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WILLIAMSBURG'S

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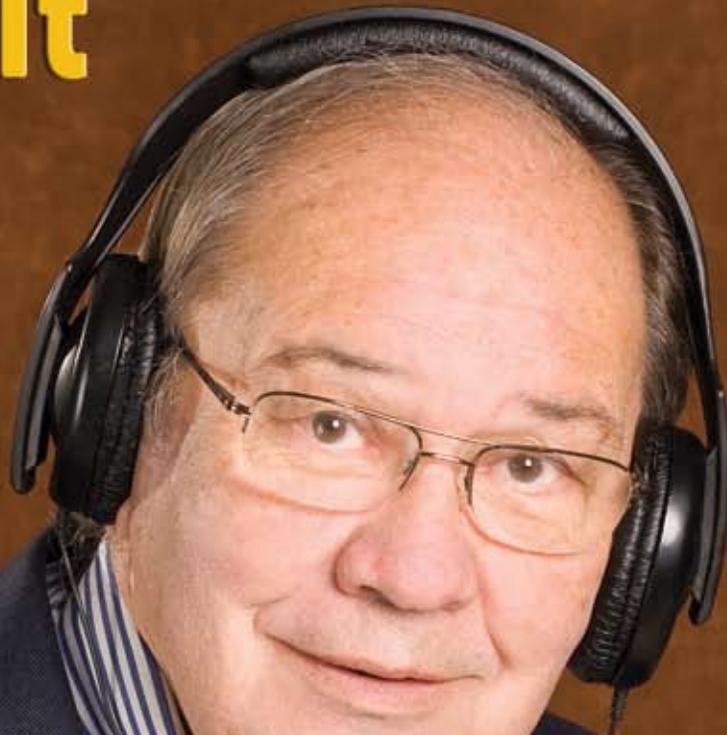
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I thought it might be interesting to learn about people who do jobs that are not so ordinary. The individuals we interviewed for this issue have chosen to spend their working hours in all kinds of places - in the tops of tall trees, deep in the dirt, navigating the waters of the James River or in our local airport helping pilots find their way to a safe landing.



Meredith Collins, Publisher

I think it's fun to learn about the reasons people do what they do. I found William Carver in my neighborhood just a few days after the recent hurricane. I had gone home for lunch and the road near my home was congested with a couple of large trucks. One of my neighbors was having a tree taken down and way up in the air was William, leaning out from the perch of a bucket truck with an enormous chainsaw. I pulled over and watched for a few minutes while he cut through hefty limbs and worked with the men on the ground to drop them safely to earth. I have an appreciation for people who can do that kind of work since I am not too fond of being in high places - and especially with equipment that would be capable of removing an arm!

I didn't learn William's story that day, but I did add him to my list of folks I wanted us to interview. His story is on page 6. There are eight additional neighbors who have interesting work as well, and I invite you to read about them. NDN

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A Trademark Voice

By Brandy Centolanza

You may have heard him on numerous television commercials or radio spots, or if you are a fan of the popular local AM radio station, WMBG AM 740, you may be familiar with his booming voice from tuning in there too. He's John Magliola, whose recognizable voice has guided him through a career spanning more than 40 years, taking him from coast to coast. Along the way he's crossed paths with several famous folks, including Truman Capote, Jimmy Buffet, and Martin Luther King, Jr. and thousands of other people who have made his life's work rewarding.

"It's been quite a trip," John says.

His fascination with radio began as a child during the 1940s at the height of World War II. In those days, John would stay up late into the night on his family farm in Berkeley

County, South Carolina listening to AM radio stations broadcasting from across the country, soaking up war news as well as rhythm and blues music.

"I listened to some great voices," he recalls. "In those days, you had to have a great voice to be in radio. It was a nice escape. I was hooked."

At age 20, while working at Toddle House breakfast shop in Columbia, South Carolina, John was recruited for a job behind the scenes at a radio station when local radio personality, Dick Taylor, came in to order a meal.

"He said in a low voice 'Can I have some bacon and eggs?' and I lowered my voice so it was deeper than his and said, 'Do you want toast with that?'" John says.

Impressed, Dick steered John to his first job

in radio as a booth announcer for WIS radio in Columbia. John worked there for six months, earning \$30 a week. He eventually dropped out of college at the University of South Carolina where he was studying journalism to pursue a full-time career in radio.

"God blessed me with a set of pipes, and I just went with it," John says. "It's all I ever wanted to do, and most everything that I have done has been fun."

John moved to various cities through the years for radio gigs, taking jobs in larger cities such as Myrtle Beach, Phoenix, San Diego and Atlanta. While in Georgia in the early 1960's, he covered sports for Georgia Institute of Technology (Georgia Tech) and met Martin Luther King Jr., before King became legendary.

"This career has been so good to me," John

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says. "It's been real good. Radio and TV opens doors to opportunities that the average person really wants to do, and I got to do it."

In 1964, he moved back to South Carolina for a job as an anchor in television, covering the news, weather, sports, sales, and programming for WUSM-TV in Charleston, South Carolina. There he met his wife, Anita.

"She took a rainy day trip with me to get a foot-long hot dog in Myrtle Beach, and we had a ball," John remembers fondly. "We are still having a ball. She's the best thing that has ever happened to me." The pair has one son, Dana.

Other career highlights for John during this time period included co-hosting the first ever March of Dimes telethon with former Miss America, Mary Ann Mobley, and being chosen as the voice of Pedro for South of the Border, a highway attraction in North Carolina.

"I really wanted that job, and I got it," he says. "That was the first time I realized that I could really make money off of the voice."

Eventually, John worked his way up to manager and owner of various radio stations. In all, he and Anita have owned seven radio stations throughout the years. His most memorable experience as a station owner was in Key West, Florida during the early 1980's. There, he interacted with the likes of musician Jimmy Buffet, and authors Truman Capote and Phil Caputo. He also co-founded the Conch Republic, the country Key West wanted to become after trying to secede from the United States over immigration issues.

"Key West is one of the most unique gatherings of people you'll ever see," John shares. "The attitude of Key West is truly unique. You have to see it to believe it. It's a hoot."

John bought and sold several more stations after that and started his own radio consultant company, John McNeil Productions. He also lined up voiceover work for several national radio and television advertisements, including Piggly Wiggly grocery stores, Ford Motor Company and Verizon. Locally, he's done work for Hampton University, Cox Communications, Old Point National Bank, and Opus 9.

John and Anita have been living in Williamsburg for the past six years, arriving after Anita had been offered the job of director of admissions at Walsingham Academy.

Currently, John still works as a consultant, as well as owns Musical Memories, a disc jockey and music service. However, he is most recognized locally for his 3 p.m. to 6 p.m. air time on WMBG AM 740. He loves playing music and chatting with the people who call in during his show on a daily basis. But more importantly, he enjoys making an impact on the lives of his listeners.

For instance, an 83-year-old man called in and asked him to play the Vaughn Monroe song, *Racing with the Moon*, in honor of the man's wife who recently died; or the woman that phones in each day to say "Thank you for playing *Honkey Tonk*. I just danced around the table."

"Everyone has a story to tell. I'm here to listen. It's this type of thing that has made this career for me," John says.

John is truly grateful for where his voice has led him throughout his 75 years of life.

"Radio was designed to inform, educate, and entertain," John points out. "People turn on their radio to find out what is going on, and I take that responsibility seriously. If I play a song that makes someone think 'Oh, I remember when...' and puts a smile on their face, if I do that for even just one person, then I know it's been a good day." NDN

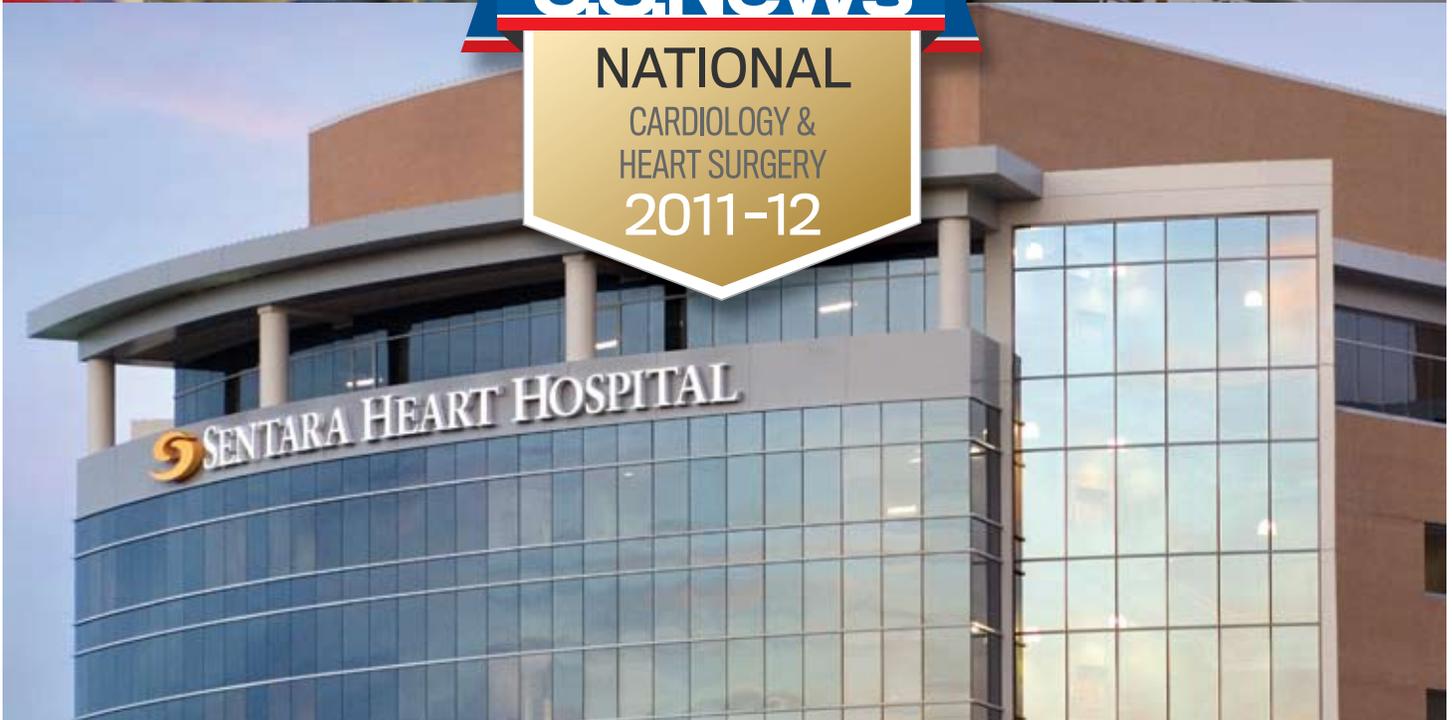
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WILLIAM CARVER

Way High Up



By Alison Johnson

William Carver takes a very practical view of heights: after you get up to a certain point, falling is going to hurt a lot. So what's another hundred - or thousand - feet higher?

"You get over 100 feet and fall, you're dead or seriously hurt anyway," William says, letting out one of his

frequent laughs. "The only thing different is that you'll be falling through the air for a little longer time. I love being way high up. It's beautiful, peaceful. It's like flying with birds."

The 29-year-old Williamsburg resident's outlook, along with his lifelong embrace of a little danger, is perfect for his job with Dangerous Tree Removal. The West Point-based company tackles trees big and small, including those hanging precariously by a few roots or that have already smashed into houses. One

memorable tree was balancing 10 feet above a home, tipping over a bit more each time the wind blew. Some trees are hundreds of years old with strong trunks – eight or nine feet wide - but with rotted roots that cause sudden falls.

William is usually the "Cut Man," the person suspended in a bucket to take down the very tops of trees. Tethered into a safety harness, he has to make precise cuts with a chainsaw so tree parts will fall away from him, never toward him. The bigger saws he wields, with

7-foot blades, can weigh 60 or 70 pounds. Meanwhile, a crane operator has to apply just the right pull or slack to bring the branches, attached to the equipment by straps, safely to the ground.

People don't realize just how much precision, concentration, strength and teamwork goes

into the effort.

"One wrong small decision can hurt you really badly," he says. "You've got to use the right angles when cutting. I've had some close calls where I'm 200 feet up in the air and the tree pops off the wrong way and I've had to duck in the bucket. But I've had no serious injuries, knock on wood."

Well... unless you count the 26 stitches William needed in one leg after cutting himself with a chainsaw. "It came from being in the

Lisa W. Cumming Photography

middle of a hot day and trying to get the work done faster," he says. "It taught me again you can't rush jobs, ever." Or a gash on his hand, another chainsaw injury, that he bandaged with gauze and duct tape before heading right back to work – to the amazement (or possibly horror) of the homeowner, a nurse.

"I just heal so good," William says, laughing again.

That ability has come in handy throughout his life. Raised in Williamsburg, William and his friends were rough-and-tumble boys who rode dirt bikes and four-wheelers, raced Go-Karts, built tree forts, waged BB-gun wars and shot off fireworks. "We liked doing something a bit dangerous every day," he recalls.

While he has never broken a bone, William has come home with plenty of cuts and bruises. By his count, he's needed stitches on his head 10 times, once when a big branch knocked him completely off his four-wheeler.

Clearly, he was not a man meant to work in an office cubicle. After graduating from Lafayette High School in 2001 and earning an associate's degree in business from Thomas Nelson Community College, William took a job he

still holds at his grandfather's electrical company, which at times requires working on towers up to 2,000 feet in the air. He connected with Dangerous Tree Removal about two years ago through a cousin who was working there.

"I love it because you're always traveling, always out on the road, always going to new places," he says. "Every day is different and a challenge. You also meet really nice people who are so grateful when you can help them."

After the recent tornado in Deltaville, William helped pull numerous trees off houses and even plucked clothes and toys from high branches.

"I remember finding a pair of jeans and yelling down, 'I've got a size 36/34 Levi's,' and this guy saying, 'Mine!' he says. "I was getting his little daughter's clothes and Barbie dolls that had blown up there. They were so happy. It was great."

William is human: he does have moments when he feels afraid. During those times, he usually looks down at his boss, company owner Kevin Milby, who operates the crane. "We make eye contact and he gives me this sense of calmness or maybe some directions," William

says. "Or he'll yell out, 'Come on, Cut Man!' I just tell myself that I'll get through this. Then I'm A-OK."

As for the critters he encounters, he reports that mosquito bites don't bother him and squirrels and birds usually flee the scene as soon as heavy equipment arrives.

William, who is single, often works long days, starting at 6 a.m. and finishing about 7 p.m. "He's very dependable," Milby says. "He's usually right on time and doesn't ever call in sick. And he stays calm." The schedule is especially crazy in the weeks and months after a hurricane or other storm. Hot weather isn't easy, but rainy conditions are worse because the wood gets slippery and heavier. "You just have to work much, much slower," William says.

When he does get free time, William loves cookouts, hunting and going to the beach. But for him, work is pretty fun too: "I've got a boss who treats us right, and I basically get paid to work out every day and hang out with the people I like to hang out with when I'm off work. In fact, sometimes we all hang out so long after work that people's wives will be calling the guys like, 'Where you at?' It's a good life." NDN



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Making It Safe to Fly

By Natalie Miller Moore

Dr. Richard Campana is more than a physician; he also is an Aviation Medical Examiner (AME). The Federal Aviation Administration (FAA) requires pilots to be medically certified to fly; AME doctors determine whether a pilot is fit in that capacity. In addition to having a valid pilot's license, the FAA requires all pilots to have regular medical exams. The frequency of the exam is determined by age and whether a person is a commercial or private pilot.

"Without it, you can't fly," Dr. Campana says. He has been a private pilot since 1996. He clearly loves planes – photos of several types decorate his office.

Dr. Campana wanted to be a MEDEVAC helicopter pilot but the Vietnam War ended before he had the chance to enlist.

"I'd always been fascinated by flying," he says. "And I love taking care of pilots, too. That's just as fascinating."

Dr. Campana sees common traits among the pilots that he examines.

"They have confidence, and might be somewhat cocky, but they are always safety conscious, and sharp and precise types of people,"

he says.

Dr. Campana believes that aviation is the safest form of transportation and his job as an AME is to ensure pilots are in good shape before they leave the ground. He looks for potential conditions that might cause a heart attack or stroke, vision problems, or any limitations that could affect a pilot's ability to safely fly.

"There have been events, of course, where pilots have been sleep deprived or missed the runway, but it's my job to make those [caused by health issues] few and far between," Dr. Campana explains.

A health issue doesn't necessarily ground a pilot, but there are special processes through the FAA could that limit their flying time - for example, night flying for someone with vision

limitations.

Pilots tend to travel much greater distances than those of us who drive a car, so it is only natural that Dr. Campana sees pilots who stop in from many different places such as Charlotte, Washington DC, Philadelphia and Newark. He enjoys the rapport he has with them. One of his favorite things is to hear from pilots about the types of planes they've flown, from the B-52 bomber to Bell helicopters.

When helicopter pilot Ed Strazzini was looking for a new AME, he asked around the hangar. Someone recommended Dr. Campana.



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“As a former military guy, we used the term ‘flight surgeon,’” Ed says. “Mine passed away and I asked someone at West Point for a recommendation. These docs are critical to our ability to work, and they aren’t always easy to find.”

Ed works as a commercial pilot, flying an EMS helicopter out of bases in West Point, Petersburg, and Stafford, Virginia. He decided to get his annual medical exams for the FAA with Dr. Campana several years ago.

“Most docs treat you kind of like an assembly line, and it’s amazing if the guy remembers your name,” Ed says. “Dr. Campana is not like that. It’s more like sitting down with a friend. We chat a while about various things, and come around to medical issues. Then it’s time for the exam: checking my reflexes, blood pressure, and eyes.”

Ed looks forward to his visits with Dr. Campana. “I don’t dread going to the doctor anymore. Rick [Dr. Campana] has a genuine interest in his patients, what they’ve been doing, where they are going. He’s engaging and he listens, which makes him a cut above the rest,” he says.

Dr. Campana became a doctor in 1984. He opened the first “urgent care” style practice in the area, called FirstMed, located on Second Street in Williamsburg. He treats patients with all types of medical issues and specializes in addiction therapy.

In his youth, Dr. Campana was an Eagle Scout. He still appreciates the fundamentals he learned from those experiences. He tries to operate his practice by the Boy Scout law: to be trustworthy, loyal, helpful, courteous and kind.

Those traits, along with his medical expertise, make him qualified to assist those who seek him out for assistance with health concerns. Similarly, he is just the right doctor to examine pilots who will be flying high in the sky, oftentimes with the responsibility of safely transporting passengers traveling to other destinations. NDN



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GREG ARNOLD



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Life As a Funeral Home Director

By Linda Landreth Phelps

A couch of thorns or an embroidered bed, are matters of indifference to the dead.

-Theognis of Megara, ancient Greek poet

Funerals are meant to honor the deceased, but they benefit only the living; Greg Arnold knows the time-tested truth of this statement. In Greg's capacity as Managing Director of Bucktrout of Williamsburg's Funeral Home, he deals with every aspect of death. Greg's

training and natural desire to help people ensures that both are served well.

Bucktrout is a familiar, recurring name within the city limits of Williamsburg. It is also the name of the oldest funeral home in America, established in 1759 by Benjamin Bucktrout, a

cabinet maker with a lucrative sideline making coffins. Along with *The Virginia Gazette*, it is one of this city's two businesses in continuous operation since colonial times. Funeral directing is a profession that isn't affected by a changeable economy; no matter what else is

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going on, death is still paramount among the relentless realities of life.

As a rule, not many young boys grow up

college. A friend's mother came through his line and told him that her son was working at the local funeral home. Greg was startled to

finally remembered to mention the call several days later, Greg was quick to call back and accept. There would be no more bagging groceries for Greg.

"They worked around my college schedule, and I did things like cutting grass and washing cars. I had a suit with me just in case they needed my help with a service. Even though I was just 17, putting on that suit in an of-

"Even though I was just 17, putting on that suit in an official capacity meant I was treated with new respect within the community. I liked that."

~ Greg Arnold

dreaming of becoming a mortician unless it happens to be a family business. Greg was no exception. His interests centered on the different sports he played all through his school years in Wytheville, Virginia. He drifted into his present profession by way of an accidental encounter.

Greg was raised on a small farm, but farming held no attraction for him. After high school graduation he was working at the local Food Lion, bagging groceries and working toward a degree in Civil Engineering at a community

hear this bit of news.

"She told me, 'They pay him good; he makes \$5.20 an hour!', which was about \$1.20 more than I was making at the time. So I laughed and told her I'd work there for that, too," Greg said.

In a small town the grapevine as a means of communication functions quite efficiently, so word of his willingness soon got back to the funeral home director. He called Greg's house to offer him a job, but his father answered and denied his son was interested. When his dad

official capacity meant I was treated with new respect within the community. I liked that."

Gradually Greg was assigned more responsibilities as he discovered an unexpected interest and talent for the more technical aspects of the job. When direct, immediate burial or cremation is not chosen, embalming the remains is customary. For the sake of those left behind who will view the body, they may reshape and reconstruct disfigured areas using materials such as clay, cotton, plaster and wax. They also may apply cosmetics to provide a natural ap-

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pearance, dress the body and place it in a casket. Greg was surprised to learn that all these things came naturally to him, and that he was good at it.

Greg's hours increased with his knowledge and he found himself working 40 hours a week. Since he was doing the hard work anyway, Greg was encouraged to work as an official apprenticeship, a prerequisite in the state of Virginia to becoming a licensed mortician.

Greg eventually realized that he had found his life's purpose and gave up his plans for engineering in favor of another goal. He moved to Decatur, Georgia and attended Gupton-Jones Mortuary College, where he earned an Associate's Degree in Mortuary Science.

"Then I came back to Wytheville to work," Greg recalls. "Since it was a small town, even if I didn't know the deceased personally, I probably went to school with their grandchildren

or played ball with a cousin. It makes the service rendered much more personal."

In 1996, when a chance to buy the local funeral home fell through, Greg left the mountains and moved on. He was offered a job by the second largest funeral home corporation in the world. The initial offer was for a job in Fredericksburg, which handled more than 900 funerals a year, but Greg preferred the small town feel and slower paced life he was used to. There happened to be a position as manager open at a corporate-owned property in Wil-

all the conveniences of a larger town. I enjoy Busch Gardens, the beach is close, and it's a great place to raise children," Greg says. "I have two kids. Luke is a freshman at Jamestown High, and Lexi is in 7th grade at Hornsby Middle School."

Both have inherited their dad's athletic abilities. Greg has coached and sponsored Luke and Lexi's teams throughout the years. Luke plays basketball, baseball, and football, and Lexi's sports include basketball and fast-pitch softball.

"I think the hardest situation I have is when the deceased is a child, especially since I have children of my own."

~ Greg Arnold

liamsburg, Bucktrout Funeral Home, which he was offered and gladly accepted.

"Williamsburg may be small, but it has

"She's also into all the girly things like dance and gymnastics, but I can't coach that!" Greg laughs. He has appreciated the flexibility of a

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business which allows him to be so involved in his children's lives.

"Unless there is a service, I can usually work around their games and practices, even if it means working late at night," he says.

Balancing work, parenting and a social life can be tricky, but Greg seems to manage it well. Greg says he is currently in a serious relationship with a woman who has a fascinating profession.

"Her story's way better than mine," Greg says with a grin. "Melinda's a big game hunter and films all the hunts for television. She goes after bear, elk, mountain lions - all the big stuff."

When he's not working, attending Kiwanis functions or pursuing big game hunters, 40 year old Greg likes to keep active in sports. Bucktrout sponsors softball and basketball teams in the adult recreation league, and Greg plays for both. In a profession where dealing with emotional stress is a common, everyday occurrence, such physical activity is a healthy way to recharge.

In order to help families through the difficult times following a loved one's passing, Greg has to maintain a measure of professional detachment, but for a man who is by nature empathetic, it's not easy at times.

"I think the hardest situation I have is when the deceased is a child, especially since I have children of my own," Greg says.

The easiest transition is made when all decisions are made pre-need, as they say. All funeral and burial arrangements can be made ahead of time, and can be paid for up front as well. Many people who want to spare their children the process or simply want to ensure that all is done according to their personal preferences make a visit to Bucktrout of Williamsburg's office for a conference with Greg.

"In all my years in this business," he says with a smile, "we've never had anyone say, 'You know, I really wish Mama hadn't done that.'"

Because Williamsburg is both a college town and a big retirement destination, cremation is a popular choice here, according to Greg. Studies have shown that the more educated and affluent the population, the more often cremation is chosen over traditional burial. Cremation rates are higher in older populations, too. Many people who wouldn't want to live anywhere else still want to rest for eternity next to family members in distant places, so in a strictly practical sense, transporting a loved one's ashes makes that possibility more affordable.

"At times I feel that some funeral homes try to make it more complicated than is necessary," Greg says. "Unless there are unusual requests, it's a simple process that I try my best to expedite. It's a difficult enough time for families without making it more so."

There's a lot of job satisfaction in Greg Arnold's line of work. He feels that he is performing a crucial service for society by helping families through a very difficult time. Not everybody is suited to do what Greg and other funeral directors do, but sooner or later, everyone will require their help. When that time comes, Greg will be more than glad to be of service.

"It's a great job and a good life," Greg says. "Right now I am an unbelievably happy man." NDN

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Getting to the

Truth

By Ryan Jones



Lisa W. Cumming Photography

Picture this:

You're standing on a busy street corner during the mid-day lunch rush hour. Beside you, a driver waits impatiently for the stoplight

to turn green. You glance down at your watch to check the time just as the car revs its engine and pulls out into the intersection. Suddenly, you hear the shrill sound of squealing brakes, followed by a loud crash. You look up and see that the car you were

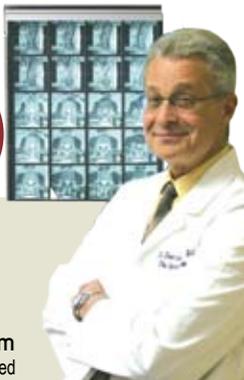
standing next to has just smashed into another vehicle. The drivers emerge from the wreckage shaken but unscathed, each accusing the other of negligence. Bystanders argue about who is at fault. The police arrive at the scene and try to make sense of the chaos as they interview the contending witnesses. Who is telling the truth? It

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seems that everyone has their own version of what happened, especially the two drivers who were involved in the crash. How will the authorities get to the facts they need to do their job correctly?

Such is the predicament presented in a recent youth seminary video aimed at promoting the values of light and truth. The person who possesses the largest measure of light and truth is the one who will most likely discover what really happened at the scene of the accident.¹ Enter James-City County Investigator Alan Moore, who has made a career out of untangling situations just like this. Not only has he spent the last twenty-seven years on the James City County police force investigating homicides, arsons, and other challenging cases, he has also become an expert in the administration of polygraph exams as a means of getting closer to the light and truth in his area of influence.

"The polygraph is a wonderful tool," Alan says. "For the longest time, the police department contracted either private examiners or the State Police to do polygraph exams. I put a proposal together back in 2002 because I had always been interested in polygraphs as an investigator. I went to school, became an examiner, and have been running polygraphs for the police department since early 2003."

Often referred to as the lie detector test by laymen, polygraphs are valuable assets to law enforcement officials. Having gained experience with polygraph examinations in his police work, Alan has expanded his use of the device in his side-business to include private exams and pre-employment screenings for police and fire agencies. He has also done work for the Capitol Police in Washington D.C.

"It's a science," he says. "There have been a lot of changes over the years from analog instrumentation to computers. Now, ninety percent of the exams are computerized, and it's all done through this small \$6,000 electronic box."

The computerized box perched next to the examination chair in Alan's office denotes impressive progress from the methods of discerning truth in years past. According to Alan, the following quote was inscribed on a stone tablet recovered centuries ago from ancient Babylon: "When a man tells a lie, he looks down at the ground and moves his big toe in circles." Approximately eight-hundred years later, the Chinese used their own methods for monitoring deception. "The accused man would chew a mouth full of rice while being questioned. He would then spit it out. If it was wet, the accused was considered innocent. If it was dry, the accused was guilty."

Fortunately, the doors of discernment swing on stouter hinges these days. While several inventors dabbled with components of the polygraph around the turn of the century, it was Leonard Keeler who was given official credit for the design in the 1930's. Since then, the device has been tweaked and honed into a sophisticated work of technological art that Alan claims is 95 to 98% accurate in sorting truth from deception.

"Polygraphs are strictly voluntary," he says. "From start to finish, you're looking at about two hours for an exam. First, I conduct a pre-interview, which consists of a one-hundred question worksheet. The goal is for you to tell me everything in your life - the good and the bad - so that when you sit in that chair after the pre-interview, you can be confident you will pass the exam. You'll be nervous, but you'll pass the exam

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After the pre-interview, the person taking the exam sits in a chair and is attached to monitors that detect changes in breathing, heart rate, blood pressure, and sweat activity. He or she is then asked a series of simple yes or no questions that provoke a response on the instrumentation if deception is attempted. Alan uses an analogy to explain how this process works.

“Imagine driving by a lake every day on your way to work. Some days the surface of the lake is completely flat and mirror like. Other days, the lake may be choppy, and some days it may be wavy. But the lake has only changed on the surface. If you look below the water, you see that the fish, the plants and the bottom are basically the same every day. Now imagine that you throw a cinder block into the lake. The water is disturbed all the way to the bottom. In a brief moment, there was a major change that lasted for a few seconds, and then the lake recovered. This is what happens when a person tells a lie. There is a major disturbance (reaction) that occurs and then goes away in a matter of seconds. It doesn't matter if they are a little nervous (wavy), or even very nervous (choppy). It is the lie that causes the reaction, just like the cinder block disturbing the lake. If they don't tell a lie, their nervous system will simply not create a reaction.”

Having conducted over one thousand polygraphs since 2003, Alan has become an expert at interpreting results. Though the examinations are not admissible as evidence in Virginia courtrooms, they play a large role in helping investigating officers uncover the truth.

“The polygraph can point the investigator in the right direction,” Alan says. “He may have four or five suspects, and a polygraph can narrow the field down. When the investigator has nothing but the results of the polygraph to go on and gets a confession, it's special. It really takes care of all the doubters in the field and shows that polygraphs work.”

Alan says that when he's not out in the community doing police work or polygraph examinations, he likes to unwind by participating as a coordinator in the Williamsburg Youth Baseball League. “I coordinate for the umpires,” he says. “I've been on the board since 1995. I also umpire, so that's how I enjoy getting away from things. I've always had a passion for baseball.”

Things are looking up for Alan at the police department these days as well. “My son is twenty-one and he just joined the police force,” he says proudly. “He didn't have to, but he decided to follow in my footsteps so to speak. As for me, learning to administer polygraphs has been a great career move - something I really take pride in.”

After nearly three decades of honing his perception skills, using good judgment has become second nature to Alan. Whether you find him taking notes at the scene of a crime, administering a sophisticated polygraph exam for the Capitol Police, or crouching behind home plate at a youth baseball game, you can bet that he will continue to seek out greater portions of light and truth to help him make the right call.

“People need answers,” says Alan, “and most of the time, they get them.” NDN

¹ *Doctrine & Covenants and Church History: a Visual Resource Aid*

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Capt'n Nick!

Coasting on the Jamestown-Scotland Ferry

By Christine Stoddard



Perhaps because of its power as a life source, water attracts many people, but it only truly enchants a rare, romantic breed. Captain Nick Costa is one such soul.

"Since I was a kid, that was my goal - to become a captain of a ship and see the world," he says. A nostalgic note hit his voice as he adds, "And that's what I did."

Nick has manned the helm of the Jamestown-Scotland ferry for the past 17 years, first working as a mate there for about three years. The ferry runs between Jamestown and Surry every day of the year - including Christmas -

saving locals an hour's drive between the two points. It is an essential 24-hour free service, especially to residents of Surry County, whose closest hospital lies in Williamsburg. In only fifteen to twenty minutes, they can cross the James River, something that Nick does multiple times per day, four times a week.

Nick began his career as a student at the Merchant Marine Academy in Messina, Italy,

not far from where he grew up in Sicily. Eventually he became a captain for Carnival Cruise Lines. Though he technically lived in Miami, Nick often found himself deployed for six to eight months. While working at Carnival, he met his future wife. Burned out by the cruise ship way of life after 17 years, they moved to her hometown: Williamsburg.

"I like Williamsburg because it's a very quiet

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city,” Nick says slowly, but soon his voice swells with excitement, “There’s not much crime. It’s well-maintained. It’s safe. The people are nice, very cordial. I especially love Colonial Williamsburg. There’s a lot of history, a lot of charm.”

Seeing the Jamestown-Scotland ferry when he moved to the area inspired Nick to acquire his American Captain’s license, so he could work a job he loved while staying close to home. Already well-versed in the language of the sea, learning English proved the biggest challenge. Yet Nick passed the Coast Guard exam on his second try.

“I was lucky,” Nick muses.

Working for Jamestown-Scotland has afforded Nick a calmer existence. His time at Carnival had allowed him little free time, as he was responsible for a huge ship and 3,000 people out on the open ocean at any given time. At Jamestown-Scotland, there are four full-time captains and four ferries: the Pocahontas (1995), the Surry (1979), the Williamsburg (1983), and the historic Virginia (1936). Even the largest, the Pocahontas, can only carry 70 cars - far fewer than the cruise ship.

To illustrate the difference in stress, Nick says, “Now, after work, I can go home and relax, or go out for pizza and spend time with friends. On the cruise ship...I didn’t have free time. I didn’t have friends. I didn’t have a life.”

However, Nick pointed out that the two jobs still share similarities:

“As a captain, I have the same responsibility [the boat] no matter. I do my job diligently and safely so nobody gets hurt,” he says.

While the scheduling at the Jamestown-Scotland trumps what Nick endured working for a cruise ship, it can still be challenging. The work schedule rotates every seven weeks, in which case captains, mates, and deckhands have a different schedule each day, every week for seven weeks. VDOT also changed the schedule in the early 90’s so that the ferry could be a 24-hour operation to give more opportunity to commuters and people living in Surry in case of an emergency. The busy schedule generates more work, but more opportunity as well. Even on the days Nick finds most tasking, he finds solace in the fact that he’s where he has always dreamed of being: on the water. NDN

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BRIAN EGGLESTON

Lisa W. Cumming Photography

Making Sure You're All Washed Up

By Sharon D. Dillon

If you have ever taken your vehicle through a full service car wash where they dry your car once it has been washed, you may have wondered if the employees with the hand towels ever run out of steam or are just too sore to wipe down another vehicle. From a customer standpoint, it looks like hard work.

Brian Eggleston knows exactly what the work is like. For the past three years Brian has been training new employees at Buggy Bathe on

Richmond Road - and oftentimes this training includes hands-on leadership. He assures that all new employees understand the company's commitment to quality service. His job covers orientation to the facility, equipment and techniques needed to clean customers' vehicles to their satisfaction; it also includes dress, attitude, and courtesy.

Customers are often emotionally attached to their vehicles and want the people handling

their cars, vans and trucks to treat them with respect. Brian said that his job is "to mold a young person's attitude." To accomplish that, he insists that employees wear clean, fitted clothing topped with the familiar burgundy Buggy Bathe shirt. They must be honest, well groomed, polite, display good humor and like meeting new people because "customers come from all over the country" and have different ideas about how things should be done.



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Brian teaches his staff to keep their cell phones and other electronics out of sight and to use them only at break time and out of public view. He reminds employees to be courteous and smile even if a customer forgets to tip. The staff's "job is to build customer satisfaction and morale."

One necessary skill is cleaning modern, aerodynamic windshields and rear windows. Brian said the Toyota Prius has the most aerodynamic shape. "Its windshield's extreme slant means that the cleaner must be flexible and determined to reach every inch of the glass." Another technical skill is removing oil and tar splatters without damaging the vehicle's paint. Buggy Bathe workers must be able to drive any vehicle no matter the size, shape or transmission system.

Brian said he found this rewarding position through a friend, a former Buggy Bathe assistant manager. This friend mentioned to Brian that he would probably enjoy working there and a vacancy awaited his application.

Brian grinned when he said, "The ironic part of this situation is that in the beginning, I was my friend's supervisor at the Wal-Mart Distribution Center and my friend was my supervisor at Buggy Bathe."

To say Brian is a part-time trainer for new

employees at Buggy Bathe on Richmond Road barely scratches the surface of this man's life and interests. Career wise he is a full time manager at the Wal-Mart Distribution Center. As if these two jobs are not enough to keep any one person busy, Brian is active with church and volunteer programs as well as a dedicated family man who just happens to be a "born here."

His father grew up near Farmville, Virginia and his mother is from Portsmouth. Brian was born in the same hospital as his mother. Later, the family moved to Newport News where Brian graduated from Denbigh High School and attended Thomas Nelson Community College. He and Eve, his sweetheart, married and became parents to Shalen, Lauren and Paul Brian, ages 17, 11 and 10, respectively.

Family is the center of his life. The Egglestons share family nights by watching rented movies or playing board games with all other electronics banned for the evening. Frequently the family plays ball, rides bikes or hikes Newport News Park. They all enjoy visiting the Outer Banks, Busch Gardens and Water Country USA and going to movies as well as dining at local restaurants.

Active in the New Life Ministry Center in Gloucester (Church of God, Pentecostal), Brian serves as Minister of Music, which means he

directs the five-piece band and 15-voice choir. He performs as guest soloist at other churches and sings at weddings and funerals as well as acting as DJ at weddings and parties.

The annual Wal-Mart Christmas party held at the distribution center is an event he enjoys planning and coordinating. This event includes gifts, games, rides and food for all local Wal-Mart associates and their families. Additionally, Brian participates as a Salvation Army bell ringer at the Williamsburg Wal-Mart and in the American Heart Association Walk.

To relax Brian enjoys watching sports on television such as NASCAR, professional and college football and basketball which includes "of course, the University of Virginia Cavaliers." He also watches the history channel. Their programs often lead him to do further research both online and by reading related books. When asked about his reading favorites he says, "The Bible, of course, the Bible; but I'm also fascinated by car and sports magazines, ghost hunting stories and science fiction."

What does the future hold for this calm, committed and busy man? "My dream is to someday finish college and own my own car wash facility like Buggy Bathe. I've already discussed this with the owner and he's excited about the prospect." NDN

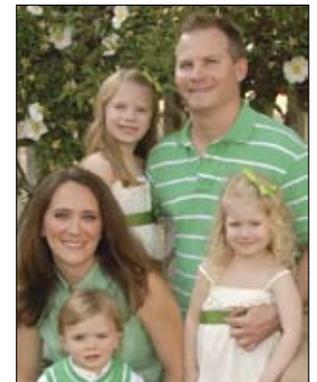
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BILL GOUGH Going Solo

By Sandy Rotermund



Lisa W. Cumming Photography

There are no conveyor belts moving paisley-patterned suitcases around the baggage claim island. Gate assignments and flight numbers aren't being blared from intercoms. And the aircraft parked on the runway definitely don't serve pretzels to a small town of people seated

within. At the Williamsburg-Jamestown Airport, the frenetic activity of the larger airports is replaced by comfortable conversation between familiar faces over homemade pecan pie prepared at the airport's small restaurant called Charly's. Single-engine Cessna's, Piper's, and

Mooney's sunbathe less than 1000 feet away from the windows beside them.

"Local owners of planes come in - regulars - and have lunch at Charly's or a cup of coffee in the morning. It's a very friendly atmosphere," says Bill Gough, a line operator at the airport

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since 2003. "It's quite a community [here] with such common interests and passion."

This passion for airplanes and flying is what makes Bill's job at the airport stimulating and fun. Multi-tasking would understate the juggling act of tasks Bill performs during his shift to keep operations running smoothly. Bill's "part-time" seven-hour day often includes refueling aircraft, running systems checks, logging in airplanes, monitoring radio communications, and answering nonstop phone calls about fuel costs, local hotel availability, and the hours lunch is served.

"There are two shifts," Bill says. "Opening and closing with an overlap during the lunch period. By and large, you're solo."

Bill's most critical and constant responsibility amidst his other tasks is monitoring the communications between the aircraft themselves and between the aircraft and the airport.

UNICOM is the communications channel which has different frequencies denoting the many small airport locations throughout the region. Williamsburg-Jamestown Airport, though privately owned, is for public use.

Since there is no FAA air traffic control tower, the airport is designated as "uncontrolled". This means that all communications are strictly advisory rather than directive which must exist at a larger airport.

"This puts the onus on the operators, both in the air and on the ground to be very, very cooperative, aware and alert – to know who is where and what their intentions are so that everything goes smoothly," Bill says.

Just then, Bill jumps up to step outside and fuel an airplane. He grabs the portable radio like one would their car keys to start their vehicle. Moments later, Bill returns only to answer the phone before sitting down. He smiles, hanging up the receiver. The young pilot who had called was barely out of high school. Bill's boyish passion for flying is ignited.

"I soloed when I was sixteen, and it was one of those airplanes that were mostly fabric - the Piper Cub - very, very basic airplane with seven or eight instruments," he says.

Bill chuckles when he describes his parents having to drive him to the airport near home in upstate New York to fly an airplane because he

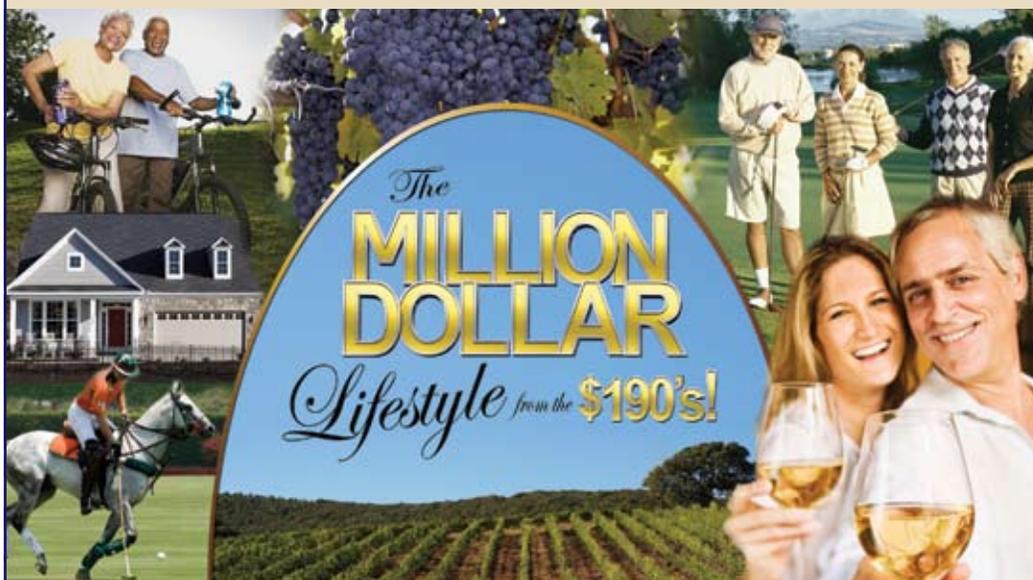
didn't yet have his driver's license. His father was a farmer, and his mother hated airplanes, so they weren't sure where their child's curiosity came from.

"I was always building RC [remote control] models; it just got more complex," Bill says, grinning. It was his mother's friend - a former WWII E-17 gunner-turned flying instructor - who was the catalyst for turning Bill's dream into a reality and hobby into a future job.

"Mom seemed okay with it. She came out to the airport on the weekends," he says. Bill reflects on some pretty flakey landings he'd had in front of them. "I don't know if their hearts were in their mouths. They never seemed to indicate it."

Bill's career path seemed as well-lit as an airport runway at night. After attaining his undergraduate degree in political science and history with an economics minor, Bill decided to join the Navy. Rather than being drafted during the then-ongoing Vietnam conflict, he wanted to be able to choose something he loved – airplanes. He knew he'd find adventure, but he could never have been prepared for

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the Enterprise disaster in 1968.

“It was a full load - thirty aircraft getting ready to go off on an operation, and the lead aircraft caught fire and spread across the deck to every single aircraft,” he explains. Loaded with bombs, these airplanes exploded one at a time. “It just felt like the deck was being hit by a gigantic sledgehammer.”

Bill eventually pursued his Master’s Degree in Business from William and Mary and a second Masters Degree in Aviation Management from Embry Riddle Aeronautical University. A job with NASA soon followed in 1983.

“The stuff you see in everyday aircraft, we were developing at the time,” Bill says. His 12-year NASA career was largely developing presentations on a unique aircraft created to test specific, advanced technologies. He would take his hands-on presentations around the country to air shows and to the aerospace engineering departments of universities and museums.

For Bill, retirement from experimental aircraft and wind tunnels didn’t mean leaving his passion behind. Granted, he had more time to pursue his other interests such as reading,

the restaurant and stay after nine at night. If she went on vacation, she would call two times a day to see if everything was okay.”

Though Jean’s office remains empty, her

“It’s quite a community (here) with such common interests and passion.”

~ Bill Gough

collecting rare books and art, visiting extended family, and exercising. Once he started receiving his Navy pension in 2003, he was able to answer the calling of the now late Jean Waltrip who, with her husband, Larry, built and managed the Williamsburg-Jamestown Airport in 1970. Jean’s magnetic passion for airplanes and flying drew Bill into his current job as line-operator.

“This was her {Jean’s} baby. This was her whole life – this airport,” Bill says. “She’d come in at nine o’clock after baking pies for

daughter manages the airport and several other family businesses alongside her father, Larry. They maintain a regular presence at the airport.

With that, Bill jumps up again, this time to unlock the restroom where a patron accidentally locked the key inside. The UNICOM radio voices continue to exchange information. A single engine plane taxis around for takeoff while another awaits fuel and oil. Bill will be right there.

After all, he’s solo. NDN

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ROBERT GERKEN

He Digs His Work

By Christine Stoddard



Lisa W. Cumming Photography

In Williamsburg, it's natural to hear the word "excavation" and immediately think of archeologists unearthing precious artifacts. Utilities Foreman and Equipment Operator, Robert (Bob) Gerken, however, does not spend his days hunting for artifacts and crossing items off a

museum's dream list. His version of excavation is a little different.

In fact, you can thank Bob and others in his line of excavation work for every pipe and manhole in your neighborhood. Without the likes of Bob, you wouldn't have a modern toilet, let

alone running water - not that Bob, a modest man who makes die-cast 1/16th scale toy tractors in his spare time, is likely to remind you of that.

In basic terms, Bob spends his days getting dirty: excavating the earth to install water, storm



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and sanitary sewer pipes on line and grade. In more elegant terms, Bob's efforts provide the community with an essential service that allows residents to cleanly and safely carry out their everyday lives. They have access to water when they need it, and can easily dispose of it after they have fulfilled those needs.

It may lack the sweeping John Williams musical score, but excavation of the non-Indiana Jones variety is a noble cause. Without it, you'd have to live the Colonial way. No water system infrastructure means no sink, no shower, no washing machine, no dishwasher, no garden hose, and, yes, a bog-house or chamber pot instead of a flushing toilet.

Though Bob currently works for E.W. Muller Contractor, Inc. in Newport News, his excavation projects take him across the Tidewater region, from Hampton to Williamsburg to Yorktown. He enjoys working in Virginia.

"The people here are different. They welcome you with open arms and they're highly-motivated. There's a lot of culture and all kinds of opportunities," Bob says.

"The people here are different. They welcome you with open arms and they're highly-motivated. There's a lot of culture and all kinds of opportunities."

~ Bob Gerken

Considering that he was born and raised in Ohio, Bob can make such claims with little bias. Growing up on a farm taught him to relish the art of building, appreciate the outdoors, and accommodate an unconventional schedule. These unique abilities have prepared him well for jobs as the former owner of a well service company and now as a foreman and equipment operator.

At his rural high school, Bob loaded up on vocational courses that involved design and construction, including machine shop, woodshop, and agriculture. "I've got a brain that thinks only mechanics," he chuckles. After high school, Bob rather predictably studied mechanical engineering at Marietta College in Marietta, Ohio.

His admiration for the outdoors has existed just as long as his love for building. One of his favorite aspects of the job is, in his words: "spotting animals." Since he spends the vast majority of his time outside, as he and his crew install structures that can weigh as much as 20,000 pounds, it's not unusual for Bob to see people walking their dogs or even glimpse a deer or rabbit frolic past the site.

Bob's hours are long, strenuous, and potentially dangerous, but he finds them satisfying. Working on his family farm taught Bob to rise early and

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Over the years, our firm has done many workshops on "Estate Planning for Singles and Unmarried Couples." Why?

Although unmarried people make up half the population (and all married people become single at the death of a spouse), too little attention is focused on their needs. Unmarried people include singles, widows/widowers, unwed and cohabiting couples, and even siblings inheriting property jointly. Their estate plans can be complicated by a lack of 'natural' heirs, executors, frustrating state default laws, and greater potential for conflicts between their intended beneficiaries and loved ones after death. Unmarried people share the same estate distribution, probate, tax, and incapacity concerns as married people, but need different solutions.

While almost everyone knows they should use a Will or Trust to designate their intended heirs and appoint their executors, many people fail to make an estate plan prior to death. Virginia (like all states) has an 'intestate succession' law which lists the default heirs for everyone who dies without a Will (intestate). These laws vary state-to-state, but almost all laws divide the estate among the closest living relatives. For example, when a decedent has no children, there may be many family members included in the intestate distribution. Such a division among brothers, sisters, nephews, nieces, and cousins is seldom the result intended by the deceased and sets the stage for conflicts among the family. Intestate succession can leave longtime partners, friends, and caregivers out in the cold while second cousins receive the wealth of a relative they hardly knew.

To avoid an estate being distributed according to the best guess of the state legislature, one needs to prepare a Will or Will substitute, a Revocable Living Trust, to determine **who** receives, **when** they receive, and **how** they

receive.

For legal and financial matters, you can give to another trusted person the power to sign for you through a Power of Attorney (POA) or a Revocable Living Trust. A POA is a document in which you, the Principal, appoint someone else, an Agent, to sign your name for you.

The enactment of HIPAA (Health Insurance Portability and Accountability Act) has created headaches for the sick, their families, friends, and the medical establishment. To avoid getting lost in the red tape, you must specify your medical wishes in a written directive. In Virginia, your Advance Medical Directive allows you to designate an individual to speak for you in the medical arena when you can no longer do so yourself.

When appointing a trustee, agent or executor, it is important to select the right person to represent you. Picking the right agent or trustee involves finding someone who can stand up for your wishes and navigate the maze of medical billing and financial affairs.

In conclusion, to make sure your assets remain available for you during life, but ultimately pass to your intended beneficiaries, you should set up a Will or a Trust Agreement rather than watch the assets slip away from your family at your death through state default laws. Avoiding the Probate process is easily accomplished by a fully funded Revocable Living Trust. In the Trust Agreement, you can also address the potential effects of Federal and State Death Taxes. An effective estate plan will protect you and your loved ones if you take the time to set your affairs in order, especially for unmarried individuals.

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work until a project is finished, or at least at a point where it can be left alone for a while. He maintains the same scheduling philosophy when he excavates. It takes a long time to dig a 15 ft. trench - and even before that happens, all sorts of plans and safety precautions must happen.

Before venturing into a confined space, for instance, Bob must perform atmospheric tests to determine which gases are present. Is there enough oxygen for his men to breathe comfortably and concentrate? Too little oxygen may pose a fire hazard, impair coordination, or cause fainting, vomiting, coma, or even death. In the world of excavation, confined spaces abound, whether in sewers, trenches, or pipes. Aside from the dangers associated with confined spaces, Bob and his crew face the possibilities of trench engulfment or getting crushed by heavy machinery.

Speaking of his crew, Bob's job is hardly a solitary one. Even before he embarks on a project, he interacts with multiple people. The most prominent of these is, of course, the developer. On site, Bob's team usually consists of four men besides himself. Bob also directs sub-contractors who come in to complete specific tasks, according to their specialty. Since each county has its own set of building codes, local inspectors must examine every one of Bob's projects. Realtors also check up on how a project is progressing, noting any changes to the land. As supplies run short, Bob communicates with supply companies like Ferguson Waterworks and Hanson Concrete.

Above all, Bob values speaking to the residents of the neighborhood where he's working, deeming it his civic duty to keep them informed of what his crew is doing and when. He explained, "I'm the one who goes knocking on people's doors, saying, 'Hey, we're going to shut off your water now.'"

Bob points out far more advantages to his job than disadvantages. He feels honored in knowing that he helps bring modern utilities to Virginians and always leaves Mother Nature in the best possible condition after completing a project. He and his crew fill ditches and holes, smooth over curbs, and remove any other eyesores so homes are spic and span for open house events. Leaving minimal damage is key to maintaining the crew's reputation.

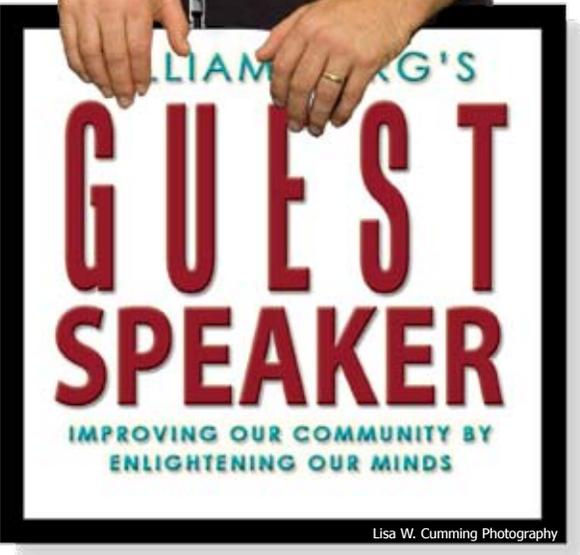
"Sometimes the smell's not the greatest when we're working on sanitation projects," he adds. There's also the biggest villain of any outdoor job: the weather.

"Nothing's worse than dressing one way in the morning, only to have the weather change later on in the day," he said, "It's especially bad when it gets colder than you thought it would. That's why I check the weather every day." Bob likes working in autumn best, saying that "it's just the right temperature and it's beautiful when the leaves change."

I closed the conversation in asking what advice Bob has for young folks who want to pursue careers in excavation. He laughed for a moment, but immediately become serious again. He imparted the following words of wisdom:

"Don't assume you're just going to be a ditch-digger your whole life. There's no future in picking up a 5-foot shovel and saying that's it. Be curious about all the different jobs in your field. Understand every aspect of a project, no matter your position on the crew. Appreciate everything that Virginia has to offer, too. There are a lot of jobs here because the economy's much better than in most other states during this recession." NDN

TONY LEA



ON JAMESTOWN 4-H EDUCATIONAL CENTER

Tony Lea is the Center Director of the Jamestown 4-H Educational Center. He came to the United States from Australia to learn more about the camping industry. During his college days in Australia, he volunteered his time at the Asthma Foundation of Victoria Camps. He enjoyed the camp experiences and connected with the philosophy of getting kids into a new environment that could change their lives for the better. He realized that a professional camping

career would be a good fit. In the spring of 1996, Tony came to the United States to work at a YMCA camp in Arizona. He's been working in the camping industry since then. Tony met his wife, Patrice, at a camp in New Jersey. Today they have four children, ages seven, five, three and one. When not at the 4-H Center, Tony's hobbies include camping, kayaking, horse-back riding, playing golf, watching movies, exploring World War II

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era warbirds and spending time with his family.

What is the mission of the Jamestown 4-H Educational Center?

The mission is to foster change in the lives of youths and adults by building character, values and esteem through hands-on learning, camping and conferences. Our mission supports the Virginia 4-H mission to assist youth, and adults working with those youth, to gain additional knowledge, life skills, and attitudes that will further their development as self-directing, contributing, and productive members of society. The 4-H Center is all about positive youth development and the continued development of the many teen, adult volunteers and staff that work with these youth. Our inclusion of all genders, ages and social strata means that our programs are truly a recipe for community growth.

When did you first become involved in

camp leadership and particularly in the Jamestown 4-H center?

My first camp leadership opportunity was in 1992, when I directed a few week-long camps for the Asthma Foundation in Australia. Over the past 20 years, I have experienced a variety of positions at camps in Australia, Arizona, Iowa, Pennsylvania, New Jersey and now Virginia. Some of the different job titles I have held are: Challenge Course Director, Team Building Coordinator, Equestrian Director, Community Director and Group Services/Conference Director. I have also had the opportunity to volunteer my time at other 4-H Camps in Iowa and New Jersey when we lived in those states. All of these experiences led me to the Jamestown 4-H Educational Center where I became the Center Director in the spring of 2008.

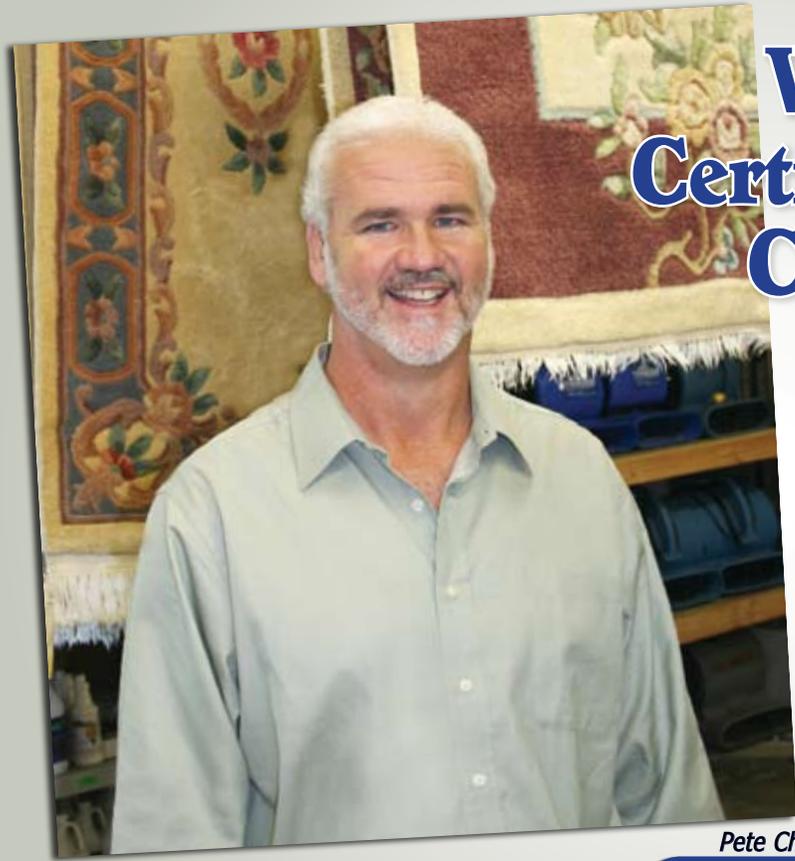
What facilities does the 4-H center have?

The 4-H Center can accommodate

overnight groups of up to 220 persons, and our facility has been used by day-time groups of up to 2,000. We have four cabins with 30 beds each, two lodges with 50 beds each, six hotel style rooms, and a smaller lodge with a meeting space, kitchenette and four beds. Other facilities include an indoor recreational hall, a pool, basketball courts, a nature/learning center, a fishing pier, our new living shoreline, a newly refurbished archery range, challenge course, wetlands walk, an amphitheater/campfire area, two covered pavilions and recreational fields. Our property is situated on a beautiful spot along the James River.

What are the traditional programs that the 4-H center offers?

All programs that are offered by the 4-H Center intentionally provide hands on/ experiential learning. Traditional camp activities include; canoeing, kayaking, swimming lessons, recreational swimming, a low elements challenge course,



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archery, air riflery, marine science, fishing, arts & crafts, forestry, recreational programs, Counselor-In-Training sessions, campfire programs, and lots more. During residential summer camp, even more camp activities are provided by the 4-H Agent and other volunteers. New programs that we added this past summer include Lego Robotics and a woodworking lathe program called "Freedom Pens" where campers turn pens on the lathe with the intention of donating them to our service men and women deployed overseas. We are currently in development of our Sailing Program. This program is scheduled to launch during the summer of 2012.

Cloverbud Camp is coming in November; what is it about and how is it a typical 4-H camp?

Cloverbud Camp is an introduction to 4-H Camping for youth 5-8 years old. It's a great time for younger children to experience the fun of an overnight camp

without the commitment of a week away from home. Cloverbud camps typically run from Saturday morning to Sunday. These younger campers get to experience much of the traditional 4-H Camp program including, archery, arts and crafts, canoeing and swimming, skits, the campfire program and more. We offer three or four Cloverbud Camps throughout the year: one in late winter/early spring, one or two in the summer, and a fall camp. My two older children are 4-H Cloverbud Campers.

What are some of the other Specialty Camps the center offers?

Specialty camps are open to all youth 9-14 years of age. We typically offer an Arts Camp, Lego Robotics Camp, Nocturnal Camp, Science Camp and Teen Camp. We list upcoming specialty camps on our website. It is my hope that we can offer our first sailing camp soon.

What are some other uses (non-traditional 4-H) that happen at the center?

The 4-H Center is open all year. We host all kinds of groups at camp such as school groups, corporate leadership retreats, college teams, clubs, church groups, scouting groups, family reunions and military organizations. Most groups use our overnight accommodations and meal services; however, we do host large groups for daytime events such as the Kiwanis Shrimp Feast where over fifteen hundred people pass through our gates to enjoy the great shrimp.

What can the community do to assist with the center's mission?

We really count on the community and alumni's support here at the Jamestown Center. In fact, it's vital to our survival. Many of our most interesting and educational programs are run by our extensive network of professionally-trained volunteers. Just last year, our volunteers logged over 24,000 day-time hours help-

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ing us at the 4-H Center. While some of these volunteers are coming from surrounding counties, many are from the Williamsburg area. We are always looking for more volunteers to teach, support or help with youth. If you have the time and can lift a shovel, we could use you. If you want to teach your children the value of volunteerism, look for one of our Volunteer Days. We do all sorts of projects, from washing windows, painting, and raking, to assembling picnic tables and rebuilding trails. The 4-H Center has been around since 1928 and at our current location for more than 60 years. We have many needs to maintain and improve the facility and we count on our local community and our 4-H community to keep going strong.

What are the plans for the future for the 4-H Center?

Youth development will always be at the forefront of what we do. The 4-H Center continues to strive to meet these

expectations and become a valuable partner in community development. I would like to see growth in our program areas. Some programs in the planning stage are: a community based sailing program, an adventure trip program with overnight canoeing or sailing trips, outdoor adventure leadership programs, the development of a living history program that complements the offering of the Historic Triangle, and expansion of our marine science offerings. Community experts and volunteers are the key to enable these future plans.

How has working with the center and the people it serves enriched your experience of living and working in the Williamsburg area?

I love my job. I know that lots of people like their jobs and some people tolerate their jobs, but how many people can walk into a room filled with 250 smiling happy kids and know that these kids are having a great time because of the hard

work you do? Our staff, from the college students who give up all their summer vacation and big money opportunities to our professional staff (including me) are all here for one reason only: we love seeing how camp changes kids' lives for the better. My job is incredible – I make sure that camp is a safe place, a fun place, a learning place, and a second home for your kids to come to. My most rewarding moment every summer is reading the letters from parents telling us how much their children loved camp and are counting the days until next year. Another rewarding aspect of my job is seeing our campers and volunteers all over Williamsburg and our surrounding areas. With over 1,200 campers each summer and over 24,000 hours of volunteer time put in each year, we have many people in the area that are personally invested in camp. I run into these people all the time at the grocery store, at the parks and at church. NDN



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Generations

by Sandy Rotermund



Lisa W. Cumming Photography

Steve Lewis

Age 61

"The Kid" just turned 61. Steve Lewis, owner of Opus 9 Steakhouse in New Town, isn't sure his youthful face that earned him that nickname at Virginia Tech has been maintained.

"I can't believe I'm sixty-one," Steve says. "I don't feel sixty-one."

Steve's energy level – a level high enough to co-own six restaurants between here and Maryland – defies his six-decade age. A calm belies his tireless motivation to create one-of-



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a-kind restaurants from their idea conception to their unique interior design and, finally, to their operation. Is it a labor of love, or a personal quest to constantly improve his creative offspring? Maybe a bit of both, plus the lure of gambling on a timely opportunity.

Like so many of Steve's college classmates who were graduating with business management degrees in the early seventies, he was focused on securing a job with the DuPont's of the corporate kingdom. The job market was tight then, so Steve's "DuPont" instead came in the form of a steakhouse called, "That Steak Place".

"They {That Steak Place} were looking for management candidates, and so I interviewed," Steve says. He had worked for the small regional chain while attending Virginia Tech. "And I thought – well, you know – I'll take this maybe for a year or so, and then I'll move on." He shakes his head. "It's been a long year."

Moving to Richmond for that first post-grad job, Steve eventually bought the small chain. But by the mid-eighties, Steve sold all but one of the restaurants – the surf sister to the turf brothers, called, "That Seafood Place". It was located here in Williamsburg. After operating that restaurant as a single owner/operator, Steve sold that one too.

"I thought I'd just kick around and do nothing," he says.

After all, Steve still co-owned and was actively involved in two successful dinner theatres in Maryland. But resting on his laurels was never Steve's style. So, he began managing the food service of a country – a Busch Gardens country that is – before the consulting bug bit him. Restaurant consulting seemed like the natural next step on his career path.

"I was going to do just consulting and, you know, things happen. Opportunities presented themselves." Steve's hands rest

on the table, layered, his college ring sitting like a golden cherry cake topper.

Ownership beckoned him again. First came the upscale Bottoms Up Pizza in Richmond, followed by its neighbor and equally popular, Hondo's Steakhouse. Schlesinger's Steakhouse in Newport News came next. About four years ago, New Town birthed Steve's Opus 9 Steakhouse. His restaurants' track record for increasing customer activity in shopping areas was well-known, and developers eagerly pursued Steve.

"You know, that's the way everything that I do –" Steve pauses. "I keep my eyes open for things."

To Steve, success is an elusive term and a pinnacle he will never stop striving for.

"My attitude always has been that, unless you have every seat filled at every table for every minute you're open, you still have something to work for. You know, for me to say that business is thriving would almost

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be like saying I'm satisfied with business, and I don't ever want to be satisfied when we can do more. And I always say, we can always serve one more person, regardless."

It's a team effort, Steve emphasizes, and from his team of designers to his team of restaurant employees, he considers them family.

"In my business, you can never take people for granted, particularly the people that you work with that you're counting on. I mean you've got to really tune into what's important to them and try to help them, whether it's a career goal or financial or whatever it is," he says.

Commitment to the long haul is what Steve feels sometimes separates his generation from the younger folks entering the work force today.

"{They} jump from place to place to place, and I am a big believer in perseverance. Tough times will pass. Just hang in there," he says.

"I am a big believer in perseverance. Tough times will pass. Just hang in there."

~ Steve Lewis

Steve attributes his work ethic to both his parents and to the mentor he was fortunate to work with in his very first restaurant job. "My folks worked awfully hard, and I would credit them for that sort of at-

titude."

Growing up in the small southwestern Virginia town of Narrows, neither Steve nor his parents had ventured behind a restaurant's closed kitchen doors. His father worked for a company that made cigarette filters, and other synthetic fiber products. Both parents made enormous sacrifices, just as Steve has done for his wife and son. Steve's mentor at the restaurant taught him to think beyond logic; to be creative. And during a significant ebb in the restaurant business in the seventies, this mindset served him well.

"All of a sudden people were just not eating steak," Steve says with disbelief. "I mean they just – hell freezes – it just stopped." No one was asking, where's the beef? Folks were riding the new salad bar

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bandwagon. "I remember we just tried everything to regenerate interest in the 'steak place' concept."

Not one to surrender, Steve studied successful steakhouses in other regions, trying to revive the market locally. But even the a la carte concept that succeeded elsewhere wouldn't take hold here. Beef was getting a bum rap.

When the economy plunged a few years ago – beef or no beef – Steve experienced déjà vu.

"It felt exactly like it did in the seventies where it's like being a senior in college or high school, and you're almost at the end and someone says, oh no, you gotta go back and be a freshman again!"

Steve reflects back on those lessons learned from his family and mentor. "It's developing the confidence that you know you have the ability to fix it if it goes south. And, boy, that is to me – for me – that's powerful."

With long hours spent among chefs and customers, Steve and his wife of thirty-one years enjoy escaping to their home in the Outer Banks. Admittedly, not a hobbyist, Steve instead loves to attend Virginia Tech football games to unwind.

"Last year, I went to every game, home and away. So I'll mark that off my bucket list," Steve jokes.

This year, he's content to just go to the home games with his good friend who was also his college fraternity brother. In fact, the two of them are nothing short of rock stars at the games, according to Steve, now that the youngest brothers of the surviving fraternity have learned that the two of them founded the fraternity. His football buddy was charter member number two, and Steve was number three. That kind of prestige during tailgate barbeques is a fun diversion from Steve's restaurateur status back home.

So, what does Steve say to his college-

age son who is making noise about wanting to pursue the restaurant business?

"Talk to your mother!" he says without hesitation.

Steve doesn't want to discourage his son, but he advises him exactly as he does anyone else who asks him about restaurant ownership.

"You know, on the surface, it looks simple and easy. But it's a very complicated business," Steve says, citing numerous areas of the business that can devour potential success. "It's not rocket science – and that's probably why I'm in it because it's not – but these things can just eat money like a piranha."

It may not be rocket science, but it's not kid's play either. Guaranteed, you will never hear him whine, "Are we there yet?" That's because his adventure is still underway. Steve Lewis keeps on going, still managing to be "The Kid" at heart. NDN



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LISA OWNBY

A Career in Demand -

Special Education

By Greg Lilly, Editor

The College of William and Mary's Special Education program offers prospective students flexibility, creativity, and most importantly, a solid job market. Lisa Ownby helps teachers discover the potential in special education.

"I am a social worker in the field of developmental disabilities," Lisa explains. Development disabilities are diagnosed disabilities in cognitive, learning or emotional aspects that someone is born with or acquires before the age

of 18 – during a person's developmental years.

"This includes cerebral palsy, intellectual disabilities, autism, the whole gamut of developmental disabilities," she says. "After the age of 18, if someone is in a car accident that causes a brain injury, for example, those are called traumatic brain injuries."

She concentrates on the developmental disabilities field because she has a personal connection to it.

"My brother was born with severe and profound disabilities," Lisa says. "He had mental retardation, cerebral palsy and epilepsy. So, as a child, I started volunteering with Special Olympics back in the 1970s and worked closely with his occupational therapist, physical therapist and speech language therapist. I always wanted to be in the field."

At the age of 18, Lisa began working in a training center located in Northern Virginia.

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"It was a state institution where individuals with intellectual disabilities lived. Then I went to college where I realized I wanted to do advocacy," she says. "I worked in Washington, D.C. for my internship with a national disability advocacy organization. In graduate school, I worked with a state-wide advocacy organization."

In her early social work career, Lisa helped people with disabilities to live in an inclusive environment. "By job training and assisting with the support needed for them to live independently," she explains.

In Williamsburg, Lisa worked with Child Development Resources. "I managed a program funded by the U.S. Department of Education. That program was designed to assist parents in training caregivers to support their children."

Today, Lisa helps the College of William and Mary's School of Education inform people about the program to be special educators. "I'm passionate about the subject," she says.

She's part of the Preparing Inclusive Education team focused on special educators. Special educators are different from general educators in that they have additional training to meet the needs of students who have an individualized education plan (IEP). These students are in the special education program because they have a diagnosed developmental disability.

"The special education teachers do a variety of things," Lisa says, "that allow the teacher more creativity and variety. While a general educator works with students in the classroom and occasionally has a parent-teacher conference, a special educator works in a whole range of settings." She adds that there are three main configurations of special education in the schools: collaborative teaching, self-contained instruction and consultative education.

Collaborative Teaching: "The trend now is collaborative teaching where you find a general educator paired with a special educator," Lisa says. "The teachers work together in the classroom where a handful of students have disabilities and need support. The rest of the class are typically developing learners, but the teachers work together to meet the needs of all the students."

Self-Contained Instruction: "Some students are still served best in a self-contained classroom," Lisa adds, "where only students with disabilities are receiving their education."

Consultative Education: "And finally, some special educators act as consultants or tutors. They may pull children out of a classroom to provide intensive tutoring and support. They may also consult with general educators to provide intensive support and training to help the general educators meet the students' needs."

In addition to the classroom teaching, special educators work closely with related service personnel like social workers, speech therapists, nurses, psychologists and parents. "Parents are a big part of this team. Every child has a team of individuals based on his disability," Lisa describes.

"This team identifies goals and objectives each year, and the special educator works with all of these people to help each child meet his or her annual goals."

The variety in the job is what draws a lot of people to the career. "Special educators wear a lot of hats: trainers, advocates, adult educators, child educators," Lisa lists. "It's very diverse and varied every day and



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every year.”

Special education is mandated by law. That’s why the position is always in demand. “There have to be special educators at every school depending on the number of children that have individualized education plans (IEPs),” Lisa says. “Across the country, many school districts have had to layoff general education educators, but they still have a high demand for special educators.”

She gives the example of the demand for this career from an education fair hosted last May by the college. “Predominately, across the board, most school districts were not hiring general educators,” Lisa says, “but every one of our special educators got a job. I’ve been in this program for three years, and each year our special education graduates have had jobs secured before they walked across the stage for their diplomas.”

The College of William and Mary has an undergraduate program in elementary and secondary education. Special education is a graduate program. “We have a five-year program where a student can begin taking some of the coursework [in their] senior year then elevate to the master’s program,” Lisa explains of a popular option for undergraduates. “That allows a student to earn both the undergraduate and graduate degrees in five years.”

The college also has a flexible program for current teachers to come back and go through the Collaborative Master Educator program. “Those teachers can be dually licensed as general education and special education, which makes them more marketable,” Lisa says. “They can move around through the years teaching general education or special education. The strategy, skills and methodology that we teach special educators is all about an individualized approach, which works for every student, not just kids with disabilities.”

In today’s educational environment with standardized testing and Virginia’s Standards of Learning (SOL), Lisa explains that teachers aren’t allowed to be creative in the classroom. “They are required to buckle down and teach to the test, not a lot of room for individualized approaches. But in special education, it’s the antithesis of that. You can be very creative. Your job is to individually approach each one of your students, find out their strengths and weaknesses and the best strategy to meet that student’s needs. Teachers can teach, be creative, use their own personal skill set and talents to help the student achieve.”

Lisa is passionate about the special education field. “I know that there is a need,” she says. “It’s exciting. I like interfacing with young people who are thinking about their future and their career. Special education is fairly recession-proof and you can make a decent living. There is a particular shortage of educators who can meet the needs of kids with high-incidence disabilities [as opposed to the severe intellectual disabilities]. High-incidence disabilities are autism, mild intellectual disability, ADHD [Attention Deficit Hyperactivity Disorder], the things that occur more frequently.”

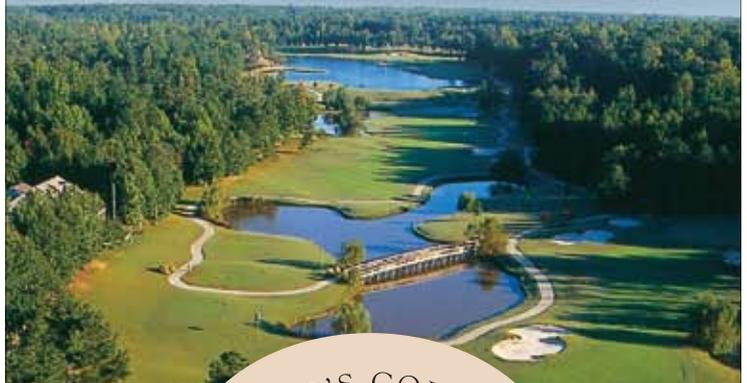
A career in demand, special education stretches a teacher’s creative muscle and allows the teacher to perform a wide range of roles in a child’s education.

“Guiding educators to this option,” Lisa Ownby states, “is in line with my personal and professional goal to be part of the field and to help folks with disabilities in the long run.” NDN

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Lisa W. Cumming Photography

PAGE SUTTON

PICKLEBALL ANYONE?

By Greg Lilly, Editor

A fast growing sport for all ages, pickleball has caught on in Williamsburg, especially with seniors. Page Sutton organizes pickleball tournaments and helps spread the word of this sport sweeping across the United States.

Pickleball was invented in the mid-1960s as a game that the whole family could easily learn and play.

“Pickleball is a combination of racquetball, ping pong, tennis, badminton,” Page explains.

“It’s a combination of all those rules, but more akin to tennis than the others.”

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fiberglass. "It is a small court, so you can't get right up on the net like you can in tennis," Page adds. "There is a no-volley zone that goes back seven feet."

The whimsical name comes from the inventor's dog, Pickles. While the humans experimented with the game's rules and strategies, the dog would grab any wayward ball and run with it. The game developed using "Pickles' ball" and was soon named pickleball.

Page learned pickleball when he lived in Memphis, Tennessee.

"I played a lot of tennis," he says of his time in Memphis. "Some of my neighbors played tennis and pickleball. In the wintertime, I couldn't play tennis as much as I liked, so I thought I'd give pickleball a try. I really liked it and the people playing there." The community feeling that came with the game hooked Page, and he hasn't stopped playing since.

Page's family has a long history in the Williamsburg area. "I was born in Richmond," he

says. "My family is originally from Williamsburg. My father, during World War II, went overseas, and we moved to Amelia County where my mother taught school in a two-room school house." His father was injured in the war. "He was a ship captain on a destroyer escort; they were torpedoed." When Page's father

on Queens Creek and would row out to the lighthouse to stay a week then row back while someone else would take the next week's shift. My father was raised around that lighthouse, along with his brothers, when they would go stay with their dad."

Page's grandparents lived on Richmond

"When you play pickleball, it gets your heart rate going. It's a good cardiovascular workout without the hard work of tennis. You don't have to run as far; the courts are smaller."

~ Page Sutton

returned home, the family moved to Gloucester, then to Williamsburg. "I went from fourth grade to eleventh grade at the Matthew Whaley School," Page adds.

"How I got my name goes back to my grandparents," Page describes. "My grandfather was the lighthouse keeper out on Pages Rock on the York River, about eight miles up on the Gloucester side. He kept a skiff out

Road, across from the college. "They lived here in Williamsburg at 255 Richmond Road; you know where they built that new William and Mary facility? That was their property years ago. I never knew my grandfather; he died in 1933. My grandmother lived there when I was growing up. The family has deep roots here. It's nice to be back."

When Page and his wife, Sondra, moved to



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Williamsburg in 2006, they couldn't find anyone nearby who played pickleball. "The closest place was Chesapeake, and we would go there to play."

Page decided to introduce the sport to Williamsburg residents. He got permission, and then taped pickleball boundary lines on some local tennis courts. People saw a game in progress and wanted to try it. The number of players grew as word spread, and the temporary taped boundaries were replaced with permanent painted lines.

"It's exercise without exercise," Page says of pickleball's appeal. "Exercising on a treadmill...it's so boring. You get tired of things like that. When you play pickleball, it gets your heart rate going. It's a good cardiovascular workout without the hard work of tennis. You don't have to run as far; the courts are smaller." That may be one reason the sport attracts seniors. Page adds that the movement is easier on the joints, too.

"We have a lot of women playing," he says. "Sometimes more women than men – maybe because at our age, there are more women still around than men."

Pickleball can be played as singles or in doubles, just like tennis. The rules and play may

be different than racquet sports, but it doesn't interfere with your skills on those other courts. "It doesn't detract from your tennis game," Page says. "I still play tennis too." He explains that the same traits used in tennis, badminton and ping pong translate to pickleball players: good hand-eye coordination, agility and strategic thinking.

Page and his fellow enthusiasts have just completed the Second Annual Pickleball Tournament at Colonial Heritage. "We had to cap it at 70 participants," he says. "Three weeks before the registration deadline, we were full." Players from all over the region came to Williamsburg to participate. "North and South Carolina, Maryland, Pennsylvania," Page lists, "most of the people were from outside the area. Probably only about 18 were from the Williamsburg area, the rest from around the country."

This fast growing sport is played at Colonial Heritage almost every day. "In the wintertime, in the cold," Page says, "we play inside at the James City / Williamsburg Community Center on Longhill Road. We've been playing there for the past two years." This fall, many people also meet at the Mid County Park's tennis courts to play. "The park off Monticello, across from

Target," he describes, "Mid County Park has three tennis courts that are also lined for pickleball. You can find a game there almost any day in good weather."

In the past couple of years, the Virginia Senior Olympics added pickleball as an official sport. "Year before last, they had maybe 45 players," Page says. "This past year the number was over a hundred players."

Page wants to see the Williamsburg-based annual tournament continue to grow. "Richmond and Gloucester have groups forming for games there too," he says. "It's spreading because it's a lot of fun and a good workout."

On a personal level, Page wants to keep playing for as long as he can. "There are people playing well into their 80s. I'm 73 and still play well," he says. "I like to stay in shape. When you play pickleball in the heat of the day, you can drink a lot of beer and I like to drink beer!"

Page invites everyone to find out more about pickleball by going to the USA Pickleball Association website: www.USAPA.org or to come out to the Mid County Park or the James City / Williamsburg Community Center and get in a game. The players are friendly and ready to show you the fun of pickleball. NDN



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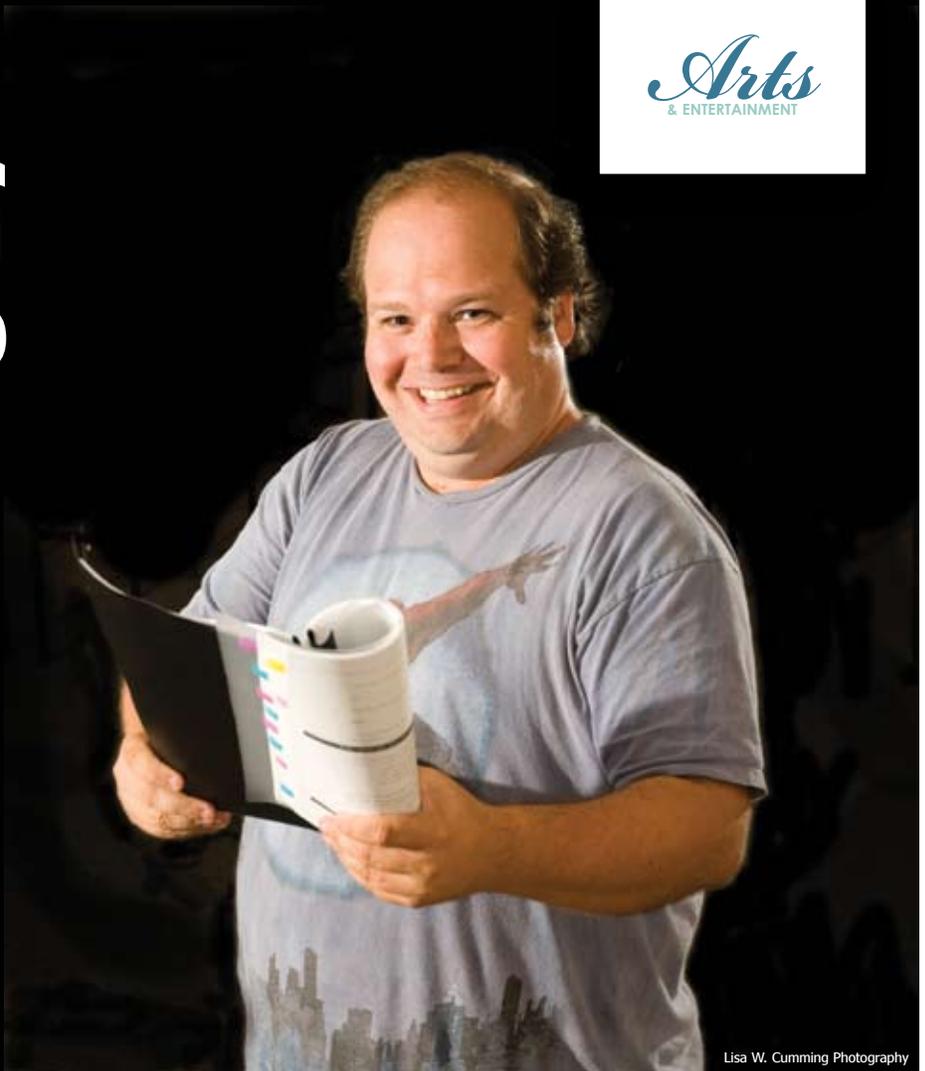
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JEFF CORRIVEAU

Opening Curtain

By Greg Lilly, Editor



Lisa W. Cumming Photography

November brings the Mel Brooks musical “The Producers” as the inaugural production of the Williamsburg Players’ new theater. Jeff Corriveau plays the role of Max Bialystock, the down and out producer who, along with his accountant, realizes he can make more money on a theatrical flop than a hit.

“It’s the role that everyone knows Nathan Lane for,” Jeff explains. “I’m short, I’m

round...it lines up the same.”

The play and this particular role drew Jeff to audition for the musical. “I’m a fan of Mel Brooks,” he says. “Always have been, always will be. He’s a comic genius. You can sense it in his writing and sense it in his lyrics. The character was a big, big draw too. I always joke: If you want a good musical, put Nazis in it. There’s ‘The Sound of Music,’ ‘Cabaret’ and ‘The Pro-

ducers.’ Every one of them will sell out every house. Apparently, if you put a Nazi in a musical, you’ll have a good show!” Jeff adds with a laugh. “Mel Brooks is the only person who can get away with that type of humor.”

When Jeff was in first grade, he saw Sandy Duncan perform in “Peter Pan” in Boston. “That was what made me love live theater,” he says. In high school, in Rhode Island, Jeff got

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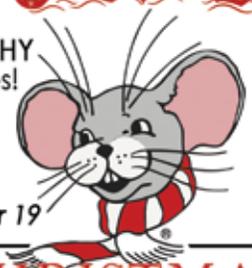
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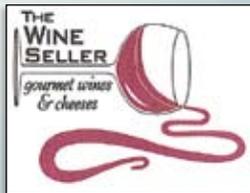
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up his nerve and auditioned for the school's musical. He claims he wasn't very good. However, he was good at science and that became his focus for a career. He studied genetics and veterinary sciences, but one day that changed.

"I realized I had looked in a microscope for too long and decided I wanted to do something else. I jumped out of it and swung into the performing arts," he says.

"Back stage accolades are great, but nothing is more rewarding for a local performer than to run into someone at the grocery store six weeks after a show and they remember you from the production. That's a true compliment."

~ Jeff Corriveau

Jeff started as an actor, again explaining he wasn't very good. He moved behind the scenes. "I went into stage management. I tried scenic design," he says, "then directing. I stumbled back into acting once the other disciplines helped me better understand the acting part, helping me see there was more to it. If my logic side can process it, I'm in better shape understanding the acting aspect. I was trying too hard and it was getting in the way."

He went back to school for theater. "Along the way I auditioned for plays, national tours, summer stock," he describes. "Everyone should experience summer stock, but only do it once. Summer stock is working 18 hours a day for 30 days straight, then a day off, then another 30 days. That's long days and little pay. It's very much like an internship for actors." A lot of work, but Jeff built a network of theater contacts throughout the country, people who helped him find the next job and the next one and the next. He stayed employed.

"All of a sudden, I stopped and went back to school for a master's degree," he says. "I went to New York City and worked, then to California, then to the mid-West for performances and directing. Once I tired of being a 'gypsy,' I was hired by the Virginia Opera. That was twelve years ago."

The Mel Brooks musical brought Jeff to the Williamsburg Players' audition. "No one else was doing this show. It's a show that doesn't come along very often," he says. "This past year I saw Nathan Lane in 'The Addams Family' as Gomez. That's another role I'm going to play one day. I feel I have a lot of the same sense of humor as Nathan Lane - I'm a firm believer in schtick, that campy aspect, which is also what Mel Brooks does with his productions from 'Blazing Saddles' on up."

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“The Producers” promises to be filled with fun and entertainment and music according to Jeff. “If we do our parts, there are multiple laughs per minute,” he pledges. “Some of it is based on the lines, some of it is more sight gags, and quite often there’s more laughs in the pauses, the reactions to what is happening than the lines themselves.”

This is the first time Jeff has worked with the Williamsburg Players. “I know some of the people because I’ve seen the productions before, and the theater community of Hampton Roads is close-knit,” he says.

Community theater, like the Williamsburg Players, enhances the arts environment of a town according to Jeff. “I think community theater brings the opportunity for those who either want to begin the craft or those with some experience in the craft to further expand,” he explains. “It gives the opportunity to teach others, learn from others. It is a place where theater is fun. There’s always a stressful day, but the fun outweighs that.”

He has seen how community theater provides a chance for local talent to showcase themselves. “Back stage accolades are great,” he says, “but nothing is more rewarding for a local performer than to run into someone at the grocery store six weeks after a show and they remember you from the production. That’s a true compliment.”

Jeff’s experiences with community theater illustrates how the arts connect neighbors. “Maybe an accountant by day or a teacher by day, the actors and stage management come together in community theater for the arts,” he explains. “We’re trying to find something of ourselves that we would not let out otherwise, which means we all just seem a little weird.” It’s not just for the performers, but for the audience too. He adds that it gives the town a chance to appreciate the talent within the community and for the cast and crew to appreciate the support from the community. “Local community theater is a springboard for people who want to do it as a career,” Jeff says.

He quotes that some people say if it wasn’t for the large arts organizations in the area, the smaller ones wouldn’t be here. “I disagree,” he says. “It’s the other way around.” Community theater creates the actors and crew for the larger productions of reenactments, amusement park stages and traveling production companies.

“My father once said I was majoring in unemployment,” Jeff says of when he told his parents why he left the sciences for theater. “It’s scary to jump off that cliff. Community theater helps you try that out while keeping your day job.”

Jeff looks forward to the run of “The Producers” and beyond. “With this local art scene, there’s a lot to fill one’s needs for the arts,” he says. “There are a lot of arts groups here in Hampton Roads, and it’s changing drastically - for the better. The groups are taking bigger risks. This production of “The Producers” is a huge risk with it being the first show in the Williamsburg Players’ new space.” He counts off the points on his fingers: “It’s not easy musically. It’s very physical. It’s a steady comedy so we can’t drop our guard at any point. It’s a difficult technical piece to begin with then add the new theater...It’s going to be exciting.” NDN

The curtain opens on the new Williamsburg Players’ theater, Jeff Corriveau and “The Producers” on November 17.

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Health

CHRIS FARISHON

Tea Time

By Greg Lilly, Editor

For years there has been a buzz about the health benefits of green tea. Sometimes confusing, sometimes plain and simple, advice to drink it is the common denominator. Green, white, black, herbal - what tea is the best and what should be thrown overboard?

Chris Farishon, tea enthusiast, explains, "All tea comes from the same plant: Camellia sinensis. The processing of the leaves puts teas in different categories of flavor and robustness. Finding the types you enjoy is the fun part of discovering and trying teas. The health boost is a wonderful side benefit."

Chris and her husband, Bryan, moved to Williamsburg a little over a year ago from Tucson, Arizona.



Lisa W. Cumming Photography

"Bryan is in avionics and was offered a job here," Chris says. "We love the area, just love Williamsburg. It's quite a contrast from the desert." Chris has a background in theater, acting on stage and in film, plus a stint in the corporate world, but she's always loved being an entrepreneur.

"When we moved here, I couldn't find loose-leaf tea, or a place to enjoy tea on the peninsula," she adds. "I would have to go to Richmond or Virginia Beach. I saw a need." She opened a tea shop complete with a tea bar and lounge.

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"I started drinking tea many years ago," Chris describes her initial interest in tea. "I used to be a coffee drinker, but for health reasons I had to stop. I switched to decaffeinated tea. Then I was introduced to loose-leaf, which was a whole different ballgame than I was used to."

Loose-leaf tea is less processed and fuller in flavor than the ground tea packaged and shrink-wrapped into boxes of tea bags. "There is such a huge difference in quality, in flavor, in fullness, depth and variety than you can get with a tea bag. That's what sparked my passion for tea - loose-leaf," Chris adds.

The range of teas and blends captured Chris' interest. "I got to know the different kinds and the flavors I enjoyed," she says. "There was a vast variety in how each cup is different. It became a ritual for me in my daily life, an art form. I was amazed at the profound effect that tea could have on my day. That's what ignited that interest and passion to keep learning more and more."

The broad categories of tea are white teas, green teas, oolong teas and black teas. "Since they all come from the same plant, *Camellia*

sinensis, what makes a white tea different from a green tea, or an oolong, or a black tea is the process of oxidation of the tea leaf after it is picked," Chris explains. "Some tea plants are grown to make specifically black teas and oxidized for a long time. Other plants are grown to make just fine white teas, fresh baby buds off the plant that are hand-picked to make these high quality, rare teas. There are vast varieties, but those are the main types."

At one end of the spectrum is white tea, which comes from new growth and dried very quickly after picked. Black tea, at the other end, is oxidized, or fermented, the longest then dried.

"The time the tea leaf is set out in the air, in simple terms, that is the oxidation process," Chris says. "The leaves are dried to stop the oxidation process. The white teas are dried very soon, the greens are aged just a little bit then dried, the oolongs a little bit longer, and black teas oxidized the most then dried to stop the process."

The oxidation process reflects on the teas' flavor. "The white tea is very light. It's even light in the cup. The taste is mild," Chris says.

"Greens can be light to a very robust green. The heavier greens can have an earthy or grassy taste. Oolongs can have a nutty, smoky or earthy taste. Black teas generally have more of a depth to them. Black teas are more common here in the United States because people are used to drinking coffee and expect the tea to be stronger in flavor."

The health benefits are generally equal from white teas to blacks since they come from the same plant. "They vary because of the oxidation process and the chemical breakdown in that process. They all have antioxidants," Chris adds. "They all have fantastic health benefits." Green tea has been promoted as an antioxidant champion, but black tea has antioxidants too, as well as white and oolong.

The amount of oxidation of the types of tea can affect the body differently. "Say you want to reduce blood pressure, but not thin the blood, [then] use a black tea as opposed to a green tea," Chris suggests. "Black teas help the blood vessels increase a little bit so that helps lower blood pressure. Green teas' chemical composition thins the blood, so that's how it reduces blood pressure."



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The medical website WebMD cautions to avoid green tea if you take blood thinning medications like Coumadin. Chris advises that with any food or non-FDA regulated substance to consult a physician before steeping yourself in a new ritual for health.

For Chris, her switch to tea affected her health in dramatic ways. "I saw my immune system improve," she says. "My energy level is different than with coffee. Tea has caffeine, but less than half that of a cup of coffee. Tea tends to gently wake you up. You become mentally alert, not just physically. That energy boost is sustained through the day."

She also felt an increase in her metabolism, with less snack cravings during the day. "Oolong tea is usually reserved in the Orient for before meals as an appetite suppressant," she explains. "It tricks your body to feel full so you don't over-indulge. It's great in the morning to keep you going until lunch."

For a hectic life, the act of brewing tea helps slow the pace. "Tea provides the opportunity to take a moment. I savor the tea," Chris explains. "It's a ritual in preparing the tea and drinking it. It provides me the space to be in the now, a consciousness of being in the moment – a Zen moment is what I like to call it."

In her tea shop, Discover Tea, Chris has found some Williamsburg favorites. "The special house blends are popular," she says. "Blends of tea with herbs, fruits or spices can make endless taste and scent combinations. Popular blends are chocolate-covered strawberry or the Yorktown patty. Those are no guilt chocolate!"

Two ounces of loose-leaf tea yields about 25 cups of brewed tea. Like coffee, generally a teaspoon of tea leaves with eight ounces of water makes a cup. The tea leaves are immersed in the hot water using infusers or steepers.

"Steeping time is very important for a good cup of tea," Chris explains. "Each leaf is a little different in how you prepare it. For example, the white tea is the most delicate leaf and the green teas are next. For those you don't want boiling water, around 170 degrees is a good temperature. You shouldn't steep it for more than three minutes because the longer it steeps the more bitter it becomes. A black tea leaf is a little hardier because it is oxidized longer and takes a higher heat. I still don't recommend boiling water, maybe just under boiling at 195 or 210 degrees will be great for a black tea. You can steep that for up to five minutes without it getting too bitter."

Herbals are not technically tea - they're herbs – so, the steeping period can be longer, and they can take boiling water since they are not as delicate as tea leaves.

Adding herbs to teas will fine-tune the benefits and tastes. "For example, we have a chocolate chai," Chris says. "It tastes great, but the herbs are so healthy - cinnamon, cloves, coriander, black pepper, ginger - those are heating herbs that help the immune system, clear up congestion and soothe sore throats. There are a lot of benefits to the chai spices and herbs added to a tea. That's great especially for the colder weather."

For someone experiencing inflammation of joints, Chris would recommend lemongrass in the tea. To calm the digestive system, she says adding ginger is the key.

From the antioxidant benefits, appetite suppressant abilities, energy and metabolism boosts to the Zen-like ritual of preparing and sipping tea, Chris Farishon has changed her life with her discovery of tea. NDN

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EXCHANGING CIRCLES

Recycling at Its Best

By Greg Lilly, Editor

In the old days when someone bought new furniture, she or he would ask family, friends and neighbors if they wanted the old stuff - better to give it away than to throw it away. Today, the concept is still around, but in a high-tech format: Internet-based exchanging circles. Helen Goens moderates the Williamsburg Recyclists on a Yahoo.com group.

Helen explains that the website Yahoo.com has a listing of groups for like-minded people, basically a place where people can post a message like a community bulletin board. Williamsburg Recyclists is a bulletin board where area residents can list things they no longer want and to see if someone in the community can use it.

"It must be free," says Helen. The group's goal is to reuse items instead of filling the landfills with things that could easily be recycled into someone else's life. No money changes hands; no profits are made; everything is free.

Helen first came to the Williamsburg area in the mid-1950s. "I found my husband here," she says. They moved to Seaford and raised five children. Helen began working at the Fort Eustis commissary, then tragically, she was widowed at



Lisa W. Cumming Photography

the age of 32.

She attended school at night and worked during the day. "I learned keyboarding, which was the data processing career back then. I became a keyboard operator and worked my way up by continuing school."

By the late 1960s, Helen was keying Army payroll information on to punch cards that were fed into a computer. "The computer room took up an entire building back then," she says.

A computer operator position opened in Germany, and Helen packed up her children and

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Q & A

An Interview with Cathy Richardson, Ed. D.

PRESIDENT OF
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Email Cathy at
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This is my first visit into your homes and I would like to introduce myself as the 2012 President of the Association. I am a Realtor/ Associate Broker with Prudential Towne Realty. I have a doctorate in Education Leadership/ Administration; served 30 years with the Philadelphia Public School System prior to becoming a Realtor® in Williamsburg 6-years ago; and I also worked 10-years as a part-time Realtor® in Philadelphia. Over the years, I have served in multiple leadership roles and I'm looking forward to my monthly visits with you for the next 12 months.

What do homeowners and home buyers need to know about mortgage interest deduction (MID)?

RICHARDSON: If you are a homeowner and take mortgage interest deduction, the decisions to be made by Congress could have significant financial implications for you. Presently Congress is thinking about reducing or eliminating the home mortgage interest deduction that they have allowed since 1913. For most homeowners, the ability to deduct mortgage interest is an important part of making home ownership affordable and remains one of the few tax breaks left for individual tax payers. Plus, there is a reason MID lasted so long: MID promotes home ownership, neighborhoods and preserve property values. Not knowing what the future holds, let's look at what is at stake.

A home mortgage interest deduction allows taxpayers who own their home to reduce their taxable income by the amount of interest paid on the loan which is secured by the principal residence (or, sometimes, a second home).

In the United States under 26 U.S.C. § 163(b) of the Internal Revenue Code, allows a home mortgage interest deduction, with several limitations.

Mortgage interest is paid on loans to buy a home, home equity lines of credit, and construction loans. You can only deduct interest paid on your main home and a second home. Interest paid on a third or fourth home is not deductible.

If you are a homeowner qualifying for the Mortgage Interest Deduction (MID), you need to meet the following requirements:

You must file Schedule A (Form 1040) along with other itemized deductions such as real estate taxes, medical expenses, and charitable contributions.

You must be legally liable for the loan. You cannot deduct payments you make for someone else if you are not legally liable to make them. Both you and the lender must intend that the loan be repaid. In addition, there must be a true debtor-creator relationship between you and the lender.

The mortgage must be secured by your home.

The MID is deductible on the first \$1 million of debt used for acquiring, constructing, or substantially improving the residence, or the first \$100,000 of home equity debt regardless of the purpose or use of the loan.

You should receive a Form 1098, Mortgage Interest Statement, from each mortgage lenders. This form reports the total interest that you paid during the tax year.

While Congress continues to grapple with the idea that there should be new limitations and/or an elimination of the MID, *let's not forget that homeownership is still a great opportunity vehicle.* Also the last proposal, in Congress, met with a ton of oppositions from industry groups like home builders and real estate agents. These groups are concerned that taking away the MID is a wrong move at the wrong time, because it could potentially slow down housing recovery and push home prices down further in a time when the economy needs a major recovery.

The National Association of Realtors® strongly opposes eliminating MID claiming, "Housing is the engine that drives the economy, and even to mention reducing the tax benefits of homeownership could endanger property values. Home prices, particularly in high cost areas, could decline 15 percent if recommendations to convert the mortgage interest deduction to a tax credit are implemented."

There are many proposed strategies; however in the meantime, it is recommended that you as homeowners, continue to focus on your piece of the American Dream; use the above information to support your tax advantage, and deduct your MID for 2011.

moved to a U.S. Army base. She saw a lot of children's clothing, dishes, cookware and linens exchanging between families moving with the Army. "We stayed in military housing, so the government provided the furniture there," she adds. But the small things were better left behind for others to use than trying to ship it all back to the U.S.

"I returned to the States and worked in Petersburg at Fort Lee as a computer operator then a specialist and finally a Help Desk supervisor," she explains. She retired and moved to Williamsburg to be closer to one of her sons. "I didn't like retirement. I had no reason to get up in the morning," Helen says. After two years of retirement, she went back to school and became a certified nursing assistant.

Now retired again, Helen uses her computer skills to moderate a place where people can exchange items they no longer need or want, but are still useful to others.

The Yahoo Group Williamsburg Recyclists, started in 2004, has about 1,000 members from all around the area.

"We have members from Surry County, as far west as Fort Lee and New Kent County, and of course, Williamsburg, James City and York counties."

The group works just like a bulletin board. Members can post what they want to give away or a request for an item they're searching for. "Unlike a classified ad, these items are free," Helen stresses again.

Popular items include clothing, furniture, mattresses, televisions, computer equipment, lawn and garden tools. "No prescription medicine and no used cosmetics are accepted," Helen says. "Packing materials are very popular," she adds, "because of the amount of military families moving in and out of the area."

Exercise equipment shows up often according to Helen. "I think people tend to get high hopes in January then those treadmills gather dust. In the spring, tomato plants are popular giveaways. They get snatched right up."

With the recession, Helen has noticed a change in the postings for "wants." Families seem to be consolidating. "I'm noticing a lot of requests for extra beds because family is moving in with family," she explains, "like a son or daughter or even a mother-in-law is moving in."

The home schooling trend has many people requesting school supplies and text books.

"Along with those school supplies for the home schoolers," Helen says, "people are always looking for refrigerators, freezers, stoves, sinks, bath tubs, windows – people who remodel their homes should remember they can recycle those unwanted items."

When a person is added to the group, Helen and her team send a welcome e-mail with directions on using the bulletin board and safety tips when meeting other members to pick up or drop off an item.

"Each month we have about 100 posts," Helen says. "With the College of William and Mary and the number of military families in the area, we get a lot of people in transit. Many don't want to move everything to the next place or deal with trying to sell items before they leave. The group moves things fast."

The United States Environment Protection Agency (EPA) urges people to reduce, reuse and recycle. Helen wants to help people reuse before looking at the option of sending the materials through the recycling process or simply discarding the items. "I want to keep useful things out of the landfills," she stresses. "Someone may be able to reuse what you want to throw away." NDN

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On November 17th, *Next Door Neighbors* and the Greater Williamsburg Chamber & Tourism Alliance will bring you **Williamsburg Holidays**, a guide to the holiday season in the Williamsburg area. We'll be interviewing your neighbors who are bringing you some of the exciting events and we'll remind you of the many ways you can make your Christmas fun by going to www.ChristmasinWilliamsburg.com to discover everything there is to do!



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theVLM.org

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beside the sea turtle, you will find it.
The most wondrous and
delicate discovery of all . . .
in the eyes of those you came with.

Protect What's Precious

Hey Neighbor! SPOOKY HAYRIDE THROUGH THE WOODS

October 20-22 & October 27-29, 2011

Join us for this hour long spooky hayride through the woods of the York River State Park. Discover some of its haunted past through storytelling and costumed interpreters. Not suitable for children under 3. Reservations required. For more information about these or other programs, please call the park office at (757)566-3036 or visit our website at http://www.dcr.virginia.gov/state_parks/yor.shtml.

Hey Neighbor! PASHN GOLF TOURNAMENT

October 21, 2011
Parents and Advocates For Special Housing Needs (PASHN) will host a golf tournament at Williamsburg National on Friday October 21st with a shotgun start at 1:00. We are currently accepting registration forms for individual and team players. Please see our website at www.pashn.org for forms and additional information. Please call Lorraine Perkins 757-880-0279 for additional information.

Hey Neighbor! 1ST ANNUAL YORK RIVER IMAGES PHOTOGRAPHY SHOW

October 22, 2011
10 am - 2 pm. Come and see a variety of images created by local photography enthusiasts. The show is free with parking. For more information about these or other programs, please call the park office at (757)566-3036 or visit our website at http://www.dcr.virginia.gov/state_parks/yor.shtml

Hey Neighbor! WILLIAMSBURG FARMERS MARKET

October 22 and 29, 2011
8:00 am - 12 noon. Merchants Square. Chefs present demonstrations and musicians play live music each Saturday at this producer-only market. Vendors include organic growers, grass-fed bison, pork and chickens, pasta, Greek baked goods, artisan cheese makers and a chocolatier. 757-259-3768, www.williamsburgfarmersmarket.com

Hey Neighbor! MOTORCYCLE RIDE - POKER RUN RESCHEDULED

October 22, 2011

Registration: 8-11 am. Best hand: \$200.00 awarded to the person with the best poker hand. In event of tie, the \$200 will be split among the winners. Proceeds benefit local charities and local needy people. Ride is approximately 90 miles, starting and ending at Williamsburg-Jamestown Airport. Also, there will be a raffle for a 150 cc motorcycle. Contact Charley Rogers: home 757-565-3484 or work 757-229-9256 or email charleyrogers@yahoo.com or fiveforksuritan@yahoo.com.

Hey Neighbor!

CONSIDERING VOLUNTEERING?

Then checkout the volunteerwilliamsburg.org website. Over 900 of your neighbors have utilized this site which provides an interactive, secure and easy to use search tool that matches volunteer skills and non-profit needs. Volunteers supply online career and talent profiles and non-profits post their available volunteer opportunities. Email notifications automatically sent to each party when possible match opportunities become available. Nothing could be easier.

Hey Neighbor!

LEGAL OUTREACH PROGRAM

October 22, 2011

Free Legal Consultation is provided to those who meet financial criteria and who live in Williamsburg, James City County and Upper York County. This effort is partnered by Williamsburg Bar Association and Williamsburg-James City County Community Action Agency. Services will be provided at James River Elementary School, 8901 Pocahontas Trail in Williamsburg, 10 a.m. to 1:00 p.m. Law services include: uncontested divorce, landlord/tenant and real property, employment law, immigration law, child custody and support, consumer law, will/estate law, bankruptcy, Medicaid, protective orders, social security, wills and estate planning, restoration of driving privileges, restoration of civil rights, domestic relations and voting rights. Call Yvonne or Linda for an appointment at 757-229-9332.

Hey Neighbor!

"PUTTIN' ON THE DOG" FASHION SHOW

October 24, 2011

Annual fashion show to benefit the Heritage Humane Society. 11:00 am - 2:00 pm

at the Williamsburg Hellenic Center on Mooretown Road. Enjoy fall and holiday fashion presented by Jim Fields of Lili's of Ghent while savoring a delicious luncheon. Special features include: Top Pet Model Parade, Lili's Boutique, Raffle prizes, and silent auction. Reservations (\$40 per ticket) can be made on line at www.heritagehumaneociety.org.

Hey Neighbor!

MUSIC WEEKEND

October 28-30, 2011

Williamsburg Christian Retreat Center will host its annual Music Weekend. Choir Director Jay Hartzler, from Harrisonburg Virginia, will lead participants in singing "Music for My Soul." For more information or to obtain a brochure, contact Jenn Hill, WCRC's program director, at 757-566-2256 or programs@wrcr.info. Information is also available at www.wrcr.info.

Hey Neighbor!

WILLIAMSBURG WALK TO END ALZHEIMER'S™

October 29, 2011

Community Building, 401 N. Boundary Street. Registration 9:00 am. Walk begins at 10:00 am. Participate in a 1 to 3 mile walk and learn more about Alzheimer's disease and related dementias, advocacy opportunities, clinical trial enrollment, support programs and services of the Alzheimer's Association®. Start or join a team today at alz.org/walk or call our local office at 800.272.3900.

Hey Neighbor!

FIRST ANNUAL JCC POLICE "SHRED-A-THON"

October 29, 2011

9:00 am - 12:00 noon at the Towne Bank parking lot, 5216 Monticello Ave. Fight identity theft and help children at the same time. The first grocery size bag is free; \$5.00 for each additional bag. All money raised benefits the Police Department's first "Shop with a Cop" program. This program takes underprivileged children shopping at Christmas. Each child is teamed up with a Police Officer to shop with, along with a store representative. They are to spend half the money on necessities and the other half on what they want. For information on these events or to donate to the program, contact Officer Todd Dill, James City County Police 757-603-6025.

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Hey Neighbor! RACE TO NOWHERE DOCUMENTARY FILM SCREENING

November 2, 2011
 6:30 p.m. How should schools best prepare the youth of America to become healthy, bright contributing and leading citizens? This is the question that the documentary Race to Nowhere poses as it takes a look at America's education system. Tickets are free but limited. Register online at <http://www.racetonowhere.com/epostcard/5276>. Sponsored by the Williamsburg Montessori School.

Hey Neighbor! QUEENS LAKE COMMUNITY ARTS & CRAFTS SHOW

November 5, 2011
 9 am - 3 pm. Queens Lake Clubhouse, 234 E. Queens Drive. Featuring artisans and hobbyists from the Queens Lake neighborhood and local Williamsburg community. Items for sale include handmade jewelry, wearable art, photographs, and seasonal crafts. Local authors will have their books available to sign and sell. Come to browse, shop or simply enjoy the view of the Queens Lake Marina and beautiful Queens Creek. Free admission.

Hey Neighbor! 6TH ANNUAL GREATER FIRST COLONY WALK FOR HUNGER

November 5, 2011
 Meet in the parking lot at the park (125 Pasbeheg Drive) 10 minutes before 9 am, place your donations in the silver Ford truck, grab a T-shirt and make the First Colony Loop (2 1/2 miles) with your neighbors. As usual, we gladly welcome bikes, trikes, strollers, skates, and skateboards, pets, et al. If you are unable to participate in the walk, your

donation is still warmly appreciated. Admission is free with donations of nonperishable food items. Donations benefit FISH. Contact Bobby Jankovic, e-mail rrjank@aol.com, phone 259-0278.

Hey Neighbor! FALL COLORS PHOTO WALK

November 5, 2011
 York River State Park. Come and capture images of the autumn leaves in your own backyard. Park Interpreter/photographer John Gresham will guide you to beautiful scenes along Taskinas Creek, Woodstock Pond, and the York. Shutterbugs of all skill levels are welcome. The walk begins at 8 am and ends at noon. The walk is free with \$3 parking.

Hey Neighbor! WILLIAMSBURG UMC WOMEN'S BI-ANNUAL BAZAAR

November 5, 2011
 8 am - 2 pm. Features 11 booths which will be attic treasures, silent auction, books, jewelry, knives, baked goods/candy, church jewelry, not-so-new, furniture, miscellaneous mixture, canned jams, jellies and watermelon pickles and our famous luncheon which is prepared by a Williamsburg chef and helpers. New this year will be a Nativity Scenes Room for viewing only for the fee of \$2.00. They are from all over the world. Door Prizes. We have items made in America! Also a sterling silver ring for \$1.00 donation with proceeds to benefit Local and Abroad Missions. We are located at 500 Jamestown Road, Williamsburg United Methodist Church. For more information, call Charlotte Copley (258-4809) or Ruth Simpson (229-2070).

Find More Listings at www.WilliamsburgNeighbors.com

- THE ART OF TEA - VICTORIAN ELEGANCE, TEA & ARTISTS VILLAGE
- WILLIAMSBURG CHORAL GUILD FALL CONCERT
- ADVENT WREATH WORKSHOP
- STEP OUT FUNDRAISER FOR BACON STREET
- QUILTING RETREAT
- SECRET MESSAGES OF FAITH: FRA ANGELICO'S FRESCOES AT SAN MARCO
- WILLIAMSBURG CHARITY CONCERT SERIES
- ZOO IN A LUGGAGE
- WILLIAMSBURG FARMERS MARKET
- TRAINING FOR AARP TAXAIDE
- FIRST NIGHT WILLIAMSBURG 2012
- WALT IS BACK!
- MASTER GARDENER TRAINING

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Williamsburg's IN THE NEIGHBORHOOD photo challenge

RECYCLE!

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

Enjoy!

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



October 2011
In the Neighborhood
Photo Challenge





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