monday of each month at 1 pm. Join us as we learn from experts and share our experiences. Contact Jacob Hostetter at 757-221-0160 or WPSG@cox.net for more information.

Hey Neighbor! **MOM'S PRAYING FOR CHILDREN & SCHOOLS**

Ongoing

You can't be the perfect mom, but you can be a praying mom. Moms join together to pray for our children. No matter what age group, Pre-K to Graduate student, adult children and grandchildren. Now more than ever our children and our schools need the peace and power of prayer. Moms in Prayer International meets weekly every Wednesday at Calvary Chapel Williamsburg from 1 – 2 pm. Calvary Chapel is located at 5535 Olde Towne Road (behind Food Lion). Contact Info: Jeanne Hallman, Jeanne4J@cox.net

Hey Neighbor! **BIRD WALKS WITH THE WILLIAMSBURG BIRD CLUB**

2nd and 4th Saturdays

8-10 am. On the second Saturday of every month, the Wil-

Williamsburg Bird Club leads bird walks different parks in the Williamsburg/James City/York area. The second Saturday is at a different park each month. Please check the calendar at williamsburgbirdclub.org to find where these walks are held. On the fourth Saturdays, the walks are always held at New Quarter Park. Join them for upcoming walks to observe hawks, eagles and songbirds that live in the area year round and those that migrate 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 Queens Lake and turn right. Travel a short distance to Lakeshead Drive and follow the signs to the park. Meet in the parking lot. Bring binoculars or borrow some from the office. Free and open to the public.

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 FOR NEW MEMBERS FOR FALL SEASON.**

Ongoing
The Chorus is open to women of all ages and voice parts. Rehearsals are held on Thursday Mornings at Bruton Parish House from 10 am 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! **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! **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 Saturday 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 years 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! **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.jccwmg.org.

Hey Neighbor!

CHRISTOPHER WREN ASSOCIATION FALL SEMESTER MEMBERSHIP, COURSE, LECTURE, AND ACTIVITY REQUESTS

Ongoing

The Christopher Wren Association is a self-funded, volunteer-led organization dedicated to adults of all ages who seek opportunities for learning and enrichment of their lives. This fall CWA will be offering over 150 courses, one-time lectures and activities, including the popular Town & Gown Lecture series. 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

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!

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!

HEAD START OPEN ENROLLMENT

Ongoing

Williamsburg James City County Community Action

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

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! **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! **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 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, hooyer 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 Abun-

dantLifeGroups@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! **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

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

These listings may contain more information than those printed in the magazine.

Williamsburg's
IN THE
NEIGHBORHOOD
photo challenge

BERKELEY
MIDDLE SCHOOL

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

Enjoy!



INTERMEDIATE

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

SEPTEMBER 2018
In the Neighborhood
Photo Challenge



Exceptional Care Just Minutes from Home

Every Riverside primary care practice offers highly trained providers, timely appointments, online access via MyChart, fast referrals and coordinated care with Riverside specialists.



Catherine Davies, D.O.



Jared Harrison, D.O.



Kimberly Maigi, F.N.P.



Pedro Villanueva, M.D.

Riverside Primary Care Norge • 7364 Richmond Rd.



Jamey Burton, M.D.



Johanna Larrazabal, M.D.



Suzanne Robinson, N.P.



Ashlea Austin, F.N.P.

Riverside Internal Medicine & Family Care • 5231 John Tyler Hwy.



Krystal Ainsley, M.D.



Richard Bagnall, M.D.



Sheba Mohsin, M.D.



Daniel Muench, M.D.

Riverside Williamsburg Family Medicine • 120 Kings Way, Ste. 1400

Meet the teams and see patient ratings: riversideonline.com/wmbg



RIVERSIDE

**Schedule an appointment today by calling
757-941-5471 or online at riversideonline.com/schedule**



Choose RIVERSIDE




STRESS FREE HOME SHOPPING FOR YOU!



QUEENS LAKE • \$699,000
Custom home on private 1.2 acre lot. Extensive beautiful millwork and hardwood. Open formal LR/DR w/wood burning FP. Renovated kitchen has all the bells & whistles. Two spacious first floor Masters. 3 season room boasts 28x16 tiled pool with double sliders to back patio. Second fireplace in lower level family room. 2 BRs with en-suite tiled full BAs on second floor separated by multi purpose room.
<http://www.lizmoore.com/115Holcomb>




Susan B. Smith
Working Hard. Working Smart. Working for You.
757-876-3838
susansmith@lizmoore.com
www.lizmoore.com/susansmith




140 COUNTRY CLUB DRIVE
5 BR • 2 BA • 2850 sqft
Offered at \$335,000

Dreaming of a truly Williamsburg-esque home - look no further! This all brick, 5 BR, 2 BA residence was designed after the historic jail and is simply enchanting. Come home to what Williamsburg living was meant to be.



Tim Parker
(757) 879-1781



Cyril Petrop
(757) 879-8811

www.timparkerrealestate.com



JUST REDUCED!
Only \$374,000!

5710 TYSHIRE PARKWAY
All brick home
First floor living
4 BR, 3 1/2 BA
Over 2,800 sqft



Denise FLEISCHMANN
Associate Broker, ABR, SRES, NRE
757-846-0202
Denise@LizMoore.com
WelcomeHomeToWilliamsburg.com

Over \$79 Million in Sales and 13 Years in Real Estate!



5515 Pennington Place in Westmoreland
Upgrades, upgrades & more upgrades! Current homeowners have improved this 4 BR, 2.5 BA, 2,600+ sqft property for you! Too many improvements to list - you simply have to see this amazing home centrally located near everything Williamsburg has to offer. Offered at \$399,000.



Andrea Pokorny
REALTOR®, ABR, SRES
757-291-9119
andrea@williamsburghomefinder.com
WilliamsburgHomeFinder.com



8324 BARONS COURT
Longhill Gate • \$310,000
3 BR, 3 BA, 3,284 sqft.
One level living with a full basement. Open floor plan. Sunroom. Screened porch. Two gas fireplaces. Private lot. One car garage
<http://8324baronsct.info>
MLS# 1831747



Charlotte TURNER
Find your way home
ASSOCIATE BROKER
757-784-4317
charlotteturner@lizmoore.com



BRANDON WOODS **Wow!**
3508 Brentmoor
4 BR • 2.5 BA • 2,700 sqft
Simply elegant and gorgeous. Meticulously maintained both inside and out. Flowing floorplan. Perfect for entertaining or everyday enjoyment. \$399,000.



dianebeal
PREMIER PERFORMANCE PROFESSIONAL
(757) 291-9201
dianebeal@lizmoore.com



KINGSMILL
4 BR | 4.5 BA | 4692 SQ FT
All brick Joel Sheppard home
Great room with vaulted ceiling and gas fireplace
Expansive culinary kitchen w/ center island & Miele appliances
First floor Master Suite includes hardwood floors, two walk-in closets and 'spa-like' bath
Oversized 3 car garage | \$985,000



Deelyn ROBINSON
A passion for home
757-503-1999
Deelyn@lizmoore.com
www.PremierWilliamsburgRealEstate.com



3548 CEDAR BRANCH
The Settlement at Powhatan Creek
3 BR • 2 BA • 1962 sq ft
Lovely bright open floor plan perfect for entertaining!! Immaculately kept and lovingly cared for this home is move in ready with hardwood floors, granite counters completely upgraded and 5 years young. Amenities abound!
Offered at \$392,500



Rebekah BREWSTER
HOME IS WHERE YOU HANG YOUR HEART
rebekahbrewster@lizmoore.com
www.rebekahbrewster.com **757-272-8981**