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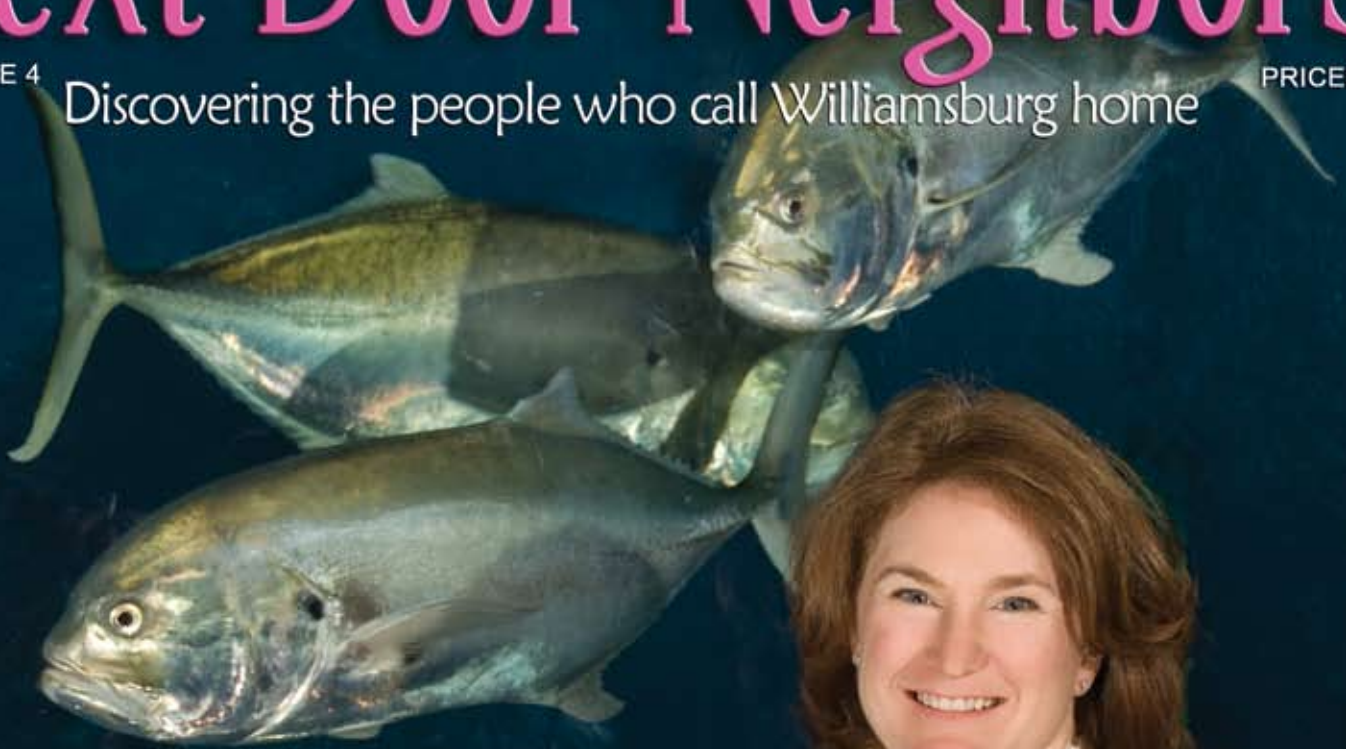
WILLIAMSBURG'S

Next Door Neighbors[®]

VOL.5, ISSUE 4

Discovering the people who call Williamsburg home

PRICELESS



Animal Stories



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Virginia Living Museum

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This issue is called Animal Stories. If you are an animal lover, you are likely to appreciate this issue. Inside these pages are stories about your neighbors who are doing great things for animals in our community and providing ways for us to interact with and learn more about them. Not only will you feel compassion as you read some of the stories we've written from our interviews with these individuals, but you will also likely learn a few things you didn't know.



Meredith Collins, Publisher

We've also included a whole bunch of photos submitted by readers who want to share their pets with readers of Next Door Neighbors. Included are some photos of dogs and cats that reside at Heritage Humane Society.

If you have been thinking about getting a pet, I encourage you to visit your local shelter first. My husband and I recently adopted a happy little dog named Buster from Heritage Humane Society and while we already own a German Shepherd and a cat, we found that Buster's "life is a party" attitude was a great fit for our home.

If you don't happen to be a big fan of animals - no worries. We have some great monthly features you can depend on for good reading. Who knows, maybe you will take a look at some of the pet snapshots and become an animal lover too! 

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WILD THINGS!

PAGE HAYHURST, VIRGINIA LIVING MUSEUM

By Brandy Centolanza

The Virginia Living Museum (VLM) in Newport News is an exciting and educational journey for young and old alike. Over 250 living species of animals and plants can be found there - from underwater fish and loggerhead turtles to mammals, birds and reptiles.

There are exhibits and interactive features such as the Touch Tank that allows visitors to experience nature close-up - to become engaged with a world they don't normally see in their daily lives. There is even a universe of space wonders that can be explored at their state-of-the-art planetarium theater.

Williamsburg resident Page Hayhurst is the Executive Director of VLM. While visitors enjoy the many ways to experience its varied offerings, she is behind the scenes making sure the operation provides the quality and depth of experience that visitors love.

Since coming to VLM six years ago, Page has led an effort to overhaul the museum, bringing to the public eye her goals toward improving the lives of the wildlife that lives there. In February, she earned the Excellence in Nonprofit Leadership Award from Volunteer Hampton Roads for her role in the



Lisa W. Cumming Photography

transformation.

Page's love for animals stems from a childhood growing up along the water in Annapolis, Maryland.

"I spent a lot of time on the boat by myself exploring, and just developed a real love of nature, and the Chesapeake Bay in particular," she recounts.

Page first moved to Williamsburg as a

student at William and Mary. She earned a Bachelor's Degree in Art History, and attended the University of Richmond, to earn her Master's Degree.

She worked for two years at the Roanoke Museum of Fine Arts before returning to the area in 1997 for a job with the Virginia Institute of Marine Science.

These experiences helped to prepare her for her current position at the VLM. Page supervises 100 employees and 500 volunteers. She also sees to the care of hundreds of animals native to Virginia, including three red wolves, considered to be the most endangered animal in North America.

"We have an amazing staff that really cares about our mission," she says.

The museum has been accredited by the Association of Zoos and Aquariums (AZA), a national non-profit organization dedicated to the advancement of zoos and aquariums through conservation, education, science, and recreation. VLM is one of only four facilities in the state to receive accreditation in 2009, having undergone a rigorous process to meet the highest of standards among zoos and aquariums. The



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museum is also accredited by the American Association of Museums.

Part of AZA requirements include daily physical activity for the animals. Page and her staff have found unique ways to provide exercise for some of the museum's residents. For example, since raccoons are dexterous, part of their exercise regimen includes using their paws to finger paint. Some of their artwork is on display in the museum gift shop.

"They are very coordinated and smart animals," Page says. "We try to come up with a variety of activities for all the animals."

The staff has also installed a playground where animals can dig in the sand, climb, or sharpen their claws. They have even included scented balls in some of the enclosed areas to peak their interest. Bobcats, skunks, and opossums pounce and play on scented balls that hang from tree limbs inside their enclosures.

Page has also been instrumental in evolving VLM's marketing efforts which include a redesign of their logo featuring a playful otter.

"I wanted to help define who we really are," she says, noting that the otters are one of the museum's most popular attractions. Otters love to perform. One of their otters was raised illegally as a pet so it learned to be comfortable around people. Visitors enjoy his antics.

"He loves to perform," Page says. "He's really great fun to watch. The otters are everybody's favorite."

Page emphasizes quality execution of the education programs at VLM. The living museum offers close encounters with some of the wildlife.



"That sticks in people's memory much more than watching about the animals on TV or reading about them in a book," she says.

Her favorite creature at the VLM is the loggerhead sea turtle. "I just think there is something really special about them, something so fascinating," she says. "They are just so beautiful."

Page is not afraid to interact with the wildlife either. She has been trained to handle the screen owl. "Most people don't see a wild animal up that close, so to be able to handle one is an amazing experience," she shares.

Her love of all things living is also apparent in how she spends her time away from the VLM. She serves on the boards of the Peninsula SPCA and the Chesapeake Conservancy. When she is not working, she spends time with her two sons, Liam and Spencer, and her husband, Bill. She has passed along her love of nature and animals to her children who volunteer at the museum during the summer months.

Page is not finished with implementing new ideas. Next up on her checklist for VLM is a surgical suite where sick or injured animals can be examined and treated on site. She also wants to add a greenhouse, more rotating exhibits like the current *Masters of the Night: The True Story of Bats* and an exhibit on butterflies slated to debut this summer. It's safe to say that with everything on her plate, Page won't be going anywhere anytime soon.

"I have a great job here, and there are still a lot of things I want to accomplish," she says enthusiastically. NDN

To find out more about the Virginia Living Museum visit: www.thevlm.org

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RICHARD NICOLL
CW's Director of Coach and Livestock

By Linda Landreth Phelps

Lisa W. Cumming Photography

People walking their dogs or taking an early morning run on Williamsburg's Duke of Gloucester Street need not feel sorry for the guy busily harvesting "road apples", a natural byproduct of the horses and oxen that traverse the streets of Colonial Williamsburg (CW). Even though the mucking is made much easier by an ingenious vacuum system attached to a

golf cart, there is still a bit of manure scraping and shoveling required. But for a horseman like Richard Nicoll, Director of Coach and Livestock for Colonial Williamsburg, that's not a big deal.

"I love what I do," Richard says. It's easy to see why: Richard may be doing street cleanup this morning, but by tonight he could be

rubbing shoulders with royalty.

Since he was hired in 1984, Richard's been looking out for the health and welfare of the Colonial Williamsburg Foundation's many horses, cattle, sheep, and poultry. If it has fur, wool or feathers, Richard's in charge. He also takes responsibility for CW's large collection of rolling stock, the 18th century reproduction

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carriages and carts used daily. What qualifies him for the director's position is a rare combination of knowledge gained through experience.

"I'm a jack of all trades, master of absolutely nothing," Richard will tell you modestly, but his specialized skill set takes a lifetime to acquire. Richard grew up in Somerset, a part of rural England thick with picturesque dairy farms and fox hunters.

"My father was a surgeon," Richard recalls, "but we led a country life. There were always horses, and I was surrounded by animals. Since I didn't want to follow in my father's footsteps in medicine, I decided to go to agricultural college. I lasted a year, then left to seek my fortune, as they say."

This was during the 1960's, and Richard's adventurous plan was meant to lead him to New Zealand and Australia. What was supposed to be a quick detour to the United States changed the course of his life.

"My uncle in Charlottesville had polo ponies and was just getting into carriage driving," Richard says. "It was there that I met an Englishman, a world class driving expert, who offered me an apprenticeship working for a wealthy New Jersey gentleman who had

twelve horses and a large collection of original carriages." While he was there, Richard worked as a groom and coachman, driving everything from five-in-hands (hitches made up of five horses pulling together) down to single horse carts.

In 1984, Colonial Williamsburg approached Richard and asked him to come to Virginia to interview for a job that eventually became the Bill and Jean Lane Director of Coach and Livestock. He has overseen many positive changes for CW in the last 26 years. When Richard arrived, several things needed improvement,

"In early days, the fencing wasn't very good and we had a lot of calls of mules running loose on the street in the middle of the night," Richard remembers.

A new stable was built under Richard's direction, and in 1986 CW became involved with preserving rare breeds as part of its commitment to historical accuracy. Thanks to this program, visitors to Colonial Williamsburg can expect to see chickens scratching in the dust, sheep grazing, and even oxen working the fields of Great Hope Plantation, all correct to their 18th century time frame.

"Horses were more for the aristocracy;

most farmers used oxen," Richard says. "Economically, they were a better bargain: cheaper to keep, stronger than horses, and when times were bad, you could always eat your steer."

Richard and Elaine Shirley, Supervisor of the Rare Breeds Program, have joined the successful effort to bring back Nankin Bantam chickens, Milking Devon cattle, and Leicester Longwool sheep from near extinction.

George Washington and Thomas Jefferson preferred Longwools for their farms since they're sturdy, have a heavy, long staple coat, and can thrive on thin forage. However, pure Longwools gradually fell out of favor, and by the late 1980's there were no flocks to be found in this country.

"There was just one handsome ram left, Willoughby, and we used him to improve the wool on another breed we had here in Williamsburg at the time," Richard remembers. Sadly, in 1988 Willoughby was killed by vandals, but from that senseless act of cruelty eventually came good. Thanks to generous donors, CW sent buyers to Australia and imported a small flock of Longwools, which have flourished and spawned satellite flocks elsewhere.

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Over the last several years, there have been several Federal and State law changes that our firm believes affects most estate plans. Here is a summary:

1. **The Congressional Estate Tax Compromise**

effective January 1, 2011, brought forth a new “temporary” Federal Estate Tax. The new law “reinstates” the estate tax in 2011 and 2012 at a maximum rate of 35% with a \$5 million exemption per person. Beginning in 2013, the Estate Tax Exemption reverts back to \$1 million per person. The lifetime Gift Tax and Multi-Generation Tax exemptions for 2011 and 2012 are the same as the estate tax exemption. Further, the new estate tax “portability” rule allows any unused tax exemption of a decedent to be passed to a surviving spouse. These new changes expire on January 1, 2013, unless reauthorized by Congress.

2. The new **Virginia Power of Attorney Act**, effective July 2010, improves the portability of a Power Of Attorney (P.O.A.) from state to state; encourages acceptance of the P.O.A. by third parties (banks, financial institutions, etc) by providing protection for good faith acceptance of the P.O.A.; and, includes legal remedies if a third party refused to honor or accept the P.O.A.; includes safeguard remedies and sanctions for abuse by a P.O.A. Agent.

3. In July 2009, the **Virginia Health Care Decision Act** incorporated into one document, the health care power of attorney, living will and anatomical gifts – now called the **Advanced Medical Directive**. Also, the new law allows the Advanced Medical Directive (A.M.D.) to be “tailored made”

for your specific and personal wishes on Health Care; allows the A.M.D. to be portable from state to state; and allows your agent to waive the HIPAA Privacy Law requirements so the Agent can access your medical records to make decisions for you if you are disabled.

4. Under the **Uniform Trust Code** adopted by Virginia in 2005, you can now provide in your trust document a provision – called a **Trust Protector** – that allows a third party at your death to respond to changes in the tax law or legislative changes that are inconsistent with the document’s intent. This allows you (the trustmaker) significant flexibility and responsiveness to make sure your wishes and goals are being met at your death and it avoids an expensive, time consuming process known as “court reformation.”

5. In 2004, Virginia changed its **trust law** to allow inheritances to remain in your trust at death, fully accessible to children during their lifetime, YET fully protected from the children’s predators, mismanagement, creditors, greedy in-laws, failed marriages and death taxes at the child’s death. In short, state law now allows for the establishment of a subtrust for each child at your death that can last in perpetuity on a multi-generation basis JUST for your bloodline descendants.

If you need to consult with one of our firm’s attorneys about estate planning and what impact, if any, these Federal and State law changes may have on your plan, we invite you to call us at (757) 220-8114. A more detailed article on these changes is on our website, www.ferrisandassociates.com.

“There are now more Leicester Longwools here in the United States than there are in Australia and England. We’re expecting anywhere from 10 to 16 lambs this spring,” Richard says.

As director, his duties are almost exclusively supervisory, but for important events, Richard’s skill as a coachman is put to good use. As an Englishman, Queen Elizabeth’s 2007 visit was a special thrill for Richard. A short, ceremonial carriage ride was all she and Prince Philip had time for, but the Queen thanked him graciously.

“Prince Philip and I had a longer chat; we have known each other for years because of the carriage business,” Richard says.

This “business” is the sport of Combined Driving, a 3-part equestrian competition in varied disciplines, one of which is a cross country dash involving obstacles and water. Prince Philip, widely famed for his skill as a carriage driver, was instrumental in having this sport accepted as a part of the international equestrian scene. Richard is well known and highly respected in the Driving community and is in constant demand internationally as a course designer. As Chairman of the Driving Committee, he’s also a member of the Executive Board of the Fédération Équestre Internationale, or FEI, a governing body that oversees all official equestrian events up to the Olympic level. In any given month, Richard is just as likely to find himself in Australia, South America, or Europe as he is in Williamsburg.

Richard’s wife, Martha, a Lafayette High School teacher, also officiates in carriage driving up to the World Championship competition level, but neither of their two adult daughters is involved in the horse world.

Caring for animals as a way of life isn’t for everyone, but Richard couldn’t be happier. The unique challenge of dealing with livestock in public settings keeps things lively, in competition as well as his job at CW.

“In the normal way of doing things, if you have a farm, you work by yourself. Here at Colonial Williamsburg we exist for the public’s edification, so whatever we do, there are people watching,” he says.

Visitors to Williamsburg’s living museum also have unprecedented access to its animals. In a zoo, barriers and signs prevail, but part of the distinctive charm of the restored area is the aura of authenticity that being near actual working livestock creates. Patting the warm neck of a carriage horse that’s resting in the shade and inhaling its sweet fragrance or leaning over a split rail fence for a better view of a nursing lamb... these things bring guests back, time after time.

But this “up close and personal” policy isn’t without inherent risk, both to the visitor and the animals. Tourists once gave a flock of sheep grazing in a pasture leaves from a nearby tree that turned out to be poisonous to them. Richard says he lost eight sheep in that incident, but the intent was not malicious; it was just a tragic accident caused by ignorance.

Unrestricted access can be tricky for the visitors as well. Animal lovers often pick a handful of juicy grass to feed the horses, but in their enthusiasm for the treat, sometimes horses will mistake fingers for food.

“If a nip breaks the skin, people have to go to the Emergency Room, and then the Health Department shows up to make sure all the animals are up to date on their shots and healthy.”

The expectation that he’ll deal with anything from trips to the ER to those early morning manure patrols to chats with a prince keeps Richard’s job fresh and makes his day interesting.

“I can’t say that when I was a teenager I pictured myself doing this. I more or less walked into it as I worked,” Richard says. “But if I could choose to do anything, this is how I would be spending my life. I wouldn’t change a thing.” NDN



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DR. BONNIE BROWN

What's Up, Doc?

By Erin Zagursky

When Dr. Bonnie Brown got her first job in a veterinary hospital, she had never walked a dog nor cleaned a cat's litter box. She did, however, own rabbits. Today more than 20 years and dozens of pets later, rabbits remain a special part of her life and her veterinary practice.

"It's kind of neat to have a niche that's different," she says.

Dr. Brown is one of the founders of Williamsburg's Jolly Pond Veterinary Hospital. The daughter of a Naval officer, she and her family moved many times during her childhood.



Lisa W. Cumming Photography

Even though her parents didn't own any pets, she found herself drawn to them.

"I had been dragging animals home my whole life," she says. "I first owned a pet turtle that I found on our front lawn and then started

collecting frogs. My parents finally got me a rabbit when I was in fourth grade and that was the first of many rabbits that I owned."

Eventually, Dr. Brown was introduced to French Lops and fell in love with the breed.

"They weigh about twelve pounds and are the second largest breed of rabbits,"

says Dr. Brown, who bred and showed French Lops for several years. "They're just beautiful rabbits."

When she was 15, one of her French Lops developed an eye infection which required

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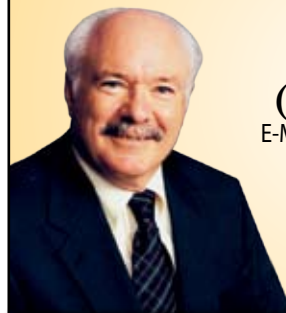
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surgery. Although the procedure went well, the rabbit was put on the wrong medication.

"Rabbits have a sensitive intestinal tract and they can't take certain antibiotics," she says. "The surgery was successful but the patient died."

Though the rabbit's unnecessary death was a tragic event, it ended up pointing her to her future career.

"I felt that nobody really knew what they were doing with these rabbits, so I might as well learn," she says. "I decided that was going to be my career choice."

After completing two years of undergraduate requirements at Virginia Tech, Dr. Brown attended the Virginia-Maryland Regional College of Veterinary Medicine in Blacksburg, Virginia. She received her Doctor of Veterinary Medicine degree in 1989 and began working at the Peninsula Emergency Veterinary Clinic, where she discovered a love for emergency medicine. In 1991, she started working at James River Veterinary Hospital in Newport News. There she met Dr. Richard Chance who would become her mentor. After ten years, Dr. Brown decided to work closer to

her Williamsburg home and began practicing at Noah's Ark Veterinary Hospital. A year later she decided to open her own practice.

Dr. Brown called Dr. Chance and the two made plans to open a new practice together that would offer long appointments, lots of time with the doctors, a small staff and a family atmosphere - a practice that would focus on the patients and good client relations.

"That's what we built this practice on. It is like 'Cheers' where everybody knows your name," Dr. Brown says.

Jolly Pond opened in 2003 without any fanfare. Dr. Brown says that it was in part her rabbit-owning clients (many of whom had followed her to the new practice) that kept the practice going in the beginning.

"The rabbits really laid the groundwork for the practice and at least kept us going until word got out that we were here," she says.

Rabbits are still a big part of Dr. Brown's week. Although she predominantly tends to cats and dogs because they are more popular pets, she sees between three and eight rabbits a week.

"Some days it seems like that's all I do,"

joked Dr. Brown.

Because people usually acquire rabbits through sources other than shelters, they usually aren't spayed or neutered so she spends a lot of time doing these procedures.

"I probably spay and neuter more rabbits than cats," she says.

She also spends quite a bit of time educating clients about rabbits' diets. Rabbits have the same dental and digestive structure as horses.

"In other words, it's lousy," Dr. Brown says.

Their teeth are constantly growing and can grow out of their mouths or develop points if they are not properly worn down. Their complicated digestive system requires good nutrition to keep it running correctly.

"The diet and feeding of these animals is probably the main thing that I talk about and probably the number one thing I still have problems with. If we get a good start and we get the rabbits on a good diet to start - feeding them hay to keep the molars healthy and the digestive tract cleared out - then they do a lot better," she says.

Although their diets can be tricky and their chewing habits can be destructive, rabbits still



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"A rabbit is a pet that you can invest in emotionally and have as a companion for a long time. A lot of my clients who have house bunnies say they require less maintenance than a dog but are more affectionate than a cat."

Many people imagine pet rabbits as living in a hutch in the backyard, but that is not always the case.

"We see some of those, but the majority of our rabbits are house rabbits. Some of them are even 'free-range' animals that move around the house with little or no restrictions. They actually make pretty neat pets. They are very easy to litter train. They are instinctually clean animals. They don't need vaccinations and they can live 8 to 12 years. So they are a very suitable house pet," Dr. Brown says.

For Dr. Brown, however, it's also about their fluffy good looks.

"I just think they're really cute," she says. "I was born around Easter and when you come into my house it is wall-to-wall rabbit stuff."

Dr. Brown says that people who are interested in getting a rabbit

should talk to other rabbit owners first and visit the House Rabbit Society website to find more information about the different breeds and personalities of rabbits. A local rabbit rescue may also be a good place to find out more about owning rabbits.

Now, more than two decades after one of her own rabbits died due to a veterinarian's lack of knowledge, Dr. Brown says she has enjoyed being able to provide unique expertise to other rabbit owners and veterinarians throughout the years.

"I get to deal with an unusual species that I enjoy as a species," she says. "It's something that I didn't have access to during my formative years, so it's nice to be able to educate the public about these wonderful animals."

Dr. Brown has lived in Williamsburg since 1990. She currently shares her home with her daughter Rachael, her son John, two beagles, four cats, a turtle and - of course - a house rabbit. NDN



If you are interested in a rabbit as a pet visit this website to learn more:

www.rabbit.org

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Helping Horses

By Alison Johnson



Lisa W. Cumming Photography

When Allison Spears heard the heartbreaking story of a horse named Bob Marley, she longed to give him a happy ending.

Bob, about 7 years old, had lived in a 12-by-12-foot stall for at least two years, given no attention and never let out to run. By the time rescuers reached him, he was skin and bones and his tangled mane hung in four-inch dreadlocks (hence the name). Bob's hooves were so overgrown that he could barely stand. Rescuers literally had to dig the black horse out of his stall because his manure had piled up so much – about two feet off the original floor – that

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P.S. According to AARP, 90 percent of baby boomers want to remain at home as they age.



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he was standing too high to walk out the door.

Bob was in good health by the time he got to Allison's five-acre Toano farm about a year later, but he still needed basic training before finding a permanent home. Allison, a volunteer with the United States Equine Rescue League, or USERL, showered him with attention, worked with him on a lead rope and then began riding him.

"He had the sweetest personality and just truly seemed grateful to be alive," Allison says. "He ended up being an absolutely beautiful horse. He was a lot of fun to train and learned very quickly."

Bob found a permanent home last fall, but many horses taken in by the USERL are still waiting. For Allison, a longtime rider and trainer, working with the animals is a passion. Since becoming a USERL volunteer a year ago, she has fostered three horses, two of which have been adopted.

"Some people smoke or drink to relax, but for me it's always been horses," says Allison. "It's incredibly rewarding to see these horses progress, overcome fears or destructive behaviors and be adopted into a loving home. Anyone who fosters or adopts dogs or cats can relate. I just foster a 1,000-pound horse instead of a 40-pound dog!"

The USERL, founded in 1997, has operations in Virginia, North Carolina and Iowa and is expanding into Colorado, Indiana and Kentucky. The non-profit organization rescues more than 200 abused, neglected or abandoned horses a year, working with law enforcement and animal control agencies. Horses first stay at a rehabilitation barn – or, if they are too sick or injured to recover, they are humanely euthanized.

Rescued horses often have gone without enough food, water, shelter or attention from a vet. Many are starving and dehydrated, with long, dead coats, external and internal parasites and cracked or infected feet. Some have been abused and may be aggressive, fearful or spooked by common movements or equipment. A horse beaten with a shovel, for example, might panic at the sight of one.

Once horses are in better condition, volunteers train them to be ridden – if possible – or to become pets or companions for other horses or grazing animals. The USERL has a network of more than 500 foster farms, including Allison's property.

For Allison, farm life has been a physical and emotional outlet since childhood. She grew up with two older brothers on a small farm in Washington State, where her parents kept a few horses and cows. She began riding at age 3, taking many trail rides with her family and competing in local horse shows. As a teenager, she landed jobs training horses and giving riding lessons.

Back then, Allison was fearless about jumping on any horse, no matter how untamed, and she didn't even wear a helmet. While she has fallen off a horse only about six times in her life – and never suffered a serious injury – she has grown much more cautious.

"As you get older, you realize all the things that can happen," she says. "You start to think, 'OK, I'm too old now to get killed.'"

Allison also got her first taste of rescue work early on. A stable where she rode as a teenager reserved a stall for abused horses that needed

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rehabilitation. "Seeing them arrive so starved they were barely able to walk and then watching them recover to be beautiful animals is something that a person never forgets," she notes.

Allison moved to Virginia about 15 years ago for training she hoped would let her ride competitively at an international level. Although that didn't pan out, she liked the area enough to stay. She now works as manager of Peninsula operations for Sage Title Group, LLC, a real estate settlement company, and lives with her husband, Craig, two adopted cats and 10 chickens.

Her current horse is an 11-year-old chestnut mare named Penelope. She is friendly but skittish and not ready for riding, so Allison works with her on a lead. "Mentally she doesn't seem to be all there," Allison says.

"Some days she loves to be brushed, but other days you can't get near her with a brush." Penelope also is so frightened of the farrier, or hoof care specialist, that she needs sedation before appointments.

Fostering isn't too expensive: Allison might spend \$120 a month on winter hay and visits from a farrier every six to eight weeks. (The USERL covers vet bills and can reimburse for other expenses, but payments are tax-deductible and many foster volunteers opt to cover them.)

Before a horse goes to a new home, USERL volunteers inspect the property to make sure it's clean, has an adequate shelter and has no dangerous items such as barbed wire. Once a horse is adopted, volunteers do annual checks or ask for a written report from a veterinarian. The horse legally remains USERL property, and adopters agree not to breed, race, sell or give the animal away.

Adopters pay nothing for horses that are older than 25 or can't be ridden. Others might cost somewhere between \$200 and \$800 depending on how much training they have in ground manners or as riding horses. Funded mainly by donations and fundraisers, the USERL also offers some financial assistance to horse owners struggling financially and also educates people on proper care for the animals.

Some main points: horses need plenty of space and a shelter to get out of bad weather or the sun. They need clean food and water; unlike cows, they can't digest moldy hay. As herd animals, they like interacting with grazing animals such as other horses, cows or goats. They hate standing alone in stalls all day.

"They're big, but they can hurt just like smaller animals like dogs," Allison says.

Allison hopes to foster another horse soon and also thinks about buying her own horse for trail rides around her home. What she likely won't do is adopt one of the rescue horses she trains. Not because she doesn't love them, but because she does.

"It is difficult to let them go sometimes because I do bond with them," she says. "I have to remember that I do this so they can move on to a loving home. If I keep one then that is one less I can foster, and I think that is a disservice to all of the horses that still need new homes." NDN

For more information about the United States Equine Rescue League, visit www.userl.org, call (800) 650-8549 or send email to info@userl.org.

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NANCY MERRELL

Getting to the Root of Pet Problems

By Rachel Sapin

Just as the adage, “boys will be boys” has become antiquated as a result of our increased understanding of childhood development, so the idea that “dogs will be dogs” is being similarly challenged today as we learn more about the psychology of animals, especially those closest to us. It turns out that pets, much like their human counterparts, experience good days as well as bad. Sometimes, they may even



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need more of a pick-me-up than a walk or a nice treat.

According to the North Shore Animal League, some pets even experience certain chemical imbalances that result in depression that can be treated (much like human depression) with medication.

Nancy Merrell, who owns and operates Colonial Dog School in Williamsburg, knows firsthand that dogs are as prone as humans to mental illness.

“Dogs love structure and routine,” Nancy explains. “Anytime you change the dog’s routine or environment, it can cause behavioral problems.”

That’s why understanding what Nancy describes as the “trigger” to a pet’s misbehavior is central to her work with dogs.

“Maybe a change has occurred in the family such as a new baby being born, and everyone’s routine is changed, and the dog is acting up and destroying things,” she says as an example.

Dogs can be sensitive to a spectrum of changes in their environment, from life-changing events such as the death of a family member to

an event as seemingly insignificant as a change in an owner’s work schedule.

Nancy approaches her work with dogs much like a therapist would with a human patient. She resists generalizing the behavior of dogs she works with, and instead approaches each case on an individual basis.

“Some behavioral problems are more idiopathic, more neurological, and there’s not much that can be done with those cases of aggression,” she says. “But most of the time I can go to a house and kind of diagnose the problem and see what’s going on, and set up a whole behavioral modification program for everyone to follow because every case is different.”

When Nancy says everyone, she means it. “I train people; dogs are easy,” she remarks with a laugh.

“I train people; dogs are easy.”

~ Nancy Merrell

In fact, an unwilling owner can prove to be the most stubborn obstacle to changing a pet’s behavior.

“It’s the people that you have to train because they’re the ones that live with the dog and have to continue working with the dog when you’re not there,” Nancy explains.

Although Nancy grew up in a home with animals ranging from hamsters to cats, her first experience with being solely responsible for an animal came when she bought a Chihuahua to fit her small-space lifestyle as a working adult in New York City. It was Nancy’s interest in training her own dog that connected her with an animal-training facility in the area.

“A lot of people with the smaller dogs tend



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Left: Nicole Malcolm from Paris, France, Right: Anna Garrett from London, England
European influence is abundant at Williamsburg Antique Mall!

to think that because the dogs are small, they don't need to be trained as much as those big dogs," she observes. "If a little dog jumps, you don't feel it as you would with a 100-pound lab

and routine," she says. "When they don't have boundaries, that's when dogs start testing to see if they can develop their own structure, and to get away with doing what they want to do.

to relate to for someone like Nancy, who even cares for a bearded dragon in her own home. The exotic creature is certainly a reflection of the Williamsburg native's adventurous side, which

also led her to serve in the Peace Corps in Morocco following college and living all over the world, including spending time

teaching in Australia and Japan.

Although we may be gaining more insight into the psychology of dogs, the psychology of cats remains a mystery.

"It's a lot more work to train a cat, and not usually as successful," Nancy observes. Luckily for Nancy, Williamsburg's bucolic setting and larger residences tend to keep most area cats happy.

"I did a lot more cat work in New York because people in small apartments tend to have more cats than dogs," she remembers with a laugh. "The years I've been here, I've had maybe five, six calls about cats." NDN

"...dogs love rules and routine."

~ Nancy Merrell

[laughs]. With a little dog, you can just pick it up and avoid those kinds of situations."

Nancy did not want her dog to become the yappy cliché that some women carry around in their purses. She not only trained her Chihuahua but also made sure to train herself on the subject, earning a certificate from the state of New York in Animal Behavior, as well as eventually taking over as director of the New York facility.

Nancy has now been training dogs for over 14 years. In addition to running Colonial Dog School, she teaches students at Toano Middle School. She finds that adolescents and animals have certain similarities in terms of discipline.

"I always tell people that dogs love rules

The behavior problems start when they don't know what's expected of them. Sometimes that's hard for people to understand because they're not consistent with the dog, or they don't want to lay down specific rules. Then they can't understand why the dog is all of a sudden the boss, and doesn't want to listen to them anymore. It is the same with kids in middle school."

Nancy's passion for helping animals extends to her personal life as well. She owns five dogs that have all been rescued from shelters.

"That's why, when people call me with behavior problems, I can always relate," she explains.

It's hard to imagine any animal being difficult



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SHIRLEY ANDERSON

Advocate *for* Animals

By Rachel Sapin



Lisa W. Cumming Photography

For officer Shirley Anderson, supervisor of the animal control unit for James City County, taking care of animals has been a lifelong passion.

“I started volunteering for a veterinarian at the age of 12,” she explains. “I worked weekends, summers and holidays. I

grew up with dogs, a cat, and a horse, as well as various animals temporarily brought home from the vet clinic where I volunteered. I rode horses in high school, took dog training

lessons, assisted with wildlife rehabilitation and assisted the veterinarian on farm calls with large animals.”

Shirley grew up in the Denbigh neighborhood

of Newport News. Her first employer recognized her talent early on.

“The veterinarian that I worked for applied to a local judge to grant me a special work permit so I could be on the payroll,” she says. “I believe I was around 14 years old when I started getting paychecks.”

Shirley began her adult career as a veterinary technician, but after 10 years in the field, moved on to working in William

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and Mary's psychology lab. She came upon her position with the animal control unit somewhat haphazardly.

"I didn't really know what animal control was all about when I applied for the position," she remembers. "A friend of mine suggested I apply. I had only seen the local animal control officer a few times when I worked at the vet clinic. It seemed in the public eye then that dog pound animals were frowned upon. To most people they were just strays that no one wanted."

Shirley soon found the opposite to more often be the case.

"Once in this job, I quickly learned that so called strays were actually owned animals at one time," she explains, "but not cared enough about to be claimed by their owners."

Shirley may have professional experience with animals that extends back to her teenage years, but her work remains challenging even today.

"The animal control unit is available 24 hours a day," she says. "I respond to neglect calls, dogs at large, aggressive dogs at large,

injured/sick animal calls, animal bites, and animal abandonment." Those are just a few of the issues she deals with on a weekly basis.

One of the most emotionally difficult aspects of Shirley's profession is rescuing an animal from a situation in which it is helpless.

"Animals are innocent and will accept whatever care is given to them," she says. "I believe if someone is going to own an animal it is their responsibility to give that animal a good quality of life including basic training and socialization with other pets and people."

That's why another aspect of Shirley's position involves educating the community about how to better take care of pets and wildlife.

"It can be trying to see animals neglected over and over again, and at the same time, remind myself I am here to help the animal and also the people," she says. Some of the issues Shirley educates the public about include animal care and the spaying and neutering of pets; she even reunites lost pets with their owners.

"One case I worked many years ago will always stay close to my heart," she recalls.

"This case involved a dog that repeatedly suffered starvation at the hands of his owner. This case went to court three times and finally the dog was permanently removed from the owner, and the dog is now living a very happy healthy life."

Shirley's personal life is also brightened by an eclectic array of four-legged friends. Her four-acre farmette includes a 17-year old cat named Magic, a mini donkey deemed Moses, a horse lovingly known as Warrior Hershey, and a goat who goes by Hannah, just to name a few.

As an animal lover and an advocate for the fair treatment of animals in the community, Shirley encourages individuals to do something when they see the abuse of an animal in their neighborhood.

"One of the most important bits of advice to give to the public is to let the proper authority know if one witnesses an injustice to an animal," she emphasizes. NDN

To report the abuse of an animal in your neighborhood, call the James City County Animal Control Unit at 757-565-0370.

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KAREN GREENWOOD

Equestrian Coach

By Lillian Stevens

It has been said that all horses deserve to be loved by a little girl at least once in their lives. Karen Greenwood was one such little girl.

Today she is a grown woman who coaches William and Mary's Equestrian Team (WMET) and remains ever passionate about

these special animals and the students she coaches.

There are 14 colleges in the local region which is made up of eastern Virginia, Washington, DC and Maryland. Under Karen's



Lisa W. Cumming Photography

leadership, WMET finished 4th in the region last year. That is especially impressive since they show against schools with varsity programs - Boucher College in Maryland, and Mary Washington University in Fredericksburg,

in the region, although one season we came within two points of winning the region."

The team does very well, says this coach who traces her own love of horses back to her childhood.

Virginia included.

"Those schools are able to offer scholarships and recruit top riders," says Karen. "It's very hard to compete against them because of the depth of their programs. They can draw riders from all over the country. Still, we are consistently ranked between third and fifth



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“Growing up, I was crazy about horses,” Karen says. “I can’t remember not loving horses,” she says.

Her home was in a suburb of Washington, D.C. but her parents would not buy her a

A 1995 graduate of William and Mary, Karen was active in the college’s Equestrian Club when she was a student there.

“After college, I took a year off to campaign my show horse for another season which led

point, there were as many as 73 people trying out for the program but I only had 50 slots,” she explains. “By 2004 I had to turn people away, but most years it hovers at 35 students. We do about nine regular season shows during the year and a handful of extra shows if we qualify for regional finals, zone finals, or national finals.”

Of course, the riding

“I can’t remember not loving horses.”

~ Karen Greenwood

horse, even though she insisted their garage was large enough to house one.

“But they did let me take riding lessons,” she says. “This meant an hour-long drive just to get to a public stable. It was an expensive hobby – inconvenient for my parents too – but I’m so thankful that they let me do it. That’s how it all started.”

Karen bought her first horse when she was a junior at William and Mary. Currently, she has five horses which she keeps at Carlton Farms. It’s a hobby which has influenced nearly every aspect of her life.

to offers to break and train horses for other people. At that point, it hadn’t occurred to me to manage a horse farm or teach riding lessons but that’s what I wound up doing. The next thing I knew, I was working at Cedar Valley Farm in exchange for boarding my own horses there,” Karen says.

Just four years after graduation, she was approached about taking over as the coach for WMET. She accepted the assignment and is enjoying her eleventh season with the Team.

“I started with maybe 15 students the first semester, then 22 the next semester. At one

program is about teaching proper horsemanship and seeing the students achieve at a competitive level but to Karen it’s so much more. It has given her a purpose that has helped her cope with the loss of her parents who died within months of each other when she was only 12 years old.

“My brother is ten years older than I am. He had just graduated from [Virginia] Tech with plans to get married when our parents died. I lived with my brother and sister-in-law until I came to William and Mary,” Karen says.

Once on campus, she did well academically



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as a biology major, but found her interest in the equestrian program which was then located at Cedar Valley Farm. Karen grew very close to the farm's owners, particularly its matriarch, Betty Dye.

"When I was a student, the barn was a great place to go and the Dye family really became my second family. Betty Dye is and was the horse woman in the family and her son, David, was my coach for two years. They made me feel like I had a family here – and a place to go to get away from academic pressures."

"Not to be sappy but the death of my parents had a real impact on the way I live my life – and that has a lot to do with why I am doing what I'm doing. These programs provide students with a place to go off campus – a place to de-stress and spend time in the sunshine grooming horses and meeting friends. I know how important that was to me and how healing it was," she says.

Karen believes that equestrian programs at the university level can benefit the animals just as much as the students and, although William

and Mary cannot take horses as donations, she always has her ear to the ground.

"There might be people who own horses they can no longer afford or care for, or those with older horses which may no longer perform at peak level. And there is a place for those horses in college programs. They are well taken care of and it can be a way of placing animals in a good situation as well as benefiting the students."

For now, she holds down a full-time job as the Equine Specialist at James River Equipment in Toano, and enjoys working with students and helping them excel at their own horsemanship. While she is proud of her student riders, she is also amazed by the horses used for teaching, called "school" horses.

"It astonishes me that there are some people who look down on school horses. Of course, there's a whole range of horses out there. You have your sports car varieties, the flashy blue ribbon winners. But school horses by far probably have the harder time of it," she says. "Consider that these horses are tolerating new people each and every day – people who don't

necessarily know what they are doing. Ninety percent of riding lessons is about teaching safety – first and foremost – and proper riding positions. But when you consider what these horses put up with in a single day, I mean, what if you had a different boss with changing expectations of you every single day?"

Karen considers school horses the saints of the horse world because they work so hard. She says that it can be frustrating and stressful for them and the fact that they deal with it means they have a special personality.

"Still, everybody wants the Ferrari when they really need the Volvo," she says with a laugh.

No matter what the make or model, with over twenty years of experience with horses and the people who love them, Karen is one of the community's most dedicated equine advocates. NDN

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wmpeople.wm.edu/site/page/equestrianclub/home



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— Jean Hampel, Resident

Chambrel resident Jean Hampel has always been an animal lover. Her late husband, Robert, started Williamsburg's Heritage Humane Society. Through this endeavor, Gidget, a Yorkshire terrier, found her way into Jean's heart. Jean and Gidget moved into Chambrel Williamsburg four years ago and Gidget is always by Jean's side.

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She Has A Plan



By Meredith Collins

Robin Bledsoe has a plan.

She knows how to assess a challenging situation, develop a vision for how things could be, devise a plan that would accomplish that vision and most importantly, take steps to make that plan happen. For Heritage Humane Society, this type of leadership couldn't be more important.

Almost a year ago, Heritage Humane Society underwent a change in leadership following a tumultuous time for the organization. That period set the stage for a brighter future – one that would be more positive and productive for over a thousand animals that depend on the organization's care each year.

Robin was selected to lead this charge based on her extensive experience working for non-profit organizations in similar circumstances. She has worked for non-profit

organizations for over two decades – as a volunteer at times and a paid employee at others – as she moved around the country with her husband, Bobby, who served in the Air Force. When her husband retired, they came to Williamsburg. Not long afterward, Robin accepted the executive director's position with Court Appointed Special Advocates (CASA) in Newport News. In 2000, she transitioned as the executive director of CASA in Williamsburg.

“What I'm good at is reorganizing and rebuilding a program, putting the infrastructure in, hopefully getting the funding set up and then usually turning it over to somebody else to run for the rest of the time. I've been in non-profit management for 20 years. I enjoy the hard stuff – getting it all set up and letting somebody else run it,” she explains.

Robin has developed a niche for herself in the non-profit sector that she greatly

Lisa W. Cumming Photography

enjoys.

“What I’m hired to do is to start programs over after they have had a major incident,” she says. “I was previously hired at Avalon for the same reason. When I arrived there it was right after their executive director had been fired.”

Robin has created her own non-profit management consulting firm and she negotiates with non-profit organizations for short term relationships where a change agent is needed. The commitment may be only for a year or two, but is sure to include a thorough assessment of the organizations current status, a plan for the future and most importantly – strong implementation. Robin was hired through her company to serve as the executive director of Heritage Humane Society for two years.

“Originally I was just brought in to get everything moving and make sure everything got done while they did a national search [for an executive director],” she says. “The longer I was here, the more things we realized we would like to deal with. My goal for the length of my contract is to completely restructure the program. We have a new direction we want it to go in. It’s much bigger and more ambitious.

We’re changing the way you look at an animal shelter when you come in the doors here. We’re changing the whole persona. When you walk in here by the end of the summer you’re going to feel like you are walking into an art gallery, and that art gallery consists of all these beautiful pets that we house.”

Robin’s idea for this work in progress is to line the walls with professional portraits of the dogs, cats and an occasional guinea pig that may find its way to the shelter. Rather than having people visit a clean and well run shelter that is drab and evokes emotions of sadness, Robin’s concept is to create a colorful, bright and happy environment to showcase the wonderful pets and how they can be an addition to someone’s home. She sees the animals as a work of art and believes they should live and be shown with that same positive spirit.

In the works are projects to improve the HVAC system to reduce common animal smells, thus making a stroll through the facility more inviting. They are creating a Success Wall where the portraits of adopted animals will be displayed. Large poster-sized photos of animals donated by Monica Sigmon Photography will adorn the walls. A special display/gift

area will be established at the entrance where guests will be welcomed. Here, small blankets knitted and donated by the volunteers of a local organization, Precious Pieces, are neatly stacked waiting to go home with another lucky dog or cat that has been adopted.

“We adopt out over one thousand animals every year,” Robin says. Animals are never euthanized unless there are health or aggression reasons, so there are a lot of animals to find homes for.

“When I first got here we had animals everywhere,” Robin says. “There had to be a better way that we could do it. So I started doing some research and found out that foster care programs for animal shelters are really a great way to utilize volunteers and get the animals out of the shelter.”

Robin started a foster care program at Heritage Humane Society in June of last year to allow animals to live in the homes of volunteers temporarily until a permanent home can be found for them. They regularly recruit volunteers who are willing to take a shelter animal home for a short period of time. There are guidelines for volunteering and not every animal is suitable for the program, but overall

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the plan works well in several ways. The animals are placed in a loving environment instead of an enclosure in the shelter and they receive more one-on-one care. For the volunteers, they enjoy the benefit of a furry companion and the satisfaction of improving the animal's situation for a short period of time. For some it might even be a way to see just how much they like having a pet around. For these people who have been thinking about adopting a pet but have not done so, foster care provides somewhat of a trial period of animal care that could lead to a permanent situation.

"We like it when that happens," Robins says smiling. "That actually happens more with dogs than cats, but it does happen."

The program has been very successful and has grown tremendously in less than a year. This has given them more opportunity to focus on their goal of creating a gallery concept.

"The foster care program started with maybe ten people," Robin explains. "We're up to probably 50 foster care families with 45 animals in care right now."

Robin is pleased with how much the community helps with the humane society – through volunteerism, donations of food, money and other needed items. Some people have shown great generosity and kindness to see that the lives of these animals are given the greatest consideration.

"We have a fund called a Care Fund that is funded primarily by one donor, Gwyn Sawyer. The fund is for shelter animals that have medical conditions that ordinarily they would have been euthanized for. She pays for these animals to get the treatment they need. She pays for their medical care. Gwyn is a volunteer here. She comes in twice a week and she is just an amazing person."

Robin's focus for now is to have the gallery environment in place by the summer. She anticipates increased adoptions during those months and fewer cats in the facility. She wants to get the flow of 'animals in' and 'animals out' consistent. There is an ever present need to have space available because, unfortunately, there is always another heart-breaking story that can be told about an unwanted or stray pet.

"We had a dog come to us that one of our volunteers found at a garage sale," Robin says. "The woman said: 'Free junk. Take what you want.' And the dog was sitting there in a crate. The volunteer said, 'You're kidding right? You're not treating this dog like junk.' And the woman says, 'Well, I'm moving. I don't want him.'"

It is stories like this that propels Robin to want to make Heritage Humane Society a destination for more human visitors. She knows better than anyone that there will be other dogs and cats abandoned, dropped off in public places or even crated and displayed at a yard sale with other unwanted items. For Robin, getting busy with her plans to change the persona of Heritage Humane Society is her way of making a difference. The sooner she realizes this new vision, the sooner more people will come to visit and see the improvements she, her employees and volunteers are making.

It's an interesting idea to create a gallery environment to attract more people and give them a better shelter experience. Even better, however, is when these visitors leave with a furry bundle of love as a new addition to their family.

Robin is planning on that. NDN

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PET STORIES

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We hope you enjoy the photos on the next several pages. The first page gives you a snapshot of some of the great dogs and cats that are available for adoption from Heritage Humane Society. Following are pages of photos readers have sent to Next Door Neighbors to share with other animal lovers.



Take your time as you flip through the next several pages to see if you recognize any furry friends of your neighbors!



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*I'm Felicity,
Let's play fetch!*



*I'm Savannah,
Can I sleep by your bed?*



*I'm Ferdinand,
What's your name?*



*I'm Chicken Little,
Want to play?*

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~~Work?~~
(can't)

~~Family Fun?~~
(what's that?)

~~Travel?~~
(tried it - big mistake)

~~Sleep?~~
(I wish)

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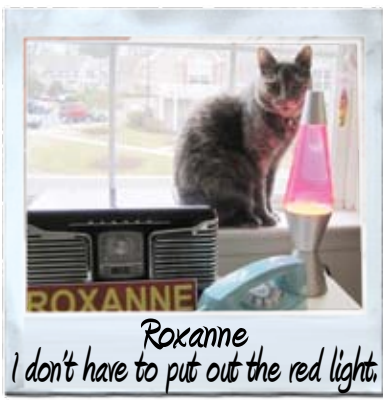
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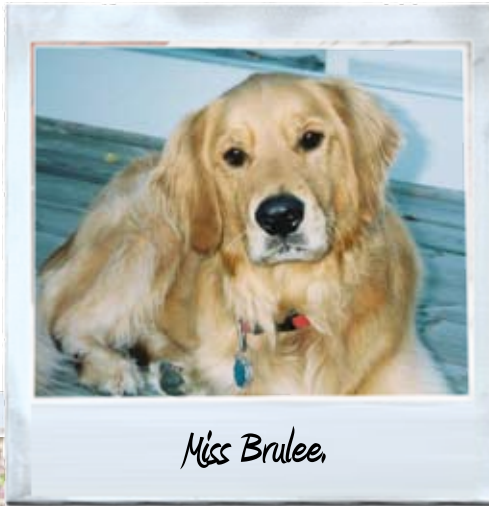
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*Roxanne
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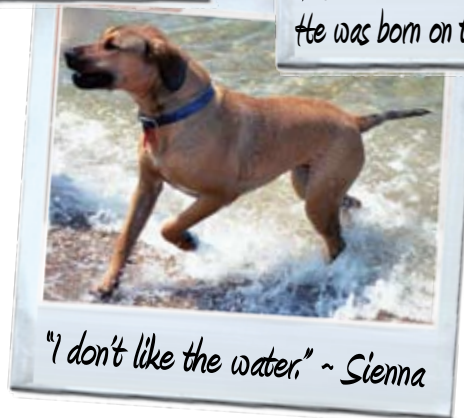
Miss Brulee.



*Mattie Pat is patriotic...
He was born on the 4th of July!*



*A Family Portrait; Peter (foreground), Diana
and Windy, perfectly posed by their mother.*



"I don't like the water." ~ Sienna

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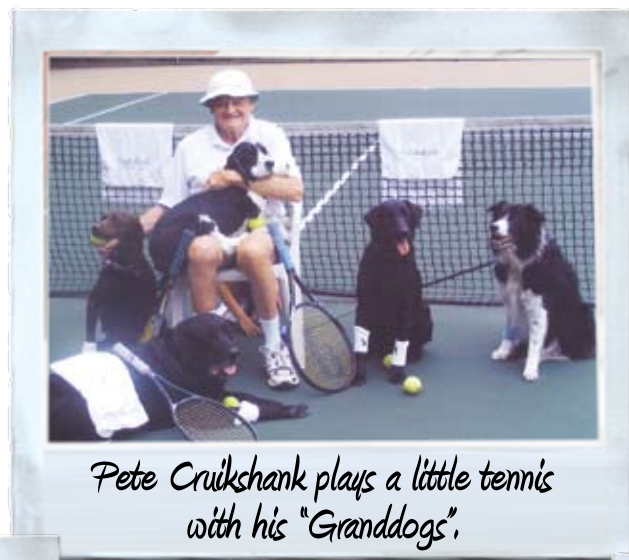
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My girl, Nell.



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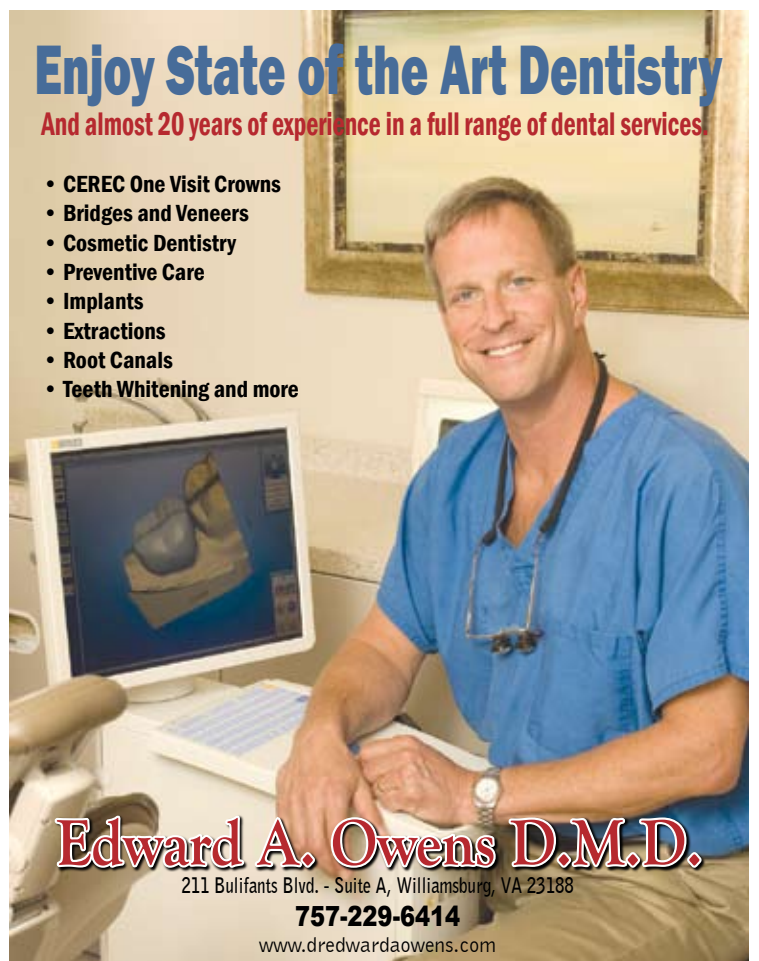


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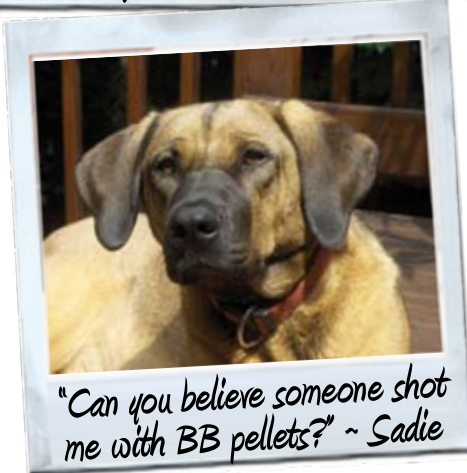
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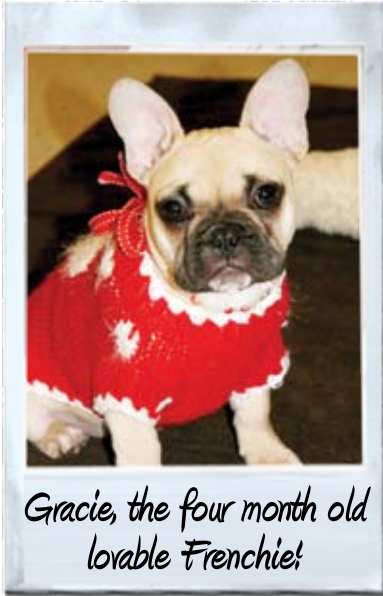
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LISA GIBSON



ON COURT APPOINTED SPECIAL ADVOCATES (CASA)

Lisa Gibson became Executive Director of Colonial CASA in July 2010. She served as the former director of the Historic Triangle Senior Center in Williamsburg. Before moving to the area, she served as the Executive Director of the Putnam County Community Foundation and Vice President of the Mental Health Association in Indiana.

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How did Colonial CASA get started?

Colonial CASA was founded in 1995 by Judge Hoover. We are a member of National CASA which has 1,000 chapters across the nation.

How does one become a CASA volunteer?

The CASA volunteer must pass a criminal background check, submit references, and be interviewed by the staff. Initial training includes 36 hours of classes and six hours of court observation.

What do you look for in a volunteer?

We look for a member of the community who has a passion for helping abused and neglected children. In addition, the following qualifications must be met:

- Must be 21 years of age
- Have the ability to communicate effectively
- Possess mature judgment, a high degree of responsibility, and sufficient time to devote to the program
- Be able to relate to persons of different cultures, ethnic backgrounds, and socioeconomic status
- Be able to commit to at least one year of service
- Not travel for more than 30 consecutive days

Describe the role of a CASA volunteer.

CASA's role consists of four components: Investigate, Report, Monitor, and Advocate. The CASA volunteer speaks with all parties involved in the case including the child (if old enough), parents, teachers, social workers, therapists, etc. The volunteer files a report with the court and makes recommendations in the best interest of the child.

How long do volunteers work with specific children?

The volunteer stays with the case until it is closed by the court. The time length varies but it is typically two years.

How can readers who don't have the time to volunteer help in achieving CASA's goal?

There are many ways to support Colonial CASA other than becoming an advocate. Volunteer associates can help with office work and fundraising. Readers can attend our various fundraisers throughout the year and spread the word about CASA to their friends and family. They can also support us with financial donations.

What are the differences between a CASA volunteer and a social worker?

A social worker is a paid employee who serves the whole family. A CASA is a volunteer who advocates for the child only. However, social workers and CASA's work together to help the same children.

How is CASA funded?

CASA is funded by state, federal, and local government. However, the majority of our funding comes from the local community including individuals, community service organizations, and fundraisers.

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April is National Child Abuse Prevention month. What can readers do to raise awareness?

Child abuse is a difficult subject to talk about. Most of the time we would rather pretend it doesn't happen and avoid the subject. Readers can spread the word about CASA to their friends and families.

What are some things people might not realize about child abuse?

People might not realize that child abuse happens at all socio-economic levels. In addition, people may not know the extent of the problem in our community. In Fiscal Year 2008, CASA served 120 children. In Fiscal Year 2012, we expect to serve 180 children.

How does child abuse affect the community?

Children who are abused are at greater risk of learning difficulties, mental health problems, and general health problems. They also have difficulty in forming attachments with caregivers and establishing relationships with their peers. In addition, adults who were abused as children are more likely to suffer from substance abuse and mental health issues. The costs to our society are enormous and include juvenile delinquency, drug addiction, and alcoholism.

You have a major fundraiser this month, The Blue Elephant Affair. What is this event all about?

The Blue Elephant Affair is an upscale resale event to benefit the children of abuse and neglect. The shopping frenzy begins on Friday evening, April 15th, at 6:30pm at the Williamsburg Crossing Shopping Center (at the corner of John Tyler and 199, next to the UPS Store). Antiques, art, toys, furniture, tools and accessories will be bargain priced and ready to head out the door. Judge Glenda Hatchett, spokesperson for National CASA, will be the celebrity guest for the evening. The ticket price is \$25 which includes entry, wine, and hors d'oeuvres. You can also shop the leftover merchandise the next day from 9am - noon for free. We are still accepting quality items for the event. Call Diane Sharpe at 258-3220 today to arrange pickup of your tax deductible donations.

What is the most rewarding aspect of working with CASA?

The most rewarding aspect is closing a court case because the child has been placed in a safe and permanent home.

What would you say is the most rewarding aspect of volunteering with Colonial CASA?

Mary Donlan, one of our long time advocates, explains her experiences as a CASA. "I take pleasure in knowing that I am making a difference in a child's life. Being a CASA is a time commitment, but it provides constant growth and reward. No case is the same; it is always a journey for the child and the CASA. The CASA and child impact the lives of one another, resulting in tremendous meaning and appreciation of life." NDN

For more information about Colonial CASA visit:
<http://colonialcasa.org>



Lisa W. Cumming Photography

BRAD SQUIRES

Reinventing *your* Business

By Greg Lilly, Editor

Reinvention is a buzzword used when people talk about small businesses that are shifting, varying direction or altering focus to meet the changing markets of a slow economy. Brad Squires has seen Williamsburg change and has been agile enough to move with those changes.

“When you are in business,” Brad says, “the bottom line is ‘How are we going to make this work?’ We’re not here to have fun; yes, we

do have some fun, but the goal is to make a profit.”

Brad came to Williamsburg at the age of one, when his father was recruited by Colonial Williamsburg (CW) to run the electronics department.

“The hotels were starting to do a lot of audio/visual things,” Brad explains. “We lived in CW housing in the historic area. We came from Florida, but I don’t remember it. I’ve been here

since the early ‘60s.”

He says he tried to leave, but he always ended up back in Williamsburg. “I went to five fantastic colleges,” he says with a grin, “but I couldn’t decide what I wanted to be.” Based on his math and science strengths in high school, he first headed to Virginia Tech to become an engineer. “It wasn’t for me,” Brad says. “I came back here with the intention of getting back into engineering at Christopher Newport



"I opened my office in McLaws Circle on February 15th. Duke Communications set up our computer and phone systems. I was very pleased with how quickly they responded to my needs. They were professional and competent. When Cox Communications arrived a day early to do their part, Duke dropped everything to come out and meet with them so my service would not be delayed. He really accommodated my schedule during the entire process and they made my office fully operational on schedule." ~ Laura Thornberry, Attorney at Law

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University." His mother was on staff there, and she encouraged him to find his passion.

Engineering still did not resonate with him.

"I realized I needed to go into something else. I jumped majors a few times: economics, computer science. What's the bottom line? You're trying to get a job, right? That's the end result." Brad had a way of cutting through the noise and focusing on the single note of reality. He wanted a job.

After a few semesters, he left college and returned to a job he had loved while in high school. "I worked at a record store. I wasn't making a lot of money," he admits. "I worked at the Band Box, the record store that was by the college. It was a really cool, hip, little store."

At the Band Box, the owner, Chris Mayer, became Brad's mentor.

"When you are in business the bottom line is 'How are we going to make this work?'" ~ Brad Squires

"Chris had purchased the Band Box after graduating from William and Mary with a Philosophy Degree," Brad explains. "That was one of my majors too – one of the best semesters I had," he adds with a laugh.

As Brad learned about running a business and the record industry, he wanted to try it for himself. He saw the Band Box as a great college record store, but Williamsburg visitors and locals needed a record store, one that had easy parking. He decided to open his own store in the Williamsburg Shopping Center.

"I saw that Williamsburg had a need for more than one record store. I saw opportunity," Brad explains, "a bigger store out at a shopping center where locals and visitors could easily access it." He had 13 years of success in that store.

"That was a way of reinventing myself," he adds. "I threw myself into it. I expanded the business after about five years then went down to Merchants Square and opened Squires Music on the Square. We expanded and grew into that new location, but times changed in the music industry. After three years, we re-thought the strategy and decided to back off to the one store again." Brad eventually sold the store to a mid-size chain that had stronger marketing potential than he could offer.

"I wasn't sure what to do next, but I had a pretty good idea of my strengths," Brad states. He took some time between selling the store in October of 2002 and that Christmas to reflect and reevaluate.

In the spring of 2003, Brad decided he wanted to make wine. "I chose that because I thought 'What do I like to do? I had a passion for music and I went into the music business; I have a passion for wine, let's go into the wine business.' I thought maybe I'd go to California, but luckily we

have a winery here.”

He went to work for the Williamsburg Winery with the idea of immersing himself in the art and craft of making wine. “I started in the retail end with tours and tastings then moved to apprenticing in the cellar to eventually becoming the cellar master.” He had heard that working for three to five years in an industry would establish the knowledge needed to open his own business. “That was my intention, to get into the production end, after three years. I was enjoying it.”

One day, he read in the local newspaper that Ukrop’s Super Market was scheduled to open on Mooretown Road. “That’s all it took,” Brad explains. “I said ‘I’m going to be rich.’ Every Ukrop’s in the Richmond area had a wine and beer shop next door – it was a no brainer. I did my research. I talked to the wine shops near the existing Ukrop’s. I did my due diligence in checking the numbers and the analysis.”

Brad left the winery and went into business. His original concept offered wine, beer, cheese and a gourmet deli. “In that order,” he says, “but now we call ourselves wine, beer, bar, [and] bistro. From the day we opened I knew we would change. We started strong, then a slide. The shopping center never got off the ground; the economy dropped.”

Brad stuck with the concept, but pared down the offerings, sold off merchandise that didn’t work, adjusted the mix to complement the offerings of the large grocery store across the shopping center.

“Then Ukrop’s announced they were closing,” he says. “It was a unique situation for us that they were leaving.” He had built his business as an accompaniment to Ukrop’s.

“My thought was that another grocery store would come in,” Brad adds. “Our grocery section had never done well, our gourmet goods didn’t move. We had pared down on that to almost nothing. But Ukrop’s was also the biggest restaurant on the block.” Brad asked Ukrop’s management questions about their restaurant business, analyzed their mix, what customers in the area liked and wanted. “You have to think on your feet,” he says. “I dragged mine for a little while.” Then he began thinking about the large grocery store’s offerings and what holes would be left after the closing.

“Ukrop’s leaving – we got on it and started with the bistro, serving food,” he says. “That seemed to be working, but we weren’t getting enough clientele. We started doing some live entertainment. It had been an idea floating around, but I didn’t think it would be enough to make a difference, but as it turned out, that’s the smartest thing I ever did.”

Today, customers come for the live entertainment and stay to have a few beers or a glass or two of wine. “That crowd at night,” Brad adds, “is here specifically for the music.”

Brad began by hosting music on Thursday nights. “A mid-week thing,” he says, “then we got into Fridays, but I didn’t want to compete with the bar crowd. But, we do things a little bit different here – we consider ourselves a listening room.”

For business owners who are experiencing more challenges than usual due to the economy and a changing marketplace, Brad stresses the power of experimentation and reinvention.

“You have to try things and see what happens,” he emphasizes. “We had a full room last night. The music is a draw. That’s what we’ve done, and it’s working.” **NDN**

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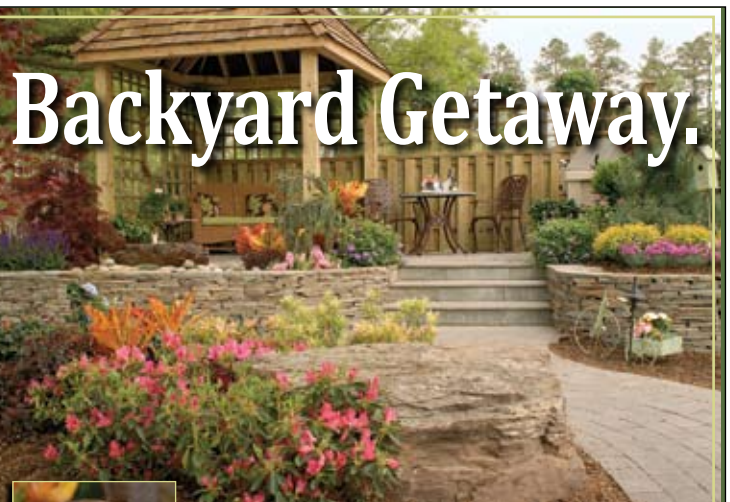
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MERRY OUTLAW

Gorgeous Inspiration

By Greg Lilly, Editor

April hosts Historic Garden Week, an annual event from the Garden Club of Virginia. The local club's chairperson this year is Merry Outlaw, who helped lead a team of volunteers to create an exciting and informative look at some of Williamsburg's beautiful homes and

gardens.

"My mother was a member of the Williamsburg Garden Club and she loved it. She just lived and breathed gardens," Merry explains. "That came to her from her father who was an amateur horticulturalist. He would

take little snippings of boxwoods from all over the state and bring them home to root. He had an elaborate boxwood formal garden."

Merry's mother took clippings from those boxwoods and developed formal gardens in their yard as well.

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Merry has deep roots in Williamsburg. Her family moved here from Newport News in 1959.

"I'm a life-long peninsula resident," she says. "I went to Matthew Whaley Elementary School and to James Blair High School, [and] graduated in 1966."

From Williamsburg, she headed to Virginia Commonwealth University in Richmond to earn a degree in Art History.

"I specialized in Museum Methods, what we called at that time Museology," she says. "When I finished school, I worked for Colonial Williamsburg in the Archeology department."

Merry helped research and catalog the archeological collections from the digs. "I was a research associate. I worked on the collections that came in from the field; one of those was Carter's Grove. We looked at the gardens and outbuildings that surrounded the plantation so they could be reconstructed. Bill Kelso was the archeologist at Carter's Grove, and I'm working for Bill again now at Jamestown Rediscovery."

Seeds are part of the research in archeologist digs. The discovery of plant seeds help describe the gardens of the past, and that's an objective of the Garden Club of Virginia – to restore historic gardens.

"The Garden Club of Virginia consists of 47 garden clubs throughout the state," Merry says. "We formed in 1929 with three goals in mind: conservation, restoration and inspiration. We are very involved in conservation issues throughout the state, like preservation of greenways. We've taken some powerful positions against climate change, the coal-fired power plant across the river, against the development of Goshen Pass by the Boy Scouts because we want to preserve that beautiful river. The restoration aspect is the restoration of historic gardens throughout the state. We've done more than three dozen, the first back in 1929."

The annual Garden Tour helps raise funds to restore historic gardens.

"It was our objective in 1929 and it's still our objective," Merry states.

The 47 garden clubs across the state host Garden Week.

"It's all over the state in the specific locations where the Garden Clubs are," Merry says. "This year we have about 250 properties open, many for the first time. We usually have five or six homes open in each location. All of our restored gardens are open during Garden Week."

As an annual event, the club's Home and Garden Tour attracts visitors from all over the country, as well as international guests. "We have people who have been coming for dozens of years; they just wouldn't miss it," Merry says. "Some people will come for a specific tour like Williamsburg, and some people tour the whole state."

The tickets are available for a day within a certain location or for the whole week so visitors can tour several different locations.

"We have repeat visitors to the Williamsburg tour, year after year to see our lovely homes," she adds. "This year, many of the homes are open for the first time. I have titled the tour: Members' Homes & More."

Three of the local club's members have graciously offered to open their homes to the tour. Plus, Merry has arranged three properties in Colonial Williamsburg to be on the tour as well.

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“Two of the Colonial Williamsburg homes are inhabited by curators,” she says. “The other is owned by Colonial Williamsburg and decorated just for the event with floral arrangements by Clark Taggart.”

The properties include the Bracken Tenement and Kitchen, The Blue Bell Tavern, and Powell’s Tenement Kitchen.

“It’s going to be gorgeous,” Merry says with a smile. The team created variety in the tour, not just the colonial-era homes or traditional homes. “Our focus,” she explains, “is on the flower arranging and the gardens of these homes.”

One of the homes on the tour is new - built in 2009. “It is smack dab in the middle of an early 20th Century street, on the outskirts of Colonial Williamsburg,” Merry describes. “They’ve taken this home and made it fit in that setting so flawlessly. It looks like it has been there for one hundred years. It looks early 20th Century. You walk in, and it’s totally modern. You are confronted with this surprisingly modern interior with granite, cathedral ceilings in the great room, it is so fantastic, and they have beautiful gardens there.”

The tour raises funds for the club’s restoration and preservation of historic gardens. Another objective of the tour is to encourage participants and guests’ creativity and devotion to gardening.

“We hope to inspire people to use some of the things they see to incorporate in their own home and gardens,” Merry says. “The homes are beautifully decorated with flowers. Our flower arranging is all done by our members. We hope to really inspire the visitors. We are inspired and hope our inspiration is passed on. We’re sure it is because we have so many people return each year.”

The club received a surprise this year when they found out that a garden club from Bermuda decided to make the trip to tour the Williamsburg homes and gardens. “We’re real excited about that,” Merry says.

Merry has been a part of the Williamsburg Garden Club for eight years. “I joined because my mother was part of it. She was aging and wanted me to be part of the club. I’m a working person; I never really thought the garden club was something I would enjoy, but I’ve loved every minute of it. I love the women in the club; it’s a powerful group. They are wonderful, hard workers. Our local club is involved in so many activities. We spearheaded Matty’s Garden at Matthew Whaley. We did the Anniversary Garden at the South Henry Street entrance into Williamsburg. We do the garden at the Heritage Humane Society. We send two campers to Nature Camp with scholarships we offer.”

Merry hopes the tour visitors end the day thinking they have just seen the most wonderful Home and Garden Tour they’ve ever been on. With Merry and the club’s hard work, this may be the best in the 78 years of Virginia’s Garden Week.

“We have the oldest and largest garden and homes tour in the America,” Merry adds, “and in my opinion, the best.” NDN

Historic Garden Week is April 16 – 23 with tours throughout the state. For more information, please visit www.VAGardenWeek.org Williamsburg’s “Members’ Homes and More” tour is Tuesday, April 19, 10 a.m. to 6 p.m.



Lisa W. Cumming Photography

Springtime **Allergy Relief**

DR. STEPHEN SHIELD

By Greg Lilly, Editor

The lime-green pollen that coats windows, patio furniture and automobiles, deposits a powdery film on ponds and roadways, and settles into hair is not what causes allergies in the spring, according to Dr. Stephen Shield.

“That’s pine pollen,” Dr. Shield explains. “It is too large a grain to cause significant allergy symptoms, but it pollinates at the same time as our common allergens such as oak, hickory, pecan, birch, maple, elm, cedar, all those sources. When you see the pine pollen on the

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cars, that's a sign that all those other allergens are out there as well."

What most people call hay fever is really an allergy. "Hay fever," Dr. Shield says, "that's the lay term we use for allergic rhinitis, which is the allergic inflammation of the nose that leads to runny nose, congestion, sneezing, and often accompanied by post-nasal drip and itchy eyes."

Allergies are caused by something in which the mucus membrane comes in contact.

"We call them inhalant allergies," he adds, "which include pollen from trees, grasses and weeds. Mold spores blown around in the wind or indoors from damp places like bathrooms and basements are also inhalant allergies along with indoor allergens like dust mites or animal dander from cats and dogs, even cock roaches."

Those are the frequent inhalant allergens that lead to what is commonly called allergies, or medically called allergic rhinitis. But those same allergens can also trigger allergic asthma. According to Dr. Shield, asthma is often due to allergies, particularly in children.

The hay fever label became popular because it was during the hay harvesting season of the fall that people would get symptoms. In the spring, people would call it rose fever because they experienced the symptoms when the roses bloomed. "Although roses don't cause allergies," Dr. Shield explains, "because the pollen that causes allergies is wind-borne pollens. Flowering shrubbery and plants generally do not cause hay fever symptoms."

Dr. Shield grew up in Newport News and had severe asthma as a child. There were no inhalers or breathing treatments for asthma sufferers then. At one point during his childhood, he took 32 pills a day to keep his asthma under control. "Most of my asthma was due to allergies, though exposure to things like cigarette smoke and certain smells bothered me too," he adds. Asthma can be worse during the night, and Dr. Shield recounts that he would often wake up, in the middle of the night, unable to breathe. "I'd sit on the edge of my bed hunched over trying to get my breath," he describes. "If it didn't pass, my parents would take me to Riverside Hospital's emergency room, where back then the treatment was three or four shots of epinephrine and IV fluids. I had a wonderful caring pediatrician and great nurses though, and I think that's what inspired me to go into medicine."

At Davidson College in North Carolina, Dr. Shield majored in Pre-Med. He returned to Virginia to attend Eastern Virginia Medical School (EVMS) in Norfolk. "I always knew I wanted to go into Pediatrics," he says, "but I had an allergy focus in the back of my mind." His pediatric residency training was at the University of Alabama in Birmingham and his most rewarding personal experiences were working with children with asthma.

"I decided to go ahead and pursue allergy and immunology with a fellowship at the University of Tennessee in Memphis," he explains. "That's a two-year training program where I specialized in adult and pediatric allergies." After his training, Dr. Shield returned to EVMS and became their first allergist on staff and started their Allergy Clinic.

In his experience, he says there is no "type" of a person more susceptible to allergies. It's an equal opportunity condition. "If you look at allergies in all its forms – asthma, hay fever, food allergies, drug allergies, insect sting allergies," he lists, "then about 15 to 20% of the population will

likely have some sort of allergy at one point in their lives. There is no one allergy gene, but allergies have a strong genetic tendency. If one parent has allergies, then each child born to that parent has about a 30 to 40% chance of developing allergies. If both parents have allergies, the risk goes up to 60 to 70%. The other important factor is environment. You can't be allergic to something you've never been exposed to. The more exposure to allergens you have, the more likely you will be allergic to them, though there may be some exceptions to that."

He explains that an allergy is when the immune system "gets off track." The immune system is there to fight infections. In some circumstances, part of the immune system reacts adversely to something that should be harmless, like pet dander or pollen or dust mites, and begins to battle the thing that other people's bodies ignore; the allergy is established.

Knowing what a person is allergic to is easy to diagnosis according to Dr. Shield. "There are two ways of doing it," he says, "skin testing and blood testing. The gold standard has always been skin testing. It's simple, relatively inexpensive and immediate. We place a drop of allergen under the skin. If it develops a red, swollen bump, that identifies that you make antibodies against that particular allergen. We know what pollinates and cause allergies in this geographic region. We take those regional allergens and test for them."

The symptoms of allergies are all too common to most of us. "Allergies, in the form of hay fever, typically present with runny nose, congestion, sneezing, itching of the nose, itchy, watery, red swollen eyes," Dr. Shield says. "Sometimes you may get an itchy throat or palate. Postnasal drip with throat clearing and coughing can be a sign of allergies as well. If allergies cause asthma, then common symptoms are wheezing (a whistling noise when you exhale), coughing, shortness of breath and chest tightness."

Prevention methods include avoidance of the allergens. Stay indoors when possible. "Pollen is worse on dry, windy days," Dr. Shield says. "Pollen counts are usually highest in the morning hours. If you are outdoors a lot, as soon as you go indoors, throw clothes in the wash and take a shower immediately. Wash the pollen off your hair so it doesn't go on your pillow when you lie down at night. Keep the windows closed. The spring breeze is nice, but it brings pollen in. When gardening, wear a mask or goggles," he advises.

When avoidance isn't practical, there are treatments depending on the severity of the symptoms. An antihistamine or a decongestant can give fairly quick response for mild symptoms, Dr. Shield explains. "If you want to prevent ever having the symptoms, then there are a couple of things you can do," he says. "The most effective medications that are available are intranasal steroids, sprayed into your nose once a day. If you start it before the season begins, it will be working in your body before the pollen hits and should prevent the symptoms from coming on."

The best way to prevent allergy symptoms is immunotherapy, Dr. Shield says. "That involves getting desensitized to the allergen so you become less allergic. That is done by either a series of injections into the arm or drops under the tongue." A small, but increasing amount of the actual allergens that affect the patient is introduced to the patient's system. That builds up the body's own natural immunity to those allergens, so when the patient is exposed to those allergens in the real

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world, he or she will not develop an allergic response. "That works well for 85 to 90% of individuals who are carefully selected. You start out once a week, but eventually it's just once

as allergy shots."

Allergies have a tremendous impact on the quality of life of a person. Simple things such as going outdoors to play a round of golf

impact one's quality of life, whether it is school, work, recreational or social activity. Helping people control their allergies and asthma, rather than let it control them, is

"Allergies and asthma can really impact one's quality of life, whether it is school, work, recreational or social activity."

~ Dr. Stephen Shield

a month," Dr. Shield says. "You continue the treatment for three to five years. Once you stop the treatment, you usually have many years of relief. It's a long-lasting effect." He says that an improvement in symptoms can be seen in as short a period as a month or two. "That's exciting," he adds.

Another, emerging therapy is sub-lingual therapy where droplets of allergens are placed under the tongue. "Only a select few patients are ideal candidates for that treatment, but the nice thing is that there is less risk for a reaction," he says. "Those are done daily and can be done at home. It seems to work as well

or a game of tennis, to work in the yard or garden, to socialize with friends, all of these are impacted by allergies.

"With kids it can affect their grades, their school attendance, their performance on standardized tests – SOLs (Virginia's Standards of Learning tests) are given in the peak of allergy season," Dr. Shield explains. "If you're not sleeping well, distracted by an itchy nose, can't be outside for sports – that really impacts quality of life. That is what ultimately brings people to a doctor."

Dr. Shield sees his work as extremely rewarding. "Allergies and asthma can really

very satisfying," he says. "Seeing a child be able to participate in sports for the first time, improve attendance at school and even improve their grades is extremely gratifying. Seeing how happy a child is after her eczema has cleared up is amazing. I've seen

personalities change because someone's allergies are controlled. I've seen patients go from being on five or six medications a day drop down to no medications. From a personal standpoint, I believe the experiences I've had with allergies and asthma, particularly as a child, prepared me to be a better physician, and I'm glad I went through that."

From a young child suffering the effects of asthma to a medical professional who helps patients break the bonds of an allergy-controlled lifestyle, Dr. Stephen Shield works to make "hay fever" an archaic term for most of us. [NDN](#)

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REVEREND CORY NEWELL



Lisa W. Cumming Photography

DON'T LET THE BED BUGS BITE!

By Greg Lilly, Editor

As the vacation season approaches, the tourist industry is prepared for the revolving door of visitors and all the baggage they bring with them. They're even prepared for the little hitchhiking critters that people don't realize they're carrying from one destination to the next: bed bugs.

Reverend Cory Newell works for his family's pest control company and educates the lodging industry on preventative measures to keep bed bugs away from your bed. His advice can help protect you on your next overnight trip.

Cory's father started Commonwealth Exterminating Company when Cory was in high school. After graduating from high school, Cory headed to Liberty University in Lynchburg, Virginia. "I have a couple of Master's degrees in religion and divinity," he says. "I've been a minister for about ten years. It's been interesting." His ministry work focuses on starting new churches. He explains that new churches begin with a nucleus of people who have the same beliefs and aren't finding their religious needs met in the current community.

"There is a bigger story involved," Cory says of religion and finding community, "just being able to be a part of it all. I'm educated. I know the methods and the practice, the right words to say, but I still sometimes get lost in a church. When I feel lost, I know it's time to start something new again."

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As a minister and a pest control technician, Cory sees his job as taking care of people. "I don't think there is any religious conflict in killing a bug," he says. "We need to be good stewards, but that also means we need to live a healthy life."

He explains that the bed bug pandemic probably started, in part, by the non-use of DDT (dichlorodiphenyltrichloroethane). "It was regulated unsafe by the EPA and has caused an influx of bed bugs. Integrated pest management is a greener approach to provide pest control service without putting down all the chemicals. In the old days, DDT would kill anything and everything. But now, for example, we may receive a phone call about ants," he describes. "I would put down ant-specific bait." Without the kill-all DDT, we are safer, but so are the bed bugs.

"My generation used to think bed bugs were a hoax, an old wives' tale," Cory says. "But when we see it on the news, we think 'Holy cow, this bug actually does exist.' Now people look under their sheets and some find those little creepy bugs."

Last summer, numerous reports surfaced around the country of bed bug infestations. This year Cory says it seems to be the same. "One out of ten calls to our office is for bed bugs," he states. "They are pretty common. I think Williamsburg is a hot spot because of the tourism trade."

He receives more calls from Williamsburg and Virginia Beach than the other Hampton Roads cities and attributes that to the tourism trade and increased number of people travelling through the area. "Also because of the military and the travel associated with that," he says. "Travel is a key ingredient in picking up the bug."

Apartments, vacation homes, dorm rooms, hotel and motel rooms are all places where a number of people pass through. Local managers and owners are arming themselves with knowledge and certifications of Bed Bug Free properties. It is up to everyone to be vigilant in keeping the bugs from spreading. "As a collective community, we need to consider the places where bed bugs could infest," Cory says. A good idea is to complete a quick visual check of places where a bug can hide. They don't like light – just like the mythical vampires – so they tend to wedge themselves into tucks and folds of fabric.

Cory gives these quick tips for your vacation travel. "Leave your luggage outside the room until you complete these steps," he says. As the name implies, bed bugs are typically found around the bed.

First, pull back the covers from the head of the bed and look for small bugs (about the size of apple seeds) – okay, any size bug you see is reason to turn and leave. Also look for bed bug droppings (several black spots in a group).

"Check the folds, tucks of the bed all the way around, check the headboard," Cory says.

If bed bug evidence is found, please report it to the management and request another room, not adjacent to the infested one.

Another tip Cory has for a traveler is to use soft-sided luggage like a duffel bag. "When you come home," he says, "leave the luggage in the garage. Take all your clothes straight to the washer and dryer to launder them before they come in contact with anything else in your home. Then place the soft case luggage into the dryer, turn it on high for twenty minutes. Heat will kill bed bugs. Your dryer is your best friend."

If you use a suitcase that will not fit in the dryer, another method is placing the luggage in a sealed plastic trash bag and setting it in the sun to heat up.

"Bed bugs don't make you sick, but they make you crazy," Cory explains. "They don't pass on diseases, but their bites make you break out like a mosquito bite. You may also have a rash from them. The worse

reaction is the psychosis because you are driven crazy.”

Once a person has found bed bugs, Cory says they will think about the bugs all the time. “You consider everything you touch or sit on; you feel everything; all your five senses are affected. Even after the house is treated, you are extremely careful, especially when guests come over. Once you experience a bed bug infestation, you never want to experience it again.”

A statement Cory likes to make is that no one and no place is immune to a bed bug infestation. A spray is available from hardware stores and from pest control companies to treat luggage while you travel. It’s a repellent and will kill bugs if they come in contact with it.

The best part of Cory’s work is “bug success stories,” he says. “A stressed client is looking for answers to their problem. I’m able to help them with that, to take the stress away. I feel good that I’m trusted to help with their problem.”

Cory has plans to join the military as a chaplain. “I love the church, but I feel like I’ve been in it too long - ten years. I feel like there are other avenues that the church can still reach in a non-traditional way. The military has arms wide open, and they have a need. I want to help.”

Cory’s advice and guidance has helped friends and neighbors on their spiritual journey as well as on their leisure journeys. Bed bugs may bite, but the Reverend Cory Newell knows how to stop them. NDN

*Good night, sleep tight.
Don't let the bed bugs bite.
And if they do,
Then take your shoe
And knock 'em 'til
They're black and blue!*

-Traditional Nursery Rhyme



Q & A

An Interview with Nan Piland

PRESIDENT OF WILLIAMSBURG AREA ASSOCIATION OF REALTORS®

Email Nan at info@waarealtor.com

What are some of the things a senior should consider when deciding to downsize and where can they find guidance for such a move?

PILAND:

Senior Real Estate Specialist (SRES) is a designation offered by the National Association of Realtors® for Realtors® who specialize in the needs of seniors as they move in and out of the housing market. Some of the SRES course topics a Realtor® must complete involve trends related to the 55+ population, uses for reverse mortgages, being the resource for estate, tax and finance advisors, counseling of the seniors and their families, and assembling a team of experts to serve the needs of the senior.

Williamsburg offers various senior living opportunities for people who are getting older and seek a change in lifestyle. These numerous opportunities have opened doors for local residents to stay in the town they call home. Nationally, according to the National Association of Realtors® (NAR) 2010 Profile of Home Buyers and Sellers, 31% of the sellers above 55 years of age move within a 10 mile radius. The primary reasons for moving are to be closer to friends, family and relatives, to downsize to a smaller home and to enjoy

retirement. Given the amenities in the Williamsburg area this percentage could be even higher on a local level.

Whether you are downsizing to a townhome or condominium, a 55 plus community or assisted living, there are steps you can take to make the process smoother. Depending on your capabilities, you can do it yourself with the advice of a local Realtor® or by hiring a Senior Move Specialist. These steps are the same for any buyer and seller profile but there are a few nuances to a senior move that you must account for. With 35 percent of the senior home sellers living in their current home 21 years or longer, it can take time and patience to go through the process.

The major steps are as follows:

1) Your Needs Assessment. You need to decide what you are trying to accomplish with the move. What level of care do you currently need and what are the expectations for the future? This is when difficult decisions must be made as to what size home you will want to move to.

2) The Move Preparation. This is a longer phase full of preparation and task mastering. You will need to sort through possessions and household goods, arrange for shipping of items to family members, to your new home, local charities

or to waste disposal. You may want to hire a coordinator for this phase. You can ask your Realtor®, the Senior Services Coalition of Greater Williamsburg or the National Association of Senior Move Management (NASMM) for a referral. You may also want to enlist the assistance of a document specialist. This person will help narrow down all of the years of accumulated paperwork to a manageable size. All of these downsizing activities will be worthwhile as it will help stage your current home as it is on the market.

3) Moving Day. This is finalizing any packing and supervising the move. You and/or your coordinator will be working with the moving company as they disperse your possessions to the desired locations. Make sure you keep any personal needs with you such as medications and important paperwork.

4) Home Closing. This is the phase for final clearing of all belongings, cleaning of the home and settlement with your home purchaser.

5) Settling In. This includes everything from unpacking, decorating and hanging your toothbrush in your new bath. This final stage should be very rewarding as you have earned it. All of the activities you planned for have come to reality. Enjoy your new lifestyle!

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Hey Neighbor!

Please visit www.WilliamsburgNeighbors.com and click on **Hey Neighbor!** for a complete list of current community announcements.

Hey Neighbor!

FREE TAX PREPARATION

Now thru April 18, 2011

The Williamsburg-James City County Community Action Agency will offer free tax preparation services to low-and moderate-income workers until April 18. Families and individuals with an income less than \$50,000 may be eligible to claim the earned income tax credit, which can reduce the amount of income taxes owed. If you need additional information or would like to schedule an appointment, please call John Smith at (757)229-3316 or (757)229-9332.

Hey Neighbor!

DAD 365 ONE DAY FATHER'S FREE TRAINING EVENT

March 26, 2011

9:00 a.m. to 5:00 p.m. at Grafton Middle School. Explore tough issues like modeling, discipline, anger, and your role as father or father figure. This is a fun and interactive event that you won't want to miss! Food provided. Presenters: Larry Nesselrodt and Nick Corsi. Registration required at 757-566-2831 or dad365@cdr.org.

Hey Neighbor!

LEGAL OUTREACH PROGRAM

March 26, 2011

Free Legal Services are provided to those who meet financial criteria and who live in Williamsburg, James City County and Upper York County. This effort is partnered by Williamsburg Bar Association and Williamsburg-James City County

Community Action Agency. Services will be provided on Saturday, March 26, 2011 at Toano Middle School, 7817 Richmond Road, 10 a.m. to 1:00 p.m. Call Yvonne or Linda for an appointment at 757-229-9332. You will be asked for information concerning your wages and other property that you have. Your information is confidential. Walk-ins will be accepted, but there is no guarantee that walk-ins will be seen on that day.

Hey Neighbor!

OLIVE BRANCH CHRISTIAN CHURCH YARD SALE

March 26, 2011

From 8 am to 1 pm, at Olive Branch Christian Church, new Fellowship Hall, the youth of the church are sponsoring a Yard Sale. Proceeds will go towards repair and replenishment of the Playground Equipment. There's not much that won't be on sale! The usual clothes, toys, furnishing and housewares as well as closet clean out from several locations. Located in Norge, 7643 Richmond Road, 1/2 mile west of Croaker Road on Hwy. 60. Phone 566-8077 for information.

Hey Neighbor!

PATH TO EMPLOYMENT WORKSHOP

March 26, 2011

8:00 a.m. to 1:00 p.m. at Williamsburg Community Chapel, 3899 John Tyler Highway. This workshop will help enhance your skills and prepare you for that phone call, interview, and that new job waiting

for you. It is open to anyone looking for employment or considering a change in employment. The workshop will include sessions on skills assessment, networking, and interviewing. Register at www.wccchapel.org/JobWorkshop, or call 757-941-1232. Cost is just \$5.00 and proceeds benefit the Williamsburg Job Transition Ministry.

Hey Neighbor!

ST. OLAF CHURCH ANNUAL FRIED CHICKEN DINNER

March 27, 2011

The youth of St. Olaf will be holding their 'Annual Fried Chicken Dinner' from 3:00 to 5:00pm at the church on Norge Lane. The price of the dinner is \$10.00 and the proceeds will be used to fund the annual Youth Conference in Steubenville, Ohio during the month of June. For more information, please contact the Youth Minister, Ann Mattio at 804-572-8664 or St. Olaf Church at 757-564-3819.

Hey Neighbor!

AN EVENING OF SMOOTH JAZZ

March 27, 2011

The Williamsburg Alumnae Chapter of Delta Sigma Theta Sorority, Incorporated will host an evening of "Smooth Jazz" and dinner at the Williamsburg Lodge starting at 4:00 pm. Ticket cost is \$55. All proceeds will benefit the Sorority's scholarships, book and single parent awards, as well as other public service initiatives/projects. For tickets and further information please call: Mrs. Margaret Stockton, 757-258-

8727.

Hey Neighbor!

STAGELIGHTS SUMMER CHILDREN'S THEATRE AUDITIONS

March 29-31, 2011

Williamsburg's Premier Summer Children's Theatre program announces auditions for its 3 week and 5 week productions for children ages 8-13. The 3 week workshop production will be "Charlotte's Web" and our 5 week main stage production will be "Aladdin, Jr". We also have 2 week Mini-Workshops for children ages 6-8. For dates and times of workshops, email us at StageLightsTheatre@gmail.com or check out our website at www.stagelightstheatre.org

Hey Neighbor!

AKEMI TAKAYAMA & DAVID STEWARD WILEY - THE WILLIAMSBURG SYMPHONIA

March 31, 2011

Piano Duo Recital at the Williamsburg Regional Library beginning at 7:30 p.m. For tickets or more information contact Marie Knuettel at 757-259-2313, by email at marieknuettel@gmail.com or go to www.williamsburgsymphonia.org. Tickets are \$20 for Williamsburg Symphonia League members and \$30 for non League members.

Hey Neighbor!

2ND ANNUAL WILLIAM AND MARY DANCE MARATHON

April 1- 2, 2011

To benefit 14 local nonprofits, in partnership with NetworkWilliamsburg-

It's not too late to attend the

12th Annual Charity Auction of the Rotary Club of James City County!

Tickets for this 5-star event will be available at the door for just \$35.

ALL PROCEEDS of both the silent and live auctions will help support Colonial CASA,

provide scholarships for WJCC high school students and furnish financial assistance for other area non-profits.

Heavy hors d'oeuvres, complimentary wine and easy-listening jazz by the popular Harris Simon Trio.

Sunday, March 27 at the Kingsmill Marriott. 5:30 to 8:30 pm

An elegant event that welcomes casual attire.



burg, teams of students have been formed, each to benefit a different nonprofit. They have been fundraising for their designated nonprofit and their efforts will culminate with a 12-hour dance marathon starting at 8:00 p.m. on Friday April 1 and ending 8:00 a.m. on Saturday April 2, in Trinkle Hall. The event will be open to the community from 9:00-10:00 p.m. and there will be an opportunity to vote for your favorite dance team. It will also be streamed live online from 10:00-11:00 p.m. so community members can vote from the convenience of their own home! For more information, visit www.thewmdm.org or find WMDM on Facebook.

Hey Neighbor!

THE COMPANY OF ANIMALS

April 2, 2011

The Williamsburg Storytelling Collaborative will present the premier concert of the 2011 Stories That Make A Difference Benefit Concert Series at the Kimball Theatre at 7:00pm. All proceeds will go to the Heritage Humane Society. The concert is a 'pay what you can' event and donations will be taken at the door so bring the whole family! There is something for every age. Tickets are required but are free of charge and can be picked up at the Kimball.

Hey Neighbor!

5TH ANNUAL BENEFIT GALA & AUCTION – CATHOLIC CAMPUS MINISTRY

April 2, 2011

Join us at Walsingham Academy at 6:30 pm to benefit the College of William and Mary Catholic Campus Ministry's Endowment Fund. Guests will enjoy live entertainment, dinner provided by Carrabba's Italian Grill, as well as the opportunity to bid on one-of-a-kind items such as a Pittsburgh Steelers football autographed by Steelers Coach and William and Mary alum Mike Tomlin. Tickets are \$65pp before March 20, and \$75pp thereafter and can be purchased at Saint Bede Catholic Church on Ironbound Road or at CCM's office at 10 Harrison Avenue. Black tie optional. Questions/donations, please contact Marisa Cirenza at mccirenza@gmail.com

Hey Neighbor!

YORKTOWN VICTORY RUN

April 9, 2011

This is an eight mile Colonial Road-

runner Grand Prix event, presented by the William and Mary Mason School of Business. The course starts at Newport News Park and follows the bikeway leading you to the finish line at the Yorktown Victory Monument. Bus transportation will return participants back to Newport News Park. Registration is \$30 in advance or \$35 on race day. All proceeds from the race will be donated to Kidz'n Grief.

Hey Neighbor!

FREE CONE DAY TO SUPPORT LACKEY FREE CLINIC

April 12, 2011

Tuesday from 12pm to 8pm at Riverwalk Landing, 332 Water Street, Yorktown. Two other local Clinics will participate in this event to spread awareness and collect contributions. Please come out and enjoy a free cone and support the Clinics. We also need volunteers to scoop. If you are interested, please contact Sue Salva at 886-0608 ext 251.

Hey Neighbor!

RUN THE D.O.G. 5K RUN/WALK

April 16, 2011

This is a 5K Colonial Road Runners Grand Prix Event with a 1 Mile fun run included. Hosted by Colonial Sports this certified course winds through Colonial Williamsburg and the College of William and Mary with the last ½ mile finishing on Duke of Gloucester (D.O.G.) St. To register and for more information, see www.thecolonialsports.com/events or register online at www.RACEit.com. All proceeds from this race benefit Avalon: A Center for Women and Children.

Hey Neighbor!

WILLIAMSBURG BOTANICAL GARDEN EDUCATIONAL PROGRAMS

At the Ellipse Garden in Freedom Park, the intersection of Longhill and Centerville Roads. All programs run 10:00-11:30a.m. April 16th– Weed Warriors with Barb Dunbar; May 21st–Art in the Garden with Linda Miller; June 18th– Growing Antique Roses; July 16th–Butterflies –educational, planting milkweed, and tagging; August 20th– Butterflies –educational, planting milkweed, and tagging; September 17th–Butterflies –educational, planting milkweed, and tagging; October 15th–Red Emperor Tulip planting in Therapy garden with Barb Dunbar; Novem-

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UPCOMING ISSUES

MAY ISSUE

The Ideal
Golf Course

In Home Date: April 21, 2011

Advertising Deadline:
Tues, Apr. 5th

JUNE ISSUE

Home
Grown

In Home Date: May 19, 2011

Advertising Deadline:
Tues, May 3rd

Next Door Neighbors

ber 19th. For more information contact 220-3575 or www.williamsburgbotanicalgarden.org

Hey Neighbor!

SIMON SUN-CLASSICAL PIANO April 20, 2011

Simon Sun is a senior student of Christine Niehaus at the College of William and Mary. The musical program beginning at 11:00 a.m. in Lewis Hall of Bruton Parish on Duke of Gloucester Street in Colonial Williamsburg will be preceded by coffee and conversation at 10:00 a.m. followed by a brief business meeting. The program is free and visitors are always welcome. For more information about the activities, programs and scholarships of the Williamsburg Music Club, please refer to their website at www.williamsburgmusicclub.org or call 757-258-0435 or 757-229-4429.

Hey Neighbor!

NAACP LIFE MEMBERSHIP BANQUET April 23, 2011

Silent Auction/Reception – 5:00 p.m.; Dinner/Program – 6:30 p.m. – Williamsburg Lodge. “NAACP: Advocates for Excellence in Educa-

tion”. Keynote Speaker: U.S. Congressman Robert C. “Bobby Scott”, 3rd District – Virginia. Proceeds support the Branch civil rights and youth programs and community outreach efforts. For tickets call NAACP Branch Office at 229-3113.

Hey Neighbor!

COMMUNITY OF STARS FUNDRAISING BANQUET April 28, 2011

The Williamsburg-James City County Community Action Agency will hold its eighth annual Community of Stars fundraising banquet at Crowne Plaza Williamsburg at Fort Magruder. In celebrating its 43rd year, the agency will honor several individuals, businesses and organizations that have strengthened and supported CAA by giving their time and resources. Proceeds from the banquet will go toward the agency’s programs and services. Tickets are \$50 per person, \$90 for two and \$450 for a table of ten. To purchase tickets, contact Yvonne Joseph at 229-9332. The evening is semi-formal and includes a silent auction and cash bar. Silent auction items are welcomed.

Hey Neighbor!

VIRGINIA NATIVE PLANT SALE April 30, 2011

From 9:00 am until 2:00 pm, a wide selection of native plants, including flowers, shrubs, vines, small trees, ferns and grasses will be available at the annual plant sale sponsored by the John Clayton Chapter of the Virginia Native Plant Society. The sale takes place at the James City Williamsburg Community Center at 5301 Longhill Road. Rain or shine. Cash and checks only. For more information visit www.claytonvnps.org or call 757-565-0769.

Hey Neighbor!

PLANTS HUZZAH! THE MASTER GARDENER PLANT SALE April 30, 2011

9 am – 2 pm. Rain or Shine. James City/Williamsburg Community Center, 5301 Longhill Road. This once a year event will have Native & Ornamental Plants, Self-Watering Containers, Composting Tumblers, Specialty Hostas, Rain Barrels, Annuals, Perennials, Vegetables, Shrubs, Gardening Books, Herbs, and Bluebird Houses. There will be presentations by Master Gardeners.

Cash or check only, please. This annual event funds the over 25 different projects that the JCC/W Master Gardeners volunteers provide to the citizens of James City County and Williamsburg. For more information: www.jccwmg.org

Hey Neighbor!

48TH ANNUAL ART ON THE SQUARE May 1, 2011

10am – 5pm; Duke of Gloucester and North Boundary Street in Merchant’s Square. Presented by the Junior Woman’s Club of Williamsburg. Over 165 artists offering original, high quality, handcrafted, and diverse mediums of art. Rain or shine. For more information, visit www.williamsburgjuniors.org or e-mail williamsburgjuniors@hotmail.com.

Hey Neighbor!

“PROJECT LIFESAVER” CAR SHOW May 7, 2011

10:00 – 3:00 PM - James City County Police & the Classic Cruisers Car Club - Present the 2nd “Project Lifesaver” Car Show “Bringing Loved Ones Home”. Open to all



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Hey Neighbor!
10TH ANNUAL ST. PETER'S GOLF TOURNAMENT

May 13, 2011
 1:00 p.m. at Brookwoods Golf Club in Quinton. 30 team limit; all proceeds benefit Youth Mission/Outreach projects of St. Peter's; \$75 per person/\$300per team. Call May O'Leary at 932-3354.

Hey Neighbor!
YARD SALE TO BENEFIT LACKEY FREE CLINIC

May 21, 2011
 8am-2pm. York Assembly of God, 7826 George Washington Memorial Highway (Route 17), Yorktown, VA. Need items to sell...Please drop

off small items on Wednesday, May 18 between 3-7pm and larger items on Friday, May 20 between 3-7pm at York Assembly of God. **Items NOT accepted are any children's cribs, car seats, play pens, toys containing lead paint, recalled product, children's clothes with rhinestones, metal or vinyl/plastic snaps, zippers, grommets, closures or appliques, children's jewelry.

Hey Neighbor!
2ND ANNUAL PIRATES COVE MINI-GOLF SCHOLARSHIP TOURNAMENT

May 21, 2011
 The Virginia Legacy is hosting a Mini-Golf tournament to benefit their VLSC Scholarship fund (financial aid for those requiring assistance). The event is held at Pirates Cove Adventure Golf-2001 Mooretown Rd. Prizes are awarded for best scores and most hole in one's. Hole sponsorships are available. \$15 for 1 golfer, \$50 for foursome. Tee times are every 10 minutes. Contact Tracy Trueblood, 757-253-8572or admin@valegacysoccer.com at Virginia Legacy for more information.

Hey Neighbor!
RUN FOR THE DREAM 8K, FUN RUN FOR KIDS AND HALF MARATHON

May 21 – 22, 2011
 Saturday: Fit to Run, Fit to Dream 8K Run/Walk and Fun Run for Kids; Sunday: Run for the Dream Half Marathon. Races begin at the College of William & Mary's Phi Beta Kappa Hall. Run down Duke of Gloucester Street and through the historic area of Williamsburg before a final lap in Zable Stadium. The half marathon also takes runners on the scenic Colonial Parkway toward Jamestown before returning to the city. The Fun Run takes place in Zable Stadium and includes three lengths. Post-race bash on both days at the Sunken Garden featuring music and Pierce's Pitt Bar-B-Cue. The first 3,000 registered half marathon runners receive a free ticket to Busch Gardens. All 8K and half marathon runners receive free passes to Colonial Williamsburg. The Run for the Dream benefits An Achievable Dream and military Wounded Warrior programs. To register and for more information, see www.RunForAchievableDream.com or call (757) 559-9472.

Hey Neighbor!
8TH ANNUAL WARHILL 5K RUN/WALK

June 25, 2011
 The Virginia Legacy Soccer Club is hosting this Colonial Road Runners Grand Prix event to benefit the VLSC Scholarship fund (financial aid for those requiring assistance). The course loops around the soccer fields, service road, asphalt bike path, park entrance road, and nature trail. Registration \$20 in advance, \$15 for students in advance, \$5 for the 1-mile fun run, and \$25 for all competitors on race day. Contact Frances Ford for registration or information at (757) 871-8813 or email Tracy Trueblood (admin@valegacysoccer.com)

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If you have questions or concerns about your infant or toddler, call 757-566-TOTS. Visit www.cdr.org.

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