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In this issue, we introduce you to some of our local medical professionals who share their thoughts about how we can live healthier lives. When you read their stories, you will discover that what they share with us really isn't all that new or profound; they simply reiterate the fundamentals of how to take better care of ourselves - health tips we have probably heard many times over.



Meredith Collins, Publisher

As we all know, however, understanding what we should do and doing it are two different things. We tend to pick and choose what we want to listen to and what we want to take action on. As I move closer to my 50th birthday, I have changed my eating habits and started exercising more. I have spent the last few months steadily increasing the number of men's pushups I can do to firm up and build strength. However, at the same time I am working to get my heart rate up and improve my stamina, I am still enjoying cigars knowing full well they are working against everything I am trying to achieve. Intellectually I know it doesn't make sense, but from a leisure standpoint it does. I simply enjoy smoking cigars with my husband on our back porch or when I'm on the road on a pretty day.

Nevertheless, as I edited these stories I couldn't help but examine the inconsistencies in my own lifestyle again. When you read these stories I encourage you to reflect on the advice provided by these medical professionals and examine any inconsistencies in your own life. Awareness and acknowledgement are the first steps in initiating positive, healthy changes. NDN

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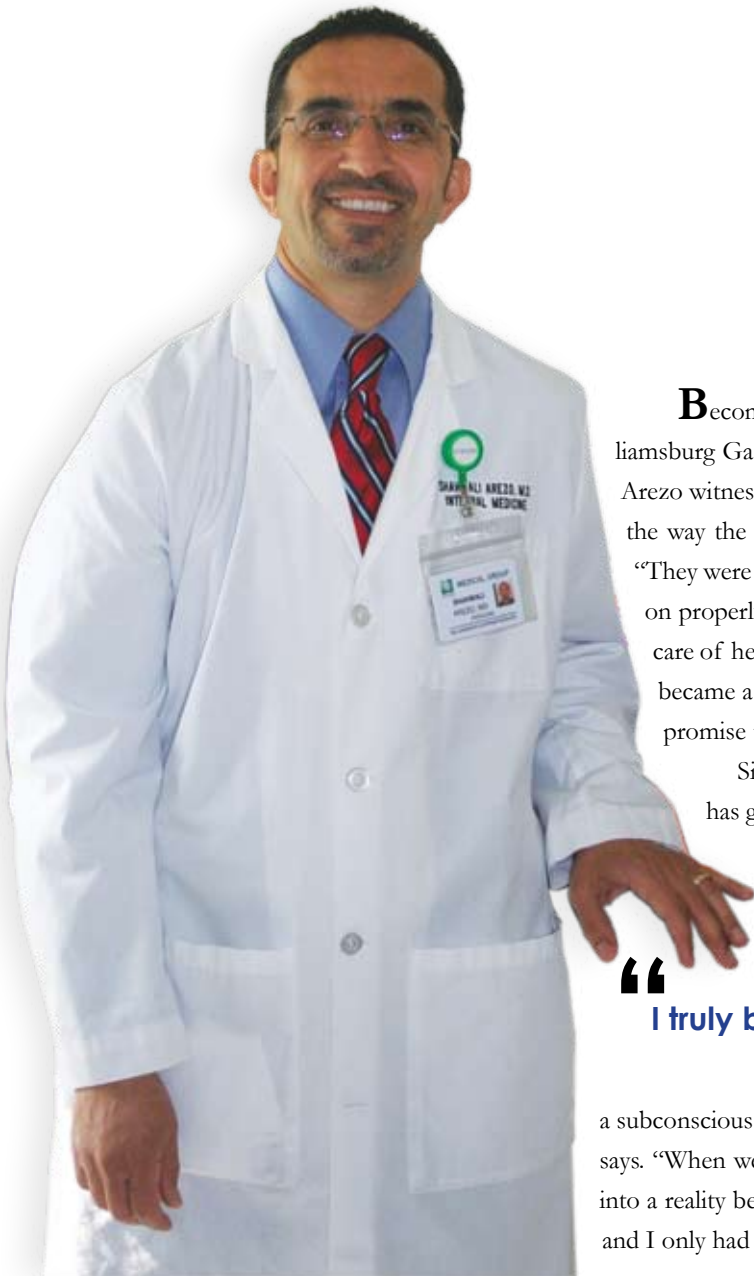
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Dr. Shahwali Arezo

GASTROENTEROLOGY

By Rachel Sapin



Becoming a doctor was a long-time dream for Dr. Shahwali Arezo of Williamsburg Gastroenterology. At 15-years-old while growing up in Afghanistan, Dr. Arezo witnessed his mother go through a near fatal gall bladder operation. “I hated the way the surgeons treated my mother,” he says, remembering the experience. “They were just arrogant and talking down to us. My mother hadn’t been operated on properly and got infected, but the surgeons blamed me because I was taking care of her. One day in her room while she was recovering, I swore that if I ever became a doctor, I would not treat patients like that and I think I have kept my promise to this day.”

Since he has been in private practice as a gastroenterologist, Dr. Arezo has gone on to refer more than 100 patients for safe gallbladder surgery. “I truly believe that it’s a privilege to be a physician,” remarks a man who arrived in Richmond 25 years ago with little more than old clothes in his suitcase and the 3-year old shoes on his feet. “I think that at

“**I truly believe that it’s a privilege to be a physician.**”

- Dr. Shahwali Arezo

a subconscious level, my mother’s experience influenced me to become a doctor,” he says. “When we came to Richmond, I honestly wasn’t sure if my dream would turn into a reality because I had so many obstacles: no money, not knowing the language, and I only had a 10th-grade education from Afghanistan.”



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Although Dr. Arezo grew up having a quiet and comfortable life on a small farm in Shamali, Afghanistan, that life fell apart when Communists seized the country in 1978. “My father was a Major in the Afghan Army when the Communists took over,” Dr. Arezo explains. “Shortly after that he resigned.” For refusing to join the Communist party, Dr. Arezo’s father was arrested and never seen by the family again.

The family fled the country soon after his father’s arrest, fearing for their own safety. They hired smugglers to take them through the mountains of Afghanistan into Pakistan and obtain fake passports and visas, which allowed them to cross the border into India. Once in India they lived off stipends from the United Nations. “We went from being middle class to relatively poor people over the course of three years,” says Dr. Arezo.

After living in India as refugees for two years, the family migrated to Richmond where Dr. Arezo’s sister was already living with her husband and his family. Once in the United States, Dr. Arezo’s struggles were far from over: he faced entering the U.S. workforce without a high school diploma. “It was very hard and I hated it here the first six months,” he remembers. “I was depressed because I couldn’t get a job; everywhere I looked they would say, ‘Do you have any experience?’ ”

Dr. Arezo had neither the education nor the experience to satisfy employers, and it was his sister, then working as a nurse at Medical College of Virginia Hospitals (MCVH), who encouraged him to study for his General Equivalency Diploma (GED). “With her encouragement, I obtained my GED, and then enrolled at J. Sargeant Reynolds Community College,” he says.

Within six years of living in the United States, Dr. Arezo went from having a 10th-grade education to obtaining a B.S. in Chemistry from Virginia Commonwealth University. From there, he applied for medical school, where he encountered more setbacks but continued to receive encouragement from his sister. “When I did not get accepted into any of the three medical schools in Virginia for 1990, I was devastated,” he says. “My sister encouraged me to study harder, take the exam (MCAT) again and apply again to all three medical schools in Virginia. Sure enough, I got admitted to EVMS [Eastern Virginia Medical School] for 1991. Later on, she encouraged me to do my residency in Internal Medicine at MCVH. She told me how much experience the interns and residents would get there during the three years of training. Finally, she encouraged me a great deal to spend three more years and become a specialist.”

As a gastroenterologist, Dr. Arezo studies a variety of diseases and disorders that occur throughout our digestive system including the esophagus, stomach, and small and large intestines. “It’s a wide spectrum of things that we deal with in gastroenterology,” he ex-



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plains. "That's one of the reasons why I really like it."

Dr. Arezo's unique cultural background has given him a thoughtful outsider's perspective on many of the gastrointestinal (GI) disorders he encounters in his patients on a

more meat and more fatty foods than vegetables and fruits which are primary sources of dietary fiber," he says. The Harvard School of Public Health labels diverticulitis as one of the most common age-related disorders of the colon in western society. In North

as diverticulitis and constipation result from people not feeling like they have enough time to prepare healthy, balanced meals.

"There is a difference in how time is regarded in both cultures [Afghan and American] and it is manifested in the way food is prepared and eaten," he explains. "In the U.S., people tend to eat food fairly quickly and often in a hurry, so they can get back to work or whatever they need to do. There is very little socialization and eating at the same time. This is so different from the Asian countries such as Afghanistan. In Afghanistan, most people eat food freshly prepared that same day. People don't eat canned food or consume food with a lot of additives. We bake our own bread, make our own cheese and yogurt. Mealtimes may last for more than an hour. Afghans usually have long conversations with their families and friends while they enjoy their meal."

It is in fact, this combination of un-

“...it's not the medication that you give these people; it's the time you spend with them, listening to them, that helps you find the real source of the problem.”

- Dr. Shahwali Arezo

daily basis. He finds that many common GI disorders result in part from the lifestyle and eating habits that predominate in American life. For example, a disease that Dr. Arezo often sees manifested in patients is diverticulitis, an inflammation of the intestine, which occurs in part from having a lack of fiber in one's diet.

"Generally speaking, people in the U.S. eat

America, this painful disorder is estimated to occur in one-third of all those over age 45 and in two-thirds of those over age 85, while constipation (another symptom caused by a lack of fiber) is the most common gastrointestinal complaint in the United States and is of particular concern for the elderly.¹

Dr. Arezo believes that the prevalence of gastrointestinal conditions in the U.S. such

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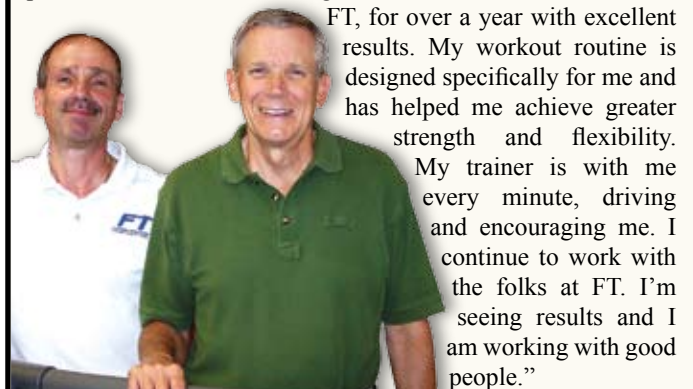
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healthy eating and feeling stressed for time that contributes to the prevalence of another gastrointestinal disorder in the U.S. known as irritable bowel syndrome (IBS), which is characterized most commonly by cramping, abdominal pain, bloating, constipation, and diarrhea. One in five Americans have symptoms of IBS, making it one of the most common disorders diagnosed by doctors.²

Because doctors have been unable to find a concrete physiological cause for the disorder, IBS has often been thought to be caused or intensified by emotional conflict or stress.³ “I do believe that psychology plays a big role in some of the conditions that we treat in gastroenterology, particularly the people coming to you with abdominal pain, diarrhea, and other vague symptoms,” says Dr. Arezo. “People can come to you with any of these symptoms, but when they are more relaxed and less anxious, they tend to have less of these problems or these problems tend to be

not as severe as when they are under so much stress.”


For patient’s who have painful gastrointestinal symptoms as a result of emotional or psychological turmoil, Dr. Arezo makes sure to get to the root of the problem before prescribing a specific medication. “Some of the most difficult patients with IBS that I have seen have underlying issues contributing to their symptoms - whether it is a marital problem, financial problem, or whether he or she has been sexually abused in the recent or distant past,” he says. “Honestly, it’s not the medication that you give these people; it’s the time you spend with them, listening to them, that helps you find the real source of the problem.”

Regardless of whether the symptoms are physiological, psychological, or a combination of both, Dr. Arezo advises coming in and getting a check-up if you are experiencing painful or unusual gastrointestinal symptoms.

Although IBS itself is not fatal, its symptoms can sometimes warn of more severe issues in the GI tract.

“In a typical GI practice, I would say 30 to 50 percent of patients have some symptoms of IBS,” says Dr. Arezo. “Most of the people that I see with symptoms of IBS - pain, diarrhea, abdominal bloating or constipation - indeed have IBS. However, I still do a complete workup on the majority of them such as EGD [an examination of the lining of the esophagus, stomach, and part of the small intestine] and colonoscopy and different x-rays that may be necessary. Sometimes a few of these people will have other conditions such as Celiac disease, Crohn’s disease, or even colon cancer. The point is that I don’t want to label people with IBS until I have done a pretty good workup.”

Instead of trying to change your eating habits overnight, Dr. Arezo’s suggests taking simple steps to avoid common GI problems,



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such as eating smaller portions. He also suggests minimizing fatty foods and red meat and significantly increasing servings of fresh vegetables, fruits, and fish in your diet.

To make sure that his own seven-month old doesn't inherit the gastrointestinal diseases and disorders that can easily result from growing up in a culture where processed foods are at one's fingertips and life is lived by the clock, Dr. Arezo and his wife plan to teach their children healthy eating habits by practicing these habits themselves. "Our hope is to teach our children about healthy diet by example," he says. "And that means eating more fresh fruits, vegetables, and fish."

Having come to this country with so little and achieved so much, Dr. Arezo wants to make certain that his own children have the same chances in life and are not hindered by common health problems. "I love this country because I think here, the sky's the limit," he says. "If you want something bad enough, you just work for it. I tell people that all of the time, and if somebody complains, I say, 'I made it and if you want it bad enough, you will get it too.'"

We could all take a cue from Dr. Arezo in having the motivation and the optimism to improve our own lives and our eating habits. Of course, it's also okay to indulge in American staples once in a while too. "I do enjoy a good burger, perhaps once or twice a month," says Dr. Arezo. "I also enjoy a good steak." NDN

¹ <http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/fiber-full-story/index.html>

² <http://digestive.niddk.nih.gov/ddiseases/pubs/ibs/>

³ <http://www.gastro.org/wmspage.cfm?parm1=4032>

Helpful tips on how to get more fiber into your daily diet:

- Eat whole fruits instead of drinking fruit juices.
- Replace white rice, bread, and pasta with brown rice and whole grain products.
- Choose whole grain cereals for breakfast.
- Snack on raw vegetables instead of chips, crackers, or chocolate bars.
- Substitute legumes for meat two to three times per week in chili and soups.
- Experiment with international dishes (such as Indian or Middle Eastern) that use whole grains and legumes as part of the main meal (as in Indian dahls) or in salads (for example, tabbouleh).

Taken from the Harvard School of Public Health's "Tips for Increasing Fiber Intake" <http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/fiber-full-story/index.html>

Dr. Christina Prillaman

ONCOLOGY



By Alison Johnson

Dr. Christina Prillaman has seen cancer from both sides of the bed. As an oncologist, she spends her work days helping patients and families battling cancer. As a daughter, she had to watch both her parents die of the disease while they were still in their 60s.

There was her father, Bob, a former college football player and retired Army colonel with a personality summed up by his warm, double-handed shake. And her mother, Libby, a spirited educator who ran away

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from home as a teenager when her family didn't support her dream of going to college. She went on to teach in classrooms all over the world.

The tragedy of her parents' deaths fueled Dr. Prillaman's decision to specialize in cancer treatment. It also made the energetic mother of two especially passionate about educating people on what they can do every day to help prevent the disease – so that they may never have to meet her.

“Cancer is such a scary idea, but many more cases than people realize are linked to modifiable risk factors,” Dr. Prillaman says. “About two-thirds of cancers are attributed to smoking, obesity, poor diet and inactivity. Two-thirds! There are some risk factors you can't control, yes, but you can do a lot to protect yourself.”

Dr. Prillaman, 43, treats all types of cancer in the Williamsburg office of Virginia Oncology Associates, although she has a special interest in breast cancer. She remembers wanting to be a doctor when she was growing up in Alexandria, the second of two daughters. “I probably was a product of overachievement syndrome in the 1970s,” she laughs. “My parents must have put a tape recorder in my crib saying, ‘Be a doctor. Be a doctor.’ I liked the scientific aspect of the job and also the interaction you get to have with people.”

“**Cancer is such a scary idea, but many more cases than people realize are linked to modifiable risk factors. About two-thirds of cancers are attributed to smoking, obesity, poor diet and inactivity. Two-thirds! There are some risk factors you can't control, yes, but you can do a lot to protect yourself.**”

- Dr. Christina Prillaman

Dr. Prillaman earned a Bachelor's Degree in Chemistry from the College of William and Mary in 1988. She went on to medical school at the University of Virginia, where she also completed residencies in internal medicine and a fellowship in hematology/oncology. She was in her 20s when cancer struck home: her mother developed Waldenstrom's Macroglobulinemia, a rare blood cancer, and her father had forms of both pancreatic and kidney cancer. The kidney cancer killed him.

“I had settled on internal medicine but hadn't picked a subspecialty field, and what happened to my family definitely pushed me

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toward my field," Dr. Prillaman says. "So professionally and personally, it's been exciting to see the science of the field explode as our understanding of the disease has grown."

Understanding of risk factors also is growing. One of the clearest links is between smoking and cancer, including the kidney cancer that killed Dr. Prillaman's father. He had smoked about a pack a day throughout his adult life. His daughter can cite many statistics on the dangers of cigarettes, including the fact that half of all smokers die of a tobacco-related disease (heart disease, stroke or cancer). She also points out that researchers don't know why some lifetime smokers never get sick while others who aren't heavy smokers do.

"Everybody is different, and we don't understand the genetics," Dr. Prillaman says. "The message is that even if you've been smoking for decades, it's always worth quitting. It's never too late."

“ I think we have been so snowballed by super-sized meals and huge portions that we've totally lost perspective on what we're supposed to be eating. We need to practice much more moderation. ”

- Dr. Christina Prillaman

Much of the data on the connection between diet and cancer is less clear, Dr. Prillaman says. Personally, she is a fan of the Mediterranean diet: lots of fresh fruits and vegetables, fish, healthy fats such as nuts and olive oil and limited amounts of meat. But mostly, she recommends controlling total calories, limiting alcohol intake and exercising regularly – in summary, not becoming overweight.

Obesity is behind an estimated 15 to 20 percent of all cancers, Dr. Prillaman reports, and successful weight loss surgery can drop a person's cancer risk as much as 60 percent. "I think we have been so snowballed by super-sized meals and huge portions that we've totally lost perspective on what we're supposed to be eating," she says. "We need to practice much more moderation."

As for exercise, Dr. Prillaman advises aiming for 60 minutes a day, whether in one session or several smaller ones. She runs about 40 miles a week, getting up at 5 a.m. to meet friends. She also swims once a week and goes to twice-weekly hot yoga classes, in which participants practice yoga in a 100-degree room. "When your muscles are soft, you can stretch better," she says. "You sweat like a pig, but you feel great afterward."

Many people don't know that certain viruses can lead to cancer, Dr. Prillaman notes. For example, HIV, the virus that causes AIDS, is associated with some blood cancers, while human papillomavirus (HPV) is linked to cervical cancer. A vaccine is now available

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to protect against HPV; safe sex is the best way to guard against HIV. Finally, avoiding sunburns – from childhood on – is crucial to preventing skin cancer.

For Dr. Prillaman, good health also has meant finding a balance between professional and family life. When she interviewed with Virginia Oncology Associates, where she has practiced since 1998, she was married to Henry, a local urologist. She was also pregnant with their first child, Grace, now

12. From the start, she asked for a three-day-a-week schedule. That has given her more time with Grace and son William, 9, both energetic kids whose activities include tennis, soccer, music lessons and dance. The family also likes to travel; Acadia National Park in Maine is a favorite spot.

“I think it’s an important message to women in my field that it’s generally good to be upfront about what you can do, what a practice can expect from you,” she says. “It’s

much easier to add hours later than to cut them once you start.”

At work, Dr. Prillaman aims to get to know each patient and family personally. She tells everyone that it’s never too late to change bad health habits. “Once they hit my door, we’re not going to focus on mistakes they’ve made in the past,” she says. “There’s no point in it. We’re going to look forward to what they can do now.”

That’s good advice for anyone. NDN



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Dr. John Lee

PSYCHIATRY

By Natalie Miller Moore

Dr. John Lee didn't know when he went to medical school that he would leave there as a psychiatrist. Two years into his

training he came to the realization that medical school simply was not for him. He adjusted his plans to pursue a degree in Psychiatry in-

stead and, despite years of helping others to reflect on the past, he has never looked back on this decision. It was a fortunate choice

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for both him and those he treats here in Williamsburg. He has touched a lot of lives and he has come to thrive on the connections he is able to make with his patients.

“For me, the relationship with the patient is the most important. The people that I see,

The Family Living Institute, a private mental health counseling center located on Jamestown Road.

Many people confuse psychologists with psychiatrists, not fully understanding the difference. “Med school is the difference;

decades According to Dr. Lee, the biggest change in psychiatry was in the early 1950s when it was found that psychiatric problems could be treated with medication.

“This revolutionized treatment and it emptied mental hospitals,” Dr. Lee explains.

With the advent of carefully prescribed and controlled medicines, more humane and effective treatments emerged and more successes were realized. At about the same time it was discovered that the root cause of many mental health issues were biological - often inherited rather than caused by environmental factors. Despite what is often portrayed on TV and in the movies, it is not always the influence of one’s parents, childhood experiences or upbringing that are causes of mental illness but rather what may have been passed along through DNA. Dr. Lee regularly tries to develop a genetic profile for his patients, but that can be difficult since fewer people sought professional help in the past and any relatives with mental illness were probably

“ For me, the relationship with the patient is the most important. The people that I see, I know them all well, and see them regularly to know how they’re feeling. ”

- Dr. John Lee

I know them all well, and see them regularly to know how they’re feeling,” he says.

Dr. Lee is originally from Wisconsin. He trained in long-term psychotherapy in New York City and moved to this area in 1996 to be near his extended family in Richmond. His first job in town was at Eastern State Hospital where he spent five years. Today he is one of three psychiatrists working at

psychiatrists can prescribe medicine where psychologists cannot,” he says. There are psychiatrists, psychologists, and other licensed counselors at the Family Living Institute. “Often the best treatment is both counseling and medication. The worst treatment,” he adds, “is nothing.”

Psychiatry and the understanding of mental illness has evolved over the past few

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never professionally diagnosed.

The practice of treating those with mental illness outside of a psychiatric hospital is called “community mental health” and it has been an increasingly popular trend in psychiatric therapy over the past 20 years or so. Dr. Lee is a believer in this type of intimate, neighborly practice.

“Sometimes people are treated by their family doctor, and if it works, I will never see them. The people I see often aren’t responding well to that treatment, so I’ll tell them, ‘Keep coming, we will get it right.’” he explains. The point being “Don’t be afraid to see someone if you think you need help.”

Another trend is that more children are being treated. Dr. Lee believes that this early intervention can have very positive results. “The sooner the better. Issues like attention deficit or hyperactivity disorder, explosive rage, depression, anxiety, and bi-polar disorder are being diagnosed and treated earlier. Untreated, these things can increase the risk

of substance abuse later” he says.

The number and types of mental health issues a psychiatrist may encounter are extensive and complex. There are specific clinical criteria for each of the many different types of mental illness, and depression is one in particular that has been under-diagnosed for a number of reasons. For example, Dr. Lee observed that there is still a stigma associated with being treated for depression, particularly in the military and particularly with people who are concerned about it negatively affecting their health insurance. In addition, alcoholism and drug abuse can often mask underlying depression. “When they get clean or sober,” Dr. Lee says, “then we can treat the depression.”

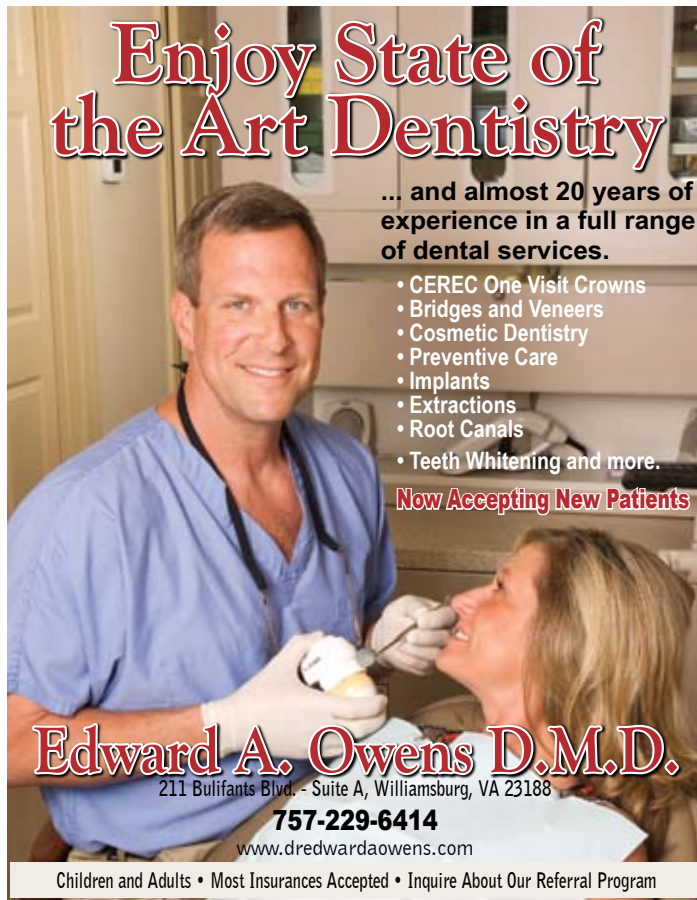
Dr. Lee is fond of Williamsburg. He notes that it is a quiet college town and an exceptionally nice place to live. However, problems exist here just as they do anywhere. It’s important for everyone to have a healthy and supportive attitude about mental health and

the potential for successful treatment.

“I think it’s important that people recognize when they need treatment and overcome the stigma. They need someone to say ‘You aren’t crazy.’ They need to know these are real illnesses that need care,” he points out. He has encouraging advice for people who may be hesitant about getting treated for a mental disorder. “Face it and don’t give up. We have better tools. We cure nothing but we are lucky there’s treatment.”

Dr. Lee stresses that there is hope for everyone and for those who may be tempted to give up on themselves or not believe that help is truly possible. He says: “Don’t give up. Luckily, today, there are many tools to help.”

Dr. Lee is glad that he didn’t continue on his original path through med school because his current job is so rewarding; it is the good results that keep him going. NDN



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Dr. Alexander Lambert

ORTHOPEDICS

By Cathy Swarmstedt

Ever get hit by a pitch? Trip over a curb? Develop a wrist issue while tapping away on your computer keyboard?

One of the things Dr. Alexander Lambert likes best about working in orthopedics is that he's able to "fix things" such as broken bones and torn ligaments. That's good to know, because from the cracks in our limbs to the creaks in our joints, most of us will, at some point, require the expertise of a physician skilled in orthopedics.

As a student, Dr. Lambert lettered in football, track, gymnastics and swimming. Of course, like any athlete, he experienced a few injuries - no pain, no gain, right? Those sports-related dents and dings had a big influence on his decision to become an orthopedic surgeon.

Dr. Lambert joined Virginia Orthopedics & Sports Medicine of New Town in May 2002. In many ways, it was a homecoming, since he is a Norfolk native. But few journeys are without detours, and his return to the Tidewater involved some interesting side trips.

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Military Academy at West Point in 1984, Dr. Lambert earned his medical degree at Howard University in Washington, D.C. Following a year of internship in El Paso, TX, he served as an Army flight surgeon during Desert Storm. Once returned to the home front, he completed his orthopedic surgery residency in San Antonio, TX, from 1991 to 1995. He then became a staff Orthopedic Surgeon at Fitzsimmons Army Medical Center near Denver. A year later, he reported to Fort Eustis, VA, remaining there for six years, during which time he experienced a six-month deployment to Bosnia.

The opportunity to serve his country and help his fellow soldiers definitely had its rewards and offered Dr. Lambert a unique perspective from a medical point of view. Despite having to receive treatment in what he explains are often second-class facilities, Dr. Lambert says military personnel receive first-class care. It's this kind of focused concern and experience that he brings to the private

sector.

"I'm blessed to have the skills and the ability to take care of patients," he says, noting that both he and his colleague, Dr. Charles E. Wilhelm, are able to treat injuries both operatively and non-operatively. Both are board-certified by the American Board of Orthopedic Surgeons, Inc., and trained in shoulder,

“ A lot of our medical problems are related to diet, improper exercise or lack of exercise. I think that in the next few years there's going to be a huge awareness concerning the effects of junk food. ”

- Dr. Alexander Lambert

knee, elbow, hand and ankle surgery, reconstruction and total joint replacement.

At Virginia Orthopedics & Sports Medicine, Dr. Lambert specializes in sports medicine, including the reconstructive aspects - those "dents and dings" involved with

shoulders, ankles and so on. He divides his time between the surgeries he performs at Sentara Regional Medical Center and Doctors Surgery Center, and office hours in New Town.

He believes in "the whole art of medicine," a portion of which concerns the building of a good doctor-patient relationship

- the patient is the leader and Dr. Lambert is the consultant whose goal is to assist in meeting the patient's specific needs. Often this will involve a traditional, proven course of treatment. While new, minimally invasive techniques bring hopeful patients to his of-

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Dr. Lambert advises caution: whatever your medical problem is, you still have to meet the criteria for the newest procedure on the market. "Sure, we can use the latest techniques and perform the newest procedures," Dr. Lambert confirms, "but maybe only one-tenth of the population falls within the guidelines for those procedures."

He gives the example of the "mini-spacers" used as a minimally invasive solution for knee-replacement candidates. "What you don't hear about," Dr. Lambert explains, "is that with these, erosion may occur after several months, and the patient's condition can worsen. Every patient is unique, and for many, a traditional replacement technique might be the best solution."

Most people are in pain when they visit Dr. Lambert. So the goal, quite simply, is to return the patient, pain free, to his or her daily activities by means of the most effective treatment available.

Certainly it is reassuring to know that

we have as caring and accomplished a doctor nearby as Dr. Lambert, should we have the need for orthopedic assistance. However, how can we best avoid going to see him?

According to Dr. Lambert, the simple answer is good eating habits and sensible exercise.

"A lot of our medical problems are related to diet, improper exercise or lack of exercise. I think that in the next few years there's going to be a huge awareness concerning the effects of junk food," Dr. Lambert predicts. "Stay away from processed food. Try to eat organic vegetables, locally grown, if possible. If a tomato comes from 1,000 miles away, it's likely to lose all its nutrients. And keep yourself - or get yourself - in shape."

What's best for that? "There's a fitness program for everyone at every age," Dr. Lambert says. He especially recommends non-impact aerobic exercise, such as swimming and cycling. But if you do run into an orthopedic problem that requires attention, he'll give

you the same kind of first-class treatment he provides as a team doctor for the student-athletes at the College of William and Mary, promising, "I'll try to get you 'back on the field' as safely and quickly as possible."

Dr. Lambert has done his time as a 130-hour-a-week medical practitioner and he's put the hectic, big-city lifestyle behind him. His wife, Dr. Donna Corvette, is head of the Dermatology Center of Williamsburg. With two busy practices, finding quality family time is essential for the Lamberts. For one thing, they enjoy traveling. For another, he and 10-year-old son, Alexander, are taekwondo enthusiasts, the elder Lambert having earned his third-degree black belt just last year.

"I came to Williamsburg for the quality of life that exists here," he says, "and to pursue a fulfilling career in orthopedic medicine."

For Dr. Lambert, it was the best kind of homecoming; one that allowed him to combine his passion for sports with a continuing devotion to his life's work. NDN

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Dr. Joseph Adinaro

CARDIOLOGY

By Natalie Miller Moore

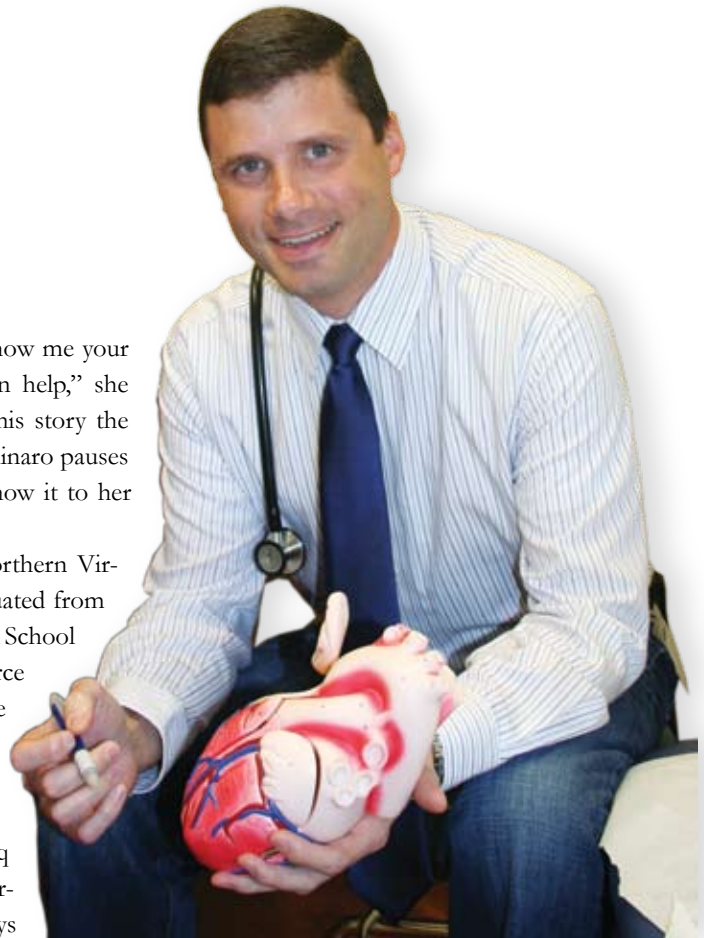
Dr. Joseph Adinaro could have easily had a different career – one in engineering – that would have been lucrative and would have also fed his fascination with how things work. Fortunately for his heart patients, he decided to become a cardiologist in order to learn everything he could about the most fascinating and amazing engineering marvel of all - the human heart.

Though his mother's career as a nurse was certainly an inspiration, Dr. Adinaro jokes that it was actually a grudge with an elementary school teacher that steered him toward medical school.

When a classmate hit his head, young Joseph Adinaro rushed over to help. His fourth grade teacher stopped him and told him to

sit down. "When you show me your medical license, you can help," she snapped. After telling this story the highly successful Dr. Adinaro pauses and adds, "Yes, I did show it to her when I got it."

Originally from Northern Virginia, Dr. Adinaro graduated from Eastern Virginia Medical School and entered the Air Force shortly thereafter. While stationed at Langley Air Force Base, he worked in critical care air transport from Iraq and Afghanistan to Germany. Dr. Adinaro says



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that it was a real learning experience for him. "It was basically a cargo plane with 600 pounds of equipment in it that made it into an ICU," he explains.

At some point during that high stress assignment Dr. Adinaro decided to go into cardiology. He was initially drawn by the focus required to specialize in cardiology and perform the requisite delicate surgical procedures. He has also come to truly enjoy the reward of providing continuing, intimate care to his cardiology patients.

"The heart is a fairly simple organ. It's a pump and if it's not working it's usually the plumbing or the electrical system that's not working," Dr. Adinaro explains. "Two of the most common heart problems are good examples of that analogy: coronary disease is blockages in the arteries, and rhythm problems are related to problems with the electrical system of the heart."

Today, Dr. Adinaro works in a private practice with partner Dr. Vasudev Ananthram. They have offices at Riverside and in Williamsburg off Mooretown Rd. One of the things Dr. Adinaro appreciates the most about his chosen profession is the heart extensive research that is conducted to increase our knowledge about it. "It is a very research-driven field, and we have lots of data to support what we do," he says. "A study may have thousands of people in it, compared to other specialties [which have less]."

There have been numerous exciting innovations and trends in cardiology that have dramatically changed the way some heart patients are treated, Dr. Adinaro

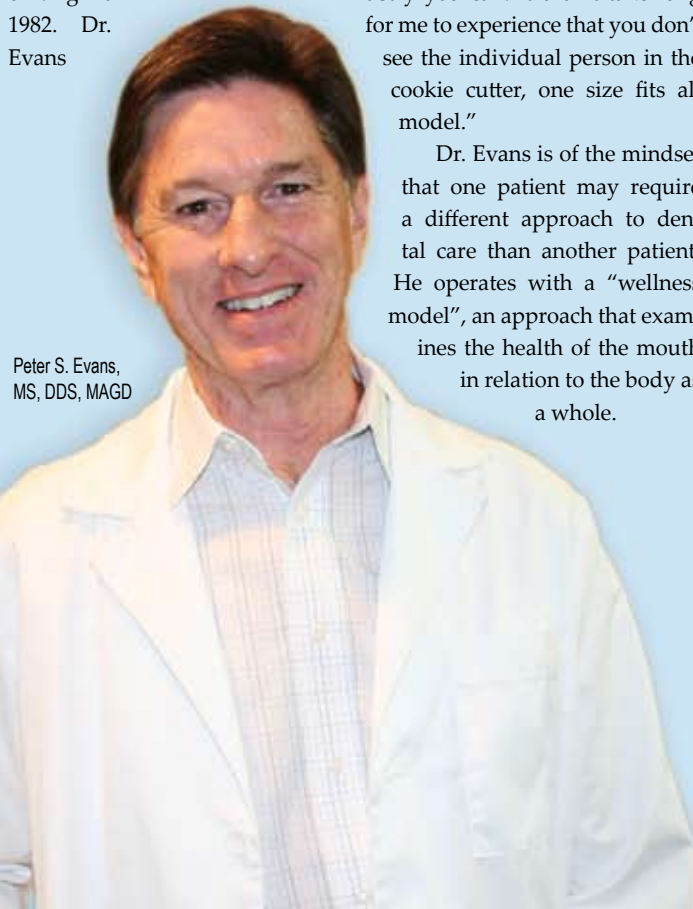
- continued on page 24

Peter S. Evans, MS, DDS, MAGD

A Whole Body Approach to Dentistry

Dr. Peter Evans is a dentist with specific beliefs about how he wants to operate his practice and serve his patients. His philosophy has enabled him to build a successful practice in Williamsburg that focuses on dentistry as it relates to whole body health and where great care is given to serve the individual needs of his patients.

After graduating high school in Williamsburg, Dr. Evans earned his Bachelor of Science Degree from East Carolina University and later attended graduate school at the Medical College of Virginia receiving a Master of Science degree in Microbiology and Immunology. He received his Doctor of Dental Surgery from the Medical College of Virginia in 1982. Dr. Evans



Peter S. Evans,
MS, DDS, MAGD

has also earned the prestigious level of Master in the Academy of General Dentistry, which fewer than 1% of the dentists in the world have attained, by engaging in almost 2,000 hours of specialized training over the last twenty years.

His continuing education and passion for his profession has helped him to create a patient-focused practice that goes well beyond an appointment and an insurance card.

"All the education we received in dental school was kind of cookie cutter ... one size fits all," Dr. Evans explains. "You would learn a procedure and that's how you did it. You go out and do all of the dentistry you can. It didn't take long for me to experience that you don't see the individual person in the cookie cutter, one size fits all model."

Dr. Evans is of the mindset that one patient may require a different approach to dental care than another patient. He operates with a "wellness model", an approach that examines the health of the mouth in relation to the body as a whole.

"When I came back to Williamsburg in 1985, I felt like I had to make a change," Dr. Evans says. "I wanted to practice dentistry for the individual - not for the masses. I developed programs to treat individuals who had problems with gum disease, infections and inflammation in the mouth and create an opportunity for health. In this office we want a relationship with our patients and we want to address their special needs. I want to sit and listen, and take the time to know my patients. I want to have an office where I respect the opinions of my patients and their knowledge of their own health. I want to respect their time."

Dr. Evans feels like he can provide better dentistry by seeing one patient at a time and giving them the highest level of dental care possible. He also wants to practice his dentistry in a way that is a fit for the entire well-being of his patients.

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Dr. Evans feels strongly that if you are dealing with health issues or you simply want to maintain good health, you better check your mouth - your window to wellness.

To learn more about Dr. Peter Evans, visit www.evansdentalcare.com or call (757) 220-1999.

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says. "Prenatal ultrasounds are helpful in finding congenital heart defects, and today pediatric cardiologists continue to see patients as they grow into adults. That didn't used to happen," he observes.

Another interesting development is the increased availability of AEDs (Automatic External Defibrillators) in public places. AEDs are easy to use devices that help diagnose potentially life threatening heart irregularities and treat them through defibrillation. The use of AEDs is taught in many first aid courses but they are designed to be used by anyone, including those with no formal training. Dr. Adinaro is a big believer in AED's.

"If they are anywhere, they are helpful, but unfortunately, people are afraid to use them. But they really are dummy proof. Rapid defibrillation can really help save someone's life," he says.

While Dr. Adinaro is a seasoned practitioner who enjoys his work immensely he would be just as happy to never have to apply those skills. "Coated stents and bypass surgery are great, but by then, the cat's out of the bag.

It's better to prevent the need," he says.

There are many things people can do to keep their heart healthy and avoid ever needing the help of a cardiologist. He recommends that everyone see a doctor regularly and get the appropriate screenings, including having their cholesterol and blood pressure checked.

"Preventive care is to modify the risk factors. You can exercise and keep your weight down - this can prevent high cholesterol and diabetes, and of course, don't smoke," he points out, adding that another important factor is to be an educated patient. "Understand your medical problems, your medications and what they are, what they are for. Be a participant in your own health care," Dr. Adinaro advises.

Dr. Adinaro has observed that military retirees and Williamsburg residents make some of the best heart patients. "The military retirees take their medications and follow orders; they are educated and take care. Williamsburg patients are similar, with well-educated people who do their research, understand their

health and their treatment goals," he says.

One other tip that the doctor has is to make time often for exercise. "It doesn't have to be going to the gym, it could be a brisk walk for a 1/2 hour a day," he explains. "And, walk with purpose, don't stroll. We're lucky to have so many beautiful places to walk, like William and Mary, Colonial Williamsburg, and many bike paths."

Dr. Adinaro admits that genetics play a significant role in a person's heart health and he acknowledges that is something you can do very little about. With five children of his own, ages 11, 9, 8, and one year old twins, he is extremely conscious of the things we pass on to our children both genetically and by example. Being heart healthy is a great family tradition to pass on.

To keep your heart pumping properly, take good care of it and know what your risk factors are...and see your 'Heart Engineer', also known as your Cardiologist. As Dr. Adinaro says, "I like to fix things and help others feel better." But he would much rather meet you as a neighbor and not as a patient. NDN

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Bravo Janna!

Williamsburg Symphonia Celebrates Sixth Season with Acclaimed Conductor

By Sara E. Lewis

One of Williamsburg's most acclaimed part-time citizens is widely known and locally admired for her energy and talent. Likewise, Williamsburg Symphonia Music Director, Janna Hymes, is enthusiastic about Williamsburg. "Our concert goers are so loyal. I feel warmth from our audience that makes our concerts intimate and wonderful," she says.

In the short time she has been associated with the local chamber orchestra Janna has overseen an expansion of the Williamsburg Symphonia's subscription series, participated

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in numerous educational programs, and championed pops concerts that bring acclaimed artists to our town. "The Symphonia is on the way to becoming a really important part of the fabric of Williamsburg," she says.

Janna does much of the behind the scenes preparation and public relations work from her home in Rockport, ME. She also directs Maine Pro Musica and travels widely as a guest conductor. "Music directors used to live in the place where they conducted and that was their life," says Janna. That's changed over the last

25 years for many reasons including economic necessity and the quality of musicians. "They need fewer rehearsals," she explains. "Before, orchestras rehearsed five or six times over two weeks. Today's musicians are so technically fantastic."

The mother of middle school and high school-aged sons, Janna feels that if you have a family it is a real trick to find balance given such a lifestyle. "I have a great balance right now and it's taken a long time to get there. I love to travel; not the airports, but to see peo-

ple and do things,” she says. Like many working women, she is energized by her family’s support and admiration for her career. Once when she was having a rough time, her son pushed her through it. “He said, ‘Mom, you’re a conductor!’ They think what I do is the coolest thing. It’s who I am. They see that,” she says.

When Janna heard about the position with the Williamsburg Symphonia several years ago, she was anxious to apply. “I’ve always loved the area since coming here as a small child,” she says with enthusiasm. “The combination of the historical and the educational makes it a perfect place for the orchestra to thrive.” And it has.

In addition to the talented musicianship, Janna believes the Board and Williamsburg supporters have allowed the group to grow. “The orchestra is getting better and better,” Janna adds.

Janna spends days at a time in Williamsburg throughout the year. She was here in August conducting the U.S. Air Force Heritage

of America Concert Band, she returned this month for a small concert, and again to prepare for *Music Under the Stars*, a concert in association with the Occasion for the Arts. A family concert, *Fright Night at the Symphonia*, takes place in late October. Her travel takes a full day, but Janna feels she has reached a place in her career where she can handle it. “I make sure I’m rested,” she says. “You get used to it.”

A New York City native, Janna has enjoyed a career that has included work as a student of Leonard Bernstein, Gustav Meier, Otto-Werner Mueller and Gunther Schuller. She also received and studied on a Fulbright Scholarship. Janna started taking piano as a little girl and went on to attend the High School of Music and Art where she played cello. She advanced very quickly and in the tenth grade, when a teacher was late one day, she took the podium. “I brought my hands down and everyone started to play. I thought, ‘Wow. This is what I what to do with my life,’” she says.

She was the former Music Director of the

Maine Grand Opera Company and Associate Conductor of the Indianapolis Symphony Orchestra. Previous positions and recent guest appearances have taken her around the country as well as to Europe, Mexico, and Costa Rica.

In Williamsburg, she has presented four holiday pops concerts to sell-out crowds, arranged a family concert that filled the hall, and served as honorary chair of First Night 2006. In the same season, The Symphonia was invited to perform for the 225th Anniversary Celebration of the Battle of Yorktown and in 2007 they performed a special concert to celebrate the 400th Anniversary of the Jamestown Landing.

The 2009 Occasion for the Arts performance will be another opportunity to show off the talented group at the all-Gershwin concert. The flavor of the *Music Under the Stars* evening will evoke the spirit and color of the Occasion For the Arts, a yearly event Williamsburg has grown to love for the sophistication of its art, music, and fine crafts. In recent years the Oc-

Celebrate A Williamsburg Arts Weekend

41st Annual An Occasion For The Arts

October 3-4, 2009

Saturday, October 3

The Art of The Flower, 9 a.m. - 12 p.m., Henry Street Shops, Merchants Square

Local professional floral designers will create floral arrangements that interpret art from previous years’ posters.

An Afternoon of Art Exploration, 12:30 p.m. - 7 p.m.

An afternoon of guided visits to area art museums. Ride the Williamsburg Trolley.

Music Under The Stars, 7:30 p.m., Duke of Gloucester Street, Merchants Square

The Williamsburg Symphonia presents an evening of Gershwin music outdoors in Merchants Square. Doors open at 6 p.m., with opening act *Me & Jo* beginning at 6:30 p.m. See williamsburgsymphonia.org or call (757) 229-9857 for more information and to purchase tickets.

Sunday, October 4

An Occasion For The Arts, 10 a.m. - 5 p.m., Downtown Williamsburg

This extraordinary event, held on blocked-off downtown city streets, features 135 painters, print makers, sculptors, jewelers, photographers and artisans of fine crafts. Multiple performances are held at various venues throughout the day. Enjoy Youth Art and Activities. Food and fun for all!

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casation For the Arts has grown to include the musical evening as well as a walking tour to Williamsburg art locations, and artistic expression by professional floral designers.

"I think the music of Gershwin pairs well with the Occasion," Janna notes. Gershwin's music is known for versatility and is enjoyed by a widespread audience. "His music is very pictorial. It's emotional, jazzy, and sentimental. This will be a great concert at this particular time."

As the Williamsburg Symphonia strives to expand its audience, the Art Show on Merchants Square provides an opportunity to get the attention of a large number of people in the community who are drawn to the arts. They come to take advantage of the rich cultural offerings of the local area.

"We're doing very well with the Masterworks series," says Janna of subscription sales for the 2009-2010 season. With the Pops and Family series, she hopes to attract more of the 30 to 60 year old group that should give symphony entertainment a chance to be heard

and enjoyed. "People are going to love these series," she says.

Janna works hard to develop programs and she tries to put herself in the shoes of those attending. "The way I think about it, I always imagine being in the audience," she explains. Janna strives for variety and balance in programming that provides a mix of old and new. It takes time and thought to develop such programs.

She used to give more consideration to the strengths of the musicians too, but that's no longer as great a concern. "Now, our principals are so solid we can play anything," she says. "The only limitation is that we only have three rehearsals." In addition, the Williamsburg Symphonia is a chamber orchestra, not a full orchestra.

"The way for us to grow will be to try pieces from the pop realm," she explains. Orchestras everywhere are stretching to develop programs that appeal. In her role as music director, Janna thinks about this as she goes into the schools and talks to the media. "What

are kids listening to? If we aren't attuned to what kids are listening to, we're going to lose our audience. We can't think that if we play Beethoven's Fifth they will always come."

Janna believes that people need to get caught up in the music: "The goal is for people to think, 'Wow! Music is great!,'" she says. She wants concert-goers to sense the beauty, creativity, and emotion of music. "I want them to leave feeling great. For some, music is visual. They enjoy watching the performer." When Janna goes to a concert, she's thinking about sound, volume, balance, and other technical points. "But music for most people is simply pleasure. Music does something to our soul. Without our even knowing it, it reaches us," she says.

In order to help the audience listen, Janna often introduces a piece and talks about what to key into. "But I also encourage them to open up and have no agenda. Listen. The more you go, the more you know what to look and listen for. But it's live. Real time. Anything can happen!" NDN

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Thursday, October 1, 2009

Rob Smith - Classic rock and country. Music begins at 7 pm. Located on Mooretown Road across from Sentara Hospital, 757-229-6939

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Friday, October 2, 2009

8:00 p.m. Ferguson Center for the Arts, Newport News. Choreographed production with dazzling costumes and incredible feats of strength bring Kung Fu to life. Tickets: 800-745-3000 (Ticketmaster)/www.ticketmaster.com. More at www.fergusoncenter.org.

WALK & TALK
Saturday, October 3, 2009

10:00 a.m.-Noon. Virginia Coastal Plain Geology with Jerri Johnson, William & Mary Professor Emeritus, at New Quarter Park, 1000 Lakeshead Dr. (near Queens Lake), 757-890-3500.

MOONLIGHT & MUSIC
Saturday, October 3, 2009

6:00-8:00 p.m. Acoustic Music Jam at New Quarter Park, 1000 Lakeshead Dr. (near Queens Lake). Bluegrass, Old-time, & more. Take turns leading. Listeners welcome. 757-890-3500.

7 CITIES BALLROOM FALL SHOWCASE
Saturday, October 3, 2009

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ROCKY MOUNTAIN HIGH
Saturday, October 3, 2009

7:30 p.m. Music of John Denver. A Dewey Decibel Concert at the Williamsburg Library Theatre. \$15 adults, \$13 Friends of WRL or students (with ID), \$8 under 16. Visit www.wrl.org/programs or call 259-4070.

SQUIRES AFTER HOURS
Thursday, October 8, 2009

Joseph Workman - folk/rock covers and originals. Music begins at 7 pm. Located on Mooretown Road across from Sentara Hospital, 757-229-6939

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CALIFORNIA GUITAR TRIO
Sunday, October 11, 2009

7:30 p.m. An evening of progressive, acoustic and classical music by world famous trio. A Dewey Decibel Concert at the Williamsburg Library Theatre. \$20 adults, \$18 Friends of WRL and students (with ID), \$10 under 16. Visit www.wrl.org/programs or call 259-4070.

THE NEW ACOUSTIC MUSIC FESTIVAL 2009 (NAMfest)
Sunday, October 11, 2009

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WILLIAMSBURG PLAYERS AUDITIONS

Sunday, October 11, 2009 & Monday, October 12, 2009

7:00 p.m. For *In the Goldfish Bowl* by Kay Rhoads. Five women, 20s to 40s. At the James-York Playhouse, 200 Hubbard Lane, Williamsburg.

SQUIRES AFTER HOURS

Thursday, October 15, 2009

Paulette Amory -- Piano and vocals from classical to contemporary. Music begins at 7 pm. Located on Mooretown Road across from Sentara Hospital, 757-229-6939

THE GOLDEN BOYS: FRANKIE AVALON, BOBBY RYDELL AND FABIAN

Friday, October 16, 2009

8:00 p.m. Ferguson Center for the Arts, Newport News. These teen idols of the late '50s and early '60s, have been performing to enthusiastic crowds since 1985. Tickets:

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Saturday, October 17, 10:00 a.m.-5:00 p.m. & Sunday, October 18, 11:00 a.m.-5:00 p.m.

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Saturday, October 17, 2009

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WILLIAMSBURG PLAYERS AUDITIONS

Sunday, October 18, 2009 & Monday, October 19, 2009

7:00 p.m. For *Arsenic and Old Lace* by Joseph Kesselring. At the James-York Playhouse, 200 Hubbard Lane, Williamsburg.

SQUIRES AFTER HOURS

Thursday, October 22, 2009

Jocelyn Oldham - Favorites from pop, rock, and standards. Music begins at 7 pm. Located on Mooretown Road across from Sentara Hospital, 757-229-6939

FREE SWING DANCE LESSONS
Beginning October 22, 2009

8:20 p.m. Thursdays. Williamsburg Community Building, 401 N. Boundary. Must pre-register. www.Lindy101.com 757-328-8884.

A BLUES REVIEW

Friday, October 23, 2009

7:30 p.m. Featuring Bill Thompson, Bobby Blackhat, and the Michael Clark Band with Tracy Clark. A Dewey Decibel Concert

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SQUIRES AFTER HOURS
Thursday, October 29, 2009

Kari Andrews - Soulful Reggae influenced folk acoustic vibes and vocals. Music begins at 7 pm. Located on Mooretown Road across from Sentara Hospital, 757-229-6939

HERB ALPERT & LANI HALL
Thursday, October 29, 2009

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THE 7TH ANNUAL HARP GUITAR GATHERING

Saturday, October 31, 7:30 p.m.
Sunday, November 1, 3:00 p.m.

An evening of music organized by Stephen Bennett featuring harp guitarists from around the world. A Dewey Decibel Concert at the Williamsburg Library Theatre. \$18 adults, \$16 Friends of WRL and students (with ID) \$9 under 16. Visit www.wrl.org/programs or call 259-4070.

SQUIRES AFTER HOURS

Thursday, November 5, 2009

Bill Alexander - Reggae influenced rock jams and maddness. Music begins at 7 pm. Located on Mooretown Road across from Sentara Hospital, 757-229-6939

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Friday, November 6, 2009

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Wednesday, November 11, 2009

8:00 p.m. Ferguson Center for the Arts, Newport News. Pianist shares his gift of bridging borders and cultural divides. Jim and special guests present piano and vocals, hits, new and traditional holiday favorites and songs from, *Beautiful World*. An unforgettable night! Tickets: 800-745-3000 (Ticketmaster)/www.ticketmaster.com. More at www.fergusoncenter.org.

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More at www.fergusoncenter.org.

DAVE KOZ & FRIENDS, A SMOOTH JAZZ CHRISTMAS

Monday, December 7, 2009

7:00 p.m. Ferguson Center for the Arts, Newport News. Koz loads up his sax with hit after hit, as well as timeless Christmas classics. Joined by pianist David Benoit, trumpeter Rick Braun, vocalist Brenda Russell and guitarist Peter White. Tickets: 800-745-3000 (Ticketmaster)/www.ticketmaster.com. More at www.fergusoncenter.org.



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Profile

MACON GRAY GURLEY

By Sara E. Lewis

Accidents can be painful. Other times, it seems they're just what the doctor ordered. Macon was having fun and making plenty of the green stuff at The Blue Talon Restaurant on Prince George Street, but when she gashed her hand on a glass, it brought her up short. That was her music-making hand. After the stitches were out, the young artist started to appear more regularly with her parents, musicians Bill and Pam Gurley, and dedicated herself to jewelry-making and graphic design.

Her musically versatile parents never pushed

Macon. "There was always an instrument to play. There was always a lot of music at home," she remembers. At the Pratt Institute, where she majored in fashion design, Macon missed that. She bought a guitar and played and sang in the stairwell of her dorm. After a year in New York she realized that designing clothes for manufacture abroad and the fast turnover of clothing styles didn't suit her. She appreciates design that lasts and the soulfulness of the handmade.

Once back home, she became reacquainted with one of her father's fiddle students and they are engaged.

PROFILE: Macon Gray Gurley

AGE: 30

FAMILY: Engaged to Evan Morse. Parents, Bill and Pam Gurley of Lancaster. Brother, Hunter, 18, a freshman at JMU.

INSTRUMENTS: Upright bass, guitar, and some fiddle.

MUSIC LESSONS: Middle School orchestra. Informal lessons from Dad. Bought first guitar while at Pratt Institute and living in Brooklyn, New York. Taught herself how to play ... with a little help from

Dad. Picked up the bass later, when she moved back to Virginia, to work with her parents as a band.

PRACTICE, PRACTICE, PRACTICE: Gets together with her parents once a week. Her Williamsburg neighbors love it when they play on Macon's front porch.

FAVORITE STYLE: Okay, styles. She's a Gurley so, like her parents, Macon enjoys many forms of American traditional music including old-time, folk, swing, and blues. Favorite styles for listening are also diverse. "I really do like just about anything. Right now it's Radiohead and West Indian Rap. Tomorrow it could be Joni Mitchell or Hot Club Jazz."

HER GROUP: "The Gurleys." Macon plays bass, Pam plays guitar, and Bill plays guitar, banjo, fiddle, and mandolin. The family trio sings 3-part harmony. "Family harmony ... it's our thing, if you will!"

ARTIST THAT INSPIRE: Gillian Welch, Patty Griffin, Crooked Still

WHAT'S ON MACON'S IPOD: Abigail Washburn, Beirut, Ben Krakauer & Pete Frostic, Black Star, Bob Dylan, Crooked Still, Django Reinhardt, The Everybodyfields, The Honey Dewdrops, Iron & Wine, Justin Townes Earle, Nora Jane Struthers,

Steely Dan, Sufjan Stevens ... and many, many, many, more!

OCTOBER GIGS: The Occasion for the Arts, Williamsburg, on October 4 and The New Acoustic Music Festival at New Quarter Park, Upper York County, on October 11.

WHAT'S IN THE FUTURE: Playing with her folks and recording more. "Our style is rooted in a sound that was established by my parents even before I was born. I have always really liked their sound, both as a duo and in a band context. I see our style as simply an evolution of the music they have spent their lives playing."

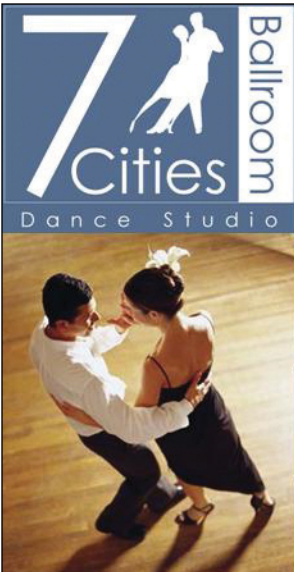
NEWEST RELEASE: The Gurleys

LAST BOOK READ: *Handmade for Profit*, a book about the business of crafts by Barbara Brabec.

LAST MOVIE SEEN: *State of Play*. "I love a good journalistic suspense movie!"

LAST LIVE PERFORMANCE: "The Demijohns," a bluegrass band from Richmond and Williamsburg.

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By Sara E. Lewis



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knew that Michelle could pull it off. No one else had the technical, artistic, and scholarly knowledge at hand to pull together the bits and pieces of social history and mold it in clay from the very earth where the first English settlers walked. Michelle is a master of the painstakingly accurate 17th-century technique and can apply this knowledge to the development of a thoroughly modern work of art.

She reproduced a thistle-and-rose design from an artifact recovered at Jamestown. The entwined stems stood in for the apple tree between Adam and Eve-like Native Americans, drawn from 16th-century illustrations. The intriguing work of art was crafted from clays she harvested from Jamestown and the Chickahominy River basin. When fired, it took on the dark red hue familiar to local potters through the ages.

The superb result elicited the letter from Buckingham Palace that is among the most satisfying of Michelle's rewards. The Queen's private secretary explained that "although the many gifts which the Queen has received over the years cannot possibly all be displayed, you might wish to know that your plaque is presently on view within Buckingham Palace in a place where it is widely admired." He closed, "with Her Majesty's congratulations upon your beautiful piece of work together with her warm good wishes."

Such stellar works of art are available in nearby Yorktown. Rob Hunter, Michelle's business partner, was formerly assistant curator of ceramics with Colonial Williamsburg and is now editor of *Ceramics in America*, one the Chipstone Foundation's premier Journals established to interpret and stimulate research and education in the decorative arts. Their shop, Period Design, features Michelle's work as well as Hunter's selection of antique ceramics and glass.

Michelle, who now lives in Hampton, has worn her own unique path along the Peninsula to the Greater Williamsburg area. Her trips began as a child, visiting her mother's home and their wide circle of family and friends. Michelle's grandfather was Angelo Costas, the patriarch of the Greeks in Williamsburg. His Capitol Restaurant and other properties are part of Williamsburg legend. When he needed help, to lend a hand, she transferred to The College of William and Mary and started taking ceramics classes.

"That was it," says Michelle. "I was immersed and never stopped from that point on." But at that time, the bold yet minimalist forms and meditative hues of Eastern art were considered the only inspiration for ceramic art. It wasn't until she was a graduate assistant that she discovered Western ceramics. She went on a field trip to the Colonial Williamsburg Department of Collections to see the vast collection of English, European, and American ceramics that were in storage. Many of these objects are now on display at Colonial Williamsburg's Dewitt Wallace Decorative Arts Gallery.

"I remember walking in there and thinking, 'What is this stuff?'" It was compelling and Michelle was delighted by John Austin's enthusiasm. The former Colonial Williamsburg curator of ceramics held

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up a popular ceramic arrangement known as a pew group, where tiny seated figures were arranged on a bench with a cluster of objects. "It told so much about social history," she says. "It was toy-like and crude, but it had strength and depth."

For Michelle, the how and why of this ceramic form was as important as the effect of the finished piece. She was driven to learn more. "I came to learn how technically sophisticated it was." In that time and place, the ceramic artist had to do everything. He made the model and mold, he was the glazer. "How do you get that?" Michelle wanted to know it all.

Michelle had been applying to graduate school, but at this point, she stopped. "I felt there was something here in Williamsburg that I wouldn't get in grad school," she says. While striving to develop her skills, one opportunity after another came her way and helped her along a path that allowed her to grow. Her first opportunity to develop her signature skill in Delft pottery came when she worked at the Association for the Preservation of Virginia Antiquities pottery operation on Jamestown Island. While a salt-glazed ceramic artist was reproducing his wares, Delft ceramic that were sold in the shop were not produced as exactly. "We were making stuff up," said Michelle of the colorful patterns painted on bluish-white slip-glazed ware. "I wouldn't have been able to tell you the name of it when I started Delft over-glaze painting. I asked if I could look into it."

Michelle studied slipware, Sgraffito, and Delft techniques while running a ceramic shop at Busch Gardens. Later, she worked in a studio at Gloucester Point. She started her own business, Artifacts, and sold Mochaware ceramics through the Williamsburg Reproductions Program[®]. She went back to work at Jamestown. "I came a long way over time, but I was pursuing it regardless," she says. "Opportunities kept coming up that allowed me to pursue the things I was most interested in."

The techniques used to create the clay bodies and glazes took years for her to figure out, so she shut down on her art pieces for a while. Today, her pieces blend historical technique and the penchant of period artists toward social commentary. She uses the style to take on contemporary topics. Look closely at that Monkey Band, a takeoff on eighteenth-century Chelsea pottery figures, and you'll see that the musicians are members of the Bush cabinet. A teapot that echoes the late-eighteenth-century fascination with the prehistoric has a spout like a gas tank hose and a base made of fossil shells: a commentary on our taste for fossil fuels.

In addition to her art offerings in Yorktown, Michelle produces contemporary pieces grounded in early modern history for an annual show in New York. In 2009, Michelle was feted by *Early American Life* magazine as one of America's Best and she is listed in their Directory of Traditional American Crafts. She is truly a creative asset to our area, connecting the past to the present through her work. NDN

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Life Coach

Ann Dartt
HELPS YOU HIT YOUR TARGET

by Greg Lilly, Lifestyle Editor



“This is not therapy,” Life Coach Ann Dartt says. “I draw a real line between coaching and therapy.”

Have you ever considered utilizing the services of a Life Coach? Do you know what they do? According to Ann, therapists help clients analyze the ‘why’ of where a person is in their life; a coach assists a client with a goal or a challenge to move in an identified direction. Ann doesn’t say you should do this or you should do that or try to an-

swer those ‘why’ questions, but she brings out your wants and needs and helps you navigate to that place. She’s there on the sideline, cheering you on as you move toward your goal.

“About eight years ago, my sister called from Seattle, waking me up in the middle of the night,” Ann says, explaining her introduction to life coaching, “ ‘I’ve got it,’ she said. ‘This is what you need to do.’ She had heard

about coaching on National Public Radio. It had started really big on the West Coast. ‘This is what you do all the time,’ my sister said. ‘Your friends call and you listen and you ask questions. Sometimes you offer your own suggestions, but you’re nonjudgmental, and that’s what a coach does.’ I decided to

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investigate it," she says.

While working in medical information management for the Williamsburg Community Hospital, Ann delved into life coaching. She took classes and workshops and was mentored by other coaches. Listening and questioning are two of the main skills needed and Ann agreed with her sister that she had been doing a form of coaching all her life.

Changing careers and managing time are hot goals for Ann's clients. "People are realizing that their children are growing up and they want to find more time to spend with them," she says. "You don't get that back, all you have is now." So, as people search for ways to incorporate life in their work week, a coach can become a valuable ally.

Ann says that she doesn't tell people what to do, but through questions and listening to the answers, she helps the client discover what they really want to do. In the case of clients who feel they don't get enough done, that time slips away from them, Ann will have them do two tasks to help identify what consumes their time: First, she asks them to write down everything they do during the day including the times they make a decision *not* to do something. This helps reveal all the accomplished tasks and the tasks that are deemed unnecessary or low priority. Secondly, she tries to clear the person of regrets and worries, those pointless and usually negative thoughts that cloud goals.

"I say write down your 'self-thoughts' - how you talk to yourself in your brain," she explains. "Then after a day or so, take a look at it and ask yourself: Would I say this to my best friend? Would I say this to my daughter? Then you gasp and say *no*, but then you're saying this to yourself. Break the cycle of saying the 'I should have done this' or 'why did I do that' type of negative self-thoughts."

With a list of things accomplished (plus the dismissed or deferred tasks), Ann and her client can see the true priorities. Are the tasks working toward the goal? Is the goal realistic and still true for the person? Are self-thoughts a barricade to reaching the goal?

A coaching session usually lasts between 35 to 45 minutes. "During that time," Ann says, "it's amazing how much can be accomplished by focusing on the goal and steps." She talks with her clients about what is holding them back and what types of stress they have.

"We talk about tolerations," she adds. Tolerations are things that you tolerate, and she gives the example of chipped paint on a wall that steals your attention every time you walk past it. You keep saying you'll fix it, but you never find the time. "That's something you're tolerating but it clutters your vision, your life," she says. "Then you finally fix it and you're relieved of that nagging chore. It's about doing little things to get your space clear."

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Tolerations, negative self-thoughts, feelings of failure, these are things that cloud your mind. "We work to get those out of the way," Ann says. Once her clients get a few successes under their belt, they feel more motivated. Working with a coach doesn't have to be a life-long thing. "Some people have a certain project in mind and work with me six to nine months to complete it," she explains.

One exercise that helps her clients clarify their wants and needs is to describe the perfect day. "We identify the parts of your day you like most and parts you like the least," she explains. "If you had the perfect day, what would it be like? Name twenty-five elements of that perfect day?"

She then has the client look back at that list later in the week and mark the perfect day items that were done. "How well are you building those things into your life?" she asks. "What can you do to bring more enjoyment into your daily life?"

Ann isn't the image of a hard-driving coach in cleats and a whistle around her neck. She views coaching as a cheerleader, to root for your accomplishments, to give you the skills you need to reach your goals, someone who is supportive, not someone to punish you if it's not done. "I'm a bouncing board," she says, "to reflect back to you what you *did* get done, not to focus on what didn't get done."

Life coaches have niches, some work exclusively with career changes, some with sales skills, some help guide new businesses. Ann has a well-rounded experience level which includes leading retreats for women on spiritual, work and family issues. "My main focus is that I'm a good listener and I feel it's exciting to help people. Plus," she says, "I love the break-through moments when clients see what's possible." With a caring and supportive coach in your corner, possibilities are open and your target is in sight. NDN

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Next Door Neighbors is a monthly, direct-mailed magazine serving the residents of the Williamsburg area. Circulation: 34,800



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Barry & Pat Hood

Art tells Their Story

by Greg Lilly, Lifestyle Editor

Collecting art enhances their home and their daily life, say Barry and Pat Hood. The couple has cultivated an assortment of art that tells the story of their lives.

“Without art,” Barry says, “you don’t have a vibrant life.” He explains how playing music in high school and college enriched his everyday experiences, how an early appreciation of visual art added fertility to his understanding of the world around him. “I think over time, we’ve lost some of that vibrancy. Kids in school need exposure to art and music. You can go out and be a warrior in the military, as I was, or you can go out and be an engineer or lawyer, but the *quality* of life is these other things.”

Pat agrees, and credits her Illinois high school art teacher as an early catalyst in igniting her love of art. Throughout college, Pat took art classes, but majored in histo-



ry and government and became a teacher. They met when Barry, a Southern California native, attended college with Pat’s brother. She and Barry married and spent the next

27 years roaming the world with the Air Force. “I taught school wherever we were,” Pat says. “I always took art classes no matter where we landed. A lot of the credit goes to

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my high school art teacher who created that interest and made me feel that I had an eye and an ability. I couldn't put it down."

Both say they are drawn to art that has a high level of craftsmanship and technical talent. Being an accomplished artist herself, Pat is conscious of the skill and technique that shape the artistic vision of a painter or sculptor's work. Barry has an innate sense when a piece of art is right for him. "For me," he explains, "certain pieces just snapped out, not necessarily expensive, but they speak of high quality, good craftsmanship and a certain flare that might remind us of our travels or depict an interesting scene or topic."

Barry recalls his first acquisition: "One of the photographs I have," he says, "I picked up when I was 16, at a garage sale, for a buck and a half. A few years ago I was offered \$500 for it but I wouldn't part with it. It's a photograph taken where the Rose Bowl is now; it's of an old Premier automobile. There are only two of those Premiers known to exist in the U.S."


In their travels throughout their marriage, Pat and Barry would walk through galleries and small shops to see the artwork. "If we both agreed that we really liked a piece and we wanted to have something to remember the particular place," Pat explains, "then we would purchase it. More often than not, it wasn't something expensive. Like Barry said, it had to speak to us, it had to be executed beautifully, there had to be something about it that appealed to us."

'Art that appeals' is their rule and a great way they advise others to choose art – whether new collectors or fellow art enthusiasts who would like to add another piece to their home. "First it has to grab you because it speaks out," Barry describes. "Then the details pull you in." The craftsmanship of the piece captures their interest, which is the common thread through their eclectic collection: landscape paintings, bronze sculptures, Native American baskets and blankets, photographs, portraiture, and wood carvings. Their home is warmed by the memories evoked by their art.

Barry laughs and says he can tell people how *not* to acquire artwork too. "A benefit when you've had too much wine," he begins and Pat hides her face in her hands. He tells the tale of reviewing a few auction items before a charity event and deciding that a couple of Persian paintings had wonderful style and looked to be well-executed. His friends agreed and they returned to their table. As the evening progressed, the auction began. Their table was near the back of the room, but Barry saw the Persian paintings carried on stage. He started bidding. A man behind him bid too. After a fierce bidding war, Barry triumphed. He elbowed his friend sitting next to him and said, 'Well, what do you think?' His friend just shook his head and said: 'Barry, those aren't the same paintings we looked at.'

“The good thing,” Pat adds, “is that we have enjoyed the paintings despite how we acquired them.”

Regardless of that experience, Barry and Pat maintain that charity events are great places to purchase art and discover new artists. Williamsburg has several art galleries that they explore plus they have found treasures in places where some people wouldn't think to dig. Always look for “something dusty in the corner,” Barry says of a rare find from a roadside museum they visited on their way to a car show. “The gift shop at Smith's Fort over in Surry,” he adds, “has some wonderful pieces.” Pat comments on how she likes the changing inventory at Eastern State's Dream Shop. They urge friends and neighbors to explore, to seek out art, to experience the thrill of finding a piece that needs to be added to your life.

From Barry's garage sale discovery at sixteen and bronzes he picked up during a blackout in Saigon to baskets and blankets from the Hopi and Navajo Nations in northern Arizona, Barry and Pat enjoy the spark that art creates in their life. A spark of memory, a spark of appreciation, a spark of shared experiences, they have surrounded themselves with art, not based on monetary value, but on treasured memories. “Every piece we have tells a story,” Barry says. 



Q & A

An Interview with Frank Hughes

PRESIDENT OF WILLIAMSBURG AREA ASSOCIATION OF REALTORS®

Email Frank at info@waarealtor.com

People commonly seek out a Realtor® for their expertise when they are buying or selling a home. Does it also make sense for someone to enlist the services of a Realtor® when they are building a home?

HUGHES:

The answer is an unequivocal “yes”. In fact, it makes good business sense to involve your Realtor® when you are thinking about building your dream home. Realtors® can advise you regarding the nuances of building in a specific subdivision, availability and price of lots and perhaps most importantly a list of potential builders for you to interview. Finally, planning to build your new home will culminate with the preparation of a legally binding contract.

Often this document will contain language and/or paragraphs that require interpretation in order for a buyer to be fully informed. It is my firm belief that a buyer should have the necessary representation when entering into a contractual obligation. Ultimately this will lead to the assurance that the contract will be clearly defined and equitable for both the buyer and

the builder. While Realtors® are not attorneys, they are familiar with the nuances of a building contract and will be in a position to provide the necessary insight to help the buyer sign an agreement that has the proper protections.

There is a term in Virginia Real Estate – “Statute of Frauds” – which means that if the obligation and/or action involves real estate then it must be in writing to be legally binding.

Let me give you an example. Suppose you and your builder discuss the possibility of moving a wall and the answer is: “Yes, I can do that”. However, when you do your walk through the wall has not been moved. The builder would not be obligated to move the wall without a price revision unless the specific language regarding the movement of the wall was in the contract. Having the change in writing protects both you and the builder from a dilemma.

There are also other paragraphs within a building contract that will need clarification – penalty clauses, settlement dates, building time and most importantly, contingency clauses. “I will do X but only if Y

occurs”. For the most part these will be protections for the purchaser. We have many excellent builders in our area and a clearly defined contract is a benefit to both parties.

If someone is constructing a new home that comes with a warranty, do they need a home inspection?

HUGHES:

Yes. Our local code compliance officers do a commendable job of monitoring your new home's construction for code compliance issues. A home inspection would be checking for quality issues and will discover items during the inspection that require attention prior to the walk through and settlement.

Your investment in a new home, be it \$300,000, \$400,000 or \$500,000 or more, is substantial. Allocating an additional \$400 for the peace of mind that results from a home inspection will be money well spent. If all potentially troubling issues can be identified prior to closing, the buyer and the builder will have a comfort level and in the process a satisfied client. Your Realtor® will be able to recommend a list of proven, qualified home inspectors.

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Hey Neighbor!

There are more community announcements for this issue that did not fit on these pages.

Please visit www.wburgndn.com and click on **Hey Neighbor!** for a complete list of current community announcements.

Hey Neighbor!

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DAFFODIL BULB FUND RAISER - WILLIAMSBURG BOTANICAL GARDEN

Now through November, 2009

The Williamsburg Botanical Garden is holding a Daffodil Bulb Fund Raiser from now through November to support the maintenance of the Ellipse Garden in Freedom Park. Bulbs are available to order online at www.williamsburgbotanicalgarden.org, at Cooke's Gardens or from any Botanical Garden Board Member. For more information please call Cooke's at 220-0099 or Peggy Krapf at Heart's Ease Landscape & Garden Design 566-9088.

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Now thru December 18, 2009

Twice a month this group will meet in a friendly and supportive environment to openly discuss the successes and challenges of raising children. Your children will enjoy activities such as: art, music, snack and story time. This group meets on the 1st and 3rd Fridays of each month. The class is offered at no charge and will be held at: Wellspring United Methodist Church, 4871 Longhill Road in Williamsburg from 10:00 - 12:00. Limited transportation is available upon request. To register or for more information please call Family Focus at 566-9777.

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9TH ANNUAL HICKORY NECK EPISCOPAL CHURCH FALL FESTIVAL

September 26, 2009

10 a.m. to 3 p.m. 8300 Richmond Road, Town. Homestyle cooking, including our famous Brunswick stew. Silent Auction, Live music, "Amazin Grazin" Bake Sale. Future Delights are meals and other gourmet items that can be purchased for delivery at your convenience. Children's Activities, including face painting and Moon Bounce. Tours of the Historic Chapel. Arts and Crafts Show and Sale. All proceeds go to local charities. Call Mark Kintner, festival chairman, at 741-2051, or the church for more information.

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AMERICAN RED CROSS WILLIAMSBURG BLOOD DRIVE

October 2, 2009

Noon-5 pm in the parking lot of Old Point National Bank at 4139 Ironbound Rd. Also sponsored by the Williamsburg Jaycees. If you would like to schedule an appointment, please visit givelife.org but walk-ins are welcome! Call Amanda Jenne at 757-229-4001 for more information.

ation. We look forward to seeing you there!

Hey Neighbor!

ACTIVE PARENTING TODAY

Tuesdays, Oct. 7 - 11, 2009

Active Parenting for parents with children ages 5-12 years old. Topics covered: Instilling Courage and Self Esteem, Understanding your Child's Thinking, Making Responsibility a Reality and more. The class will meet from 6:00 - 8:00 pm, Wed. evenings at King of Glory Lutheran Church, 4897 Longhill Rd. Class is \$20.00 with childcare being offered at \$5.00 per class. For Registration info call Family Focus at 566-9777.

Hey Neighbor!

INFANT MASSAGE

Thursdays, Oct. 8 - Nov. 5, 2009

This 5 week class will meet at Williamsburg Family Focus located at the York River Baptist Church, 8201 Croaker Road, from 10 - 11:30. Learn massage strokes to help you and your baby relax and release stress. For Registration info call Family Focus at 566-9777. The class, book and oil are \$30.00. Childcare will be provided for older siblings.

Hey Neighbor!

RELAXATION TECHNIQUES FOR PARENTS: TOOLS TO MANAGE STRESS

Fridays, Oct. 9 - Nov. 6, 2009

This 5 week course for parents will provide an opportunity to explore what causes stress and techniques for relieving stress. It will meet on Fridays from 10 - 11:30 at Family Focus Grafton located at St Mark Lutheran Church in Yorktown. For Registration info call Family Focus at 898-2945. The class fee is \$20.00 and childcare is available for \$5.00 per class.

2009 Alzheimer's Memory Walk

Saturday, November 7th at the Williamsburg Community Center

Registration at 9:00 am at the CW Community Center...Walk starts at 10:00 am ; Walk 2 blocks or 2 miles...it is up to you ; NEW THIS YEAR...raise only \$20.00 and you will receive a free T-Shirt! ; A moving tribute area for honoring and remembering our loved ones with Alzheimer's ; Special Children's tent with activities planned by the Junior Women's League including face painting and clowns ; Dog-friendly walk with treats for your furry friends ; Antique Car Display from the Colonial VA Model A Club ; Cheerleaders and Music to rev you up ; Yummy goodies to eat and free coffee provided ; Lots of door prizes and giveaways! **For more info, call 757-459-2405.**

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HERITAGE HUMANE SOCIETY'S 17TH ANNUAL 5K "RUN FOR THEIR LIVES"

October 10, 2009

7:30 registration opens at DJ Montague. A T-shaped out and back course over rolling hills starting and finishing in scenic Ford's Colony adjacent to D. J. Montague. Contact Robyn Sulanowski, 258-8933 or rsulanowski@aol.com or visit the website: www.heritagehumane.org

Hey Neighbor!

ACTIVE PARENTING OF TEENS

Tuesdays, Oct. 13 – Nov. 17, 2009

A video and discussion program for parent of teens and preteens. Meets on Tuesdays for 6 weeks and will address such topics as: How to talk with your teen about violence, sex, alcohol and drugs, Current teen issues, Solving problems together and more. This class will meet at the Poquoson Community Center at 49 Odd Road. Class is offered at no charge. Please call Family Focus to register at 898-2945.

Hey Neighbor!

PASHN COMMUNITY INTRODUCTION & SILENT AUCTION

October 15, 2009

A "Reception and Silent Auction" for PASHN, Inc. will be held at Towne Bank so that friends, neighbors and leaders in our community can come together and learn more about the important mission of this organization, and their goal of building group homes for adults with intellectual and developmental disabilities. This is an "invitation only" event. For more information please contact the Board PASHN at pashn@cox.net or call 757-564-7624.

Hey Neighbor!

2009 AUTUMN LEAF FALL FESTIVAL – OLD TOWNE MEDICAL CENTER

October 17, 2009

From 12:00 – 4:00 pm at the Matthew Whaley Elementary School. This year's event, "A Hoe Down for Olde Towne," offers fun for all ages, including: inflatable amusements and games, face painting, animals from the Heritage Humane Society, tours of the Williamsburg Fire Department's Fire and Safety House and the Olde Towne Medical Center Family Healthcare Van live music, provided by local musicians and the Festival Stage Sponsor, the Williamsburg Unitarian Universalist Church, fabulous food,

including pulled pork sandwiches, hot dogs and more cooked and served by the Williamsburg Lions Club, home-baked cakes, brownies and cookies will be on sale for dessert, a business exposition, featuring businesses from all over the Greater Williamsburg area, a raffle of prizes provided by local businesses. Admission tickets are \$5 for adults and \$2 for children ages 3 to 12. Food and activity tickets can be purchased at the event. Olde Towne Medical Center is the Williamsburg area's only non-profit medical clinic that provides comprehensive primary care with costs based on the patient's income. We are local people helping local people. For more information about the Autumn Leaf Festival, you can contact us at oldetownefundraisers@yahoo.com. For sponsorship and Business Exposition information, contact Elaine Brennan (elained@james-city.va.us) or Denise Koch (dnkoch@cox.net)

Hey Neighbor!

GIRL SCOUT FAMILY FUN 5K RUN / 1 MILE WALK

October 17, 2009

At York River State Park. Fun activities for the whole family! Check-In begins at 8:15. Run starts at 9 and walk starts at 9:30. Trophies will be awarded to first, second and third place runners. 5K registrants will receive a T-Shirt. \$15 for Run, \$5 for walk To register visit www.williamsburg612.org

Hey Neighbor!

THIS CENTURY ART GALLERY 50TH ANNIVERSARY CELEBRATION

Beginning October 19, 2009

A retrospective of the gallery's history will be on display at the Williamsburg Regional Library. For the past 50 years, This Century Art Gallery has presented contemporary art and crafts exhibits by regional and member artists for the enjoyment of area residents and visitors. The recently opened Art Education Center, located at the Williamsburg Shopping Center, is now offering an expansive array of art education for adults, teens, and children. Register now for Fall Classes. For more information please visit www.ThisCenturyArtGallery.org, or call 757-229-4949.

Hey Neighbor!

WILLIAMSBURG MUSIC CLUB MEETING

October 21, 2009

Features recording artist Timothy Seaman

performing on hammered dulcimer as well as flutes and stringed instruments. A specialist in Virginia themes, nature, parks, Celtic roots and folk hymns. The meeting of the begins with 'Coffee & Conversation at 10 a.m. followed by a brief business meeting at 10:30 a.m. and the free program at 11 a.m. in Lewis Hall of Bruton Parish on Duke of Gloucester Street. This program is free. Annually, the Williamsburg Music Club's Spring Grants-in-Aid program assists music students with scholarships for music lessons, summer music camp, and the purchase of music scores and instruments. For additional information, please visit www.williamsburgmusicclub.org

Hey Neighbor!

WILLIAMSBURG UNITED METHODIST WOMEN – ANNUAL CHURCH BAZAAR

November 7, 2009

From 8:00 a.m. to 2:00 p.m. at the church--500 Jamestown Road. A silent auction will be held, and other booths will have linens, not-so-new items, used books, used furniture, baked goods, used jewelry, attic treasures, and more. There will also be a luncheon. Proceeds will go to missions both locally and abroad. For more information call bazaar chairmen, Elane Strange (220-8414) or Dawn Gates (259-0865).

Hey Neighbor!

WELLSPRING ANNUAL FALL FESTIVAL & BAZAAR

November 7, 2009

9:00 a.m. - 3:00 p.m. . Bring the whole family for an exciting day at Wellspring. We'll have plenty for the children -- games, crafts, and surprises -- plus a fabulous bake sale and more. All proceeds go to Missions and Outreach and the church General Fund. FREE admission, FREE parking, and open to the public! Rain or shine. Questions? Call 258-5008.

ATTENTION NON-PROFIT ORGANIZATIONS!

Please email heyneighbor@cox.net
on or before Tuesday, October 6th to be
considered for inclusion in the October
22nd issue of *Next Door Neighbors*.



Kiwanis Club of Toano Barbecue Plate Fundraiser!

Plates are sold at \$10 each. Includes: Chopped Carolina Style Barbecue, Cole Slaw, Baked Beans, Roll and Dessert. Each purchased ticket also comes with a chance to win a \$250 Discover Card!
Get your ticket at any Old Point National Bank or call 757-258-0467.

PICKUP: October 3rd from 4pm to 6pm at the Crosswalk Church Parking Lot. 7575 Richmond Rd.

Next Door Neighbors

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