

September 2008

WILLIAMSBURG'S

Next Door Neighbors[©]

VOL.2, ISSUE 9

Discovering the people who call Williamsburg home

PRICELESS

**Celebrating
our Teachers
and Mentors**

W-JCC 2008

**Teachers
of the Year**

Chris Scrofani

Playing The Game Right

Pam McGregor

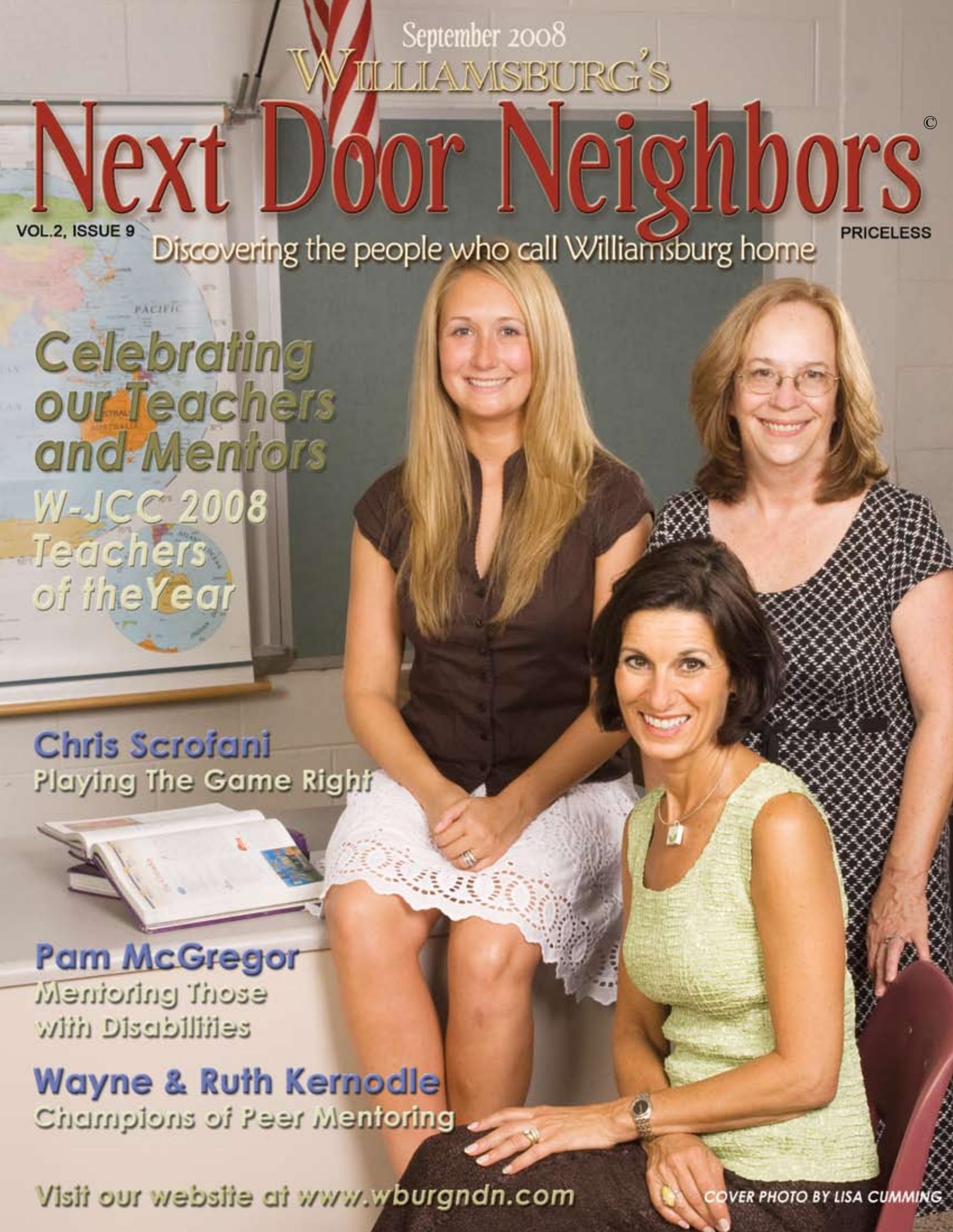
**Mentoring Those
with Disabilities**

Wayne & Ruth Kernodle

Champions of Peer Mentoring

Visit our website at www.wburgndn.com

COVER PHOTO BY LISA CUMMING



This issue of *Next Door Neighbors* is about teachers and mentors. I put these individuals into a highly esteemed category because of their tremendous positive influence on the lives of others and for their unselfish motivation. I am not just referring to those we introduce you to in this issue, but also the many others that we did not have the resources to interview.

We are typically influenced and encouraged in life by those we respect and who mean a great deal to us. Quite often it is our parents or perhaps our closest friends and family members who fit the description. I am blessed to have parents who have served as very strong role models and mentors in my life and still do to this day. In fact, my entire family is very supportive of my entrepreneurial quest in publishing this magazine. In addition to all of the day-to-day support my family gives, both my dad and my husband give me their time to help edit *Next Door Neighbors* each month.

But what about the people that touch our lives along the way that aren't family and don't have an intrinsic reason to give their time? What about the individuals that have taken an interest in us and who have added value to our lives by getting closer to us to listen, guide and teach?

A year and a half ago when I was just starting this magazine I met Bill Forloine at a Chamber of Commerce business social. A few days later he called me to arrange a meeting for a cup of coffee. From there more meetings followed and a friendship developed. I became the fortunate recipient of Bill's knowledge and expertise gained from over 40 years in the business world, primarily in the field of insurance. He has never published a magazine, but he has learned a great deal about the value of strong business relationships, thorough planning, sound strategy, patience and a host of other valuable business tools that I have been fortunate enough to glean from him over the time we have become friends. From the very first meeting his words to me were: "How can I help you be successful?" His mentoring has been a gift to me - one that I highly value and look forward to.

Mentors and teachers come from all walks of life and touch the lives of others in many different ways. I think the one thing that puts great ones into a league of their own is their pure desire to see another person benefit from their experience and their unselfish passion for finding ways to help someone become better at what they are doing.

In this issue you will read about locals whose lives are touched by teaching and mentoring. I believe you will be inspired by their stories and perhaps you will reflect on those who have been well-respected teachers and mentors in your own life. Better yet, maybe you will be inspired to take the next step and become an instrumental teacher and mentor in the life of someone else. Enjoy! NDN



Meredith Collins, Publisher, with mentor, Bill Forloine.

Inside

PAGE 3

W-JCC 2008 Teachers of the Year

PAGE 8

Chris Scrofani Kicks It with Kids

PAGE 12

John & Sharon Dunn, BB/BS

PAGE 19

The Kernodles' Peer Mentoring

PAGE 21

Amahl & His Many Mentors

The Place That's Different.

International Art Shows
Unique Atmosphere
Outstanding European Food

art café 26

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

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

www.artcafe26.com



Cover Photography by Lisa Cumming

Lisa W Cumming
Photography

commercial
industrial
architectural
portrait

lwcphoto@cox.net

757-532-4037

www.lwcphoto.com

TEACHERS OF THE YEAR

By Brandy Centolanza



It's no surprise that all four educators who were named Williamsburg-James City County School District's Teachers of the Year credit their students with making it such a joy to come to work every day. Teachers and mentors make a difference when they invest their time and knowledge into helping others make progress, and many times this is fueled by the sense of satisfaction they receive from seeing others succeed. The 2008 W-JCC teachers of

www.wburgndn.com

Kelly Ann Kelly, D.J. Montague Elementary School

the year are a few of the area teachers who excel at what they do and we'd like you to meet them.



KELLY ANN KELLY

"The kids are the best," says Kelly Ann Kelly, a first grade teacher at D.J. Montague Elementary School. "They are what I love about my job. Each day is a new day, a unique day. It's never the same. The kids definitely

drive me."

Kelly is one of two elementary school instructors to receive this year's honor. She's been with D.J. Montague since it opened 17 years ago. She is the school's science curriculum leader, a member of the leadership committee, and has worked with gifted students for more than a decade. Kelly was nominated in part

for working with Master Gardeners to establish a curriculum about trees for first graders that includes field trips to local tree farms.

Kelly grew up in Wisconsin, where, she says, her family was very supportive in anything she did, and encouraged her to pursue a career in education. She earned her bachelor's degree from Boston College, and masters degrees in education and human development and early childhood special education from George Washington University.

"My parents were extremely instrumen-

tal,” she says. “My parents allowed me to pursue whatever made me happy.”

She is modest when it comes to her recognition as a Teacher of the Year. “I’m very humbled by it,” Kelly says. “I’m a life-long learner myself, and I’ve got incredible colleagues who inspire me. I’m very honored.”



Sarah Lichtel, Stonehouse Elementary School



SARAH LICHEL

Like Kelly, the school district’s other elementary school honoree, Sarah Lichtel of Stonehouse Elementary School, is also complimentary of her co-workers.

“There are many amazing teachers - I know since I work side-by-side with many

of them - in our district, so to be singled out feels a little strange,” Lichtel admits of being named one of the top teachers. “On the other hand I do think the honor represents some validation for all of those extra hours I spend thinking about and working on how to help my boys and girls.”

Lichtel has been a devoted third grade teacher at Stonehouse Elementary School for the past eight years. She is a National Board Certified Teacher, and recently won the Eleanor M. Johnson Excellence in Reading Education Award, presented by the International

Reading Association, for her work in reading in the classroom.

“All I ever wanted to be was a teacher,” Lichtel remarks as she begins to explain her passion for her work. “I was attracted to the profession because I have a genuine love of children. I delight in my children each and every day. Even to this day, the most enjoyable part of my job is the interactions with

my students. I love how the ‘finger trick’ for the nine’s multiplication facts leaves my kids awestruck, their innocence, the personalities they have developed, even at age eight. I delight in how when something has gone wrong, usually it’s good enough to say, ‘I’m sorry’ and have it actually fix things, how their eyes sparkle with curiosity to find out what will happen next in a good book. I appreciate how my students forgive any difficulties we have encountered the day before as teacher and students, and greet me with a morning hug. I adore how they clamor to share some intimate detail of their personal life, how they whisper as we add water worms to an aquatic habitat and the predators in the tank gobble the worms up. I plain love everything about children and being their teacher. Therefore, teaching is who I am.”



MARCIA DIMATTIA

Teaching is also very much in Marcia DiMattia’s blood. Also a lover of the theatre, DiMattia gets to combine both her passions as a drama teacher at Berkeley Middle School. She’s been with the school division for four years, after spending more than a decade as a teacher for neighboring York County.

“I really enjoy working with teenagers,” she shares. “They are funny, creative, and can do a lot. They are so capable in so many

William E. Wood and Associates REALTORS

Are you confused about the market?

Let me help clear things up.



Matthew Gonzalez
REALTOR

Cell: (757) 903-5252

www.matthewgonzalez.net

Don't miss William & Mary Night in NewTown on Sept. 18th. (Your dog can show support too!)



Roxy supports W&M while lounging on her bed.

William & Mary and Va Tech Dog Tanks & Jerseys
\$25⁵⁰ and \$26⁵⁰

Custom Fabric Dog Beds
\$99 to \$150

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



the Nautical Dog

OPEN 10-6 TUES-SAT 12-5 SUN
5104 Main Street • New Town • (757) 220-2001

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



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

EMERGENCY:

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

URGENT CARE:

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

www.sentara.com *Your community, not-for-profit health partner*



different ways. The best thing about teaching drama is doing the musicals and watching the kids develop into ensembles. It's re-

DiMattia can thank her mother for that. Though hesitant to pursue a career in education, she decided to give it a try through



Marcia DiMattia, Berkeley Middle School

ally exciting. Teaching has lots of rewards. Teaching is lots of fun.”

has been the same ever since. I love it.”

encouragement from her mom. After earning a bachelor's degree in elementary/middle school education and special education from Boston College, DiMattia headed west to Washington for her first job. From the first moment she stepped into the classroom, “It was a blast, and



DEBRA TODD

So does Debra Todd, a special education instructor at Lafayette High School.

“I love the students and have been fortunate to have worked in many different settings, and with a myriad of students, from ‘normal’ students to students with various disabilities,” Todd says. “The students make me define and refine my teaching instruction, and I love that teaching is fluid and changing according to the needs of the students and is not static.”

Todd earned a bachelor's degree in special education from East Carolina University, and is working on a Masters Degree from Old Dominion University. She was chosen as a Teacher of the Year for her work with helping special needs students develop life skills through community field trips and through operation of a café in which the

THINK GREEN

THINK  **THOMAS NELSON COMMUNITY COLLEGE**

Register Now!
Fall classes begin August 23.



Are fuel prices affecting your decision to pursue a college degree? Cut your costs but not the value of your education.

Check out our new Associate of Applied Science in Information Systems Technology (IST) with specializations in Microcomputer Applications and Web Design/E-Commerce at the Historic Triangle Campus.

Did you know that the average salary in Web Design/E-Commerce is \$50,000? IST courses include exciting hands-on experience in Web Design, Introduction to E-Commerce, E-Commerce Administration, Internet Services and Telecommunications – to mention a few.

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

Hampton Campus
99 Thomas Nelson Drive
P.O. Box 9407
Hampton, VA 23670
(757) 825-2700

Historic Triangle Campus
Busch Corporate Center
161-C John Jefferson Square
Williamsburg, VA 23185
(757) 253-4300

Southeast Higher Education Center
5720 Marshall Avenue
Newport News, VA 23670
(757) 283-7820 ext. 63532

Explore. Excel. Succeed. www.tncc.edu

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

Get the advice and personal attention you deserve.



Williamsburg Insurance Agency, LLC (757) 476-5816
Elaine Obie, Associate Agent

4324 New Town Avenue
Suite B2 • Williamsburg, VA 23188

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



Debra Todd, Lafayette High School

students prepare the food and provide customer service.

"I was surprised and honored to have been named High School Teacher of the Year," Todd says. "It meant to me that the

striving to address the whole student, academically, vocationally, technologically, and effectively so that they can become successful independent contributors to their community." NDN

work I continue to do is a worthwhile endeavor and it is appreciated."

Todd is looking forward to a brand new school year.

"I want to continue to work with my co-teacher, Judy Yoffy, to create the best program possible for students with special needs at the high school level," she states. "We are

Next Door Neighbors

Publisher

Meredith Collins

Managing Editor

Joe Collins

Copy Editor

Al White

Writers

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

Advertising Sales

Meredith Collins

Advertising Information

(757) 560-3235

Please email your questions, comments and ideas to:
meredith.collinsgroup@cox.net

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

Circulation: 34,759

www.wburgndn.com



COLLINS GROUP LLC

PO Box 5152, Williamsburg, VA 23188

Assessing Needs. Increasing Scores.

Huntington SAT prep

WE'RE READY FOR THE NEW SAT! ARE YOU?

SAT prep

The Huntington Advantage:

- ▶ 1-1 instruction
- ▶ Critical reading, writing and math
- ▶ Test-taking strategies
- ▶ Flexible scheduling
- ▶ Experienced teachers
- ▶ Proven success since 1977

SAVE \$100 CALL TODAY!

Call: 1-800-CAN LEARN
SAT prep for students seeking dramatic score improvements.

Reading • Math • Writing • Study Skills • SAT/ACT Prep

Huntington LEARNING CENTER

120 Monticello Avenue, Williamsburg www.huntingtonlearning.com

MAKE IT, TAKE IT, BAKE IT!

Make Back to School Easier with Jane!

10% off
all 6, 9 & 12 Meal Sessions

Register online and use promo code 'ten off'

Not good with any other discount or promotion

Expires 9/30/08

Supper Thyme USA

Make up to a month's worth of meals in one convenient place where all the shopping, chopping, and mopping is taken care of for you.... **Call Today!** **(757) 229-1262**

4854 Longhill Rd. www.supperthymeusa.com

Chris Scrofani

PLAYING THE GAME RIGHT

By Rachel Sapin

According to the literary-minded sports journalist Wright Thompson, Nelson Mandela used sports as a means of uniting a country torn by a history of apartheid. Once President of South Africa, Mandela helped to create opportunities for South Africa's participation in a mélange of international sporting events, including Africa's premiere soccer tournament The African Cup of Nations. According to Wright, Mandela never forgot his years of being incarcerated at South Africa's Robben Island where he saw sports bring enemies together.

The impact that sports have on uniting and inspiring communities seems universal. The lesson that comes from learning to work together despite apparent differences is one that seems more important than ever for children growing up in an increasingly interconnected, or in the words of Pulitzer Prize winning author and columnist Thomas Friedman, increasingly "flat" world.

Chris Scrofani, Executive Director of Club Development for The Virginia Legacy Soccer Club, a non-profit organization, has devoted his life to helping kids learn not only how to play the game but how to play it right. "When you're working with kids, you have to be prepared for the responsibility of how to teach the game in a manner that will have a positive impact on their lives on and off the soccer field," says Scrofani.

In addition to being in charge of The Virginia Legacy's financial operations as its Executive Director, Scrofani coaches Legacy

players ranging from age two all the way up to age 18. Having coached across the spectrum of childhood and adolescence, one would expect Scrofani to have developed a preference for coaching a certain age group by now. However, much like the democratic appeal of soccer itself, Scrofani approaches every player with the hope of developing their potential and including them in the game.

"I'll commit to helping a player, even if they're challenging," says Scrofani. "I've learned through the years that even the kids who don't appear to be interested will often surprise you with how much they're picking up on what you're teaching them."

Even after years of coaching, Scrofani continues to be surprised by the impact he has as a mentor on both children and young adults. "Kids are smart and even when they're two years old, they're very intuitive," he says of the two to six year olds he coaches as part of The Virginia Legacy's 1st Touch Soccer



Chris Scrofani with two of his young players, Jaxon Wright and Gavin Dell.

Academy. For Scrofani, one of the most important parts about teaching young children a discipline is making them feel comfortable with it.

“For most kids, the early development program is their first exposure to structure outside of the home, so I work on teaching them fundamentals of the game, its structure, and I just try to make sure that they’re enjoying themselves in the process,” explains Scrofani. “I’ve realized pretty quickly that the more fun I have with it, the more fun they’re going to have.”

Often, Scrofani finds that the children who participate the least in the 1st Touch program are the ones who practice the most at home. “I had a 2-year-old boy who was in the early development program for six months,” says Scrofani. “During that time, he would rarely participate in activities and always shy away from me when I tried to speak to him. I just thought that he was too young to grasp what I was trying to do.”

Despite the lack of feedback, Scrofani persisted in trying to include the child in the program’s activities. “One day the boy’s mother came up to me and said, ‘I just want you to know that my child loves you,’” Scro-

fani remembers warmly. It turned out that although the boy would meagerly participate in activities in Scrofani’s presence, he would often go home and pretend that he was Coach Chris (Scrofani’s nickname name among his players), practicing Scrofani’s exercises verbatim in the living room. “From that point on, I learned to never give up on even the most challenging kid,” explains Scrofani.

Scrofani attributes his exceptional ability to work with children not only to his patiently democratic attitude but to his ability to listen. “In order to be a mentor, you have to be a good listener,” explains Scrofani. “Although I take on the position of a teacher, I’m certainly learning every single day as well; kids teach me just as much as I teach them.” Scrofani’s ability to listen doesn’t only come in handy with the younger crowd he coaches. “As the players get older, there’s certainly more to it,” says Scrofani. “There are more expectations from the players and their parents as well, which can be challenging.”

As an individual who coaches and works with the Legacy’s Elite Girl’s Travel teams, a highly competitive level within the Legacy soccer program consisting of the strongest female players age 11 to 18, Scrofani often

has to mediate between frustrated players and concerned parents. “You have to give the parents and the players an opportunity to voice their concerns and really listen to those concerns,” says Scrofani. “Then you try to provide the player with the best opportunity you can. I try to give all of my players the opportunity to play at the highest level they can; if they have a goal to play in college, I’m going to do all that I can to help them fulfill that goal.”

Scrofani’s ability to mentor kids in soccer seems to be a combination of experience, open-mindedness, and a love for teaching kids about something he is also very passionate about. “It certainly helps to have a lot of experience in my field,” explains Scrofani, “because the players know that I have been in their shoes and they respect that I can show them what I want them to do.”

According to Scrofani, having the necessary experience doesn’t always mean that an individual will be a successful mentor, however. “I think you have to really enjoy being with kids, I mean sincerely enjoy it, whether they’re two years old or 18 years old to be a good mentor for them in sports,” he explains. “You have to enjoy the process of molding

Did you know...

That there are **8 Elementary Schools**, **3 Middle Schools**, and **3 High Schools** in the Williamsburg/James City County system?

Did you know that those schools combined serve to educate more than 10,000 students and have a faculty of over 830 dedicated teachers?

Did you know if you are one of those students or faculty members, then you are eligible to be a **Member/Owner** at BayLands!

- Matoaka E.S.
- Clara Byrd Baker E.S.
- D.J. Montague E.S.
- Norge E.S.
- Rawls Byrd E.S.
- James River E.S.
- Matthew Whaley E.S.
- Stonehouse E.S.

- Berkeley M.S.
- James Blair M.S.
- Toano M.S.
- Lafayette H.S.
- Jamestown H.S.
- Warhill H.S.



BayLands
Federal Credit Union

(888) 843-2520
7031 Richmond Rd.
in James City-Norge
www.baylandsfcu.org

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





We look forward to getting you back on your feet.



Treatments and services for:
 Orthotics • Bunions • Hammertoes •
 Ingrown Nails • Heel Pain • Warts •
 Flat Feet • Infections • Ulcers/Wounds
 • Diabetes • Foot Injuries

Lightfoot Podiatry Center, Inc.

Call Today (757) 345-3679

213A Bulifants Blvd.

(Across from Sentara)

www.lightfootpodiatry.net

We accept all government and private insurance.

Dr. Marc Garfield, DPM, FACFAS
 Board Certified by the American Board of Podiatric Surgery

Carpet Buckling?

Let us make the repairs.

Other services we offer:

Color Repair

Tile & Grout Restoration

Refurbish Entryways where Carpet is Worn

Carpet Cleaning & Stain Removal

CarpetPro

7218 Merrimac Trail

Williamsburg

(757) 870-1653

Pete Childs, Owner

teams and helping them succeed.”

The best mentors are always passionate about their subject and Scrofani is no exception. “You have to love the sport to teach it well,” he says. “I can’t imagine my life without soccer; I’ve always been involved with it to some degree.”

Encouraged and inspired by his older brother, Scrofani took to soccer at an early age. “My brother was always involved in soccer, whether it was playing around with his friends or forming indoor leagues,” he explains. “As brothers do we fought a lot, but when it came to the soccer field, he pushed me along and included me and encouraged me to continue to work hard. That had a big impact on me.”

As a result of his talent and commitment to the sport, Scrofani pursued soccer at William & Mary, where he played on All-Conference Teams and was distinguished for his number of Career Assists. After college, Scrofani went on to play soccer professionally for the Virginia Beach Mariners (formerly known as the Hampton Roads Mariners) for five years, an experience that allowed him to advance his skills and travel throughout the United States, Canada, and England.

When Scrofani finally returned to Williamsburg, he just couldn’t leave soccer behind him. “When I returned to Williamsburg, my business partner Chris Haywood (WISC’s Founder and President) and I decided to open the Williamsburg Indoor Sports Complex (WISC),” explains Scrofani. Today, Scrofani serves as WISC’s Vice President of Sports Programs. “It was just kind of a natural progression for me to get involved with opening an indoor sports complex and involved with coaching after having played the game for so long,” he remarks. “It’s a great way to stay involved with the game and I have really enjoyed coaching over the years.”

Like most passions have a tendency to do, soccer has weaved its way into every aspect of Scrofani’s life; he even found his wife Lydia on the soccer field. Scrofani met Lydia while she was an assistant for John Daly, Women’s Soccer Coach at William & Mary. “She came out to observe one of our travel team’s practices,” he remembers. “As they say, the rest is history.” Lydia is also an accomplished soccer player; she played for four years at the University of South Carolina where she was named team captain for two seasons and was also named an NSCAA Regional All-American.

When I asked Scrofani - who hopes to start a family of his own in the future - whether he planned on mentoring his own children in soccer when the time comes, he replied, “I would love for my children to play soccer, and I will give them every opportunity to play when that time arrives, but I will never force anything on them. Soccer has been so good to me, and I certainly want their experience with sports to be just as good.”

Like all good mentors, Scrofani harnesses the love he has for the game of soccer to touch the lives of many of our area’s youth with his knowledge, experience and passion for what he does best. But it’s more than that for many. Scrofani works hard to engage his kids in a way that makes him more than their coach. He is also their mentor, and his positive influence on their young lives very likely extends well beyond the soccer field. NDN

To learn more about the 1st Touch Academy and other Virginia Legacy Soccer Club programs, visit: www.valegacysoccer.com/index.html

WWW.WBURGNDN.COM

TWO HOSPITALS FOR WILLIAMSBURG

THE CARE YOU NEED. THE CHOICE YOU DESERVE.



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

TWO HOSPITALS: WHAT YOU'VE WANTED ALL ALONG

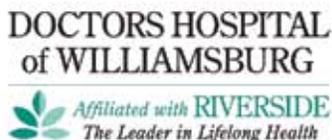
In every survey taken since 2004*, three out of four Williamsburg area residents told us there is a need for two hospitals in the community. And you made your feelings known by writing more than 1,800 letters and petitions of support for Doctors Hospital of Williamsburg in 2006 alone. Thank you for that.

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

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

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

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



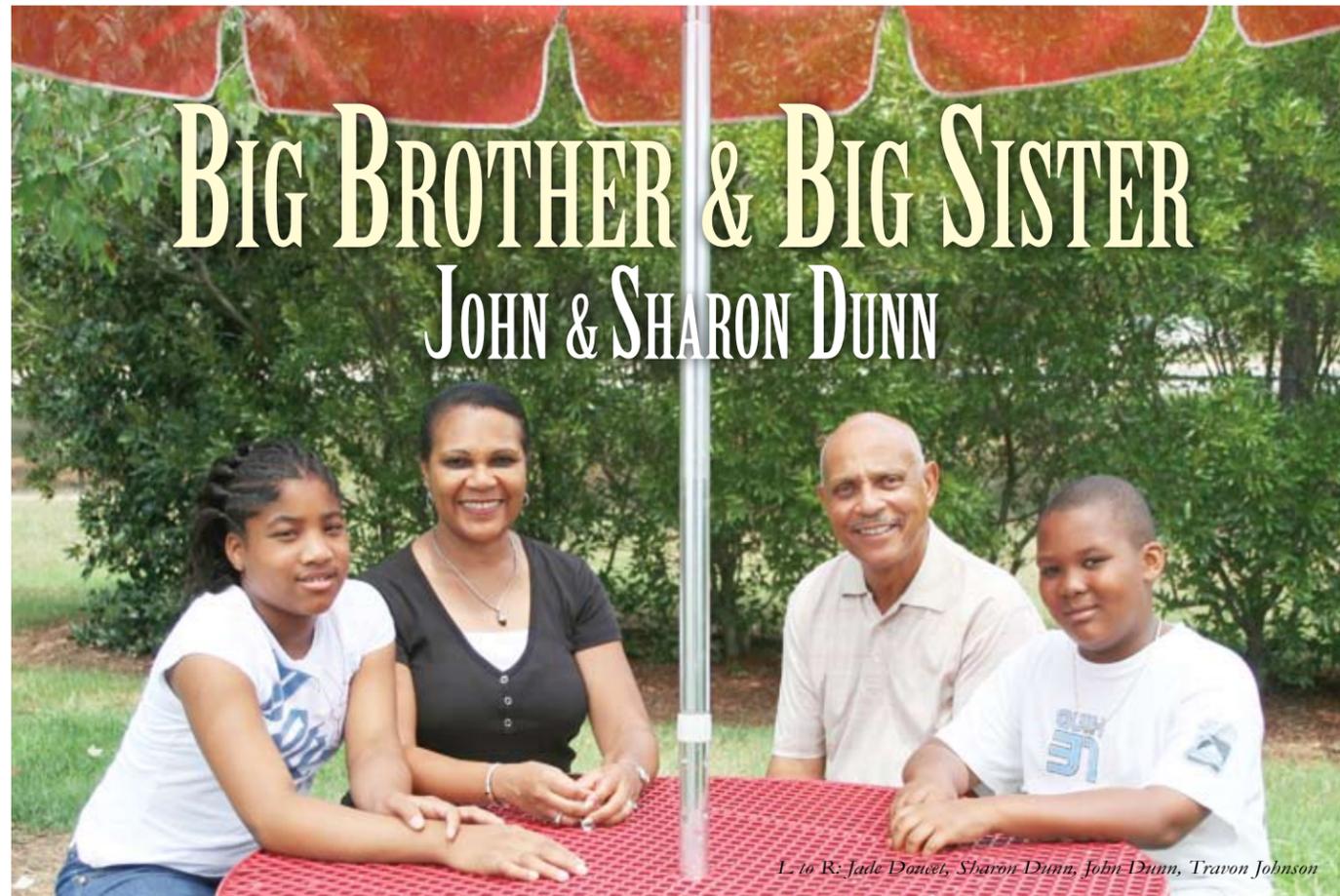
IF YOU BELIEVE WE NEED
TWO HOSPITALS FOR WILLIAMSBURG,

Please write :

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

COMPETITION

CHOICE



L to R: Jade Dancet, Sharon Dunn, John Dunn, Travon Johnson

By Ashley Bateman

John and Sharon Dunn lived in Wilton, Connecticut for over twenty years. They are relatively new to the Williamsburg area, having lived here only two years. Sharon is currently the head of a consulting practice in human resources, which includes work with the William & Mary graduate program, and John retired from his position as Vice President of Human Resources for Time Warner Cable, Inc. just before their move here. With their own children grown and a little more time on their hands, they made excellent candidates to volunteer for the Big Brothers & Sisters (BB/BS) mentoring program.

Sharon met the Executive Director of the local chapter of BB/BS, Elizabeth Chisholm, while attending an open house for the program in September of 2007. She had volunteered as a Big Sister in the New York area in previous years, and was interested in continuing that involvement in Williamsburg.

"My previous Little Sister came out of the church," Sharon remembered. "The relationship started that way as opposed to me being

proactive and signing up for the program." Sharon began mentoring her former Little Sister, Robyn Edwards, when she was 12 years old and she has since graduated from college and is now an ordained minister in New York.

"I knew that I wouldn't be traveling as much as I had in the past in moving here and so I figured it would be nice to give back to the community," Sharon said.

This past October, Sharon officially joined the Williamsburg BB/BS program and she was paired with Jade, a pre-teen who was at an age where some additional guidance from an adult could always be helpful. "I started school-based with my Little Sister in meeting her for lunch every Monday. Then it grew into her wanting to spend more time, so I somewhat upped my commitment to being with her," Sharon said.

"Initially she was very shy, but had lots of questions," Sharon said with a smile. "She wanted to know why I would be interested in having a Little Sister. We connected on a few things being female."

John's pairing with his Little Brother was somewhat less traditional. The grandmother of 9 year old Travon approached Sharon at a program event and mentioned that she was searching for a 'Big' for her grandson. Sharon proposed the idea to John and he immediately said yes. He officially joined BB/BS in January of this year.

At the beginning of their relationship, John discussed Travon's interests and possible activities with his grandmother to explore avenues of common ground. Working with children is not a new experience for John and it is something he definitely enjoys. In addition to being a parent, he has also worked with children in other ways. "I used to work with kids as a Little Leaguer...I'm just an older kid myself," John said smiling. Sharon vigorously agreed.

One of the best things about being a participant in BBBS is the time you spend together. It is never a one-way street, as most 'Bigs' discover, and it doesn't always mean there has to be some sort of fun destination or planned event. Most 'Bigs' and their

'Littles' benefit from just spending time together.

"I pulled up the first day in my convertible," John said with a smile. "Trevon was thrilled to death with that. We like to do things together. I think he just likes being with me. Last Saturday we hit golf balls, we've gone bowling, things like that."

Both John and Sharon also try to reinforce good study habits and doing well in school. "My goal, of course, would be academics, as well as a relationship," Sharon added. "To ensure that she's doing well in school, I've had a lot of conversation with her parents and her grades have improved tremendously - and her self-esteem."

John agrees with his wife. "Schooling is important. We talk about how he's doing in school and he shows me his report cards."

The BB/BS program matches adults with children and provides a framework for the relationship to grow, but it does not dictate the structure of the relationship. "It's up to you," Sharon stressed. "If there are some issues that BB/BS is aware of coming into the program they share that with you. Other than that they kind of leave it up to you to establish that rapport, and then as the relationship develops you figure out what's going on."

Sharon has noticed the difference John is making in Travon's life. "I know with Travon, his grandmother was concerned about not having other males in his life," Sharon said. "As he's growing, who does he look to? I think that was her biggest concern. And you can see already, how moving closer to John, what's coming out of him [Travon] is more and more personality. He's becoming more confident and I really think it has a lot to do with the relationship."

This past Mother's Day, John asked Trevon if he had a card for his mother. He had made one at school for her so the two of them went to Farm Fresh and picked out a little flower for his mother and grandmother.

John was impressed and touched by Travon's remembrance of this event a few weeks later when he went to pick up his 'Little.' "I went over there the week after Father's Day and he had a card for me!" John exclaimed. "That was really nice. I was really taken aback by it." The card included a message for John, stressing what a great father-figure Travon considered him to be.

The Dunns ultimately consider the program a successful one. The initial background checks of BB/BS candidates and the guidance provided by program employees encourage successful relationships to flourish. BB/BS requires 'Bigs' in the program to meet their Littles' parents or guardians at the start of the pairing, so that there is a general understanding of what role the 'Bigs' will play. What's good about this system, according to Sharon, is that the Little and his or her guardian do not begin the relationship with false expectations.

"We're not coming in to do all these wonderful things even though we'd like to think we do," Sharon explained. "They want the focus to be on the relationship. All of that they explain to the child, as well as the parent." The Dunns feel that the organization of BB/BS and its emphasis on one-on-one attention also contribute to its success.

It does not always work out between some 'Bigs' and their 'Littles', but for John and Sharon involvement in the program continues to be a joy. Both have remained with their 'Littles' since pairing, and see no end to the relationships in sight.

"John and I really enjoy the fact that together, we can share our lives with our 'Littles' and hopefully influence the paths our 'Littles' take," Sharon said. "Our lives have been so blessed that we understand 'To whom much is given, much is required.'" NDN

We Know Our Wines from Arneis to Zweigelt

Rocche Costamagna Arneis
Langhe, Italy \$13.99

Tegernseerhof Zweigelt Rosé
Austria \$11.99

Vibrant and fresh, with rich citrus, honey, and roasted hazelnuts all wrapped up into a perfectly harmonious whole. Excellent with a wide variety of cheese, and an ideal accompaniment to seafood - especially crab cakes.

Don't be intimidated by the name - this is one fantastically easy to drink dry rosé!

Layers upon layers of dried strawberries and cranberry finish off with a luscious lemony kick.



4680-15 Monticello Marketplace, Williamsburg (757) 564-4400
www.grapesbythecrate.com



Stephen Shonka

Family Retirement Planning and Wealth Management

115 Bulifants Blvd., Suite B, Williamsburg, VA 23188

757-258-1063 phone 757-258-0423 fax

stephen.shonka@lpl.com e-mail www.stephenshonka.com website

Plan Your Financial Journey with Steve Shonka

Any experienced pilot knows a comprehensive flight plan is vital for a long-distance trip.

To reach your retirement goals, you also need a "flight plan" - and a skilled co-pilot, too. I should know. As an experienced financial advisor, I help families plan for their most important journey of all - a journey toward long-term financial independence.

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



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

Please call Ann Carnifax at 757-258-1063 to schedule a complimentary meeting with Stephen.

Pam McGregor

A Community Advocate for Those with Disabilities

By Sara E. Lewis

To know Pam McGregor is to love her positive energy and enthusiasm. The mother of five is quick to tell you how much she loves her children and how eagerly she has participated in school and community activities. "We have embraced the communities where we've lived," Pam said, referring to the many places she and her family has lived with her husband who spent ?? years in the ??.

Now, as the executive director of The Arc of Greater Williamsburg and with only three children at home, she has cut back on her involvement with schools to mother a new flock - those who eagerly respond to the mentoring her organization provides.

Originally founded in the United States as the Association for Retarded Children, the organization soon expanded its "C" reach from children to all citi-

zens with disabilities. Then, in the 1980s, the ARC acronym was dropped and the word Arc was used.

"Arc means inclusion," Pam explained. "We reach out to individuals with all kinds of mental or physical limitations. Arc is

the umbrella term."

Arc's mission is to provide for the well being of the older teen to senior citizen population no longer served locally by other organizations that focus on younger aged children. ARC's mentoring is through social, educational, and recreational activities.

"Our average client age is 32," Pam said.

Arc activities provide caregivers of those with Down's syndrome, cerebral palsy, birth defects, and many other limiting conditions with time off from the constant demands that these disabilities create. It allows the disabled person to get out of the house to enjoy other people and dif-



EUROPEAN
FOOD & BEER

KIELBASA

113 Palace Lane
(Behind Mirabella's Italian Grill on ByPass Rd.)
(757) 220-0223
OPEN 10 AM - 8PM MON - SAT; 10AM - 2PM SUN
www.kielbasava.com

Announcing
Dancing with the Senior Stars
Produced by Morningside Assisted Living of Williamsburg

Come support the dancers and see which ones will win the \$1,000 prize for their charity!

NOW - SEPT. 3rd 7PM to 9PM
Four Consecutive Wednesdays

For more information call Lisa Chapin, Marketing Director, at (757) 221-0018

Competition will be held at...

440 McLaws Circle
Williamsburg

SPONSORS

NON-PROFITS

ferent activities and provides a learning and social experience that helps them to become a better part of their family when they return home.

The Arc's part-time staff of three and volunteers from the community provide 10 to 11 activities a month for intellectually or physically disabled individuals. Fitness activities have included aerobics and yoga. Often community clubs and organizations, such as the William & Mary soccer team, the Kiwanis AKTION club, and the Kiwanis Key Club, will donate their time to assist.

According to Pam, the clients of the Arc are probably some of the most appreciative clients any organization could hope for. "They are so giving," Pam said. "They are so easy to teach and work with because they are so open."

Pam likes to plan activities that her clients can grow from. In addition to fitness activities, she often exposes them to literature and the arts, as well as social functions. For example, the Williamsburg Regional Library has invited the group to learn about and use the library. Math Matters is an activity that helps clients learn day to day banking and finan-

cial skills. After a recent session of classes the group was invited to take a field trip to a bank. Social activities include bingo, movies, and holiday parties.

Pam is enthusiastic about the clients' response to the activities. "There is such a range of ability in our group," she said. She is currently talking to leaders about offering community college courses to some of the higher-functioning clients. "Wouldn't it be great for us to give some of the clients the opportunity to go on to the next level?"

Pam feels that the four to five hours at a time of respite care that the Arc is able to provide is so important for clients and their families. The absolute number of people who are intellectually or physically challenged may be viewed as small, but if the family members who are impacted are counted the number is much greater. The time the Arc invests in mentoring these challenged individuals means that not only is that person affected in a positive way, but so is their caregiver. Pam likes to see her clients enjoying themselves and making progress from the fitness, learning, and social activities.

Pam also helps Arc explore new oppor-

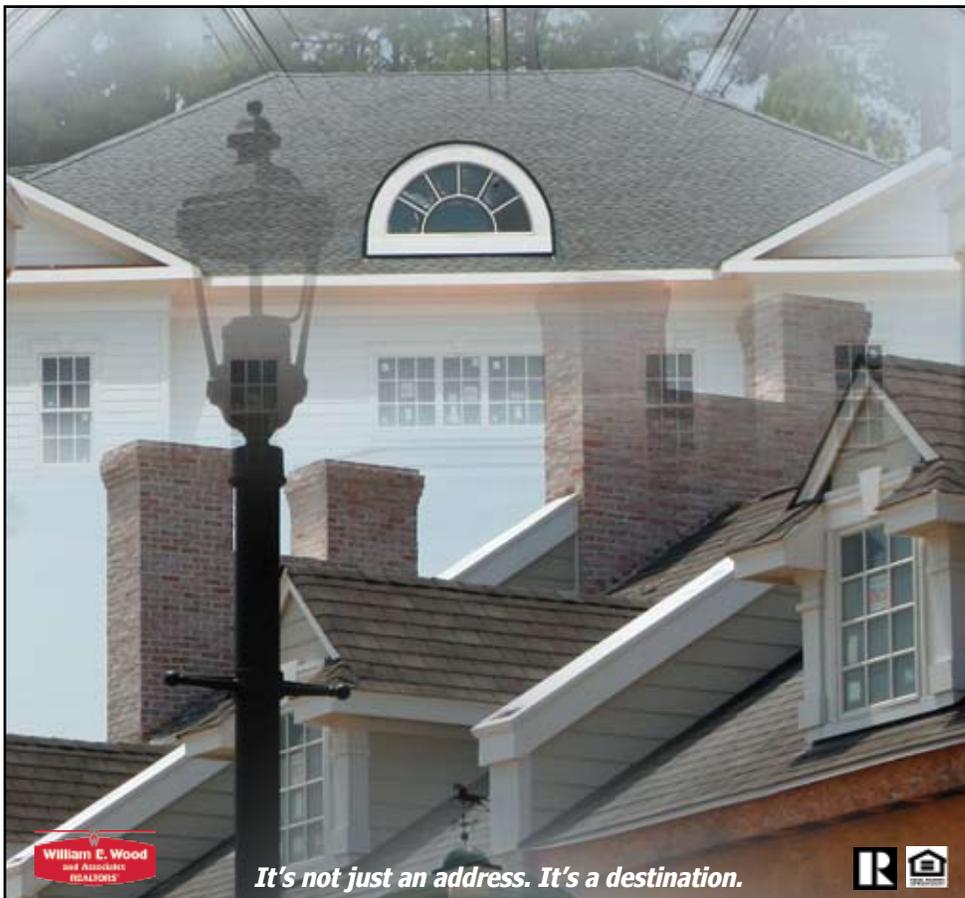
tunities for her clients such as PASHUN, Inc. "A beautiful couple in their 70s came into my office one day and they wanted to know what would happen to their child after they were gone," Pam said. These are the kinds of real concerns that come across her desk.

PASHUN (Parents & Advocates for Special Housing Needs) was incorporated in 2007 to provide housing for those with disabilities in the Greater Williamsburg area. A supervised residential facility is being planned to provide safe homes where the physical, emotional, spiritual, and social needs of the Arc's aging client population can be met.

"After parents are gone and if they are packed up and moved off to a relative, they lose the continuity in their lives," Pam said, explaining why such housing is urgently needed.

To help clients take the step to a residential home, Arc hopes to win a grant to help clients develop life skills. "They need someone to teach them to cook and clean." They often have to be shown once, twice, and perhaps many more times before simple things are learned.

"The Williamsburg Community Foun-



William E. Wood
and Associates
REALTORS

It's not just an address. It's a destination.



Curious?

It's all coming together right now.

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

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



High Street
WILLIAMSBURG

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

www.highstreetwilliamsburg.com

Developed by Roseland Property Company

dation has been very supportive of their wellness needs,” said Pam, underlining that learning how to eat right and exercise is a life skill that is often easier said than done. In current activities, clients are learning to drink water, not soda, and to eat appropriately-sized portions of their favorite foods. “We are constantly reinforcing that junk food is not going to do any you good.”

Pam recognizes that not too very long ago, people with special intellectual and physical needs were kept out of sight. But that has changed and she encourages the community to spend time with her clients and get to know them. “You just have to spend time with them,” she said, explaining that she has learned to ease along a client with a speech disorder and not overreact to another client who speaks in rhyme. Arc clients are not the easiest people to reach. “The client might feel angry or sad or be acting inappropriately. You have to take time,” Pam added.

She once heard a client say, “I know I have Down’s syndrome. Look at me.” The Arc client can see right through the phoniness of those who feel sorry for them. Pam’s advice

is to talk to the intellectual and physically disabled just as we would anyone else.

“They are adults and shouldn’t be talked to as if they are children,” emphasized. “But, I don’t let just anyone who walks in off the street volunteer with us.” She defends their special personalities. “These are adults. They have feelings.”

Pam sees the Arc clients as real and grateful. They hang on to encouraging words. “We are such a spoiled society, but they are different because they know how to count their blessings,” Pam related. “People don’t tell them enough that they look nice today.” She Compliments are special blessings for them because they don’t hear them often.

Pam feels that those who think they would like to contribute as a mentor or volunteer should attend an Arc activity to see the value of the organization. “Do not feel sorry for them,” she stressed. “This is how God made them. Get comfortable with it. They are not to be feared.” She knows that too often we shun those who look and act different than what we perceive to be normal.

Pam continually learns about their spe-

cial needs from her clients and others. “One thing I have learned is to be smart enough to know that you’re not the answer,” Pam said. She gets help from experts and those who have worked with this disabled population. “The board took a little bit of a chance. I’m pretty comfortable with the fundraising and business management, but this is a great thing to be doing. This is great work.” It makes her job easier because the cause is so important.

The organization is growing and new people are getting involved who have embraced the Arc as she has. They are enthused about the Arc because they are personally rewarded by helping the clients and seeing how worthwhile the organization is to individuals and the community.

“There is a lot of positive energy here,” Pam expressed. Much of that positive energy flows from Pam and her compassion for those she mentors through her leadership at Arc. NDN

For more information on the ARC of Greater Williamsburg visit: www.thearcgva.org

Your kids are heading back to school...

Now is the perfect time to invest in yourself.

“Finding the time to get in shape, lose weight and improve your health and overall outlook on life is important. We can help you get started and keep you on the road to looking and feeling better.”



Frank Rosalie, Owner
ACE Certified Personal Trainer
Lifestyle & Weight Management Consultant

I WANT MY BODY BACK!

Get one week FREE with a 36-session package

Offer Expires 9/30/08

757-345-2246

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



www.ftwilliamsburg.com

4854 Longhill Rd. in the Olde Towne Square Plaza



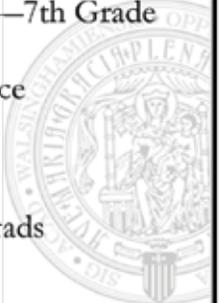
WALSINGHAM ACADEMY
FOUNDED IN 1947 BY THE SISTERS OF MERCY

Lower School Pre-Kindergarten—7th Grade

- Foreign Language Classes K-7
- Blue Ribbon School of Excellence

Upper School 8th—12th Grade

- 13 AP and 9 Honors Courses
- \$3.7 Million in Awards to '08 Grads
- 38 Athletic Teams



1100 Jamestown Road • (757) 259-1430

amagliola@walsingham.org

WWW.WALSINGHAM.COM

Walsingham Academy is accredited by the Southern Association of Colleges and Schools and offers admission to all academically qualified students without regard to race, religion, color, nationality or ethnic origin.

GRADY BLALOCK

A Gift for Knowing People

By Natalie Miller-Moore

Grady Blaylock's resume is quite impressive: he's the CEO and Chairman of the Board of Equidata and also a savvy and diversified businessman. But what he most wants to be remembered for is how well he treats people.

"I love people, and know that there's good in everyone. It's just a matter of bringing it out. But some people don't know it, so you have to show them," he said.

At age 73, he's had a great deal of business experience. In fact, he started out his civilian work life as a policeman in Warwick, after getting out of the Army around the time of the Korean War. Not long afterwards, he was recruited for a position in business by a family friend and started out working in the credit department for the old Rices-Nachman department store. He joined Equidata in 1974, and over time climbed the ranks, eventually becoming Executive Vice President, President and now Chairman of the Board and CEO.

What's distinguishes Blaylock from many other CEO's at his level is his interest in finding out about people - especially his employees, at any level. He enjoys meeting individuals and has a talent for assessing someone's interests and inner qualities rather quickly. He also doesn't mind sharing what he learns with others in the interest of fostering personal growth.

"I do have a gift for knowing people, and it's often astonishing to them how I can know them after not much time at all. I feel like I can bring to light what people inwardly know," he said.

Blaylock's skills have impressed his employees, and



Grady Blalock with Loretta Zeitz, who has benefited from his mentoring for 30 years.

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



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

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



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

Visit our lovely shop!

20% off Gift Items

- Custom Botanicals
- Aromatherapy Lines
- Candles, Gifts and Accessories

LIMIT ONE GIFT ITEM
EXPIRES 9/30/2008

Voted #1 Florist in Williamsburg!

MORRISON'S

1303 Jamestown Rd. (757) 220-1242 www.morrisonflowersandgifts.com

Water Damage?



Fast action can save more than your carpet!

Molds begin to grow in just 72 hours.

We now offer a special carpet drying process that will save you thousands of dollars in replacement costs. TES (Thermal Energy System) is designed for water damage of any size and severity, using heat to quick-dry wet areas including carpets, hard wood floors, baseboards, drywall, interior insulation, and studs.

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

Conscientious Carpet Care

757-564-0201

Give our operator this Preferred Customer number when you call:

- 220808 -

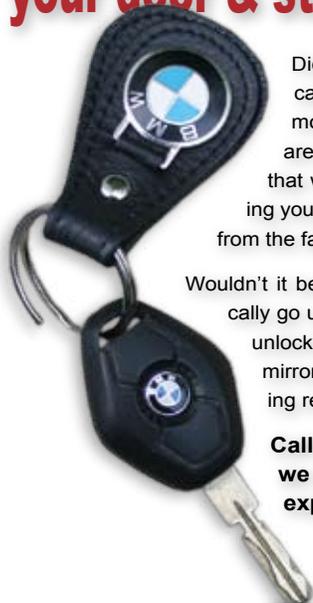


Scott Zimmerman,
Owner
Conscientious
Carpet Care

www.conscientiouscarpetcare.com PO Box 1841 • Williamsburg, VA 23187-1841

BMW AUTO OWNERS

This key does more than open your door & start your engine.



Did you know that your BMW key fob can be programmed to do a whole lot more than simply start your car? There are a multitude of programmable options that will enhance the convenience of driving your BMW. However, your key fob comes from the factory unprogrammed.

Wouldn't it be nice for your windows to automatically go up when you lock your doors? What if unlocking your doors caused your seat and mirrors to adjust automatically to your driving requirements and turned your AC on?

Call us for more information on how we can improve your BMW driving experience.

(757) 220-9660

421 East Rochambeau Drive
next to
Pierce's Pitt Bar-B-Que

**EUROPEAN CARS
OF WILLIAMSBURG**
SALES & SERVICE

www.eurocarsofwmsbrg.com

they have nothing but positive things to say about what they've learned from watching him interact with others, in business and socially.

Loretta Zeitz has worked with Blaylock for nearly 30 years, most recently as Assistant CEO. She is also the Vice Chairman of the Board of Equidata.

"I think Mr. Blaylock connects with people because he has an interest in everyone he meets and takes the opportunity to be closer to them," she said. "He is a mentor, a vision in all he does, and it's with a purpose. He taught me that I can make a difference in life through people."

Mentorship is paramount to any organization, and Blaylock has his list of key ingredients for successful mentoring. "I think you need chemistry with the person so they trust you, but also they need to be willing to be entrepreneurial, to experiment," he explained. "And of course, they need to be motivated and not hard-headed, so they can learn. In my opinion, people who mentor must develop others, and pass on to others what they know. It's like how students study to be professors, who then teach students; it's how the flag gets passed down through the generations."

Part of his success toward this end is being willing to invest his time in others. "I think developing people starts with recognizing their talents," he said. "When you understand them better, you can see what diversities they bring to the business. And, then you can give them something to work towards. Being able to see potential in others can be the key to opening their eyes to their talents."

This philosophy builds loyalty, because when employees feel known, they have more trust and commitment to the company. Many of Blaylock's employees have been with Equidata for years, longer than the average length of time for most companies.

Lora Tabor has worked for Blaylock at Equidata for 23 years, in many different positions, including director of marketing. She's now an Executive Vice President and Executive Administrative Assistant to the CEO.

"I've learned so much," she said. "I've learned to be more open-minded. Don't judge a book by its cover. Give everyone a chance and learn about them."

In mentoring, it's about setting an example. In business, it's about relationships and Blaylock knows that. "It's relationships, then product, then price," he emphasized. "I think that people in business need to be present and be themselves, and that will help them in the long term."

For Equidata, that investment in people has paid off. They've grown to be a national company with customers in 38 states, increased their product line more than tenfold and built a new headquarters in Newport News. They also have five divisions of services, and recently opened a branch office on McClaws Circle in Williamsburg.

This success is founded on Blaylock's philosophy about building a strong successful company. "We hired people, not resumes," he said. He follows his gut with hiring his own employees and with working with businesses, suppliers and other agencies.

Blaylock attributes his strengths in understanding people to what he learned growing up as a kid in old Warwick, which was later annexed to Newport News. "I learned it from going down to the corner store, and watching the old men play checkers and tell stories. I learned from their life experiences. If you listen, you learn. If you're talking, you may not learn anything," he said. NDN

Wayne & Ruth Kernodle

Sharing a Lifelong Love of Learning with Others through the Christopher Wren Association

By Sara E. Lewis

As career educators, Wayne and Ruth Kernodle have taught many and mentored a special few. They retired two decades ago and it did not take them long to realize that they missed the intellectual stimulation and interactions with people who shared their love of learning.

"Both of us had taught sociology and gerontology," Wayne, a retired William & Mary professor, said. His wife, Ruth, had taught at Christopher Newport University (CNU). "After a year of traveling, we said to each other, 'Let's do something else.'"

Ruth turned her energy toward establishing the Lifelong Learning program at CNU and Wayne began working with Elderhostel at the College of William & Mary, following the popular trend toward summer program development for retirees on college campuses. Soon, Wayne found himself engaging in conversations with others about why Williamsburg should have a program like Elderhostel and he formed a steering committee with others who saw the potential.

"We met for weeks and months planning the program," Wayne said. Several of the planners presented the idea to William & Mary's president, Paul R. Verkuil. "From the beginning they saw this as a wonderful opportunity to bring the college and the community together," Wayne said.

In 1991, the Christopher Wren Association (CWA), Williamsburg's own volunteer-run lifelong learning program, was born. It was the second such program in Virginia.

Mentoring is typically thought of as something that occurs when an older person with experience spends time with a younger person to provide guidance and teaching. With CWA, the teaching and mentoring flourishes among those who are peers in many ways, including age, but who also have specific

experiences and knowledge that can be shared through their programs.

Early on in the development of the program, William & Mary's Office of University Development took CWA under their wing. "They adopted us," Ruth explained. "Without them we would have been hard pressed for so many of the things that were needed." The Development Office provided the CWA with an office, a telephone, parking spaces, and other services - even installing an elevator to accommodate members. What started as an organization with a few hundred members has now blossomed into a membership of 1,500.

Although Ruth is no longer as involved in the day-to-day operations, Wayne is on the Program Committee and the College Relations Committee. Annual membership funds, which are \$85 for regular and \$35 for associate members, flow through the College Relations Committee to fund such things as scholarships. CWA has given a great deal of money to the Gateway Program, initiated by past president Gene Nichol, for students who qualify to attend the College of William & Mary but who would otherwise not be able to



Successful businesspeople love what they do.

Let me put my passion for Real Estate to work for you.



2801 Jonas Profit

4 bedrooms, 2 1/2 baths, 2,948 square feet in Fernbrook.

Priced at \$399,000



4724 Bristol Circle

3 bedrooms, 2 baths, 2,452 square feet in Westray Downs.

Priced at \$350,000



Deelyn Neilson, A.S.P., REALTOR®

Liz Moore and Associates
5350 Discovery Park Blvd.

757.503.1999

www.PremierWilliamsburgRealEstate.com



108 Birkdale

4 bedrooms, 3 1/2 baths, 2,970 square feet in Ford's Colony.

Priced at \$599,000

attend for financial reasons.

With the exception of one full-time and one three-quarters time paid staff, the CWA is operated by volunteers. "This is essentially a small college," Ruth said, emphasizing how much is being done voluntarily and through peer mentoring. "The volunteers are all very talented people. People retire but still need something to do. We are amazed at the instructors; they come out of the woodwork, so to speak."

"They are lawyers, ambassadors, and spies," Wayne said, echoing Ruth's enthusiasm for the individuals with an interest in teaching others about their areas of expertise. "At first we called people we knew at the college and just talked them into it." This was hard work in the beginning, but now members ask people that they know and recommend others. Everyone knows someone else who has taught or has a special interest.

Retirees often find CWA attractive because they miss the continuation of discussions and intellectual stimulation with those who can offer them fresh ideas and new information. "Many people entering retirement read and hear about how keeping your mind active is as important as keeping your body active,"

Wayne clarified.

Ruth explained that members tend to take courses that are different from what they have done in their careers. For example, she cites a former banker that taught a Civil War course. Ruth enjoys courses about China and Wayne has taken an interest in literature.

In addition to offering courses to full members, there are other learning opportunities that are also available to associate members. "One of my favorite things is Town and Gown," Ruth mentioned. "People who are still busy with work or with volunteer responsibilities still enjoy the Town and Gown brown bag lunch on Thursdays. Two to three hundred [people] come to the Chesapeake Room in the Sadler Center for a presentation on a timely topic of interest. CWA also offers activities such as book discussion groups, language circles, and trips."

CWA is also a great way for newcomers to become more acquainted with the community. "One of the things we contribute to the community is a way for new arrivals to find their way around. The courses and presenters help them find new things to do and to make new relationships," Wayne said.

Ruth reflected that the retirement phase of

life is often a long time, so it allows people to develop new skills. "I've been retired as long as I've worked," Ruth said.

Although they don't have the data to prove it, the Kernodles feel that the community benefits from a CWA in many ways. Through meeting other people who are interested in learning, many of whom are also active in their community, those who attend tend to become more engaged. CWA members learn about the environment or religion or finances and can also use this new knowledge to benefit others.

"We know that Christopher Wren Association people have been very involved in the community," said Ruth "They spread out and do other things."

"The classes are full of very, very bright people," Wayne summarized. "The exchanges that are going on are kind of peer mentoring. We feel very good about it because of what it has provided for a lot of people and ourselves. I feel tremendously rewarded by the opportunity to meet new people outside the faculty, to meet new people and to share." NDN

For more information on the Christopher Wren Association visit: <http://web.wm.edu/cwa>



Ready, Set... VOZ

Special Introductory Offer
SAVE \$750⁰⁰

Call **757-206-1900**
to schedule your complimentary hearing evaluation!

Offer Expires September 30, 2008

PAMELA D. CUMMINGS,
LICENSED HEARING INSTRUMENT SPECIALIST

VOZ is 100% WATER RESISTANT

NEW!

Hj Hearing Health Care Centers
WILLIAMS·BURG

NewTown 5107 Center Street, Suite B-2 WILLIAMSBURG	Kiln Creek 111 Cybernetics Way, Suite 220 NEWPORT NEWS
---	---

Visit our website at www.hhccwmsbrg.net



Electric Fireplaces

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

Taproot
HEARTH & PATIO

(757) 229-3722
157 Second St.

electraflame

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

WWW.WBURGNDN.COM

Building a Virtuoso

ONE MENTOR AT A TIME

By Charlene Smith

Amahl Hodge has benefited from more mentors in his fourteen short years than many people have in a lifetime. There have been trusted friends and experienced teachers, patient coaches and wise and loyal advisors, and caring people who have taken the time to provide insights, impart knowledge and try to positively influence his short but busy life.

Amahl is an accomplished violinist and scholar who freely shares his talent throughout Virginia. His interest in the violin is directly attributable to the influence of his favorite uncle, Ivan Hodge (affectionately called "Uncle I"). Ivan, who began playing the violin twenty-six years ago at age five, unknowingly created a path for Amahl to follow. Amahl explains, "I wanted to do everything that my uncle did, but I wanted to do things better."

This determination (to do things better) drove him towards a disciplined approach to practicing. Practice, Amahl adds, is "one of my favorite pastimes." Ivan believes that impressionable youth lean towards those things familiar to them. "It makes sense that he would pick up the violin, since he was exposed to it from a young age. But, if I'd played percussion or trombone, he may have chosen that instead," Ivan explains.

Though Amahl's interest in the violin also began at an early age and formal lessons started at age five, he displayed an unusual bit of maturity by deciding to "put the violin down" for a year. He states that he wasn't ready, just yet, to play. Once he resumed his lessons, he never stopped. It has been eight years of continuous learning and performing.

Amahl's maturity is evident and was likely modeled after his uncle as well. Ivan explains that, after he played two years with The Louisiana Philharmonic Orchestra in New Orleans and had a series of professional auditions, he was able to arrive at more realistic expectations for his own musical career. "I realized that I was not ever going to play well enough to win a position with a major symphony like the National Symphony," he said.

This realization led to a switch in his career, to that of an orchestra teacher.

Ivan has taught grades four through twelve, but this upcoming school year he will be teaching grades four through eight at Francis C. Hammond Middle School in Alexandria, VA. Additionally, he has two private violin students and explains that he enjoys the rewards of watching them improve during the year, particularly when they were not among the best at the beginning of the year.

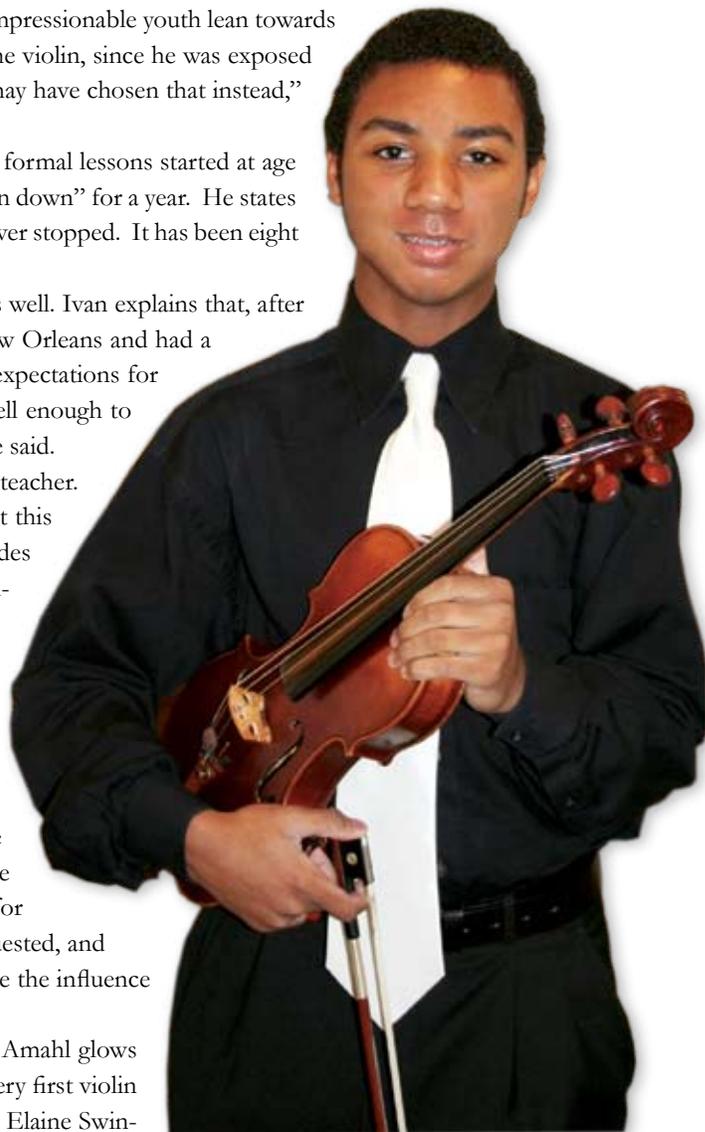


Ivan Hodge

Though Ivan currently lives at a distance from the Williamsburg area and does not see Amahl often, he continues to provide support for

him. He attends his performances, provides him with music when requested, and celebrates special occasions with him like birthdays. It is very easy to see the influence that Ivan has had on Amahl's musical development.

Amahl's important musical influences do not stop there, however. Amahl glows when he reflects on his music teachers over the years. David Cary, his very first violin teacher, started him on his journey and has since moved from the area. Elaine Swin-



ney, his third teacher, now lives in Ohio. Tom Lindsey of Williamsburg is Amahl's current teacher and is doing his utmost to prepare Amahl for a music conservatory.

Outside of structured lessons, Amahl is also mentored by John Lee. John is a local musician who serves as a role model to Amahl and other young musicians in the area. It is quite evident that, when the two of them are working together on stage, Amahl listens carefully to and follows John's directions, while John seems to take pride in Amahl's tremendous talent. Watching the two of them together, it is clear that John has had an impact on the level of professionalism and stage presence that Amahl demonstrates when he is performing.

Musically, what's ahead for Amahl? "I hope Amahl is able to get into a good school where he can get a well-rounded education and perhaps do a dual degree," Ivan says. "Schools like Michigan and Vanderbilt are well known for this."

Of course, Amahl has thoughts of his own on specific places to further his music training. He hopes to get into The Penn State Music School, one of the country's leading music schools, or The Curtis Institute of Music, which is considered one of the finest music conservatories in the world. He is also considering The Shepherd School of Music in Houston, TX and the esteemed Julliard School in New York City.

When asked to project into the future and describe his dream performance and audience, Amahl replied that he would love to play in Carnegie Hall. His audience? He wants to play especially for the people seated

in the very back - those who could not afford the expensive seats. "These people would be there because they really appreciate music," he explained thoughtfully. It is no surprise that since Ivan played twice in the New York String Orchestra Seminar at Carnegie Hall, that Amahl has aspirations to follow in Ivan's footsteps there.

One would wonder how this young man could have achieved such a level of maturity, become so well-read, focused and determined in such a short time. He clears this up when he speaks of his family and friends and the influence they have had on his life. While music is a big part of his life, his interests go beyond the world of music. Amahl is very religious and states that his greatest mentor is God.

"Nothing can be done without consulting Him first. Through Him and His will, much is accomplished," Amahl says.

His religious training and lessons on life were influenced by his grandparents as well. His grandfather, The Reverend Vincent S. Hodge, Sr. an Episcopal Priest, and his grandmother, Mrs. Martha Hodge, a former elementary school teacher, are committed to shaping the life of this well-rounded and disciplined young man.

While music consumes a good deal of Amahl's life, academics also has a high priority with him. He expresses great enjoyment with being home-schooled by his grandmother. His favorite subjects are spelling, science, Spanish, music, math and English. To round out his education, he attends Aretè Christian Academy, a home school cooperative. At Aretè, he studies Spanish, Algebra

and Biology. Amahl confesses that he is a solid "A" student.

So naturally one might wonder about Amahl's time for fun. A question on the subject brought a flurry of responses. "My idea of fun is different," Amahl explained. "My work on the violin is pleasure for me. I love to read Shakespeare and the works of great philosophers. Learning for me is having fun. Oh yes, and I love to read the dictionary. I find it enlightening. I also play a little basketball."

It is obvious that Amahl has been taught to not put all of his eggs in one basket - to expand his interests beyond the violin. He likes politics and says that he may want to make a run for the presidency of the United States one day. He also has an interest in studying Computer Science/Computer Engineering.

Amahl is truly a remarkable young man who has benefited tremendously from the teachers and mentors in his life. Those who influenced him can be extremely proud of the results of their investment of time and self. Amahl's manners and politeness are above reproach. He is wise beyond his fourteen years, he does not believe in quitting and he has a great sense of humor.

In his day-to-day life, he explains, "I try to live by my grandmother's advice. One, to always let God be my guiding light; and two, always treat people with respect."

Even as our interview came to a close, I was impressed with him as we parted. His last words to me were true to form - polite, unselfish and upbeat: "Thanks for this opportunity!" NDN

Let Us Bring the Party to You!
NOW you can have Jump Parties & Bear Building Parties at Our Place ... or Yours!

10% off any outside rental booked by Sept. 30 for any date in 2008.

MUST PRESENT COUPON AT TIME OF BOOKING. Rentals begin at \$175 including delivery.

CALL 757-565-JUMP (5867) or email: melissaj@jffuncenter.com

JUMPING JOEY'S
 FUN CENTER FOR KIDS

124 Waller Mill Rd. in the Kmart Shopping Center - Williamsburg

William E. Wood and Associates REALTORS



5900 Allegheny Rd.
 WILLIAMSBURG

3 br & bonus room could be a 4th BR/2.5 bath. Master bath has a garden tub/2 sinks and a water closet. Large open floor plan/FR has been enlarge with 12x15 foot addition.



Robert Marakos
 Cell Phone (757) 570-4076

\$200 OFF

Manicure or Pedicure

10% off all other services

MUST PRESENT COUPON. Expires 10/21/08

(757) 229-7555

New Town Nail Spa

In New Town behind Panera Bread

Hey Neighbor!

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

Hey Neighbor!

COLLECTION DRIVE

Held thru August 2008

Coordinated by NetworkWilliamsburg. Donations are welcome at these sponsors: FitnessTogether - Bottled Water for The ARC of Greater Williamsburg; GuideStar - School Supplies for the R.F. Wilkinson YMCA, Operation Homefront, and Grove Christian Outreach Center. SteinMart - Pet Supplies for the Heritage Humane Society and the Virginia Living Museum. Merle Norman Cosmetics - Toiletry Items for Grove Christian Outreach Center. Schmidt's Flowers & Accessories - Office Supplies to benefit more than 30 nonprofit organizations in Williamsburg. Bruton Parish is collecting ALL OF THE ABOVE! For more information, visit www.networkwilliamsburg.com.

Hey Neighbor!

FREE CLASSES - NATIONAL ALLIANCE ON MENTAL ILLNESS

Classes begin August 27, 2008

Free classes for family members having a loved one with serious mental illness will begin Wednesday, August 27th. Presented by the National Alliance on Mental Illness-Williamsburg Area, the classes will be held at St. Martin's Episcopal Church, 1333 Jamestown Rd. from 6:45 p.m. to 9 p.m. The 12-week series is structured to help families understand and support their ill relative, while maintaining their own well being. Pre-registration is required. Call 258-0277 to register or for more details.

Hey Neighbor!

EARLY CHILDHOOD MUSIC SCHOOL

Register for Classes Now

Williamsburg United Methodist Church offers age-appropriate classes in music and movement. The instructors are certified through Musikgarten and the international Early Childhood Music and Movement Association. Children, ages Birth through five years are eligible to enroll in classes featuring singing, listening, moving and playing instruments. Please contact Cindy Freeman, director at 229-1771 Ext. 108 or cfreeman@williamsburgumc.org or visit our website: www.williamsburgumc.org.

WWW.WBURGNDN.COM

Hey Neighbor!

TEACHERS NEEDED - THE ARC OF GREATER WILLIAMSBURG

We are seeking an Arts & Crafts teacher and a teacher for one of our Self-Advocacy classes "Math Matters". If you would like more information please contact the Executive Director, Pam McGregor, at 229-3535 or via email at pamelam@thearcgw.org. Volunteer opportunities are always available. We have high school students to local retirees! There is something for everyone. Please contact Bette Faye Poythress-King at 229-3535 or visit our website at www.thearcgw.org.

Hey Neighbor!

NEW WALT CLASSES

Begins Sept. 6, 2008

The Williamsburg Area Learning Tree (WALT) will be open registration for over 50 popular courses. Visit online www.wnuu.org/walt to see a complete list of new and returning courses this fall. WALT brings together people in our community to share their knowledge of a subject that they love with the rest of us so that we can learn from them. This non-profit, educational program, a community program of the Williamsburg Unitarian Universalists, taps into the richest resource in our community, its interesting people, to experience the excitement and fun of learning. Go to www.wnuu.org/walt or call Jill Whitten - Program Coordinator at 757-220-9975.

Hey Neighbor!

MOTHERS OF PRESCHOOLERS GROUP

First Meeting September 8, 2008

King of Glory Lutheran Church has a rapidly growing MOPS group for women with children ages birth to age 6. Child care will be provided. Our topic is "Adventures in Mothering". Meetings consist of fellowship, friendship, and support through guest speakers, small group discussions, games, crafts and more. For more information please contact Emily Duffy at 757-784-3100 or email: ekd1313@msn.com. All meetings will be held at King of Glory Lutheran Church, 4897 Longhill Road, Williamsburg.

Hey Neighbor!

PUBLIC TIMES CHORUS

Sept. 20, 2008

of Sweet Adelines International will perform "Treasures of Ireland," an original interactive dinner theater show. The show features the Chorus performing four-part acapella harmonies to music of many genres, as well as guest performers including folk bands and Irish dancers, all wrapped around an Irish tale full of leprechauns, magic and clever villagers. Two shows will be presented: 1:00 p.m. matinee, and 7:00 p.m. evening. Tickets including dinner and show are \$20.00 each. For ticket information call 757-868-8485 or 356-9441.

Hey Neighbor!

2008 ALZHEIMER'S MEMORY WALK

September 20, 2008

9:00 registration, 10:00 2-mile walk

Colonial Williamsburg, Community Building

The Walk is to help raise awareness of those suffering with Alzheimer's and their caregivers and it promises to be a very exciting event with raffles, music, cheerleaders, food and fun for all. Pets are welcome this year There will also be a children's tent with goodies for the kids. The Alzheimer's Association Memory Walk is the Nation's largest event to raise funds for Alzheimer's care, support and research. For more information, call Marjorie Hilkert at 345-6977 or go online at www.alz.org/memorywalk and click on Williamsburg.

Hey Neighbor!

2009 CALENDAR PREMIER - A PINK CARPET EVENT

Oct. 2, 2008, 6:30 p.m. to 9:00 p.m.

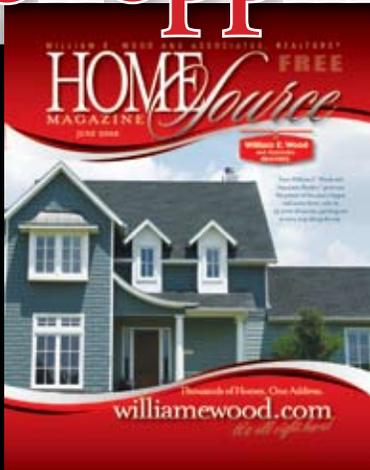
Presented by Beyond Boobs, Inc. Held at Williamsburg Chrysler Jeep Kia. \$50.00 per person (includes food and drink, a copy of the calendar, and a silent auction) The fundraising proceeds are used to nurture and support young women in the Peninsula area who have been diagnosed with breast cancer and to educate women of all ages about breast health. We are also seeking: calendar sponsors, event sponsors, donations of products or services for the silent auction. Please contact Mary Beth Gibson at 757.870.7758 or Marybeth@beyondboobsinc.org.

ATTENTION

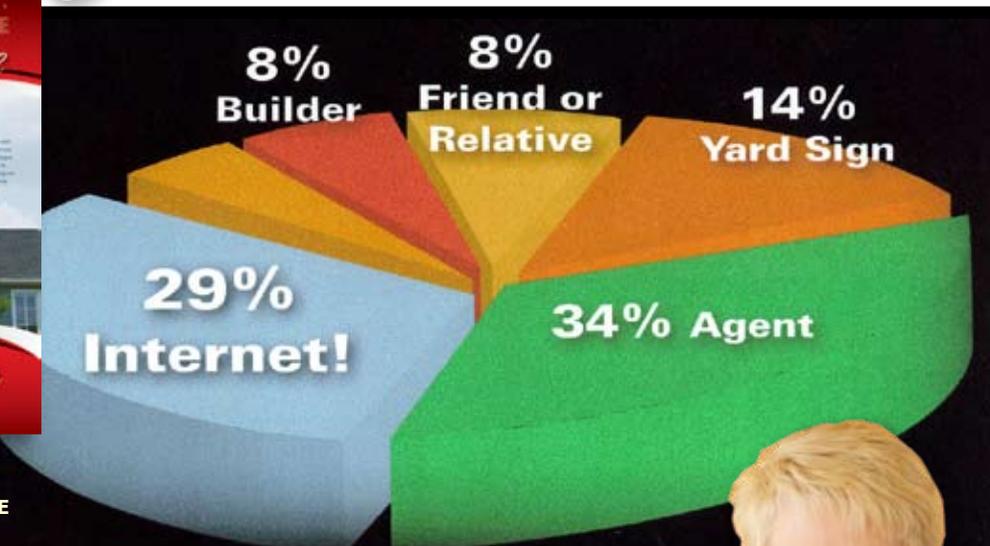
NON-PROFIT ORGANIZATIONS!

Please email heyneighbor@cox.net
on or before Tuesday, September 9th to be
considered for inclusion in the September
25th issue of Next Door Neighbors.

Our *Home Source* Magazine Makes Shopping for Homes Easier.



AVAILABLE AT FOOD LION,
BLOOMS, UKRUPS, FARM
FRESH, WAWA AND THE OFFICE
OF WILLIAM E. WOOD.



"We know that 84% of consumers are searching for their homes online. 29% of Buyers find their home on the Internet while another 34% find them through their Real Estate Agent. That's why we've designed our *Home Source* magazine to drive traffic to your listing online. We make it easy for home buyers to find the home of their choice."

Angela Dougherty, Managing Broker



757-229-0550

www.williamewood.com

5208 Monticello Ave., Williamsburg, VA 23188

Next Door Neighbors

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

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