

June 2012

WILLIAMSBURG'S

Next Door Neighbors®

VOL. 6, ISSUE 6

PRICELESS

Discovering the people who call Williamsburg home

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Maloy Jones

Business Relationships

HEALTH

Caitlyn O'Hara

Cultivating Teen Leaders

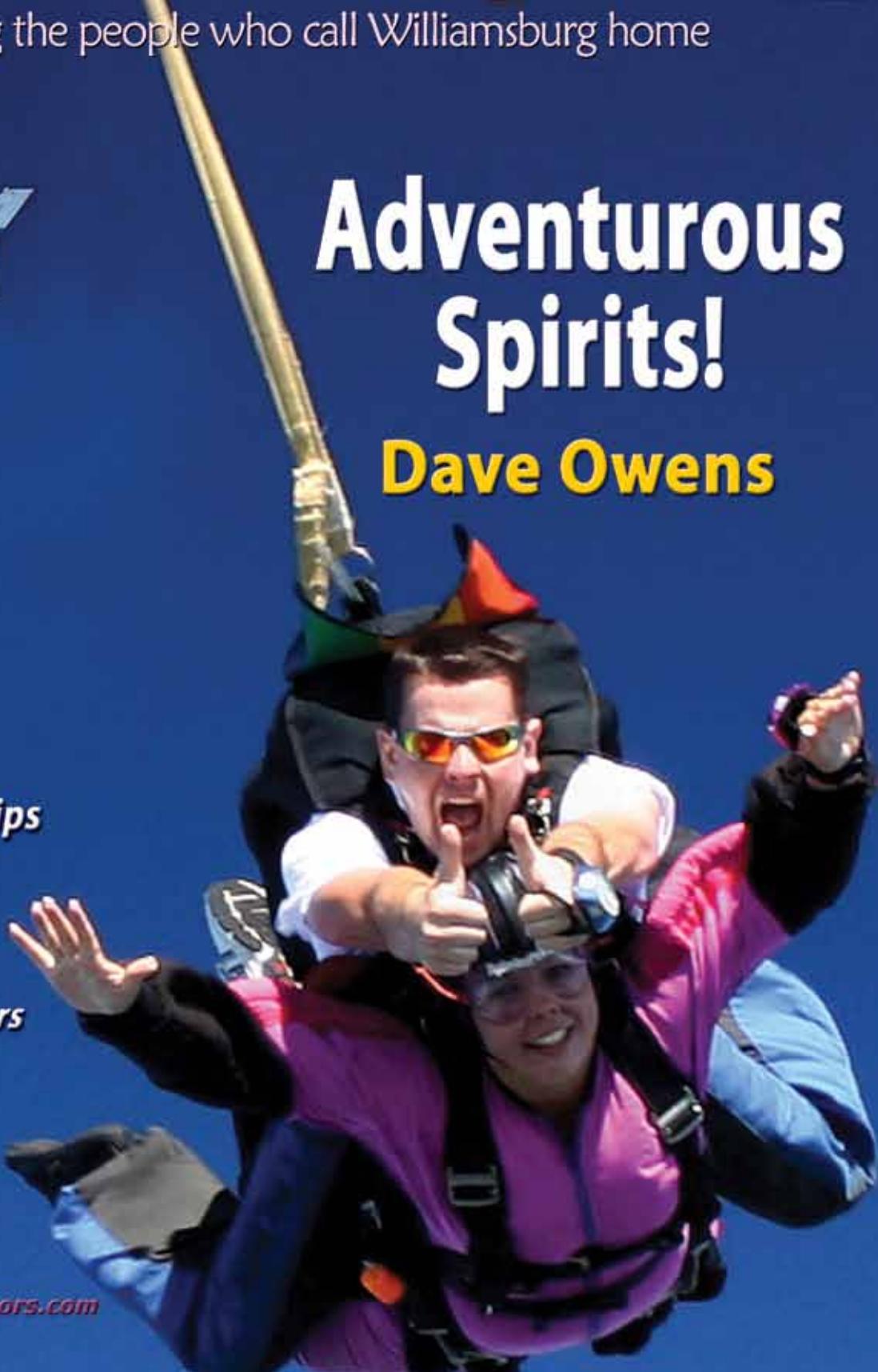
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An adventurous person is someone who enjoys new experiences. Stepping out into the unknown or taking a risk can be both exhilarating and stressful. The combination of the two is probably why so many people are motivated to seek it out. Who doesn't like to feel a little nervous anticipation?

I think most of us are adventurous in our own way. I've always considered myself a bit out there, but admittedly I'm selective about the risks I take. Perhaps that's why I have said 'no' to bungee jumping and sky diving. That's just too much adventure!

Starting this magazine has been an adventure for me. Taking a business idea from concept to reality requires that you step into the unknown carrying only your smarts, convictions and some startup money. Hopefully there is a little luck on your side as well. No matter how you plan or how much you know, starting a business is still a gamble. Not every entrepreneur comes away from the table a winner.

It's like riding a roller coaster. One day you're making slow progress up that steep hill feeling good about things and the next day you are plunging downward with 'what in the heck have I done' thoughts. For those of you who have tried to start a business at one time or another, you know exactly what I mean. Every day is an adventure!

In this issue, we've brought you a number of stories about people we think are adventurous. We've interviewed some of your neighbors who have started their own business and some of them who go for high octane adrenalin - like Dave Owens. Whatever your brand of adventure is, I hope you can relate to the locals we have featured in this issue who are approaching life head on and finding enjoyment in what they do. NDN



Meredith Collins, Publisher

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DAVE OWENS

By Alison Johnson

The first time Dave Owens went skydiving on Oct. 12, 2002, he was terrified. He pretty much had to go through with the jump, though, being a 21-year-old college student out with five fraternity brothers who would have given him endless grief for backing out.

On the way down, Dave remembers one thought repeatedly pounding through his head: his instructor's lesson on how to position his body correctly for landing. He was too overwhelmed to enjoy more than a few seconds of being airborne. Yet, walking away from that jump, he knew he had found something he liked enough to try again.

"Again" has since turned into roughly 3,200 jumps for Dave, now 30, and certified as a skydiving instructor and coach. He still gets nervous every time he leaps from a plane, but that's part of the appeal. Most of life's greatest moments, he believes, don't happen inside a person's comfort zone.

"The day I quit getting butterflies is the day I quit doing it," he says. "It's a very unnatural thing to overcome thousands of years of instinct about heights. If you weren't apprehensive, it would make me wonder. A little fear indicates a

respect for what you are doing."

By trade, Dave is a Naval Architect for the United States Navy and he works at Newport News Shipbuilding. The James City County resident skydives about every other weekend at the Virginia Skydiving Center in Petersburg, Virginia, often jumping in tandem with students. The freedom of being able to fly and the responsibility of controlling his or a student's safe landing – with a pinch of knowing something *could* go wrong – are exhilarating to him.

How does falling from an airplane feel? The sensation is different for everyone, but generally it doesn't mimic a big roller coaster drop as most people think. "There's very little acceleration since the plane is already flying close to 100 miles per hour," Dave explains. "That feeling of your stomach dropping out doesn't hit you. It feels more like you'd imagine Superman flying would feel."

On tandem jumps, where students are attached directly to the front of their instructor's harness, the free fall portion of a dive usually lasts 45 seconds to a minute. Traveling at roughly 120 to 130 miles per hour, divers drop from about 13,500 feet to 5,000 feet before

their parachute opens. They then have about five to seven minutes to enjoy the view as they float down.

"It's the most serene feeling on earth," Dave says. "Knowing that little bit of nylon over your head is allowing you to fly is one of the most empowering and vulnerable feelings you'll ever have all in the same moment. You can see for miles with nothing in the way. The world looks perfect."

According to Dave, people are far more likely to be injured or killed in a car accident than while skydiving. He also cites these statistics: between 2000 and 2010, there were 279 skydiving-related fatalities in more than 27 million jumps, according to the United States Parachute Association (USPA). During that same time period, there were 293 reported deaths caused by appliances or furniture falling on people in their own homes, according to the U.S. Consumer Product Safety Commission.

"You aren't a test jumper," Dave says. "This isn't research and development. Parachutes are built to open. These systems have been designed and refined for decades to be extremely reliable, and there have been literally millions

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of successful jumps using them."

In all of his jumps, Dave has had three parachute malfunctions. His training immediately kicked in, and he calmly opened a reserve chute. "They were complete non-events," he says. "You're prepared. You only get the extra kick of adrenaline after you land – the thought that, 'Oh, something bad happened.'"

Skydiving is as calming to Dave as yoga is to others, helping him prioritize the most important things in his life: family, friends and health. "When you're going 120-plus miles per hour, the concept of 'right now' changes," he says. "People say they need something 'right now', but they usually don't. There are just a few things in life that are so important. I've learned to quiet out all the static and noise and focus on what needs to be done. Skydiving has become a way to get back to the basics of life."

A native of Kingsport, Tennessee, Dave was a boy who climbed a lot of trees but wasn't a particular daredevil. He has tried rock climbing but no other so-called thrill-seeking activities. While working toward a degree in Ocean Engineering at Virginia Tech, he and some buddies decided to go skydiving just to say they'd done it once.

Dave got hooked quickly. Two weeks after his first jump, at Smith Mountain Lake near Roanoke, Virginia, he enrolled in ground school to learn more. He is now USPA-certified as a coach and instructor in tandem and accelerated free fall, where students jump solo but with assistance from professionals in the air. He also competed with the Skydiving Club of Virginia Tech, jumping in formations with a four-person team.

Dave's highest skydive to date was from 18,000 feet, and the most beautiful was in Sebastian, Florida, where he floated over the ocean and saw dolphins and pelicans on his way to landing. As an instructor, he has shared the experience with people from all walks of life, including those with advanced cancer, kidney transplant recipients and a man with rods in his spine.

While skydiving does have some weight and health restrictions, the only hard and fast rule is that a person has to be at least 18, he says. He has taken people as old as their mid-80s. Before tandem jumps, students take an approximately 20 minute class, mainly to learn the basics of free fall and landing. Dave also teaches his students how to open their parachute and steer it. "They can do as much or as little as they want," he says.

Only one of Dave's students has ever backed out of a jump at the last minute. People who are scared or unsure usually say they don't want to do it but still move toward the door. In fact, most of Dave's work takes place before students board a plane for the approximately 15-minute ride before a jump.

"Some people need to be comforted or reassured," he says. "Others need to be calmed down. Some need to be distracted. If you can read what their needs are and tend to those first, the rest – the actual mechanics of the skydive – becomes much easier."

In his experience, people who are most hesitant about skydiving get the most out of the experience. "It's like any goal you set but may not believe you can do," he says. "If you're really terrified of heights or don't think you can jump, and then you do and walk away with a smile on your face. That's a big deal."

Dave has taken his wife, Karlyn, on tandem jumps several times, although she hasn't caught the skydiving bug. Someday he may go with his baby son, Bradley, now 7 months old. What Dave knows for certain is that – even though he also enjoys the less dramatic activities of cooking and watching hockey – he'll keep skydiving until he's no longer physically able.

"If it's for you, it's a compulsion," he says. "There's something inside of you that has to keep doing it." NDN

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November 19 & 20, 2012 - Masterworks #2

Suite française, F. Poulenc; Pulcinella: Suite, I. Stravinsky; Serenade No. 11 in E-flat Major, K. 375, W. A. Mozart; Music for the Royal Fireworks (Boudreau), G. F. Handel

January 7 & 8, 2013 - Masterworks #3

Masquerade: Suite, A. Khachaturian; Mandolin Concerto "From the Blue Ridge," J. Midkiff with Jeff Midkiff, mandolin; Symphony No. 8 in G Major, A. Dvorak

March 4 & 5, 2013 - Masterworks #4

Suite in E Major, Op. 63, A. Foote; Concerto for trumpet, piano and strings, J. Stephenson with Marc Reese, trumpet and Lisa Leonard, piano; Capriol Suite, P. Warlock; Symphony No. 39 in E-flat Major, K. 543, W. A. Mozart

May 6 & 7, 2013 - Masterworks #5

Overture to Semiramide, G. A. Rossini; Piano Concerto No. 1 in E Minor, F. Chopin with Antonio Pompa-Baldi, piano; Symphony No. 3 in E-flat Major, R. Schumann, "Rhenish"

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DAVID MARMON

Nothing But The Best

By Ryan Jones

What makes a person have an adventurous spirit? It's hard to say. People who are independent thinkers, who are willing to take risks and who like the view of life from the front seat come from all walks of life. Like David Mar-

mon. Who would have thought an overweight kid from Huntsville, Alabama could have gained a perspective on life, totally different from the environment he grew up in, to excel at fitness, business and life?

"The first year I played football (in elementary school) there was a weight limit," he says. "I think the weight limit was one hundred pounds for kids nine and under, and I was around one hundred-twenty. I couldn't play in



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any of the games. All I could do was practice. I said to myself, ‘Well, if I run every day after practice, I’ll lose the weight and be able to play in the games’. So I would stay after practice and run laps around the field. After a while, my coach would just sit there and wait for me. He would watch me and cheer me on. My mom later told me that she sat in the car and cried, because she saw how badly I wanted to play. The next year I was in the right weight class for my age group and I got to play [in games]. That was big.”

David’s foundation for a lifetime of fitness and adventure was further established when he was in junior high school. David worked hard, tried out for football and wrestling and made both teams. He started shedding some weight and replaced it with adolescent muscle. Along with the physical transformation, he developed a different mindset. He liked the positive attention he received from having athletic success and the sense of accomplishment he experienced competing on athletic teams. His physical and mental strength continued to develop throughout high school and into his college years at Auburn University, where he earned degrees in health promotion and business, and at Georgia Southern, where he earned his Master’s Degree in Kinesiology. Along the way he found he also had a passion for helping others develop physically and he widened his experiences by becoming a strength coach.

David has served as the strength and conditioning coach at the University of Washington, Indiana State University, the University of Iowa, the College of William and Mary, and Georgia Southern University.¹ He has also coached a bevy of high-profile athletes, some of whom have gone on to compete in the Olympics and some – like Santana Moss and Reggie Wayne – play in the National Football League. David trained with both of them, and a host of other aspiring athletes, when they were at the threshold of their NFL careers.

“I was in Miami for a summer internship getting those guys prepared for the upcoming football season,” David remembers. “Butch Davis was the head coach that year. It was senior year for Santana Moss and Reggie Wayne. There were some pretty awesome athletes playing at that time – Dan Morgan, Al Blades. It was a valuable experience. I learned that there are people out there who live life with really high expectations for what they do. These guys expect to play in the National Football League; they expect to win the national title, and nothing less than that is going to be acceptable. I think that kind of stuck with me. I realized that I would always have high expectations for myself and the people I surround myself with. Mediocrity is not an option.”

David met his wife, Britta, at the University of Iowa; they married and came to live in Williamsburg in 2007 when Britta was hired to coach soccer at the College of William and Mary. He took a job with a private training facility when they first made the move but it did not take him long to start his own business.

David started Marmon Sports Performance & Fitness in 2010 during a down economy. Slow times have not held his progress back; he has expanded his business twice since then and is just beginning a third expansion. He sees CrossFit methodology as one that breaks the mold on traditional fitness training – testing a person’s strength and stamina in a number of ways. In the world of CrossFit, it would not be out of the realm of reality to see someone flipping a seven-hundred pound tire, harnessing up to a 47,000 pound truck, or deadlifting a four-hundred forty pound engine block onto a platform – although these sorts of physical demands are typically presented during competitions. While

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these are not part of his usual work-out routine, David tries to bring the level of determination seen during competitions to his training facility where he teaches fitness to clients. He has specialized in developing personalized strength and conditioning regimens for clients, ranging from collegiate-level athletes to stay-at-home moms. He works with people from ages three and up; CrossFit for Kids is a play-based fitness program for children.

"Our goal is to be good at everything and great at nothing," David explains. "We want to be solid across the board in all ten fitness domains [cardiovascular/respiratory/endurance, stamina, flexibility, strength, power, speed, agility, coordination, balance and accuracy]. One of the most important elements in that process is being able to identify our weaknesses. We call them goats. We spend a lot of time with our goats; we become best friends with them. It's amazing to see how improvement on the things you're not very good at indirectly improves all of the things you *are* good at. Coming from a strongman background, I wasn't comfortable having to run, row, swim and do gymnastics. But spending time working on those things has really made my strength numbers go up. It's hard to explain. It contradicts a lot of the theory-based things we learned in school about periodization and ways to improve strength. At the end of the day, though, the proof is in the pudding."

The 'pudding' David refers to is a continuum of steady progress that is specifically quantifiable, and that has become one of the driving forces behind his fitness program.

"Everything we do here is performance-based," David says. "We're not an aesthetics-based gym. We don't do bodybuilding and we don't have mirrors. Since the program is performance-based, our athletes get data for everything they do. We have an online database called *Beyond the Whiteboard* where we post the workouts each day. People can plug in their times and scores and the database will feed them reports and summaries of everything they've done – and it can trace their progress back over the course of years. I think that's what is addicting – the data. When those benchmarks pop up in the program, you're asking yourself what you did on your last performance. Then you know what you have to beat. Every day we post the scores so that groups of people arriving at night can see what their buddies did that morning. We are a community of athletes."

While David spends most of his time helping other people realize their potential, he still enjoys the thrill of competition. He also enjoys being able to do what he loves alongside Britta, who now works with him at their training facility located inside the Williamsburg Indoor Sports Complex (WISC). They enjoy their life in Williamsburg and the many friendships they have made with their clients and others they have met along the way.

"This is a journey," he says. "It isn't a crash course. I'm thirty-four years old, and I am fitter than I've ever been. I can walk on my hands, do a hundred pull-ups, and run a six minute mile. But the reason I can do all of that is because of the variance in the way we train."

The journey toward excellence doesn't hinge on physical training alone. An adventurous spirit – one that keeps David trying something new or going down a different road – is the part of him that got its start many years ago on that elementary school football field. It's what lights up his face up with excitement when he talks about coaching and teaching, and it's what keeps him focused on being the best he can be. **[NDN]**

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A Life Without Limits

By Linda Landreth Phelps

Retired U.S. Army Colonel Ramon "Tony" Nadal recently ticked off an item on his personal Bucket List. At the age of 76, he leaped from a gaping airplane door into empty blue sky, free-falling to earth from an altitude of 14,000 feet...again. Safety dictated that on this occasion Tony be strapped tightly to an instructor for a tandem jump. After all, there have been some fairly radical equipment changes in the years since Tony was a Special Forces officer.

"I'd always wanted to jump again and I got the chance to do that and promote a good cause at the same time," he says. "It was to benefit Troop



Lisa W. Cumming Photography

Swap, a way to help soldiers get discounts on things they need." Tony is passionate about his volunteer involvement with organizations that promote the military.

Jumping again was also a legitimate excuse to get a big hit of adrenaline, something he

confesses he sometimes misses from his more adventurous past. Adrenaline is Tony's old friend. Back in the day, surges of that hormonal stimulant were a daily event for the young man who was Airborne, Ranger, Special

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Forces, and Pathfinder qualified. In November of 1965, training, commitment and adrenaline worked together to help Captain Tony Nadal keep his weary, thirsty troops moving forward against superior enemy numbers at the Battle of LZ X-ray in the Ia Drang Valley.

We Were Soldiers Once...and Young, a book written in 1992 by Lt. Gen. Harold G. Moore (Ret.) and war journalist Joseph L. Galloway, chronicles the difficult days during Tony's second tour in Vietnam, including his 7th Cavalry's participation at Ia Drang, the first large-unit battle of the Vietnam War. The 2002 war movie classic based on that book, *We Were Soldiers*, stars actor Mel Gibson and includes Tony's story of spearheading a rescue mission that was both brave and brutally costly. Out of Tony's rifle company of 90 men, 18 were killed and 26 were wounded.

The book and movie have brought Tony a degree of attention and fame that makes him uncomfortable at times.

"In battle, when it gets really tough, you've got to suck it up and do what you've been trained for," Tony says. "I didn't do anything more than any soldier would have done at the time."

Tony's preparation for Army service began early in life, even before he graduated in 1958 from the U.S. Military Academy.

"I never had any doubt what I wanted to do with my life," Tony says. "From the time I was 6 years old, I knew I wanted to go to West Point like my father. I wanted to be an Army officer, and I wanted to be in the Infantry. My folks didn't push me. As a matter of fact, my mother hoped I'd become a doctor."

Though he was born in Fort Benning, Georgia, Tony spent his early childhood in the late 1930s through 1946 in his parents' native Puerto Rico, where his father supervised Civilian Conservation Corps highway construction projects and served as a professor of military science. When World War II broke out, Tony and his mother stayed in Puerto Rico to await his father's return.

"In 1946 we moved to Fort Leavenworth, Kansas," Tony remembers. "I went through 6th, 7th, and 8th grades there. Those were enjoyable years for me. The Midwest was a good, safe place to be a kid."

He had a difficult two year stay at a Mississippi boarding school, but his next three years were spent more happily at the highly regarded

Peddie School in New Jersey. Tony qualified for two different appointments to West Point, where he studied and played hard.

"I earned six years' worth of college credits in four," Tony says. Classes were from 8:00-3:00 every week day, [and] half a day on Saturday. The cadets' afternoons were spent in sports activities and physical training, then shower, dinner, and study until the lights went out at 10:30, unless a particularly challenging course warranted extra time with a flashlight under the blankets.

"My forte was the social sciences, but my nemesis was calculus!" Tony recalls with a laugh. "I wondered then, 'If I'm going to be an Infantry officer, why do I need to study chemistry?'" But in all, Tony remembers it as great discipline for mind and body.

Tony's subsequent Army career had two main threads. The first was his study of and eventual teaching of combat leadership; the second was actually commanding troops. The two are inextricably intertwined.

His academic pursuits were entirely focused on improving the Army's leadership capabilities. After Tony's second tour in Vietnam, a graduate degree in Social Psychology led to his



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return to West Point.

"Teaching cadets is one of life's great joys," Tony says. "They're all very bright and motivated." While there, he became, in his own words, something of a zealot.

"I became convinced that the military was not making use of what we knew about human behavior, social psychology and organizational behavior," Tony remembers. "I had some theories about how to integrate these things into the Army."

His next assignment was the Marine Corps Staff College, where Tony, then a major, had an opportunity to meet and give Chief of Staff General William Westmoreland a paper he'd written about his ideas. A few days later, Tony got a call from the General inviting him to lunch.

"It turned out there was a group of six 3- and 4-star Generals at the table...and me," Tony says. "They all wanted to discuss the paper I'd written."

This meeting led Tony to be pulled out of the Staff college and assigned to the Pentagon to help get the new all-volunteer Army program off the ground.

In doing so, "I stepped on some toes," Tony says. "I had the ear of the highest powers and I got a lot accomplished because of that. Some people referred to me as 'that major who was running amok', but I had a chance to improve leadership for the entire Army and I took it."

The second thread of Tony's Army career, his personal experience as a leader of troops, began as a young officer in Munich, Germany. Tony volunteered for Special Forces and commanded a detachment near Viet Nam's Laotian border. Their job was to search out and destroy infiltration routes used by the Viet Cong. His memories of the jungle and its small men in blue shorts and rubber sandals remain vivid.

Tony is by nature a deep thinker and by habit a reader. "I've studied about and taught courses on that war, and I now feel differently about it than I did. I look back on it and am troubled by some of the things that happened, the things that we did at the time as part of our duty to ambush the enemy," Tony says reflectively. "I recently read a British poem about a soldier who had killed a man that day, someone for whom, in a different world, he might have bought a pint in a pub. Forty years later, these are the things that stay with me."

After 22 years of Army service, Tony began the second phase of his career, his life as a civilian. He settled in as Vice President of Human Resources for a large company in Pennsylvania, a job he held for 16 years, and then accepted a similar position with a Connecticut company. In 1999, Tony and his wife, Billie, retired and moved to Ford's Colony in Williamsburg.

When Billie died of breast cancer in 2003, Tony was terribly lonely and knew he wasn't prepared to spend the rest of his life without a companion. Following his lifelong habit of directness, Tony attacked the problem head on. He was ready for a second chance at love.

"I'd heard Gay, the widow of a West Point classmate, was living in California, so I called her up one day. When she answered the phone, I said, 'This is Tony Nadal. Can I come out there and woo you?' There was a long, stunned silence on Gay's part, and then she answered, 'I think so. Yes!'

Tony recalls, "After a few months of wooing, Gay came back to Williamsburg with me and we got married in 2005. I always say I rescued Gay from Santa Barbara," Tony laughs.

Tony, as evidenced by his romantic pursuit and recent skydiving ex-

perience, is still finding adventure in his retirement years. He has put his training and experience to good use, benefitting several military causes.

Several fellow members of the West Point Class of 1958 got together to found the Wounded Warriors Mentorship Program when it became apparent that people in the Wounded Warriors program needed more individual attention than their services could provide.

Somewhere between 70% and 80% of Wounded Warriors will leave the military after recovery and rehabilitation. The founders of the mentorship program identified a need for volunteers to help the soldiers make successful transitions. Mentors are asked to bond one-on-one with their Wounded Warriors in a surrogate parent relationship based on trust. Tony is one of the trained mentors who counsel on benefits, jobs, educational opportunities, and handling of finances.

"Fort Eustis' McDonald Army Health Center is in great need of more mentors for its program there," Tony says. Most mentors are former military officers or senior non-commissioned officers.

"Not every mentorship is successful," Tony says. "But when you can make a difference in a soldier's life, watch them succeed because of something you did or said - that's pretty exciting."

His life today is not as exhilarating as skydiving, perhaps, but certainly more rewarding. Tony is currently interested in getting his adrenaline in smaller, more manageable doses. For Tony, adventure is where you seek it and he has found it making a difference in other people's lives. **NDN**

For more information about becoming a Wounded Warrior mentor, please contact Tony Nadal at Rnadal19@cox.net or Home: 757-258-3999.

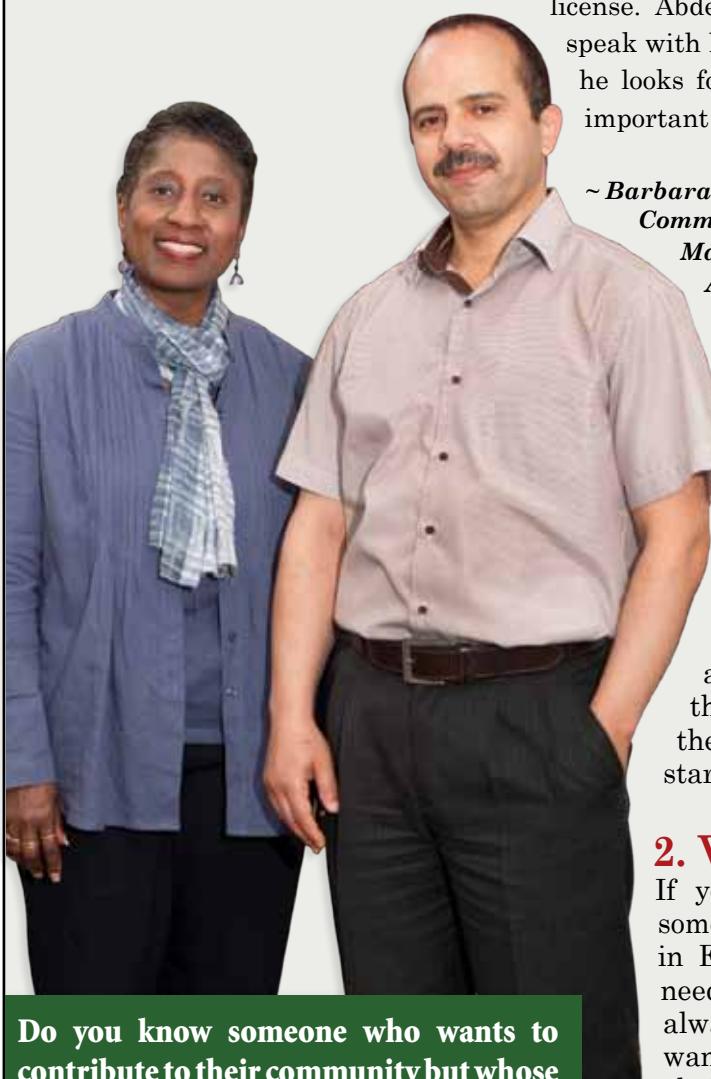
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~ *Barbara Watson, James City County Community Service Assistant Manager, and Abdelouahed Aissaoui*



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DR. DANIEL SHAYE

A MAN IN MOTION

By Natalie Miller-Moore

Dr. Daniel Shaye doesn't just talk the talk, he walks the walk...well, actually he runs the run. He has personally run over 35,000 miles in his lifetime. He is also the former vice president of the Colonial Road Runners, a local running club, and loves to run with the Christopher Newport University track team.

"I like to run with people half my age. It helps me sharpen my time, since I don't want to embarrass myself," he says.

Even his job as a chiropractor supports his energetic lifestyle. "You can't sell it if you don't own it," he says. Dr. Shaye encourages his patients to take care of themselves, by eating well, sleeping well and moving their bodies.

"I think the practice of medicine often forgets the third part of 'diagnosis, treatment and prevention of disease,'" he says.

Part of his philosophy is that taking care of your body is paramount. "You have to live in your body. Where else are you going to live?" His belief in celebrating wellness imbues everything he does. His regimen includes a good balance of eating, sleeping and moving.

"You know [when] you eat something, you feel good. I know how a doughnut makes me feel. I feel a difference when I have an amazing salad with avocados, goat cheese, cranberries, field greens, and fresh tomatoes," he says.

His office kitchenette proves he eats what he says he does – whole grain bagels, a banana, a bag of dried cranberries and lots of water. He eats a mostly vegetarian diet, and doesn't drink alcohol, but loves chocolate.

Dr. Shaye names lots of reasons to run: "competition, body image, weight, mental health, enjoying nature...I run for all these reasons," he says.

He alternates intense runs with lighter ones and adds swimming into



Lisa W. Cumming Photography

the mix.

"You can't run hard every day. You need time to recover." One of his favorite things is running or walking alongside nature, so he can hear the snort of deer or see a pack of turkeys in the woods.

He thinks it's important to listen to your body and takes a line from Goodyear Auto Service manager David Held: "periodically drive with the radio off" because if something is different and you aren't listening, you won't hear the warning signs.

David works on Dr. Shaye's vehicle, and Dr. Shaye works on David since he's a dirt bike racer. "He's patched me up many times. He's a gentleman that's always trying to teach people to be in tune with body for performance," David says. You could say they both work in the maintenance business.

Even with all this running and working, Dr. Shaye finds time to relax. One of his mottos is "Eating is training, sleeping is training, running is training. Are you training to succeed?" He doesn't have a lot of downtime, but he does make sure he gets enough sleep, because he believes "sleep is critical to performance."

Despite the perception that runners get up earlier than most people to fit their run in, Dr. Shaye is a mid-day runner. "Morning is a won-

derful time for sleep," he says.

Today he says he's a "fairly competitive" runner and possibly he's being humble, since he's ranked 11th in the 40-44 year old category in the Virginia/ DC / Maryland region. He also recently won the first Annual Run for Autism at Newport News Park, speeding through the course in 37 minutes, 21 seconds. He also placed first in his age category for the 8th Annual Yorktown Run 8-Miler.

What he enjoys about endurance sports like running is that "if you put in the work, the result is more likely. If you don't, then you definitely won't get the result." He thinks of it as investing in yourself.

Dr. Shaye comes from a long line of chiropractors, his father and uncle both practiced chiropractic. Growing up, Dr. Shaye worked in his father's office, doing small tasks like cleaning, labeling newsletters and sorting them by zip code. He thought everyone had a dad like his. "My dad would fix my headaches, and so I didn't take any pills. I thought this was normal. It was weird growing up to discover it wasn't," he says.

Dr. Shaye had no intention of following in his family's footsteps. "My parents said I'd be a chiropractor, but I didn't think so. It just shows, what do I know?" he says jokingly.

After graduating from Hampton Roads Academy and the College of William and Mary, Dr. Shaye considered law school but a test at the career center indicated "chiropractor" might be a good career option. Since he couldn't fight fate any longer, and he was very interested in becoming a chiropractor, Dr. Shaye decided to head to St. Louis for his own stint at Chiropractic College.

"We reviewed the basic sciences, but also examined the body up close. We dissected it, and focused on the nervous system. I learned how to use X-rays, CT scans and MRI. Then it was time to learn how the body is supposed to function and what that feels like: the joints, ligaments and muscles and their normal range of motion," he says.

He opened his own practice in 1996, and decided to call it Performance Chiropractic because of his athletic background. "I wanted to help people perform, and live better. It's important to me that my patients can describe in their own words this important question: 'what's your experience of your body?'"

He works with them to find the least invasive path for their treatment. Of course, he also advocates his three keys: eat well, sleep well and get moving. He certainly lives them – he's a man in motion. NDN

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PHILLIP SCHNIBBE

Every Day is an adventure

By Narielle Living

For some, an adventurous spirit conjures images of daredevils jumping out of airplanes or climbing mountains. But sometimes an adventurous spirit is about grabbing hold of what you have in life and making the most of every remaining day. For Philip Schnibbe, who is waiting for a heart transplant, every day becomes an adventure.

Originally from Denver, Colorado, Philip has lived and worked in a variety of places. A self-proclaimed free spirit, after leaving high school he worked in the restaurant business, eventually becoming a wine manager. "I was treated very well by the wine industry," he says. After a while, though, it was time for a change and he went back to school to earn his Associate's Degree in Electrical Engineering. Upon receiving his degree, he got a job as the lead troubleshooter for a large manufacturer of environmental air conditioning. In this position he traveled extensively around the world in order to manage industry problems.

"I loved the independence of that job. I worked alone, but I got to see the world," he says.

Philip taught himself to read the native languages where he traveled by visiting the local grocery store wherever he went. "I would look at the

names next to the product to learn a little of the language," he says.

His high school reunion in 2004 was a pivotal moment for Philip. "I re-connected with a girl I'd known from the second grade," he says, smiling. "Susan and I hadn't seen each other in years, but we hit it off instantly. There was a sort of immediate recognition between us. Our sisters even have the same birthday."

Philip and Susan are still together, but circumstances have altered their life plans. They used to spend time doing the sorts of things other active couples do, such as traveling, biking and generally enjoying life.

"When I turned 50 I went to the doctor and had all the tests you're supposed to have," Philip says. "Everything came back as normal. I was pronounced healthy."

In 2008, not long after those tests, Philip had a massive heart attack. With more than 75% of the left side of his heart damaged, doctors gave him one to two weeks to live. A heart transplant would have to be the next step, but the cost of that is around \$500,000. Insurance would only cover \$25,000 of that expense, leaving Philip to foot the remainder of the bill.

This is where his adventurous spirit began to truly shine, as Philip decided he was not going to give up. There was too much to live for, including his then 19 year old daughter, Hayley, and his new found love, Susan.

"I sold or gave away everything I owned and we did fund raisers. Lots of fund raisers, all within a two week period. It was my only option."

It's difficult to gauge the toll this kind of stress may have taken on Philip since he radiates such a positive attitude. At this point in his life it's clear he was facing his own mortality, with death potentially imminent. Yet his calm assurance in the telling of these events conveys a sense of peace and acceptance, the qualities often found in a warrior.

"I definitely think my beliefs and positive attitude have played a big role in keeping me alive," he admits. He also credits his sister, a naturopathic doctor, with being a tremendous help.

"My sister has a different kind of insight into the medical field. Naturopaths tend to view the body in a more holistic way, and she was a great source of information and inspiration for me."

A couple of weeks after his heart attack, Philip was admitted to the hospital for treatment. He responded so well to the drugs they gave him that he was released and sent home. The next two years of his life were spent living quietly, avoiding strenuous activity and being careful to stay as healthy as possible. His name went on a list for a heart donor, and it became a waiting game.

In May, 2011, Philip's health suffered another complication. The right side of his heart failed, and this time he had to have a Left Ventricular Assist Device, known as an LVAD, installed.

"The LVAD is considered a bridge to a heart transplant," he explains.

The LVAD is surgically implanted and functions to pump blood through the body, supplementing the function of the heart. The device is implanted in the heart and abdomen, and a portion of it is worn outside the body. Philip must wear a backpack with him at all times containing an extra controller and batteries for the device. The backpack is heavy, weighing 22 lbs, but is essential should he need these supplies while outside of the house.

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He still has certain restrictions, and has to notify the hospital if he travels outside of a 100 mile radius. His batteries only last ten hours, and need to be changed as the charge weakens. He has a wall unit at home that can be plugged in, and the county and electric company had to be notified of his status in case of a power failure.

Ironically, Philip feels better than he has in years. "I haven't had any problems with this, and I've become a lot more mobile," he says. "I don't use home health care anymore. We can take day trips now. I can ride a bike or go for walks... it's amazing." The flip side to regaining his energy and mobility is that it may put him further down the list for a heart transplant.

"If you're not doing well, you're first on the list. When you're healthy, they move you down the list so people who are at higher risk have priority," he explains.

Philip isn't going to settle into despair over this situation. Instead, his outlook is more of an affirmation of life, a reinforcement of his belief that each day is a gift. He has always been meditative in nature, and this experience has sharpened his perception of how he wants to

live his life.

"A new heart is a gift, and I recognize that. I think it's important to recognize that it's a gift of life to be an organ donor, not just for the person receiving the organ but for everyone close to that person, as well. Receiving that type of gift is amazing," he says.

Philip struggled a little with the idea that in receiving this gift, someone would die. For him, that wasn't an easy thing to come to terms with. Eventually he came to the realization that organ donation is the donor's last wish and in a sense he would be granting someone their last dying wish.

Philip's outlook on life and death remind us of the importance of remaining positive during times of adversity. "When at first I didn't die, I assumed it was so I could have time to get things in order," he says. "But now I believe the reason I'm still alive is largely due to all the well wishes and prayers and the support of everyone around me."

By example, Philip has proven that sometimes an adventurous nature is exactly what we need to persevere and live life to the fullest, no matter what the circumstances may be. **NDN**

Next Door Neighbors

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

Circulation: 37,096



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The Next Adventure

By Brandy Centolanza

The latest attraction for Busch Gardens, Verbolten, opened this month, and park President, Carl T. Lum, couldn't be more pleased. He had the chance to ride it before it opened to the public on May 18.

"It's an awesome ride," Carl says. "It's really, really fast. One of the first persons to ride it, our person in charge of rides maintenance, came off of it with a smile and said 'It's a winner. It's going to be a big hit.'"

Verbolten is the park's newest roller coaster, situated in the Oktoberfest section near Mach Tower, which opened last year. The highly anticipated coaster features five vehicles designed to look like vintage sports cars with real tires,

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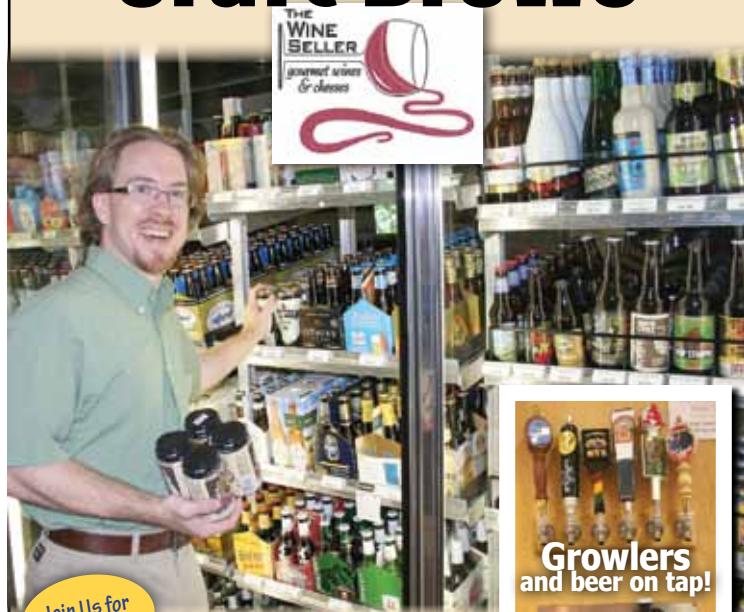
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chrome side mirrors, and classic long hood lines, and can hold up to 16 passengers. The idea is for riders to feel and imagine as though they are really racing through the Black Forest.

"Half the ride is indoors, in the dark," Carl says. "There are lots of special effects, lots of themes. It's a great ride. It's gotten a lot of buzz. We knew that whatever took up that space had to deliver."

The ride is about three years in the making. In 2009, during a business trip to the United Kingdom, Carl recalls riding a coaster similar to one that Busch Gardens envisioned and he immediately called John Reilly, then park president, and said "here are a couple of elements that I think that you need to incorporate into the new ride."

Certain aspects of the ride also make reference to [the] Big Bad Wolf, a very popular family roller coaster that was located in the same area for a quarter century before the park chose to shut it down three years ago.

"People still come up to me and ask me about Big Bad Wolf," Carl says. "That was a ride that everyone in the family could enjoy, and Verbolten is also a very family-friendly ride."

Carl has long been a fan of roller coasters. He spent his childhood in his native Florida as well as Ohio, where he enjoyed rides at Cedar Point, an amusement park well known for its coasters and dubbed "the roller coaster capital of the world." His favorite Busch Gardens roller coasters are SheiKra in Tampa and Alpengeist here in Williamsburg.



The Alpengeist, Williamsburg

"In terms of sheer energy, Alpengeist is a great ride," he says. "I don't like going up on a coaster, but I like coming down. As far as the experience goes, that's the great part for me."

Carl did not plan for a career in the amusement park industry. He received a Degree in Marketing and Economics from the University of South Florida in Tampa and was working for a technology company when his wife, Debbie, read about a job opening as finance director of Busch Gardens there in 1999. He applied for the job and has been with the company ever since.

"What I enjoyed about my job there was that I learned a lot about everything in the park," he says. "I learned a lot about operational management, revenue management, guest services management and how to make the park better."

His knowledge served him well through the years and he was promoted to president of Busch Gardens in Williamsburg, arriving here to start his new position in November 2010.

"Years ago, if you had told me I would be heading up a theme park, I would have said you were crazy," Carl says with a laugh. "It's in my blood now. I'm really enjoying it."

His days are often spent in the park ensuring everything is running smoothly, from preparations to the opening and closing of each day, to rides and ground maintenance and everything in between.

"Theme parks are a lot like little cities," he says. "What I like about my job is that every day is different. There is no monotony."

His favorite part of the job is interacting with the park's employees.

"I enjoy working with the people both here at Busch Gardens and in the community," Carl says. "Our employees are really good team members and I think that has a lot to do with Virginia and the culture here. Twenty percent of our employees are high school students in the area. I think the schools here are fantastic. A good educational system makes for good employees."

So does thinking outside of the box.

"I've always liked to try new things," Carl says. "During employee orientation, I tell all of them to always look and try new things. Some may be small, some may be big and some may not work out but that's okay. If we want better or different results, if we want better guest satisfaction and a better experience, we need to try new things."

Carl also tends to seek new opportunities beyond his job. When he is not at Busch Gardens, he can be found outdoors golfing with his two sons or running, swimming and cycling. This fall, Carl plans to swim the James River with the College of William and Mary swim team to raise funds for cancer research. His goal is to one day complete a triathlon. Carl and his family also enjoy traveling whenever they can find the time.

"We like to go places that are different and unusual," he shares. "Last year, we went to Rome and Athens. I love history. I think it's important for our sons to see other cultures and learn about history. We've also been to the Redwood Forest and Mount St. Helens. That was really cool."

As Busch Gardens president, Carl says he hopes to continue to bring pleasure and adventure to guests of the park in three key areas: rides, shows, and animals.

"Those are three things that appeal to everyone," he says. "Our success lies in family-based attractions. We still have our aggressive rides, and Griffon is a good example of that. But we also want to try to have visual elements so people who don't like to ride can watch their families on a ride and also experience it. We want to make things very interesting to the observers as well as the riders. It's harder. It's more expensive. But it makes us more competitive and we have a better product in the long run."

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Bob Arditi received two fun nicknames from his friends: "Chainsaw Bob" and "Pilot to the Stars." The first one is from his chainsaw wielding skills, which benefit bike trails in the area. He helped build the William and Mary trail – on both sides of Monticello Avenue, near Chambrel and also Lake Matoaka. The second one refers to his previous career as a pilot, flying people in private jets around the country.

"He's one of the longtime diehards," Barry Herneisey of Bikes Unlimited says. Barry explained about Bob's nicknames, "We call him Chainsaw Bob, because he's always working on trails, and Pilot to the Stars because he flew people like Jimmy Dean."

Bob started his flying ca-

reer in the Navy, and flew missions in Vietnam doing radar intercept operations. With the GI Bill, he got his pilot's license and went on to teach aviation classes. The next step in his career was as an assistant chief pilot for a fractional jet ownership company, with 37 pilots under him. "It was stressful, with the weather, the tight schedules, the wealthy clients," he says.

He liked flying, but it was a job, not a hobby. He also enjoys bass fishing and has been bicycling for the past 25 years. He rides with a group from Bikes Unlimited on long rides around Williamsburg each week. The group often puts in 40 or more miles on a ride, and then has a social hour afterward, enjoying together at a local establishment.

In February 2009, after a ride, the group was at the coffee shop at Books A

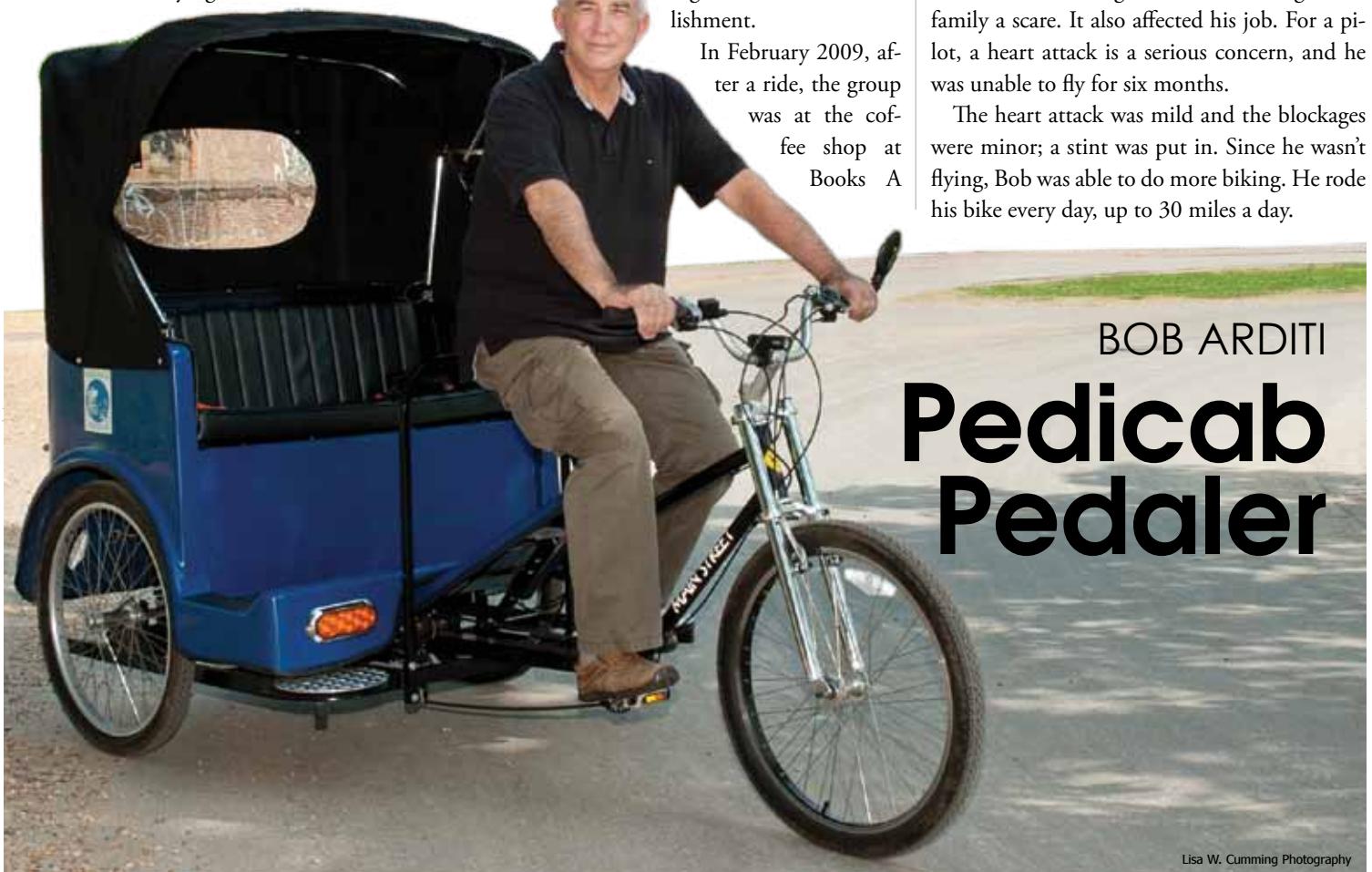
Million in the Williamsburg Shopping Center and Bob started to feel some heartburn. At least, he thought it was heartburn. He was with Barry and Jan, the owners of Bikes Unlimited, and Jan noticed that Bob was sweating more than normal.

"Jan says that I looked grey and she insisted we go to the hospital. She may have saved my life," Bob says.

Bob was a bit reluctant to go, but when they got closer to the hospital, Jan could tell he was getting worse. "We were stopping at a red light, and he told me "Go!" Luckily, it turned green just in time," she says.

When he got to the hospital, the doctor told him, "You are having a heart attack." It gave his family a scare. It also affected his job. For a pilot, a heart attack is a serious concern, and he was unable to fly for six months.

The heart attack was mild and the blockages were minor; a stint was put in. Since he wasn't flying, Bob was able to do more biking. He rode his bike every day, up to 30 miles a day.



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"I was in the best shape of my life after my heart attack. I was motivated to get my license back. I lost a little weight and felt good," he says.

The next step to getting back in the air was a Federal Aviation Administration (FAA)-required stress test with his cardiologist. His doctor put him on a treadmill, and Bob says his numbers looked good – in fact, they looked great. "I was at level 7 on the treadmill and my heart rate was still around 135, it was amazing," he says.

But then it all came crashing down. For reasons that his doctor still can't explain, Bob's heart stopped. It took five defibrillations to bring his heartbeat back. "It was a rare event, and I'd certainly exercised harder than that before," he says.

After a quadruple bypass, and an additional surgery to implant an internal defibrillator in his chest, Bob was cleared to return to bicycling. The defibrillator keeps records of his heartbeat and it can be scanned and read by his medical team. It will also "kick start" his heart should it ever stop again.

Due to the unknown cause of his heart stopping, his doctor can't be certain if the issue is resolved. What this means for Bob is that he can't pilot a plane anymore. "I miss it every

day," he says.

After getting this news, he had to cope with the fact that he'd flown his last flight without knowing it.

"It was tough to accept. When you are going to retire, you know it's your last flight and you prepare. But I didn't know. I just never flew again," he says.

But the abrupt end to his "pilot to the stars" career meant Bob had to find a new adventure. He got a job at Jamestown Settlement and enjoys sharing history with visitors.

"I love history and reading books about history, and local history especially," he says.

Then he got an idea that combined two of his great loves - history and bicycles. "Last summer, on a trip to Boston with my wife, we rode in pedicabs. We rode around Little Italy and the waterfront and had a very interesting driver. He shared places to eat and we followed the Freedom Trail," Bob says.

After that trip, Bob thought that with his love of cycling and his love of history that he'd make a great pedicab tour guide in the Historic Triangle. He did his research and found that lots of big cities have them, including Washington DC, Austin, Virginia Beach and Charlottesville.

"I thought this would be an ideal location," Bob says. "Particularly for people who have mo-

bility issues but want to see the history here."

He purchased a pedicab which can carry up to 600 pounds, with 2 adults and 1 child fitting most comfortably. It has a canopy, like a carriage, for rain. Bob says the main difference is that the steering is different from a regular bike. He's fit enough to pull the pedicab around his neighborhood and still keep talking.

When Bob drives his pedicab around the neighborhood, he gets lots of attention. People stop what they are doing to check it out, including one man in a tree holding a chainsaw. (Luckily, it wasn't on yet.) It's an interesting sight, even among the notorious golf carts, and the neighborhood of Chickahominy Haven is a close knit one, so everyone waves to Bob.

Recently, Bob's been able to tour people around the new Eco-Discovery Park, and likes to promote the green aspect of pedicabs. And like a carriage ride, he thinks that a pedicab could be a great option for a romantic date night around town. He's also marketing it for special events and would like to expand his tour guide services in the area.

Although Bob's time as a pilot is over, he's starting over with a fresh outlook, this time piloting a pedicab instead of a plane. He may be grounded, but with his energy and outlook he may just "pedal to the stars"! NDN

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DR. HALEY LAUCKERN

SHE RIDES & DIVES

By Brandy Centolanza

Thrill seeking is nothing new for Dr. Haley Lauckern, whose current passions are for motorcycle riding and scuba diving.

"My dad put up a zip line in our backyard when I was a kid, so obviously adventure is something that runs in the family," explains Dr. Lauckern, who grew up in a small town in Michigan and came to Williamsburg three years ago.



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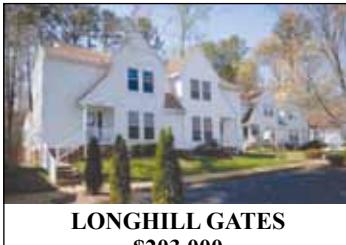
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Dr. Lauckern has been a motorcyclist since the spring of 2010, though she first developed an interest in the sport when she was a teenager.

"When I was seventeen, I wanted to get a motorcycle, but I couldn't afford to take the motorcycle safety courses," she recalls. "My parents also weren't too keen on it, but I filed it away in the back of my mind."

All these years later, her desire for motorcycling has been renewed, thanks to her fiancé, David, who has been an avid rider for a decade.

"I had been riding on the back of a bike for a while, but it's a completely different feeling when you are in control of the bike," she says. "There's just an incredible sense of freedom."

Two years ago, Dr. Lauckern enrolled in safety classes at Thomas Nelson Community College. Following completion of the class she purchased her own motorcycle, a 2008 Harley Davidson Sportster, and hasn't looked back. She and David typically spend their weekends

riding together, particularly along Route 5 and the Colonial Parkway, though she has occasionally ridden to work in Hampton, where she is a chiropractor with Pyramid Physical Therapy & Chiropractic Care.

"I'm not a big speed person," she says. "I like

"I think people get confused by bikers," she says. "It's a whole different world, a whole different kind of camaraderie. I think when you meet a person who has the same passion for bikes, there's a connection there. You have something in common with them and under-

"I really think that if you don't try something then you are really missing out."

~Dr. Haley Lauckern

to take my time, go at my own pace, and enjoy the ride. I like the scenery along Route 5 and the Colonial Parkway. I think it's gorgeous. I also like the smells in the air, especially after it rains, and feeling the wind. It's really enjoyable."

Dr. Lauckern also says she isn't the typical biker who dresses in leather and that there is a misconception about those who ride motorcycles.

stand them on a different level. When you find people who ride with you, that's when it is the most fun."

Though she has a bit of a daring spirit, she is cautious when she rides.

"There are certain motorcycle rules," she says. "You always have to anticipate everything around you, you have to be on the defense and constantly knowing that will lessen your risk of an accident, and you have to watch out for



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whoever is riding with you."

In addition to motorcycling, Dr. Lauckern has also taken up scuba diving, once again at the encouragement of David, who bought her scuba diving lessons last year as a birthday present.

"It's my newest hobby," she shares. "I love the water. My parents always had us in the water. I've been swimming since I've been in diapers."

Dr. Lauckern readily admits that she was terrified to try scuba diving at first, but she rarely lets such fright deter her from anything.

"I was so nervous because you are taking your life into your own hands," Dr. Lauckern says. "There are risks involved. But the main thing with fear is that you are never going to know unless you try it."

Her lessons included a weekend full of safety courses as well as diving qualifications in a pool and in open water.

"You become very reliant on your dive buddies and learn what happens if your equipment malfunctions, you run out of air, or something goes wrong," she says.

Eventually, she overcame her fear.

"There's something about the weightlessness, feeling completely weightless, that is very fascinating," she says. "You are just floating at this level and it's very interesting. I really started enjoying it."

Dr. Lauckern's first ocean dive was at Virginia Beach last summer. During the expedition, she saw starfish and crabs along the ocean bed.

"The bottom of the water was crystal clear," she says. "I also saw the prettiest, iridescent fish. It was an indigo blue. It was the most gorgeous fish I've ever seen. I just hung out and watched it swim for awhile. I've always loved aquariums, and to be in their own environment was very fascinating. It was a very peaceful feeling. My ultimate goal is to scuba dive near a coral reef."

Motorcycling and scuba diving are just two of the extreme sports that Dr. Lauckern has tried. She is also into hiking and backpacking, hobbies that she first started at 14. Most of her more memorable backpacking experiences took place on the upper peninsula of Michigan when she was in college.

"There really is a lot of gorgeous hiking there," she says. "I aim for about seven to ten miles a day when I go hiking. What I like about it is that you are literally living off the land. There is something really peaceful about being in nature. I just love it. I've learned to pack light and eat light on the trail. You also need good hiking shoes and a good backpack. The better gear you have, the more comfortable you will be."

This year, she also tried skiing for the first time at Snowshoe Mountain.

"It was very beautiful there," she says. "It seems that I like to try something new every year. I always have to be doing something. My life is never boring. If there is something to do outside, and around here there is always something to do, then I'll find something to do. We don't have cable TV. I don't like to sit at home."

Between work and planning her October nuptials, Dr. Lauckern has little time these days to do much else but she would like to add mountain biking or white water rafting to her list of adventures.

"I don't jump into these things blindly," she notes. "I usually find someone who knows about something and ask questions or ask to tag along. I think that's what you need to do. But I really think that if you don't try something then you are really missing out." **[NDN]**

Generations

by Ryan Jones



Lisa W. Cumming Photography

JUDY NOBLE & ANNE HARRELL

Ages 75 and 77

Anne Harrell and Judy Noble, sisters, don't always wait for mealtime to flip through their Masonic Home of Virginia (MAHOVA) cookbook. While it's true the two-hundred fifty page publication contains detailed instructions on how to prepare everything from Cousin Mason's Corn Beef hash to Zucchini Pancakes, there is much more nestled within the pages than southern-style culinary delights. Garnishing the collection of home-grown recipes and memorable quotes is a history of the Masonic Home of Virginia, an institution that was established to provide relief to the widows of deceased Master Masons and their families. The account includes excerpts from Anne and Judy's own history – a story rich in both nostalgia and struggle.

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Anne and Judy share a bond with eight-hundred thirty-six boys and girls who were raised in the Richmond-based MAHOVA home for children, and they feel blessed to be able to share their childhood memories with others.

"Our father was a Mason," says Anne. "He died of pneumonia when I was four years old. Those were hard times, and our mother couldn't take care of us, so we went to live at MAHOVA. At the home, we were all very close - like brothers and sisters. It was different from growing up in a smaller family because we didn't get exclusive attention. We had to learn to deal with all of the other children, and as you know, sometimes children bicker. We learned to take up for ourselves...but afterward, we would make up and be friends again. I think we were better off than a lot of the kids we went to school with (who were from traditional homes) because of everything we had. The matrons took such good care of us."

The MAHOVA was chartered in 1890, relying heavily on Alexander Babcock's donation of a house and forty-four acres of land. After the turn of the century, the building was expanded to include second-floor dormitories and a separate building for girls lodging. By 1949, a vocational

building, dairy, and chapel had been added. The facility was kept up in large measure by the efforts of the children, who helped with many of the details of day-to-day operations.

"We left MAHOVA with much more self-discipline than we would have gotten otherwise," Anne remembers. "They kept us very busy. They had to be strict to be able to care for that many children. The boys started their day at 5:00 a.m. working the farm. They milked the cows and tended the vegetables. Everyone else was up at 6:00 a.m. At mealtime, someone would ring the bell in the dining hall, and we all had to be on time. We would stand behind our chairs and say the blessing and then the bell would ring again and we would all sit down at the same time."

By 8:30 a.m., the children had finished with their morning chores and were on their way to school.

"All of the 'Home Kids' - that's what the other kids in school called us - were friendly, and most of us did well at school. People liked us because we weren't spoiled. Kids loved to come to the home and have dinner and then watch the Saturday night movie. We had a beautiful auditorium and we always had entertainment. Our schoolmates

couldn't believe it when they would come over and it was so nice. With the dormitories, it was kind of like being in college."

After school let out on weekdays, the MAHOVA kids came back to the facility and continued their carefully structured regimen.

"We had a snack and then we had some chores to do. Then we had a study hall after dinner where we were supposed to be quiet and do our homework. We would end up laughing and talking and the matron would come down the hall and tell all of us to be quiet."

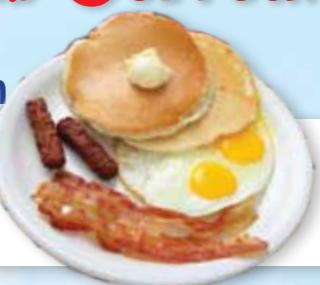
Though both sisters agree that the MAHOVA rules were strict, they say there were still opportunities (sanctioned and otherwise) for the kids to be kids. Anne and Judy both chuckle when they remember some of their antics as children.

"None of us were really bad. We were just mischievous. We didn't have a lot of toys, so we would make up games. We would play this one game on the floor that we called bang-bang. After lights-out, it was dark and we were supposed to be asleep. We would all crawl around the floor in the dark and chase each other around. When one of us would get caught we would yell bang-bang and the person would have to get up and go back to

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their bed. Eventually we would get so loud with our giggling that one of the matrons would come down the hall to see what was going on. But we were ready for that, because we had somebody watching the door. They would whisper (to the rest of us) that someone was coming, and we would all jump in the bed and pretend we were asleep."

As the girls got older, their interests naturally shifted from homemade games to boys and dating. Though the girls were generally well-behaved, the matrons took a keen interest in their dating activities.

"They didn't let us out of their site too much," remembers Anne, laughing. "We always had to have permission slips signed by a matron before we could go out, and we had to have a chaperone. The matrons checked out all of the people we dated – and usually ended up knowing more about our dates than we did! We would invite our dates over and sit in the parlor or invite them to the movie in the auditorium. There was this bookcase that was in the parlor and we always arranged it so that we could see down the hall. That way, if we saw one of the matrons coming in the reflection of the glass, we could make sure we weren't sitting too close."

Both sisters remember the diligence of the matrons in keeping up with what was going on in the parlor.

"There was this one matron who was so strict and sneaky that she would creep up on us," says Anne. "I got caught holding hands one time and got demerits."

Judy says that demerits were something she and Anne tried hard to avoid. The matrons at the MAHOVA facility often took the kids on Saturday excursions after chores, and demerits would disqualify one from joining in the fun.

"One of my favorite weekend trips was when they took us to Ocean View in Norfolk," remembers Anne. "We couldn't wait to get on that Greyhound bus. They gave us boxed lunches and we got to ride all the rides. At that time, there were wooden roller coasters at Ocean View. I loved riding that thing...but you wouldn't catch me on one anymore. I still think about that trip every time I pass Busch Gardens."

Though Anne and Judy have long since left MAHOVA, they continue to stay busy running the Williamsburg Drug Company, a former fixture in Merchant's Square that was relocated to McLaw's Circle. Both sisters enjoy spending time with fami-

ly, and make it a point to attend MAHOVA reunions whenever they can. If they have any time left over, they have been known to peek into their cookbook or memoirs for a taste of the times that shaped their character. Somewhere between Judy's recipe for homemade punch (great for grandchildren) and her singular prescription for Maine Shrimp-Stuffed Atlantic Salmon Filets lies a tongue-in-cheek truism written by Pat Corrick Hinton that was selected by Anne for the publication:

Would anyone believe the stories of my youth?

Would anyone care?

My memories are filled with things and people I loved when I was young.

I am surviving through those memories.

Though the saying separates the sisters' history into five-parts of nostalgia and one-part salty realism, Anne and Judy believe another key ingredient best sums up their experience at MAHOVA - gratitude.

"There were times where it wasn't fun, but MAHOVA was a good place," says Anne. "We look back and realize that they really took good care of us. Every one of us turned out to respect and care about other people. I'm really thankful we grew up there." NDN

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Next Door Neighbors Business

Marketing 101: Building Relationships

By Greg Lilly, Editor

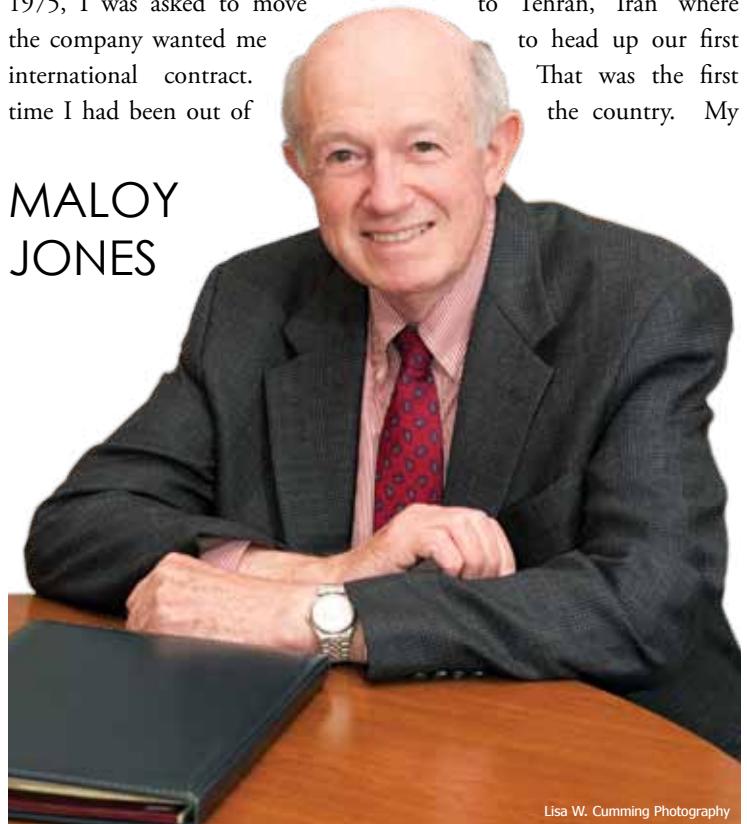
Maloy Jones, Williamsburg's SCORE (Service Core Of Retired Executives) chairman, has worked all over the world and established business relationships in different cultures. The key to a successful marketing strategy, in any environment, is the concept of establishing relationships.

"What I have found in all the different cultures I have worked with," Maloy explains, "is that the bottom line is: people are people. I was able to quickly assess the environment and build one-on-one relationships."

Maloy was born and raised in Boone, North Carolina. "I went to school in Fort Wayne, Indiana and got my Bachelor of Engineering degree in Electrical Engineering. From there, I went to work for Collins Radio Company in Cedar Rapids, Iowa." Working with Collins Radio Company, some of Maloy's first projects went out of this world. "We worked on the Apollo program," he says. "We did the communication systems for the Lunar Excursion Module and for the Command Module."

He moved to Dallas to join Ross Perot's Electronic Data Systems. "In 1975, I was asked to move to Tehran, Iran where to head up our first international contract. That was the first time I had been out of the country. My

MALOY
JONES



Lisa W. Cumming Photography

wife and I had three small children ages two, three and six at that time."

Going into a new market and a different country, Maloy learned some basics about marketing that still serve him today. "Starting a business from scratch, in a foreign country or here in Williamsburg, you have to be able to market your company and market yourself. You want people to have confidence in you as an individual. That transcends into confidence with the company." He was able to build relationships and returned to Texas after a couple of years, but business called in Kuwait. Maloy had experience in the Middle East, so he went there to get another project rolling.

"In these new environments, I was building a new business," he says. "In those countries, we established relationships with partners. You're establishing relationships and confidence. After you do that, you can begin selling." He states that the concept of marketing encompasses a whole range of activities. "The least of which is trying to sell something," he states. "During the time I was in Kuwait, I was also travelling a lot, primarily to the Netherlands. I helped to create a large business for the company in a city just outside Amsterdam." He travelled back and forth while building the relationships in the

Netherlands. He and the family didn't move because another relationship had more power. "We didn't move there because my wife wasn't enthusiastic about the Netherlands because she didn't think the sun shined there that much," he adds with a laugh.

"It's all relationships," he emphasizes. "That's what I try to stress in counseling with SCORE. Many people ask how to sell a product." He says that a sale is nothing more than a transaction, an end result. "All sales are based on relationships. Establish that relationship, establish trust. People get to know you and your company then you can move into a sales environment."

Another part of relationship building is determining who the decision makers are – both formal and informal.

"When you look at different industries, you learn what positions and individuals in those industries you must establish relationships with and gain confidence with," he explains. "For instance in the hospital industry, it is very critical to quickly establish good relationships with the head nurse, the various department heads like pathology and radiology, and the finance director."

To be successful, he stresses that you must be able to identify those key people and establish

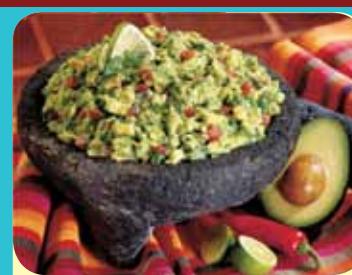
that trusting relationship across an organization. "Sales come from that, successful business comes out of that."

Stints in Washington, D.C. and London followed where Maloy worked with government agencies and found that even with the stringent requirements of government contracts, relationships still could tip the scales in his company's favor. "Meeting the requirements is the cost of entry," he says of Request for Proposal (RFP) procedures. "It is not simply the lowest bid that wins the business. Doing business with the federal government requires understanding the rules and regulations around contracts and the legal aspects, but it is still relationship based."

In all parts of the world and in different cultures, Maloy says that establishing a bond with potential customers requires being able to quickly assess the environment and create one-on-one relationships. "You can learn to see what is important to people; you can learn to react. That's what I stress – take the time to listen, to look," he explains. "Look at body language. One of the most frustrating things I would experience with our younger sales people is when they would have a sales pitch and they were intent on giving that pitch regardless of the body language of the recipient. Watch the body lan-



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guage. See if you are connecting. Be prepared to back down, to shift. Always remember that you are a guest – in these countries and in these environments."

In Williamsburg, networking opportunities abound for local business people. "At a conference or a networking event, you may walk into a room of 50 or even 200 people," he describes. "You might have only met one of them before. The ability to walk into that room and have a meaningful conversation with someone you haven't met before – that's marketing. You're marketing your company and marketing yourself."

Besides his counseling at SCORE, Maloy also works with MBA students at the College of William and Mary. "I'm an executive partner there. I have the opportunity to work with the MBA students to teach networking skills. It's a skill to be able to walk up to someone you have never met and enter into a conversation, working in things about yourself. If you have 30 seconds to talk to somebody, what do you want to leave them knowing about you? Networking is that skill. It is critical."

He gives four steps to begin creating a marketing strategy. This strategy helps create the networking conversation too.

First, in easy to understand language, you articulate what you want to sell.

Next, decide who your potential customers are. "Sometimes that's hard to define," Maloy says. "If you had this business started today, who would you call on tomorrow?" That helps get to the specifics you need.

Third, list your possible competitors.

Fourth, write down why would the specific customer buy from you rather than from a competitor?

"These are critical points because once you define those four questions, you are beginning to define your marketing strategy," Maloy explains. "You have to understand how you differentiate yourself before you go out and start marketing. Marketing is differentiation. How do you separate yourself from the pack? Once you begin doing that, you can begin a sales process that follows up on highlighting the differentiation."

When you walk into a room of strangers with the intent of building relationships and marketing yourself and your company, the differentiation is what the person will remember about you. "Absolutely," he says, "that is what you want to leave with a person. So that you might follow up and they remember you positively. That becomes a valuable skill."

Maloy enjoys the human interaction of marketing. He says that was always his favorite part of his working career.

"Also, I'm a firm believer in small businesses. That's what I love about SCORE. I really like to see people succeed in their business. A small business that succeeds has a number of people involved in that business who are succeeding as well with secure jobs and growing compensation. That translates into people with more money for vacations, shopping, dining out and things they like to do."

His skills in building relationships are used for more than business. He also helps at his church. "I'm a member of King of Glory Lutheran Church. We have a very active congregation. One of the things I do there is a prison ministry. We go to the Virginia Peninsula Regional Jail every Saturday morning with a bag of kids' books and tape recorders." The church group asks the prisoners to read stories to their children then the church sends the books and tapes to the prisoners' children with the objective of keeping the child connected with that prisoner parent. "We're hoping to make a difference in some way or the other," Maloy Jones says. "Even in those organizations, there is marketing and relationships – positive relationships generate success." **NDN**

Next Door Neighbors Sports



Lisa W. Cumming Photography

MELISSA SHELTON

Rebound With

Volleyball!

By Greg Lilly, Editor

"What makes a great volleyball player is the ability to bounce back after an error," Coach Melissa Shelton says. Melissa is the women's Volleyball Head Coach at the College of William and Mary. She is also leading the Colonial Volleyball Camp for Williamsburg's Parks and Recreation Department. "With volleyball, an error is a point for the other team. Every time you make a mistake, the other team scores a point. You have to have some resilience and say 'I'm going to fix it' or 'I'm not going to let it happen again' or 'It's alright because we'll get the next one.' That's what makes a great player."

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Melissa helps the kids attending the summer camp realize. "No, it's not ideal to walk away when you miss a hit. You have to recover and keep going."

Melissa grew up in Long Beach, California. She started playing volleyball in the sixth grade during her physical education class.

"I played in high school and on the club circuit. Then I was recruited to play here at William and Mary by Debbie Hill who was my coach. Debbie was here for thirty years."

At William and Mary, Melissa majored in history. She got a taste of coaching by helping out with the junior varsity team at Bruton High School.

"Debbie guided me toward coaching and it turned out to be the right thing for me. I went from here to Arkansas State University where I was able to get my master's degree and be an assistant coach at the same time. I spent two years there in Jonesboro, Arkansas then two years at Clemson, South Carolina where I was assistant coach."

She met her husband at Clemson. "He is a University of Virginia graduate," she says. "So when I was offered a job at U.Va., that's when he proposed. That was too good for him to

pass up. We were in Charlottesville for thirteen years then Debbie retired here, and I got to be her successor."

Volleyball has always had a lure for Melissa. She played a lot of sports growing up in California, but volleyball seemed to be a natural fit for her. "Because I played tennis, I was able to serve overhand right away," she explains. "Because of all the soccer and softball I had played, I had the hand-eye coordination needed to track the ball and get it to rebound off my body correctly." When she started junior high school, the first sport offered to girls that fall was volleyball. "I made the team and had a lot of success with them. I kept going from there."

She found that a lot of skills she had learned in other sports were applicable to volleyball. "For example, in soccer, you're tracking the angles of the ball; in basketball, you're getting open for a pass. It's all the movement away from the ball too – that's when you don't have the ball, what are you doing? Those things are applicable from sport to sport where the ball is constantly moving like basketball, volleyball, soccer."

With a fast moving sport like volleyball, the

players have to pay attention and not get distracted by a bad block or hit.

"That's one of the reasons I was attracted to volleyball," Melissa states. "Softball became so boring unless you were the pitcher, catcher or the first-base person, you never got any action. For us, we have a 30 foot by 30 foot half court that the ball can come your way, at any time. You have to stay involved, pay attention and learn from your mistakes – good things for the young kids to learn at the camp. They learn how to work in a group. They learn how to speak up. If you're not calling the ball or claiming it, someone else will jump in front of you very quickly. That's something that a lot of females haven't learned to do yet. You have to put your voice out there and call the ball."

This summer, children can learn volleyball or improve their skills at the Williamsburg Parks and Recreation Department's Colonial Volleyball Camp. "It's a recreational type camp," Melissa explains, "a great camp for younger kids who want to learn volleyball for the first time. We run that session in the morning and teach them the basic skills." In the afternoon, the camp has sessions for older children. "That one is a wider range of experi-

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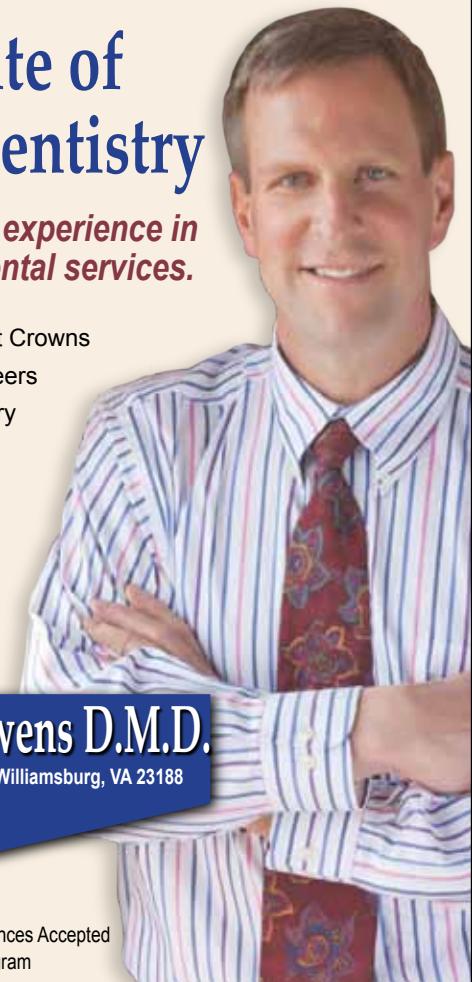
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ence," she says. "Some of the kids have played in clubs and others are just learning. We run the camp for four days during the summer, mornings for the younger crowd and afternoons for the older kids."

The camp helps the children learn and get excited about the game. "Whether they want to come see the Tribe team play or go to their high school games, or especially, if they want try out for their own team, they will know what the coach is talking about. Or as an observer, they will know what they are seeing on the court."

Melissa says there are six basic skills in volleyball: passing, serving, setting, hitting, blocking and digging. The camp can't teach all the skills needed in a week's time, but it gives a solid overview of the basics and helps some of the more advanced students learn new techniques. "Volleyball is a very skill intensive sport," Melissa says. "It's a rebound sport – the ball never stops – you have to rebound it off your body to get it where you want [it] to go. You aren't catching it or stopping it like in basketball, it's just very different than other sports. It's a skills sports, so when you are teaching little kids, it's important to not let

them get too frustrated because the skills are very hard to perform at the beginning."

The mental aspect of not allowing the frustration of an error interfere with the game is part of the program. "I like to show them how to motivate each other, how to be a team."

She and her assistants from the William and Mary team keep the morning camp fun and basic for the younger children. They learn core movements and how to play as part of a team. "Volleyball is social because you are always with your group, and you have to interact – you have to call the ball, tell someone else it's their ball, you cheer the others on. It's a group game. That attracts a lot of people to it."

Although both the morning and afternoon sessions attract a lot of girls, boys are part of it too. Melissa says that the reason fewer boys attend the camp is that the local high schools don't have boys' volleyball, unlike the schools in Richmond or Virginia Beach. Both boys and girls make up the volleyball community, and the camp strengthens that community. "We find that a lot of the kids we work with are the ones that come to our Tribe games," Melissa says. "That's one of the reasons we like doing the camp because it gives us a con-

nnection with our fan base. We're able to look in the stands and know the girl or boy from camp and wave at them, and they recognize us as their summer coaches."

The camp kids will also learn to look for those same volleyball techniques and skills during this summer's Olympics. "The Women's USA team is ranked number one in the world right now," Melissa says. "Hopefully, we will pull out a gold medal."

Along with the physical skills, the mental assurance of a quick recovery from mistakes is a trait that comes with practice and experience. "That is what makes a great volleyball player," Melissa states. "Your error gives a point to your competitor. You have to be an athlete that can mentally handle failure and quickly overcome it. That's the big difference. We, the William and Mary team, have been so young the past two years that has been really hard for us. That's a turning point we've conquered this spring. That's hard for the campers to learn. Volleyball really takes a tough mental competitor. I remind the girls mistakes are part of the game."

In volleyball, as in life, learning to recover from missteps can take a competitor far. **NDN**

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~ A Family Affair ~

By Greg Lilly, Editor

Orchestrating work, children, husband, home and a few musical gigs for her family band – *In Layman Terms* – is no simple melody for Sandy Layman. “It’s not easy,” she admits. “For me, playing music with Cole and Logan (her 14-year-old son and 11-year-old daughter) is my hobby, my therapy, my stress relief and our quality family-time. It’s not a chore or something extra for us to do. It’s our time together. For me, it is the balance for all the stresses of life.”

Sandy and her family moved to Williamsburg last June from the Northern Virginia area. “My husband is in the military. This is, hopefully, our retirement place,” she says. Sandy works at J. Blaine Blayton Elementary School in Special Education. “I left a wonderful school in Vienna, Virginia,” she says. “I was afraid I wouldn’t find that again, but I have at J.B. Blayton.”

Music has been a love of Sandy's her whole life, but until lately it hovered in the background. "When I was in fifth and sixth grade, I was in the band at my school. I played the drums." But in high school, she let it drift away. "I was too busy, too social to stay with the drums. I had a drum set, but didn't play with a band. I think I sold that drum set for a kayak."

At the age of 23, Sandy joined the Coast Guard. "That's where I met my husband," she says. "As life went on, we had kids. Music found us." When their son Cole was an infant, he would react to certain music. He would cry – not a distressed baby cry, but as if he wanted to do something he wasn't able to do. "It was more of a frustration cry," Sandy describes. "When he got old enough to articulate what was happening, he would say 'I just love it.' He was so moved by music. He just feels it. We couldn't sit through the hymns at church because he would start to cry."

She explains that Cole had some issues with the strength of his fingers. "We tried a lot of different things like clothes pin puppets, bubble wrap popping," she says. "I thought a guitar

might be a cool thing to do to strengthen his fingers. I bought him a little play guitar. He played it all the time. Then we bought him a Fender Squier® guitar, which is the learning guitar kit. He loved it and played a lot."

By the time Cole was in third grade, Sandy enrolled him in lessons with the school music teacher. As Cole learned guitar, Sandy learned that her daughter Logan wanted to take guitar lessons, too. "I thought that would be fun, so I suggested we take lessons together," Sandy says. "We started taking acoustic guitar. The three of us did some of the class recitals together. It was cool. That's where I got my first taste of making music with my kids."

Logan switched to the bass guitar, mainly because the teacher made her use a pick on the acoustic guitar. "She didn't like that at all, and she wanted her own thing, different from Cole. She decided she wanted to play bass. Logan's a natural."

Cole and Logan had fun with the instruments and learning how to play a few cords and notes. As they got older and expressed a true interest in taking it further, Sandy guided them through

what it would take to get better: intensive lessons, learning to read music, regular practice.

"Today, Cole takes lessons at Authentic Guitars in New Town," Sandy says. "Logan is taking bass guitar classes there, too."

Their first performances were the class recitals from those early lessons. "It was very organic how the band happened," Sandy states. "Cole and Logan did their first talent show with a friend who played drums and another friend who played guitar. They played 'Wild Thing' by the Troggs and some other songs. It was adorable, really cute. They called themselves Alter Ego. At that point, I had purchased an old, beat-up drum kit so that when kids came over they could play. Also, I thought I'd try to pick up the drums again. I would use the drums to keep the beat as they practiced."

When they lived in Northern Virginia, Sandy enrolled the kids in the School of Rock. She would play the drums to get them to practice. "Cole would practice anytime. Logan needed me to be there to get her into practicing."

The three of them started doing open mics for fun. "At those open mics, people would sug-

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gest other places we could play because they thought it was cool to see this family band playing," Sandy explains. "The kids like us because of the kids. The grown-ups like us because it's all songs they had grown up with. Our set list is blues and classic rock. Songs ranging from B.B. King, Stevie Ray Vaughan, to Buffalo Springfield, some Rolling Stones, Joni Mitchell, and to Joan Jett of the 1980s, really all kinds of music."

Sandy says Cole and Logan discovered the range of music while at the School of Rock in Washington D.C. "They would put on different themed concerts: blues, metal, rock. The kids would learn songs from that genre and play a concert. Through that, Cole and Logan were exposed to so many different types of music. I was into a lot of alternative and punk music as a teen," Sandy admits. "Really I can't take credit for our set list. The set list is really a lot of guitar songs. You can tell Cole had picked a lot of them."

They also select songs to highlight Logan's voice. "Her voice is very mature. She sings and sounds like Janis Joplin and Tina Turner. She does this growly thing."

Balancing school and the band can be difficult for the kids as well as for Sandy. "They have had to make some tough decisions," Sandy explains. "Cole is very athletic. They actually aren't on any school sports. That's been hard for him. I always tell him that if he wants to play sports, we don't have to accept all the gigs. We can play together or take a season off. We don't have to be so busy. I always leave it up to him. My daughter, I would love for her to play sports. She's really good at basketball. But she has no interest. They both play at home with the neighborhood kids."

She keeps the lines of communication open with both Cole and Logan. "They miss a lot of parties when we're gigging, when we have a show. I'm constantly having the conversation with them to make sure this is what they want to do."

Although some social and athletic events are sacrificed for the band's sake, Sandy teaches them that they are becoming a business.

"We get paid. If we get paid for something, I tell them, we have a responsibility to give our best product, to be prepared, to be professional. That's a tough lesson for an eleven year old. Cole is going to be fifteen this summer. He gets it. Sometimes, I feel like I'm on them too much to rehearse. They love performing. I'm always mindful of where we are. I want it to always be our joy. I don't want to ruin it for the kids by doing too much. That's a tough balance."

Sandy is mindful of not pushing her children too much. She watches to make sure they are still having fun and want to play and perform.

"I have a little bit of stage addiction now," she admits. "I had no idea what it was like to be on stage, making music with my family. I can't describe it. It's the best feeling. On the flip side of that, I also like to be in the audience, enjoying my children's performance. I know I'm not going to be their drummer forever. They will be teenagers soon and want to play with their peers. That's not going to be heartbreaking to me. It's really not. That's something I encourage."

Sandy says she's enjoying the moment. "This is something that when they go off on their own journeys, we'll always have this time. We can certainly do the county fair each year or play together at Christmas. We'll always be able to get together through music. I'm just happy to be part of it, with them, now." NDN

Next Door Neighbors Health



Lisa W. Cumming Photography

CAITLYN O'HARA

Cultivating Teen Leaders

By Greg Lilly, Editor

Caitlyn O'Hara is the R.F. Wilkinson Family YMCA's program director for the Teen Leaders' Club. "We cultivate leaders in our community," Caitlyn explains. "We equip them to become a professional by teaching them interaction with others. That can mean communication skills and gaining experience to be comfortable in different situations. Because we are the Y, we have the spirit, mind and body component to the program."

Caitlyn knows about the Y. She started volunteering at the Victory Y in Yorktown when she was 15 years old. "I was hired at the age of 16 to teach swim lessons there," she says. "I worked there until I graduated from high school."

She attended Gordon College in Wenham, Massachusetts. When she returned to the area, she rejoined the YMCA organization in Smithfield then a few months later took a job at Williamsburg's Wilkinson Y. "It's

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nice to be here and closer to family," she says. "I'm still in school, taking on-line classes from Liberty University in Computer Management Information Systems."

A combination of things has kept Caitlyn working with the YMCA organization. "The Y is mission driven to put Christian principles into practice through programs that build healthy spirit, mind and body." Also, the people she has associated with and worked with through the years have been influential to her. "They have mentored me and guided me through some difficult periods of my life."

When she was hired at 16, her parents had just separated and were starting the process of divorce. "That was a difficult time for me," Caitlyn says. "My supervisor at the Victory Y introduced me to the teen director there. I became involved in that Teen Leaders' Club. Since then, it's been one blessing after another in terms of benefiting from people's leadership and developing my own talents I didn't realize I had. This is really giving back from the investment they made in me."

She believes she would not have had the same opportunities available to her if her mentors at the Y hadn't been there. "They helped guide me into an adult. I can't speak enough to their credit – I'm not sure what the alternative

would have looked like."

The challenges of the teen years can be overwhelming for most people. "Being a teen is a crucial time in anyone's life. You are faced with many challenges; you need guidance from someone who really cares about you," Caitlyn states. "Many times, that person needs to come from outside your family. Teens are looking for acceptance and a sense of belonging, although they may have that at home, they also want it outside in a social setting."

The validation from people outside the family unit helps build self-assurance for a young person, and Caitlyn explains that the environment of the Y is a safe place. "To have affirmation in a place where I was encouraged to work out and be healthy plus building team camaraderie with staff members and club members is the perfect equation for success in a delicate time of development."

The Teen Leaders' Club gives teens the opportunity to volunteer and to develop healthy habits, effective communications and leadership skills through the volunteer activities. The club is open to teens from middle school age through graduating seniors.

"We volunteer in specific places throughout the Y. Teens become familiar with the front desk operations and in areas like the child

and youth watch," Caitlyn explains. "They volunteer at our youth and family events like Healthy Kids Day or Bingo Night for families. This helps the teens develop social skills."

Along with the social skills of leadership, volunteerism and communications, the club focuses on fitness as well. "The fitness component has each participant monitoring their work-outs, first they have an assessment and then we monitor the progress physical activity brings." By keeping track of exercise and the results, the teens can see how one affects the other. "We monitor all exercise, not just here at the Y," Caitlyn explains. "Many of the kids are involved in sports at school. They keep a log of what they are doing. That helps them instill a sense of discipline because they can see how exercise makes them feel."

As the teens explore different types of exercise, Caitlyn helps each one find what works best for them. "Maybe if the teen isn't progressing, it's because he or she is bored with the activity or they need a workout partner to keep the motivation up."

Variety is important. Caitlyn knows that not one activity can capture and inspire all the kids. "I have a gentleman who is a runner; that's his thing. He can run all day long. I have a girl that finds running a painful task,

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but she's a dancer. That allocates all her hours. Another girl plays volleyball at her school and has found that as an alternative to running or dance. With that age group, I try to offer them a variety of things. So if they try something and don't care for it then I can redirect them to something else. They will find a niche that works for them."

She wants the teens to become their own person with their own style of leadership. The program is open enough that it allows the teens to make choices. "We coach to make the right choices, not specifics in what those choices are," Caitlyn says. "If the teen is operating within the core values of the Y, the caring, honesty, respect, responsibility and faith," she lists, "or within the mission, these teens won't do anything that could purposely harm their bodies, like drugs or alcohol. They are very receptive to that. They have the sense that 'I am an important individual, and I need to make the right choices for myself.' They are very capable young people."

The Teen Leaders' Club stresses development of internal traits and skills like communications and healthy lifestyles but also stresses an external focus in social responsibility through volunteerism. "We really try to instill in them an ownership for their commu-

nity. Not volunteering because it is required by school or by us, but volunteering to be part of the community," Caitlyn says. "Giving back to the community in terms of time and talent is what we encourage. It doesn't have to be a monetary thing, because with that age group, it really can't be."

She uses the Y's Healthy Kids Day as an example. "It's a day where the Y promotes its initiative against childhood obesity. The teens will present and lead activities with the children to teach them the healthy lifestyle principles, but also will be available to meet and converse with the children in the community." The club also helps with the Festival of Trees, the Bike MS (multiple sclerosis) race and is in charge of a water station for the Achievable Dream race.

"The biggest thing I notice from the kids in the program is the increased confidence level in each teen," Caitlyn states. "We encourage them to take the initiative to lead programs, to take that initiative on their own. If some teens are uncomfortable speaking in front of people or they are shy, we see their confidence grow. After a few months in the club, they aren't afraid to answer questions at the front desk. During Child Watch, the teens aren't afraid to lead games with the young kids and

be the authority figure. They command the respect of the kids in the room in just how they present themselves. Confidence is something teens struggle with," she adds. "This helps tremendously."

Caitlyn wants to give the teens more opportunities to build leadership skills. "I'd like [for] us to build partnerships with the local schools. Teens are dealing with issues like bullying. I'd like to see us start a ground-up initiative to put a stop to bullying. It's not okay for this to happen to our kids. If the anti-bullying message comes from the kids themselves, it will be more effective than if I stood in front of them and said not to bully each other. We need the kids to start the anti-bullying campaign."

She says that when the teens set a social goal like anti-bullying or helping Avalon or working with An Achievable Dream, she wants them to take ownership of the initiative. "And really go with it." She teaches them how to break down the goal into manageable steps and how to monitor their progress.

She sees the Teen Leaders' Club as a pay-it-forward initiative. The club made an impact on her teen years, and she hopes to pass that along. "As long as I'm making a positive difference in someone's life," Caitlyn says, "then I'm happy." NDN



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Next Door Neighbors Home



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DIANA KRELL

SUMMER Animal Camp

By Greg Lilly, Editor

"The first thing we go over is animal safety," Diana Krell of the Heritage Humane Society says of the Summer Animal Camp. "Just like crossing the street or swimming, it's something you need to know your whole life. It's a life lesson." Learning how to safely approach and interact with an animal is the initial instruction for children attending the week-long day camp at the animal shelter.

Diana had started a similar camp when she worked in the Norfolk shelter. "It was wildly successful there," she says. "The children really enjoyed

coming to the shelter, and not only interacting with the animals, which is the big draw, but learning things such as how to be safe around animals."

Diana's mother was an early influence for her working with animals. "My mom showed basset hounds when I was a child. I got dragged to every dog show on the Gulf and East Coasts. That came in handy in learning the different breeds of dogs and personality types. Little did I know I was in training for the rest of my life."

Her father was in the military, so the family moved often around the Gulf Coast and here on the East Coast. The family ended up in Hampton Roads. Diana's mother stopped showing dogs and discontinued her business of canine obedience training. "After that, Mom started pet-assisted therapy at nursing homes in Virginia Beach. I was a teenager at the time and would go with her as a volunteer. Those early years started my love of animals."

Diana earned her International Studies degree from Old Dominion University in 1994. "I thought there was a lot of need in the world and that I would go out and help with those needs. Then I realized that in my own backyard there were needs. With us moving around with the military, I had never really had a hometown before, anywhere that I felt a part of." Diana started volunteering with an animal shelter in Norfolk. That volunteer job turned into a part-time job, which turned into a full-time job. "I spent seven years with the SPCA (Society for the Prevention of Cruelty to Animals) down there. That's how I got into animal welfare."

The Summer Animal Camp is divided into age groups with the younger kids, ages 5 through 9, attending one week while the older children, ages 10 through 14, attend another week. Diana says she can organize activities tailored to the interests and abilities of each group.

The initial lesson on interacting safely with animals is the basis for the rest of the camp. "Dog bites and cat scratches happen every day in every household," Diana explains. "When people ask if a dog will bite, I always respond with: 'Do they have teeth?' Any animal can scratch and bite at any time." Knowing the safety rules and the warning signs of stress escalation with an animal are important lessons. "As adults, we can pick up on it a lot faster than children, but if you teach them what escalation looks like then they can avoid a scratch or a bite. Safety prevention is always a big topic for me."

Once the child understands how to safely interact with an animal, the camp introduces children about careers with animals. "When I was growing up, you were pretty much a veterinarian or a game warden," Diana says. "Now there are so many opportunities in animal welfare from being an accountant for an animal shelter to doing legislative work for a national group to advocacy, marketing and social media. There are so many outlets for people interested in working with animals that the kids want to know about."

Dogs and cats aren't the only animals discussed during the camp. "Animals in the community," Diana labels them, "from wildlife to domestic pets to farm animals. They are all around us, all the time." The campers learn that wild animals tend to have much less reliable actions than domesticated animals and to stay away from them.

"We also talk about animal welfare laws," Diana adds. "What's allowed; what's required of you; what you can and cannot do; what rights you have as a citizen to report an animal being neglected. This empowers children even when they can't physically do something, they can make a phone call or tell an adult."

Other topics include animal wellbeing issues like cruelty-free consumer



Q & A

An Interview with Cathy Richardson, Ed. D.

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What are some recommendations for marketing/selling a home in this economy?

RICHARDSON:

Many sellers ask what they can do to compete in selling their home in this market. It has been recommended from all aspects of the realty industry that a seller can best support the selling process by adhering to some simple recommendations and modifications. The first recommendation is to develop the mindset that, in the present market, there is a possibility that they will not get what they paid for their home and in some cases they will not realize assessment value. Sellers have to also accept the fact that market value should dictate the "initial list price" on their home. When a new listing is overpriced, most often it is overlooked for a more value priced home, which causes it to stay on the market much longer. For sellers to market their homes for the best value possible, the following are a few recommendations that should be considered:

SECURE A GOOD AND RELIABLE REALTOR®: One that will make sure the comparables are current and represents the subject property's real value. This will eliminate the stress that comes with marketing a home..... so let your REALTOR® guide you through the process.

REPAIRS: Take care of visible known repairs before your REALTOR® visits you for the first time to preview your home; make sure you do not have to make excuses for major repairs needing to be done. Sellers can also have a home inspection to assure that non-visible repairs are identified for repair.

DECLUTTER IF NEEDED: Decluttering is very important for potential buyers. This allows them to see the beauty of your home without being distracted.

GOOD CLEANING: Hire a professional if you are not up to it. A good cleaning is crucial because if your home is not pristine, it creates another type of distraction. Assume that buyers will be looking in the closets, cabinets, basements, attic,

etc. for storage space.

HOME STAGING: Wow your potential buyers...1st Impression Rule. Use your existing items to stage your home and walk around as if you were the buyers. If you are not sure of the outcome, ask your REALTOR® for recommendations.

PETS: Make sure pet beds and play areas are fresh, clean and odor free. Also make sure pets are secured or removed when the home is being shown, if applicable.

INTERIOR and EXTERIOR WALLS: Fresh paint or touch-ups, if needed. Neutralized interior walls are more pleasing to the eye; avoid having a different color in every room, if possible; hire a professional painter for the interior and/or exterior if you realize the task is greater than what you can accomplish to make sure it looks professionally done. Power wash the exterior of the home, steps, fences, decks, patios, etc., if needed.

CURB APPEAL: Keep grass cut; shrubs trimmed; flower beds weed-ed; fresh mulch in flower beds while the home is listed; and paint the shutters, if applicable. Many buyers see the outside as a reflection of what to expect on the inside. That first impression is a lasting one.

OFFER SOME FORM OF INCENTIVE TO POTENTIAL HOME BUYERS: Home Warranty, money toward closing cost, etc.

LEAVE SOFT MUSIC PLAYING FOR SHOWING: This will relax the potential buyers as they preview your home. Keep in mind that buyers like to feel at home when they are previewing your home and to compete for their business, your home must feel and look move-in-ready. Sellers should also consider leaving the home during a showing which will allow the potential buyers to preview the home freely. For any or all of the above recommendations, ask your REALTOR® to guide you through the process if needed.

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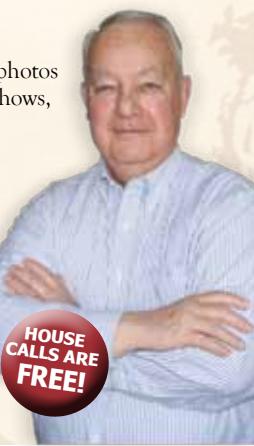
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products and animals in the entertainment industry – for example, circuses and movies.

"The kids, especially the older ones, are so hungry to do something in their community. It's great to see," Diana says. "The big thing we talk about is spay/neuter. They understand that the shelters are full of animals and if, for example, two cats are 'fixed' then we won't end up with an overpopulation problem."

Along with the discussions are lots of activities. The campers do some volunteer tasks so they see the workings of the shelter. "There is a common misconception that all we do all day is cuddle animals," Diana says with a laugh. "We clean way more than we cuddle. Our volunteers are our cuddlers. We split the campers off into groups and do animal interaction. That can be going into the cat colony rooms or going to the play yard with a puppy or older dog."

The campers experience more than playful pups and kittens. "Some of the animals they see here come in damaged, [and/or] emaciated. We don't show them severe cases," Diana explains, "but we do tell the campers that sometimes the animals come in with a broken leg that was never fixed properly or some other injury. We explain that sometimes bad things happen to animals. This is a good place for them to come and be cared for, but not a place for the animal to stay long-term."

Explaining the realities of a shelter is a process of discussion and of hands-on experience. "All those concepts... The children get it quickly," Diana states. "You might think talking about spaying and neutering would be difficult because it deals with reproduction or explaining euthanasia because it deals with death is hard, but we handle it well. We talk to the children in enough detail that they can cognitively handle these concepts. They understand that this is their community and that we're here to help the animals."

The camp helps the children learn to interact with animals and understand the importance of animal welfare in the community. "Some of my campers are children who are afraid of dogs or cats, and this gives them the opportunity to experience well-socialized animals," Diana says of reasons the children come to the camp. "Sometimes, the parents are thinking of adopting an animal and want the child to learn about the animals at the shelter."

The campers help spread community awareness of the Heritage Humane Society as well. They tell friends and neighbors about their time at the camp and the friends – human and animal – that they make during the week. "The children's favorite part is the animal interaction," Diana states. "Each child gets to pick an animal to have their picture made with. The child paints a wooden frame for the picture to take home and remember their favorite animal."

She adds another benefit for both the kids and for the shelter is the attitude created by the camp. "We're training tomorrow's citizens on proper animal welfare."

Diana says that the Heritage Humane Society's Summer Animal Camp is an amazing week for her with the children. "They start out sponges," she says. "To hear them teach each other and correct each other on details they've heard, they are paying attention and are fully-engaged. They are enthusiastic. There is no bored child in this camp and no child leaves without learning something new. To me that's a pretty good accomplishment." NDN

For more information visit: www.heritagehumane.org

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!

SUNDAY BRUNCH BUFFET

Sundays

Join us for the Spectacular Sunday Brunch Buffet every Sunday from 11am til 3pm, at the new Williamsburg Hellenic Center, 4900 Mooretown Rd. Dozens of delightfully decadent delicious and tempting selections....\$18.95 Adults, \$7.95 Children 6-12. Children 5 and under free. 757-220-4284, www.stdemetriosgreekorthodoxchurch.org/events. Proceeds benefit St. Demetrios.

Hey Neighbor!

OPPORTUNITY TO VOLUNTEER

Ongoing

Habitat for Humanity ReStore is looking for volunteers to work as cashiers, sales floor attendants, and donation processors in our brand new store located at 1303 Jamestown Rd. Williamsburg. Contact Tina McCabe (757) 603-6895, tina@habitatpgw.org

Hey Neighbor!

FREE CLINICS TO DIAGNOSE PLANT PROBLEMS

Mon. & Wed. though end of June
Bring in samples of plant problems to be diagnosed free of charge to the Virginia Cooperative Extension Office at 3127 Forge Road in Toano. Held by James City County Williamsburg Master Gardeners, Virginia Cooperative Extension Volunteers. Open every Monday and Wednesday from 8:30 til 12:00 until the last Wednesday in June, except Memorial Day Monday. Soil test kits will be available. Check our website: jccwm.org

Hey Neighbor!

BREASTFEEDING ADVICE-FREE CLASS

May 24, 2012

5:30-6:30 pm. Pediatric Associates of Williamsburg, 119 Bulifants

Bld., Williamsburg. A free introductory class designed to inform the prospective breastfeeding mother about the advantages of breastfeeding. Please call (757) 564-7337 press 5 then 3 if you have questions. Register online at www.chk.org/classes.

Hey Neighbor!

FARMERS MARKET IN FULL SWING

May 26, 2012

8:00 am – 12:00 pm. Lush spring flowers both cut and potted. Over 35 vendors to sell year-round items such as mushrooms, meats, seafood, cheese, honey, baked goods, jams & butters, peanuts, and chocolate. Chef presentations, master gardener exhibits and music add education and enjoyment to a market visit. 757-259-3768 or www.WilliamsburgFarmersMarket.com.

Hey Neighbor!

FOSSIL FRENZY HIKE

May 26, 2012

1-3 pm. Visitor's Center, York River State Park. Millions of years ago, our park was the floor of a pre-historic sea. Changes in the earth caused many sea creatures to become fossils along the shoreline. Take a guided hike to Fossil Beach and discover the many relics of that past era. You may even take a shell, bone, or tooth home with you. There is no cost for the hike. For information, call the park office at (757)566-3036.

Hey Neighbor!

CIVIL WAR CAMP

May 26, 2012

10 am. York River State Park. What was life like for the Virginia soldier during the Civil War? Learn for yourself, as a ranger demonstrates camp life. For information, call the park office at (757)566-3036.

Hey Neighbor!

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ATTENTION NON-PROFIT ORGANIZATIONS

Hey Neighbor! is a free service for non-profit organizations, civic groups and churches. It is intended to provide a means for you to communicate to your neighbors about upcoming events or needs your organization may have. Please submit your notice in a Word document as an attachment or send it in an email to:

HeyNeighbor@cox.net

Hey Neighbor! is edited so we can fit as many notices in the magazine as possible. Notices are always listed by date. Some listings may not appear in the magazine due to limited space. All submissions are posted on our website: www.WilliamsburgNeighbors.com

Next Door Neighbors

May 26, 2012

3-4 pm. York River State Park.

Seine nets have been used for ages to catch fish and other creatures in the Chesapeake Bay and its tributary rivers. Our rangers will lead you in discovering the variety of aquatic life in the York River with seine and dip nets. We also provide waders upon request. This is a free program. For reservations, call the park office at (757)566-3036.

Hey Neighbor!

SUNSET PADDLE

May 26, 2012

6-8 pm. York River State Park. As the colors of sunset fall on the marsh, a variety of sounds can be heard from birds and other creatures. Enjoy the beauty of this special time on the water with a guided paddling trip. Canoes are \$9/person or \$6/person (family of 4+), solo kayaks are \$16/person, and tandem kayaks are \$11/person. For reservations, call the park office at (757)566-3036.

Hey Neighbor!

SECURE DOCUMENT DESTRUCTION

June 2, 2012

9 am – noon at Williamsburg United Methodist Church on Richmond Road. Your documents will be securely destroyed by Eggleston Services, who helps persons with disabilities lead fuller, richer lives. A suggested contribution of \$5 per bag will raise money to support a 2013 Honduras mission trip and a portion will support Eggleston Services.

Hey Neighbor!

CHRISTIAN LIFE CENTER ANNUAL YARD SALE

June 2, 2012

6 am -1 pm. Christian Life Center, located at 4451 Longhill Rd in Williamsburg. Proceeds will benefit Wings of Refuge Children's Home in Petion-Ville, Haiti as well as some building renovations. Items to include: Furniture, Kitchen Items, Households goods, decorative items, movies, books, Baby items, children and adult clothes, holiday decorations, and much more! For more information, please contact Meredith Tighe at 757-220-2100.

Hey Neighbor!

VACATION BIBLE SCHOOL

June 25-29, 2012

9 am – 12 noon at LifePointe Christian Church located at Williamsburg Christian Academy. Theme

this year is "Sky: Everything is Possible with God." For potty trained three year olds to fifth grade students. Contact: maryellenkiser@yahoo.com

Hey Neighbor!

VOLUNTEERS NEEDED FOR CLEAN THE BAY DAY

June 2, 2012,

Time: 9 am - 12 noon. The Chesapeake Bay Foundation (CBF) and its partners in Williamsburg and James City County (JCC) are now recruiting volunteers to clean up stream and shoreline litter for Clean the Bay Day. This is a great opportunity for individuals, families, and groups (either by foot or by boat) to join together to clean-up debris and pollution in our local waterways. James City County's Protecting Resources in Delicate Environments (PRIDE) program and the James City County Citizens Coalition (J4Cs) are coordinating the cleanup at 3 sites in James City County. To volunteer, register online at cbf.org/clean.

Hey Neighbor!

DANCING IN THE STREETS

June 3, 2012

Kick off your summer at *Dancing in the Streets* from 5-8 pm at The Williamsburg Community Building - Featuring beach music by Bobby Hornsby as DJ, shagging lessons by professional dance instructors from ShagN4U, gourmet street food provided by The Virginia Chefs Association. Raffles and Silent Auction. Benefits Hospice House and Support Care of Williamsburg and a culinary student scholarship through the Virginia Chefs Association. Tickets are \$40.00 each. Call Hospice House at 253-1220 to reserve yours or visit website: williamsburghospice.org.

Hey Neighbor!

FREE ENGLISH CLASS ON HEALTH TOPICS

June 4th - August 8th

9:30-11:30am or 6:00-8:00pm Mondays and Wednesdays. Literacy for Life is offering free English classes to anyone who enrolls as a learner. The class will focus on teaching the English necessary to interact with medical professionals from making appointments, talking with doctors, reading medicine labels, and making calls to 911. Call 757-221-3325 to sign up or go to the website www.literacyforlife.org for more information.

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

ECO DISCOVERY PARK
<http://ecodiscoverypark.org>

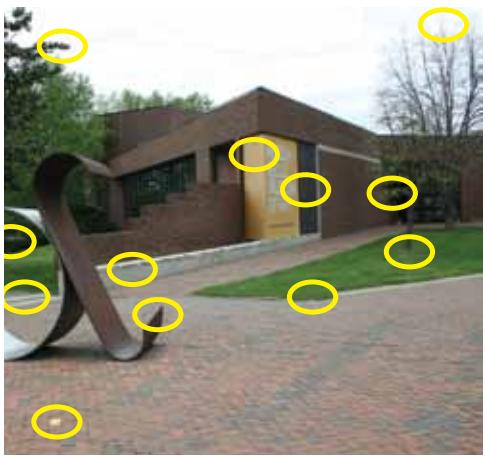
Find the 12 differences
between the original
photograph (top) and
the altered photograph
(bottom).



Enjoy!

Look for the answers in
the next issue of

May 2012
In the Neighborhood
Photo Challenge



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Classic Cape with spacious open floor plan! This 3 BR, 3 Full BA home features both a 1st floor Master BR suite w/additional BR & Full BA, Formal DR, Great Room w/ FP, Kitchen & Sunroom/Breakfast Room. Lower level is a totally self-contained apartment w/ Family Room, 2nd Kitchen, BR & Full BA. Enjoy the 2 decks w/ views of Nature Preserve. Large 2 car garage. \$290,000.



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Lorraine Funk

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THE VINEYARDS

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Renovated and updated. Open floor plan. 5BA, 3 BA, Eat-in Kitchen, stone counters, alderwood cabinets & island. All recent windows, Hardiplank siding, roof & gutters. Extensive HW throughout. Addition w/master suite, family room. 2 car garage w/large walk-up unfin. storage area for future bonus room. Large private yard. Near community clubhouse, marina, tennis & pools. \$429,000. MLS# 30029494.



3282 DEERFIELD COURT

Fieldcrest Estates

All brick home with huge fenced backyard on quiet cul-de-sac. Open floor plan, 3,235 sqft. 3 BR, 2.5 BA, bonus room. Double-sided fireplace is shared by family room & sunroom. The home currently has 3 BRs but the bonus room can be a 4th BR. Formal DR and LR. Front room w/bay window can be used as an office or library. \$450,000.



COLONIAL HERITAGE

Golf Frontage

Immaculate golf front home on what may be the very best lot in the neighborhood! Spectacular golf frontage. Also backs to greenspace & privacy. First floor living in the "Lakemont" that includes expansive kitchen opening to great rm. 3 first floor BRs, sunroom, covered porch. Lower Level with additional 'flex' rooms, full BA & the best in storage options. \$470,000.

