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WILLIAMSBURG'S

Next Door Neighbors®

VOL. 13, ISSUE 1

PRICELESS

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New Beginnings

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Meredith Collins, Publisher

You don't have to look far to find someone who can identify a point in their life where they faced a new beginning. In fact, you'd be hard pressed to find someone who hasn't experienced more than one new beginning. Life is full of new beginnings. Some big. Some small. In my mind, every morning is a new beginning and I do my best to celebrate each and every

one I'm blessed with.

We were fortunate in this issue to find some folks with amazing stories about the new beginnings they have experienced. Some were thrust upon them, some were pursued by them, and some were simply serendipitous and they had the good sense to capitalize on them. What you may also notice is that most of those who shared with us included settling in Williamsburg as an important part of their new beginning. That's good to hear. And what more could you hope for in a neighbor?

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What's Old is New Again

By Harmony Hunter



Lisa W. Cumming Photography

Local author Joe Freitas has seen plenty of fresh starts in his 85 years. The first and best example is the story of how he met his wife, Anne, a little French girl whom he first saw in kindergarten. Their youthful acquaintance ceased abruptly when Joe and his young uncle, Ralph, were ignominiously expelled from class for pranks involving what the kids called “goobers.” Years later and one town away, Anne would consent to accompany him to the high school prom. This romantic reintroduction would predict the pattern of his progress, as early experiences would revisit him in new incarnations throughout his life.

Born in 1933 to hardworking parents in West Groton, Massachusetts, Joe's childhood carried the seeds of his future. His father served in the Army, and after his discharge at the dawn of the Depression, he raised chickens on the family farm. Joe shudders when he remembers the 25,000 to 30,000 birds that populated his early childhood. Though the egg production was good for the second World War when it came along, his father soon sought a new course. “When I was six, we moved to Ayer, Massachusetts, and my

dad ran a reconditioned rope mill. They took old rope and made a new product out of it.” Joe's admiration still runs deep when he thinks back on his father's resourcefulness. “That man could do almost anything,” he says.

Years later, when the Korean War started, Joe took his cue and joined the Navy rather than wait for the inevitable draft. By doing so, he continued his father's legacy of military service. He proposed to Anne in his third year in the Navy, and they embarked on a long and fruitful partnership. Through the decades, Anne has been a constant in Joe's life, as geographic and economic variables shifted around them. His affection remains clear as he says, “Anne is the jewel in this whole thing. That's not just words.”

While still enlisted, Joe fell, quite literally, into a mastery of the ancient art of sail making, a skill that would make a rare expert of him in a maritime era when diesel reigned. It happened like this: while under sail, he fell ill with appendicitis. The ship hastily dropped Joe off in a nearby Boston port to be admitted to a hospital for treatment. “When I came out of the hospital, I had no ship to go to. So they

stuck me on the Constitution, a sailing ship on Pier One there in Boston. I was just scraping paint, but I was a dummy, and I proceeded to fall off the damn thing into the water.”

The USS Constitution is a wooden-hulled frigate first launched in 1797, so named by George Washington, and colloquially known as “Old Ironsides.” She earned her fame during the War of 1812 and holds the distinction of being the world's oldest commissioned naval vessel still afloat. Though embarrassment must have stood foremost in his mind, this inauspicious introduction to the historic three-master would foreshadow his later course of service to the Mayflower, the fleet at Jamestown Settlement and a few reconstruction projects in between.

Plucked dripping from Charlestown Harbor, Joe was immediately reassigned to duty on dry land. He was directed to a building across the wharf where two civilian sailmakers worked, sewing canvas components for the historic sailing ship whose deck he had tumbled from. “They taught me that skill, and they taught me to sew the sails by hand. They did most of the work on machines, but we had

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to sew the bolt rope into the edges by hand.”

Bolt rope reinforces a sail's edges so that it can be hauled without tearing. It's a tricky chore, because the rope must retain its natural twist while being sewn into the hems or the sailmaker risks a sheet prone to distortion. Joe's knack for rope wrangling and maintenance went back to his father's early rope mill, where young Joe had witnessed the mechanics of taming and conditioning a rope's fibers.

In 1954, Joe would be the last Navy sailor to be honored with the Canvasman's braiding and accompanying rank. The storied trade had been supplanted by modern engines, and the skill had fallen by the wayside by the time Joe picked up a needle. He was in demand for all manner of tasks, from outfitting the Mayflower's masts to supplying old whalers and making half-moon sails. However, one duty he never was called upon to fulfill was the sailmaker's obligation to fashion a shroud for shipmates destined for burial at sea. The task traditionally was completed with a final stitch threaded through the corpse's nose, with a cannonball or other ballast tucked around the feet.

Upon his release from the Navy, Joe was primed for something new. He would pivot to a fresh undertaking, this time pursuing a de-

gree in education. Making use of the GI Bill's provision for tuition, he enrolled in college. There, a botany course would inspire his first published book, a primer on foraging called "Wild Jams and Jellies: Delicious Recipes Using 75 Wild Edibles." Rummaging through the woods for comestibles was, of course, a relic of his past. Joe says, "We did a lot with that as Boy Scouts." Once again, what was old would become new again for Joe, foretelling his life's course in writing and education.

After college, he taught biology and continued to write, as well. "I generally do two things at the same time," Joe says. "It keeps you busy." His biology career and first publication would converge again when the Massachusetts Department of Education approached him to help create an outdoor classroom program. When another school recruited him, on he went, jumping through each door that opened. He taught for 30 years.

Joe and Anne retired to Williamsburg, where they both became ensconced in operations at Jamestown Settlement. Predictably, Joe found himself treading the decks of an old wooden ship once again, plying the trade he had stumbled into decades before. He mended sails, sewed fresh ones and educated visitors

about the ancient trade from aboard the museum's reconstructed 17th-century fleet. Film and television producers would come calling on the man they called "Old Josiah," drawing on his expertise as they recreated a landscape of history for projects like "Lewis and Clark," "The New World," "Lincoln" and "Turn."

Joe's trilogy of war memoirs, "Voices From a Distant War," "Voices From Korea," and "Voices From Vietnam" all have resulted from a flood of firsthand accounts that found their way to him. "I had 343 histories, all self-written. I really didn't write the books, just accumulated the stories and structured them. There is so much history that's not being captured." His historical fiction efforts center on real events, peopled with characters of the era. About his process, he says, "You've got to make it real. Keep your reader with you at all points."

Though Joe Freitas might not have suspected that his long years would track a clandestine course to the North Star of his early days, he reflects now on his life in poetic terms. We part on his words, "You are your history. We are the sum total of our experiences. That's what we are, aren't we? Good or bad. Get as many as you can, and live them all." NDN



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Embracing Change (and Williamsburg!)

By Lillian Stevens

Lisa W. Cumming Photography

To some people, moving away and starting over can be a daunting prospect. To Brittany Maynard, new beginnings can also lead to tremendous adventures.

"It's crazy where life takes you," Brittany says. "But I fell in love with a military man." Born and bred in Maryland, the native of Annapolis had never moved far from home. After graduation from the University of Maryland, College Park, she attended graduate school at

Goucher College in Baltimore.

"My plan was to teach special education." While Brittany was studying for her master's degree she met Adam, the man who would soon become her husband. They were introduced by a mutual friend.

"My friend who introduced us was in the Air Force too," she says. "She had been through tech school with Adam. When she found out he was going to be stationed in Maryland, she

told me I had to meet him. We did meet and from that moment we were just together."

In the winter of 2013, Adam was just a few weeks into a three year assignment in Annapolis. Brittany says that they traded messages via social media prior to meeting face to face at a local dog park.

"I'd just gotten a new puppy," she says. "And I knew he had a dog, so meeting there seemed like a good idea."

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After an afternoon at the dog park, Adam suggested dinner. "It was one of those serendipity moments," Brittany says. "I felt we were both in the exact place where we were supposed to be."

After a whirlwind romance, the couple got engaged. They were married in July 2014 and happily settled into their first home. The following year, they welcomed a daughter they named Addison. In January, 2017, son Nicholas was born. To nurture her creative side, Brittany turned her photography hobby into a business, aptly named Brittany Maynard Photography.

Several months later, Adam received orders to go to Australia, so the family set off for the Australian Outback, settling in Alice Springs.

"There I was leaving all of my close-knit family and friends back home, to go live in the Outback of Australia in this remote town," Brittany says.

The Outback, of course, refers to the vast, unpopulated areas that comprise Australia's interior sections. Alice Springs is considered the gateway to the Northern Territory's Red Centre, the country's interior desert region.

"It was just incredible there! We fell in love with it even though it was remote and far from

home. As you meet people, you learn quickly that you're in it together, and nobody really has extended family there so the people you meet become your extended family."

Parts of the Outback are so remote, in fact, that Brittany says if you are traveling and your car breaks down, there may not be cell service. "It's sort of unreal, looking out your car window to see emus, kangaroos and other indigenous wildlife. Fortunately, our Jeep never broke down, but off-roading in the Australian Bush to places like Tin Can Hill is probably one of the coolest things I've ever done."

Tin Can Hill is a scenic place, a hidden gem that Brittany says only locals would know. There are no road signs or directions. Tin Can Hill also served as a favorite backdrop for Brittany's photography business.

The family was set to stay in Australia for three years, but shortly after Nicholas' first birthday he was diagnosed with a rare blood disorder.

"Alice Springs is so remote," she says. "So, in June, the Air Force relocated us here. Adam is stationed at Langley and we aren't too far from Children's Hospital of the Kings Daughters where Nick receives the very best care."

Brittany knew the move was necessary,

but she also knew she'd miss her new Aussie friends. She worried she'd never find the same personal connections and adventures with new friends when they moved.

One of her favorite memories of Australia will always include Thanksgiving 2017.

"We prepared an American Thanksgiving dinner for our Aussie friends," Brittany says. "My husband deep-fried a turkey, and we ordered in everything we needed to make authentic pumpkin pie and green bean casserole."

Though Brittany and Adam were relieved to be coming back to the states, there was also a sense that their adventure was coming to an end.

"The people there were just incredible, and it was sad to leave because I didn't expect to find that again," Brittany says. "Also, my husband and I are both big into life experiences and travel. We like to step outside ourselves. We wanted an adventure while the kids were young, and we had that opportunity to jump and it was incredible."

This past summer, Brittany and Adam chose to make their home in Williamsburg.

"We absolutely love it here in Williamsburg! The people are so beautiful, and so is the quality of life, and with Nick and his needs, we are

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Upon arriving in the area, the first order of business was to check out Williamsburg Community Chapel, which had been recommended to them by one of their Australian friends.

“One of my best friends in Alice Springs is from Williamsburg, and she told me to be sure and go check out Community Chapel,” Brittany says. “That’s actually where I met my first friend in Williamsburg. In fact, during the first service we attended, they talked about how God will always put you where you are supposed to be. We have felt that way since we came here, that we are in the right place.”

Within the Chapel community, Brittany has become involved in Moms of Preschoolers (MOPS) through which she has found a constant source of kinship with other young stay-at-home moms. The group provides a nurturing environment for moms to enjoy encouragement, fun and friendship. Childcare is provided on-site, which affords the women opportunities for a weekly breakfast without the children.

“Through MOPS, I’ve met even more amazing people!”

Brittany has also found Williamsburg a great community for her photography busi-

ness, which is essentially a mix between lifestyle and documentary.

“I’m excited to bring family documentary photography to Williamsburg. This will be the third location for my business, but fortunately it’s a profession that travels easily.”

Family documentary photography is completely unscripted and un-posed.

“It’s about embracing the moment, capturing life as it’s happening, and documenting your family as they are right now,” Brittany says. “I also love that through my photography, I’ve been able to get to know new places and great new people.”

To spend ten minutes with Brittany is to learn that family is clearly at the epicenter of everything she holds dear. She may not have set out to marry into the military, but her eyes light up when she talks about her husband and the life they are building together.

“I think sometimes when you’re a military spouse you have this supporting role,” she says. “So, I feel really lucky to have a husband who supports my business ventures too, and is so loving in the way that every time we go somewhere new he pushes me to start again. Part of the beauty of being in the military is this feeling that we take what we’ve learned and move

forward and share it. It’s bittersweet, though, because you’re always saying goodbye.”

When they move to a new place, Brittany says that she and Adam measure a town by two things: how many people put their shopping carts away in a parking lot, and how many people wave if you let them cross at a crosswalk. Soon after arriving in Williamsburg, the couple was out shopping when they noticed people doing both.

“We looked at each other and we just knew that this is the town for us,” she says with a laugh.

Brittany Maynard hopes to be here for a while, at least three years, while enjoying this new chapter in her life.

“I can’t believe we’ve had this luck twice in a row,” Brittany says. “We had the most beautiful Australian neighbors who just embraced us. I never expected to find a town that would compare to where we were even though it was in the middle of nowhere. I never in a million years thought we’d end up in a town that I loved just as much as the two other places I’ve lived. I think when you go into a new place with an open heart and let yourself be a little vulnerable, you meet the most incredible people.” NDN

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JARED CHUBB



Forging a New Path

By Dawn Brotherton

Lisa W. Cumming Photography

Jared Chubb has his own thoughts on how to run a business. “I believe in transparency and authenticity,” he says. “I pride myself in communication with employees and structure as far as performance evaluations. Sometimes when people work for small businesses, they wonder when’s the next time they’re going to get a raise? Or how do they get a raise? Or what’s the expectation?”

Breaking away from the family business to

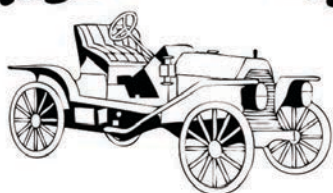
go it alone can be a scary proposition, but Jared was up for the challenge. He had worked for his father’s printshop business in Newport News on and off since he was old enough to push a broom. “I remember being seven years old catching shirts coming out of the back of the dryer. My dad just gave me little tasks around the shop. I’ve always been around screen printing somehow.”

After graduating from Warwick High

School, he went to Hampden-Sydney College with thoughts of someday becoming a lawyer. While exploring his options in that area, he spent a lot of time in Washington, D.C. and fell in love with it. When he graduated in 2003 with a political science degree, he decided to take a year off before applying to law school. He admits now that it was a mistake. “Momentum died quickly. I wasn’t very motivated to study for the LSATs and only gave it a lackluster effort

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to get into law school.”

Jared picked up a few jobs here and there but nothing that really excited him. He enjoyed working with his father when he could, but he was still looking for his own way in life. Jared was hired by Adidas in 2008 when they opened a store in the Williamsburg Premium Outlets. He liked the energy he felt being around the people involved with retail. Then a job offer from Adidas in northern Virginia allowed him to immerse himself in the D.C. lifestyle. “I got corporate professional insight into the business world. Adidas allowed me to really understand different cultures within business. I’ve become passionate about people, culture, developing, managing and leading people,” Jared says.

The years Jared spent working retail and managing stores for Adidas all came together when, in 2014, he moved back to Newport News and started working full time in his father’s printshop again, bringing with him all he had learned. As a manager, he learned how to read a profit and loss statement, as well as to concentrate on people development. “On a retail level, the sales associate can be the most important person to a brand in the consumers’ eyes, because they are the representation of that brand to the consumer.”

Upon his move, the stars were aligning. That following New Year’s Eve, Jared reconnected with Wendy, a long-time acquaintance he had had a crush on for years. “About ten months later, I proposed to her, and she said yes.” Wendy and Jared were married in November 2018. They were planning a large wedding to take place about a year ago, but the startup of a new business at the same time was too much to juggle. Instead, they opted to rent a historic house, and after vows were exchanged, shared a week with immediate family and close friends. Then it was back to work. Although while working with his dad, Jared was able to implement some small things that he had learned working for a larger company, he really wanted to create his own environment. In 2017, he decided to set up his own shop. “After some back and forth with my dad, I decided to open up a screen-printing business in Williamsburg. It was far enough to be out of my dad’s backyard, so we wouldn’t be direct competition, but still within close proximity to each other.”

“I wanted to do my own thing and do some things differently than what traditional mom and pop screen-printing businesses have been doing in the last ten to twenty years,” he says. Jared explains that Parkway Printshop is the only shop on the peninsula that focuses on a technique involving water-based ink. “Within the water base category, there’s discharging, which removes dye from a garment and packs the pigment into the actual garment. It creates a super soft feel of a print where Plastisol all sits on top of a garment.”

Jared has enjoyed the freedom that comes with building things the way he wants them and isn’t interested in branching out beyond being the best screen printer he can be. He believes that when business owners spread themselves too thin, they lose focus on what their business started out to be.

“I’ve been really blessed, not only to be a second-generation screen printer where I can call [Dad] if I have a question, but for him as a father to come around and help me out doing projects.” Jared is thankful to have his father close by. “We just had equipment upgrade here, and I needed some of his logic about moving things around, shop layout, as well as manpower. He’s been really supportive.”

Jared credits his father for teaching him the importance of a strong work ethic. "My dad will do whatever it takes to get the job done." His father also taught him that all customers are important and deserve the best you can give them. "Small customers can become big customers."

Not everything about starting his own business has been easy. Jared realizes he has to learn not to try to do everything. Although he started as a one-man-show, he quickly hired a person he knew and trusted from his dad's printshop. "Alyson [Collins] was able to jump right in and take over production, setting up jobs, while I would get to emails." He still chips in when she needs him, and he lets her be his boss when it comes to production.

"The next challenge will be how do we really market ourselves and grow our business." Parkway Printing is getting more involved in community activities to meet people and make the right business partners. "One of the most overlooked things in this business is artwork," Jared says. He is a graphic artist but is looking for others to take over that role.

Business has grown faster than he expected. "Where we are today at year one, I expected us

to be at year three."

When he isn't working, Jared and Wendy enjoy going to restaurants. They especially appreciate the social atmosphere one gets sitting at the bar for their meal. "It's about getting to know the bar staff or maybe even some random person sitting beside us that we talk to for an hour and a half."

Jared Chubb enjoys traveling and hopes to get back to that after his business takes off. "With my mom being a travel agent, for many, many years instead of getting Christmas presents, we took family vacations, mostly to the Caribbean." Now Jared has a bucket list of places he wants to go in the future with Wendy. For now, they are content with their home, complete with a 200-foot dock where they spend every evening when the weather cooperates.

"I talk about our forever home for Parkway Printshop; it would be an old body shop or something like that with bay doors where we could create a really cool, creative environment. My ideal home would be an old abandoned fire station or something like that." Jared would like to find an older home and renovate it. "Wendy doesn't share that vision, though!" NDN

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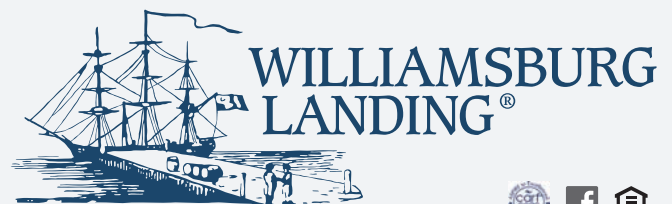


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Quilting a New Beginning

By Gail Dillon



Lisa W. Cumming Photography

Some people retire after a long, successful career and choose to spend their time relaxing or recreating. Others, like Dr. Kathleen Decker, continue to serve their community in ways that they may not have anticipated. The psychiatrist and self-described “type A” personality has recently begun to lead one of the two local chapters of Quilts of Valor®, a national organization that donates handmade quilts to “cover veterans touched by war.” Although Kathleen has only been involved in the group since last spring, she has fallen in love with the “Peninsula Patriots,” as they call themselves.

It started shortly after her retirement last winter, when she and her husband, Bob, were vacationing in the Outer Banks. They struck up a conversation with a group of quilters in the lobby of their hotel, all members of the North Carolina Chapter of Quilts of Valor®. After learning that she used to quilt, they recommended that she join her local chapter. “I hadn’t done any quilting in a long time and I thought, ‘well, this looks pretty cool, and I have a lot of time on my hands now,’” she says.

The North Carolina quilters also suggested she attend the National Convention that was held last May in Myrtle Beach. Kathleen and Bob decided to go, and in no time, she was hooked, offering to help out in a number of areas. “I volunteer for everything,” she says with a chuckle. “I’m one of those ‘can’t say no’ people.” After returning home, she was surprised to discover that there were no existing Quilts of Valor® groups in Williamsburg, so last June she started one herself with about 10 people. By July she had 30 folks and currently there are 32 members. There is also a second active group in the area.

She explains that Quilts of Valor® was conceived in 2003 by Catherine Roberts. She dreamed about a deployed soldier, where the young man was painfully tormented by the physical and emotional scars of war. However, in the second part of her dream, this same man was sitting on his bed covered by a quilt and looking peaceful. She approached the chaplain at Walter Reed Army Medical Center and his wife, an avid quilter, to talk about her dream

and how she wanted to make quilts to help comfort service members. Slowly her idea took off. To date there have been more than 200,000 quilts made and donated nationwide. Locally, Kathleen says her chapter has completed 24 quilts with three more “in the works.” They have awarded eleven so far last November and December. “So it’s not too bad for the first six months,” she says.

She is a native of Chicago but has lived in Virginia for 11 years and in Williamsburg for the last five. Kathleen and Bob, who owns The Webster Insurance Agency, have been married four years and have eight grown children between the two of them. As a child, she gravitated toward science and medicine. “My parents were both scientists and so, when I was little, about 8, I decided I wanted to be a veterinarian but I sneezed a lot around animals and they don’t talk... so my next choice was humans.”

She attended Stanford University to pursue a combination MD/PhD program. At that point, her desire was to study molecular biology and focus on research, but around year five

she discovered she “really liked working with patients.” Thus began her career-long struggle between seeing clients and doing research, both of which she enjoyed.

She moved to the Seattle area and worked in private practice for a couple of years before joining the University of Washington as a junior faculty member. Her work took a different turn after she left the university. “I started consulting with law enforcement agencies, and I wrote a textbook and was very busy with forensic work in Washington,” she says. “I worked with about 30 different public safety agencies in Washington State.”

In 2007, Kathleen and her two children moved to the east coast because her son wanted to attend college in the D.C. area to study history. She says she considered joining the military as a 40-something psychiatrist “to make a contribution” to the ongoing war but knew this was impractical with her daughter still in high school. Instead, she was hired to work as a contractor at Langley Air Force Base. “It was wonderful. I loved Langley,” she says. Following that, she spent about nine years at the Hampton VA Medical Center where she led a residential substance abuse rehabilitation program, as well as a Post Traumatic Stress Dis-

order (PTSD) program. She also conducted research in art therapy treatment of veterans in collaboration with Art Therapy faculty and graduate students at Eastern Virginia Medical School. That project became a passion for her. “We’ve just published an article showing there is quantitative evidence that art therapy reduces symptoms of PTSD,” she says.

She finished her career at Eastern State Hospital last spring and though it was a big adjustment, is now happy being retired.

Making a quilt is a combination of precise math skills, an eye for design and symmetry, and plain old creativity. The Peninsula Patriots meet twice a month and can do an astounding amount of work in those two sessions. “I often design the quilts, we make pre-cut (fabric) blocks, and we’ll have maybe 10 people at a time who bring their sewing machines and sew. By the end of the meeting, we might have half a quilt top or even a whole one,” she says. “Those quilt tops will be combined with batting, which is the inside of ‘sandwich,’ and a quilt back. We take those three pieces to a longarmer.”

Longarm quilting involves using a sewing machine mounted on a long rod, a crucial step in the quilting process because it fastens the

three parts of the quilt together. Kathleen says her group has about six people who can do this type of work, some using computerized machines and others manually guiding the sewing machine. Quilts of Valor® must follow specifications in order to be awarded, she points out.

“Part of the goal of the organization is to ensure that we weren’t just doing charity quilts or lap quilts... which are wonderful but not what we wanted to do to honor veterans,” she says. For example, quilts must measure no smaller than 55” x 65” and no larger than 72” x 90.” Fabric used must be “high quality” and hand-tied quilts are not allowed. Although using a red, white and blue color scheme isn’t mandatory, a patriotic theme is required. Numerous patterns can be downloaded from the National Quilts of Valor® web page, she adds.

Once a quilt is finished, it is awarded by officially nominating a particular veteran or service member as the recipient, either through the national website or by going through one’s local chapter. According to Dr. Kathleen Decker, the ceremonies are usually marked by tears as well as joy. “I usually can’t get through an award ceremony without choking up, and the veterans do, too. One Vietnam veteran said, ‘I feel like I’m finally home.’” NDN

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BILL SCHERMERHORN



Lisa W. Cumming Photography

From **Broadway** to the **'Burg:** HAPPINESS ON A SMALLER SCALE

By Linda Landreth Phelps

Bill Schermerhorn, Creative Director of Signature Events at Colonial Williamsburg, recently made a dramatic career change. In the winter of 2016, he arrived here straight from Macy's Parade & Entertainment Group where he'd served as Vice President and Creative Director for Macy's iconic Thanksgiving Day Parade and their July 4th fireworks extravaganza, among many other events. After a successful 34 years in New York City, Bill was ready to return



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to Williamsburg. His history with CW began when he was just five years old and visiting along with his family. "Somewhere there's a picture of me standing in front of the Governor's Palace in my little tricorn hat," Bill says.

He grew up near Chatham, New York and by age 16 was involved with summer stock productions at a local playhouse, Mac-Haydn Theatre. "It was great experience and the place where I learned to juggle several things at once. We would do ten musicals in ten weeks," he says of those intense days. "We'd be doing the main stage show at night after rehearsing all day for the next one coming up. After the performance was over, about 11:00 p.m., we'd rehearse for the weekend's children's shows, which I was writing as part of my job as an actor/tech. I was lucky in that, because most of the other 'tech' assignments consisted of ironing costumes or cleaning toilets."

Much credit for his early writing success, Bill says, goes to his late friend and neighbor, Clark Gesner, who wrote the Broadway hit, "You're a Good Man, Charlie Brown," a musical based on the "Peanuts" characters. "He generously gave me his time and taught me to write good song lyrics and tell a clean story."

By "clean," Bill doesn't mean what you may think. A clean story is focused, with a beginning, a middle and an end, and doesn't have too many subplots. "Especially with children's theater, you have to be very direct and careful not to confuse your audience," he says. That valuable lesson carried over into his career in staging events. "Whatever the subject, whether it's Veteran's Day, Fourth of July or Christmas, it's important to just tell the story and not get bogged down. Too much staging or detail and people lose the thread of what you're trying to say, and I see myself first and foremost as a storyteller."

Much later, New York State native Bill returned as a student at William & Mary in the late '70s and early '80s. Nominally, he was studying history, he says. "In reality, I lived in PBK, Phi Beta Kappa Hall, since theater was my first love."

Those early skills were further honed during his college days at W&M. Howard Scammon, professor emeritus, proved particularly influential for the student. "Though officially retired, he was keeping busy with side productions such as 'St. Joan' which we staged in the Wren Building." Act I took place in the hall, and Act II, the trial, was in the chapel. "When the burning at the stake happened, we had real torchlights flickering through the chapel windows," he recalls. "From him I learned how to do theater outside of a theater, and that's very much what I did at Macy's and am doing here."

After graduating from W&M in 1982, Bill was fully convinced that his future was acting, so he naturally gravitated to New York City. After some initial success, he realized that he really needed extra income to be able to both live there and eat, so he decided to seek a more traditional, part-time job. "I didn't want a work schedule so rigid that it didn't allow me to pursue auditions, so I literally flipped a coin. Would it be Macy's or Bloomingdales?" The flip was in favor of Macy's, and before the day was through, he was employed as a sales associate, selling underwear and leather coats.

"I was doing a show down in Brooklyn Heights at night when someone said to me, 'You're working in sales at Macy's? Why aren't you in the Parade office?' They gave me the name of the operations director, and there I was introduced to Jean McFaddin, who was to play an important role in my life." Jean was the producer-director for the parade, a Texan

who rocked a big cowboy hat and an even bigger personality. She brought Macy's special events back to prominence after languishing for a prolonged period in the '60s. For 12 years, there'd been no fireworks productions, but in 1976 Macy's partnered with Disney for the epic Bicentennial celebration. Disney received all the credit, which led Macy's to determine that they needed their own department. At the time, there hadn't been a new parade balloon in ages, so Jean garnered corporate sponsors and brought in characters such as Kermit the Frog and Betty Boop.

Her department staff originally numbered eight, and Jean made sure everyone had experience in all aspects of events. "Once you learned a job well, she'd move you along to something else," Bill remembers with admiration. "It's great training which comes in handy here in Williamsburg, where the total special events staff consists of half that many."

People used to ask Bill if he missed acting after accepting his full-time job at Macy's. "Are you kidding?" Bill would say. "I never left show business!" Bill's rise through the corporate world led him eventually to the position of director for all of the different Macy's events and productions. "We had something we called 'Tap-O-Mania', where the largest group of tap dancers in the world were performing a single routine was right there on 34th Street. We had more dancers every year, regularly breaking our own Guinness World Record." Bill would be up on the marquee on such occasions, addressing the crowd at window unveilings, rubbing elbows regularly with celebrities such as Julie Andrews, Sting and Idina Menzel. "I was out there hosting, but in my inner director's eye, I was also looking at the stage, making sure the press had a good view." One more plate Bill kept spinning merrily in the air was an ongoing children's musical theater production called "Nursery Rhyme Chatter" hosted by Mother Goose. "This helped to further develop my writing and musical skills," he says.

Bill's two-time Emmy Award-winning songwriting talents are being put to excellent use in his current position. Last year's Fourth of July celebration in Colonial Williamsburg was dubbed "Light and Liberty," inspired by a statement culled from Thomas Jefferson's letter to a friend. Last year's fireworks display was accompanied by a musical score including songs co-written by Bill and composer Doug Katsaros. "I hope the music added to the patriotic celebration, which is my favorite since I was born on July 4th!" It's Bill's intent to both revive and keep CW's best traditions while freshening the presentation. "It's an honor to be part of that heritage, and to shape and mold new traditions for today's audience, too," he says.

His first day of work at CW was the day following the 90th anniversary of the famous meeting between John D. Rockefeller, Jr. and the Reverend W.A.R. Goodwin concerning the preservation and restoration of Williamsburg. "I took it as yet another sign that my new beginning here was auspicious. The first house my husband, Dan Dutcher, and I looked at online was in Kingsmill, and we made an offer and got it." Dan also works for CW as a Gift Officer in Development. "He and I kid that someone has to make my dreams come true," Bill says with a laugh. "We love our house, our neighbors and our community; everyone's been great."

Bill Schermerhorn's work commute may now be vastly different from a walk through Times Square, but he finds the same sense of connectedness here as he once did within the city's thriving theater community. "There's no super to call when something needs fixing," he says with a rueful smile. "Central Park was once my backyard, so there's been a learning curve to small town life, but there's so much culture here that I don't really miss the big city. Everything's a matter of scale, and it's all here." NDN



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WENDY TROJAK



Lisa W. Cumming Photography

Health, Hope and A New Way of Life

By Susan Williamson

The advent of another year invariably leads to resolutions for self-improvement. Many of these resolutions deal with dieting, weight loss and exercise. Many of these resolutions fall by

the wayside early in the new year.

Wendy Trojak has battled with her weight since she began her first diet at the age of eight. Her entire family was overweight and did

not practice portion control or healthy meal choices. She says, "We were taught to clean our plate." As Wendy and her husband married and started a family, additional pounds crept on

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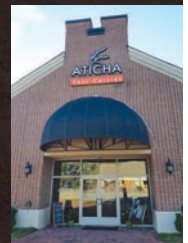
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until she weighed 315 pounds at her heaviest. She says, "I was never below 200 pounds in my adult life." She tried various diets and exercise programs, but the weight wouldn't stay off.

In 2013 she began to suffer from a medical condition known as pseudo cranial tumor cerebri or idiopathic intracranial hypertension resulting from an accumulation of spinal fluid in the brain stem which resulted in symptoms similar to those caused by brain tumors, headaches and vision problems. She tried various medications, but she was not able to tolerate them. Her condition could not be treated without weight loss.

With diet and exercise, she managed to lose twenty pounds. But her weight stressed her knee and foot joints, and she had to stop exercising. Without it, the weight she had lost began to return. She says, "I was ready to give up." Then she watched as a co-worker lost 50 pounds. She offered to help Wendy as a coach within this program.

This plan is based on four principles: structured eating, habits of health, a health coach

and community. Wendy began the program eleven months ago when she weighed 295 pounds and has since lost 112 pounds. "Within a week, I knew I could do it," she says. "I resolved to get healthy."

The structured eating involves one prepared "lean and green" meal consisting of a lean protein such as chicken or seafood with a low carbohydrate vegetable and five fueling snacks which can be specifically chosen and include popcorn, crackers or snack bars. The low carb, high protein diet averages 800 to 1,000 calories per day. Wendy says, "The plan is balanced to avoid spikes and lows in blood sugar, so I never feel hungry." As she was able, she added walking, biking and resistance exercises to the eating plan. According to Wendy, strength training at first is better than cardio exercise so muscle can be developed. Many overweight people are unable to do cardio workouts due to the stress on joints and other issues. The plan works slowly to cause losses of two or three pounds a week. Although Wendy hasn't met her weight loss goal yet, she feels much healthier. Her headaches

and vision problems are decreasing, and every day there are little victories. She uses circuit machines at Ironbound Gym. She says, "They were very helpful in teaching me to adjust and use the machines."

One day she ran upstairs to get something and realized she had never been able to do that before. Now she has a bicycle and can walk, bike and hike with her family. She has more energy.

Having a health coach, like her co-worker who had been where she was, is very helpful. Wendy decided to participate in the program's coach training which is through COPE, the MacDonald Center for Obesity Prevention and Education at Villanova University. The training consists of six modules. She hopes to acquire additional nutrition training in the future. She coaches eight clients including some of her family members, spending an average of two hours a week coaching. Coaches can be in touch with their clients anywhere from several times a week to only once a month, depending on the client's needs.



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DESIGNS by REGGIE AKDOGAN

Wendy finds that taking others on their journey with her is very rewarding. Coaches do not need to live in the same geographic area as their students, but there are local meet-ups and “lean and green” cooking demonstrations which are educational and encouraging, as is having the face-to-face contact.

Wendy was born in Dayton, Ohio and grew up all over the country, as theirs was a military family. She says, “We ate out a lot and enjoyed convenience foods.” She attended the University of Connecticut with a major in family counseling. When she graduated, she wasn’t sure she wanted to work in counseling, so she accepted a job as an administrative assistant for an advertising agency. There she learned graphic design which led to her side business of selling digital scrapbooking supplies and teaching digital scrapbooking classes. She still works part-time as an administrative assistant. She enjoys reading memoirs and historical fiction, crocheting and playing board games in her spare time as well as hiking and biking with her family.

She moved to Williamsburg when she mar-

ried and the couple has lived in the area for 23 years.

Sometimes when one family member changes eating habits the rest of the family follows suit, but that is not always the case. “I decided I wanted our children to be healthy, so I try to plan nutritious meals and use portion controls, but when I eat a cauliflower pizza crust, the rest of the family will have regular crust. The children do not have a weight issue.” Although during the weight loss phase of the plan Wendy eats no fruit or whole grains, once she reaches her goal she will gradually add fruits and whole grain carbs to her diet through an eight week transition program. She will probably continue to order some of the shakes and bars but will gradually replace two of her fueling snacks with meals although she will continue to eat six times per day. Knowing the transition program is there for her as well as her health coach offers a feeling of security. “I know I can stay with it,” she says.

The variety of vegetables and pre-prepped items such as diced zucchini and cauliflower

in local grocery stores helps her to prepare her meal for the day. She says, “Now that I am used to eating this way, any greasy or high carb item doesn’t agree with me.”

The Optavia Plan that Wendy follows is not cheap. A month’s supply of bars and shakes costs over \$400. But Wendy says that becoming healthy is worth the cost. Her medical bills have decreased, and the cost includes all but one of her daily meals.

Coaching others to become healthy is very rewarding for Wendy Trojak. Sometimes people are impatient with their weight loss, but she reminds them that a slow, sustainable loss, resulting from changing to healthy habits will be its own reward. “We talk about non-scale victories,” she says. “Things like feeling better, being able to wear smaller sized clothing, being able to be more active.”

For Wendy, the program has brought health and hope, both of which she hopes to share with her clients. As it turns out, her counseling training is helpful in her role as a health coach. She says, “In a way, I’ve come full circle.” NDN

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REVEREND EVE BUTLER-GEE



Lisa W. Cumming Photography

New Beginnings from Old Traditions

By Narielle Living

Each week, Reverend Eve Butler-Gee makes the almost hour-long drive from her home in Williamsburg to a tiny parish in Disputanta where she leads a Sunday service. This parish recently celebrated their 400th anniversary and now Reverend Eve is looking forward to what will unfold for them in the next chapter. Although planning for the big 400 year anniversary was exhausting for her and the parishioners, she already has plans for what comes

next.

Her life has been a series of new beginnings. Raised overseas by American parents and educated in British schools, Eve returned to the United States as a teenager. She attended St. Catherine's School in Richmond and Marjorie Webster and Trinity Colleges in Washington, D.C. From 1987 to 2003, she served as Chief Journal Clerk of the U.S. House of Representatives, a job she loved. "My heart has always

been to serve something greater than myself. That's why I loved working in the House of Representatives because I felt that I was serving my country. The people on the house floor staff are very proud of the fact that they are not democrats or republicans. They serve the whole house regardless of their political party. We took pride in that."

While living in northern Virginia, Eve attended the Church of the Holy Comforter in

Vienna, and it was there that she met Tom. “I married Tom in 1992. I was single for 18 years before that and had a daughter from a previous marriage.”

The couple lived in that area until Eve’s retirement in 2003. “We had been preparing and discerning where we wanted to go next because we really couldn’t find a home in northern Virginia that wasn’t outrageously expensive and anything like what we wanted,” she says. After using a timeshare here in Williamsburg, they discovered Ford’s Colony. “We used the timeshare here at the Marriott, and it was nice. We just kept coming back.” Eve mentions that for her, living in Williamsburg is a little like coming home, since she is a Jamestown descendant. “Of course, they are all pushing up daisies now, but it felt like home here.”

In 2005 they bought an empty lot and began making plans to build a house. But the most important piece was missing from their lives: a church to call home. “We were going to sell back the lot because if the church wasn’t right, we weren’t going to live here,” Eve says.

One day, she received a phone call from a man who worked for a contractor. He was checking on her plans to build on the lot. “I told him we’re not going to do this.” They had not yet connected with a church and were questioning their decision to come to Williamsburg. When the man on the phone asked if she had tried Hickory Neck, Eve didn’t know what he meant. “I said what’s a Hickory Neck,” she says with a smile. It turns out that Hickory Neck Church was exactly what Eve and Tom had been searching for. “They were the ones who raised me up.”

Decision made, Eve and Tom moved to Williamsburg permanently. “I designed and built this house, got all the stuff put away, had everything the way I wanted it, and suddenly...” That was when Eve started experiencing something a little different. Every morning at 3 o’clock she would wake up with scripture running through her head. This went on for two months. “Three a.m. Not 3:05, not 2:59. Finally I’d had it, and I said ‘Listen, what? What is it? If you don’t tell me, you’ll have to hit me with a 2 x 4. I’m going to miss this.

What is it that you want?’ and for the second time in my life, the first time was instrumental in us getting engaged, a little voice said ‘I have not brought you through everything you’ve been through in your life for nothing. Use it to serve me in church.’”

Eve called her priest, Reverend Michael Delk, to tell him she needed to speak with him, and he wasn’t at all surprised at what she had to say. “He said I wondered how long it was going to take you.” She smiles as she remembers his words. “He said this diocese is in need of priests, and you would be perfect to deploy to a small church. He said you just never know.”

She returned to school and worked within a ministry formation, which was a type of mentoring program, then attended the Virginia Theological Seminary. After becoming ordained and receiving her appointment to work at Martin’s Brandon Church, Reverend Eve found herself stepping into a quagmire. The small church was in crisis.

The church had suffered significant abuse during the storms and earthquake of 2011. Having very limited resources, they had agreed

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to have a man who had been attending as a parishioner perform the necessary repairs. Allegedly, this man was a contractor. Months went by and although checks were written the work was not done. In fact, things got worse instead of better. In 2012, the contractor disappeared along with church possessions and the money the church had paid him.

“They ended up giving this guy 17 thousand dollars in cash,” Eve says. After the hurricane, the cross on the church had been damaged. “He removed the cross, took all the copper off of it, sold it and left. We did prosecute him, and he did go to jail.” Despite the prosecution, they were still left with unfinished work. The church was a mess and in danger of closing.

Then the miracle occurred. “A friend of mine’s mother is from Hampton, and my friend is also an Episcopal priest. Ann Wallace Buxton has a heart for small churches. When she came to my ordination she said, ‘I’m going to give you a little something.’” Eve didn’t think about that comment until a little later when she received a card in the mail with a check for thirty thousand dollars.

“When I stood in the pulpit to tell the people we’d gotten this amount of money, I cried, and they cried.” But their work still was not done. The downstairs fellowship space was full of water, with mold and mildew everywhere. They got all the fluid out of the basement and put in a system for pumping moisture out of the basement. “It’s beautiful,” she says. “The kitchen is perfect, and we have receptions and luncheons. We did other things that weren’t as cosmetic. But we still had the problem of the outside of the church because it’s stucco, and the belfry particularly had taken a hit.”

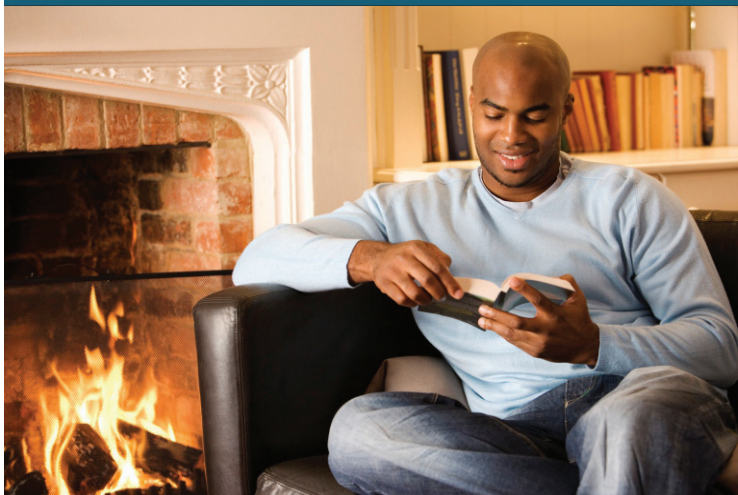
After doing some research, Reverend Eve found the Cameron Foundation which gives grants for the restoration of the exterior of historic buildings. “I applied for a grant, and we got another 25 thousand.”

After repairs were made, the next event was the 400th anniversary of the church. They celebrated this milestone throughout 2018. “I wanted as much exposure for the church as possible, and I wanted to make it clear it’s not just about me. Here we are, we’re exhausted!” The year long celebration was successful, and

now Eve is starting to look toward the future and the next steps. She is now planning on how she can implement strategic planning to get them to their future goals. “I don’t know what our next move is, but we’re having people come who have never come before. It’s a small community. We’re in the middle of basically nowhere. We’ve increased from 22 parishioners to 33 in the time I’ve been there, which is the best we could hope for. We all love each other. There is not a dud in the bunch in this church! I don’t know what I did to deserve it. We’re all very tight, it makes my job an absolute dream. Everybody pitches in, There are no slouches.”

Reverend Eve Butler-Gee loves it when others are amazed that she was ordained not too long ago. She has a powerful message in that. “It’s never too late to follow your dream. Just when you think you’re past it, God steps in and says have I got a job for you. It doesn’t have to be in the church, as long as you’re upright and breathing and attuned. The thing is to be attuned to what the spirit is telling you and not get bogged down in minutiae. NDN”

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A New Name, An Ancient Calling

By Erin Fryer



Lisa W. Cumming Photography

There is something about a new year that makes people yearn for a fresh start, and Kalunyahawi Traveler is no exception. In fact, she is embarking on a new life calling and taking on a new name.

Born Wendy Don Tetreault, Kalunyahawi was given her native name by her godfather, uncle and Chief, Sa-Sep-Tuunga, Chief Flying Eagle who is Mohawk, Cherokee and Nez Perce. A newlywed, Kalunyahawi wed the love of her life, Wolf Traveler, last year.

Kalunyahawi is proud of her Native American heritage and explains that it is a common tradition for natives to have four names in their lifetime: a name given at birth, another at

adolescence, a third during adulthood and one when they reach elder status.

Originally from Massachusetts, Kalunyahawi was not raised on a Native American reservation. She is a mix of Native American, African-American, Irish, Polish and French. Though she knew she was of Native American heritage growing up, no one in her family talked about it.

As a young girl, Kalunyahawi was called to the native ways, and most of all to Mother Earth. "I didn't understand why, at eight years old, I had this calling in my soul," she says. "I knew we had native in our family, and when I tried to ask questions no one would talk about

it. My soul's purpose is to answer the call of my ancestors and follow my background of Native American. I was drawn to the outdoors and to animals and realized early on that I had spiritual gifts."

Kalunyahawi is a seer, which is an ancient term for one who sees and speaks to spirits. Her mother also possessed special gifts, including the gift of premonition. If she dreamt something three nights in a row it would come true, giving her the difficult ability of being able to foretell a tragedy. Kalunyahawi soon learned that she possessed the same gift.

As a child, having these gifts was frightening for Kalunyahawi. "When my mother told me I



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had the gift, I said I didn't want it. I didn't understand it. I felt by dreaming something, I was making it happen."

When Kalunyahawi decided that she didn't want her gifts, she buried them down deep. Her life has not been an easy one, and she has endured suffering, but she says it was all a part of the journey that brought her to where she is today.

After witnessing a miraculous healing at the age of 12, Kalunyahawi knew she was meant to have that experience because she, too, was a healer. She explains that we are sent to this earth to either do good or harm, and some are drawn to the light and some to the dark. Her spiritual purpose is to be a healer.

For many years, Kalunyahawi put her calling aside. She endured years of dysfunctional relationships and even had a quick journey with alcohol and drugs, but she survived. "Every time I fell and skinned my knees, I would crawl back out of the ditch. I learned from it, and I never gave up."

Kalunyahawi has pursued many educational opportunities through the years but took an unconventional path to where she is today. Before graduating from Springfield College, she received her GED after becoming pregnant and

having her daughter two months after her 16th birthday. "I know Creator gave her to me to save my life," she says. "I was in so much pain, and I wanted to make a difference for her."

Kalunyahawi has been busy making a difference ever since. She co-founded a prison ministry, volunteered in the human services field and ran substance abuse support groups. She has even discovered that she is a writer and is currently working on her first book.

Now 45 years old, Kalunyahawi says that at about the age of 37, her ancestors started to come to her. "The first time I smelled sage, I knew I was home," she says. "Native people started coming to me physically and spiritually. They offered to share teachings, and I learned, and they kept coming to me."

"Mother Earth is my first mother, then I had my mother who gave birth to me, then I had my Grandmother Rose who showed me the true meaning of love. Today, I have my mother-in-law who has been the love and support that the little girl in me needed."

At her wedding last year, Kalunyahawi's godfather helped her father walk her down the aisle to meet Wolf. "I have a wonderful relationship with my father. Spiritual and native stuff is not his thing, which is fine. That's why I had my

godfather. I still have him, and I was with him when he crossed over in May."

When her godfather gave Kalunyahawi her name, he said it means "She Carries the Sky." He named her this because of her gifts. "He said that because I carry the Spirit realm with me, as I walk on Mother, as beautiful as it is, it will always be heavy."

Kalunyahawi's godfather recently came to her from the spirit realm and told her that it was time to step into the full power of her name. "Wendy Don is a part of me and always will be, but it's time to step into the full power of my native name," she says. "Wendy Don is the little girl who deserves her own sacred space, but that isn't who I am anymore. We are separate but connected. I am an adult now, and I am a spiritual being and have stepped into my full soul's purpose and calling."

Kalunyahawi Traveler says she is happiest when she is spending time with Mother Earth, working with Spirit, being with her family, especially her seven year old granddaughter, helping others to heal, singing and working on motorcycles.

"Everything I have ever wanted is lined up for me now," she says. "I have all the help I need from the universe to pursue my calling." NDN

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Knocking on Doors

By Kathleen Toomey Jabs



Lisa W. Cumming Photography

Kimberly Meador understands life is full of surprises. Yet, she is still a little awed by the latest series of events. Her first book of poetry, “Thoughts Collected, Volume 1” was accepted by Aster Press, a division of Blue Fortune Enterprises, and will be published in April.

“It’s a dream come true,” Kimberly says as her voice lowers to a hush. She’s been writing for 30 years. She carries her journals in her purse so she can jot down whatever comes to her: impressions, word play, turns of phrase. She flips through the pages to show lines of verse and the jotting she does whenever a sound or a feeling

strikes. She smiles, beams really, then explains that she has Volume Two almost ready to go. Volume Three is already taking shape in her mind. She’s not stopping now.

Most of the surprises in Kimberly’s life have been nice ones, but certainly not all of them. She approaches each day with her trademark laughter, positivity, strength and an understanding that moving forward is a choice you make. A chance you take.

As she writes in her poem, “About”:
I am human therefore, many things...
A poet, a teacher, a seeker....

Come with me on a word journey...
Perhaps we laugh, we sing, we feel...
We think...

A native New Yorker, Kimberly has been living in Williamsburg for 24 years. After a three-year tour in the Army immediately after high school graduation, Kimberly left Long Island in 1994 with her mother. A self-proclaimed “history geek,” Kimberly was drawn to the Historic Triangle area of Virginia for the history and the warmer winters. Her first job in Virginia was, fittingly enough, at Colonial Williamsburg where she worked in several departments before

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settling in as the supervisor at the call-in center, 1-800-HISTORY. She found being immersed in the realistic setting among the reenactors a true joy.

As she settled into Virginia life, Kimberly married, had two children, stayed home with them until her youngest daughter was ready for kindergarten then went back to school. Again, she followed her interests and her love of history. She can't remember not loving history. She now teaches history at Warwick High School in Newport News. She is passionate about her students and about passing on a love for the past.

Kimberly has had her own share of drama. In May 2017, she had to pass up a chance to read her poetry at The Daily Press reception for poetry contest finalists. She wasn't able to attend because she literarily "had no voice." The day after the reception she was scheduled for a fourth neck surgery to repair damage from a childhood injury. "It was the first time I put myself out there," Kimberly says reminiscing about the contest entry. After the initial selection, she had no energy to solicit votes for the people's choice component and follow-up. With hundreds of current and former students as well as her daughters and their friends, Kimberly knows she would have received votes if she had asked. Instead, she says, "I got zero votes." Still, she was awarded third place. The judges selected her work for the honor. For Kimberly, that selection validated the time, effort and patience she had devoted to her writing. The surgery was a success. Another chance for a new beginning. Kimberly kept her vow to keep writing, to collect her work.

As much as Kimberly loves teaching and reading about history, she is a little spooked by the actual history taking place in her body. As a young child, she fell off of a slide and landed headfirst, and her doctors have been working to mitigate the impacts of pain in her back and neck ever since. She now has multiple sets of titanium bolts in her neck as well as four cadaver bones. "I didn't like the idea of living with dead people in my neck," she says with a laugh. "So, I named them John, Paul, George and Ringo." The names are a reference to the Beatles, her favorite all-time band. Kimberly laughs a lot. She exudes energy and a fierce determination to go forward and keep discovering new paths, new truths, new opportunities.

Aside from the Beatles, Kimberly loves cooking, travel and Van Morrison. Last year, she and her daughters, now aged 16 and 19, chipped in and traveled to Belfast in early December to see him in concert. It was their family Christmas present to themselves.

Kimberly was brought up by two sets of immigrants. She never expected to attend college, or travel, or being a published writer. She learned early to keep knocking on doors. Sometimes, things you plan for and want to happen don't, and, sometimes, when you least expect it, doors open, she explains. She describes her attempts to move into administration in the public schools. The doors there haven't been opening, and she's been knocking hard. It's been a totally different experience with publishing. For now, she plans to keep writing. She's working on several projects. She is writing her autobiography to "get the story out." "I may never do anything with it," Kimberly says, but she believes writing her story will free her to create new work. She also completed a short story about a cat she adopted from the Humane Society. His name was Champ, he was blind, and he only lived a month at her house. She knew he was sick but she couldn't leave him at the shelter. "No one should have to live in a cage," Kimberly says. She made sure Champ had options, a place to rest and doors that opened. His life was sad, she explains, but those last days, they were better than living in a box. For Kimberly Meador, that's what really matters. She knows from her study of history that ideas and the human spirit can't be caged or boxed. She's ready to keep knocking on doors and waiting for the next surprise. NDN



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Finding a New Home in Williamsburg

By Caroline Johnson

Lisa W. Cumming Photography

A mirror on the wall in his office showcases all that Tom Zemaitis believes in with the quote, “Your team is a reflection of you.” For Tom, his career with Publix is more than just a job. In his 38th year of working for Publix, Tom has moved up the ranks from a bagger to a cleanup associate, and then a meat manager to an assistant store manager. His current title, though, is one he calls, “The best job in the entire company.” As the new Williamsburg Publix’s Store Manager, he has had his hands full working fifteen-hour days to prepare for the store’s grand opening that took place on October 17, 2018. You wouldn’t be able to tell, based on his warm smile and the excitement in his voice when asked about his new beginning in Williamsburg, Virginia. This Publix is Tom’s fifth store that he has opened, and everything about it is indicative of a new beginning.

The store boasts natural light that pours in over all of the colors in the produce section, with the walls across each department representing all of the elements of the earth. Tom

talks with pride about the new space, located on Monticello Avenue. The walls are not only lined with fresh produce, bright packaging, and to-go meals, but also with excited people. Walking through the store, you’re guaranteed to see faces wearing a Publix nametag on their shirt smiling back at you. With thousands of people attending the Publix grand opening, you would think it would be easy for Tom to forget the faces he’s seen and hands he has shaken. When he lights up and shares about the first customer in the store at 4:30 a.m. on their opening day, it is evident that he cares. “Shaking someone’s hand is like giving them an extension of yourself,” Tom says. “It lets them know that you care.” What stood out to Tom most about meeting the new customers wasn’t just the amount of people, but the number of people who knew his name when they came back the very next day. “I was shocked,” Tom says when asked how this warm welcome from Williamsburg made him feel. Interactions like this are making his time in Williamsburg feel

more and more like home.

For Tom’s family, Publix is in their blood. In fact, it is because of this grocery store that Tom met his wife, Mary. The two have now been married for 28 years. “I can never give back to Publix enough for all that they’ve given me,” Tom says. Mary currently works as an Event Planner with Publix and serves as a Regional Trainer in Virginia. With two grown children, a daughter who is 26 and a son who is 27, their family feels grateful for the impact Publix has had on their life. Tom credits the financial freedom and support of Publix for allowing his daughter to chase her dreams as she is currently earning her Doctorate Degree in Education. His son is carrying on the Publix legacy and is currently working as an Assistant Meat Manager at the store in Charlotte, North Carolina. Not only does their family love Publix for all it has brought to their life, but they have also been long-time fans of the Williamsburg area.

Their time in Williamsburg signals a new beginning but is also a symbol of life coming

full circle. Tom recounted a time many years ago when their children were young and the family was visiting Colonial Williamsburg. He remembers the sights and sounds of the reenactments and one moment in particular that struck him. When a reenactor asked the hypothetical question to the crowd of, "Who is coming with us?," Tom's son ran to follow them, shouting, "I am!" When asked if the move to Williamsburg to open this new store was a hard decision for him and his wife, Tom said it was one of the easiest decisions for both of them. "When I was offered the job, I told them I needed to ask my wife first. I went home and asked her, and she immediately resounded with a yes," Tom says. "It was a no-brainer." Busch Gardens was another plus to moving to the area, along with the rich history and close-knit sense of community they saw Williamsburg had to offer.

Tom and his wife love the culture and community that surrounds their new home in Williamsburg. Publix has already had the opportunity to participate in community events, partnering with local groups such as The Salvation Army for fundraising. Tom's love for the community isn't anything new, and it is something that has been ingrained in him since his start with Publix. As the store manager at a Publix in Florida during Hurricanes Charley, Frances and Jeanne, Tom had to make a decision for the larger community. The hurricanes hit Florida during 2004 with harrowing effects on the community. With the power out for over 12 hours, he saw an opportunity to assist. The frozen section was still okay, but it would not be for long. Knowing he had to act fast, he worked with firefighters and other first responders to transport all of the frozen food to local shelters to be distributed to people and families who were displaced from their homes. "We don't just sell groceries," Tom says, "we do that on the side. Serving others and taking care of the community is our first priority."

When asked what it is like to be a store manager, Tom compares it to being a head coach. "When they are doing well, I tell them. When there's something that could be improved, it's my job to equip them to do so," Tom says. His foundation for his leadership in the company and in his store comes from Publix's founder, George W. Jenkins. Tom recalls an opportunity when he met him over 32 years ago at a manager's convention. "When he was done speaking, he sat down among everyone else," Tom remembers. "He made himself available." This is the type of leader Tom strives to be each and every day. You won't find him hiding in the back room. He is a frontline leader who believes in taking care of his employees. "When you take care of your employees, they then take care of others," Tom says. Publix is an employee-owned company, and each employee is invested in it from the time they start until the time they leave.

For Tom, this new beginning is a time for new friends, a new community, and meeting new people. His new beginning found him back in an area he had loved to visit that he will now get to call home. His new beginning here is allowing him to share the beautiful store and the magic that Publix has brought to his life with all the people here. "Whenever I travel," Tom says, "I always look for the Publix. It's kind of like being home." With his new beginning in Williamsburg, there is no doubt Tom will find that sense of home alongside his neighbors here. NDN

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Going the Extra Mile

By Narielle Living



Corey Miller Photography

When Jack Seiner was a child, he says he spent much of his time taking remote control cars apart and using the parts to rebuild a new one. “Sometimes I’d take 10 of them and make one good one.” With that kind of start in life, it’s no wonder that he grew up to become a mechanic and owner of the local Crow’s Garage. Jack’s family moved to Williamsburg from York county in 1985. With a growing family that included Jack and his three sisters, they needed a home with more space and were able to find that in this area. When Jack attended Lafayette High School he took the auto shop class, and that was when his future began to solidify.

The instructor, Dean Case, made a huge impact in Jack’s life. “He was the teacher there for many years, an incredible man,” Jack says. “After being in that course he got me a job at Merchant’s Tire, and that was the first place I ever worked. Then he encouraged me to do more after high school.” At the time, Dean mentored Jack and helped him find an automotive program that would take him to the next level. “I chose Thomas Nelson. They had a program back then called the Ford Asset program.” With

the encouragement of his mentor, Jack began the program which then placed him in a job within a dealership.

After graduating from Thomas Nelson in 1996, Jack continued to work in the dealership. “I had a year where I worked at a shop with a man named Dale Caisson,” he says. “I saw how successful he was but I ended up not staying there because there wasn’t enough work at the time.”

During the time he worked at the dealership, 2001 to 2008, Jack was looking for a place to call his own. That was a long process. “It’s just so hard to find one,” he says. Finally, a friend told Jack that the building in front of Crow’s garage, which is a body shop, was going to be available for rent. “I thought maybe it doesn’t have to be a body shop, maybe I can turn it into a garage.” That was what sent him to speak with Mr. Crow about the possibility of a new venture.

At that time, Mr. Crow told Jack that he preferred the building in front remained a body shop. Then, surprisingly, he offered Jack a job. “With really good pay, but I turned it down

because I wanted my own shop. I didn’t want to show up and work for someone else.” Jack left but continued to think about the offer for a couple of weeks. He came to the conclusion that he might be able to work there until Mr. Crow retired, an arrangement that could benefit both of them. “He was 59 years old. That could have gone on a long time but I was ready to leave the dealer, and he was willing to pay me a decent wage. So I quit my job and came here in 2008.”

The agreement between the two men was that if Jack worked at Crow’s Garage he would have the option, someday, of renting the building for himself. But the timing was nebulous. He didn’t know when, and he didn’t know how long he wanted to work for. “We bought the place in 2012 but started working on it in 2011.”

During this time, Jack’s partner in business and life, Jo, was researching everything she could about owning a business. “My end of it was more the research,” she says. “I went to SCORE in Williamsburg to figure out how to start a business, I interviewed lawyers and ac-



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countants and banks, I went to all these places.” Originally, Jack and Jo had planned to both be present and working in the business on a daily basis, but when their children were born they decided to take a slight detour from that plan. Their children are now seven and 10 years old and are in a before and after school program. “The work comes home with us,” Jo says. “In fact, the kids could probably tell you what’s happening with the shop.”

While doing her research, Jo found a lawyer for them to use in moving forward with their business plan. “I was supposed to rent this space,” Jack says. “Mr. Crow didn’t move fast, so Jo found a lawyer to draw up a rental agreement. My lawyer asked why rent, why don’t you buy the shop?” At the time Jack didn’t think he would be able to procure the funding necessary to make that kind of purchase. The lawyer advised him to ask Mr. Crow to finance the option and ask him how much money he would want as a down payment. “I said he’s never going to sell it. It took a while but we finally all agreed on a price and made it work.”

The original plan for the business was to change the name to Jack’s Auto Service, but at the last minute he made the decision to keep the original name of Crow’s Garage. “It’s been Crow’s for so long, and it’s a great name. One day a young person pulled up out here, and she said her grandmother told her to drive down Centerville and find Crow’s garage. If I had changed the sign to Jack’s she’d have kept driving.”

The building that houses the business was built in 1976, and Jack and Jo have been working to update things as they can. They have outfitted the building with internet, a desperately needed addition, as well as new diagnostic equipment. Unfortunately, Mr. Crow passed away in 2017, the day before Halloween. Jack still misses him. “He was an awesome man. Working with him showed me how I wanted to run the business and treat people.”

Jack has some standard advice for people when it comes to taking care of their cars. “People are pretty good about changing their oil nowadays,” he says. “Plus, people are getting a lot smarter. They are doing research about what’s going on with their car before they come in, and a lot of times they have an idea of what’s going on with it. The information is out there.”

One of the most important things to remember, however, is to address problems as they arise. “Don’t let the problem stack up. It makes it so much harder for us if the check engine light has been on for two years and now all of a sudden you want to fix it. When there are four or five different codes, or other systems are malfunctioning, that can be difficult. As soon as you have a warning light come on, get it looked at instead of letting the problem stack up and become a huge problem.”

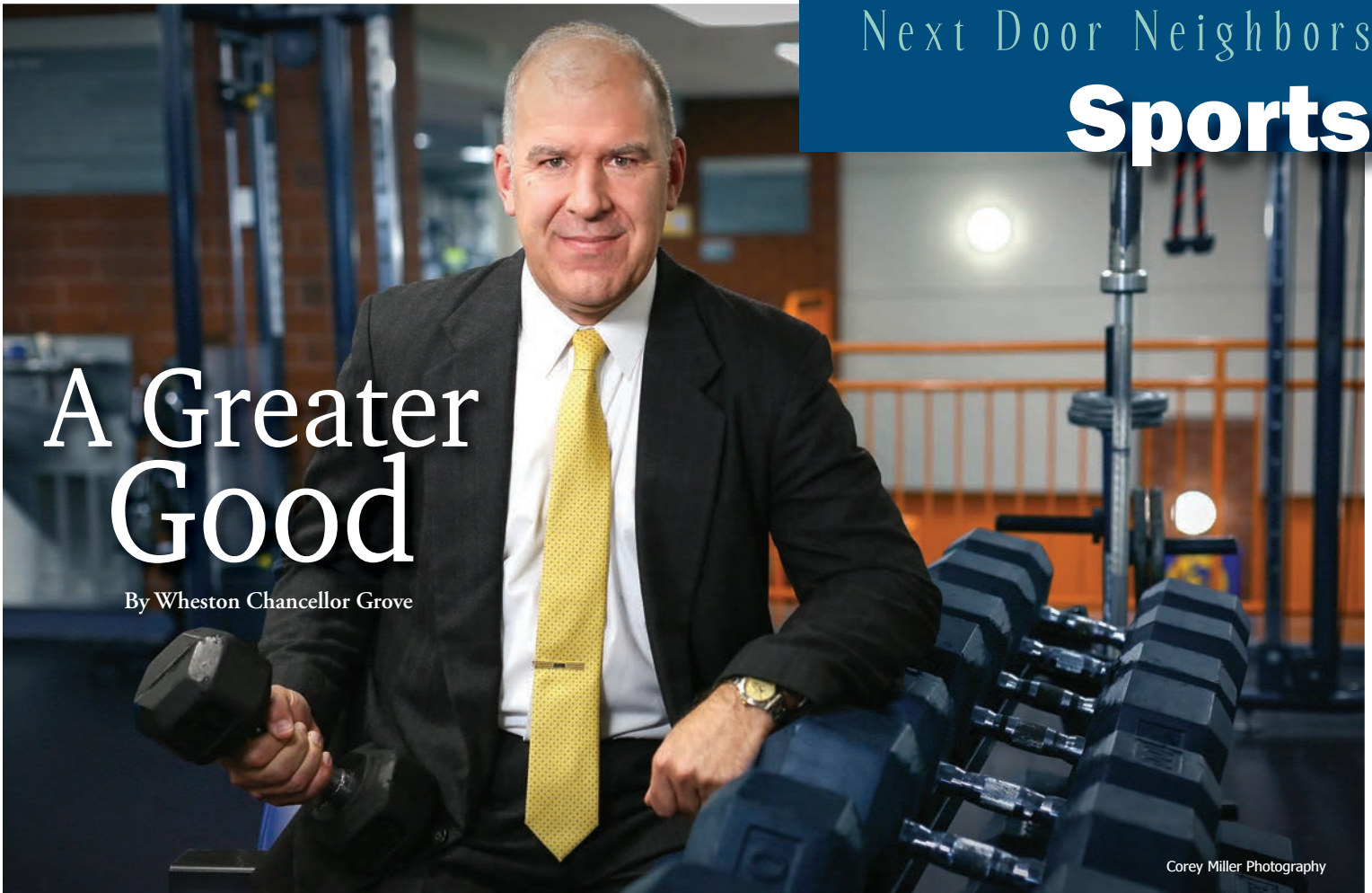
Other recommendations for car maintenance include changing the fluids in the car, such as brake fluid, power steering fluid and coolant. “I tell a lot of people that they should change the fluids before it looks bad. Whoever does your oil change should check it. Your brake fluid can get moisture in it and make your steel brake lines rust from the inside out.”

For this season, especially, wash your vehicle after it snows. “The chemicals they put on the road are rusting people’s brakes and fuel lines.”

Jack Seiner is focused on giving the community the best that he can when it comes to automotive repair. His advice when it comes to mechanics is simple: stick with one place. “Get to know the people at that place, build a relationship. You’re way better off then,” he says. “When the same people come back, that’s a loyal customer, and I’ll go the extra mile to make sure they’re taken care of.” **NDN**

A Greater Good

By Wheston Chancellor Grove



Corey Miller Photography

Semi-retired Army Colonel Michael McGurk has dedicated his life to making the world a better place. He presently serves as director of Research and Analysis at the U.S. Army Center for Initial Training in Fort Eustis, Virginia. Accession rates for the Army have decreased at a time when more recruits are needed. Why? A major contributing factor is poor health. Many new recruits are not physically qualified to join or, if they are, they experience training-related injuries which compromise the efficiency of the Army's boot camp and result in medical treatment expenses.

A new fitness regime that will overhaul the

culture of health and wellness within the branch has been designed to prepare individuals prior to service as well as to assist in maintaining a healthy lifestyle during active duty and throughout their life span. The new program will take two to three years to fully integrate.

According to Michael, civilians need to be in shape in order to join the service. Much has been written about his career and his research into implementing a new fitness standard. The Army's physical fitness assessment hasn't been altered since 1980. The Occupational Physical Assessment Test (OPAT), introduced in January 2017, places greater emphasis on applicants'

physical strength and aerobic abilities. It is designed to be gender and age neutral and includes the forthcoming Army Combat Readiness Test (ACRT). "In the long run, the new standard will cut recruiting costs, limit recruit and member injuries, and help curb the national obesity epidemic."

When asked about his call to join the Army, Michael tells it bluntly. "One of my great-great-greats marched to the alarm at Lexington and Concord." Another great-great-grandfather fought at Trenton and Valley Forge. His father, Lt. Col. Terrence, was in the National Guard for 30 years while working as a schoolteacher

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for 36 years. With three other siblings and his father's teaching salary, there wasn't much left to pay for a top-notch school. Michael applied to West Point, Annapolis and the Coast Guard Academy. He was accepted to all three academies. "I went to West Point for free and was actually paid for being there. I received a quality education." Upon completion of the U.S. Military Academy in 1985, he received a Bachelor of Science degree in Computer Science, a commission in the infantry and began his 26-year career as an Army Officer. From 1985 until 2011 Michael served in a variety of staff positions from Schofield Barracks, Hawaii, to Fort Knox, Kentucky, Fort Monroe, Virginia and France.

Michael was stationed at Ft. Monroe in 2002, and he and his wife Angie moved to Williamsburg in 2010 before hanging up his uniform in 2011. As Director of Research and Analysis for the Commanding General, U.S. Army Center for Initial Military Training, he now serves in the Army Civilian Corp as opposed to the uniform service. He is the senior analyst for the command and oversees a small team of experts in the health, science, research and fitness fields.

Having grown up in Litchfield, Connecticut, a historical town in its own right, Williamsburg's history and architectural landscape feels akin to his childhood home. Michael extols the

friendliness of Williamsburg as well as its ideal location to airports. He and Angie love to travel.

"The work that I'm doing requires you to have an open mind, to be willing to look at things from several angles. Things that you do impact people in different ways. Some of them are intentional and some are unintentional. Some are consequential and some inconsequential. When designing a new physical fitness test, you have to consider how it's going to affect men and women differently in terms of physical performance. You have to design something that considers this. In my personal life I try to do the same thing."

Michael speaks about the holidays, bringing attention to the tradition of making a New Year's resolution to get in shape. "I encourage people that this is not a bad resolution because almost all of us could get into better shape, but you've got to be reasonable about it. Deciding that you'll start going to the gym every day beginning on the 2nd of January probably won't happen. But if you say I'm going to start cutting soda out of my diet or I'm going to take the stairs instead of the elevator, it's the little things that start to pay off over time. It takes two to three months for something to become a habit. The first step is always the hardest and you're not going to get better unless you start. You have to

take the first step."

When asked about the most pivotal moments in his life, he says, "I could be trite and say going to Hawaii where I met my wife, Angie, that's the obvious one." He laughs warmly. They've been married for 28 years. They met on a blind date during Halloween in 1986. The next moment would be going to combat in Iraq in 2004. Michael was stationed in headquarters as a colonel, not with a frontline troop kicking in doors. But he was still in a combat zone where enemy weapons were being fired and launched. "This changes your impression of what's happening. It's one thing to say you'd do something hazardous if you had to; it's quite another to actually do it."

When questioned about a phrase or an epitaph that resonates with him, Michael McGurk ponders for a moment. He used to have this quote under his email signature:

"Optimus optimum ensis in igne, non est in sole coquitur." The best Swords are made in a Furnace, not by lying in the Sun. McGurk translates what it means to him.

"The things worth doing are going to be hard and are going to take some effort. So, if you're basking in the sun and just lying in your own success and not working, you're probably doing something wrong." NDN

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Steps on the Journey

By Brandy Centolanza

Family and faith are two of the mainstays in Dan Roose's life. Dan is the father of twelve and also helps hundreds of other children through the Footprints Dance Ministry.

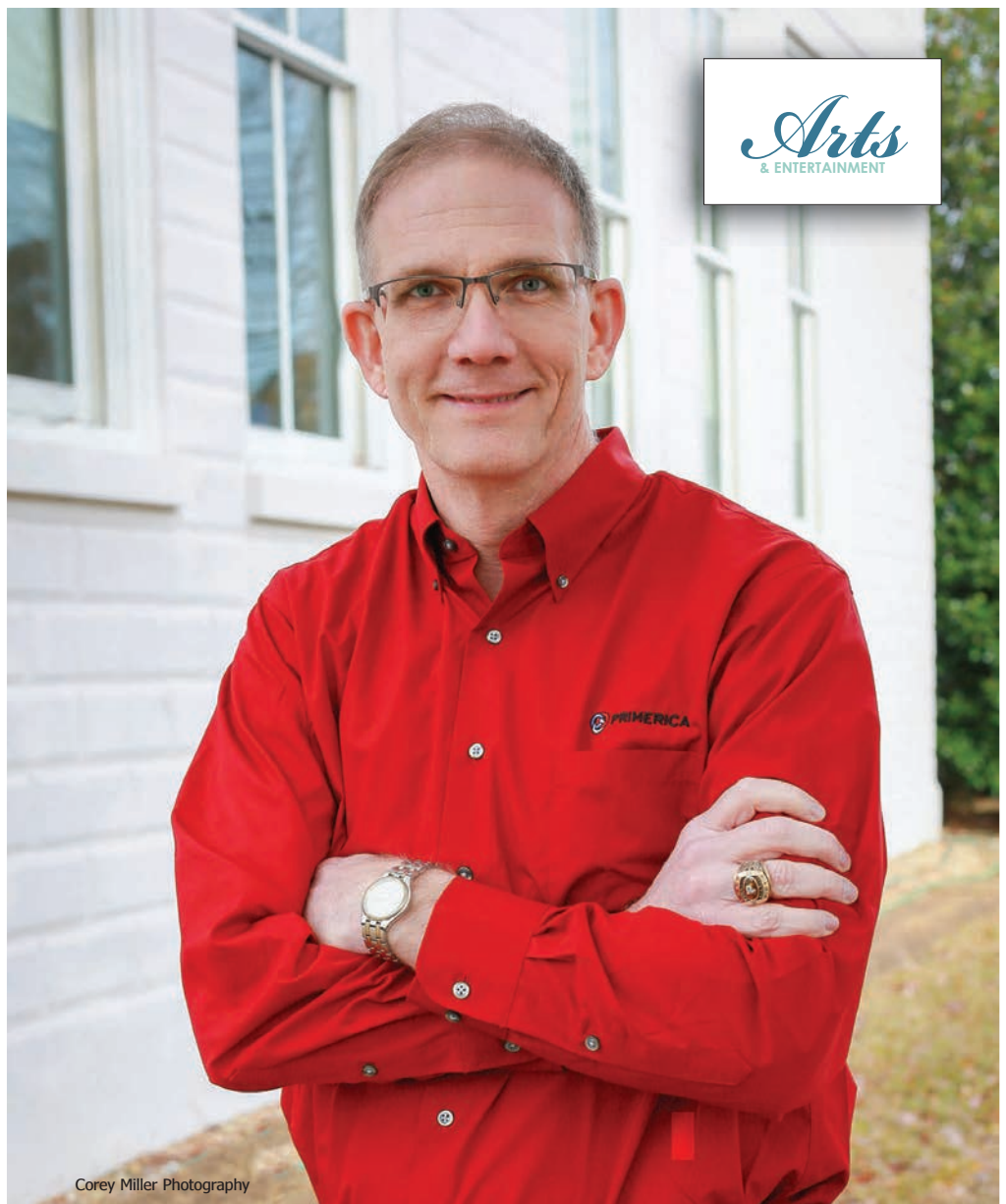
He runs the dance ministry with Bruce Utne and Tim Mills. More than 200 kids ages 12 through 18 in Hampton Roads and Richmond attend The Great Dance program through the ministry which began in 2012. The kids learn a variety of dances including ballroom, swing, and Latin dancing.

"It's a fun, interactive and very social program," says Dan.

Dan first learned to ballroom dance back in 1990 prior to his wedding. He had met his wife, Penny, when he was in the eighth grade. "I love being able to dance with my wife," Dan says. "It is really cool."

Before starting Footprints Dance Ministry, Dan had been driving three of his daughters up to Richmond for dance lessons. Tired of the long drive, Dan and Bruce decided to start their own nonprofit dance ministry here in Williamsburg.

Throughout the school year, Footprints Dance Ministry offers weekly dance lessons at Williamsburg Community Chapel. There are six sessions in the fall culminating in a Christmas Ball followed by eight sessions in the spring that ends with a Spring Ball. There are also various theme nights throughout the year including a Superhero night, a Western night and a Sports night. A separate program provides monthly dance lessons for kids during the summer break. Meanwhile, adults can also take lessons leading up to Valentine's Day.



Lessons for The Great Dance for children and teens are held each Saturday at 6 p.m. Every lesson includes a warmup, a free dance, a new dance demonstration and an etiquette lesson, which typically involves social skills and Christian principles. The evening wraps up with a group dance and two final waltzes.

Footprints Dance Ministry has grown steadily from 25 students during its inaugural year to 215 current students.

"Some kids drive an hour and a half to attend," Dan says. "We have kids who come from Poquoson, Smithfield and Richmond. It's stunning to me. We never thought it would get this big. We obviously tapped into a need here."

Four dance instructors help teach students in three skill levels: beginner, intermediate and advanced. Participants learn six dances throughout The Great Dance program: the foxtrot, the waltz, swing, the samba, the cha-

cha and the rumba. Students also have the opportunity to learn square dancing as well as line dancing.

"The young ladies love it because we have two balls a year, and it gives them a chance to get dressed up," Dan says. "The boys also have a lot of fun. I think it is a good social outlet for kids. We wanted to give kids something fun to do in a safe environment and also the opportunity to learn an important skill. We have a pretty robust curriculum here, and those who have been coming for the past three or four years now have a skill that will last them a lifetime."

Dancing is a skill that Dan learned early on, thanks to his wife. Dan and Penny had been friends throughout high school, though he says he knew she was the one. "I wanted to marry her from the first moment I saw her."

After high school, Dan joined the military. "I grew up an Army brat," Dan says. "My dad

was in the military, and he had a good life, so I decided to join the military as well."

He spent 24 years in the U.S. Army. His final stint was at Ft. Eustis. After retiring in 2010, Dan and Penny decided to remain in the area, settling in Williamsburg with their growing family.

"We just thought Williamsburg was a beautiful place," he says. "It's a really nice area with lots to do, so we decided to stay."

Currently, Dan works as Regional Vice President for Primerica. He oversees two offices in Williamsburg and one in Newport News with one set to open in Reading, Pennsylvania in spring 2019. At Primerica, Dan assists people through financial education and coaching.

"I loved being in the military and serving this country," Dan says. "Through Primerica, I am still serving, but in a different way. I like to serve other people and give them hope. I would love it if I had 20 offices through Primerica."

Meanwhile, Dan's wife keeps busy homeschooling the couple's children. The pair have a dozen children: four girls and eight boys ranging in age from five to 26. Dan and Penny have ten biological children and adopted two from Russia.

"We have an incredible relationship with our children," Dan says. "Our family likes to stick together, and that serves us well. Having a large family means there is always someone to play with because there is always someone around. We work hard to build relationships with each other because there are so many people around."

Homeschooling has afforded Dan and Penny the opportunity to travel and explore places they've studied with their children through the years. Dan and his family visited Egypt to see the Pyramids and Rome, Italy to see the Colosseum as well as Verdun and Normandy in France following lessons on World War I and World War II. The family also traveled to experience Christian history and really enjoyed discovering more about the lives of Joan of Arc, Martin Luther and John Calvin.

"We talk to our children a lot about God," Dan says. "We talk to them about everything. Homeschooling is a great way to raise a family. We learn about each child's strengths and weaknesses. I love watching the kids work together and help each other achieve their dreams."


"We love to play football together as a family," he says. "We also love board games. We love to hike and go camping. We also like to go running together. So far, I've done six marathons. Each time a son of mine has turned 13, I've taken them with me on a marathon."

In addition to the Footprints Dance Ministry, Dan and Penny have started a home fellowship with a few other families.

"Every Sunday we get together with four or five other families," says Dan. "We like to call ourselves Fort Roose. We also have a guest bed for people who are in need."

Gathering with others to worship is important to Dan and his family.

"To us, church is not about a building but rather about the people," Dan says. "We believe we are an outpost for God's Kingdom. Our Sundays here are about growing and enriching each other's lives while using the Bible as a guide. When we get together and share with other families, we journal and speak about God, and then have lunch and hang out together. I think that makes such a difference."

Making a difference is really what Dan Roose wants to do with his life, both with his own children as well as those he interacts with through the Footprints Dance Ministry and beyond. 

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Next Door Neighbors

Twenty-five years ago, Jasmine Winnegan was one of the very kids she now helps in her role as a leader with the Head Start program.

For two years before she started kindergarten, Jasmine attended the free preschool program as her single mother took college business classes and cleaned houses to make ends meet. Head Start offered Jasmine a quality early education, healthy meals, fun field trips, caring home visits from a case manager and, in the long run, inspiration to go to college and build a successful life for herself.

“For anyone who has doubts, this program does what it’s supposed to do,” says Jasmine, now 28 and the Williamsburg-James City County Head Start Health Coordinator. “I’m proof of that, and I see it in my job every day.” Head Start is a federal program that serves preschool students ages 3 to 5, with or without disabilities, from low-income families nationwide. Overseen by the U.S. Department of Health and Human Services, its overarching goal is to prepare children for kindergarten and beyond by fostering their intellectual, emotional and social growth.

The local program, run through the Williamsburg James City County Community Action Agency, currently enrolls 147 children in three locations: The Historic Triangle Community Services Center, Norge Elementary School and James River Elementary School.

Head Start services include comprehensive early childhood education; dental, vision and hearing screenings; mental and behavioral health care; nutrition counseling; transportation; workshops and employment resources for parents; English as a Second Language classes; and, if needed, connections to social services agencies.

Jasmine took on her job about a year ago after completing a Master of Public Health Degree at Eastern Virginia Medical School in Norfolk. She is responsible for ensuring that classrooms and dining areas follow safety and sanitation rules, and that each building meets Virginia licensing standards. She also checks that all students are up-to-date on recommended immunizations and physical and dental exams.

“People are more familiar with Head Start’s educational component, but it also has a huge health and wellness focus,” she says. “We’re in-



Corey Miller Photography

GETTING A HEAD START ON LIFE

By Alison Johnson

vested in these families’ whole lives.”

When needed, Jasmine calls parents and guardians with information and reminders about necessary health care appointments. If a family doesn’t have health insurance, she can assist in finding providers who provide free or

low-cost care. She also can help parents set up necessary services for themselves.

“I get really, really excited when I see new dental and physical exams come into my office,” Jasmine says. “They are hard evidence that Head Start parents do take good care of their

children. I know in my heart that all they want is the best future for their child.”

Parent education, then, is crucial, following Head Start’s philosophy that parents are a child’s first and most important teachers. For example, many families don’t realize that children need regular dental checkups from a very young age, ideally even before a first tooth appears.

“Taking care of their gums and baby teeth is so important, and it also gets them comfortable at the dentist early,” Jasmine says. “In fact, usually they don’t even think it’s scary to go; they think it’s cool. Then, also if those parents have another child, they’ll already know what to do.”

One of Jasmine’s strongest recollections from her time as a Head Start student, in fact, was the required group toothbrushing sessions in the bathrooms after each meal. Another clear memory is the day her teacher brought a coconut to school after the class had read the popular children’s book “Chicka Chicka Boom Boom,” in which letters of the alphabet climb a coconut tree.

“I’d never seen one before,” Jasmine says. “She was trying to open it so we could taste it, but for some reason all she’d brought was a screwdriver and a hammer. It took her a long while, but she was determined.” Unfortunately, Jasmine didn’t turn out to be a fan. “She had said ‘coconut milk’, so like the little kid I was, I thought it would taste like the regular milk I was used to.”

During her preschool and early elementary years, Jasmine lived in her grandmother’s Surry County home with her mother, Melissa Palmer. She remembers Melissa working for a maid service and in a nursing home while taking accounting and business management classes at

William & Mary. Head Start gave her the flexibility to do it all.

“By helping my mom so much, it also helped me,” Jasmine says. “She was able to work hard and get out on her own, and our lifestyle started to change for the better. This program’s goal is to help families become self-sufficient and productive members of society and then pass that along to children and to future generations. That’s exactly what it did for us.”

The family moved to Williamsburg when Jasmine was seven. Ultimately, Melissa got a job with the state treasury in Richmond, married Jasmine’s stepfather, Lewis Palmer, and had another daughter. Jasmine’s baby sister, Jada Palmer, also a Head Start alumna, graduated from Warhill High School and is a 20-year-old sophomore at Hampton University.

“I remember when she was born, and changing her diapers, and now she’s come so far,” Jasmine says with pride. “She’s so smart. The program worked for her, too.”

In addition to Head Start, Jasmine and Jada benefitted from Project Discovery, an outreach program that helps prepare middle and high school students from low-income households for college. Project Discovery includes workshops, community service projects, college visits and access to scholarships. “It showed me all the possibilities open to me,” Jasmine says.

After graduating from Lafayette High School, Jasmine earned a psychology degree at Hampton University and began her career with Head Start in 2013 as a teacher assistant. She became a full-fledged teacher in 2014 and a case manager in 2016, working at Head Start locations in Portsmouth and Norfolk. She landed the Williamsburg job just six months after graduating from EVMS.

“I knew I always wanted to be in a health field,” Jasmine says. “I didn’t know that I could combine my interest and experience in early childhood education with the degree in public health. It was perfect for me that these paths could cross.”

Jasmine also has an artistic side, counting abstract painting as one of her favorite hobbies. She prefers using acrylic paints, which allow her to mix and layer colors as she creates anything from faces to objects to colorful splatters.

“Sometimes I just start with a brush stroke, see what it looks like and could turn into, and go from there,” she says. “It’s very therapeutic and calming.” Jasmine also likes to run and hike on nature trails, watch Washington Redskins football games and play fantasy football.

The most difficult part of her Head Start job, Jasmine says, is its unpredictability. Little kids, after all, are by nature unpredictable, between illnesses, accidents and behavioral growing pains. Some students also are facing minor or major stresses at home, from adjusting to a parent having a newborn baby to dealing with some type of abuse.

“No day is ever the same here, which is both good and bad,” Jasmine notes. “I never get bored. I’m also always hopeful that any challenges I help to resolve will benefit the students in the long term. I’m always optimistic.”

That’s not surprising, as Jasmine Winnegan has been a happy member of the Head Start family for much of her life.

“This was the place that got me started toward the career I have now,” she says. “It helped my mom build a great life for herself and for me and my baby sister. Now, I am in a position to pay it forward to other kids, and I’m so grateful for it.” NDN

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A Royal Collection

By Narielle Living

When Holly Yohe speaks about the royal family in England, her face lights up, and her excitement is infectious. “I feel that everybody, Americans especially, has royal envy,” she says. “We all know someone who was up at the crack of dawn to see Diana or Kate or Meghan get married. I always had my party at five in the morning with tea and scones.”

This excitement, and her path in life, is what led Holly to collecting royal commemorative china and other royal memorabilia. Her collection spans pieces made for Queen

Victoria in 1837 to Meghan and Harry in 2018. As she reminisces about the weddings and the royal family, she gestures to her collection spread before her, an impressive array of cups, plates, tins, menus and newspapers.

For Holly, the fascination began when she was just a young girl. “When I was 12 years old, my dad was in the military, and we were stationed in Pepperrell Air Force base in Newfoundland,” she says. Her father oversaw the northeast air command and was involved in managing the entertainment for the troops.

“I spent a lot of my youth at USO shows and got to see people like Bob Hope.” Holly and her sister were enrolled at Bishop Spencer College which was a girl’s British school. “This is 1953,” she says. That year, Elizabeth’s father, George VI, had died, and Elizabeth was poised to become queen. “She went on a tour of the kingdom. Newfoundland is part of Canada, and it was part of Britain at the time, so she came to our school, and I met the queen.”

Of course, this was not a private audience,

but Holly and her classmates had to learn certain manners. "We learned to curtsy," she says. But most importantly, they learned how to address the queen. "When you meet the queen, you say ma'am, it rhymes with ham. She is the only person that is ma'am, everyone else is marm, which rhymes with charm. When we meet the queen you say yes ma'am. Even Charles, all her kids say ma'am." Holly shakes her head for a moment, wondering at the oddity of having to address your mother in such a formal manner. "The story goes that when the queen went home, she hadn't seen Charles for months. He was four years old and ran out yelling 'mummy, mummy.' She patted him on the head and continued to shake hands with the dignitaries."

After meeting the queen, Holly saved her first bit of memorabilia from that occasion. "I have things that are sentimental to me," she says, pulling out two small, decorated tins. One had belonged to her and the other to her sister. "These were given to all the children in Newfoundland who met the queen," she says. Inside is a coronation pin to mark the event. "It was 43 cents back then." She then laughs, holding up a piece of candy. "I ate all my toffee, but this is my sister's toffee. It's lasted all these years." The tin also holds Eddie Fisher's autograph, another treasure. "I have this because Eddie Fisher came up to entertain the troops."

At that time, her parents had been invited to a luncheon to honor the queen. Holly pulls out the menu from that luncheon. "It was 2.25 for two halves of a cold lobster, lettuce and tomato salad," she says, shaking her head. She mentions that Pepperall Air Force base is no longer used as a base and has since been converted into housing for the elderly.

Holly has a scrapbook of all kinds of pictures of Queen Elizabeth and Princess Margaret when they were growing up. "I was fascinated because she was so young." After returning from Newfoundland, Holly's family lived in Pennsylvania. "I went to Gettysburg College, graduated, and met Skip, who was the love of my life," she says. Skip also

graduated from Gettysburg College, and they married and he became a fighter pilot in the military. They began to travel with the military, and after Skip came home from Vietnam, he received an exchange assignment to Leuchars Air Force Base outside of St. Andrews. Holly smiles and says, "Of course the golfers went nuts, but here we were."

That assignment was to be her next brush with the royal family. "We arrived at RAF Leuchars, and on November 4, Princess Anne was going to come to the base. We'd been there less than a week." At that time, she had two children, Laurie who was five and David who was three. "We were the only Americans. They dressed Laurie with a little British flag, and we told her she was going to meet the princess. When she came home, we asked her what she thought, and she said, 'she was just a girl on a horse!'" Later that evening, there was a reception, and they met Princess Anne. Holly's lessons from Newfoundland came back to her. "When you address Princess Anne you say marm, you don't say ma'am."

The other memory Holly has of Princess Anne's visit is the bathroom that was built for her. "When Princess Anne came the biggest excitement was they built a loo, a bathroom, for her so nobody could take the toilet seat and say I sat here with Princess Anne. We had just been there a week, and this toilet seat was being built."

At the time Holly and Skip were living in Scotland, Princess Anne was set to marry Mark Phillips. "They had an ad in the paper that if you sent away with two Baxter jelly labels and 10p, which was a quarter, you could get a plate with Princess Anne on it. I'm probably the only person in Scotland who did this."

Holly's memories of Scotland are warm, and she clearly loves all the friends they made during their time in the country. "We love the Scots so much; we were embraced by them." Holly and Skip became good friends with Skip's navigator, Jack Haines, and his wife Lesley. "He just died, too. Lesley's com-

ing to visit. We're great friends. They opened so many doors for us, so we bought a castle over there. It's a timeshare. This is Robert the Bruce's ancestral castle, it was so fun. We have gone back all these years, and every time I go back all the scots know how crazy I am about the royals, and most of this has been given to me by the scots."

While at Holly's husband Skip was at Leuchars, Prince Charles was also flying there. "He would fly into RAF Leuchars, and it was very exciting that he was flying the phantom at the same time."

When Meghan Markle was set to marry Prince Harry, Holly's daughter had a business trip in London the week of the royal wedding. "She invited her sister and myself to go along, and we did," Holly says. "We had so much fun. We came home on Friday and watched the wedding on Saturday because we would never have gotten to Windsor anyway, but there was so much excitement over this wedding."

Holly's husband Skip enjoyed her royal collection. "Skip was ever supportive of everything I did. I'm on the St. Andrews society board, I'm on the Salvation Army board, DAR, I play bunco. He was very supportive of all that. We would drag all this back from our trips, and sometimes it would be in his suitcase because I would sneak it in."

Currently, Holly is working to downsize. Her husband Skip passed away last year, and she feels her house is too big for her. She will remain in the same neighborhood but is trying to determine what to keep and what to get rid of. "I asked my children if they wanted the wedding china," she says. "I have two daughters and one son, and they all just kind of looked at me. Then they said they would like some of the royal china. This will be divided up, but I am taking some."

Holly Yohe's mother always said she should be ready for the queen to visit. Holly is still waiting for the queen but in the meantime she has Harry and Meghan staying in her guest room, where all of her guests will get the royal treatment. NDN

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To submit your non-profit event to Hey Neighbor! send a paragraph with your information to: heyneighbor@cox.net

Hey Neighbor!

LEARN HOW TO PRUNE PLANTS IN YOUR YARD

Jan 1, 2019

Sign up until Jan. 20 for free pruning consultations with Virginia Cooperative Extension (VCE) Master Gardeners in the yards of James City County and City of Williamsburg residents. Teams of two to four VCE Master Gardeners will provide hands-on training to help homeowners maintain healthy ornamental shrubs and small trees. Pruning sessions will be scheduled during February and March. Register at www.jccwmg.org. For more information, contact the Virginia Cooperative Extension James City County Office at (757) 564-2170.

Hey Neighbor!

TRINITY ORGAN SERIES: WOLFF VON ROOS, ORGANIST

January 2, 2019

The free concert will feature Wolff von Roos, Associate Organist/Music Scholar at Broadway United Methodist Church, Indianapolis, Indiana. The program will include an improvisation based on audience-provided Christmas themes. Time: 1 pm at Saint Bede Catholic Church, 3686 Ironbound Road. A reception will follow. For more information, please call (757) 229-3631, or visit www.bede.va.org/concerts.

Hey Neighbor!

THE CHAMBER MUSIC SOCIETY OF WILLIAMSBURG

January 15, 2019

The Chamber Music Society of Williamsburg presents the Trio Karénine, Tuesday evening, January 15 at 8:00 PM in the Williamsburg Regional Library Theatre. The Trio is lauded for its musical integrity and joie de vivre by critics and audiences alike and is one of the most promising piano trios of its generation. Trio Karénine is committed to performing the classical repertoire but also is eager to discover and produce the work of contempo-

rary composers. For further information and tickets visit our website --- Chambermusicwilliamsbur.org

Hey Neighbor!

WINTER - TIME to PRUNE and PLAN

January 19, 2019

10:00 am - 11:30 am; Freedom Park Interpretive Center, 5537 Centerville Road, Williamsburg, VA 23188. The Master Gardeners Pruning Team will show you how to care for dormant trees and shrubs during the winter. Get planning tips for year-long garden success. FREE but LIMITED SEATING. Register to guarantee your spot at www.bit.ly/growjan19. A suggestion donation of \$5 at the door will help the Garden grow and continue its mission. For eNews delivered right to your inbox, sign up at www.bit.ly/wbgnews or text WBGARDEN to 22828.

Hey Neighbor!

FAMILY HEALTH FAIR

Saturday, January 19

The Health Fair will take place on Saturday, January 19th from 9 a.m. to noon at James City County Recreation Center, 5301 Longhill Road in Williamsburg. Howard Storm, MFA, M DIV, will be appearing on January 6 at the Williamsburg Mennonite Church, 7800 Croaker Rd, Williamsburg, at 4 pm as speaker at the Williamsburg Friends of Iands meeting. Howard, an art professor and an athiest, had a near death experience which radically changed his life. He became a Christian minister and has devoted his life to sharing his story with others. Powerful. All are welcome. FREE.

Hey Neighbor!

WILLIAMSBURG MUSIC CLUB, JOHN BULLARD, CLASSICAL BANJO!

January 23, 2019

The Williamsburg Music Club will present a unique and sensational pro-

gram of classical music re-imagined for the banjo. John Bullard has gained international attention for his transcriptions of the classical repertoire to the five-string banjo. Music begins at 11 a.m., preceded by the business meeting and coffee time at 10 a.m. in Lewis Hall of Bruton Parish, 331 Duke of Gloucester Street, Williamsburg, next to the B&N bookstore. www.williamsburgmusicclub.org, 757-291-9082. Please note that due to the seasonal ice skating rink, there is no parking on Duke of Gloucester Street.

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. 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 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. 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 general admission; \$10 for students. Registration is open now at <https://tinyurl.com/vocalcommunity2019>. Email

wmsbgvocalcommunity@gmail.com for more information.

Hey Neighbor!

A DECADE OF DELIGHTS!

Saturday, January 26, 2019

The Williamsburg Area Music Teachers 10th Annual Benefit Recital for the support of the Williamsburg Music Club Grants-in-Aid student awards. 10th Annual Recital to benefit the YouthWinners of the Williamsburg Music Club. Area music teachers will present an exciting and varied program of instrumental, vocal, dramatic and dance. 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. A "Meet the Musicians" Reception will follow. www.williamsburgmusicclub.org

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 or visit thearcgw.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. For more information, visit whbconline.org.

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. A suggestion donation of \$5 at the door will help the Garden grow and continue its mission. For eNews delivered right to your inbox, sign up at www.bit.ly/wbgnews or text WBGARDEN to 22828.

Hey Neighbor!

WILLIAMSBURG SYMPHONY ORCHESTRA MASTERWORKS 3 CONCERT

March 3 - 4, 2019

Kimball Theatre at 428 W Duke of Gloucester Street. Doors open at 6:30 pm, concert begins at 7:30 pm. Visit <http://www.williamsburgsymphony.org> for program details. Tickets available by phone at (757) 229-9857.

Hey Neighbor!

THE CHAMBER MUSIC SOCIETY OF WILLIAMSBURG

March 12, 2019

The Chamber Music Society of Williamsburg presents the REBEL baroque ensemble, Tuesday evening, April 9 at 8:00 PM in the Williamsburg Regional Library Theatre. REBEL, is one of North America's top-tier ensembles specializing in the 17th- & 18th-century repertoire performed on period instruments. The ensemble has garnered an impressive international reputation with their unique style

and their virtuosic and provocative approach to the baroque and classical repertoire. For further information and tickets visit our website --- Chambermusicwilliamsburg.org

Hey Neighbor!

A GUIDE - SCHOLARSHIPS & FINANCIAL AID FOR WOMEN

Ongoing

This provides a great overview of the financial assistance opportunities for female students and how to optimize them. The guide details about 64 scholarships for women, presented in a useful search tool which helps the reader find relevant ones to apply for. There's also valuable advice about how to ace the application process. Other financial aid opportunities discussed are fellowships, loans and work-study programs. An expert interview provides further tips and advice. The guide concludes with additional useful resources. You can see it all here: <https://www.learnhowtobecome.org/college/financial-aid-for-women/LearnHowToBecome.org> is a comprehensive career resource with a mission to help students and aspiring professionals understand what it takes to land their perfect career.

Hey Neighbor!

AVIATION SCHOLARSHIP PROGRAM NEEDS YOUR HELP

Ongoing

The Williamsburg Aviation Scholarship Program organized in 2013 at Williamsburg Jamestown Airport (KJGG) in Williamsburg, Va. Our purpose is to get young people involved in aviation and get their private pilot's license. We furnish all training supplies, test fees, ground school kits, etc., Students must be 16, 17, or 18 years old and in the 10, 11, or 12 grade when they start the flight training. We pay for up to 50 hours of flight training per student. The training is done at Williamsburg Jamestown Airport through the Williamsburg Flight Center. ny amount that you can donate will be used for training the students. Please make checks or money orders payable and mail to: Williamsburg Aviation Scholarship Program, 102 Marclay Road, Williamsburg, Virginia 23185. Cash Donations are also accepted at the airport.

Hey Neighbor!

BIBLE STUDY

Monday Evenings

There is a comprehensive and in-depth, ongoing Bible study and question answering session held at the Williamsburg library in Norge every

Monday night starting at 6 pm. We also use the teachings based on the Shepherds Chapel for those who study with them, with questions such as where did Cain get his wife, what was the mark placed upon him, what is the mark of the beast and what does his number 666 mean, what is the unforgivable sin, and why isn't Cain listed in Adams genealogy. If your bible study is lacking the quality of study that you need to answer such questions, then you are invited to join us, see you there. Contact: (757) 253-0172 or (757) 604-6649

Hey Neighbor!

COMMUNITY OF FAITH MISSION (COFM) TO HIRE EXECUTIVE DIRECTOR

Ongoing

Community of Faith Mission is a faith-based winter emergency homeless shelter program that provides food and shelter for 18 weeks from mid-November through mid-March for those without a home in the Greater Williamsburg, VA area. Job description: this position is responsible for the successful leadership and management of all projects and tasks related to shelter operations. The shelter season is seasonal with more hours required between October-April. Minimal summer hours. Qualifications: College degree preferred. Knowledge of leadership and management principles as they relate to non-profit organizations. Knowledge of volunteer management, financial management and project management. Must have excellent verbal, written and interpersonal skills. Candidate should be detail oriented and be able to problem solve as needed in a shelter environment. Grant writing experience preferred but not required. To apply, send resumes to information@cofm.info.

Hey Neighbor!

HOSPICE HOUSE & SUPPORT CARE OF WILLIAMSBURG OFFERS NEW BEREAVEMENT SUPPORT GROUP

Monthly meetings

WAY: Widowed and Young, a support group for widows and widowers in their 30's-50's meets at Hospice House. Support sessions focus around specific subjects such as coping techniques and offer up opportunity for participants to share in their grief experiences. Individuals interested in registering for the group should contact Chaplain Hannah Creager, facilitator, at 757-206-1177 or via email: bereavement@williamsburghospice.org.

Hey Neighbor!

ZOTO ZEN SERVICES

Sundays

On Sunday mornings from 10 -12 am, we offer a formal Soto Zen service which includes sitting and walking meditation, sutra chanting, and a discussion period (with tea/coffee and snacks). On Tuesday from 6-7 pm, we offer sitting meditation and study group. There are also designated hours on Monday, Wednesday, and Thursday when we are open for you to join in silent meditation. Please see the practice schedule at www.whitecloudzen.com for details and fully updated schedule. Feel free to call Dr. Joseph Garcia at 912-677-3076.

Hey Neighbor!

HIGH SCHOOL EXCHANGE

Ongoing

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

Hey Neighbor!

VOLUNTEERS NEEDED

Ongoing

We have an urgent need for a few volunteers with trucks/trailers and who are able to lift slightly heavy equipment like wheelchairs. It is a once or twice a month volunteer opportunity to pick up equipment from donators' homes in the Williamsburg area. It is on an as needed basis but the commitment would be no more than 2 times monthly. Contact: Diane Harrah, Program Assistant, Williamsburg F.R.E.E., 757-707-4741 or www.free-foundation.org. If you or someone you know is in need of equipment or would like to make a donation, call 757-707-4741, visit our website www.free-foundation.org, or find us on Facebook.

Hey Neighbor!

WILLIAMSBURG PARKINSON'S SUPPORT GROUP

Ongoing

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

Visit WilliamsburgNeighbors.com for a complete Hey Neighbor listing.

Williamsburg's
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 photo challenge

**DUCK
 DONUTS**

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

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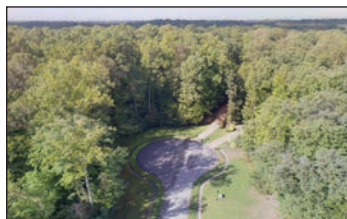
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