

Go Green!

Helen Hamilton

Keeps her Garden and Her Hair...Green!

by Greg Lilly, Lifestyle Editor

She's full of energy, a whirlwind of ideas and knowledge, all capped by a head of green hair. Maybe you've seen her around town, and if you have met her, you'd remember.

When Helen Hamilton sat down to talk with me at the Williamsburg Botanical Garden's Ellipse Garden in Freedom Park, I knew from the first moment that I needed to hang on and try to keep up with her.

"Save the planet, be green, plant native plants," she rattles off as if asked hundreds of times about her hair color. "That's the main message. I do it



How will your financial decisions affect your future?

We can help.

Financial independence doesn't just happen. It takes careful planning. It's in times like these you need guidance from a financial professional the most.

- RETIREMENT INCOME PLANNING
- 401 (k) ROLLOVERS and IRAs
- INVESTMENT STRATEGIES
- LONG TERM CARE INSURANCE
- DISABILITY INCOME INSURANCE
- LIFE INSURANCE



Call Ted Coopriders or Jason Coopriders today for a **COMPLIMENTARY CONSULTATION** 757-206-1627

1769-122 Jamestown Rd.
www.coopridersfinancial.com



Jason L. Coopriders is a registered representative of and offers securities, investment advisory and financial planning services and Ted A. Coopriders is a registered representative of and offers securities through MML Investors Services, Inc., Member SIPC. Supervisory Office: 222 Central Park Avenue, Suite 1100, Virginia Beach, VA 23462 (757) 490-9041. Insurance Representatives of MassMutual and other fine companies. CRN201203-132076.

Have You Been Thinking About Your Dentistry?

OF COURSE NOT!

But if you have ... if you have been thinking about your mouth ...

- you feel things are not quite right
- things may be going downhill
- you've read about mercury fillings
- something's broken
- you don't want to be judged!
- it's going to be expensive
- it's going to hurt



Peter Evans, MS, DDS, MAGD

So you've been thinking ... **"I will get my teeth fixed ... when I am ready ... and when I can afford it ... by gentle friendly people."**

I think we've come to understand each other.

If you are ready ... call 220-1999 and you will find affordable, non-mercury/non-metal, painless dental care and you will be taken care of ... very well. If not, your visit is free!

Your dentistry affects your entire health ...

CALL 757-220-1999
or visit ... EvansDentalCare.com

because it makes me happy. People smile at me, I smile back, and we all have a happy experience.”

The garden is a flurry of activity during the warm spring morning. Volunteers - experienced, novice, young and more mature - spruce up the beds, add mulch, deadhead last season's blooms.

“I like it,” Helen continues. “I dyed my hair purple the last six weeks I taught high school biology because you're supposed to wear purple when you're old. I had a wonderful time with it. My hair has gone through brown, and it's been red, it's been blonde, and orange. But about ten years ago when I was working at Assateague National Seashore, I dyed it temporarily green to be a pumpkin at a Halloween party and washed it out the next day. The kids I lived with during that research stint said they liked it. I asked my supervisor if it mattered and since I was out in the field all the time, he said no problem. It's been green off and on for the past ten years. I get this particular hair color from a head shop in New York City.”

Helen divides her time and energy across several organizations, among them the John Clayton Chapter of the Virginia Native Plant Society, the Williamsburg Botanical Garden and the James City County/Williamsburg Master Gardeners.

For thirty years, she taught biology in the James City County and Gloucester school systems, mostly at Lafayette High School. “I retired in 1997 and immediately rented out my house and volunteered in national parks around the country for the next two years.” She worked at Sunset Crater in Arizona, Cabo Rojo National Wildlife Refuge in Puerto Rico, and many others. “But my favorite was the Smokies (Great



WHAT YOU SHOULD KNOW ABOUT **REAL ESTATE**

Insight from Kathy Chambers

PRESIDENT OF WILLIAMSBURG AREA ASSOCIATION OF REALTORS®

Email Kathy at info@waarealtor.com

CONTRACT TO CLOSING FOR BUYERS

*“Congratulations, you have
almost bought a home.”*

Buying a home is an exciting time. Getting a signed contract is a great accomplishment, but that's only half the journey to securing the keys to your dream home. REALTORS® play a pivotal role in the home buying process, as they are with you every step of the way, guiding you through the important contract to closing process.

Through education, experience, knowledge, and seasoning, REALTORS® offer valuable benefits to their clients. They explain the options to their clients and the possible results based on those options at every crossroad of the contract to closing process. Not knowing the consequences for choosing bad options are immense. As always, knowledge is power, and having a REALTOR® representing you and

your best interest, can help you make good decisions about what may be one of the largest investments you will ever make.

Between the initial sales agreement and closing day, many questions and issues may arise. Unknown defects may be discovered in the property as a result of a home inspection. There are several options at this point. Negotiations with the seller may begin again and there are important timeframes you must adhere to. If you are buying in a neighborhood subject to a condo or homeowners association (HOA), you must receive the HOA documents for you to review. Your REALTOR® will see that all the documents, required by law, are in your package and make sure that you understand the very strict timeframe you have to review these documents. If issues come up with the appraisal, survey or termite & moisture report, your REALTOR® will be by your side as your trusted advisor.

The typical home sale today involves more than 20 steps after the initial contract acceptance to the completed

transaction. A variety of professionals are a part of the closing process for buyers such as appraisers, lenders, loan processors, inspectors, insurance companies, attorneys and/or settlement companies. REALTORS® help coordinate these professionals, thus helping to ensure that you and others do what is needed promptly, ensuring your closing isn't jeopardized.

One of the very last steps before your closing will be to complete the final walk-through of the property. Buyers walk through the property with their REALTORS® to ensure that the property is being delivered in the condition agreed upon in the final contract.

Settlement day!! Your REALTOR® will be checking details right up to the end and will be there for you on this exciting day. This is your big day, as you now have the keys to your new home! Congratulations!

For more information about this article or any other real estate matter, contact your local REALTOR®. Visit us on our updated website for current market statistics at www.WAA-Realtor.com.

Williamsburg Area Association of Realtors®

757-253-0028

5000 New Point Road, Suite 1101 Williamsburg, VA 23188-9418

www.waarealtor.com



(757) 220-2001
5104 Main Street
New Town

the Nautical Dog

DOGS ARE WELCOME!

Gourmet Foods • Candles • Pet Bakery • Home Decor • Dog Accessories...and More!

www.nauticaldogwilliamsburg.com

Not All Realtors Are Alike.

That's why it is important to understand the fine distinctions between Realtor services and to select someone who offers the kind of expertise that will make your home buying or selling experience worry-free.

Need to list your home with a Realtor who sells? Call Me!

Deelyn Neilson, A.S.P., REALTOR®
Liz Moore and Associates • 5350 Discovery Park Blvd.
757.503.1999
www.PremierWilliamsburgRealEstate.com

Ask me about staging your home!

"Ahoj there! This be The Dread Pirate Willoughby Caught of Hysterically Correct Productions. A pirate's life is hard on the spine. I have had back pain most all me life. When I first started chiropractic care, me poor back was so sore I could hardly hold up me parrot, let alone brandish a cutlass or raise the sails.

Thanks to the kind attention of Dr. Haley Lauckern and Beth Allar, CMT, I am back on the high seas!"

~ A Satisfied Pirate



PERFORMANCE Chiropractic, LLC.
State of the Art, With A Caring Touch
(757) 229-4161
www.performancechiropractic.com

- Chiropractic
- Acupuncture
- Massage Therapy
- Sports Medicine
- Seniors Welcome

Daniel Shaye
DC, CCSP, FIAMA

Haley Lauckern
DC

Beth Allar
NCMT

1307 Jamestown Road, Suite 103 in the Williamsburg Office Park

Smoky Mountains National Park) as a backcountry ranger," she says. "Finally, I got an ecology job at Assateague Island National Seashore where I surveyed the area for rare, threatened and endangered plants - mostly grasses. I learned so much. It was a wonderful experience. I lived with 20-somethings in the dorm."

This wasn't the usual plan for retirement, but again, Helen isn't the usual retiree. "I've always worked. I have a high energy level. When you work all of your life, I keep telling these retirees, you retire for about two weeks."

Helen didn't even retire for two weeks. While she taught school and neared retirement age, she thought about what she liked to do, what she wanted to do. "I liked to backpack," she says. "I saw an ad in the Appalachian Trail News for backcountry rangers. I said 'I'm there.' So the last three years I taught, I volunteered in the Smokies in the summer. I loved it."

For several years, she climbed the mountains of the Smokies and educated campers and hikers on the "Leave No Trace" camping campaign. Hauling a pack around and sleeping in the backcountry took a toll but she continued "until some medical problems that have been fixed mostly by medical carpentry." The last year she was in the Smokies, she conducted a research project to document the pollination of the rare Purple Fringed Orchids. "I sat on Clingman's Dome all day watching, photographing and taking notes on which insects came to these orchids," she describes. "I thought this is where I need to be. I'm getting old. I don't need to be in backcountry ranging any more, I need to be in natural resources. So I looked for jobs across the country through the hiking societies' websites. Now and then, I found natural resource work. I had a great time."

The natural resource work brought her to Assateague Island National Seashore for five years to assist in a project to restore federally endangered grasses on the barrier islands.

"Those five years were the most satisfying years of my life," she says. "I finally got to do science. I saw a project from the start when we acquired the grant, hired people, then actually did the project. I imported the data into a spreadsheet and I helped in the writing of the final reports. It was just the most glorious experience for someone who had been teaching biology for the past thirty years to actually be involved in a scientific project from start to finish."

After that assignment ended, Helen found herself back in Williamsburg wondering what to do next. "Because of my interests in grasses, and I can't hear or see that well anymore so birds don't do it for me, I thought I would concentrate on plants. Surely, there was something in Williamsburg where I could concentrate on plants. I found the Native Plant Society didn't have leadership."

She tells the story of being in the hospital, recovering from back surgery. "I was heavily drugged," she emphasizes, "when Cynthia Long called me and said they were reconvening the Native Plant Society and they thought they could put a board together. She asked if I'd be president. I said 'sure.' Now remember I was heavily drugged from back surgery. That was 2005 and I've been president ever since."

She brought her interest in native plants to the Ellipse Garden in Freedom Park, a project of the Williamsburg Botanical Garden. Since

the land had no water on site, native plants were a logical choice. "New installations had to be watered by hand with five gallon buckets from a water tank," she explains. "I ordered 800 containers of native perennials and asked two local native plant experts (Dr. Donna Ware and Denise Greene) to place them in the garden. The next day, volunteers planted them." Now, almost five years later, the garden explodes with plants. "The natives could tolerate drought, heavy rainfall, and whatever else Mother Nature had to offer," she adds.

The goal of the garden is to educate the public on the type of plants that are native to the area and grow here naturally. The group strives to maintain the integrity of the garden to fit with Freedom Park's surroundings. With native plants come the native animal inhabitants of the area. "We had three years without a barrier," she says and points to the chain link fence that surrounds the garden. "The deer came in and chewed up everything. Now we have a deer fence."

With her focus on native plants, Helen shares some of her favorites:

PURPLE MUHLY (*muhlenbergia capillaris*) "I first saw this grass growing in the sand on Portsmouth Island where I was a volunteer caretaker - unbelievably beautiful gossamer purple seedheads, turning tan in winter, furnishing winter interest. Landscapers are beginning to notice this plant because I see it installed at development entrances."

BLACK-EYED SUSAN (*rudbeckia hirta*) "What's not to like? Vigorous bloomer all summer long. Goldfinches love the seeds. It has beautiful, prolific yellow flowers, and is native all over Virginia and most of U.S."

BAYBERRY MORELLA (*myrica cerifera*) "This very dependable shrub grows splendidly everywhere. It provides nice screening, and birds need the waxy berries for migration fuel."

BEAUTYBERRY (*Callicarpa americana*) "What gorgeous rosy berries in the fall. It grows 6' x 6' - so cut it back and it returns vigorously the next year. Check out the wonderful display in New Quarter Park."

SWAMP MILKWEED (*Asclepias incarnata*) "This is a host plant for monarch butterflies which lay their eggs on the leaves. The caterpillars strip the plant bare in late August-September, growing to pupate elsewhere. It likes moist ground and develops lovely deep pink flowers, returning vigorously each year."

Helen teaches classes on native plants for WALT (Williamsburg Area Learning Tree). Many of the people in those classes are new to the area and have questions about what grows here. "People are very receptive to native plants," she says. "No extra watering, no fertilizing - put them in the ground and leave them. What's not to like?" In a green whirl, she's off the bench and across the garden. You'll smile when you see her. Like she says: What's not to like? NDN

For more information on williamsburg area native plants visit these websites: www.claytonvnps.org and www.williamsburgbotanicalgarden.org.

kitchentune-up®

Beautiful Kitchens for EVERY Family
IN 1-5 DAYS!

PACKAGES
START AT \$299*



REFRESHED IN 1 DAY
 RESTORE or RE-DOOR IN 2 DAYS
 RE-FACE or REPLACE IN 3-5 DAYS

Including New Countertops!
*not all cabinets qualify

Call for Details!

757.221.0999

Mark Levy

Each Franchise Locally Owned & Operated
mlevy@kitchentuneup.com

BUSINESS

NEIGHBORS ONLINE®

LOOK FOR THE WEB ADDRESS IN THE JUNE ISSUE!



TELEPHONE & INFORMATION SYSTEMS



"Duke Communications upgraded our business technology to make it more organized and efficient."

- Shirley Hatten, Jamestown Feed & Seed

"When we purchased Jamestown Feed & Seed, the technology for our phone system and Internet service needed updating. Most of the wiring was located outside where it was not protected from the weather. We wanted to upgrade the system and work with a company who would be responsive to our needs. Duke recommended a maintenance agreement that would provide that. Whenever we have the slightest problem, Duke Communications responds quickly to help us. They have been wonderful."

(757) 253-9000

1781 Jamestown Rd. • www.duketel.com