

April 2012

WILLIAMSBURG'S

Next Door Neighbors®

VOL.6, ISSUE 4

PRICELESS

Discovering the people who call Williamsburg home

The Great Outdoors Mike Rock

BUSINESS

Dr. Larry Ring
Retailing Today

HEALTH

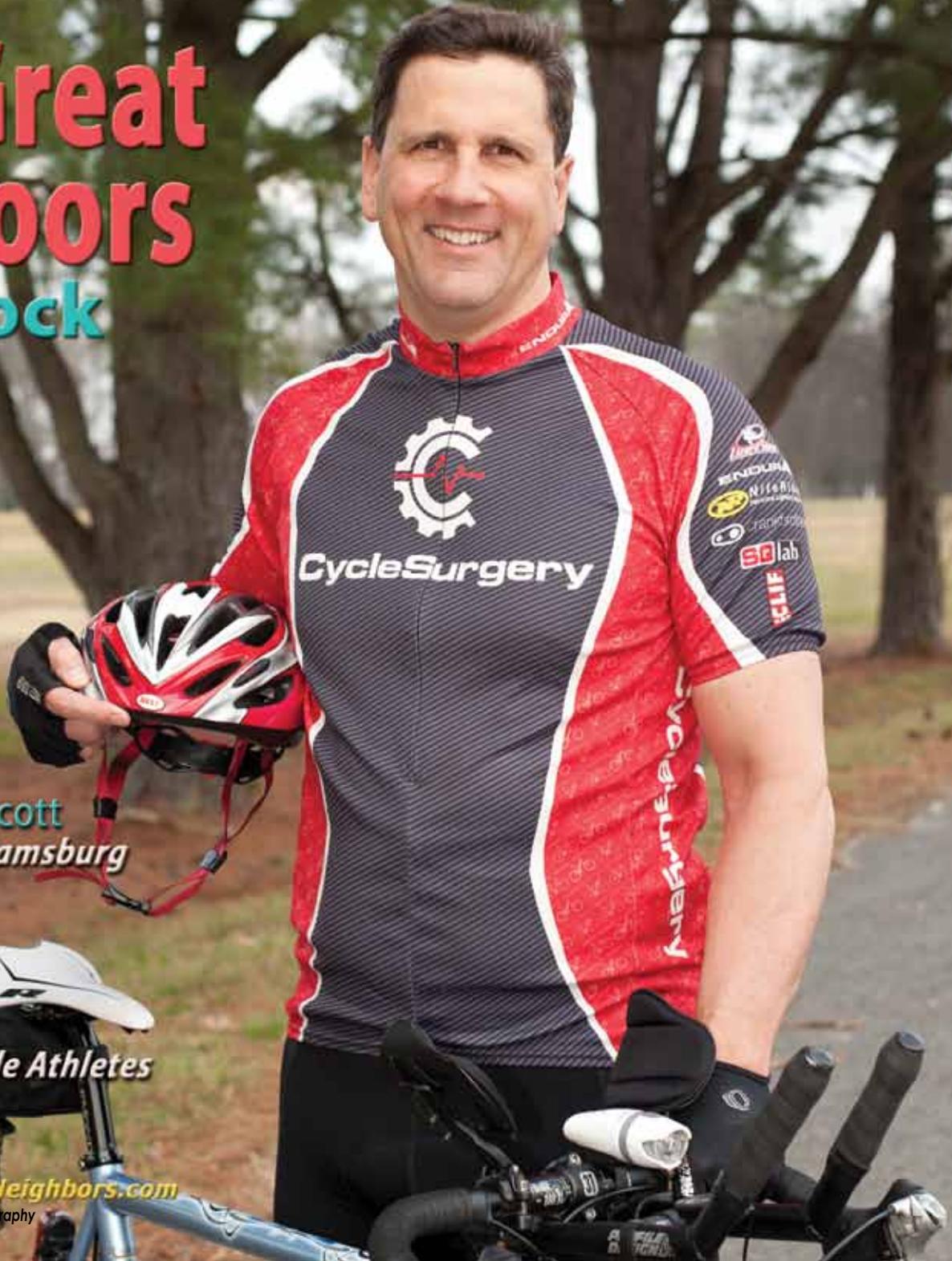
Dr. Georgia Prescott
Pediatrics in Williamsburg

SPORTS

Pamela Mason
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When we experience really cold winters many of us look forward to warmer months with impatience. I know I do. Even with our recent mild winter, I'm ready to venture back outside. I enjoy being physically active in many ways - yardwork, walking my dogs and sometimes even exercising. I have always preferred being outdoors and as a kid I stayed out in the neighborhood playing as long as I could. For me, my brother and sister, the rule was: be home by the time the street lights come on. I pushed that deadline as much as I possibly could.



Meredith Collins, Publisher

In this issue, we introduce you to a few of your neighbors who also enjoy the outdoors. Some of them work in the fresh air - in parks, a riding stable or even a campground. Others, like Mike Rock, Heidi Wellnitz and Jim McEver, plan their days so they can include their favorite outdoor activity as a regular part of a healthy life. Many of us work indoors in a more sedentary setting but we can still find the time to break away from the fluorescent lights to get out and enjoy the sunshine.

I hope you enjoy the stories in this issue, and even more, that you find the time to get out and enjoy the Great Outdoors. NDN

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CORRECTION: On page 13 of the March 2012 issue of Next Door Neighbors, Christy Dong's restaurant was incorrectly identified as the Rainbow Buffet restaurant. This was the former name of the restaurant. The correct name is Prime Buffet. They are located on Richmond Road. We regret the error and any inconvenience it may have caused readers.

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MIKE ROCK

Ride On!

By Alison Johnson

Mike Rock is not a stationary bike kind of guy. A former college football player and lifetime fan of the outdoors, Mike loves long bike rides with varied scenery, alongside friends who challenge him to push himself. Pedaling in one place while staring at a television set is just not the same.

Most days of the week, Mike either bikes or

swims for at least an hour as part of two groups who kick off their workouts by 6 a.m. or earlier. The “Broken Spokes” bikers – so named because some of the 10 regulars can no longer run due to health issues – meet three or four times a week, taking 30- or even 50-plus mile rides along local roads in Williamsburg and James City, York and Charles City coun-

ties. Meanwhile, the “Dawn Patrol” swimmers gather three mornings a week for laps at the James City/Williamsburg Community Center.

As a result, Mike – owner of the Michael C. Rock Agency, a Nationwide Insurance branch – feels like he’s in better cardiovascular shape at age 56 than he was more than 30 years ago, when he played football at the University of

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Cincinnati. He was stronger then, sure, but he didn't have as much endurance.

"I feel great," he says. "I've always loved the outdoors and movement, so fitness is vital to be able to take advantage of that. I love the fresh air and sunshine. It relieves stress from work, it gives you a sense of accomplishment and it makes you feel good. It's a mindset that's become a way of life."

Sports and fitness have been a big part of Mike's life since his childhood in Windsor, a small town in upstate New York. He grew up playing football, basketball and baseball. As the biggest kid in his high school class, he often landed in the toughest physical positions on his teams: offensive line in football, center in basketball and catcher in baseball.

Football earned Mike a scholarship to the University of Cincinnati, where he served as team captain his last two seasons. As the center on the offensive line, he was responsible for snapping the ball to start each play while facing a line of defensive players looking to take him down. Not that he minded. "It was fun having the chance to go out and hit somebody," he says. "I loved the game." And yes, he is aware that he has the perfect football name, joking, "I should have been an All-American just for that."

At 6-foot-3-inches tall, Mike maintained a playing weight of 250 pounds with year-round weightlifting and conditioning, including sprints, timed miles – players had to finish in less than 6 minutes, 30 seconds – and runs on the stadium stairs. The demanding schedule actually made focusing on academics easier for Mike; he simply knew he had to work when he had a break. Ultimately, he earned both bachelor's and master's degrees in education and worked for four years as a high school physical education instructor before starting his career in insurance.

The constant workouts also meant Mike could eat like crazy. "It was difficult to keep weight *on*," he remembers. "We were young, we were exercising so much and our metabolisms were high. It wasn't unusual for me to eat a complete pizza and then go out a couple of hours later and eat something else."

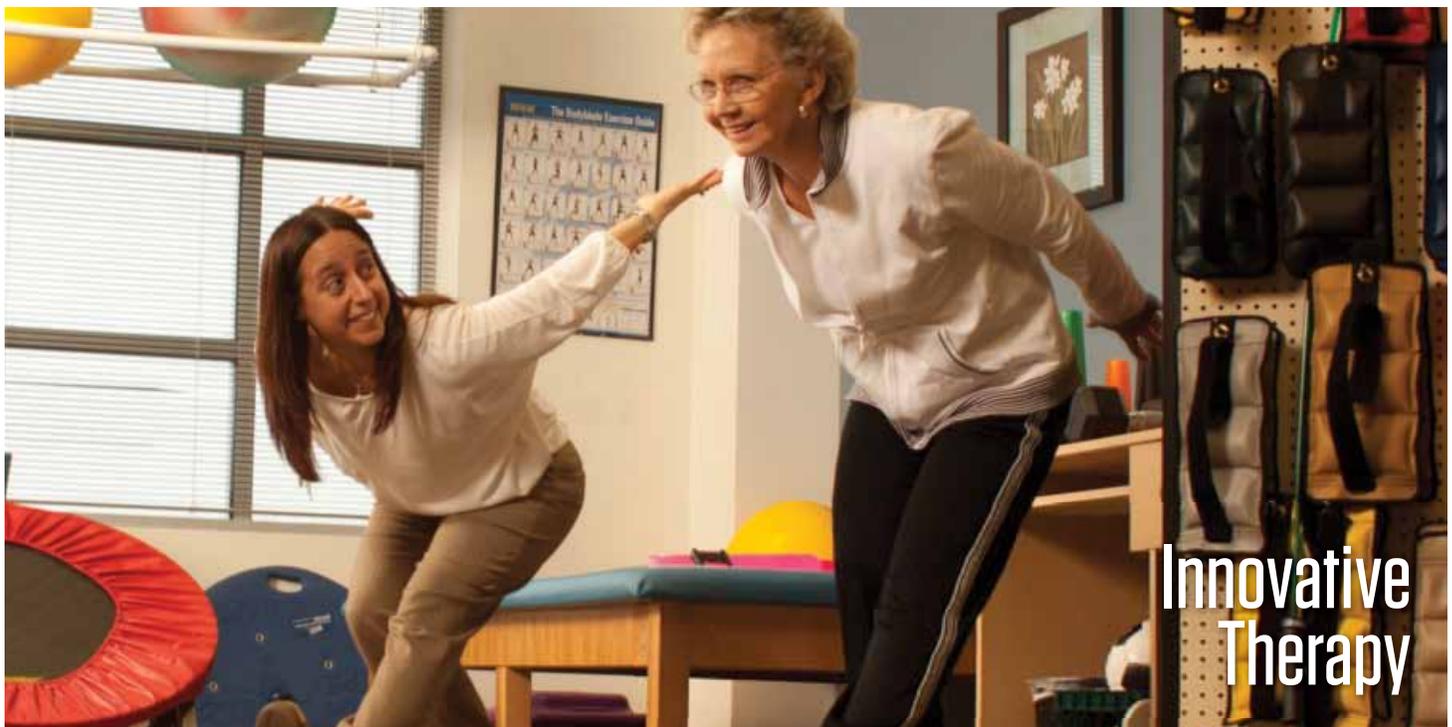
Like many athletes, however, Mike found his eating habits weren't so good once his playing days were over. He had to train himself to eat healthier and began looking to "lifelong" sports, including running, swimming and biking, to stay fit. Today, he is about 30 pounds lighter than his playing weight. "If I go more than two days without exercise, I feel sluggish," he says.

Mike had a marathon under his belt when he moved to Williamsburg 18 years ago. He joined the Dawn Patrol about three years later, after an Achilles tendon injury sidelined him from running, and began biking when a friend encouraged him to train for a triathlon. He since has finished four triathlons, two of them sprint distance (a .5-mile swim, 15-mile bike ride and 3-mile run) and two international distance (.93-mile swim, 24.8-mile bike and 6.2-mile run) but now has given up running due to knee damage.

Mike credits his exercise partners for good conversation, intense-but-friendly competition and motivating him to get out of bed before dawn. "I've always said that the toughest part of a workout is putting your shoes on and going out the door," he says. "If you know someone is holding you accountable, you're much more likely to do that."



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Picking a favorite local bike route is hard for Mike, although his group likes the challenges of hills in the Ford's Colony neighborhood. Overall, he says, the Williamsburg area is a great place for bikers: bike lanes along several roads and the Virginia Capital Trail, not too

What outdoor bikers *shouldn't* do is ride with ear buds for music, he adds: "Just pay attention to what's around you. You need to be able to hear a car coming behind you. Sometimes we even hear deer running through the woods. Enjoy the outdoors – that's the best part of be-

and you'll get better."

Mike's love of the outdoors also extends to free time and vacations. He and his wife, Cheryl, enjoy time on their boat, and Mike takes backpacking trips to the Shenandoah Mountains a few times a year and has rafted down the Colorado River twice. "Very exciting!" he reports. His two daughters grew up loving sports, too: Erin, now 27, and Lisa, 25, were college field hockey and basketball players, respectively.

Fitness and outdoor play should be staples for kids from early in child-

"Put down the video games, turn off the TV and get outside. You'll end up having a whole lot more fun." ~ Mike Rock

much traffic and pretty scenery.

Mike encourages aspiring bikers to visit a specialty store where staff can put them on the right bike. "If you're not fitted correctly, you're not going to be comfortable, and that's no fun," he says. He also recommends investing in a good pair of bicycle shorts that have the right amount of posterior padding.

ing out there." His group also doesn't ride in the rain or snow for safety reasons.

As for beginning lap swimmers, they should just get in the pool and go – even if they can manage just one lap the first time. "So many people say, 'I'm going to get in shape *today*,'" Mike says. "That 'today' is not going to happen. It has to be a process. Just keep coming

hood, Mike believes. He favors more physical education in schools and plenty of free play in addition to organized sports. "It's important to focus not just on the mind but on the body [too]," he says.

"Put down the video games, turn off the TV and get outside. You'll end up having a whole lot more fun." **NDN**

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TARA MATHEWS BEST
She's All About Horses

By Linda Landreth Phelps

Horsewomen are tough. During her very first riding lesson 30 years ago, little Tara Mathews fell off her pony and hit the dirt - hard. Even then she knew that the only way to get better is to get back on, so she dusted herself off and climbed aboard. A few bruises barely

slowed her down, and certainly didn't discourage her from following her dream to become a champion rider.

As a child, Tara's best buddy was her pony whose show name was Le Bronze Fleur, but was better known as "Burp".

"Burp and I grew up together," Tara Mathews Best says today. "I got him when he was just 3 years old and now he's 32 and I'm 38. He always came first, before friends or boy-friends." For her, barns were Tara's playground, babysitter, and beloved sanctuary all combined

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into one happy package. How fitting that she should grow up to make horses her business as well as her lifelong passion. How wonderful that she gets to share that love and lifestyle with her entire family at Stonehouse Stables.

Stonehouse Stables, a full service hunt seat equestrian facility, was established in 1996 on 52 acres off Forge Road in Toano, Virginia, with Tara as manager, instructor, coach and president. How it came to be is a story in itself.

"I grew up in James City County, and have always loved horses. I remember going through all the usual stages, playing with My Little Pony and Breyer model horses, and begging for a real pony," Tara says. Although both of her parents had been riders in their youth, up until then horses weren't a part of their adult world.

"My great-great grandfather was a livestock dealer in Cameron, West Virginia, and when I was small my grandparents still owned horses. When we went to visit them, Mom and Dad had to remind me - with threats of awful punishment - to greet them [my grandparents] before running off to the barn. Then, when I was 7 my mom and I went on a trail ride together in Lanexa, and she decided it was time for lessons."

Tara proved a quick study. As she learned, Tara and her pony became a winning team. "Burp won many championships in his career," Tara says modestly, as if that were somehow independent of her own efforts. Tara went on to work with other horses to bring them to success both inside and outside the show ring. Along the way, Tara was learning much more than how to ride well. She was learning life's lessons of responsibility, tenacity, and perseverance. Riding also instills confidence; being in control of a much larger entity with a mind of its own and bending its will to yours does that for a person. This confidence carried over into Tara's adulthood, equipping her for her future as a successful businesswoman.

Tara graduated from Christopher Newport University having earned, along with her degree in Business Management, the honor of Outstanding Management Senior. As part of her course work in Small Business Administration, she and a partner were required to submit a workable model for a small business. Since she was 18 years old, Tara had been working part time at Southern Comfort Farm for her mentor and riding teacher, Kathy Chambers, so for her assignment she chose to deal with the challenges of owning a hypothetical equestrian facility.

"My instructor must have been impressed by my project, enough so that he asked my father, Mayes Matthews, who was a fellow professor, 'Have you seen Tara's business model? I think you could really make a success of it.'" After looking it over carefully, Mayes and his wife, Cheryl, also a college professor, agreed. Tara's boss, Kathy, was ready to switch careers to real estate, so the Matthews family bought her existing clientele list and assumed her lease. "We got a running start on the business," Tara says. "We started with a lease with option to buy and now own the property."

Since its inception, Stonehouse Stables has grown from its original two employees, 30 students, four school horses and a handful of boarders to a thriving business with a 28-stall boarder barn and an additional barn that houses 13 school horses. Thanks to intensive hands-on work by the entire family over the years, it now boasts lighted rings and board fences and is well equipped to host show events. "Where Horses Meet Families" is Stonehouse Stables' proud motto, and it has always been appropriate.

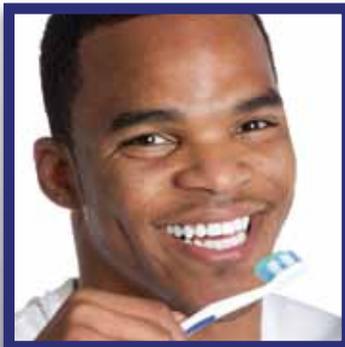
"You've heard the expression, 'It takes a village to raise a child?'" Tara asks. "We aim to be part of that village."



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Along with her business, Tara's own family has expanded over the last 16 years, too. She married computer specialist Ervin Best II in 1997, and their daughter, Abigail, was born several years later. With two homes well separated by the pastures on the property, Tara, Ervin and Abigail, now 10, have their own private space, as do Cheryl and Mayes. Cheryl retired this year from her educational career, so she is now able to act as the business office manager as well as resume her own riding.

Burp has long since retired, and Tara's newest show partner is an elegant rose grey gelding named Ironwood. The pair was Champion at an AA rated HITS horse show in Culpeper, Virginia, in August 2010, and took the year-end Championship Schooling Hunter Division with CHSA for both 2010 and 2011.

Stonehouse Stables gives approximately 100 weekly lessons to students ages 5 through adults, so it's a busy place. But the number of lessons indicates just the tip of the activity iceberg. It's a social hub, too, one where kids vie for the privilege to hang out and make themselves useful.

For kids, summer camps teach not only riding but barn management techniques, horse

care and feeding, and other practical skills. Fun activities keep the clients happy. There's a shaded walking trail through the pines and hardwoods that surround the property, a private lake, and a clear blue swimming pool to take the sizzle out of Tidewater summers. Advanced riders, coached by Tara, travel the show circuit. It's not just about the student, as their motto states, it's about the whole family. Without the involvement of parents, Tara's business would soon falter.

Horse parents - they're a bit like soccer parents, but with a few big differences. Travel-team soccer moms and dads don't muck stalls, haul water, or heft hay bales. It takes an unusual level of commitment of time and financial resources to be a horse-oriented family. Parents of a 5-year-old just learning the ropes may face the time when that commitment means devoting 3 out of 4 weekends during show season (March through October) to mud, manure, and masses of giggly girls. A certain amount of physical discomfort is inherent in the sport. The span of a single season will include pre-dawn braiding with cold-clumsy fingers and dealing with sunburn, sweat-soaked wool, and endless dirty tack. Showing horses means overworked credit

cards, fast food meals, and motel mattresses.

But the payoff is huge: the peace of a horse's sweet, hay-scented breath on your shoulder as you pick mud from its hooves and coax a gloss back into its coat; it's being there to comfort a child who has missed a ribbon by a hair, or to share in the triumph of a perfect round. Being a horse parent means watching your child grow from a timid beginner rider to a strong, resourceful athlete. It means being there as he or she conquers her fears, finds undiscovered depths of resolve, and learns compassion through caring for an animal that is totally dependent. It's...well...it's just the best. Tara should know; she's seen the life from all sides.

"The horses and riders are all my children," Tara says. "I've loved being a part of their lives and it's wonderful to see them flourish and bloom. Some of my early students are in college or married now. I can see where the past has brought me and I can look ahead to where I'll go with the new riders, including my daughter, Abigail. It's really been fun for me."

Fun, too, for the fortunate ones who came to Stonehouse Stables looking for recreation but also found Tara's village, one that looks and feels like a big horse-crazy family. NDN



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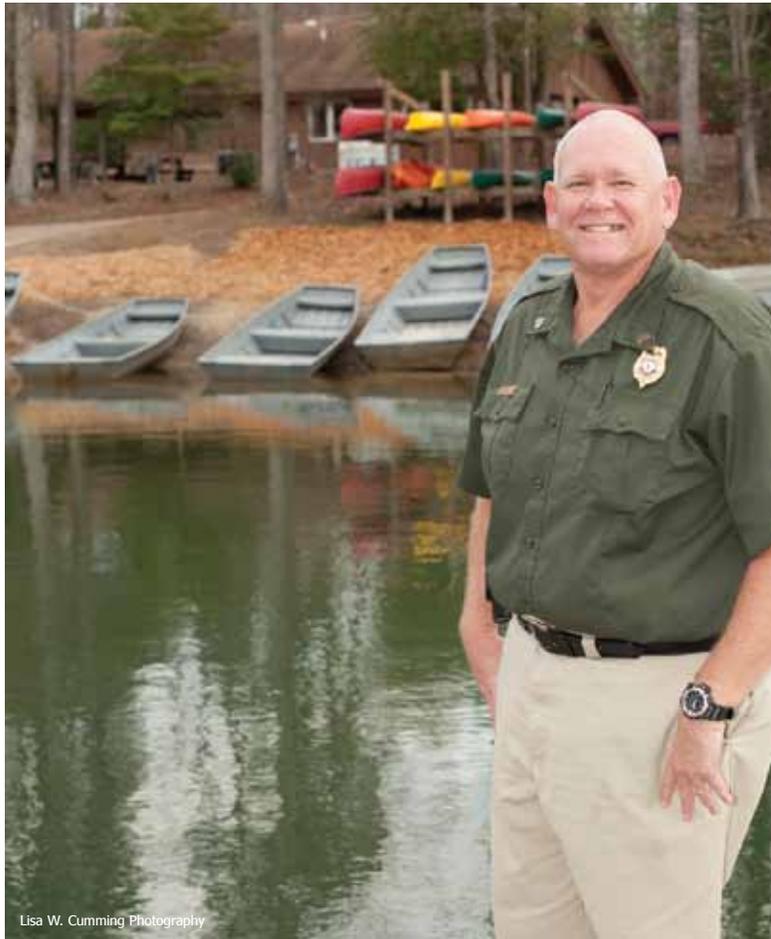
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By Narielle Living

On any bright, sunny day in James City County you can find Park Ranger Robert Insley patrolling the county parks. You will also see Robert in snow, rain and extreme cold and heat. As Special Conservator of the Peace, Robert is tasked with providing rule and park ordinance enforcement, which means he cannot be deterred by inclement weather.

His focus is on people having fun in the parks. "I love getting out there and meeting new people, talking to them about what they're doing and whether or not they're enjoying themselves. We've got a range of activities for people, and I've met some very in-

teresting folks."

James City County parks and recreation facilities have 17 parks with a total of 1,500 acres. These parks contain a variety of outdoor recreation for people to enjoy, including athletic

fields, trails, picnic areas, boat ramps, playgrounds and a skate park.

Robert's love of the outdoors is apparent. Originally from Poquoson, he spent a lot of time outside as a kid, with much of that time spent on the river. An avid fisherman, he attributes that to a lifetime of being near the water.

"As long as there's water beneath my feet, I'll fish," he says. "I'll go out on both salt water and fresh water. Right now I'm doing mostly ocean fishing, but the James River has great stripers and the Chickahominy River is good for catfish."

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Part of Robert's job includes educating the public on what to expect in a natural setting. "Sometimes we get calls from people at the campgrounds, scared because there might be a black rat snake in the tree next to them." The black rat snake, common in Virginia, can grow in length up to 72 inches and is a solid, shiny black color. These snakes feed on rodents, birds and bird's eggs, and will often be found in trees because they are looking for a meal.

"I usually tell people that the snakes had reservations here before they did," he laughs. "The black rat snake is harmless, but most of the time we have to relocate the animal for the comfort of the campers." Robert also advises people that it is illegal in the state of Virginia to intentionally kill snakes.

Formal and informal wildlife education is part of Robert's job, and one that he sees as important for both humans and wildlife. "People try to be nice to the animals, and they do things like feed bread to the geese. Then we end up with geese that have developed brittle bones, because bread is actually bad for them."

Another issue with feeding wild animals is that they become accustomed to humans, raising the risk of having to exterminate the animal at some point in the future. "When you have an animal that's not afraid of humans, it could become a potential problem for us. Raccoons, fox, coyote, these are all nuisance animals, and you don't want them coming up to you looking for food." Getting too close to a wild animal could put a person at risk of being bitten or attacked.

According to Robert, James City County parks have the usual kinds of problems with animals that are considered a nuisance. "We haven't had any bear sightings beyond the ones that come up from the Great Dismal Swamp, but coyotes are a bigger problem this year." Since hunting is not allowed on any county park property, sightings of these animals must be reported so they may be appropriately handled.

If any problems with wildlife occur, Robert recommends contacting the Park Ranger's office immediately.

"That's one of the reasons I try to walk the park trails as much as possible," he said. "When I'm patrolling the trails, people usually stop me to talk, and that's how I hear about what's going on in the parks. It might not occur to someone to call and tell us they saw something, but if I'm standing in front of them they'll tell me all about what happened and who did it." He continues, laughing slightly. "Sometimes, if it's a crime perpetrated by a human, they'll even tell me where that person lives."

For example, driving all-terrain vehicles, also known as ATVs, is forbidden on all park property. "It destroys the trails and can be dangerous to pedestrians." That doesn't always stop people from driving them through the area, though, and Robert encourages citizens to report seeing ATVs. "Those vehicles ruin other people's outdoor experience, and we want to eliminate that type of behavior in our parks."

Robert adds one word of caution. "If there's a dangerous situation happening, call the police. They'll contact us anyway, but it may cut down on the response time." James City County has a total of four park rangers, with one of them being the on-call person. As a result, the police might be able to arrive on the scene more quickly than the park rangers.

"For the most part, the parks here are fairly safe. We have the usual things going on, vandalism from kids and stuff, but we've got an incredible amount of resources and history, too. That's what draws people here," he says.

Many of the trails have interpretive signage about the environment and historical events, and Freedom Park features an interpretive cen-

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ter that highlights exhibits based on the settlement's history.

According to Robert, winter is the slowest time for him, as there aren't as many people out

outdoor activities.

"I wanted something in law enforcement, and I love being outside. When this job opened up, I felt like it would be perfect," he says.

One of Robert's favorite things about being a Park Ranger is sharing his passion for the outdoors with school and citizen's groups.

"I'd love to have more time to present information to different groups, but there are never enough hours in the day. I love talking to kids about the outdoors and all the great things there are to do out there," he says.

He regularly educates people on all the park rules and regulations, and of course is always ready to talk about fishing.

"I've got fishing in my blood," he says with a smile.

"It's one of the most relaxing things I do." Robert's solid connection to the outdoors along with his extensive knowledge of Virginia game and wildlife law makes this career perfect for him.

"I can't think of anywhere else I'd rather be than outside," he says with a smile. "It doesn't get any better than that." NDN

For more information on JCC Parks & Rec visit: www.jccgov.com/recreation

"I can't think of anywhere else I'd rather be than outside. It doesn't get any better than that."

~ Robert Insley

and enjoying the parks. Spring through fall is when he sees a large influx of visitors, especially people fishing and camping.

"I don't really have a favorite season," he says. "I enjoy all of them, because each season brings different activities."

Robert's career began in law enforcement, and he worked with both James City County and York County. His current job as a Park Ranger is ideal for him, as it combines his knowledge of law enforcement with his love of

As a Special Conservator of the Peace, Robert has an authority similar to the police, but it is limited to county parks and recreation facilities. He is authorized to write summonses when necessary, and he enforces county ordinances, such as ensuring all parks close at sunset and people are not on the property.

"The exceptions to this, of course, are the campgrounds and skate park. Some of the parks have gates, so we make sure those are closed, and we do safety checks."



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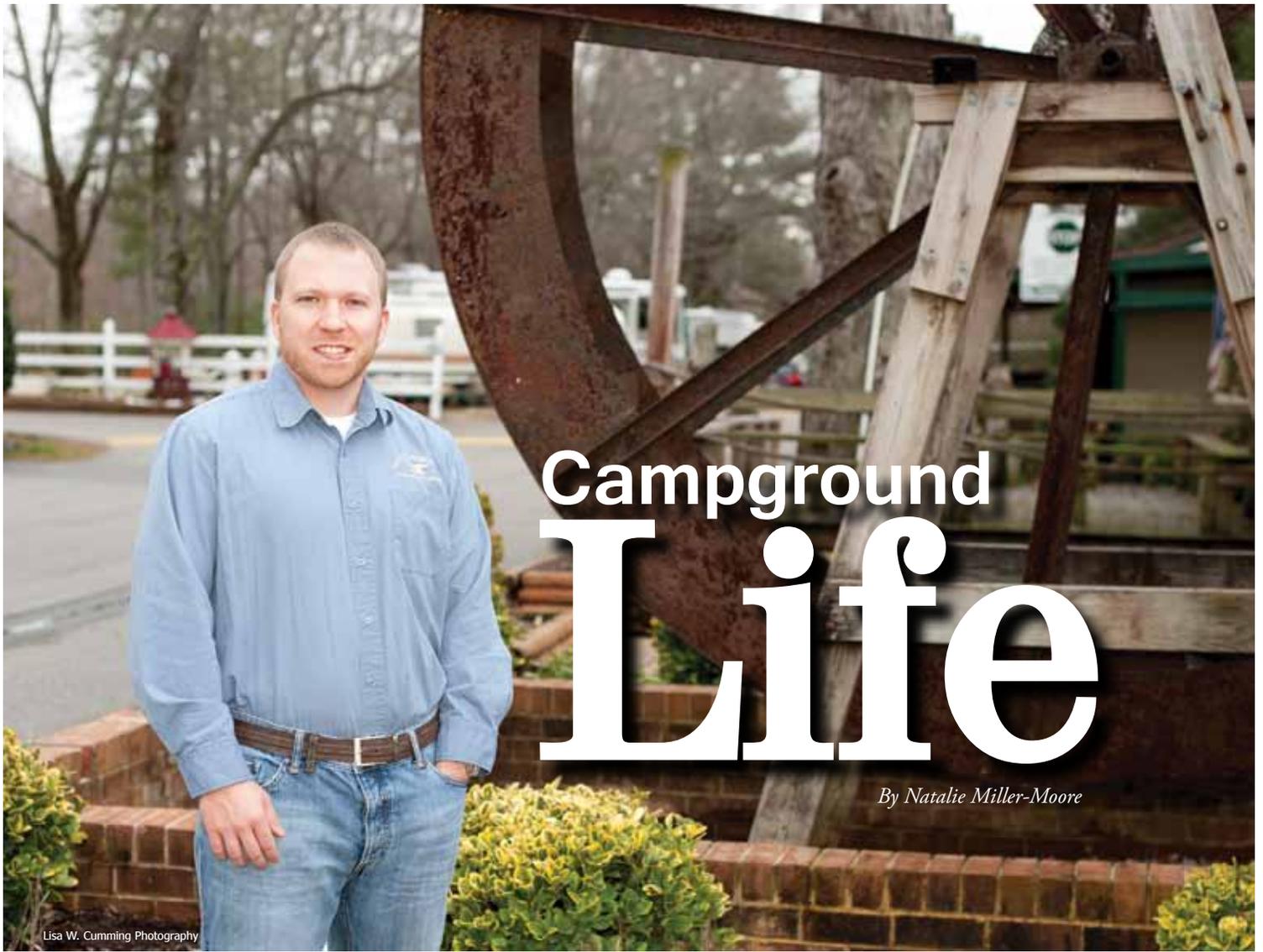
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Campground Life

By Natalie Miller-Moore

Lisa W. Cumming Photography

CHRIS JUMP

Did your childhood involve a general store in the front yard, a pool in your yard that you shared with a few dozen other folks, and neighbors who moved once a week?

Well, it did for Chris Jump, who grew up at the Anvil Campground. He's now the owner and all those years of living in a house on the campground property gave him an exception-

ally interesting childhood here in Williamsburg.

"It was a unique place to grow up," he says. "We had no neighbors, but actually the neighbors changed every few days," as people came and went from the campground. Having lots of new friends every week made Chris friendly and approachable.

The Anvil Campground is on a triangle of land between the railroad tracks and Mooretown Road. It's a family business, run for several generations by the Jump family. The site of the campground used to be a soybean field until 1954 when a man driving a truck asked to park on the property for the night. Grandpa Jump got the idea for a campground and it

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started with six sites. Today there are 60 sites as well as two cottages, named "Journeyman" and "Blacksmith," a tribute to family history. Great Grandpa Jump was a blacksmith for Colonial Williamsburg, and his anvil (that the campground was named for) still sits in the general store of the campground.

Today, brothers Chris and Ray (the manager) keep it running smoothly and try to stay ahead of trends in camping and local tourism. Chris, 30, has been the owner of the campground since 2005 when his father passed away. He values what he learned from his Dad and tries to follow that same work ethic as he runs the campground.

"He taught us that it was hard work, and sometimes you work all the time because in a small business like this, you could be called on at any time. We might be hooking up RVs at midnight for people who just arrived or people might be knocking on my door for a new internet code. But it's something we don't mind doing because we take pride in taking care of our customers," he says.

Chris, his brother and sisters all were involved in the day-to-day tasks of the campground as

kids. They worked at the check-in desk, cut the grass and helped out with the Friday cookouts. "I would cook the hamburgers and hot dogs on the grill and we had a lemonade stand," he says. They continue to have events throughout the year for Cinco de Mayo, weekends for Race Fans and "Wizard's World" for kids.

Owning a campground is fun and a lot of hard work. Chris said that his dad was the role model for them growing up. "Whatever he did, you did. While other kids went to the beach, we worked on weekends doing whatever outside maintenance was needed," he says.

Despite making them work hard, Chris and his siblings clearly revere their father's memory. In fact, the speed limit in the campground is a tribute to their dad - his football jersey number was 32. So it's 3.2 mph - Just the right speed for a lumbering RV on the curved roads of Anvil Campground.

Chris says that modern "camping" at their site mainly means RVs - about 95%. "People used to come with pop ups and truck campers but now it's mostly RVs, especially for people who want to come to Williamsburg as tourists. So we had to adjust, we added cable and WI-FI

and made the sites wider."

Today the campground has just 11 tent sites out of 60, and Chris said that the clientele is mainly families and retired people, not a partying crowd at all. Chris attributes that to all of the attractions in Williamsburg, the history and the theme parks.

"People are coming for the convenience of the location, not the type of camping you'd find in a national park. There's CW and Busch Gardens, Jamestown, Yorktown and Water Country. It's actually pretty quiet during the day because people are off seeing the sights," he says.

Chris and Ray also like to share their local expertise. "We try to help everyone, and usually have a personal chat about what they'd like to do," Chris says. "We are lucky to live somewhere with so many things to do and things to see. I love it."

Another thing he loves is meeting people from all over. Chris says that Canadians do a lot of camping, and that Europeans often come to the United States and rent RVs to see the US via the highways. They've even had guests from Australia and South Africa.

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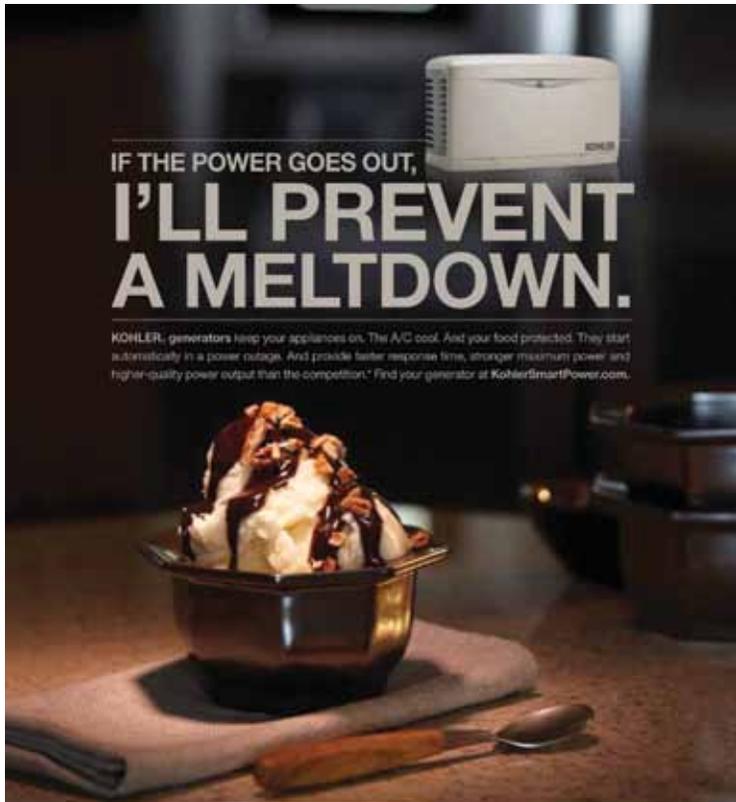
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“There are people from all over the world, with different stories, personalities, politics, opinions, perspectives on world events. And we are lucky to get to meet them,” he says.

Another advantage to running a tourist-oriented business like the campground? They get to see all kinds of cool pets that people can travel with in their RVs. Chris recounted a story about a counting Yellow Lab who could bark the number you said and even do a little addition. Besides dogs, they’ve seen people walking their cats on leashes and even a rescued squirrel perched on a man’s shoulder. Some other interesting things he’s seen include luxury RVs with hot tubs and fireplaces, and he met a man on a quest to visit all the Hooter’s restaurants in the country.

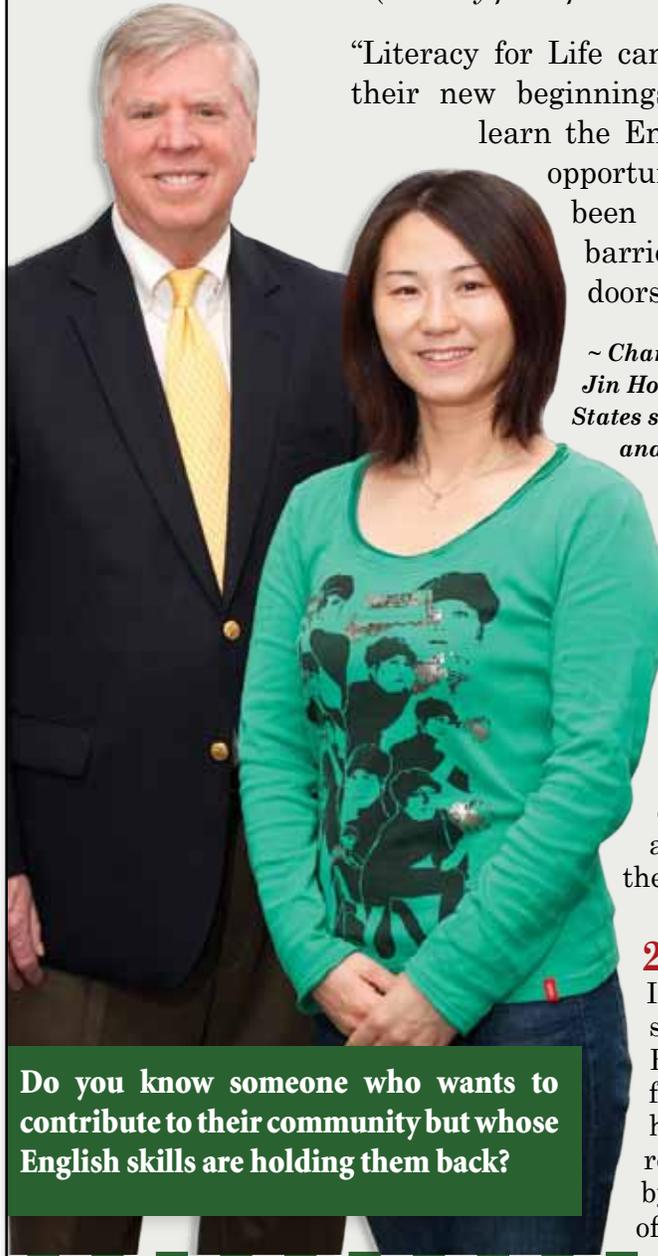
Over the years, Chris has seen Williamsburg change. Even Mooretown Road, which was just a dirt road with a dead end in his lifetime, is now a busy thoroughfare. “Williamsburg seems busier, but there’s also more convenience,” he says.

Like many people in the local tourism industry, Chris’ life ebbs and flows with the high travel seasons. In the winter, it’s mainly improving sites. But in the summer, he’s busy from Memorial Day to Labor Day with guests.

In fact, Chris even scheduled his wedding after the busy summer season. He’s getting married in Puerto Rico this September. He met his fiancée, Cicolomar, a marine biologist at VIMS, at a seafood festival in Gloucester four years ago. They are both looking forward to their beach wedding. They will not be camping or RV-ing on that trip but they look forward to meeting more fellow travelers in the future at the Anvil Campground. NDN

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KEVIN DRY

OUTDOOR FUN!

By Brandy Centolanza



Lisa W. Cumming Photography

Ever want to try your hand at jet skiing? Thanks to Kevin Dry, now you can.

Kevin, Director of Sports at Kingsmill Resort, helped implement jet ski rentals at the resort last summer as part of an expansion of the water sports program. The next closest place in Hampton Roads that provides such rentals is Virginia Beach.

"I just wanted to offer something unique

to this area," Kevin explains of the decision to bring jet skiing to Kingsmill. "I want to make Kingsmill the best place it can be."

Jet ski rentals were a big hit last year, and the

plan is to make them available again this year starting around Memorial Day. Kingsmill has four jet skis that people can rent on an hourly basis, each holding up to three people. The fun is not exclusive to tourists or guests of the resort. Anyone in town is welcome to come out and enjoy a ride.

"They were hugely popular last year, especially with families," Kevin says. "They are a blast to ride. It's very thrilling."

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Powhatan Creek Trail, 3131 Ironbound Road, the trailhead begins and parking is available at Clara Byrd Baker Elementary School. Walk, ride or run this new paved 2-mile multi-use trail which connects to nearby neighborhoods as well as the Greensprings Interpretive Trail, and the Virginia Capital Trail.

Get set to get wet, new pool hours for summer 2012! The County has four outdoor pools - Upper County Park, 180 Leisure Road in Toano features a full size and a toddler pool and Chickahominy Riverfront Park, 1350 John Tyler Highway, offers a mid-size and large pool. All pools are open weekends from May 26 to June 10, noon-6 p.m. and daily beginning June 16 to September 3, noon-6 p.m. Season passes, which can be used at either park, are also avail-

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Anyone can catch a wave on the James River with a jet ski, including children, as long as they are accompanied by an adult.

"They handle very well, and don't tip," explains Kevin, though in the rare chance that that does happen, the rider is tethered to the jet ski.

Jet skiing isn't the only activity that Kevin helped bring to Kingsmill. Kevin, a Williamsburg native, has been with the resort since 1988 and was promoted to sports director four years ago. His duties include overseeing the sports club, which includes the pools, racquetball, group fitness and personal training, as well as the tennis program and the marina. Segway rentals are available through the tennis program and the marina also offers pontoon boat rentals.

"The pontoon boats are really comfortable and plush inside and easy to drive," Kevin shares. "You can take the pontoon boats out to go fishing, or you can just take your lunch out on the boat and relax along the river and take in the sun."

Two pontoon boats can be rented in two

or four hour timeframes. Kayaks, paddleboats and fishing equipment can also be rented at



Wareham's Pond, also in Kingsmill.

In addition to jet skiing, Segway rentals,

which also began last year, have grown in popularity. The Segways, which are personal transportation machines, are available for those who weigh at least 100 pounds. Kevin and his team hope to expand the rentals this year to offer an off-road experience.

"Just about anybody can do it," he says. "You just get on one of them and it puts a big smile on your face. You feel just like a kid again. It's a lot of fun."

Geocaching, another popular outdoor activity in which individuals use a GPS unit to hide and find objects called caches, is also gaining momentum at Kingsmill.

"We've marked a lot of our scenic points around the resort for the geocaching," Kevin says. "It's a lot of fun trying to watch people figure it all out."

Kevin, who has played tennis since a very young age, is also proud of Kingsmill's tennis program, which includes lessons, free clinics, junior programs, tournaments, and Pro Circuit events such as the Kingsmill Resort Tennis Classic, a women's tournament which has been held at the resort each autumn

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"It's like nothing else you'll see around here," Kevin says.

Enjoying the great outdoors is nothing new to Kevin, who has spent much of his life outside.

"When I was growing up, there was no playing inside," recalls Kevin, who grew up along the river in First Colony. "It was always 'Get outside and do something.' We had wet suits and would water ski clear into December and then go snow skiing the next week. We also did a ton of hiking in Shenandoah. My wife and I love the outdoors. I love tennis, golf, hiking, skiing, water skiing, kneeboarding, mountain biking. There are no couch potatoes in our house."

While he was attending Lafayette High School, Kevin took a job at a fitness center and decided to pursue a career in the field.

"It was always just something that I wanted

to do," he says. "When you know you know."

Kevin received a degree in exercise science from Christopher Newport University. Not

healthy here. I love keeping people active."

Kevin is pleasantly surprised with the way the jet ski rentals have taken off.

"My wife and I love the outdoors. I love tennis, golf, hiking, skiing, water skiing, kneeboarding, mountain biking. There are no couch potatoes in our house." ~ Kevin Dry

long after graduation, he started at Kingsmill as a fitness instructor and worked his way up over the years. He enjoys his job as sports director.

"It's never the same thing two days in a row," Kevin says. "I feel so blessed to work trying to come up with fun things for people to do here. Kingsmill is a great place to work. I'm never going to stop pursuing the ultimate in experience. I want to try to keep things fun and

"To see a booking sheet full and to hear families come back, to hear people who say 'This is the greatest thing. I didn't realize that it was even here,' is great."

Kevin and his team hope to expand the program this summer to include more jet skis and also introduce stand up paddleboarding to the resort. He encourages anyone interested to come on out and explore. "Be ready to have a good time," Kevin says. NDN

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JIM McEVER

The Professional Outdoorsman

By Natalie Miller-Moore



Lisa W. Cumming Photography

Jim McEver has been enjoying the great outdoors for a long time – and sometimes really challenging himself doing it. He has been rock climbing and mountain biking for years, and he says that what he values most about it

is that it allows for “stripping away everything, down to the bare essentials.”

His love for the outdoors was cultivated during his time as a Cub Scout and Boy Scout growing up in North Carolina’s Piedmont re-

gion. But he actually learned rock climbing on his own.

“It was risky and foolish – the best way to get into it is under the wing of someone who knows what they are doing,” he says. “I don’t

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recommend the way I did it – which was ‘learn to climb or die.’”

But Jim mastered climbing and eventually spent most of his time doing it, interspersed with odd jobs to support himself. He truly loved climbing, and says that he feels it is “life at its most basic.” He compares moves on a climb to the moves of a gymnast and that rock climbing is like ‘dancing on the vertical stage’.

Jim was born on the East Coast near Charlotte, North Carolina, but spent most of his adult life on the West Coast. He said that the West side of the Cascades felt like home to him after he got his degree in anthropology from the University of Tennessee. He’d studied tribes of the Northwest while in Knoxville on a football scholarship.

That football experience came in handy when he was hit by a car while riding a bicycle 40 years ago. “I acted like I was being tackled and braced for impact,” he says. Jim ended up with an injured shoulder after going through the car’s windshield, but it could have been much worse. After his recovery, he returned to the activities he loved.

He became somewhat of a professional outdoorsman, taking jobs as an Emergency Medical Technician in Washington State to rescue people off mountain peaks. He also joined a Search and Rescue team, finding people lost in the woods. He was trained in methods of tracking humans by a former border patrolman. Jim says he’s forgotten many of the techniques but not the basics. He also worked for more than 15 years for Outward Bound, the outdoor leadership program.

His favorite job ever was Chief Instructor at Pacific Crest Outward Bound. “I was paid to wander in the woods,” he says. His job entailed course operation and preparing trails for the Outward Bound participants.

“It was the ‘real wilderness’” he says. “It teaches you that actions have consequences. I would call it the most powerful learning paradigm because it’s immediate and impartial.”

He gave an example of the relevance of skills like knots – you pay attention to learning the skills because how well you do it will have immediate consequences.

Jim’s love of the outdoors has a spiritual

component. “I think the biggest mistake that humans make is to be separate from nature. We are part of the web, and there is a deep sense of connection with recognizing you already are part of it all.”

Jim also loves to work with wood and has a portfolio of furniture that he built over the years, as well as several boats he assisted with the woodworking on or built from the hull up. Although he’s had other jobs that weren’t outdoors, such as working as a computer network designer and a teacher, he sees himself as an artist.

“There can be elegance in everything. From furniture to boats, they can be acts of imagination. During the creative process, there is imagination in the details. Even writing code can still be elegant – you try to get the function in fewer lines of code, so that it executes more cleanly,” he says.

Today, Jim is retired both from work and from rock climbing, but he is an active member of the Eastern Virginia Mountain Biking Association (EVMA). Their motto is “Build it, Ride it, Maintain it,” which surely keeps all

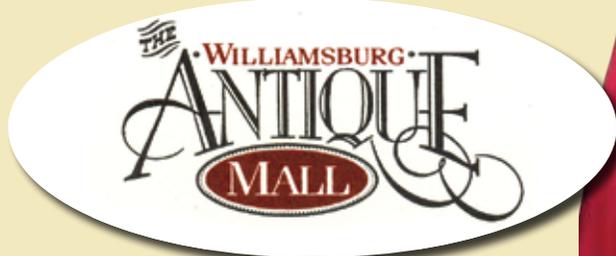
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the members busy.

Williamsburg has approximately 60 miles of trails and the concentration of trails (about 23 miles worth) is in Freedom Park off of Centerville Road. Jim says that "Freedom Park is a jewel in the crown" of local mountain bike trails. He said that cycling is always a bit competitive, either trying to keep up with the group or pushing to lead the way.

He does a lot more biking now, and feels that Williamsburg has a strong bike culture, citing local biking organizations such as James River Velo Sport and the Williamsburg Area Bicyclists and events like Pedal the Parkway.

Although most of his miles are recreational, he does make some bike trips for groceries and errands depending on weather. He likes cycling the Capital trail and keeps his bikes in good repair in a "shop" he's set up in his garage.

Jim came to Williamsburg after reconnecting with his first love, Marguerite who he'd met mountain climbing many years ago. She already lived here, and they married in Sep-

Jim created a blog to share his outdoor adventures and many photographs of the places he's climbed, rode and travelled. No matter where he goes, he keeps in mind that the out-

"I think the biggest mistake that humans make is to be separate from nature. We are part of the web, and there is a deep sense of connection with recognizing you already are part of it all."

~ Jim McEver

tember 2009. Marguerite recently passed away but Jim says that he feels he has a good support system here in Williamsburg and that he feels fortunate to have had the time that they had together after being apart for so many years.

He also says that riding helps him deal with the loss. "You have to pay attention on the trails, there's not a lot of time to think. So I keep up the practice," he says.

doors is a place to connect with what is essential in life.

"I dearly love the high, windy places, and when I'm not actually on the trail, headed for the alpine country, I'm dreaming about it," he says on his blog. So keep an eye out for Jim. You may see him passing you on the bike trails at Freedom Park. NDN

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MOLLY NEALER

Enjoying the Outdoors



Lisa W. Cumming Photography

By Erin Zagursky

As a child, Molly Nealer rarely stayed indoors. During the summer, she played in the woods or participated in day camp, and during the school year, she spent every recess outside – even when there was snow on the ground.

That early experience fostered a love of the outdoors in Molly, something she now seeks to share with the thousands of people who visit York County's New Quarter Park each year.

"I believe it is important to enjoy the out-

doors," says Molly, York County Parks and Recreation Supervisor. "We are prone to sit at a desk, at a computer, or watch TV. Go outside and play. Being at the park, with the peace and quiet is a soothing experience."

Molly grew up in Wheeling, West Virginia, and started working part-time during high school.

"I soon realized I was not cut out to be behind a desk or inside all the time," she says.

Later, when she began to think about career options, parks and recreation caught her interest.

"It certainly provided me the opportunity not to be behind a desk," she says.

After receiving a degree in parks and recreation from West Virginia Northern in Wheeling, she began her career in 1976 as recreation coordinator for Kanawha County Parks and Recreation in Charleston, West Virginia.

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While in Charleston, she met and married her husband, Michael, and the couple had two children, Kevin and Emily.

Nearly 20 years after she started her career, Molly and her family moved to Virginia when her husband received the position of administrator of parks for the City of Newport News. Soon after moving to the area, Molly began working for York County.

“We never thought we would love anyplace more than we did West Virginia. After 20 years in Virginia, we can’t imagine living any place else,” she says.

At New Quarter Park, Molly is in charge of hiring, programming, advertising, publications, and working with the many community groups that have partnered with the park, “which I love,” says Molly.

The 545-acre park offers among its many amenities: a disc golf course, mountain biking and hiking trails, a kayak launch area, a softball field, playgrounds, a fire circle, picnic shelters, volleyball and basketball courts, horseshoe pits and fishing pier, historical markers and numerous programs.

The park’s offerings can be divided into four areas: nature (with programs like bird watching and plant and animal identification walks), community (with events like Moonlight Music and Cabin Fever Saturday), recreation (including the trails and playgrounds) and history (which ranges from the colonial times to the 1970s when the park was acquired by York County from Camp Peary).

Visitors can enjoy all the park has to offer - most of which is free - without having to travel too far.

“It is secluded from modern intrusions, so it feels like you’ve gotten far away from the city without going too far from home,” she says.

Molly’s responsibilities do not stop at the park. Although her current job has given her many of the same opportunities that she had in West Virginia, it has also provided Molly with some new challenges, including: starting up the two county “Skate, Rattle & Roll” programs, acting as staff liaison for the York County Arts Commission and the Historic Triangle Senior Center, serving as the supervisor for the county-wide “Summer Fun” pro-

gram that serves more than 700 kindergarteners through middle school students, and with the Clean the Bay Day events and the Great American Cleanup.

Molly’s diverse job responsibilities mean that she never has a typical day. During one recent week, she demonstrated the care of the park’s rain garden to a group of master gardeners, scheduled several family reunions, scheduled two Boy Scout groups to hold a cross-over ceremony at the fire circle and to help with trail maintenance, met with York County Principals to schedule sites for the Summer Fun program, notified the Arts Commission of a pending deadline for grant applications, scheduled the park truck and gators for maintenance and hired a new park supervisor.

Though her daily routine varies, Molly’s overall mission, she says, “is to provide safe, fun activities and programs for all ages, as well as lure folks to visit New Quarter Park” by providing activities – such as 5k runs, star gazing, and Bruton High School cross country meets - that bring people to the park who otherwise wouldn’t visit.

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"Once you have visited you will return," Molly says.

Despite a busy schedule, Molly says that one of her favorite parts of her job is interacting with the various groups she works with, including the Arts Commission, which provides county funding to arts groups; and the Historic Triangle Senior Citizen group, which assists James City County and Williamsburg in providing events and trips for the center.

"We laugh at the beginning of each trip, stating that, be assured, 'We will get lost,'" says Molly. "The best part of getting lost is seeing parts of the area we would not of seen if we stayed on track."

At the park, Molly enjoys working with the numerous groups that have partnered with New Quarter Park to make it what it is today. The groups include: Williamsburg Bird Club, Eastern Virginia Mountainbike Association, Tidewater Appalachian Trail Club, Newport News Disc Golf Club, Virginia Master Naturalists (Historic Rivers Chapter), Chesapeake Experience, Virginia Native Plant Society (John Clayton Chapter), NASA/Langley Exchange Skywatchers, Virginia Birding and

Wildlife Trail, and the College of William and Mary's Bill Williams (Center for Conservation Biology), Dan Cristol (Biology Department) and Randy Chambers (Keck Environmental Lab).

"They offer support, knowledge, experience and a love for New Quarter Park that is priceless," she says. "[Without the partnering organizations], we would not be able to offer all that we do."

Another key part of the park's success has been its employees.

"Some have worked with me for over 17 years," Molly says. "Their experience, youthfulness and dedication make my job more enjoyable."

A lifelong parks and recreation employee herself, Molly still finds joy in the outdoors. When she's not at the park, she enjoys riding her bike, sitting by the ocean or just taking walks. For Molly, just being outside is wonderful. Being outside at New Quarterpath Park is even better.

"It kind of opens you up and gives you a feeling of how lucky you are to have someplace like this to come to," she says. NDN

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Publisher.....Meredith Collins
Executive Editor.....Joe Collins
Editor.....Greg Lilly
greglilly@cox.net

Copy Editors.....Al White, Ginger White
Photographers.....Lisa Cumming, Kim Kiely
Graphic Designers.....Sue Etherton, Gaither Perry

Writers

Linda Landreth Phelps, Rachel Sapin, Brandy Centolanza, Sandy Rotermund, Alison Johnson, Ryan Jones, Lillian Stevens, Erin Zagursky, Erin Kelly, Narielle Living
Natalie Miller-Moore, Emily Bowles

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HEIDI WELLNITZ

Group Walking

By Ryan Jones



Lisa W. Cumming Photography

Having trouble shaking off the winter blues?

Consider stepping outside for a brisk walk. A dose of spring air might be just what the doctor ordered. Better yet, invite a few friends to join you.

While it's true that serious bouts of depression may require medical intervention and long-term professional care, most doctors agree that getting plenty of exercise, fresh air, and sunlight can do wonders to lift the doldrums. Eating the right foods and socializing are also important to good mental health. If you are a multitasker who likes to wring ev-

ery drop of productivity possible out of a tight schedule, you might consider consolidating a few of these suggestions into a single weekly

outing and join up with one of Williamsburg's organized walking groups.

Heidi Wellnitz, co-organizer of the East Coast Empty-Nester's Walking-Talking Group (ECENWTG), says that she and a few of her friends spend their Saturday mornings doing exactly what you'd think they would: walking, talking and having fun.

"I think exercise helps tremendously [in maintaining a positive outlook on life]," Heidi says. "That's why we get out - because we all want to feel better. When we are done, we feel so refreshed,

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The ECENWTG is open to anyone who can walk three to five miles at a relaxed pace. An introductory paragraph on the home page of the group’s website defines the tone of their weekly outings: *We are a bunch of lighthearted individuals who come together to walk, make new friends and explore. New members coming to a walk for the first time can send a greeting to the leadership team giving us your email address and we will provide contact cell numbers so you can find us at a location.*

Heidi says that the ECENWTG was organized using the resources of a much larger online social networking presence known as Meetup.

“I was bored and didn’t have anything to do one day, and I found (Meetup) online at www.meetup.com,” she remembers. “Meetups are all over the United States. Whatever your common interest is - like cooking or photography - you can either start or join a group. For example, there are groups in the area specifically made for parents with small kids. There are so many different groups out there that people might not even know about all of them. “

Meetup’s self-proclaimed mission is to revitalize local communities and help people around the world to self-organize. Some 9.5 million members meet worldwide each month in over 45,000 cities.¹ 6,369 of those groups are specifically geared towards walking. On a local level, Heidi says that group members often form friendships that extend beyond their planned activities. For example, members of ECENWTG might get together at a member’s house for conversation after enjoying a walk. They might also overlap into other groups that include anything from cooking to movie attendance.

“You become friends outside of the group,” Heidi explains. “There are always events going on (both outdoors and in), and you can do what you want to do. I am a co-organizer for the Williamsburg Area 3Ds Social Group. There are about six of us in that group who organize events. There is a similar group in Hampton that has a lot of members, so we are all intertwined. Every weekend we have something to do, like going out to dinner or to the movies. Sometimes, I host dinner parties at my house. The last one was based on Germany, so

everyone had to bring a German dish that was cooked from scratch. The next one is Spain. [In the future], I want to discuss places that are less-known and get into some of the history of the dishes. That’s what we do - we have people choose a dish and do a short history about it. At the last get-together, I picked quiche and did the history of where it came from. Most people think quiche came from France, but it is now believed to have originated in Germany. That was pretty interesting. Everyone had a good time because it was different.”

Like many current residents, Heidi’s zest for living an active life originated far outside the Williamsburg city limits signs. She was born in Ohio, but her family moved to the west coast shortly thereafter.

“I consider myself a Californian, because I grew up near Fresno,” she says. “I was an outdoor person – I liked mud pies and walking through the woods. I really like it out here, though. I’ve always liked the East Coast; the people, the scenery...it’s a different culture. Around here, I like to go out walking, and I hike in Freedom Park. I’ve heard that Freedom Park has one of the best bike trails in Williams-

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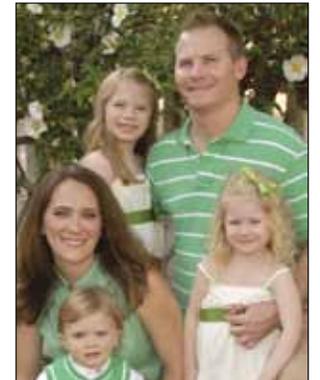


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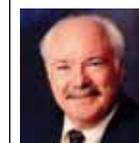
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burg. I haven't started biking yet, but that's my next project - that and kayaking. There's a group that meets to do that too."

True to form, Heidi recently joined a group that caters to outdoor-lovers, where she meets with "local adventurers to plan trips and talk about camping, adventures, gear, trails, destinations and trips."² Heidi's love of the outdoors, her outgoing personality, and her involvement with eight different social groups has led her to meet many interesting and diverse people in the community. Yet her formula for personal success is applicable to anyone - no matter which group they belong to.

"I think it depends on what you consider success to be," she says. "Unfortunately, many people judge success as being material-oriented. I think people are starting to realize that's not where it's at. It's nice to have 'things', but it's not what's important. I think it's more about who you are as a person. You could have all of the stuff in the world and still be a lousy person. But you could be the poorest person in the world and have everything - as long as you have a good attitude."

Looking at her daughter, Sierra, who is seat-

ed next to her, Heidi emphasizes the importance of family as she seeks to define her own paradigm of success.

"I have a twenty-three year old daughter. She is married and has two kids. Sierra is eighteen. We home schooled both of them. It has been a good experience - the best. Home schooling is not as hard as people think, and in the process you really get to know your kids. Sierra and I spend a lot of time together. We're very, very close. We do everything together... don't we?"

Sierra smiles at her mom's nudge and then talks of her future plans to live in New York City. There, she hopes to devote herself to Hasidic Judaism; a particularly devout branch of the Jewish faith that promotes holiness, spirituality, and joyful obedience to God's commandments.

Back in the great outdoors, Heidi's love for the fresh air and sunshine has certainly provided invigorating scenery for the backdrop for her life. It has also played a critical role in helping her keep things in balance during times when her social obligations seem overwhelming. How does she manage to successfully juggle so many responsibilities?

"I walk," she says, laughing. "I make sure that I have some time to myself. I make sure that I do something to break away from it... and walking does help. I think my favorite walk with the ECENWTG is the Colonial walk, but we are always looking for new places to go."

Heidi's inclination to walk away her cares reminds us that no matter how long we have lived in the Williamsburg area, there are always more nooks and crannies waiting to be explored. We just have to take the time to go out and find them.

Do you know a good place to take a walk? Maybe it's time to lace up your walking shoes and get reacquainted with Mother Nature. If you're in the mood for some good company, you can always look up Heidi and the rest of the East Coast Empty Nesters. They do exactly what you would expect them to do on a warm spring morning: they walk, they talk, and they have fun. Some would call that a well-planned activity. Heidi thinks it's a bit more than that. She calls it success. NDN

¹<http://www.meetup.com/about>

²<http://www.meetup.com>



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FRAN PINIZZOTTO



ON AUTISM AWARENESS MONTH

"April is Autism Awareness Month," says Fran Pinizzotto, who has lived in Williamsburg for almost 18 years. She and her husband have three children, two of whom are on the autism spectrum. A registered dental hygienist by profession, she worked in the field of periodontics. Currently, Fran home-schools her two children who have Asperger's Syndrome. In 2006, she graduated from the Virginia Board

for People With Disabilities' Partners in Policymaking program, which trains individuals to take leadership roles in the community, advocating for persons with disabilities and their families, and to work with elected officials at all levels to improve laws and policies affecting the rights of individuals with disabilities.

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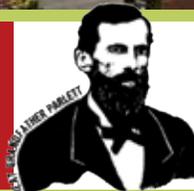
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Involved in the Peninsula Autism Society?

Although I had attended a few Peninsula Autism Society (PAS) meetings for support, it wasn't until 2006 when I graduated from the Partners in Policymaking program that I committed to a more active role. My mentor was Susan Reese, PAS Board President and also a Partners in Policymaking graduate, and she had headed up the Williamsburg chapter for many years, hosting monthly meetings, providing trainings in special education law and organizing workshops. She asked me to join the PAS Board of Directors as Vice President, and then I took over the meetings when she retired from her position. This is the fourth year I've coordinated our monthly meetings.

What is the mission of the Peninsula Autism Society?

The Peninsula Autism Society is pri-

marily a support group for families of individuals with Autism Spectrum Disorder (ASD) – although we also have self-advocates, teachers, therapists, college students and other professionals attend our meetings as well – to gain autism awareness through our programs. As the incidence of autism is increasing (either through better diagnosis or an actual increase in clinical cases), we wish to serve as a “go to” organization for parents seeking to understand this disorder and looking for help, whether that help is referrals or a listening ear.

What programs are provided?

We provide a lending library to our members, filled with books and audiovisual media. We provide referrals to doctors and organizations that perform evaluation and diagnostic services. Through our monthly meetings, parents are able to connect with other families of individuals on

the autism spectrum, which gives them the opportunity to learn from each other how best to support their children. It also gives them a chance to meet people going through similar experiences. We provide our families with childcare, so that they can attend our meetings. For several years, our organization has teamed with the Education Department of the College of William and Mary and participated in their Family Mentorship Program, which enables future educators to be mentored by families of individuals with various disabilities, giving the students a first-hand learning experience with our kids.

What could a parent expect from a meeting?

Our monthly meetings are 90 minutes long, are friendly and informal and are designed to provide education to our parents. We invite speakers covering topics related to

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the unique needs and experiences families of autistic individuals face, in order to raise their awareness and give them the tools they need to understand and support their children. My favorite speakers have been the adults who, themselves, have autism spectrum disorders, and who have come to share their own first-person accounts of their experiences, and to lend their own advice to parents. For many of our parents, this is the first exposure they've had to adults with ASD, and I feel it's the optimum way of driving the message to them that autistic people are "wired differently," but that they have their own place in our society, and they do contribute to our world, some in amazing ways. This is a message that provides a lot of hope for our members.

How does the local chapter benefit from being part of the Autism Society

of America?

The Peninsula Autism Society is no longer under the auspices of the Autism Society of America (ASA). Unlike some organizations who have paid staff to run their day-to-day operations, our organization is run by a handful of parents who coordinate it on a voluntary basis. We do not have a staff to facilitate our clerical needs; we have lost our non-profit status. In recent years, our organization has been struggling to maintain its membership in the ASA, but frankly we do not have the manpower or time to fulfill the necessary requirements for membership. We hope to re-join the ASA, but we cannot do it under our current circumstances, so currently we remain a local support group.

How can the community help?

A few churches in our community have been very generous in lending their facilities for our meetings over

the years, and that has been a tremendous help. I thank them sincerely for helping our families. The PAS is currently looking for a grant-writer and hoping to regain our non-profit status. If there is an experienced grant writer out there who would like to help us, please contact us.

What are the plans for the near future for the organization?

I would like to see some funding become available, so that we could open a facility of our own, pay a staff to help us run it, and enlarge our outreach. Additionally, I would like the PAS to provide a venue for an autism conference, with nationally-known experts and speakers, right here in Williamsburg. I think it would be a wonderful opportunity for parents, families, self-advocates, local educators and health professionals to hear from the experts in the field. My other hope is that we could form

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a network for older teens and adults on the autism spectrum to gather for social activities.

What are some personal experiences you have had that renew your commitment to the Peninsula Autism Society?

As an experienced parent of autistic children, I can relate to the young parents who come to our meetings feeling perplexed and sometimes overwhelmed, having just had their child diagnosed as autistic. They don't know what it means for their child, for their family, for their future. I was in their shoes many years ago. I felt confused and in a sense helpless, not knowing what the road ahead looked like. I was fortunate to have had many people enter my life who guided me along, teaching me about autism spectrum disorders and helping me to understand my children. I learned that taking a

proactive approach, reading, going to seminars and learning all I could about this disorder could help me help my children. All parents want to support their children and help them achieve their potential, but parents of children with disabilities face challenges that parents of neurotypical children cannot even imagine. It's so crucial that those of us who've been doing this for a while help the parents who are new to it all. Someday, they will be the experienced ones, and it'll be their duty to lend a hand to someone else. My commitment to this group is really my way of saying thank you to all the people who were there for me, when I was new to autism. We have to pass the support along.

How has your work affected your personal life and outlook?

I am constantly learning from my autistic friends and family. I am so glad

to have autistic people in my life! They have made me grow, helped me to become a better person, and shown me how to better appreciate diversity. My involvement in the disability community has made me want to fight for fairness for those with disabilities. People with autism learn differently than neurotypical people, and I feel driven to get that message out: find the way to enable a child to succeed, and do it! Don't block their potential by expecting them to learn, or do, or be like everybody else. In fact, many autistic people were born to stand out, so let's stop trying to force them to fit in. Parents need to know that their kids have value, just the way they are. I hope that we can get that message through as we endeavor to support them through our organization. NDN

For more information visit:
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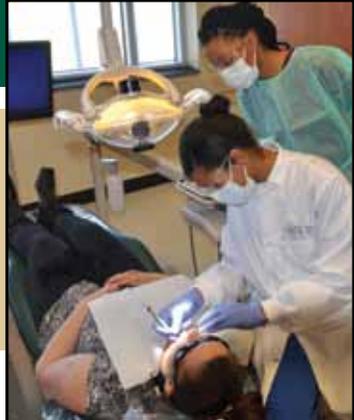
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Generations

by Sandy Rotermund



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Ramona Roznowski

Age 52

There is a saying in middle age – there are no mistakes, just lessons. By this time in our lives, we’ve chalked up substantial life experiences. Some were harder to get through than others. Some we may wish we never had. But all of them teach us something. For those who find themselves in their 40s, 50s, or 60s – starting over due to a break in a relationship or death of a spouse – dating can be scary and challenging. For Ramona Roznowski, love and marriage hadn’t been

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the happily-ever-after dreams she'd hoped for. Despite the changes in her personal life over the years, Ramona has decided to put herself out there and connect rather than retreat to a safer life alone. Along the way, she has created a positive and rewarding life for herself.

Ramona exudes an energy that radiates - not as much from her muscled physique as from her sparkling eyes and infectious smile. A certified personal trainer since the early 1980s, Ramona enjoys running her own business, Bodyfit Personal Training Studio. Operating her studio in a down economy has challenged her both professionally and personally, just as it has for many small business owners. Not long ago, and to make ends meet, Ramona worked as a wine representative while also training clients from early morning until late evening. The ups and downs of business ownership almost swallowed her, but Ramona persevered and is now enjoying well-earned success.

Ramona's perseverance - or maybe just her abiding hope and faith in lasting love - has also kept her in the dating arena. Like most of us, she believes sharing her life with others is important, especially a significant other.

Ramona has been married before. Her first marriage was to her high school sweetheart. Though both were born and bred in Maine, Ramona followed her then-boyfriend to California to pursue her degree in Applied Physical Education at San Diego State. They had a child together and later moved back to Maine to be close to family. After fourteen years together, they were divorced. Ramona's adult son still lives in Maine.

Dating was out of the question for Ramona when her son was very young. He was just two years old when she divorced, and she didn't date for six years. Again, there was neither the time nor the desire to bring that complication into her life. Ramona's

determination and perseverance rubber stamped every passage in her life, including single parenthood. Having once trained the likes of Carol Burnett, Valerie Bertinelli and Barbara Streisand at California's exclusive Golden Door Spa, Ramona could motivate anyone from celebrities to executives to country housewives. Corporate fitness programs were newly strong in the 1980s and '90s, and Ramona found work in several large companies. Determined to be home with her son after his school day, Ramona began teaching exercise classes in her living room in the afternoon and evening. Her program in the country attracted women who lived too far away from the nearest gym. It worked. Ramona made it work.

Ramona was ready to try love again and, after three years of courtship, she married again. That lasted a year.

Ramona continued to be independent and knew she could survive, with or without a marriage partner. When a man whom she

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had known for twenty-eight years and who was a widow turned his attention to her, she at first couldn't picture a future with him.

"I rode a Harley!" Ramona says, laughing. He was more conservative.

He wasn't dissuaded, but instead invited Ramona and her son to move to Virginia with him and begin a new life. A million-plus dollar home on the water, material comforts galore, and a chance to stop working made life a little easier. Or so Ramona thought. After just three years of marriage, Ramona was single again. By this time, her son had returned to Maine to begin his own life. However, she stayed in Virginia and thrust herself back into survival mode, returning to her training profession once again.

"I don't need things. What I want is happiness," Ramona explains.

Along came Match.com, an online service that provides a means for people to meet others, and to possibly date. Ramona

barely had time to drink her orange juice in the morning never mind trying a dating service. But her roommate urged her to give it a try. Half-heartedly, Ramona logged onto what would soon be a way to finding a new beginning.

At first, Ramona only wanted the occasional date. She was busy working two jobs and had recently purchased the business she currently owns. Love and marriage had not worked out for her in the past. She had learned that just because she wanted a committed relationship, didn't mean all men shared that same dream. As it turned out, she met someone who is more compatible than she envisioned.

"He's 55, and it's taken me a long time to warm up to him and allow him into my life. I don't want to get hurt. I don't want to get involved; but this man has everything – integrity, he's kind, he's got a good heart," she says.

Like many men and women who have

walked in Ramona's shoes, she is making the decision to trust her instincts and move forward rather than continue her life as a single person with a shield around her that keeps love at a distance. So far, so good.

"I would say that is the huge difference. Letting things unfold rather than pushing. If you have to push a relationship to the next level then it wasn't meant to be," Ramona says, leaning forward. "It's like the stars are all aligned. Everything has happened in a good manner in a good time frame. We're both feeling the same things at the same time. It's all natural." She leans back. "There's no pressure, there's no stress, there's no one pushing one way or the other. It just seems like the right thing to do."

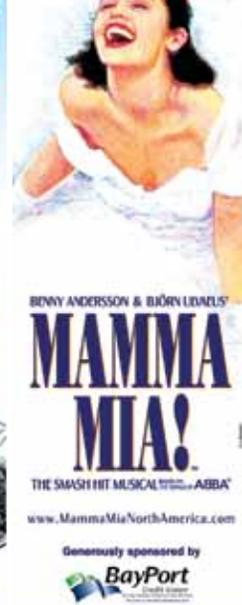
It's middle age. There are no mistakes, just lessons. Living fully, having the courage to try again when things go awry – perseverance. Ramona gets it. And now, for the first time in her life, she may be getting what she wants. Lesson learned. NDN

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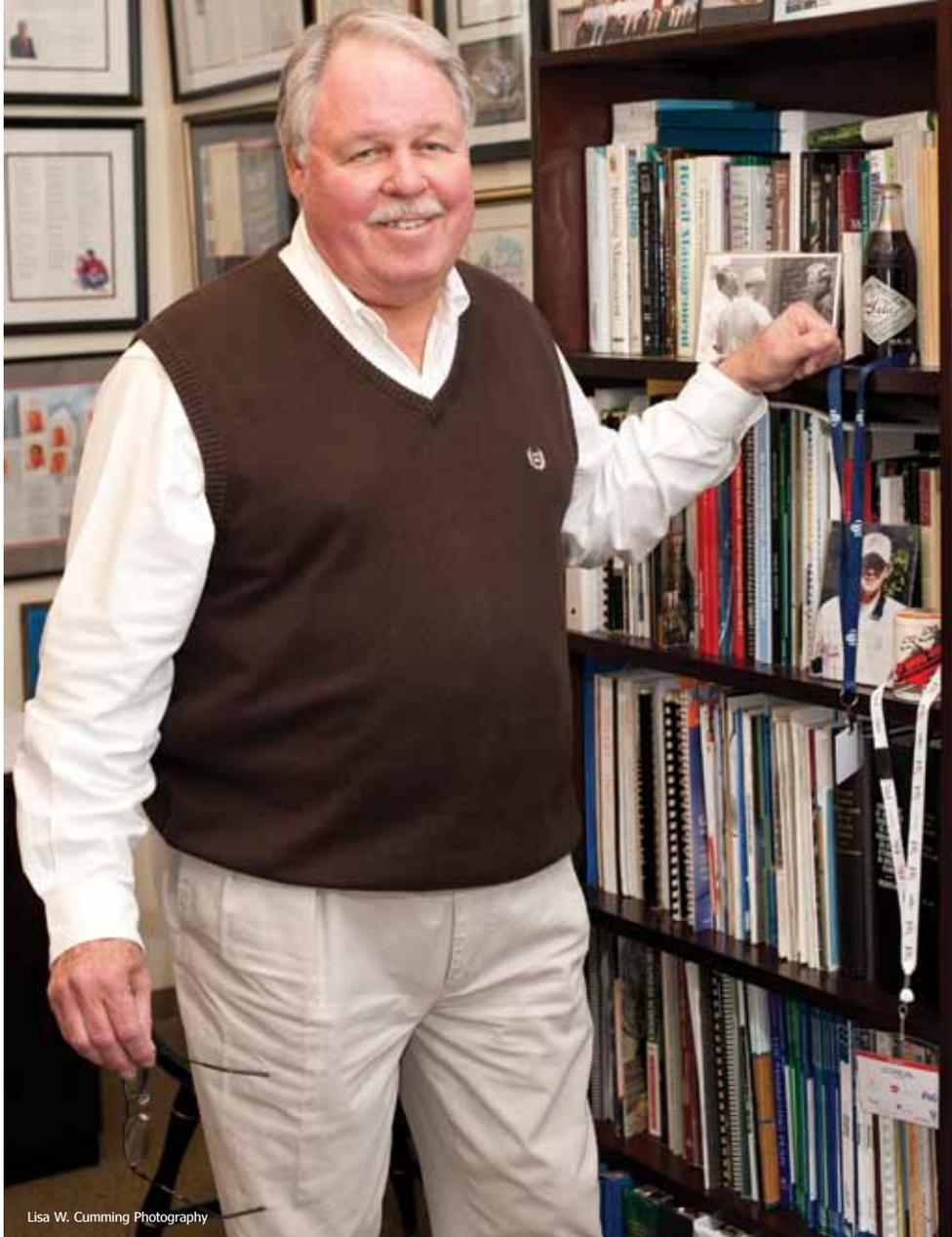
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DR. LARRY RING

Existing with the **Big Box** Retailer

By Greg Lilly, Editor

“The big guys will get bigger,” Dr. Larry Ring says of the retail climate locally and nation-wide. Dr. Ring is Chancellor Professor of Business and the Executive MBA Alumni Professor of Executive Education in William and Mary’s Mason School of Business. He has specialized in the areas of marketing management and marketing and retailing strategy. He explains that local retailers cannot compete with Wal-Mart, Target, Lowes or Home Depot - and they shouldn’t try.

Dr. Ring came to Williamsburg in 1985. “I was recruited by Dean John Jamison at the William and Mary Business School (now the

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Mason School of Business),” he says. “Dean Jamison had convinced the State Council on Higher Education that William and Mary should offer an Executive MBA program. I was teaching at the time at the University of Toronto.”

Dr. Ring and his wife had been living in Toronto for about three years at that time. “We had two small children, and I was travelling a lot.” The new position looked promising, plus Dr. Ring and his wife knew Virginia. “I had met my wife when we were both living in Charlottesville, and she wanted to come back to Virginia. We agreed William and Mary was a good place to work. I showed up in July of 1985 to start the Executive MBA program.”

Along his way to William and Mary, Dr. Ring had created a reputation in the retail sector. “I had written my doctoral dissertation on the retailing industry. Doug Tigert had become the dean (at the University of Toronto), and I had worked with him earlier. We had in mind starting up an Executive Education program for senior retailing executives.”

At that time, the early 1980s, there was little education specific to retailing. Most marketing programs and academics focused on fast mov-

ing consumer goods like soft drinks, laundry detergents, and other food and pantry brands.

“We offered the first retailing executive course in 1983. That course still exists today as *Strategic Planning and Management in Retailing*,” and we have run it hundreds of times both publically and privately and on every continent except Antarctica.”

As Dr. Ring studied marketing, the retail segment drew his interest. “Somewhere along the line, when I was studying for my doctorate at Purdue University, I took a course titled the *Survey of Marketing Theory*,” Dr. Rings explains. “I was assigned to read a couple of books: One was called *Catalogues and Counters: A History of Sears, Roebuck & Company* and the other was *The History of the R.H. Macy Company*. Having read those two books, I became interested in retailing. At that time, the big thing in marketing was positioning. You saw perceptual maps of brands: coffee brands, cigarette brands, beer brands, things like that. They even applied it to the presidential race – the race between Johnson versus Goldwater.”

In the 1970s and '80s, retailing tended to be a cottage industry, according to Dr. Ring. “There were some national chains like Sears,

but most retailing was regional or local, not national. Most retailers were pretty well dictated to by the suppliers – what to put on the shelf, what to price the merchandise. Retail was a channel or conduit, but not particularly important in its own right. It was very fragmented. It appeared to me that down the road that would change and store positioning would become what brand positioning was in the 1970s. Retailers would gradually concentrate and get bigger and more powerful.”

He was certainly right about that and notes that a number of factors led to the Big Box explosion of the last 25 years.

“At the time I started our retailing program in the early 1980s, Wal-Mart was about a four billion dollar company. Today, they’re more than 400 billion,” Dr. Ring states. That is the most well-known example, along with other big box stores like Home Depot, Staples, Best Buy, Toys-R-Us, Target and Lowe’s have expanded all over the country and in many cases internationally. “There were some big companies back then. The biggest was Sears until about 1985. K-mart passed Sears. Then Wal-Mart passed K-mart in 1990. Wal-Mart has been the biggest since.”


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Before the growth of the large chains, retail had been about small stores, lots of different small stores. "It was a fragmented industry, lots of mom-and-pop companies," Dr. Ring

technology and economic conditions.

"Think to when Wal-Mart got started back in 1962," he says. "The interstate highway system was just going in and that made transpor-

so telecommunications became a lot easier and more powerful. Typically speaking, economic conditions were pretty good. There was reasonable stability and growth."

"Retailing used to be about shop-keeping. That's no longer true. Now retailing is about information technology, logistics, supply chain, real estate, productivity and a whole lot of other things besides just keeping shop." ~ Dr. Larry Ring

explains. "Retailing used to be about shop-keeping. That's no longer true. Now retailing is about information technology, logistics, supply chain, real estate, productivity and a whole lot of other things besides just keeping shop."

The conditions were right for consolidation and growth. Dr. Ring cites several factors that helped create the expansion of the chains to include transportation, communications,

tation a lot easier. That's an enabling factor that allowed chains to grow. In the 1960s, IBM produced the first real mainframe computer. Retailing is a business with lots of customers, lots of transactions, lots of products...there's a lot of data to analyze, so computers were a technological advance that enabled growth. The space program was going strong, and we put up a lot of satellites for communications,

The convergence of some ambitious people and new retail concepts paved the road to the big box. One of those concepts was the "category killer." Dr. Ring describes that as picking a section of the old department store and concentrating on that product line (or category) with a wider assortment and lower price than anyone else.

"The old concept of the department store has shrunken down to a fashion business,"

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he says. “Toys-R-Us killed them in toys; the other companies killed department stores in office supplies, home improvement, sporting goods, bed and bath...You can go down the list: Office Depot; Home Depot; Dick’s Sporting Goods; Bed, Bath and Beyond; and so on. Those were ideal for growth.”

All is not gloom for the local retailer or new start-up. Dr. Ring explains that there are some advantages that the small business has. “They cannot compete on price,” he states, “so they have to compete on convenience. They have to compete by having knowledgeable and helpful people, and on uniqueness in product offering.”

Two local businesses that Dr. Ring cites in that regard are Binn’s and the Toymaker of Williamsburg, both in Merchants Square. “I think they have survived the only way an independent can survive – by providing a differentiated offering to the customer,” he says. “Binn’s customers want really great personal service, high style, classic fashion. What they’ve done has differentiated themselves from anybody else. If you want the type of fashion they provide, you have to go out of town to Richmond or to a larger city for a Neiman’s or Saks. I look at my

own wife – she’s a Neiman’s, Saks, Nordstrom and a Binn’s shopper.” He goes on to cite the store’s location, differentiated offerings, reasonable prices and great customer service.

“The general message is that if you’re a small retailer, you’ll have a hard time going head-to-head with the chains. You have to find your corner or niche and develop some differentiation,” he states. “The chains have wider assortment, lower prices and more economies of scale... A retailer with one or two stores has to have some sort of uniqueness, and they have to know their customer.”

The customers for Binn’s and the Toymaker of Williamsburg include both tourists and locals looking for something unique. “You have to win on a differentiated assortment, a high level of service, a convenient location.” He adds that the other win is not on price, but on value. “Value is high quality and high service at a reasonable price,” he states.

Dr. Ring predicts the Williamsburg retail industry in ten years will be more of the same. “Whether at the discount stores, drug stores, grocery stores, department stores, super centers, category killers...what have you, we’re going to get more of the same – until we hit

saturation,” he says. “There are only so many of these supercenters you can put in, and I think Wal-Mart is pretty close to that point with more than 3,000. Those numbers will slow down. Everybody’s going to have a Wal-Mart; everybody’s going to have a Target, a Home Depot and across the street a Lowe’s. On every corner of suburbia, there’s going to be a drive-thru Walgreens, CVS and Rite Aid.”

That environment produces a culture of sameness. “Which then says there is opportunity for differentiation,” Dr. Ring says. “That’s where small, local, well run retailers can build an advantage.”

The retail industry will continue high turnover of new stores and new concepts.

“You can get into the retailing business fairly easily, but staying in is the challenge,” Dr. Larry Ring warns. “I look for opportunity for differentiation, but I also look for the big guys to get bigger and own a higher percentage of the market.”

Those small retailers who can bring differentiation of offerings, high levels of service and convenience, plus great value will find their customers and survive along with the big boxes. NDN

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Celebrating
Women
in
Sports

By Greg Lilly, Editor



Lisa W. Cumming Photography

William and Mary Law School graduate Pamela Mason helps organize a weekend to celebrate women's athletics at the college. Pamela is also the current Assistant Athletic Director for Compliance and Educational Services at William and Mary.

"The Celebration of Women's Athletics (April 14 & 15) is an annual event we started three years ago," she explains. "It began because we have a lot of donor events with our athletes to bring them together with alumni and friends, but we didn't have anything targeted toward our female athletes. William and Mary has a great tradition of supporting women's athletics."

Pamela received her undergraduate degree

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from Southern Methodist University. She worked for a professional sports team between college and law school. "It was fun and exciting," she says, "but it was also very limiting as far as a career unless you were the owner of the team." Her boss and mentor at the time said college athletics offered more and better opportunities than the pro teams. She enrolled in law school at the College of William and Mary in 1996.

"When I was in law school here, I coached the cheerleaders and got to know a lot of people in the athletics department. They said a woman with a law degree was a good combination for college athletics." She ended up graduating with a joint degree of Juris Doctor and Master of Business Administration.

She met her husband, Monty, while in graduate school. After they married, Monty was transferred to Charlotte, North Carolina. "As soon as we got there, Monty wanted to move back to Williamsburg," she says. They settled into the city and spent five years there. "We decided that with both of us having connections to William and Mary, we wanted to get back here. In 2004, he was changing jobs and was able to work from a home office, and I got the opportunity to work in development in the William and Mary Athletics Department. It

was a good time to come back and set some roots in Williamsburg."

Pamela's role as Assistant Athletic Director for Compliance and Educational Services is to oversee NCAA rules and regulations and how they apply to the coaches, student athletes, recruits, donors and others involved in the athletics of the college. "I help educate everyone so we are complying with the rules," she sums up.

She also helps organize and support the Celebration of Women's Athletics weekend. "When you look at women who have the opportunity to play sports, they usually go on to very successful business lives," Pamela says. "There aren't as many professional opportunities in women's athletics as in men's, so these women aren't playing sports in college to try to make it to the pros."

The most opportunity for women in professional sports is usually in tennis, but as Pamela states, women athletes as a group don't have as many opportunities for moving into a professional sports career after college as the men.

"They take the skills they learn as athletes – teamwork, commitment, organization, time management, [and] leadership – and translate them to their professional lives, becoming very successful women in their chosen fields. We

wanted to highlight that aspect as well as their athletic abilities."

The event started in 2009 with a Sunday brunch to celebrate the college's history of women's athletics. "That first year, we honored Millie West, who was really the pioneer of our athletics department for women's athletics," Pamela says. "That was her 50th year associated with the William and Mary Athletics Department. Like so many of the women's programs before the passage of Title IX, the William and Mary programs survived because of her; she did it all. She was the tennis coach and basketball coach; she taught synchronized swimming. She kept women's athletics in the forefront and got recognition and support for the programs, helping to move them forward."

Last year, the gathering at the Sunday brunch honored Feffie Barnhill. "She was our long-time lacrosse coach and has become involved in the international lacrosse scene," Pamela describes. "She's a pioneer and leader in the world of lacrosse."

In this look back at the positive difference athletics makes for women, the event also spotlights those who make a difference in the community. "The skills our female athletes are gaining as part of their experience in athletics are translating and making them successful

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women in their professional lives," Pamela says. "To honor that, we started the Tribe Champion for LIFE award. The award salutes Leadership, Integrity, Fortitude and Excellence (LIFE) in personal, professional or philanthropic accomplishments. That's the award we started last year and it was presented to Dr. Camilla Buchanan, a physician here in town, and she was a field hockey player for us."

This year, the recipient for the Tribe Champion for LIFE is another former field hockey player, Jo Ousterhout. "She's been a CEO of a couple of companies and the co-founder of Metta Journeys, which is a philanthropic travel company," Pamela explains.

"Also this year, instead of an honoree like we had with Millie and Feffie, we're having Erica Walsh as our keynote speaker. She's a former women's soccer player." Erica Walsh is currently the Head Coach at Penn State for Women's Soccer. She is also coming from a stint as an assistant coach for the U.S. Women's National Team at the 2011 World Cup. "Since she's still involved with the U.S. Women's Soccer Team," Pamela adds, "she'll be an assistant coach in the Olympic Games this summer in London."

A benefit of the Celebration weekend is that current student athletes can attend the brunch

where they can hear about women who have become successful. They can learn about the athletic programs of the past and how the athletic program has grown and changed.

"We hear stories, from not so long ago, where the teams used to have to travel in station wagons driven by the players and coaches themselves," Pamela says. "Everything is a progression. A lot of things have had to happen in order to build the programs to where they are today." The current student athletes can see that their participation in sports is more than wins and losses, but it builds skills that translate into success in their future careers.

"We'd like to incorporate into the weekend a discussion panel or networking opportunity with a number of successful women from different industries to talk with the student athletes about their fields," Pamela says.

In addition to the Sunday brunch, the Celebration weekend is also the Hall of Fame weekend. "We have four former female athletes being inducted into the Hall of Fame," Pamela explains.

Athletic events are scheduled for the weekend too. "We have intercollegiate contests that weekend: women's tennis is playing Boston University Saturday afternoon, and women's

lacrosse is playing George Mason University that Sunday. Women's soccer and women's field hockey have alumni events too. We have ten female sports programs, and all of them try to have some event. The Tribe Swim and Dive Alumni will have a golf tournament that weekend."

Along with the look back at the accomplishments of women athletes, the weekend inspires athletes and leaders for the future. "We've moved so far, and we don't want to lose ground. What I'd like to see in the future is stronger and more competitive programs," Pamela stresses. "We're very competitive in many of our women's sports now. Getting women reconnected and getting people passionate about it will hopefully translate into financial support. The more financial support we receive, the more resources we're able to devote to the programs to make them even better."

Pamela Mason helps celebrate the past accomplishments and the future possibilities of female athletes during the College of William and Mary's Celebration of Women's Athletics this April 14 and 15. NDN

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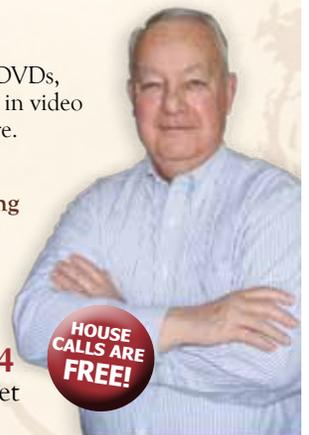
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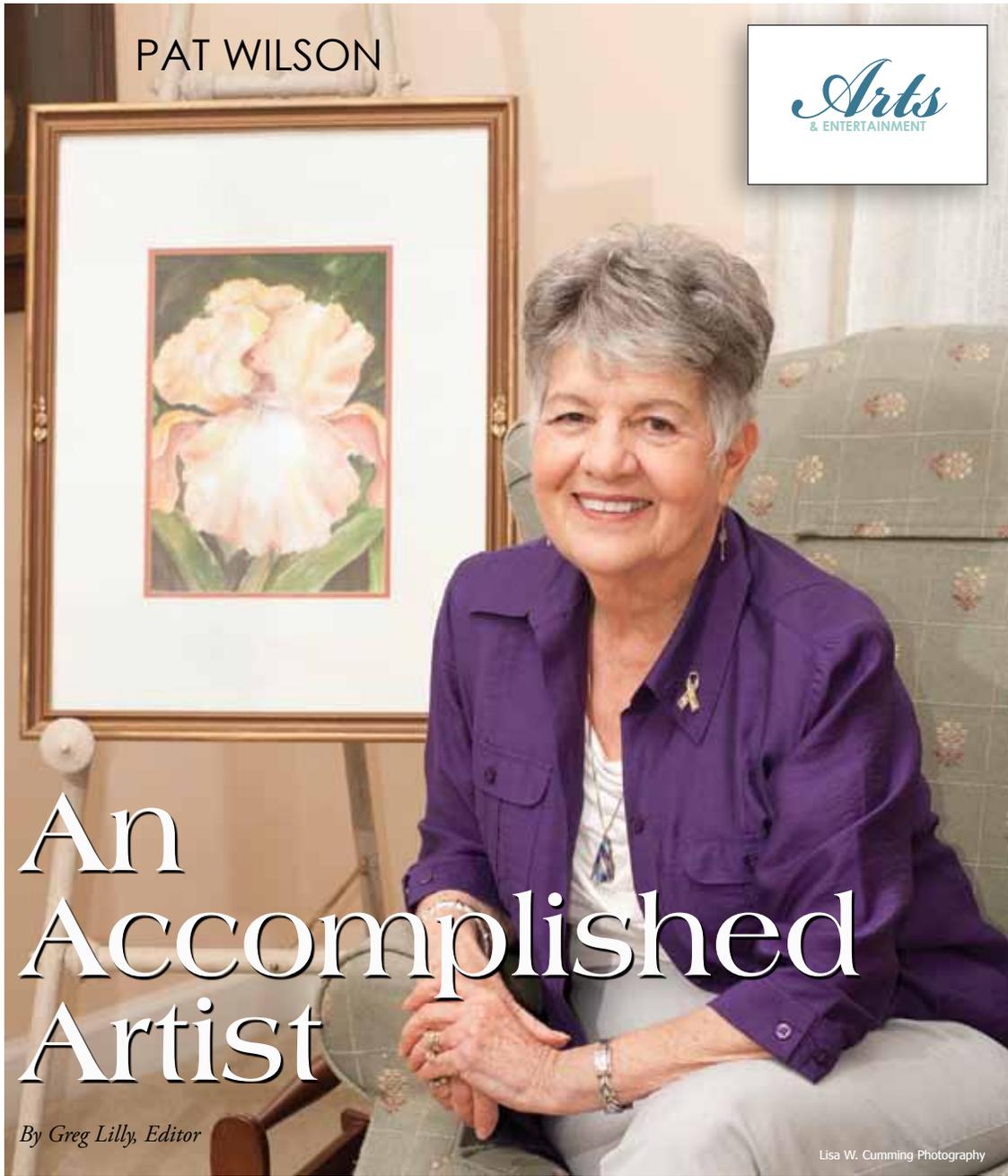
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PAT WILSON

Arts
& ENTERTAINMENT



An Accomplished Artist

By Greg Lilly, Editor

Lisa W. Cumming Photography

The Easter Seals program holds a special place for artist Pat Wilson. "About five years ago, I was searching on-line for programs available to autistic people," she explains. "We have

an autistic granddaughter. I came upon Easter Seals. They are very active in autism awareness, education, outreach and presenting programs."

While reading through the autism informa-

tion on the Easter Seals website, Pat noticed a contest for artists who create paintings of flowers, specifically lilies.

"I had never realized that Easter Seals were

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Painted by ordinary people or that it was a contest," she adds. "I thought, what the heck, I'll enter. I did and I won."

This year is the second time Pat has won the contest at Easter Seals. That first time, five years ago, her painting was chosen as one of the ten finalists. "With that year's contest, the ten finalist paintings that they had chosen were put on their website," she says. "The public would vote for six winners. I was one of those winners."

Pat waited five years before entering again. "This time, instead of putting out ten finalists, the Easter Seals panel chose the six winners. From those six, they picked one to be 'Lily of the Year.' It was my painting."

The painting is featured in the Easter Seals publications, including the popular and iconic Easter Seals themselves. "You can see it on-line if you search for '2012 Easter Seal of the year' to see it on their site," Pat states. "Easter Seals has exclusive rights to it. You'll see it on your sheet of Easter Seals, too."

She also suggests flipping over the sheet of seals to read the information on autism printed

there. "Easter Seals has become very active with autism programs."

Pat and her husband, Jack, moved from New Jersey when Jack retired from AT&T 22 years ago. Pat had been an Registered Nurse and worked for 30 years in the nursing field. Friends suggested they check out Williamsburg as a great place for retirement. A big advantage of the area was that it was centrally located among their four children and nine grandchildren. Once here, Pat and Jack volunteered for many years with the Red Cross and both belong to the Community Emergency Response Team.

Drawing and painting since childhood, Pat and her art blossomed as she put down roots in Williamsburg. "When I was a kid in school, I would sketch my teachers while they were teaching me then have the nerve to hand them the sketch when I finished," she says with a laugh. "I was fascinated with faces, for many years."

While living in New Jersey, she took a class in pastels to add some variety to her portrait sketches. "I really got into pastels," she says. "I did all my family plus I actually sold some por-

traits. I did that until I moved down here. A friend suggested I take watercolor lessons with Ann Armstrong. I guess one of the first things I painted with Ann was a flower. I got hooked. I love to paint flowers."

The medium of watercolor seemed to fit her style of painting flowers. "The natural beauty of them," she says of flowers, "the flow of them. Watercolors are fun to do. The paint flows. Painting a flower lends itself to watercolors. My goal is to make the flowers alive looking. I'm a little looser than botanical painters. I like the looseness, the flow. I want to capture the colors and the movement."

Watercolors' notorious lack of forgiveness scares some painters, but Pat embraces that aspect. "I don't find watercolor painting hard; I find it spontaneous, more so than acrylics or oil. There's not a whole lot of going over the paint, but you can correct some mistakes. Some are happy mistakes, things that just happen and turn out great. It's fun to do. And painting flowers is definitely easier with watercolors. You put down some color and some water for one petal of a flower, and you just roll it around. It

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will come alive!”

Pat continues to take classes and expand her skills. “I’ve taken classes from several artists in town,” she says. “I still do it when a workshop or class comes up. I volunteer at This Century Art Gallery, so I sign up and take lessons from people in the gallery. There is always something new to learn – a new style or new techniques.”

The Easter Seals recognition boosts her confidence and helps people notice her paintings when they’re hanging on the walls of local galleries like A Touch of Earth Gallery on Richmond Road and This Century Art Gallery on North Boundary Street.

“Painting,” she says, “it is therapy. It keeps me calm. It’s a wonderful outlet. I try to paint once a week with friends. I paint more when I’m in the company of other artists. I really enjoy it, and we feed off each other’s talents. Even doing this lily painting, I remember asking ad-

vice from my painting group. That’s what motivates me. It’s like I have a little bit of talent, so I want to use it when I can.”

Compared to her New Jersey home, Pat says

want to improve in what I’m doing. Perhaps branch out more, maybe away from the flowers,” she states. “I would like to learn landscape painting.”

“I think this is just a Mecca for artists. There is always some place to take a lesson or to learn more. Williamsburg is a great place to be an artist or to take classes.” ~ Pat Wilson

Williamsburg is wonderfully supportive of its artists. “Williamsburg is so artsy,” she says. “There’s so much art out there, be it paintings or pottery. I think this is just a Mecca for artists. There is always some place to take a lesson or to learn more. Williamsburg is a great place to be an artist or to take classes.”

The Williamsburg arts scene inspires her to always try to advance her technique. “I always

Pat says her artwork brings her fulfillment and the opportunity to have a painting on an Easter Seal is about the best personal achievement she could have dreamed of. She had started out looking for support and information on her granddaughter’s autism and ended up with a creative accomplishment that benefits her artistic self as well as the many individuals Easter Seals helps. NDN

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DR. GEORGIA
 PRESCOTT

Pediatrics Then & Now

By Greg Lilly, Editor



Lisa W. Cumming Photography

When Dr. Georgia Prescott came back to Williamsburg to establish her pediatric practice, there was only one other pediatrician in the town.

“In 1976, I opened my practice in August,” Dr. Prescott says. “At that time it was just me and Dr. John Fletcher.” Williamsburg was a very small community back then when two pediatricians could serve all the families in the area.

Dr. Prescott describes herself as a Navy brat. “My father was in the Navy. I was born in Philadelphia in the Naval Hospital,” she says. “My father retired to Williamsburg, since his last duty station was in Yorktown at the Na-

val Weapons Station. We moved here in 1960 when I was in eighth grade.”

She attended middle school and high school in Williamsburg and received her undergraduate degree from the College of William and Mary.

“Then I went to the Medical College of Vir-

ginia,” she adds. “I can still remember my parents and how they influenced me to go into medicine. Both my parents grew up in a small town in Iowa. My grandfather was a dentist. As a kid, I used to hear stories of how my grandfather would give anesthesia on his kitchen table in the middle of a snow storm when the local

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doctor did an appendectomy.”

With the encouragement from her parents, the field of medicine stayed in her mind, but she hadn't decided her future quite yet. Dr. Prescott worked during college as a lifeguard at a local pool, monitoring the safety of the children having their summer fun.

“I enjoyed working with children, but I did not like being a disciplinarian,” she admits, “and having to control big groups. That eliminated being a teacher as a profession. I went into medicine, thinking about pediatrics right from the beginning and never changed my mind.”

When she opened her practice in 1976, she enjoyed the camaraderie of the Williamsburg medical community. “It was much smaller,” she says of the group of doctors serving the area, “but it was much more cohesive. When the medical staff met each month, the whole staff met at the hospital. In the last twenty years, the medical staff has really split with the different hospital systems and the competition. It doesn't have the cohesiveness that it used to have. I used to know all the doctors in town pretty well. I knew their families, knew what was going on. I'd chat in the hospital with just

about everybody.”

Even today, long-time residents refer to “where the hospital used to be.” The Williamsburg Community Hospital was located where the new College of William and Mary's School of Education is today, on Monticello Avenue, between Mount Vernon Avenue and Compton Drive.

“I came to town the same time Dr. Roger Jones, an OBGYN, came to town and radiologist Tom Jamison,” Dr. Prescott says. “The first month I was in town, Dr. Harry Hager, who was a radiologist, gave a big party at the Williamsburg Lodge to introduce his new partner to the town, and that's where I met my husband. I met him at that party and we got married a year later.”

She says one of the biggest changes she's seen in the Williamsburg medical community in the past 35 years is the increase in the number of doctors.

“We don't all know each other,” she states of the inevitable consequence of growth. “That's a huge change. We don't have that cohesiveness. When I first began my practice, almost everyone would come to the Medical Society meetings once a month; now there's a pretty

cool turnout in participation in the Medical Society, which is a nice place to get to know each other and do some networking.” The Medical Society in Williamsburg is the local branch of the Virginia State Medical Society, which holds social and educational meetings for the area medical community and raises scholarship money for local students interested in healthcare fields.

Another large change she says is the coverage at the Emergency Room. “When I first started to practice, the Community Hospital did not have Emergency Room doctors. Everybody on the staff rotated covering the Emergency Room at night. I covered the Emergency Room as a pediatrician.” She adds she was lucky there wasn't too much trauma the nights she had the shift. Also on-call duties have changed. “Dr. Fletcher and I covered the hospital every other night for many years for pediatrics.”

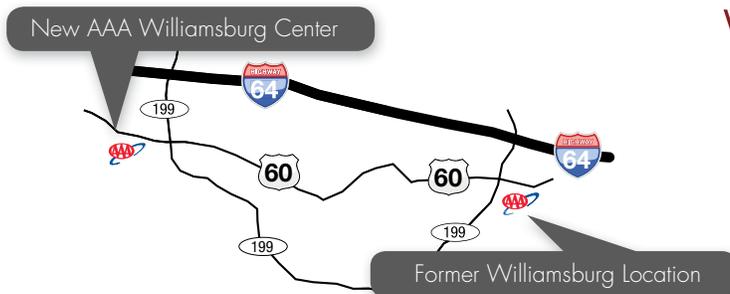
In the last ten years, a trend has emerged where the doctors either work with in-patients or out-patients, not both as they had in the past. “A lot of doctors are now working exclusively in the hospital,” she says. “Three and a half years ago, as a group, we stopped doing in-patient care at the hospital; we do out-patient

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here, which is very different. I miss going to the nursery some days. But, it's really hard to do both – hard when you have a busy schedule in the office and then to be called to the hospital. It's easier now to stay on schedule with the office patients." She says this is a nationwide trend in the medical industry.

The changes she's most excited about are the increase in vaccines and the decrease in childhood diseases. "When I first started my practice, we had fewer vaccines and we saw more children who were a lot sicker. We don't see as many really sick children as we did thirty-five years ago," she states.

"In 1985, the Haemophilus vaccine came out," she describes of the vaccine commonly called the H Flu vaccine. "Before that came out, I was admitting four or five children a year to the hospital for Haemophilus meningitis. After that vaccine came out, we've had zero cases. That's a big impact. Those were very sick children."

Today, she says the practice sees more children with developmental issues than she had in the past. "There's more, or they're just being identified better than they used to be, I'm not sure. Personally, I worry a little bit about

things in our food chain and pesticides and things that may be influencing brains. Also too much time watching media may influence brain development. We seem to be seeing a lot more developmental issues, a lot more ADD [Attention Deficit Disorder], ADHD [Attention Deficit Hyperactivity Disorder] and similar issues."

She adds that with the decrease in childhood diseases, she sees more children with these behavioral issues, with sleep issues and with seasonal ailments. "These are things that parents of the past might not brought to the doctor's attention," Dr. Prescott states. "We see a lot of kids with colds and coughs, for which parents in the past would not have brought them in. Some of that is because we have more working parents." She adds that children in daycare tend to get sick more often and that working parents can't always stay home to nurse their child through a cold or flu.

Vaccines are the greatest advancement in pediatrics happening in Dr. Prescott's career. "I was on an airplane about a year ago and sitting next to a lady who couldn't use one arm," she describes. "I asked her if she had injured her arm, and she said, 'No, I had polio.' She'd lost

the use of her arm."

Dr. Prescott relates tales her mother had told her of the polio epidemic in the mid-20th century.

"She said when I was an infant and they had to drive across country with me that they were frightened of polio that summer. When she went to a gas station in a little town, she wouldn't open the window. She'd crack it and push money out for the attendant – those were the days when gas station attendants would pump the gas for you. But my parents were afraid of picking up polio and didn't know what was going on in that town. That was before the polio vaccine came out. People don't even think about polio any longer."

With over 35 years in pediatric care in Williamsburg, Dr. Georgia Prescott still loves seeing her patients and following them long-term.

"I'm seeing some children who are the sons and daughters, or even the grandchildren, of the children I saw initially," she says smiling. "I see former classmates, grandparents now, who went to high school with me. It's nice to have that community connection. That's the fun part of pediatrics, seeing the children grow up healthy, well-adjusted and independent." NDN

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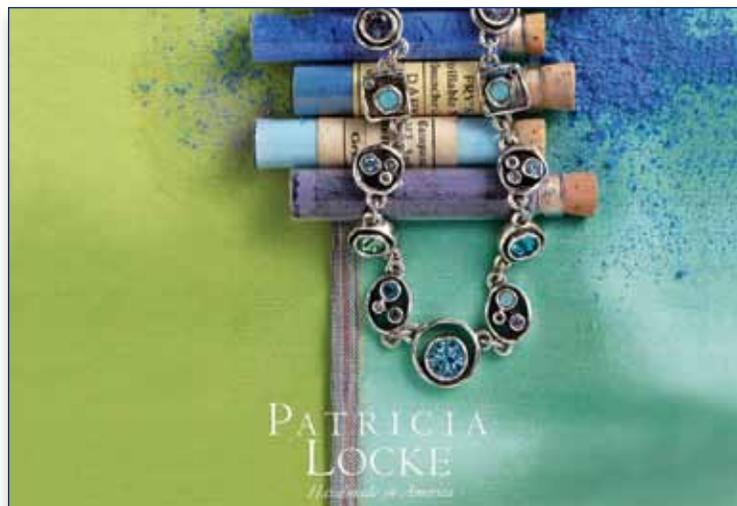
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The Tell-Tale Clock

By Greg Lilly, Editor



Lisa W. Cumming Photography

JEFF ADE

The ticks, the tings, the bongos, the cuckoos from a variety of clocks fill the air around Jeff Ade. Clocks of all sizes, shapes and styles move in cadence, marking the past and giving rhythm to the present, and best of all, create possibility for the future.

“One thing I have found is that when younger adults come into an antique store,” Jeff describes, “the first reaction is ‘Oh, it’s old stuff.’

The flip side of the coin is that they may go to a clock and say ‘My grandfather had a clock like that.’ There’s an immediate link whether you are 25 or 30 years old to say that’s familiar.”

Jeff says antique clocks and pocket watches draw the younger customers. “It’s usually around age 40 that they convert to the furniture and antique home accessories. Early on, the clocks are the link to their past. So if you

feel comfortable with a clock, that’s because you had an experience somewhere, that made you feel good, you remember it. That was a trigger to your association with clocks.”

Jeff and his wife, Sue, left the corporate world of northern Virginia for a better quality of life in Williamsburg. “We had been around the country in a variety of corporate positions,” Jeff says. “If you’ve been to northern Virginia,

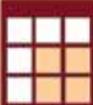
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you understand the entire psyche up there – a wonderful place to live, raise kids, be exposed to a variety of people, cultures and businesses. There are a lot of great opportunities for earning a good wage. The flip side is that you can get burned out. After 30-some years, we said ‘enough is enough.’ I’d been coming to Williamsburg since the 1980s, and we decided we wanted to change our lives.”

For about a year, they transitioned from the corporate jobs to starting their own business. “We began to get more serious about having our own business, an antique business. There was a comfort level there,” he says of their personal interest in antiques and in clocks. “I bought my first clock, an antique clock, in 1995, which we just gave to our first grandson.” Jeff’s and Sue’s goal was to do what they enjoyed. Jeff has become an expert in antique clocks.

“The clocks are something we enjoy,” he states. “We have a lot of pocket watches and clocks and antique music boxes. We ship them all over the country.” He has travelled around the east coast to deliver and install the larger

clocks for customers as well.

In his corporate days, Jeff travelled abroad to India and Europe. “Their old things are what I would call true antiques,” he explains of the European clocks and furniture he encountered. “What we have in the United States from the 1700s and 1800s will be our oldest – for them, that’s new. So there’s a whole other mindset to get used to.”

In Williamsburg, Jeff and Sue focus on American and English pieces. “That’s the tradition and background. It fits into the homes and style here.”

The symbolism of a clock, a timepiece, makes it a perfect heirloom for the home. “We’ve noticed a tremendous link with the clocks, much to our surprise,” Jeff says. “We started out with ten small mantle clocks six years ago. It’s grown to over one hundred clocks. We have every style from floor clock, tall case clocks, to wall clocks, French, English, German, American clocks... Clocks, they’re timeless!” he adds with a laugh.

Variety seems to be what most people seek when shopping for a clock for their home. Someone may think a pendulum and weight

driven Grandfather clock would fit perfectly in their home, but they see a spring-driven wall clock that takes their heart.

“The first step in choosing a clock is finding a style that attracts you,” Jeff says.

Antique clocks do not use batteries. “The clocks are all wind up, in one way or another,” Jeff says of the movement types in heirloom clocks: weights, springs and fusee. Fusee is a hybrid because it is a weight keeping a spring’s tension consistent as it winds down. Usually as a spring loosens, it slows the pendulum and the clock loses time before it is rewound. The weight will keep the tautness of the spring and the time accurate.

“We spent a lot of time and effort to match time periods with clocks,” he adds. “One of our customers came in and said he had an 1840s farm house and wanted an 1840s clock. I said, ‘Oh, you want a newer clock.’ He thought I was crazy.

For example, we have wood-works clocks. When America first started to make clocks in the early 1800s, all the gears and all the works were made out of wood. That was our natural

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resource. We got our brass from England, and after the Revolution and the War of 1812, we weren't getting the brass."

After finding a style of clock that you like, Jeff suggests checking the functionality and cosmetics of the clock.

"Does it have a label in it?" he asks. "The label describes the clock. In a lot of cases with American and German clocks there will be a label somewhere. Look for it."

Another key element is to find out if the clock works. "A clock that doesn't work isn't worth a lot because it costs money to restore it," Jeff warns. "You should have an idea, when the clock is presented properly [working and clean], what is the value?" With that value in mind, calculate backwards to decide if the price is right. "If I need to restore the movement and that's \$350 and the dial needs to be restored at \$100... Now that's an additional \$450 in the price to get it working. Is that putting you upside down in the value? Or with the purchase price plus the cost of possible repairs, is it still a value?"

Next, he says to check for missing pieces. "Is there a top that's supposed to be on it, like for a German clock, that is missing? Does the cuckoo have its crest on the top with the carved birds or pieces that should be there? If the answer is no, in most cases it's best to keep walking."

Maintenance is important to an antique clock – before and after you acquire it. "Every five years," Jeff states, "the clock should be cleaned and oiled. The reason antique clocks are still around is because they were over-engineered when they were made back in the 1800s. Brass was very thick, thicker than it had to be. The concept was that when it wore out, you would rebuild it, not throw it away or even get new parts, you would repair the current parts."

That concept of repairing instead of replacing can be seen inside many of the old clocks. "The tradition of clockmakers is that when we take a movement apart, each clockmaker in succession signs the inside of the back plate," Jeff explains. "We just did one English clock, and the first signature was from 1723. There was an entire list of folks who had worked on that clock since then. That is exactly what you want to see."

He says that for clocks made in the 1900s, and certainly after World War II, the brass used is so thin that when the movement wears out after 30 to 40 years, it will need to be thrown away and replaced. "The problem with that concept is that 50 percent of the movements are no longer made. You may have a clock with no replacement movement for it. The brass is so thin that we can't actually bush it and have the bushings hold in the thin brass. It becomes a wall hanger."

Gears can be made for the clocks if needed. "For the early American clocks that were woodworks, we make new gears for them. Wood is plentiful," he states. "If we need to cut a gear for a brass clock, we cut a new gear out of brass. We can remanufacture the parts needed to go into an original movement to keep it whole."

Jeff says an heirloom clock in a home tells more than time, it creates a connection to the past as well as the future. A quality, well-maintained clock can be passed down to future generations as a reminder of family and possibility. 



An Interview with Cathy Richardson, Ed. D. PRESIDENT OF WILLIAMSBURG AREA ASSOCIATION OF REALTORS®

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What are some of the things potential home buyers should know about the home buying process?

RICHARDSON:

Potential home buyers sometimes become frustrated and/or discouraged because they are not aware of changes in the home buying process and/or the things they should know before starting the buying process.

One key change, as of 2010, is the Real Estate Settlement Procedures Act (RESPA). To comply with the new rule lenders must provide borrowers with an accurate and easy-to-read Good Faith Estimate (GFE) early in the loan process to help them compare loan terms from multiple lenders if so desired. The GFE will also help buyers determine monthly payments and cash required for closing. Other changes involve the Housing and Urban Development Settlement Statement (HUD-1) modification. Settlement costs on the HUD-1 must reference the relevant line on the GFE, so buyers can easily compare estimated costs on the GFE and actual costs on the HUD-1. The buyers should be aware of the content of the final HUD-1 prior to closing because it alerts them to funds due at closing and they must sign-off on its accuracy during the closing process.

Underwriting changes have also become a major force in the buying process. Mortgage underwriting guidelines determine the buyer options when purchasing a home. First, buyers need to understand the terms pre-approval and pre-qualification. This process is based on information the buyers submitted before verification of all documentation. After documentation verification, the buyer's file is presented to the underwriter who verifies it again in greater detail and requests additional documentation, multiple times, if determined there is a need to strengthen the file. Buyers must keep in mind that the underwriter must be satisfied before the loan is approved and cleared for closing. It is highly recommended that the buyer not incur additional debt once the loan process is started through closing because the underwriter can pull the buyer's credit on the day of closing and stop the process if warranted.

To prepare for the above changes, it is crucial for potential homebuyers to find the right mortgage that matches their ability to pay including all extras that come with homeownership. It is wise to know basically what you can afford before acquiring a Lender. Some things to factor into the cost for affordable home

expenses include: Appraisals, Closing Costs, HOA Fees, Home Inspections, Homeowner's Insurance, Taxes, Utilities, etc. It is highly recommended that buyers employ a professional Home Inspector to do a home inspection before closing; the Lender will order the Appraisal to be paid for by the buyer; the Homeowner's Package, paid by the seller, should be reviewed in detail to review HOA Fees, By-laws, etc., before closing; buyers should research the cost of all utilities because extremely high utility costs could erase the buyer's ability to enjoy homeownership. Additionally, there could be other costs to consider depending on the home, such as, inspections for lead paint, pests or radon gas, etc.

Buyers should also know that Private Mortgage Insurance (PMI) is added on to the mortgage when the down payment is less than 20 percent. Buyers can purchase a home with less than a 20 percent down payment but will pay the PMI which covers the Lender should the homebuyers default on the loan. As a buyer builds equity, the PMI is reduced or disappears.

In addition, Lenders require that the buyers purchase Homeowner's Insurance on the property. The amount you pay depends on many variables including: where you live, the home type, the home size, age of home, etc. Older homes and homes located in high hazard areas usually cost more to insure due to the fact that they may require more repairs and/or situated in high-risk areas. Sometime Homeowner's Insurance can be more cost effective if acquired from a company being used for instant car insurance, etc. It is recommended that buyers consider the above stated changes and others in the buying process before getting started. This should help them make an informed buying decision. Buyers should also keep in mind that while the extra expenses can add up quickly, if they prepare for their home buying process in advance and budget accordingly, the goal of homeownership is achievable and very rewarding.

Homeownership remains important not just to homeowners but to the growth of our nation's economy. It's considered a vital thread that helps weave together a nation. Research released earlier this year from a Pew Research Center Study, showed that 81% of adults agree "that buying a home is the best long term investment a person can make."

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Hey Neighbor!

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

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

Hey Neighbor! GROUP CANOEING & KAYAKING

Ongoing
York River State Park has a fleet of canoes and solo and tandem kayaks that can be rented from March thru September. Take these boats along the broad river shoreline, or explore the estuarine marsh along Taskinas Creek. Reserve a guided tour for your scout, church, or other group for as little as \$4 to \$8 per person. For more information and reservations, please call the park office at (757) 566-3036.

Hey Neighbor! MAKE A DIFFERENCE WITH SENIORS

Ongoing
Williamsburg Area Faith in Action helps seniors stay independent in their own homes by helping with things such as transportation, visiting, reassurance phone calls, respite care, grocery shopping, light housework and minor home repairs. Our volunteers let us know when they are available and we schedule assignments accordingly. You can make a difference. For more information call (757) 258-5890.

Hey Neighbor! EXPERIENCED EMPLOYEES IN TRANSITION

Ongoing
We are apart of the Senior Services Coalition's Community Action Plan on Aging helping to promote seniors as a resource. Join the Experienced Employees in Transition...a 45 and over Job Club for speakers, workshops, networking, and resource support throughout your job search! We meet

the 1st and 3rd Tuesday of each month on the second floor of the Williamsburg Physicians Center, located at 3901 Treyburn Drive. For more information contact Morgan Whiteley morgan@seniorservicescoalition.com

Hey Neighbor! CHKD FREE PUBLIC PROGRAM – BREAST- FEEDING ADVICE

March 22, 2012
Time: 5:30-6:30 pm. Pediatric Associates of Williamsburg, 119 Bulifants Blvd., Williamsburg. Join us for this free introductory class designed to inform the prospective breastfeeding mother about the advantages of breastfeeding. Call (757) 564-7337 press 5 then 3 if you have questions. For more information, visit www.chkd.org/PAW. Register online at www.chkd.org/classes.

Hey Neighbor! “LA NOCHE GRANDE”

March 23, 2012
The James City Lions Club together with La Tienda, located at 1325 Jamestown Road, is hosting on March 23 at 7:00 p.m. It will be a fun filled evening with tasty tapas, mouthwatering paella, and select Spanish wines. All proceeds from this event support sight, diabetes, and hearing programs in the greater Williamsburg community. General admission is \$40 per person. For further information, phone (757) 250-3151 or email lanochegrande@me.com.

Hey Neighbor! YORKTOWN VICTORY RUN

March 24, 2012
This is an eight mile Co-

lonial Roadrunner Grand Prix event. The course starts at Newport News Park and follows the bikeway to Washington's Headquarters on the Yorktown Battlefield. The run continues through Surrender Field leading you to the finish line at the Yorktown Victory Monument in the Colonial National Historical Park. The race is presented by William & Mary's Mason School of Business and all proceeds will be donated to KIDZ'NGRIEF. For more information, including registration, please visit www.yorktownvictory-run.com

Hey Neighbor! 5th ANNUAL NIGHT AT THE MUSEUM

March 24, 2012
Live & Silent Auction Fundraiser including artwork, food and fun! Fundraiser supports New Town United Methodist Church and Preschool. From 6 – 9 pm at New Town United Methodist Church, 5209 Monticello Avenue. For more information call (757) 258-1072.

Hey Neighbor! CANOE & KAYAK KICK- OFF/BURNING OF THE SOCKS

March 24, 2012
York River State Park. 10 am. Celebrate the 2012 canoe and kayak season with a Chesapeake Bay sailing tradition. Take off your socks and burn them with the rangers. Then join us for a guided trip into Taskinas Creek and the York River. For more information and reservations, please call the park office at (757) 566-3036.

Hey Neighbor! 2ND ANNUAL EASTER EGG HUNT

March 24, 2012
At Walsingham Academy, 1100 Jamestown Road. Easter activities begin at 9 am (juggler, face painting, parachute games, coloring table, and more) Egg Hunts begins promptly at 9:30 am. 2 years old and younger @9:30-9:35 am. 3 & 4 years old @9:40 am-9:45 am. 5 to 7 years old @9:50-9:55 am. Grand prizes for each age group. Rain date is Sunday, March 25.

Hey Neighbor! AFTERNOON OF JAZZ

March 25, 2012
4-8 pm. The Williamsburg Alumnae Chapter of Delta Sigma Theta Sorority, Inc., will host their annual Afternoon of Jazz and Dinner Scholarship fundraiser at the Williamsburg Lodge, 310 South England Street. Tickets are \$55.00 each. The Sorority will celebrate their 30th anniversary of sisterhood, scholarship and public service to the community. For more information, contact Mrs. Margaret Stockton, (757) 258-8727. Email: emlcstockton@aol.com.

Hey Neighbor! ANNUAL FASHION SHOW

March 31, 2012
The Women's Club of Williamsburg will be hosting their annual Fashion Show to raise money for scholarships for graduating senior girls. This year's event will be at the Ford's Colony Country Club. There will be a raffle as well as a silent auction. Tickets are priced at \$40. For information

contact Jean Migneault at (757) 220-0036 or email jmigneault@cox.net.

Hey Neighbor! PHOTO WALK

March 31, 2012
York River State Park. 8 am. "Leave only footprints, take only photographs" during this ranger/photographer guided hike. Capture images of interesting wildlife and inspiring landscapes. For more information and reservations, please call the park office at (757) 566-3036.

Hey Neighbor! VOICE SCHOLARSHIP AVAILABLE

April 1, 2012
Williamsburg Women's Chorus Seeks Applicants for Voice Scholarship. Each year a female student concluding grades 8 through 11 who seeks financial assistance to further her vocal education may apply for a scholarship. Applications may be found on the Williamsburg Women's Chorus website and must be completed by April 1 for 2012. For further information call (757) 564-7875.

Hey Neighbor! FOSSIL FRENZY

April 3-4 and 10-11, 2012
6,000 plus years ago, marine creatures swam here in a shallow sea. Early whales, porpoises, sharks, clams, scallops, and snails all left traces of their existence which we now find as fossils. Join us in discovering relics of these very old creatures as we hike to a fossil beach. No Cost. Starts at 10 am. For more information and reservations, call the

park office at (757) 566-3036.

Hey Neighbor!
SPRING BREAK PICK YOUR PADDLE

April 7, 2012

Explore the beautiful wetlands or river with us. Starts at 4 pm. Learn something new; we provide you with a paddle of your choice (canoe or kayak). For more information and reservations, call the park office at (757) 566-3036.

Hey Neighbor!
STEWARDSHIP VIRGINIA

April 14, 2012

We invite you to come to the York River shoreline, marshes, and trails for clean-up projects that will benefit the health of the ecosystem and enjoyment of park guest. 10 am – 12 noon. Groups are welcome to participate. Call (757) 566-3036 or e-mail the park office at yorkriver@dcr.virginia.gov to register.

Hey Neighbor!
GETTING TO KNOW US TOUR

April 15 and 22, 2012

Take a guided tour of our day use area to see what the York River Park has to offer. Starts at 2:30 pm. Picnic shelters, playgrounds, boating, and access to the York River shoreline are just a short drive from Virginia's Historic Triangle. For more information and reservations, call the park office at (757) 566-3036.

Hey Neighbor!
LANDSCAPE LOVE REGISTRATION

Through April 15, 2012

The James City County/Williamsburg Master Gardeners are offering to residents of the county or city a free consultation on landscape best management practices at the homeowner's home. During the individualized session, the homeowner and team of 3-5 Master Gardeners will discuss pressing landscape problems or questions. Planting and maintenance issues and recommendations include appropriate plant selection, placement, and care, efficient irrigation, fertilization and integrated pest management. Water use, use of native plants and environmental effects of the landscape can be discussed. Application for Spring sessions will be accepted until April 15 by visiting the website at www.jccwmg.org and click on Landscape Love registration forms. Visits will be scheduled in late April through May. The James City County/Williamsburg Master Gardener service

is offered through the Virginia Cooperative Extension office.

Hey Neighbor!
CATCH THE VISION TOUR

April 19, 2012

Williamsburg Christian Academy. Attend a "Catch the Vision" tour and see if this might just be the perfect place for your child. The tour is at 2:00. Call 220-1978, ext 108 for more details, reservations or any questions you might have. www.WilliamsburgChristian.org.

Hey Neighbor!
CHKD FREE PUBLIC PROGRAM – INFANT MASSAGE

April 19, 2012

Time: 5:30-6:30 pm. Pediatric Associates of Williamsburg, 119 Bulifants Blvd.. This is a newborn infant massage class for expecting and new parents. Parents will learn simple infant massage techniques designed for infants from birth to 6 months. Call (757) 564-7337 press 5 then 3 with questions. Register online at www.chkd.org/classes.

Hey Neighbor!
CHKD FREE PUBLIC PROGRAM – BABY CARE 101

April 19, 2012

7-9 pm. Pediatric Associates of Williamsburg, 119 Bulifants Blvd., Williamsburg. Class for expectant and newborn parents who want to learn about providing a safe and secure environment for their infant. For more information on our practice visit www.chkd.org/PAW. Register online at www.chkd.org/classes.

Hey Neighbor!
STARGAZING

April 21, 2012

Join the Virginia Peninsula Astronomy Stargazers for a night of wonder and discovery. Away from the city lights, the broad cliffs above the York River are perfect for observing constellations, planets, and other features in the night sky. There is no fee for this program. Starts at 7:30 pm. For more information and reservations, call the park office at (757) 566-3036.

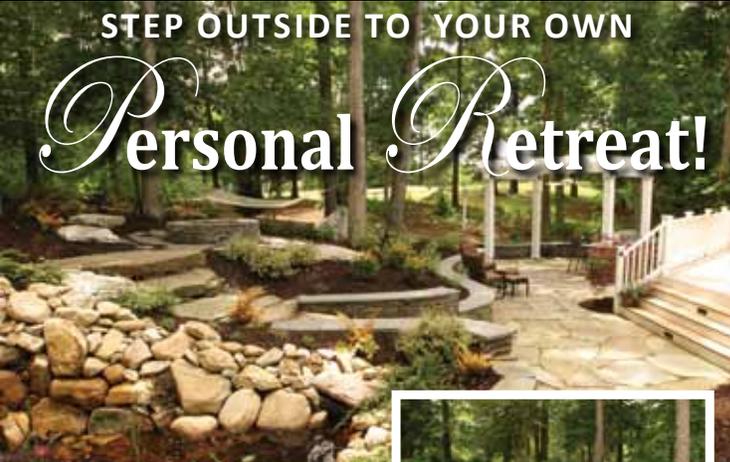
Hey Neighbor!
BIRD PROGRAM FOR CHILDREN

April 21, 2012

Williamsburg Botanical Garden, 10-11:30 am. With Jane Frigo, local bird enthusiast and retired pre-school teacher will present a program on identifying birds for children (ages 5-15). Mrs. Frigo

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helps children learn to identify the birds they will see in their own backyards by using color and sound. Children will also make their own bird feeder to take home. Free. Registration Required. Go to Registration Page on website www.williamsburgbotanicalgarden.org

Hey Neighbor!

BLUEBIRDS AND MORE

April 21, 2012

Williamsburg Botanical Garden, 10-11:30 am, an adult walk and talk lecture, Held in Freedom Park's Interpretive Center. Shirley Devan, Certified Virginia Master Naturalist and Williamsburg Bird Club President will lead this fact filled workshop talking about the habits of the Bluebird family season by season and how several local groups monitor bluebird trails in our area. Adults, 18 or older. Free. Registration Required. Go to Registration Page on website www.williamsburgbotanicalgarden.org

Hey Neighbor!

COMMUNITY OF STARS FUNDRAISING BANQUET

April 26, 2012

The Williamsburg-James City County Community Action Agency and Board of Directors will hold its ninth annual Community of Stars fundraising banquet at Colonial Heritage at 6500 Arthur Hills Dr.. In celebrating its 44th 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, to include Head Start pre-school, youth, family and emergency services. To purchase tickets, contact Yvonne Joseph at 229-9332. The evening is semi-formal and includes a silent auction, raffle tickets and cash bar. Silent auction items are welcomed.

Hey Neighbor!

PHOTOGRAPHY WALK

April 28, 2012

Capture images of interesting wildlife and inspiring landscapes. Shutterbugs of all levels and all types of cameras are welcome. Starts at 8 am. For more information and reservations, call the park office at (757) 566-3036.

Hey Neighbor!

SPRING PLANT FUNDRAISER FORMS

April 28, 2012

From 8:00am until 1:00pm at Five Forks Shopping Center - 4500 John Tyler Highway next to Chesapeake Bank. Also, take part in the silent auction and enter to win raffle prizes. 100% of the net proceeds will go to the National Multiple Sclerosis Society - Hampton Roads Chapter. zeddolce@gmail.com

Hey Neighbor!

ANNUAL PLANTS HUZ-ZAH! PLANT SALE & EDUCATIONAL DISPLAYS

April 28, 2012

The James City County/Williamsburg Master Gardeners, Virginia Cooperative Extension volunteers, will hold their annual inside Freedom Park by the new Interpretive Center at 5535 Centerville Road, (corner of Longhill Road) 9 am - 2 pm. The event features low cost, rare and high quality native and ornamental plants, including vegetables, herbs, flowers, shrubs and trees. Also, bluebird houses, gardening books and supplies, self-watering containers, composting tumblers, and specialty hostas. The proceeds from the plant sale will fund the 30 locally based educational projects we provide throughout the community. Check our website: jccwmg.org.

Hey Neighbor!

VIRGINIA NATIVE PLANT SALE

April 28, 2012

from 9 am - 2 pm, Williamsburg. 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 Freedom Park at 5537 Centerville Road. Cash and checks only. For more information visit www.claytonvnps.org or call (757) 565-0769.

Hey Neighbor!

CHARITY MOTORCYCLE RIDES

April 28, 2012

The Five Forks Ruritan charity motor cycle ride; starts at the Williamsburg - Jamestown Airport, 100 Marclay Rd., Williamsburg.

Hey Neighbor!

49TH ANNUAL ART ON THE SQUARE

April 29, 2012

10am - 5pm; Merchant's Square, Duke of Gloucester & Boundary Streets. Hosted by the Junior Woman's Club of Williamsburg. Over 160 artists offering original, high-quality, handcrafted, and diverse mediums of art. Free & open to the public. Rain or shine. For more information, visit www.williamsburgjuniors.org or call (757) 759-0895.

Hey Neighbor!

BATTLE OF THE HIGH SCHOOLS BOWL-A-THON

Through April 29, 2012

Held at AMF Lanes in Williamsburg to raise funds for PASHN (Parents and Advocates for Special Needs Housing), earn Community Service Hours, win prizes! Interested high school students who would like to form teams should contact Sue Grimes at 345-0695 or Michelle Lytton at Nitnoykamo@aol.com or go to www.facebook.com/pashn.org or www.pashn.org.

Hey Neighbor!

DAR MEETING

May 1, 2012

The Williamsburg Chapter, National Society Daughters of the American Revolution (DAR) next meeting

is at Fords Colony Country Club. The speaker will be retired Navy Captain William Riffer who spent many years in submarines. The DAR is a non-profit, non-political volunteer women's service organization dedicated to promoting patriotism, preserving American history, and securing America's future through better education for children. If you are interested in membership, call Regent Pam Meiring at 757-253-2640.

Hey Neighbor!

PROJECT LIFESAVER CAR SHOW

May 5, 2012

10 am - 3 pm. James City County Police & the Classic Cruisers Car Club - Present the 3rd "Project Lifesaver" Car Show "Bringing Loved Ones Home" Awards For TOP 35, the People's Choice, and the Kid's Choice. Open to "ALL" Show Vehicles (cars, trucks, motorcycles). Registration only on day of show (\$10 each vehicle plus a canned food item) Held at Warhill High School, 4615 Opportunity Way. Show Registration 10 am - 12 noon. For more information call JC-CPD Officer Todd Dill at (757) 603-6025 or e-mail tdill@james-city.va.us.

Hey Neighbor!

PICK YOUR PADDLE

May 5-6, 12, 19-20, 27

4-6 pm. York River State Park. Explore the unique estuary system by canoe or kayak. Our ACA certified guides will share their knowledge of the nature and history of the region and answer questions you may have. For information and reservations, call the park office at (757) 566-3036.

Hey Neighbor!

2012 WILLIAMSBURG MARCH FOR BABIES

May 12, 2012

9 am. Williamsburg Sentara Regional Medical Center. For more information, call (757)383-8821 or e-mail, [chofdimes.com A great day of family fun for a wonderful cause! Join us as we walk for stronger, healthier babies on the beautiful Sentara campus. Family entertainment and picnic will follow the walk. 100% of all funds raised benefit the mission of the March of Dimes to improve the health of all babies by preventing birth defects, premature birth and infant mortality.](mailto:ntippett-burn@mar-</p></div><div data-bbox=)

Hey Neighbor!

RUN FOR THE DREAM 8K RUN/WALK, KIDS FUN RUN AND HALF MARATHON

May 19-20, 2012

The 8K Run/Walk and Half Marathon begin at William & Mary's Phi Beta Kappa Hall, wind through Colonial Williamsburg's famous Historic Area, and end with a picture perfect finish at William & Mary's Zable Stadium. The half marathon also includes the scenic Colonial Parkway toward the James River. The race director is Dave McGillivray, race director of the Boston Marathon. Proceeds from the Run for the Dream benefit An Achievable Dream and Wounded Warrior programs. Contact: Amy Ritchie, Director of Public Relations & Marketing, An Achievable Dream, (757) 599-9472.

Hey Neighbor!

BRIDLES & BOW TIES BENEFIT DINNER & LIVE AUCTION

May 19, 2012

Dream Catchers at the Cori Sikich Therapeutic Riding Center will host the 5th Annual Bridles & Bow Ties Event on Saturday, May 19th. Bridles & Bow Ties is an evening which includes: tours of the facilities, a student riding demonstration, cocktails, an elegant dinner and a live auction. It serves as their major fundraising event of the year. Contact Terry Jacoby (757) 566-1775. Website: www.dreamcatcherswilliamsburg.org.

Williamsburg's IN THE NEIGHBORHOOD photo challenge

MID COUNTY PARK

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

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



March 2012
In the Neighborhood
Photo Challenge





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125 INVERNESS

All brick 1 floor living in private setting. X-large bonus room over garage. Immaculate! HW, ceramic tile, central vac, entire 1st floor generator, crown molding, sprinkler, security, built ins, walk-in pantry, split BR floor plan. Large gourmet kitchen w/ Corian, screened porch, HVAC & H2O heater under 2.5 years, Leaf Guard

Andrea Pokorny
757.291.9119
andrea@williamsburghomefinder.com



2421 BURNWETHER LANE

The Vineyards

Immaculate, 4 bedroom, 3 bath home. 3,600 sqft., bonus room, front porch, Pella windows, 9 foot ceilings, vaulted family room. private yard.

Tim Parker
(757) 879-1781

Cyril Petrop
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145 EASTBURY

Custom built Golf course property in Ford's Colony's Brigadoon section. Open floor plan is perfect for entertaining or casual living. Spacious LR/Study w/built ins & 1st of 3 FPs, grand foyer leads you to a spacious formal DR. 1st floor MSTR retreat offers sitting area w/2nd FP. The sunroom offers golf views of Blue Heron #8. Spacious Bright kitchen w/ new granite. Up are 3 addtl BRs e a c h w/private BAs. 4 BR, 4.5 BA, 5,311 sqft \$825,000.

Lorraine Funk
757-903-7627
lorrainefunk@lizmoore.com



NEW TOWN

4633 Town Creek Drive

Urban living in the heart of Williamsburg! 3 story townhome with HW floors on 1st level, new custom cabinets w/granite countertops & ceramic tile accents in Kitchen & Master BA. 2 car detached garage. Many upgrades including, front door w/leaded glass transom & side lights, automatic generator, custom blinds & maintenance free LeafGuard gutters. 1 year home warranty.

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137 JOHN BROWNING

Kingsmill

Elegant, yet comfortable living in this 4 BR, all brick Georgian home built by Joel Sheppard. 3,550 sqft. Light filled sunroom overlooks meticulously landscaped yard w/koi pond & water fall. Spacious rooms w/open flow that's great for entertaining, brick masonry fireplace. Amazing bonus or media room w/built-ins. Certified energy saver home. Come take a look! \$649,000.

Charlotte Turner
757-784-4317
charlotteturner@lizmoore.com
www.homesbycharlotte.com



7928 DIASCUND ROAD

Grove Hill Estates

Waterfront!!! 3 BR, 2.5 BA. Absolutely gorgeous all brick custom home built in 2005 with wonderful upgrades including, gourmet kitchen with granite, custom cabinets, built-ins, stone FP, tray ceilings, extensive millwork, hardwoods and a million dollar view. Three private acres. Fish from your own dock or boat! \$448,000.

Susan B. Smith
(757) 869-5533
amerika@lizmoore.com



241 CLAIBORNE DR.

Original owner, gently used as second home. Largest condo model available at 1,678 sqft., 2 BR, 2.5 BA. 2 story great room, LR & formal DR. Eat-in kitchen w/extensive cabinets & counter space. Multi-purpose loft, master w/cathedral ceiling, ensuite BA w/jetted tub & separate shower. Freshly painted, move-in condition. Patio & attached garage. Inside City limits. \$199,900. MLS# 30029249.

Susan B. Smith
757-876-3838
susansmith@lizmoore.com
www.lizmoore.com/susansmith



4801 GLENCOE WAY

Villages of Westminster

Well cared for charming rancher with an open floor plan. Living & dining rooms accented by columned entryways, comfortably large family room w/ gas FP. Spacious kitchen w/ great storage & pantry. Large screened porch. 2,051 sq ft. 3 BRs/ 2BAs. \$280,000.

Deelyn Neilson
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