

July 2011

WILLIAMSBURG'S

# Next Door Neighbors<sup>®</sup>

VOL.5, ISSUE 7

Discovering the people who call Williamsburg home

PRICELESS

## Our Waterways

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An issue about our waterways seemed appropriate to me last fall when I was planning 2011 themes for this magazine. After all, this is Hampton Roads where there is water just about everywhere. You don't have to fish or boat to appreciate the abundance of water resources adding to the beauty of our surroundings and providing a habitat for creatures living in the waters and along their banks. We are even fortunate enough to be within close driving distance to the Atlantic Ocean.



Meredith Collins, Publisher

With this issue we wanted to bring you a mix of stories and introduce you to people who are tied to our waterways. Some of the folks we have interviewed conduct research and make their life's work from rivers and the Chesapeake Bay. Other people see the nearby rivers as a place to play and relax. If you read all of the stories (and I hope you do) you will find that no matter what the individual's connection to the water is, there is a great appreciation for our waterways and the Bay they feed into. There is an equal amount of respect for environmental concerns relating to our waterways.

I enjoyed reading the stories my talented writers provided for this issue because I learned a few things from neighbors who do more than stick their toe in the water when it comes to doing what they like to do. They dive deep! I hope you enjoy learning more about our waterways and also about ways we all can help make them cleaner and healthier with each new day. NDN

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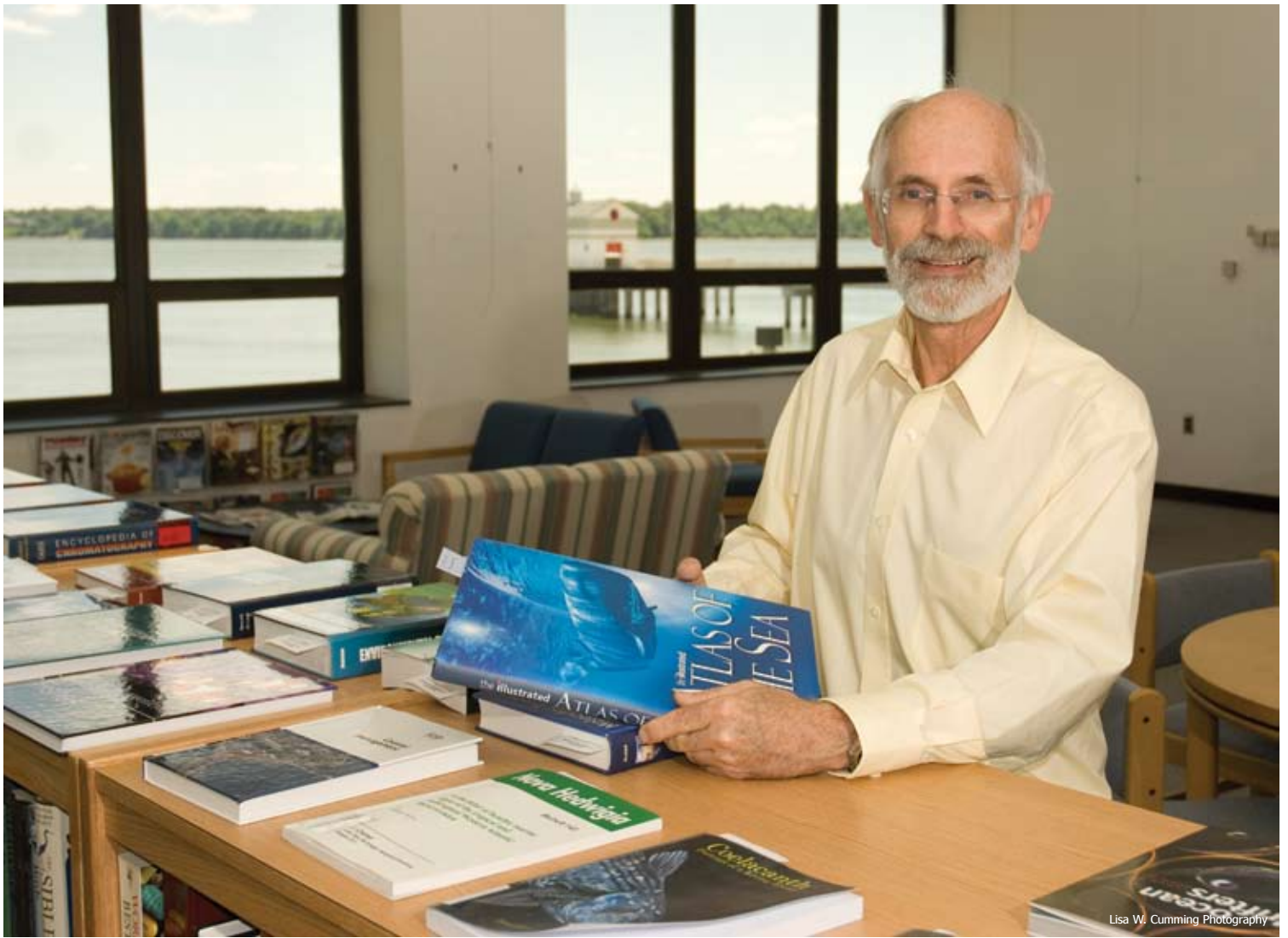
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## Dr. John T. Wells

# *A Passion for Marine Science*

*By Lillian Stevens*

Dr. John Wells got his start in marine science at an early age, collecting sharks teeth along the Potomac River.

“If I trace back as best I can to what really oriented me into the marine science area, I’d have to say that my earliest childhood memories take me back to Westmoreland State Park, where our family would camp on the Potomac River,” he says. “I remember that there were fossils littered on the beaches of the Park and I was extremely interested in those fossils because I couldn’t understand where they came from. I couldn’t understand how sharks’ teeth that were very old and preserved – how they turned up on the beach?”

While studying Earth Science in high

school, the young scholar learned that before the sharks’ teeth turned up on the beach, they had actually eroded from sedimentary strata once covered by the ancient Atlantic Ocean. When the sea level changed the sharks’ teeth became fossilized over millions of years.

“That got me very interested in marine life in general and the geological aspect in particular – and I really liked the Potomac River area,” Dr. Wells says.

As he was picking up fossils, he was also picking up the first thread of a career he would later weave into becoming head of an institution recognized worldwide for its expertise in coastal marine science. Dr. Wells is the Director of the Virginia Institute of Marine Science

(VIMS) and the Dean of William and Mary’s School of Marine Science.

Encompassing 40 acres along the York River in Gloucester Point, VIMS is one of the largest marine research and education centers in the country, and its scholars and alumni are recognized worldwide for their expertise in coastal marine science.

Though Dr. Wells wears two separate hats – one as an academic dean and the other as director of a state agency – the missions of the two institutions closely dovetail. VIMS’ primary focus is coastal and estuarine science, which in turn provides William and Mary’s marine science graduate students unparalleled opportunities to study and conduct research, from



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inland watersheds to the ocean.

"VIMS is unique because it has a legal mandate to provide research, education and advisory services to government, citizens, and industry," Dr. Wells says. "That means that, as a state agency, we are on call 24/7 to pick up the telephone should a question come in about a fish kill. We might be able to provide an answer that could take as little as five minutes – or the phone call could lead to a two or three year project funded as a separate initiative from the State."

Dr. Wells takes the service part of what VIMS does very seriously. He also takes seriously a less-than-robust economy, but prefers to look at economic setbacks as opportunities. Last year, for instance, VIMS took an unprecedented financial hit yet continues to turn out excellent work, as evidenced by recent accomplishments and recognition for the scholarship and research there.

"From a budget perspective, the past three years have been among the worst I've seen in my career. Permanent budget reductions forced us to make some really hard decisions. We approached those decisions with great purpose – very thoughtfully – asking ourselves 'how do we do this strategically?' How do we do it not for the remaining years that I may be dean and director, but how do we do it really for the future – the next 20+ years?"

One of the things that VIMS does extraordinarily well is to take research, much of which is funded through grants and competitive contracts, and turn that research into understandable products for the public. Experts at VIMS also study the effects of weather on shorelines and impart knowledge to the public regarding places hit with disasters – whether natural or ecological.

Just months ago, Dr. Wells was reminded forcibly of the relevance of science to his own life. His son Gaelen was living in Japan during the recent tsunami which claimed the life of a young colleague from nearby Midlothian.

"Gaelen teaches English as a Second Language (ESL) and was physically located in a small coastal town north of Tokyo when the tsunami hit," Dr. Wells says. "He was perhaps 100 miles from Sendai which is sixty miles south of the Fukushima Daiichi Nuclear Power Plant. We had one email from him talking about a massive earthquake and didn't hear from him again until the next day. It was pretty bad but we knew there was nothing we could do but wait until we heard from him again."

While there is nothing we can do to prevent a tsunami, Dr. Wells points out that our actions do have a direct impact on local waterways. Just like a stone tossed into a pond causes ripples, things that happen in one part of the Chesapeake Bay impact other parts of the Bay.

"I think that there are two truths of the Chesapeake Bay. One, everything in the Bay – from the water that flows through it to the habitat to marine life – is connected. Second, the health of the Bay is absolutely, fundamentally tied to our economy. So if we want a fishery or fisheries to be economically viable, we must have a Bay that has clean water – we must have an adequate habitat – and not overfished. It's important to recognize that the Bay and the economy are tightly tied together."

Dr. Wells says that the best way to ensure a better Chesapeake Bay is to educate citizens as to the value of science in their lives – and encourage them to help educate others.

"I think that's something important that we can all do," he says.

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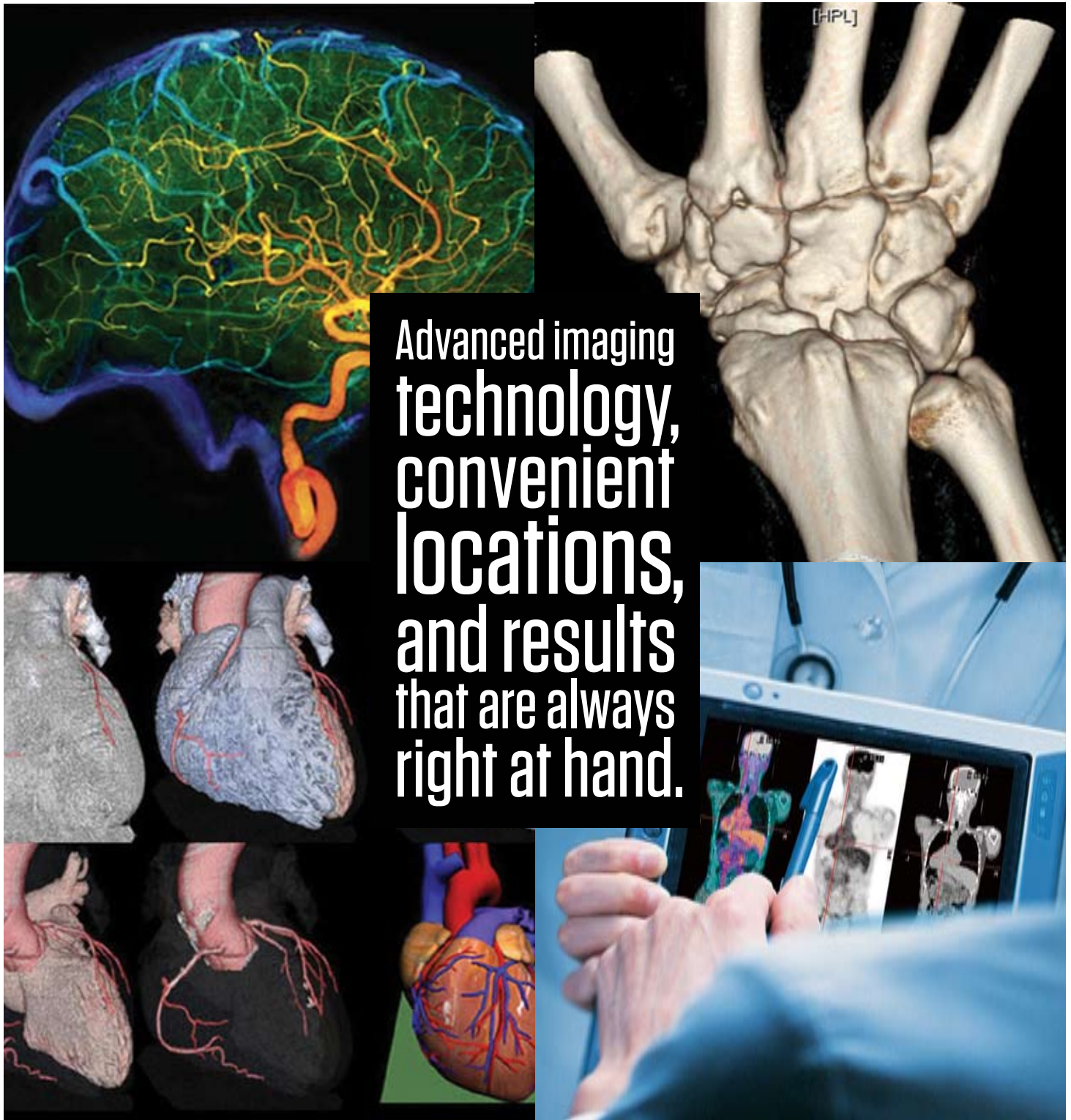
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and the Schooner Alliance to offer weekly "Science Under Sail" cruises during which guest scientists will share their knowledge of the Bay and its marine life during two-hour cruises on Wednesday afternoons.

VIMS also continues its work with William and Mary and other external partners on a project called ChAP (Chesapeake Algae Project) which explores biofuel production using algae growing naturally in the Bay. Also, a 50-year monitoring program shows that Chesapeake Bay oysters are now developing resistance to diseases which were contributing to their decline.

In addition, the region's signature crustacean - the much-loved blue crab population - is beginning to recover after decades of decline.

If anyone wonders why marine science is so important, last year's massive oil spill in the Gulf of Mexico offers another clear example.

"The Deepwater Horizon spill drove home the need to protect our natural resources even as we produce the energy our nation needs. Our graduates - our alumni - played lead roles in the scientific response to the spill," Dr. Wells says.

Dr. Wells comes from an academic family,

so he had an appreciation for the academic world from a very young age.

"My father spent his entire professional career in the physics department at James Madison University," he says. "And my grandfather taught Psychology at Radford University. So while I can't say that led me into marine science necessarily, it probably had some role in leading me into academia."

He attributes his foray into the administrative world as happenstance, and says that he had no particular aspirations to be involved in administration.

"When I first got my doctorate, I was young and enjoyed teaching," he says. "I was involved in research projects that were very exciting because they took me to different parts of the world. At UNC Chapel Hill, I taught one class in particular that I loved - a field course in barrier island ecology and geology. But one day, the Director of the Marine Science Institute stepped down and over the course of a month or two, I was pressed into service. So it sort of just happened."

"Or maybe they got me in a moment of weakness," he says with a laugh.

After a successful decade in administration

at UNC Chapel Hill, Dr. Wells was tapped for his current post at VIMS, a 20-minute drive from the Queens Lake home he shares with his wife, Patsy.

"Patsy is pursuing her own long-term goals of being an accomplished musician, artist and Master Gardener," Dr. Wells says with pride.

The couple enjoys gardening and tending to their yard together. Dr. Wells also enjoys a good book, day-hiking and occasionally picking up his banjo.

In addition to their son who remains in Japan teaching ESL, the Wells' have a daughter, Loretta, and two grandchildren who live in Pensacola, Florida.

One wonders if a budding marine geologist had looked up at the stars in the evening sky all those many years ago, instead of turning his eyes on the fossils strewn along a Virginia beach, might he have become an astronomer?

VIMS and William and Mary are all the better for Dr. Wells' choice. NDN

To learn more about the Virginia Institute of Marine Science visit: <http://www.vims.edu>

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Ann Jurczyk

# BAY 101

## Backyard Basics

By Sandy Rotermund



Lisa W. Cumming Photography

It's summer. The temperature is warm, and rain is expected this evening. You just mowed your lush, green lawn and faithfully fertilized it. Grass needs food, too, you chant to yourself. A good rain will soak in the nutrients along with the grass clippings, and the extra water will just run off into the storm drain. You are certain that this is Mother Nature's clean-up for your job well-done. You sing out, "Ahh – what a beautiful day!"

Ann Jurczyk might see it a different way. "Oh, what you've done to the Bay," she'd say. "Nitrogen and phosphorous won't go away!"

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Manager for the Chesapeake Bay Foundation (CBF), Ann's message is one worth hearing. The Chesapeake Bay, a national treasure, needs to be saved right here in our own backyards.

"Nitrogen and phosphorous are the two nutrients we're most concerned about," Ann says, "because, together, they cause the algae blooms." The smooth, emerald vegetation blanketed across the James River's inlets comes to mind.

"Algae blooms, when they occur, are like an explosion of algae," she says, emphasizing that this is okay because algae gives off oxygen. "It's when they {the algae} decompose that they suck all the oxygen out of the water and create what are called dead zones. It's these dead zones where not enough dissolved oxygen is in the water to support the aquatic life that's in there."

When this happens the living things that move - like rock fish and crabs - will just go elsewhere. Occasionally, you'll see what is called a "crab jubilee". The name sounds joyful - like a celebration, but it is just the opposite. Dur-

ing a "jubilee", crabs will burst onto the beach in huge numbers - all at the same time.

"There is not enough oxygen in the water to support them, and then they'll just die. They need to be in the water." Organisms that don't

**"If we fix the ecosystems in our own backyards, the Bay will take care of itself."**

~ Ann Jurczyk

move - like oysters and clams - will eventually suffocate without enough oxygen.

Storm water is untreated water that eventually feeds into the Bay. Runoff from over-fertilized lawns and gardens creates a major problem, especially in heavily populated areas of the Chesapeake Bay watershed. Add to that the

runoff water from our agricultural areas - farms with livestock - and you have more nutrient overload. Storm water runoff is a priority issue facing the Chesapeake Bay's ecosystem.

With a degree in Horticulture and English, Ann's science background touches many aspects of her life. Ann's full-time job at CBF evolved last year after she was required to complete a 40-hour Bay-related stewardship project for a course she was taking. An admitted lifetime conservationist, Ann aggressively pursued a Living Shoreline project with Walter Priest, a Restoration Scientist from the National Oceanic and Atmospheric Administration (NOAA), and Scott Hardaway, a geologist at the Virginia Institute of Marine Science (VIMS).

Both gentlemen were skeptical of Ann's lack of experience in that area. Her determination and persistence persuaded them to involve her in the restoration of the eroding shoreline at the Jamestown 4-H.

"He {Mr. Priest} thought I was crazy," Ann says shaking her head and laughing. Ann dis-

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covered that their ideas, measurements and calculations were recorded in a number of places. "They had all the specs for it {the shoreline project}, but they just had sketches on the back of a napkin. And you can't turn that in for a grant proposal."

Ann's 25 years working as a director of marketing and communications for technology companies paid off – literally. Her two grant applications for the Jamestown 4-H Living Shoreline Project earned a combined \$225,000. With those funds, the project would stabilize the bank along the river by creating two breakwaters where grasses could be planted. The second grass planting was completed in May 2011.

"We are trying to stop the sediment from the erosion, which goes downstream and covers up the submerged underwater grasses and silts over the oyster beds," Ann explains. "If there's too much sediment in the water, and it settles out on those oyster reefs, then the spat {baby oysters} can't set – it's too slippery."

No bigger than a grain of sand, these tiny oysters need a rough surface, like an oyster shell, to attach to. This is how oyster reefs grow,

thus maintaining their filtering function for the Bay.

"Besides the fact that a lot of people like to eat them," Ann says, "if the water is above sixty-degrees, and if the average market-sized oyster is three inches long, it {an oyster} can filter 50 gallons of water a day." That's a cleaning contract that's difficult to compete with.

As an educator and advocate for CBF, Ann disperses her message more through the spoken word than through her writing.

"You know, I'll go pretty much wherever I'm invited," she says. Her speaking engagements have included the Commonwealth Club of Virginia, Fords Colony's Trailblazers Club, and numerous civic and volunteer organizations throughout the region. "I'm happy to give them this sort of Bay 101 and talk about what they as individuals can do."

As the mother of two teenage daughters, Ann shares parents' concern for the safety of their children when they swim in the local waters. Several area beaches close on a regular basis due to unacceptable levels of bacteria in the water. As a triathlete, Ann also knows the risks for adults. A fellow athlete who recently partici-

pated in a race which included swimming in a local river, required weeks of multiple antibiotics before a cut on her ankle would heal.

Ann, along with trained volunteers called Clean Water Captains, is committed to educating citizens of the Chesapeake Bay watershed about the impact their actions have on the Bay.

"The easiest thing you can do is to avoid over-fertilizing your lawn," she says. "I think we take it for granted that {the Bay} is there, and it's beautiful. On a day like today, with the sun bouncing off the water, it's gorgeous – but on a surface level."

Though she admits that the Pre-Colonial days are gone when the Bay's waters were pristine and filled with enough sturgeon that you could almost walk across them, the Bay can definitely get healthier by employing better practices on land.

"If we fix the ecosystems in our own backyards, the Bay will take care of itself," Ann says with certainty. NDN

To learn more about the Chesapeake Bay Foundation visit: <http://www.cbf.org>



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John Gresham

# A Zest for the York River



Lisa W. Cumming Photography

By Rosemary Van Houten

York River State Park is a beautiful natural playground for marine life, birds of all types and other wildlife. It is a wonderful place for

locals to get outdoors and explore. The York River creates a fertile environment for marine and plant life. Fresh water and salt water meet along pristine river frontage and nearby marshes, woods and fields create a natural habitat for

wildlife of all kinds.

This coastal estuary is a favorite place for John R. Gresham, Jr.. He has been employed by York River State Park since 2006, but his relationship and love for the park has existed

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most all his life.

"I have fished the York River ever since I was a child," John says, adding that he and his brother, Jason, "grew gills" when it came to the York River.

John grew up in King William County and he would visit James City County often. Many members of his mother's side of the family lived in Toano. His father also had a good friend who was a waterman in Westmoreland County and they often fished together.

"He [his father] probably gave me my first taste for fishing," John says, solidifying his strong love for the water.

John earned a degree in Agricultural Education from Virginia State University, and it was there that he met his wife, Brenda, from Charlottesville, Virginia. Fate caused him to eat at the college cafeteria on the day that he met her. "I was too broke for McDonald's that day," he says. They dated for three years and married in 1991.

For 14 years John commuted to Richmond to work in the billing and credit department for Virginia Power Company. John is also a Reverend at Trinity Baptist Church, where both of his parents still serve as deacon and deaconess.

"I felt God leading me into a different field of life," John says. He decided to leave Virginia Power Company to substitute teach at the local schools and also spend more time with another of his passions: photography. John especially enjoys shooting photos of nature and he has spent a considerable amount of time at York River State Park honing his craft. He was there shooting photos so often that Chief Ranger, Brad Thomas, began to refer to him as the "guy with the camera".

It wasn't long before John was filling out an application for a summer

"There is enough fresh water in our section of the river making it possible to catch some pretty decent catfish, in addition to croaker, spot and such." ~ John Gresham

job at York River State Park. He was hired and provided maintenance, served as a park interpreter and worked with the kids' hiking programs. John worked two summer seasons at the park as a Contact Ranger/Park Interpreter. Last year he accepted a 1,500-hour yearly position as an Education Specialist where he assists with guided-ranger, hiking, canoeing, and kayaking programs. John also writes articles and submits photos to the Virginia State Park's social networking sites ([http://www.dcr.virginia.gov/state\\_parks/index.shtml](http://www.dcr.virginia.gov/state_parks/index.shtml)) and blog entries on Virginia Outdoors and Facebook. He publishes his own blog (<http://baystrideimages.wordpress.com>) which features engaging wildlife photos along with his stories about fishing, kayaking and other adventures along the York River and other waterways.

# Love • Money Control



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Prenuptial Agreements were once thought of as the exclusive province of the "rich and famous." Today, however, married and unmarried couples are implementing these agreements quite often. Prenuptial, Postnuptial or Partnership Agreements are legal documents sanctioned by Virginia law that provide for how the parties will take care of each other in case of health or incapacity issues; how to treat property owned by the parties; how to handle debts during the relationship and how to provide for children (or other heirs) in life and after death.

The document should include (at least) the following provisions: (1) net worth of parties; (2) description of premarital property; (3) property acquired during the marriage or partnership; (4) premarital debts; (5) post-marital debts; (6) rights of parties upon divorce and death; (7) alimony or child support, if appropriate; (8) present and past employment intentions of parties; (9) how to handle life and health insurance issues; (10) proper beneficiary designations of IRA and other retirement plans.

Here are several frequently asked questions with our answers concerning Marital Agreements:

**Is a marital agreement for me?** If you are approaching a marriage (or long term relationship) with assets of your own, have children from a prior relationship, are a surviving spouse, or own a business, you need a marital agreement. By planning now, you make sure your wishes are clearly known to each other. Your failure to plan now may cause an irreparable rift in your family during life and after death.

**I have a revocable living trust already in place. Do I still**

**need a marital agreement?** Although revocable living trusts are important documents, they are still subject to state laws such as the "Augmented Estate" law. In Virginia, in absence of a properly implemented marital agreement, a surviving spouse is entitled to one-third of the deceased's estate. This "right to elect" against the deceased's estate can be waived in a marital agreement.

**Do I have to retain an attorney?** It is best if both parties have their own attorney to protect each party's property rights and other legal rights you have in a marriage or long-term relationship. For example, Ferris & Associates will represent one party and prepare the marital agreement. The fiancé or other partner will then review the draft with his or her own counsel so that the parties have independent counsel on the important issues contained in the agreement.

**Can we make a premarital agreement after marriage?** Yes – everything that can be done in a premarital agreement can also be included in a postnuptial agreement. It is our practice experience, however, that after the marriage has occurred, few couples (or partners) actually follow through with a postmarital agreement.

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John has always had a love for the water. Even though he has spent many hours in and on various streams and rivers, it was not until 2006 that he took up kayaking.

"I saw a guy in a kayak while I was reading a fishing angler magazine," John says. "It prompted me to buy one myself. They are the perfect fishing boat because you can go into shallow water undetected and almost shake hands with the great blue heron."

John suggests that people who want to be out on the water try both kayaks and canoes.

"Everyone should try both," he says. "Kayaks are faster and less likely to tip over since your body is already pretty much in the water - almost level with the water."

John smiles as he admits that there have been a couple capsize.

"That's why we call it a water sport," he says jokingly. "If you don't make any sudden leaning movements, you won't get wet."



Part of John's job that he enjoys greatly is talking to people about the many amenities the park has to offer. One of the greatest features of the York River is that it has very little development along the waterfront. There are a lot more opportunities to encounter wildlife such as blue herons

or snowy and great egrets. Fiddler crabs can be found in the marsh as well as muskrats and river otters.

"There is enough fresh water in our section of the river making it possible to catch some pretty decent catfish, in addition to croaker, spot and such," he says.

One section of York River Park is called Fossil Beach where groups (with a reservation) can hike along the shoreline where erosion has taken place, revealing shells and other ancient remains. The park also houses two playgrounds along with kids' camps for elementary children throughout June, July and August. High school and college classes are also available for self-guided or ranger tours, as well as paddle tours and demonstrations on paddling and paddling safety.

The history and adventure the park offers is endless. People visiting the park can discover findings on the American Indians, Colonists, and the Civil War. They can participate first hand in finding a special fossil, eel or baby flounder with a seine net, or visit the indoor aquariums. There is a treasure of some sort for every one visiting York River State Park...even if it's as simple as taking in some fresh air.

For John it's like a dream come true to be employed by the park and work in an environment that he loves. He can still recall many wonderful moments as a boy fishing with his brother and their dad on the family boat at a local farm pond.

"My brother and I grew up with reels in our hands," he says. NDN

To learn more about York River State Park visit:

[http://www.dcr.virginia.gov/state\\_parks/yor.shtml](http://www.dcr.virginia.gov/state_parks/yor.shtml)

Kelly Pratt

# I Fish

By Alison Johnson



Lisa W. Cumming Photography

Ask Kelly Pratt if he has any hobbies besides fishing and the answer comes almost before the question is completely out.

“Nope,” he says. “No ma’am.”

There’s a pause, a chuckle and then a slight elaboration: “I just fish. If I’m not working, I’m fishing.” Most days, Kelly gets out on the water as soon as he’s finished jobs for his landscaping business – no matter if the weather is cold or rainy. “The fish are already wet, so they don’t care,” he says. “I’ve been out there with ice on the water. You learn how to bundle up. It’s cold, but you’re on the water catching fish and that means you’re having fun.”

Kelly, 51, has been fishing since he was about 6 years old, and his boyhood love for the sport has never faded. That, combined with determination, patience and years of experience, has helped the lifelong James City County resident win bass fishing tournaments locally and up and

down the East Coast. Not surprisingly, he also is

passionate about preserving local waterways.

Kelly loves two sides of fishing: the chance for peace and the thrill of hooking a fish. His ideal day is driving his favorite 20-foot boat past geese, bald eagles and osprey on the Chicka-

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homy River in search of large-mouthed bass. He doesn't carry a cell phone and if he's alone, he soaks in the quiet – other than locusts and birds chirping. "You listen to the world," he says. "Your problems fade away. You can worry about your own world when you come back."

Kelly also has a major competitive streak. He relishes the challenge of fooling fish into thinking his lures are something alive. His best catches have included an 8 lb. 3 oz. bass from Waller Mill Reservoir and a number of 70-plus pound catfishes from the James River. Reeling in the latter, he recounts, is "like hooking up to a pick-up truck and holding on," usually for five or 10 minutes. He lets the vast majority of his catch go free, however. If a fish doesn't survive, he gives it to a friend who likes to eat it so it won't go to waste.

"But it's probably been three years since I've had one die on me," he says.

Kelly came by his love of the outdoors early. The second of four siblings, he grew up on National Park Service Property in James City County, where his father worked as a park maintenance supervisor. The two often went

fishing off a bridge leading to Jamestown Island. The boy's first catch, a three-pound catfish, came one late afternoon when he was about 6. With his father's help, Kelly remembers reeling in the fish as a ferry sailed by on the James River.

"You listen to the world.  
Your problems fade away.  
You can worry about your  
own world when you come  
back."

~ Kelly Pratt

"I thought that fish was a monster," he says. "That was the good old days."

After graduating from Lafayette High School, Kelly worked a variety of maintenance and management jobs with the park service and later at a private campground. He and a younger brother now run Kelly's Landscaping, offering services such as grass cutting, tree re-

moval, pruning, seeding and fertilizing. "Right now we almost have too much work," he says. "Not enough time for fishing."

Kelly was just 16 when his father passed away, but he continued to fish with friends and on his grandfather's farm in Kentucky. Being a good fisherman, Kelly says, mainly requires resolve, a little coordination, arm strength to reel in the bigger fish and good equipment, especially sharp hooks and a strong line. Last but definitely not least is the experience to puzzle out where fish will be – according to season, time of day and tide – and the best bait to use.

"Anybody can do this," he says. "You don't have to be the biggest, fastest or strongest person. It just takes a lot of hard work. If you go out there and don't catch fish, you know you're doing something wrong and you try to adjust. It takes practice."

For example, different bait is best at certain times of year. When fish are spawning or laying eggs Kelly uses soft soft plastic lures that are easy to control. Bass protect their eggs in an area about the size of a dinner plate, and slowly navigating the bait into that spot is al-

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most certain to catch them. "The fish will go to it because they want to get it out of there," he explains.

Kelly began entering weekend tournaments in 2000, mainly fishing for bass. He currently competes in 15 to 20 a year, and has traveled to Alabama, Florida, Georgia and New York. He has won numerous individual and team contests and once placed 9th among about 200 skilled competitors in the Bassmaster Open on the Potomac River. For an extra edge, Kelly custom-paints his "crankbait" – a manufactured lure that imitates the natural foods fish eat – to look as realistic as possible.

Kelly earned almost \$30,000 from competitions two years ago, including a new boat that brought the total number of boats he owned to three. However, that was a banner year. Overall the money he earns is about equal to what he spends on his sport. "If you do more than break even, you're having a very good year," he says.

During the week, Kelly goes to work early so he can practice for tournaments at the end of the day. The divorced father of two stepchildren gets out on the water – usually the Chickahominy River – an average of four days a week, spending about five hours fishing before head-

ing home after 8 or 9 p.m. In November and December, after bass competitions have ended, he heads to the James River for catfish.

"The James actually has become one of the best rivers in the country in terms of big catfish," he says. "It's gotten pretty famous. The Chickahominy now is well-stocked with four-pound bass. When I was a kid, you couldn't catch many four-pounders. Fishing here has definitely gotten better over the years. I'm not sure why. Hopefully it's just a better environment."

Naturally Kelly is an advocate of keeping our waterways clean and safe for everyone. Kelly urges people to not throw trash or used fishing line into rivers. Among other harmful effects, fishing line can easily wrap around a boat's motor and destroy it.

"I see that stuff out there all the time, and it's just sad," he says. "Our waterways belong to everyone."

As for his advice to novice fisherman, he encourages them not to worry if they don't catch anything right away. "Sooner or later, it will be your turn," he says. "Don't get discouraged. Just keep trying different things, going to different places. It's like life: never give up." NDN

## Next Door Neighbors

Publisher.....Meredith Collins  
Executive Editor.....Joe Collins  
Editor.....Greg Lilly  
*greglilly@cox.net*  
Copy Editors.....Al White, Ginger White  
Photographer.....Lisa Cumming  
Graphic Designer.....Sue Etherton

### Writers

Linda Landreth Phelps, Rachel Sapin, Brandy Centolanza, Sandy Rotermund, Alison Johnson, Ryan Jones, Rosemary Van Houten, Lillian Stevens, Erin Zagursky, Erin Kelly

### Advertising Information

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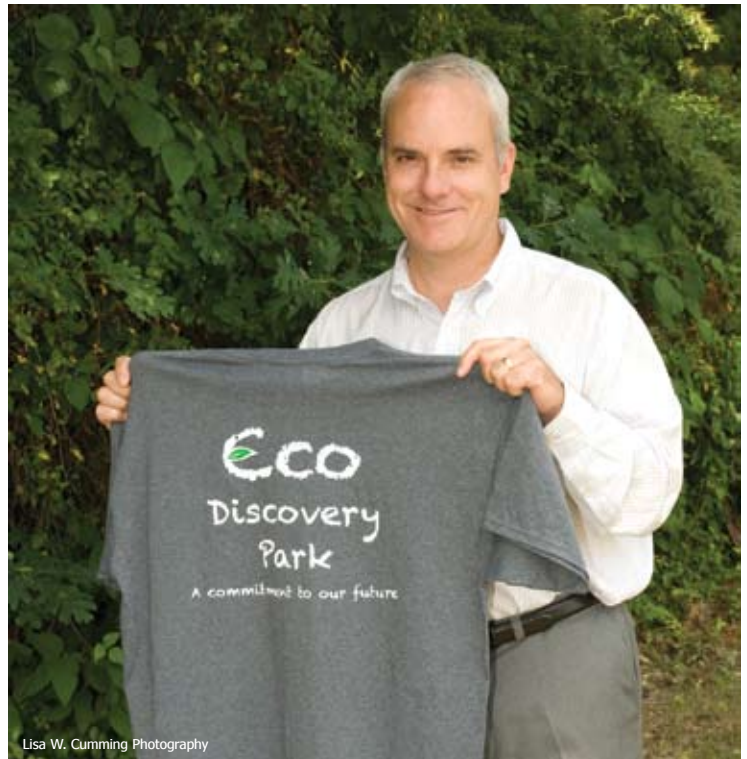




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Tinsley Goad

# Creating Eco Discovery Park

By Linda Landreth Phelps

Tinsley Goad first heard about the concept of Eco Discovery Park from his friend Steve Rose. As they chatted by the pool that is a gathering spot for their Indigo Park neighborhood, Steve shared a vision that he had for a learning center that would inspire individuals and government to make the health of our environment a priority. Steve described a park that would feature nature trails as well as interactive, hands-on display areas for composting, recycling, and other new technologies that encourage sustainable living.

Tinsley was willing to help, although bringing this concept to reality would be a big project for people whose careers already kept them very busy. But thanks to a recent change in Tinsley's employment, it will be possible for him to devote more time to the development of Eco Discovery Park as well as to his family and his favorite hobby.

After six years of working with a British company and thousands of frequent flyer miles, Tinsley is now Chief Financial Officer of Advance-Path Academics. AdvancePath is a growing Williamsburg company that provides a different learning model for public schools struggling with retaining at-risk students. This new position with its more relaxed travel schedule also allows Tinsley to consider a purchase he's wanted to make for a long time.

"I had to sell my boat when my family moved to London for a year in 2007," Tinsley says, "and I have been missing it ever since. I am looking forward to getting another one so I can get out on the water again with my family."

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Tinsley's affinity for the great outdoors, and especially for the water, can be explained by family tradition. In Virginia, a love of boating and fishing is often handed down from generation to generation like the secret recipe for Grandpa's barbecue sauce.

"I have been on and around the water since I was 6 years old. My family lived in the little town of Lovingsston, Virginia, the county seat for Nelson County. Growing up, my brother and I would fish some of the most spectacular rivers and lakes in the world, both from a scenic and a sport fishing standpoint. We tried our luck on the Tye, the Rockfish, and the James Rivers. My parents had a boat on Smith Mountain Lake, so we spent a lot of time there, too."

It's a family tradition Tinsley is anxious to continue. If all goes as well as Tinsley and his colleagues expect, he and his family will soon be able to enjoy the water together as a part of Eco Discovery Park.

When Steve Rose, owner of Williamsburg Event Rentals, first conceived the vision for Eco Discovery Park, it was a natural outgrowth of another organization, Inclusion, a nonprofit he founded in 2004. Steve's idea was to build an educational center that would serve to inform and inspire young people of diverse backgrounds living in the Historic Triangle com-

munity about environmental issues. He soon realized that not only did the need for such a place transcend such a narrow application, but its implementation could also attract more ecotourism (one of the fastest growing segment of the tourism industry) to Williamsburg. Eco Discovery Park, as he imagined it, would be a place where the protection and appreciation of the environment would merge education with family-friendly fun.

Steve and his dream came first, followed by two more men that pooled their expertise with Steve's vision to make a cooperative commitment to the future. Steve, Tinsley, and their neighbor, Harold Philipsen, managing director of Northwestern Mutual Insurance Company in Williamsburg, formed a nonprofit corporation.

Eco Discovery Park, Inc. is currently working to evaluate potential locations. Their blue-sky vision is land with waterfront access to allow visitors to experience and learn about our unique environmental areas. The plan includes both kayak and bike rentals, as well as guided kayak and canoe trips designed to educate people about how to both enjoy and protect these fragile wetlands.

"We'd like to be located somewhere near The Capital Trail so that Eco Discovery Park will be a destination for hikers and bikers as well as a

stop for boaters," Tinsley says. "We have plans for a ropes course, too, designed to bring in the more adventurous and active crowd, as would a solar powered water feature that can double as an ice rink in the winter."

Ultimately, planners hope for such success that paid employees will be possible, but until that time a cadre of volunteers devoted to the Green and Clean cause will keep the place humming.

Tinsley graduated from the University of Virginia with a Bachelor's degree in Biology, so has always claimed a keen interest in ecosystems, flora and fauna. Those interests took a pragmatic twist a few years later when he and his wife, Mary K., came to Williamsburg to earn Tinsley's MBA at the College of William and Mary and launch his career in finance.

"We've lived in Williamsburg for 21 years, so instead of a 'Come-Here', by now I think I can safely say I fall into the category of a 'Been-Here-for-Awhile'," Tinsley laughs.

Tinsley is now appreciating the short daily trip to his new office in McLaw's Circle. Even if the fish aren't biting and the bugs are, it will still beat the red-eye to London. NDN

To learn more about Eco Discovery Park visit: <http://ecodiscoverypark.org>

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Emily Williams, an avid rower and past president of the Williamsburg Boat Club, finds being on the water very soothing.

"I love the places where we row," says Emily, who has rowed along the Chickahominy River and Gordon's Creek many times since joining the boat club six years ago. "It is so pretty in the morning when the water is calm. I like the feeling of isolation there. It is a very calm, peaceful, beautiful place. Rowing is very repetitive and, as a result, has a meditative aspect. It's a great stress reliever."

Emily first found comfort with the water thanks to the influence of her mother, Caroline. "My mother was a very passionate swimmer, so we grew up swimming," she recalls.

Emily's father, John, was a college professor of Islamic studies, and divided his time between the University of Texas in Austin and the American University in Cairo, Egypt. Emily spent a great deal of her childhood in both places. She has fond memories of summers spent in Alexandria, Egypt, swimming in the Mediterranean Sea.

"Growing up in the desert, you find water landscapes very refreshing and calming," she says. "I loved it." Emily later took up rowing upon the recommendation of a friend while completing her graduate studies in archeology at the University of Durham in England, where rowing is a popular sport.

"The first day I was there, I saw a boat on the water, so I followed it," she says. She started a discussion with the four people in the boat, which led to the discovery of rowing opportunities with two clubs, the Graduate Society Boat Club at the university and the community-based Durham

Amateur Rowing Club.

She got her feet wet with the university rowing club, which was filled with members who

"were very friendly and very patient with people who were learning how to row," says Emily.



## Emily Williams Row, Row, Row Your Boat!

By Brandy Centolanza

Lisa W. Cumming Photography

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Eventually, she started competing with the Durham Amateur Rowing Club.

"It was a lot of fun," she shares. "We went all over the north east of England to compete in little regattas. It was nice to see all the little towns. I loved rowing. It was a great experience."

After graduation, Emily settled in Williamsburg, taking a job with the Colonial Williamsburg Foundation where she works as the Conservator of Archeological Materials. Throughout the 1990's, she tried to find a place locally to row without success. At the time, the only place with a rowing club was the College of William and Mary, and only students could participate. Discouraged, Emily took up other sports, including running, swimming, and scuba diving.

She took her first scuba diving lesson in Thailand while visiting her sister, Hilary, who was stationed there with the Peace Corps, then later did some scuba diving excursions, including a return trip to Egypt in 1998 to scuba dive in the Red Sea.

"Scuba diving was something that I just always wanted to do," she says simply.

A year later, Emily took a leave of absence from Colonial Williamsburg to work at the Western Australian Maritime Museum, helping to recover artifacts from shipwrecks. Emily's conservation research is water-logged organic archeological materials such as leather and wood.

"It just proved to be a lot of fun, more fun than work," she says.

One day in 2005, after having long ago given up on her quest for a place to row in Williamsburg, Emily stumbled upon a submission to the "Last Word" column in *The Virginia Gazette* in which a reader wondered about a place to row for a friend who was visiting the area. Someone from the newly-formed Williamsburg Boat Club responded with a phone number. Emily called right away and began rowing with the club two days later. She quickly bonded with members, whom she describes as "very enthusiastic and encouraging," and has been with the club ever since, serving two terms as president.

Today, the club consists of roughly 30 members, some of whom have previous experience with the U.S. Coast Guard or other venues and others who are novice, including the eight new members who joined this spring. Members gather to practice on weekends during the summer at Chickahominy Riverfront Park along John Tyler Highway. The club is typically active from March through December, though members have access to indoor rowing machines to maintain their shape during the winter.

"Rowing is really great exercise," Emily says. "It is the only non weight-bearing sport that works all your muscles. That's a great aspect. You are doing something that is calming but that is also a really great workout."

Emily says she also enjoys rowing because "It's the ultimate team sport. I had a coach who always used to say 'There is no I in team' and that is so true about rowing. You really have to work with your team members. I think that's a lovely aspect about it."

Currently, Emily is a sweep rower, which means she only uses one oar, though her goal by the end of this summer is to become a scull rower, using two oars, allowing her more freedom on the water.

Emily, who is one of five boat club members with coaching experience, also hopes to continue to help recruit new members to the club through its learn-to-row classes, held regularly throughout the summer.

"I love to watch people learn to row, to see their enthusiasm," she says. "It's always a lot of fun." NDN

To learn more about the Williamsburg Boat Club visit:

<http://www.williamsburgboatclub.org>

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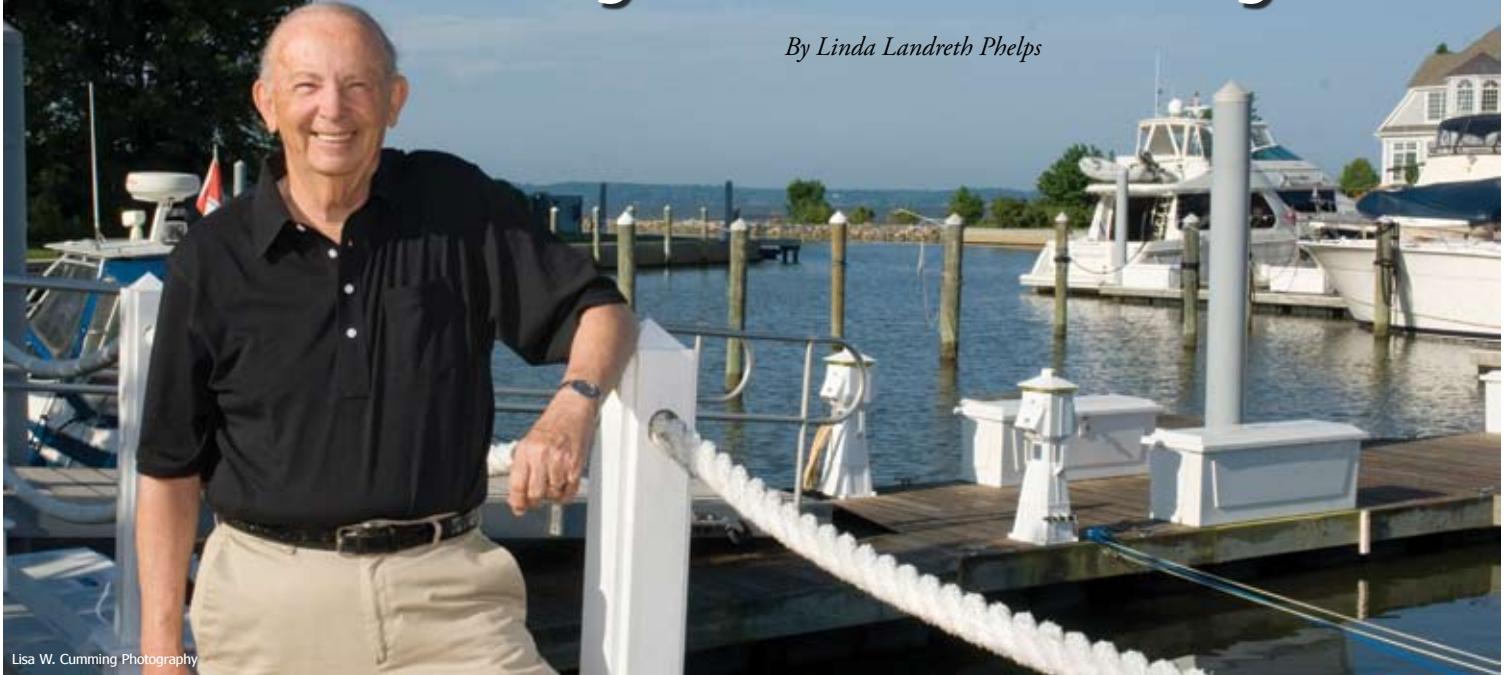
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# Sterling Nichols

## Nurturing "America's Founding River"

By Linda Landreth Phelps



Lisa W. Cumming Photography

More than a third of all Virginians rely on the James River and its tributaries for water, commerce and recreation, but in the 1970s, after generations of nurturing its people, the river itself desperately needed help. Sterling Nichols, Williamsburg real estate developer and James River Association board member, makes this ongoing necessity a personal priority.

Sterling settled in Williamsburg 44 years ago. "I've been here so long now, I'm almost a native," he says. But no matter where he has called home, it's always been near the water, and its presence has affected his life in many ways.

As a boy, Sterling lived a few miles upriver in Hopewell, Virginia. In the late 1940s and early

'50s, young Sterling and his buddies would fish, ski and swim on their favorite playground- the creeks and estuaries that join the James River on its journey from the Virginia highlands to its brackish marriage with the Chesapeake Bay. He recalls his active childhood with pleasure.

"Back in those days, enormous schools of herring would come upriver to spawn in the creeks every spring," Sterling says, "There were millions of them! My friends and I netted herring mostly for fun, but then I started salting and selling them and made some good pocket money that way." Even as a chemical engineering student at Virginia Tech, Sterling kept up this lucrative cottage industry when he could get home in time for the spawn.

Sterling's early days on the water might sound idyllic unless you knew that his home town was then a place that most people avoided unless they had to live or work there. At times, Sterling recalls vividly, Hopewell's omnipresent paper mill stench combining with the airborne ammonia from Allied Chemical's fertilizer production made the townsfolk gasp for breath as they rubbed tears from their swollen, inflamed eyes. In addition to the factories upstream, several different companies were present in the Hopewell area, and all of them were draining their untreated effluent directly into the river causing it to rapidly become a stinking chemical sewer.

"The river was nothing more than a dump

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site,” Sterling recalls. “I’ve seen it at its worst, when the water smelled so bad that it would take your breath just getting your boat from one side of the creek to the other. Other rivers of that time would occasionally get so polluted that they’d actually catch fire; I often wondered if that was going to happen in Hopewell, too,” Sterling says.

Though hard to believe now, this wholesale contamination of our river heritage was entirely legal. Protective policies didn’t exist during that time, but since then, environmental laws passed by Congress and the Virginia General Assembly have placed limits on the pollutants that can be discharged into the land, air, or water. Citizen watchdog groups can claim much of the credit for this change. Sterling Nichols, through his association with one of those groups, has been part of a massive cooperative effort to repair and protect Virginia’s waterways.

Sterling’s role in this initiative began when a friend asked him to host a cocktail party at his Governor’s Land waterfront home so that people could learn more about the James River

Association (JRA). At this point, Sterling was a real estate developer with a lifelong enthusiasm for the water and boating, but he, too, was unfamiliar with the organization.

“Once I learned a little bit about what JRA was accomplishing,” Sterling explains, “I wanted to get involved. They asked me to be on the



board of directors, and I was happy to accept.”

For the last 35 years, the rebirth of the James has been the sole focus of the JRA. Its genesis began with property owners in Charles City County who saw their waterfront land values

plummet disastrously in direct proportion to the James’s worsening pollution, but it soon became a larger group motivated by an altruistic desire to rescue what they call “America’s Founding River”.

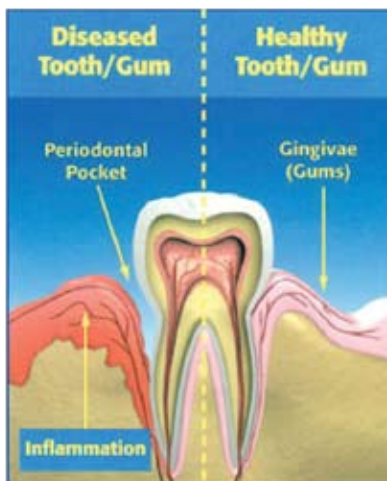
Ironically, when Sterling first came to live in Williamsburg in 1967 he was an engineer working for what was then called Dow Badische Chemical Company. This company was a major player among many whose practices still pervade the local soil and water. One small company’s dumping of their pesticide, Kepone, defiled the James River for decades and led to the near-destruction of the area’s fishing industry. The Kepone remains, but has settled to the bottom of the river, so those crippling conditions have improved to the point that it is once again relatively safe to eat what you catch - at least in moderation. Fish species that had virtually disappeared from the river have now returned.

“Somebody caught a seven foot sturgeon the other day,” Sterling says. “I haven’t seen one of those in the James since I was a kid.”

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As a chemical engineer, Sterling was involved with the construction of three plants, but when he started building his own family home, he switched careers.

"In the late 1970s Williamsburg was having a growth spurt and contractors couldn't keep up with demand," Sterling recalls. "Kingsmill was being developed rapidly, and I was soon building houses for a lot of people."

But success brought changes to his life that were not all positive.

"It got to the point where I couldn't even cut the grass in my yard at Kingspoint without somebody stopping to discuss their project with me," he says.

Sterling and his wife, Dottie, briefly considered buying a peaceful weekend cottage in Gloucester, but then decided to get a boat and live aboard instead.

"I grew up as a fisherman," Sterling says, "so I wasn't interested in sailing. It's strictly power boats for me, the faster the better. We'd go over the bridge to the marina on Friday afternoons, and for the whole weekend there was no phone and no hassle. The kids, Brad and Jennifer, loved it, too," Sterling remembers.

From those early days, Sterling and his "First Mate" of almost 50 years, Dottie, have gradu-

ated to bigger adventures. The couple now own Double Trouble (named in dubious, tongue-in-cheek honor of their two granddaughters), a 46-footer that's docked behind their home at the Governor's Land at Two Rivers marina, as well as a larger, 68-foot motor yacht anchored in Gloucester's deeper water. Sterling's favorite poker game, Texas Hold-'em, inspired the name written boldly across that stern - All-In, meaning to bet everything on what's hoped to be an unbeatable hand. All-In also has its own tender boat, Fold-'em.

Now that Sterling is largely retired from his real estate development career, he and Dottie can usually be found at the marina, at least when they're not taking off for the Florida Keys or the Bahamas.

"We've been all up and down the East Coast and into Canada, but we've made 39 trips to Florida," Sterling says. "We used to go down for just a week or two at a time, but after I retired, we'd head south after Christmas and wouldn't come back until May or June."

When at home, they like to cruise over to Yorktown to take in the al fresco summer concert series; they love holding an open house for their friends aboard All-In and enjoying the sight of the crowds dancing on the Riverwalk.

Sterling spent most of his working years developing property, both locally (Settler's Mill is an example) and farther afield. His greatest success came in building housing for college students. His business is still thriving today under the management of his children, freeing him to work just enough to keep his hand in. This agreeable arrangement allows Sterling to pursue his boating adventures as well as to take on positions such as serving as a board member of the James River Association. It's just one among many worthy causes that fill his monthly agenda, but one that's particularly dear to the heart of a man whose happiest hours are spent afloat.

"It's a way for me to pay something back for the pleasure I've gotten from being on the water over the years," Sterling says with a smile. If such accounts were being kept, surely that ledger's bottom line - including the pocket money the young Sterling Nichols made from his salted herring - already favors America's Founding River. NDN

To learn more about the James River Association visit:

<http://www.jamesriverassociation.org>



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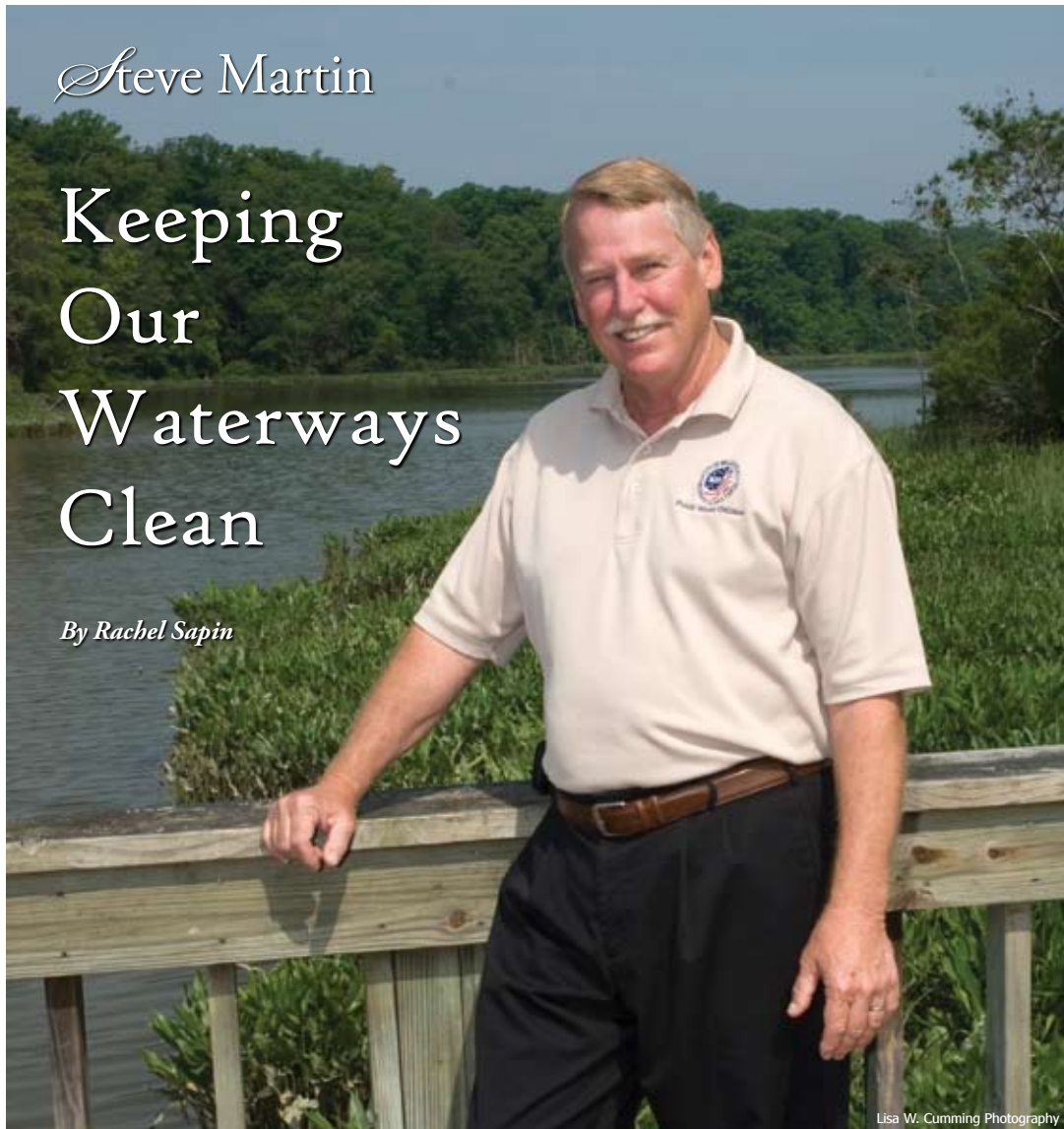
  
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Steve Martin

# Keeping Our Waterways Clean

By Rachel Sapin



Lisa W. Cumming Photography

Steve Martin is a longtime resident of Williamsburg. Locally born and raised in York County, he's been in the area long enough to remember where Confusion Corner really is at the intersection of Page Street, Lafayette Street, and York.

"Before the traffic signal was installed, it was truly confusing," he says. "Whenever I hear people mistakenly refer to College Corner as Confusion Corner, I can tell how long they

have been around town."

Steve is also an official scorekeeper for the men's basketball team at William and Mary. "I have been doing this since 1974 and have seen a lot of great games," he explains. "The best was in 1977 when they beat Carolina which was ranked number two in the Country."

Having lived in Williamsburg for over 40 years, Steve has developed a close relationship to the city's waterways. "I fish all around

the lower Chesapeake Bay," he adds, "from Gwynn's Island to Cape Henry, depending on where the best bite is occurring. The structures along the Chesapeake Bay Bridge Tunnel are my favorite spots."

Steve's love of the outdoors led him to pursue a degree in Biology at Christopher Newport University (CNU), where he also started working for the city as a draftsman in 1970. After graduating from CNU in 1974, he went

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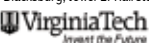
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on to earn a certificate in Engineering, and eventually took on the role of Stormwater Program Administrator with Williamsburg. "This involves making sure that drainage that flows through the city's system does not create pollution and erosion problems downstream," he explains.

Williamsburg is fortunate in terms of its water quality. Its proximity to the Chesapeake Bay makes it part of a unique community that works to enhance and preserve what is in fact the largest estuary in the United States.

"We developed a stormwater management plan before we were required to by regulation," Steve says. Williamsburg's large tourism industry also contributes to the city's water quality. "Since our industry is tourism, we put a lot of effort into keeping things well maintained and 'spiffed' up," he notes. "We have a very intense street sweeping program that keeps our streets clean and prevents sediments from flowing downstream into our creeks and rivers. We provide yearly inspections to ensure that all 65 of the stormwater facilities within the city are properly maintained and functioning."

The city also pays keen attention to its landscaping. Impervious cover areas where infiltration of water into the underlying soil is prevented has proven to be a large threat to water quality in the US as population and development increases. That's why, according to Steve, the city has worked hard to keep the amount of impervious surfaces throughout the city at around 20 percent. "We are just finishing up a major expansion of our municipal building which utilized LID [Low Impact Development] practices for our drainage," Steve gives as an example. "We installed pervious paver blocks for the parking spaces at the entrance to the building, our parking areas incorporate a lot of porous concrete pavement, and grass swales and a bioretention area were constructed to detain and treat our parking lot drainage."

Despite Williamsburg's commitment to keeping its waterways clean, the city still struggles to meet the water-quality limits the Environmental Protection Agency (EPA) sets for it. Total Maximum Daily Loads, or TMDLs, are limits set by the EPA on the amount of nitrogen, phosphorus, and sediments that can be discharged into the Chesapeake Bay. This is where Steve believes Williamsburg's residents can do even more to help. "We've been doing a lot in the past 10 or 15 years that has helped some," he says, "but we need to do a lot more to try to accelerate the improvements to the quality of the water in the Bay."

Keeping a healthy lawn is one of the best ways for residents to help maintain stormwater runoff quality as healthy turf can greatly filter the rainwater flowing into nearby lakes and streams. Steve strongly advises homeowners to devise nutrient management plans for their properties so that they know when to fertilize, what types of grasses to plant, and how much to fertilize. "The program fee for a home visit is \$30.00," Steve explains, "but I suspect that most people would save money by doing things in accord with the nutrient management plan."

Other suggestions Steve has for residents include being more efficient, and often more creative with the water used to maintain home and garden space. One specific suggestion Steve has for residents is to use rain-barrels to collect water from the roof that can then be used to irrigate the lawn instead of carrying pollutants directly into nearby waterways. Another suggestion Steve has is to wash your car on the lawn when you want to give it a scrub outside. "That's something I occasionally do, and I make sure just not to use harsh chemicals," he says. "If you're cleaning your driveway, instead of just spraying the water down the driveway into the street, spray it over into your yard. That will help filter out some of the sediments, and other things that have accumulated on your

driveway.”

The improper disposal of hazardous chemicals also contributes to a city’s water degradation. Steve recommends that residents contact the Virginia Peninsula Public Service Authority (VPPSA) to dispose of this kind of waste, which collects a variety of everyday household chemicals at different area locations throughout the year. Other ways that residents can help maintain and improve Williamsburg’s waterways is to pick up after pet waste on lawns and in public spaces, as well as recycle as much as possible to keep waste out of landfills.

Steve has been around Williamsburg long enough to remember when McDonald’s first came to town in the ‘70s, and was allowed to open along Richmond Road so long as it didn’t put up its iconic golden arches. As a longtime resident of the area, Steve is dedicated to a job that not only ensures a better quality of life for a place he holds near and dear, but for the people he loves as well: from his parents’ home of 63 years in Yorktown that he still visits to partake in backyard blackberries and listen to his mother’s hummingbirds, to his own home that he shares with his wife, Cindy, his high school sweetheart of 39 years, to the fields that his grandchildren use to play middle school sports.

“Our city has always done a lot proactively to do things in such a way as to be beneficial to the environment,” Steve reflects. “I would bet we are up there with the best of the municipality owned stormwater systems.” NDN

### What homeowners can do to help:

1. Maintain a healthy lawn. Turf is an excellent filter and a great storm-water management tool. Develop and practice a specific nutrient management plan for your property. It will tell you when and how much to fertilize. The Virginia Cooperative Extension Office (757-564-2170) can provide this plan.
2. Cut your lawn high and use a mulching mower to return the clippings to the yard.
3. Use rain barrels to collect rainwater from your roof and use it to irrigate your lawn and garden.
4. When possible wash your car on your lawn instead of in your driveway.
5. When cleaning your driveway, use water pressure and spray into the yard, not down the driveway into the drainage system.
6. Try to minimize the amount of impervious cover on your property. Consider constructing driveways and patios out of paver blocks and porous concrete to encourage infiltration of water.
7. Pick up pet waste and dispose in the trash.
8. Properly dispose of your leaves, compost if you can. Never rake leaves into ditches or drop inlets, as this can block drainage and create flooding issues.
9. Recycle as much as possible. Keeps waste out of landfills and reduces the amount of raw materials to make new products.
10. Properly dispose of hazardous chemicals like pesticides, herbicides, paints, and other household chemicals. VPPSA collects these items about 4 times each year and insures that they are properly disposed of.
11. Know the Resource Protection Area boundaries on your property and do not disturb anything beyond them.



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# LINDA TAYLOR



## ON WILLIAMSBURG HOSPICE HOUSE

Linda Taylor is the executive director for Hospice House & Support Care of Williamsburg. She has over twenty years of management experience in nonprofits and health care. Before moving to Williamsburg in 1983, Linda moved all over the country, first as a military "brat," then as a military wife. Even though she's originally from Vermont, Linda considers Virginia her home.



### When did you first become involved in the Williamsburg Hospice House?

I have been involved with this organization in some capacity -director, volunteer, board member - since 1983. In 1983, I was hired as their first paid professional executive director and held that position until 1990. We moved to Dayton, Ohio and came back to Williamsburg in 1994. In 1996, I joined the Hospice Support Care of Williamsburg's board of directors and served for six years. During this time, the decision was made

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to build a Hospice House, and I was a member of the capital campaign committee. I came back as executive director again in 2004.

### What is the mission of Hospice House?

"To enhance the quality of living for individuals facing the last phases of life and to support the people they love." Our mission has not changed since we started in 1982.

### How did Hospice House become a reality?

In 1980, Bell Jo Rodgers, RN, held a class on death and dying at the Williamsburg Presbyterian Church and talked about hospice care - a concept very few people knew or understood at that time. A notice was put in the local paper to see if there was an interest in starting a Hospice in the Williamsburg area. A group of dedicated people worked for over two years to get this program up and running. The program was totally run by volunteers for the first year. As a result of changes in insurance coverage in the 1990s, dying was

no longer considered a reason to keep someone in the hospital for weeks of comfort care. Our home patients were being discharged to die at home and family members were expected to be the full-time caregivers....and we were finding that many were unable to provide the care. From this, Hospice House was built and started serving guests in July of 2002.

### What services are provided by Hospice House?

For our home hospice patients, we provide trained hospice patient volunteers as companionship for the patient and/or respite for the caregiver. We also offer staff support from our Director of Patient Volunteer Services, our Chaplain and Bereavement Coordinator and our Nurse Consultant. Referrals for additional community resources are made when needed. Also, some items of assistive equipment are available to loan to anyone in the community with a need. At Hospice House we offer respite care, transitional level care and end of life care for terminally-ill pa-

tients. We follow family members for up to a year after the death of their loved one.

### Who qualifies to be admitted to Hospice House?

All guests for each level of care must be terminally-ill and be under a home health care/hospice agency. We work collaboratively with all the hospice and home care agencies working in the Williamsburg area to provide many services that are not covered by insurance. All guests must live in the greater Williamsburg area or have a "connection" to the area (i.e. immediate family resides/works in the area).

### How do you provide these services at no cost to the patient or family?

While it has been more challenging the last two years, the community has supported the mission of Hospice House & Support Care of Williamsburg for nearly three decades. The fact that we can provide these services without charge is a statement about who we are as a community: we take care of each oth-



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er. The vast majority of funds still come from individual gifts. Additionally, we receive funding through United Way, local government and from foundations. We also receive annual financial support from area businesses, and from most local civic and religious groups. Special fundraising events are held in the community every year that also raise a substantial amount of operating funds for Hospice House. In addition to the financial support of the community, we are blessed to have over 300 dedicated volunteers. They help control expenses by contributing their time and services at no cost. We absolutely could not do what we do without them.

### How can the community help?

We need the support of the community for everything we do. Financial donations are needed to sustain this important community asset. We have many volunteer opportunities that range from directly working with patients and families, to the Hospice Guild and Teen Outreach that provide support to the program through volunteering, community

outreach and special projects. We are happy to arrange private informational tours of the House and gardens for individuals, businesses, churches and other community groups. And most importantly, if you or someone you love needs help and support, please do not hesitate to call.

### What qualifies a person to volunteer?

The real thing which qualifies a person to volunteer is a personal desire to be involved in the mission of Hospice House & Support Care of Williamsburg. The next step is to fill out and submit our Hospice House Volunteer Application. Then an interview at Hospice House will be scheduled to determine what kind of volunteering best suits the applicant's preferences and availability.

### What are some personal experiences you have had that renew your commitment to the Hospice House?

Many years ago, I had several personal experiences with friends and family that were dying and they told me they were afraid of being alone at the time

of death; they were afraid of pain and they were afraid of losing their identity now that they had a terminal diagnosis. That really made an impression on me and is why I am so passionate about hospice care. We help them live until they die with their dignity intact, as pain-free as possible and not alone. And then we help their loved ones after.

### How has your work affected your personal life and outlook?

Being involved with Hospice for over 20 years has taught me many lessons about living, as well as dying. I have learned to tell people how much I care about them sooner rather than later; I have learned that "quality of life" is very important to me and I have learned to not be afraid of death - I'm not ready to die, but I am not afraid of it either. I am very grateful and proud to live in a community that made the commitment to build and support a Hospice House that provides compassionate, end-of-life care with dignity to people based solely on need. NDN

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DAWN HANSEN

# Blogging Builds Her Business

By Greg Lilly, Editor



Lisa W. Cumming Photography

She's featured in a national industry magazine for her clothing designs and sewing patterns, but that didn't happen overnight. No, it took Dawn Hansen two years – since the summer of 2009 when she published her first sewing pattern and turned her blog “Olabelhe” into a clothing design and pattern shop.

The term blog comes from the two words: web log. It's a type of Internet website where people can set up a journal that others may read. “A blog allows you to have a conversation with people,” Dawn explains. “They feel like

they get a little insight into you, become somewhat part of your family. It was a place where I could journal about what was going on with my family, share recipes and ideas. I just had fun with it. People started to get to know me through that. There was a level of trust. They knew I was a down-to-earth person, a normal stay-at-home mom, so they felt a connection.”

Dawn loves to sew and make things, and these interests were part of her blog entries. “I'm from a family of extremely talented women,” Dawn states. “I grew up surrounded by

my mother and my grandmother always making things.”

From crafts to sewing projects, Dawn's mother and grandmother showed her how to create things she needed with her own hands. “I started sewing when I was about six years old,” she adds. “I began with small pieces, like making dresses for my dolls.” Throughout school, Dawn was the star of the Home Economics classes.

Dawn married her husband Ole, and they began to have children. Her business name

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Olabelhe is derived from the first two letters of each of the children's names: OLiiver, ABby, ELLiott and HENry. "Once my daughter Abby grew out of the cute, little toddler clothing," Dawn explains the genesis of her business, "and the clothing options for her weren't things I would dress her in – because, in my opinion, those outfits were not appropriate for young girls – I started making all of her clothes." The clothing Dawn saw in the stores looked more like what a teenage girl might wear, not a little five year-old.

Although she found ready-made clothes in boutiques for outfitting her daughter in a more traditional way, the price points were too high. "Through the roof," she stresses. "It's not practical, especially in this economy. People try to cut wherever they can and can't afford to spend so much for a garment for a little girl to play in." That's when making the dresses seemed to be the best solution.

Dawn's designs, that Abby wore, stopped traffic. "Literally stopped traffic," she emphasizes. "In the parking lot of Target, women would stop us to ask where we bought Abby's dress. Moms were nutty about it. I started getting tons of inquiries to do custom sewing." She knew she didn't have the time to custom sew dresses for all the requests, but one day a friend suggested she should design a line of sewing patterns so other moms could make the dresses themselves. "With the do-it-yourself movement being so huge right now, people crafting, learning to do new things, it was a perfect niche," Dawn says.

Never formally trained in sewing, but learning it from her mother and grandmother, Dawn didn't use sewing patterns. "I sewed from looking at it, just figuring it out as I went," she says. To learn about patterns, she bought a few to see how they worked. She found the language and terms confusing. "Once I read through it a few times, I thought there was such an easier way to present a pattern," Dawn explains. "I remember hearing so many stories from women who wanted to learn to sew, but became frustrated by the pattern's complexity. Pattern designers had created a language that new sewers didn't understand. New moms, just learning how to sew, would get frustrated and never finish a piece." She decided to write her patterns in a different way, in a language that anyone could understand, experienced or not. "I added humor to it because I want people to enjoy what they are doing. This is my passion, and I want other people to feel the same joy when they are making a garment," she says. "I want them to have success in a reasonable amount of time and to have a finished garment that they are proud of. That was the philosophy behind the whole thing."

During this process, Dawn continued her blog, explaining the frustrations of learning to read standard patterns and her ideas for a new way. She photographed Abby in new designs and asked for options from her blog readers. Women weighed in on how much they liked Dawn's creations. Some readers helped test her patterns. Others encouraged her with supportive words. "They were participating in the process and felt a connection to the products," Dawn adds.

"My whole objective was to help other moms who were frustrated like I was and to give them something that they could use to create cute, appropriate clothes for their little girls," Dawn states. She designed her website to start selling the patterns. Customers bought the patterns and Dawn sent an e-mail with a link to download it to the person's printer.

"They would have instant gratification," she says. "It was very easy to understand." Since then, Dawn has expanded her design delivery to the

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traditional format of a packaged pattern that can be sold in retail stores as well as ordered on-line and mailed to a customer's home.

Her ideas and designs were developed with her blog readers' input. That connection to the customer, she says, is the key to her growth and success. Dawn blogs about four or five times a week. "One of the big keys of blogging is that if you let it sit, people get bored," she explains. "They want interaction and updates."

She admits that not every thought or experience is fodder for a blog entry. "There are certain subject matters I don't talk about," she says. "I don't discuss religion because it is a touchy subject. I don't talk about politics or anything that is potentially confrontational, where people can start passing judgments. I try to keep it fun. I tell a lot of fun kid stories because that's something the readers can relate to." Her opinion on world events or celebrities isn't what her blog is about. She has created a lifestyle place where she brings together people who share an interest and want to talk about it. People using blogs to connect with customers need to remember what it is and what it is not, Dawn advises. "Discuss what your brand is, what you are known for."

The blog can create an atmosphere for customers. "Not only with the dialogue," Dawn says, "but with the photographs, the whole feel, it creates your brand. It should be a welcoming place where people want to go to, where they feel comfortable. It is visually appealing with graphic design and photographs, touching on the senses in every way you can." Fabric store owners, seamstresses, her blog readers, and other people in the industry told her she's doing great things, that there was a buzz around her. Dawn found that hard to believe – especially since she spent all her time doing design work on new patterns, operational duties for the business, home schooling her children, plus all the regular household errands.

"One day my husband asked me what it would take for me to feel like I was a success," she recalls. "I said there was a magazine that is THE magazine for sewing. If they ever even found out who I was that would be it. If they even uttered my name then that would be success for me."

A few months went by and one day an e-mail came to her. "It was the editor in chief of *Sew Beautiful* magazine," Dawn explains. "The editor sent me this wonderful email saying that one of my fans had told her to go to my website and look. She said they wanted to do a spread on me. My heart stopped. Tears started streaming down my face. My husband thought someone had died. I just said, 'It happened. It happened. *Sew Beautiful* emailed me and wants to do a feature.' As the emails went back and forth, they wanted to use my photography, my daughter modeling, my styling. Everything is being used. That was incredibly flattering. The article comes out in their July issue. Being acknowledged by an institution that I esteemed so much and to be recognized by my peers as a talent in the industry, well that is my gauge of success."

Her Internet blog helped Dawn connect with her customers, learn their needs and wants. Her blog uncovered a niche and highlighted a way to fill it. "The Internet was huge for me," she says. "I would have gone nowhere if not for the Internet. It opened the whole world to me, literally. I've had visitors to my blog from all over the world." She grew her following by interacting with her blog readers; together they have spread the word and built Dawn Hansen into a nationally known designer. NDN

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KEYANA BROWN

# Out-Work Your Opponent

*By Greg Lilly, Editor*

By the end of her high school freshman year, Keyana Brown had achieved what many seniors set as goals. The rising sophomore at Williamsburg Christian Academy is just six points away from scoring 1,000 points in her high school basketball career. She should break through the milestone during the opening few minutes of her first game this coming season.

"I'd like to go beyond 2,000 points by the time I graduate," Keyana says with the humble smile of a girl who seems to know she has a great future ahead of her, but was raised too polite to boast.

"I started playing basketball when I was six," Keyana says. She had gone to cheerleading camp but became sick and had to come home. Her father, Chris Brown, had a basketball camp starting, so Keyana tagged along. "He let me run around and dribble and shoot. I told him the next day that I wanted to play basketball and I wanted him to teach me how to play." She was hooked



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from that time on.

Keyana is an all around athlete, playing other sports like volleyball and softball. "Basketball is really my passion," she says. "I play the game because I love it, and I have people around me that motivate me – a good supporting group like my parents and my brothers."

She and her father spend a lot of time together practicing and running drills. "My dad and I are really close," she states. "He's a very good basketball player. He gives me a lot of insight by telling me what I'm doing wrong and when I'm doing it right. He's my biggest critic and my biggest supporter."

She looks to him on the sidelines when she doesn't feel like she's giving the game her all. His advice and encouragement rallies Keyana back up to her full potential. "He knows everything about me," she adds. "He knows when I'm slacking off, not doing things right, but he also knows when I'm working my hardest."

She appreciates his devotion to her and bas-

ketball. "He really sacrifices a lot of his time and money for me. He's one of the biggest components of me."

Not only does her father help her with her goals, Keyana's mother Shawnie plays an

"I think that losing is learning. Learning from your mistakes - learning what you need to do and get better at."

~ Keyana Brown

important role in her achievements. "She really encourages me at my games," Keyana says. "My mom is my loudest cheerleader. I can go to her with anything."

Her family has helped Keyana develop a work ethic that helps her reach her goals. At such a young age, she knows her achievements

add pressure to her playing. "It does," she admits. "It raises the level of expectation because you can't have achievements and meet goals without working hard. When people see these achievements, they expect you to be at a higher

level." Her young age doesn't factor into her thinking about the next goal in her basketball career. "I feel like, all my life I have been mature," she says. "So achieving these goals, now, it isn't really fazing me that I'm a freshman. I feel like my maturity level is higher too – that comes with achieving things. You have to be mature and learn how to stay humble. As my years have gone along, I've become more mature in the game and as a person." She credits her focus on the game as a stabilizing force in

dealing with the attention her talent and game statistics bring.

The girls' basketball team at Williamsburg Christian Academy has their chemistry in place according to Keyana. "I feel like our team is very close," she states. "All the girls on the team seem like sisters. Me being one of the young-

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est doesn't really mean anything because we all have a good relationship, and we're growing into the state championship team that we're meant to be."

For the past two years, the team has tipped off against the Miller School of Charlottesville for the state championship. "When we played them the second time, this year," Keyana explains, "my hand was broken. One of our guards didn't play because she had an injury to her shoulder. I think with a healthy team, we'll do it. Also, I think we need a bona fide big person to give us a bigger presence," she adds. "The year before this year, they had a 6'7" girl. The tallest girl on our team is 5'11". I just think we need a big man...even without that, I think we can beat them. We have to have one of those games where we play everything together, where we have a flat out 100 percent game. They had a bigger roster. We have what it take to beat them this year. We just have to stay focused and keep our eyes on the prize."

She shows that she realizes that no one player is the team, but the team wins or loses based on playing well together.

She says that the team lost more games this

past season than the year before. "Because we played a tougher schedule," Keyana explains. "I think that losing is learning. Learning from your mistakes - learning what you need to do and get better at. When I lose, rather than taking it as just a loss, I like to look at the game and see what we've done wrong as a team, what I've done wrong as player, and to keep working on that so that next time we play that team, I know what we need to do to win." Her philosophy is simple: "Out-work them."

Before every game, Keyana tells herself to go out and play her hardest and give 100 percent. "When you're not giving 100 percent," she says, "you let your coach know so that you're not hurting the team. Giving 100 percent is the ultimate goal."

Always operating at full physical capacity is difficult, but the hardest part is the psychological aspects of the sport. "The game is 80 percent mental," Keyana explains. "When I find I'm getting down on myself, that's going to hurt my team. I just hold back and say let me get my head together. I know when I'm having a bad game. If you're having a bad offensive game, then you always have a chance

to have a good defensive game. I try not to get down on myself. I try to lift all my teammates up with me."

Keyana works on her basketball skills continuously - part of her out-work-the-opponent attitude. "I practice with my dad," she says. "I workout for about two hours doing a bit of everything: ball handling, speed and agility, defensive drills, shooting drills. I lift weights... running, just about all of it." She doesn't take time off when school is out. She's playing AAU (Amateur Athletic Union) basketball this summer. "So after our season ends, those AAU teams start to practice. It's an on-going process," she says. "This summer I'm playing for the Boo Williams 15 Elite Team so we'll be going to Georgetown, we'll go to Georgia and Florida, too."

By the time Keyana is a senior at Williamsburg Christian Academy, she has a goal to be one of the top 50 girls' basketball players in the country. "Then I want to play collegiate league - I would really love to go to the University of North Carolina," she says with that same smile of unassuming confidence. NDN

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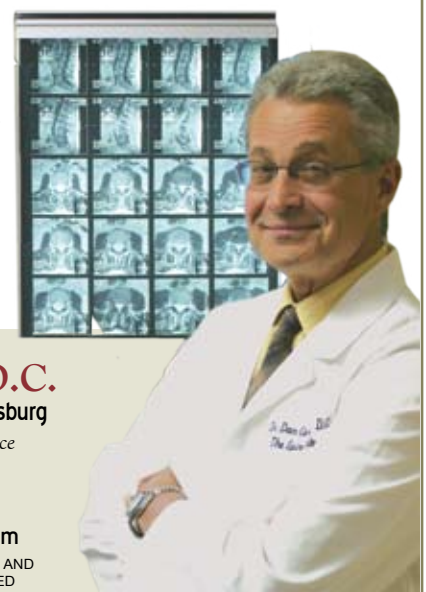
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## ERIC CARLSON

# Williamsburg's Screenwriter

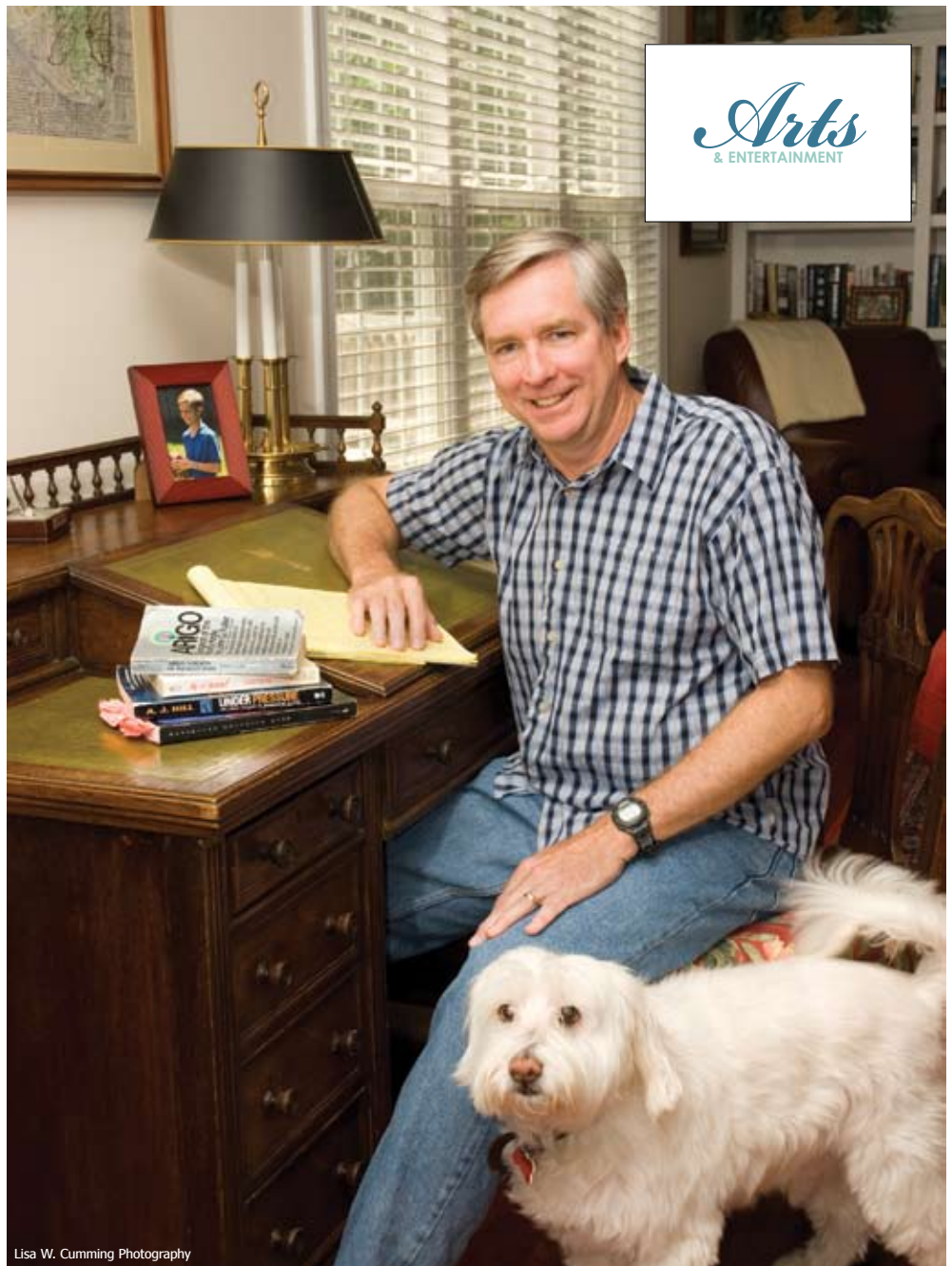
By Greg Lilly, Editor

How do you succeed as a screenwriter in Williamsburg?

"Discipline," says screenwriter Eric Carlson. "I would say discipline is the key. My military background taught me the discipline to sit down and work on something and follow it through, which is what writing is."

He explains that screenwriting is more than just the creative part, but also the gritty side business of selling the writing to a production company.

"There is that part of me that can understand it is Show Business, not Show Creativity," Eric says. "The film production companies have to make money from these ideas. They need to get people in the theater seats. Movie making is such a collaborative effort. It's not just me the writer; it is hundreds of people who have to put



Lisa W. Cumming Photography

this together."

Screenwriting in Williamsburg is not a typical path to Hollywood deals. Eric graduated from Georgia Tech and then served in the Navy

for almost 27 years.

"My last duty station was here," he explains. "We got here in 2002. I had command of a medical logistics operation and retired in

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2004.”

He and his wife, Holly, stayed in Williamsburg. “I have always loved writing and the movies for as long as I can remember,” he says. Even back when he was in high school, he and a friend filmed a movie with their classmates. He had continued writing, off and on, for years. “I got serious about screenwriting about 16 years ago,” he recalls. “I wrote my first screenplay, titled ‘Hindsight,’ and even had a producer interested in it. I met with him a couple of times to talk over the project...then he fell off a ladder, hit his head and passed away! The project literally died right there. Nothing ever came of it, but it was encouraging because someone had been interested in what I had written.”

Aside from the producer’s bad luck, Eric persevered and continued writing.

“I wrote a little throughout the rest of my time in the military,” he says. “When I retired, I decided to really do it. I started writing full-time. At that point, my wife taught school over at Berkeley; she taught French. She would come home and ask what I did that day and I’d an-

swer ‘I wrote five pages.’ She would say, ‘Yeah, so what did you do?’ It’s a really non-structured life, very different from the military.”

The screenplay, “The Perfect Game”, was a finalist in the 2006 Virginia Governor’s Screen-

“I have always loved writing and the movies for as long as I can remember.”

~ Eric Carlson

play Competition. “We got that produced in the summer of 2006. The light went off for her. ‘You must be doing okay.’ I was off and running.”

Eric writes about two screenplays a year. He enters them into screenwriting competitions and film festivals for the feedback and exposure. “I’ve won contests or placed in contests;

I’ve been to Hollywood twice. In fact my wife and I just got back. My screenplay “Under Pressure” just won the 2011 International Family Film Festival in the Drama category. We drove cross country and back with our dog.”

Entering film festival competitions and screenplay contests gets Eric’s work in front of producers, the people who can take it to a film production company. The new screenplay “Under Pressure” has generated buzz with the win at the film festival.

At a screenwriting seminar last year, Eric met a woman who is a producer and the seminar leader. In the workshop, the participants practiced pitching. “Pitching,” Eric explains, “is when you have an idea for a movie, you have to go into a roomful of producers and pitch your idea. You may have about three minutes to sell them; if you don’t, they’ll say ‘Thank you very much...Next.’ So in the seminar, I practiced pitching this story. The instructor came up to me afterwards and said I needed to contact the author and get the rights.”

Eric optioned the screen rights from the au-

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thor of the book about a submarine mishap, a true story. "I had read the book several years ago, contacted the author back in the fall with the encouragement of that seminar instructor," Eric explains. "I got the film rights to the book and wrote the script; it won the festival competition; now we have an agent actively shopping it around."

Pitching a screenplay to a producer is the hardest part, according to Eric. "For this story 'Under Pressure' I had to come up with a quick way to grab the reader's eye. This is a true story and there's a museum in Washington D.C. where there is an actual a piece of the submarine hull they had to cut out. It was 1920," Eric says as he sets the stage. "A brand new submarine that the skipper took on its performance trials; they were doing what is called a crash dive. One of the crew members forgot to shut the induction valve. Tons of water poured into the boat – sank right to the bottom. No way to escape. They were dead as far as they were concerned. It's a tremendous story as to how the C.O. (Commanding Officer) got them out of that. He stood the boat up on its end so that the stern was a little bit out of the water. They drilled holes in the hull. Well the piece they

drilled out is in the museum in D.C. I start my pitch with that: If you go to Washington, D.C.'s Navy Museum today, there's a round metal plate, 20 inches across with hundreds of tiny little holes in it. It has a great story to tell and this is the story."

The agent liked Eric's approach of linking the museum piece to the screenplay and decided to use it in her pitch to the production companies.

The attributes that make Eric successful in a creativity-based career outside the industry's geographic Hollywood hub is his ability to communicate and work with others.

"You have to realize that you created it, but the screenplay goes out to other people's hands," he explains. "I also understand the business side of it, in that you have to sell it by making the contacts, by networking, by talking to anybody. When Holly and I were in Hollywood, I was pitching this thing left and right to anyone who would listen to me. I understand it's not just me sitting in a room. I have to get out and do business, negotiate the contract for the rights. I trace it all back to military discipline and my Georgia Tech business degree."

Like any business person, Eric watches the

trends in his industry. Two main markets exist for selling a screenplay: the big studios and the smaller independent production companies.

"What I have learned from the producers I've talked to, in the studio system – the Disneys, the Universals...the big studios with huge overhead – their trend is sequels, prequels, old TV shows, comic book heroes or toys," Eric explains. "That's the big trend because they have to invest so much money to make a movie because of their overhead; they have to make money and don't want to take any chances. It's pretty rare that you'll see a studio film that goes outside of those things. Something like 'The King's Speech' was not a studio film; it was distributed by a studio. A studio will often let an independent producer make the film and screen it at a festival to test its appeal then a big studio will pick it up for distribution. Most of my kind of screenplays will be pitched to independent producers."

Eric Carlson uses his military discipline, along with his business savvy to get his screenplays noticed by film makers. He proves that a screenwriter doesn't have to be in Hollywood to be successful – even a Williamsburg screenwriting can be a star. NDN

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DR. CHRISTOPHER BOQUIST  
 on...

# Men's Health

By Greg Lilly, Editor

On the tragic morning of September 11, 2001, Dr. Christopher Boquist was on an airplane over the Atlantic heading for New York. "Everything changed right then," he says. Dr. Boquist was in his seven-year stint with the Army after his medical school graduation. "What was supposed to be a peace mission took on a new direction," he explains about that morning. "That changed what it meant to be in the military. The tone changed. We had to readjust."

When Dr. Boquist returned to civilian life, he and his wife, Cyndi, decided to move to Williamsburg, a place of familiarity and a site near the comforts of family. They had met while undergraduates at the College of William and Mary and married in the Wren Chapel. His family still lived in the Richmond area, and her mother lived in Northern Virginia.

"Williamsburg was a pretty easy decision," he says.

The Army had taken him to different parts of the world, but the call of home settled him and his wife here.



Lisa W. Cumming Photography

"For me," Dr. Boquist explains, "going into medicine started with me thinking about going to veterinary school." In college, the science courses he took at William and Mary increased his interest. "That, plus the experiences with my nephew who had an inoperable brain aneurysm when he was less than a year old," he adds, "that is what fully convinced me to go into medicine. That really was the drive." Dr. Boquist is the first medical doctor in his family – "So far," he adds.

Family medicine became his focus. "You can run the whole gamut: birth to death," he says. "You take care of sports medicine issues, men's health, women's health; you do a little bit of everything. In the Army, a physician does it all.

And that's what family practice was all about."

The full spectrum of health was what Dr. Boquist liked. "My family doctor, back in Chester, Virginia, took care of me as I grew up, took care of my parents, my siblings, really everybody in town. He had been there forever. He was probably the person who influenced me the most to pursue family practice."

Dr. Boquist enjoys the relationships he forms with people. "Not just in the office," he adds, "but out and about in town. I see patients all the time. It's rare when I don't run into patients at New York Deli during lunch." This community feel is what he's wants to achieve, to see the person as a whole, not just as a patient in the office.

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Confirming what most people guess, Dr. Boquist says men tend to avoid the examining room unless they are sick, really sick. "Now, some men do come in for check-ups," he says, "but a lot don't." He thinks the reason is that men have the idea that when they feel fine, feel healthy, and are still active, they have no need for an examination. "It's usually a spouse that urges a man to come in," he adds.

"Often, when men come to see us before the age of fifty," Dr. Boquist explains, "they are probably sick. We use the sick visits to check their blood pressure, see when they last had a tetanus shot, check for other health needs they should be caught up on." Another reason a man might come into the office before age fifty is because of a major family event. "Like his dad had colon cancer or prostate cancer," Dr. Boquist says, "a men's issue that hit close to home; that brings him in." That significant event causes a readjustment in the patient's view of his healthy future.

The decades of a man's life can be guidelines to when he should see a family physician.

20s: Dr. Boquist says, "Screening for testicular cancer and learning to do self-exams is probably the one most important thing for a young man to do for his health. Besides that,

a man in his twenties typically doesn't visit the doctor often unless there's some family history of something critical, a genetic link that needs to be monitored. Usually guys come in after college at the urging of a parent to get a baseline. That's probably the best time to do it." The advantage of getting a baseline physical in the twenties or thirties confirms that things like cholesterol and blood sugar levels are normal along with good kidney functions. These healthy levels can be used later in life to monitor changes.

30s: Testicular cancer screenings and general baselines are still a good idea during a man's thirties. "Maybe come in for a physical every five years as long as there are no red flags like blood pressure, cholesterol, or diabetes issues," Dr. Boquist says. Also, establishing a relationship with a family practitioner gives a man a doctor for not just chronic, continuing medical issues, but for acute needs as well.

40s: "This is when we start thinking about yearly type maintenance, or every other year," Dr. Boquist says. The baselines from years earlier can be monitored against current test results for changes.

50s: "The 50th birthday is the tipping point for yearly visits," he says. "After 50, it is more

important to monitor and maintain." The yearly exams are mostly to monitor prostate health. "Yearly PSAs (Prostate Specific Antigen blood tests) and the prostate exam that goes with it," Dr. Boquist suggests, "which guys aren't crazy about, but I have to do several a day, the patient can take some solace in the fact that he only has to have it once a year," Dr. Boquist adds with a laugh.

Men's health concerns change with age. One that catches a lot of men is Erectile Dysfunction (ED). "Guys, back in their 20s, had no problems. But at 45 or 50 when things slow down or a man begins to lose interest, that may be a problem," Dr. Boquist says. "Some of it is 'life type stuff' like work stress, but all it takes is one time of not getting an erection then guys start to avoid the situation." He says many men don't want to come to a medical office for that. The advent of treatments like Viagra and Cialis have people talking about it. He sees more men realizing they aren't the only ones.

"The thing with Erectile Dysfunction," Dr. Boquist warns, "is that it can be the first sign a man has a heart problem or diabetes. It all has to do with blood vessels." There may be other signs, but this is one that men tend to notice. "It affects men close to home," he says. "They

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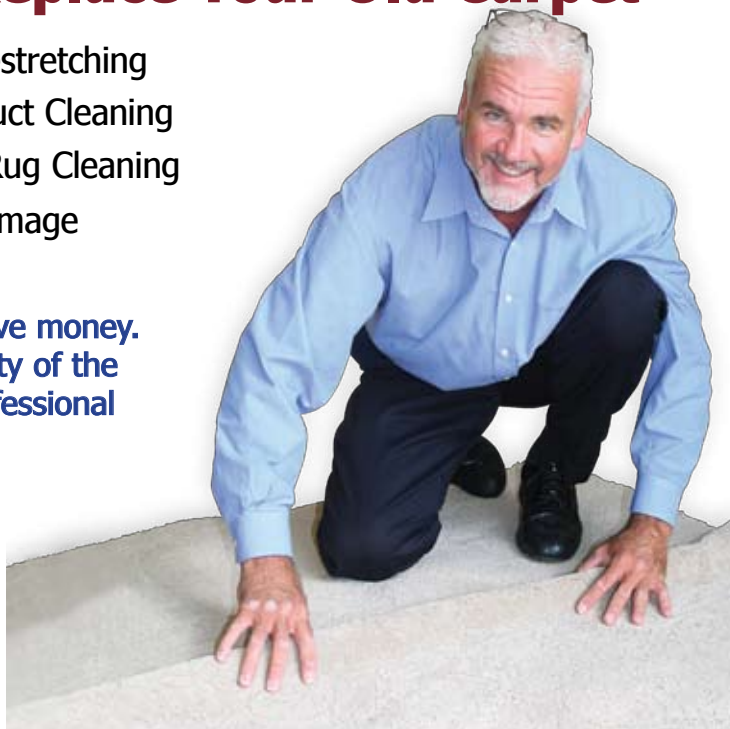
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may blow off a fleeting chest pain while riding a bike or mowing the yard, but when it affects something important, guys take notice.”

Another advancement that patients are discussing is male hormone replacement therapy. “Men are having hormone replacement more and more,” Dr. Boquist says. “Maybe it has to do with the media educating men, that’s a possibility. Just like with women, men’s hormones decrease over time, but unlike women, guys have no major changes.” The gradual decrease in testosterone can affect libido, erections, energy and muscle mass. “The problem with hormone replacement for guys is you have to be careful,” he warns. “Prostate cancer grows with testosterone. You have to watch that carefully.”

Hormone replacement isn’t for every man. Although there is a normal decrease in testosterone in all men with aging, some men function perfectly fine at a lower level. “I see many guys who if their testosterone would get checked for any reason and it was low, would have no symptoms,” Dr. Boquist explains. “They don’t need treatment. But a guy who comes in with low libido or energy issues might need treatment.” There is not a one-size-fits-all option for testosterone replacement.

With men’s health, family history is key.

“So much of disease is hinged upon genetics, whether it’s heart disease, cholesterol or prostate cancer,” Dr. Boquist states. “Typically if someone has a heart attack in his fifties, it is rare that a brother or a father or a grandparent didn’t have something similar. That man probably had other unhealthy lifestyles to go with it – smoking or high blood pressure – but family history clues me in that this is a higher-risk person.” He says it is like the standard colonoscopy at age fifty, which he does for everybody, not just men; family history is crucial. “If a father or mother had colon cancer at age 45, then I will screen that person sooner than someone with no family history of colon cancer.”

To stay healthy as long as possible, Dr. Boquist suggests preventative maintenance:

**Exercise:** “Fit in anywhere from three to five days a week, a half an hour to 45 minutes of cardiovascular exercise. A lot of folks don’t get that all the time, me included,” he admits. “It’s just because of life events. Working long days and family responsibilities make finding the time to exercise difficult. Exercise is probably the biggest thing a man can do to stay healthy.”

**Baseline Tests:** “Getting baseline labs like cholesterol, blood sugar and kidney function give you some place to start to see if you are

healthy now,” he says. “Or if something is out of line, we can decide what to do to change that. That starting number is very helpful. We use those sick visits to bring the guys back for a complete physical and establish the baselines.” With health, Dr. Boquist adds that it is always better to prevent than to treat. A screening visit to a doctor is a great way to set that maintenance plan in place.

**Family History:** During a screening visit or a physical, Dr. Boquist likes to explore a patient’s family medical history. “I look for trends in the family history that clues me in to what needs to be done to help maintain a healthy life for my patient,” he adds.

Dr. Christopher Boquist understands how history can change in an instant, whether it’s the result of something as individual as a heart attack in a 45 year old man or a brain aneurysm in a baby or as large as a terrorist strike on our country, history can affect how people react today and readjust for tomorrow. His military duty led him to family practice, and he helps men manage their own health through their lifetime.

“Be around for your children and grandchildren,” he says. “Some things are out of your control, but your health is one thing you have the power to manage.” NDN


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BRIAN DOHERTY

# Defining Personal Spaces

By Greg Lilly, Editor

In Colonial times, wise and friendly Benjamin Franklin was credited as saying “Love your neighbor; yet don’t pull down your hedge.” Maybe he said that walking down Duke of Gloucester (DOG) Street watching the people of Williamsburg feud about property borders.

Our modern-day good neighbor fence builder is Brian Doherty who has advice on adding privacy, safety, style and boundaries to your yard.

Brian grew up in Chesapeake and moved to Williamsburg to attend the College of William and Mary. While there, he met his future wife, Karen. They moved to the Washington, D.C. area and became engaged.

“We started looking at houses,” Brian says. “It just wasn’t doable up there. I had a job op-

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portunity down here on the Peninsula, and Karen was travelling all the time with her job." She worked for Price Waterhouse as a consultant at the time. "As long as she was near an airport," Brian explains, "it didn't matter where she lived. My boss up in D.C. came here and brought a few of us with him. Karen and I jumped at the chance to move back to Williamsburg."

He worked in sales for a few years, but realized he didn't want to do that all his life. "I went back to school and got an associate's degree in Web Design," Brian says. "I did that for a while, but then the Tech Bubble burst. I was working for a defense contractor; they lost a lot of contracts all at once. They laid-off just about everyone. I got a job from a friend of a friend at his fence company."

When Brian's wife headed back to work after their first child, Brian stayed home with the baby. "When our daughter was old enough to go to a sitter, I started my own fence company." Brian built his business and took on more jobs as their daughter grew older and was able to spend more time with a sitter. "I need to be flexible because of my wife's work," Brian explains. "She doesn't travel day-in and day-out, but she does have to travel some. If I had a nine-to-five, I'd be fired in a month. They would never tolerate our wacky schedule. That's why this has worked out well for us. I can make my own schedule to go around the family." The fence building business turned into a venture Brian enjoys: the skill, the design, the people. The main reasons people add a fence to their yard, according to Brian, are to define property lines, to keep pets and children in, and sometimes, to keep pets and children out – all things that enhance the quality of life for the homeowner and define their personal boundaries.

Along with the utilitarian features of a fence, Brian cites the aesthetic values as well. A recent trend is to use fencing, or partial fencing, as a wall to define an outdoor room's space. "Purely decorative," he says, "it is part of the landscaping and is not meant to contain or keep out anything – serving strictly as an ornamental element." He explains the trend as an offshoot of the privacy fences between patios and decks of condos and townhomes where the structure acts as a screen between the units.

Just as with the walls inside your home, the outdoor wall can be used to hang art, mount a fountain, frame a view, add lighting or display plants. A material Brian likes is a wood lattice for an outdoor wall. "There are different thicknesses of lattice," he explains. "There is a privacy lattice with a really small opening. With that, or really any type of lattice, you can grow vines over it to make it completely private. I have seen some basket-weave designs in a fence panel that look nice." If a homeowner needs to place a fence where it will impact their neighbor's outdoor view as well, Brian suggests a fencing style called the shadow-box design. "It's sometimes called a 'Good Neighbor' fence because there is no bad side to it; it looks great from both sides," he adds.

The most popular fence Brian installs is a combination of utility and style: the picket. "Most picket fences are still built out of wood," he says. Other options like vinyl, aluminum, wrought iron or composite materials are available, but for homeowners, a real wood fence goes with most home styles.

In the Williamsburg area, pressure-treated pine and cedar are the woods of choice. "Pine can't be ripped down to a narrow picket width because it will twist and warp if it is too narrow," Brian explains the parameters of when to choose cedar over pressure-treated pine. "Cedar pickets will stay true if they are ripped down to a narrow width."

For people who want an authentic colonial look to their fence, Brian


suggests making a visit into town to Colonial Williamsburg.

“There’s not one specific style,” he says. “If you walk around Colonial Williamsburg and look at the fence styles, they are mostly picket style, but with the pickets at all different widths and different top cuts; there’s a lot of variety. You can spend all day looking at different types of pickets. A lot of times if people want a colonial picket, I tell them to spend some time on DOG Street looking around. Every kind of picket there is, can be found down there.”

Aside from the usage, materials and styling, Brian advises that homeowners think of fencing as a basic component of landscape design and to incorporate it early. It is a structure on a homeowner’s property and needs the same attention as any other structure.

“A lot of times people will do a fence as part of a landscape installation,” Brian states. “A homeowner should call the fence guy first. It’s almost always easier to have the fence put in before other landscaping – especially if irrigation is going in.” Fencing crews can have power lines, phone and cable lines marked before installation. “But I have no idea where the irrigation lines are once they are buried,” Brian warns. The installation of the fence posts can wreak havoc with irrigation plumbing.

Brian’s best piece of advice is the most logical, but seems to get lost in the homeowner’s excitement of design and installation. “The biggest thing,” he says, “homeowners need to check with their homeowner’s association first.” Many communities in and around Williamsburg have strict covenants, conditions and restrictions on fencing and outdoor structures.

Brian helps make good neighbors, picket by picket, functional or decorative; he helps neighbors define personal boundaries that are friendly - maybe ones even lined by a hedge or two. 



# Q & A

## An Interview with Nan Piland

PRESIDENT OF WILLIAMSBURG AREA ASSOCIATION OF REALTORS®

Email Nan at [info@waarealtor.com](mailto:info@waarealtor.com)

### What constitutes workforce housing and how can readers learn more about it?

#### PILAND:

On April 30, 2010, Bob McDonnell, Governor of the Commonwealth of Virginia, signed an executive order for the Housing Policy Framework that included as one of its four principles “...promoting the development of workforce housing, reducing commute times between home and work, and increasing residential access to transportation systems, while furthering public understanding of housing finance and economic literacy.”

By definition, workforce housing are homes, condominiums and townhomes that would be considered affordable to essential personnel such as teachers, police officers, firefighters, medical care providers, government employees and in our community, service industry employees. These careers are the backbone of the community that make the Historic Triangle the great place that it is to live.

Affordability constitutes the variance between one’s income and the monthly cost to maintain residence in the community that you work in. It is a calculation based on the monthly cost (mortgage payment or rent) vs. the Area Median Income. The other criteria used to establish workforce hous-

ing is the proximity to the employment centers. The expanding distance between the two is the direct cause of urban sprawl and traffic congestion. Workforce housing is often restricted by high land costs, restrictive zoning ordinances, housing market forces and physical boundaries.

So let’s look at an example. Fannie Mae has issued guidelines for the Historic Triangle stipulating an Area Median Income (AMI) of \$68,200. If the locality uses a 50% to 80% range of an AMI to determine the workforce housing income range that would be an average annual income of \$44,330 or a monthly income of \$3,694. For lending purposes, you can use approximately 32% of your income for your housing costs so that would be \$1182 per month. That would afford you a home below \$200,000 assuming a 3.5% down payment and an interest rate of 5%. Currently there are 182 properties that are for sale below \$200,000 in the Williamsburg Multiple Listing Service in the 23185, 23188 and 23168 zip codes. That number sounds large and since the economic downturn there are more affordable properties. Unfortunately, there are many properties in this price range that are not insurable by either FHA or VA loan types, which insure many workforce buyer’s loans. FHA and VA properties must pass an inspection at the time of appraisal meeting safety and maintenance standards.

Luckily, there is a FHA loan called the 203(k) that allows the borrower to purchase a home needing rehabilitation plus an additional amount used to bring the home to the standards that FHA requires. While it takes effort and organization on the part of the buyer and lender, this is a great way to improve the community and own a home.

James City County offers Affordable Housing Initiative, Community Development Block Grants and Housing Rehabilitation programs and has been devising a workforce housing plan. The City of Williamsburg included Incentives for Workforce Housing as part of its update of the 2012 Comprehensive Plan in its Goals Initiatives and Outcomes for the 2011 and 2012 Biennium Report. New Kent County has been diligently devising a Workforce Housing Ordinance through its Affordable Housing Advisory Committee. York County is also reviewing its Comprehensive Plan.

To learn more about our community’s commitment to workforce housing you may go to The Greater Williamsburg Chamber and Tourism Alliance website as it has great resource of information (<http://www.williamsburgcc.com/business-government-affairs/education-workforce-development>). You may also study the impact of the Governor’s Executive Order and follow the level of commitment the state is making to ensure workforce housing by going to [www.virginiahousingpolicy.com](http://www.virginiahousingpolicy.com).

## Williamsburg Area Association of Realtors®

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# Hey Neighbor!

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

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

## Hey Neighbor! 8TH ANNUAL WARHILL 5K RUN/WALK

June 25, 2011

The Virginia Legacy Soccer Club is hosting this Colonial Road Runners Grand Prix event to benefit the VLSC Scholarship fund. The course loops around the soccer fields, service road, asphalt bike path, park entrance road, and nature trail. Registration \$20 in advance, \$15 for students in advance, \$5 for the 1-mile fun run, and \$25 for all competitors on race day. Contact Frances Ford for registration or information at (757) 871-8813 or email Tracy Trueblood ([admin@valegacysoccer.com](mailto:admin@valegacysoccer.com))

## Hey Neighbor! WILLIAMSBURG FARMERS MARKET

June 25, July 9 and 23, 2011

Discover You Can: Canning education program and canning demonstrations at 9:30 a.m. and 10:30 a.m. 402 W Duke of Gloucester St. in Merchants Square. [www.williamsburgfarmersmarket.com](http://www.williamsburgfarmersmarket.com). 757-259-3768.

## Hey Neighbor! "SUMMER SINGS" 2011

June 29, 2011

Williamsburg Choral Guild. Features sing-alongs of great choral masterpieces, each with a guest conductor, soloists and piano accompaniment.

Registration and announcements at 7:00, and singing begins at 7:30. The Guild welcomes singers of all abilities as well as those who just want to listen. At Williamsburg Unitarian Universalists, 3051 Ironbound Rd., Williamsburg. Admission is \$10; For concert information, call (757) 220-1808 or visit [www.williamsburgchoralguild.org](http://www.williamsburgchoralguild.org).

## Hey Neighbor! WILLIAMSBURG FARMERS MARKET

July 2, 2011

Ninth Anniversary: An annual Chef's Cook-off will be a feature of the Market from 9:30 a.m. - 11:00 a.m. Ron Fetner will entertain 9 - 11:00 a.m. and Master Gardeners will exhibit rain barrels. 402 W Duke of Gloucester St. in Merchants Square. [www.williamsburgfarmersmarket.com](http://www.williamsburgfarmersmarket.com). 757-259-3768

## Hey Neighbor! SUMMER BASKETBALL CAMP

July 5-8 and August 15-19

Sponsored by Community Action Agency. Barry Uzzell, a former International pro basketball player, gives top instruction for group and individual attention to include all the fundamentals. For boys and girls. Camp I - Fundamentals: July 5th-8th for ages 7 to 12 years old; Camp II - The Next Level: August 15th-19th

for ages 7 to 12 years old. 8:30 a.m. to 4:00 p.m. at James City/Williamsburg Community Center on 5301 Longhill Road. \$50 per child. For more information and to enroll, call Yvonne at 229-9332/fax # 229-9336 or send an email to [caa@tni.net](mailto:caa@tni.net).

## Hey Neighbor! VIRGINIA SHAKESPEARE FESTIVAL

Beginning July 6, 2011

Presenting its 33rd Anniversary season with productions of The Comedy of Errors and Hamlet. The Comedy of Errors opens July 6; Hamlet opens on July 21. Tickets may be purchased by phone at 757-221-2674 or online at [www.wm.edu/vsf](http://www.wm.edu/vsf). Ticket prices: \$10 - \$25, season subscriptions available! Performances at Phi Beta Kappa Hall at 601 Jamestown Road at William & Mary.

## Hey Neighbor! MONARCHS IN THE GARDEN

July 16, August 20, September 17, 2011

The Williamsburg Botanical Garden will present 3 "Learn and Grow Educational Programs" for children and adults this summer. Three programs about the life cycle of butterflies will be provided Saturday mornings, from 10:00-11:30 am at the Ellipse Garden in Freedom Park (Intersection of Longhill and Centerville Roads). Admission is free and open to the public. For information check [www.williamsburgbotanicalgarden.org](http://www.williamsburgbotanicalgarden.org), or call 757 880 1893.

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## Hey Neighbor! EARLY CHILDHOOD MUSIC SCHOOL

July 25-29, 2011

Morning or evening classes are available for ages 4-35 months (with parent) and ages 3-5 years (without parent). Age appropriate activities are offered in a balanced program of singing, movement, listening, and playing instruments. Williamsburg United Methodist Church, 500 Jamestown Road. Tuition is \$36-\$58 depending on age of child. For information contact Cindy Freeman, Director, at 757-229-1771 X 108 or [cfreeman@williamsburgumc.org](mailto:cfreeman@williamsburgumc.org).

## Hey Neighbor! SECOND ANNUAL CARD- BOARD BOAT REGATTA

July 30, 2011

10:00 am - 3:00 pm. Come join the Williamsburg Jaycees for their Second Annual Cardboard Boat regatta at The Watermen's Museum in Yorktown. All proceeds benefit Big Brothers Big Sisters of Greater Williamsburg. Visit [www.williamsburgjaycees.org](http://www.williamsburgjaycees.org) for event details. Questions? Email [president@williamsburgjaycees.org](mailto:president@williamsburgjaycees.org) or at (757) 243-6695.

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photo challenge  
WALLER MILL PARK

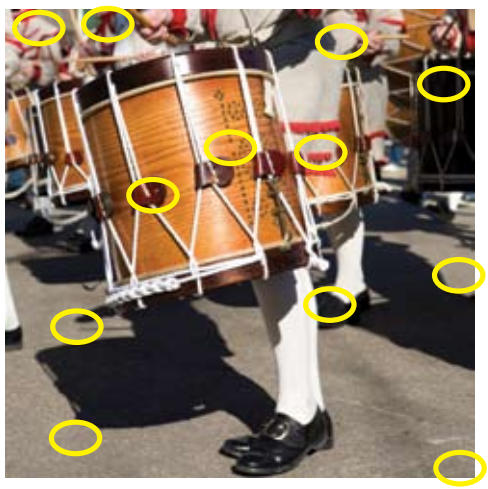
Find the 12 differences between the original photograph (top) and the altered photograph (bottom).

Enjoy!

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



June 2011  
In the Neighborhood  
Photo Challenge





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### 113 STONE BRIDGE

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### QUEENS LAKE

Gracious traditional 3,275 sqft home. Bright open floor plan includes two back to back LRs, one with FP, DR, family room with second FP and large eat-in gourmet kitchen plus bonus. Located on quiet cul-de-sac near community facilities, with lake, creek, pond, two pools, marina, clubhouse and tennis. \$485,000. MLS# 30027570



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### 144 ROGER SMITH

Kingsmill

Very rare patio home on the 3rd green of the Plantation course in Kingsmill. One level living, large eat in kitchen, very open floor plan for entertaining, cathedral ceilings & skylights. Relaxing back deck overlooking the green. Located at the end of a cul de sac. Move in ready. Price Reduced - \$525,000.

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### 105 CONCORD

Fantastic value in prestigious Ford's Colony. Custom built in 1998, 3,700 sf, 4 BRs, 3.5 BAs w/master suites on first and second levels. Move in condition, recently refinished HW floors throughout 1st level, freshly painted interior, new SS kitchen appliances w/double oven and new carpet in upstairs BRs. Plenty of walk-in storage and professionally landscaped lot. Proudly offered at \$559,000.



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