

February 2019

WILLIAMSBURG'S

# Next Door Neighbors<sup>®</sup>

VOL.13, ISSUE 2

PRICELESS

Discovering the people who call Williamsburg home



## Volunteers

Toby Lane

[www.WilliamsburgNeighbors.com](http://www.WilliamsburgNeighbors.com)

Lisa W. Cumming Photography



# Who's the only Radiation Oncology provider in Williamsburg?



## Riverside Radiation Oncology Specialists.

At a time when life is challenging enough, it's comforting to know you can find world-class care just minutes from home. Riverside Radiation Oncology Specialists provides the most advanced technology administered by a highly compassionate team. Together we'll meet the challenges of cancer and associated treatments.

### Areas of Service and Treatment

- Intensity Modulated Radiation Therapy (IMRT)
- Image-Guided Radiation Therapy (IGRT)
- Nutrition Counseling with Registered Dietician

Meet the team and see patient ratings: [riversideonline.com/wmbgradonc](http://riversideonline.com/wmbgradonc)

To schedule an appointment call 757-220-4900.



RIVERSIDE

Radiation Oncology Specialists

3901 Treyburn Drive, Suite B • Williamsburg, VA 23185



*Now accepting Optima Health  
and other major insurance plans*



*Choose* RIVERSIDE



Meredith Collins, Publisher

Every time we talk to volunteers I have the same question. "Where do they find the time?" I know I am not alone in thinking that, and it is not just the time but the energy involved. Take the world class volunteer in our lead story, Toby Lane. I was about two paragraphs into the story on how much he volunteers and I felt like I needed a nap!

It may not seem easy to step outside of ourselves and help others, but there sure are a lot of people doing it in Williams-

burg. And it is alive and well across the country where we recently have seen volunteers step up to help victims of the wildfires in California, to help tornado victims in the Midwest, to provide services in several national parks left shorthanded by the government shutdown, and more. As Toby said so well; "I honestly think the world works because of volunteers."

So, if you often think about helping in some way but have not yet found the right outlet, let me offer you a small opportunity to make a difference, pretty easily, right now. Visit the GoFundMe site for Oscar Hasham provided in the banner on page 44 of this issue and make a donation, any donation, to help out one of our own little neighbors. **NDN**

# Inside

- 4. Robert "Toby" Lane
- 7. Gene Bruss
- 10. Debra Stipe
- 12. Sylvia Allgood
- 15. Les Waldron
- 18. Sue Harmon
- 21. Mark Phinney
- 24. Fred Gilbertson
- 26. Donna & Paul Leslie
- 28. Christina Fike
- 31. Pete Vack
- 34. Shaye Molendyke
- 37. Kandis Stewart
- 40. Michelle Clark
- 42. Scott Porush
- 44. Hey Neighbor!
- 46. In the Neighborhood

© 2019 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



# LET US TAKE YOU THERE.



**3283 DEERFIELD COURT**  
Fieldcrest 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

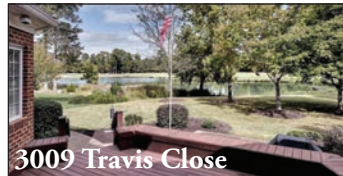


**3327 MORNING MIST**  
Deceptively large all brick custom home in Stonehouse. One floor living with room to spread out in expansive lower level. Cherry floors; Chefs kitchen; 4 fireplaces; 3 decks; 2 offices. 4 (or 5) BR/3.5 BA. 4,300 sqft, \$545,000.



*A HOME IN WILLIAMSBURG*  
**TONY PAUROSO**  
REALTOR®

tonypauroso@lizmoore.com • **757.645.8168**



**3009 Travis Close**  
3 BR, 3.5 BA, 3700+ sqft all brick home and amazing golf and waterfront parcel. Formal LR & DR both generous in size & accented with mill work. 2-story great room featuring floor-to-ceiling windows, gas FP & built-ins. Eat-in kitchen boasts abundant cabinet & counter space & breathtaking panoramic views. HW floors & neutral colors throughout all the main living areas. Mature landscaping adds to the curb appeal and accents the already amazing setting off the back deck. An exceptional property to call home. \$567,000



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



**107 ROYAL NORTH DEVON**  
Fords Colony • \$295,000  
Nestled on a wooded home site, this 3 BR charmer welcomes you. Great room w/brick FP opens to a dining area, and ultimately, to a nicely proportioned kitchen w/ceramic tile floors & gas cooking. The BRs are nicely sized and the screened porch opens to the back deck - both enjoying treed privacy.



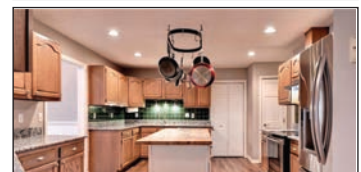
*The Key to your Success!*  
Elizabeth Jones  
757-870-6235  
elizabethjones@lizmoore.com



**116 WASHINGTON STREET**  
Welcome home to this beautiful 21st century home located 2 blocks from Colonial Williamsburg. Windows galore add light & private views throughout. 1st floor bedroom has built-in bookcases, full bath and a separate laundry space. Huge 2nd floor Master Bedroom with 2 closets, well sized bath and a private balcony to take your morning coffee. 3rd bedroom suite completes the second floor. Central kitchen has loads of cabinets plus wide granite work spaces with a gas range/oven. Many special features include a sprinkler and alarm system, gas grill line, solar tube lighting, smart home capability and 2 zoned heat and air. Truly a one of a kind home in the historic district in the City of Williamsburg.



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



**752 VINCENT DR • TOANO**  
4 BR, 3 BA  
Spacious and light filled home, soaring ceilings, natural stone fireplace updated kitchen. First floor includes master with walk-in closet and private bath and two additional bedrooms as well as office/flex room. Upstairs bonus room is perfect for a media room with adjacent bathroom and 4th bedroom.



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



# Involvement on So Many Levels

By Dawn Brotherton



For a retiree, Robert "Toby" Lane is one busy person. The most challenging thing to Toby is juggling all of his commitments. After his three-mile morning walk, he meets up with a group of friends for coffee or tea every morning for great conversation. Then he is off to his volunteer job of the day.

Originally from Connecticut, Toby went to college at Tufts University outside of Boston. That's where he met the love of his life, Marion, at the Valentine's Day Snowball Dance their sophomore year.

Toby received his degree in civil engineering and worked as a construction engineer. In the field, the construction engineer keeps track of subcontractors, does field sketching, scheduling and anything else needed to run a job. He worked for Stone and Webster Engineering Corporation which is a company that builds power plants. In 1967, Toby came to Williamsburg to help build the Surry Nuclear Power Station. "I rode that ferry every day, and it didn't run 24 hours, so if you missed the last one or you couldn't get there before the first one in the morning, you were out of luck. It was always a mad dash over the Surry roads to

get from the dock to the job on time," Toby says.

He and Marion married in 1968, and they stayed in Williamsburg until 1973. Marion taught math at James Blair High School, and their first child, Douglas, was born here. His daughter, Wendy, was born in Winchester, Massachusetts, shortly after Toby and Marion moved from Williamsburg the first time. Over the years, they kept in touch with friends in the Tidewater area and would visit occasionally. When it was time to retire from Stone and Webster, he and his wife decided to settle here.

"We came back because we were looking for a small town with a little bit of vibrancy, not a big airport, and not a big metropolitan area. But we didn't want to be out in the country either, so this is perfect."

Before he had a chance to settle in to retired life, he was called back into the field to work for a company in London as their point of contact for the building of the Millennium Dome in southeast London, the ninth largest building in the world by usable volume. He and Marion enjoyed the London life of theaters and restaurants, but after ten months it was time to come

home. They returned to Williamsburg in 2001.

Toby isn't one to sit still for very long. While his favorite volunteer job is looking after his daughter's children two days a week, now that they are 13 and nine, he sees it as a whole lot more fun than work.

In 2002, Marion began volunteering for Colonial Williamsburg. Toby got to know the people Marion worked with socially, and they eventually convinced him to volunteer as well. In 2009, Toby started going in two days a week to file papers. When things went digital, he switched to shredding, just to stay involved. He also works with the Human Resources department doing odd jobs like stuffing envelopes, wrapping gifts, and making name cards. It's more about the socialization for him. "I get to talk to people every day. It becomes friendships and relationships; the shredding part is the least of it. I mean, they can dump the box as easily as I can."

When Toby was young, he witnessed his mother's involvement with the church and Cub Scouts, but it wasn't until early in his marriage that he began to understand the need to give back. "I think our society functions because

Lisa W. Cumming Photography



# Have you been told you need Spine Surgery? The choice is clear.



- #1 Hospital in Virginia for Spine Fusion
- Top 10% in Virginia for Spine Surgery
- Top 10% in the Region for Spine Fusion and Surgery
- Top 100 in the Nation for Spine Fusion and Surgery

## The #1 Spine Hospital and Surgical Team in Virginia is right next door – in Newport News.

Whether you need non-surgical treatment for your neck or back or complex, multi-level spine fusion surgery, trust the Spine Team at OSC to expertly manage your care. Our fellowship-trained Orthopaedic Spine Specialists pioneered the development of minimally-invasive spine surgery techniques to help you get back to your life quickly, without pain. Call 757.223.9833 for an appointment.

You can find more information on CareChex™ and their hospital quality rating analysis that produced these rankings and results by visiting our website at [osc-ortho.com/vaspinefusion](http://osc-ortho.com/vaspinefusion).



Watch patients of Drs. Carlson and McFarland share how they returned to a pain-free life after spine surgery. Text SPINE to 41411.

### OSC PROVIDERS

Boyd W. Haynes III, M.D.  
Robert J. Snyder, M.D.  
Jeffrey R. Carlson, M.D.  
Martin R. Coleman, M.D.  
Mark W. McFarland, D.O.  
Raj N. Sureja, M.D.  
Jenny L.F. Andrus, M.D.  
John D. Burrow, D.O.

Orthopaedic & Spine Center  
250 Nat Turner Boulevard  
Newport News, VA 23606  
phone 757.223.9833  
[www.osc-ortho.com](http://www.osc-ortho.com)



volunteers do what they do, because they're just everywhere," Toby says. From the church to the schools, youth programs need volunteers, and he felt that it was only right because his children were benefiting from their services.

The volunteer opportunity that gives him the most personal satisfaction is Williamsburg Faith in Action. Toby's mother lived long past his father, and she was able to stay in her house because people would stop in to do a little housework and sometimes simply keep her company. Although they didn't have an official Faith in Action organization to help his mother at the time, Toby instantly gravitated to the local group as soon as he learned about it.

"Faith in Action provides services to seniors that will allow them possibly to live independently longer than they would otherwise. It is transportation to doctor's appointments or shopping or hair appointments or to church. But I have done everything. I have washed floors, fixed doorknobs, replaced sink faucets, mowed grass and trimmed trees and shrubs."

To stay involved with building and local government, Toby volunteers for the City of Williamsburg. "The Architecture Review Board gives one a window into Williamsburg and what's going on in Williamsburg. You see proj-

ects that are coming up, know about people who want to change their house or somebody who wants to build in town. You're interacting with the government on roads and budget. I just like to understand what goes on in Williamsburg."

Additionally, Toby has been on his homeowners' association board since they moved in, helped start the Williamsburg chapter of National Night Out and delivers food for FISH through his church. He and Marion are part of a citizen emergency response team instructed by FEMA.

"Because obviously, in an emergency, the police and the fire department can't respond to everybody in town all at once if you have a hurricane." They were trained on how to organize a search, how to check and report who is trapped in their home and how to triage injuries, among other things.

But that's not all. In the past Toby has volunteered for at least ten other organizations from Habitat for Humanity to First Night to the Christmas Parade to the Code Appeals Committee for the City of Williamsburg. He and his wife walked the 3 a.m. shift for Relay for Life. He is a man who likes to keep busy.

When New Town was still an open field,

Toby helped with the Rock the Block Concert to raise money for Virginia Land Conservancy. Working alongside very close friends, Hubert and Bobby Alexander, he helped raise money for the Afro-Academic, Cultural, Technological and Scientific Olympics (ACT-SO) program to recognize high school students for academic excellence. ACT-SO also helps with Martin Luther King, Jr. celebrations, and Toby collected and displayed MLK photographs for the event for many years.

In addition to his volunteer time, Toby does do some things for himself. He enjoys growing sweet potatoes and woodworking. He tinkers with his car and takes care of the yardwork. Every year, he and his wife visit the same town in Florida to relax on the beach and read books.

When people tell Toby Lane they don't want to retire because they don't know what they will do, he says, "You've got to be kidding. You're going to very quickly say, 'how did I ever have time to work?'" There are so many ways to get involved in the community at various levels.

Without his volunteering to keep him occupied, Toby would have too much time on his hands. He likes to be active and to be involved. "I honestly think the world works because of volunteers." **NDN**



**Gas Inserts Really Work!**

Our new direct vent gas inserts can heat large areas efficiently, have great flames and full featured remote controls. They use outside air and vent combustion waste up the flue, not into your home.

**15 burning displays!**

Come see what's new in gas products for your fireplace.

**Taproot**  
HEARTH & PATIO

Design • Installation • Service

(757) 229-3722 • 157 Second St.  
[www.taprootstore.com](http://www.taprootstore.com)



**Weddings & Private Events**

**Jamestown Settlement & American Revolution Museum at Yorktown**

[historyisfun.org](http://historyisfun.org) • (757) 253-4838



# A Community of FISH

By Narielle Living



Lisa W. Cumming Photography

Clients who come once a month to FISH in Williamsburg are greeted with an array of food, clothing, housewares and smiling volunteers. This organization is run entirely by volunteers and is fully supported by the generosity of the community. Board of Directors president, Gene Bruss, says, “The thing that’s interesting about FISH is that we are an all volunteer organization. Nobody makes money. A penny in is a penny out. Some of it’s used for overhead. We have to do that, but essentially when someone makes a donation, we deal with it directly. That’s the thing that makes FISH a really special and different place.”

FISH is a non-profit organization dedicated to providing food, clothing and housewares to

residents of the greater Williamsburg area. Clients are sent to FISH via community services referral network, United Way or organizations such as Avalon. “We don’t vet the client, we just meet the need.”

Gene’s passion for the program is evident and is a driving force that has helped shape their direction. Originally from Pennsylvania, Gene had been a teacher for more than 40 years, 33 of those years here in Williamsburg. “I saw on a first-hand basis kids who needed food. Feeding children, feeding hungry children, was something that was close to my heart. Williamsburg alone has 4,000 students who are food challenged. That’s a need where we all, as a board, felt we could do some good. The people who

give us money and donations know that we’re going to take that and do something with it.”

Gene and his wife, Debra, have been in Williamsburg since 1980. They were both teachers and originally came here to escape the harsher climate of Pennsylvania and find better employment. “At the time, Pennsylvania was cutting positions because of dropping enrollment,” he says. “I had been there at this particular location for a number of years before we got married, so I was entrenched. She was kind of having to move around to take whatever job she could get. This area was exploding at that time, and we came down here. We didn’t really know the Williamsburg area very well, it was not an area we had visited. The assistant superintendent at

## Rodney W. Bolyard, CPA

- Tax Preparation & Compliance (Personal, Business, Trusts, and Estates)
- Business Advisory & Support (Planning, Payroll, QuickBooks, & Other Accounting Services)
- Assurance & Consulting (Compilation, Review, and Audit)
- Simplicity, Accuracy, Trust



*Moss & Riggs, PLLC*  
Certified Public Accountants

1209 Jamestown Rd. • 757-903-4403 • [www.mossandriggs.com](http://www.mossandriggs.com)

## Total Water Pipe Replacement Including All Drywall Repairs

Water Pipe Replacement Specialist. I have been specializing in whole house replacement of failing and defective water pipes since 1995.

**Call me to replace your problem pipes.**

- Former Polybutylene (QEST) Pipe lawsuit contractor
- I personally replace the pipes in your home
- New pipes installed using PEX pipe and fittings
- Expert drywall repairs always included in your quote
- Virginia Licensed and Insured Plumbing Contractor

## John A. Tompkins Plumbing, LLC

36 Years Plumbing Experience

**Call for More Information and a FREE QUOTE.**

757-221-0019 (Office) 703-803-7776 (Cell)

Based in Williamsburg / Serving the Entire Virginia Peninsula



the time had a niece that my wife was teaching, and the mother came in and asked if we had looked at Williamsburg.” Searching for teaching opportunities, Gene and his wife applied for jobs in Williamsburg and were interviewed and hired on the same day. “It was one of those things where we literally called our best friends and said put a for sale sign on the house, we’re leaving. It worked out. We love Williamsburg. We’d never leave, it’s a special place. Anyone who comes here realizes that.”

When Gene retired, he wanted to do something as a volunteer, but was unsure what that might be. “I looked at several places but the thing about FISH is I felt like I was making an impact that day. When someone came in, I met their needs on that day.” The first day he arrived, Gene was told he needed training to be in a volunteer position. “So, I showed up, went into the food pantry, and they got swamped.” His training had begun. “My training turned into a trial by fire.”

According to Gene, the main reason people go to FISH is for food. Annually, the organization hands out the equivalent of between 155,000 to 175,000 meals. As Gene enters his fourth year as president, they continue to expand. “One of the big things that has occurred

under my direction is expanding our footprint in the community. Since 1975, we’ve done basically the same thing: food, clothing and housewares. We are now doing a backpack program with Head Start, and we send 100 bags of food home every other Friday to students. We have taken over the monthly food distribution from the foodbank. It used to be United Way but now it’s us. Every third Thursday up to 100 families can come and receive food at a church over on Longhill Road. They have to pre-register, but they get perishables such as frozen meats, fresh vegetables and fresh fruits.”

As the president, his role is to represent FISH by interacting with other groups and talking to the media. He considers it part of his job to increase publicity and awareness within the community as well as work to expand the program. But he is quick to say that he is relatively new to FISH, and many other people have been with the organization for a significantly longer period of time. “Compared to others, I’m new,” he says. And while he admits that there are plenty of people who know more about FISH than he does, he is clear on one point: “I am the face of FISH, but I am not FISH. I am merely representing a group of volunteers who have spent countless years and days doing this job. I’m just

a cog in the wheel, and I know that and I don’t pretend to be any more than that. I am touched by this organization. Come and spend some time here and you would be amazed at what goes on. The selfless volunteering — some of the volunteers are in their 90s and are working all day here. To be their representative is flattering.”

Gene is very much at home within the walls of FISH and represents the organization with enthusiasm and stalwart support. “I think as a nonprofit and as a volunteer, it’s the greatest place to be in Williamsburg,” he says. With a smile, he adds, “And we always have openings. We love donations: cash, food or clothing. It is interesting to me that there are still a lot of people who don’t know about FISH, and I can’t even imagine that because we’re everywhere.”

Clearly Gene has found his volunteer niche, and he is able to spend his retirement participating in something he loves. With a smile, he says, “I’m an avid fisherman. I’d fish every day if I could get out. I don’t care what the weather is. I have a lake in my neighborhood, a creek behind my house, I fish. I’ve fished my entire life. I became president of FISH. When I walk out the door in the morning and my wife asks where I’m going, I say I’m going to fish.” NDN

## 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 Reunion Menus. Not available on February 14th or with any other offer or promotion. May be used during dinner hours only. Not valid for private dining.

**RESERVATIONS SUGGESTED • Coupon Expires 2/28/19**

*Opus 9*  
Steakhouse



New Town Center  
5143 Main St

**757-645-4779**

Opus9Steakhouse.com

NDN



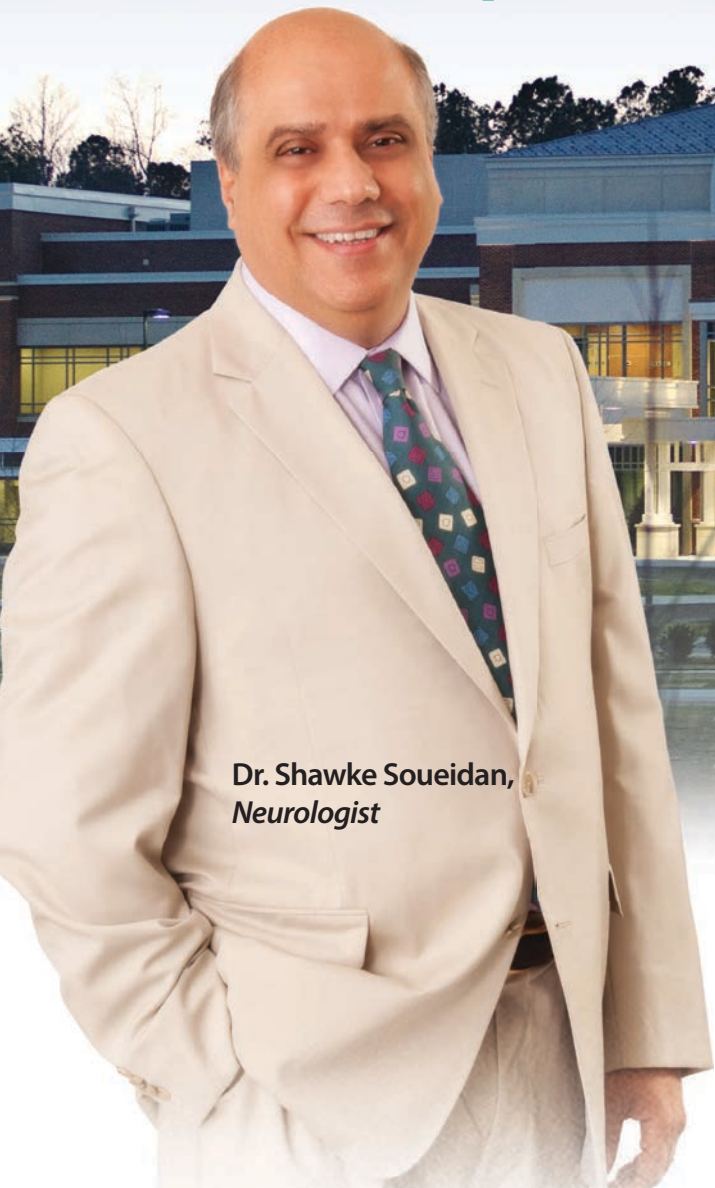
**Make 2019**  
a year of lifelong learning  
with **WRL**  
get started at [wrl.org/learn](http://wrl.org/learn)  
and tell your neighbor!





Dr. Soueidan, with a patient rating of 4.91 out of 5,\*  
**is the experience** you want in Williamsburg...

EXPERIENCED



Dr. Shawke Soueidan,  
*Neurologist*

and his reputation for **trusted,**  
**accessible** health care can only be  
**experienced 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

757-578-8555

[riversideonline.com/choose](http://riversideonline.com/choose)



# Learning and Growing through Volunteerism

By Harmony Hunter



Lisa W. Cumming Photography

Debra Stipe was born to sing in a choir. The energy, the unity and the pure alchemy of voices joining together is as fulfilling for her today as it was when she sang in church as a youngster. Thinking back, she says, “I grew up in a musical family. My mother and my father are incredible vocal people. My father played an instrument. I always sang in choirs.”

There is a special kind of community that exists in a choir. “I just love the group dynamics. I have a ‘nice’ voice. I don’t have my mother, my father or my daughter’s voice, which is that next level up. But in a choir, you work as a whole.

The synergy of the whole makes this beautiful music. Sometimes you need to rely on the people beside you to help accomplish that,” Debra says.

That idea of being someone on whom others can rely is something of a lodestar for Debra’s life philosophy. Whether contributing to a vocal collaboration whose goal is a song or taking up a hammer to help build a home, service to the people beside her, her community, is a sacred duty.

Volunteerism is in Debra’s DNA. “I was raised in a family where my parents volunteered.

My faith and belief system are that that’s what we should be doing: giving back. That needs to be part of your life. We grew up with it, and I raised my own children to do it.” In her days as a new mother, some of Debra’s earliest volunteer commitments centered around her kids’ lives, their peers and their classrooms. In each new community she and her husband Peter have settled in the decades since, she has found ways to ensconce herself in the life of the town, donating her time and skill largely to organizations that drew on her expertise in early childhood development.

**LA TERRAZA**  
MEXICAN GRILL

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 2/28/18.

**The Purchase of 2 Lunches & 2 Drinks**  
With coupon. Not valid with any other specials. Excludes alcohol. Good through 2/28/19.

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

**NO INSURANCE? We've Got You Covered!**

Purchase Our  
**Annual Membership Program**

**For \$290 per person\*, receive:**

2 exams, 2 cleanings (without signs of gum disease),  
1 set of x-rays, and 15% off  
any treatment done in the office.

New patient exam (exam, cleaning, X-rays) regularly \$352.  
Annual savings of \$234 for exams & cleanings! No Waiting Period!

**Call 757-280-1347 to receive this offer today!**  
\*Some Restrictions Apply

 **Curry Dental Center**  
Dr. Lisa J. Curry  
"The gentle dentist"

**312-H Lightfoot Rd., Williamsburg, VA 23188**  
**(757) 280-1347 • www.WilliamsburgDMD.com**



**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



Debra's years in the teaching field combined with her professional qualifications made her a natural fit to volunteer for the National Association for Education of Young Children's Accreditation (AEYC) program. "I worked as a trainer, consultant and coach with a lot of programs, community-based and public schools, to meet the standard that AEYC has set so that they could be accredited programs." Through her long residence in New England, this endeavor would comprise a large degree of her volunteer efforts.

As they prepared to move to Williamsburg, Debra got some prophetic advice from a dear friend. "When I lived in Rhode Island but worked in Connecticut, my very good friend and I were part of a regional choral group. As we were moving down here, she said, 'You need to find a group to sing with.'" As fortune would have it, shortly after their move, Debra would see an article in Next Door Neighbors about the Williamsburg Women's Chorus. "I liked the fact that it was a choral group for women, women's voices, trying to feature a lot of women's music."

It seemed like destiny that this vibrant choral group should present itself to her so soon after her move to Williamsburg. Debra joined, and in time, what began as a simple desire to redis-

cover the joy in shared voices became a mission of service to the choir and the local community. Debra volunteered to help with ticketing, later gathered data on sales, audiences and donations, and now serves as Vice President of the Williamsburg Women's Chorus and leads their fundraising campaign.

The mission of the choir speaks to Debra's inborn sense of service to others. She says, "It's very much for the women. It's a wonderful community of women for each other, but it's also 'What can we do out in the community? How can we give back?' We give money to young women in high school who are just starting out in singing, and we provide scholarships for X amount of lessons to start them with a vocal coach. We sing at some retirement homes. We're bringing in young singers and we help support Williamsburg Youth Chorale. We provide music for them, and they sing with us."

The choir filled more than one need for Debra. "What was so incredibly special for me in moving here was that they were the first people I met. They were the first people I began to form relationships with, who made me feel welcomed. The Women's Chorus is a wonderful support group. They were my first friends here," she says.

At the same time, Debra's husband Peter was hoping to find a home in the local arts community where he could exhibit, share and learn within his hobbies of photography and painting. Debra says, "We had gone to the Yorktown Art Stroll in September and walked up to the On the Hill Gallery. It was like we were walking into exactly what he had been looking for. I love being part of it. Its mission is to support artists locally." Peter joined the board, and Debra volunteers her time at the gallery and exhibits and sells some of her best quilted pieces there. "I like the idea of it almost being a cooperative. Everyone shares the responsibility to help run the place."

Debra Stipe's volunteer efforts put her in places where she feels she is not only giving back to the community but also growing as a person. "I think I pick things in my volunteering that force me to learn, study and understand new things. I feel that we're called to do things that we don't do just because we have to do them. When you volunteer, it satisfies a whole other aspect of your life and grows you in a different way than your career might. Volunteerism really is all about you doing something for no other reason than what it provides for someone else and how that feeds your soul." NDN

# Join Warwick Travel to Learn about Viking Ocean and River Cruises

**Williamsburg Golf Club**  
Wed., Feb. 27, 2019 • 5:30-7:30 PM  
1801 Merrimac Trail, Williamsburg, VA 23185

**RSVP by  
Feb 22, 2019**

## Topics to be discussed include:

- The Viking philosophy
- What's included on a Viking River and Ocean Cruise
- Most Popular River Cruise itineraries - Danube and Rhine
- Viking Longships and Ocean ships
- Most popular Ocean Cruise itineraries in the Baltics, Mediterranean and Asia
- Current promotions and "Day of Show Offer"



In 2018, Viking River Cruises was noted for their excellence in multiple categories. Viking Ocean Cruises was recognized by Travel & Leisure World's Best as the #1 Ocean Cruise Line, and received the World's Best award in the River Cruise category.

**Call the Travel Professionals  
at Warwick Travel!**

Williamsburg • 757.229.7854  
Newport News • 757.599.3011 [www.warwicktravel.com](http://www.warwicktravel.com)





# SYLVIA ALLGOOD

## Providing Respite Care for More Than Two Decades

By Lillian Stevens



Lisa W. Cumming Photography

After retiring from nearly 30 years of service to the City of Williamsburg, Sylvia Allgood decided to do volunteer work. She set out to find an organization that would be a good fit for her skills and interests and found her niche at Respite Care, a weekday ministry at Williamsburg United Methodist Church.

That was almost 25 years ago.

The Respite Care program provides time off for family members whose loved ones have special needs that may include general dementia or Alzheimer's, a form of dementia. The program

also serves individuals who are mentally challenged and/or those who have physical disabilities. Every Tuesday afternoon, Sylvia can be found at the church giving of her time and talents to this program and the amazing people it serves.

"The best way I can describe Respite Care is to say from the top on down, it's like a loving family," Sylvia says. "I feel like the people there have become an extension of my own family."

Every weekday afternoon clients are provided companionship and activities in a safe and se-

cure setting that maximizes their cognitive and social abilities. Daily enrichment activities include music, arts and crafts, exercise, games, educational talks, and, of course, trips down memory lane.

"Everyone has fascinating stories," Sylvia says. "They may have short term memory problems, but they enjoy talking about their lives. I think it is so interesting to hear their stories — stories about the places they traveled to and stories about their children and families. They have so much knowledge. Sometimes it's hard for them

**Happy Valentine's Day**

**Best of Williamsburg Winner 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017 and 2018.**

**10% Entire Check off with this Ad**  
Excludes Alcohol. Offer Expires 2/28/19  
6546 Richmond Rd. • (757) 564-9258 • newyorkdelipizza.com

**NEW YORK DELI AND PIZZA RESTAURANT**

## Is Your Life in Transition?

**We can help you through these challenging times...**

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

**Williamsburg ESTATE SERVICES**

(757) 784-7764 • [www.WilliamsburgEstate.com](http://www.WilliamsburgEstate.com)

Kim Gibbons, Project Mgr.      Laura Kinsman, Owner



to express themselves, but you can see the pride they take in telling their stories.”

The Respite Care program is staffed by a compassionate care team of professionals. Carolyn Yowell is program director, and Ellen D’Orsogna, RN, serves as manager. In order to foster a family-like environment, the group caps at a maximum of 12 clients each afternoon. On any given day, five staff members are present, along with committed volunteers like Sylvia.

“I really enjoy knowing that at the end of their day, everyone goes home feeling happier and inspired.”

She says that the clients especially enjoy each other’s company, as well as their interactions with staff and volunteers.

“They will tickle you to death sometimes with the things they say. They say sweet things sometimes, too. One day I was chatting with a lady, and we were remembering back to the days of soda jerks and pay telephones and things we grew up with, and she looked at me and said, ‘I really like coming here because my husband says I smile more.’ To me, that says it all.”

Sylvia knows she found the perfect organization for her volunteer efforts, but in the beginning she didn’t rush in.

“I took the advice of a neighbor who told me I should look around and take my time to find the right fit,” she says. “I think I picked respite care because my parents were getting older and so was I. I felt like I could relate.”

The petite 78-year-old surely doesn’t look her age, and she laughs when she hears that.

“Oh, I know how I have changed! I’ve gone from a job in a busy office, where I was an administrative secretary, to being a little slower in retirement.”

At Respite Care, Sylvia fit in from the start. She is quick to sing the praises of the program’s leadership. “Carolyn and Ellen both get my accolades. I cannot say enough good things about them both.”

**Get Support  
Get Certified**

# GET A BETTER JOB

**A**re you interested in getting certified for a better job but need the support of a tutor to help you get there?

At Literacy for Life, we are currently helping learners pursue certification in the following areas:

- Dental Assistant
- Clinical Medical Assistant
- Certified Nursing Assistant
- Medication Aide
- HVAC Technician
- Culinary Arts (Chef)
- Commercial Driver’s License (CDL)
- Emergency Medical Technician

**Other options are also available**

Once certified, we also help with searching for a job. If you or someone you know is interested in more information and want to confirm eligibility to receive services please call 757-221-3325 today!



**LITERACY FOR LIFE**

301 Monticello Avenue • School of Education College of William & Mary

**757-221-3325 • [literacyforlife.org](http://literacyforlife.org)**



On Tuesday afternoons, she arrives in time to help set up refreshments. Following snack time, she will help with a variety of activities which folks can pick and choose between. "Some like to read; others like to paint," she says. "There may be entertainment planned, like Bingo. When they exercise, I exercise right along with them!"

Sylvia believes she takes away far more than she gives, but at the same time she knows that her efforts are appreciated.

"The comments that the people here make and the gratitude that they have. It's just so heartwarming and touching."

In recent months, both she and her husband Larry have dealt with a few health issues themselves. Sylvia lives with rheumatoid arthritis and also suffered a heart attack, but she credits the kindness of her Tuesday afternoon friends in part for her recovery.

"When my husband and I had health problems, the calls and cards started coming in from Ellen, the clients and everyone. I have no doubt in my mind that those cards and calls helped us get better."

Anyone who has ever served as a caregiver for a loved one with special needs knows that the demands can be many, and the associated stress

can be great. Sylvia admits that her volunteer work requires a certain type of personality.

"I think I just have that instinct to help," she says. "And I'm able to put myself in someone else's place. Mostly, I think that you just have to love people."

She learned from a young age to empathize with older people and offer help in such a way that kept their dignity intact.

"My mother used to say I was tenderhearted," she says. "And I remember when I worked for the city, there were sometimes elderly people who called me to ask if I could look up something in the phone book, something they couldn't find themselves."

Sylvia's department was public works utilities, a service group, so it wasn't just about garbage pickup or potholes or broken water lines. She was happy to help because she saw this as part of her job. She has a special place in her heart for her community's older citizens and particularly the families she's met through Respite Care.

"Even though someone might not be able to recall exactly what it is that they want to say, or be able to express themselves the way they would like to, we never know what they may or may not understand," she says. "What they do know, though, is how they are treated. They still

have feelings, even if it seems they don't understand what is going on around them, or when they have a hard time expressing themselves."

Though Sylvia feels fortunate to have her family here in town, she knows how difficult it must be for those who don't have that kind of support system in place.

"I've been going to this church since I was a young girl, and I am so proud of this program," she says. "There are so many ways that they reach out here, but this is a very special program."

Sylvia is a native of greater Williamsburg and has never lived anywhere else.

Like a story from a fairy tale, she married her childhood sweetheart. The couple has been together nearly 60 years.

"I raised my family here," she says. "My children are here, my grandchildren are here, and I even have great grandchildren. They are the light of my life. We have such a loving family. I count my blessings every single day, for my husband, Larry, and our family."

Looking back, Sylvia Allgood says that if she had it to do all over again, she would not change a thing. At this time in her life, though, she is realistic in terms of looking forward regarding her own life and that of the community she holds so dear. NDN



**Beat the Winter Blues**

**3 Course**

# Dinner Special

Breadsticks and crackers with a crock of our "almost famous" cheddar cheese spread.

**Soup**

Cup of our house-made Crab Bisque

**Salad**

Garden fresh house or hearts of romaine Caesar salad

**Entrée**

Create Your Own Surf and Turf!

*"Turf" options include: Roast Prime Rib of Beef, Au Jus, Center Cut New York Strip Steak, Center Cut Petite Filet*

**Accompanied with your choice of "Surf" options:**

*Sea Scallops: Broiled or Fried, Jumbo White Shrimp: Broiled or Fried, Baked Crab Imperial, Broiled Canadian Lobster Tail*


Served with your choice of side dish and plenty of our fresh baked dinner rolls

\$39.99

OFFERED NIGHTLY JANUARY - MARCH • COUPON EXPIRES 3/31/19


## ABERDEEN BARN *Williamsburg*

1601 Richmond Road (Route 60 West) Williamsburg  
757-229-6661 • aberdeen-barn.com • Please call for reservations.




## Love Notes.

Diamonds are a girl's best friend, on Valentine's Day and every day. Reggie suggests these dazzling gift ideas that whisper "I Love You" all year 'round.



## 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





Lisa W. Cumming Photography

# Bringing Life to the Stage

By Erin Fryer

Anyone who has ever watched a show at the Williamsburg Players has probably seen the work of Les Waldron. Whether she was directing the performance, building the sets, ushering or acting on stage, Les has spent more than two decades volunteering and enjoying her time at the local Williamsburg theater.

Originally from Williamsburg, Les remembers the Colonial Capitol as it was when she was growing up, without any stoplights. "The town was so different," she says. "I graduated

START THE YEAR OFF RIGHT BY  
*Creating Your Future*



Move from where you are to where you want to be!  
**The power of thought and the law of attraction.**

- Sat., February 23, 2019 10:00am - 2:00pm

**Creating the life you are meant to live.**

- Sat., March 30, 2019 10:00am - 2:00pm
- Sat., April, 20, 2019 10:00am - 2:00pm

**\$75 each. Lunch included.**  
Two Rivers Country Club at Governors Land



*Jeanne Forrest*

To register: Contact Jeanne Forrest 757-503-3550  
E-mail: [jfjeanneforrest@gmail.com](mailto:jfjeanneforrest@gmail.com) • Facebook: Achieving Your Life Purpose



**OUTBACK STEAKHOUSE®**

**Aussie Rule No. 2**

**NEVER PASS A BLOOMIN' ONION®**

ENJOY A FREE BLOOMIN' ONION®

3026 Richmond Rd., Williamsburg  
**757-229-8648**

NO PURCHASE REQUIRED May not be combined with any offer, discount or certificate including and Dine Rewards™ redemption, AARP® Membership Discount, Bloomin' Monday®, Walkabout Wednesday® or Hero's Discount. No substitutions. No cash value. Cannot be sold, reproduced or exchanged. Internet distribution or resale is strictly prohibited. Will not be replaced if lost or stolen. Bloom Card must be surrendered upon redemption.





**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

**Gregory P. Jellenek, OD**

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

4640 Monticello Ave., #8A • Williamsburg  
www.drjellenek.com  
We accept most insurance

**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

**THE NEW TAX LAW EXPERTS**



the accounting firm of **Payne** **FREE e-filing!**

A+ S- S x O % C / I - A + T % E = S

WILLIAMSBURG GLOUCESTER  
757-564-0701 | 804-695-9900

**PERSONAL & BUSINESS TAXES**

**call for your appointment today!**  
www.payneassoc.com

A + C - C x O % U / N - T + I % N = G

from Matthew Whaley when it was a K-12 school, and there were only 39 people in my graduating class.”

After graduating from William & Mary in 1956, Les left Williamsburg for sunny Florida in search of a warmer climate, but ultimately moved around before settling in New Jersey where she lived for 29 years.

Les is the mother of three daughters and met her second husband, Jim, while living in New Jersey. “A mutual friend thought we would make a great couple, and we have for 36 years,” she says. When they met, Jim loved the theater and was an avid actor, but Les had never been involved with the theater before.

“When we first got together, Jim was going on an audition and asked me to go with him,” she says. “They were short some women for the play, so they pressured me into reading. They cast me, and I have been hooked ever since.”

After performing in a few productions, Les decided to try her hand at directing. She learned by watching other directors and thought to herself, I can do this. “My directing philosophy is that you get more with honey than vinegar,” Les says. “I am the calm, kind, encouraging type.”

Les spent a lot of time away from Williamsburg, but her parents remained here so she came back to visit from time to time. “When my husband and I were discussing different places to move, he suggested Williamsburg, and I was so excited to come home after so many years,” she says. “The town has changed so much but it’s a wonderful place to live.”

Les moved home to Williamsburg in 1993, and she started getting involved with the Players almost immediately after getting settled. She had attended a few shows over the years whenever she and Jim would come into town to visit her parents, so they knew from the beginning they would get involved with that theater when they moved here.

Les has directed 10 shows for the Players. When she was younger, she did set building and painting, but with age came having to give up climbing ladders. All the hours Les has spent with the Players has been volunteer work, other than her work as a director, for which she got a stipend. “When I was directing, we would be there five nights a week for rehearsals, and the weekend before the show goes on we would practically be living there.”

As an actress on stage, Les admits it was hard to not make eye contact with the audience. “If you do, then your character is broken,” she says. “There’s always the temptation to look at the crowd to see if there’s anyone you know, but you have to refrain.”

Out of the many roles she has played throughout the years, Les says her favorite was when she had the honor of playing Daisy in the Williamsburg Player’s rendition of Driving Miss Daisy. “I never expected to get a lead part, but it happened and it was very satisfying,” she says. “One does not compare oneself to Jessica Tandy, but I made the part my own, and it was great.”

Les’ most recent work with the Players has been on the ushering front. She also works on the playbill archives and searches through the local paper for articles about the Players and incorporates the clippings into a scrapbook. She also serves on the selection committee that picks the plays for the upcoming season. Each season features five shows and runs from September through June.

Les and the Players take a break during the summer to work on any



repairs that need to be made and anything else that needs to get taken care of, but every now and then they do a summer show outside of their normal line up.

Recent bouts of arthritis in her legs, joints, knees and ankles have made it hard for Les to climb the stairs in the theater. That, combined with more sophisticated digital equipment, has made her less in tune with everything that goes into each play, but she is still lending a helping hand wherever she is needed.

The most memorable production Les has ever been a part of was one called *The Rainmaker* that she directed. "It was one of the most enjoyable plays because of the cast," she says. "They were all so wonderful and the end result was so good."

Not every production has gone off without a hitch, however. "I directed *Death Trap* and was having trouble getting a male lead. I had a few back out, and if anyone seems just the least bit unreliable, I am just not interested in that. Finally, I found a young man who was a student at William & Mary who was in the middle of his final exams, but he pulled it off. I can't believe he did it."

"I'm always diplomatic and calm," Les says. "The world is not going to come to an end if the show doesn't happen. I am not going to scream at anyone. If you do those kinds of things as a director, you get a reputation. People won't want to try out for you. If you are trying to be creative as an actor, you don't need someone yelling at you. That's obnoxious."

Les says that her favorite thing about the Players is that it's a place where everybody knows your name. "You get familiar with the people and with what goes on and how it works, so you feel at home. You feel the satisfaction of being in the company of the things you are most passionate about."

Les admits that even though the pickings are slim for parts in her age group, she would jump at the opportunity for a role if one were to come up. "The question becomes whether I can memorize the lines," she says with a laugh.

Les went from someone who never even considered going to a play to someone whose free time revolves around the theater. When she isn't volunteering with the Players, she loves watching theater productions on television, in addition to spending time with her children and grandchildren.

One thing that Les misses about her time living in New Jersey is the ability to hop on the train and head into New York City to take in a show. She says the best show she has ever seen was *Les Miserables* on Broadway.

Though she has been a part of some amazing productions and seen some incredible shows from Broadway to Williamsburg, she has also seen quite a few bad shows. "While watching shows I can pick out things that are going wrong but the audience doesn't know it. For example, I was watching a period show from the 1930s, and they had a plastic basket on set. They wouldn't have had that at that time."

Les Waldron admits she can't imagine her life had her husband never taken her to the theater to accompany him on his audition all of those years ago. "As it turns out I got involved and just love it. I can't imagine my life without it. What would I have been doing all of this time?"

Les says what she loves most about the theater is the talent, friendship, creativity and last but certainly not least, the applause. NDN



**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.



# Volunteering as a Way of Life

By Caroline Johnson



Lisa W. Cumming Photography

Each person who is committed to spending their time volunteering finds his or her inspiration from different places. For Sue Harmon, the inspiration behind her love for and commitment to volunteering is personal and touching. Wearing many different hats in the world of Williamsburg volunteering, you can find Sue leading a Rotary event such as the Summer Concert Series, ringing the bell for the Salvation Army during the holidays and leading her

daughter's Girl Scout troop. Her influence on the people of Williamsburg and the organizations that call it home are inspiring. What is even more inspiring is how her journey with volunteering began.

Sue moved to Williamsburg nine years ago after the loss of her first husband to cancer. She saw Williamsburg as a new start and a fresh beginning. After knowing friends here who she had visited regularly, and longing for a place

with the small community feel Williamsburg had to offer, it was easy to make Williamsburg her new home. Currently, she works as a financial advisor with Merrill Lynch, offering financial planning services for her clients. She helps her clients plan for and meet their financial goals.

On top of her full-time job, Sue makes it a priority to make time for her love of volunteering and her family and friends. When asked

**Treat Your Valentines to Dinner at Anna's!**

**Delicious, Authentic Italian Food**

Bring your family and friends to enjoy great food and a warm, family atmosphere. Private room & catering available.

Authentic Italian Food. From Pasta to Pizza & more!

**Anna's Brick Oven**  
Pizza • Pasta

BEST OF Williamsburg WINNER 2010

**757-229-5252**  
2021-D Richmond Rd.  
(Across from Yankee Candle)

www.annasbrickoven.com • Mon-Th: 11am - 10pm, Fri & Sat 11am - 11pm

**Everyone Needs a Little Help Sometimes.**

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

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

**Caregivers In-Home Care**  
757-345-0393

243 McLaws Circle, Suite 102  
www.CaregiversInHomeCare.com



how she balances it all, including the 250 hours per year that she spends volunteering, she smiles and says, "I just kind of do it. My heart and my passion are with everything I do. No matter what I do, whether work or volunteering, I make the time for it."

The reality of what volunteering can do to change the lives of others became apparent during Sue's first husband's battle with cancer. When faced with the reality of having a loved one, especially a spouse, battling cancer, she began to notice the helpers. "People I didn't even know were helping my family." This outpouring of love from strangers is what inspired Sue originally to invest her time in volunteering. She saw the opportunity to give others the same support and love she received during her first husband's battle and after his passing.

"The outpouring of giving that I was given," Sue says, "made me know that I needed to give back to others in the same way."

Sue had the opportunity to serve as the Relay for Life Event Chair for three years until two years ago. She invested her time and energy into Williamsburg's Relay for Life because it was an event that was close to her own heart, as their main goal is to fundraise for those battling can-

cer. When Sue's first husband was going through his battle, someone had made a team to support them for their local event at the time, which is how she got her start with the organization. As the event chair, Sue was responsible for talking to local businesses to gain support. "Nobody said no," Sue says. "They either gave money or let me put event flyers and information in their businesses." This immediate support helped Sue feel right at home in Williamsburg, knowing that her neighbors and local businesses had a heart for one of the same causes she did.

Most notably, Sue is heavily involved with Rotary. She is working to break the molds of how people view Rotary and is excited about bridging generations together and recruiting the next generation for Rotary. As the current President-elect, Sue will take over as President in July 2019. "Rotary really is for everyone," Sue says. "There are 1.2 million Rotarians, but not many people know about Rotaract, which is for people between the ages of 18-30." She is excited about what bringing on a younger generation will mean for Rotary to be able to continue its mission in the Williamsburg area. As the chair of the Rotary's largest fundraiser, the Summer Concert Series at the Kimball Theater,

last year she was able to help raise over \$35,000 that went back into the community.

Her current main goal with Rotary is to get more Williamsburg residents involved. With opportunities for anyone college-aged and up, there really is something for everyone. "The biggest challenge when it comes to volunteering is finding the volunteers to do it with you," Sue says. "Once you've found the people, it all works out." Sue participates in volunteer calls and recruitment calls to share with others what Rotary is and all that it entails. "People should look for an organization that aligns with them," Sue shares, which isn't hard with Rotary since they support Williamsburg neighbors in various organizations.

Rotary supports four local organizations through their efforts: House of Mercy, Arc of Greater Williamsburg, GROVE Christian Outreach and Literacy for Life. This past Thanksgiving, Rotary provided 172 Thanksgiving baskets to local families through GROVE Christian Outreach, and they are currently planning a financial education program for Literacy for Life clients in the spring. A recent project that Sue particularly enjoyed was providing new dictionaries to every third-grade student in Williams-



# Our Legacy is Protecting Yours

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

**Our attorneys specialize in various areas of planning:**

- Estate
- Special Needs
- Medicaid
- Life Care Planning

**Other skilled areas:**

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



## The Peninsula Center

for Estate and Lifelong Planning

461 McLaws Circle Suite 2

Williamsburg, VA 23185

757-969-1900 [www.tpcestate.com](http://www.tpcestate.com)



burg-James City County schools. "I feel really good about the things I do," Sue says. "It all has made me happier, filled my heart, and has been so rewarding."

When it comes to family, Sue looks for any opportunity to involve her husband and their kids. "My family fully supports my craziness," Sue says, laughing. "Even though my husband might think I'm crazy for doing all that I do, he supports it 100 percent." It is the support like this that keeps Sue going amidst the busy schedules and time spent out of the house. One of her volunteer opportunities is with the Girl Scouts, which allows her to spend time with her daughter while leading her troop. Volunteering with the Girl Scouts gives Sue the opportunity to lead troop members in a variety of service projects, introducing them to the importance of volunteering early on in life. One recent project Sue remembers fondly was caroling at Christmas in Edgeworth Park, a senior living community in Williamsburg.

Every year, Sue holds a golf tournament up north where she lived previously in memory of her first husband. This gives her an opportunity to see family and friends, and it's one of the vol-

unteer experiences that stick out in her mind the most. What is especially wonderful, though, is when her profession and love for volunteering are able to coexist. While Sue's employer is supportive of volunteer hours, she has looked outside of the box for opportunities to merge the two. The Arc of Greater Williamsburg serves people with developmental disabilities, and Sue has been able to lead an educational program that is focused on finances. She spends her time there teaching the adults in the program about money, such as coins and dollars, using hands-on lessons. "It's one of my favorite memories," Sue says.

Sue Harmon's commitment to volunteering doesn't go unnoticed. She received both a Silver and Gold presidential award for spending over 500 hours volunteering during previous years. Volunteering isn't just a hobby for Sue, it's a way of life. "If I had to give someone considering volunteering some advice, I'd say to just come and try it," Sue says. "Pick something that has touched you before and then go and try it. I've never met anyone who has spent time volunteering and not walked away without a full heart." NDN

## Next Door Neighbors

Publisher.....Meredith Collins  
 Co-Publisher .....Al White  
 Editor.....Narielle Living, [narielleliving@gmail.com](mailto:narielleliving@gmail.com)  
 Copy Editor.....Ginger White  
 Photographers.....Lisa Cumming, Corey Miller  
 Graphic Designer.....Sue Etherton  
 Account Manager.....Anne Conkling

### Writers

Linda Landreth Phelps, Caroline Johnson, 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, Anne Conkling, Harmony Hunter, Wheston Chancellor Grove and Kathleen Toomey Jabs

### Advertising Information

**Meredith Collins**

(757) 560-3235

[meredith@williamsburgneighbors.com](mailto:meredith@williamsburgneighbors.com)

[www.WilliamsburgNeighbors.com](http://www.WilliamsburgNeighbors.com)

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

Circulation: 41,742



COLLINS GROUP


PO Box 5152, Williamsburg, VA 23188

# 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



**John R. Nordlund, MD, PhD**  
 Board certified Ophthalmologist practicing full-time in Williamsburg.

Retina fellowship at the Mayo Clinic  
 Glaucoma fellowship at Johns Hopkins  
 Fellow, American Society of Retina Specialists

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

**757.220.3375 | [RGAVA.com](http://RGAVA.com)**





**The Area's Best Selection of Adirondack Chairs!**



**Adirondack Chairs**  
**\$199**

Made of Polyresin • Amish Made  
 Maintenance Free • Fade Resistant  
 • Stainless Steel Screws

**[www.facebook.com/cornercupboardfurniture](http://www.facebook.com/cornercupboardfurniture)**

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

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



# MARK PHINNEY



Lisa W. Cumming Photography

## Doing A Good Turn

By Narielle Living

Mark Phinney is a soft-spoken man who does volunteer work for a number of organizations, including the Boy Scouts of America, FISH and his church. His work today, he believes, stems in part from the words his scout leader said to him when he was eight years old. "When I was a kid, my scout leader told me 'you need to be honest with yourself.' He challenged a bunch of us to, every day when we





were brushing our teeth, to look ourselves in the eye in the mirror the whole time and be honest with ourselves. Ask two questions every day: what did I do good today, and what can I do better? I've shared that with youth, and I've always done that."

Originally from Chesapeake, Mark considers the tidewater region to be his home. "My father was in the Coast Guard so we bounced around a little but always ended up back in Tidewater. We spent a little time in Hawaii, Kentucky and Florida but always came back to this area. I was born here, so this is absolutely home," he says.

About a year after Mark married his wife, Jenny, he began working at Busch Gardens. At the time, the couple lived in Chesapeake. "I gave it a year to make sure it was a good job before we moved up here. I spent 18 years with Anheuser Busch as a contractor, 16 of that at Water Country as the maintenance manager." A smile lights his face when he mentions his wife. "Jenny and I tag team quite often on

projects we do together. We've been married very happily for 28 years."

A good portion of Mark's volunteer work currently is as an Assistant Scout Master (ASM) for Troop 103 in Williamsburg. "We're a large troop. We average 83 to 90 boys at any one time. It's a good sized unit, and we've got 18 ASMs." Ten of the ASMs have been with the troop since their sons were young and they continue to give back to the program. Mark says there are others who have been with the troop longer. "One guy has been with the troop since he crossed into it at 10 years old."

As an ASM, his role is to work with the boys and support them. "We are a completely boy led troop," he says. "Our biggest role is to keep them from getting hurt." Although they might allow the boys to make some mistakes in order to learn lessons about planning and preparation, safety is key. "We never let them get too deep, but we will let them make mistakes and learn from them."

Mark has one regret about his participation

in the scout program as a youth. "I was a cub scout, and when we moved back and forth in the military, I never found a new troop," he says. "One of my biggest regrets is that we didn't find a troop, and I didn't stick with it." His son completed the program and became an Eagle Scout, participating until he was 18 years old. "In his last year in the troop he worked with the first year boys, the 10-year-olds. He was active all the way through, and I'm very proud of my son."

Throughout the years Mark has had several roles within Troop 103, each of them necessary for the troop to function. Membership within the troop fluctuates and has been as high as 103 and as low as 68. With that many kids, a good number of volunteers are needed. Mark has been committee chair, the position which ensures that the business aspect of the troop is functioning properly, and he has also taken on roles within the Order of the Arrow, which is the National Honor Society for the Boy Scouts. One of the most impactful things

**Shop at our new location!**  
**210 Monticello Avenue**  
 (Next to Earth Fare)

**ACE** **\$5.00 off**  
 The helpful place.

Your purchase of \$25 or more.  
 Expires 2/28/19  
 Regular Priced Items Only

Promotion 68  
  
 800315961

**5 Locations to Serve You!**

210 Monticello Ave. next to Earth Fare, Williamsburg.....	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)

**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



**TPMG**  
 YOUR HEALTH, SKILLFULLY GUIDED  
 mytpmg.com

he's done, however, has been starting the uniform closet in 2004. The uniform closet is for scouts or families who, for whatever reason, cannot afford a uniform and may not have the ability to purchase one. "If I have a uniform in their size, we issue it," he says. "I've clothed a couple of hundred scouts over the years." The uniform closet is a resource that is available to all troops within his district.

In addition to working with the boy scouts, Mark also does projects and activities with his church. "My wife and I do a lot of volunteer work together. We tag team. We were in the Williamsburg parade together, I guess it's 16 years I've been doing the parade. I'm usually walking in a kilt, but this year I was driving a messy church float for my church, Williamsburg United Methodist. I'm a board of trustees member there, and my wife's on the worship committee, has been for a very long time." Both Mark and Jenny help with the "messy church" outreach, a program that provides dinner and a bible story one evening each month. "It's a community outreach," he

says. "They give a five minute Bible story and have games and fun for the kids. It's family based, family centered, and we do a family meal. We do this once a month on the second Tuesday of every month."

In addition, Mark has worked with the emergency homeless shelter, combining this with his role in Troop 103. "I had the scouts help haul everything in and set it up. Later, the scouts met me and helped pack everything and load the trailer. This is the shelter that moves around." Mark usually keeps a list of the host churches in his vehicle so he can share the information with anyone who needs to know.

He insists that despite all this volunteer work, it doesn't really take up too much of his time. "The board of trustees is once or twice a month. Messy church is one night a month. I leave work in time to get to the church at five o'clock. I usually work in the kitchen group." It is clear that Mark enjoys his work with messy church. "It's kind of neat, especially with families," he says. "They are in the room with games and a bounce house, and they leave

for five or 10 minutes, go to the sanctuary and come back and dinner's prepared and on the tables. They walk in and get in line and get something to eat. Sit down and visit, socialize. We have a few homeless people who come to it, a few who don't have stable housing, some people live in hotels and there are upper and lower middle class, all walks of people. A lot of them are in uniform, like Colonial Williamsburg uniforms. They may work on a Sunday, and they don't have a church home or they don't have a church base for the family and messy church is their church. It's fun, we enjoy it. It's something my wife and I have been doing since we started going to the church."

One of the most important things Mark Phinney wants to convey to the community is that being a volunteer is an awesome role. "Volunteer, it feels good," he says with a smile. "I pick on my guys at work all the time and tell them they should come in and work for me for free because volunteer work feels so much better than paid work. Just clock out and come back to work! It's a good thing to do." NDN



**Your Life. Your Style. Your Plan.**

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

**Call today! 757-585-4435**

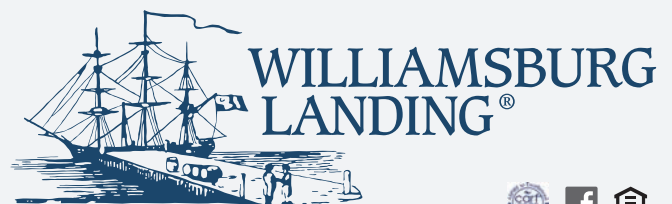


## The Freedom to Choose.

Live vibrantly in a beautifully crafted home or apartment in one of our six distinct neighborhoods.

Enjoy an all-inclusive resort lifestyle that emphasizes choice, convenience and comfort, including a plan for future care should it ever be needed.

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.



[www.WilliamsburgLanding.org](http://www.WilliamsburgLanding.org)  
5700 Williamsburg Landing Drive | Williamsburg, VA 23185





Lisa W. Cumming Photography

# A Working Part of the Whole

By Narielle Living

People often plan what their lives will look like and what they will do and be in the future, but sometimes events simply unfold, putting us in the right place at the right time, and sometimes it is not at all what we had planned. For Fred Gilbertson, his volunteer work happened in just that way.

As a social worker with Eastern State Hospital, Fred had given some consideration to what his retirement would look like. “I actually thought I was going to do volunteer work, and I purposefully thought I would not do social work. I was going to do volunteer work at a fish hatchery, the Harrison lake fish hatchery up near Richmond. I went up there and talked to a guy who does the trail maintenance, and I was going to do stuff like that,” he says. It would have been an ideal position, one in which he could take his dogs and be outside. He had also considered volunteering at the Jamestown settlement.

But fate took another turn, and in the first year of his retirement his mother died. “I retired in 2007, and she died in 2008.” Because he was retired, he was able to take the time he needed to be with her during her illness. “I was able to be very involved with her and visit often, and I didn’t have to be sitting in my office talking to doctors and nurses. I was really engaged. It was a wonderful time to be close to

her and be helpful.”

His retirement was due to budget cutbacks and the hospital’s decision to offer early retirement to some workers. “After all the years of worrying about people and their lives, I thought it was time to take care of myself.” After his mother’s death and dealing with her estate, he was dealt another blow: his wife got sick and passed. “I attended bereavement support at hospice and that sort of segued into being a volunteer there,” he says.

Hospice became Fred’s first volunteer role in his new life. “My wife died in 2010 in Hospice House, and my mother had also gotten hospice services in her last years, so I felt a devotion to that outfit. I was doing volunteer work with them for a while.” Although he has not worked with them recently, Fred says that he never really made a conscious decision to end his work with them, and he might still entertain the idea of volunteering for them again. “They have some amazing volunteers there.”

Today, he focuses his time and energy volunteering with Respite Care at the Williamsburg United Methodist Church. This came about because of a walk he had taken through his neighborhood. “One day I was out walking and a woman named Peggy, who was one of the founders of the program, approached me and said I have something you ought to be doing.

I've been coming here ever since."

Fred's decision to work in the field of social work came about gradually. Initially, he wasn't certain what shape his career would take. "I was naturally inclined toward getting along with people and being interested in cultures," he says.

After joining the Navy during the Vietnam war, Fred was able to attend graduate school with the GI bill. "I went to Vista, which was the domestic Peace Corps. I think the current name would be AmeriCorps," he said. "They assigned me to Charleston, West Virginia." It was here that a professor told Fred he ought to be taking classes. "I took two and then went there full time using the GI bill. I met my wife just before I started grad school." After only one semester together the couple decided to get married and did so on New Year's Eve. "We were going to have our 38th anniversary the year she died." In an interesting twist of fate, Fred has met another woman, Geneva. "I met Geneva at a party that I used to go to with my wife. I continued to go to this party after her death and in 2014."

Fred has lived in Williamsburg since the fall of 1983. "I started commuting from Chesapeake to Eastern State Hospital, where I worked for 28 years. For 4 months I com-

muted then we moved here in February 1984 with our two sons. I've been here since then."

When asked if he enjoys living in Williamsburg, Fred acknowledges that he likes the community. "My attitude is to love it wherever I am, because there are people who are cool and sites to see and restaurants to go to. I wouldn't stay in a place where I found nothing redeeming, but I like Williamsburg a lot."

At the respite care program, Fred's role is fluid. Most days he is simply available to be with the people who are there. "I think what they like about me is that I talk, and I get the people talking." He can be found giving presentations or simply sitting with a client and listening. In many ways, this is similar to his role in social work. "Social work is all about that. Part of it is being aware of the benefits of different people with different roles and different perspectives."

He admires and respects all the people who work with him in this organization. "They are amazing, what they do with these people. They clean them and lead physical exercises. They do tons of stuff, and it's wonderful. I'm just part of the team, and that was my approach in social work. Everybody contributes, and the whole is much better than the parts."

In addition to working at the Respite Care program, Fred spends time at another program

with his church. "I'm a member of the Williamsburg Unitarian Universalist Congregation and a charter member there," he says. "I facilitate a small group thing happening there currently, with nine women and me in the group. We clean up the highway every several months, and I am one of the teachers of the high school group. It's a busy life, really, I have grandchildren four hours away, and I also try to take time to see them."

Fred Gilbertson is a firm believer in working within his community for the betterment of the whole, and that is something he encourages others to try. "When I used to run marathons or ride a bike for 150 miles or something, people would say I don't know how you do that. But you just do it, and when you do it then you're in shape to do it more. Similarly, people think they don't have time to do stuff in their community but if you just start doing it then it becomes part of your life. If you're widowed, retired, if you don't have stuff going on in your life, just do something. There are so many forms of volunteerism that are available, some of them totally behind the scenes and others in the limelight. I don't need the limelight but there are things I can do that make me feel better about how the day went. That's available to other people, too." NDN



Brett C. Dunnill, D.D.S.

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

Omar Hasham, D.D.S.



## WILLIAMSBURG FAMILY DENTISTRY

Family and Cosmetic Dentistry

**757.345.5500**

[www.WilliamsburgFamilyDentistry.com](http://www.WilliamsburgFamilyDentistry.com)

**A Decade of High Quality Dentistry with Detail**

MOST INSURANCE ACCEPTED • EMERGENCIES SEEN PROMPTLY

*Welcome*  
Dr. Omar Hasham, D.D.S.!

---

**New Patients  
Welcome!**

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



## DONNA & PAUL LESLIE



Lisa W. Cumming Photography

# Working Together & Making a Difference

By Susan Williamson

Paul and Donna Leslie grew up as next door neighbors and best friends until the end of high school, when Paul's father transferred from working at the Presidio in San Francisco to Fort Monroe in Hampton, Virginia. The original transfer was to Washington DC, but Paul's dad thought Fort Monroe would be a better fit for his family. Paul apprenticed at Newport News Shipbuilding and served in a variety of engineering related careers in the Hampton Roads area. His final job was as a procurement engineer working for Dominion Energy in Surry.

Meanwhile, Donna remained in California and worked in healthcare management, social services and hospice in executive management positions.

They both decided to attend their 40th high school reunion. They had seen each other a few times over the years, but as Donna says, "Life happens." At the reunion something clicked. They were single and, as Paul says, "Different people than we were as teenagers."

In 2008, they retired on the same day on dif-

ferent coasts. They married, and Donna moved to Paul's Bristol Commons condo in Williamsburg where he had been living since 2002. "The furniture was his," Donna says, indicating the tan leather couch and loveseat surrounding a sturdy glass and metal coffee table, "and it was fine with me. I left all my furniture in California."

"But she added all the décor," Paul says, pointing to the art and accessories which set off the hunter green and tan color scheme.

At first they attacked retirement with a vengeance, rising early to jog and staying busy. But after a few months, they realized they didn't have to keep up the hectic schedule because, after all, they were retired.

They talked about volunteering somewhere but weren't sure what would be the best fit. Neither of them wanted to spend time behind a desk. Paul said he would do anything except paint. When the United Way's Day of Caring was advertised, they saw an opportunity to work at York River State Park doing trail maintenance.

When they arrived at the park, a ranger told them that plans had changed, and he needed them to paint and stain picnic benches. Paul expressed his disappointment but picked up his brush and went to work. About midday the ranger pulled them away from that job and took them to the trails. They've been there ever since. They work every Wednesday when they are in town and daily if there is a large project.

Bridges at the park had sunk into the marsh, and Paul helped to design and build new bridges which now sit three feet above the marsh so that the water can run underneath. "We learned from the first bridge how to do the second bridge better," Paul says with a smile, clearly enjoying the challenge of design. The bridges are open so at times of high tides, the water can run over and through the bridge. Thanks to AmeriCorps volunteers who were University of Massachusetts students taking an alternative spring break, the bridges were completed.

A labyrinth near the visitor's center was another project that Paul and Donna helped to



design and build. They were also involved in re-locating the Taskinas Creek Trail. They estimate that they have logged 3,000 volunteer hours at the park.

Most years the Leslies spend three months at a time in Williamsburg and then take off traveling in their 35 foot Freightliner RV for three months. They were getting ready to travel last July when a helicopter crashed into a neighboring Bristol Commons building. Paul and Donna were outside, cleaning their car, when they heard engine noises change and looked up to see a helicopter plummet into a ten condo unit.

"The explosion was instantaneous," Paul says, "not loud so much as a giant whoosh." Many of the units were rentals occupied by graduate students, so fortunately several were vacant at the time of the crash. One resident was killed in the accident as was the helicopter pilot.

Since Paul is a member of the Bristol Commons HOA board, he was involved in the aftermath of the accident. While the building was insured, Bristol Commons owns and insures the outside of the buildings, and individual owners and renters are responsible for insuring the inside and contents. The insurance did not cover any project management costs for the rebuilding. Thanks to Paul's engineering experience he

was able to assist the board to work with the design company, the construction company and the insurance company. Donna has spearheaded communications for the project.

Plans for the new structure had to be approved by the city before construction could begin. The building will be rebuilt as it was except for any necessary code upgrades which have occurred since the original construction date in 2000. Three of the units were already ADA certified. "The firewalls worked," Paul says, "so sprinklers will not be required." Due to the rainy summer and fall, much of the interior damage is due to water, so the unit will be rebuilt from the ground up. We walked over to the fenced off ruins. Partial walls remain. Quick action by local fire departments prevented the blaze from damaging any other of the compound's eleven residential units, each of which contains ten condos.

Operating the Freightliner RV has been a learning experience. The cab is the same as a tractor trailer, but doesn't require the driver to have CDL certification. His first trip downhill taught Paul not to pump the brakes, but rather apply steady pressure. He has gained many tips from his periodontist, who moonlights as a semi driver. Donna serves as the navigator. "My feet

wouldn't even reach the pedals without some modification," she says.

In addition to travel and volunteer activities, the couple focuses on living an active, healthy life. They kayak at York River State Park and try to walk at least three miles every day, using the James City Recreation Center if the weather is bad. "Walking inside is boring, but we listen to the same book on our headphones," Donna says.

When asked about what they have gained from volunteering, Paul and Donna Leslie answered with enthusiasm. "Very good friends," Paul says. "At the park and in the neighborhood. We do things together. Before, I had acquaintances from work, but we didn't interact socially."

"Socialization," Donna says. "I didn't know anyone but Paul when I moved here. Now we have a sense of community. We've also enjoyed working with some terrific college students and other young people." Bristol Commons and York River State Park have tangible benefits of the couple's involvement. Their new friends and the young people they have mentored are all enriched because of a California high school reunion and Paul and Donna's willingness to share their expertise. NDN

## Your Nationally Branded, Locally Owned Tax Preparer Whatever Your Tax Situation, We Can Help!



455-F Merrimac Trail \* Williamsburg  
(Next to where Farm Fresh was located)  
757 -220-3747

1507-A Richmond Rd \* Williamsburg  
(Next to Goodyear Tire)  
757 -259-2100

6604-A Richmond Rd \* Lightfoot  
*Our Newest Location!*  
(In Gallery Shops next to Pack & Ship)  
757 258-2464

2703-E George Wash. Mem. Hwy \* Yorktown  
(Across from McDonalds Near Walmart)  
757 -898-1600

We have Tax Reform covered!  
We make it hassle free for you.  
We stand behind our work.  
Available all year -- not just  
during Tax Season.

**Jackson Hewitt**<sup>®</sup>  
TAX SERVICE

Priced Right!  
Here is a  
**\$100**  
Gift Certificate to  
prove it!

\*Minimum tax preparation fee of \$200 applies. \$100 gift certificate provided when you file your taxes with us. Not valid with any other promotion or discount..  
Available at these locations only. Most offices are independently owned and operated. Code 2CJTG





Lisa W. Cumming Photography

# Health, Wellness and Nutrition

By Narielle Living

In the midst of the holiday season, back when everyone was struggling just to keep up with their own lives, a day of health and women's appreciation for the community was being offered. Who would have the time and energy the weekend before the Christmas holiday to help put together such a large

## CELEBRATE VALENTINE'S DAY WITH US!

Celebrate with us and enjoy delicious and beautiful Thai cuisine.

Enjoy lunch or dinner here.



Thank you for your support & loyalty

# ATICHA

THAI CUISINE



1430 High St. Suite 1106, Williamsburg • 757-378-3773  
atichathai.com • Serving Lunch & Dinner Tues-Sun



**TREY T. PARKER**  
PRINCIPAL

Phone: 757.220.8114

Fax: 757.220.8029



Carrell Blanton Ferris & Associates, PLC  
460 McLaws Circle, Suite 200 • Williamsburg • www.carrellblanton.com

Estate Planning & Administration • Business Law • Litigation

event? Christine Fike, or Tina, as she prefers to be called, a sports and fitness trainer whose enthusiasm and spirit for life has placed her in a position to help others.

Tina and her husband, Mark, moved to this area when he was offered an opportunity to further his education. "My husband is in the Army, and he got accepted into a program at William & Mary to get his MBA," she says. The Army sent him to school, but he was able to choose where he wanted to go. William & Mary was his top choice, so both he and Tina were very excited to move here to begin a new chapter in their lives. "He is finishing that program now, but that's what brought us here." She considers Virginia to be home base for their family, though. "My family is in northern Virginia, and his family is in Virginia Beach which is why he chose this area for school. We were stationed in Missouri for five years, then we were stationed in Louisiana for two years."

Wherever they lived, Tina managed fitness programs in a variety of venues. Today, she teaches fitness and helps others recover from injuries and works with a company called Univera, where she is able to support their program for providing nutrition to at-risk children worldwide. "We provide essential nutrients to malnourished children throughout the world," she says. Being able to provide nutrition to children who need it appealed to her, plus she liked the products that Univera offered. Today, she folds her work around Univera Serve First® and knows that she is making a difference by providing for others.

Tina was introduced to this program through her coach and business partner, Marlena. "Every person who purchases a product from Univera and gets on a continuing product plan, that order feeds eight children for a year. This provides essential nutrients and, I believe, meals for eight children."

She is passionate about her work and has been from a young age. "The summer before I entered high school, we got some terrible news about my mother," she says. At that time, her mother was diagnosed with breast cancer. "It just rocked our world. She ended up going into remission, and she's fine, but her health is a struggle. It's always been a struggle for her." According to Tina, her mother had a variety of ailments, including stomach cancer, and it affected her profoundly. "We were blessed and fortunate that she came out of it at all, but it sparked a fire in me to do everything in my power for that to not be my future. I wanted to be able to be there for my parents as I got older, and I wanted to be there for my siblings because I had to become a mother figure at a very young age." While her mother was in the hospital trying to recover, her father naturally spent much of his time there. It fell to Tina to take over some of the household duties, stepping in to allow her parents the time to focus on healing. "Mostly it was helping with homework and making dinner," she says. "Sometimes I had to help coordinate rides for my siblings' activities. I had to grow up fast, and I had to think of being healthy."

When considering her future and her health options, Tina decided to focus on her physical fitness. Because her father had been in the Coast Guard, she was able to find a viable option at the time.



**WHEN YOU OR YOUR FAMILY FACE  
A MINOR ILLNESS OR INJURY**

*Velocity Urgent Care*  
is here to help



**Open 7 days a week**



**Adults and Children**



**Walk-ins welcome**



**X-ray and lab tests**



**Most insurance accepted  
(Medicare, Medicaid and Tricare)**

**Just walk-in**

*located at the corner of*

**Ironbound<sup>RD</sup>**

**Watford<sup>LN</sup>**

*or register online at*

**[www.velocityuc.com](http://www.velocityuc.com)**

**Williamsburg at New Town**

**4374 New Town Avenue, Suite 100**

**Williamsburg, VA 23188 Phone: 757-772-6124**





"I worked with a friend of mine who was a trainer at our local military gym because I could work out for free," she says. "We didn't have the money for a trainer but he was nice enough to train me." She began participating in triathlons and continued doing that throughout college.

While attending college, Tina's goal had been to work in medicine. "I graduated with a degree in psychology and minors in sociology and statistics, and my plan was to work for a little while then get my PhD in neuroscience," she says. Her plan had been to pursue the field of epileptic research. "I had two close friends who had epilepsy, and at that time I was super passionate about that." However, things changed because of a seeming innocuous event.

On a whim, Tina decided to get certified to be a fitness trainer with a friend of hers who was doing the same. "It sounded fun, and I knew I could use the knowledge, so I went and got certified." After college, despite repeated attempts at job seeking, the only

employment she could find was as a certified personal trainer. She decided to give it a try.

"Mark and I had gotten married during our last year of college, and he was off in Missouri going through trainings, and I was living in northern Virginia with my parents. That's when I started working at the gym. I was also a working student for a dressage rider at the time, working 60 plus hours per week, and I came to find that I really liked being a coach and trainer. I actually enjoyed helping people and helping them recover from injuries."

That experience has led her to her passion, and the bulk of her practice now is injury rehabilitation and restoration. "I loved it and I ate it up," she says with a smile. "I started taking every continuing education course I could on body mechanics, physiology, anatomy and corrective exercise; everything I could get my hands on. I poured myself into it. At this point I've helped tons of people and still I love it!"

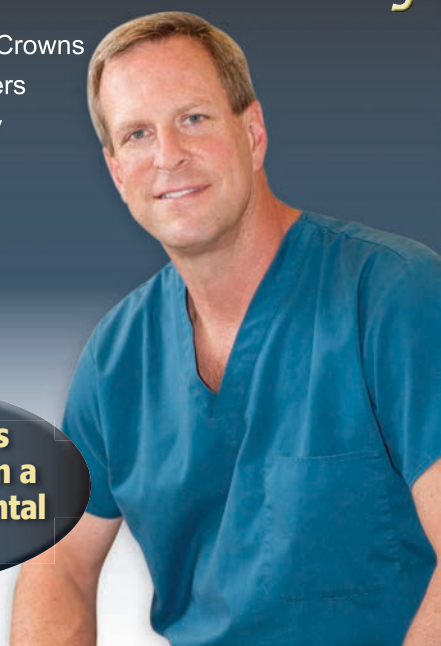
The Women's Appreciation Day just before

the holidays went off without a hitch, and Tina is planning on continuing this tradition. She wanted to do something to thank the women in the community, the mothers, wives and advocates, and she decided that an event with spa treatments, fitness classes and child care would be perfect. "Raising the awareness of what good nutrition is and what healthy life practices can do for you and for your long term health. What more worthwhile cause is there? When you pair it with Serve First®, raising money for that organization, there's no downside here. I feel that we've created a team here in Williamsburg of professionals who can bring awareness to empower our community in health and wellness. We want to shift our community into health."

Christine Fike is a fierce advocate for health and wellness. Her advice to others in the community? "Be aware, seek out information related to your health. Resources are available, and they don't have to cost anything." NDN

## 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 Bulfants Blvd. - Suite A, Williamsburg, VA 23188

**757-229-6414**

[www.DrEdwardAOwens.com](http://www.DrEdwardAOwens.com)

## HERE, YOU'RE AS YOUNG AS YOU FEEL.



 **REHABILITATION & WELLNESS**  
FIVE STAR SENIOR LIVING

### Book Your Rehabilitation Stay

Let Morningside's Five Star Rehab & Wellness program help you get back to your best after a hospital stay.

- Fully furnished apartment featuring Five Star Dining
- Physical, Occupational, and Speech Therapy
- Personal Training

*Scheduled for surgery?*  
**Tour and reserve your exceptional stay.**

**MORNINGSIDE**  
WILLIAMSBURG

A FIVE STAR SENIOR LIVING COMMUNITY

440 McLaws Circle • Williamsburg, VA 23185

**757-221-0018**

[www.MorningsideOfWilliamsburg.com](http://www.MorningsideOfWilliamsburg.com)

**ASSISTED LIVING • MEMORY CARE  
REHABILITATION**



©2016 Five Star Senior Living





Lisa W. Cumming Photography

# Sharing a Life's Passion

By Narielle Living

*"To do what you love doing while making people happy is extremely gratifying."* – Pete Vack

For Pete Vack, publisher of *VeloceToday*, an online magazine for Italian and French Classic Car Enthusiasts, the above quote embodies his approach to life and business. Pete's unique skill set and experience with both cars and publishing made him the perfect choice to manage the magazine.

"Since 1970, I was involved in the purchase, restoration and racing of classic cars, even working for Ferrari of Washington for a while as a mechanic. My experience with classic cars, rac-

**Show Your Car Some Love!**

<p><b>Buggy Bathe</b></p> <p><b>2217 Richmond Road • Williamsburg</b>          (Across from Yankee Candle)  <b>757-220-9315</b>  <a href="http://www.buggybathe.com">www.buggybathe.com</a></p>	<p><b>Valentine's Specials!</b></p> <ul style="list-style-type: none"> <li>• Express Washes</li> <li>• Interior Services</li> <li>• Complete Detailing</li> <li>• Tire Rotation</li> <li>• Oil &amp; Lube Service</li> <li>• Preventive Maintenance</li> </ul>	<p><b>\$15<sup>00</sup> OFF</b></p> <p><b>COMPLETE DETAIL</b></p> <p><b>BUGGY BATHE</b>  <small>Not valid with other discounts or coupons. With this coupon. Expires 2/28/19. NDN</small></p>	<p><b>\$10<sup>00</sup> OFF</b></p> <p><b>OIL CHANGE</b></p> <p><i>with a</i>  <b>CAR WASH</b></p> <p><b>BUGGY BATHE</b>  <small>Not valid with other discounts or coupons. With this coupon. Expires 2/28/19. NDN</small></p>	<p><b>\$3<sup>00</sup> OFF</b></p> <p><b>GOVERNOR'S CARRIAGE WASH</b></p> <p>Full-Service Wash          Undercarriage Wash          Triple Foam Wax • Polish Wax          Dash Protectant • Wheel Magic          Tire Gloss • Air Freshener</p> <p><b>P9C371DR3X</b>  <b>BUGGY BATHE</b>  <small>Not valid with other discounts or coupons. With this coupon. Expires 2/28/19. NDN</small></p>
---	--	---	--	--



ing and mechanics plus my knowledge of the Digital revolution, computers, writing and publishing, gave me the tools I needed to publish and edit *VeloceToday*," he says.

Pete is originally from Duluth, Minnesota, where he says as a child his parents and teachers allowed him a great deal of freedom to explore and do what he wanted. In 1966, he joined the Navy and spent the next four years aboard the USS Newport News, a teakwood-decked heavy cruiser home ported in Norfolk. Between two tours in Vietnam the ship traveled around the world. Eventually, he found his way back to Hampton roads. "After the service I settled in Norfolk, marrying a local girl, Mary Decker, found a job with AT&T on Bute Street and helped raise three children while attending ODU at night with a major in European History."

In 1984 Pete was promoted to engineering manager, and he and his family moved to Oakton, Virginia. It was here that more opportunities opened up for both him and Mary. "I had always been writing automotive stories on the side for club journals but living in north-

ern Virginia opened up new horizons, writing a monthly column for *Car Collector* magazine in my off hours," he says. "Calling the White House operators (who knew everything about everybody in those days), I asked them to contact Franklin Delano Roosevelt, Jr. for a *Car Collector* interview. The ex-president's son returned my message and invited me and Mary to his home near Poughkeepsie to discuss his years as Fiat distributor in Washington. Mary did the photography while I conducted the interview. After that our career went forward quite rapidly. Before long we were working for four or five different national and international automotive magazines. As a team, we traveled to cover vintage race events, car histories and personalities. Later, the FDR interview helped me to obtain access to Bill Marriot, David Letterman and the family of Italian director Roberto Rossellini for further in-depth magazine features."

Pete remembers publishing before the industry became online and digitized. "In 1986 we were doing work for a vintage race car magazine called *Vintage Motorsport*, using a typewriter and white-out. Then the publisher sent a Mac

512 for us to use to put our stories on a floppy disc. We would return the disc in an envelope with Mary's black and white photos developed by her in our kitchen darkroom. It was the beginning of the digital revolution and *Vintage Motorsport* got a mention in *Time* magazine in an article about desktop publishing. At the same time, as an engineer at AT&T, I was involved in digitizing the telephone and data networks for large customers, which would help pave the way for what is today the internet.

After 18 years of working with AT&T, early retirement loomed for Pete. He and Mary had raised their daughters in Oakton but decided it was time to move. "We knew we should move south, but how far? We considered Florida but most of the family was still in Virginia. While looking for a house on the beach in Norfolk we stopped in Williamsburg and in a real estate flyer found a house with a five-car garage and a pool near Colonial Williamsburg. Plus, I loved the historic aspect of Colonial Williamsburg. We never regretted our move."

By the year 2000, Pete's articles and books had attracted the attention of west coast entre-

# Serving Williamsburg For Fourteen Years!

"Come Have Breakfast, Lunch or Dinner With Us!" ~ Raul Segovia, Owner

**COMING SOON!**  
SANDY'S #2 IN LIGHTFOOT

**10% OFF**

Breakfast and Lunch at Sandy's Pancake & Waffle House!  
With this coupon. Not valid with any other offer. Does not include alcohol.



**Sandy's**  
PANCAKE & WAFFLE HOUSE

2005 Richmond Rd. • Williamsburg  
757-229-3613 • OPEN DAILY  
www.sandyspancakeandwafflehouse.com

PREPARING THE **BEST**, MOST AUTHENTIC MEXICAN FOOD FOR YOU AND YOUR FAMILY

Known for Our Complimentary Bean Dip and Salsa as Well as Awesome Service!

**10% OFF**

Delicious, Authentic Mexican Food at South of the Border!  
With this coupon. Not valid with any other offer. Does not include alcohol.



**SOUTH OF THE BORDER MEXICAN RESTAURANT**

322 Second Street • Williamsburg  
757-565-4848 • Open Daily  
www.facebook.com/sotb.us



*Impossible to ignore!*

**JUMBO CERTIFICATE SPECIAL**

It's the rate worth talking about. Open an account today!

30 MONTH CERTIFICATE  
**3.15%** APY\*  
\$50,000 MINIMUM BALANCE



baylands family credit union  
Helping families live better lives.

Trust your family credit union.  
804-843-2520  
BAYLANDSFCU.ORG

\*APY = Annual Percentage Yield. Dividends will compound and credit monthly. Minimum balance \$50,000. This is a term deposit and you may receive a penalty for early withdrawal. Not eligible for the 0.05% Golden Benefits APR increase on the 24 - 60 month certificates. Promotional rates do not apply to IRA Share Certificates. Fees may reduce earnings. Membership eligibility required. \$5 must be deposited into a Share Savings Account in order to open a Share Certificate Account. This rate is effective as of 10/19/18 and is subject to change. See Member Service Representative for additional disclosures. This credit union is federally insured by the National Credit Union Administration.

preneurs Stephen Glen and Allison Reed, who called one day to ask if he would be interested in starting an online newsletter. “We met at the prestigious Pebble Beach Concours d’ Elegance; Allison was fascinated by a new website called Daily Candy, a new email newsletter featuring a boutique, restaurant or product a day. Why shouldn’t we do the same, with Italian classic cars as our focus of our articles? Hence the name *Veloce* (Vel o che, meaning fast in Italian). By 2002, once a day was changed to once a week but the name stuck. The concept became an online magazine as we developed four new feature articles each week for the website rather than for the traditional print magazines as we had been doing. Today we remain exactly that; an online magazine delivered via the internet.”

Pete says that the correspondents who write for *VeloceToday* are truly the heart of the publication. The writers are from numerous locations around the globe, including the US, Canada, the UK, France, Italy, the Netherlands, Belgium, Australia and Argentina. “That is our strength. Many informed, educated voices contribute to the magazine on a wide variety of subjects; to-

day our tag line is ‘Exclusive Articles About Extraordinary Automobiles.’ Our topics include selected event coverage, personalities, automotive histories, book and museum reviews from around the world. The cars we cover range from Abarth to Zagato to a Corvette with a Vignale body; all admittedly fairly exotic, esoteric or just plain rare.”

*VeloceToday* is a digital subscription magazine. A subscription enables readers to access all of the thousands of articles archived. “Type in a subject or car model into our search function and the appropriate articles will appear, but most will be blocked by our subscription service note,” he says, adding, “99 percent of our income is derived from paid subscriptions.”

For many entrepreneurs, Pete acknowledges the complexity of marketing within social media. His advice? Stay focused. “In today’s world of small businesses, one is bombarded by the need for Facebook, YouTube, Pinterest, and a host of other new social media services. But if one gets too distracted by this it is easy to lose the focus of the business and then quality suffers. For a year we spent time and money creating

videos for our YouTube site; it was fun but time consuming and hard to monetize while others were doing it far better. For us as a publication, it was important to remember that the simple combination of text and illustration has always been the most powerful tool in history, and that it still works very well today. Staying focused on your main product in today’s world is the key to business longevity.”

Although *VeloceToday* is a local business, their readership is worldwide. “Williamsburg is not a hub of classic car activity, but occasionally we get to do a local personality feature or significant car related event, which is particularly fun for me,” Pete says.

Pete Vack is certain that he is exactly where he is supposed to be. “Before I retired from AT&T, I attended a class which addressed life after AT&T. ‘Envision yourself five years from now; what would you like to be doing?’ we were asked. For me the answer was simple; I would continue to be engaged in research and writing about classic cars and sharing my passion with a larger audience on a full-time basis. It was pretty well on target.” NDN

## Teeth Restored. CONFIDENCE GAINED. New Outlook on Life.



“The moment I walked in the door at WCDH, I was greeted as an ‘old friend.’ Dr. Hall and her staff changed my life. Before my crown and restoration work, I would hide my teeth, but now I smile with confidence. Every step of the restoration process was carefully explained as we went along and I felt encouraged at each appointment. I highly recommend WCDH to anyone needing professional dental work.”



Greg  
All-Porcelain Crowns, Teeth Repair & Root Canals Patient

WILLIAMSBURG CENTER  
for **Dental Health**



Stacey Sparkman Hall, D.D.S.

appt@williamsburgdentalhealth.com  
WilliamsburgDentalHealth.com





## The Root of Healing

By Wheston Chancellor Grove



Lisa W. Cumming Photography

Master yoga trainer Shaye Molendyke spearheaded the YogaFit for Warriors Program which has opened an essential doorway to healing for veterans. When talking with Shaye, you immediately pick up on her open and calm personality.

Shaye joined the military in 1992. Because her father is a Marine, that is the branch Shaye wanted to join; however, at that time the branch was less receptive to women. In-

stead, she received a full scholarship through the Air Force ROTC program and went on duty right after graduating from college. She remained active for 10 years before shifting to the Reserves. Her military career is something she does not regret. "The military is a rude awakening in so many ways. But it was good, and I needed the structure being in my twenties at the time," Shaye says. As a Logistics Planner, she was responsible for putting

people and supplies on planes, mapping out ammunition storage needs, the parking location for planes and organizing room and board for troops.

She loved the opportunities she had to travel. Growing up as a military brat, she was used to moving around. Shaye's family roots are in San Antonio, Texas, so she spent some childhood years back home. As an adult her career has taken her to Arizona, Korea and

### STEVE EWELL Associate Broker



Please Put Me to Work for You!

Thank You Williamsburg!



TRADITIONS

Global Brand Power With Local Expertise

757.603.2807 • [steve@cbwilliamsburg.com](mailto:steve@cbwilliamsburg.com)

Visit [www.SteveEwell.com](http://www.SteveEwell.com) for a video of: How it Happened

If you know someone you think we should write about, please email our Editor, Narielle Living, at:

[narielleliving@gmail.com](mailto:narielleliving@gmail.com)

## Next Door Neighbors

Germany. She's acquired a lifelong wanderlust. It was in Germany that she met her husband, Troy, now a retired colonel.

Shaye currently teaches about the psychological effects of radiological and nuclear terrorism. "That's my side job," she jokes. "It's my niche." Over the years, beginning in the '90s, Shaye began practicing yoga on her own. This was after seeing Madonna say, "All I do is yoga." Curious, Shaye ordered some VHS tapes and brought them with her to Korea. She didn't tell anyone; she did it alone in her room all the while thinking, This stuff is crazy, who does it? "I laughed my way through most of it, but there's something about it that hooks you, so I stuck with it."

From 2002 to 2003, Shaye found herself in a psych ward in Germany treating soldiers who'd been in Iraq. She was finishing up her graduate studies in mental health counseling. In 2003, she earned her master's degree. It was during her stint on the in-patient psychiatric ward when Shaye's calling found her. She asked if she could teach the patients yoga.

Administrative personnel refused, claiming the soldiers were not emotionally stable enough. Shaye knew firsthand the benefits of yoga and couldn't believe the roadblock, especially when medication and talk therapy had proved largely ineffective for treating PTSD. She was aghast because not once in a year's time was the acronym PTSD mentioned.

In 2003, she was stationed in Montgomery, Alabama and met friend and mentor, Michelle Crutchfield, who was already teaching yoga because of YogaFit. Michelle encouraged Shaye to start YogaFit's training courses. From then on, Shaye made it her mission to teach yoga at whatever base she was stationed.

In previous years, the only allowed approved treatment by the VA was cognitive behavior therapy. "With PTSD, talk therapy doesn't achieve optimum results and medication contributes to higher suicide rates. For example, anti-anxiety medication combined with sleep aids increases suicidal tendencies. Couple this with veterans who are drinking and you have a hot mess," Shaye says. There

finally came a turning point as strong scientific evidence provided what Shaye knew to be right. Claims were validated that yoga works. The proof existed and was now on the books. Thus, the military was more receptive. It was time to launch the YogaFit for Warriors Program and bring its benefits to the public eye. "The mind is one aspect to help others heal, but the more powerful tool is to work with the body to reclaim, reorganize and ultimately heal ourselves. The Warriors Program creates the opportunity for healing to happen."

According to Shaye, yoga provides an opportunity for self-study. "I don't say, 'I have the answers, I'm going to fix you.' I would never guarantee that if you do yoga, you're going to get the results you want. It's not linear. You don't start one day and say you're going to get this in 10 steps. Medical models want those guaranteed results. I can guarantee that it is going to help, but I can't guarantee when or the timeline for a particular person." Everyone is different. Yoga is a gradual process



**Let winter worrying be a thing of the past.  
Ask about our current move in specials.**

Social isolation takes a toll on your overall health, wellness and quality of life. Over the winter, the risk of senior isolation escalates even further.

We invite you to visit our Williamsburg community, meet our dedicated staff, and experience warmth our full social calendar has to offer!

**Because it's how you live that matters.**

Call Linda Schiavone for more information at  
**757-565-3583**



Linda Schiavone  
Marketing Director

  
**SPRING ARBOR**  
SENIOR LIVING



  
Because it's how you live that matters

905 Capitol Landing Rd. • SPRINGARBORLIVING.COM



**Normal Hours  
Resume Feb. 1  
so Come Have  
Lunch or  
Dinner with Us!**

**Best Peruvian Chicken!**

The Only Latino Food in Williamsburg

**Enjoy a Dinner Entree  
20% Off ENTIRE CHECK\***

**El Sabroso**  
TRADITIONAL  
LATIN FOOD

\*Excludes Whole Chickens and Alcohol.  
Please present coupon. Valid from  
3pm till close. Good thru 2/28/19.



 Voted Best  
Latin Restaurant



**DINE LOCAL!**

**El Sabrosón**  
TRADITIONAL  
LATIN FOOD



Family  
Owned &  
Operated

122 Waller Mill Rd.  
Located in the K-Mart Shopping Center  
next to Tu Tienda

**(757) 220-3145**

[www.ElSabrosónVa1.com](http://www.ElSabrosónVa1.com)



that realigns the entire body and mind, going to the root of whatever difficulties one is facing. "The end result is, not only does the person feel better, he or she is the one who accomplished it instead of a pill. So, the message is self-efficacy: You have the power."

When asked about a profound life-altering event, Shaye ponders for a moment. "I've had experiences in meditation that sort of transcend logic. Being in the military I had to be logical. I've had profound experiences of connection in a yoga room full of people without talking because we're breathing together. We have the same positive focus, there's this overwhelming feeling of unity, bliss, love, whatever you want to call it, feeling good for no reason whatsoever, but knowing that it has to do with a connection to something bigger than me. And that happens every time I do yoga." Yoga may bring up a painful memory. It's not supposed to be easy all the time, but it gives you the strength to handle those moments. "Those moments of insight and awareness surrounding painful feelings and emotions

offer me strength to face them, and I bring that understanding to others."

Two years ago, Shaye's husband Troy retired from the Air Force. They were looking to relocate to Denver or Colorado Springs because of friends in the Air Force, but in one week Troy received three job offers from the Williamsburg area. "We weren't even looking in Williamsburg," she says with a laugh. "The area is beautiful. We've been here two-and-a-half years. I hope we get to stay. We really like it."

Shaye's passion for yoga is strong. "I wake up enthusiastic, excited about yoga and helping people to use it, more than I ever have. It doesn't get old. Yes, there's the physical modality, but there's something more to it. I do this because I love it, because it's powerful."

Last year she was in Australia teaching at a retreat. She travels extensively for YogaFit for Warriors and its training sessions. On the local front, she teaches a class at the YMCA: yoga therapy. Shaye admits it is important to focus on the Williamsburg community just as

much as the global one. Yoga therapy at the Y has made her feel even more connected. She works with ages ranging from 20 to 85. She addresses long-term chronic issues, whether physical pain or mental health concerns. Yoga is excellent at calming the nervous system. In her program, a bio-psycho-social inventory is completed upon intake. This looks at a person in all areas of health.

Shaye and Troy have two children, Dominic, 16, and Addison, 13. Shaye loves the schools here. "They're fabulous. Dominic has been talking about possibly applying to the Air Force Academy, but there is no pressure from us." She and Troy will be happy either way.

Shaye Molendyke knows it is important to keep in mind the big questions: Who am I, and why am I here? And that changes over time. It evolves as we evolve in our own lives. "This is another reason I love yoga and teaching it because being human is difficult; let's acknowledge that and stay real. We need to focus on what's really important." NDN

Some things just fill your heart without trying.



Happy Valentine's Day from your local pet market.

NauticalDogVa.com 757-220-2001

## Call Carpet Pros When You Need an Expert!

**We have been cleaning for over 37 years!**

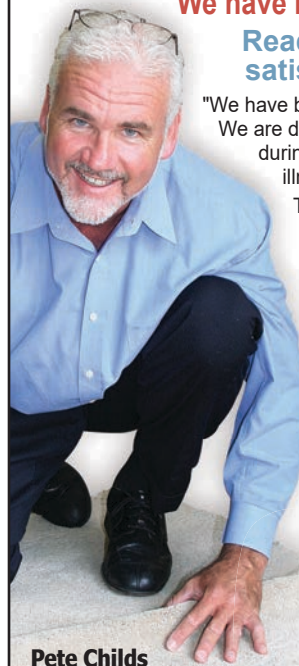
**Read what one of our long-time satisfied customers has to say:**

"We have been clients of Carpet Pro for 15 years or more. We are dog lovers and have had a number of large dogs during this period. During their puppyhood and adult illnesses Pete has been there for us.

The owner, Pete Childs, has been quick to respond to our various crises and professional in his approach. His staff is equally qualified and professional. What really distinguishes Pete though is his amazing ability to remove stains including older pet stains and odors.

We have a lot of white carpeting and thanks to Pete it has stayed white and odor free. Between his cleanings he has given us tips on what products to use to mitigate any damage until he arrives to do his magic."

~ Mollie Church



Pete Childs

**For the best in carpet and rug cleaning...**

**Call 272-7741**



Professional Carpet, Upholstery & Drapery Cleaning • Stretching & Repairing Carpets





Corey Miller Photography

# What Kandis Can Do

By Alison Johnson

Right up to the time she founded Crafty Kandis Designs, Kandis Stewart didn't know she was an artist. She didn't have a meticulously pre-planned business strategy, either.

Instead, Kandis has been on a step-by-step journey of self-discovery as she answers one question: "What else can Kandis do?"

First came her colorful jewelry made with tiny beads that she picked up on a whim last year at a neighborhood yard sale. The list has

**Commonwealth Insurance**

**New Clients Welcome!**

**We've Been Here for You for 45 Years**

We wish to convey our heartfelt thanks to the organizations that help our clients and community every day in every way:  
Avalon, Bacon Street, CDR, FISH, Red Cross, Salvation Army and more

**Main Office:**  
Linda Walker & Staff:  
925 Capitol Landing Rd., Suite A  
**757.253.5604**

**Satellite Office:**  
Williamsburg Crossing Shopping Center - near Spice (9am-noon M-F)  
**757.253.7722**

WWW.CICVA.COM • HABLAMOS ESPANOL • SERVING WILLIAMSBURG SINCE 1974

**Authentic Mexican Cuisine**

135 Second Street, Wburg  
**757.259.0598** • Fax: 259.0548

3048 Richmond Rd., Wburg  
**757.253.2939** • Fax: 253.2112

**OPEN 7 DAYS**

**Takeout Available**

**LA TOLTECA**

**10% OFF** Excludes Alcohol. Coupon Expires 3/15/19

**Lunch or Dinner**

**LA TOLTECA**  
Authentic Mexican Cuisine  
135 Second St. • 757.259.0598  
3048 Richmond Rd. • 757.253.2939

**10% OFF** Excludes Alcohol. Coupon Expires 3/15/19

**Lunch or Dinner**

**LA TOLTECA**  
Authentic Mexican Cuisine  
135 Second St. • 757.259.0598  
3048 Richmond Rd. • 757.253.2939



continued to grow ever since: jewelry with larger beads; hand-crafted goat's milk soaps; soy-based scented candles; non-toxic bath products; wooden board prints with drawings of cartoon and storybook characters; and, most recently, foot scrubs.

"Honestly, I keep surprising myself," Kandis says. "It's been a lot of, 'Who knew?' It's been trial and error, dreaming about what could be done differently and challenging myself. Everything is handmade with a lot of thought and love."

Kandis launched her home-based business in June 2017, with a slogan of "Just for Fun." She still spends her official work days as a Logistics Assistant for the Army & Air Force Exchange Service at an office near Fort Eustis, organizing freight and merchandise deliveries from 7 a.m. to 3:30 p.m.

It's only after an early dinner that Kandis ventures into Crafty Kandis Designs' headquarters: her dining room, overflowing with supplies such as Mason jars for candles, silicone molds for soaps, markers for drawing and containers stuffed with beads and charms for necklaces and bracelets.

"I have literally taken it over," she says with a laugh. "It basically looks like someone ate way too many craft materials and just threw up crafts. I had to clear out a tiny space for our

Christmas tree. But the rest of the house is not chaotic, so it's all good."

A high-energy, on-the-go type, Kandis often stays busy with her crafting until her targeted 10 p.m. bedtime. "If I try to take a break, I'm just sitting there obsessing about all I need to do," she says. "To turn my brain off, it's easier to get going."

Luckily, Kandis is passionate about her work, now available through Facebook and at the Flipping Flea market on Richmond Road and local craft fairs. "If I've had a long stressful day, I love that I can come home and do something I truly enjoy," she explains. "I can make all those stresses disappear."

Even after she goes to bed at night, Kandis still tends to think about how she could improve a certain item. "Sometimes I'm satisfied, but often I have these nagging thoughts. My husband says it's fine, and I'm like, 'No, no, this isn't just right.'"

A native of Bedford, Virginia, Kandis liked drawing and art classes in school but doesn't recall being particularly talented. Her mother, she reports, was the "insanely crafty one," diving into macramé projects and designing beautiful wreaths and centerpieces. "To this day, her house looks like a page ripped from Country Living Magazine."

Kandis earned a degree in Human Resources

Management from Ashford University, an online school headquartered in San Diego. She and her Army husband, Corbin, have lived in Williamsburg for about 16 years. They have two children, Jacob, 22, and Cameron, 20, along with Izzy, a Jack Russell Terrier, and Mad-die, a Miniature Schnauzer.

During a yard sale last spring, Kandis happened to spot small jewelry beads for sale outside a neighbor's house. She bought them, made a few pieces at home, posted proud-but-casual "look-what-I-did" pictures on Facebook and was stunned at the responses.

"A bunch of people were asking, 'How much do they cost?'" Kandis recalls. "I was like, 'Wait, what? They're that good?'"

Although Kandis was immediately bitten by the crafting bug, she didn't last long in the small-bead world, which required too steady a hand. Sick of spilling the beads all over the floor, and then stepping on them, she soon searched for larger, European-style beads.

As a jewelry-maker, Kandis has an eclectic style that falls between somewhere basic and flashy. She's big on silver and often incorporates whimsical charms along with beads. A Valentine's Day bracelet, for example, might feature red, white and pink beads with a little silver bear holding a heart. "My mom was always a little non-traditional, and I'm finding myself to

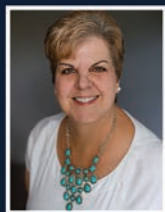
## LOVE YOUR HOME



### DECORATING DEN INTERIORS

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.

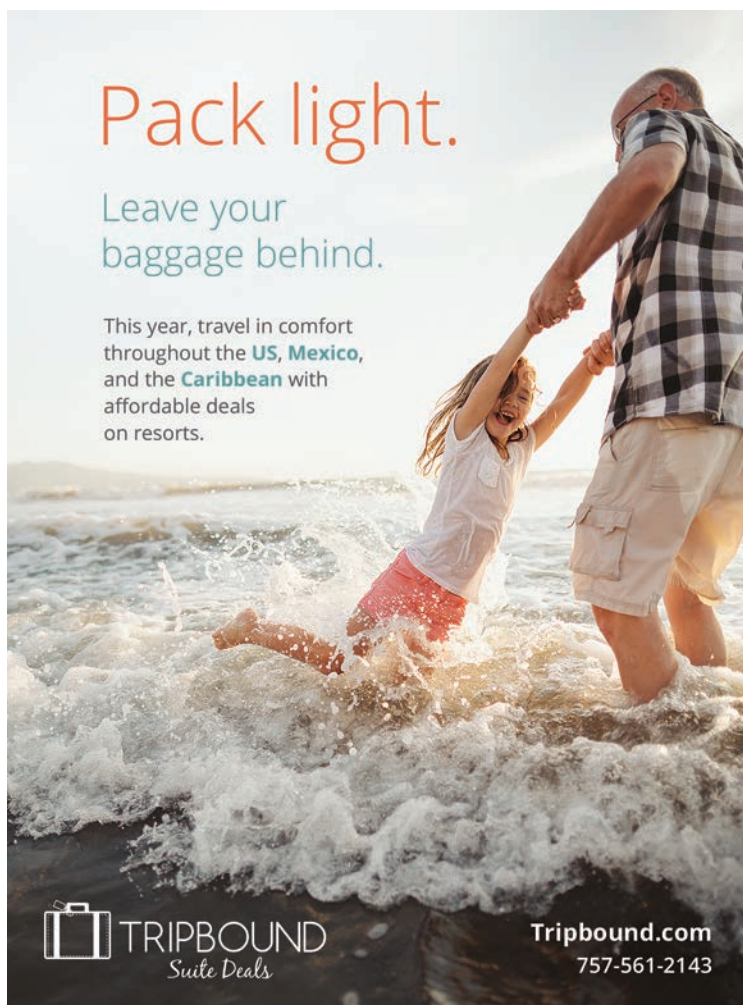
**Amy Ahearn | Owner + Designer**  
757-378-2785 • amy@decoratingden.com  
www.amy.decoratingden.com



## Pack light.

Leave your  
baggage behind.

This year, travel in comfort throughout the **US, Mexico,** and the **Caribbean** with affordable deals on resorts.



 **TRIPBOUND**  
Suite Deals

**Tripbound.com**  
757-561-2143



be the same way," she says.

With her soaps and baths, Kandis' goal is to make nontoxic, dye-free products with no unnecessary additives, suitable for anyone with sensitive skin. She creates all of her own recipes, starting with sample sizes to test their appeal.

"Customers have told me that their kids love the soap enough to wash their hands," Kandis says. "I thought, 'If I'm getting children to actually clean themselves, it must be good stuff.'"

Soap ingredients might include oatmeal, honey, shea or cocoa butter, along with essential oils such as peony, peppermint patty or pumpkin spice. Baths can contain powdered or goat milk combined with skin-softening oils, while detox baths offer Epsom or Himalayan salts meant to ease body aches. Candle fragrances range from fresh linen and lavender to lemon pound cake and brownies.

Each product involves a different crafting process. Soap, for example, requires Kandis to gather ingredients, warm oils and fragrances in a dedicated "soap pot" on her stove and pour mixtures into large trays to congeal. She then cuts the solidified product into bars and packages those into bags with decorative ribbons. Each batch can take a total of six to eight hours.

As for drawing, Kandis had at times wondered where her daughter Cameron got her talent. "My husband tried to take credit, but... while he's pretty to look at, no," she jokes. One day, she sketched Charlie Brown and Pikachu from Pokémon and, happy with the results, began doing more characters and Christmas-themed images such as Santa, Rudolph and penguins in red and white caps. Recently, an elementary school teacher placed an order for storybook stalwarts such as SpongeBob SquarePants.

"This is something new that really will test me," Kandis says. "Again, it's, 'Let's see what Kandis can accomplish.' I'm excited."

To keep her products as affordable as possible, Kandis doesn't include labor time in her prices and charges only a small markup on materials, so she earns enough of a profit to be able to buy more. "I would give everything away if I could."

Kandis hopes to grow her business in the future, although time is limited with a full-time job that she also enjoys. Most weekends are filled with craft shows or following her husband's passion for checking out estate sales, where the couple searches for unique finds that now fill their garage (hence Crafty Kandis' dining room headquarters). She already has almost no time for her other free-time hobby, reading mystery books and stories of hauntings.

"My biggest challenge is keeping up with my demand, especially around holidays," she says. "I would love to see this expand into something grand, but for now I am just enjoying the moment of listening to positive feedback from my customers."

Kandis also likes meeting with and supporting other local artisans and merchants, and she urges anyone in search of high-quality, one-of-a-kind items to do the same.

"Don't you want to buy something that you know someone has put such care and thought and pride, and also hard work, in to?" she asks. "With a handmade product, it's never, 'Okay, who on that long assembly line took care of that?' or 'How many trucks did this thing ride on to get here?' In my opinion, that's so much better."

Now officially an artist, Kandis Stewart is looking forward to experimenting with new ideas and products in the New Year. "My mindset has always been, just play around with things," she says. "If you fail, then don't do the same thing again."

Who knew, right? And what else can Kandis do? NDN

## 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](http://www.ramboresearchandconsulting.com)

## Helpful Hands for Hire, LLC

In Home Care  
Assistance

757-915-7559

In Home  
Pet Care

[www.helpfulhandsforhire.net](http://www.helpfulhandsforhire.net)

## Valentine's for You!

- 60 min Swedish massage ending with Hot Stones! **\$80.00**
- European 1 hour Facial with Free Lip or Eye Treatment **\$75.00**
- Shampoo, precision haircut and style including Deep Conditioning Treatment! **\$50.00**

374 McLaws Circle • Suite One  
Williamsburg, VA 23185  
[www.illusionsbymarcus.com](http://www.illusionsbymarcus.com)

Gift Certificates Available

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



**ILLUSIONS**  
Salon & Day Spa





# TAKING A DEEP BREATH

By Harmony Hunter

Aromatherapy is enjoying a surge in popularity, making its way into homes and businesses by way of diffusers, candles, and personal care products. Essential oils, once found only at boutique health food shops, are now commonly available everywhere from online sellers to the neighborhood grocery store. This new ubiquity and convenience make it easy for every household to take part in the trend, but the problem of how to make the best use of these potent oils can be an open question: how best to harness the myriad properties of this burgeoning complementary therapy?

Enter Michelle Clark, essential oil distributor. Armed with practical training, a stack of references and four years of trial and error in her own home with her cleaning products, pets and children, Michelle has incorporated Young Living brand essential oils into every aspect of her family's day-to-day life. "We use our oils for

Corey Miller Photography

## Flowers

always in good taste,  
any day of the year.

Hand arranged and delivered  
by a local small business

*Morrison's*  
flowers & gifts

**(757) 220-1242**

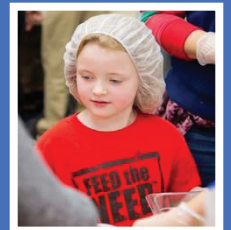
1303 Jamestown Rd, Ste. 129 • [www.morrisonflowers.com](http://www.morrisonflowers.com)



**PROVIDENCE  
CLASSICAL SCHOOL**

### THANK YOU SPONSORS

For helping us raise \$98,000! We improved our school and gave back to those in need. Students packed 10,000 meals for families in Appalachia!



757-565-2900 \* 6000 Easter Circle, Williamsburg VA \* K-12<sup>th</sup> grade

everything in our house,” she says.

Michelle employs essential oils in many aspects of her life, but she takes pains to point out that they do not replace a doctor’s care. She says, “I’m not a physician, therefore do not diagnose, prescribe treatment or cures for diseases. To practice medicine requires a license, but to promote good health does not. You should always seek medical advice from your physician and collaborate with them for your healthcare needs, and be your own health advocate.”

Michelle uses her arsenal of oils and their attendant benefits in every aspect of family life. Their qualities can be appreciated when diffused through a room and breathed passively. Food-grade oils can be taken internally in a glass of water, and other oils may be applied topically in soaking baths or dabbed on the skin.

She often will prepare a small vial of blended oils that her daughters can carry to school in their backpacks. “I like to make a ‘breathe easy’ roller bottle to help encourage easy breathing,” she says. “It is super easy, and I love having things right at my fingertips to help my family as we need them.” Michelle’s homemade roller ball applicators hold a respiratory system supporting blend of eucalyptus globulus oil, lemon oil, lime oil and a neutral carrier oil in a five milliliter bottle. This blend of carefully counted drops of essential oils can be applied as needed to the throat and chest, rolled on the nape of the neck, and even massaged outside of the ear area.

To improve focus while her two young daughters study, she says, “I might diffuse a mixture of peppermint oil and lemon essential oil so it’s filling the room. They don’t necessarily know it’s happening, but by breathing that, it helps their concentration.” She also stresses the customizability of these blends. Some prefer a more concentrated blend, while pets, younger or more sensitive people might prefer a diluted mixture. Individuals might test a few oils before settling on one that best meets their needs in a given moment. Even animals might have a favorite, such as Michelle’s own dog, who finds lavender calming on stressful car trips.

Knowledgeable practitioners have known for centuries that these concentrated extracts can address a multitude of life’s everyday issues. Geranium and eucalyptus are said to offer antimicrobial properties. Peppermint and ginger may assist in alleviating pain. Lemon, lavender and frankincense can lighten anxiety and combat insomnia. Ylang ylang oil is soothing and comforting. Effects like these represent only a fraction of the uses these tinctures can tender.

Lavender oil in particular has enjoyed a long history of use that begins with the ancient Egyptians, where the plant was used in embalming. Later the Greeks would note its use in alleviating indigestion, headaches and sore throats. Many cultures have noted its usefulness as a bug repellent, relying on it to discourage fleas, ticks and biting insects. Lavender’s efficacy has been recognized into the modern era, with documented use as wound antiseptic during World War II by French surgeon Jean Valnet, regarded by some as the foremost authority on essential oils.

Safety and quality are key. “I think everybody needs oils in their house and in their lives. You can find oils in any bed and bath store. But not all oils are created equal.” Michelle emphasizes the importance of choosing oils that come from a reputable manufacturer, one who is transparent about their practices from farm to final product. “I always tell people not to just take my word for it, to go home and do their own research to choose what’s right for their family.” In order for an oil to be labeled “pure,” it only needs to contain five percent essential oil. The word “fragrance” can encompass any number of synthetic components, ones that Michelle cautions can interfere with the body’s hormonal processes.

“We like to approach our health from a proactive wellness standpoint. Before I started oils, I wanted my house to smell good. I had a candle or a plug-in in every single room. Once I started using essential oils and ditched all the candles, we could all breathe better. The biggest advice I would give to anyone is to take that first small step of removing scented products from your home. I like to make my own DIY products, but anyone can change to choosing things without fragrance and immediately notice a big improvement,” she says.

Some of Michelle’s tips for the home include substituting wool dryer balls in place of fabric softener sheets. She says, “Fabric softener is one of the worst things for fragrance, so we’ve learned to put a few drops of essential oil on the little dryer balls to give our clothes a nice smell, and we love it.” Essential oils also can be used to create a simple homemade countertop cleaner.

Many home users might hesitate to take their exploration further than creating a pleasant fragrance in the kitchen. A working understanding of the abundant benefits of essential oils allows them to be used to their full advantage. Michelle Clark has embraced her essential oils and credits them for a marked improvement in her family’s health and wellness. “They are essential to me,” she says with a laugh. NDN

Michelle’s Favorite Essential Oil Household Swaps:

### SKIN CREAM

Ingredients:

1/4 Cup Unrefined Coconut Oil  
12 drops Frankincense  
12 drops Lavender  
10 drops Myrrh

Melt coconut oil in double boiler. Once liquid is cool, add essential oils of your preference ... the ones listed are amazing for skin. Pour into glass jar and let harden again.

### HAND SOAP

Ingredients:

Liquid Unscented Castile Soap  
1 tsp of Vitamin E  
10 drops Thieves or favorite essential oil  
1 tbs carrier oil (optional for extra moisturizing)

Fill foaming soap container 1/3 with unscented Castile soap. Add vitamin E, essential oil, and carrier oil. Shake and it’s ready to go!

### LIP BALM

Ingredients:

Unrefined Coconut Oil  
Cocoa Butter  
Beeswax Pellets  
10 drops Peppermint Essential Oil

Melt coconut oil, cocoa butter, and beeswax on double boiler. Remove from heat and add essential oil. Then pour into lip balm tubes. Let cool (hardens quickly). Once cooled it’s ready to use!

### MULTI-PURPOSE CLEANER

1 capful of Thieves Household Cleaner to a bottle filled with water! Shake and spray! Easy-peasy and cleans all surfaces!

### STAIN REMOVER

1 tsp Unscented Castile Soap  
10 drops Lemon Essential Oil

Add Castile soap and Lemon essential oil to a 2 oz glass spray bottle. Then fill with water. Shake and spray on stains. I typically wash within 5 minutes of applying to clothing.





Corey Miller Photography

# Woodworking for the Home

By Dawn Brotherton

Scott Porush has many interests, but his creative side comes out through the wood he works with in his garage.

After graduating from Lafayette High School in 2011, Scott then went to Virginia Commonwealth University to study public relations. It didn't take him long to discover that it wasn't really what he wanted to do for the rest of his life. "I made a lot of left turns," Scott says. Toward the end of his degree program, Scott decided to become a veterinarian. He finished his undergraduate degree in public relations, then went on to take two years of sciences to earn his prerequisites for the veterinarian program. He worked in a variety of veterinarian-related jobs before realizing that it wasn't a good fit for him. "I decided I wanted to pursue something working with kids in schools. My wife is an elementary school teacher. I knew I wanted to do something similar to that, so I applied to the school psychology program," Scott says. He worked

as a full-time behavior assistant for six months before beginning graduate school at William & Mary.

Scott's wife, Kayla, is a teacher in Newport News. While Scott was at VCU, Kayla was getting her teaching degree at Roanoke College. They met in high school but didn't start dating until the summer after graduation. "We've been together ever since. We got married in July 2017."

Kayla's father, Gerald Teeney, is an engineer and has been a great resource for Scott. "He's probably to thank for getting me into woodworking. Even though he's not a woodworker himself, he is the ultimate do-it-yourself person. Having an engineering background, he's always fixing things."

Scott knows when they go to visit his in-laws that he'll be put to work. "I didn't really have any skills as far as doing anything myself before I met him, from basic plumbing to electricity to

building. He's really taught me a lot, and that gave me the confidence to use a power tool to build that first bench. If it wasn't for him, I definitely wouldn't have gotten into this."

Kayla encouraged Scott by asking him to make her something specific to fit their new house, a basic farmhouse bench. He decided to give it a try. "It wasn't perfect, but it came out pretty nice, and I realized it was a lot of fun. She was happy with it." Scott asked what else she wanted him to build. "She was over the moon that I was going to be able to build her whatever she wanted, so she slowly started requesting things, and I started building them. It gave me an excuse to buy new tools, and I slowly built up a little workshop in our two-car garage."

With his graduate program, Scott has an assistantship, but that still leaves him time for tinkering in his workshop. Woodworking is time flexible and relaxing for Scott. He is mostly self-taught, having watched many YouTube videos

and experimenting with different pieces. "I think the most difficult thing is trying to take in all the different techniques and styles and trying to push myself."

Scott has built tables, bedframes, benches, dining room chairs, coasters and even Christmas ornaments. His ideal is when people give him a basic idea and let him add his creativity to it. Currently Scott is working on a large walnut dining room table for a special friend. "I just got an eleven-foot, walnut, live-edge slab that I'm going to make into a really large dining room table for a client's beach house. I'm going to do epoxy resin down the middle," Scott says. "They're really into oysters. They want to inlay oyster shells throughout the blue resin and then clear over top to seal them in. It's something to push the boundaries of my abilities."

For now, he is trying out different woods. For variety, Scott has had to venture into Gloucester or Newport News where he can find people with band saws who cut the logs and kiln dry them before selling. Walnut seems to be very popular and is easy to work with for furniture. He also likes creating with cherry wood. "Working hard is really cathartic. And it's not that it's just making me really happy; I've been making a lot of other people happy, which makes it that much better."

One of Scott's biggest challenges is finding mentors. He is looking for other woodworkers to share his passion with, a place to collaborate with others on different techniques, wood suppliers and tools. "I would definitely be excited to help get that started. I've seen people selling custom woodworking stuff, but I haven't seen collaboration groups yet." With Colonial Williamsburg so close, Scott is hoping to find people who would share hand-tool techniques.

"There are so many things, so many different techniques. It's shocking how many ways you can join two pieces of wood together. People think you just put two pieces of wood together with glue and some screws, but I watch these videos, and they're doing the most elaborate ways to join wood. Sometimes I get frustrated. How am I ever going to be able to get to that point where I can do that, and do it consistently, and make it look good?"

But obviously Scott is figuring it out. "I've had to push myself a lot to try some new things and every time I have, I've been pleasantly surprised." Scott makes furniture for his wife as well as for his friends and family. He gets true satisfaction when seeing others utilize his pieces.

"There's no better feeling than working hard on something, not just wood working but any kind of project where you're working with your two hands. You get to make this beautiful piece of furniture, or this beautiful product that people use every single day. Going to my parents' house and seeing them use it and hearing them rave about it and tell my other family members, there's something very special about it. Everything is so digital now and so on-demand. I like stepping back and taking my time to make something from scratch."

At this point, he is taking on clients and developing a website for Porush Woodworking to showcase his work. In the meantime, he is setting up at craft shows and selling some of his smaller products on Etsy.

Scott is building a live-edge, walnut, console table for his entry way. "It's pushed me the most as far as skill level because it required me to use some techniques I hadn't tried before. So that's my favorite thing so far. I don't know if it'll be the same when I finish it."

Scott Porush is thrilled to continue learning and growing with the challenges of woodworking and is not afraid to try new things and fail. After all, he can always try again. "I'm so excited about being into woodworking and having this new hobby that I think is going to last a lifetime. Hopefully I'll keep improving and keep making people happy." NDN



**Sugar & Spice**  
consignment boutique

childrens • juniors  
maternity  
furniture • toys

*Now accepting spring clothes!*

Tuesday-Saturday: Opens at 10 a.m.  
6536 Richmond Rd., Williamsburg • 757-220-1661  
[sugrandspiceconsignmentboutique.com](http://sugrandspiceconsignmentboutique.com)

# House Won't Sell?

## We'll Help You Rent It!

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



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

**Century 21**  
NACHMAN REALTY

[www.century21nachman.com](http://www.century21nachman.com)

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

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

## Have You Heard About Agapé Training Center?

- ✓Nurse Aide Training to Prep for CNA
- ✓Nurse Aide Refresher Course
- ✓BLS for Healthcare Providers
- ✓HeartSavers CPR/AED
- ✓Heartcode CPR with Online Cert



**Start your Career in Healthcare Today!**

# 757-229-6115



**AgapeHomeCareVA.com**



# Hey Neighbor!

Please visit

[www.WilliamsburgNeighbors.com](http://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](mailto:heyneighbor@cox.net)

## Hey Neighbor!

### WARM UP WILLIAMSBURG SOUP EVENT

January 25, 2019

From 5:15-8 pm, enjoy a delicious soup tasting dinner to benefit the Community of Faith Mission Winter Emergency Homeless Shelter. WUW will take place at Williamsburg Community Chapel and will feature tasty soups donated by our best local restaurants, and live entertainment by local band Elderberry Jam. Delicious home baked goodies will also be available through our Bake Shop. Join us for dinner and some great music or reserve a To-Go meal and enjoy your soup at home. Tickets are \$25 and may be obtained at COFM.info or by calling (757) 903-7031.

## Hey Neighbor!

### BUILDING A VOCAL COMMUNITY: THE POWER OF SONG IN THE COMMUNITY

January 25-26, 2019

In this highly interactive program, internationally renowned singer-conductor Dr. Ysaye Barnwell will lead participants in experiencing African & African American musical traditions while exploring the power of music to bring communities together. No musical experience or talent needed! This is a 2-day event at the William & Mary School of Education, starting 6-9 pm Friday and continuing 9 am-4 pm Saturday (lunch provided). \$30 for gen-

eral admission; \$10 for students. Registration is open now at <https://tinyurl.com/vocalcommunity2019>. Email [wmsbgvocalcommunity@gmail.com](mailto:wmsbgvocalcommunity@gmail.com) for more information.

## Hey Neighbor!

### A DECADE OF DELIGHTS!

January 26, 2018

The Williamsburg Area Music Teachers 10th Annual Benefit Recital for the support of the Williamsburg Music Club Grants-in-Aid student awards. The Williamsburg Area Music Teachers will present its 10th Annual Recital to benefit the YouthWinners of the Williamsburg Music Club. These talented and creative local teachers will showcase, harp, organ, accordion, skits and more for a delightful afternoon supporting an important student scholarship fund. 3 p.m. at the Williamsburg Baptist Church, 227 Richmond Road in Williamsburg. [www.williamsburgmusicclub.com](http://www.williamsburgmusicclub.com).

## Hey Neighbor!

### WILLIAMSBURG SYMPHONY ORCHESTRA CABARET AND COCKTAILS CONCERT

January 26, 2019

Williamsburg Lodge at 310 South England Street. Show begins at 8 pm. Drinks will be available for purchase but no food will be served. Visit <http://www.williamsburgsymphony.org> for program details. Tickets available by phone at (757) 229-9857.

## Hey Neighbor!

### COMMUNITY CONVERSATION

January 27, 2019

Kimball Theatre. The 2nd annual, Community Conversation, continues with the showing of "Intelligent Lives" - a documentary film following the lives of three adults with developmental disabilities. The Arc of Greater Williamsburg and the W&M PELE Special Advocacy Clinic, will host this special event with panel discussion following the film. The event will be at 2 p.m. and ticket information is available online at [kimball.wm.edu](http://kimball.wm.edu) or visit [thearcwg.org](http://thearcwg.org).

## Hey Neighbor!

### COMMUNITY CONVERSATIONS

January 27, 2019

Kimball Theatre, The 2nd annual, Community Conversation, continues with the showing of "Intelligent Lives" - a documentary film following the lives of three adults with developmental disabilities. The Arc of Greater Williamsburg and the W&M PELE Special Advocacy Clinic, will host this special event with panel discussion following the film. The event will be at 2 p.m. and ticket information is available online at [kimball.wm.edu](http://kimball.wm.edu) or visit [thearcwg.org](http://thearcwg.org).

## Hey Neighbor!

### GRIEFSHARE

January 27, 2019

Walnut Hills Baptist Church, 1014

Jamestown Road, will offer a one-time GriefShare program on Loss of a Spouse on January 27, 2019, at 2p.m. in the church Hospitality Center. This ministry is a biblical, Christ-centered support group for those who have lost a spouse. It includes a video seminar, small group discussion and a participant guide. There is no fee for this one-time meeting, but registration is required. Contact: Carol Mitchell at 757-345-6294 or [carol.mitchell@cox.net](mailto:carol.mitchell@cox.net). For more information, visit [whbconline.org](http://whbconline.org).

## Hey Neighbor!

### AFTER HOURS LECTURE AT VIMS

January 31, 2019

After Hours Lecture at VIMS - Virginia's Barrier Islands: Breakneck change in a rapidly changing world. Barrier islands and their marshes and bays are home to diverse ecological communities and large-scale infrastructure. No barrier island system on the US East Coast changes as swiftly as those found along Virginia's Eastern Shore. Join us as Dr. Christopher Hein shares the geology, human history, and modern change seen along barrier islands in Virginia and around the world. All After Hours lectures take place at 7:00 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](http://www.vims.edu/events) or call 804-684-7061 to register or to

<https://www.gofundme.com/hasham-family>

Oscar Hasham is a special and beautiful 8 year old boy who loves life in Williamsburg. In October 2018, Oscar complained of leg pain. Oscar's pain continued and worsened, so he was referred for an MRI the day after New Years at CHKD in Norfolk. The MRI results revealed a parent's worst nightmare, an aggressive spinal tumor that required immediate surgical intervention and biopsy. The surgery was performed on 1/8/19 and took approximately 7 hours. However, the surgeons were only able to remove 20% of the tumor due to its invasive and aggressive nature. The friends of the Hasham family have established this GoFundMe to help the family so they can spend as much time as possible with Oscar. Please graciously support them in any way you can and share their story with your friends.



find out more information about this and future After Hours lectures. Register for the webinar at [www.vims.edu/events](http://www.vims.edu/events).

## Hey Neighbor!

### MOVIE NIGHTS: GROUNDHOG DAY (PG - 1993)

February 1, 2019

Abram Frink Jr. Community Center, 8901 Pocahontas Trail. 6-8 p.m., all ages welcome, Free! Bring a blanket/pillow and join us for family friendly movie nights. Popcorn and drinks provided. Children under 12 must be accompanied by an adult. Movie subject to change. Info: 757-887-5810 or [jamescitycountyva.gov/recreation](http://jamescitycountyva.gov/recreation).

## Hey Neighbor!

### OPERA

February 1, 2019

5:30PM. Opera in Williamsburg's Winter Dinner Concert and Auction will take place at the Colonial Heritage Clubhouse, 6500 Arthur Hills Drive, Williamsburg, VA 23188, on February 1, 2019 (note changed date). Singers of Opera in Williamsburg will perform with pianist Alexandra Nauenko. Choice of dinner entree; cash bar available. One may attend the dinner+concert for \$55, or concert only for \$25 (with seating at 7:30). Tickets are available now on Opera in Williamsburg's website, [www.operainwilliamsburg.org](http://www.operainwilliamsburg.org) or reserve by phone at (757) 871-3653. Please get your dinner tickets by January 25. The auction will be available online for pre-event bidding from January 15 through January 31.

## Hey Neighbor!

### GRIEF SHARE

February 3, 2019

Walnut Hills Baptist Church, 1014 Jamestown Road, will offer a Grief-Share program beginning on Sunday February 3, 2019, and running for 13 weeks. This ministry is a biblical, Christ-centered support group for those who have lost a loved one. It includes a video seminar, small group discussion and a participant guide. There is a \$15 registration fee to cover the cost of the participant guide. The group will meet from 2-4 p.m. each week in the church Hospitality Center. Participants are welcome to join at any time. Contact: Carol Mitchell at 757-345-6294 or [carol.mitchell@cox.net](mailto:carol.mitchell@cox.net). For more information, visit [whbconline.org](http://whbconline.org).

## Hey Neighbor!

### 32018 CENTURIES OF ART @ YOUR LIBRARY

Begins Feb. 4, 2019

The Winter 2018 Centuries of Art @ Your Library season is featuring three lectures in February: Feb. 4 – Love in the Art of 18th Century France, by Don Schrader; Feb. 11 – Edward Beyer and the Jeffersonian Landscape, by Jeffrey Ruggles, and Feb. 18 – Audio Visual: Music in Art – by Margaret Hancock. These free lectures are in partnership with the Williamsburg Contemporary Art Center and Virginia Museum of Fine Arts. Williamsburg Regional Library, 515 Scotland St., 7:30-9 p.m. <https://visitwcac.org/what-we-do/community-activities/lecture-series/>

## Hey Neighbor!

### TRINITY ORGAN CONCERT SERIES: KEVIN KWAN, ORGANIST

February 6, 2019

Mr. Kevin Kwan, Organist and Director of Music at Christ and St. Luke's Episcopal Church in Norfolk and Dean of the American Guild of Organists Tidewater Chapter, will perform music by Bach, Stanford, Hancock, and others. A reception will follow the free concert. Time: 1:00 p.m. at Saint Bede Catholic Church, 3686 Ironbound Road. For more information, please call (757) 229-3631 or visit [www.bedeva.org/concerts](http://www.bedeva.org/concerts).

## Hey Neighbor!

### OPERA IN WILLIAMSBURG AND OPERA PICCOLA OF ISRAEL

February 6, 2019

7:30 PM. Williamsburg Library Auditorium. Opera in Williamsburg and Opera Piccola of Israel will present Grigory Frid's 1968 monodrama, The Diary of Anne Frank (Opera), at the theater of the Williamsburg Regional Library, 515 Scotland Street, Williamsburg, VA 23185. The opera will be presented by Israeli soprano Ayelet Cohen and Virginia pianist Johanna Kvam, with English supertitles. The event is free to the audience, thanks to the Williamsburg Community Foundation. Free seats should be reserved through Opera in Williamsburg's website, [www.operainwilliamsburg.org](http://www.operainwilliamsburg.org).

## Hey Neighbor!

### STROKE AWARENESS & BLOOD PRESSURE CHECK

February 9, 2019

James City County Recreation Center at 5301 Longhill Road. 9:30-11:30 a.m., for ages 14+. Free! A stroke is an emergency and every minute counts! Act F.A.S.T! Learn the risk factors and what to do if you suspect someone is having a stroke! Blood pressure

checks by RN's. Info: 757-259-4176 or [jamescitycountyva.gov/recreation](http://jamescitycountyva.gov/recreation).

## Hey Neighbor!

### JR. NBA SKILLS CHALLENGE

February 9, 2019

James City County Recreation Center at 5301 Longhill Road. 10 a.m. – noon, for ages \*6-13, Free! This nationwide program is a fun way to lace up the basketball shoes and test your skills against other local players! Top three participants in each age group are eligible to move on to the regional tournament and from there to an all-expense paid trip to the skills challenge championships! \*Aging date for each participant is their age on Aug. 31, 2019, not their current age. Info: 757-259-5355 or [jamescitycountyva.gov/recreation](http://jamescitycountyva.gov/recreation).

## Hey Neighbor!

### TVHS 2019 KICKOFF

February 10, 2019

2 pm. Tidewater Virginia Historical Society (TVHS) KICKOFF for 2019. "Berkeley, Bacon's Rebellion, and the Birth of the American South." Lecture by Mark Summers, Public Historian at Jamestown Rediscovery. WILLIAMSBURG LANDING, 5700 Williamsburg Landing Drive, Williamsburg, VA 23185. Lecture is FREE and open to Members and the Public. See TVHS.ORG for more information

## Hey Neighbor!

### WILLIAMSBURG YOUTH ORCHESTRA CONCERT

February 10, 2019

4:00 pm, The Williamsburg Youth Orchestra will hold its Winter Concert on February 10, 2019, at Matthew Whaley Elementary School at 4 pm. The program features a full symphony youth orchestra, young chamber orchestras, and junior wind & brass ensemble. Dr. David Grandis conducts Roger Quilter's "Where the Rainbow Ends" and Gabriel Faure's "Pavane." This concert will also showcase the WYO's 2018-19 concerto competition winner, Brelan Jenkins, playing a solo of Joseph Haydn's Concerto in C major.

## Hey Neighbor!

### COLONIAL LACEMAKERS STUDY GROUP

February 10, 2019

Spend an afternoon weaving with lace bobbins or tatting with a shuttle and start something new for 2019. We meet at the Williamsburg Regional Library, 515 Scotland Street, on Sunday, February 10, 1 – 4 p.m., Room B. Supplies will be available for use in

the class.

## Hey Neighbor!

### 40 AND OVER CAREER CLUB

February 12, 2019

9-10:30 am. Join the Experienced Employees in Transition (40-and-Over) Career Club. This program is provided by the Peninsula Agency on Aging for speakers, workshops, networking, emotional and resource support throughout your job search! February Topic: Create a Resume and Cover Letter that Gets You in the Door (Bring your Resume for Feedback). Location: 312 Waller Mill Road, Room 801, Williamsburg

## Hey Neighbor!

### THE GOOD, THE BAD, AND THE BUGLY IN YOUR GARDEN

February 16, 2019

10:00 am - 11:30 am. Freedom Park Interpretive Center, 5537 Centerville Road, Williamsburg, VA 23188. Dr. Shawn Dash, Assistant Professor of Biological Sciences at Hampton University, will show why insects are necessary for a healthy garden. Learn which bugs are friends and which ones are not. FREE but LIMITED SEATING. Register to guarantee your spot at [www.bit.ly/growfeb2019](http://www.bit.ly/growfeb2019). The free Learn and Grow Series is sponsored by the Williamsburg Botanical Garden. A suggestion donation of \$5 at the door will help the Garden grow and continue its mission.

## Hey Neighbor!

### BLACK SETTLEMENT PRESENTATION & BOOK SIGNING

February 16, 2019

Freedom Park Interpretive Center, 5537 Centerville Road. 3-4 p.m., all ages welcome, Free! Join Col. Lafayette Jones Jr., a descendent of those that lived on the Free Black Settlement at Freedom Park, for a presentation and book signing. Experience 18th century life more than 60 years before the Emancipation. Proclamation. Info: 757-259-4200 or [jamescitycountyva.gov/recreation](http://jamescitycountyva.gov/recreation).

## Hey Neighbor!

### WHAT IS ROTARY?

February 19, 2019

Recruitment Event. 5:30 - 7:30pm. Waypoint Grill in Williamsburg  
WHAT IS ROTARY?  
February 19, 2019  
Recruitment Event. 5:30 - 7:30pm. Waypoint Grill in Williamsburg

**Visit WilliamsburgNeighbors.com for a complete Hey Neighbor listing.**



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

**BUSTER STAYING  
WARM IN THE  
MAN CAVE**

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

Enjoy!

ADVANCED

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

JANUARY 2019  
In the Neighborhood  
Photo Challenge



# Medical emergencies don't happen on a schedule...



## But when they do, seconds matter.

Riverside Doctors' Hospital's full-service ER is just minutes away and offers:

- A DNV Certified Primary Stroke Center
- Experienced doctors
- Quick access

 Now accepting Optima Health  
and other major insurance plans



**RIVERSIDE**

Doctors' Hospital Williamsburg

**757-585-2200**

[riversideonline.com/rdhw](http://riversideonline.com/rdhw)



*Choose* RIVERSIDE





# WE CAN SAVE YOU TIME AND MONEY.



### SCOTT'S POND

5104 W Grace Ct.

2,536 sqft, 3 BR, 2.5 BA - Plus a bonus room! Transitional Ranch style home. Freshly painted interior. Gourmet kitchen, granite counter tops and new S/S appliances. Gas log FP. Fenced yard overlooking wooded privacy. \$309,000.



### 140 COUNTRY CLUB DRIVE

5 BR • 2 BA • 2850 sqft

Offered at \$325,000

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.



www.timparkerrealestate.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 \$375,000.



### Old Port Cove

101 Chinquapin Orchard

**JUST LISTED**

4 BR • 4 BA • over 3,700 sqft

Stunning custom home

Amazing curb appeal!

Neighborhood has pool, tennis courts and clubhouse.



### GOVERNOR'S LAND

4 BR | 4.5 BA | 4,138 SQ FT

Elegant, waterfront home built by Butch Palmer | Kitchen with island, built-in bookcases & breakfast area | 1st & 2nd floor master BRs | Sunroom w/ vaulted ceiling, double sided FP & lake views | Paved patio & fenced garden area w/ pergola | \$715,000



### 113 ROYAL MUSSELBURGH

Ford's Colony

4 BR • 3.5 BA • 3884 sq ft

STUNNING one level living custom built home. Gourmet kitchen w/ 2 pantries, large island & warming drawer! Beautiful screened porch and double-sided fireplace. AMAZING storage w/ 3 car garage, walk-in attic, whole house generator, encapsulated crawl, fenced yard.

Offered at \$654,900.



### 4705 WOOD VIOLET LANE

Graylin Woods • \$525,000

5BR, 3BA, 3,389 sqft on .81 acres

CHECK OUT THE KITCHEN!!!

Totally updated throughout

Spa like master bath

MOVE IN READY

Private cul-de-sac, fenced backyard

http://4705woodvioletln.info



### 7552 VINCENT DR • TOANO

4 BR, 3 BA

Spacious and light filled home, soaring ceilings, natural stone fireplace updated kitchen. First floor includes master with walk-in closet and private bath and two additional bedrooms as well as office/flex room. Upstairs bonus room is perfect for a media room with adjacent bathroom and 4th bedroom.

