

October 2008

WILLIAMSBURG'S

# Next Door Neighbors<sup>©</sup>

VOL.2, ISSUE 10

PRICELESS

Discovering the people who call Williamsburg home

## Our Health

Cindy Schuler

Facing Health  
Challenges through  
Inner Peace

Don Mann

Takes Physical Fitness  
to the Limit

Dr. Al Rothstein

Finds Natural Ways to  
Achieve Better Health

Kate Mearns

Healthy Living as a Process

Visit our website at [www.wburgndn.com](http://www.wburgndn.com)

COVER PHOTO BY LISA CUMMING

# Dust in your home causing respiratory allergy problems?

**We can help!**



**757-564-0201**

Give our operator this Preferred Customer number when you call:

**- 221008 -**

Specializing in a "True HEPA" Cleaning Process which removes contaminants from your carpet and exhausts them outside the home for your better health.

At Conscientious Carpet Care...  
We Clean More Than Just The Surface...

[www.conscientiouscarpetcare.com](http://www.conscientiouscarpetcare.com)



Scott Zimmerman,  
Owner  
Conscientious  
Carpet Care

## Conscientious Carpet Care

PO Box 1841 • Williamsburg, VA 23187-1841



Meredith Collins, Publisher

We are bombarded with information about living healthier lives in the media. There are reports, studies, new products and remedies and enough data and material available to us that we could spend the rest of our lives educating ourselves about good health and we couldn't begin to digest all of the information.

However, when it comes to our health, the biggest question is: What actions do we take in our own lives to foster a healthier lifestyle? Every one of us has our own beliefs about the importance of good health and how to attain and maintain it, but it is what we actually do with that information that counts. As we all know, it is much more difficult to incorporate health knowledge into our daily lives through positive changes in our lifestyle than it is to educate ourselves about it.

In this issue of *Next Door Neighbors*, we've interviewed several of our neighbors to find out what good health means to them and how they use their knowledge to make a difference in their own lives or the lives of others. Just like you and me, each of these individuals approach their personal health in their own way, according to their own beliefs and life situations. Some of the folks we interviewed are involved in the health industry; some are not. Each of them, like all of us, are living everyday lives as everyday people doing what they can do to live a healthier life. I hope you enjoy reading what they have to say. **NDN**

In this issue of *Next Door Neighbors*, we've interviewed several of our neighbors to find out what good health means to them and how they use their knowledge to make a difference in their own lives or the lives of others. Just like you and me, each of these individuals approach their personal health in their own way, according to their own beliefs and life situations. Some of the folks we interviewed are involved in the health industry; some are not. Each of them, like all of us, are living everyday lives as everyday people doing what they can do to live a healthier life. I hope you enjoy reading what they have to say. **NDN**

## Inside

**PAGE 3**  
**Cindy Schuler**  
Inner Peace Leads to Better Health

**PAGE 10**  
**Kate Mearns**  
Good Health is a Process

**PAGE 16**  
**Don Mann**  
Good Health through Extreme Fitness

**PAGE 21**  
**Frank Rosalie**  
Good Health through Moderation

CLARIFICATION: In the September issue of Next Door Neighbors in the story about Pam McGregor and ARC, Pam was quoted as saying that the Williamsburg Community Foundation had been very supportive of their wellness needs. This should have been quoted as the Williamsburg Community Health Foundation. We regret the error and the miscommunication regarding the two separate organizations.



Lisa Cumming

Photography

lwcphoto@cox.net      commercial  
757-532-4037      industrial  
www.lwcphoto.com      architectural  
                                 portrait

Cover Photo by Lisa Cumming

# Trade in Your Hearing Instruments and Receive

# \$1,500 off

## Select Rhapsody or VOZ Hearing Instruments

Call 757-206-1900 to schedule your complimentary hearing evaluation! Offer Expires 10/17/08



**Pamela D. Cummings**  
LICENSED HEARING INSTRUMENT SPECIALIST

Hearing Health Care Centers

WILLIAMSBURG

**NewTown**  
5107 Center Street, Suite B-2  
WILLIAMSBURG

**City Center**  
1118 Fountain Way, 1 City Center, Suite 300  
NEWPORT NEWS

Visit our website at [www.hhccwmsb.org.net](http://www.hhccwmsb.org.net)

# Inner Peace

## Cindy's Schuler's Pathway to Good Health

By Linda Landreth Phelps



For someone who was told that she would be gone by early spring of this year, Cindy Schuler looks amazingly well on this warm summer day. Her fair skin is lovely and her blue eyes sparkle as she enthusiastically

speaks about her favorite subject and life's goal, world peace. The long sleeves of her stylish blouse hide the bruises that look like dark thunderheads, the outward manifestation of the storm deep within her bones.

"Of course, there are days that are challenging, when I can't even get out of bed - it just takes too much energy," she says. But today is a good day.

Cindy, who recently celebrated her 65th

birthday, is convinced that the reason she is here today at Panera Bread to sip tea and talk with me is that she is refusing to dwell on the negative aspects of life.

"I switched to a different oncologist/hematologist recently because I knew that if I had to go every four weeks I wanted somebody who had a more positive outlook," she explains. "Now I see Dr. Prillaman and yesterday she told me, 'Your blood work is better; I just know it's because you're living such an impassioned life and living it to the fullest!' That was so affirming to me, to hear her unprompted opinion that she shares my belief that the spiritual can have a big impact on the physical. I'm not doing what I do as a therapy to prolong my life, but it is a nice side benefit!" By sharing her experience, Cindy hopes to remind everybody to use the tools that they already possess to stay healthy.

"I've been on a spiritual path for the last 25 years," she says, "but this diagnosis just accelerated everything for me. I look at it as a blessing, I really do. Often it takes a crisis to get people to live their passion." Cindy's own life changing moment came four years ago when she was diagnosed with a rare, fatal blood disorder called myelodysplasia that causes the bone marrow to forget how to perform its crucial task of manufacturing healthy cells.

"I've always been interested in working for peace and racial harmony," Cindy reflects.

"The Dalai Lama teaches that happiness comes from service to others. As a teenager I wanted to join the Peace Corps and go to Africa, but instead I wound up marrying and having children. What I do now is kind of like what I wanted to do then, so it's as if I've come full circle."

With what energy she has, Cindy devotes her time to two basic groups. "The first is Peace in Action, led by Rose Diamond, which is based on the theory that you have to be at peace with yourself and have inner peace before you can take it to others," Cindy says. "I'm about a third of the way through the curriculum and I'm really excited about it."

The second group is one she is facilitating at her church. She attends Unitarian Universalist Church and the group is called The Racial Awareness Group where they are learning to improve relationships with minorities. "Even in a church that's known for its acceptance of diversity, the first film I showed, 'Mirrors of Privilege: Making Whiteness Visible', was a revelation. After viewing this film for the first time, even the most well-meaning people such as I am, who like to believe we're beyond prejudice, find ourselves convicted of unconscious discrimination," she

says.

Cindy wants nothing more than to educate others so that the pain of racial discrimination and disparity will one day be a thing of the distant past.

Physical pain is no stranger to Cindy.

Over time, she's learned a lot of different coping skills and has included in her plan for health some alternative therapies which have really helped her body. She gets acupuncture pain relieving

**"I've been on a spiritual path for the last 25 years but this diagnosis just accelerated everything for me. I look at it as a blessing, I really do. Often it takes a crisis to get people to live their passion."**

- Cindy Schuler

treatments regularly and gentle massages at her chiropractor as well.

As grateful as she is for these things, Cindy still believes that the reason she has been able to prove the doctors' predictions wrong has more to do with the power of her mind...and of a Higher Power. "Although I don't have any alcoholics in my life now, I still go to Al-Anon meetings and I've worked the Twelve Step Program for many years, so I'm very familiar with the "attitude of gratitude" that is part of the recovery process. I allow myself a little leeway - about 20 minutes - when I can go, 'Poor me!', and that's it. But then if I get into extended periods of self-pity, I just go to my 'Gratitude List', which is a lot longer than 20 minutes! That's

-continued

Successful businesspeople love what they do.

## I'd love to stage your home and put my passion for Real Estate to work for you.

**"Why would you want to Stage® your home with an Accredited Staging Professional™?"**

Potential buyers will give your house 3 seconds in a photo and 30 seconds in person to decide if they like it. Staging gets a buyer's attention. **Statistics show a staged home sells, on average, in 33 days and a non-staged home sells in 166 days.**



**Deelyn Neilson, A.S.P., REALTOR®**

Liz Moore and Associates

5350 Discovery Park Blvd.

**757.503.1999**

www.PremierWilliamsburgRealEstate.com

deelynnilson@lizmoorehomes.com

Your home can join my list of "Staged to Sell" homes! Check out my listing at 105 Henry Tyler in Ford's Colony. This home was staged in July, 2008 and sold 6 days after it went on the market!

**I provide staging as a service to my clients...and I'd like to provide it for you!**

# TWO HOSPITALS FOR WILLIAMSBURG

THE CARE YOU NEED. THE CHOICE YOU DESERVE.



Mark E. Ellis, MD  
Chairman, Advisory Board  
Doctors Hospital  
of Williamsburg

## TWO HOSPITALS: WHAT YOU'VE WANTED ALL ALONG

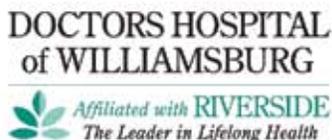
In every survey taken since 2004\*, three out of four Williamsburg area residents told us there is a need for two hospitals in the community. And you made your feelings known by writing more than 1,800 letters and petitions of support for Doctors Hospital of Williamsburg in 2006 alone. Thank you for that.

**Now it's time for you to speak up again.**

We've submitted a new application to build Doctors Hospital. We need your support once more. One thing is different now. By law, the State Health Commissioner must take "community support" into account when making her decision on our application. **Your voice must be heard.**

To find out more about how you can help bring choice, competition and better access to healthcare services to everyone in Williamsburg, call Dave Tate at 345-3081 or email him at [David.Tate@rivhs.com](mailto:David.Tate@rivhs.com).

\* Latest survey conducted in November 2007 by Bonney & Company.



IF YOU BELIEVE WE NEED  
TWO HOSPITALS FOR WILLIAMSBURG,

*Please write :*

Karen Remley, M.D., M.B.A. ■ State Health Commissioner  
P.O. Box 2448 ■ Richmond, Virginia 23218-2448

COMPETITION

CHOICE

# Ideas made reality.



DON RUDY, BRANCH MANAGER WILLIAMSBURG BANKING OFFICE  
LEIGH HOUGHLAND, WILLIAMSBURG MARKET EXECUTIVE

Virginia Company Bank was founded by local people who had an idea – that the Peninsula needed a bank singly focused on our community's unique needs – a Peninsula bank run by Peninsula people.

Providing expert financial service and quick, local lending decisions is only part of our mission. The other part is tending to your entrepreneurial spirit.

***“Do you have an idea too? We can help you make it reality. Visit us today in New Town.”***



**VIRGINIA COMPANY BANK**  
OPPORTUNITY LIES AHEAD

**New Town Banking Office**  
Williamsburg  
5360 Discovery Park Blvd.  
Suite 102  
(757) 206-1904

**Oyster Point Banking Office**  
Newport News  
601 Thimble Shoals Blvd.  
Suite 102  
(757) 327-0150

[www.vacompanybank.com](http://www.vacompanybank.com)



just one of my tools.”

Another tool is what's often called 'internal massage'. “I laugh a lot,” Cindy says. “There's healing in that.” Cindy also says, “I think it's very important to build your support community. I have a lot of friends in my life who give me joy, and I have made new ones through the groups I've joined.”

I notice she's wearing a unique type of sandal, a style that separates each polished toe individually and which she says gives her a lot of relief from chronic foot pain. “When it gets cold, I break out the silly toe socks. They're hard to find,” Cindy confides with a smile, “but my friends buy them for me. I have them for all seasons now!”

The Bible has a lot to say about the mind/body connection, such as this proverb, “Pleasant words are

**“Even when I'm having a bad day, just standing in line to pay for a prescription and without the strength for conversation, I'll smile at the cashier. You never know what impact something as simple as a smile will have. It's my way of giving back.”**

- Cindy Schuler

like a honeycomb, sweet

to the soul and health to the bones.” Not just the words we hear, but the words we speak have a definite impact on our well being. But sometimes words are not even necessary. “I try to give joy whenever I can,” Cindy tells me. “Even when I'm having a bad day, just standing in line to pay for a prescription and without the strength for conversation, I'll smile at the cashier. You never know what impact something as simple as a smile will have. It's my way of giving back.”

One of Cindy's favorite heroes is Mohandas Gandhi, the iconic Indian pacifist, and he's among those whom she often quotes. He said, “You must be the change you wish to see in the world.” Even though she's only partially finished with her study, it seems that Cindy has already learned the curriculum of her Peace in Action course well: you have to find peace within yourself in order to take it to the rest of the world.

Another bit of Gandhi's wisdom is 'My life is my message.' Though global peace did not come within Gandhi's lifetime and likely will not during her own, Cindy's life is an example and a message that it's possible to rise above our physical circumstances and achieve tranquility within. In some respects, Cindy Schuler is in perfect health. NDN

# Curious?

It's all coming together right now.

You've watched the construction as you've passed by and wondered what High Street is all about. You've thought about a lifestyle that would allow you to downsize and simplify your life. You've considered stopping by because you have missed out on opportunities in the past.

**Now is the time.**

**Let your curiosity get the best of you.**

**Stop by or call us today! (757) 258-5600**



*High Street*  
WILLIAMSBURG

**Sales Center - 1424 Richmond Rd., Open Daily Noon to 5pm**

[www.highstreetwilliamsburg.com](http://www.highstreetwilliamsburg.com)



Developed by Roseland Property Company



MOVIE TAVERN

# Mike Ruck's focus on **FITNESS**

By Brandy Centolanza



When it comes to good health, Mike Ruck is all about it. He concerns himself with five components: muscular strength, muscular endurance, cardiovascular endurance, flexibility, and body composition. He has always been physically active and as an adult he has been able to incorporate his interest in fitness into his life's work.

Mike grew up in Maryland with two brothers, Matt and Joe. His parents, Dennis and Doris, encouraged the trio to participate in organized sports at an early age. Mike favored basketball, football, and baseball.

"In our house we never had cable," Mike recalls. "Growing up I always wished we did, but looking back I am glad we only had three channels because it forced us to go outside and play sports

until it got dark. It was great having my parents, especially my mom, as a role model for good health and fitness. We learned the importance of eating healthy and taking care of ourselves from a young age."

After graduating from Salisbury State University, Mike worked as a physical education teacher in Montgomery County, MD for six years, then headed south to Florida for a year before settling in Williamsburg. He and his wife, Julia, moved here when he accepted the position of Athletic Director for Walsingham Academy.

Mike says that his goal is to "build the best program we can, and to give the coaches what they need to continue the strengthening and conditioning of our athletes so that they will have better success and performance on the field." His duties include scheduling all sporting events, hiring coaches, officials and others needed to run a match, and working

**5-7 Wed. & Thur.**

**1/2 PRICED ADMISSION**

**JUMPING JOEY'S**  
FUN CENTER FOR KIDS

**OFFER GOOD THRU 10/31/08**  
124 Waller Mill Rd. in the Kmart Shopping Center  
Williamsburg

**WILLIAMSBURG BEAR FACTORY**  
SPEND \$25 OR MORE IN THE BEAR FACTORY AND RECEIVE **10% OFF**  
757-565-JUMP (5867)  
www.jjfuncenter.com

**Proactive or reactive. Which one best describes your insurance agent?**

*Don't just think you're covered. Let someone who cares help make sure you're covered.*

**MICHAEL ROCK AGENCY, INC.**  
Mike Rock  
Your Local Nationwide Agent  
rockm1@nationwide.com  
1303 Jamestown Rd. Unit 119  
Colony Square Shopping Center  
**(757) 564-8900**

**Nationwide**  
On Your Side™

©2008 Nationwide Mutual Insurance Company and Affiliated Companies. Nationwide Life Insurance Company. Home office: Columbus, Ohio 43215-2220. Nationwide, the Nationwide Framemark and On Your Side are federally registered service marks of Nationwide Mutual Insurance Company. Not available in all states. We offer non-Nationwide homeowners insurance products only in FL.

with rookie coaches to improve their skills. He leads the department with the same keen interest in developing and maintaining proper strength and endurance for his student athletes as he has shown in his own life.

Now in his second year as head of Walsingham Academy's athletic department, Mike has already made a positive impact. Under his leadership, the school has won state championships in field hockey and girls' basketball, was state runners up for girls' volleyball, and local tournament winners for boys' basketball.

"I'm so happy to be here at Walsingham," Mike says. "The students are great students as well as athletes, and they do what it takes to do well in the classroom as well as on the field."

While his own interest in physical fitness was a factor in his career choice, he was also influenced by two other people in his decision to pursue a career in physical education.

His middle school physical education teacher, Rick Eisenacher, was someone who helped hone his interest. "Everyone in class looked up to him because he played quarterback at Auburn and pitched in the Texas Rangers system," Mike shares.

The other inspiration was Kirk Kirkstan, a coach of an opposing baseball team who helped Mike get several colleges to recruit him. "I was so impressed with him because I never played for him and only played against him, yet he took the time out to help a rival player," Mike says. "Not many coaches would have done what he did, and that inspired me to go into coaching and not only help my team, but also look after the players on the other teams as well."

As athletic director, Mike strives to support his students in every way. "We want to show them ways to improve, and to show them that hard work does pay off," he says. "I want to raise the level of our teams while maintaining our sportsmanship and GPA as

an entire athletic department."

When it comes to his personal fitness, Mike enjoys mixing up his exercise regimen. When he's not chasing after his 15-month-old daughter, Caroline, his weekly schedule includes lifting weights, swimming, bicycling, playing basketball, and hitting the punching bag. He work out five times a week at James City/Williamsburg Community Center, as well as at Walsingham Academy, and in his garage.

"You need a good balance, a variety of exercises," he explains. "You don't want to get stuck in the same routine. As far as diet, you want to choose carbs wisely, have enough protein, and drink plenty of water. That's a huge thing"

Anyone can improve his or her health, Mike insists. "It has to be a lifestyle change," he says. "Crash diets don't work. If you adopt it as a complete lifestyle change, you will definitely see the rewards." NDN

## Amish Country Products

# 1<sup>ST</sup> ANNIVERSARY SALE!

Take an **EXTRA 10% off** our already discounted prices on all in-stock furniture! **NEW SALES ONLY**

Finally! American Made Solid Wood Furniture at Affordable Prices.



Take an **EXTRA 5% off** all furniture orders! **NEW ORDERS ONLY**

100% American Made Delivery Available

Say "NO!" to Particle Board & Veneers

**SAVE** on these **Pennsylvania Dutch foods!**

**WHILE SUPPLIES LAST!**

**HURRY! SALE ENDS OCT. 12<sup>TH</sup>!**



All Fresh Made with No Preservatives

- Shady Maple Flavored Breads.....BUY 1, GET 1 **50% OFF**
- All Glass Jarred Products.....BUY 1, GET 1 **FREE**
- Whoopie Pies/Gobbs.....BUY 1, GET 2 **FREE**  
Choose from chocolate, pumpkin, oatmeal, red velvet
- Pennsylvania Dutch Birch Beer.....12 Pack Cans/ 2 for **\$10**
- Alderfers Smoked Bacon.....BUY 1, GET 1 **50% OFF**  
1 Pound Packs

**OPEN WEEKENDS ONLY!**

FRI & SAT 10 AM - 6 PM • SUNDAY 10 AM - 4 PM



# Amish Country Products



7521 Richmond Rd. in the Candle Factory Shops - Williamsburg • For More Info Call 1-800-786-0407

AMISH FOOD • FURNITURE & ACCESSORIES



# The Process of Healthy Living

*By Rachel Sapin*

**K**ate Mearns, Director of The Spa of Colonial Williamsburg, is an individual with a lot of credit to her name. She has appeared on the Travel Channel and is frequently quoted in spa and travel industry publications. She has been called a leisure industry expert at the forefront of the emerging spa industry. As the former chair of the International Spa Association (ISPA), she represented the spa industry in numerous speaking engagements and partnership alliances worldwide. She has built a successful career in the spa industry while raising five children, a pressure filled lifestyle that she takes in stride.

Kate believes that despite the difficulty of finding the time to fit healthy habits into her busy lifestyle, being healthy is a privilege. "I'm lucky enough that I've been healthy," says Kate. "I know people who have much more challenging health issues than I do." Because Kate looks at the ability to walk,

run, dance, and play as a privilege and not a chore, she pursues a healthy lifestyle for reasons that go beyond aesthetic goals. In

and later on, attended nursing school. “I decided to get involved with nursing because I loved the medical perspective on wellness,”

husband was working for Martha’s husband at the time, and Martha invited me to take a class called ‘Strong, Stretched, and Cen-

## “I don’t think there’s one easy answer,” Kate says. “There’s not one cure for cellulite nor one cure for depression.”

fact, for Kate being healthy is not only about achieving a desirable physique; it’s an ongoing process that allows her to live the life she loves.

Today Kate works in the wellness industry and leads a healthy lifestyle, but while growing up in the suburbs of Cleveland she was uncertain about what she wanted to pursue as a career. “Growing up, I was always active,” she says, “but I didn’t think much of it.”

Even Kate’s time at college gave her little direction toward a career in wellness. Kate received her Bachelor’s degree in Sociology

she explains. However, after spending a year studying to be a nurse, Kate moved with her husband and three kids to live in New Zealand where she began to question if nursing was in fact the right career for her. “We lived on this little island outside of Auckland, New Zealand for six months, and it allowed us slow down our lives and reevaluate everything,” she remembers.

When Kate returned to the United States to live in West Virginia, she was introduced to Coolfont Resort owner Martha Ashelman, one of the founding members of the Board of the International Spa Association. “My

tered,” remembers Kate with a laugh about the class’s dated name. “It was part of a six week program to become certified or educated in personal training, aerobics instruction, and it focused on the whole gamut of wellness. I learned an awful lot in those six weeks.”

With Ashelman as a mentor, Kate learned even more. Inspired by her experience with the 6-week program at Coolfont, Kate soon became a certified fitness instructor at the West Virginia resort. When Kate became pregnant with twins, Ashelman placed her in an office job. “Working in the office, I



Teresa Millis  
Norge Branch Manager

**“DID YOU KNOW...** we have a proud 62-year history in the area and over \$80 million in assets, and yet we’re still small enough to offer personal customer service that says ‘We care about you!’

So if you live, work, worship, or attend school within James City County, call or stop by today to find out how I can help you start taking advantage of all BayLands has to offer, including: free checking, debit cards, VISA cards, free on-line account access and online bill pay, IRAs, share certificates, and mortgages - all with low rates and high dividends.”

Teresa Millis,  
Norge Branch Manager



7031 Richmond Rd., James City-Norge  
(888) 843-2520 [www.baylandsfcu.org](http://www.baylandsfcu.org)

This credit union is federally insured by the National Credit Union Administration. 



# Electric Fireplaces

Add a warm, relaxing ambiance to your home with a push of a button.



- electraflame**
- Plugs into a standard 110/120V outlet
  - Safe, clean and portable
  - Fast, easy installation
  - Choose from a variety of units

**Taproot**  
HEARTH & PATIO  
**(757) 229-3722**  
157 Second St.

## Plan Your Financial Journey *with* Steve Shonka

- Estate Planning
- Education Planning for Children & Grandchildren
- Financial Planning
- Long Term Care Strategies
- Retirement Income Planning
- Asset Allocation Strategies
- Tax Reduction Strategies
- Portfolio Management
- IRA, 401(k), 403(b) & Pension Rollovers

"As an experienced independent LPL Financial Advisor, I help families plan for their most important journey of all - a journey toward long-term financial independence. I look forward to serving you." - Stephen



**Stephen Shonka**

Family Retirement Planning and Wealth Management  
Please call Ann Carnifax at 757-258-1063 to schedule a complimentary meeting with Stephen.



Securities and Financial Planning are offered through LPL Financial, a registered broker/dealer. Member FINRA/SIPC.

115 Bulifants Blvd., Suite B, Williamsburg, VA 23188 [www.stephenshonka.com](http://www.stephenshonka.com)

started interacting more with guests and began to learn the managerial side of the spa industry," Kate says of the beginnings of a career in the spa industry that has now blossomed into her current position as Spa Director at The Spa of Colonial Williamsburg.

For Kate, maintaining a healthy lifestyle is a process that requires an open mind and a lot of creativity. Just as she believes that being healthy is a privilege, she also believes that there is no one path to being healthy, nor one cure-all pill for what ails humankind. "I don't think there's one easy answer," Kate says. "There's not one cure for cellulite nor one cure for depression." Holding firm to her belief that there are many avenues to wellness, Kate has often relied on her own creativity to fit healthy habits into her own busy lifestyle.

This is especially important when she is traveling abroad. These are times when her mental and physical balance gets most tested. It

means being out of her cultural comfort zone, eating new foods, and sometimes also trying to get a grasp on a new language. Having traveled extensively while Chair of the ISPA to speak at spa industry conferences overseas, Kate found that pairing exercise with business improved her mental alertness while en transit.

**"I try to have my healthy habits be front of mind but I'm not obsessive. As long as your life is balanced for the most part, there are always going to be ripples and waves."**

- Kate Mearns

"To prepare for a conference, I would often wake up early and do what I called a walk-and-talk with the president of the International Spa Association," Kate remembers. "We would walk briskly, early in the morning for a good hour or so and simply talk about what we needed to accomplish that day. It was such a simple thing to do, but it prepared me to take on the day's challenges."

As a result of having the opportunity to travel all over the world and learn about wellness practices in different countries, Kate also found that the subject of wellness stretched far beyond the borders of the United States. "My international experience with wellness has taught me that there is so much more to learn," Kate explains. "I only know a tip of the iceberg as far as the wellness practices internationally."

Maintaining a healthy lifestyle is also a process that involves finding balance amidst life's chaotic collision of daily events. When

she's not busy speaking at spa industry conferences worldwide, Kate maintains her health centered lifestyle by making sure to balance her daily activities. "For me, maintaining a healthy lifestyle means not only that I'm exercising, but that I'm finding time during the day to make sure that I'm growing, and doing things in a number of different areas - whether that be in exercise, education, or in my social interactions with others," she explains.

Living healthy also does not mean living perfectly. It's a process that involves giving ourselves a break when we sometime lose our balance. Kate admits that leading a balanced life isn't always easy. "In terms of our health, something that I think we all struggle with is maintaining a balance," she says. "There are many times when we are going to feel out of balance and that's ok." She's not a fanatic when it comes to her attitude on wellness and she doesn't try to lead a textbook healthy lifestyle either. "I try to have my healthy habits be front of mind but I'm not obsessive," Kate emphasizes. "As long as your life is balanced for the most part, there are always going to be ripples and waves."

As a parent, Kate also realizes that she is setting a good example for her children by leading a healthy lifestyle. "Parents are role models for their kids," she says. Kate believes that parents can stay healthy and provide strong modeling by actively getting involved in their children's lives. For Kate, this means not living vicariously through children, but at times, getting back to your childish roots yourself. "If your kids are playing soccer, get out there and play soccer with them," she says. "Or better yet, go join your own soccer club. I think it's a lot easier to stay healthy when you allow yourself to have fun and surround yourself with people with similar goals."

With the amount of misinformation regarding health in the media, Kate holds firm to her belief that maintaining a healthy lifestyle is a process, not a pill. "I just read it, hear it, accept it, and then continue down my path," she explains of our culture's health information overload. "You have to navigate your path with the long-range goal of having a healthy lifestyle."

Perhaps most importantly for Kate, maintaining a healthy lifestyle is a process that involves being true to oneself. "Being healthy allows me to have the body and the balance that I need to live my life the way I want to," she says. "I'm not going to take my health for granted, and I'm not going to take left and right turns on my path all of the time just to accommodate a health fad." NDN



## WILLIAMSBURG LANDING

Making a **DIFFERENCE**  
is **EVERYDAY**

For many of our residents,  
women and men, being  
involved in their communities  
has always been an everyday  
part of life. And it still is.  
They're busy making a  
difference in Williamsburg.  
In education. In the arts.  
In business.

Williamsburg Landing.  
Where you'll always have some  
time to make a difference.

*To schedule a visit,  
call us at 757-565-6505.  
[www.williamsburglanding.com](http://www.williamsburglanding.com)*

Discover just how  
good the best can be.



WILLIAMSBURG LANDING

# THEY'VE GOT GAME.



By Meredith Collins

On a recent day in early September while waiting at a stoplight across from Monticello Marketplace, I saw a couple shooting basketball on the outdoor court at the park that overlooks the intersection. When I looked more closely I couldn't help but notice that this couple wasn't your typical pair of round ballers, so I turned around and paid them a visit.

Vance Elkins, age 77, and Ellen Monroe, a young 74, were happily shooting baskets with solid form and skipping over to retrieve the ball each time it fell through the net or bounced to the ground. They weren't just chatting like teenagers - they were moving like them too. From a distance they looked like a couple of kids having a grand time on a beautiful day. As I approached them I was impressed with the way they unabashedly tapped into their inner youth despite a few years on their physical bodies.

Vance Elkins has lived in Williamsburg since 1987. Ellen Monroe has only been in the area for about a year and a half. The two met on *eHarmony* while Ellen was living in northern Virginia. Vance admitted early on he didn't really know how to pursue a long distance relationship. Ellen took a train to Williamsburg for a visit and the rest is history. Things like that have a way of working out and now the two enjoy a great deal of time together.

"I've always been physically active," Ellen said. "Forever." She grew up on a farm in Indiana and has always loved basketball. As you might imagine, she is a big Hoosiers fan. "I just love them," she exclaimed.

Last December, Ellen had a cancerous lump removed from one of her breasts. Twenty-five sessions of radiation followed. This personal challenge did not slow her down for long, however. She and Vance

shoot hoops four or five times a week and play for 30 minutes or more on each visit.

"We're planning a trip to Boston at the end of the month and I've got to get my legs in shape because she'll walk me to death," Vance joked.

The couple not only stays active, but they also eat healthy most of the time. "She's the healthiest eater and she's converted me into a semi-healthy eater," Vance admitted.

"I grew up on a farm and had everything in the world to eat," Ellen explained. "I knew what was good to eat a long time ago. I do veggies and fruits all the time."

If you closed your eyes and listened to their footsteps on the court you'd imagine two youngsters at play. Perhaps that is who they are, I thought. Maybe we all are inside.

As we parted company, Vance stopped me. "You know what keeps you healthy," he said. "Enjoy life." NDN

## Emergency Care With Access To All Of Sentara's Skilled Specialists.



When you think it might be serious, you need Sentara. A visit to one of our three 24/7 emergency rooms or three urgent care centers gives you access to all of Sentara's board-certified physicians and specialists. Sentara has the expertise and advanced technology to get you back in action quickly.

### EMERGENCY:

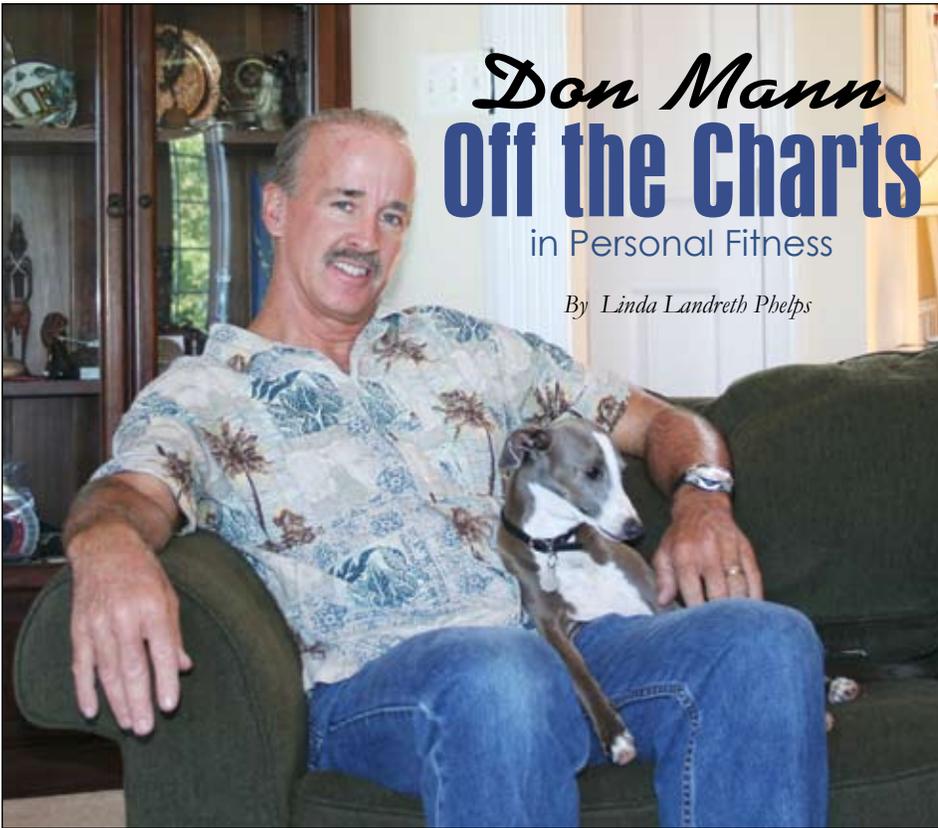
- Sentara CarePlex Hospital
- Sentara Port Warwick
- Sentara Williamsburg Regional Medical Center

### URGENT CARE:

- Gloucester Urgent Care
- New Town Urgent Care
- J. Clyde Morris Urgent Care

[www.sentara.com](http://www.sentara.com) Your community, not-for-profit health partner





# Don Mann Off the Charts

in Personal Fitness

By Linda Landreth Phelps

On a scale of 1 to 10 (with 10 being the fittest), Don Mann undeniably rates a 20. In fact, he's off the chart as compared to most people. In the last 32 years his activities have included not just the legendary Iron Man triathlon, but DOUBLE Iron Mans - two complete races within the same 24 hour period. This York County resident is a retired US Navy SEAL and an extreme sports adventurer who loves nothing more than to push his limits to the hanging-on-by-his-bloody-fingernails maximum.

While most people whose regular jobs

are physically strenuous use their down time to rest, Don's weekends off from his SEAL duties were spent winning ultra-distance events. But that was just the beginning for Don; he decided to make what he loves and does for fun into a paying proposition. He is the founder of Primal Quest, a business which, with the help of his wife Dawn's invaluable support and organizational abilities, produces more expedition level adventure races than any other on earth. These globe spanning events are accurately billed as "The World's Most Challenging Human Endur-

ance Competitions". Don describes these as "a dream come true for the adventure seeking athlete. It demands what all other sports combined can ever ask of an athlete."

This summer, Primal Quest's fifth and latest 10-day, non-stop event in the Montana wilderness featured more than 80 mixed gender four-person teams from around the world. They were competing over a grueling 800 km course which included many different disciplines: mountain biking, trail running/trekking, free climbing, paddling, and others. Participants pack in all their gear including the food they eat and expect no support from anyone during the separate stages of the event. The body's energy stores are completely exhausted during the race and the top teams' sleep averages two hours a day. Primal Quest tests the mental as well as physical fitness limits of each team member, and the purse of more than \$175,000 in prize money, while welcome, is almost beside the point to most competitors.

"You'd think the average person can't even begin to relate to this kind of extreme activity," Don says, "But truthfully, you'd be surprised at the everyday people who just want to test themselves to see what they can do. They finish!"

Along the way, racers experience incredible hardships and physical and mental challenges. They expect to suffer such things as 'blisters, barfing and bears' as one recent news article put it. In the course of such races Don has pushed himself to his oxygen-starved, sleep-deprived, hallucinating, vomiting limits. "My

**Logo Embroidery**  
By Marilee Taylor

**(757) 229-6907**  
**SEWING & SEW ON**  
Custom Embroidery • Vinyl & Ink Transfers  
SINCE 1995  
We now take VISA and MASTERCARD  
[sewons@msn.com](mailto:sewons@msn.com)

**MourlamSTUDIOS**  
Starting a Website and Graphic Design Phenomena.

Call for a **FREE** website design sample.  
Let us show you what your website  
should look like.

**(757) 234-1214**  
[www.mourlamstudios.com](http://www.mourlamstudios.com)

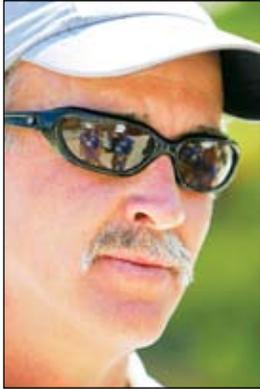
**At Home  
PET CARE**  
Experienced • Insured  
**(757) 229-0050**  
[pawsandclawspet@aol.com](mailto:pawsandclawspet@aol.com)  
**PSI** **FREE Consultation Visit**  
Proudly Serving the Williamsburg  
Area With the Highest Level of Service

**Paws & Claws**  
Pet Sitting Service  
[www.pawsandclawspetsittingservice.com](http://www.pawsandclawspetsittingservice.com)

body might break down, but my mind will keep pushing it," he says. Seemingly not the healthiest thing to do to your body, Don admits when asked, but he says "the training and nutrition necessary in order to compete successfully is what I consider to be the key to good health."

While most of us (this writer included) privately claim remarkable self-discipline when declining a second piece of chocolate, Don has gone for a period of over 20 years without missing a single day of exercise, even performing pushups in the galley of an Australia-bound airplane to keep his record unblemished.

"What I used to do is work out very hard one day and then the next I'd be really sore," he explains. "Doing something every day, cross training in different activities such as weights, running, biking - whatever, keeps me from being sore and enables me to keep



to my regimen. Exercising every day should be as automatic as brushing your teeth, eating, or sleeping. It's just something I choose to do to keep healthy and fit."

Nutrition is extremely important to Don's chosen lifestyle. "I limit sugar and don't salt my food," he says. "I once heard that if you don't put any salt on your food, you're still getting ten times more than you need. I drink one or at most two glasses of wine at dinner. I just try to burn more calories than I consume. Dawn's a great cook and I could easily overindulge, but I don't. Other countries don't

have the same problem Americans do with obesity. I travel all over the world, and it's obvious as soon as I get off the plane. On the whole, other populations are just more lean and fit. Even people we don't consider overweight at home are heavier than average in other countries."

Don seems quite concerned that our survival as a nation hangs upon the physical condition and mental toughness of its people. "As a country I think we're in pretty bad shape," he says sadly. In essence, his advice to America is to put down the chips, get off the couch and get going.

At 51, Don is deeply committed to the disciplined 'No Pain, No Gain' mindset and therefore fully expects to remain fit and healthy for a long time - but longevity is not his chief motivation. An extended period of porch-rocking retirement is just not part of his plan for the ideal future. He'd like to stay healthy to continue his usual challenging activities until he drops - preferably off a mountain. His next favorite exit scenario is to be eaten by a shark during a deep sea dive. "One last shot of adrenaline and BOOM! ...back in the food chain!" he exclaims enthusiastically.

As for me, I guess I'd rather have a comfortable rocking chair, a book, and a box of Godiva. **NDN**

## The Healthy Lifestyle You Develop Today... Ensures a Healthy Life Tomorrow.

"I had a medical condition that I didn't know about that was caused by me being overweight. When I was diagnosed I turned to Fitness Together to help me lose the weight and get in shape. Since January I've lost 50 lbs. and have cured my medical problem." - Kimberly Watson, CPA



**START A HEALTHY LIFESTYLE TODAY!**

**Get one week FREE with a 36-session package**

Offer Expires 10/31/08

Private Training Suites • Accelerated Results Individualized Programs • One-on-One Attention

**757-345-2246**



[www.ftwilliamsburg.com](http://www.ftwilliamsburg.com)

**4854 Longhill Rd. in the Olde Towne Square Plaza**

## Sometimes you need more than an insurance agent, you need a friend.

*Get the advice and personal attention you deserve.*



**Williamsburg Insurance Agency, LLC**

**(757) 476-5816**

4324 New Town Avenue  
Suite B2 • Williamsburg, VA 23188

Elaine Obie,  
Associate Agent

©2008 Nationwide Mutual Insurance Company and Affiliated Companies. Nationwide Life Insurance Company. Home office: Columbus, Ohio 43215-2220. Nationwide, the Nationwide Framemark and On Your Side are federally registered service marks of Nationwide Mutual Insurance Company. Not available in all states. We offer non-Nationwide homeowners insurance products only in FL.



# PERFORMANCE ENHANCEMENT

## THROUGH STRENGTH TRAINING & CONDITIONING

By Natalie Miller-Moore

John Sauer doesn't go through the motions. As the director of speed, strength training and conditioning at The College of William & Mary, he has a lot of weight on his shoulders making sure that the athletes are in shape. In fact, every day he supervises the weight room where athletes from all dif-

ferent teams work out. While John is slowly recovering from a serious shoulder injury his focus is primarily on the student athletes he works with daily.

It used to be that the football team used the weight room most, but John says that several factors have increased the demand

for all athletes to add weight training to their workout regimens. "College athletics have evolved quite a bit. We create programs for all kinds of athletes because every sport wants their players to work on eliminating weakness. And, who doesn't want to see results every day?" he said. Each team has a

### The Place That's Different.

International Art Shows  
Unique Atmosphere  
Outstanding European Food

art café 26

5107-2 Center St., NewTown  
(757) 565-7788

Tues -Thur 8:30am - 5pm  
Fri 8:30am - 9:30pm  
Sat 8:30am - 3pm & 6pm - 9:30pm  
Sun 10am - 2pm

[www.artcafe26.com](http://www.artcafe26.com)



**FREE**  
**Week Trial**

New and Locals Only. I.D. Required.  
Expires 11/01/08

#### Membership Includes:

- Spin & fitness classes
- Cardio machines
- Free weights
- Strength training
- Pilates & yoga

**CHILD CARE**  
**COMING**  
**SOON!**

4325 New Town Ave.  
**229-5874**  
[www.ironboundgym.net](http://www.ironboundgym.net)

William E. Wood  
and Associates  
REALTORS

### Are you confused about the market?

Let me help clear things up.



**Matthew Gonzalez**  
REALTOR

Cell:  
**(757) 903-5252**

[www.matthewgonzalez.net](http://www.matthewgonzalez.net)

lifting time, in addition to practice, class and competitions.

John is in his 21st year at William & Mary, and has 25 years of coaching experience. In that time, he's seen how priorities have evolved quite a bit. The new emphasis has two parts: injury prevention and performance enhancement. John introduces a new term as well: 'pre-habbing' – which is preventing injury, so that no rehabbing is needed. This means strengthening key joints that are often injured in sports, like shoulders, hamstrings, and knees. Of course, if an athlete does get injured, John will help them find alternatives until they are back to full strength.

One of the most important parts of weight training is testing yourself – and John knows about that from personal experience. He was a competitive power lifter as an undergraduate studying physical education. One of his most important tips for players is to focus on form and make sure they are doing the technique correctly, rather than being

overly concerned with the amount of weight they are lifting.

"We design sport specific training. For example, a wide receiver needs to focus on speed and agility, while an offensive lineman will need to work to increase his power and movement skills," John said.

Strength training is more than just lifting weights – there's movement analysis and you have to know how muscles and energy systems work together. Part of John's daily schedule is working with athletes and their coaching staffs, and using his knowledge to help them improve their game, whatever it may be. From gymnastics to track and field to basketball, athletes of all types utilize his experience.

The weight room in the basement of the William & Mary Arena used to be only 1,500

square feet and today the renovated auxiliary gym is 5,500 square feet. It's not just bigger; it's full of more equipment. "In 1995, we got a new weight room upgrade. A lot of the funding came about from alumni donations and support. I think they know the importance," John said.

The strength training room currently contains 14,000 pounds of free weights, 6,500 pounds of dumbbells and 6,000 pounds of rubber bumper plates. In addition, it has 24 custom built Olympic platforms and 18 multi-pur-

pose power racks.

A lot of former athletes have donated funds and equipment over the last 13 years. One of those athletes is Joe Montgomery, who the weight room is named after. Joe, who graduated from William & Mary in 1974, was a star football player in his day.

**"Do the best you can every day. Be ready to work. Don't go through the motions."**

**- John Sauer**

## Having a party this weekend?

**Great!**

Even if you're not...

You don't need a special occasion to enjoy a great bottle of wine.



4680-15 Monticello Marketplace,  
Williamsburg  
**(757) 564-4400**

[www.grapesbythecrate.com](http://www.grapesbythecrate.com)



**Heather Recommends:**  
Staete Landt  
Sauvignon Blanc

**\$17.99**

91 points  
Wine Spectator

Does servicing your European car mean an inconvenient drive out of town?

**We're right here in Williamsburg.**

We have the technical expertise and equipment to service your vehicle the way your dealer does. Give us a call for any of your service needs.



*Audi, VW, BMW, Mini,  
Jaguar, Mercedes Benz, and Volvo.*

**EUROPEAN CARS  
OF WILLIAMSBURG**  
SALES & SERVICE

421 East Rochambeau Drive **(757) 220-9660**  
[www.eurocarsofwmsbrg.com](http://www.eurocarsofwmsbrg.com)

Today, he lives in Williamsburg and is still involved in Tribe athletics.

“I think that the strength training program has had a positive impact on performance,” Joe said. “And, the administration trusts John’s judgment - he knows what needs to be done and there’s efficiency designed into it. And the results bear that out.”

Joe has a lot of faith in the program and attends many of the College’s athletic events. “Going to games, you may not know the preparation that goes into it,” Joe explained. “But it’s a direct result of the work the athletes put in with John. John Sauer is the rock of the program. He built the foundation of what they’ve done there. I just wanted to try to give him the right tools. He’s done a marvelous job of creating one of the premium strength training programs in the country.”

John explains that expectations of athletes are up, and that they need to be in shape even for practice. “The idea is to push them to the next level. A lot of the emphasis on

health, fitness and training filters down from professional sports,” John said.

Joe agrees that the program has moved towards professionalism and improved potential for athletes. “With John’s expertise and the right equipment, anyone who wants to get better can. The effort and time gives them an advantage,” he said.

If you don’t happen to be a college athlete, don’t despair. If you’re looking to improve fitness, John has advice for you, too. “I recommend alternating weight training with something you enjoy like swimming or biking. And try to work it into your program. It can be a great motivator to see results, but in order to stick with it you’ve got to enjoy it!”

He also recommends programs with personal trainers and classes at local gyms to stay motivated. It’s important to have support and to get into a routine so you can stick with your program.

There are some misconceptions about lifting weights that still persist, like that weight

training is something for bodybuilders. But the modern version of lifting weights is that it’s an accent to a well-rounded exercise program. “Do it correctly, do it well, and you’ll feel better about yourself,” John said.

It’s also important to prepare muscles for exercise. “Get a good stretch before and cool down afterward. Stretch out afterward and make sure you are doing things gradually,” John said.

One of the most rewarding things for John is how people surprise themselves. “Kids who’ve never really tried strength training get the hang of it and see an improvement after a semester or two,” John said. “I think it improves their confidence and carries over to their sport.” If they need even more motivation, John has a few encouraging words to offer that have become his mottos: “Do the best you can every day.” “Be ready to work.” “Don’t go through the motions.” For those who are fitness oriented these are words to live by. NDN



## Your financial future is worth discussing in person.

**Williamsburg Financial Group (WFG) is the solid, local choice for individuals and companies seeking assistance with financial planning. We value *working together* with our clients to exceed their expectations both in exceptional service and superior investment advice.**

**With over 20 years of financial planning expertise—WFG offers the complete array of wealth management solutions including financial planning, portfolio management, investment banking, insurance services, trust services, employee benefits and consulting service.**

**4365 New Town Avenue | [WilliamsburgFinancialGroup.com](http://WilliamsburgFinancialGroup.com) | 757.941.2600**



“At Williamsburg Financial Group, we value working with our clients one-on-one to exceed their expectations—we believe that money goes where it is treated best.”

— *Lyle K. Schiavone, President Williamsburg Financial Group*

This does not constitute an offer to buy or sell any security. Brokerage services provided by MCG Investment Management, LLC. Accounts carried by First Clearing, LLC, Member New York Stock Exchange and SIPC. Securities are not FDIC Insured/ Not Bank Guaranteed/May Lose Value.

# Everything in Moderation

## FRANK ROSALIE ON GOOD HEALTH

By Alison Johnson

Frank Rosalie can remember the moment he vowed to make good health a central part of his life. It was 1978, and he had just graduated from college and taken his first job at a brokerage firm on Wall Street. He was a skinny guy, 5-feet 10-inches tall and about 135 pounds. He had played baseball and softball but never worked out regularly like many of his friends. Then he took one look at his new co-workers and

went into a bit of shock.

“These were guys my age or maybe just a little older with these big stomachs, walking around looking




**Parlett's**

- STATIONERY
- CARDS
- GIFTS

Come see us at the corner of Foundation St. & New Town Ave. at the Clock Tower in New Town. Visit New Town Coffee & Tea next door!

(757) 564-7000 [www.parletts.com](http://www.parletts.com)

**New Town Coffee & Tea**

Come in to register to win a 5 lb. bag of Jamaican Blue Mountain Coffee! \$165 retail value

- Specialty Candy
- Daily Tea Time
- Breakfast Anytime
- Wraps & Sandwiches
- Salads, Soups & Sides
- Organic Coffees
- Smoothies & Frappes



Next Door to Parlett's 757-564-1794

**PEDERSEN LAW PLLC**



- Family Law
- Real Estate
- Probate
- Corporate Counseling

4808 Courthouse St., Suite 207B, Williamsburg, VA 23188  
**757-903-4410** • Fax 757-903-4412  
[www.hjpedersenlaw.com](http://www.hjpedersenlaw.com)

all worn out and just a lot older than they really were,” Frank said. “It was like a light bulb went off for me. I was like, ‘I can’t let myself get like that.’ In six months, I had transformed my body and my life.”

Three decades later, Frank’s motivation has only grown stronger. After leaving behind a long career as an accountant – and trading New York life for Virginia, a place he had vacationed – he has become a certified personal trainer and lifestyle and weight management consultant. Frank and his wife, Laura, are co-owners of Fitness Together, a private personal training studio in James City County.

While nutrition and fitness are major parts of Frank’s life and job, the 53-year-old also believes that he succeeds by not being a fanatic about health. “It’s doing everything in moderation that makes this all part of my lifestyle – something that comes naturally rather than something forced,” he said.

First, Frank never diets, and he doesn’t deprive himself of the occasional hamburg-

er, hot dog, pizza or beer. Instead, he eats mostly healthy meals and snacks about five times a day and drinks a lot of water, never letting his stomach get too empty.

“Diets don’t work – they just tell you what you can’t have and make you want that more,” he said. “If you eat too little, your body goes into starvation mode, your energy drops, you get in a terrible mood and it messes up your metabolism.”

As for exercise, Frank usually takes an entire week off about every two months to let his body rest. He also doesn’t work out for more than about 45 minutes at a time.

“Generally, if you go for more than 45 minutes or an hour, you get tired, you’re not using your muscles well and your intensity falls off,” he said. “And it’s OK to take a few days off. Maybe your strength level will go down a little, but it’s not hard to get it back going.”

Frank’s days start with a big glass of water and a bowl of Shredded Wheat or plain waffles for breakfast – a meal he said too many

of his clients skip. “Even if you can get a cup of yogurt and some water into your body, that’s good,” he said. “You’re much less likely to overeat later on.”

Lunch is typically turkey breast or tuna on 100 percent whole wheat bread. That brings Frank to another point: the importance of studying food labels. Wheat breads that don’t list whole wheat flour as the first ingredient, for example, may not be much (if any) better than white bread. Soups and frozen meals – even diet varieties – can be loaded with salt and carbohydrates. And a single snack package might hold two or more servings.

“Just because a word like ‘diet’ or ‘natural’ is on something doesn’t mean it’s healthy,” he said. “I shop for our food, and if I’m buying something I’m not familiar with, I read that label very closely.”

Frank doesn’t have a sweet tooth, so snacking on fruits such as apples and bananas is easy. For dinner, he and his wife usually cook chicken or fish, using spices rather than heavy sauces or butter for flavor.

Did you know...

# You Can Choose Your Physical Therapist?

“It’s true. While most doctors will give you the name of a local physical therapy provider, you are really free to select the services of the physical therapist you are the most comfortable with. When it comes to therapy it really is all about you.”

**Shiela M. Robison, MSPT**  
13 years experience as a licensed Physical Therapist

- Physical Therapy
- Massage
- Fitness

Call us for an appointment.  
**(757) 258-1221**



**Anna Dube, DPT**

**312-J Lightfoot Rd. Williamsburg, VA • www.reachforperformance.com**

# THINK GREEN

THINK  Thomas Nelson  
COMMUNITY COLLEGE

## Register Now!

*Looking for a few good men and women to take the challenge to explore, to excel and to succeed.*

For more information, call (757) 253-4755.  
Email: [ThinkGreenatTNCC@tncc.edu](mailto:ThinkGreenatTNCC@tncc.edu)



**Check out our new Associate of Applied Science in Paralegal Studies at the Historic Triangle campus. Learn some of the environmental, energy, and natural resources laws and other related public policies from a legal perspective.**

Explore. Excel. Succeed. [www.tncc.edu](http://www.tncc.edu)

<p>Hampton Campus 99 Thomas Nelson Drive P.O. Box 9407 Hampton, VA 23670 (757) 825-2700</p>	<p>Historic Triangle Campus Busch Corporate Center 161-C John Jefferson Square Williamsburg, VA 23185 (757) 253-4300</p>	<p>Southeast Higher Education Center <i>located at An Achievable Dream Middle and High School</i> 5720 Marshall Avenue Newport News, VA 23670 (757) 283-7820 ext. 63532</p>
---	--	---

“I’ve lost weight from watching the way he keeps himself,” Laura said, who has been married to Frank for 22 years. “I used to try not to eat much, but he taught me that you always have to keep food in your body. I like that he’s focused but not a fanatic. We still go out for dinner on weekends and eat good foods – he enjoys life.”

Her husband also enjoys staying busy. With a philosophy that bodies are built to move, Frank walks on a treadmill for about 35 minutes twice a week (he doesn’t like running because of the stress it can put on knees) and strength trains four days a week with a weight set that includes dumbbells ranging from five to 85 pounds. At his studio, he and three other trainers work with about 35 active clients. The lifelong football and baseball fan is also learning how to play golf.

Regular exercise, Frank has noticed, doesn’t just help him stay at a healthy weight, sleep soundly and feel energetic and self-confident. He also believes it has changed his taste buds so that he doesn’t crave un-

healthy foods. “I’ve seen it with my clients, too – things like chocolate and sodas, they just don’t enjoy them as much,” he said.

Frank also links good health with a willingness to make major life changes and follow a passion. When he graduated from the College of Staten Island 30 years ago, he pictured himself as a lifelong accountant. Then he became a victim of staff layoffs a couple of years after Merrill Lynch bought out his company in 2000.

“I realized that I was just tired of being an accountant, of doing the same thing every month,” he said, still speaking in a fast clip and with a clear New York accent. “I didn’t feel like I was accomplishing anything or helping anybody.”

Frank bounced between odd jobs for a time, including a six-month stint selling used cars and a year at Home Depot. Then his wife, seeing his dedication to workouts in their basement, suggested he look into personal training. By early 2006, Frank had earned two certifications from the Ameri-

can Council on Exercise, or ACE, a national nonprofit that promotes an active lifestyle.

The Sept. 11 terrorist attacks also made the couple want to move to a place where they’d found kind people, interesting history and a generally more relaxed pace. Though they’re now happily settled in Virginia with dogs Samantha and Cleo, their transition wasn’t all smooth: In 2003 they came to look at houses the day before Hurricane Isabel was due to hit, a fact they discovered from their Realtor. They headed back to their New Jersey home the next day after losing power at their hotel.

As Frank has learned from building a healthy life, the early days often are the toughest stage of any transformation. “The hardest part is just to get going, because it takes effort to create new habits,” he said. “Once you make this a habit, it’s really pretty easy – and you feel so good.” NDN

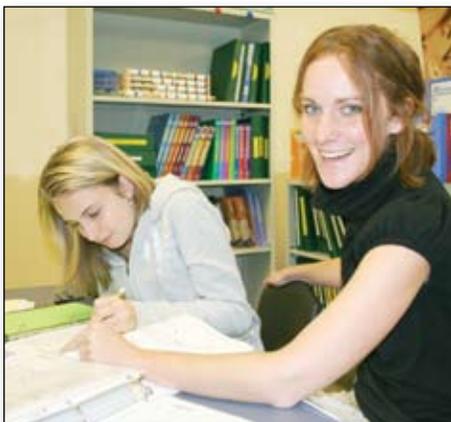
## Even Good Students Can Benefit From Huntington Learning Center

Your teenager can do more to prepare for college and improve test scores by enrolling in Huntington Learning Center.

We prepare students for their future by teaching them critical thinking skills and giving them the tools they need to be successful in college:

- SAT preparation
- writing curriculum
- study skills

...and more.



Colleen Ziemba, Education Director, works with high school senior Ashley Young on college prep skills.

**\$125<sup>00</sup> off**

**Diagnostic Evaluation**  
when you call by  
**October 21st!**

• 30 Years of Teaching Students to Learn.



**120 Monticello Avenue**  
**1-800-CAN-LEARN**  
[www.huntingtonlearning.com](http://www.huntingtonlearning.com)

TICKETS HERE

**Village Events**

Present the

**YORKTOWN WINE FESTIVAL**

★ 2008 ★

*The Best of Virginia in Yorktown*

OCT 4th  
RIVERWALK LANDING  
HISTORIC YORKTOWN  
TIME: 11 AM - 6 PM  
ADVANCE TICKETS ARE \$20

ALSO JOIN US FOR WINE & DINNER  
AT NICK'S RIVERWALK RESTAURANT  
TIME: 7 PM TICKETS: \$65

TICKETS ARE AVAILABLE AT:  
[WWW.VILLAGEEVENTS.ORG](http://WWW.VILLAGEEVENTS.ORG)

SPONSORS: **TOWNE BANK**  
*A Tradition of Honorable Banking*

**ALTO HALS** **York County** **KELN CREEK**

**WineLover** **HamptonRoads**

**Bay** **York County Historical Museum** **The York Town Center** **The Popcorn Post**

PROCEEDS BENEFIT THE YORK COUNTY HISTORICAL MUSEUM

# Taking a Natural Approach to Good Health

By Suzi Drake



When it comes to health, for the most part, people look to medicine and surgery to fix what ails them – a pill for this, a nip or tuck for that, and another pill for the pain caused by that nip or tuck. This may seem like the natural order of modern medicine. What Dr. Al Rothstein sees is an endless cycle of overmedication, quick fixes and designer drugs.

“I hate to see people on (prescription) drugs,” Al said. “If you have a problem and you go to the doctor, there is probably a drug to fix it. But, more often than not, all it will do is cover up the symptoms, not cure the problem. You could be on that drug forever and never really get better.”

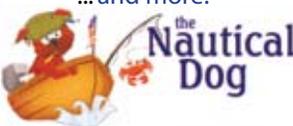
Instead of popping pills, Al, a doctor of alternative medicine, looks to the healing benefits of herbs, millennia-old wisdom of Chinese medicine and simplistic principles of homeopathy

**Why can't I be the Pirate instead of the Lady Bug??!**

Now is the Time to Select Your Dog's **Halloween Costume!**  
xx small to xx large

Party Collars	\$8.99 - \$13.99
Costumes	\$24.99 - \$28.99
<i>Lady Bug, Lion, Fairy, Bumble Bee, Pirate</i>	
Plush Dog Beds	\$99 - \$149

... and more!



Home Decor, Dog Bakery, Nautical Gifts, Dog Clothing and Accessories, Candles, Dog Breed Gifts and More!

OPEN 10-6 TUES-SAT 12-5 SUN



**ROXY**

**DOGS ARE WELCOME!**

5104 Main Street • New Town • (757) 220-2001

**SCOTT'S POND**



**5852 Montpelier Dr.**  
WILLIAMSBURG

*Almost 2,700 sq. ft. home in a family oriented subdivision with a well landscaped yard. Open floor plan, large first floor master bedroom, huge bonus room over the garage.*



Robert Marakos  
Cell Phone  
**(757) 570-4076**

to cure what ails him and his family.

“Holistically speaking, whatever is wrong with your body – asthma, fibromyalgia or whatever – stems from your body’s immune system not being able to deal with the problem because it is not nourished properly,” Al explained. “You are sick because your body is missing a certain substance.”

To put it in layman’s terms: “It’s like trying to run a car without enough transmission or brake fluid,” he continued. “You have to make sure your body has what it needs to run properly.”

By finding the right balance of good food, supplements, herbs and physical activity, Al has found it is possible to avoid the use of unnecessary chemicals and prescription drugs, even for his 12 year-old who has been diagnosed with Turrets syndrome.

“He was 8 when he was diagnosed with Turrets,” Al remembered. “So the first thing his pediatrician wanted to do was put him on

Clonidine – a pretty serious drug.” Though the drug would suppress the ticks associated with Turrets, Al knew it would also turn his son into a zombie, all but putting him to sleep.

“I knew I didn’t want to do that, so we did some research and came up with a perfectly natural way of controlling the disease,” Al said. “He takes 14 natural supplements, no drugs. And to sit with him now, you would never know he had the disease.”

With some solid research and bits of nature, Al was able to accomplish what a designer drug aimed to do, and without undesirable side effects. This sums up his entire approach to health – do it naturally.

Unlike chemical drugs, which carry risk of side effects and adverse reactions, all natural and alternative medicines – such as herbal therapy, aromatherapy, acupuncture and ayurvedic medicine – don’t pose any threat to the body, even if they don’t accomplish

the desired result right away.

“Some people think that alternative medicine can cure anything, which of course is not the case,” Al said. “It is not a quick fix. Some things work and some don’t. But the beauty is, that while you are looking for the right mixture of herbs, you aren’t doing any harm.”

But, as with anything, too much of any one supplement, herb or what-have-you, can be, as they say, too much of a good thing.

“Some of the supplement manufacturers can be as misleading as the drug companies,” cautioned Al. “Read labels, be educated and know what you are putting in your body.”

This is perhaps Al’s most tried and true mantra – from supplements and vitamins, to the bread he buys and vegetables he puts on his table – he knows what is going into his body and shuns the claims of over-zealous advertising campaigns.

“People wind up getting most of their

*You Can Dress Me...  
As Often As You Like*



CHANGE MY  
OUTFIT WITH  
EACH SEASON!

**LA BELLE VIE**  
Essentials for Body, Home & Garden

**Making Life Beautiful!**

4324 New Town Avenue, New Town, Williamsburg  
Across from Ironbound Gym  
Hours 10 - 6 M - F, 10 - 5 Sat. or by appt. 757-565-5725

**MAKE IT, TAKE IT, BAKE IT!**

# Create More Family Thyme!



Eating together as a family has extremely positive benefits for your children and the family as a whole.

**So why not let Supper Thyme create more family time?**

Here are some benefits of making family time around the table a priority:

- Influences Good Decisions
- Creates Conversation
- Creates Healthful Habits
- Teaches Life Skills
- Teaches Manners

**Spend an hour or two in our kitchen and make meals for the month!**

We'll take care of the shopping, chopping, and mopping.

**(757) 229-1262**



4854 Longhill Rd., Williamsburg [www.supperthymeusa.com](http://www.supperthymeusa.com)

nutritional information from TV, and there is really very little nutritional information on TV," Al said. "A lot of what you see comes straight from Madison Avenue and is just trying to sell a product."

Whenever possible, Al foregoes the name brands all together and sticks to organic foods.

"I stay away from white flour. They strip away all the nutrients and throw in a few synthetic vitamins," Al

said. "Similarly, an organically grown tomato and one grown traditionally in artificially fertilized soil carry nowhere near the same nutritional value."

"You've seen it before, boxes that say 'A good source of vitamin D'," he said with a disapproving laugh. "The amount offered in

a serving is most likely less than one-fifth of what you need."

In addition to putting only the good stuff in his body, for a complete and healthful lifestyle, Al keeps it moving. His exercise routine may include a run

in addition to the 100 sit-ups and 100 push-ups he does daily.

To maintain a healthy body and mind, Al eats well, and gives his body what it needs to run properly.

He subscribes to a

regimen of supplements and vitamins. Although he may rely on less traditional forms of medicine, his formula for a healthy lifestyle sums up a very familiar philosophy – eat right, exercise and take your vitamins. NDN

**“Read labels, be educated and know what you are putting in your body.”**

- Dr. Al Rothstein

## Next Door Neighbors

### Publisher

Meredith Collins

### Managing Editor

Joe Collins

### Copy Editor

Al White

### Writers

Linda Landreth Phelps,  
Suzi Drake, Rachel Sapin,  
Brandy Centolanza, Sara E. Lewis,  
Ashley Bateman, Natalie Miller-Moore

### Cover Photographer

Lisa Cumming

### Advertising Information

(757) 560-3235

Please email your questions, comments and ideas to:  
[meredith.collinsgroup@cox.net](mailto:meredith.collinsgroup@cox.net)

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

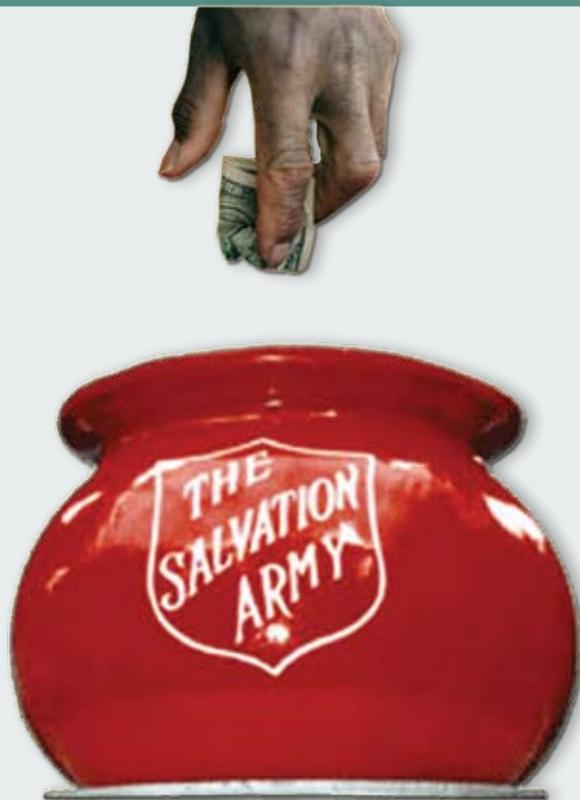
Circulation: 34,759

[www.wburgndn.com](http://www.wburgndn.com)



COLLINS GROUP LLC

PO Box 5152, Williamsburg, VA 23188



Ad Donated by Advisory Board  
**VOLUNTEERS NEEDED - CALL 757-229-6651**  
[salvationarmywilliamsburgva.org](http://salvationarmywilliamsburgva.org)

# Join us for the The Salvation Army Kettle Kickoff!

## Sat., Nov. 22nd in New Town

10 am to 2 pm

(In front of the movie theatre)

- Face Painting
- Carollers
- Santa Claus
- Kettle Kick Off
- Angel Tree
- *More Fun!*

## Everyone is Invited!

FOR MORE INFORMATION CALL 757-229-6651



DOING  
THE MOST  
GOOD™

151 Kristiansand Dr. #109 Williamsburg, VA 23188

# Hey Neighbor!

There are more community announcements for October that did not fit on this page.

Please visit [www.wburgndn.com](http://www.wburgndn.com) and click on **Hey Neighbor!** for a complete list of current community announcements.

## Hey Neighbor!

### THE KEVIN EADIE FOUNDATION

Kevin is a kind-loving, sweet-natured, beautiful little boy who WAS healthy until just a few years ago. Sadly, Kevin has a very cruel and devastating rare neurodegenerative disorder called Niemann-Pick Type C. He has suffered greatly over the last 2 years. The emotional and financial responsibility is enormous. The Kevin Eadie Foundation supports desperately needed research to find an effective treatment or cure and also assist with the increasing medical costs. Please visit Kevin's website at [www.helpkevin.org](http://www.helpkevin.org) to learn more about Kevin, and NP-C. Support his foundation by donating online or at Towne Bank, posting a message on his website, or by participating in the 1st Annual Kevin Eadie Golf Tournament. For more information, contact Brenda Eadie, email: [Kevinmom@helpkevin.org](mailto:Kevinmom@helpkevin.org)

## Hey Neighbor!

### 3RD ANNUAL CUT OUT BREAST CANCER CUT A THON

September 27, 2008

11 am in New Town under the Gazebo. Local stylists will be cutting hair with all proceeds being donated to The American Cancer Society. Mystery box raffles and other raffles. Contact Mandy Madden at Shear Magic, 757-259-7444, with any questions.

## Hey Neighbor!

### GRIEF SHARE RECOVER SEMINAR & SUPPORT GROUP

Begins September 29, 2008

7 pm at Williamsburg Community Chapel. Open to anyone who has experienced loss through the death of a family member or friend. 13-week video seminar featuring some of the nation's foremost Christian experts on grief recovery. Provides the opportunity for participants to discuss seminar content and

how they are dealing with the death of their loved one. Register online at [www.wcchapel.org/registration](http://www.wcchapel.org/registration) or contact Carol Williams at 757-258-5449.

## Hey Neighbor!

### DIVORCE CARE

Starting Monday, September 29, 2008

Mondays at 7:00 p.m. at Williamsburg Community Chapel. Thirteen-week video and support group program for those who are separated or divorced. Topics include "Facing My Anger," "New Relationships," "Financial Survival," and "KidCare." For more information, contact Marelyn McGinnis at 564-6373 or register online at [wcchapel.org/registration](http://wcchapel.org/registration).

## Hey Neighbor!

### 8th ANNUAL HICKORY NECK EPISCOPAL CHURCH FALL FESTIVAL

October 4, 2008

10 a.m. to 3 p.m.; 8300 Richmond Road, Toano; (757) 566-0276. Homestyle cooking including our famous Brunswick Stew as well as Pork Barbeque and Chili. Silent Auction, Live music, "Amazin Grazin" Bake Sale. Future Delights are meals and other gourmet items that can be pre-purchased for delivery at your convenience. Children's Activities including face painting and Moon Bounce. Tours of the Historic Chapel and grounds. Arts and Crafts Show and Sale. All proceeds go to local charities. Call Mark Kintner, festival chairman, at 741-2051 for information and quotations.

## Hey Neighbor!

### 2008 CONSERVANCY CHALLENGE GOLF TOURNAMENT

OCTOBER 9, 2008

The Williamsburg Land Conservancy will hold its 2nd annual golf tournament at Ford's Colony Country Club on the Blue Heron Course. Join us for a fun day of golf, camaraderie, raffles, a silent

auction, and more. All proceeds will go to help the Conservancy carry out its mission and conserve and steward our land resources for future generations. For more information visit [www.williamsburglandconservancy.org](http://www.williamsburglandconservancy.org) or call 565-0343.

## Hey Neighbor!

### 16TH ANNUAL HERITAGE HUMANE SOCIETY'S 5K RUN

October 11, 2008

16th Annual Heritage Humane Society's "Run For Their Lives" at Ford's Colony D. J. Montague Elementary School; 8:30 a.m. One mile fun run / 9 a.m. 5K run/walk; Registration - 7:30 a.m.; Register online at [www.active.com](http://www.active.com). For more information, contact Robyn Sulanowski, [rsulanowski@aol.com](mailto:rsulanowski@aol.com) or 757-258-8933.

## Hey Neighbor!

### 6th ANNUAL CIAO ITALIAN FESTIVAL

October 11 & 12, 2008

The 6th annual Italian Festival will be held at Walsingham Academy from 11 a.m. to 6 p.m. Sponsored by the Colonial Italian American Organization, the Festival funds educational activities, over \$50,000 worth from the previous five. The Festival offers family fun, Italian food, wine tasting, arts and crafts, and a wide variety of musical entertainment. There will be kids' activities, great Italian food, and 40 arts and crafts vendors. Tickets with wine tasting are \$12 in advance, or \$8 at the gate. Tickets without wine are \$5 advance and \$8 at the gate. Military and dependents are free, kids 15 and under are free, and parking is free. Buy advance tickets online at [www.ciaowilliamsburg.org](http://www.ciaowilliamsburg.org) or call 757-220-5535 for local ticket outlets and complete information.

### ATTENTION

#### NON-PROFIT ORGANIZATIONS!

Please email [heyneighbor@cox.net](mailto:heyneighbor@cox.net) on or before Tuesday, October 7th to be considered for inclusion in the October 23rd issue of *Next Door Neighbors*.



## A PINK CARPET EVENT to premier "A CALENDAR TO LIVE BY" 2009

Wednesday, October 15, 2008 • 6:30 pm - 9:00 pm • Williamsburg Chrysler Jeep Kia Showroom • 3012 Richmond Rd.

\$50 per person - includes a calendar. Silent Auction. Heavy hors d'oeuvres, wine and beer. Attire: "Denim to Diamonds"

FOR MORE INFORMATION CONTACT MARY BETH GIBSON 757-741-1027.

VISIT [WWW.BEYONDBOOBSSINC.ORG](http://WWW.BEYONDBOOBSSINC.ORG)

# What's really happening in our market?

- **What do we know?**

The real estate industry's tracking on where buyers come from indicates that 84% search the Internet for their next home.

- **What are your fears?**

Most often Sellers express their concerns when their homes are not marketed by traditional means - newspaper and magazine ads, open houses and the like that we are not reaching the potential Buyer.

- **What do we sense?**

I have been tracking the "hits" to our link from the *Daily Press* web site. The August results are a strong reinforcement for marketing homes on the Internet. 17,339 "hits", 776 specific details requested on 317 properties with 66 map and driving requests made - and this is just from one site.

When you interview your next agent - the question should be not how many ads and open houses will you do - but - how are you and your company reaching out to and capturing those 84% searching the Internet for their next home?

*Angela Dougherty, Managing Broker*



The best way to shop for homes is online.  
The best website to go to is...

[www.williamewood.com](http://www.williamewood.com)

757-229-0550

5208 Monticello Ave., Williamsburg, VA 23188

Next Door Neighbors

Collins Group, LLC  
PO Box 5152  
Williamsburg, VA 23188  
(757) 560-3235

PRESORTED  
STANDARD  
U.S. Postage  
**PAID**  
NORFOLK, VA  
PERMIT NO. 33