

November 2019

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VOL. 13, ISSUE 11

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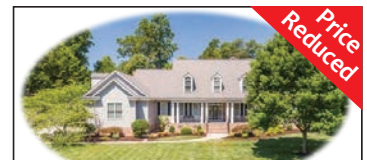
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*Meredith Collins, Publisher*

Thankfulness, in my opinion, goes hand-in-hand with our choice to live our lives in the most positive way we can. Sometimes it is easy to see the blessings that have been bestowed on us, and we are thankful. Sometimes, however, it is difficult to see the blessings because they may be wrapped inside of adversity, sadness, even tragedy.

Thankfulness is being mindful of the good in things. Even when that goodness is not apparent at first. When we take the time to examine our experiences, we may only find a thread of positivity, but that thread can move us one step closer to finding the blessing.

Saturday I rescued a very sick stray cat from some woods off Route 5. I had seen it a few days before and did not realize how ill it was. I took it food and water, wrapped it in a towel and found a veterinarian that could see her on the weekend. After four hours of waiting, I was frustrated. I was on deadline for producing the magazine and falling farther and farther behind. I didn't know what the outcome would be for the poor cat, but I didn't think my husband and I could give it a home since we already have three dogs and two cats. I was thinking ahead, wanting it to live. In the end, my stress was wasted energy. The sick cat, that I named June after my mother, was too sick to recover and had to be put to sleep.

What am I thankful for? That June felt relief from the cold and the predators in the woods, and the warmth of loving hands before she died. June did not suffer any more. I stopped focusing on me, and Sunday, when it rained all day and I caught up on my work, I thought to myself "what a blessing it was that June was not laying all alone in those woods, wet, cold and suffering." I am thankful for that. NDN

## Inside

- |                             |                            |
|-----------------------------|----------------------------|
| 5. Bart Drummond            | 30. Deanna Kimrey          |
| 8. Donna Dodd               | 31. Neighbors to Neighbors |
| 11. Joni Spangler           | 34. Andrea Kirkley         |
| 14. Charlie Carr            | 37. Scott Lambin           |
| 17. Frank Shaffer           | 40. Amanda Krems           |
| 19. Rebecca Reimers Cristol | 42. Dr. Mathew Doherty     |
| 22. Janea Swander           | 44. Patrick Russell        |
| 25. Amy Voltaire            | 47. Hey Neighbor!          |
| 28. Lauren McQuain          | 54. In the Neighborhood    |

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# BART DRUMMOND



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## A Passion for Search and Rescue

By Lillian Stevens

Those who follow local and regional news would easily recognize the names of a few missing persons victims because some of them have made national headlines. When there is a missing persons story, the reporters often focus on members of law enforcement, as they should, but there are usually many others working diligently behind the scenes toward a positive outcome.

Bart Drummond is one of those individuals. An expert in ground search and rescue tactics, he is the plans section chief and training officer with Tidewater Search and Rescue (TSAR). TSAR is strictly a volunteer group that receives its orders from Virginia's Department of Emergency Management (VDEM).

"I am grateful that we are able to do what we can to help in the community and throughout Virginia," Bart says.

When the call comes, he and his team of around 40 members launch into action.

"In a role like this, we pride ourselves on being professional volunteers," he says. "We can't all respond to every search but the ones who can, do."

Whether a mission involves locating a hunt-

er, a fisherman, an individual with dementia or a child, they are able to plan a search that is based on certain known statistical data, like a profile. Someone with Alzheimer's, for instance, may tend to walk in a straight line.

"They will sometimes walk out of their residence and continue in a straight line from that door," Bart says. "So we tend to know where to focus our efforts."

People with Autism, on the other hand, might be more prone to wander toward water or other attractions that grab their attention, places like playgrounds, zoos and carnivals.

"There are certain criteria that we look at, based on the type of subject that we're looking for. We use a book called *Lost Person Behavior: A search and rescue guide on where to look - for land, air and water* by a man named Robert Koester. The book provides general guidelines as to where a missing person is most likely to be found, and it's broken into a variety of different types of subjects. It is based on data compiled from the past 20 to 30 years."

For his part, Bart has been involved with search and rescue for 18 years, the past 10 years of which have been with TSAR. Their region

covers a primary response area that stretches south to the North Carolina line and as far north as Fredericksburg.

"Our area is mainly between the Atlantic Ocean and Interstate 95," he says. "but we have been called to help in neighboring states like West Virginia and Maryland."

In addition to his role as plans section chief, Bart is also a search mission coordinator serving as a liaison between VDEM and the agency with jurisdiction.

"We basically coordinate the search but provide that input to the sheriff's department or whoever appropriate."

Beyond his volunteer efforts, Bart is compensated for his role as an adjunct search and rescue instructor for VDEM.

"TSAR members are trained by VDEM in wilderness search and rescue and can become Search Team Members, Search Team Leaders and Operational Trackers (man-tracking)," he says. "We also have members trained by VDEM as base management staff, providing planning and incident support staff to assist the local responsible agency, such as the sheriff in most cases, as needed on a search."



Ground and search rescue members go through the same battery of training. They are trained in medical operations and semi-technical rescue that will allow them to provide care to a subject and remove the subject from the woods under most terrain conditions.

"Volunteers don't have to be super physically fit," Bart says. "But consider that if you put a 300 pound person in what we call a Stokes basket (or litter), even if there are six people to carry him through the woods, it can get tiring."

Within the Commonwealth of Virginia, there are 20 search and rescue groups that have a Memorandum of Understanding with the Commonwealth. "Within those 20 organizations, we're looking at about 500 volunteers. Over the years, I've experienced a number of moments that really touch your heart and I've seen the good that our members can do."

He recalls one mission in particular.

"It was May or June of 2009," Bart recalls. "We were sent out to the Blue Ridge Parkway near Buena Vista, Virginia. We were looking for a legally blind hiker who was in his mid to late twenties."

Even though the hiker was legally blind, he was able to use a special binocular to help his range of vision. He was also hiking with several others along a section of the Appalachian Trail.

"He would typically allow the others to hike ahead of him because he was slower. On this particular hike, somewhere along the trail, he got turned around."

That was on a Sunday.

"On Wednesday, he was supposed to fly back to Michigan, which is where he lives," Bart says. "When he missed his flight, his family started to get worried. The guys he'd been hiking with were just acquaintances who figured 'he'll show up eventually' so they had gone on their own way."

The hiker was reported missing on Wednesday, and the search launched on Thursday.

"I wasn't able to get there until Saturday," Bart says. "By the time I got there, there were over 100 people in the park, and everybody was waiting to go out in the field. The young man's parents had driven down from Michigan, and as they got out of the car, the mother was sobbing. Just bawling. She said she couldn't believe that so many of us were there to look for her son." Luckily, the hiker was found later that same day.

"That was definitely a defining moment. And that is why we do this."

Though Bart's focus is with ground search and rescue, it was a love of flying that got him involved all those years ago.

"I went to an air show up in Middlesex County," he says. "I loved airplanes and I wanted to fly. It happened that Civil Air Patrol, an auxiliary to the United States Air Force, was there. They were involved with several missions, including search and rescue and disaster response."

He signed up, and spent ten years doing aerial search and rescue, as well as some ground search and rescue, and teaching air crews how to search from an airplane.

Eventually, the budget was cut by the Air Force, limiting their training, but Bart quickly found other ways to remain involved with his passion for search and rescue. The first thing he did was sign up for a class in Newport News, and the rest is history.

Today, he is a busy man, but he wouldn't have it any other way. "It's not that we go out looking for fame or glory or anything like that," he says. "But it is nice to see the reactions from the family when we are able to bring a loved one back. Even if the outcome is not a good one, families are so appreciative that we were there, always acknowledging the hard work on our part." NDN

More information on Tidewater Search and Rescue may be found at [www.tsar.org](http://www.tsar.org).

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# A Love of Helping Others

By Narielle Living

Donna Dodd has lived a life in which she has found gratitude at every turn. But the one thing she is most grateful for in her life is her health. "To me, you don't miss anything more than your health when you lose it. Life for you and everyone around you changes, which is why it's so important to be proactive instead of reactive."

Originally from Pennsylvania, Donna was the fourth of nine children. In addition to Pennsylvania, she has also lived in Tennessee, where her daughter was born, and West Virgin-



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ia prior to coming to Virginia. It was after she had her fourth child that she had an epiphany about her health. "I had four kids by the time I was 25," she says. Each pregnancy went well, but because she and her husband only wanted four children, "not three, not five," she says, she decided to have her tubes tied after the last child. With that procedure, she had to spend a night in the hospital.

"It was a beautiful day in April. I was looking out the hospital window thinking that life is going on out there, right now... but what about all the people in here whose life has stopped? It's not the same anymore for them or their families."

Donna recognized that while she watched the people and the cars going by outside the hospital, there was a disparity between their lives and the lives of so many in the hospital. Health versus illness. Life versus death. "For some people it's temporary," she says. "For some it's sudden, and some knew they were going to be there for whatever reason, but life does change." From that point on, Donna made an even more conscious effort to stay healthy.

Donna knows that eating right and exercis-

ing cannot always keep an illness at bay, but she does her best for herself and others around her. In 2006, she was involved with fundraisers for the Leukemia & Lymphoma Society. She notes that most people who worked with this group did so because they were in some way affected by this disease. Donna was fortunate not to have had that experience, but she wanted to be involved to help in some way. "I won Woman of the Year that year but I had nobody it affected. Not that we can control everything but eating healthy and exercising should be part of everyone's life."

Exercise has always been an aspect of her life that she relishes. Donna says that she is one of those people who needs to be in motion in order to feel balanced. "That's why I like summer, because I like to swim," she says. "I swim a mile three to five days out of the week." Donna credits her exercise and health routine with helping her recover from a recent car accident. "I totaled my car last Monday. A car pulled out and hit me, but I'm fine. I noticed a couple of bruises today but, hey, I'm good." Fortunately, everyone else who was in the vehicle with her was unharmed as well.

"I'm 61 next month," she says. "I feel good, and I'm happy to say I'm good." As a Realtor, Donna is often quite active during her day. This is different from her former job in the mortgage industry, where she spent most of her time behind a desk. After the housing market crash in 2008, Donna left her job as a mortgage broker and began to clean houses. Four years ago, she made the decision to work in real estate, which seemed like a natural choice given her background. "After living in Tennessee, my husband and I came to Lake Toano. We were builders, and for 15 years we built 42 houses in that neighborhood." Donna and her husband still live there. "It's amazing, wonderful. I love the area. We still love it."

Donna and her husband have been married for 40 years. They married after meeting in college and went on to have four children together. For one reason or another, all four children ended up living in North Carolina. "All of them for different reasons and at different times."

Donna loves working in real estate with the Coldwell Banker Traditions office. "It's about helping people. Helping is a bonus. I went into



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real estate because I'd been encouraged to do that." Donna says that she is careful when guiding people on purchasing a home, as it is not just about making a sale.

"I always say it's where you hang your heart. If you're not happy at the end of the day, you've still got to be here and hang your heart here every day. You need to be happy. I do know that sometimes people are not sure of what they want and if it changes, that's okay because they might not know their options."

Because of her background in mortgages, Donna has a different understanding of the market and can explain to her clients some of what they might not yet know about the industry. "Before I went into real estate, I owned several houses. There are things nobody ever told me about. All they say is 'here's your key, you've got a house.' Knowledge is power if you know your options. I tell my clients we can enjoy this, let's have fun."

One of the things Donna loves is working with first time home buyers. "They're so cute and so sweet. Then there are the older people who haven't done this in 30 years. It becomes another education for them. I try to put as

much of their stress to rest as I can."

Many Realtors choose to focus on a specialty in real estate, but Donna has decided not to do that. Instead, she says, she focuses on people. "I never had a specialization; it's always been about helping people. I don't want to do military or seniors or whatever. If I can help someone, I want to help them regardless of the specialty. I've always resisted the goal/numbers thing because it's not about numbers. I don't work with numbers. I work with people." Donna's goal throughout the years is to ensure the happiness of her clients. "Let's be positive," she says. "I love a positive attitude."

Another reason that Donna has for staying healthy and fit is her grandchildren. Currently, her oldest granddaughter lives with them. "She's 18, and she goes to Thomas Nelson Community College." Recently, she visited two of her younger grandchildren in North Carolina. "The younger boys, they are seven and almost nine," Donna says. "I played volleyball for hours until one of my grandkids said okay, can we take a break. It's so good to be able to do that. I'm grateful."

She does not ignore the benefits of staying

healthy and believes that exercise and proper nutrition contribute to her overall sense of well-being. "It's more than just feeling good," she says. "I think when people get older and they feel bad, maybe it's because something hurts. Or maybe something in their life is not good." She adds that it's never too late to start trying to get healthy, and it just might be the key to feeling better.

With such a big family, holidays can get tricky when deciding who goes where. Often, Donna and her crew will go to the Outer Banks for Thanksgiving. Renting a larger house makes more sense for them. "When we get together, there are 16 of us. We don't fit in any one place. We also alternate with the in-laws but my oldest daughter will have us at her house in Wilmington this year."

Donna Dodd's approach to life is filled with zest and enthusiasm, whether it's about spending time with her family or working to help people fill their real estate needs.

"I love to help people. I like to make their experience the best it can be. I like the excitement, especially when they're so happy. It's a big deal to buy a home." NDN

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# JONI SPANGLER



Lisa W. Cumming Photography

## Thankful for All Creatures

By Brandy Centolanza

Joni Spangler grew up on a farm in rural Minnesota surrounded by animals. As a child, she had a variety of pets including dogs, cats, pigs, a pigeon and even a bull. Joni always knew her calling would somehow involve caring for God's creatures.

"I have been around animals all my life," Joni says. "Taking care of them is fulfilling and gives me a sense of accomplishment."

Joni settled in Williamsburg in 1997 and began working with a local veterinarian office as a vet assistant. Her time there was invaluable.

able.

"I loved learning new things, working with the animals, doing some good and leaving my mark," she says. "I feel everyone should leave their mark, and mine is working with animals. I feel this is what I was meant to do. It's my contribution to help make this world a better and more compassionate place."

For fifteen years, Joni also operated her own pet sitting service, Pet Nanny. She mostly looked after cats and dogs, though she also cared for horses, goats, fish, lizards, birds, rab-

bits, ferrets and hermit crabs.

"I took care of everything except snakes," she says. "Pet sitting was a lot of responsibility but also a lot of fun. Pet sitting is basically taking care of a member of the family. The pets became my extended family."

In addition to adoring animals, Joni is also a lover of consignment shops, thrift stores, estate sales and hitting yard sales on Saturday mornings.

Seeking a change from her pet sitting business, Joni decided to turn her other passion



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into a new business. While downsizing her home, she thought of opening her own store, a consignment shop where she would sell her furniture and other pieces. Three years ago, Joni's Consign & Design opened its doors on Jamestown Road in the Colony Square Shopping Center.

Joni's Consign & Design specializes in upscale furniture and home décor as well as original artwork from local artists. The store also carries vintage jewelry, hand-painted furniture, a collection of mid-century modern furniture, lamps, pillows and other items.

"My store is an eclectic mix of contemporary, mid-century and even a few antiques," Joni says. "There is a little something for everyone here. I especially love taking in unique and unusual items. For instance, I currently have a nine-foot hand-carved giraffe as well as a carousel horse. We love seeing new things coming in. When consigners bring in their items, it's almost like Christmas."

Joni still finds time to interact with and care for animals. For the past 12 years she's worked as a licensed wildlife rehabilitator, aiding fawns in need. Years ago, a friend who lives in the country noticed a distressed baby deer nearby and contacted Joni.

"She heard the fawn crying and asked for my help to care for it," she says. "We called him Prancer. It was a real learning experience but also one of the most rewarding things I have ever done. Prancer grew into a healthy, beautiful buck."

While caring for Prancer, Joni connected with an individual in Lanexa who also helps injured deer, and he asked her if it was something that she would be interested in doing. Joni agreed and became licensed as a wildlife rehabilitator through the Virginia Department of Game & Inland Fisheries.

"I was hooked," she says.

Each spring, Joni takes in numerous wounded fawns and helps them heal on her property. Some of the deer have been hit by cars or have been caught up on fencing, while other baby deer suffer from concussions, broken bones, frozen ligaments or blindness, or have otherwise been abandoned by their mothers.

"I had one fawn who was a premie born on a highway right after its mother had been hit," Joni says. "It's just so rewarding having wildlife so close to you and to watch them grow and survive. I am just so glad that I can help them."

Joni established The Wild Ones Inc., a non-profit organization dedicated to her wildlife

rehabbing. It can take months for a fawn to be strong enough to be released back into its own environment. "I just want them to be given a chance. Rehabbing is a joy but, at times, also a heartache. But it is worth it. Nature is so amazing."

Joni currently only rehabs deer, but eventually would also like to care for owls and falcons. Her menagerie of animals also includes six pet rescue cats and two pet rescue miniature donkeys. She also fosters dogs through Homes Fur Hounds Inc, an organization run by a friend, and traps stray cats, which she also takes care of or finds homes for thanks to another fund informally called "The Squeak Fund" started by one of her clients.

"I am just so grateful that I can do all of this," Joni says. "I am just so grateful that I live in the country and have the opportunity to help all these animals."

A few years ago, Joni had the opportunity to travel to Utah to volunteer at the well-known Best Friends Animal Sanctuary for companion animals. "I got to work with the special needs cats," she says. "It was an amazing experience."

Joni Spangler is beyond thankful for all the experiences Williamsburg has afforded her since moving here. NDN

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# CHARLIE CARR



Lisa W. Cumming Photography

# Phree Hugs

By Narielle Living

On certain days, there are people who stand in various locations throughout Williamsburg and hold up signs with a positive message for everyone. Some signs say, "I love you," some say "Phree Hugs." Charles Carr, the man who is instrumental in bringing these messages of hope to people driving by, believes that life is short,

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so it is his mission to spread love. His best friend, Katie, and others who believe in this positive message, can also be seen holding signs with positive messages.

Originally from the Sandston area of Virginia, Charlie decided to move to Williamsburg permanently after a death in his family. "I had moved from Virginia with my ex-wife down to Charlotte and then on to South Carolina," he says. Unfortunately, his marriage ended in 2018, leaving him at loose ends and without the businesses he had worked hard to build.

"When the marriage ended, I had to leave the two business we owned, and I ended up coming up here. I had another grandmother who lived over by Route 143. She passed away in November. I had come up here to be with her in her final days because she specifically asked for me, and since that was right at the time my marriage was falling apart. I just ended up staying here."

The two businesses Charlie was referring to was a performing arts school and a retail store. At the school, he taught theater classes to kids in grades K through 12. "We also had a retail business called Sublime Hippie Shop and Coffee Bar," he says. "We sold all kinds of natural living supplies. My specialty is mixing essential oils for healing. I had probably 60 different blends on the shelves, and they are still selling those oils down there. I still have all my recipes."

Charlie still creates various healing oil blends when he can but he no longer does it for retail sale, for now at least. "I did make one new anti-depression blend, but only a limited amount," he says. "It's a lot of fun to do, and when you find the right oils, it's amazingly helpful."

Charlie repeatedly witnessed the efficacy of his oil after some of his clients were able to wean themselves off of prescription medications. "I tell people when you take a chemical medication you're taking somebody's synthesized versions of the chemical compounds found in oils anyway, so why not just go straight to nature? Don't get me wrong, Western medicine has its place. You don't try to heal a gunshot wound with essential oils, but for any chronic illness essential oils are way better. Way healthier, way less expensive, and they smell better!"

Charlie is an ardent supporter of theater and loves the close-knit community that comes with being a part of a troupe. Currently, he acts with the evening program at Colonial Williamsburg. "They have an escape room called Spies & Lies. I'm doing that now. I'm also going to start auditioning with other [area groups]."

The concept of Phree Hugs began in the parking lot of *Phish* concerts. According to Charlie, it became obvious that this type of movement was needed in the community. "Last October, *Phish* played in Hampton," he says. "I was there all three nights. I only had tickets for Friday and Sunday, so Saturday my friends went into the show, and I stayed out in the parking lot and just held up my sign and cleaned the lot. I went around with trash bags and picked up all the trash."

After seeing the reactions from others in the area, Charlie and Katie were motivated to bring this message to a wider audience. "Katie said why don't we do this. We should go somewhere else with the signs even when there's not a show." Charlie thought that was a great idea, and



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Phree Hugs was born.

“The first time we did it the reaction was so wonderful, and it’s been snowballing since then. It got to the point where we started changing the signs, not just Phree Hugs. One side would say Phree Hugs and the other side would say God Loves You and So Do We, God Accepts You and So Do We, There is Only We, Together We Are Love, Our Love Can Change the World...” Charlie goes on to say that they have around 20 different signs, and he noticed that the signs that get the biggest reactions are the I Love You signs.

“You can see it in people, the heart, when they see the signs and 90 percent of them respond with positivity, and the ones who don’t are only responding the way they are because love is shocking nowadays. It doesn’t compute in people’s brains to see someone out there just randomly giving people genuine love, so some people respond negatively to what they don’t understand. There is that little sliver of response that we have to deal with, and that’s absolutely fine. The positive responses far outweigh in both

quantity and quality of any of the negative responses.”

Charlie is clearly on a mission, intent on spreading a message of hope, love and gratitude. He has gratitude for a number of things in life, but first and foremost he is grateful for his four children.

“I am very grateful for life, and I am very grateful to have the friends that I do, and I am very grateful for my children, every last one of them. When you have children, it’s hard not to be grateful for them. We have four, and all of them are absolutely great. The amazing thing is that they have such different personalities.”

Charlie’s roots in the Williamsburg area run deep. Currently, he is helping another grandmother care for her property near the airport, a sprawling piece of land that is a peaceful oasis removed from the congestion that has begun to creep into the area.

“I’ve always loved Williamsburg, especially anywhere around Colonial Williamsburg (CW) because that’s just, talk about a place you can feel the history. Feel it, touch it, smell it. It’s all

there. That’s one of the reasons we love to take Phree Hugs to CW whenever possible, because we know on any given day there’s going to be at least 100 people who won’t be there the next day. This is their only opportunity to be exposed to the movement.”

Charlie Carr has a new tagline: “Love is the only thing in this world that is absolutely free to give away, and the more you give away the more you have, so give away love at every opportunity.”

He plans to be holding a Phree Hugs event on the first Saturday of December on Duke of Gloucester Street. “We want to form a chain of human hand holding, just to let people physically connect and have a moment of silence for all the crazy stuff going on in the world right now and bond with people. We’re going to start at noon.”

Charlie plans to be attending more community events in the coming months. “We’ll be setting up a table with extra sign material and markers so people can make their own signs. You can also find us on *Facebook*.” NDN



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# FRANK SHAFFER



At 91, Frank Shaffer is proof that age is nothing but a number. Originally from Ohio, Frank has had his fair share of exciting life events between then and now. After graduating from high school in 1945 in Warren, Ohio, a steel mill town, Frank enlisted in the Navy. However, World War II had ended before he would get a chance to serve. After going home and being told by a Navy recruiter he'd never get drafted, Frank found himself in the Army as a clerk typist.

He served in this role for less than a year following the end of the war. Frank decided to go back to school in Ohio at Youngstown University, formerly Youngstown college. He spent four years studying merchandising with a

minor in psychology. When he finished college, Frank went on to get a job at a local department store. He managed the men's department before putting in an application to work for Sears. "It wasn't long before they called and wanted to interview me," Frank says. "Someone I had met at night school saw my name come up at Sears and told them they needed to hire me." It's connections like these that Frank has made throughout his life that he is grateful for.

After going to work at Sears, he found himself happy but looking for more. Since Sears had buying offices all around the world, he decided to take his search elsewhere. Because he'd always had a love for travel, he first looked at Germany but found there was nothing ready

for him there. Unbeknownst to Frank, one of the secretaries he worked with filled out a separate application for him for a job in Venezuela and sent it in without him knowing.

A month went by and Frank heard the news. "I didn't even know what she put on the application," Frank says. "All I knew is that one day they told me that I was due in Chicago a few days later for an interview!" It's a mix of small and large adventures like this that made Frank's life full of excitement. He took his first airplane ride to this interview and scored the job. A lover of all things with an engine, he had one caveat. He had to be able to bring his motorcycle.

Soon enough, Frank found himself in Ven-

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ezuela. With his motorcycle being shipped by crate, he was ready and grateful for this new adventure. His time in Venezuela resulted in one of his biggest blessings, his late wife, Santana. "Long story short, we got married in 1954," Frank says. He had not only found a wife, but he had also found someone who didn't mind his love of things on wheels. "I was on top of the world," Frank says. "Because she didn't even mind riding on the back of a motorcycle!"

The pair lived in Venezuela for two-and-a-half years when they decided to move back home to the states. Continuing to nurture his love of travel, the two traveled all over the world together. Whether it was going to Japan, Hong Kong, Germany or Italy where Santana was from, they saw as much of the world as they could. "We made the rounds," Frank says. "I have a lot to be thankful for."

In 1955, in Ohio with Santana, Frank was ready for his next adventure. He chose to go back to school to become a teacher. First teaching summer school at a school in Ohio, he eventually found a more permanent job as a teacher in Newark, New Jersey. Grateful for the higher pay and a chance to start in a new place with his wife, he happily accepted.

Frank taught in New Jersey for 25 years, which was long enough until he could retire.

From his time as a teacher, he has many stories to share. One of these stories involves a young girl who wanted to be a lawyer. Frank encouraged her that she could be anything she wanted to be, telling all of his students that, "what you put up here, in your brain, nobody can steal." Years later, he found out that she had become a lawyer after all.

After retirement, Frank found a job that allowed him to see more of the country and build relationships with others. He became a tour guide for a private tour company, leading bus tours around the country. He had a strong interest in history and found himself especially drawn to Virginia tours in areas like Williamsburg, Jamestown and Yorktown.

Frank and his family moved here in 1989, he and they settled right in. Here, Frank made time to volunteer for multiple organizations, such as Meals on Wheels and Williamsburg Faith in Action. Along with all of his great memories come a few large life changes as well. After being diagnosed with Alzheimer's, Santana needed more care. Frank stayed home and took care of her up until she passed away in 2009. With his Italian Greyhound and companion, Dante, he made it a point to enjoy Williamsburg, specifically long walks through Colonial Williamsburg. He still lives in the same home

he moved into almost 30 years ago.

"There's so much to do here in Williamsburg. I know so many people now." Whether he's going to car shows, going to the Masonic lodge, or going to church, Frank has found joy in his surroundings here. He likes going to a local Mercedes Club, with most meetups being in Richmond. Having served as one of their directors previously, it's a club he's always enjoyed being a part of. Frank's love of cars has followed him throughout his life. Recently featured in *Veloce Today*, an online automobile magazine, Frank had the opportunity to share this passion of his. In his article by fellow Williamsburg resident Pete Vack, Frank shared stories about all the cars he's seen, owned and loved.

What is Frank Shaffer most grateful for? His life, and the fact that he can still do so much at his age. "I fool everyone," Frank says with a laugh. He recognizes that his health and zest for life at his age is impressive and loves to shock people with his age as they see him out and about. "I'm lucky," Frank says. "I honestly can't believe it. Where did the years go?" It's this positive attitude and perhaps good genes (his father lived to 90 and his mother lived to 98) that have kept Frank going after all of these years. He doesn't have any plans on stopping anytime soon! [NDN](#)

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Lisa W. Cumming Photography

# Life and Business Gratitude for Both

By Susan Williamson

Rebecca Reimers Cristol's first career was crafting jewelry. She was introduced to metal-smithing while studying as a biology major at Washington University in St. Louis. She then followed her passion to earn an MFA degree from Indiana University in Bloomington. A mutual friend introduced her to her husband, Dan Cristol, a Cornell biology graduate who was pursuing his PhD. They married, and

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she took her jewelry business with her to Oxford, England and Davis, California where he pursued post-doctorate studies for eighteen months in each location. When he accepted a job at William & Mary (W&M) in 1996, they moved to Williamsburg. Today, he is still with W&M as a chancellor professor of biology.

An elbow injury caused Rebecca to forgo jewelry making as a full-time career, and she began to explore other options. She realized that while making jewelry, she was frequently on the phone with friends and acquaintances discussing life issues. The idea of becoming a life and business coach appealed to her.

"I like the idea of looking forward and setting goals, rather than being a therapist who looks back and finds causes," Rebecca says. She had experience setting goals in her business and in her youth as a competitive swimmer. And, she had experience running her own small business where she took care of the design, the crafting, the marketing and the sales. Over a two-year period, she earned credentials as an Associate Certified Coach through the International Coaching Federation. This certification involves a minimum number of training hours, coaching hours and an exam. Continuing edu-

cation is required for maintaining certification. Her practice opened in 2008.

By asking open-ended questions, Rebecca helps her clients to appreciate their own strengths and use them to their advantage in both life and business. Her coaching duties are equally split between business and life issues and often one will overlap to the other, especially in dealing with time management and other work-life balance issues. Clients range in age from teens to seniors.

A client may be dealing with a difficult boss. The employee needs to figure out how to be heard without jeopardizing his or her employment. She works to help clients understand themselves and be able to set better boundaries with time or money or unreasonable expectations.

"I try to empower them to live their life the way that they need to," Rebecca says. "Clients are vulnerable, and it is rewarding to earn their trust. When a client refers a friend, I know that they felt good about their experience." Seeing her business clients earn more money in their careers also brings satisfaction.

Painted on her slanted office ceiling are the words, "Strive for Progress, not Perfection,"

a reminder for Rebecca as well as her clients. Cheerful, light-hearted furnishings enhance the positive vibe.

"I don't give advice," she says. "Rather, through my questions and my curiosity, individuals may gain a different perspective to see their options. Sometimes a small step, like a change in diet, beginning to exercise or cleaning out a closet can empower a client to take control and move forward."

She meets with up to six clients a day in her office in the Work Nimbly shared workspace on Penniman Road. "I will meet with clients over a period of three months to two years, depending on their goals." Usually they come once a week at first and then every other week. Clients can also interact with her via video chat or phone. "It's a great feeling when they are ready to move on without me," she says.

Rebecca offers a complimentary session to all new clients. She says, "That way they can experience coaching to see if they like it and also decide if we're a good fit."

In addition to her clients, Rebecca offers workshops such as "Got Clients?" for service-based businesses, Vision Board Workshops for organizations and individuals and workshops



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on Work Life Balance. She is also a regular contributor in “The Health Journal” magazine with topics such as “Facing the Empty Nest”, “Toxic People” and “Social Anxiety.” Many of her articles encourage self-care including healthy diets, enjoying humor and play as well as learning when to say no. She looks for opportunities to speak and has presented at the Home Based Business Workshop and Women’s Wellness Weekend, and she conducts weekly free group discussions known as the Cobblers Collective at Work Nimble with each session covering a different topic.

Rebecca is grateful that she gets to do what she loves every day, guiding people so that they are happy.

A healthy lifestyle is important to life and business success, and Rebecca credits her parents, both health professionals, with instilling a love of healthy eating and exercise. She lifts weights, swims and enjoys walking through natural settings. “I love to cook and adjust a new recipe to make it healthy and tasty.” She believes eating for health needs to be part of a sustainable lifestyle. Filling her plate with vegetables and adding healthy protein is her ap-

proach. Gardening, growing herbs and flowers adds to her culinary repertoire as well as her exercise. “I’m very grateful to my parents for teaching me by example.” She in turn sets a good example for her clients.

“My parents are very active, and they embrace the latest technology, sometimes even before our daughters.” Although she was born in Iowa, she grew up in Bloomington, Indiana where she returned for graduate school. The family loves to travel, and they have taken family vacations to the California coast, Australia and New Zealand, Spain and Portugal, the Grand Canyon and Utah.

She is also grateful to her immediate family for their encouragement and support in both her past and current careers. The Cristols recently became empty nesters. Their daughter, Indigo, is working in a ceramics residency in Napa Valley, and Lazuli started classes at The University of Virginia. The girls are named after types of Buntings; Dan is an avid birder, and Lazuli is also named after a gem. Both girls swam competitively, and Rebecca was active in fundraising and other volunteer jobs when they were growing up. As an artisan, she was

involved in the local arts council.

Rebecca feels Williamsburg was a great place to raise their family. “It’s so friendly and welcoming,” she says, “with so much to do with Colonial Williamsburg, Bush Gardens and Water Country as well as so many pretty areas to walk and enjoy nature.”

The artisan still crafts jewelry, although now it is more of a hobby. She wears delicate gold loop earrings with pearl charms, an example of her craftsmanship. Recently, Rebecca has been exploring a new art form, watercolor.

“It is completely opposite of metalsmithing, which is very precise,” she says. “You have no control. You have to let go. But I believe anyone could learn to paint with watercolor.”

Now that their daughters have left home, Rebecca Reimers Cristol is considering other volunteer opportunities, possibly some form of mentoring. One idea she has is to reduce plastic use in Williamsburg. “Wouldn’t it be wonderful,” she says, “if Williamsburg could be a leader and become plastic free.” As with her clients, she is looking forward and setting goals, along with considering other options and new perspectives. NDN



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# Thankful for the Chance Help Others

By Cynthia Fellows Rich

With its soft lighting and calming shades of blue, the counseling office of Janea Swander, M.A., L.C.S.W., feels like a quiet oasis away from the busy street in the little office building she shares with several other small businesses in Williamsburg. Mirroring her own serenity and soft voice, the room radiates tranquility and peace. It's just this kind of soothing, safe environment that she likes to provide for her clients.

Sitting on a comfortable sofa with dark blue pillows, she reflects on the things she is thankful for and the counseling practice she has recently started, Connection Therapy Services, to help individuals live more fulfilling lives.

"I'm grateful for people who are really start-

ing to do well," she says of her clients. "They are happier in their lives and are starting to see positive changes."

Her heart is full of gratitude for so many things, she notes, including the ability to open up her counseling practice, to take a walk through the area's historic places and wooded trails, her peaceful office and individuals who are open to changing themselves for the better.

Her dedication to helping others became a focus for her in graduate school, where she found her passion in working with people.

"I knew I wanted to focus on clinical areas," she says of her graduate studies at Radford University in Radford, Virginia, where she received her Bachelor's Degree in Psychology and a Master's in Experimental (research) Psychology. While researching prenatal stress in graduate

school, she decided she really wanted to help people directly through clinical work, so she completed a second master's degree at Radford University in social work.

"I became interested in the mental health component to see if there was a link there. I enjoyed it and learned I liked working with people," she says.

And she's been working in counseling helping others ever since.

After graduate school, she counseled veterans for several years in the outpatient post-traumatic stress disorder (PTSD) clinic at the Salem Veterans Medical Center in Salem, Virginia. "We had great people with really good abilities on our team," she says of her colleagues.

She counseled combat veterans and newly returning veterans from Iraq and Afghanistan,

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many who had served in the Reserves and National Guard. She also helped link them with other people and services who could help them.

“If they were called up in the National Guard and Reserves, coming back they had a lot of adjustments to make,” she says. She worked with veterans in resolving combat trauma, adjusting to being back in a civilian environment and coping with anger management issues. “We were helping them and their spouses understand these issues.”

Later, she provided mental health skill building and intensive in-home services in a private practice and in a hospital where she worked in inpatient social work services at an acute inpatient psychiatric unit. There, she worked in group therapy for depression, coping skills and anxiety.

She grew up in Hampton, Virginia and moved back to the area in 2013.

Throughout her life, the person who has been the most influential for her has been her mother, who originally wanted her daughter to go into math. “I did,” Janéa says, “then decided to change course.” It didn’t matter that she changed, however, because her mother was always a supporter and wanted her to do well.

“She was very happy when I made the decision to focus on psychology. And when I

worked in the VA hospital she was proud of that. My mother had no limits in her mind of what it was possible to achieve.”

Another big influencer who has given her insight is Dr. Brené Brown, Ph.D., L.M.S.W., a research professor at the University of Houston and author of best-selling books *Daring Greatly* and *Rising Strong*. Brown’s TED talk on the power of vulnerability is one of the top five most viewed TED talks in the world.

Janéa’s practice, Connection Therapy Services, offers counseling for individuals, couples, families and groups. She focuses on giving people the tools to guide them toward a more fulfilling life. Doing the inner work, she says, will allow people to reap rewards for the rest of their lives.

Her practice also offers cognitive processing therapy and prolonged exposure therapy, both evidence-based behavioral treatments often used in the treatment of post-traumatic stress disorder. Cognitive processing therapy addresses the processes and thoughts that are holding individuals back to help them move forward. Prolonged exposure therapy is a method of teaching people to gradually approach any trauma-related memories, which can assist in decreasing trauma symptoms, resulting in individuals finding independence and strength.

And if inclement weather, distance or busy schedules are an issue, she also offers telemental health (online sessions) and phone sessions to give people more flexibility.

Janéa is thankful for this kind of technology, by phone and through the internet. “I’m grateful that we have the technology that allows us to connect with people all over the world,” she says. “There aren’t as many barriers to connecting with people as there have been in the past.”

In addition, her practice offers Jikiden Reiki treatments. “Everything is energy, and reiki is source energy, universal energy,” she says. “We all have access to it.”

In the future, she would like her practice to evolve and offer a variety of community services even beyond this geographic location. “Technology is a blessing and can bring people together,” she says. She is open for ideas to bloom. “Every day presents a greater picture in terms of connections,” she says. “Things will naturally take shape.”

And there is one more thing she is grateful for. “I am grateful for people who are doing things for others.”

As someone who is also doing many things for others, Janéa Swander is true to her philosophy of offering people a safe place to help them feel at peace. NDN



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# AMY VOLTAIRE



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## THANKFUL TO BE ALIVE

By Alison Johnson

The closer Amy Voltaire got to her 42nd birthday, the more scared she became. Her mother had died of metastatic breast cancer at that age, when Amy was just 11. By 12, the devastated girl had begun experimenting with drinking, a path that led her into alcoholism.

When Amy says she's thankful to be alive and healthy, she feels those words deeply.

"I'm 50 now, and I've been sober for 11

years," she says. "I don't have cancer. I tested negative for the gene mutation for breast cancer. I'm not dealing with anything like rheumatoid arthritis or lupus, like some of my friends are. I'm so blessed."

Recent years also have brought remarkable changes to Amy's life, both in terms of career and family. The accountant by profession is a published author now, rediscovering a child-

hood passion for creative writing once stifled by grief over her mom's death.

Amy's young adult novel, *My Name is Erin*, and *My Mom's an Addict*, was released in April 2019 by Williamsburg-based Blue Dragon Publishing, LLC. The book about a 15-year-old girl's journey aims to help kids raised by grandparents and other relatives as their parents struggle with opioid addiction.

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Although Amy's father was also an alcoholic before he got sober when she was 15, her novel is not autobiographical. Instead, she was inspired by friends and acquaintances touched by the country's epidemic of opioid abuse.

"I remember looking on the Internet to see if anybody had written such a book for that age group, and no one had," Amy says. "My message to readers is, 'It's all going to be okay.'"

Writing has helped Amy, too, by forcing her out of her natural comfort zone. "I'm an extreme introvert, but I have to go out and talk to people about my book. I've gone to festivals and conferences and given speeches, which I never would have done before."

Amy also never could have imagined the sprawling family she has built during the past eight years. A York County native, she grew up with a brother and sister and is a proud mother to Chase, 26, a middle school social studies teacher.

After her father died of lung cancer in 2011, Amy learned that one of his best friends was actually her biological dad, and that he had three sons. Her half-brothers, she says

with a laugh, "turned out to be very normal. No criminals. They've been a great addition to my life."

That wasn't all. Amy knew her mother had placed her first child, a boy, for adoption, and she submitted DNA to the online ancestry database 23andMe in hopes of finding him. She had waited several years when she received an email three years ago, on Mother's Day.

"Usually you get, 'We found your fifth or sixth cousin,'" she says. "This was, 'We have a match for a half-brother.' I couldn't believe it." Her match, John, was 60 years old when Amy mailed him a picture of their late mom and a poem that she had penned in 1957 after his birth, called "To My Son." The two since have bonded via visits and phone calls. Last spring, John drove seven hours from his Pennsylvania home to attend Amy's book launch.

"The day I met him, I started crying because my mom couldn't ever be with him, but now I could," Amy recalls. "I was overcome by emotions, and he's a wonderful person. She would have been so happy."

Amy's mother also would have rejoiced at her daughter's recovery from a difficult child-

hood. Not long after Amy moved in with her father at 11, she began acting out. She drank beer and smoked cigarettes that older friends bought her, occasionally experimented with drugs, failed eighth grade, and had a 21-year-old boyfriend when she was just 16.

Amy also stopped writing for pleasure, even though she had loved attending a Young Authors Conference around late elementary school. "It seemed like my own creativity died with my mom," she says. "Honestly, all hell really broke loose for me after that."

Still, Amy managed to graduate from York High School. She later earned an associate degrees in social science and business administration from Thomas Nelson Community College, as well as a bachelor's degree in accounting from Strayer University, and is certified as a public accountant, government financial manager and fraud examiner.

For the past 23 years, Amy has worked for local government offices in various capacities, including as a personal property technician, business auditor and internal auditor. Today, she is an accountant in the finance department for the city of Newport News.



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Amy has always loved to read, especially Stephen King novels, and writing never totally left her mind. "I would say to people, 'Yeah, one day I'm going to write a book,' but you don't do much of anything productive when you're an alcoholic," she says.

Eleven years ago, Amy had what she calls a "spiritual awakening" about her drinking. She woke up one afternoon, still hung over from the night before, and decided she wouldn't drink that night. She hasn't ever since. "I always tell people that God told me he could help me if I'd stop going to Food Lion and buying beer," she says with a smile.

Once Amy was sober and finished with her education, she realized she had no more excuses to avoid trying to write a book. For guidance, she took two online writing classes and read King's book on becoming an author at least eight times.

Since King himself writes at least 2,000 words a day, Amy set the same goal. She got home from work about 5 p.m. and sat down to write after walking her poodle/Chihuahua mix, Lily, exercising, showering and eating dinner.

Many nights, Amy would stay up past midnight, but she finished her 250-page book in about a month. She got 26 rejection letters from traditional publishers before landing with Blue Dragon, a hybrid-model business that shares production costs with authors who later receive royalties on sales.

"When I got the first print run copies, it was so surreal to hold the book in my hands," she says. "My mom wrote poetry, and I knew she'd be so excited for me."

Amy dedicated *My Name is Erin* to her sister and best friend Lydia, a longtime waitress for Colonial Williamsburg. She plans to write a sequel to that book next, ideally once she's able to take vacation time from her city job. She'd also like to try her hand at fantasy and possibly set a historical fiction book in Williamsburg.

"I love writing so much because you can be anybody," she says. "You can be in any world you want or can imagine, and you can figure things out about yourself in books."

In fact, Amy solved a mystery about herself in a novel. What she thought was a unique aversion to tiny clusters of holes, such as clo-

seup images of seed pods on flowers or honeycombs, is an actual phobia called trypophobia.

Amy began researching the condition, which causes some people to cringe even at innocuous objects such as soap bubbles or aerated chocolate bars, after running across a fictional character who had it.

"I thought, 'Wait, that's real?'" she recalls. "It's certain patterns that just freak me out. The theory is that it's possibly linked in evolution to things with patterns that tend to be dangerous, like beehives or marks on poisonous animals."

Other than having such a conversation-starting phobia, Amy describes herself as a major homebody. "I love to read and write, and I don't do much else. I'm a bit boring."

Amy's life has taught her to fully embrace the "boring," along with the unexpected happy surprises. "I am so thankful for family," she says. "I know a lot of people say that, but having lost both parents, I truly cherish my loved ones. I am thankful for my own health. I feel blessed to have made it to 50. I am thankful for my dog, a job, a roof over my head, the gift of writing and, well, pretty much everything." NDN

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# Gratitude for a Dream Fulfilled

By Susan Williamson

Sometimes our deepest dreams come true when we least expect. Lauren McQuain met her husband, Kent, when both of them were students at Indiana University in Bloomington, Indiana, she majoring in physical education and he in optometry. After a residency in New York, the couple decided to settle in Williamsburg, and her husband began practicing in Yorktown in 1986. The practice is Kent B McQuain and Associates, located in Washington Square shopping Center. Lauren taught physical education and over the years worked in a variety of educational settings teaching adaptive physical education, children with autism and preschool. They were ready to start a family, but it didn't happen.

They began to look into various fertility treatments. Lauren went to work for her husband so that she could be flexible to attend doctor's appointments. But their dream of a family remained elusive.

After some time, they decided to adopt. They worked with an attorney in an open adoption situation on the West Coast in which they paid the medical costs. They didn't furnish their nursery until near the end of the pregnancy and closely followed the mother's progress. Finally, the baby was born, but it went home with the young couple. They had changed their minds.

Lauren says, "We were crushed. I couldn't go



Lisa W. Cumming Photography

through this again." She closed the door to the nursery and wanted the baby items gone.

A friend of theirs was a car dealer. He used to tease them about when they were going to start a family so he could sell them a minivan. Lauren's answer was, "Never, I hate vans."

Eight months later, she received a call from her friend DeAnna Trail who was the pediatrician on call at the Williamsburg Hospital. She had phoned Lauren to tell her they had a baby for them. The McQuains were able to be in the delivery room and adopt the perfect, healthy baby girl. She called her friend the car dealer and told him she was getting a baby. "Now, you need a van?" he asked.

"No, but I need a car seat," she answered. Their friends had a child a few months older. Lauren and her husband excitedly called their friends and rushed to outfit the nursery for their little girl, Carley.

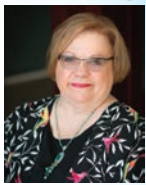
For the next several years their lives revolved around parenthood. When Carley started school at Walsingham Academy, Lauren became a frequent volunteer. She says with a laugh, "I would offer to volunteer all day, but they would tell me to go home."

The family loved attending William & Mary football games, tailgating with other families. She and Kent love sports and even played in an adult soccer league for a time. Carley loved to dance. They rode bikes, traveled to Richmond, Washington, DC and the Outer Banks.

Carley grew up and graduated as the salutatorian of her class. She chose the University of Virginia. Suddenly, the McQuains were empty nesters. "Our lives had revolved around school and activities with our daughter and the parents of her friends. Now she was gone to college, and I needed a new tribe," Lauren says.

Her husband encouraged her to go back

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to work but not for him. Her sister and some other friends had become consultants for a skin care line, Rodan + Fields. The product, developed by dermatologists, had first been sold in high-end department stores, but the owners had switched to a direct marketing network system. Lauren became a consultant, and her work for the company morphed into a business. Stanford educated dermatologists Katie Roden and Kathy Fields first developed an anti-acne treatment known as Proactive which was marketed via infomercials. After its success, they turned to skin care products for a more mature clientele and founded Rodan + Fields.

Lauren enjoyed the activity, but it wasn't full time. She went to back to school, tutoring through a Federal Title One program at J. Blaine Blayton Elementary School. Then she heard about an opening for an instructional specialist. She asked what the position entailed. The job was that of a classroom aide for special needs children.

"I hadn't taught school for thirty years," she says. Lauren applied and was hired. She has a minor in special education and immediately her heart went out to her students.

As winter approached, she realized that

many of the children didn't have coats and hats and other winter apparel. "I think I lived in a bubble," she says. "I didn't realize there were as many needy children in Williamsburg as there are." She decided to make filling that need into a project and enlisted several of her fellow skin care consultants. She also drafted Billsburg Brewery, which hosted an event for the project, "Making Winter a Little Warmer for our Kids." Patrons received beer tickets in return for donations of new gloves, hats, socks and scarves for the children. The event was a huge success and tourists visiting the brewery gave her money to buy coats and other items. This year will mark the third year for the event which is scheduled for December 5th from five to 9p.m. New winter items can be dropped off at the Brewery for people who cannot attend the event.

Once Carley went off to college, the sports loving couple became UVA as well as W&M fans. Now their daughter is in her second year in a PhD physiotherapy program at Duke University. She hopes to someday become a physical therapist for an elite sports team.

In addition to attending sporting events, Laura and her family love the beach, especially the Outer Banks. They love living in Williams-

burg because of the small-town feel. "There is so much to do here, we love that it is a college town," Laura says. "And, we are close to the mountains and the beach." She feels very lucky that they chose Williamsburg as their home. Eventually, both of her parents and her husband's parents moved to Williamsburg. "It was wonderful for Carley to have both sets of grandparents living nearby when she was growing up."

Lauren enjoys both of her careers. After four years, she has 38 Rodan + Fields consultants on her team. With her special education credentials, Lauren could become a full time teacher, but she likes the flexibility of being an aide as well as not having the responsibility of being a teacher. "I could go back to teaching full time if I needed to," she says, "but I'm fortunate that I don't have to do that."

Operating her own skin care business has given her the opportunity to give back, both by working as an aide and by organizing the winter clothes drive. Motherhood didn't come to Lauren McQuain when she first hoped for it, but now, her dream fulfilled, she shows her gratitude by giving back, in the classroom and beyond. NDN



Meredith H. Maust, Esq.      Helena S. Mock, Esq.      Catherine E. Sears, Esq.

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# A Person of Gratitude

By Ashley Smith

When DeAnna Kimrey smiles, she exudes warmth. Her friendliness and candor have helped her to become one of the most trusted financiers in Hampton Roads. As the commercial banking manager for Bayport Credit Union, she has worked tirelessly to build the type of community in which she wishes to live. Over the past twenty years, she has done incredible work both as a successful businesswoman and as a vital member of the Williamsburg community.

Born in Doylestown, Pennsylvania, DeAnna's family settled in Hampton Roads in 1985 after an Air Force move. A graduate of Bethel High School, DeAnna attended Thomas Nelson Community College. In 1999, she was hired as a teller for Crestar, a bank that eventually merged with SunTrust. In 2006, she moved on to 1st Advantage Federal Credit Union and was inspired by the credit union's business model of investing in its members' futures. She managed several branches before being promoted to business relationship manager. In 2014, she became the commercial banker for Bayport Credit Union, a position created uniquely for DeAnna's talents. She could not be happier with her career choice.

"I love to educate people on the value of a credit union and the impact that an organization built by members can have both for per-



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sonal finances and in the community."

DeAnna's two passions are business and her volunteer work. When she joined Bayport Credit Union in 2014, those passions blended together seamlessly. DeAnna has served on the Career & Technical Advisory Council for a local school. Now there are 40 branches in schools in the local area, and the financial literacy programs have had an impact on young people all over the Peninsula. DeAnna is supremely proud of this program. "The ROI (return on investment) is not high in monetary value, but the financial education that young people receive by saving so early is worth it."

Her gratitude to her employer extends to

other areas of her life as well. As a professional volunteer, she admits that people who volunteer tend to do so with their whole heart. There is always more that can be done. She is thankful to work for a company who allows her the time to meet her various volunteer obligations, as well as their commitment to sponsoring community events. Her commitments are numerous and varied but they all reveal her servant's heart.

Currently, she is one of the three cofounders of BLING, or Business Ladies of Industry Networking Group. Like her Bayport interview, the inspiration for BLING came about almost accidentally. While at a ladies' night out event, she engaged in a conversation with Karen

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Schell and Traci Carlson about the differences between networking with men versus networking with women. DeAnna and her cofounders realized that there was a need and an opportunity to empower, encourage and uplift local businesswomen. The first women's only networking event occurred just a short while later, and BLING was born. To further show their gratitude for the success of their nonprofit, the ladies of BLING donate monetarily every quarter to another nonprofit that supports women and children chosen by its membership.

In addition to her work with BLING, DeAnna continues to work with the Kiwanis Club of Toano, having served as the past President. One of her favorite programs that she has been involved in is the Bright Beginnings program at Blayton Elementary School. Each volunteer with Bright Beginnings commits to visiting a classroom once a month and reading aloud for 35 minutes a month. "The smiles and the hugs you receive when you walk into the building are the most precious to me. You can really see the effect that you have on the kids just in 35 minutes." DeAnna often encourages people to begin volunteering in schools with programs like Bright Beginnings because the impact is immediate and so encouraging.

It is difficult for her to choose, but the vol-

unteer work that is closest to DeAnna's heart, however, is her work with the March of Dimes. DeAnna attended the first March of Dimes event in Williamsburg and was drawn to their mission. "I've lost a nephew to SIDS. I have a niece with autism, and I have been blessed with a healthy son. All of these factors led me to cherish the mission of the March of Dimes, and I simply had to get involved," she says earnestly.

Since that event, DeAnna has either chaired or served on the committee for the biggest March of Dimes fundraiser in Williamsburg, the Williamsburg Signature Chef Auction. "It's the most wonderful evening. Local chefs really make this a phenomenal affair. I recommend tickets as a gift or even as a date night." The Signature Chef Auction is held the first Sunday in November and is quite the black-tie social event. Local chefs will each prepare a sweet and a savory dish to sample. Each chef also donates an exclusive experience for the auction, gifting their time and talent to the nonprofit event. DeAnna's praise is for the chefs who commit to the event. "Without their generosity, it wouldn't be possible. They help us raise money and awareness. They have all been so giving of their time, and of course, they take on all of the cost for food and donations to our cause."

DeAnna continues to credit and thank oth-

ers when she receives accolades for her contributions to the community. "I couldn't do anything without my bosses at Bayport. These commitments take time. Sometimes, it's like having a part-time job! They have created a culture of volunteerism and of giving that trickles down to everyone. Often the employees out-give the company during the many nonprofit fundraisers we host or sponsor. I am grateful to work for people who support the community in such an authentic, tangible way."

Even more incredible, DeAnna admits, is what she considers her true nature. "I'm actually an introvert. I can talk to a crowd of 300 with no problem or one-on-one, but I get so nervous when I talk to a room of 30. It's one of things I am striving to improve." She is grateful to those who continue to encourage her and push her forward.

Of course, her family's support is vital to her volunteer work. "As any volunteer knows, without your family behind you, you couldn't make it." For DeAnna Kimrey, volunteering isn't a habit or a hobby, it is a lifestyle of generosity, encouragement, exhortation, and a strong work ethic. She has spent two decades building relationships, investing in the community and people, and helping to create a Williamsburg in which everyone wants to live. NDN



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# MADE FROM SCRATCH

By Harmony Hunter

Lunch is a neglected meal. People microwave something to eat at a desk, gnaw a stick of beef jerky between appointments, or attempt to balance the challenge of eating a hamburger and navigating traffic at the same time. Simply put: there's a lot of room for improvement. Andrea Kirkley, Head Chef at Divine Lunches, has a better idea. She says, "You've got to eat. Make it divine."

Divine Lunches is a local mother-daughter business specializing in boxed lunches for meetings, groups, tours, and special occa-

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sions. Determined to create a lunch experience elevated from the ordinary, Andrea and her mother and business partner founded their company on the twin philosophies of freshness and wholeness to create a catered lunch that transforms simple sustenance into something truly special.

Andrea is a formally trained pastry chef with a degree from L'Academie De Cuisine in Washington, DC. Her early career saw her at the stoves of some of the capitol's best restaurants, but the 2004 birth of her twin girls, Sarah and Catherine, moved her culinary career to the back burner as she focused on tending to two babies at once. Laughing, she says, "When my arms could no longer reach past my pregnant stomach to the counter, I had to leave."

Soon after, circumstances moved Andrea and her infant girls to Williamsburg to lean on the support of Andrea's mother and stepfather. Once the twins were old enough to begin preschool, Andrea ventured out into the world again and enjoyed eight years of satisfying and happy work at a local specialty grocer. Of her time working there, she says, "It made this area

a place I live, rather than just a place I sleep. I continually meet people who say, 'I know you from somewhere!'"

Williamsburg is home for Andrea's children, too. When they were old enough, her two daughters became enmeshed in local theater, keeping a full schedule of rehearsals, performances and voice lessons, for which Andrea was the natural chauffeur. They've found a niche in the performance community, participating in productions ranging as far as Richmond to the north and Norfolk to the east. Unsurprisingly, Andrea is often petitioned to bring her scrumptious baked goods for receptions and fundraisers.

Though Andrea relished her time working at the store that provided so many friends and connections, she realized her true passion was still with cooking and creating. It was her mother who suggested they start up the lunch catering business that they share today. Andrea had her doubts. "I saw, like, 12 holes in the plan," she says. The primary challenge would be finding a commercial kitchen space from which to run the operation.

Tackling these hurdles one at a time, An-

drea's dauntless mother called the Williamsburg Chamber of Commerce to ask for advice on locating a professional cooking space and was immediately provided with the phone number of a man who had called not five minutes before with a commercial kitchen he wanted to rent out. The serendipitous timing and the location of the kitchen, adjacent to Our Saviour's Lutheran Church in Norge, suggested the name "Divine Lunches." Andrea is still in disbelief. She says, "It really should not have worked out as easily as it did."

That was three years ago, and the mother-daughter team has steadily built up their market and perfected their menu in the time since. Core to the pair's philosophy is the integrity of the food they offer. Not only is it nice to eat something special in the middle of a working day, but the business' overall approach reflects the belief that what we put in our bodies should be wholesome as well as delicious.

Andrea says, "There's no food in America's food anymore. One of the ways that we try to set ourselves apart is that we make everything from scratch. If you get ranch dressing from us, I've made the ranch dressing myself. Our

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barbeque is cooked in-house, and we make the sauce ourselves. Our pimento cheese is made with homemade pimentos.”

Their years of experience have also taught them that there are some menu items they can never take away. They have learned, Andrea says, “You can lead a horse to water, but you can’t make them order anything other than a turkey sandwich.” This classically satisfying sandwich is a menu stalwart. Other in-demand options are the chicken salad and the pimento cheese. Rather than an ever-changing menu, Divine Lunches has found that Williamsburg loves to stick to its favorites, with a few seasonal options to change things up. Andrea likes to create seasonal salads and play around with dessert options to satisfy the craving for something a little different alongside the steady menu.

“Americans constantly work, work, work, and I’m not going to change that,” Andrea says. “But having a really nice lunch in the middle of it? Maybe that’s a way to make it a little better.” Divine Lunches hands its customers a tidy boxed lunch with each component wrapped like a small present inside. Choices vary, with

hearty meal-sized salads, sandwiches, and even breakfast. No matter what’s inside, each white box feels like a tasty survival kit packed by someone who loves you. Andrea’s homemade brownies can turn around a bad day all by themselves.

Divine Lunches serves groups, meetings, and tour groups, but they also love to cater special occasions, such as the “160th” birthday party they just cooked for. A couple from Our Saviour’s Lutheran decided to celebrate their birthdays jointly and so combined their ages for a memorable party theme.

For inspiration, Andrea loves nothing better than old cookbooks. “If I’m in a used bookstore, I always head to the cooking section first to see what they have,” she says. These book-turned-time-capsules have yielded some of her favorite recipes, such as the pound cake recipe she uses from an old Junior League Cookbook. Andrea also has a treasure trove of time-tested recipes in her collection of old church cookbooks.

Andrea’s ambitions reach farther than gilding the lunch hour. She dreams of uplifting the working mother, too. As a single parent, she

knows well the struggle of finding a job that fits the criteria of covering the cost of childcare while offering hours that can flex around the school calendar. Her idea? A co-op kitchen and childcare center in one, with training and support for a community of working parents.

Explaining the vision, Andrea says, “Eventually, we’d like to have our own space, and when we do that, within the same building. We’d have a daycare, and then the employees in the kitchen would do kind of a time share where the parents swap in and out looking after the kids.” This business model is Andrea’s dream for helping the single parents who are in the same boat she was, some without the family support that she is so grateful to have had with her own two girls when they were very young.

This natural generosity of spirit is Andrea Kirkley’s secret strength. A self-described introvert, she’s able to use food as a conduit to lighten the load of a working day, to strategize a local change for helping parents who need a hand up, and to feed her passion for creation and experimentation. Her lunches are pretty great, too. **NDN**

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# A Love for Football

By Paige Brotherton

It's half-past five on a Monday night, and Scott Lambin stands on the top of a hill overlooking a field of bright green grass with yard lines etched out in white. Some young athletes hurry by toting water bottles and gear while others are already in their shoulder pads tossing a football back and forth. There's a neat row of helmets on the edge of the field, waiting to be called into action. It's the beginning of football practice for the "Midgets" of the Williamsburg

Hornets, and as head coach, Scott is ready to make the most of the time he has with his team. When spring comes, he'll be finding his mitt to coach the baseball team, but for now, it's football season.

Scott's love for football has been growing since the fifth grade when he began playing with his best friend and the coaches who would follow his journey onto the high school team in his hometown in Illinois. Growing up, he re-

members his community being very focused on football. "Our 'Green Machine' program is over one hundred years old and is one of the most winning teams in the state," Scott says, remembering his beginnings as an athlete. His older brother played football as well, and he used to hear his brother's name being cheered over the PA system at the high school just down the street. "I wanted to be just like him," Scott says. He was studying and training with a competi-

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tive team throughout middle and high school. Scott feels lucky to have had one set of coaches watch him progress throughout all his years on his school's team. "Every one of them is just as impactful as the rest," he says. By implementing similar techniques and lessons that he learned from his coaches back in high school, Scott carries on the one hundred-and-two-year-old traditions from Illinois to his own team in Williamsburg. With one particular tradition in mind, he says, "I'm 100 percent focused on unity. I think that really got our student athletes to perform. One fails, we all fail. One succeeds, we all succeed."

Despite his inherent love for teaching and sharing his experiences, Scott did not go immediately into coaching. He served in the United States Marines for four years, but even while working in the military, he kept his football background close. There's the shared characteristic of perseverance between the two environments. Scott laughs, remembering how the trials of boot camp were all too familiar. "It was not harder than the football practices of the Midwest," he says. But there was more than just physical endurance to be repurposed from the playing field to the battlefield. Scott remembers the lesson of one coach in particular that always stayed with him. "I used his mentality and his leadership as a measuring stick, even in the military." He believes in unity, teamwork and respect, all values Scott was excited to bring to Williamsburg after his deployment in Afghanistan ended.

Although he has been familiar with the Hampton Roads region for some time, Scott only became a part of the Williamsburg community one year ago. Once he knew where he would be settling next, Scott reached out to local teams to see if there were any opportunities to get involved. The Hornets responded almost immediately, inviting him to coach and join a twenty-five-year-old program fostering a love for sports in the area's youth. He's enjoyed his time with the Hornets immensely, truly coming to appreciate the commitment of the families involved.

"There are parents on the team. We use the focus keywords like 'buy in' at the beginning of the season, and I send them an expectations packet," Scott says, explaining how the parents of every player contribute to the overall success of the program. "It's great when our parents give us the confidence that we're going to do right by them." It can be a large sacrifice in terms of time and schedule conflicts to allow young kids to be out on the field three or more times a week, and there is always tension that can arise from differing points of view on a team issue. As a husband and father of two, Scott has felt the strain himself with the time commitment and the effort to keep the large, dynamic sports club afloat.

"Football is not only a team sport, but the minute we take the field together, we become a family. And of course, family members do not always get along. Being a head coach, you have to find the balance between the extended football family and immediate family." It may make it easier for Scott to pursue his love of sports knowing his family is on the same page. "My wife plays in an intramural kickball league with some friends. My daughter, Jenna, plays volleyball for Hornsby Middle School. My son, Jordan, plays on my Hornets team for his second year," Scott says. With such an athletically inclined family, it's no wonder that when playing season arrives, it's all eyes on the ball. "My wife always says that our life was interrupted for football season," Scott says with a laugh. When thinking of hobbies beyond the field, Scott draws a blank. "It's football season. If I did have them prior to now, I can't remember what they are."

However, Scott does enjoy his job as the chief operating officer for a thermoplastic equipment manufacturer during the work week. Of course, it always comes back to coaching in the end. "I enjoy teaching people and transferring information. I intend to take my experiences and coaching philosophy on to higher levels of play," Scott says. He's always been fascinated by physicality and how the body works, and throughout

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his life, he studied kinesiology, exercise science and human performance in athletics through the National Strength and Conditioning Association. Scott came to Williamsburg armed with all the knowledge necessary to take to the field. But, as he's discovered, many of the most important moments of coaching take place far from the fifty-yard lines.

Scott values the lessons in hard work and strength that football taught him and hopes to pass along the wisdom to his junior athletes. The skills they learn on the field carry out into the workforce and benefit the players as they become young adults in their community.

"The most rewarding aspect of coaching is being a positive influence in young athletes' lives," Scott says. "In my opinion, winning games and championships is somewhere toward the bottom of the priorities ladder. Talent is talent; what athletes do on and off the field is what makes them an athlete. To be a part of the process that shapes their future as a man or a woman is what counts in coaching."

That's why there's so much more to the education process than learning to throw the perfect spiral. Every Friday, the team enjoys a pasta dinner together while they watch game films and bond. After each weekend game, they all huddle at the beginning of practice for the

"Prime Awards" that celebrate individual junior athletes for their responsibility, leadership and growth beyond the technical aspects of the sport itself. Because at the end of the day, Scott isn't concerned by the numbers on the scoreboard. "We have a saying: 'We don't lose, we learn.' As a coaching staff, we are understanding of mistakes so long as the athletes learn from them and get better with every repetition."

Scott is grateful for all his time with the Hornets thus far, and plans to continue coaching for the foreseeable future.

"What inspires me is all thirty of those boys when we transfer information to them and you see that light bulb switch on, and then they execute. When you're in that job of teaching, coaching and influencing, that's the holy grail of success."

Whether it's buying all new helmets to ensure each player is adequately protected or keeping a careful watch on the heat index to keep everyone in gear safe, it all comes back to the kids. Scott knows it can be hard to play such a competitive and high stakes sport at a young age, but his players have never failed to make him proud.

"These kids come out here and give one thousand percent of themselves every time we ask them to do it. And that's what we do." NDN

## Next Door Neighbors

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# Critical Thinking Through Play

By Wheston Chancellor Grove

Arts  
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Lisa W. Cumming Photography

Not everyone wakes up in the morning proclaiming, “I love, love, love my job.” Amanda Krems, drama teacher for K-5 at Waller Mill Elementary School, knows she’s lucky. It is the only arts magnet elementary school in York County and the surrounding area that offers a drama program.

Amanda graduated from William & Mary in 2006 having earned her Master of Arts degree in Education. While a student, she met her husband-to-be, Sean. The two left the area for a few years which proved fortuitous. Amanda landed her first job teaching fourth and fifth grade at Bailey’s Elementary School for Arts, Science, and Technology in Fairfax County which is a member of the John F. Kennedy Center’s Changing Education Through Arts (CETA) program. The experience was transformative. “Their whole goal was that every subject was taught through the arts or had arts integrated into it.” Having been involved in theater as a kid and always passionate about teaching, seeing the elements of “learning through play intertwined inspired me,” Amanda says. “I think every school should have an elementary drama teacher; you can teach so much of the curriculum through the arts. If it were up to me, I would spread this [teaching method] throughout the land.”

The technical term for the method Amanda utilizes is kinesthetic learning. It is hands-on

and involves movement. Numerous studies show the efficacy of retention when kids do something interactive with the material being taught.

After Amanda and Sean married, the two knew they wanted to start a family in a less hectic climate than Northern Virginia. In 2009, Amanda returned to the area with her husband. “What don’t we love about Williamsburg?” Amanda says. “It has big town fun with a small town feeling, and it’s a great place to raise a family. We always felt good here, so we came back.”

Amanda started as a fifth grade teacher for Waller Mill Elementary School. With the birth of her children, she went on sabbatical and was a substitute teacher from 2011 to 2017. She is now the mother of three: Ethan, age 8, Alexandra, age 6, and Oliver, age 1 1/2. While taking time to raise an ever-growing family, a dream job presented itself.

In 2017, Waller Mill posted a position for a drama teacher. Amanda leaped at the opportunity and has never regretted it. “They all come to me once a week for 50 minutes per class.” Depending on age, they work on set displays, costumes and puppets. Students don’t just memorize lines; they create characters and tell a story. “Drama is learning through play.”

First graders put on a play at the end of the year. The older grades participate in dinner theater. A sound crew controls the mics. Typically,

there are 100 students actively participating in the show. “It’s a big production. We write it. We do it all in-house. Our music teacher, Terill Lensenmayer, is phenomenal. P.E. teacher, Kathryn Nabors, does amazing choreography and art teacher, Renee Koob, helps with scenic design. In an arts school where you have a collaborative unit of teachers who can come together it makes such a difference. It’s never a one-man show!”

The confidence building and interpersonal skills students learn at this early age have far-reaching effects. They practice and acquire tools necessary to stand up in front of their class because they’re ready and know how to present or, through improvisation exercises, they are prepared to make something up off the top of their heads. Even when some students are reticent, Amanda encourages them not to be afraid.

“Take and use that energy and put it into your character,” she says. “My eight-year-old is on the shy, more quiet, anxious side. I’ve witnessed him changing over the last couple of years. He said he will try out for the dinner theater. To see that confidence in him grow is really proof that [drama class] is good and important.”

She reminds her students about their “Toolbox of Five,” something she took away with her from the Kennedy Center. In theater, there are five elements to keep in mind: body, voice, con-

centration, imagination and, most important of all, cooperation. If the last item breaks down, everything else will break down in the production. “These [tools] aren’t just for drama,” Amanda tells her students, “they’re for life.”

Drama is also a great use of energy for high-spirited children. They can channel natural tendencies in a healthy direction. Some kids are gleefully shocked when permitted to hop around and move more freely in a safe space, especially if they are investigating how a particular animal or character might act. “One of my favorite units I do is improvisation comedy with first through fifth grade. They really embrace the creativity.”

Amanda recounts how one fifth grader came up with the scenario: portray being an oven that is afraid of heat. “What kids can do when you just let the creativity fly makes me laugh and smile multiple times a day.” The students also demonstrate versatility by combining costumes. One created a “koalaroo.” Amanda allows her students to embrace the idea that “there is whimsy and weirdness” [in the world] and to “take the time to contemplate what can be.”

As a child, Amanda says with a smile, “My parents knew from an early age that I needed an outlet to show something to the world.” Her

parents both worked for a college. The earliest play she saw was Joseph and the Amazing Technicolor Dreamcoat. She was enthralled even at three or four years old. “I was not afraid to say what I was thinking or come up with a character that spoke with an accent.” Amanda notices that the minute she uses an accent in class, she immediately gets her students’ attention. It’s a fun, easy way to refocus.

When not teaching or spending time with family, Amanda is involved with her book club. “It’s an amazing group of ladies. We exchange ideas; it gives me a sense of community, keeps me sane and interesting,” she says. “They give me great books to read which I may not have found on my own with the proliferation of books out there.” She set herself a 13-book goal for 2019. Over the summer, she stocks up. Having summers off is part of the advantage of teaching. “You get to reset and revitalize yourself.” Recently, Waller Mill Elementary started the Teacher Wellness Initiative, an after school restorative self-care plan for teachers. A mindfulness group for students was piloted last year by the guidance counselor. It made such a huge impact that some teachers are now incorporating it into class time. “It just takes one idea to expand.”

Amanda is always finding new ways to incor-

porate material. She did a Tall Tale unit in her drama class because the kids didn’t know about tall tales. “Every kid was reading and although ‘tall tales’ may not be on the SOLS, the students learned about story structure and how to define a character in that genre.” Amanda exposes the students to things they might not have time to look at in their regular classwork.

“I love what I do, and I hope that if people see this is an option, they can advocate for it and work toward adopting something similar. If not having a drama teacher at every school, then having other teachers aware that they can do arts integration in such a way that it still covers all the SOLS but is engaging for the students and teachers.” Amanda stresses the importance of going beyond the basics and teaching children to look at what makes the facts alive and interesting. Art and drama stimulate critical thinking from an early age which is essential during the short window of formative years. It sets the tone for the mind.

Amanda Krems knows she is fortunate on numerous accounts. “They will have to pry this job from my cold, dead, hands,” she dramatically quips when asked if she plans to continue with it for as long as she can. “This is the job I want to retire from. I have found what I was always meant to do.” NDN



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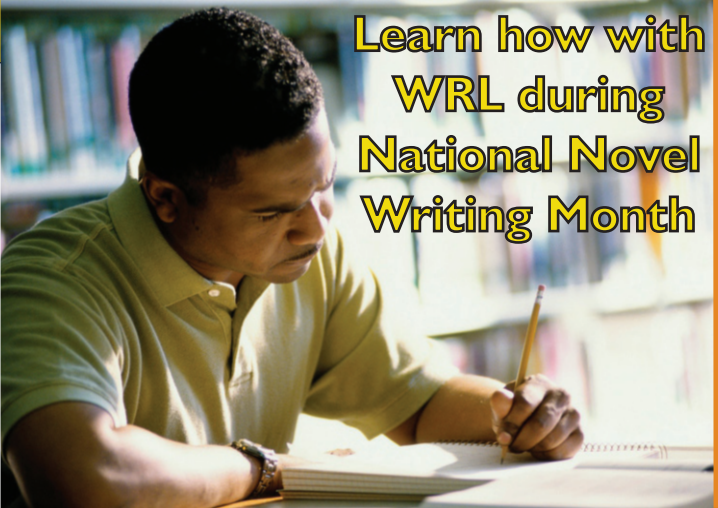
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# The Human Side of Medicine

By Dawn Brotherton

Medicine is in Dr. Matthew Doherty's blood. It's no wonder he became a doctor specializing in Diagnostic Radiology. "I think there was always that influence with my dad, who was an oral surgeon. My mom's a nurse, and my two brothers went into [radiology]. I couldn't imagine doing anything else," Matt says.

Matt's dad was in the Army and retired from Fort Eustis. The family liked the area so much, they settled here, and Matt graduated from Lafayette High School. William & Mary was a natural selection for his undergraduate degree. Then he spent the next several years in Richmond to earn his masters degree and attend medical school at the Virginia Commonwealth University.

"In med school, I had to draw everything out. I can't just hear it; I need to see it," Matt says. "I'm a very visual learner, so radiology was a really good fit." In standard radiology, a lot of time is spent staring at screens. His specialization in imaging allows Matt to spend more time

with the patients, which is the part of medicine he likes best.

Matt works at Tidewater Physicians Multi-specialty Group (TPMG) Imaging and Breast Center in Williamsburg. On the breast imaging side, it's especially important to catch cancers as early as possible to allow for the most options for treatment. Although he would always prefer to be able to put a patient's mind at ease that there are no signs of cancer, there are times when he must deliver bad news, and that's the hardest part of his job. In those cases, at TPMG, they always have a plan ready for their patients. "We set them up for a breast MRI, and we set them up with a meeting with the surgeon. We don't want them to worry about setting appointments. I don't want them to delay their treatment," Matt says.

Matt is a big proponent of 3D mammography. "I think it helps us find some really subtle early cancers. One of the biggest benefits is that it has prevented the number of false negative or

false positive callbacks." When something questionable is spotted on a mammogram, the patient is often called in for a follow-up with 3D imaging, which gives a much clearer picture. Having 3D imaging done from the beginning saves time and might eliminate that frightening phone call with a request to come back in for further tests.

If the screening mammograms show anything the doctors are concerned about or if the patient has a concern, the doctor is available to answer questions. "If it's a diagnostic mammogram, we get results right away. If we see something on the diagnostic mammogram and we move on to ultrasound, we don't have a technologist do it. We do it in our office, which is a little unique compared to some other places." At that point in the process, the doctor takes over. "If there's something benign, I can tell them they don't have to worry about it. But on the other hand, if it's something we need to biopsy, and I'm concerned, I can explain that to

them and guide them through it.”

He finds the diagnostic aspect of imagery satisfying, especially when the results are immediate for the patient. “They come in with abdominal pain, and there are a lot of things that could be causing it. But on the CT scan, I can often see what’s causing the pain or that there’s nothing there. It’s rewarding when I can discover the cause and get them on the road to getting it fixed,” Matt says.

When trying to decide which path to take in his medical art, Matt had particular guidelines in mind. “I wanted something that I knew would always be around in medicine, and radiology just keeps growing and growing,” Matt says. “And doctors are relying on it more to do their jobs now. New things are being developed in radiology, new techniques, new ways of diagnosing things, so it’s never going to go away.”

A common question Matt is asked is if he’s afraid artificial intelligence is going to threaten his job as a radiologist. “I don’t think it ever will. It’s going to make our jobs easier. To some extent, there’s artificial intelligence in mammography now. There’s something called CAD, which will screen and put little marks on things the computer thinks are suspicious, but you’re still going to need a human to check what the imaging has done.”

For others who may be thinking about a career in medicine, Matt has sage advice. “It’s a marathon, not a sprint. It’s a really long process, and if you go too hard, too quickly, you’re going to burn out. You’re going to get a lot that comes at you, and it doesn’t stop coming. Even now, it just keeps coming.” Medicine is ever changing, and new things are discovered all the time. Continuing education is necessary to keep up.

When trying to pick a specialty, he recommends shadowing a doctor to see what their day-to-day life is like. Some of it might be boring, but doing this will provide clarification about what to expect when working in that field. He understands it may be intimidating to ask a doctor to shadow him or her, but assures it is totally worth it.

Now, many years into his career, Matt thinks back to things he is thankful for. When he was in medical school, he had a patient who was a Holocaust survivor. In addition to his medical issues, he had psychiatric issues related to what he went through. “I learned that it’s rewarding to be able to sit with him, spend time with him and talk to him. I don’t think that’s something many people do a lot. I was in a unique position. Because I was a med student, I had more time to spend with him. My team was focused on his medical problems, but with him, it was

more valuable for me to spend that personal time with him. I think it made it easier for him in the hospital. With his history, when those lights went out in the hospital, it was tough for him. He was alone; he didn’t have family or friends. It was a good thing for me to experience during med school. It brings you back to the human side of what we do.”

Although Dr. Matthew Doherty spent many years in Richmond going to medical school, completing his residency and two fellowships, he and his wife Kristin decided to settle in Williamsburg to be closer to Matt’s parents. The couple met while at W&M, so it was comfortable to come back. “It’s gotten so much bigger. And I think there’s a bigger draw for younger families now than there was before,” Matt says. Their two children, Annabelle and Shepard, ensure the family enjoys the many museums and historical spots the Triangle has to offer.

“My kids inspire me, just how everything is new for them. Everything’s a challenge. They’re so curious,” Matt says. “As an adult, you get bogged down on day-to-day stuff. Life gets in the way. Looking at them and seeing how everything is new, everything is fun, it just brings you back down to earth and reminds you that you don’t know everything, you haven’t seen everything.” **NDN**



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# CREATING WITH PURPOSE

By Erin Fryer

Like most small business owners who are just starting out, Patrick Russell is learning that getting a business off the ground takes more than just talent and a business license.

Born and raised in Williamsburg, Patrick is the owner and artist behind Williamsburg Wood Works, a one-man shop where he builds beautifully crafted, fully custom wooden furniture.

It all started just a few years ago when Patrick's mom needed new ladder bookshelves to go on either side of her mantle. "I decided to try to build them because I have always loved hands-on stuff and figuring out problems," he says. "Building the shelves felt like a puzzle

to me, and I have always loved puzzles and math."

After that first project, Patrick found the creative outlet that he had been craving. "I get to be creative but I also get to think about things from a mathematical point of view," he says. "When building a bookshelf, I have to think about the geometry and the physics, and all the ways you can connect the different pieces. It's fun and interesting."

Patrick says he found a community of fellow woodworkers on *YouTube* and spent hours studying the art and getting inspiration. "I love watching big transformations, and after I started gaining inspiration from other

woodworkers online, I began to wonder what else I could build."

As he built a few more pieces, Patrick started to post pictures online of his creations and invested in some good tools, which eventually led to his first paid job.

"The first job I had was for a custom piece that fit around a Big Green Egg smoker," says Patrick. "My client was a member of my gym and showed me a picture of what he wanted, and I knew I could build it."

At the time, Patrick admits he was still somewhat of an amateur, charging very little for his time and overpaying for wood. "When I started out, I was getting everything

through Home Depot, but now I go through a distributor and pay half of what I used to pay. I am learning as I go.”

As his interest in woodworking continued to develop, Patrick kept getting inspiration from the woodworking communities he followed online. Eventually, the thought occurred to him that the people in those videos were clearly making a living doing this, so why couldn't he?

Prior to starting Williamsburg Wood Works, Patrick was working for Williamsburg-James City County Public Schools. He admits that finding the right career fit for him has been a bumpy road.

After graduating from Jamestown High School in 2007, Patrick set his sights on the University of North Carolina Wilmington. He spent three years there, studying art and enjoying life on the beach, but had trouble focusing on his studies. He decided to move home to Williamsburg to regroup and plan his next move.

Shortly after moving home, Patrick moved to Richmond where he lived with his cousins and enjoyed everything the city had to offer. He spent his time mostly working in restaurants, but continued to take some classes at Virginia Commonwealth University in hopes of chipping away at his art degree.

While living in Richmond, Patrick took a job at a private childcare facility that he really enjoyed. He has always loved the thought of becoming an art teacher like the ones who inspired him when he was a student at Jamestown. “I used to look at them and think how cool it would be to get to teach art for a living,” he says. “I moved back to Williamsburg with the idea that I would shift my focus to teaching.”



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*Martha Suarez-Shaheen and her son, Harrison Shaheen*



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Upon returning to Williamsburg for a second time, Patrick got on the substitute teacher list and started working in the special education department at Clara Byrd Baker Elementary School shortly after. He left Clara Byrd Baker for a job at Norge Elementary School where he continued working in special education.

While he loved working with the kids, each year Patrick found himself not getting any closer to graduating with his teaching degree. It was a hard time, not only because he wasn't sure what direction his career was going in, but also because Patrick suffers from Generalized Anxiety Disorder and is prone to panic attacks.

"I love working with kids, I think they are fantastic," Patrick says. "I had fun at work and enjoyed my job, but I just wasn't in a good space mentally and had to go out on leave."

When his leave was coming to an end and it was time to return to work, Patrick was still deep in his struggle with anxiety and knew it was time to make a change. "It was time to do something different, and I just needed something that gave me some purpose in life," he

says. "I knew that I loved woodworking, so I decided to dive in and see what happened."

As someone who is not particularly attached to material things, money is not a huge motivator for Patrick. "I have never felt like I need to make a lot of money," he says. "I know I am not going to get rich doing this. I just want to make it."

After about three years of working out of a garage, Patrick took a big leap and rented his own space. "It's a gamble because I am totally client dependent," he says. "If I don't have any clients, I can't pay the rent. But it's a risk I am willing to take to follow my passion."

Currently, Patrick is producing several pieces each month. When he first rented his space in May, he was having to build a lot of the furniture for the shop but had the urge to tap into his creative side and build something beautiful, just for fun. That piece is now a coffee table that decorates his office. "I unfortunately don't get to build for fun very often," he says.

Like all small business owners getting their start, Patrick has had to learn the ins and outs of business, which goes far beyond just mak-

ing furniture for his clients. "Paying rent, paying taxes, obtaining business insurance and liability insurance, it's all a learning process," he says.

While he admits there are mundane aspects of woodworking and owning your own business, Patrick has been in a much better place mentally since taking the plunge and following his dream. "It's not all shiny power tools and cutting fancy joinery," he says. "But I am proud to have something that is mine."

Looking to the future, Patrick hopes to one day move into a fully air-conditioned space, and like any small business owner, he wants people to like what he is doing. "As long as I can make a living and produce a product that my clients love, then I am happy."

As for a favorite piece, Patrick thinks he is about to create it. "I am getting ready to start a dining room table and six chairs," he says. "But my dream would be to do a custom bedroom suite with the bed frame, end tables and dresser. Hopefully one day." NDN

Examples of his work can be found at [www.williamsburgwoodworks.com](http://www.williamsburgwoodworks.com).

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### DANCE

November 2, 2019

The Williamsburg Contra Dance Community is hosting a dance with live music performed by the Friends of Appalachian Music! This is a diverse and beginner-friendly group dedicated to celebrating this American tradition. Each dance is taught and called so no experience is necessary. Partners aren't required, so come alone or bring a friend! If joining for the first time, come early: most of the teaching happens in the first 15 minutes. 7:30 pm - 10:30 pm at the Norge Community Hall, 7402

Richmond Rd. \$5-10 suggested donation at the door. More information available at <https://williamsburgcontradance.wordpress.com/>.

## Hey Neighbor!

### QUEENS LAKE COMMUNITY ARTS & CRAFTS SHOW

November 2, 2019

From 9 am – 3 pm. The 10th annual show of local artists and crafters including mixed media, photography, jewelry, needlecrafts, pottery, apparel, baby and child items and local authors. All day concessions from York County School of the Arts. Free Admission and free parking. Location: 234 E. Queens Drive, Williamsburg.

## Hey Neighbor!

### BERKELEY PLANTATION CELEBRATES 400TH ANNIVERSARY 1619-2019

November 3, 2019

From 11 am – 4 pm, at Berkeley Plantation, 12602 Harrison Landing Rd. Charles City (directly off scenic Rt. 5 between Richmond and Williamsburg). House Tours 9:30 am– 4:30 pm. Berkeley Plantation hosts the Virginia Thanks-

giving Festival. This annual tradition dates back to 1619 when Captain John Woodlief and his crew of thirty-five men landed on the shores of the James River. The public is invited to bring chairs and blankets to enjoy the event. Comfortable walking shoes are recommended. Festival Admission and Parking (Cash only for parking): \$5.00 motorcycle/bike, \$10.00 car/van, \$20.00 bus. Tours of Berkeley's Manor House Available \$12.50 per person. Discounted rates for seniors, military and children ages 6-16. For more information call (804) 829-6018 or (888) 466-6018.

## Hey Neighbor!

### TRINITY ORGAN SERIES: "EVER ANCIENT, EVER NEW." JOEL S. KUMRO, ORGANIST

November 6, 2019

The free concert will feature sacred and liturgical music for the organ, including works from the classical repertoire by J. S. Bach, Jean-François Dandrieu, and Girolamo Frescobaldi, along with newly composed works by Aaron David Miller, Gerald Near, Lynn Trapp,

David Dahl, Mary Beth Bennett, and David Briggs. Refreshments will follow. Time: Noon at Saint Bede Catholic Church, 3686 Ironbound Road 23188. For information, call (757) 229-3631 or visit [www.bedeva.org/concerts](http://www.bedeva.org/concerts).

## Hey Neighbor!

### USMC BIRTHDAY CELEBRATION

November 9, 2019

The Williamsburg Area Marines (WAM) will observe the 244th Birthday of the founding of the United States Marine Corps at Legacy Hall in New Town from 6:30 – 9 pm. Color Guard, traditional readings, guest speaker, and cake cutting. Heavy hot and cold buffet, cash bar. \$ 35 per person. All Marines and friends invited. For information, call (757) 879-5153.

## Hey Neighbor!

### ON THE AIR

November 9, 2019

Magic of Harmony Show Chorus will present our Annual Variety Show "ON THE AIR" on Saturday, November 9 2019, 2pm; at Tabb High School, 4431 Big



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Bethel Road, Yorktown, Virginia. Travel back to a time when radio was king. Enjoy a “behind the scenes” look at station WMOH “The Voice of Magic” as they produce a radio program with music, entertainment and special guests that is sure to be enjoyed by all. Advance tickets are \$15; tickets at the door \$20; Students \$5.00. To order tickets call: Arlene Burch at 757-874-0262 or visit [magicofharmonyshowchorus.com](http://magicofharmonyshowchorus.com).

### **Hey Neighbor!** **GRIEF SHARE SUPPORT GROUP**

November 10, 2019

Walnut Hills Baptist Church, 1014 Jamestown Road, will offer a GriefShare seminar on Surviving The Holidays. The program will meet from 2 p.m. to 4 p.m. in the church Hospitality Center. This is a one-time support group to help those who have lost a love one learn to navigate the holiday season. There is no fee but registration is required. Please register with Carol Mitchell ([carol.mitchell@cox.net](mailto:carol.mitchell@cox.net) or 757-345-6294). For more information, visit [whbconline.org](http://whbconline.org).

### **Hey Neighbor!** **“ROCK AROUND THE CLOCK” FUND RAISER**

November 10, 2019

Registration is now open for the Williamsburg Contemporary Art Center’s - 60th Birthday Party! fund-raising event. “Rock Around the Clock” will be a tribute to the era when WCAC was born, and promises to be both nostalgic and a hoot! It will be held at the Williamsburg Moose Lodge. Reservations - \$75 per person. Don your poodle skirt, grease back your hair, and prepare to party! For info and reservations, contact Janis Wood at [jleewoodart21@msn.com](mailto:jleewoodart21@msn.com), or go to [visitwcac.org](http://visitwcac.org).

### **Hey Neighbor!** **PENINSULA AGENCY ON AGING – CAREER CLUB**

November 12, 2019

9-10:30 am. Join the Experienced Employees in Transition (40-and-

Over) Career Club. This program is provided by the Peninsula Agency on Aging for speakers, workshops, networking, emotional and resource support throughout your job search! Location: 312 Waller Mill Road, Room 801, Williamsburg

### **Hey Neighbor!** **FAMILY CAREGIVER MONTH**

November 13, 2019

In honor of National Family Caregiver Month this November, Respite presents an educational session for family care partners. “Teepa Snow’s Positive Approach to Care & Tips for the Holidays” Changing the culture of dementia care one mind at a time. Denise Butler, MS, CSA and Terry Sweaney, LPN, CGCM, CSA. Riverside Center for Excellence in Aging and Lifelong Health. 3:30-4:30pm. Williamsburg United Methodist Church. 500 Jamestown Road. Lower Level, Room #174. Please RSVP by Thursday, November 7 to Carolyn Yowell [cyowell@williamsburgumc.org](mailto:cyowell@williamsburgumc.org) or 229-1771 ext 354, so we may ensure adequate seating. Limited space is available in Respite during the session for your loved one to enjoy music by Elderberry Jam Band, but RSVP required so we can plan accordingly. This event is open to the entire community, please share with others that may benefit.

### **Hey Neighbor!** **MUSCARELLE @ MERCHANTS SQUARE**

November 13; November 20; December 18, 2019

Stop by Muscarelle @ Merchants Square (above Williams Sonoma) for an informal opportunity to engage with artist Steve Prince. You will have the opportunity to learn first-hand about the process of artistic creation and make your own take-away memento. Free and open to the public. Stop by any time between 1:00 and 3:00 PM on the following dates:

### **Hey Neighbor!**

### **THE DOCTOR IS IN SPEAKER SERIES**

November 14, 2017

Topic: Menopausal Urogenital Health. Riverside providers and other health care experts discuss pertinent, health-related topics geared toward those who live in our vibrant region. At Riverside Doctors’ Hospital Williamsburg, 1500 Commonwealth Ave., Conference Rooms A & B. Time: 6-7 p.m. (doors open at 5:30 pm). Speaker: Dr. Stacy Slat, Riverside Partners in Women’s Health, Williamsburg. RSVP: <https://www.riversideonline.com/events/Upcoming-Events.cfm?id=88>

### **Hey Neighbor!** **WILLIAMSBURG WOMEN’S CHORUS FALL CONCERT**

November 17, 2019

The Williamsburg Women’s Chorus fall concert will be on November 17, 2019 at Williamsburg Presbyterian Church, 215 Richmond Road, Williamsburg at 4:00 pm. “Songs on Life’s Journey” brings music that enhances the journey of life and what we encounter on the way- including love, dancing, nature and more. The Chorus will also be joined by a youth choir for 2 pieces. Tickets are \$15 for Adults and \$5 for Students and can be purchased at the door or at [williamsburgwomenschorus.org](http://williamsburgwomenschorus.org)

### **Hey Neighbor!** **ENGAGE 2045: SUMMIT ON THE FUTURE**

November 18, 2019

James City County invites community members to participate in the Summit on the Future from 6:30 – 8:30 p.m. at various locations throughout the County: James River Elementary School, the James City County Government Center Board Room (Building F), Jamestown High School, Berkeley Middle School, Lois Hornsby Middle School and Tano Middle School. The Summit on the Future is a key opportunity during the Comprehensive Plan update to shape the community’s future by sharing your vision and priorities. The Summit will incor-

porate live polling and other activities. Tell a neighbor, bring a friend and engage! All ages are welcome and light refreshments will be provided. Can’t attend in person? Participate in live polling on Channel 48 from home! Learn more about the process and the Summit on the Future at [www.jamecitycountyva.gov/engage2045](http://www.jamecitycountyva.gov/engage2045). Contact the Planning Division with any questions at 757-253-6685 or [planning@jamecitycountyva.gov](mailto:planning@jamecitycountyva.gov).

### **Hey Neighbor!** **HARLEM QUARTET TUESDAY**

November 19, 2019

The Chamber Music Society of Williamsburg presents the Harlem Quartet Tuesday, November 19 at 8:00 PM in the Williamsburg Regional Library Theatre. The Quartet incorporates works by minority composers as well as jazz, Latin, and contemporary compositions into their string quartet programs. For further information/tickets visit our website - [chambermusic-williamsburg.org](http://chambermusic-williamsburg.org)

### **Hey Neighbor!** **WILLIAMSBURG MUSIC CLUB**

November 20th, 2019

Woodwind virtuoso BRANDON MUSKO will present an energetic program featuring American jazz and swing music from the 1920s on saxophone and clarinet, accompanied by pianist Randall Lawson. This program is presented FREE as a gift to the community from the Williamsburg Music Club. In Lewis Hall of Bruton Parish, 331 Duke of Gloucester Street, Williamsburg. Program begins at 11 a.m., preceded by the meeting and Coffee Hour at 10 a.m. [www.williamsburgmusicclub.org](http://www.williamsburgmusicclub.org)

### **Hey Neighbor!** **MUSCARELLE MUSIC IN THE GALLERIES**

November 21, 2019

Please join us at the Muscarelle Museum of Art on November 21 from 6:00 – 8:00 PM for a perfor-

mance by flautist Talon Silverhorn. An Eastern Shawnee educator and musician, Silverhorn will perform and share stories within the galleries of the Museum's 1619 / 2019 exhibition.

**Hey Neighbor!**  
**HERITAGE HUMANE SOCIETY 19TH ANNUAL HOLIDAY BAZAAR**  
November 23, 2019

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

**Hey Neighbor!**  
**60TH ANNUAL GREEN SPRING GARDEN CLUB'S CHRISTMAS HOMES TOUR**  
December 7, 2019

9:30a.m.-5:30p.m. This year's tour will consist of five exceptional private residences in Historic Williamsburg. All homes will be decorated in seasonal period appropriate floral arrangements.

Advance tickets are \$35 per person available for purchase online at [www.greenspringgardenclub.org](http://www.greenspringgardenclub.org) until November 15. Tickets may be purchased for \$40 on December 6 & 7 at the Colonial Williamsburg Visitor Center and at the houses on the day of the tour. Tickets include free parking at the Colonial Williamsburg Visitor Center and use of the CW buses from the Visitor Center and around the Historic Area. Proceeds benefit local beautification, Horticultural projects and Scholarships for college and Nature Camp.

**Hey Neighbor!**  
**WILLIAMSBURG MUSIC CLUB**  
December 18, 2019

The Asian Community Service Center will present a program exploring the Essence of Chinese Traditional Culture, featuring a performance of traditional music on the Chinese GuZheng by Borong Tsai. Chinese piano and violin music will be performed by Eugene Liu and Angel Lu. This program is presented FREE as a gift to the community from the Williamsburg Music Club. In Lewis Hall of Bruton Parish, 331 Duke of Gloucester Street, Williamsburg. Program begins at 11 a.m., preceded by the meeting and Coffee Hour at 10 a.m. [www.williamsburgmusicclub.org](http://www.williamsburgmusicclub.org).

**Hey Neighbor!**  
**LATISHA'S HOUSE FOUNDATION ANNUAL GALA**

January 25, 2020

Latisha's House Foundation (LHF), a long-term safe house for adult female victims of sex trafficking that offers individualized support to empower them to build a bridge from their traumatic past to a positive future, will hold its annual gala on January 25, 2020, from 5:30 p.m. to 10:00 p.m. at Two Rivers Country Club. This year's theme, An Evening of Wine and Roses, will feature a Five Course Dinner with Wine Pairings, a Silent and Live Auction, and Dancing. For information on sponsorship and tickets, contact the LHF office at (757)346-5344, [latishashouse@gmail.com](mailto:latishashouse@gmail.com) or visit the website at [latishashouse.com](http://latishashouse.com).

**Hey Neighbor!**  
**VOLUNTEERS NEEDED**  
Ongoing

Please consider volunteering an afternoon per week or a Saturday morning with the Volunteer Income Tax Assistance (VITA) program during the coming tax season. VITA provides free tax return preparation and e-filing services February 1 through April 15 for low to moderate income taxpayers who need assistance in preparing their federal and state tax returns. VITA is a non-profit, volunteer run program supported by the Internal Revenue Service and Colonial Williamsburg locally. If you are comfortable preparing your own tax return and have basic computer skills, you have the basic qualifications. VITA will train you to complete tax returns for our clients. Please contact Al Cummins at

757-259-0739 or at [almarlene10@cox.net](mailto:almarlene10@cox.net) if you wish to join this very worthwhile community effort.

**Hey Neighbor!**  
**VOLUNTEER WITH SENTARA WILLIAMSBURG REGIONAL MEDICAL CENTER**  
Ongoing

Join us. Our volunteers play a vital role in helping us provide exceptional health care. Our volunteers generously give their time to help others. The department matches individual talents and interests to the needs within the hospital as possible. New volunteers attend an orientation to familiarize themselves with the responsibilities of volunteering and any specialized training their service area requires. Contact: Debi Hardin, Volunteer Coordinator @[dnhardin@sentara.com](mailto:dnhardin@sentara.com) or call (757)984-7195.

**Hey Neighbor!**  
**WOMAN'S CLUB MEETING**  
Ongoing

The Woman's Club of Williamsburg-GFWC is a group of women with many different talents and interests who have banded together to enrich the quality of life for citizens of our community, all while having fun and forming life-long friendships. We meet monthly for a short business meeting and to enjoy lunch and hear from an invited speaker. We welcome prospective members at any of our meetings! 2019-2020 meeting dates: Oct. 23, Nov. 20, Dec. 18, Jan. 22, Feb. 26, Mar. 25, Apr. 22, May 27, and Jun. 17.

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

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Email Linda (linda@womansclubofwilliamsburg.org) or Mary (mary@womansclubofwilliamsburg.org) if you'd like to join or attend a meeting. To get more information about our activities, visit us online at womansclubofwilliamsburg.org.

## **Hey Neighbor!** **STRYKER CENTER HOSTS WCAC EXHIBIT**

### Ongoing

The Stryker Center is hosting an exhibit by members of The Williamsburg Contemporary Art Center, currently underway through Nov. 22. Artwork highlights the diversity of contemporary art in Williamsburg and includes 2-D and 3-D art. Most is for sale. The Stryker Center is open to the public Monday through Friday from 10 a.m. to 5 p.m. WCAC is a volunteer-operated, non-profit organization, driven by its mission to enrich the community through contemporary art. The Stryker Center is at 412 N. Boundary St., next to the library.

## **Hey Neighbor!** **PINOCHLE OR BID WHIST CARD GAMES**

### Ongoing

Senior group of card players is looking for any person(s) who would like to play either Pinochle or Bid Whist cards. We meet every Tuesday at Williamsburg's Moose lodge from 1:30 - 4 pm. Location: 5429 Richmond Rd, call (703) 944-5107 for questions.

## **Hey Neighbor!** **JOIN MASTER GARDENERS**

### Ongoing

The VCE Master Gardener Program is currently accepting applications for its 2020 Training Class! The entirely community-based volunteer program has been providing high-quality horticulture-based programs for James City County and Williamsburg for over 20 years, with guidance and leadership from Virginia Tech and the Virginia Cooperative Extension. We welcome residents of Williamsburg, James City, New Kent,

and Charles City Counties to become part of our educational programs and events. No experience necessary! Classes meet Tuesday and Thursday mornings, from 9 am - 12 noon, January 7 - March 26, 2020. For application and more information, please visit us online at www.jccwmg.org or call the VCE office at (757) 564-2170.

## **Hey Neighbor!** **NEW PARKINSON'S SUPPORT GROUP**

### Ongoing

Led by Dr. Lyzette E. Velazquez of Riverside Neurology and Sleep Specialists. Dr. Velazquez offers a free, well-round monthly discussion featuring, in addition to herself, experts in the field, including physical therapists, dietitians, home health care workers, psychologists and more who will provide education information useful to anyone who interacts with the disease. Fourth Tuesday of each month, 2 pm, at Riverside Doctor's Hospital Williamsburg, 1500 Commonwealth Avenue, Conference Rooms A&B. Open to the general public. Parkinson's patients, caregivers, health care workers, interested community members.

## **Hey Neighbor!** **GROVE COMMUNITY GARDEN**

### Ongoing

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

## **Hey Neighbor!** **THE ARC NEEDS DRIVERS!**

### Ongoing

The Arc of Greater Williamsburg is seeking additional drivers to transport clients to evening activi-

ties and programs in our beautiful, handicapped accessible vehicles. Paid and volunteer positions are available! Activities are conducted 7-9 pm. CDL license is not required. DMV and background checks will be conducted. For information please email: pam.mcgregor@thearcgw.org. Visit our website at thearcgw.org.

## **Hey Neighbor!** **OSHER COURSES & LECTURES**

### Ongoing

The Osher Institute at William & Mary concludes its 28th year of lifelong learning with nearly 178 courses, activities and one-time-lectures, ranging from the arts to American and world history to technology to contemporary issues and more. Visit [www.wm.edu/osher](http://www.wm.edu/osher) to review courses and lecture topics and signup for a membership and register for courses. Members may register for up to eight courses and an unlimited number of activities and one-time-lectures each semester. Your membership is a ticket to learning about the world, engaging with others who have diverse life experiences, and enjoying the social sides of life. Questions? Call (757) 221-1506 or email us at [osher@wm.edu](mailto:osher@wm.edu). We will be happy to help, and we look forward to meeting you too.

## **Hey Neighbor!** **THE WILLIAMSBURG ROSE AND THISTLE - EMBROIDERY**

### Ongoing

This chapter of the Embroiderer's Guild of America meets the second Tuesday of each month (except June and December) from 10 am - noon at King of Glory Lutheran Church at 4897 Longhill Road in Williamsburg (Room 313). All types of hand embroidery are encouraged and visitors are welcome. Bring your stitching and meet other area stitchers. For information, contact Jennifer Reed at (202) 200-1369 or [LNER4468@hotmail.com](mailto:LNER4468@hotmail.com).

## **Hey Neighbor!** **DONATIONS NEEDED**

### Ongoing

Foundation for Rehabilitation Equipment & Endowment (F.R.E.E.) is in need of gently used shower chairs, tub transfer benches, grab bars, rollators, transport (lightweight) wheelchairs, manual wheelchairs in all adult sizes. Bariatric wheelchairs and rollators are especially needed. To donate, contact Diane Harrah, Program Assistant, F.R.E.E. Williamsburg Chapter, (757) 707-4741. F.R.E.E. is a non-profit that gifts mobility related equipment to adults who are uninsured or under insured and have no other means of obtaining needed mobility related equipment and bathroom transfer aids. If you or someone you know is in need of equipment call (757)707-4741 or visit our website at [www.free-foundation.org](http://www.free-foundation.org). Find us on Facebook at F.R.E.E. Foundation of Virginia.

## **Hey Neighbor!** **WILLIAMSBURG EAGLES**

### Ongoing

The Williamsburg Eagles Aerie 4548, a nonprofit group that gives back to the local community, is located at 113 Palace Lane in Williamsburg (behind Jose Tequila's and Rocco's). We are a member's only bar/restaurant similar to the Moose Lodge with some differences. We have two sides of our building. One non-smoking restaurant and one closed off smoking side. We just completed a renovation of our nonsmoking side and would like to get some exposure to try to get back the non-smokers to our club and increase our membership. A couple of fun facts about the FOE Eagles: 1904- Eagles make the first public plea for Mother's Day; 1935- Eagles played prominent role in the passing of the Social Security Act; in 1985, blooming from a strong relationship with member and entertainer Danny Thomas, the Eagles became the first organization to top \$1 million in donations to St. Jude's Children's Research Hospital. Call Kevin Mallory for more information: (757) 259-6868.

## Hey Neighbor!

### WILLIAMSBURG AMATEUR RADIO CLUB (WAARC)

Ongoing

The Williamsburg Amateur Radio Club (WAARC) meets every month on the Second Tuesday at 7 pm in the Community Room of the JCC Library on Croaker Rd. Vast opportunities to enjoy amateur radio and perform public service to the community. Members meet for breakfast every Saturday. Visit us at [k4rc.net](http://k4rc.net). or email to [info@k4rc.net](mailto:info@k4rc.net) for more details.

## Hey Neighbor!

### VOLUNTEERS NEEDED, WILLIAMSBURG FAITH IN ACTION

Ongoing

Faith In Action relies on volunteers to help keep seniors living independently in their own homes. Volunteers transport care receivers to doctor's appointments, the grocery store, bank, pharmacy, etc. Volunteers also provide in-home services such as care giver support, visits, and light chores. Faith In Action offers a flexible schedule for its volunteers. If you have a few hours to dedicate to someone who may need to get to a doctor's appointment, or just enjoy a friendly visit, then we have the place for you. If you are interested in volunteering, call the Williamsburg Faith In Action Office at (757) 258-5890.

## Hey Neighbor!

### JAMES CITY COMMUNITY CHURCH

Ongoing

"A Door of Hope" No matter where you are on your spiritual journey, we're glad you're here. James City Community Church is located at 4550 Old News Rd., Williamsburg. Services: 9 am (nursery provided) and 11am (birth - 5th grade programs provided). Come join us and feel free to participate as much or as little as you feel comfortable. We also offer Celebrate Recovery every Wednesday at 7 pm. Visit our website at [www.jccchurch.com](http://www.jccchurch.com)

to learn more about JC3.

## Hey Neighbor!

Ongoing

### VOLUNTEER WITH JCC PARKS & RECREATION

Volunteer with James City County Parks & Recreation! Lend a hand, Make a difference, Be a part of something great! Volunteering is your gift to our community. For a list of volunteer opportunities both in parks and recreation and County-wide, contact Angie Sims at [angie.sims@jamescitycountyva.gov](mailto:angie.sims@jamescitycountyva.gov) or call 75-259-5403.

## Hey Neighbor!

### LEARN MORE ABOUT HOSPICE HOUSE

Ongoing

We invite you to tour our home and gardens and learn about all we do for the community. On the first Thursday of the month, drop by between the hours of 12 - 2 p.m. to learn more about our organization. Questions or to RSVP (not required) Call: 757-345-5195. Email: Diane Schwarz, [dschwarz@williamsburghospice.org](mailto:dschwarz@williamsburghospice.org), 4445 Powhatan Parkway, Williamsburg VA 23188. [www.williamsburghospice.org](http://www.williamsburghospice.org). Caring for people at the end of life, comforting the bereaved and empowering others to do the same.

## Hey Neighbor!

### LOCAL FARM ANIMAL SANCTUARY

Ongoing

Life with Pigs Farm Animal Sanctuary in Williamsburg rescues farm animals that get to come and live out their happily ever-after here. For more information, contact Ryan at Life with Pigs Farm Animal Sanctuary, (219) 331-6204.

## Hey Neighbor!

### TURF LOVE PROGRAM

Year-Round

The Turf Love program is offered by the Colonial Soil and Water Conservation District to JCC residents who wish to grow and maintain a healthy lawn while protecting our surrounding environment. Through this program,

homeowners can request a visit from a trained Virginia Cooperative Extension James City County/Williamsburg Master Gardener, known as a Lawn Ranger, who discuss the importance of environmentally-friendly lawn care, and the potential for environmental issues that stem from not maintaining a healthy lawn, with each homeowner. To learn more about this program, please call (757) 645-4895.

## Hey Neighbor!

### BIRD WALKS WITH THE WILLIAMSBURG BIRD CLUB

2nd and 4th Saturdays

8-10 am. On the second Saturday of every month, the Williamsburg Bird Club leads bird walks different parks in the Williamsburg/James City/York area. The second Saturday is at a different park each month. Please check the calendar at [williamsburgbirdclub.org](http://williamsburgbirdclub.org) to find where these walks are held. New Quarter Park is located at 1000 Lakeshead Dr. in Williamsburg near the Queens Lake Neighborhood. Exit the Colonial Parkway at Queens Lake and turn right. Travel a short distance to Lakeshead Drive and follow the signs to the park. Meet in the parking lot. Bring binoculars or borrow some from the office. Free and open to the public.

## Hey Neighbor!

### VOLUNTEER WITH WILLIAMSBURG COMMUNITY GROWERS

Ongoing

Join us for a couple of hours of fun garden work planting, weeding, harvesting, learning about small scale farming and participating in our local food system! Our one-acre garden is located under the Dominion Energy power lines between Warhill High School and WISC, off Stadium Road. Tuesday evenings and second Saturdays mornings - choose as few or as many days as you wish, and children are welcome! Almost all of our harvest is donated to local charities. Community Garden plots available too! Email grow-

[williamsburg@gmail.com](mailto:williamsburg@gmail.com), or sign up at <http://signup.com/go>. Visit [www.growwilliamsburg.org](http://www.growwilliamsburg.org) and follow us on Facebook and Twitter!

## Hey Neighbor!

### CALL FOR THEATRICAL VOLUNTEERS

Ongoing

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

## Hey Neighbor!

### F.R.E.E. OF WILLIAMSBURG

Ongoing

F.R.E.E. is a non-profit that gifts mobility related equipment to adults who are uninsured or under insured and have no other means of obtaining needed mobility equipment such as canes, walkers, bed rails, hoist lifts, wheelchairs and power scooters. Equipment gifted also includes bathroom transfer aids such as shower chairs, tub transfer benches and bedside commodes. If you or someone you know is in need of equipment or would like to make a donation, call 757-707-4741, visit our website [www.free-foundation.org](http://www.free-foundation.org), or find us on Facebook.

## Hey Neighbor!

### ABUNDANT LIFE GROUPS MEETINGS

Ongoing

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

## Hey Neighbor!

### VIRGINIA AERONAUTICAL HISTORICAL SOCIETY

Ongoing

Every third Wednesday of the month, the Williamsburg chapter



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

### **Hey Neighbor!** **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/> Learn-HowToBecome.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. There is no charge to the student for the flight training. Students must be 16, 17, or 18 years old and in the 10, 11, or 12 grade when they start

the flight training. The program is 1 year long. The training is done at Williamsburg Jamestown Airport through the Williamsburg Flight Center. Your donations are tax deductible on your State and Federal Income tax. Any 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!** **VOLUNTEERS NEEDED**

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

### **Hey Neighbor!** **WILLIAMSBURG PARKIN- SON'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](mailto:WPSG@cox.net) for more information.

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

Ongoing  
You can't be the perfect mom, but you can be a praying mom. Moms join together to pray for our chil-

dren. No matter what age group, Pre-K to Graduate student, adult children and grandchildren. Now more than ever our children and our schools need the peace and power of prayer. Moms in Prayer International meets weekly every Wednesday at Calvary Chapel Williamsburg from 1 – 2 pm. Calvary Chapel is located at 5535 Olde Towne Road (behind Food Lion). Contact Info: Jeanne Hallman, 757-220-8400, [Jeanne4J@cox.net](mailto:Jeanne4J@cox.net)

### **Hey Neighbor!** **BIBLE STUDY IN NORGE**

Ongoing  
There is a comprehensive and in depth ongoing bible study and question answering session held at the Williamsburg library in Norge every Monday night starting at 6 pm. We also use the teachings based on the Shepherds Chapel for those that study with them, with question such as where did Cain get his wife and what was the mark placed upon him or what is the mark of the beast and his number 666 mean or what is the unforgivable sin, or why isn't Cain listed in Adams genealogy, so if your bible study is lacking the quality of study that you need to answer such questions then you are invited to join us, see you there. Contact: 757-253-0172 or 7576046649

### **Hey Neighbor!** **GROVE COMMUNITY GARDEN**

Ongoing  
Come grow with us!!! We are always happy to have volunteers come plant, prune, weed or water the garden! Or just come by and see what is growing! There are over 900 bulbs in bloom right now! The garden is coming to life and you can help! All are welcome! Volunteer!!! No amount of time is too small! Check out our new fence and expanded planting area, sign up for a plot! For info call Rob Till @757-332-3361. We are located at 1126 Professional Dr., Williamsburg 23185.

### **Hey Neighbor!** **MATURE SINGLES**

## **GATHERINGS**

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

### **Hey Neighbor!** **HOPE PREGNANCY CARE CENTER**

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

### **Hey Neighbor!** **VOLUNTEERS NEEDED**

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

ference!

### Hey Neighbor!

#### NORGE DEPOT MUSEUM

##### Ongoing

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

### Hey Neighbor!

#### HEAD START OPEN

#### ENROLLMENT

##### Ongoing

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

### Hey Neighbor!

#### BRAIN INJURY SUPPORT

#### GROUP

##### Ongoing

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

### Hey Neighbor!

#### MEETINGS - COLONIAL NA-

#### TURE PHOTOGRAPHY CLUB

##### Ongoing, first Monday

We meet the first Monday of every month at the James City Library on Croaker Road at 6:30 pm. The club is one of the few photography clubs in the area and has been in existence for over eight years. We have about 60 members with skill levels ranging from novice to nationally recognized. The club web site is [www.cnpcva.org](http://www.cnpcva.org)

### Hey Neighbor!

#### WILLIAMSBURG MOOSE

#### LODGE SEEKS NEW

#### MEMBERS

##### Ongoing

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

### 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](http://www.whitecloudzen.com) for details and fully updated schedule. Feel free to call Dr. Joseph Garcia at 912-677-3076.

**A COMPLETE LIST OF HEY NEIGHBOR! SUBMISSIONS MAY BE FOUND AT:**

[williamsburgneighbors.com](http://williamsburgneighbors.com)

# INFORMATION ABOUT Hey Neighbor!

Hey Neighbor! is a service provided to non-profit organizations, civic groups and churches. It is intended to inform Next Door Neighbors readers about community events they may want to attend, volunteer for or make a donation to.

**Hey Neighbor! submissions should be typed in this sample format:**

### Hey Neighbor!

#### RELAY FOR LIFE OF WILLIAMSBURG KICKOFF

January 11, 2020

JCC Recreation Center at 5301 Longhill Road. Meeting begins at 6 pm, doors open at 5:30 pm. Main event will be May 6, at Jamestown High School.

**Email your submission to: [heyneighbor@cox.net](mailto:heyneighbor@cox.net)**

### Deadlines for Submission

ISSUE	DEADLINE
DEC	Nov 12, 2019
JAN	Dec 10, 2019
FEB	Jan 14, 2020
MAR	Feb 11, 2020
APR	Mar 10, 2020
MAY	Apr 14, 2020
JUN	May 12, 2020
JUL	Jun 9, 2020
AUG	Jul 14, 2020
SEPT	Aug 11, 2020
OCT	Sep 15, 2020
NOV	Oct 13, 2020
DEC	Nov 17, 2020

WILLIAMSBURG'S  
**Next Door Neighbors**

Discovering the people who call Williamsburg home



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

**VILLAGE BANK**  
**TAILGATING**

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

Enjoy!

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

OCTOBER 2019  
In the Neighborhood  
Photo Challenge



ADVANCED





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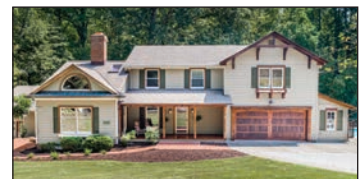
**5530 TYSHIRE PARKWAY**  
*Brickshire in Providence Forge*  
 Absolutely stunning lot on 16th hole! Beautiful views of the golf course. Access to the cart path from the yard .759 acres on corner lot in the desirable section of the Preserve at Brickshire! Offered at \$42,500

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**Kingsmill**  
**5 BR | 3.5 BA | 4,130 SQ FT**  
 A MUST-SEE property! | Family room with shiplap wainscoting, beamed ceiling, and FP First and second floor master bedrooms | Kitchen with granite, a pantries, and breakfast room | Wooded lot with private path leading to the 10th tee of the Plantation golf course | \$599,000

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**8740 Merry Oaks Lane**  
*Merry Oaks • \$550,000*  
 4 BR • 2.5 BA • 2,343 sqft on 0.82 acres  
 Craftsman style home, beamed ceilings  
 Double sided stone fireplace  
 Huge screened porch  
 Detached in-law suite or guest house  
 Pool, outdoor kitchen, waterfall, koi pond  
 Check out the Website:  
 8740merryoaksln.info

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 charlotteturner@lizmoore.com



**COLONIAL HERITAGE**  
 4BR | 3BA | 2817 sqft.

Cozy, light-filled & sought after Aldrich model with room enough for visitors and guests. Beautiful entry way with hardwood floors leads to large eat-in kitchen with granite, SS, gas range, and bar seating for up to 5. Great room features dining area and windows overlooking comfy deck to catch the breeze with stairs to backyard. Offered at \$385,000.

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**CLAREMONT, VIRGINIA**  
 4 BR • 3 BA • 3,065 sqft

Sitting high on a private bluff, this historic home overlooks a mile-wide expanse of the James River. Peaceful and private. Soaring ceilings with original architecture and moldings throughout with spacious rooms and modern kitchen. Priced at \$399,900. Truly spectacular!

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**141 ROGER SMITH**  
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 Lots of upgrades including a complete new master bathroom renovation!  
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