

October 2013

WILLIAMSBURG'S

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VOL. 7, ISSUE 10

PRICELESS

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A Woman's Quest
WELLNESS SYMPOSIUM™



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This year's health issue is primarily devoted to a project that a Williamsburg's women's leadership group is planning for November 9th. The event is called *A Woman's Quest* and the women's group that is putting it on at Kingsmill Resort is CHX4CHNG (Chicks For Change).

This group of women has formed with the goal of empowering, embracing and engaging women to foster the growth and development of women in our community. Our first event, *A Woman's Quest*, is designed to bring 30 of our medical professionals together in one place, on one day, to educate and inspire women of all ages about health issues that affect all of us. It is also a fundraiser for Olde Towne Medical Center and the Lackey Free Clinic.

In this issue, we have conducted interviews with a handful of the medical professionals who will be providing 50 minute seminars on November 9th. You can find out more about them on a personal level and learn about some of the topics they will address during their individual sessions.

We have also included pertinent information about *A Woman's Quest* as a preview to what you can expect if you decide to attend. We hope you will. Our keynote lunch speaker is Chris Crawley, Author of the book, *Younger Next Year*. Find out from Chris and the many other medical professionals who will be speaking on this day how you can make changes in your life to feel, and be, better than today. **NDN**

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A Woman's Quest

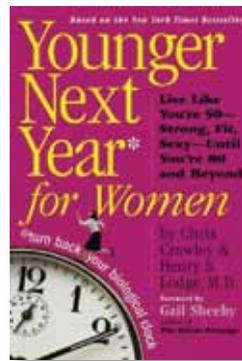
WELLNESS SYMPOSIUMSM

SATURDAY, NOVEMBER 9TH at KINGSMILL RESORT

Proceeds to Benefit Olde Towne Medical Center and Lackey Free Clinic.

This all day event promises to be an exciting educational and inspirational opportunity for local women of all ages. Our goal is to provide you with useful insights specific to improving the mind, health and spirit of women. **Dr. Isaac L. Wornom, III, a renowned Reconstructive Plastic Surgeon from Richmond, will be the morning keynote speaker. The lunch keynote speaker is the well-known Chris Crowley, author of *Younger Next Year*, a best seller on how to live better as you age.**

Look forward to presentations from 30 local doctors, medical and health professionals. See more about our speakers on pages 32 through 34.



Chris Crowley



Dr. Isaac L. Wornom, III

Read on to enjoy stories from interviews conducted with some of the professionals who will be presenting at A Woman's Quest on November 9th.

Admission to A Woman's Quest is \$99 and includes breakfast and lunch. Contact Liz Vestal of United Way of Greater Williamsburg at liz.vestal@uwgw.org with any questions you may have.

For registration information visit United Way's website: www.uwgw.org

This event is being brought to you by CHX4CHNG, a local women's group comprised of women who are using their leadership skills to help women in our community improve their lives. CHX4CHNG is a subsidiary of United Way of Williamsburg. The cover photo is of Sharon Gibson-Ellis, Executive Director of United Way, Robin Carson, General Manager of Kingsmill Resort, and Co-Chairs of A Woman's Quest, Erika Comber, owner of Comber Physical Therapy and Fusion Chiropractic, and Meredith Collins, Publisher of Next Door Neighbors magazine.

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A COMMITMENT TO WOMEN Erika Comber Leads by Example

By Natalie Miller-Moore

The United Way's Women Leadership council, CHX4CHNG, will hold their Women's Health Symposium in the Kingsmill Resort on November 9th. Thirty different breakout sessions will take place, featuring local and regional medical and health professionals discussing the most current and relevant health-related questions. In addition, Chris Crowley, author of *Younger Next Year for Women*, and Dr. Isaac Wornom, III, plastic surgeon and humanitarian, will both speak at this event. There will also be 30 vendors on-site.

Erika Comber is helping to guide this initiative into reality as one of the primary organizers in the group of dedicated local women who are determined to bring information and opportunities for growth and enrichment to the women of Williamsburg.

"Women at every age have a variety of dysfunctions. They need the opportunity to learn, discuss and meet other people," Erika says. As a physical therapist with over 10 years experience and a passion for women's health, Erika wants women to have access to all the answers they

need about their mind, body and overall health.

"I also thought it would be good to get female doctors out there speaking and connecting with the community," Erika adds, observing that many women feel distressed and alone when they do not fully understand the changes taking place in their health and their lives. That isolation is unnecessary when there is a wealth of expertise and support right here in our community.

"There's pregnancy, menopause, eating and exercising, but also how to find harmony, how

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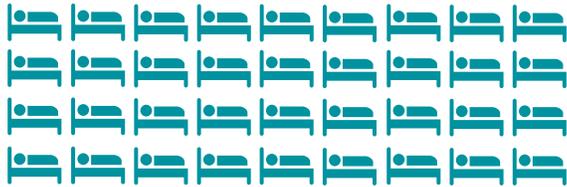


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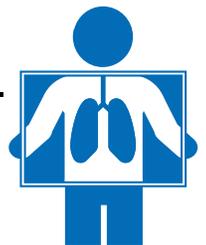
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to handle life, and the need to talk. We all have issues, dysfunctions and questions. I think a symposium for women can help us feel okay, with spiritual, physical, emotional health," she says.

Even though she is a women's health advocate today, Erika once found herself in classes full of men. She was in college, majoring in engineering, and was one of three women.

"I didn't fit in. I didn't want to sit in front of a computer screen all day, because I'm a people person," she says. But today, as a physical therapist, she finds herself working in engineering again – because physical therapists are "the engineers of the body."

"We do biomedical analysis...drawing vectors, fulcrums, looking for balances and imbalance," she explains. So, she ended up working with people, and still looking at how things work. Erika calls physical therapy (PT) "an ultra-conservative approach to abolishing pain."

After leaving the engineering classes behind, she decided her next step would be physical therapy school and she started volunteering at a hospital. "I met a colorful physical therapist who loved what she did and made a difference. That's what I wanted. I worked in a hospital

and PTs did so many things. It was a great base to learn."

She grew up in New York, near Syracuse, and one summer, decided to make a big move.

"That summer, it rained every day except the weekends I was working. I decided to move to Hampton – I basically pulled it out of a hat."

Erika worked with patients at Sentara Hampton General Hospital, including people from the Newport News Shipyard dealing with chronic pain or injury, helping them rehabilitate so they could return to work. She was a department head of rehab services for three years.

"It was the early 1990s and exercise balls weren't very common. I used them to warm up, and I'm sure all the guys thought I was spastic Erika. I was like a cheerleader and smiled...a lot."

Her career moved her to Sentara CarePlex in Hampton, and she took on a lot of supervisory responsibility. But after three years in a supervisory role, she missed being a therapist.

She went to work for Tidewater Physical Therapy and stayed for seven years. During that time, she had her three children, and her ambitions grew in the direction of serving the needs of women.

"My interest in women's health drove me. I'd say that my mid-life crisis was opening my own office," she says.

In 1999, Erika moved to Williamsburg and in 2003 opened the first Comber Physical Therapy office near Mooretown Road. She started slow, doing paperwork at the kitchen table. Today that office space has grown larger, and a second practice location in New Town opened in 2008.

Erika says that she thinks most people don't know what PT is.

"Many still have ideas of hospital PT, helping people get out of bed. Now, we show you exercises and the level of PT is so far beyond [that]. We work hard to educate the public and physicians about what we do," she says.

Erika believes in a whole body approach. That's why in 2011, Comber Physical Therapy added Fusion Chiropractic, a separate but integrated business.

Sometimes what people need most to improve their health is to change their patterns – sitting, sleeping and stress. Erika thinks it's also a willingness to do things differently and awareness of their body and how it works.

"I think physical therapy can help 90% of



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people. The physical therapist can give feedback ...they are not a personal trainer. They build trust and relationships over time," she explains. "This is not 'No pain, no gain.' That doesn't apply - it's about making things feel better."

Because of her commitment to women's health, Erika works with women on incontinence, osteoporosis, pre- and post-natal care, sexual dysfunction and issues of the aging population. No matter the issue, Erika says it's important for people to feel that it's worth resolving.

"Don't be embarrassed. It's like your arm not working. We need to fix this," she says. In her experience, a patient needs to be driven to take care of themselves. She encourages it, especially getting a good support system.

"Get a buddy system. Rely on good and safe people (who don't suck energy out of you) who truly care about you. Give yourself permission to take care of yourself. Older women don't and it catches up with them," she says.

Besides emotional support, Erika says that everyone needs to hydrate with enough water every day, watch their nutrition and start their day by getting centered spiritually and mentally. It's more than just enjoying a cup of coffee in the morning; it's being in tune with body via meditation.

Erika tries to take her own advice. She takes time to care for herself, even while running a busy medical practice and parenting her three children, Enoch 16, Henry 14, and Isabell 12.

"I take time every morning and read, meditate and make sure I have time for me. I exercise; I drink water, take my vitamins regularly and make time to live. I go to church and spend time with my friends and my family," she says.

Erika demonstrates that it's a tribute to women's health to take good care of yourself. NDN

A Prescription to H.E.A.L.



"Yuko, originally from Japan, says she did not have a good understanding of U.S. hospitals before she attended Literacy for Life's Health Education and Literacy (H.E.A.L.) classes. A hospital field trip was included in the eight-week class. Yuko will now be more confident if she ever needs to go to the hospital. She was surprised to see all of the volunteers who are available to help and was happy to learn about the translator phone.

The more knowledge people have of the health care system and the services available, the better. As part of Sentara's outreach program, we are glad to provide space and resources as Literacy for Life expands this valuable H.E.A.L. program."

- *Bob Graves, President of Sentara Williamsburg Regional Medical Center with Yuko Molineux*



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A Passion for Dentistry and Community

By Susannah Livingston

It's amazing how much ground can be covered in an hour with Dr. Sebastiana Springmann, founder and owner of New Town Dental Arts. Dentistry may be her main passion, but Sebastiana's infectious enthusiasm for everything from classical music to animal rescue makes for a lively conversation - and a deeply engaged life.

Sebastiana grew up in Brooklyn, New York, and her family story is in many ways an American classic. Her father immigrated to the United States from Sicily, where he had worked in his family's fishing business in a small rural town. He knew no English and had not finished high school, but he began to learn the language, married the daughter of Italian immigrants, and eventually earned his GED.

"My parents worked hard and instilled in me a love of reading and learning. I remember as a kid having the Encyclopedia Britannica at home. My parents didn't



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have much money but we had the Encyclopedia Britannica! I'd ask a question about something and they'd say, 'Go look it up!' Sebastiana is the first person in her immediate family to finish college and the first to earn a doctoral degree - a source of justifiable pride for her whole family, she says.

"My father influenced me a lot in a very positive way," Sebastiana adds. "He was an incredibly strong and determined person. I miss him." Her mother, to whom she is close, is "thriving" in a retirement community in Newport News, and Sebastiana sees her frequently.

Though Sebastiana has found success and great personal fulfillment in dentistry, it is actually her second career. She laughs as she tells how at one point or another she wanted to be a nun, a nurse, a plastic surgeon, a biomedical sculptor and a medical artist.

"My undergraduate work was mostly liberal arts and fine arts with some science," she explains. After studying at New York University, she apprenticed to a biomedical sculptor and then worked at Memorial Sloan-Kettering Cancer Center in New York doing prosthetic restoration - that is, sculpting and creating artificial face and body parts for patients with aggressive cancers, congenital defects and trauma. The fascinating work being done in maxillofacial prosthodontics piqued Sebastiana's interest, and she decided to go back to school to become a dentist.

The next question was where to further her education. "We kind of worked backward," Sebastiana explains. "Where was the residency program I wanted to attend? Where was the dental school, and where could I do the undergraduate work?" She and her husband,



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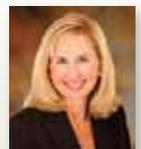
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Doug, considered Charleston, South Carolina, and Cincinnati. Doug had attended the College of William and Mary, and when it came down to a choice between Virginia Commonwealth University or William and Mary for undergraduate science work, the choice was clear. "Actually, the choice was sort of made for me," Sebastiana concedes with a laugh.

Her science classes at William and Mary prepared Sebastiana well for graduate school. In fact, she says, they were "way scarier than anything I did in dental school."

She was in many ways a nontraditional dentistry student at the Medical College of Virginia - an adult, married, working student. "It was hard," she says. "But every journey of a thousand steps begins with the first one. You just put one foot in front of the other every day

and you get there. I could not have done any of this without the ever-present support, encouragement, coaching, and occasional prodding of my husband, Doug. I'm very blessed."

By 1992, Sebastiana was practicing full-time as a dentist in Williamsburg. Her mission is to build the overall health and well-being of the people she serves and the community as a whole - an approach that takes the entire patient into account, not just the mouth.

"We're often the patient's first line of defense ... building a relationship of trust is incredibly important."

In June, Dr. Springmann became one of only 16,000 dentists in the world to have received the coveted Fellowship Award from the Academy of General Dentistry. "It's recognition of my commitment to continuing educa-

tion, my service to the community - and the fact that I passed an awful exam!" Sebastiana says smiling.

Though she hails from New York, Sebastiana is very happy to call Williamsburg home. "Having lived in a very large city, I love the small town. It's a great place to live. It's small enough that everyone can still have an impact, make a contribution. It's not so anonymous that you don't know there's poverty, that you don't know there are families who are struggling. Williamsburg isn't so large that you can say, 'That's happening in that neighborhood, not my neighborhood.' This is all our neighborhood."

Sebastiana says she treasures the strong sense of volunteerism that exists in this area. "I love people's sense of community, the fact that most of them are here because they chose it. They picked it as a place to start a business, raise a family, or retire."

A rundown of Sebastiana's own contributions to the life of the community would fill many pages. She has raised funds for national and local children's charities, including Child



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Natalie Cumpson with her friend, Lynn

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"There are so many good organizations in Williamsburg," she says. "I try not to focus on just one - I mean, how do you pick?"

What's the biggest misconception people have about oral health? The link between oral

health and overall health is very strong, Sebastiana says.

"Eighty-five percent of people have gum disease, but they think if they can't see it and it doesn't hurt, it doesn't matter," she explains.

Her talk during A Woman's Quest in November will focus on women's oral health and the effects it can have at the various stages of a woman's life.

"I hear all the time from women - and I'm guilty of it myself—that they don't have time to take care of themselves. I say if you don't have time to take care of yourself, you're no good to anyone else."

Sebastiana often mentors younger people interested in a career in some aspect of dentistry. "Dentistry is still an exciting career. There's so much going on with advances in technology."

She says there are certain character traits that make a good dentist. "First and foremost, you have to love people. You have to be a detail-oriented multi-tasker and good with your hands. Make sure you're passionate about it. If you want a 9-to-5 job, don't do it. You'll be disappointed and you won't be good at it. You have to have passion—for anything you do." **NDN**

Next Door Neighbors

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With a BA from the University of Nebraska and a Master's in Education from Mid-American Nazarene College, Julie's background is varied. A mother of four, she spent a good portion of her time teaching various grades in elementary schools before entering the world of health. She has always been passionate about health, and over the years, has guided her family and friends in their journey toward wellness.

People make appointments to see Julie for a wide variety of reasons, and there is no typical



Lisa W. Cumming Photography

or average patient.

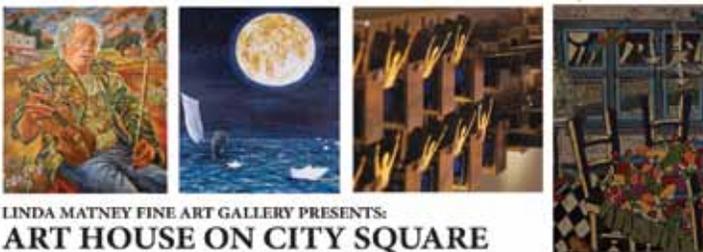
"People will come here for anything, really, sometimes seeking answers that the medical community has not been able to provide. Sometimes they are simply seeking wellness for the body, mind and spirit. There is not just one reason people choose to come here."

Julie started The Nutrition and Wellness Center about seven years ago. "I used to have

just a one-room office above a restaurant at the airport," she said. "I had a vision of what I wanted, and little by little word-of-mouth helped grow my business." She maintains specific office hours and keeps to that schedule.

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Wednesday, October 23rd Speaker:



**BENJAMIN
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TERRY**

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Benjamin Scott Terry (Scott) is the Founder, CEO and President of Orion

Air Group Holdings, LLC (Orion), an aviation services company providing a full range of solutions for corporate and government clients on a global basis. Orion was formed in December 2007 and is now one of the leading business aircraft management firms in the world. Mr. Terry is a member of the Board of Directors and a 50% Shareholder in Orion Air Group Holdings, LLC.

Prior to forming Orion, Mr. Terry was the Director of Government Sales in the Americas for Bombardier Aerospace, the world's third largest aircraft manufacturer. He was responsible for all aspects of the transaction beginning with the business development and proposal effort and culminating with ensuring the delivery of highly modified aircraft for government use. Mr. Terry was responsible for the entire Bombardier Aerospace product line including Learjet, Challenger, Global Express, and Regional Aircraft such as the Canadair Regional Jet and Dehaviland Q Series (Dash 8).

Before joining Bombardier Aerospace, Mr. Terry was the Executive Vice President and Chief Financial Officer at Flight International, Inc., based in Newport News, Virginia. Flight International was a publicly traded aviation services firm with annual revenues of more than \$50 million and a fleet of more than 50 turbine powered aircraft. Mr. Terry was recruited by Flight International's Board of Directors to improve the poor operating performance of the company. After three years of perseverance and strategic leadership, he was able to sell the company to Raytheon Aerospace for a substantial profit.

Mr. Terry's aviation expertise originated in the U.S. Navy, where he served for 10 years. As an Aviator flying the SH-3H Sea King and P-3 Orion, he accumulated 2,500 flight hours primarily conducting airborne reconnaissance. During his final three years, he held a staff position in London, UK as an aide to the Commander in Chief of US Naval Forces, Europe where he was involved in strategic planning for combat operations in the Balkan conflict as well as the integration of former Warsaw Pact nations into the NATO infrastructure.

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The Center offers everything from pre-natal care to senior citizen wellness. At the initial visit, clients fill out forms designed to give her an idea of what they need. After consulting with a new client, Julie then performs a test. "I test the energy," she says. "It's a simple applied kinesiology test, and I ask the questions, 'What do I want to know, how am I going about it?' to gain insight into a client's needs."

First, Julie places a small container in the client's hand, without telling the client what is in the container. While holding the container, they extend their arm straight out. Julie then pushes on their arm while silently asking the client questions.

The containers the client holds are sometimes connected to foods, and may be something related to dairy, wheat or meat. If the client maintains arm strength as Julie pushes on it, usually that indicates their body is not having issues with that particular food. If the arm does not remain extended the client may need to assess the effect that food group has on their body.

"This type of testing always amazes people," Julie says. "It never lies. It helps us determine what the body needs or doesn't need, and then we can begin to assess ways to correct imbalances."

Body composition testing is another example of the type of testing Julie performs. This looks at extra cellular fluid the body might be holding and also determines if the body is holding any toxins.

According to Julie, women's health needs can vary greatly from men's. "The women I see that are ages thirty to sixty are mothers, grandmothers and caregivers. They are wiped out, exhausted from providing for their children and their families. Sometimes they are going through menopause or peri-menopause and have the accompanying anxiety, hot flashes or fatigue." Correcting those types of imbalances is healing on multiple levels, for both the woman as well as her family.

Julie is careful not to let her clients become dependent on her. She sees her role as teaching others to be empowered rather than teaching them to rely on her. "People that have been frustrated with their health in the past are learning a whole new way of living. Over the years I have learned that it is not me that is the healer, the Lord is the healer. He has placed a capacity for healing in each client, and they learn that their healing comes from within."

Eating habits can contribute greatly to a person's health or illness.

"When people are ready to make the change is when it happens," Julie says. "It's a gradual awareness about food, and we end up being our own science project. I help people process the information about what they need, but they have to feel in control of their daily food choices." The website for The Nutrition and Wellness Center contains a large number of healthy recipes as well as information about eating well and food allergies.

One of her clients, Stephanie, came to Julie with chronic bowel syndrome several years ago. At that point doctors were recommending that Stephanie have her colon removed. Within months of seeing Julie her colon was improved with hydrotherapy treatments.

Julie is adamant about teaching people that their healing is a journey from within. She believes that her success with her clients is because she connects on a fundamental level with each person and is able to successfully communicate during their journey. "First, I need to know what their goals are," Julie says. "But the important part of all this is that the client remains true to themselves. We have to be responsible for our own health, but my role is to remain true to the client in assisting them. Sometimes the people that come to me are already deep in



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their imbalance and that will affect how long it takes for them to heal themselves. But they have to have faith that yes, they can heal themselves.”

The Nutrition and Wellness Center provides a variety of services to help balance the whole body such as: nutritional assessment, improve healthy eating and food habits; bio energetic assessment, which examines the systems of the body such as digestive, nervous and endocrine; dental and oral health assessment; colon hydrotherapy; sunlighten sauna to help detoxify the body; body composition testing to determine the breakdown of lean body tissue, bone tissue, fat, total water, intracellular water, and extracellular water; hormonal assessment for both women and men; and light therapy which is used during the times of the year when we receive less sunlight. Clients are also able to purchase a variety of nutritional products from the front reception area, including some delicious options such as hot chocolate.

Julie will be participating in the upcoming wellness symposium, *A Woman's Quest*. This event is geared toward educating attendees about women's health issues and she is looking forward to sharing her knowledge and getting to know others who are seeking positive, healthy changes in their lives.

Enthusiastic, well-spoken and passionate about her work, Julie says that she tries to teach her clients to keep things simple. “It's important to remember that you don't have to make big, huge changes all at once. You just have to start with being true to yourself.”

Julie strives to be true to herself, her beliefs and her core every day. “I don't always do it perfectly, but I want my influence to stay strong. We all need to stay strong and true to who we are. There is a real inner strength in each of us.” NDN

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Colonel (Dr.) Gregory Biernacki is a good conversationalist. Having worked with scores of military and civilian patients over the course of his thirty year medical career, he knows that good dialogue requires good preparation, and as such, is ready with the latest buzz in the world of medicine when he walks into his office in New Town.

“I watch the morning shows before coming in to see what I’ll talk about with my patients,” he says, referencing the plethora of health gurus that seem to be cropping up on TV. “I always wonder what the latest fad will be. It seems like there is a study coming out at least once per day touting chocolate or coffee

or wine as the newest health trend, and people run with it. One day chocolate is good for you and coffee is bad. The next – who knows?”

Gregory’s wellness philosophy is rooted in more solid ground. Twenty years of experience

as a general practitioner combined with extensive training as an Air Force combat-ready surgeon and appointments as Chief of Flight Medicine (1990-1991) and Chief of Aerospace Medicine (1991-1994) in the Virginia Air National Guard help him sort the facts from the fiction when it comes to health issues.

“Our practice uses evidence-based medicine,” he explains. “If you’re a patient of mine and I tell you to do something, I’ve got some-

thing behind it that is grounded in scientific fact. The problem with pop culture medicine is this: the data we are listening to is often the result of a small patient study with no control group. Sometimes I’ll hear something on TV

DEBUNKING MEDICAL MYTHS

By Ryan Jones

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that I don't know the truth about, so I'll look up the studies. The lead researcher will report that his findings were very unusual and the matter needs to be investigated further. This usually comes with a recommendation that no changes in patient medication be made based on such a small study, but you don't hear that part."

Gregory says that a reliable source of medical data is published online by the United States Preventative Services Task Force (USPSTF). The USPSTF is an independent panel

of industry experts that was created in 1984 to review existing practices and produce recommendations resulting from evidence-based study. Recommendations focus on screening, preventative care and counseling. In order for the USPSTF to endorse a practice, the benefits of intervention must outweigh the detrimental repercussions. As a result, many culturally accepted practices that have been around for decades are being reevaluated.

"We have had a lot of changes in our recommendations," Gregory says. "For instance,

we've changed the recommendation for Pap smears. We're doing them a lot less frequently – we're starting them later in life and we are stopping them at 65 unless there is a reason to continue."

To help Williamsburg residents navigate the maze of modern medicine, Gregory will host a breakout session at *A Women's Quest* on November 9th. His topic will focus on debunking common medical myths and replacing inaccuracies with sound information. Specifically, he will focus on these four concerns:

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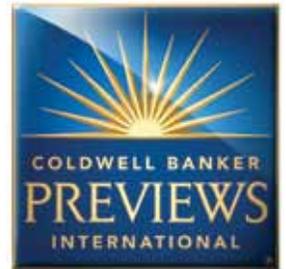
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3. What are the causes of these particular problems?
4. How can these problems be prevented?

"If you're a woman, you may be surprised at what the numbers tell us," he says. "Statistics say that women are more likely to succumb to lung cancer than breast cancer, which is a major concern for women. Breast cancer is number two and colon cancer is number three. You're more likely to get skin cancer than any of these, but less likely to succumb to it. Heart disease is a well-known concern, but people don't tend to focus as much on the things that can cause heart disease, like diabetes, high blood pressure, cholesterol and weight. Sometimes we focus on one disease to the exclusion of the others."

To get things started in the right direction before the symposium, Gregory clears the air on a few more commonly encountered health-related questions:

Should we really be drinking eight glasses of water per day?

"If you're going to have a beverage, the best beverage to have is water. It keeps you from being dehydrated and is useful as a weight loss tool because it makes you feel full. It also helps fiber speed up the digestive process. It's a good thing."

Should we be scared of flu vaccines?

"There is no such thing as getting the flu from a flu shot. A flu shot is an activator dead virus, but lots of people think they get the flu from the shot. We used to only vaccinate those we considered to be at high risk – those with respiratory diseases like COPD, smokers, diabetics, those on chemotherapy and people over the age of 65. Now the recommendation is to vaccinate everyone."

Do any of the "miracle diets" work?

"There really is no magic diet – at least not for long-term results. It boils down to eating less and exercising more. Remember when we believed that nine calories per gram of fat was bad and that four calories per gram of carb was good? We were told that we could eat the same amount of carbs and fat and, with carbs, we'd have less to worry about. Everyone believed that and now we've gotten obese as a nation because of it."

How much exercise should we get?

"The minimum amount of exercise the USPSTF recommends is 30 minutes a day, five days a week. As a nation, we're not hitting that because we're just not as active. The magic equation is this: 3500 calories = one pound. In order to exercise off 3500 calories, we would have to run a marathon back-to-back with a 10k – and that's just to burn off one pound of fat in a day. For weight loss it's almost impossible to exercise the weight off without shaving some calories off the diet."

What should a typical meal serving look like?

"Go to any commercial restaurant and look at the plate size. It's typically twelve to sixteen inches in diameter. We're supposed to be eating off of a nine-inch plate, half of which should be filled with fruits or vegetables, a quarter with protein and a quarter with starch. Servings should be roughly the same size as the palm of your hand. That is not a

weight-loss diet - it is the way we used to eat as a nation.”

Switching gears to his childhood, Gregory says that he has his parents to thank for getting him started in the world of medicine

“I’m the grandson of immigrants,” he explains. “My father’s side was fresh off the boat from Poland. They had no education and went to work in a factory. My mother’s side was from Greece. They worked on the railroad until they had enough money to open up a restaurant. My parents were the first on either side to graduate college. The expectation was that all of the kids were going to be professionals, so we had our choice of being a doctor, dentist or lawyer. One time my mom asked me what I would like to be and I said, ‘Well I want to be a pilot.’ As a flight surgeon, I got to do both. I have been doing this for over 30 years and I love it.”

Gregory says his stint in the Air Force allowed him opportunities he might not have otherwise enjoyed.

“When we were deployed, I was in charge of keeping the guys safe in general. That amounted to additional work, like sanitizing food and water. Also, I did a lot of humanitarian tours down in South and Central America. It’s a great place to recharge your batteries. You go down there where they don’t have managed care or insurance companies and just practice with your hands, a stethoscope and a couple of books. It’s really amazing what you can do.”

Gregory has been married for 28 years. His wife is a nurse practitioner working on a doctorate in nursing at Duke. They have three children.

“One is a Tech grad, one is a Radford grad and I’ve got one at JMU,” he says. “For the last five years, I was a girl’s field hockey coach at Jamestown High School. Before that I coached for three years at Walsingham. It was a lot of fun because both my daughters played field hockey. One of my favorite seasons was when my daughter had just moved up to varsity and my other daughter had just graduated from college and hadn’t started her job yet, so she was an assistant coach. I got to spend two hours a day with two of the three women in my life, and then my wife would meet us after practice and we would get a good dinner. It was great.”

In keeping with his upcoming role as medical myth buster, Gregory leaves us with a final thought on commonly-encountered medicinal myths:

“Buyers beware of the over-the-counter nutrition supplements you take. I recently saw a product out there that blocks fat absorption. That’s a good thing for weight loss, but there is a major problem with the side effects. Anything that blocks absorption of fat will allow the food to go straight through your system. This can mean some very unpleasant changes in bowel movements. Unfortunately, you usually hear that part at the end of the commercial when the guy is talking so fast you can’t understand anything he’s saying.”

Fact, fiction or somewhere in between, one can only hope that one day, chocolate will show up on the USPSTF list of recommended weight loss foods – with plenty of data to back up the claim. Until then, the real evidence-based research from the USPSTF is available online at <http://www.uspreventiveservicestaskforce.org/adultrec.htm> 

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Let's Get Physical!

By Cathy Welch



Lisa W. Cumming Photography

With her passion for remaining active and encouraging good health, Bridgit Kin-Charlton has carved her niche in the local fitness market. “My passion is to encourage the residents of Williamsburg and the surrounding areas to get out there and have healthy, happy relationships.”

Bridgit’s love of fitness started as a 16-year-old in a suburb of Milwaukee, Wisconsin. “I was not that girl on team sports in school,”

she says. “I was into dance and was captain of the pompom team. In college, I was a hockey cheerleader.’ When she was 16, one of her best friends introduced her to the gym. “I fell in love with it.”

Bridgit became a certified group fitness instructor when she was 18-years-old after a few years of trying to change her fitness lifestyle as an only child in a traditional German-Polish Wisconsin family.

“I started buying chicken and fish and all the healthy things,” Bridgit explains. “The culture there, in the 1990s, was bratwurst and polish sausage.” She fought against the eating habits at home and persisted in following a healthy regimen of diet and exercise.

In 1998, Bridgit graduated from the University of Wisconsin-Eau Claire with a Bachelor of Science degree in Exercise Management. Within a year, she found her first job out of college.



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"I've always been adventurous," she says. "I've been skydiving and bungee jumping. I like to travel and see new areas." Bridgit moved to the area at the age of 23 and was hired as a fitness coordinator at Kingsmill Resort.

Bridgit worked her way up to fitness director at the resort. "I was there seven years and met my husband there. Several years after he left the company we started dating." She married Dr. Ralph Charlton at Kingsmill Resort. The couple celebrated their 10-year anniversary in August.

Bridgit obtained a Master of Education degree in Exercise Science from Old Dominion University while working at Kingsmill. "Shortly thereafter, I opened B-defined in 2005," she explains. "One of the reasons I wanted to open my own business was because I knew I wanted to have children." The other reason was to realize a lifelong goal.

Her goal had always been to open her own business by the time she was 30. "My birthday is in September and I opened B-defined eight years ago in August." She made her goal by a few weeks.

Bridgit is a very organized and detailed person. "I feel like if you set a goal, you're going to accomplish it. How else are you going to do anything unless you plan?" Her planning paid off.

"When I created B-defined, I wanted it to be the opposite of all the big chain gyms," she says. "I wanted it not to feel like a gym, smell like a gym and not be intimidating."

Bridgit explains that so many women feel like they need to be in shape before working with a trainer. She negates that myth. "That's what we're here for, to help you do it the right way."

She also wanted to keep the studio small. "I wanted to keep it intimate," she explains. "I really like this niche, this vibe that we've got going on here."

Bridgit met many healthcare professionals during her time at Kingsmill who know her methods and refer clients to her. "We have a really good relationship with chiropractors, physical therapists and general care practitioners," she says.

Bridgit suggests that women and men looking to start a fitness program at a gym go through an initial screening process with the potential trainer. "The trainer should learn more about your health history, fitness history and your goals." Find an appropriate trainer who does a comprehensive assessment, checking your resting heart rate, resting blood pressure, body composition, flexibility and aerobic capacity.

"I perform a movement screening test," Bridgit explains. "I want to know if there is any type of corrective exercise we need to do. Typically, there is. Most people are walking around with chronic pain of some sort." A good trainer assesses the need for corrective exercise before addressing her client's main goals which are usually weight loss and toning. "In the assessment, we're going much deeper than that," she explains. "We talk about stress, diet, sleep and what kind of support system they have. Frankly, if their spouse or family members are not on board with what they're trying to do, it's going to make it a lot more difficult to accomplish their goals. So, we talk a lot about behavior modification."

Typically, her clients train two to three days a week with their trainer and are prescribed homework including core work and cardio work.

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“We want to put together a holistic plan and encourage them to make exercise a part of their lifestyle.”

Her husband is in a similar field. He teaches sports management at Hampton University. “He helped me develop my business. I always tell people he’s the management side of the business, and I’m the practical side. He teaches facilities management, sports law and finance.”

Bridgit placed fourth in the bikini category of a Virginia Beach body building classic. A life-long triathlete, Bridgit tore her rotator cuff in a road biking accident and could not do the running and swimming needed as a triathlete. “I am such a goal-oriented person.” This competition was something she could do in spite of her injury. She was amazed at how the train-

ing and diet for this competition improved her own physical condition.

“My joints felt better. My rotator cuff didn’t hurt,” Bridgit explains. “I have degenerative disc disease in my back and that all went away. As a newbie to body building, I was fascinated by the whole thing.”

On November 9, Bridgit focuses on women’s health for *A Woman’s Quest* health symposium at Kingsmill Resort. In addition to her university degrees, she is an American Council on Exercise certified Personal Trainer and an Aerobic and Fitness Association of America

certified Group Fitness Instructor. She is also a member of the American College of Sports Medicine. She takes this background and her studio’s expertise to be a presenter at this event. “CHX4CHNG invited me to present and sug-

gested the topic of fitness through the ages,” she explains. “What exercises are appropriate for different decades of your life and why.” She plans to assess the interest of her audience and tailor her presentation to meet their needs.

“I’m going to talk about priorities in your twenties, thirties, forties and beyond,” she says. “Things like osteoporosis, metabolic syndrome and training to prevent heart disease. I will explain the exercises to do and how easy it is to exercise from home. I’ll show them tips and give them tools to do that.”

Bridgit’s presentations are interactive and engaging. “I’m going to get these ladies out of their seats and get them excited about moving their bodies. They can make a change.”

Bridgit and Ralph have a four-year-old son. “We’re both very passionate about being physically active and encouraging others to do the same,” she says. “That’s what keeps you young. Part of my mission is creating a place where people can create relationships and it’s all about that social interaction that keeps the mind healthy and the body young.” NDN



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Lisa W. Cumming Photography

SHE'S ALL ABOUT Healthy Diet Choices

By Alison Johnson

By the time Valerie Huckstep was 12 years old, she was reading cookbooks the way other people might devour mystery or romance novels. She loved the idea of molding colorful ingredients and seasonings into a new creation, like a piece of art.

Food is still a source of joy for Valerie, now a registered dietitian and nutritionist at The Pavilion at Williamsburg Place, an inpatient psychiatric facility. She also has come to see it as a tremendous influence, positive or negative, on every person's physical and emotional well-being.

Choosing a diet of mostly plant-based, whole foods – fruits, vegetables, whole grains, nuts, seeds and beans – is empowering, not to mention tasty, Valerie says. Foods that have all of their original vitamins, minerals, fiber and other nutrients intact are crucial to cell health, nerve transmission, stable blood sugar levels and more.

Such an eating plan also is an antidote to two forces working against many people, she says: restrictive diets, which almost al-

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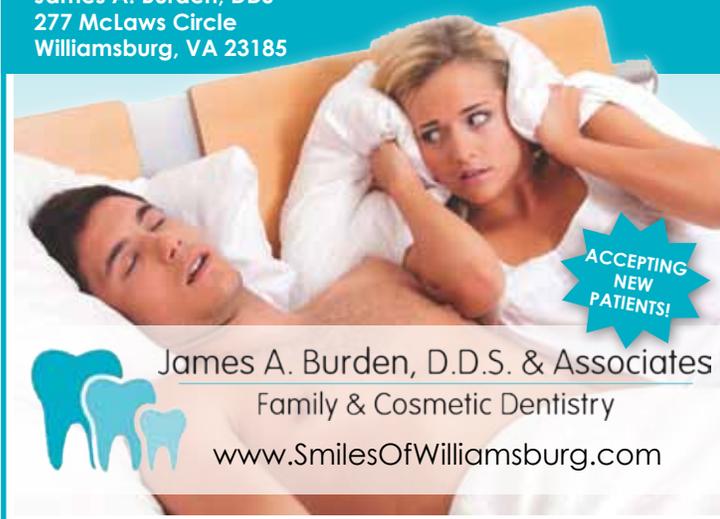
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ways fail, and food companies that are trying to hook customers on fatty, salty, sugary products that sap energy, mood and focus.

“How we feel from minute to minute, hour to hour and day to day depends so much on the food we eat,” Valerie says. “Processed goods are hijacking our taste buds and brains, making us think we want only them. They keep whole foods from tasting very good to us anymore. They keep us from appreciating and wanting the natural foods that are so important to our bodies.”

People can change their ways, she adds, “but first they have to realize what’s being done to them.”

While many dietitians advise eating healthfully 80 percent of the time and indulging the other 20 percent, Valerie is more in favor of a 95-to-5 split to reduce more potential triggers for cravings. She digs into her favorite splurge, key lime pie with graham cracker crust, about four times a year. “I love it, I appreciate it and I’m mindful of it, and that’s plenty for me,” she says.

That doesn’t mean eating can’t be great fun all of the time, Valerie stresses. Her favorite homemade creations include pancakes made with almond flour and topped with mangos, or sautéed bean patties whipped up with gluten-free flour, chopped onions, garlic and red peppers. She also doesn’t limit herself to foods traditionally assigned to certain meals. “I’ll eat lentil soup and coleslaw for breakfast,” she says. “People need to think outside the box. All these incredible foods are waiting for us, and we just have to start including them.”

A deeply spiritual person, Valerie views her job as helping people find inner peace and strength to improve their self-perception, relationships and life journeys. The campus of Williamsburg Place also is home to The Farley Center, a nationally known addiction treatment center, and she has found eating disorders are common in recovering addicts.

“Food is often their first addiction – they mood-alter with food to escape,” she explains. “Once they’re not using drugs or alcohol anymore, their brain goes back to that original addiction until they’re able deal with their underlying issues and develop coping skills.”

Valerie educates residents on meal planning as they tackle challenges, such as trauma and depression, with doctors and counselors. “It’s all about healing,” she says. “I want to be someone who cares about them, who shows them unconditional love and acceptance. It’s so great to impart information and see a light bulb go off in their heads. Honestly, they give me more than I give them.”

Valerie also is a consultant at B-defined Innovative Personal Training & Wellness in Williamsburg and a certified LEAP therapist, meaning she can test people for food sensitivities (unpleasant reactions such as nausea, abdominal cramps or acid reflux to certain foods).

A native of Brooklyn, New York, Valerie was a talented flute player who originally wanted to major in music in college. Once her father encouraged her to study something more practical, the artistry of nutrition – what she had glimpsed in those cookbooks as a young teenager – drew her in, as did the chance to help people as part of a medical team. After earning a Bachelor of Science in Dietetics from the University of Vermont, Valerie completed three years of additional training at Strong Memorial Hospital in Rochester, New York. She did rotations on all of the hospital units and worked in the kitchen, preparing meals and

developing recipes.

She moved to Williamsburg in 1996 and worked part-time for 17 years in the Nutrition Outpatient/Health Education department at what is now Sentara Williamsburg Regional Medical Center. While at Sentara, a dietitian friend at Williamsburg Place asked Valerie to cover for her during a maternity leave, which led to a permanent position on the campus.

“I have learned so much about nutrition intervention for chemical dependency recovery, as well as nutrition and mental health,” she says. “I apply this knowledge to any person who is seeking a balanced nutritional approach to health and wellness.” The biggest challenge of her job, she says, is staying up to date on the latest studies on diet and nutrition.

Some of her tips include:

Stick to the outer sections of grocery stores. Need an incentive to avoid packaged goods in the center aisles? Know they’re the work of scientists specifically tasked with creating a precise blend of sweet, salty or crunchy ingredients to turn customers into addicts, Valerie says: “They’re looking for a ‘bliss point’, whatever is the ultimate for human consumption. We are literally a nation hooked on chemicals, but none of us has to be.”

Don’t skip meals. Meal patterns are just as important as what you eat. As a general rule, eat every four to five waking hours.

Combine healthy proteins and carbohydrates at meals and snacks, and build in nutritious fats (yes, fats). The body responds best to a mix of nutrients, and healthy fats are essential to cell function (Valerie’s favorites include avocados and nuts, and she uses Vegenaise, a vegan spread made with canola oil and apple cider vinegar, in her coleslaw.). Refined products, on the other hand, cause quick spikes in blood sugar that leave you hungry and irritable within a couple of hours.

Don’t “diet.” The word indicates a quick-fix, short-term plan that focuses only on weight loss and is about deprivation rather than choice. When dieters almost inevitably relapse into bad habits, they tend to feel terrible about themselves and binge even more.

Be patient. Changing eating habits for the long term, and losing weight in a healthy way, can take time. There are no magic pills.

Minimize animal products. If you do eat meat, make it a complement to a meal rather than a main course – a little chicken or fish mixed in with stir-fried vegetables, for example. Fish is generally the healthiest choice, especially wild, cold-water types such as salmon and sardines. Remove skin from chicken and pick cuts of red meat with less marbled fat in the center, and then remove all visible fat.

Be careful with “trigger” foods. A food becomes a problem if it turns you off nutritious items, if you’re eating it to feel better or if you build up so much tolerance that you crave it several times a day. Throwing a few favorite chips on a big, healthy salad is a different story.

At home, Valerie has passed along her knowledge to her family: husband, Jay, and sons Neil, 18, a freshman at Virginia Tech who’s considering a career in orthopedics, and Brett, 16, a junior at Lafayette High School and a competitive swimmer. They don’t always follow along – Neil, for instance, is a lover of Chick-fil-A and Nutella hazelnut spread – but, she knows, they do listen.

“I’m planting seeds,” Valerie Huckstep says. “That’s my job at home and at work – to plant seeds.” NDN



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Putting “the Care” in Caregiving

By Linda Landreth Phelps

In the natural course of a lifetime, it is likely that caregiving will be something that we all either provide or need. Most often, family members will be the ones to step up when that occasion arises, but circumstances may mean that even the most devoted relatives' efforts may fall short of what is required. Stress can build, worry and exhaustion set in...and the presence of those things is a certain sign that it's time to call for professional help.

Ed Golden made a dramatic career move that was precipitated by this commonly experienced but very personal distress. After many years as a corporate executive specializing in sales and marketing, Ed transitioned from corporate America to ownership of his own small business a decade ago.

“Our family had moved to Richmond and my wife’s elderly, widowed father, Mike, lived alone in New Jersey,” Ed recalls. “I’d frequently come home from work to find Carol Ann in tears, worrying about her dad. Mike’s neighborhood had gone through changes over time

and was no longer safe; he wasn’t eating well; and yet he refused to move.”

Ed researched the options of assistance for his father-in-law and came up with the name of Comfort Keepers®, a home care provider with nationwide independently-owned branch offices. He was impressed by their business model and mission of helping people to remain in their own homes instead of having to relinquish their independence. He was so pleased by their care of Mike that Ed was inspired to change his career and life.

Ed had always thought that at some point he would own his own business, but this experience helped him realize he wanted the chance to assist others and not just add to the bottom line of a corporation’s earnings.

“After 21 years in New Jersey with the



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Thomas J. Lipton Company, I had accepted a job which was based in Richmond and worked for them for several years, but it was the tobacco business and wasn't the best fit with my philosophy of life," Ed recalls. As the proud father of two growing boys, Ed says, "I began to wonder if that was the example I wanted to set for Joey and Eddie." After seven relocation moves in the previous ten years, the Goldens also wanted to put down some deep roots, to give their boys the chance to go through school with some stability and a core of long-time friends. "This crisis with my father-in-law came at a time in my life when I was ready for a different focus," he says.

After much study and digging, Ed contacted the owners of a Comfort Keepers® franchise in New Kent County and made them an offer which they accepted. Ed moved the office to a more central location, in James City County off Mooretown Road, and is delighted with his new career.

"It's the most interesting business I've ever worked in," he says. Work is now all about building relationships with both his staff and clients.

Over the past decade, Ed has met many peo-

ple he'll never forget. One, a highly decorated combat veteran, stands out for Ed. "I'd visit with Ken for hours, just sitting and listening to his fascinating war stories," Ed recalls. This man didn't need much help at first, but by the end they were providing caregivers around the clock. "I was privileged to be with Ken when he passed away," Ed says. "He was one of the nicest, yet toughest, men I ever met, and I think of him to this day."

One of the things that Ed enjoys most about his work is that new adventures and fresh stories always lie ahead. The office phone rings and it's someone who has aging parents who need a little help around the house, or is dealing with a spouse with Alzheimer's. Referrals come from elder law attorneys or hospitals discharging patients who will need short-term home care. He realizes that assistance requests come as an "as needed" basis as well as long-term and permanent arrangements. From basic chores

such as laundry, running errands, or grooming guidance, to full care for bedridden patients, anything short of skilled nursing procedures can usually be done by caregivers.

"Before a caregiver takes on a client," Ed says, "they should come to them and sit down together to talk about what they're looking for. I believe in interactive caregiving, where clients are encouraged to participate in their own care. It's the difference between doing with, instead of doing

for, thereby creating and increasing a sense of contribution and autonomy."

Williamsburg being a destination retirement community, many of Ed's clients are people who have moved here from distant places, leaving behind the chance for traditional support systems. Most would prefer not to become a burden on their grown children and intend to remain independent for as long as possible.

"Caregiver agencies get very busy around



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Thanksgiving and Christmas,” Ed says. Families will gather for the holidays and notice that Mom has scorched pans on the stove, or Dad’s car is riddled with dents. Suddenly, their parents’ cherished independence is threatened.

“We meet with them, set up a care plan and establish a communication protocol with the adult children to keep them informed so they can leave again with less worry and stress.”

Having someone come into your home to assist you can be an emotional hurdle. Chances for a successful transition can increase dramatically if the client has input and the ability to choose a companion who is a good fit.

One woman whose daughter insisted on in-home companion care for her distant mother was highly resistant to the idea of having her personal space invaded by anyone.

“After giving it a lot of thought and knowing it would be difficult, we selected someone who we thought would be perfect and brought her to the client for introduction,” Ed says.

“You have to be here and I have to allow it,” the client growled at the caregiver. “But I want you to sit in that chair and don’t move or speak to me.”

The caregiver agreed to the terms, giving her client plenty of space, showing up every morning at 9:00. After three weeks of silent sitting, one morning Ed got a call.

“Where’s April? She hasn’t shown up yet!”
 “Ma’am, April is due at 9:00; it’s only 8:15.”
 “Oh, good; I was worried.” Another successful relationship was launched.

Ed says that any plan of care has to remain fluid, based on the ever-changing needs of the client. Some will require more services on the front end and taper off, such as patients recovering from surgery, but most of his clients are on that slippery slope of aging. Ed says a caregiver’s goal is to allow that journey to happen with grace and dignity and to include as much fun as possible along the way.

Not long ago, Ed says he got a call from Dorothy, one of his clients. “Ed,” she said, “I want to go to Vegas; I’ve already asked Claire [her caregiver] if she wants to go with me and she said ‘Yes!’ Can you make it happen?” A few phone calls and a short while later, Dorothy and her buddy Claire were winging their way to Las Vegas, debating which shows to catch and where to find the best buffet.

Another of Ed’s favorite success stories involves elderly clients who own two homes, one in Williamsburg and another in Florida. Their local caregiver helps pack for the transition and closes up their house, accompanies them to Florida, shops for groceries, and makes sure they are well settled before flying back. “Since Comfort Keepers® is a franchise, another caregiver from the Florida office steps up seamlessly to help with daily tasks as long as they stay,” Ed says.

Ed recognizes these services as vital. “The tidal wave of need is coming with the aging of America, and we as a country are not fully prepared to handle it. In a way it’s frightening, but it’s also exciting; there are a lot of opportunities to make a difference.”

After ten years, Ed Golden doesn’t miss the corporate world a bit. He finds working with and helping people on a personal level to be deeply satisfying and fulfilling. “When I go to a client’s funeral and there are several of our caregivers there, crying with the family, then I know we have succeeded in what we set out to do. At the end of the day, I can look in the mirror and say, ‘I helped some folks!’ ” NDN

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Rekindling Relationships

By Brandy Centolanza



Lisa W. Cumming Photography

Amanda Deverich, a licensed marriage and family therapist (LMFT) and National Certified Counselor (NCC) with Williamsburg Counseling, believes her own personal life experiences are some of her most important on-the-job assets.

Amanda got her initial taste of counseling during her first career as an Air Force intelligence officer assigned to be a part of a team that debriefed Air Force prisoners of war during Operation Desert Storm in the early 1990s.

“In addition to gathering intelligence, we also helped them to reintegrate, so it was my first trial by fire in counseling,” Amanda recalls.

“It was a very informative experience.”

At the time, Amanda had been stationed at Fort Belvoir in Fairfax County. She met her husband, Kevin, a hotel manager, in the luggage claim at Washington National Airport (now Ronald Reagan Washington National

Airport), and soon followed him out to Beverly Hills, California when he relocated, sidelining her career in counseling for a few years.

Amanda and Kevin had two daughters while living in California, and Amanda decided instead of focusing on counseling to do some-

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thing a little more family-oriented by designing toys and games, thus starting a second career.

“I grew up in a family where we had family game night, and I had an idea for a puzzle game,” she says. The idea never came to fruition, but she did spend the next few years working for a company that created party games. Among her accomplishments was being the supervising producer on the DVD version of the game Trivial Pursuit.

“It was a great, great experience. I had a wonderful time, but it became harder to invent board games once video games hit it big,” she says. “I also felt I needed a new career. I took stock of what would make me happy and what would fulfill me.”

Amanda, who grew up in Illinois and majored in French and Italian while in the Air Force ROTC at Arizona State, decided to go back to school for counseling, but then her life took another detour.

In 2006, Kevin passed away from lung cancer, leaving Amanda a widow with two young girls to rear. Luckily, she wouldn’t have to raise them alone. A year later, Amanda moved in with her sister, Kirsten, and brother-in-law, Craig, and their children, who were all living in Williamsburg. It was a welcome challenge to figure out how to mesh their lifestyles, particularly when it came to parenting. In 2008, Craig was deployed to Afghanistan, and Amanda and Kirsten were on their own with the kids.

“It was the best two years of our lives,” says Amanda, who took classes in counseling at the College of William and Mary while helping her sister care for the children and the home.

After earning a Master’s Degree in Family Counseling, Amanda began her third career and has been in practice for the past three years.

“Having lived so many different experiences, I value my street credentials even more than my academic credentials,” Amanda says.

Initially, Amanda wanted to help moms and dads with parenting issues, and underwent personal training with London-based Noel Janis Norton to become certified in the “Calmer, Easier, Happier Parenting” approach to raising children. The concept is to provide parents with skills to “help children and teenagers become not only cooperative, but also confident, motivated, self-reliant and considerate.” Amanda is the only certified Calmer, Easier, Happier Parenting practitioner in Virginia.

“Parenting is really hard, and there is this set of skills that I feel parents need,” Amanda says. “I thought I was going to be this big parenting guru, that I would convert the world with Calmer, Easier, Happier Parenting and make everyone happy.”

But, once moms and dads arrived in Amanda’s office, they wanted to talk more about their relationship with each other than with their relationship with their children.

Taking note of what her clients needed, Amanda sought further training, this time in Boulder, Colorado, under Michele Wiener-Davis in “Divorce Busting,” an approach that helps couples heal from infidelity, stop arguing, improve communication, and reconnect emotionally and sexually.

“I tried some of her techniques on a couple that I thought wasn’t going to make it and they are doing awesome today,” Amanda says. “None of the methods are fail proof, but they work pretty darn well. I’ve seen them

work wonders here.”

Now, in addition to seeing clients locally, Amanda also does telephone coaching for couples worldwide. The Divorce Busting approach, says Amanda, is solution-based, so a lot of men are eager to give it a try.

“A lot of wives think they’ve done everything, but really in fact they’ve just said everything,” Amanda says. “Therapy is very talk-focused but men are very action-focused. Since Divorce Busting is very solution-focused, they like it and they want to come back. It’s been a nice surprise.” A majority of her clients deal with marital issues such as affairs, anxiety and loneliness.

“I see a lot of loneliness, where the couple’s relationship is fine, but the person themselves is lonely,” Amanda says.

Amanda is looking forward to being a part of this year’s A Woman’s Quest health symposium in November.

“I’m a big believer in women’s wellness, and I think your physical health is foundational to your mental health,” Amanda says. Many of her clients suffer from chronic illness, migraines, breast cancer, fibromyalgia and other health issues that affect their ability to cope.

“The symposium will provide one resource for women near Williamsburg to synthesize information from many areas contributing to their mental health,” Amanda says. “Williamsburg is an ideal location for the health symposium for its outdoor soul-feeding beauty, its provincial and calming setting, and its concentration of skilled health professionals.”

Amanda will be speaking at *A Woman’s Quest*, and her presentation, entitled “Between the Sheets: How to Rekindle the Passion and Sexual Intimacy in your Relationship,” will focus on relationships and how they change and evolve over time. She will touch upon common stressors in relationships, women and self-image and how that also changes over time, as well as physical factors that can affect sex and how sex can evolve over time, with an emphasis on sex for those ages 50 and older. Amanda hopes women will leave her presentation “impassioned, encouraged, and with concrete strategies to revive the intimacy and sexual connection in their relationships.”

“I’m really looking forward to sharing information with women that will get them excited about their sexuality and their relationship,” Amanda says. “I’m also really looking forward to meeting other people at the symposium and helping the women in this community. I want to help women to feel that things can always get better. There is a lot to look forward to.”

When she is not in her office, Amanda, an avid runner active with Colonial Road Runners, is usually off somewhere in her running shoes, and she recently completed a year-long goal of running one mile every day for one year. Or, she can be found behind her computer, blogging for The Huffington Post.

Amanda’s future personal goals include growing her practice, spreading her knowledge on parenting, relationships and sexual intimacy at various speaking engagements, improving her running time, continuing with her writing, and maybe, eventually, some day remarry.

“Although, doing what I do, I know how hard marriage can sometimes be, so I don’t know,” she says with a laugh. NDN

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A Woman's Quest
WELLNESS SYMPOSIUMSM

SCHEDULE

8:30 am to 9:30 am Breakfast

Speaker: Isaac Wornom, III, MD, Plastic Surgeon

9:40 am to 10:30 am Breakout Sessions

- Managing the Stress of Caregiving, Ed Golden
- Food & Mood, Valerie Huckstep, RD
- Let's Get Physical, Bridgit Kin-Charlton
- The Aches & Pains of Life, Elena Flagg, MD
- Smile and the World Smiles With You, Sebastiana Springmann, DDS
- Bioidentical Hormone Replacement, Marie Barthelemy, FNP-C

10:30 am to 11:00 am Vendor Booths

11:00 am to 11:50 am Breakout Sessions

- Queen of Hearts, Hugh McCormick, MD
- Mindfulness Skills, Pam Capetta, EdD
- Snap, Crackle & Pop, Michelle Booth, DC
- Your Aging Back, Melissa Erickson, MD
- Can You See Me Now?, John Nordlund, MD
- What Did You Say?, Teresa Graham

12 noon to 1:30 pm Lunch

Keynote Speaker: Chris Crowley
Author of the book, *Younger Next Year*

1:40 pm to 2:30 pm Breakout Sessions

- Eat Well, Live Well, Julie Mitchell, ND, CN
- Reducing the Risk of Cancer, Janae Johnson, MD
- Is Your Bladder Still Trained?, Jennifer Miles-Thomas, MD
- Natural Ways to Lessen Stress, Jennifer Daly
- Different Strokes, Different Folks, Shawke Soueidan, MD
- The Healing Arts, Brigitte Fox, RN

2:40 pm to 3:30 pm Breakout Sessions

- Between the Sheets, Amanda Deverich, LMFT, NCC
- This Year is Now, Lea Yates
- Breathe Easy, Vijay Subramaniam, MD, FCCP
- It's Skin Deep, Jennifer Ragi, MD, Dermatologist
- Know Your Meds, T.W. Taylor, Pharmacist
- Dealing With Addictions, Barbara Mardigan

3:40 pm to 4:30 pm Breakout Sessions

- Spiritual Wellness, Lorraine Perkins, MSN, NP
- Pilates for Therapeutic Conditioning, Mary-Jane Amrein
- Medical Myths, Gregory Biernacki, MD, LPC
- Ultraconservative Health Treatment for Women, Erika Comber, PT, CEO
- What to Ask Your Medical Professional, Sarita Golikeri, MD
- Toxins On Your Vanity, Maria Johnson

4:30 pm to 5:00 pm Vendor Booths



Lisa W. Cumming Photography

Reducing Stress Through Mindfulness

By Rachel Sapin

As I write this, I notice that my mind is already in a hundred places. I'm contemplating how I could have better phrased information from a story that was published last week, I'm thinking about waking up early to go for a run tomorrow before a busy day of work, I'm wondering if I should double-check my iCal one last time to make sure I didn't miss any appointments or errands scheduled for today.

Or maybe sneak on Facebook to distract myself from real work . . .

Harvard researcher Dr. Matt Killingsworth recently analyzed how people with wandering minds compared to those who tend to stay in the moment through a project called trackyourhappiness.org¹. It involves people reporting, via iPhone, what they are thinking about and how that thinking makes them feel. Looking

at real-time data from over 15,000 participants ranging from age 18 to age 80, Killingsworth concludes that people are "substantially less happy when their minds are wandering than when they're not."² How often a person's mind wanders may be even more predictive of happiness than factors like income, education, gender, and marriage status, according to Killingsworth.

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Distraction and the incessant drive to multitask is one of the things Dr. Pamela Cappetta hopes to address at the upcoming *A Woman's Quest* wellness symposium being held at Kingsmill Resort in November. "Many people, their brains, are like the little gerbal wheels," she says with a laugh. "They have all these thoughts that never stop."

One solution to a wandering mind is mindfulness, which Pam will be teaching the fundamentals of at the symposium.

The practice of Mindful Based Stress Reduction (MBSR) is "about waking up, being fully alive, and being present in the richness of each moment of our lives," according to the Duke Integrative Medicine model³, which treats patients with Western scientific medicine that is complemented by holistic therapies. Participants in the Duke program engage in practices such as meditation and yoga to cultivate this sense of being in the moment, and use the program to reduce everything from ADD/ADHD, to stress, to serious illness and sleep disturbances.

"Mindfulness is about noticing your body, thoughts in your mind, sensations in the body, and emotions in the present moment, from a

place of nonjudgement and curiosity," Pam explains.

Pam, who has been practicing as a psychotherapist in Williamsburg for over 30 years, has devoted her career to helping others cope with the anxiety and depression that can result from feeling helpless in face of life's seemingly endless obligations. "My work and research has always involved examining individuals within the context of their families and other dynamic systems," she says.

Pam's experience working with patients is that stress created by too much multi-tasking is especially felt by women. "A lot of moms absorb the stress in the family," she notes. "Many women walk around taking care of everyone but themselves: their children, their husbands, their mothers, their fathers, their employees. But they don't have time for themselves." And she says that for many women, even the thought of taking time for themselves makes them feel guilty.

Growing up in rural Pennsylvania, Pam was personally affected as she watched her mother and grandmother suffer from chronic pain syndromes that she believes resulted in part from a lack of self-care. "My earliest memories are

rubbing my mother's neck and back and smelling those stinky ointments to help reduce her pain," she says.

Pam also experienced facial pain and migraines in her early twenties. As a doctoral student in William and Mary's Education program with a focus in Professional Counseling, she wrote her dissertation on chronic pain and couples. Even today she remains passionate about finding healthy ways to cope with pain for both herself and her patients. "I was determined to break the cycle of pain in the generations of women in my family," she says.

Women are more likely than men to report having a great deal of stress, with married women reporting higher levels of stress than single women, according to the American Psychological Association (APA)⁴. According to the APA, more women than men have also reported their stress increasing over the past five years - almost 50 percent of women surveyed compared to almost 40 percent of men⁵.

Pam believes that one reason for the disparity is that women are often their own worst enemies when it comes to self-care. She describes the excuses she hears again and again as to why women can't take time for themselves. "Women

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can be so mean about their bodies,” she says. “I can’t go to the gym because I’m too big, or I can’t do this because I’m out of shape.”

What is her solution to this negative thinking? She asks women to think about what they can do in this moment. “I teach breathing,” she explains as one example. “Taking a nice breath. This is something you can do.”

Pam calls the type of mindfulness she teaches one that’s not only for people that can sit like perfect Buddhas for hours at a time. “A lot of people think of mindfulness as strictly a sitting meditation,” she says.

“But you can do it informally just by walking down the Duke of Gloucester Street, or as you’re driving to work. You begin to notice your mind is worrying. It’s called naming and noting. You continue to name these three things: thoughts, emotions, sensations. And then you notice. ‘Oh, worrying mind. There I am worrying again.’ But not beating yourself up. Part of the mindfulness is trying to help people become more aware of themselves and how they bump up against their environment.”

Pam advocates mindfulness as a great way to break bad habits. “It helps people become less reactive, and more responsive,” she says. “In-

stead of the knee-jerk, automatic ‘I’m upset, I’m going to eat a bar of chocolate, or I’m upset, I’m going to yell at the kids,’ it’s about getting to know yourself in a different way.”

And mindfulness can really be as simple as noticing the things around you according to Pam. “Noticing colors, noticing the texture, noticing the way the wind blows, and how the leaves might turn up a little bit,” she says. “You’re getting to be aware of the little, tiny things that are happening around you in the moment. It’s called neuroplasticity, and it builds new brain cells.”

Neuroplasticity, or the idea that the brain can form new neural connections is an emerging field in mainstream science. For many years, doctors believed that the brain and the nerves could not regenerate to take the place of damaged cells. Today more studies exist on how meditation can actually change the brain and improve an individual’s capacity for happiness the same way exercise can alter the physical body.⁶

For Pam, the medical community’s embrace of integrative medicine is a long time coming. “We didn’t have the science even 30 years ago to say the mind-body connection is real,” she

says. “I see more and more physicians in the medical community who are much more psychologically-minded.”

For women who say they never have time to practice mindfulness, Pam has another solution.

“Practice breathing when you’re sitting on the toilet,” she says with a laugh. “How many times a day do women pee? So when you sit down, take a nice breath, then check in with yourself. One of the basic tenets about mindfulness is that we are an active participant in our own healing. And that we are in control. Even if we feel everything around us is out of control, we can focus on our breathing.” NDN

1. <https://www.trackyourhappiness.org/>
2. <http://www.mindful.org/the-science/does-mind-wandering-make-you-unhappy>
3. <http://www.dukeintegrativemedicine.org/classes-workshops-and-education/mindfulness-based-stress-reduction>
4. <http://www.apa.org/news/press/releases/stress/gender-stress.aspx>
5. <http://www.apa.org/news/press/releases/stress/gender-stress.aspx>



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KEEPING BONES STRONG

By Lillian Stevens

Spine specialist Dr. Melissa Erickson says that everyone experiences general back pain at some point in their lives.

“Back pain is the second most common cause of days missed from work,” she says. “It’s second only to the common cold. Back pain can be treatable – we just need to figure out what’s causing it. And the cure doesn’t automatically have to be surgery.”

When Melissa joined Tidewater Orthopaedic Associates last fall, she became the Peninsula’s first female spine surgeon and the area’s only female orthopaedic surgeon. But as much as she loves being a surgeon, she may not operate if there’s a simpler fix. While some types of back pain can be avoided with preventative measures, other types will often improve with physical therapy or alternative remedies.

“We explore conservative treatment first to

see if it works. I ask myself, does this person have a strained muscle or a herniated disc? Is it simple arthritis and instability or is it metastatic cancer? When we go into surgery, we do it knowing that we tried the conservative management first.”

Melissa mainly treats spine conditions but

literally means “porous bones.”

Osteoporosis is characterized by a decrease in bone mass and density. It is a disease that weakens bones over time, putting us at risk for breaking a bone. Postmenopausal osteoporosis is the most common form of osteoporosis, affecting many women after menopause.



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“Osteoporosis is generally a condition of the elderly population – and predominately women,” Melissa says. “When you develop osteoporosis, you are at risk for fragility fractures so it is important to know all of your options, especially if you develop a fracture.”

Everyone has cells that remove old bone and other cells that rebuild new bone. This ongoing process is part of what keeps your bones strong but when you have postmenopausal osteoporosis, bone-removing cells cause you to lose bone at a rate that is too fast. In women, bone loss increases after menopause and within five to seven years postmenopausal women can lose up to a whopping 20 percent of their bone mass, leaving them at risk for fracture.

It’s not possible to change the hands of time but it is possible to play the best cards you are dealt – including staying fit and active and keeping up with regular checkups.

“I tell my patients to do weight resistance exercises and core strengthening. It is really important to be regularly screened with your primary care physician. Based on the results, you can have the conversation about whether or not to be on a vitamin D or calcium supplement and how often you should get bone density scans.”

Of course, a slip or a fall can happen to anyone at any age but in terms of older patients, it is often “same level falls” that are a concern. These are the kinds of accidents that might not cause a fracture in a younger person – but older people are more susceptible to fracture.

“I am finding with a lot of my patients – especially my older female patients who have osteoporosis – they either try to pick up something that is too heavy or they slip and fall. And then they are diagnosed with osteoporosis after they fall.”

Once a fracture occurs – particularly a hip fracture – there is an increased risk for a fragility fracture (a fracture resulting from a fall from a standing height or less) in the future. Elderly Caucasian women and those with a history of long-term steroid use are at increased risks for fragility fractures.

Again, should that occur, surgery doesn’t have to be the only option. Melissa frequently finds that people are worried about the potential side effects of shots and pills used to treat osteoporosis, but a fracture is painful and significantly affects quality of life, so she encourages us to weigh the risks and benefits in order to make informed decisions.

“If you have a pain that is getting progressively worse – an x-ray can tell us so much,” she says. “And knowing what is wrong can be comforting to patients. If you sustain a fracture, you will need pain medicine, obviously, but there are also braces that can help mobilize you to limit painful movements.”

Or, if it’s the right type of fracture, the solution could be kyphoplasty, an outpatient procedure used to treat painful compression fractures in the spine. In a compression fracture, part of a spine bone collapses.

“We can inject cement into the fracture site and it helps restore some of the height where the bone is pushed down. And it helps control some of the pain. So, that’s an option for patients who can’t tolerate a brace,” she says.

Although many of Melissa’s patients are older – because many of the spine conditions are arthritic in nature – she and her colleagues also see a fair number of young patients in the emergency room with wrist or elbow fractures from accidents on the monkey bars, trampolines or sporting events.



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A mother of three children herself, Melissa almost chose pediatric medicine instead of orthopaedics. But when she sustained an injury to her anterior cruciate ligament (ACL) playing soccer in medical school, the orthopaedic surgeon who treated her asked whether she had considered the male-dominated field.

“He told me that I have the right personality for it because I am a go-getter, I am an athlete, and I love working with my hands.”

It was an intriguing question and so, instead of taking time off in between the third and fourth year of med school like her peers, she spent her break shadowing an orthopaedic surgeon.

“I hadn’t even considered being a surgeon – let alone an orthoped. Most students interested in orthopaedics normally prepare well beforehand, gearing up their rotations and setting up the research component.”

She says that her husband still remembers the day she came home after being in the orthopaedic OR for the first time.

“He said he’d never seen me so excited. He knew immediately that I was going to pick orthopaedics.”

She and her husband, Chris, met and married while they were both undergraduate biology majors at Trinity International University near their homes in Illinois. By the time they graduated, they had welcomed a baby daughter. Two more babies followed while she was in medical school at Rush University in Chicago.

“My surgeon was right,” she says. “Orthopaedics is a good fit for my personality and interests. And I love the pace of the operating room.”

Even within ortho, Melissa considered practicing sports medicine but she fell in love with spine surgery. So, after her residency at Duke University, she completed her Spine Surgery fellowship at the world-renowned Mayo Clinic in Minnesota.

Would she recommend having three children before launching such a demanding career?

“I think it’s never easy, but we made it work,” Melissa says. “I have a really supportive husband, and we were living in Chicago when I started med school, and our parents were close by so we had a lot of help from family.”

As a woman, there may not be a “perfect” time to have kids.

“A lot of people I went through residency with waited until their careers were underway. It’s a trade-off. On the one hand, it is challenging juggling babies and school but on the other hand, I can’t imagine the stress of taking care of your own practice and being sleep deprived at the same time.”

As an undergrad, Melissa was often able to study from home. Later, in med school, she found that she could jockey around her rotations so that she wouldn’t be in such physically demanding rotations while she was pregnant.

“So, there was a little bit more grace on that end. Plus, I was younger so my body could go through staying up at all hours and taking call,” she says with a laugh.

No matter what your age, though, it’s important to stay fit and active because that will go a long way toward helping us avoid Melissa’s operating table. Although she loves the operating room – and her patients are in the best of hands when they need surgery – she would also love to see us do all we can to keep our bones strong and healthy for as long as possible. NDN



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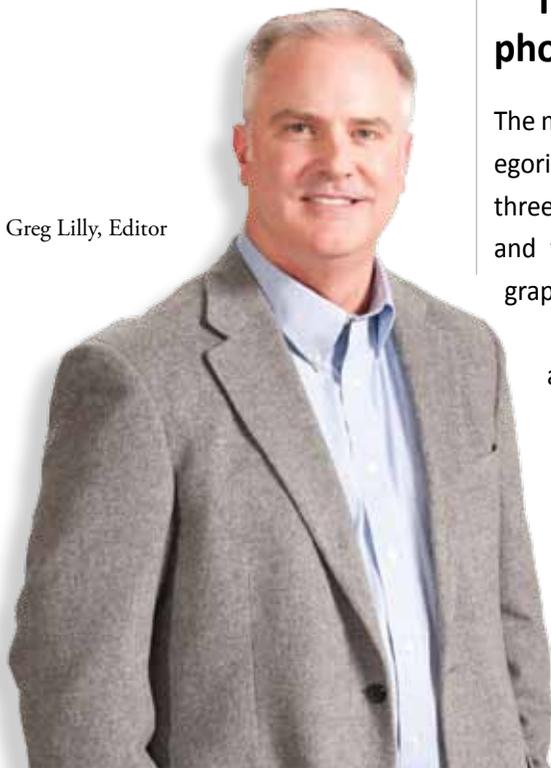
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Greg Lilly, Editor



The "Act Like a Tourist" photo contest has winners!

The most "liked" photos in each of the categories are our winners. Then from those three winners, we awarded first, second and third prizes based on each photograph's number of "likes" on the site.

The range of entries was varied and awe-inspiring. I respect the talent of the photographers because it is a difficult medium to master. I've stumbled on taking a nice photograph maybe one out of 624 frames – more than my talent, for me, it's a matter of odds. But, the entrants in this contest displayed the art and science of photography. Well done!

Nature



The photo "Mourning Dove" by Michelle Spaulding was voted overall most liked. It wins the Nature category and the overall 1st Prize. The level of focus are extraordinary in this photograph. The pine branch on which the mourning dove is perched is crisp and has a texture that I can almost

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feel. The background pine needles are soft and abstract. The foreground light gives dimension to the feathers. The dove's eye reflects the light in a way that adds expression and personality. Congratulations to the photographer. She wins a \$100 gift certificate to Opus 9 Steakhouse.

People

"A Feline Friend" by Erin Forgit topped the People category. She's also the 2nd Prize winner. Erin found two engaging subjects: the little girl and the kitten. Both have an expression of pure contentment. The background adds to the composition with the summer icons of a shady tree, green grass and a haphazardly-parked bicycle. Erin earns a \$75 gift certificate to Giuseppe's Italian Restaurant.



Architecture

Nicola Ibba's "The Bridge" won the Architecture category and 3rd Prize. Nicola uses light and contrast for beautiful effects in "The Bridge." The reflection of the sky in the water under the bridge creates depth to the photograph, along with the sunlit creek in the distance. The cool vegetation and the sinuous shapes of the trees that frame the bridge produce contrast to the precise and intricate woodwork of its handrails. Nicola wins a \$50 gift certificate to Anna's Brick Oven.



I hope your favorites won. Watch for these talented photographers and their work around town.

What's Happening on WilliamsburgNeighbors.com...

By Your Side Technology

Jessica Hughes has scheduled several classes like her popular Tech Talk, Windows 8 Show and Tell, and the iPad®, iPhone® and iPod® Touch Beginner Class at the Historic Triangle Senior Center. Take a look to see when the next ones will be offered.

Custom Flags and Gifts

Marilee Taylor posted that they have free personalization on Military Garden Flags. You can choose the branch of service that your loved one serves (or served) in and have their name printed on the flag for a wonderful, personalized tribute to their service.

Fitness Together

Frank Rosalie has a great promotion: Fall Back into Fitness. Autumn is the perfect time to get back into that healthy routine. The promotion includes personal, private training sessions along with a nutrition program. Check out Frank's promotions at the Fitness Together page at WilliamsburgNeighbors.com

Spiral Path Massage & Bodywork

Meredith O'Brien introduces "a refuge from the stresses of everyday life." Spiral Path offers therapeutic massage for pain relief, relaxation massage, mother massage, reiki and energy balancing. I lived for a time in Sedona, Arizona, so I know about reiki and energy balancing. If you haven't tried it, take a look at Meredith's page to get more information. You'll love it.

Studio South

Katy Henderson posted an Introductory One Month Challenge promotion. New students may attend 12 classes within 30 days for one low price. Studio South's promotions page has all the details. This may be your time to discover the hot yoga, Pilates and barre studio.

Hospice House

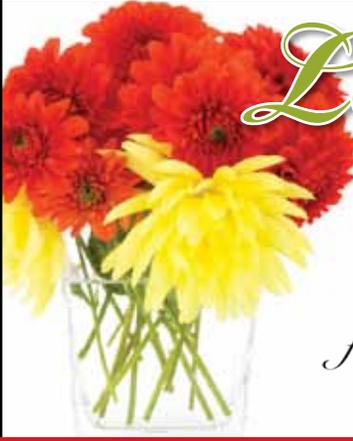
Check out the calendar for Hospice House. The Mary Riley Pugh Art Show will be a Legacy Hall and benefits Hospice House & Support Care of Williamsburg. Go and show your support for this great institution.

Mariners' Museum

The calendar for Mariners' Museum is celebrating pirates! The world record for the "Largest Gathering of Pirates" is on the line. Stop by the museum's calendar page to see how you can dress and talk like a pirate and help be part of a world record.

Baeplex Family Martial Arts Center

Joseph Ash posted photos of the staff: Joseph Ash, owner and master instructor; Mitchell Reinhart, instructor; Anthony Horne, head instructor and director of fitness; and Brock Allor, assistant master instructor and vice president of operations. It's always nice to be able to place a face with a name. Good to see the men that make Baeplex a success. 



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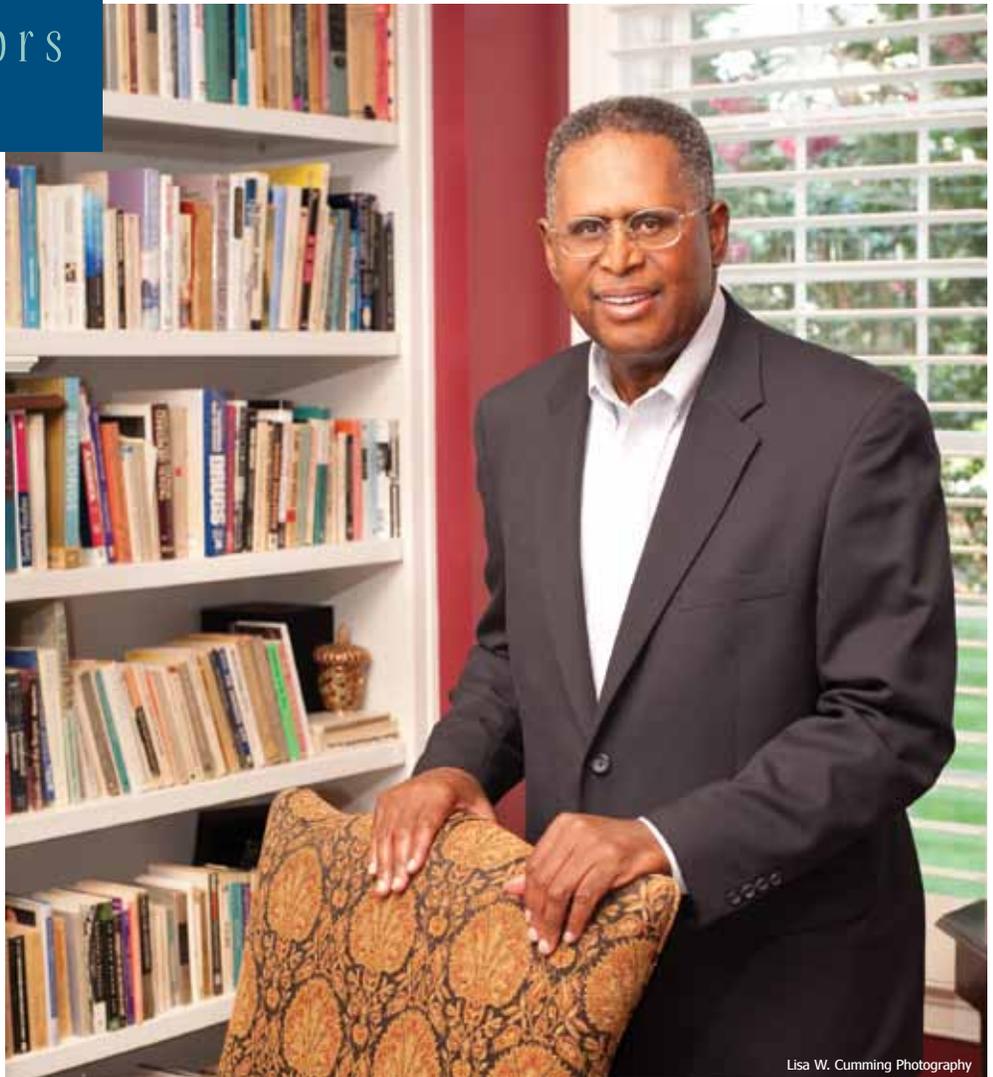
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The New Job Market

By Greg Lilly, Editor



Lisa W. Cumming Photography

Employers say they can't find qualified workers. Job seekers say companies are not hiring. William (Bill) Holland, Ph.D. describes this as typical of the "new job market" - one that requires a different approach to finding a job and changing careers. Job seekers, according to Bill, should redirect their focus away from themselves and towards the employer's needs.

"The first thing to understand is that your resume is not about you," Bill explains. "It is about what others want from you. Job One for

job seekers and career changers is to figure out what employers want and give it to them as they construct their resumes, apply, and interview for new positions. You gain a critical edge over the competition when you demonstrate an understanding of what an employer is trying to accomplish by filling the position for which you are an applicant. You then need to match what you have done against what they require. By doing this you can dramatically improve your chances of success."

This straight talk is Bill's view of what it takes to get people to understand that times have changed.

"We have now gone through a period of where you went to school, got a degree and joined the middle class. You had a professional white-collar job no matter what you majored in, if you wanted one." He explains that the country, especially in our generation, longed for all the college graduates it could get. "All you had to do was graduate from college. That

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Billy Gill

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was the ticket to the middle class and beyond. That's changed. College is way more expensive; graduates compete in a globally-competitive job market; and businesses demand more than the college credential."

Bill's background includes being a scholar/athlete at Michigan State University, a member of the teaching and research faculty at the University of California, Riverside, and several executive positions in human resources and consulting in private industry.

His experience as the Chief Human Resources Officer for Accenture's Business Process Outsourcing division (then Andersen Consulting) played a particularly informative role. "Around 1995 I had a front row seat as the new job market took shape. I watched as an enormous wave of change started breaking, not just over the United States and its economy, but over the world."

Later, his time in the outplacement industry showed him the skills and traits of people who could ride the wave of change to career survival, and even prosperity. "In the outplacement industry, we talked about the new lifecycle of the employee – managing people from hire through termination. Notice there is no longer

'retirement.' It is now working through termination." The new job market requires each person to take full rein of their career path.

From his experiences, Bill wrote three books on plotting career paths, and he started a business to help guide people into the new market. Many of his clients are college students and their parents, who have seen the struggle of previous university graduates.

"College has become more expensive, and now kids graduate with major debt and can't find work. The question is: What can anyone do about it?"

Bill explains that students, with the help of parents tend to treat college as a way station between adolescence and adulthood. "Parents are told step back and let go – to let the kids grow up in their college years." Bill cautions against this. Parents shouldn't look at the university system as a place for learning to be an adult, but also a place to learn to merge into the business world.

"You ask any group of college-bound students why they are going to college, and 75 percent will say to get a decent job. If that is true for your student, take that as an opportunity to engage them in a discussion about what

they need to do to make a decent job happen. In other words, begin to treat college as a four-year job search."

He researches the facts, but says all one has to do is look around the area to come to the same conclusion. "Kids are coming out of college to become bartenders, waiters and dog-walkers. Businesses can't use what the graduates bring to the table. The parents and kids have operated on the assumption that they can go to college, get a job and join the middle class. That doesn't work anymore."

Bill stresses that success does not depend on how smart you are. "It never has. Success in business depends on your emotional maturity, ability to focus and willingness to work hard." The three rudiments to academic and career success that Bill promotes are:

1. "Your personal platform – who you are, who your parents are, how much money they make. If they made a lot of money, you have a better chance of making more too. You can't change this, but you can change how it affects your future by these other two determinants."
2. Your willingness to work hard. "You can't get there if you do not work hard. This was true of the old job market, but is essential in the

Dr. Rick J. Rubin, D.M.D.
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new one.”

3. Your focus. “What you choose to focus on. Either as a seasoned career professional or as a college student, you have to decide what to focus on.” You cannot be all things to all people.

For students, Bill suggests investigating the types of profiles employers find attractive. “At the university’s career services center, look at the position descriptions of the companies who recruited people like you (from your major). What did they ask for in their profiles? There are some technical skills in a given area (certain college degrees, courses and/or certifications), but there are a bunch of others that are soft skills like teamwork, leadership, positive work experience, problem solving and communication skills. The good news for the college students – you have four years to go get those skills.”

He says it is not enough to say “I took a communications class.” But, a student needs to be able to say, “I can demonstrate the ability to write clearly, speak in public and present a persuasive argument.” Even if a person has a fear of public speaking, they need to decide if they have enough ambition to overcome it. “No one will ask if you like public speaking. You have to show that you can do it and do it well. Treat your undergraduate years as a four-year job search by developing the skills that employers find attractive. Then you learn how to talk about those skills persuasively.”

For a mid-career person, the focus is on what experience earned you. “The most important thing for someone who wants to change employers is to decide what jobs are out there for which they are reasonable candidates. Find a universe of jobs out there that makes some logical sense.” Ask yourself: What specific characteristics are they looking for? “Read the position description, read the industry literature and visit the company’s website,” Bill advises. “I call this the ‘keyword’ exercise. You have a sense of what they are looking for. When you sit down to write your resume (not about you, but what people want from you), you throw their words and needs back at them from your experiences.”

The most important thing a job seeker can do is understand and articulate the fit between what the employer wants and what you have done or will do, Bill explains.

“In the case of lower/entry level positions, employer ‘wants’ have to do with reliability, willingness to work hard, dependability, cleanliness – all the things that local merchants need.”

Technical skills are always important. Showing those along with the softer skills can make for a winning combination. “When you put them in the context of your ability to communicate, they become even more vital,” Bill says. “But having great technical skills and no communication skills does not work.”

This is especially true in the team environments within corporations and teaming with vendors and customers. “The organizational structures across industries have flattened.” That means fewer departmental bosses and more cross-functional teams tasked with a goal. “The ability to influence without authority became much more important.” This is a skill in demand.

The new job market is here. Bill Holland has watched it develop and seen the path to negotiate toward survival and success. “At the end of the day, you have to feel good about yourself,” he says of his time consulting with people entering or re-entering the job market. “When I do this kind of work, I feel good about myself. I am bringing together a set of experiences and opportunities for people, and they can gain from this.” 

Next Door Neighbors Sports



Lisa W. Cumming Photography

FUN BRINGS SUCCESS

By Greg Lilly, Editor

“One of my most fond memories, we used to do these Monday night cocktail parties,” Tom Hawkins, the director of the College of William and Mary’s McCormack-Nagelsen Tennis Center, describes, “when I worked at Palmetto Dunes Racquet Club. Rod Laver’s company managed the Racquet Club for the resort. Rod is one of the greatest tennis players of all time. Well, Rod used to come down in the fall to the resort. The three pros and Rod would play an exhibition. We’d hit Rod a short ball to his forehand. He’d hit the ball toward our stomach for us to block the ball with our racquets... The next thing I knew, I was flat on my butt because he could hit the ball so hard.”

Tom learned to be careful playing against a tennis legend. He found that tennis isn’t quite as much fun when the sides aren’t evenly matched.

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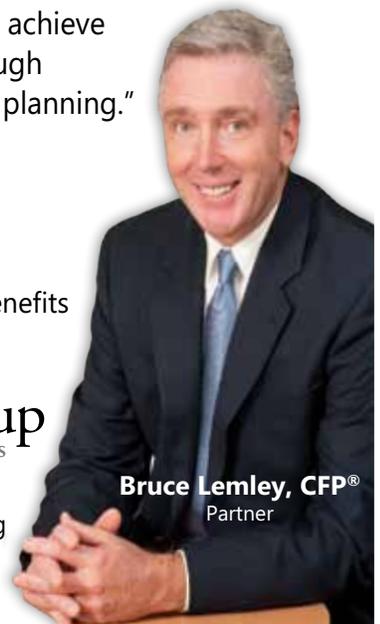
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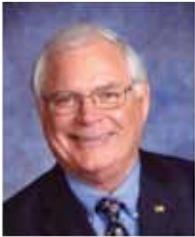
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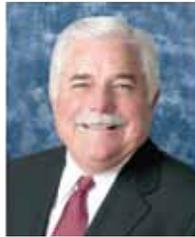
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“People stay with a sport when they have fun. They have fun when they are successful at the skills. You have to do that a step at a time.”

Raised in Southport, Connecticut, Tom started playing tennis because his sister didn't want to. “My parents bought my sister some private lessons, but she didn't like the coach. So my father decided we weren't wasting the lessons, so I took them.”

During the summers, Tom had private lessons every week until he turned 17. “Then, I started teaching tennis at the Belle Haven Yacht Club in Greenwich, Connecticut. I worked there for four summers.” He says that's when he learned the “nuts and bolts of tennis.” Teaching other people a sport focuses attention on the fundamentals, he explains. “I went to Hilton Head and worked at Palmetto Dunes Racquet Club for seven years.” He worked as the director for the facility and sometimes allowed Rod Laver to knock him over with a forehand return. “Now,” he adds to defend his skills, “I aced Rod once in a singles exhibition, but that was a long time ago.”

Tom continued his career in northern Virginia where he worked for the Sport & Health Company for 26 years. “I was the head pro and moved to director at their flagship club – at that time a Regency Racquet Club.” He was also the coach of the George Washington University men's tennis team for eight years.

“In 2006, I came here to the McCormack-Nagelsen Tennis Center. This is a great community, and my commute is much better than it was in northern Virginia.”

At the tennis center, William and Mary's teams play there in January, February and March. When the center isn't used by the college teams, locals enjoy its facilities. “We have a membership that is open to the community. We have leagues and a wide range of instructional programs from beginner to advanced in both juniors and adults.”

Part of the instructional side is to ensure that the students have fun and are successful in learning the skills. “With the juniors' program we use a ‘quick start,’ which means they can start as early as age two or three. We use low-compression balls that allow the kids to be more successful. The balls don't pick up speed. Some are larger and easier to hit with the racquet.”

He explains that when people start playing tennis, the process can be frustrating because of the speed of the ball. “These low-compression balls allow everyone to be successful. Even with beginning adults, we use these. When people are successful at hitting the ball across the court, it creates enthusiasm.”

For a young child to be introduced to tennis, Tom suggests starting slow to develop eye-to-hand coordination. “Then you can move the child into learning actual strokes. When? That really varies by the child. We have some five and six year olds who can rally over the net. It depends on the athletic prowess of the individual. People have different levels of development.”

He recommends parents can start developing the child's eye-to-hand coordination as early as possible. “One of the things I used with my daughter was throwing a feather up and having her try to catch it,” he describes. “Another technique is let the child hit a balloon with a rac-

quet. Balloons move very slowly, and that lets the child learn to use a racquet.”

Watch how the child responds to athletic skills because the child may not seem like a natural athlete, doesn't mean he or she can't excel. "For example," Tom says, "Chris Evert was never very athletic, so she learned through repetition to be one of the best. Martina Navratilova was a real athlete, and it came more easily to her."

Even if the last time a racquet was in a person's hand was back when Chris and Martina played, Tom says tennis is easily picked back up. "You never lose your strokes," he says. "What you lose is your timing. Beginner lessons will bring that back while using the slower low-compression balls."

Tom has developed his skills in management and teaching as his career progressed. "I'm not a great player," he says modestly. "I

started teaching in 1968 when I was 17. I enjoyed the instructional side. I taught over 30 hours a week until about 1986 and became a director in Hilton Head. I've always been very math-oriented, so administration and management have appealed to me. I would manage

lars," Tom explains. "That gives people who haven't played in a while a chance to come try it again. We'll gradually work them into some of the regular programs and leagues."

As retirement looms on the horizon, Tom still looks forward to going to work every day.

"People stay with a sport when they have fun. They have fun when they are successful at the skills. You have to do that a step at a time." ~ Tom Hawkins

and teach at the same time. The management skills came over a period of time."

He enjoys the analysis of the center management. "For example, if a program isn't working, we look at why that might be and use those ideas to design another one. We're always watching and updating our programs."

The center started a "Give Me 5" program. "A person can take an hour clinic for five dol-

"I enjoy the interaction with the people. I enjoy the sport. I'm fortunate that I really love my job. My wife keeps asking me when I'll get a real job - she's asked me that for the 36 years we've been married."

As long as the players have fun, Tom knows they will become successful in developing their skills and enjoy the sport of tennis as much as he does. NDN

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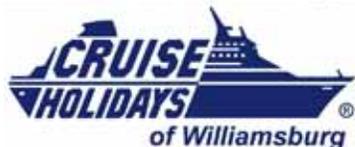
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Lisa W. Cumming Photography

The Artist's Eye

By Greg Lilly, Editor

“There are so many things that by being busy, we walk by,” Apryl Altman explains, “beautiful little treasures we don’t take the time to see.” The artist’s eye discovers those everyday vignettes that hold her attention and develop into a painting.

“When I’m walking along, I come across a scene that seems unexpected and I know I want to spend more time looking at it. That’s what I

enjoy doing.”

Apryl picked up her art brushes when her children had grown older, and she found more time to focus on art. “I loved to draw and paint as an adolescent,” she says. “I was an Air Force brat. When I was in high school, Dad retired and moved us to Williamsburg so he could go to the College of William and Mary for his MBA.” Apryl graduated from James Blair High

School.

“I worked at the College Shop when I was in high school. The shop was at College Corner. Back then you could drive cars down Duke of Gloucester, and the Kimball Theatre was the only theater in town.”

She says Williamsburg has been a good fit for her. She met and married her husband, Dave, who worked as a Williamsburg police officer at

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the time.

“We’ve been married for almost 40 years. We just love the area. For someone who grew up all over the place, it’s interesting that I’ve spent my whole adult life in one town.”

Apryl had a decorator friend who asked her to work with her part-time. “She needed someone to do faux-finishing and mural work. That’s how I got back into painting.”

The murals that Apryl painted were mostly residential.

“I’ve done ivy borders, landscapes on a wall, faux bricks in a billiard room to give it an English Pub feeling. I have a few things still out there that were commercial, like a mural I did at the old outlet mall. I guess that will become dust soon. The mall walkers came by every day and gave me pointers as I worked on it.”

As she did the murals around town, she decided she needed to get looser with her style and

learn more of the craft. “I felt watercolors were the way to do it.”

Her first watercolor class was taught by Ann Armstrong. “She’s amazing,” Apryl says. “That happened because my father called to ask what he could get me for Christmas – this must have

over and over, and you get this great shading. By the time we finished our first class, we had a painting of the Blue Ridge Mountains. We were all so impressed with ourselves. I was surprised at what could be done with one color,” she adds.

“With the watercolors you learn a lot about

“Painting is a very solitary pursuit. Being around a group of people into the same thing is encouraging and motivating.” ~ Apryl Altman

been about 1996 – and I said watercolor lessons. I called and couldn’t get into Ann’s class until that March. I hated to wait that long, but it was worth it. In our first class we did mountains. This was using broad, loose strokes. After it dried, she told us to go back over the blue with a little different curve and so on. Watercolors are like stained glass, each layer makes it darker. You can use the same color and put it

mixing colors and getting vibrancy. It is a very different medium. You start light and get darker. With acrylics and oils, it’s the opposite. Watercolors make you think about the process before you begin. It’s a challenge.”

The class ended and Apryl’s mural work continued to grow. She did a few watercolors when she had the time. She joined another class to re-commit herself to monthly painting deadlines.

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“Our teacher, who was part of This Century Art Gallery (TCAG), encouraged us to join the gallery and submit a painting to the upstairs Members’ Gallery. I did and that really helped boost my confidence.”

One of Apryl’s friends told her about a class taught by nationally-known artist Barclay Sheaks. “His class was a group of artists who got together every week,” Apryl describes. “He would walk around and give suggestions and tips. I started going to Barclay’s group and that encouraged me to spend more time on my watercolors.” She explains that having a community of artists meeting on a regular basis helped both with carving out time to paint and supporting her socially.

“Painting is a very solitary pursuit. Being around a group of people into the same thing is encouraging and motivating. The group still meets after Barclay passed away. Ann Armstrong is our instructor now.”

Apryl will be showing her work at this year’s An Occasion for the Arts on October 5 and 6.

“2005 was the first time I was in An Occasion for the Arts,” she says. “They chose one of my

paintings for the 2006 poster. That was really exciting.”

The painting on the poster was a Colonial Williamsburg scene of a man leading the oxen across a field. “People would come up to me and say, ‘Is that Tom and Jerry?’ People knew the names of the oxen.”

She says art shows can be a lot of work for the displaying artists. Set-up and break-down of the tent displays along with the long days can be tiring, but there are benefits that she can find nowhere else. “The fun parts of the outdoor shows are the opportunities to talk to collectors and friends and to meet new people. When the people know your subject and get excited, like with the oxen Tom and Jerry, that’s fun.”

Roaming the streets of Colonial Williamsburg is a favorite pastime for Apryl when she’s looking for subjects. “There are so many different things to paint. I just discovered a chicken coop that I want to paint. I always find something new and different when I walk through CW,” she says.

“Each subject speaks to me differently. I take a lot of photographs and then go back through

them later. Something will spark in my mind about the scene: the play of light or the contrast. In the landscapes, I look at how color and depth work along with the mood of the day. There’s always something that strikes me.”

Apryl and Dave enjoy travelling, and Apryl takes photographs for possible subjects for her paintings. “There are so many things out there that are beautiful, but we take them for granted. For example, we drove through the Shenandoah Valley and saw this little church that I’d usually not pay much attention to. But when I did, I discovered the beauty in the details. A little church with a small cemetery in the back, completely surrounded by farmland – I think about the history of that church and why it’s there by itself. That’s what I think about with a scene – where did this come from and why is it here? We should pay more attention to these details.”

Dune fences, a half-submerged boat on Tangier Island, or the architectural details of an ancient door or window capture her artist’s eye. “Hopefully, I can paint some of those little treasures, and people can spend time looking at them that way.” NDN



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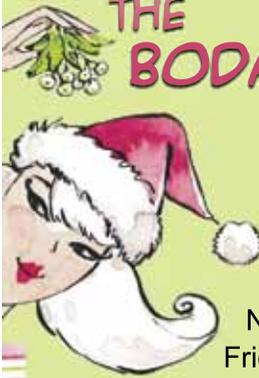
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Healthcare Explorers

By Greg Lilly, Editor

Dr. Carl Gibson discovered physiology while in high school in Montgomery, Alabama. “My physiology teacher had her Ph.D., and I told her that I really liked physiology, particularly when we did the endocrinology part.” He decided then that he wanted to study medicine.

He went to the University of Alabama at Birmingham (UAB) for college because he knew there was a medical school on campus. He wasn’t sure what would be required of him to

get into medical school, but he talked to professors and the medical students he met on campus to plot his way.

“I received an ROTC scholarship in college,” he says. “I couldn’t go directly into the National Guard officers’ basic course when I graduated from college because medical school started in July. I finished college in June then went directly into medical college in July.” When he graduated from UAB medical school, he found

that the National Guard wanted to talk.

“They said I had broken my contract since I didn’t go into the officers’ basic course within the required time. So they sent me on active duty. This was in 1987. I was sent to El Paso, Texas. I didn’t really want to go, but it turned out okay because that’s where I met Ethlyn. She was an Army nurse. The next year we were married.”

Ethlyn McQueen Gibson (RN, MSN) had

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been interested in being a nurse since she was a little girl in Cleveland, Ohio. "I was born premature. At birth I only weighed three pounds. My parents had told me about the nurses who took care of me while I was a premature infant. Since that time, I wanted to go into the nursing field."

After she completed her undergraduate degree in Nursing at Ursuline College in Cleveland, she wanted to earn her master's degree. "The military was the best route for me to be able to go on to graduate school."

Dr. Gibson and Ethlyn met while in the Army and spent many years on active duty. They were living in Tacoma, Washington when Dr. Gibson decided to retire from the Army. Ethlyn had been talking to Hampton University about teaching in the nursing program, and about that same time, their daughter wanted to see Hampton University as a possible college to attend.

With his wife and his daughter looking at Hampton University, Dr. Gibson decided to reread a flyer he'd received from a recruiter for Riverside Hospital. "That flyer was probably two years old at the time," he says. He called the recruiter to say he was coming to town and

wondered if the position was still open. Dr. Hughes, an old friend of his, called him back. "Dr. Hughes and I did our residency in the military together. Last time I had talked to him he was in Colorado. He had taken the position that flyer had described, but they were still looking for more doctors." Dr. Gibson met with him and the people at Riverside during his daughter's college visit.

"Our daughter decided to attend Hampton University," he says. "People think we followed her here, but it just happened we took the jobs at the same time. When I retired, we had no connections to this area, then we decided to come here and our daughter applied to Hampton University."

Ethlyn worked for Sentara for a few years in various nursing positions, and Dr. Gibson joined Riverside as an endocrinologist. Today, Ethlyn works part-time at the new Riverside Doctors' Hospital on Route 60/Pocahontas Trail as a nursing supervisor and teaches nursing part-time at Norfolk State University.

Even with their hectic work schedules, Ethlyn and Dr. Gibson find time to organize the Health Explorers for local students. "A couple of things have always attracted us to a cause,"

Ethlyn says, "those are: chronic disease and the community. In the African-American community two diseases are of concern: heart disease and diabetes. Because of his background of caring for people with diabetes a lot of our community service has been with the American Heart Association and American Diabetes Association. Our other passion was to give back so children would know more about health careers than what we knew about as we were growing up."

She says they didn't have mentors or many people to ask about the healthcare fields. "We found that at church or out in the community, people would ask us questions about how we decided to become a doctor or a nurse. That's how we decided to help work toward educating youth."

When they lived in Tacoma, Dr. Gibson founded a group called the Health Coalition for Communities of Color. "That was a partnership between many different community organizations," Ethlyn explains. "A few of the programs we did were targeted toward youth learning about health careers. In Tacoma, I worked for MultiCare Health System, and they afforded me the opportunity to work in com-

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munity outreach. That was my first time working with Health Explorers Post.”

She thought that model could work here. Health Explorers Post is a national organization and an arm of the Boy Scouts of America’s “Learning for Life” programs. “Those programs are modeled for both boys and girls to participate.”

“It’s all about exploring the different careers,” Dr. Gibson adds. “We have various programs that the Explorers Post leaders develop for their young people. One of our key partners is Sentara. I’m part of an African-American male professional organization Sigma Pi Phi fraternity. We had talked about mentoring and scholar programs for students. A number of us are medical professionals. We decided to get together and do a medical program for the kids.” That’s when Ethlyn brought up the Tacoma program she’d worked with.

The adult advisors help the Explorers Post youth leaders develop programs for the year (running from September through June). “In the past few years, we had Explorer speakers on pharmacy and radiology services, nursing units, outpatient clinics, sports medicine, physical

therapy and even a visit to the Williamsburg Landing to speak with the seniors and talk to a geriatrician,” Ethlyn describes. “A lot of people don’t realize that just like having a pediatrician when you’re young, you have a geriatrician when you’re older.”

“It takes a lot to run a hospital, so we show them the different career opportunities,” Dr. Gibson adds. “This is our third year, and we’ve had some kids returning, so we pick new areas to explore each year.”

The program information is available from the Williamsburg-James City County Public Schools system. “The school counselors and the health occupations teachers are part of the program,” Ethlyn says. “Our target audience is African-American children because many of them don’t know about these career fields. We are developing relationships with our churches and the NAACP to target recruitment to the program. Of course, we are open to all kids interested in the healthcare fields.”

They say they would be thrilled to see former Explorer students come back and work in the community. “Wouldn’t it be great to have someone who started in Health Explorers, go

to college, and then come back to Riverside or Sentara to work in our community?” Ethlyn asks.

“That would be the ultimate success of the program,” Dr. Gibson says.

He adds that from his background, he had no one in his family or a local mentor or advisor to help him find out about the options in the medical field for his career. “My high school teacher suggested I look into it, but I had no idea what it would take to become a doctor. I went to UAB because I knew they had a medical school. I thought being close to it, I would learn what I needed to do to get into medical school,” Dr. Carl Gibson says with a laugh. “I did my exploring in college by talking to the medical students coming out of their classes. Before that, I knew no one. We’re trying to make it easier for this generation by educating kids on all the opportunities in the healthcare field.” NDN

The Williamsburg Health Foundation designated Dr. Carl Gibson and Ethlyn as 2013 Healthcare Heroes for their work in the community.



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Aging in Place

By Greg Lilly, Editor



Lisa W. Cumming Photography

“When we moved to Colonial Heritage, there were five couples who were very close friends,” explains Joan Bender. “Now, one of the friends has passed away. As we saw one in our group of friends experience aging issues at home, we started to realize that it could happen to us. We should think about this and make plans before something happens.”

Joan started Colonial Heritage Community Foundation, Inc., (CHCF), a non-profit organization caring for the caregivers and helping seniors age in place or remain in their home for

as long as they choose.

As a Registered Nurse, Joan worked for many years in long-term care and for the New York State Health Department. In 1990, she took a training job in Washington D.C. with the General Services Administration (GSA). “For 15 years, I worked inter-agency, which is a huge education,” she says. “In New York, I enforced regulations. At the GSA, I had the opportunity to write regulations. I learned a lot and never forgot where I came from – my health care background.”

At the GSA training center, Joan developed security curricula. “I came into that area with my background and a new perspective; I brought the public health prevention model into security.” She became a national spokesperson for prevention of violence in the workplace. “I trained federal employees in Denver prior to the Timothy McVeigh trials. I trained them at the federal center and worked with the FBI. I loved security and took classes at George Washington University.”

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ing background, she reasoned the next threat to public security could come through the mail. "It could be anthrax, and most people did not know what that was." She wrote a course on how to identify and respond to an anthrax threat and convinced her supervisors to put it on the Internet for other agencies' education. "I'm able to see where there is a need and figure a way to fill it," she says of her motivating trait.

Months later when the anthrax attacks hit the nation, Joan was called into action. "We had that on-line course, in plain language on how to identify anthrax and what to do – from a nurse's point of view. I was called by the White House and asked to help create the Senate's plan to decontaminate and train the Senate on anthrax threats, along with the federal mail centers. In 2001, my team won the National Hero Award from the Postmaster General of the United States." She received her master's degree in security management, focusing on campus security.

Joan's husband, Richard Boyden, was transferred to the area in 2006 to work for Lockheed Martin at the Joint Forces Command. "We moved. I could retire," she says. "We knew that he was a couple of years away from his own retirement. I thought it was time to live the good life. That lasted about three months. We were driving out of Colonial Heritage one Sunday morning. Up the street was a hearse, along with a fire truck and the police. I thought, what would you do if you had just moved here, you don't know anyone and you don't understand the healthcare system...what would you do?"

That was the need she saw and decided it was time to fill it. Joan talked with the residents of Colonial Heritage and started a Neighbor-to-Neighbor program. "We had every social opportunity here, but nothing to help people in times of need. We're an active 55-plus community," she describes, "tomorrow something could happen and a neighbor would need help. From that was born the Colonial Heritage Neighbor-to-Neighbor program."

She organized volunteers around the community. "We had 70 block captains. Our vision is: 'Neighbors helping neighbors in times of need.' We relied upon the neighbors. I had worked for a couple of years with the Peninsula Agency on Aging when we started this, so I was familiar with local resources. We live in the most wonderful community here in Williamsburg. It is rich in resources, but many people don't know about them. Boom! I'm going to help fill that need."

The developer, Lennar, heard about Joan's program. The vice-president of the company visited her and suggested she start a 501(c) (3) public charity. "He said to me, 'I'm building houses, but you are building community.' He helped with expenses to start the organization."

Neighbor-to-Neighbor continued, and the Colonial Heritage Community Foundation, a public charity, began. "Our mission for the Colonial Heritage Community Foundation is to help seniors in greater Williamsburg to age in place or stay in their homes as long as they choose to. The long term vision is to bring an adult day center to Williamsburg."

Aging in place at home has to do with making the home safe from accidents. "One important thing is a safety inspection of the house," Joan explains. She says preventing falls is a big factor in making the home safe. Check stairs for sturdy handrails and slip-proof treads. "I don't care how old you are, you need handrails."

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what's up in real estate



I have been asked several times in the last couple of weeks for an explanation of what is meant when someone in our profession uses the term REALTOR® to describe themselves. While we in the business may know what that means, the answer apparently isn't quite so obvious to some people who ask for our help. With that in mind, it seems prudent to provide some insight as to what it is to have earned the distinction of being a REALTOR®. The following paragraphs taken from the Virginia Association of REALTORS® web site gives a good explanation.

"Real Estate Agent" is a generic term that can be used by anyone with a license to sell real estate; however, not everyone who sells real estate can call himself or herself a REALTOR®. REALTORS® are real estate professionals who are members of the national, state, and local associations of REALTORS®, adhering to a strict code of ethics. REALTORS® encourage high professional standards through required educational programs, professional certifications, and principles of real estate sales practices.

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by **Sam Mayo**
President
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IN OTHER NEWS, home buyers and future homeowners received some good news recently when it was announced that the six financial federal regulators (HUD, Fed, FDIC, FHFA, OCC and SEC) responsible for writing and implementing the Qualified Residential Mortgage Rule (QRM) re-proposed their position after receiving considerable pushback from the National Association of REALTORS® and other consumer advocates. The previous proposal required borrowers in 2014 to have a 20% downpayment to qualify for the most preferred and affordable mortgage products. Even though final percentages have yet to be determined, and lenders are still bound to ensure borrowers can repay mortgage loans, the downpayment requirement for homebuyers seems to be heading to a more common sense solution.

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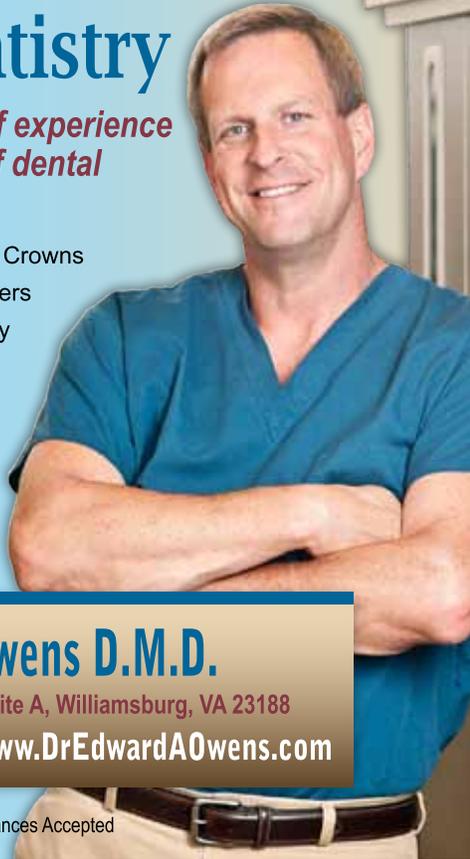
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Doorways should be at least 36 inches wide to accommodate wheelchair access. Also, clear hallways of area rugs or any obstacles to a wheelchair. "Wheelchair or not, clear the floors. For example, throw rugs should be removed. We just took ours up," she adds.

"Most accidents are in the bathroom and the kitchen," Joan says. "Planning for the future would include things like a raised toilet seat to help people get up. Grab bars in the shower."

Some modification will require a remodeling crew. "Like widening doorways for wheelchair access," she explains, "and ramps built to code. All of these things you might not do at once, but they should be on your list."

Colonial Heritage Community Foundation has four educational forums each year that are free and open to the public to help people learn more about aging in place and all the aspects involved. "The last one was called 'Seniors and Their Adult Children In Conversation: Issues, Legal Decisions and Future Options,'" Joan says. "Jenny Inker, Executive Director of Chambrel, and attorney Helena Mock, an expert on elder law, talked about how to start the conversation and the legal documents that need to be in place."

The Foundation also helps to offer a caregiver training class through Thomas Nelson Community College and the Senior Services Coalition. "We have Caregiver Support Groups: one the third Thursday of each month during the day at Colonial Heritage Clubhouse and one the second Wednesday of the month in the evening at R.F. Wilkinson Family YMCA."

The fundraiser event of the year is the Broadway Gala on October 19. "We'll have live entertainment from the shows 'The Lion King,' 'Grease,' 'Jersey Boys,' 'Mamma Mia!' and 'South Pacific.' Anthony Lee Wood will Emcee the event. It's going to be very different this year and a lot of fun," Joan says.

November is National Caregivers Month and the Foundation is holding an "Optimal Aging Symposium." "We'll have some of the service providers there along with excellent speakers on November 6. I'm really pleased with our agenda. We have a fabulous board to help us."

Joan's and the Foundation's goal is to bring an adult day center to Williamsburg. "Our model is the one in Charlottesville. They are a national award winner. We are so blessed to live here, so many people help."

In the last couple of months, Joan was delighted to hear from Pastor Robert A. Whitehead, Jr. of New Zion Baptist Church. "It is in their five-year plan to build an adult day center. He was referred to me. So we decided to form a coalition of churches to work on the project. Currently, we have 12 churches in our coalition. It is a wonderful mixture of all faiths and denominations coming together helping seniors. The churches are seeing this need in their congregations. This is helpful to have their support."

Joan Bender recognizes a need and works to fill it. To age in place requires planning and information. Colonial Heritage Community Foundation (CHCF) builds a community to support caregivers, promote active aging and enhance the quality of life for all residents of the greater Williamsburg area. NDN

Hey Neighbor!

Please visit www.WilliamsburgNeighbors.com, go to the magazine site and click on **Hey Neighbor!** for a complete list of current community announcements.

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

Hey Neighbor! JOB CLUB – EXPERIENCED EMPLOYEES IN TRANSITION Ongoing

Join the Experienced Employees in Transition...A 45? and over Job Club. Meeting the 2nd and 4th Tuesdays of the month, 9-10:30 am, the Senior Services Coalition of Williamsburg is offering a support group for unemployed and under-employed adults. Free. Meetings are held at the Historic Triangle Community Service Center, 312 Waller Mill Road, Williamsburg.

Hey Neighbor! YOUNG LIFE WILLIAMSBURG WANTS YOUR OLD SHOES Ongoing

Young Life Williamsburg wants your OLD SHOES! Our goal is to collect 30,000 pairs of shoes by the end of September. There will be red collection boxes around town to collect your old shoes. All of them will be distributed to micro-enterprises in developing nations – where they will be repurposed to provide much-needed income for families. For more information please see our Facebook page - Young Life Williamsburg Shoe Drive.

Hey Neighbor! 2014 MASTER GARDENER TRAINING PROGRAM Ongoing

Applications for the 2014 Master Gardener Training Program will be accepted now through October 15, 2013. Classes will meet for three

hours Monday and Wednesday mornings from January 6 through March 31, 2014. Topics include botany, soils, pest and disease management, best practices for lawn care, gardens, flowers, fruits and vegetables, pruning techniques, landscape design and water conservation. The course fee is \$150. Applications are available on website, www.jccwmg.org, or by calling the Virginia Cooperative Extension at 757-564-2170. Classes fill quickly.

Hey Neighbor! JANE AUSTIN SOCIETY BOOK CLUB

Ongoing
The Jane Austen Society North America Southeastern VA Region's summer Book Club continues to meet on the second Sunday of each month. Come and meet other Janeites who are interested in her writings, movies and TV mini-series. All are welcome, these programs are free. For more information please call (757) 221-6686 or visit our Facebook page at: <http://www.facebook.com/JASNASoutheasternVA>.

Hey Neighbor! WILLIAMSBURG READING COUNCIL September 24, 2013

The first meeting of the Williamsburg Reading Council will feature children's author Lester Laminack and will be held at the School of Education at The College of William and Mary starting at 6:30. Members may attend free of charge, nonmem-

bers pay \$15.00. The Williamsburg Reading Council is a professional organization consisting of teachers, paraprofessionals, preservice teachers, parents and college professors that address the needs of its members serving the literacy needs of students in preschool to post K-12. For more information, visit www.warcira.blogspot.com or find us on Facebook at <https://www.facebook.com/WARCouncil>.

Hey Neighbor! MOMS IN PRAYERS INTERNATIONAL AT CALVARY CHAPEL September 25, 2013, ongoing on Wednesdays

Do you worry about your children? Replace your anxiety and fear with peace and hope by praying with other Moms for our children and schools. Moms in Prayer International meets weekly thru June 2014. Join us and other Moms for a powerful time of prayer Every Wednesday from 1 pm to 2 pm at Calvary Chapel Williamsburg, 5535 Olde Towne Road. Contact info: Jeanne Hallman, 757-220-8400 Jeanne4J@cox.net. Visit www.MomsInPrayer.org

Hey Neighbor! WILLIAMSBURG CHRISTIAN ACADEMY CATCH THE VISION TOUR September 26, 2013

8:00 am and 2:00 pm. A one hour snapshot of the pre-school through 12th grade academy is a perfect way to glimpse one of Williamsburg's

educational options. WCA is a non-denominational, Christ centered, college preparatory institution. Academics, Arts & Athletics... it's all here. Call 220-1978, ext. 113 for more information or go to WilliamsburgChristian.org.

Hey Neighbor! HISTORIC TRIANGLE SENIOR CENTER TRIP September 26, 2013

The Historic Triangle Senior Center is sponsoring a trip to West Virginia September 26/28, which features a 9 hour train trip through the mountains, plus much more. For more information, call 757-259-4187.

Hey Neighbor! CHKD FREE PUBLIC PRO- GRAMS IN WILLIAMSBURG September 26, 2013

Breastfeeding Advice. Free. 5:30-6:30 p.m. Pediatric Associates of Williamsburg, 119 Bulifants Boulevard, Williamsburg. Please join us for this free introductory class designed to help expectant mothers get off to a good start breastfeeding.

Hey Neighbor! BACK TO SCHOOL FILM September 26, 2013

Williamsburg Regional Library Thursday Afternoon Film Series continues with movies set on campus or about teachers. The movies begin at 2 p.m. in the Williamsburg Library Theatre, 515 Scotland St. Admission is free and reservations are not required. For more infor-

to benefit

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3rd Annual

Art of Tea
and Artist Showcase

(Entry to the Artist Showcase is free and open to the public.)

William & Mary
Alumni House

November 3, 2013
Sunday - noon - 5pm

Sponsored by *Morningside of Newport News* and *Schmidt's Flowers & Accessories*

Afternoon Horse Racing This Fall



at Colonial Downs (in Nearby New Kent)

Racing thru October 27

- Enjoy 10 races daily over a 3 hour period
- Features a 4th floor Turf Club Dining Room
- General Admission is \$3; Kids 12 & under are free
- \$300,000 Day of Champions – Sun. Oct. 27

Redeem for One
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GENERAL ADMISSION

Redeem at Admissions Tent.
Expires October 27, 2013.



LIVE RACING SCHEDULE
Wednesday, Thursday,
Saturday & Sunday at 1 PM



\$18 FAMILY 'n FRIENDS SUNDAY 4-PACK

\$18 GETS YOU:

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- 4 Hot Dogs
- 4 Soft Drinks
- Entry into exclusive Prize Drawings

- Redeem this coupon with \$18 at Colonial Downs Racetrack any Sunday to receive a 4 Pack
- Bring 4 family members or grab 4 friends!
- Gates open at 12 Noon: Horse racing from 1-4 PM
- Valid Sundays during fall harness race season.
- Bringing more than 4 people? Buy an extra single "pack" for \$4.50



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- Specialized Care

At some point, most seniors who have decided to "age in place" will require the assistance of a home healthcare aide in order to remain living at home. Seniors' conditions can change, sometimes overnight. Difficulties maintaining the home, doing grocery shopping, and keeping medical or personal appointments can become roadblocks to remaining independent. Home healthcare aides provide the critical services that can make the difference between the clients' being able to remain independent and keep living at home, or finding it necessary to move to an alternative living environment.

We offer a safe, stable and caring atmosphere and provide a full range of home care services for your loved one. We know how important it is for seniors to stay in their home as long as they can.

For More Information Call
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mation visit wrl.org/events or call (757) 259-4050. The movie on September 26 - Knute Rockne, All-American (1940) Pat O'Brien and Ronald Reagan "win one for the Gipper" in this sentimental biopic about the life of famed Notre Dame football coach, Knute Rockne. Lloyd Bacon directed this patriotic classic, which costars Gale Page and Donald Crisp.

Hey Neighbor!

WILLIAMSBURG'S GOT TALENT
September 28, 2013

7:00 p.m. Kimball Theater. It's show time for the Williamsburg spin on the television phenomenon! The top 12 acts have been chosen to compete in front of celebrity judges for cash prizes and a coveted trophy. Special performances by well-known local talent add to the very special evening. Tickets are available online at www.colonialwilliamsburg.com, at the Kimball Theater or any Colonial Williamsburg ticket office. Prices: VIP Reception and Reserved Seating-\$100, General Admission-\$35, Children 12 and under \$25.

Hey Neighbor!

DRIVE THRU FLU SHOTS
September 28, 2013

8 am to 12 noon. Sentara Medical Arts & Urgent Care. 4374 New Town Ave. Cost: \$10. Pay by cash or check. Adults only. This shot is designed to protect three virus strains that scientists believe will be most prevalent during the coming flu season.

Hey Neighbor!

ARTFUL GARDEN FALL PLANT SALE

September 28, 2013

From 8 am through 2 pm, fall plants will be offered for sale at the Williamsburg Botanical Garden. Parking is available at the Freedom Park Interpretive Center, with a short walk to the Garden. Awaiting new owners are many plants potted from area in the Garden, as well as garden mums and other perennials from local nurseries. Vendors will be on site selling artwork, books, re-blooming iris, and more. Rain date is the next day, Sunday, September 29, 8-2pm. Contact Karen Jamison at 757 880 1893 or karenjamison@cox.net for more information.

Hey Neighbor!

5th ANNUAL WILLIAMSBURG (FALL) CHARITY MOTORCYCLE RIDE (POKER RUN)

September 28, 2013

Sponsored by the Five Forks Ruritan Club. This is our 5th annual Fall

Ride. The ride will start and end at Williamsburg Jamestown Airport, 100 Marclay Rd., Williamsburg, Va. Registration" 9 A.M. to 11 A.M. No riders/bike/cars/trucks/scooters out before 9 A.M., Saturday September 28, 2013. Last rider/bike/cars/trucks/scooters out at 11 A.M. September 28, 2013. This ride is approximately 90 miles long. Registration: Bike and Rider: \$20.00 - includes one poker hand. Extra Hand: \$5.00 each. Additional Riders: \$10.00 - includes one poker hand. Best poker hand wins \$125.00. Proceeds to benefit local needy people, Wounded Warriors, Battered Women's Shelter, etc. For more info contact: Charley Rogers: Home: 757-565-3484 Work: 757-229-9256 Email charleyrogers@yahoo.com or fiveforksruritan@yahoo.com

Hey Neighbor!

4th ANNUAL CELTIC WORSHIP
September 29, 2013

Williamsburg United Methodist Church will present its Fourth Annual Celtic Worship service on Sunday, Sept. 29 for both morning services at 8:15 AM and 11:00 AM. Participating ensembles will include the Sanctuary Choir, Chancel Choir, Men's Chorus, Women's Chorus, and The Charles Wesley Singers. Rev. Dr. Bill Jones, senior pastor, will preach on the subject of "Wrestling with God Through Prayer."

Hey Neighbor!

THE WILLIAMSBURG SYMPHONIA MASTERWORKS CONCERT #1

September 30, October 1, 2013

The Williamsburg Symphonia's 30th Anniversary season begins with a program featuring Brahms's Violin Concerto in D Major, with violinist Stefan Jackiw, as well as works by Stravinsky and Bizet. Masterworks Concert performances, under the direction of Conductor Janna Hymes, are presented at the Kimball Theatre in Merchants Square and start at 8:00 p.m. Single tickets are \$54 and \$44 and may be purchased by calling 757-229-9857. Season subscriptions (five concerts) are still available. For more information contact us at info@williamsburg-symphonia.org or www.williamsburg-symphonia.org.

Hey Neighbor!

IN THE TRENCHES TOUR
October 1 and 15, 2013

Tour starts at 10 am. Join a small inside and up-close group tour of the Lost 1607 James Fort led by

Dr. William Kelso, Director of the Jamestown Rediscovery Archaeological Project since 1994. Tour members must purchase a tour ticket online in advance or in the museum store by 9:30 am on the day of the tour. Cost includes a one-day pass to Historic Jamestowne. Tickets can be purchased at www.historicjamestowne.org. Price: \$30. Location: Historic Jamestowne. Contact: 757-229-4997.

Hey Neighbor!

TRINITY ORGAN CONCERT: AARON RENNINGER, ORGANIST AND KEVIN PICCINI, OBOIST

October 2, 2013

The free concert will include a variety of classical pieces performed by Saint Bede's organist Aaron Renninger and oboist Kevin Piccini. Time: 12:00 p.m. at Saint Bede Catholic Church, 3686 Ironbound Road. Bring a friend and your lunch. Beverages provided. For more information, call (757) 229-3631 or visit www.bede.org.

Hey Neighbor!

THIRD ANNUAL GALLERY CRAWL

October 3, 2013

An evening of art, wine tasting, meeting new friends and enjoying old friends as you are shuttled on deluxe chartered buses to locations in Merchants Square, the Bed and Breakfast District, The Arts District and High Street. Coordinated by Williamsburg Celebrates Art and the Williamsburg EDA. From 5 to 10 p.m. Ticket price of \$40 includes a commemorative wine glass, an incredible evening of fun, transportation to all galleries, and wine and hors d'oeuvres at each stop. Tickets are on sale now. To purchase tickets online or for more information, please visit our website at www.gallerycrawl.org

Hey Neighbor!

AN OCCASION FOR THE ARTS

October 5, 6, 2013

An Occasion for the Arts is the premier art and music festival held in downtown Williamsburg, Virginia. Our two-day 45th annual event will again showcase superlative visual and performing artists from as far away as Utah and New York City. The youth art exhibit and adjacent stage will provide a venue for our gifted local youth to exhibit their exceptional talents. Acquire a piece of fine art from one of 170 juried artists. Experience kid-friendly, hands-on activities. Enjoy on-going varied, live performances throughout the

event for all ages and tastes. Food and beverages are available, free to the public, Merchants Square and Boundary Street, www.aofta.org.

Hey Neighbor!

FAMILY CAREGIVERS HANDS-ON PRACTICAL TRAINING

October 5 and 12, 2013

When caring for aging loved ones seems to take over your life, where do you turn? Family Caregivers will receive Hands-On Practical Training on Saturdays, October 5 and 12, 9am to 2pm in the Allied Health Lab at Thomas Nelson Community College, Historic Triangle Campus. One low fee of \$35 covers both sessions, American Red Cross Family Caregiver Manual and DVD, practice supplies and lunch. Financial assistance is being offered by Colonial Heritage Community Foundation for those who cannot afford class fees, and support to provide care for family members while participants attend the classes. Register by calling: (757) 258-6591

Hey Neighbor!

PATHWAY TO FREEDOM – THE AFRICAN-AMERICAN EXPERIENCE AT GREEN SPRING

October 7, 2013

Williamsburg Regional Library Auditorium, 7:00 to 8:30 p.m. Award-winning research historian and author Martha McCartney will discuss slavery at Green Spring Plantation and the founding of one of our nation's first free black communities. Sponsored by the Friends of Green Spring. For more information, visit www.historicgreenspring.org. Free.

Hey Neighbor!

MUSIC TOGETHER WILLIAMSBURG FALL CLASSES

October 8, 2013

Music Together Williamsburg is now enrolling for the nine week fall semester beginning October 8. Children ages birth through kindergarten and their grown-ups make music together in weekly classes. Sing, dance, chant, and play with instruments with this research-based music and movement curriculum. Experience the joy of family music! For more information contact Vanessa Jones at 757-660-7583 or www.MusicTogetherWilliamsburg.com

Hey Neighbor!

IN OUR OWN VOICE: LIVING WITH MENTAL ILLNESS

October 8, 2013

In Our Own Voice (IOOV) is a unique public education program developed by NAMI, in which two

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trained speakers share compelling personal stories about living with mental illness and achieving recovery. IOOV is an opportunity for those who have struggled with mental illness to gain confidence and to share their individual experiences of recovery and transformation. This is an interactive presentation giving participants the opportunity to ask questions of all kinds related to mental illnesses. The National Alliance on Mental Illness (NAMI) Williamsburg Area affiliate will be sponsoring the program at the Williamsburg Regional Library Auditorium, 515 Scotland Street, Williamsburg, VA, at 6:30PM on October 8th during National Mental Illness Awareness Week. The event is free and open to the public. For more information call 757-220-8535 or info@namiwilliamsburgarea.org

Hey Neighbor!
U.S. ARMY TRAINING AND DOCTRINE COMMAND (TRADOC) BAND AND AARON RENNINGER, ORGANIST
October 9, 2013

The free concert will include an assortment of classical pieces in addition to excerpts from Saint-Saëns Organ Symphony No. 3 performed by the U.S. Army Training and Doctrine Command (TRADOC) Band and Saint Bede's organist Aaron Renninger. Time: 7:00 p.m. at Saint Bede Catholic Church, 3686 Ironbound Road. For more information, call (757) 229-3631 or visit www.bedeva.org.

Hey Neighbor!
CURATOR'S ARTIFACT TOUR
October 9 and 23, 2013

Tours start at 3 pm from the Pocahontas statue. Senior archaeological curator Bly Straube provides an intimate, behind-the-scenes tour of the artifact collection of James Fort. This 90-minute guided program begins with a brief overview of the Jamestown Rediscovery project and offers a rare glimpse of the vault where more than one million artifacts recovered during excavations are housed. This tour is restricted to 10 people. Price: \$25, tickets can be purchased at www.historic-jamestowne.org. Location: Historic Jamestowne. Contact 757-229-4997, ext. 100.

Hey Neighbor!
MONTY PYTHON'S SPAMALOT AT THE KIMBALL THEATRE
October 11, 12, 13, 18, 19, 20, 25, 26, 27, 2013

ShowStoppers Productions present Monty Python's Spamalot Call 1-800 HISTORY for tickets. Lovingly ripped off from the classic film comedy Monty Python and the Holy Grail, Spamalot retells the legend of King Arthur and his Knights of the Round Table, and features a bevy of beautiful show girls, not to mention cows, killer rabbits, and French people.

Hey Neighbor!
HISTORIC GREEN SPRING ANNUAL TOUR
October 12, 2013

10:00 a.m. to 2:00 p.m. Shuttle leaves from Jamestown High School, 3751 John Tyler Highway (Route 5), Williamsburg. Once-a-year chance to tour the site of Gov. Sir William Berkeley's 17th century plantation. Activities for children, walking tour, dancers, displays, refreshments. Hosted by Gov. Berkeley and Lady Frances Berkeley. No parking on the Green Spring site. Sponsored by The Friends of Green Spring, www.historicgreenspring.org. Free.

Hey Neighbor!
JCC POLICE DEPARTMENT SHRED-A-THON
October 12, 2013

The James City County Police Department will host its annual Shred-a-thon event this October 12th, 2013 from 9:00 am to 12:00 noon at the courthouse parking lot. This event fights identity theft and funds the department's Shop with a Cop program. The first "grocery size" bag is free and \$5.00 for each additional bag. For more information contact Officer Todd Dill 757-603-6025

ABOUT HEY NEIGHBOR!

Hey Neighbor! is a free service for non-profit organizations, churches and civic groups. Please submit short paragraphs (as you see on these pages) to communicate your needs or planned events. Send your submissions to: HeyNeighbor@cox.net.

This email address is only checked once during the month. If you have questions that need to be answered in a timely fashion, please email me directly:
meredith@williamsburgneighbors.com

Due to limited space, all announcements are not available for viewing in this issue. Please visit our website WilliamsburgNeighbors.com and click on Hey Neighbor! to view

Williamsburg's
IN THE
NEIGHBORHOOD
photo challenge

TRIBE
FOOTBALL

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**.

September 2013
In the Neighborhood
Photo Challenge

Oops! We goofed. There are 13 differences in this Photo Challenge.



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