

October 2021

WILLIAMSBURG'S

Next Door Neighbors[®]

VOL.15, ISSUE 10

PRICELESS

Discovering the people who call Williamsburg home



Health

Nicole Lehr

We are healthier **TOGETHER**



A Network of Care when and where you need it.

- Primary and Specialty Care
- Emergency and Urgent Care
- Senior Living and Rehabilitation
- Home Health and Hospice

Riverside's network of expertly trained medical providers and specialists are your partners throughout your journey of lifelong health and wellness.




RIVERSIDE

riversideonline.com





THE HOUSING MARKET IS HEALTHY!



**Update Now.
Pay Later.
Sell for More!**

Want to learn more? Please visit
lizmoore.com/agent/NanPiland/UpdateNowPayLater



5304 Sloan Square
3 bedrooms 2 1/2 baths 1528 sqft
Charming 3 bedroom townhome located in popular Longhill Gate. This neighborhood offers a pool, tennis courts, picnic area, playground and more. Located minutes to shopping, dining and commuting. Enjoy entertaining in this open floor plan with wood floors, beautiful trim and spacious living areas opening to a private deck. Upstairs are three bedrooms and two full baths. The primary bedroom offers it's own bath.

Tammy Smith
757-879-2446
homeinfo@tammysmith.com • tammysmith.com



1 Spring W
3 BR | 2.5 BA | 1,406 sqft
There's nothing spooky about purchasing this townhome in Seasons Trace. A pre-listing inspection, ensuring there are no dark secrets lurking within. With a new roof and new HVAC, have no fears about a mysterious chill running through your new home. Scared about being caught in a shadowy and frightening space? This townhome is bright and beautiful throughout, particularly in the white kitchen with new quartz counters & tile floor. Outside, enjoy the beautiful fountain pond, patio, and charming wooded view (the woods are NOT haunted), all while being central to everything Williamsburg.


Stephanie Henning
Guiding Your Sales
607-331-9825
stephaniehenning@lizmoore.com
www.stephaniehenninghome.com



SELLING A HOME DOESN'T HAVE TO BE SPOOKY
WITH ME, IT'S ALL TREATS ...AND NO TRICKS!
CONTACT ME TODAY!

HAPPY HALLOWEEN!

Brandi Walker
757-751-7743
brandiwalker@lizmoore.com
brandiwalkerhomes.com



Those letters after my name are not just alphabet soup!
They represent how I can best serve you, your family and friends. As a real estate professional, I take great care to continually grow, improve and update my knowledge of the industry.
I'm always here for you!

Heather Moorefield
ASSOCIATE BROKER
BRSA, CMAA, REALTOR, ABR, CRS, SFR, SPIN, RESA, CMA, FPA, DRONE PILOT
757-784-2667
heathermoorefield@lizmoore.com



UNDER CONTRACT IN 1 DAY


108 Richards Road
Inventory is low, but buyer demand is high.
Call me today to get your home sold!

Leigh Ann Fisher
REALTOR
757-784-3230
leighannfisher@lizmoore.com

Empty Nest?
Time to downsize?
I can help!
757-880-3330



Elaine Roberto
Associate Broker
ABR • SRES Realtor
(757) 880-3330
elaineroberto@lizmoore.com



100 Lakewood Dr.
Oversized ranch home with walkout lower level and huge bonus room. Close to town, with no HOA. Potential for in-law suite. 4BR/3.5 BA, 4600 sf. \$650,000.

Tony Pauroso
REALTOR
757-645-8168
tonypauroso@lizmoore.com



17 Winstler Fax, Kingsmill
4 BR, 3.2 BA, 2,961 sqft
Largest townhome in Winstler Fax. 1st floor primary BR overlooking park-like setting. Walkout basement w/ 2nd kitchen & space for an extra large family rm. Main floor w/ kitchen, dining rm, family rm, & wood burning fp. 2nd floor w/ large primary & 2 addl BRs, all have excellent closet space. \$365,000
Check out the website:
17WinstlerFax.info

Charlotte Turner
ASSOCIATE BROKER
TURNER ASSOCIATES
757-784-4317
charlotteturner@lizmoore.com



NEW TOWN in Williamsburg
4305 Lydias Drive
This one won't last long! Beautiful 3 level 3bed/ 3.5bath located in beautiful park setting. Private patio in tranquil fenced back yard. Oversized 2 car garage. Offered at \$365,000.

Shelley Sheehe, Realtor®
757-870-4640
ShelleySheehe@lizmoore.com
LizMoore.com/ShelleySheehe



I'm Looking for Listings!
It's a great time to list your home.
Jennifer Brown
757-876-2496
jenniferbrown@lizmoore.com
lizmoore.com/jenniferbrown



104 Cedar Court in Kingspoint
Under contract in 24 hours!
Call me to discuss if the time is right for you to make your move.

Mish Vaiden-Clay
ASSOCIATE BROKER
SRES, CRS, GRI, ABR, SRS, CSI, PRO, ASP
757-810-7133
mish@lizmoore.com



OLD POINT

Old Point Offers Online Appointment Scheduling!



It's easy, convenient, and safe!

Visit our website to set up a time to meet with our financial professionals in-person, by phone, or by video.

- Personal & Business Banking
 - Lending Solutions
 - Mortgages
 - Insurance
- Wealth Management

OldPoint.com | 757.728.1200



Meredith Collins, Publisher

We can't open a newspaper or magazine, listen to the radio, or watch a TV program without encountering a flood of stories and advertisements about improving our health. Well, here's a few more stories entirely from our neighbors. We must be mindful of our health as it is what sustains our life. There can never be enough information, enough insight and personal

accounts about the medical related issues that affect our ability to not just survive, but thrive.

The human body is, by far, the most complex creation in this world and despite how much we have learned about maintaining it over the past 2,000 years or so, there is still far more that we do not know or understand.

I am grateful to all of the medical professionals, patients, caretakers, and charitable organization workers who took the time to share their stories with us this month. For a relatively small community we are certainly blessed with much health care expertise. There are so many amazing stories of perseverance and recovery right here in our community that provide proof of the resilience and strength of the human spirit. I hope you enjoy this issue. NDN

Inside

- | | |
|-----------------------------|--------------------------|
| 5. Nicole Lehr | 33. WHF Community Report |
| 10. Dr. Arnetta Hamrick | 47. Publisher's Message |
| 14. Makayla Stokes Lawrence | 48. Angel Hollman |
| 17. Robin Wyatt | 52. Matt Sileno |
| 20. Brandon Randall | 55. Anne Conkling |
| 24. Dr. Robert Posner | 58. Caterina Novelliere |
| 27. Dr. Stacey Hall | 61. Morgan DuPont |
| 32. Kimberly Routh | 63. In the Neighborhood |

© 2021 Collins Group, LLC. Williamsburg's Next Door Neighbors is a community publication solely owned by Collins Group, LLC. It is published monthly for Williamsburg area residents. The stories within this publication are intended to introduce readers to their neighbors and are not endorsements for those individuals, their abilities, interests or profession.





Surviving. Thriving.

By Narielle Living

Murawski Photography

Sometimes a dream is more significant than other times. And sometimes a dream is a body's method of signaling when something is wrong.

In the fall of 2017, Nicole had a dream about a lump in her breast. "You have dreams, but a lot of times you forget them," she says. "The next morning, it dawned on me while I was in the shower. I checked my breasts, and there it was."

Initially, Nicole was not too concerned. A

mother to two young children at the time, an eight-year-old daughter and a four-year-old son, she assumed that the lump was simply a manifestation of a tight muscle. "It was really high, almost to my pectoral muscle."

Nicole is the owner and a service provider of Purity Day Spa, a holistic health spa. Her business provides services including nail-care, skincare and massage therapy. When she discovered the lump, which was about the size of her thumb, she asked a former

co-worker to work on it to try to break up the knot, but of course no amount of massage could address the issue.

By January 2018, she was concerned and went to see the doctor. The lump had moved a bit, and she wasn't sure what was happening. "They told me it was a blocked milk duct then sent me for a mammogram and ultrasound." Fortunately for Nicole, she had already had a blocked milk duct, which was previously diagnosed from a mammogram.



YOUR LEGACY

THEIR FUTURE

Working on your estate plan? Make the future a little brighter for the next generation with a charitable bequest.

Contact us to get started.

Williamsburg
COMMUNITY FOUNDATION

757-259-1660

Not sure how to help your teenager file college applications?



Pam Rambo, Ed. D.
pamela.rambo@cox.net
Experience in admissions, counseling, scholarships and financial aid.

We can help!

Get expert assistance with:

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

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

Looking for the Best in Italian?

Full Italian Menu!

Golden Winner for The Best Pizza in Williamsburg 2020 & 2021



- Free Delivery (5 mile radius)
- Gluten Free Menu
- Full Menu & Easy Online Ordering
- Family Atmosphere

Antonio's

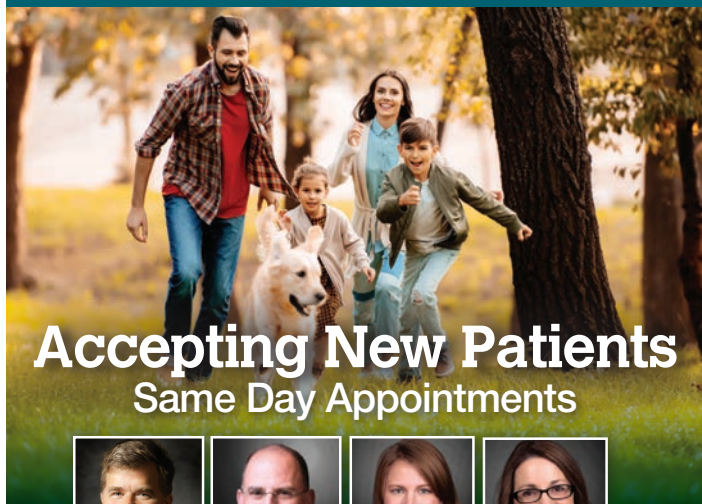
RISTORANTE ITALIANO

757-258-5300

801 E Merrimac Trail, Williamsburg, VA 23185

www.antonioswilliamsburg.com

Discovery Park Family Medicine



Accepting New Patients Same Day Appointments



Thomas Hoag,
DO, MBA



Glenn Rauchwarg
DO, FAAFP



Barbara
Routé, FNP



Nicole Tiefel,
DNP-FNP-C

On-site Imaging and Lab

TPMG Discovery Park Family Medicine
Tidewater Medical Center at New Town
5424 Discovery Park Boulevard, Bldg. A, Suite 201
Williamsburg, VA 23188
(757) 345-2071



This meant that the doctors had a baseline to view her results.

On Valentine's Day, 2018, Nicole received her diagnosis of stage three triple-negative breast cancer. "The lump was actually five centimeters, the size of a lemon. I had been feeling the very top of it."

This is, of course, is a devastating thing to be told. But Nicole has some advice for anyone who may be receiving a new breast cancer diagnosis. "Number one, breathe. Everything is going to be okay." Her second piece of advice would be more difficult for anyone prone to doing their own research. "Number two, stay off of Google. You don't know what is going on until you hear the facts from your doctor. Get a second opinion and be your own advocate."

Being her own advocate was a very important piece of Nicole's process through the breast cancer journey. Originally told she had a blocked milk duct, she then heard from another doctor that they could not make any promises that she would survive. "Not what you want to hear when you're 37," she says. After that initial diagnosis, she went to VCU and had an appointment with the head of the breast surgery department. This doctor had a much different outlook. "He said, 'We got this. We can cure this', and that's what I wanted to hear," she says. "Surround yourself with positivity, and it's amazing how much stronger it can make you. Be positive, and trust in yourself. And as cliché as it sounds, cancer showed me how much I'm loved by friends and family and how strong and capable I am, physically and emotionally. So, I know no matter what is thrown at me in life, I can handle it."

Treatment for breast cancer is not easy, but Nicole did everything her doctors asked her to do. She went through 16 rounds of chemotherapy, a partial mastectomy with reconstruction and 30 rounds of radiation.

She was young and had young children, so that made her somewhat more tenacious. "It was really important to keep normalcy for the kids, so I still went to work. I didn't work as much but I went to work." In addition, Nicole credits her support system for playing a large role in her recovery. "I had amazing friends who came in and took care of my clients for me when I wasn't physically able to be there. It's amazing, the good that comes from people when you call on them or don't even call on them, they just show up and say, you don't have an option, I'm helping you."

Previously, Nicole had done some volunteer work with Here for the Girls, an organization dedicated to improving the lives of women affected by breast cancer through a variety of programs and services. Usually, Nicole's business would offer chair massage to people who signed up for the golf tournament or the Fun Run sponsored by Here for the Girls. The day she was diagnosed, Nicole had just committed to working at the golf tournament. "I called the representative back and said, well, now I'm a Boober."

The term "Boober" is the name Here for the Girls uses for the women they serve.

At that point, the representative for Here for the Girls connected Nicole with the Williamsburg support group. It became an emotional lifeline for Nicole. "Triple-negative is one of the rarest forms of breast cancer. Ironically, the Williamsburg group had two Boo-

How Frustrated Are You?

with

• “Yo-Yo Dieting”? • Low energy levels? • Not fitting into your beautiful clothes?

• Taking medications for medical problems linked to poor weight control, such as diabetes, high blood pressure, and/or acid reflux?

• Chronic back, hip, knee and feet pain? • Knowing you have a higher risk for severe Covid Disease?



BEFORE Chris Hunter

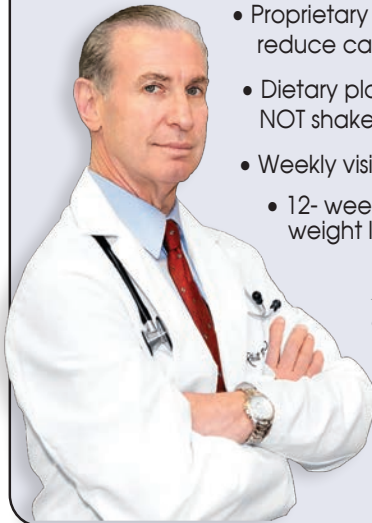


AFTER Chris Hunter



BEFORE Meggan **AFTER**

The Medically Supervised Serotonin-Plus Weight Loss Program is YOUR Answer.



- Prescription, FDA-approved medication to decrease appetite and boost metabolism
- Proprietary serotonin nutraceuticals to reduce carbohydrate cravings
- Dietary plan based on “real food” ... NOT shakes/bars/prepackaged foods
- Weekly visits for behavioral medication
- 12- week program averages 30 pounds of weight loss in females, 40 pounds in males

Dr. Robert Posner researched, developed and patented oral serotonin supplementation. He has helped tens of thousands of people lose weight safely and effectively. He is a former decorated U.S. Navy Physician, and Diplomate, American Board of Internal Medicine.



BEFORE Patricia Heenan



AFTER Patricia Heenan

Contact Us NOW for a FREE Consultation with Dr. Posner.

(757) 277-0107

SP Serotonin-Plus
Weight Loss Program®

www.spdiet.com/williamsburg
1310 Jamestown Rd., Williamsburg

“Dr. Posner is the Man!! Dr. Posner and his staff are excellent. They understand it goes beyond weight loss. The program helps boost confidence and mentally prepares you for success after you leave. Truly life changing and I highly recommend joining the program.” ~ Shawn Springs, Former NFL Pro



“Dr. Posner has helped thousands of people lose weight safely and effectively, and we are thrilled to have him and the Serotonin-Plus Team now in Williamsburg.”

~ TW Taylor, Owner
Williamsburg Drug Co.



Enjoy State of the Art Dentistry

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



**30 years
of experience in a
full range of dental
services.**

CHILDREN & ADULTS
MOST INSURANCES ACCEPTED

Edward A. Owens D.M.D.

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

757-229-6414

www.DrEdwardAOwens.com

EUROPEAN CARS OF WILLIAMSBURG AUTO SALES & SERVICE

Sixth Annual 2021
ECWAutoFest
Saturday, October 16, 2021 • Williamsburg-Jamestown Airport



Join us Saturday, October 16, 2021 from 10am-2:30p.m. for our annual fundraiser car show, benefiting the Williamsburg Volunteer Fire Department and CHKD's Cancer and Blood Disorder Center.

All Car Makes and Models Welcome!

Trophies! Raffles! Food Trucks!

REGISTER YOUR CAR ONLINE AND FIND MORE INFORMATION AT:
www.eurocarswmbg.com/events

PRESTIGE SPONSORS

Audi/Volkswagen—BMW/MINI—Jaguar—Mercedes-Benz/Smart—Porsche—Saab—Volvo

421 E. Rochambeau Drive • 757-220-9660 • www.eurocarswmbg.com

bers who were triple negative.” At that point, Nicole had already spoken with the doctor who told her he didn’t know if she would survive. “I really needed to see them and see that they were still here,” she says. “They sat down with me, had lunch with me and told me what to expect, how things are going to go and how I was going to feel after each chemo. I now refer to them as my sorority sisters.”

Here for the Girls provides a range of programs for women with breast cancer as well as their families. Like most things, the advent of COVID meant they switched to mostly virtual meetings and retreats. “They’re just somewhat slowly getting into in-person meetings. In Colonial Williamsburg, we like to go for walks and things like that but before COVID, we would gather once a month, they would provide dinner, we would do a craft or whatever and they would have activities that we could do.” Nicole says that everything was free of charge for the participants, including the annual retreat for women with breast cancer. “They have an annual retreat for all the Boobers every summer or early May.” The retreat can host around 100 women, and Nicole says she was fortunate to attend a couple of them. “Luckily, I went the year I was in treatment, and I went the following year. This past year they did it virtually, which was still just as amazing, but we couldn’t hug each other and hold hands.” According to Nicole, women across the country are part of this organization. “It’s pretty amazing that some of the Boobers you’ve never met, welcome you like they’ve known you your whole life. The first retreat I went to, they welcomed me with open arms and gave me advice on my upcoming surgery and radiation. They’re amazing. We look at each other like sisters. There’s no judgement. Nothing but love and support.”

Her advice to people supporting someone with breast cancer is simple: let the person with breast cancer state her needs. Otherwise, just be there. “People aren’t always sure what to do. And I know as the person who is going through it, there are probably times when you don’t want to have to explain yourself because you’re just tired.” So far, Nicole has not had a recurrence of cancer. She is currently on year three of having a clear diagnosis, and after year five she can officially proclaim herself cancer free. Although not quite there yet, she is optimistic. “I’m not ready to shout from the rooftops, but I’m in a good place.”

Today, Nicole Lehr is grateful for her life, her family and her health. “Be diligent in your health. Only 20 percent of women actually have a family history of breast cancer, and one in eight women in their lifetime will be affected by breast cancer, no matter what age. I wasn’t even old enough for a mammogram. If I had waited until I was 40, who knows where I would be right now since I was already stage three. Be your own advocate and listen to your instincts. If something doesn’t feel right, then follow through for answers.” Nicole says she has heard stories about many people who didn’t push and advocate for themselves, then it was too late. The other option, she says, is to take someone to appointments with you who will advocate for you.

In the end, having a healthy body is worth it. NDN



2 for 1 Cruise Fares
FREE Roundtrip Airfare*
FREE Airport Transfers*

plus choose one:

FREE Shore Excursions
FREE Beverage Package
FREE Shipboard Credit

EARLY BOOKING EXCLUSIVE

\$149 Premium Economy
Air Upgrade Available*

plus inclusive amenities:

FREE Internet
FREE Specialty Restaurants
FREE Room Service 24 Hours a Day
FREE Shuttles to City Center
FREE Fitness Classes
FREE Still & Sparkling Vero Water
FREE Soft Drinks & Specialty Coffees
FREE Launderette

2023 COLLECTION
EUROPE *and* NORTH AMERICA
INCLUDING VISTA INAUGURAL VOYAGES

Mediterranean | Baltic, Scandinavia & Northern Europe
Alaska | Canada & New England | Transoceanic

Total Itineraries: 179 | Total Ports: 269
Voyages Featuring Overnight(s): 120 | Total Overnights: 190
Grand Voyages: 57 | *Vista* Inaugural Voyages: 18



Contact Warwick Travel today and ask about
FREE Pre-Paid gratuities on select sailings and book by October 15, 2021 to
qualify for a \$200 Shipboard Credit on a Veranda Stateroom and above.

Call the Travel Professionals at Warwick Travel • 757-599-3011
10858 Warwick Blvd, Suite C, Newport News, VA 23601



Helping Others Swallow

By Narielle Living



Murawski Photography

Sometimes, the career we have planned is not the career that we are meant to be living. When Dr. Arnetta Hamrick, SLP.D., CCC-SLP, left Philadelphia to study at Hampton University, she began college life as a business major. "In all honesty, I went to the university as a business major," she says. She had big plans for how her future would unfold. "I thought my dream was to own my own business, be a big-time CEO." But she discovered that was not really a life that suited her. "I didn't love the course work in college."

Today, Dr. Hamrick spends her time in a completely different setting. As the Director of Physical Rehab, Speech-Language Pathologist for Eastern State Hospital as well as a very small private practice, she devotes most of her days in a world that is decidedly un-businesslike.

Her decision to enter this field was one of a perfect alignment of people in her life. "One of my suitemates who lived across the hall from me was a communication sciences and disorders major, and she convinced me to take an intro course with her." Because

she had to fulfill a certain number of prerequisites, and she thought the class would be an easy A grade, Dr. Hamrick was surprised at how much she enjoyed the class. "I fell completely in love."

Originally from Philadelphia, Dr. Hamrick first came to this area to attend college at Hampton University. "I attended Hampton University for my undergrad degree, and I went back to Philadelphia for a few years to work," she says. "I came back to Hampton University and did my master's degree in Communicative Sciences and Disorders."

Everyone Needs a Little Help Sometimes.

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



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



Caregivers In-Home Care
757-345-0393
243 McLaws Circle, Suite 102
www.CaregiversInHomeCare.com

Certified Public Accountants



Rodney W. Bolyard, CPA
1209 Jamestown Rd.
Williamsburg, VA 23185
757-810-6606
rbolyardcpa@mossandriggs.com

Our focus is on you, the client, helping you to achieve the fullest potential in your business, professional and personal financial affairs.

- Tax Services
- Consulting
- Accounting
- Compliance

Moss & Riggs, PLLC
Certified Public Accountants

www.mossandriggs.com

Within her field, Dr. Hamrick works in an extremely specialized segment. “Speech language pathology is a vast profession,” she says. Speech and language disorders are two different categories within her field. “Speech disorders deal with articulation; how we say words and sounds such as with articulation, voice and fluency. A language [disorder] is how you can understand speech and how you understand language and how you communicate that information.”

Dr. Hamrick’s focus is slightly different. “In my current position, I primarily work with patients who have difficulty swallowing,” she says. According to Dr. Hamrick, the technical term for a swallowing disorder is dysphagia. “The patients have limitations with chewing, managing their food safely and swallowing safely.” In addition, many of her patients have a past medical history of aspiration pneumonia which can occur when food or drink is swallowed into the lungs, as well as PEG, percutaneous endoscopic gastrostomy, tube placement issues. The PEG flexible feeding tube is placed through the abdominal wall and into the

stomach to provide medicine and fluids to a patient. “I work with patients to enhance their overall safe intake of food, to maintain their adequate nutrition around the fact that they have difficulty with swallowing.”

While this can definitely be an issue in patients who have cognitive disorders, Dr. Hamrick says this also occurs among patients at Eastern State Hospital with issues such as brain injuries, a stroke or cerebrovascular accident (CVA), as well as things like Lou Gehrig’s disease (ALS).

“It really varies, and in this population, we have a lot of patients on antipsychotic medication. The medications can cause dry mouth, and they can affect movement, so their motor movements are adversely affected, making it difficult for them to safely manage their food and liquids.” With those issues, patients then have difficulty assimilating the proper nutrients they need from food and can have difficulty with maintaining their nutrition. At that point, Dr. Hamrick receives a referral for that patient to assess their overall intake to ensure that they can eat safely.

Her approach to the issue of chewing and swallowing depends on the severity and type of illness the patient presents. “If a patient has a new brain injury, and it prevents them from being able to chew their food, then I work with that patient on determining safe strategies. So, we work on how you should chew your food and whether or not you should put food on the right side of the mouth or the left side of the mouth and ensuring that the texture is the appropriate texture. If a person has very slow oral movements, you don’t want to give them something like steak, because that food requires a lot more mastication. We might get the patient something like meatloaf that requires less chewing and work closely with dietary and food service to ensure the appropriate texture is provided. It really depends on that patient’s individual needs and what has occurred, and it varies based on the severity of the illness.”

Dr. Hamrick’s decision to permanently relocate here from Philadelphia came about because she loved the area and was looking for a place to settle and raise a family. “I



Helena S. Mock, Managing Attorney

Catherine E. Sears, Associate Attorney



The Peninsula Center
for Estate and Lifelong Planning

461 McLaws Circle, Suite 2, Williamsburg, VA • 757-969-1900 www.tpcestate.com

Let Us Help You Navigate The Challenges In Life

There are often times where legal guidance is necessary to navigate the challenges we all face in life. Whether it’s the birth of a new child or grandchild, the death of a parent, a spouse who has been diagnosed with dementia, a loved one who becomes disabled or perhaps the transition of the family business – our attorneys and staff are here to provide legal support for you and your family.

did try to go back to Philadelphia, but as I was trying to transition back, I realized that Philadelphia, I love it, but it's busy. Getting from place A to place B was just time consuming." She loves the pace of life here in Williamsburg and appreciates the warm summers, saying she is not really happy with colder weather.

It's not just the area she loves. In addition, Dr. Hamrick loves working at Eastern State Hospital. "I've been here 17 years, and this has been an environment where I found I love mental health. I love the challenge of working with this population of patients, and I don't have any reservations about working on units. It's just kind of a normal situation to me."

She also appreciates her co-workers, who she says do an amazing job. "My staff is extremely supportive of each other."

The thing Dr. Hamrick likes most about her job is her ability to have a positive effect on patients' lives. "What I really enjoy is the outcome," she says. "I really enjoy seeing patients eating, enjoying food, having the opportunity to eat when they couldn't eat

before, or gaining weight and looking back at the strategies that we've implemented and knowing that those strategies have worked."

The simple act of being able to eat can have a tremendous impact on people. She notes that most of us don't generally consider the fact that we can eat. "You and I don't think about it as being anything other than the fact that we're hungry, we eat, we enjoy it, but for patients who have difficulty swallowing, it can be traumatic. Enjoying food is something that we take for granted until we can't do it. I work with patients to try to provide things that they want, so that they can have a better quality of life. I feel good when I know that I walked away from a situation and the patient can eat or the patient didn't have to have a PEG tube placement because we were able to implement strategies and modifications that allowed them to eat food. In doing that, they can now live more normally."

In her spare time, Dr. Hamrick focuses on her family and continuing education. "My husband, Randy, is a registered nurse, and I have 2 daughters, Jeylah, a sophomore in

high school and Leyjah, a sophomore in college that I enjoy spending family time with." In addition, she loves music, but tends to avoid being outdoors due to the high pollen count in this region.

"For the most part, I am obsessed with continuing education, so I spend a lot of time reading." Dr. Hamrick returned to graduate school after being in the field for many years and earned a clinical doctorate in speech-language pathology. She recently earned her fourth award for continuing education from the American Speech-Language-Hearing Association (ASHA), which is the national organization for speech, language and hearing professionals. This recognition is given when an individual completes 70 hours of continuing education within a three-year period. "I'm excited about that," she says.

Dr. Arnetta Hamrick recognizes her life as being fortunate. She has realized her dream of working in a career she loves at a hospital she respects, and all of this with the ongoing support of her family. "I love it here," she says. NDN



360 AIR TECH

HEATING AND AIR CONDITIONING

INDOOR AIR QUALITY PROFESSIONALS

Our technicians are factory trained,
NATE (North American Technician Excellence)
certified and equipped to handle anything from routine
maintenance and repairs to complete system replacement.

Installation • Maintenance • Service
Upfront Pricing • Financing

CALL TODAY! (757) 630-7678

5% Discount for Active Duty Military, Vets, First Responders

Visit us on our website
www.360airtech.com
Email: info@360airtech.com
Licensed, Bonded, Insured

5812 Mooretown Rd., Suite G
Williamsburg, VA 23188



FREE ESTIMATES




BUILT TO A HIGHER STANDARD

American Standard

HEATING & AIR CONDITIONING

Financing offered with approved credit by Wells Fargo Bank, N.A., an Equal Housing Lender. Ask for details.





WITH YOUR HOME AGAIN

A HOME EQUITY LINE OF CREDIT CAN HELP!

<p>Introductory Rate of</p> <h1 style="font-size: 2em;">2.75%</h1> <p>APR*</p> <p>for the first 12 months</p>	<p>As low as</p> <h1 style="font-size: 2em;">3.25%</h1> <p>APR*</p> <p>variable thereafter</p>
---	--



baylands
family credit
union

Helping families live better lives.

Learn more & apply

BAYLANDSFCU.ORG

888-843-2520

*APR = Annual Percentage Rate. Introductory interest rate of 2.75% APR for the first 12 months is effective 07/01/21 and reflects the current minimum rate offered. The rate may be adjusted based on individual credit standing, debt ratio, and amount of equity in property. Not all borrowers will qualify for the lowest rate. After the first 12 months, the rate will be as low as Prime Rate plus a margin depending on the member's credit standing, debt ratio and amount of equity in the property at the time the Home Equity Line of Credit (HELOC) was originated. Current rates (as of 07/01/21) range from 2.75% to 18.00% APR. The minimum rate after the first 12-month promotional period is based on the Prime Rate as published in the Wall Street Journal on the first day of the month preceding the rate change date (December 1, March 1, June 1, and September 1). The interest rate on HELOCs is reviewed quarterly and is subject to change the first day of January, April, July and October. The maximum interest rate allowed under the plan is 18.00% APR. The following closing costs on a new HELOC will be waived if the outstanding balance is at least \$5,000 for the first year: application fee, flood certificate, closing document preparation, and Credit Line Deed of Trust recording fees. In the event that the HELOC balance falls below \$5,000.00 in the first year, the credit union would require the member to pay all waived closing costs. Property insurance is required. A \$25,000.00 initial draw is required. Membership eligibility required. A Prime Share Account (membership) with a minimum deposit is required upon loan approval. Additional fees, terms and conditions may apply to this offer. Offer is subject to change or end without notice. For further details, please contact a Mortgage Specialist. This credit union is insured by the National Credit Union Administration.





James City County Parks & Recreation

FALL 2021 ACTIVITY BROCHURE

GET YOUR COPY!

Parks & Recreation invites you to Fall with a variety of great programs, events and activities for all ages, interests and abilities!

This edition of *Destination Recreation* highlights all of the department's offerings through December, so many opportunities to have fun and get fit!

**OVER 10
SPECIAL EVENTS
OFFERED!**

JAMES CITY COUNTY PARKS & RECREATION

DESTINATION RECREATION

FALL 2021 • SEPTEMBER-DECEMBER • JAMESCITYCOUNTYVA.GOV/RECREATION

REC Connect... Celebrating 35 Years!

40
The benefits are endless!

ALSO INSIDE:

Boo Bash at the Beach	PG 23
Live Well Expo	PG 23
Bike the Bridge	PG 23
Breakfast with Santa	PG 24

RECYCLE PLEASE
CAPRA
James City County Virginia
VISIT US ONLINE!
JAMESCITYCOUNTYVA.GOV/RECREATION

The Destination Recreation Fall 2021 Brochure can be downloaded at jamescitycountyva.gov/recreation.

Copies may also be picked up at any of the following locations during regular operating hours:

- **Abram Frink Jr. Community Center**
8901 Pocahontas Trail
- **James City County Recreation Center**
5301 Longhill Road
- **Chickahominy Riverfront Park Office**
1350 John Tyler Highway
- **Freedom Park Interpretive Center**
5537 Centerville Road
- **Satellite Services Office**
3127 Forge Road in Toano
- James City County & Williamsburg libraries

For information and registration details: Call 757-259-4200 or visit jamescitycountyva.gov/recreation.

MAKAYLA STOKES LAWRENCE



Murawski Photography

A New Heart

By Brandy Centolanza

One fall evening four years ago, fans gathered at York High School to watch the football team play. Makayla Stokes Lawrence, who was 16 at the time and a junior, cheered from the sidelines, urging her team to victory. At one point, she started to feel unwell, and when it got worse, her coach sent her home.

Soon after that, Makayla lost consciousness and was rushed to the emergency room. To everyone's surprise, physicians discovered Makayla's heart rate was abnormally high at 262 beats per minute. The average rate is between 50 and 90 beats per minute for a teenaged girl. She spent the next two weeks in the hospital before being diagnosed with

a rare genetic disease known as Arrhythmogenic Right Ventricular Dysplasia (ARVD). ARVD is a condition in which the heart muscle of the right ventricle is replaced by fat or fibrous tissue, causing the right ventricle to dilate and contract poorly resulting in the heart being unable to effectively pump blood. Those with ARVD often have


Professional, quality cleaning with a personal touch

FREE CONSULTATION

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

Pristine Cleaning Co.

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

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

No Dental Insurance? We've Got You Covered.

We offer an ANNUAL DENTAL SAVINGS PROGRAM for only \$315.00/year, per person.
(New patient exam, cleaning, x-rays @ full price = \$370 Great savings per year!)

For 1 year from the date of purchase you may receive:
2 dental exams • 1 set of x-rays • 2 basic professional cleanings* • 15% off our regular fees for any other services provided in our office. No waiting period, no claim forms to fill out or file. Begin receiving your discount when you schedule and pay for the program.
Call 757-280-1347 today. *Basic cleanings only for patients without gum disease.

http://www.currydentalcenter.com Email: info@williamsburgdmd.com
757-280-1347 • 312-H Lightfoot Rd., Williamsburg, VA 23188



LA TERRAZA
MEXICAN GRILL

1840 Richmond Rd., W'burg • **757.707.3333**
www.laterrazamex.com • Open 7 Days • Full Bar
4640 Monticello Ave. Ste.7 • **757.345.0910**

Monday & Tuesday Special
RICHMOND RD. LOCATION ONLY!
Small Frozen Lime Margarita
(Or on the Rocks)... **\$2.99**

Not valid with any other coupon or discount.
Expires 10/31/21
Lunch Fajitas
Steak, Chicken or Both
\$7.99

arrhythmias or abnormal heart rhythms. The cause of ARVD is unknown, and patients often don't realize they have the disease until it is too late.

The news that she had ARVD was difficult for Makayla to accept. At that point in her life, she had been a competitive dancer since the age of three as well as an active member of the cheerleading squad and a tennis player. As an athlete, she was used to pushing her body to work for her.

"I was the student who woke up and ran five miles before practice, and then I was told that I had to be careful just going up the stairs so my heart rate wouldn't go up," recalls Makayla, now 20. "I couldn't do anything anymore, so I missed out on a lot. I was depressed."

Doctors implanted two defibrillators on separate occasions, but neither helped alleviate her symptoms, so she was added to a heart transplant list in December 2019.

"My heart just couldn't take it anymore," Makayla says. At the time she was added to the list, she was completely unaware that she would have not one but two transplants.

Makayla spent that Christmas with her parents, her three younger siblings, and her dogs, then was hospitalized at VCU Health System in Richmond the next day to wait for a new heart. She ended up having transplant surgery on December 31, 2019.

"It was terrifying because it happened very quickly," Makayla says. "I was only 18 years old, and I was told I had to line up a Power of Attorney. I was panicking, and when I looked back and saw my mom and dad crying, it hit me really hard."

Makayla made it through surgery and had a record recovery from the first heart transplant, just nine days. Post-surgery, though, her body had a reaction to her medications. Thanks to changes in diet and medicines, life slowly returned to normal for Makayla.

She began working out again, resumed taking college courses, and found work at Burn Boot Camp and, later, Water Country USA. "It was the first time since I was 16 that I wasn't looked at as a sick kid," Makayla says. "I could be just a normal college kid. Then COVID-19 hit, which was challenging because I have an autoimmune disease."

In June 2021, Makayla once again started to feel exhausted and weak more frequently.

"Something just felt off," she says, and she was right.

Her body was starting to reject the new heart. Makayla's team of physicians at VCU Health System tried a variety of treatments before putting her back on the list for a second heart transplant.

"It was discouraging and frightening," Makayla says. "My cardiac output, my heart pumping rate, was only at 25 percent. I can't live a productive life like that."

She was more prepared for surgery the second time around, except her parents couldn't be in the hospital with her due to COVID-19 restrictions. Makayla's second heart transplant procedure took place on July 18 of this year, five days after her birthday.

"My recovery was better the second time around but will take longer since it is a second transplant," she says.

Makayla spent a total of seven weeks in the hospital, and only saw her siblings via screen time. She did yoga, wrote, and read daily



"We want to age in place and stay in our home."

ChooseHome offers Donna and Don Bock the support they need to prolong independent living in the place they love while financially supplementing their current long-term care policies — a hedge against the rising cost of care.

Read their story online, choosehome.com/bock.

Learn more about ChooseHome without leaving yours. Join us for an online interactive session and receive a \$20 Gift Certificate to Center Street Grill in Williamsburg or Al Fresco on the Peninsula (limit two certificates per household). Session availability is limited.



RSVP TODAY!

To attend an upcoming session or to setup your personal information session, please RSVP to 757-585-2654 or email Cynthia.Stillman@rivhs.com

The Prescription Shoppe

Vaccines Here!

Henry and Jade Ranger, Pharmacists

"The Prescription Shoppe is your one-stop shot Shoppe for all things vaccines. In addition to being on the frontlines of the COVID-19 vaccine distribution here in town, we offer an array of vaccines to keep our patients and our community safe."

We have Pfizer, Moderna, and the J&J vaccines.
We welcome everyone 12 years & older.
No appointments are necessary.

FLU SHOTS
 (6 years & up)
& COVID 19 BOOSTER VACCINES

Transfer your prescriptions now to earn \$25 to use on any item in-store!

757-206-1630
 5223 Monticello Ave., Suite C · Williamsburg

THE PRESCRIPTION SHOPPE
 Where you're not a customer, you're family
 www.tpsva.com

Comfort Keepers®

Keeping the Comforts of Home.

"Comfort Keepers® provides the trusted, in home care that helps people maintain full and independent lives right in the comfort of their own home."

-Ed Golden, President

For More Information Call (757) 229-2777

Our Comfort Keepers are carefully screened, bonded, and insured.

www.comfortkeepers.com

Home Care Services

- Companionship
- Conversation
- Meal Preparation
- Laundry
- Light Housekeeping
- Grocery Shopping
- Errands
- Incidental Transportation
- Medication Reminders
- Grooming Guidance
- Personal Care
- Specialized Care

Comfort Keepers.

Williamsburg, VA.

devotionals to help keep her strength and spirits up.

"Being away from my family and my dogs for so long was definitely the hardest thing," Makayla says. "I definitely missed them. VCU Health has a program called Dogs on Call, which was a morale booster, and my family had a drive-by with some of my sorority sisters and members of my dance team, people from my church, and other family and friends. That helped."

Makayla and her family have received a tremendous amount of support and encouragement from the community during the past few years since her health issues began. Friends of the family created a GoFundMe page that has raised more than \$17,000. Makayla documents her progress on the page so family and friends can experience what life has been like for her.

"I was really surprised by the response to my story," Makayla says. "I wanted to take people on my journey and let them know that I've had some good days and some bad days."

As Makayla continues to heal from her second heart transplant, she is looking forward to helping others who are going through similar situations. Since being diagnosed with ARVD, Makayla has become involved with Heart Walk Richmond and is a heart health facilitator with the American Heart Association. Makayla, who is taking classes at Virginia Commonwealth University, is also a part of CHAARG at VCU, a women's empowering organization that focuses on fitness, health, and wellness. CHAARG stands for Changing Health Attitudes and Actions to Recreate Girls and has 100 chapters in the nation.

"I want to teach other women how vital it is to take their health seriously because of what I've been through," Makayla says. "You have to take it one day at a time, whether it is your mental health or your physical health."

Giving back has always been important to Makayla, who belongs to Denbigh Church of Christ, her grandparents' church in Newport News, and is a member of the Zeta Tau Alpha sorority. Makayla has also been involved with Camp Kesem, which supports children whose parents are battling cancer as well as Operation Smile, thanks to her dance company, Academy of Dance in York County. Operation Smile, based in Virginia Beach, assists with providing cleft lip and palate repair surgeries to children around the world.

"I've lived in this area my whole life and think it is so important and valuable to give back to the community you live in," Makayla says.

Makayla Stokes Lawrence would also like to spread her message of improving heart health, especially in women, as a contestant one day in the Miss Virginia pageant. "As women, we have to help each other out," Makayla says. "If I can help just one person change their health, then I've won the day. I've been given a second chance at life, and I don't want to waste it." NDN

Editor's Note: *As of the writing of this article, Makayla's body was rejecting her second transplant. According to the note on the GoFundMe page, doctors were optimistic that they caught this early enough. For more information or to follow her journey, go to: www.gofundme.com/f/makaylas-heart-part-two*

ROBIN WYATT

KEEPING THE DOORS OPEN



By Narielle Living

Murawski Photography

With a career spanning 33 years with Colonial Behavioral Health, Robin Campbell Wyatt has spent a lot of time in Williamsburg. She was born in Newport News, but she also lived in the state of New Hampshire for a few years with her husband. When she and her husband moved back home to Virginia, she needed to find a job.

At that time, finding a job meant look-

ing through classified ads in the newspaper. When she saw an ad to work with Colonial Behavioral Health, she was intrigued. "I happened to have several family members who had various stages of developmental disabilities, which at the time was called mental retardation," she says. "So, I was familiar with what the Services Board did, and I was kind of drawn to that."

But instead of working directly with the

community, Robin applied for and got a job in an administrative capacity. "I started out supervising all the support staff and doing things like that. And since then, I've worked my way up." Today, she is the General Services Officer with the designations of Certified Professional Public Buyer (CPPB) and Virginia Contracting Officer (VCO). But her daily focus is on the needs of the community, and she is diligent in

Thank You for Voting Us BEST CAR WASH in All of Hampton Roads!

Buggy Bathe



2217 Richmond Road • Williamsburg
757-220-9315 • www.buggybathe.com

**WE SERVICE ALL
MAKES and
MODELS!**



**OPEN
7 DAYS**

- Express Washes
- Interior Services
- Complete Detailing
- Tire Rotation
- Oil & Lube Service
- Preventive Maintenance

**\$18⁰⁰
OFF**

**COMPLETE
DETAIL**

BUGGY BATHE

Not valid with other discounts or coupons.
With this coupon. Expires 10/31/21. NDN

**\$13⁰⁰
OFF**

OIL CHANGE



*with a
CAR WASH*

BUGGY BATHE

Not valid with other discounts or coupons.
With this coupon. Expires 10/31/21. NDN

**\$3⁰⁰
OFF**

**SHINE MASTER
WASH**

- Vacuum • Dusting
- Windows • Dash Protectant
- Wash w/ Undercarriage
- Triple Foam Wax
- Spot-free Rinse • Towel Dry
- Rim Cleaning • Tire Gloss
- Rain-x Complete
- Shine Master Wax
- Air Freshener

BUGGY BATHE

Not valid with other discounts or coupons.
With this coupon. Expires 10/31/21. NDN

STILL NEED YOUR COVID-19 VACCINE?

WHY SHOULD I GET THE COVID-19 VACCINE?

First and foremost, the COVID-19 vaccine will help protect you from getting COVID-19; If you still get infected once you are vaccinated, the vaccine may help prevent serious symptoms.

Getting the COVID-19 vaccine will also decrease your chances of contracting and spreading COVID-19. This is especially important for those who are immunocompromised and could face serious consequences if they contract the virus.

When more people in a community are vaccinated, it makes it harder for the virus to find a body to infect. This helps build herd immunity, where the vaccinated many help shield the vulnerable few. Vaccination is a safe method to build protection in your body as there is no way to know how the virus will affect a person. You could have little to no symptoms, or you could face serious and life-threatening complications.



WHERE CAN I GET THE COVID-19 VACCINE?

The Williamsburg Drug Company has doses of the Moderna, Johnson & Johnson, and FDA-approved Pfizer COVID-19 vaccines. The vaccine is administered at no cost to you, no appointment necessary!

Currently, the CDC is recommending that moderately to severely immunocompromised people receive a third dose of the Pfizer or Moderna vaccine. The Moderna and Johnson & Johnson vaccines are approved for individuals 18 years and older and the Pfizer vaccine is approved for anyone 12 years or older.

The Williamsburg Drug Company is your headquarters for COVID-19 vaccines! We've proudly administered over 11,000 doses, including to the Peninsula's underserved communities.

★ ¹⁸/₉₅ WDC^o. 1310 JAMESTOWN ROAD
P: (757) 229-3560

THE WILLIAMSBURG DRUG COMPANY
HEALTHY SOLUTIONS SINCE 1895

WILLIAMSBURGDUG.COM

maintaining an atmosphere conducive to assisting the variety of constituents who utilize their services.

“We have a lot of services,” she says. “There are 40 community services boards in the Commonwealth of Virginia, of which Colonial Behavioral Health is one. They were created back in the 70s.”

Colonial Behavioral Health provides opportunities for recovery to individuals and their family members in the areas of mental illness, substance use disorder and developmental disabilities. They serve the citizens of James City County, the City of Poquoson, the City of Williamsburg and York County.

Through the years, Robin has seen a number of changes at the agency. Robin says that the agency was created as a stopgap for people to prevent them from falling through the cracks. They were able to assist people who might not have been able to pay for services related to mental illness or developmental disabilities. “Our fees are based on your ability to pay, so depending on your circumstances, that’s how we assess your ability to pay. And over the years in each of the areas, whether it be substance abuse, developmental disabilities, we have opened up a range of programs. Since I’ve been there, we’ve expanded our services.”

Robin says their services are not simply offered between the hours of nine to five, either. “You might have bipolar disorder or you might have severe depression, and you need help and don’t know where to go. We provide those services 24/7. When you come to us, it doesn’t matter how much you can pay. We’re going to help you get where you need to be, and we’re going to provide services to you, or we’re going to refer you somewhere where you can get help. We are very fortunate and rich in our area, and I love the fact that we are supported by the city of Williamsburg, James City County, the City of Poquoson and York County. So, if you live in one of those areas, you can come to us as a citizen, and we will be more than happy to help you.”

In her time with Colonial Behavioral Health, Robin’s position has grown. “I am called the General Services Officer. I’m in charge of all of our facilities, and I am in charge of all of our health and safety for the organization.” The thing she likes most about her job, though, and the thing she is very proud of, is the fact that she is a VCO. “This means I am our procurement officer for our agency, so any purchasing that is done, I do. My job is to buy things in accordance with law.”

Although her position is administrative, Robin’s approach to the job is client focused. She says that although she is not a counselor, she always stresses to her staff the importance of having empathy for anyone who walks through their doors. “When you answer a phone or you see somebody standing in the front door, you’re not going to see what their ailment is,” she says. “It’s not like you’re going to a doctor’s office and you have a broken arm or you need stitches. The folks that we serve, you don’t get to see their ailments.” Her philosophy is that anyone, at any time, might need

to call for help, and answering the phone appropriately or having patience when dealing with clients is of paramount importance. “It is extremely important to whoever is standing on the other side. That’s always been my philosophy. Those of us in administration are just as equally devoted to taking care of our folks as the clinical staff who see them.”

Robin says she has a staff of four, and although her staff is small, she credits them with being able to get a large amount of work done. “They are a power team.”

After 33 years of working with Colonial Behavioral Health, Robin says the best part about working there is the mission of the agency and her ability to serve the citizens. “I feel like I am helping. People might see it as a cliché, but it really isn’t. Every single day when I get to work, even though I may not be seeing someone and I am not sitting across the desk from someone, I am still helping them. I am helping to keep the lights on, I am keeping the building safe.” That, Robin says, is critical for the people who need their services. “When you come into our facility, safety is of the utmost importance to us. And all of that is on me.” She notes that every day she maintains a facility to a high standard, keeping not just the doors open and the lights on but also ensuring everything is clean and well maintained, without stains or leaks. “We are trying to make this a pleasant experience for everybody, so we make sure that when you come to us, you’re not worried about what’s going on around you. When you open the front door, the air conditioner is on and the heat is working and things are taken care of.”

In her spare time, Robin loves to ride her motorcycle. “I own a motorcycle and have been riding since I was a teenager.” She and her husband also focus on charity work for various organizations, and she is president of the board of Here for the Girls, the non-profit that assists women and families who are dealing with breast cancer.

“We try to do as much as we can to give back,” she says. “We enjoy it. We do some charity runs so that’s always fun, and we travel on our bikes.”

Robin Campbell Wyatt loves her work and loves knowing she is helping support people in need. “We have been here for you for 50 years, and we are going to continue to be here for anybody in these areas that we serve. During the day, at night, you can call us. That’s what we do. We’re always here, and it doesn’t matter. Come in.”

She’ll be sure to have the lights on.

The website www.colonialbh.org lists the services and phone numbers for Colonial Behavioral Health. Robin encourages people to call if they need help. “We offer a wide range of services, including those for folks with substance abuse issues and children’s services. People should not hesitate to contact us, even though they might not see a heading for their particular issue. Chances are we can help, but if not, we have community partners as well as access to other resources.” NDN

EXPERIENCEING SYMPTOMS? TRAVELING SOON? GET TESTED FOR COVID-19!

WDCo OFFERS 3 TYPES OF COVID-19 TESTS

RAPID COVID-19 TEST

The Rapid COVID-19 Test is a nasal swab test that takes approximately 15 minutes. We'll get your results to you within a few hours.


PCR COVID TEST

The PCR COVID-19 Test is a nasal swab test that takes approximately 30 minutes. We'll get your results to you within a few hours. The PCR COVID-19 Test fulfills all travel requirements.

COVID-19 ANTIBODY TEST


The COVID-19 Antibody Test will tell you if your body has COVID-19 antibodies and is performed by a finger stick or blood draw. Results are ready in 36-48 hours and distinguish between natural and vaccine antibodies.

THE WILLIAMSBURG DRUG COMPANY HAS PERFORMED THOUSANDS OF COVID-19 TESTS TO KEEP OUR COMMUNITY SAFE!



Our COVID-19 tests are quick and easy, so you can have peace of mind. Stop by and get tested— no appointment necessary!

WDCo is not able to bill insurance for COVID-19 testing, but we can provide a completed invoice for you to submit to your insurance company.



THE WILLIAMSBURG DRUG COMPANY
HEALTHY SOLUTIONS SINCE 1895

1310 JAMESTOWN ROAD
P: (757) 229-3560

WILLIAMSBURGDRUG.COM

NEXT DOOR NEIGHBORS OCTOBER 2021 19

Finding His Calling at Hospice House

By Lillian Stevens



Murawski Photography

When a guest or a visitor enters Williamsburg’s Hospice House, there is an almost palpable awareness that this is a very special place.

“I hope that anyone who comes through our doors feels that this is a place of utmost care, love and dignity,” says Brandon Randall. “To me, there’s an immediate sense that this is a place of peace.”

Brandon serves as Executive Director of Hospice House & Support Care of Wil-

liamsburg, a 501(c)(3) social-model hospice that provides support to individuals facing their end of life. Nobody receives a bill as the nonprofit House is supported entirely by private donations and grants. They also provide grief and bereavement services to families through their full-time chaplain on staff.

“We aren’t just here to serve our guests,” he says. “We’re also here to comfort and support their families and loved ones, and

that’s almost equally important.”

Brandon has a personal appreciation for the family focus because of his personal experience at the House with his father, Edgar Randall. Coach Randall, as he was affectionately known, was a lifelong athlete, teacher and coach who was much-loved in the Williamsburg community. He passed away in 2019 at the Hospice House. About a year after his death, Brandon was invited to serve on the Hospice House board. In



QuickBooks Training & Support

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

the accounting firm of
Payne
A+ S- S x O % C / I - A + T % E - S

BOGO
Buy 1 Hour
Get 1 FREE

Senior Downsizing

We can help you through these challenging times...

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

Check our website for upcoming estate sales.



Laura Kinsman, Owner

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

JULES ESTATE BUYERS PRESENTS

The Great Estate Buying Event

SELL US YOUR VALUABLES

If you've been thinking about selling your valuables, there's no better time or place. We are buying jewelry, diamonds, fine watches, gold, silver, old coins, paintings, and more. Our experienced, knowledgeable experts will evaluate any item, no matter how small, and make you an offer. If you choose to sell, we'll pay you on the spot. Don't miss this exclusive opportunity.

OCTOBER 5 - 8 (TUESDAY-FRIDAY)

EVENT HOURS: 10 A.M.-5 P.M.



**WILLIAMSBURG
JEWELERS**

2023 Richmond Rd., Williamsburg, VA 23185
No appointment necessary.

VALUABLES WE BUY



DIAMONDS

All shapes and sizes



GOLD & PLATINUM

Class rings, old settings,
gold coins and broken jewelry



OLD STERLING

Flatware & holloware,
no polishing required



ALL FINE JEWELRY

Signed pieces by important makers
with precious metals and gemstones



ALL FINE WATCHES

Rolex and other classic makers,
vintage or otherwise



OLD COINS & CURRENCY

Rare dates, 1964 and before
silver coins, oversized paper money



OLD PAINTINGS

Preferably pre-1950



AUTOGRAPHS & PHOTOS

Historical/important people,
unusual photos pre-1900



To provide you service in a safe manner, we are taking extra measures to clean and sanitize, practice social distancing, and wear face masks at all times. For more information, call 855-441-6724 or visit EstateJules.com

The Great Estate Buying Event™ is presented in partnership with Jules Estate Buyers, Inc.

©2021 Jules Estate Buyers, Inc. All Rights Reserved.



July, he was named Executive Director.

“My family and I were beneficiaries of amazing service here,” he says. “So, I was excited to learn that there might be a way to give back, to be a part of something so special.”

Anyone who has been in a hospital is keenly aware that there’s a pace to health care that can be very rushed, frantic and loud.

Imagine the opposite of that.

“We want our guests to feel a sense of peace from the moment they arrive. We want them to know we’re here for them, at whatever pace they need. There are companions and nurses here to support our guests and their families at a slower pace, one that allows them to come to terms with things in a way they can better handle.”

It all starts with the staff, whom Brandon describes as phenomenal.

“They care about every guest and every family member too,” he says. “I’ve been so impressed by the level of passion for, and commitment to this community that they

exhibit. I am honored to be a part of such a world-class team.”

He believes that working in hospice care is more than a job.

“It’s a calling in many ways. We are here to serve people through a very difficult season in their life. We never want to lose sight of that.”

Brandon and his staff begin each day with a morning huddle. “We are briefed on each guest, and we learn about their families,” he says. “That way we can know how best to serve them. We finish with a minute or two of meditation and prayer to center us all together as one team.”

To some, there may be a misconception that hospice workers want to help a patient die, and that’s an unfortunate characterization.

“We really want to make sure that you live the fullest you can live for whatever time you have left,” Brandon says. “We focus on the guest and their families to make every day as full, as blessed, as peaceful, as pain free as possible. That’s what we’re here

to do.”

In the brief time he’s been in his new role, Brandon has adapted his background to the skills and leadership required on the job.

“In particular, a lot of sports and church leadership roles I’ve held have helped prepare me for this role,” he says. “Each day is challenging, and there’s a lot to learn, but there’s no anxiety or stress. I feel as though I’m 100 percent where I’m supposed to be.”

Prior to taking the position at Hospice House, Brandon worked professionally as a business process manager for Anheuser-Busch InBev. “I’ve been in manufacturing and the for-profit world for 17 years prior to this,” he says.

Though his current role can be extraordinarily gratifying, there are bound to be challenges.

“There are a lot of moving pieces,” he says. “I have so many different constituents, all of whom are connected in one way or another to this House. There are volunteers, the staff, the Board, our donors and



Photo courtesy of Lepp Photography

The Finest Steaks, Chops & Seafood

Please Understand...In an effort to stop the spread of the Corona Virus, and in keeping with the Governor's Mandate, we require all guests to wear a mask when entering. The mask is required at all times inside our restaurant except when seated at your table.

FREE APPETIZER!

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

Choose from the Following Delicious Appetizers:

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

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

RESERVATIONS SUGGESTED • Coupon Expires 10/31/21



New Town Center
5143 Main St

757-645-4779
Opus9Steakhouse.com

NDN

LET OUR FAMILY TAKE CARE OF YOURS!

We Offer:

- Roof Repairs
- Roof Washes
- Annual Maintenance
- Gutters

757-251-9022
readyroofing.com

businesses that support us, and the families that we serve. So, there are many who are connected and passionate about who we are and what we do. It can be a challenge to make sure that all of those constituents feel heard, valued, respected, engaged as well.”

To meet those challenges, Brandon has found that the most important skill is simply being a good listener, and he says he’d much rather listen than talk.

“Being new to the non-profit leadership space, just being able to be a good listener helps me connect with the community and staff,” he says. “Understanding and learning from others is of the utmost importance. So having a chance to sit down with donors, volunteers or staff and learn about them and what’s important to them is probably the most invaluable skill or trait that anyone could have in this position.”

Brandon hopes to raise visibility for the social hospice model because he thinks it’s truly a blessing, both to families and the community.

“If we can be ambassadors for this type

of hospice model and raise awareness before someone is in the crux of their need, it’ll be so beneficial,” he says. “That’s one of my biggest priorities.”

Toward that end, Brandon encourages families to discuss end-of-life planning alongside living wills and estate planning. He stresses the importance of these conversations within the family, because they can remove any guess element at a time when energies are better invested in just sharing precious moments.

“I can’t articulate what a blessing it is to just be able to be in the moment with your loved one, not as a caregiver, but simply as a family member to just cherish and enjoy that time together.”

Brandon and his wife Monique, who met during their college years, take great comfort in knowing that their three children, Amari (17), Isiah (13) and Ayla (8) were able to have a close relationship with their grandfather, whom they called “Pop E.”

“They are each very accomplished, aca-

demically and athletically, in all they set out to do. We are very, very proud of them.”

Though he keeps pretty busy on the home front and at work, Brandon says he likes to unwind by playing golf or shooting some hoops. He also enjoys music, and Stevie Wonder is a particular favorite.

“I love music because it is so interwoven into the fabric of the human experience.”

Oftentimes, guests are unable to speak as they approach the end of life, but that does not stop the staff from communicating with them through conversation and music.

“We know music is important. Experts say that hearing is one of the last senses we lose, and I do believe that. That is why we typically play the favorite music of our guests in their rooms.”

Ultimately, Brandon Randall finds it an honor to serve his community and the families who call Hospice House home away from home.

“Everyone deserves the same level of dignity, respect, care and love,” he says. “And that is what we provide here.” NDN



Family Matters.

Edgeworth Park at New Town, we strive to do what is right for our residents and our employees because we consider you an extension of our family.

To us, you are more than a number.

You are family and Family Matters.

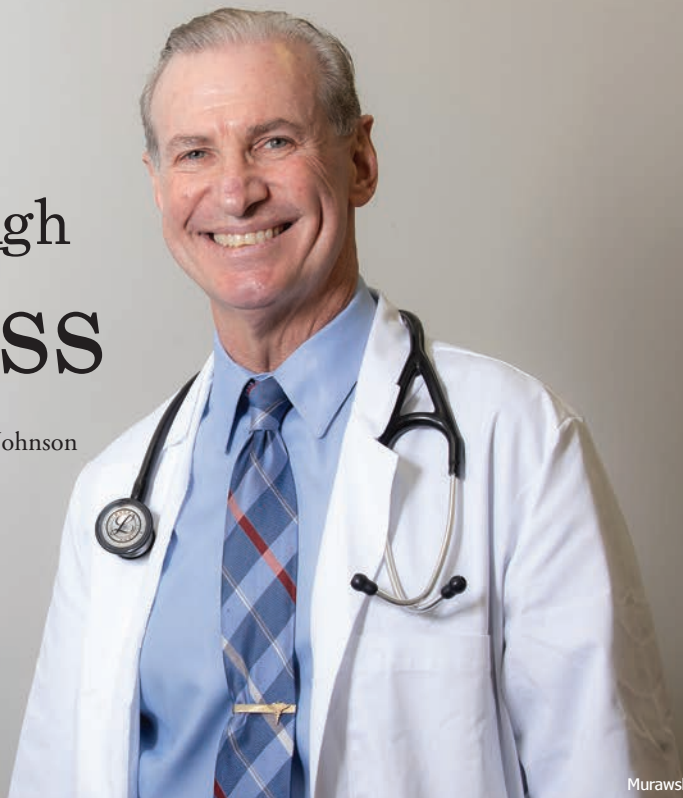
Call us at (757) 345-5005 to learn more about the Edgeworth Park Family and Experience the Edgeworth Park Difference!



EdgeworthParkatNewTown.com
5501 Discovery Park Blvd.
Williamsburg, VA 23188

Helping Heal through Weight Loss

By Alison Johnson



Murawski Photography

Every morning at four a.m., Dr. Robert Posner wakes up to write blog articles for his 30,000 followers nationwide, most on the subject of healthy weight loss. To date, he has penned more than 3,700 educational, motivational or inspirational entries.

Next comes a 90-minute workout on an elliptical machine at his home, watching mood-lifting movies or sports rather than news reports.

Only then does “Dr. Bob” get ready to head to one of his two private practices, located in Williamsburg and Burke, Virginia. A specialist in internal medicine and medical weight loss, he is passionate about helping patients feel better both physically and

psychologically.

“I see my role as being incredibly supportive of people,” Bob says. “My job is to find out why someone is struggling and what we can do to help. The last thing they need is to feel judged by me or anyone in my practice.”

Bob opened a new Williamsburg weight loss clinic this past May, based at the Williamsburg Drug Company on Jamestown Road. The former Navy physician plans to offer full-time internal medicine care there in the near future, eyeing a move to the area with his wife, Nataliya.

For 32 years, Bob, 65, has served as founder, owner, president and CEO of Potomac

Internal Medicine Associates in Burke, which is in Fairfax County. In 2002, he added the same titles for a second business, Serotonin-Plus, Inc., that is centered on a multi-faceted weight loss program. Serotonin Solutions, LLC, launched in 2016, has expanded that program to other states.

More than 20,000 patients have gone through the program via in-person appointments, licensing agreements with physicians in 14 states, and telemedicine checkups. Bob also has written three books, two focused on serotonin and one on stress eating, and has lectured at medical conferences in the United States and Europe.

“I’ve watched people drop 80, 90, 100

Fall in Love

SHARE WARM WISHES WITH A BEAUTIFUL FALL ARRANGEMENT THIS SEASON!

Morrison's
flowers & gifts

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

Facebook, Twitter, Instagram, Pinterest icons

The Best in Italian Dishes!

Let us cater to you!
Delicious Italian dishes that will taste even better on your own dinner table.

Lisa & Sal

757-229-5252
2021-D Richmond Rd.
(Across from Red Lobster)

Anna's
Brick Oven
Pizza · Pasta

BEST OF Williamsburg WINNER

www.annasbrickoven.com • Hours: Mon-Thurs 11-9 and Fri/Sat 11-9:30.

pounds and more,” Bob relates. “That totally transforms their lives. They get off medications, look younger and have more energy. Their self-esteem and confidence go way up. It’s all so rewarding.”

As an internist, Bob found himself constantly confronted with chronic health conditions linked to obesity, including diabetes, high blood pressure, heart disease and joint pain. Today, many of those same conditions raise the risk of serious illness from COVID-19, he adds.

Bob’s frustration fueled a new focus. “Primary care physicians are so geared to diagnosing disease states and often throwing all these medications at people,” he says. “I just started to think, ‘Why not get to the root cause?’” Bob’s weight loss plans, tailored to each patient’s goals and body chemistry, have four components: his patented serotonin supplements, FDA-approved prescription pills that suppress appetite and boost metabolism, eating plans based on nutritious whole foods and proper portions, and ongoing education, counseling and support.

Bob’s goal is to safely address chemical imbalances that can get in the way of weight loss, while treating any undiagnosed medical issues and minimizing cravings without drastic calorie cutting or skipped meals.

Serotonin is a neurochemical produced in the brain and intestines that affects appetite and mood. People with low levels often crave high-sugar carbohydrates and struggle with low energy, anxiety and stress eating, Bob says.

With serotonin supplements and prescription pills as part of a comprehensive plan, most patients see immediate results that in turn inspire healthier long-term behavior, Bob reports. Women lose an average of 30

Give the Gift of Literacy

Tania Sandoval grew up playing “dentist” as a child in El Salvador. In the United States, she worked as a housekeeper before enrolling with Literacy for Life, where she improved her English and also attended a small group class specifically for English language learners interested in dental assisting. The group previewed the language they would need in the Today’s Dentist course, and they met regularly through-

out the course to study and review the material.

After Tania completed the course, Norge Dental Center eagerly hired her as a dental assistant, and Today’s Dentist has recently invited her to become an instructor.

“I love my job,” says Tania, “and I am so thankful to Literacy for Life. They gave me the English skills and confidence I needed to fulfill my dream.”



Here’s how you can help:

1. Spread the word.

If you know of someone who needs help with their literacy skills, tell them about Literacy for Life. Share the “tear off” below and help them set an appointment to start improving their future.

2. Volunteer.

If you have the time to help someone learn to read and write in English, please call us. Our need for tutors is great as we always have eager students who want to remove the barriers in their lives by improving their understanding of the English language.

- **English Literacy**
Aprender Inglés
- **Community and Citizenship**
Comunidad y Ciudadanía
- **Math Fundamentals**
Aprender Matemáticas
- **Health Literacy**
Educacion de Salud



LITERACY FOR LIFE

Call Today! (Llama hoy!)
757-221-3325

301 Monticello Avenue
School of Education
College of William and Mary
literacyforlife.org

pounds in the first 12 weeks, and men about 40 pounds.

“Our program is fairly aggressive,” he says. “I have learned that while it’s not important medically to lose weight right away, it is psychologically. If people don’t notice at least some change in how they look and how their clothes fit by a month, many will just give up.”

A New York City native, Bob has loved science since childhood, and medicine appealed as a way to help people. He majored in biochemistry as an undergraduate at State University of New York (SUNY) at Binghamton before completing medical school at SUNY Downstate Medical School in Brooklyn, New York, on a Navy scholarship. Bob first came to Hampton Roads in 1981 for a three-year Internal Medicine residency at Naval Medical Center Portsmouth. He lived in Williamsburg for a year during that time.

From 1984 to 1988, Bob worked as a Staff Internal Medicine Physician at Naval Hospital Jacksonville in Florida. He was part of the residency teaching program and provided internal medicine care to active-duty military, spouses and retirees.

In 1986, he was chosen to go to the White House for an interview to become a physician to President Ronald Reagan. Taking the job, however, would have required another four-year commitment to the military.

“It would have been an honor, of course, but I wanted to be in private practice,” he says.

Bob’s weight loss work has attracted patients of all backgrounds. Nearly 90 percent are female, a fact he attributes to women being more attuned to their own bodies and willing to seek help. They also have a tendency to put their own health last, whether they’re taking care of others or focusing on different parts of their lives.

“I’ve had very successful, well-known patients who can control everything in the world, their finances, career and family, but not their weight,” he says. “Nobody should feel ashamed about asking for help.”

One of the biggest challenges for physicians today is technology’s effect on patients’ lifestyles, in Bob’s opinion. Many are more sedentary, spend hours a day on electronics and even can use their phones to order deliveries of less-nutritious takeout food.

To stay at an ideal weight himself, Bob

does his daily elliptical sweat sessions and plays tennis, a sport he picked up in the Navy, once a week. He eats plenty of healthy proteins and doesn’t drink alcohol, which he says makes him tired.

“I do have a fast metabolism and I’m a fitness enthusiast, so I’m not always so strict about my eating,” he admits. “Now my wife, she is the real epitome of healthy eating and living.”

Bob’s wife, Nataliya, is a weight loss counselor and personal trainer who works with her husband and has contributed blog articles. They have three children between them from previous marriages, and a five-year-old grandson.

As Dr. Bob Posner continues his third decade in private medical practice, he hasn’t lost his drive to help people of all ages understand the significant role that nutrition, exercise and weight can play in overall physical and mental health.

“With COVID-19, there’s never been a more important time to talk about this epidemic of obesity in our country,” he says. “I’m so happy to have made my first steps into this community, and I look forward to really making it our home.” **NDN**



One of Williamsburg's Best Neighbors Since 1759

- Pre-Arrangement Consultations
- Burial and Cremation Options
- Military Services and Discounts
- Trade Services and Shipping
- On-Site Crematory



Bucktrout of Williamsburg
Funeral and Crematory Services

4124 Ironbound Road
Williamsburg, VA 23188

(757) 229-3822 ~ www.bucktroutfuneralhome.net



Gas Inserts Really Work!

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

15 burning displays!

Taproot
HEARTH & PATIO

Design • Installation • Service

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

(757) 229-3722 • 157 Second St.
www.taprootstore.com

Helping People Smile

By Linda Landreth Phelps



Murawski Photography

A smile is our expression to the world, and most people want to make a good impression. Dr. Stacey Hall, DDS, offers a wide range of restorative and cosmetic services to ensure her patients are both healthy and confident. A crucial part of enjoying good health and a robust immune system is maintaining your teeth and mouth properly, according to Dr. Hall. Since she began her solo practice in 2011, Williamsburg Center for Dental Health has reflected

her belief that one is impossible to achieve without the other.

Part of routine biannual checkups is performing a visual and tactile inspection of a patient's entire head and neck area. Dentists are looking and palpating for any subtle signs of oral cancer, checking for gum disease, observing wear patterns in tooth enamel, and noticing the relative dryness of mouth tissues. A surprising number of illnesses and conditions can be diagnosed

this way, from diabetes to sleep apnea. "If I find that the front teeth show abnormal signs of wear, I'll suspect apnea," Dr. Hall says. "When a patient gasps for air during sleep, their teeth knock together, and this happens hundreds of times a night. Unresolved by a mouthguard or CPAP machine, apnea leads to a higher risk of stroke or heart attack."

Misaligned teeth mean food isn't being masticated properly and can lead to a num-

Jellenek Family Eyecare



Gregory P. Jellenek, OD

If you're looking for a great eyecare experience in the Williamsburg area, with a friendly, professional and knowledgeable staff to provide you with superior eyecare service, call us today!

757-645-3930

**Over 1,000 Designer Frames!
Buy One, Get One 40% off**

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

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

St. Martin's
EPISCOPAL CHURCH



Love your neighbor.
Love your neighbor who doesn't look like you, think like you, speak like you, pray like you, vote like you.
Love your neighbor. No exceptions.

We worship on Sundays
at 8, 9:15 & 11:15.
You are welcome. No exceptions.

1333 Jamestown Road | Williamsburg VA 23185
martinburg.org | office@martinburg.org
The Rev. Catherine Tyndall Boyd
The Rev. Lisa Green

neighbor to neighbor

Williamsburg Electrical Services



- ❖ 24 Hour Emergency Residential & Commercial Service
- ❖ Fuse & Panel Replacements
- ❖ Parking Lot Lighting Repairs
- ❖ Over 39 years experience
- ❖ Free Estimates

Michael Daigneault
Master Electrician
105 Woodland Road
Williamsburg, VA 23188
(757) 564-9364 office
(757) 876-8079 cell
mdaigneault@cox.net



Williamsburg Bazaar

Antiques, Vintage, Jewelry, Williamsburg Giftware, Candles, Soap, Signs, Specialty Items, Painted Furniture, Clothing, Nature Photography, Dog Clothing & Accessories and more!

Christmas Pop-up Store
Williamsburg Bazaar is looking for vendors for the Christmas Pop-up at our store located in the Williamsburg Premium Outlets from 15 Oct to Jan 15
Contact Williamsburgbazaar@gmail.com

Premier Outlets - Next to Asics Shoes
5625 Suite F120 Richmond Rd.
williamsburgbazaar@gmail.com • 757-206-1405

Looking to aerate or seed your lawn this year? It's not too late!

5 Brothers LANDSCAPES




CONTACT US TODAY!

Residential & Commercial • Design, Installation, Maintenance.

757.634.5695 5brotherslandscapes.com

2014 VIRGINIA BEST of Business & Service AWARDS

Looking for your Special Occasion Sign?



We come set up and take down for you!

Look us up on Facebook at Yard Party Williamsburg, or call 757.784.4117

YARD PARTY WILLIAMSBURG
yardpartywilliamsburg@gmail.com

DOG TRAINING



- Private obedience training lessons
- Private advanced training lessons
- Consultation programs

(804) 971-7468
Deb Allen


Happy Paws with Deb

Email: dleigh95@outlook.com
<http://Deb-Allen757.thedogtrainer.org>



MATH TUTOR

Grades 6 - 12
Plus Chemistry & Physics
James Strafalace



Can meet at student's home or Library.

Call for rates.
757.566.0330

jamesstrafalace_71@msn.com

Neck or Back Pain?



Comfortable
Chiropractic and Massage
Most Insurances Accepted

WILLIAMSBURG NECK & BACK CENTER

757-345-6562
4808 Courthouse St.
Williamsburgneckandback.com



Horse Boarding
for over 36 years



- Full Care Equine Boarding Facility
- Long term & short term injury layup

Call us for more information
757-810-1706

Walnut Acres Farm
www.walnut-acres.net • Email: shandaking@verizon.net



Come Get Acquainted!
Modern Indian Food

Open Daily
11:30-2:30 Lunch • 4:30-9 Dinner

- Groups Welcome
- Door Dash
- Order Online
- Grub Hub

amiraj modern indian food

Serving Hampton Roads Since 1992
Local Family Owned Business
204 Monticello Ave. • 757.565.3200
amiraj.com

Sell for more.
Buy for less.
Know your options.




David Lassiter, Realtor®
The Tom Coffey Team, Howard Hanna
757-342-6606
5208 Monticello Ave. Williamsburg, Va 23188

Larry's ITALIAN RESTAURANT

DINING ROOM OPEN
Serving Breakfast, Lunch & Dinner
Open 7 Days.
Sun-Thurs. 7am-9pm
Fri-Sat. 7am-10pm

October Special
10% off Lunch or Dinner
Through 10/31/21
Excludes Alcohol
Dine-in Only With Coupon

Breakfast 7-9am, \$7.99 plus drink, With coupon Exp. 10/31/21

6380-F Richmond Rd. Lightfoot
757.229.0045
www.larrysitalianrestaurant.com

KEEP KLEEN



DRYER VENT CLEANING
Commercial & Residential

10% off
with coupon

Williamsburg/Yorktown
757-707-0803
keepkleening@gmail.com

To find out more about neighbor to neighbor contact: Anne Conkling 757-880-5207 anneconkling1@gmail.com

neighbor to neighbor

Now Open for Breakfast, Lunch and Dinner!

Buy Two Drinks with Two Meals

First Meal Regular Price, Second is
1/2 Price!

Dine in only with coupon. Good thru 10/31/21

Groups Welcome



BREAKFAST
SERVED 7 - 2

757.527.4100
Formerly National
Pancake House

7105 Pocahontas Tr./Rte.60 East



Linda Schiavone

Whether you need a permanent home or a short term stay, let me assist you.



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

935 Capitol Landing Rd., Williamsburg

10% Off with this Ad

Good through 10/31/21
Excludes Alcohol



PLAZA AZTECA
RESTAURANTES MEXICANOS

1430 High St. Ste 910
757.345.2901

www.PlazaAzteca.com

We Mean Clean

- Free Estimates
- General Cleaning
- Office or Home
- Deep Cleaning/Light
- Housekeeping
- Int/Ext Windows
- Very Affordable
- Experienced
- Military Discount
- Licensed/Insured

10% Off First Cleaning
Thru 3/31/21



C.L. Cleaning Group

Carolina Laboy, Owner
757.328.3747

Cl.cleaninggroup@gmail.com

Need to Downsize?

TOGETHER WE WILL...

- Identify items to keep, donate, or discard
- Pack for a move
- Unpack and help you settle into your new home
- Pack and ship giveaways to family and friends
- Arrange for donation or disposal of unwanted items
- Find creative ways to preserve memorabilia



Lisa Youngers

DOWNSIZE
Call for a **FREE** consultation.
757-206-3350

Simply

Personalized Yard Signs



Perfect for

- Celebrations
- Birthdays
- Anniversaries
- Retirements
- Births, And Just for Fun!

CALL TODAY! 202-277-9679

SPELL IT OUT CO.

spellitoutco.com/spco-virginia

Simplify the Search for Senior Living Options

Choice Connections of Virginia can help you understand and explore the most appropriate senior living options for your specific needs.



Dawn Michelle, CSA
Certified Senior Advisor

Williamsburg Resident,
Serving Families
Since 2013

757-570-3357



DMichelle@ChoiceConnectionsVA.com
www.ChoiceConnectionsVA.com



Carol Jackson

"My commitment to customers does not end with a signed agreement or closing. It never ends!"

Cell: 757-897-5506
Office: 757-229-4400

LONG & FOSTER
REAL ESTATE

5234-110 Monticello Ave.
caroljackson@longandfoster.com

Call Me About the Health-Promoting Benefits of Essential Oils



Pat Francis
804-306-0120
doterra.com



dōTERRA

Wellness Advocate

Commercial Landscape Professionals for over 26 years!



- Design
- Installation
- Mowing
- Trimming & Hedging
- Mulching
- Weed Control
- Fertilizing

LEO'S LANDCARE 757-810-1706
Shanda@leoslandcare.com | www.leoslandcare.com



BLACK SNAPS PHOTOGRAPHY

Outdoor photography in Richmond, Hampton Roads, + surrounding areas

Headshots | Portraits | Families | Couples

Now Booking!

Call 757-585-4013

[@blacksnapsphoto](https://www.instagram.com/blacksnapsphoto) | blacksnapsphoto.com

Shop in store or shop our site! shoptwotrolls.com

Call Today for Appointment!

757.206.1030



A consignment boutique for the young

[f](https://www.facebook.com/twotrolls) 5251 John Tyler Hwy. #57,
Williamsburg VA (behind DMV)
Mon.- Fri. 10-6, Sat. 10-4, Sun. closed [i](https://www.instagram.com/twotrolls)

ber of gastric issues. “Our bodies are wondrously complicated,” Dr. Hall says, “but when everything works the way it should, they are truly a marvel.”

The staff at Williamsburg Dental Health Center make a dentist visit seem almost enjoyable. Carolyn Purks has been the office’s friendly front desk presence from the beginning, always ready to welcome patients with a sincere smile. “Someone recently described her as our concierge,” Dr. Hall says with a laugh. “I’ve been told if I could clone Carolyn, I’d have more business than I can handle!”

The office’s decor is modern and beach-y, with serene blues and creams dominating. The impression is soothing, clean and feminine, which suits the all-female staff of office workers and dental hygienists. “Being exclusively women wasn’t a deliberate choice,” she says. “It just happened that way, but we have become a tightly knit bunch.” Each private cubicle in the back comes equipped with cushy recliners able to gently massage away any lingering anx-

ety. A patient’s personal preferences, such as extra neck support or fluoride flavor, are part of their ongoing record. For the truly fearful and phobic, a full range of sedation options makes an enormous difference in their comfort.

Dr. Hall describes her childhood as being somewhat ironic given her current career. “I hated going to the dentist as a child. My mother had to trick me into going,” she says. “But dentistry can be different now. I just finished a lot of crown work and rehab for a patient who arrived literally crying and clinging onto the front counter,” Dr. Hall says. “By the end of her extensive work, we had built up trust. Ultimately, she was able to spend a three-hour stretch in the chair, doing great with no sedation at all.”

Stacey Sparkman Hall is a native of the Peninsula who graduated from Menchville High School and earned double degrees in Chemistry and Human Nutrition and Foods at Virginia Tech. In one busy week in May 2002, Stacey graduated from Medical College of Virginia’s dental school, moved,

and married her high school sweetheart, Michael Hall, a second-generation local contractor who specializes in restoration. She and Mike welcomed three daughters, Lanie, Gracie and Abbie (presently 16, 14, and 12) during her nine-year association with a local dental practice.

“Eventually I started to think about opening my own practice,” she says. “The idea of being able to pursue areas that particularly interest me really appealed. I could do things that would suit me, including leading morning devotions with the staff and playing Christian music as I work.” She would finally be able to set and meet her own goals of positive outcomes in physical, mental and spiritual health for herself and others. It was a leap of faith, for sure, but one she has never regretted.

For Dr. Hall, her career has always been marked by a desire to give thanks for blessings received. She demonstrates this gratitude when she and her staff participate in fundraisers, such as team races for good causes, and by an ongoing close relation-



**It’s a community. It’s a lifestyle.
It’s WindsorMeade.**

Our beautiful Life Plan Community encourages your independence. Imagine group exercise classes with new friends in our state-of-the-art Fitness Center or just a little you time — all without the hassles of homeownership.

SCHEDULE YOUR VISIT TO WINDSORMEADE TODAY!



WindsorMeade
WILLIAMSBURG

757 848 4625
WINDSORMEADE.ORG
3900 WINDSOR HALL DRIVE
WILLIAMSBURG, VA 23188

Envirowash

Restoration · Pressure Washing · Coatings

Aggregate

Repair, Wash, Sand & Seal

Roof Cleaning
Safely, Effectively & Gently

Concrete Pavers
Repair, Wash, Sand & Seal

Decks
Repair, Restore, Wash & Seal

House Washing
Low pressure, heated water, mild solution

Angie’s list
Reviews you can trust.

BBB ACCREDITED BUSINESS A+

804-744-2974
envirowashinc.com

Licensed • Insured • References Available

ship with the Grove community. Throughout the year, the office's donation boxes overflow with seasonal needs for school supplies, warm coats, new socks and nutritious food. Many patients and friends become involved in these good works, too, and volunteer their labor joyfully.

"I really hope that one day we can bring back our biggest event, the annual Day of Smiles," Dr. Hall says. "It's our favorite charitable outreach program where we give away over \$20,000 in free services. With Covid restrictions, we've had to suspend it, but we all look forward to resuming when we can. It's wonderful to see the waiting room crowded with people who will receive their choice of a free cleaning, filling, or extraction. We also know they'll all leave with a catered breakfast or lunch."

Dr. Hall has a favorite memory of the last time she was able to sponsor this outreach. A woman who had come for a cleaning waited for a second appointment because she was in real need of a confidence booster. "She had unsightly cavities on her

front teeth and had a job interview coming up," Dr Hall remembers. "We were able to fill those for her and she walked out with a big, beautiful smile!"

After so many busy years building her practice, Dr. Hall found 2020's restrictions and homeschooling allowed for luxurious amounts of family time. With the return of relative normality, the pace is picking up again for everyone, and, like many of us, the entire Hall family misses their unexpected oasis of togetherness.

Part of what fills Dr. Hall's usual week is her commitment to training the next generation of dentists. "Sometimes I'm down at the headquarters of my alma mater, The Dawson Academy in St. Petersburg, Florida, from Thursday through Saturday, teaching and mentoring there. When you graduate from dental school, you know the basics, but you must learn how to treat more complicated problems, to take a more comprehensive view other than just patch and fill." While doing this work, Dr. Hall teaches students to look for and treat bite

issues, Temporomandibular Joint Dysfunction (TMJ) and a host of problems that can lead to pain.

"Dr. Dawson, the founder, has passed away now, but he had a profound influence on me and how my own career has progressed. While I was there, he sponsored marriage retreats and boldly shared his Christian faith and values. I realized then that God had put me in the perfect place to complete my studies, and now I'm honored to be a part of its continuation."

There have been faith-rocking moments throughout the years, Dr. Stacey Hall admits. "I want to make it clear that it hasn't all been smooth sailing for me, personally, professionally, or spiritually. Just in the past few months, for instance, three family members have been widowed. Truthfully, I don't know what I'd do without this wonderful group of faithful women here praying for me. Nobody's perfect, but with God's help, I hope to live my life, raise my family, and run my business in a way that pleases Him." NDN

**For a hole in your roof,
Or a whole new roof.**

PYRAMID ROOFING

Piper

Derek

10% OFF UP TO \$1,000
Roof Replacement
Expires **October 31, 2021**
10% off any new roof up to a maximum of \$1000. Not valid with any other offers. Not valid with existing contracts/proposals. 1 per household. Residential use only. Show at time of service.

**Williamsburg
757-258-3595**

Virginia Beach | 757-351-2555
Southside | 757-923-0999
Peninsula | 757-247-9600

www.pyramidroofing.com

BEST OF VIRGINIA GAZETTE williamsburg winner

KIMBERLY ROUTH



Murawski Photography

Nursing in the Operating Room

By Cathy Sliwoski

Kimberly Routh is one of only 52 nurses in the nation to earn the new designation of Certified Ambulatory Surgery Nurse (CNAMB) in 2020. The CNAMB inaugural test was given for a few months last year. Kimberly took the test in September but had to wait until December to learn she had passed. Her husband, Michael, was so proud

of this distinction that he wanted the Williamsburg community to know “how awesome she is.”

Kimberly, who works at Sentara Hospital’s Surgical Suites of Virginia, loves being an operating room (OR) nurse. As soon as she began nursing school, she knew that the OR would be her specialty. The fast pace, the

teamwork and the focus on one patient at a time are just some of the things that make being a surgical nurse her “groove.”

“I love the instant gratification of patient care in the OR,” Kimberly says. “Something is broken or wrong, and you fix it. There is a great deal of respect and trust amongst the team working in an OR.”



INTERIOR DESIGN • FURNISHINGS • KITCHENS

DECORATING DEN
INTERIORS®



Amy Ahearn, Principal + Owner

Main 757-378-2785 | Mobile 757-561-6592

amy@decoratingden.com | amy.decoratingden.com

Close as a **COMMUNITY**

even at a distance.



Our community
is **RESILIENT.**



Our community
is **STRONG.**



WILLIAMSBURG
Health
FOUNDATION



Report to the
Community for 2020



Our community
is **KIND.**

From our President & CEO



Carol L. Sale

Carol L. Sale, RN, MSN
President & CEO

It may seem odd to say, but good things happened in 2020.

It may seem odd to say, but good things happened in 2020.

Even as we isolated ourselves, even as those who could stay home did stay home, even as we wore masks and stood six feet apart, people in Greater Williamsburg came together.

Behind the scenes at the Williamsburg Health Foundation, we witnessed, in a matter of days, organizations pivot and activate in new ways to deliver critical services. We witnessed incredible “Quaranteams” form as leaders volunteered their organizational resources to help other organizations meet the most urgent needs of the community.

It is impossible to point to all the ongoing ingenuity, the flexing of plans, and the last-hour hustle that helped this community weather the pandemic. If you look at food systems alone in this community, you see an incredible story of transformation and partnership. In a traditional food pantry, people went into a building to pick up their food. Instead, food pantries began, and continue to hold, drive-through food distributions. School bus drivers drove meals, not children, to and from schools. The Arc of Greater Williamsburg and Williamsburg Area Faith in Action began taking orders for and delivering food from local pantries like Williamsburg House of Mercy and Grove Christian Outreach Center to those who could not get out to pantries.

One of our anchor institutions, Colonial Williamsburg (CW), opened a shuttered hotel for people displaced by the pandemic, cooked meals for distribution, grew food for the community in its gardens, and opened its decorative gardens for everyone’s enjoyment. In 2021, CW transformed its Visitors Center to a vaccination center. CW is one example of the type of leadership we saw from so many organizations and individuals.

Equally as miraculous, some of these impromptu coalitions and “Quaranteams” have stayed in

From our Board Chair

place for more than a year and are solving problem after problem.

In healthcare, we saw heroics in so many forms. Our safety-net clinics adjusted their operations in 2020 to continue to meet the needs of our most vulnerable residents, providing ongoing chronic care management as well as COVID testing and vaccinations as they became available.

The COVID-19 pandemic disproportionately impacted African Americans and all people of color. Our vision is “individuals making healthy choices in a community with health opportunity for all.” The inequities of this pandemic illustrate why this foundation has long envisioned the need for greater health opportunities “for all.”

While our vision remains the same, in 2020, we adapted and evolved, too. As many of our funds were directed to programs that could not adequately function in a pandemic, we unrestricted nearly 2.7 million dollars of our 2019 grants. This permitted agencies to redeploy dollars they already had in the bank to pivot and respond to the pandemic.

We also revised our strategic plan in 2020. While our vision of “individuals making healthy choices in a community with health opportunity for all” remains unchanged, our mission statement evolved to emphasize the importance of creating systems that make for a healthier community. We invite you to visit our new website and learn more about our work, grants, and mission to “collaborate, innovate, and invest to impact systems that improve the health and well-being of individuals living in Greater Williamsburg.” The new plan is printed in the back of this report.

Join us in this work. Every individual can impact the health of the community. Be an active and engaged member of Greater Williamsburg. We are all happier and healthier when we stay close as a community.



A handwritten signature in black ink, appearing to read 'J. Tuttle'.

Jackson C. Tuttle, II
Chair, Board of Trustees

We are all happier and healthier when we stay close as a community.

2020

The HEART of our Work



Child Health Initiative

Through the Child Health Initiative, home visitors, including nurses and social workers, take a “whole family” or “two-generation” approach to long-term wellness for children.

Home visitors assist each member of a family with reaching goals they set for themselves. For a parent those goals may include more education, better employment, or safe, stable housing — foundational influencers of good health. Goals often include ensuring children are up-to-date on all preventative care, attending school, and forming healthy habits.

In response to the pandemic, families received laptops or tablets to allow them to continue their education and employment and obtain healthcare while staying safe.

47 families and
114 children served



2020 Grants Awarded



Childhood and Family Intervention Services

Center for Child and Family Services, Inc.

kidsandfamilies.com

The Reboot Program \$103,000

Child Development Resources

cdr.org

Basic Operating Support..... \$200,000

City of Williamsburg

Child Health Initiative \$250,000

James City County

Child Health Initiative \$270,000



Advocacy/Community Education

United Way of the Virginia Peninsula

uwvp.org

Greater Williamsburg Trauma-Informed
Community Network \$30,000



Access to Healthy Food

Community Housing Partners

communitypartnersva.com

Mobile Food Pantry..... \$5,000

Peninsula Agency on Aging

paainc.org

Nutritious Noontime Meals \$65,000

Virginia Peninsula Foodbank

hrfoodbank.org

Mobile Food Pantry:

Fresh Produce Program \$35,000

Williamsburg House of Mercy, Inc.

williamsburghouseofmercy.org

Mobile Food Pantry \$9,000

2020 Grants Awarded



Wellness Promotion

The Arc of Greater Williamsburg

thearcgw.org

Fitness Program \$30,000

Bacon Street Youth and Family Services

baconstreet.org

The Bridges Project \$27,000

One Child Center for Autism

onechildcenterforautism.org

Kids' Night \$7,500

Williamsburg-James City County Public School Division

wjccschools.org/academics/ship

School Health Initiative Program (SHIP) . . . \$670,000



Information and Referral

Colonial Behavioral Health

colonialbh.org

WMBGCARES.ORG Greater Williamsburg
Network of Care (NOC) \$37,000

Peninsula Agency on Aging

paainc.org

Greater Williamsburg Aging
and Disability Resource Center \$70,000

2020

The HEART of our Work



Promoting Lifelong Healing

Greater Williamsburg Trauma-Informed Care Network (GW-TICN) began in 2019 to spread awareness of the impact of trauma on individuals and families. GW-TICN is based upon the science of adverse childhood experiences (ACEs), which shows that trauma from childhood can have lifelong physical and mental health consequences. GW-TICN implements trauma-aware practices to heal those who have been exposed to trauma and prevent generational cycles of trauma. This group includes over 40 organizations and makes us close as a community.

1 community
40+ organizations

Including:

- 4 Localities
- 3 School Districts
- 2 Statewide Agencies
- 2 Hospital Systems

2020

The HEART of our Work



Advanced Primary Care

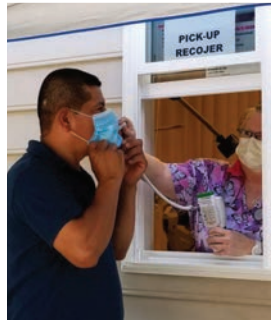
Medical professionals always face risk of exposure to illness from their patients, but the COVID-19 pandemic took this risk to a new level. Despite the risks to themselves, staff at Gloucester Mathews Care Clinic, Lackey Clinic, and Olde Towne Medical & Dental Center continued to see their patients. Numerous innovations, including a significant increase in the provision of telehealth services, were quickly devised and implemented. Through the extraordinary efforts of clinic staff and funding from WHF's Chronic Care Collaborative, patients with chronic diseases such as high blood pressure, diabetes, depression, COPD, and obesity still received needed care.

3,680 patients with chronic diseases



16,218 patient visits

2020 Grants Awarded



Advanced Primary Care

Gloucester Mathews Care Clinic

gmcareclinic.com

Chronic Care Collaborative \$200,000

Lackey Clinic

lackeyclinic.org

Chronic Care Collaborative \$400,000

Olde Towne Medical & Dental Center

oldetownmedicalcenter.org

Chronic Care Collaborative \$250,000

Support for Clinic Operations \$337,500



Behavioral Healthcare

Center for Child & Family Services, Inc.

kidsandfamilies.com

Multicultural Counseling and Outreach Program \$40,000

Neurofeedback Counseling Program \$6,500

Colonial Behavioral Health

colonialbh.org

Chronic Care Collaborative \$140,000

Greater Williamsburg Child Assessment Center \$271,000

Intensive Outpatient Program (IOP) \$50,000

Elk Hill Farm, Inc.

elkhill.org

Elk Hill's York County School-Based Mental Health Program for York County \$10,000

Postpartum Support Virginia, Inc.

postpartumva.org

Healthy Mothers, Healthy Babies \$15,000

William & Mary School of Education , New Horizons Family Counseling Center

education.wm.edu

Youth and Family Counseling Program \$95,000

2020 Grants Awarded



Medication Access

Rx Partnership

rxpartnership.org

Access to Medication Program (AMP)	\$12,500
Chronic Care Collaborative	\$46,000

Virginia Health Care Foundation

vhcf.org

Greater Williamsburg Medication Access Program (GWMAP)	\$375,000
--	-----------



Access to Healthcare Services

The Doorways

thedorways.org

Basic Operating Support	\$15,000
-------------------------	----------

Foundation for Rehabilitation Equipment & Endowment (F.R.E.E.)

free-foundation.org

F.R.E.E. of Williamsburg	\$26,000
--------------------------	----------

Greater Williamsburg Heartsafe Alliance

heartsafewmbg.com

Greater Williamsburg Heartsafe Alliance	\$20,000
---	----------

Literacy for Life at the Rita Welsh Adult Learning Center

literacyforlife.org

Health Education and Literacy Program (HEAL) in Williamsburg	\$50,000
--	----------

Peninsula Agency on Aging (PAA)

paainc.org

RIDES Program	\$120,000
---------------	-----------

Williamsburg Area Faith in Action

wfia.org

Medical Transportation	\$37,500
------------------------	----------

2020

The HEART of our Work



Access to Medication

Through programs from the Virginia Health Care Foundation and RxPartnership, patients at Gloucester Mathews Care Clinic, Lackey Clinic, and Olde Towne Medical & Dental Center receive prescription medications at no cost.

With the onset of the pandemic, clinics quickly had to pivot from the traditional model of patients coming into clinics to pick up medicine. Instead, prescriptions had to go outside to get to patients! Staff improvised walk-up windows and parking-lot pickups, and used the U.S. mail so patients did not go without their necessary medication. Despite the pandemic, **over 16 million dollars in medications were dispensed** through these three clinics.

2,454 people served



37,502
30-day filled prescriptions

2020

The HEART of our Work



Stronger Agencies Mean a Healthier Community

At WHF, we strive to help nonprofit agencies grow and flourish. It's at the heart of our work.

Catchfire.org strengthens local agencies and the social sector at large by matching professionals who want to donate their time with nonprofits who need their skills. WHF supports membership in this valuable service.

Top project types:

- Translation
- Branded Digital Assets
- Flyer Graphic Design
- Website

75
agencies
matched on
a Catchfire
project

\$1.1+
million
in consulting
and projects



6,000
hours of
volunteer time

2020 Grants Awarded



Capacity Building/ Technical Assistance

NetworkPeninsula

networkpeninsula.org

Nonprofit Management Institute \$22,500

One Child Center for Autism

onechildcenterforautism.org

Capacity Building \$15,000

Williamsburg Area Faith in Action

wfia.org

Support for a Development Director \$14,000



Direct Charitable Activities, Discretionary Grants, and Annual Awards

. \$333,409



Other

City of Williamsburg

COVID-19 Eviction Prevention Program \$270,000

James City County

COVID-19 Eviction Prevention Program \$430,000

York County

COVID-19 Eviction Prevention Program \$300,000

\$5,710,409

total amount of grants
awarded for 2020

WHF Financial Summary

Despite the challenges of 2020, the Foundation remained committed to its vision of investing in systems that improve the health and well-being of individuals living in Greater Williamsburg. To this end, the Foundation awarded 5.7 million dollars in grants to local nonprofits, which included a 1 million dollar grant to prevent rental evictions of area residents because of the COVID-19 pandemic.

The Foundation's overall investment strategy is to ensure assets are available to address the community's needs and opportunities in perpetuity. Its commitment to transparency has earned it a platinum seal from GuideStar, the world's largest source of nonprofit information.

Summary Statements of Financial Position

(in thousands)

As of December 31

	2020	2019
TOTAL ASSETS	\$137,900	\$128,500
Liabilities: Grants and Other Accounts Payable	600	700
Unrestricted Net Assets	137,300	127,800
LIABILITIES AND NET ASSETS	\$137,900	\$128,500

Summary Statements of Activities

(in thousands)

As of December 31

UNRESTRICTED REVENUE AND GAINS (LOSSES)		
Investment Income and Gains (Losses), Net of Fees	\$16,800	\$18,300
EXPENSES		
Community Grants	5,700	5,000
Program, General, and Administrative Expenses	1,524	1,412
Federal Excise and State Tax (Benefit) Expense	76	88
	\$7,300	\$6,500
CHANGE IN NET ASSETS	9,500	11,800
NET ASSETS, BEGINNING OF YEAR	127,800	116,000
NET ASSETS, END OF YEAR	\$137,300	\$127,800

2020

The **HEART** of leadership



Leading the Charge in Community Service

The faith community has been a major force in Greater Williamsburg's fight against COVID-19. Together with healthcare partners, Dr. Robert A. Whitehead and members of the Tri-County Pastors' Council organized testing at church locations. A leader in the COVID-19 Community Collaboration, Dr. Whitehead then volunteered to lead the 2021 vaccination effort on behalf of faith groups and nonprofits. With a team of schedulers, drivers, and greeters at the vaccination center (including himself), Pastor Whitehead made the entire community safer, healthier, and closer.



Dr. Robert A. Whitehead, Sr., Pastor

Photo credit: Kim O'Brien Root

2021-23



Vision

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



Mission

Collaborate, innovate, and invest to impact systems that improve the health and well-being of individuals living in Greater Williamsburg.



Goals

Advance organizations, systems, and public policy crucial to community health and well-being.

Target behavioral and social risk factors that influence the health of individuals throughout the life span.

Strengthen the healthcare safety-net for uninsured and underinsured individuals.



Values

Accountable: Steward community values and assets transparently.

Ethical: Work with honesty and integrity.

Respectful: Ensure all voices are heard and recognize those who do the work.

Engaged: Connect and commit to the community.

Catalytic: Instigate change to achieve real, measurable impact.

2020 Board of Trustees

M. Anderson Bradshaw

Attorney, M. Anderson Bradshaw, P.C.

David E. Bush

Managing Director, PBMares Wealth Management, LLC

Beth F. Davis

Director, Patient Care Services,
Sentara Williamsburg Regional Medical Center

Paul W. Gerhardt

Shareholder; Member, Kaufman & Canoles Executive Committee;
Managing Director, Kaufman & Canoles Richmond Office

Earl T. Granger, III

Chief Development Officer/Vice President,
The Colonial Williamsburg Foundation

Kelli Mansel-Arbuckle

Retired Human Resources Director,
The Colonial Williamsburg Foundation

Douglas J. Myers

Portfolio Management Director, Morgan Stanley

Maribel O. Saimre

Director of Student Services, Virginia Department of Education

Robert J. Singley

President and Principle Broker, RJS & Associates, Inc.

Steven R. Staples

Executive Professor, Part-Time,
William & Mary

Robert B. Taylor

Retired Senior Vice President for Finance and Administration,
The Colonial Williamsburg Foundation

Thomas G. Tingle

President, GuernseyTingle

Glenda H. Turner

Senior Director of Marketing and Public Relations,
Jamestown-Yorktown Foundation

Adria Vanhoozier

Hospital President, Riverside Doctors' Hospital Williamsburg

Alfred L. Woods

Former Chairman, Aegion Corporation

Chair

Louis F. Rossiter

Research Professor, Public Policy William & Mary

Vice Chair

Jackson C. Tuttle, II

Retired City Manager, City of Williamsburg

Treasurer

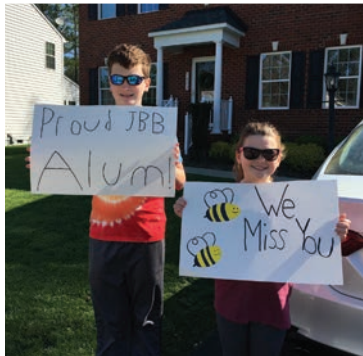
Marshall N. Warner

Executive Vice President, Chesapeake Bank

Secretary

Carol L. Sale

President & CEO, Williamsburg Health Foundation



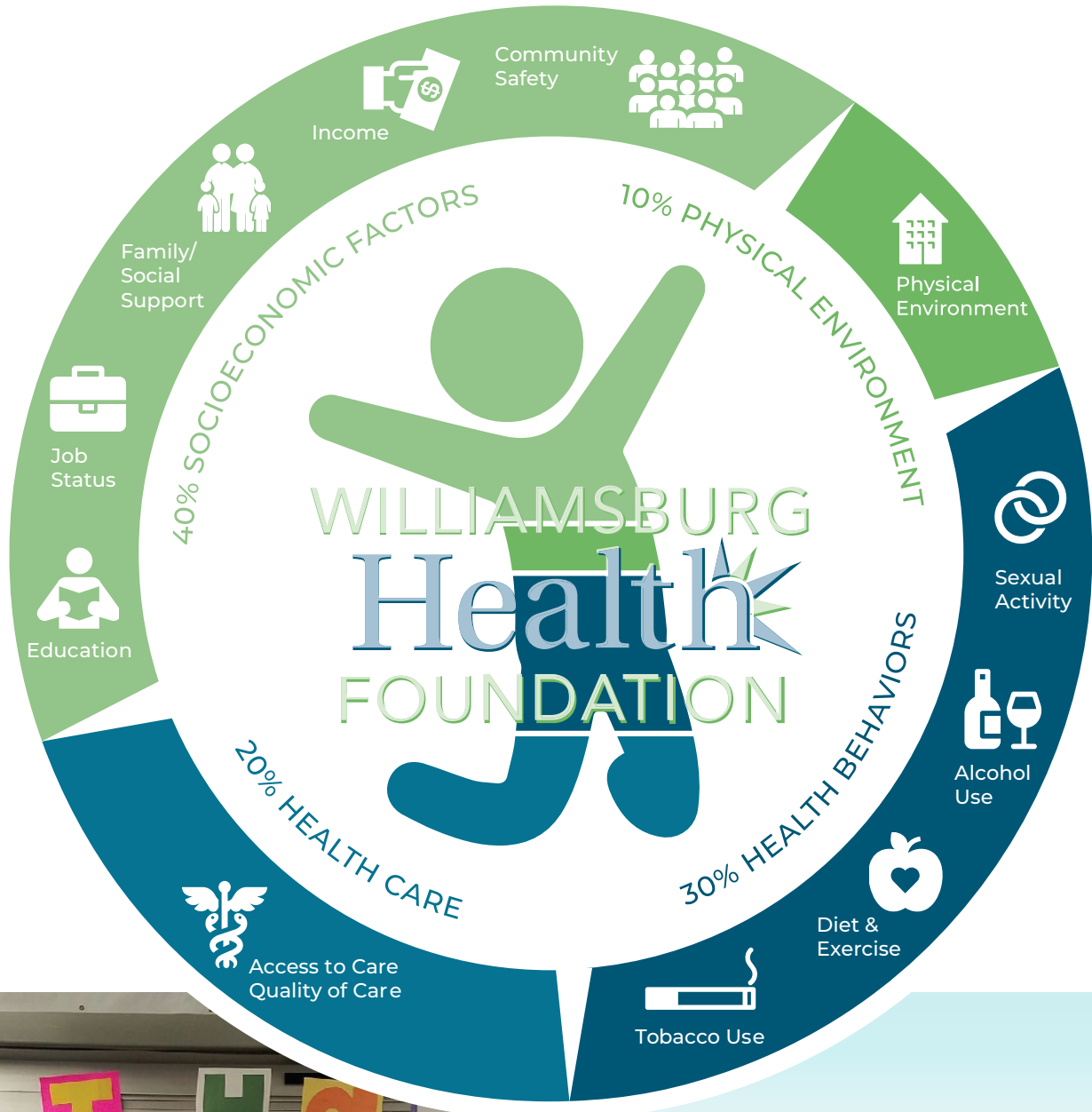
WILLIAMSBURG
Health
FOUNDATION



Celebrates our community's
resilience, strength, and kindness.



What goes into your health?



WILLIAMSBURG
Health
FOUNDATION

757.345.0912
williamsburghealthfoundation.org
4801 Courthouse Street, Suite 200
Williamsburg, VA 23188

After more than two decades on the job, Kimberly is also a big believer in earning certifications. She received a Bachelor of Science degree in Nursing from the University of Southern Mississippi at age 31. She then passed her nursing boards to become a Registered Nurse, and after she worked for a minimum of two years in operating rooms, she was eligible to test to add Certified Perioperative Nurse (CNOR) to her list of accomplishments. In addition, multiple hours of continuing education credit are required each year to maintain all these certifications.

“Nurses have to be lifelong learners,” Kimberly says. “I always try to encourage younger nurses to pursue these certifications. It keeps you up to date on technology, equipment, procedures and standards.”

During her first eight or nine years on the job, Kimberly worked in trauma surgery, seeing everything from gunshot and knife wounds to complicated brain or heart surgeries. The workload could be brutal and included working multiple shifts and being on-call. As one might expect, members of a surgical team have distinct duties. Kimberly often serves in the role of “circulator” making sure the operating room is ready with all of the necessary equipment, instruments, positioning devices and medicines.

“The number one priority is patient safety,” Kimberly says. “From pre-op in the OR until you hand off the patient to the recovery room nurse, the circulator is focused on the safety of that patient.”

Moving to outpatient or ambulatory surgery, which Kimberly has been doing for the past 16 years, is a typical progression for OR nurses in the latter part of their career. “You want to work Monday to Friday, with a more reasonable schedule. You don’t need all the drama,” Kimberly says. At this point, Kimberly is semi-retired, working two days a week.

Kimberly believes that nurses have the potential to change lives with every patient they see. Because operating room nurses don’t spend as much time with patients, and their patients remember very little about the experience, they don’t always get to know what impact they’ve made. Even routine operations like tonsillectomies or ear tube surgeries can greatly improve a patient’s quality of life. Kimberly remembers a few gratifying conversations with patients’ loved ones who expressed appreciation after surgery.

“You don’t always get to hear the whole story about a patient or how much their life improved because of surgery,” Kimberly says. “It feels good when you hear about a great outcome.”

After participating in thousands of surgeries, some extremely complicated, some considered routine, Kimberly has seen pretty much everything. That’s one of the reasons she finds watching hospital shows on television very frustrating. “I’m always talking back to the TV and criticizing the inaccuracies,” she says.

The Rouths moved to Williamsburg in 2017. They had vacationed here several times a year when Michael was stationed at Dover Air Force Base in Delaware. Their daughter, Abigail, still lives in Dover. They loved the history and beauty in this area, so after Michael retired and was offered a job in Norfolk, Kimberly knew they would make Williamsburg home. “I’m in my happy place between Jamestown and Colonial Williamsburg,” Kimberly says.

They live in a George Wythe-styled home on one acre with gardens and a white picket fence they repaired in a “labor of love” during the

IS YOUR HOME DIRTY?

WE'LL GET IT SPARKLING CLEAN!



ROOF
SHINGLE | TILE | SHAKE



SIDING
STUCCO | VINYL | WOOD | BRICK



DECKS/FENCES
VINYL | WOOD | COMPOSITE



BRICK/CONCRETE
DRIVEWAYS | RETAINING WALLS



GUTTERS
CLEAN OUT | BRIGHTENING

16 MONTHS

HOUSE WASHING

WARRANTY

ASK FOR DETAILS!

BIODEGRADABLE

All of our cleaners breakdown into carbon and water within 20 days of their introduction into the environment.

WATER-BASED

All of our cleaners are water based and contain no solvents or phosphates.

LOW VOC

Our Soft Wash cleaning process and chemicals conform to the California Air Quality Management District standard.

NON-HAZARDOUS

All of our cleaners ship non-hazardous and require no special handling or storage precautions.

LOW FOSSIL FUEL

Our company strives to follow the theory of using as little fossil fuel based energy as possible.

CALL TODAY! FREE ESTIMATES

757-926-0222





Sergeant
SOFTWASH.COM

@SergeantSoftwash

5.0 ★★★★★

VETERAN OWNED
& OPERATED
(NOT A FRANCHISE)

WINDOWS & MORE INC, DBA: SERGEANT SOFTWASH, LICENSED, FULLY INSURED & BONDED

Find Your Fall Outdoor Needs at

ACE

The helpful place.

Make cleaning up your fall leaves easier than ever before with the Stihl BR600.



This Fall, treat your lawn to the nutrients it needs to weather the winter and to blossom with green hearty grass in the spring.

6 Locations to serve you!

- Midtown Row, 210 Monticello Ave. Williamsburg (757) 229-1900
- 4511 John Tyler Hwy Suite L, Williamsburg (757) 220-9362
- Grafton, 4914 George Washington Mem Hwy. (757) 898-3040
- 12490 Warwick Blvd, Newport News (757) 594-9890
- Hampton Towne Centre, 7 Towne Centre Way, Hampton (757) 864-0970
- 2098 Nickerson Blvd, Hampton (757) 850-0544

www.acepeninsulahardware.com

Follow us on

Over 5,000

Pieces of Poly Furniture in Stock!

25,000 sq. ft. of poly furniture on display.

- Over 25 colors
- Variety of styles
- Chairs, tables, loungers, gliders and more.

Our huge warehouse inventory allows you to see, buy, and enjoy all in the same day. Please check us out before you buy elsewhere.



**BEST QUALITY!
BEST SELECTION!
BEST PRICES!**

Hours: Monday, Tuesday, Thursday & Friday 10am-5pm
Saturday 10am-3pm • Closed Wednesday & Sunday
142 Centerville Road, Shacklefords, Va. 23156
804-785-6291
wekuzpatio.com

sweltering summer. They collect early American antiques. “Michael prefers formal/high country antiques, and I prefer primitives. We have a very large collection of both.” “I knew nothing but antiques growing up,” Kimberly says. “I think I was five or six before I knew you could buy new furniture.”

Working on their gardens offers tranquility and relaxation for Kimberly that is completely different from the pace and instant gratification of the operating room.

“We have perennial flower beds planted in the informal English cottage style. I love to see the evolution of our gardens,” Kimberly says. “How they change from season to season and then mature and change through the years. We love the birds and butterflies that visit our gardens, too. We have more than a dozen bird feeders and houses.”

Her love of nature is not surprising since Kimberly grew up on a small farm in Illinois with lots of antiques, gardens and 500 apple trees. She has four older brothers and two older sisters. Her mother was also a nurse in the 1940s.

A penchant for “old things” led Kimberly to the University of Illinois right after high school to study anthropology and biology. She wanted to work in museums, but when she married a military man and knew she would be moving around, Kimberly looked for a more portable career field. With her foundational knowledge in biology, she found nursing to be an excellent choice. She worked in nine facilities in four states, and she was usually able to secure her job even before they moved to the next duty station.

“Nursing was a practical and secure career choice for me,” Kimberly says. “Nurses are respected and always have job opportunities at a competitive salary.”

Although her prior knowledge of the military lifestyle was limited, Kimberly knew she “was in for some traveling,” and that’s what she enjoyed most about being an Air Force spouse. “I was excited about the new prospects of each move,” Kimberly says. “New state/area of the country to explore, new house to buy and decorate, new job, new friends.”

What makes a good nurse? Kimberly believes that “putting the patient first” is the hallmark of her profession. “It’s always about the patient,” Kimberly says. “It also helps if you find hard work gratifying.” According to the American Board of Nursing Specialties, “certification is the formal recognition of specialized knowledge, skills and experience that are acknowledged by passing a national standardized specialty nursing exam.” Certifications benefit individual nurses through higher pay and job satisfaction, healthcare facilities through retention but most of all, they benefit patients. “Multiple studies have shown that certified nurses provide higher quality care for their patients, and that’s really important,” Kimberly says. “If you can be a better nurse, why not?”

Kimberly Routh often marvels at the many changes in healthcare over the past 25 years. Her calm demeanor and wealth of experience make her an excellent mentor for new nurses in the operating room.

“When I first started, I remember thinking, ‘I can’t wait until I know everything,’” Kimberly Routh says. “But you can never know everything. It is a continuous education that is constantly changing. Certifications help you keep up with those changes.” NDN



To Our Readers and Advertisers,

You may notice a difference in paper quality with this issue. Printers throughout the United States are having difficulty securing the paper they need from the paper mills for their customers. Many of the mills are behind in production. Some are extremely behind. My printer could not find the specific paper I needed to bring you Next Door Neighbors and this is why you see a difference in paper quality.

In addition, in order to fit this different paper on their presses, I had to reduce my page size. That means all of the ads on the pages are slightly smaller than they normally would be.

The problems with the paper mills are not going to be short lived, as explained to me by my printer's representative. Thus, it is hard to forecast the months ahead - even November.

I will do my best to make the most sound decisions I can regarding paper within the limitations I am given, and I hope you will be patient as we get through yet another byproduct of these times.

All the best,

Meredith Collins
Publisher

The Book for People who want to be Their Best and who want to help bring out the best in others.



The local author, Rob Brown, weaves together his love of God, family and Cleveland Indians baseball to share 7 compelling and timeless lessons for living your best life.

Truést Fan will help you focus your attention on what matters most in your life--be it your family, your business, your teammates, the causes you care about or your faith.



Rob Brown, Author

From Hans Schwartz, Reader:
"Rob has organized into an easy read all the wisdom you need to organize and live a purposeful, good life for yourself and those around you. You might have heard of each of these nuggets before. Rob has pulled them together in one place so that you will come back time and again as you put the ideas into practice."

**To order your copy, go to:
TruéstFan.com**

Neurology at Williamsburg



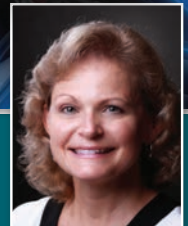
Accepting New Patients



Patricia Mayes, MD



Maria Guina, MD



Kathy Green, MSN,
FNP-BC

TPMG Neurology at Williamsburg
5424 Discovery Park Blvd, Bldg. B, Ste. 204
Williamsburg, VA 23188
(757) 707-3508



Scares That Care

By Lillian Stevens



Murawski Photography

The name can be deceptive.

Although Scares That Care, Inc. is a horror-genre charity organization, the “monsters” they fight are those of childhood illness, severe burn injuries and breast cancer. They do this by raising tens of thousands of dollars each year to provide financial help to families experiencing these extraordinary hardships.

Angel Hollman is both a volunteer and a Virginia state representative for Scares That Care.

“I believe that every day you wake up, you have the opportunity to change somebody’s life,” she says.

Founded by Joe Ripple in 2006, the charity has raised and donated over \$250,000 to its beneficiaries. While its mission was originally designed to help those fighting breast cancer or childhood illness, it later expanded to include burn survivors when horror legend Kane Hodder, aka Jason Voorhees of *Friday the 13th* fame, asked the

organization to take over his burn survivor program.

“People might not know, but Kane Hodder is a burn survivor too,” Angel says.

Originally, the charity set a fundraising goal of \$10,000 per year for organizations like the well-known Make-A-Wish Foundation. Just four years later, and after several successful campaigns, Scares That Care became more formalized as a 501(c)(3) entity with an established board of directors. In recent years, an average cash gift of \$10,000 has been bestowed upon three recipients.

“This year we’ve taken on an additional family,” Angel says. “So, there will be four \$10,000 gifts. Our CEO and the board select and introduce us to our families that we’re going to work toward for the year.”

Scares That Care became rooted in the Williamsburg community in 2014, with its first charity weekend at the DoubleTree by Hilton. Angel learned that there was going

to be a convention weekend with celebrities over at the hotel.

“When I found out that one of my favorite actors, Kim Coates, was going to be in attendance, I got my ticket!”

Coates played the character of “Tig” on the popular FX series, “Sons of Anarchy.” “So that was my first experience with Scares That Care,” she says. “I came to meet Kim Coates. I didn’t even know it was a charity event. But I thought it was such a cool weekend, so I started researching and learning more about Scares That Care.”

The rest is history for the horror-genre movie fan who sets out to make each day better for someone else.

“I fell in love with this organization and everything it represents.”

The charity weekend features celebrity meet-and-greets, panels, costume contests and, of course, opportunities for giving. There are photo ops, autographs, zombie hunts and a film festival. Kingsmill pro-

vides the backdrop for a 5K road race, and there's a 1K race for smaller racers.

"It's definitely a kid-friendly weekend," Angel says. "We even have a trick or treat parade."

In addition to Kim Coates, past celebrity guests have ranged from Bob Gunton, who played the warden in *The Shawshank Redemption*, to RJ Haddy and Roy Wooley from Syfy's *Face Off* to *Scream Queen*, Debbie Rochon to Danny Lloyd, known for his role as Danny Torrance in *The Shining*.

Angel says from her very first event as a volunteer, there was a warm welcome from the organization's CEO.

"Joe Ripple and I had a brief conversation, and he welcomed me to the family. And that really is what we are, a family. When we get together, it really feels like a family reunion. This was our seventh year putting on this event."

In 2020, Scares That Care's charity weekend went virtual due to Covid.

To get the word out, the organization ad-

vertises in local places like Facebook groups Williamsburg 411 and Williamsburg News & Notes. Scares That Care also has over 6.2K followers on Facebook. "Many local people might not realize that this event happens every summer, right here in their own back yard," Angel says.

Over the course of the past eight years, the annual event has grown exponentially and will soon be expanding to Racine, Wisconsin.

While most families learn of their selection over the phone or at an event hosted by Scares That Care, every so often there is a surprise element. Angel reminisces about one such event.

"You can find it on YouTube," she says. "It's about a young burn victim who got a surprise call from Kane Hodder soon after receiving her \$10,000 check. There she was, eating with her family at a Texas Roadhouse restaurant when her iPhone rings, and it's Kane Hodder calling to FaceTime with her."

The organization is staffed entirely by volunteers, including board members and the CEO. As a state representative, Angel often attends other events as a vendor.

"We have at least 13 states that have representatives," she says. "In that role, we can attend other mad monster and creature feature events. Everything we do is through donations and awareness."

Volunteer efforts notwithstanding, Angel's day job can be pretty intense, too.

"I'm a compliance supervisor for Geico Insurance," she says. "I started out at Geico working as a claims adjuster, but in 2008 I joined the company's audit team here in Virginia."

Angel landed in Newport News first but has been in Williamsburg since 2015. Her children are grown, and she has three grandchildren who live in Kansas. "They are 12, six and four years old," she says. "We FaceTime a lot."

Her schedule is busy, as she travels a lot for work, although less so during the pan-

Colonial Center for Hearing Welcomes Dr. Lexi Hutchison

Born and raised in Santa Rosa, CA, Dr. Lexi studied at University of Colorado, Boulder (Bachelor of Arts Degrees in Psychology and Speech, Language and Hearing Sciences, Magna Cum Laude) and University of Texas, Austin (Audiology Doctorate, Summa Cum Laude). Dr. Lexi is passionate about delivering patient-centered care and life changing hearing aid solutions to the Williamsburg community.



Jude Liptak, Au.D.



Bethany Tucker, Au.D.

**Award Winning
Doctors**

**World's Best
Hearing Aids**

Call TODAY for a complimentary consultation.

757-229-4004

430 McLaws Circle, Suite 101, Williamsburg • www.WilliamsburgHears.com



demic.

"I found that with a schedule like mine, it can be hard to connect to things outside of work," she says. "But from that first Scares That Care weekend, it just clicked. I'd found my connection."

At the end of the day, she really just hopes to make a difference in someone's life.

"I think that's the most important thing that drives us," she says. "It's all about the families. Helping this great organization meet its goals means so much to me."

As the holidays approach, efforts are already underway for a couple of Christmas projects, one being "Ghosts of Christmas Presents."

"Think about Scrooge," Angel says with a laugh. "When we get word of families in need, maybe someone has been displaced from their home, for instance, we come together and buy presents and make certain that these kids will have a Christmas."

Additionally, on Saturday, December

18th there will be a Scares That Care Holiday Dinner & Dance at the DoubleTree. "We will be hosting a toy drive and a silent auction. Donation items will be going to the Avalon Center here in Williamsburg."

Other fundraisers run the gamut, drawing on social media and corporate support.

"I'm turning 50 this week, so I have a birthday fundraiser going on Facebook right now. Also, I want to get the word out that when shopping on Amazon, you can select our charity through Amazon Smiles. Since we're a 501(c)(3), it's tax deductible." Selecting a charity costs the consumer nothing, and Amazon donates a percentage of a shopper's eligible purchase toward the charity of his/her choice.

For Angel Hollman, it all goes back to a simple decision each and every day to do good in this world and seize opportunities as they arise. From fundraising to a kind word to acting on a good idea when there's a surplus of supplies, which happened after the last charity weekend.

"At our big event, we always have bottles of water and snacks for the volunteers," Angel says. "This year, we had a lot of leftover cases of water and boxes of snacks that hadn't been opened yet, so I had an idea."

Her idea resulted in some 400 bottles of water and 75 pounds of snacks being donated locally to the Williamsburg House of Mercy.

"When I drove up, the lady who greeted me said they'd hit the point where they were getting ready to buy their own water because they were out of water and all sorts of snacks. She told me I must have been sent by an angel. When she asked me my name, we shared a good laugh."


Meanwhile, next year's Scares That Care charity weekend is already scheduled for July 29-31 at the DoubleTree. NDN

To learn more about Scares That Care and the important work they do, Angel encourages readers to visit the organization's website <https://scaresthatcare.org> or follow them on Facebook.

Retina & Glaucoma associates

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

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



John R. Nordlund, M.D., PhD
specializes in the diagnosis and treatment of retinal diseases and glaucoma.

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

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

757.220.3375 | RGAVA.com

Ike Sisane

on Next Door Neighbors magazine



"How many times can I thank you? Always! Your magazine brings life to the community. Interesting people are always featured when their stories come to life. We the citizens of the Williamsburg area thank you!"

- Ike is the owner of Williamsburg Sampler Bed & Breakfast

BO ZHAO, MD, PhD
Medical Oncologist/
Hematologist



NEW PHYSICIAN ANNOUNCEMENT

Dr. Zhao is accepting new patients in our Hampton & Williamsburg offices.

757-873-9400

Fellowship in Oncology & Hematology

Cleveland Clinic - Cleveland, OH

Residency in Internal Medicine

RWJBarnabas Health - Livingston, NJ

Medical Schools

Bachelor of Medicine, Dalian Medical University - Dalian, China

Doctor of Medicine, Peking University - Beijing, China

**Dr. Zhao is fluent in both
Mandarin Chinese and English.**



VirginiaCancer.com

The US Oncology Network is supported by McKesson Specialty Health. © 2021 McKesson Specialty Health. All rights reserved.

MATT SILENO

2021 Health Promoter Award Honoree

Food Service for Our Community

By Ashley Smith

Matt Sileno of Matchsticks BBQ Company remembers the lunchroom atmosphere of his elementary school in Brooklyn, New York. "It was truly a melting pot. There were kids from all over the world, which was great." Yet, amid the roar of the cafeteria chatter, Matt noticed that some students didn't have a meal in front of them. It bothered him that his classmates didn't eat, but when he noticed that these students were also targets for bullying, he had to act. "I

went over to sit with them and share what I had." This early act of kindness laid the foundation for Matt's lifelong goal of eliminating childhood hunger in the community, as well as erasing the stigma that comes with needing help.

After several years and a successful career in sales, Matt stepped away from supporting start-ups and toward his personal dream of owning a food truck. "I've always loved cooking. My parents let me in the kitch-

en at a young age and it was fantastic for me." When he was 11, his family moved to North Carolina, where Matt experienced Eastern Carolina barbeque for the first time. Entranced, Matt dreamed of feeding folks and leaving them with the same sense of satisfied comfort as he felt when he first tasted barbecue.

Thus in 2018, the Matchsticks BBQ Company food truck rolled out its first menu, and within a year, Matt reached out

Murawski Photography



Laney's
Diamonds & Jewelry

Custom Designs
Jewelry Repair
Appraisals
Stringing
Watch Repair

5121 Center St., Ste. 103
New Town
Tues - Sat
229-7333
www.laneysjewelry.com

Your Friend in Real Estate



JOHN OTEY
Associate Broker & Property Manager
757-876-4460
johnoteyhomes@gmail.com
www.johnotey.com

Williamsburg Realty



5231 Monticello Ave., Suite A, Williamsburg, VA 23188



again to help feed students. He contacted the Williamsburg-James City County schools and offered to pay down student lunch debts. Through an initiative called the LunchBox program, customers could donate two dollars from every meal they purchased toward eliminating the debt. Though at first division leadership was taken aback by the generous offer, Matt worked with the leadership team to establish a protocol for outside donors to be able to contribute with the goal of reducing the financial burden of school meals. Since then, other restaurants have learned about the Lunchbox program and have stepped up to partner with the school division and Matt to increase the financial impact of the initiative. To date, he estimates that he has donated approximately \$10,000 through the combined efforts of the program and his previous donations.

Matt's contributions had an impact, but within a month, the debt would return to the same level as before. Instead of becoming

discouraged, he redoubled his efforts. This time, the goal was to create a surplus of money that would allow students to have free lunch without ever incurring a debt in the first place. "I also wanted to eliminate that awkward conversation for kids," Matt explains.

When the coronavirus pandemic closed schools in March 2020, many students were left without access to regular lunches. Further, more students than ever before found themselves in need of extra support as families struggled during the economic hardship created by the pandemic. Matt and his team pivoted quickly to fill this urgent need. Matt parked Matchsticks BBQ in the parking lot of what would become the Matchsticks BBQ restaurant and began serving meals to families every Thursday. Students received a pulled pork sandwich or a grilled hot dog, with chips, cookies, and a drink in their lunch bag. In the beginning, only a few families regularly showed up but as word spread and the pandemic stretched

on, the weekly crowd grew. Matt estimates that he serves 100 families each week now. In addition to feeding students, Matt works to eliminate the stigma that families can experience when they need help. "I want to shift that mentality that it's shameful or embarrassing to need help, for adults and kids. Kids shouldn't face bullying over it either," he emphasizes.

Matt's efforts have earned him recognition from the Greater Williamsburg Chamber of Commerce. They have awarded him the 2021 Health Promoter Award for his work to increase access to food for those in critical need. Each year, the chamber recognizes an individual, civic group, or business that makes an extraordinary effort to provide opportunities for individuals to live healthier lives, made more remarkable by the fact that it is not the focus of their business or organization. The Health Committee elaborates, "Given COVID-19's devastating effect on greater Williamsburg, the Health Committee will recognize

DRIVEWAY RESTORATIONS



Expansion Joint Replacement

(We work around the weather, 12 months a year!)



Concrete Crack Repair



Concrete Lift Solutions



DON'T REPLACE IT. RAISE IT.

Driveway Wash & Seal Deals

**LIMITED TIME!
WHILE AVAILABILITY AND SUPPLIES LAST**



- Small Driveway Wash & Seal — **\$295.00**
- Medium Driveway Wash & Seal — **\$495.00**
- Large Driveway Wash & Seal — **\$995.00**

**Excludes previous estimates, other exclusions may apply. Prices may vary based off actual square footage.*

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



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

Chamber organizations who demonstrated the best qualities as leaders by responding to the public health crisis with support for community health and welfare. Their compassion is especially notable given the financial instability which many of them face.”

Deeply honored by the award, Matt describes the effect that it has had on him personally. “To know that this work is having an impact on so many children makes me emotional, but to know that the good you are doing for others is recognized is gratifying.”

Matt hopes that it will inspire even more restaurateurs to join him in this important work. “At first, I want to impact our local community here in the greater Williamsburg area, but it would be incredible to launch a national program that helps our kids with this,” he says. To that end, Matt plans to continue serving meals each Thursday. He wants to serve dinners on Thursday evenings at his new brick and mortar location. As his business grows, so too does

his vision for supporting the community at large. He also plans to establish the Matchbox Foundation, a nonprofit focused on creating the surplus of funds for student meals, so that no child ever incurs a lunch debt.

Feeding students throughout the pandemic and subsequent shutdown, in addition to paying off lunch debts, is a worthy cause for any entrepreneur, but Matt’s vision for creating community impact doesn’t end there. As he opens his first physical location for Matchsticks BBQ, he plans to run the restaurant in a way that positively impacts his employees, customers, and the wider community. As an employer, Matt wants to pay his employees well and provide opportunities for them to invest in the restaurant. He has made a commitment to supporting employee wellness and plans to provide time every January for employees to take vacation time, even if that means the restaurant closes for a week. “If I’m going to spend most of the day there, every day,

I want to be surrounded by people I care about,” he says. Creating an atmosphere of mutual respect is vital for the success of any business, but Matt takes it a step further by inviting his employees to partner with him in creating and defining initiatives that will bring a positive impact to the community. For instance, Matt envisions opening Matchsticks BBQ for Thanksgiving, setting a family table and inviting anyone in the community to join them for dinner.

Though the restaurant will take up much of his time in the coming weeks and days, Matt Sileno’s dream of creating a community and a country in which no student must worry about the cost of lunch will be at the forefront. To that end, the walls of the Matchsticks BBQ Company will be adorned with the thank-you letters he’s received from the children impacted by his generosity. Though he has exciting things planned for the future, these letters remind Matt and the staff of that of which they are most proud: serving their community. NDN

NEXT DOOR SPECIAL
\$150 OFF
FLOORING OR CABINET PURCHASE

LIFETIME WARRANTY

FREE Estimates

MADE IN USA

GarageExperts®
Epoxy Flooring • Cabinets • Storage

757.330.3855 | GarageExperts.com

** Visit GarageExperts.com for additional warranty information.*

Light Up Your Life

Residential Lighting...Inside and Out!

LOCAL RESIDENTIAL ELECTRICAL SERVICE SINCE 1983. FAMILY OWNED & OPERATED.

- Recessed LED Lights
- Smart Home Device Installs
- Heated Towel Bars
- Outdoor Lighting
- Smoke Detectors/10-Year Batteries
- Ceiling & Attic Fans
- Outlet Installation
- Under Cabinet Lighting
- Below House Dehumidifier

Nick & Mark Sanders, Owners

Hamilton Electric

hamiltonelectricinc.com **(757) 566-0485**

A Connected Life

By Narielle Living

Murawski Photography

Many people who have advertised with Next Door Neighbors magazine recognize the friendly face of Anne Conkling, who has helped to guide people with their marketing needs since the magazine's inception.

Anne's background includes a unique blend of history, religion and the arts. She was raised in south central Pennsylvania and received her undergraduate degree in Philosophy and Religion from American University in Washington, D.C. After graduation, she worked with an art gallery. The owner of that gallery decided Wil-

liamsburg would be an ideal place to open a new gallery. "There was an opportunity to move here and bring a very nice art gallery, which was part of a group of art galleries. The owner and his wife wanted a gallery in Williamsburg, and my then-husband and I were chosen to bring the business here, which we did."

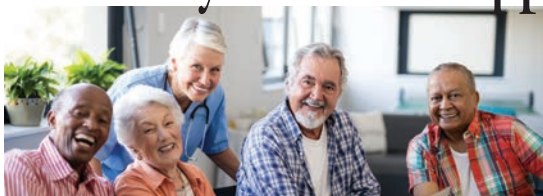
When they first arrived in Williamsburg, it was a very different place than it is today. Anne describes the move to Williamsburg as being like a balm to her soul. "After living in Washington D.C. in the 60s, with the Vietnam riots and the race riots and all

of the social changes that were coming, I came to this precious little town that had literally one traffic light, one police car and one grocery store. And it was remarkable. I absolutely fell in love with it."

Although the art gallery only lasted for about three years, Anne stayed. She knew she didn't want to be anywhere else but here. "We could have gone to another gallery, but we stayed here and made this our home."

Anne's love of history and art was an asset in this part of the world known for its colonial connections. "I went to work for

Ask us why we're so happy!



GREENFIELD
Senior Living

Caring for those who cared for us.

ASSISTED LIVING • MEMORY CARE

757-220-4014 • 251 Patriot Lane • greenfieldseniorliving.com

ESTATE PLANNING & ADMINISTRATION



**CARRELL
BLANTON
FERRIS**

ATTORNEYS - AT - LAW

Trey T. Parker, Principal
Attorney and Counsellor at Law
Carrell Blanton Ferris & Associates, PLC
(757) 220-8114

www.carrellblanton.com



460 McLaws Circle, Suite 200, Williamsburg, VA 23185

Colonial Williamsburg as a costume hostess. In those days, you learned most of the buildings in town and you moved every day to a new building. That meant every bit of the history had to be absorbed and then you had to be able to present it correctly. I just loved it.”

When Anne’s children were born, her focus changed to raising her children. However, she was not a woman who could do nothing, so she did what she knew was best for her kids. “I went from Colonial Williamsburg to taking care of lots of little children, because I had small children at that point. I wanted them to have a brother and sister kind of relationship with other people, so I started taking care of children right in my home. It was wonderful and very exhausting, but I just loved it. I’m still in touch with quite a number of them, which is great. And my children always brought home all their friends, so my house was always full of children.”

After her kids were old enough to be on their own a bit more, Anne got a job at Minor’s Store, a place known for selling just

about anything. “It was an old-fashioned General Store right on Capitol Landing Road. We also had gas pumps and a laundromat. It was a true country general store, sort of like the great-great grandparent of the modern day 7-11. We sold bait, and we had the coldest beer in town for everybody going in either direction.” The aspect Anne enjoyed most about that job was her interaction with the public. “I just loved it, the interplay, the conversation, the laughter, and getting to know all the clients.”

Minor’s Store closed when the city bought the property, a move that left many mourning the loss of a landmark and Anne without a job. But she immediately went on to her next chapter, working with the Virginia Gazette. “It was kind of a gutsy move,” she says. “I went over to the Gazette and told Bill O’Donovan I wanted to work for him.” Bill told her he didn’t need writers, but he did need someone to sell advertising. “It was a big change, but I started at the Virginia Gazette in 1988.”

On her first day at the Virginia Gazette, Anne’s supervisor told her to make some

phone calls and chat with people about the Virginia Gazette and sell them classified ads. “I just started making what we call cold calls,” she says. Cold calls are unsolicited and notoriously difficult to make. “They liked what I did, so I started in classifieds. I learned quite a bit, and I enjoyed it.” With her big heart and ability to easily befriend others, Anne quickly grew to love both her co-workers and the advertisers. Later, she moved from classified advertising to display advertising, which is what she currently sells. In addition, one of the things she says she was blessed to be able to do was to contribute to writing a great number of obituaries. “That’s the last thing I can do for anybody.”

Anne has an innate love of art, so it’s no surprise she went from working at the Virginia Gazette to working with local artist Bob Oller at Oller Studios. By then, her children were grown and out of the house, attending college. “He needed a salesperson and also someone to manage and be his right-hand person.” She spent 11 years working with Bob and loved the creative



Struggling with COPD?

TPMG Clinical Research in Williamsburg is conducting a clinical trial for patients with moderate/severe COPD.

To see if you may qualify, please contact:
(757) 707-3503 or clinicaltrials@tpmgpc.com

It’s time to talk custom orders.



Planning on surprising that special someone with one-of-a-kind custom jewelry this holiday?




Anna Lind Photography

Now’s the time to book your complimentary design consult with Reggie. We at The Precious Gem can’t wait to see your dream jewels come to life.

Call 757-220-1115 or email info@thepreciousgems.com for your appointment.

THE • PRECIOUS • GEM

Merchants Square, Williamsburg • 757-220-1115
Open Mon. - Sat. 10 a.m. - 6 p.m., Sunday 1 - 5 p.m.
thepreciousgems.com • Like us on Facebook 

DESIGNS by REGGIE AKDOGAN

energy tied to his studio.

Today, her children live in various parts of the country. Her daughter, Dr. Sarah Jefferis, teaches at Cornell in Ithaca, New York. In addition, her daughter is also a published writer and poet. Anne's son, Sean Conkling, is a sound engineer and lives in Arizona. "He was also a teacher for some years and has worked on textbooks." Anne has two granddaughters.

Currently, Anne's focus is on Next Door Neighbors magazine, and she maintains an enthusiasm for her job that is as fresh as when she first came to this community. "I love my clients, every single one of them. I don't care whether it's a little teeny ad or a whole page, they all get to be like family. I just love them."

Although she will on occasion do some cold calling, her main method in sales is to simply go to a business and make friends. Anne has been in this business and this community for a while, so she has a large number of contacts here. Of course, the fact that she is extremely active helps as well. "I stay really busy, which puts me in a

lot of good situations to meet new clients, whether it's through Bruton where I'm really active, or whether it's through Road Scholar, which puts me on the history side. I still interpret and teach history."

Anne Conkling's love for the little town she moved to in the 60s shines through in everything she does today. "Obviously, I love Williamsburg," she says. "There are lots of opportunities here, whether it's to make friends or to find a bridge club or to volunteer. Volunteering is a big piece of Williamsburg. It gives us the opportunity to get to know everybody who's in town, and then you can network and connect with them. I think that's important. It's vital in business, but it's also important in your work."

Anne says that her husband used to tease her about being able to make connections with people. "He would say that if I got a classified ad for a litter of free kittens to a good home, the next phone call would be somebody looking for a kitten. At that basic level, we could network and put those two people together." NDN

Next Door Neighbors

Publisher.....Meredith Collins
Editor.....Narielle Living, narielleliving@gmail.com
Copy Editor.....Ginger White
Photographer.....Mason Murawski
Account Manager.....Anne Conkling

Writers

Linda Landreth Phelps, Caroline Johnson, Brandy Centolanza, Alison Johnson, Susan Williamson, Lillian Stevens, Melanie Occhiuzzo, Morgan Barker, Cathy Welch, Christopher LaPointe, Michael Heslink, Gail Dillon, Lauren Plunkett, Ben Mackin, Laura Lane, Dawn Brotherton, Dayna Hutson, Harmony Hunter, Wheston Chancellor Grove, Ashley Smith, Kathleen Toomey Jabs, Page Brotherton, Kristine Hojnicky and Cynthia Fellows Rich, Cathy Sliwoski

Advertising Information

Meredith Collins

(757) 560-3235

meredith@williamsburgneighbors.com

www.WilliamsburgNeighbors.com

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

Circulation: 43,700



PO Box 5152, Williamsburg, VA 23188



WILLIAMSBURG LANDING®
ADULT DAY CENTER

Caring Connections to Make a Difference

Reconnect with the simple joys of life in our award-winning Adult Day Center. Spend your days challenging new pals to friendly games, channeling your creativity in our art program, or enjoying musical performances, guest speakers, and much more!

Open Monday - Friday | 8:30 a.m. - 5:00 p.m.

- Chef-prepared meals and snacks
- Outdoor gardening
- Health monitoring and medication management

**Now proudly accepting
Veterans Benefits!**

**Call for details.
804-565-6544**

WilliamsburgLanding.org/Health-Care-Services/Adult-Day



Williamsburg Landing is a proud member of the National Adult Day Services Association.





A Public Historian and Her Craft

By Narielle Living

Caterina Novelliere was a child who always had her head in a book, so it's no surprise that she became a writer when she changed careers. But writing is not the only thing that defines this wife, mother and jewelry maker. A love of history and an innate connection to the arts motivate her to craft new worlds and create dazzling pieces.

A self-described military brat, Caterina lived in many towns as a child. "I was born in Kansas and have lived all over the U.S.," she says. When her husband retired from the Navy, they chose to live here. "My parents live in Williamsburg, and we always liked Williamsburg when we visited them, so we decided to settle here."

Caterina met her husband, Glenn, through a mutual friend. "He saw a photograph of me in a friend's wallet, and he thought that I was beautiful and asked her to give me his phone number," she says with a smile. He told the friend to have Caterina call him if she was interested in going out for coffee sometime. Because she had just ended a relationship, it

Don't Wait for an Emergency to Find Assisted Living I CAN HELP YOU NOW

If you wait too long, your options will be limited and the stress will be that much greater. Before a crisis situation occurs, let me help you explore your senior living options. You are not obligated to make a move, but having a plan in place before you actually need it will give you and your family peace of mind. I'm Dawn Michelle with Choice Connections of Virginia...a Williamsburg resident, proudly serving families since 2013.



Dawn Michelle



The search to find the "best fit" senior residence has never been simpler, whether you are looking for:

- Independent Living
- Assisted Living
- Alzheimer's/Dementia Care
- Private Adult Care Homes

Choice Connections of Virginia can help you understand the differences between the many options available in Williamsburg and the surrounding areas.

(757) 570-3357 or DMichelle@ChoiceConnectionsVA.com
www.ChoiceConnectionsVA.com

SIMPLY WHOLE

Nutrition Coaching & Meal Planning

simplywhole.org

Meet Tonya, a Certified Personal Trainer and Holistic Nutritionist, & Lyra, whose changes in lifestyle and diet have allowed her to cope with an aggressive form of rheumatoid arthritis.

Get in Touch!
simplywholeva@gmail.com

Tonya Lyra

took her a while to contact Glenn. When she finally called, she did so with the idea that at the very least she would gain a new friend, never guessing they would end up married.

Caterina lived for a time in San Antonio, Texas, where she worked as a World Heritage and Cultural Tourism consultant. In that role, she refers to herself as a public historian, that is, a person who works with history outside of academics. But her journey to becoming a public historian did not start with history or art. Instead, it began with financial consulting.

She was a director for a financial services corporation, but after 12 years, she needed a career change. "I really loved the company and the work that I was doing but it burnt me out." She approached the dilemma of what to do next by talking with people and researching areas that might interest her. "I thought about what I like to do. I like to write. I like to research and I like to travel." From that point, she visited local universities to see what types of programs they offered. She met with people in various departments and told them that she was considering obtaining

an MBA. But the real question was, did she want a marketing degree? What would she do with that?

Her future crystallized when she stopped in to speak with people in the History and Archaeology and Anthropology departments. "They told me I could combine everything into this field called public history that allows you to do a little bit of business with the marketing and a little bit of history. I would be trained like an academic historian but could do the business aspects or film consulting or the creative projects with museums and museum management. So that's the route I chose."

After leaving the financial services business sector, Caterina went on to get her undergraduate degree in world history with a minor in Italian, then entered a graduate program for public history with an international focus.

Today, the pandemic has eradicated the market for her to work in tourism, so her focus is on jewelry and books.

The jewelry that Caterina creates is called soutache (pronounced soo-TASH), which is

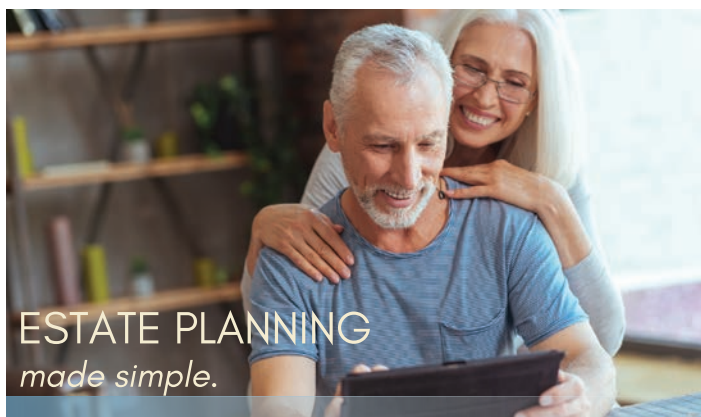
a narrow, flat decorative braid. "I got introduced to it when I lived in Italy. It's handmade style embroidery-based jewelry so it's nice and lightweight and really colorful. To make it, you use what's called soutache ribbon."

According to Caterina, soutache ribbon looks like the military braid. It can be used with beads or small crystals or any other material that complements the ribbon. "I like to use jewelry to tell the story of different cultures and different heritage traditions," she says. When she visits a place, she investigates the type of jewelry native to the area and will learn everything she can about it.

Her pieces include earrings and necklaces, but she has also created brooches.

On October 2, people will have the opportunity to meet Caterina in her other role: writer. She will be at the Williamsburg Book Festival with her available books, including the Four Horsemen series.

"I like historical fantasy and I write romance, too, and throw a little historical fiction in there. I enjoy writing fantasy; it's fun to take humans or different mythological



ESTATE PLANNING
made simple.

SAME DAY

*Simple Estate Planning Package
Will, Financial Power of Attorney
& Medical Directives*

Call Now

to schedule your estate
planning appointment
757-645-9001

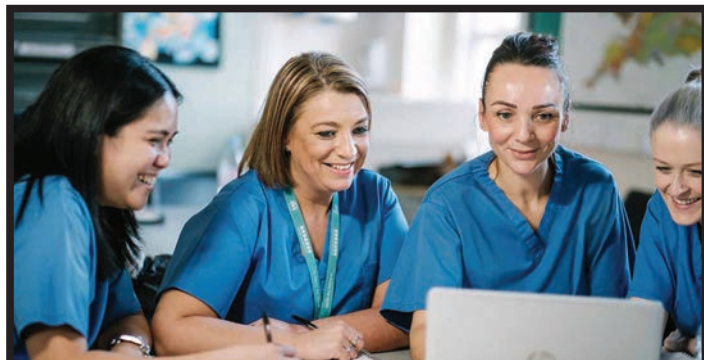
*Registration required in advance. In office only.

*Does not include trusts, estate administration or litigation.
Exclusions apply.

453 McLaws Circle, Suite 1
Williamsburg, VA 23185



WALTRIP, SMITH &
CAMPBELL, PC



Become a CNA

Become a Nurse Aide in our 6 week training program right here in our training facility. Find fulfillment helping others and get your career underway!

Our Upcoming Evening Nurse Aide Class is
Oct 11th - Nov 25th

Please contact April Seitz-Brown, LPN at **757-229-6115**

Health, Safety & Comfort are Our Top Priorities.



Agapé Home Care

Check out our website for detailed information about the classes we offer!

We are here for YOU!

<https://www.agapehomecareva.com>
299 McLaws Circle • Williamsburg

Call Today or Visit Our Website

characters and make them interact. It gives a writer flexibility in how your humans can approach issues, because they can go beyond human limits sometimes.” As a public historian, Caterina can combine her professional world as well as her hobbies and interest in writing. “Then it becomes a kind of edutainment. If I put the historical aspects that have appealed to me in my studies, I’m going to intertwine them with the story so you’re having an adventure. I give them a fictional spin but I also put enough truth in there that you get the sense of what that period was really like or what that person was really like.”

In her series, “Servants of Morrigan,” Caterina writes about the four horsemen of the apocalypse. However, in her version, they are not the bad guys everyone assumes they must be. “I explore the individual horsemen stories,” she says. “I have bad guys who are like true villains and some who are really nice people, and then I have the guys who are kind of in the middle; they work for the bad guys because they are paid better in that job. I wanted to cover all the dynamics that you could run into with a conflict. It’s never

black and white.”

When it comes to making a career or life change, Caterina offers insights from her personal experience. “First, you have to have the courage to actually jump. Don’t be afraid to take that risk. You’ll land on your feet. I was slower in doing it because I was scared I wouldn’t land on my feet.” She says things that might be more important to people as they age, such as financial security or hiring issues, can serve to keep people in jobs that do not fulfill them.

“All those things that hold us back in a career we don’t like don’t let those fears hold you back and keep you up at night. Take a step out of the plane. The other thing is I would say, have a support system in place, have some savings in place, make sure your family and friends are on board if you can, especially if you have a spouse.” Her husband, Glenn, was extremely supportive of her career change. “That makes a difference.”

Beyond creating jewelry and writing, Caterina also enjoys opera. “I am a classically trained opera singer, so I sing. And I enjoy fencing.” In addition, she and Glenn have

one teenage son.

Beyond the value of seeing this area as a great place to raise a family, a couple of things appeal to her about living in Williamsburg. “It’s a very historically and culturally rich area. You have a thriving writing community and an art community on top of the history. And the people are extremely friendly. I really love history, and this is a wonderful area to go out to local farms and various farmers around here on the weekend. So, from a foodie standpoint, I think you have a nice collection around here that you can engage with and learn how food has played a role in indigenous culture.”

Caterina Novelliere is excited to meet new readers at the Williamsburg Book Festival on October 2 at the Stryker Center.

“Come out and engage with Occasion for the Arts and support your local writers. It’s nice to have a vibrant community with a wide age range and a wide diversity of genres. You normally only encounter that in large urban areas, and here you have it in this smaller community. I think is a unique thing to Williamsburg.” NDN

HUMAN SERVICES DEPARTMENT OF OLDE TOWNE
Olde Towne
MEDICAL & DENTAL CENTER
757-259-3258

Our Mission: To assure access to quality health and wellness care to the residents and workforce of the greater Williamsburg community

5249 OLDE TOWNE ROAD
757-259-3258
WWW.OLDETOWNEMEDICALCENTER.ORG

HOURS FOR APPOINTMENTS
M-W-F 9AM-5PM | T-TH 7AM-5PM

MEDICAL SERVICES DENTAL SERVICES MEDICATION ACCESS

WE ACCEPT:
MEDICARE - MEDICAID - SOME COMMERCIAL INSURANCES
UNDER INSURED - UNINSURED

NO ONE IS EVER TURNED AWAY FOR INABILITY TO PAY

YOUR STUFF BUILDS HOMES

Donate your new or gently used household items, furniture, building supplies, appliances and more to the ReStore and we'll sell them to fund our mission!
All donations are tax deductible.

FREE PICKUP

Call the donation hotline at **757-608-2989**
OPTION 1 to schedule a **FREE pickup** of your items -or- visit **ReStorePGW.org** to fill out a donation pickup form.

ReStore
Habitat for Humanity Peninsula and Greater Williamsburg

NEWPORT NEWS LOCATION: 371 CHATHAM DRIVE
WILLIAMSBURG LOCATION: 1303 JAMESTOWN ROAD

ReStorePGW.org



Murawski Photography

From
FOOD TO FITNESS

By Narielle Living

When a career isn't working out, it's time for a change. The question, then, is what to do next? For Morgan DuPont, the choice revealed itself to her in the gym.

Morgan moved to Virginia with her mother at the age of 10, so a good portion of her childhood was spent here. Her first career was as a pastry chef. She liked the people she worked with, but something was missing. "I wasn't happy, and I was trying to figure out what to do with my life. At the time, I was working out regularly and I really liked it. I liked the vibe in the gym, and everyone had a really good attitude." This led her to con-

sider a career as a personal trainer. "It seemed like something I would enjoy, so I did some research." Her research led her to a decision, and she took classes, received her certification and is now in her third year of working as a personal trainer. "I love it."

Going from food to fitness is a bit of a change, and Morgan admits that she still loves being in the kitchen. "Actually, working in a kitchen for so long, you end up not wanting to cook at home." It took a while, but after juggling two jobs, one as a pastry chef and one as a personal trainer, she was finally able to transition full time to work-

"EWELL" Love the Results!



Selling or Buying
I would love to be your Realtor.



STEVE EWELL Associate Broker

COLDWELL BANKER TRADITIONS
www.SteveEwell.com

757.603.2807 • steve@cbwilliamsburg.com

Our resident nurse wishes everyone good health!



Commonwealth Insurance has tons of discounts. We're thinking we will qualify for the "Good Pug" credit...

Commonwealth



Main Office: 925 Capitol Landing Rd. Suite A
757.253.5604
Satellite Office: Williamsburg Crossing Shopping Center near the DMV
757.253.7722

New Clients Welcome!

45+ YEARS SERVING YOU!

WWW.CICVA.COM • HABLAMOS

ing in the gym. But she still cooks for family. “I do stuff on my boyfriend’s birthday,” she says. “I like to cook for him and his son. It’s always a special treat.”

When Morgan starts to work with a client, she tailors their schedule and routine to what the client needs. “We get all kinds of people who come into the studio. A lot of them are coming off physical therapy and just want to be able to move more. Other people want to lose weight and look good in a dress. It really is personally tailored to every person who comes in there.”

People see Morgan between one to three times per week, depending on their situation. During the initial appointment with her, she talks with the client about their goals, habits and any limitations that may be present. “We discuss recent surgeries or chronic conditions, joint problems, things like that. Then we’ll go out to the floor and do some mobility to see how their bodies are working.” During this time, Morgan assesses posture and checks in with the client to ascertain if they are in pain. “Then, we start off a little slow. We don’t want to overload anyone too fast. So, in the beginning we observe and see what they’re capable of doing.”

Morgan says that she can tailor a full-body workout three times a week. “We can do upper body one day, lower body, then functional in the middle. It’s really a mixed bag.” Of course, even the best laid plans sometimes need to be altered. If a client comes in with back pain, she has to change the plan for that day to address the issue.

With such a range of clients, it’s important for personal trainers to know a little about many health issues. “You learn what you can with the program and schooling, but then there’s a lot of research involved,” she says. “I have to do my homework.”

She went into this field thinking that not only would it be fun, but it would also be an evolving industry for her. She was not wrong. “It’s not going to get boring,” she says. “What I like about it is that I might get someone who has a condition I don’t know much about, so I go home, do some research and then I get to learn and help them. It’s a really rewarding experience.”

For people looking to get healthier, there

are some common-sense approaches that Morgan might suggest. “A lot of people sit all day, and a lot of people have desk jobs.” Morgan stresses that it’s important to get up and move. “We see a lot of back and neck issues with tight shoulders. Get up, take a break throughout the day. Go for a walk.”

Incorporating exercise of any type into a daily routine should occur as early as possible. “I look at it more like prevention rather than trying to fix something.” But even if someone has not started early, Morgan says it’s never too late. “We’ve had a couple of older folks come in, and they know they are really weak and their balance is bad. We can work on that. Absolutely. Better late than never. But if you start working out and being fit as a regular habit, you’re not going to have so many issues as you age. If you don’t move it, you lose it, that’s how I look at it.”

The other common sense approach Morgan advocates for is making healthy food choices. Smaller portions and a balanced diet go a long way toward helping keep a body balanced.

The aspect Morgan likes most about her career as a personal trainer came as a surprise to her. “It’s kind of funny because I never thought I was a people person, and my favorite thing is getting to know all my clients. We have an hour one to three times a week, so we talk the whole time. I just really like to make a connection with that person.”

All of Morgan’s work is done at the studio in Bdefined Fitness. “I have taken people outside sometimes if the weather’s nice, but we don’t do house calls.” COVID has changed how Morgan works, but she sees it as a positive thing. “We had to adapt,” she says. “We had a lot of people who still want-

ed to work out and do virtual, and we had to think of a new way of working out. How can we keep this fun and creative? With our equipment, we had to do some research and get the technology aspect and learn how to use computers the right way. We have clients who actually ended up loving the virtual, and they stuck with it.” It comes in handy, too, she says, when people are going on vacation but want to maintain their workouts. “I have a client who’s going to Europe, and she wants to continue doing her workouts. It gives them the option to stay with it no matter where they’re going.”

Although she first envisioned herself working with athletes, today Morgan loves working with people who have goals and are striving to make their lives better, such as the grandparent who wants to be able to get up and down to play with their grandchild. “It’s the little things that make people enjoy life more. I like doing those kinds of helpful things rather than the more intense workouts.”

When she is not working at the gym, Morgan enjoys reading. “I’m usually reading something, but right now I don’t have a lot of spare time. I’m actually training for a bikini competition show in November.” Encouraged by co-workers who had competed previously, Morgan decided to do the competition and now spends much of her free time doing her own workouts. “I looked into it and I thought it was amazing. After a while, I asked my boss about it and if she could help me. She was so supportive and helped me do the workouts. I’ve always been really self-conscious and shy, but now I’m going to be on stage in a bikini. To do this, I have to give 110 percent.”

Morgan has made some significant changes in her life in order to find her passion, and she encourages others to strive for what they want. “If you’re not happy with something in your life and want to make a big change, do it. I was baking for 10 years, and I didn’t know what to do. It was hard, but I made a change and now I love what I’m doing with my life. I’m in this competition and I love the people I work with, and I love how I get to help people every day. It’s never too late to change direction in your life.” NDN

VIRGINIA REGIONAL BALLET ACADEMY
Ballet, Character, Adaptive, Jazz, Tap,
Lyrical, Modern, Hip-Hop, and
Mommy & Me

Two Locations

• 1228 Richmond Rd, Williamsburg
• 4839 Geo. Washington Mem. Hwy, Yorktown

757.229.2553 • WWW.DANCEVRB.COM

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

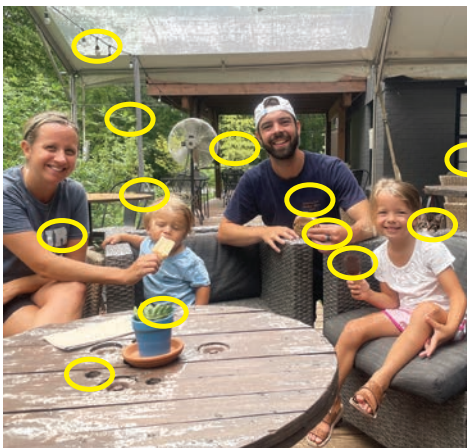
**VITAMINS & MORE
 AT GNC**

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



ADVANCED

SEPTEMBER 2021
 In the Neighborhood
 ICE CREAM AT SPOKE & ART



Next Door Neighbors

Collins Group, LLC

PO Box 5152

Williamsburg, VA 23188

meredith@williamsburgneighbors.com

(757) 560-3235

PLEASE DELIVER 9/30 to 10/2

PRSR STD
US POSTAGE PAID
LYNCHBURG, VA
PERMIT 215



WE'VE GOT OUR PULSE ON THE MARKET!



201 Tralee

Ford's Colony

3 BR | 2.5 BA | 3,640 sqft

Nestled in a private cul-de-sac, this charming transitional home with 1st floor owners suite, gleaming hardwoods, and an open floor plan, feels brand new and is ready for you. Exquisite owners bath and ensuite closet with dressing room. Beautiful corner lot with large backyard and composite deck. Kitchen w/ granite, stainless steel, backsplash, and breakfast area. Custom built and move-in ready!



rebekahbrewster@lizmoore.com
www.rebekahbrewster.com

757-272-8981



101 Peachtree

4 BR | 3.5 BA | 2,557 sqft

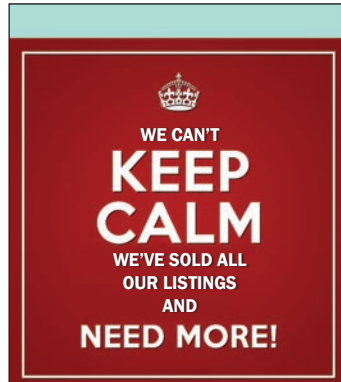
Charming & classic center hall colonial with gleaming hardwood floors throughout the 1st floor. Bright formal LR & DR with beautiful wainscoting. Family rm w/ cozy fireplace leads to large screened porch with its own gas stove. Tons of granite counter-space in kitchen w/ room for bar seating plus comfortable breakfast area. This house is absolutely charming!



Sue McSwain
Guiding You Home

908-400-1440

suemcswain@lizmoore.com



Tim Parker
(757) 879-1781

Cyril Petrop
(757) 879-8811

PARKER
PETROP
REALTORS®
GROUP

www.WeSellWilliamsburg.com

Williamsburg Real Estate is Selling



Her listing inventory is low.
If you're looking to sell,
please call Andrea!

Over \$100 Million in Sales
and 16 Years in Real Estate!

Andrea
Pokorny

REALTOR®, ABR, SRES

757-291-9119



WilliamsburgHomeFinder.com

Andrea@WilliamsburgHomeFinder.com



Need cash?

Maybe now is the time to sell
your home. It may be worth
much more than you think.

Call Denise today to find out.



Denise
FLEISCHMANN
Associate Broker, ABR, SRES, SFR

757-846-0202

Denise@LizMoore.com

WelcomeHomeToWilliamsburg.com



QUEENS LAKE

112 Willoughby Drive

3 BR | 2.5 BA | 3,530 sqft

Just what you've been waiting for: WATER, WATER, WATER!! Fabulous views from 3 sides of this almost 1 acre home. Transitional style one level home with bonus room & office. You'll love the 2 story great room with multiple bookshelves & large propane stone fireplace. Spacious sun room with amazing views. Oversized garage, large composite deck & wood dock. Don't miss this rare opportunity! Priced at \$695,000.



dianebeal
PAMPH PERFORMANCE PERFECTION

(757) 291-9201

dianebeal@lizmoore.com



4068 Powhatan Secondary

5 BR, 4.1 BA, 4,495 sqft

Immaculate, all brick home in The Colonies at Powhatan Secondary. Grand 2 story foyer opens to living & dining rms. Kitchen w/ beautiful cabinets, granite, electric cooktop, island, pantry & butlers pantry. Comfortable family rm w/ gas fp, opens to kitchen & sunny breakfast area. Spacious BRs, primary suite w/ quiet sitting rm, walk-in closet, & dbl sided gas fp. Finished basement w/ bonus/media rm, BR, full bath, & storage. \$775,000

Check out the website:
4068PowhatanSecondary.info



757-784-4317

charlotteturner@lizmoore.com



City of Williamsburg

3 Bedroom | 2.1 Bath | 2,172 Sq Ft

Perfect-sized home in the heart of
Williamsburg | Walk downtown
for shopping and dining |
Completely updated kitchen |
Elegant dining room with built-ins
| Original wood flooring and
casework | \$789,000



Deelyn
ROBINSON
a passion for home

757-503-1999

Deelyn@lizmoore.com

www.PremierWilliamsburgRealEstate.com