

November 2012

WILLIAMSBURG'S

Next Door Neighbors[®]

VOL. 6, ISSUE 11

PRICELESS

Discovering the people who call Williamsburg home

Now You're Cookin'!

Arlene Clifton,
Recipe Contest Winner

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SPORTS: Pete Walker

A&E: Judy Zwerdling Zwelling

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Welcome to *Now You're Cookin'*, our fall issue dedicated to presenting you with some of your neighbors who really know how to prepare and serve delicious food for the holidays. Since my own abilities in the kitchen tap out at pouring cereal into a bowl and adding milk, we enlisted the help of three local chefs to judge the over 80 entries we received for this contest. (See page 31).



Meredith Collins, Publisher

The idea was to attract as many locals as we could in a short period of time, so the contest was loosely structured and cooks from all walks of life were encouraged to share their favorite recipes from main course dishes to side dishes to desserts and more. The entries were presented to our judges in an anonymous fashion and each was rated on a numerical scale. From this, we determined the number one winner, Arlene Clifton, who is featured as the cover story for this issue and who also received a \$250 gift card to her favorite grocery store. We also present seven other winners featured in subsequent stories and several recipes from additional contestants who received Honorable Mention.

For those of you who like to cook, and for those of you like me who mainly just like to eat, this issue promises to hold your interest. The stories these folks share and the recipes they have allowed us to print for you are remarkable and heartwarming - so much so that I'm thinking about buying an apron! NDN

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A Recipe for Love

By Alison Johnson

Given that she has collected more than 1,000 cooking books and magazines – literally – over the past 50 years, Arlene Clifton has a lot of choices for holiday recipes. About 10 years ago, she decided to combine a few recipes from the books that fill shelves in her bedrooms, closets and storage rooms and create what turned into a regular in her holiday rotation: Vidalia Onion

Pie.

With sliced sweet onions and grated Swiss cheese in a deep-dish crust, the pie became one of many hearty dishes that drew family and friends to Arlene's table. Her late husband, Jerry, the person she learned to cook for as a young newlywed – he always hated cooking – liked it, as he did almost anything she made. Her two

onion-averse children wouldn't try it, but her friends raved about it.

Arlene doesn't cook as much since Jerry passed away last year. However, winning a contest with her onion pie is a validation of her longtime love of cooking and the time and money she spent collecting all of those books and magazines.

“Cooking has been my absolute passion,” she says. “Following a recipe and creating something for people to enjoy is comforting to me. It’s very satisfying.”

Vidalia Onion Pie works year-round as a lunch course, generally paired with a salad, or an easier-to-serve substitute for French Onion soup. Arlene found the dish was perfect for holiday gatherings because she could serve it at room temperature, freeing up precious oven space for other items. “Room temperature and then right onto your plate – really easy,” she says. “The combination of flavors is delicious. I like to add in even more onion and sprinkle on even more cheese.”

Arlene, 70, learned a little about cooking as a child in Rochester, New York. Back then, she’d mainly tackle the last steps of dinners that her working mother had started, such as putting roast chicken and scalloped potatoes into the oven or finishing up a beef stew. By the time she married Jerry, an electrical engineer she met through a mutual friend, she could handle basics such as meatloaf and fried chicken. “Nothing that took a lot of time,” she says.

Jerry wasn’t a big eater, but Arlene found that he also wasn’t picky. Gradually, she began collecting recipes and cookbooks, mostly American cuisine, which eventually filled ten large bookshelves.

“One Realtor told me she’d never seen anything like it,” Arlene says. “They’re all in pristine condition. I love them. I could never pick a favorite. My son tells me I can get recipes off the Internet now, but I like cookbooks. I like holding them in my hands, and I use them for reading too.”

As her confidence grew in the kitchen, Arlene enjoyed putting together homemade meals after she got home from her job as a secretary, first for Eastman Kodak Company and then for a school system in Rochester. That was especially true once she had Daniel, now 41, and Michelle, 39, even though they were pickier than her husband.

“My son is quite possibly the fussiest eater on the face of the Earth, to this day,” she says.

Family meals are a good time to slow down and bond, no matter how busy life gets, she found: “Time dining together, sharing and dis-

cussing the day’s activities or bringing issues to the table lends itself to great communication, even if it’s just to hear, ‘Mom, now that was a great roast beef dinner!’ I know I always loved hearing that.”

Arlene, who moved to James City County with Jerry in 2000, describes herself as more of a recipe-follower than recipe-creator, but she will tweak ingredients. She made Vidalia Onion Pie about five times before settling on an exact recipe, experimenting with yellow and red onions and cheddar and Gruyere cheeses. She found the Vidalia onion – an unusually sweet variety first grown in Vidalia, Georgia, in the 1930s and now Georgia’s official state vegetable – worked best with savory, not-too-sharp Swiss cheese.

“The Swiss is really mild, which is perfect with the onion filling,” she says.

Cooking is relaxing for Arlene, not stressful, even for larger groups of people. She can’t recall a major cooking disaster in her past, although she’s had a few disappointments linked to a bad habit of debuting new recipes at dinner parties – “a real no-no,” as she says.

Main dishes and soups are her primary interests as a cook, as opposed to desserts. “I like the meats, potatoes and vegetables,” she says. “I’m not much of a baker. I can’t understand focusing on dessert so much. Everybody wants dessert, I know. It’s just that by the time I get to dessert, I feel like I’ve done enough.” Still, Arlene counts apple pie as a specialty and she regularly made homemade cookies for her husband and children, especially their favorites, chocolate chip and peanut butter. Her five grandchildren, ranging in age from 3 to 13 and living in Vienna, Virginia, and Rochester, New York love her cookies too, although they’re a rare sugary treat.

Now living with her two Boston terriers, Arlene, who also likes quilting and playing cards, is winding down her cooking hobby. She has given away about 500 magazines already, including many back issues of Bon Appetit and Cuisine. She may part with many of her cookbooks soon, too, as she plans a move back to Rochester to live near her son and his two boys. “I hate giving them up, but the less I take along, the easier it will be,” she says.

Still, Arlene’s most-used recipes – more than 1,000 of them, including Vidalia Onion Pie – are written on 4-by-6-inch index cards ready to pass on to her family or any friends who want them. “They can help themselves,” she says.

Help themselves: just what they did with her Vidalia Onion Pie, and countless other dishes, for years. NDN



WINNING RECIPE

“I was looking for a holiday recipe and one that could be made year round and came across several that sounded like something that might appeal for a year round feast. While it calls for Vidalia onions, I’ve made it with Walla Walla’s or any other sweet onion and have also combined several different varieties of onions with success. Enjoy!”

~ Arlene Clifton

Vidalia Onion Pie

- 3 tablespoons butter
- 3 cups sliced Vidalia onions or a variety of sweet onions, more can be added to the pie depending on how they are sliced
- 1 - 9” deep dish pie shell
- 1 cup grated Swiss cheese
- 2 eggs
- 1 cup half and half
- 1/8 teaspoon salt
- 1/2 teaspoon dry mustard
- 1/8 teaspoon cayenne pepper
- 2-3 tablespoons freshly grated Parmesan cheese for topping
- 1/8 teaspoon paprika, for topping

Preheat oven to 400 degrees. Saute’ onions in butter ‘til slightly limp. Place in pie shell; top with Swiss cheese. Combine next 5 ingredients and pour over cheese; top with Parmesan cheese and paprika. Bake at 400 for 15 minutes; reduce heat to 325 degrees and bake an additional 20-25 minutes or ‘til knife inserted in the center comes out clean. Sprinkle top with Parmesan cheese and paprika.



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A Lifetime of Cooking

By Lillian Stevens



Lisa W. Cumming Photography

With the holidays just around the corner, James City County resident Pat Van Dyke has just the brunch dish for your gathering: Stuffed Oven-Baked Croissants with Apricot and Orange Sauce. Pat has been whipping up gourmet dishes and decadent desserts for decades, but has never entered a contest of any sort and says that submitting this recipe for the magazine's "Now You're Cookin'" issue is a first.

"This is a terrific brunch recipe!" she declares. "It's perfect because it can be made earlier and refrigerated until time to bake it."

Pat has served the stuffed croissants many times to family and friends, and it always gets raves. Besides being delicious, the dish has a pleasing French toast consistency and looks pretty on the table. She happened across the recipe in the late 1990s as she was thumbing through some recipes in a Virginia Egg Council brochure, a small pamphlet recipe book with recipes that feature eggs.

"The recipe just looked interesting to me, and so I decided I'd try it," Pat says. "I believe the recipe originally came from the Hummingbird Inn, a Bed and Breakfast in Goshen, Virginia."

Those of us who live in and around Williamsburg are lucky to be the beneficiaries of a variety of holiday customs and delicious fare but our Shenandoah Valley neighbors are no strangers to good food and seasonal traditions, either. So, we give kudos to the Hummingbird Inn for this particular recipe. The dish, which serves eight to ten hearty appetites, is equally

at home on any festive occasion but Pat mostly bakes it at Christmastime. Accompaniments might include Smithfield bacon and fresh fruit – whatever sounds good to the host or hostess.

Pat does not vary from the original recipe except for one item. She substitutes brandy or amaretto for the apricot brandy called for in the ingredients because she says that it can be difficult to find the right size bottle of apricot brandy.

"Other than that one substitution, I go

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strictly by the recipe," she says. "I'm not an intuitive cook. In fact, my late brother-in-law was a kitchen magician who could create just about anything in his head. But I have to have detailed recipes."

Recipes or no recipes, the family has, on occasion, encouraged Pat to open a restaurant, but she says her nerves couldn't take it. Baking is a hobby – and she's been doing it since she was a child living in Appalachia.

"I remember making my great-grandfather's birthday cake when he was turning 88, so I was about 10," Pat says. "At that time, we only had a coal and wood fired range so I baked my great-grandfather a chocolate cake on a coal and wood fired range."

Chocolate was Pat's favorite and the recipe was an old family recipe.

"I've been baking for a long time," she says. "I probably have a million recipes in this house, including a lot of my mother's recipes, and have started giving away some of my cookbooks because I have so many."

Even so, Pat admits she rarely reads a magazine without tearing out new recipes that look enticing – and she debuts these new creations on guests. "You don't want to use a new recipe on a special occasion so I usually experiment

on friends," she says with a chuckle. "If you're going to make it and there will be so much of it, you might as well try it out on others."

Pat and her husband, John, were raised in Russell County in southwest Virginia. At the time of their marriage, John was serving in the U.S. Air Force.

"John and I were high school sweethearts," Pat says. "After we married, I got my degree in Business Education at Radford College, and then taught in Tazewell County. In 1964, I was selected for a civilian position with the U.S. Navy as a computer programmer in Maryland."

Two years later, Pat transferred to Radford to work for the U.S. Army while John attended Virginia Tech.

"Sometimes, he'd have a great spaghetti sauce waiting for me when I got home from work," Pat says.

Pat and John migrated to Northern Virginia before moving to Williamsburg in 1999. Having just celebrated their 49th wedding anniversary this past August, the couple enjoys cooking together on occasion. Looking ahead to Christmas, Pat admits that the stuffed croissants don't evoke any particular holiday memories for her or her husband. She makes them

because they are "just so good!"

Her mother was a great cook and Pat says that her sister, sister-in-law, daughter-in-law and granddaughter are also good cooks.

"My granddaughter is 16 years old and has been cooking for I don't know how long now. She'll walk into the kitchen and whip up a batch of miso soup," Pat says.

With a continuing focus on heart-healthy options and choices, one wonders if this Stuffed Croissants recipe might be tweaked into a healthier holiday option. As it stands, the recipe is decidedly not low-fat, let alone low-calorie, although it does call for "low-fat" cream cheese.

"Skinny down my Stuffed Croissants?" asks Pat, with a laugh. "I don't think so. Besides, I love croissants so much anyway that it's hard to think about trying to skinny them down."

Her friends and (most of) her family prefer the dish just as it is.

"I've cooked it for many people," Pat says. "And everyone liked it except my mother. She was a great country cook and this isn't really a country dish."

"Plus, I'm not sure whether my mother liked apricots," she adds. NDN

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"This is a terrific brunch recipe! I have served it many times to family and friends, and it always gets raves. Perfect for that late Christmas morning brunch, since it can be made earlier and refrigerated until time to bake it. My recipe came from the Virginia Egg Council, in 1999, which had obtained it from The Hummingbird Inn at Goshen, Virginia." ~ Pat Van Dyke

Stuffed Oven-Baked Croissants with Apricot & Orange Sauce

Sauce:

- 12 ounce jar apricot preserves
- 1/4 cup apricot brandy or Amaretto
- 1/3 cup orange juice (add later)
- 1 Tbsp. butter (add later)

Filling:

- 1 1/4 cups Ricotta cheese

- 6 ounces low-fat cream cheese
- 1/2 cup Monterey Jack cheese, grated
- 1/4 tsp. ground cinnamon
- Generous dash ground nutmeg (optional)
- 1/3 cup apricot/brandy sauce

Batter:

- 10 large eggs
- 2 cups half-and-half
- 1 tsp. vanilla
- 1/2 tsp. almond extract
- 1 tsp. ground cinnamon
- 1/8 tsp. ground nutmeg
- 1 tsp. orange zest (optional)

Directions:

To make the sauce, in a small saucepan, mix apricot preserves with brandy or Amaretto. Heat to boiling. Remove from heat and cool to room temperature. Set aside. Place cheeses for filling, along with cinnamon and nutmeg, in a food processor and pulse until smooth, about 1 minute. Into this, stir in 1/3 cup of the apricot sauce mixture. Generously butter a large (11-12" x 15-16") baking

pan (I use Pyrex). Arrange bottom halves of croissants in baking dish. Spoon generous amounts of filling onto bottom half of croissants. Place all ingredients for batter in a blender or food processor, and blend well. Pour batter into large bowl, then submerge top portions of croissants in batter and soak for about 30 seconds. Place these on top of filled croissant bottoms. Brush lightly with apricot sauce. Pour remainder of batter around croissants and refrigerate 2-3 hours or overnight. (I have always left it overnight). Remaining sauce can be refrigerated as well.

Bake prepared casserole in a preheated 350 degree oven for 25-35 minutes or until egg batter is set and croissants are heated through. While casserole is baking, heat remaining sauce with 1 Tbsp. butter and 1/3 cup orange juice, and warm over low heat. Either drizzle heated sauce over plated croissants or serve it separately so that each guest can add the amount of sauce they desire. Although this recipe looks complicated, it is easy to prepare.

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ASHA AIKAT

When Asha Aikat married and left her native India for Canada in 1968, the young bride began a very different lifestyle. “I was lost – I had to cook, clean, wash, dust,” says Asha, now 67.

“Since my father was an engineer for the British company, Macniell & Barry, we grew up outside of Calcutta, in West Bengal,” Asha describes. “We had many servants to look after us and we hardly did any work ourselves. My mother trained our cooks, who did all breakfast, lunch, tea and dinner every day. I do not remember my mother in the kitchen in India at all.”

The family had huge gardens in every house they lived in. “The gardeners grew flowers and vegetables that my mother chose.”

Even though Asha’s mother wasn’t always in the kitchen, she took their car to market about 15 miles away to do the weekly shopping. There, her mother would get squash for a family recipe – Butterfly Squash with Shrimp – that is now Asha’s favorite holiday side dish.

Born in India in the province (state) of Orissa, Asha graduated from Calcutta University in India. Her parents grew up in West Bengal and were educated in England.

Her husband, Prosant Aikat, nicknamed PA, grew up in the Bihar province of India. Their parents arranged their marriage.

“Now when we go to India, we go to Calcutta West Bengal,” she says of where their parents live.

At the time of their marriage, PA worked with BASF Corp. in Canada, and came to India to get married.

“We met on our wedding day,” she says.

In 1980, the Aikats moved to South Caro-



Lea W. Cumming Photography

lina where PA continued to work with BASF. That transfer included two sons born in Arnprior, Canada.

Since that time, the family has also lived in North Carolina, New Jersey, back to Canada when the boys were in middle school and now in Williamsburg. Their now-grown, single sons, Ram and Ronnie, live in California and northern Virginia, respectively.

“I love Williamsburg, so we didn’t sell our house when PA got transferred by BASF,” she says.

“We bought condos and sold them when he was transferred. We are all U.S. citizens but since our two sons were born in Canada, they always have a right to go to Canada to live.”

As the Aikats moved, so did their fondness for everyday and holiday dinners that include the squash and shrimp dish.

“So many times I had to call my mother in India to repeat the recipe for my dish,” Asha says.

“It’s a very simple recipe with no secret ingredient. Butterfly squash has become a favorite with my family. Now even my husband will eat butterfly squash without shrimp in the summer.”

Typically, Asha serves the squash and shrimp dish with rice, pita bread or naan, which is like pita bread and served in Indian restaurants and sold in supermarkets.

Holiday cooking at the Aikat house features Thanksgiving with turkey, stuffing, brussel sprouts, black-eye peas and pumpkin pie.

For Christmas, Asha doesn’t want another turkey so she does what she calls a Variety Christmas Brunch with pork or lamb chops, butterfly squash with shrimp, two vegetables

MY MOTHER'S RECIPE

By Kathy Van Mullekom

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and Christmas or fruit cake.

“We celebrate Christmas the traditional way, like here in the U.S.A.,” she says.

“We are Hindu, not Christian, so we do not go for service into church. I put up a Christmas tree and lights, exchange gifts, serve holiday food and have friends over. November/December is my favorite time of the year.”

When Asha uses what she calls “ordinary recipes,” she still adds her own personal twist – like stuffing the turkey, then placing it breast side down so all the juices from the stuffing and vegetables go into the turkey breast meat. She cooks with heavy stainless steel utensils, and uses her microwave often.

“If you want to live healthy, you should explore the world of cooking from T.V. and put your own twist on it,” she says. **NDN**



Butterfly Squash with Shrimp

- 4 butterfly squash peeled and cut into 1-inch cubes
- 1 pound medium shrimp, shelled, veins removed and tails off
- 1 can coconut milk
- 1 teaspoon cumin seed
- 2 teaspoons sugar
- 1½ teaspoons salt
- ½ teaspoon ground ginger
- ¼ cup cooking oil
- Paprika to sprinkle

Heat oil in pan, with lid to be used later. Add cumin seed to pan and let it brown. Add 1 pound shrimp, stirring until it's pink. Add butterfly squash, stirring but do not let it brown. Add coconut milk and salt, top with lid and simmer 10 minutes. Add sugar and ground ginger; stir well and pour in bowl. Sprinkle with paprika and serve.

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Focused on Community



From left to right: Brittany (Front Desk Associate), Karen (Office Manager), Dr. Steve Stensland, Francine (Hygienist), Lisa (Dental Assistant), Diane (Dental Assistant)

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Thanks to Risha

By Linda Landreth Phelps

Favorite recipes can bring back wonderful memories of the holidays, and Gail Burritt has many. "I can't imagine Christmas without these nuts," Gail says with a reminiscent smile.

Like quite a few southern families in the 1950s, an era in which middle-class homes employed daily maids, Gail's family had what was called "help." A recent book and film dealt extensively with that subject, but according to Gail, both fell far short of her own reality. Her Risha was much more than "the help." For them, social and racial borders were first blurred, and then completely broken down.

Love, unstinting and overflowing, was the not-so-secret ingredient that created a new kind of family.

"Risha was my second mother from the day I was born and for the rest of my life," Gail says. "I was a sickly child and suffered constantly from asthma, allergies and lung problems. There was a rocking chair in my bedroom, and for years my mother and Risha took turns holding and rocking me through the long nights."

Risha's cheerful presence was comforting to that little girl who needed special attention. Ri-

sha was also Gail's favorite playmate, a young woman who spent long, sultry afternoons telling ghost stories in the shade of moss-draped trees, or helping to push Bertha, Gail's baby doll, in her carriage as they strolled together down the streets of Jacksonville, Florida.

Gail and her older sister, Susan, learned how to "act like ladies," clean a house until it sparkled, and cook delicious meals, all thanks to Risha. Gail's mother and Risha shared the cooking of mouth-watering meals, always made from scratch with the freshest local ingredients. Gail remembers that certain dishes

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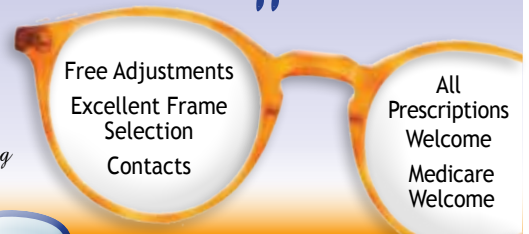
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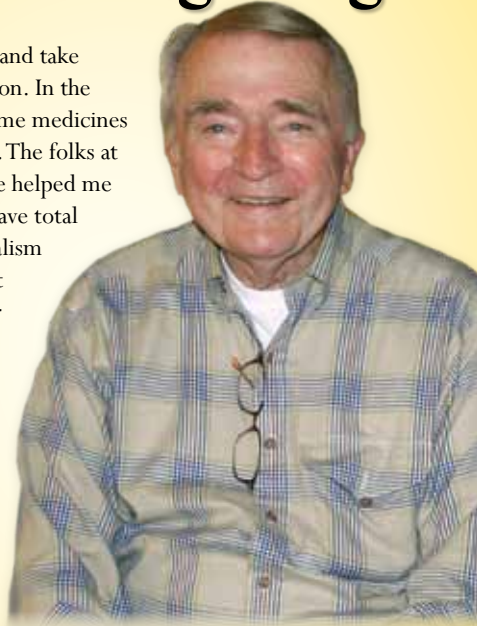
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were associated with Risha alone, especially her signature Christmas treat: Orange Pecans.

“Risha never measured anything that I can recall, and she certainly never needed a candy thermometer. I don’t know how she did it, but Risha could tell by the way it was boiling exactly when the sugar and water mixture reached 245 degrees, the soft ball stage.”

Speed is crucial when working with candy, so Risha would quickly throw in the nuts, orange peel and juice, then stir and pour the mixture out onto waxed paper while hot, separating the nuts before they could harden into clumps. As the nuts cooled, the glaze hardened, leaving sugar-frosted pecans with a delicious, tangy orange flavor. According to Gail, if you knew the old cookie tin was full of Risha’s sweet nuts, it was hard to resist cracking it open and sneaking a handful.

Gail and Susan share warm memories of their childhood with Risha, but the relationship didn’t end there; it lasted well beyond their growing up and leaving home. Gail moved to North Carolina and made good use of Risha’s cooking lessons. She worked as head baker at Creedmoor Crossing Bakery and loved creating cakes that pleased the eye as well as the palate. Eventually Gail found a new career in medical transcription, working for neurologists. She moved around from city to city, but never lost touch with her beloved Risha.

“By the time I was married for the very first time at the age of 46, both of my parents were gone, so Risha stood up for me as mother of the bride.”

Unfortunately, that marriage didn’t last, and Gail found herself single again, living in the Blue Ridge Mountains of North Carolina.

Susan had moved to Williamsburg with her husband, Jeff Miller, a pharmaceutical representative, and landed a job teaching English at Jamestown High School. Over the years, Susan and Jeff would often fly Risha up from her home in Jacksonville for family gatherings, or they would all meet at Gail’s house in North Carolina. Wherever she was, Risha would once again take over the kitchen, making her girls laugh and whipping up a batch of her special nuts and a pan of Cathead Biscuits (so named because the hand-rolled biscuits were supposed to be the size of a cat’s head.)

“We’ve never been able to recreate those biscuits, though we’ve certainly tried,” Gail says. “There had to be something special she did as she mixed them with her hands in the big bowl. I know there wasn’t some secret ingredient because I watched her closely.”

“Risha is gone now,” Gail says. “She died about two years ago at the age of 87, but she was a trip right up until the end.”

Sadly, at about the same time, Susan’s husband, Jeff, also passed away. Neither sister had children, and since it was just the two of them, Gail decided to move closer to Susan. She left North Carolina and bought a home in Williamsburg which she now shares with Sam, her toy fox terrier. She and Susan, both talented gardeners, have grown ever closer as they perfect the landscape of Gail’s large yard, and Sam makes his own domestic contribution with vole and mole extermination. Gail has transformed her home so beautifully that people have asked her to use her decorating and landscape design skills to help them achieve the same results, which has led to a sideline business.

“I’m still working,” Gail says, “and I’m not ready to retire yet. I do medical transcription, but due to new voice recognition software, that’s not paying as well as it once was, so I look for ways to supplement that income.”

One of the ways Gail boosts her income is by reviving her cake-bak-



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ing skills. As an artist - she paints in watercolors and oil - she has an edge when it comes to creativity. As a gardener, she likes to incorporate fresh flowers into her cake decorations resulting in confections that look so artistic they should be signed and framed. They are special-occasion cakes, to be sure.

This Christmas Gail and Susan will celebrate another special occasion together. They will mark the holidays with traditional family recipes, and one or both of them will be sure to make Risha's Orange Pecans. The sisters will revisit often-told stories of growing up in Jacksonville as they pry open the cookie tin and nibble away. With each bite, those distant, sweet memories will come rushing back.

"All Risha ever wanted was for her girls to be close and happy," Gail says. "I'm sure that Risha will be looking down from heaven with a big smile on her face to see us together again, enjoying her nuts." [NDN](#)



"Growing up in northern Florida in the 1950s was a time unlike anything a child today could ever envision. No cell phones, 3 channels on the TV and food made from scratch from weekly trips to the farmer's market. In those days, as in the movie, The Help, many families had "maids". We also had a maid, Risha, who was like a second mother to me from the day I was born and throughout the remainder of her life. By the time of my first marriage (at the age of 46), both of my parents were gone, but Risha was my mother of the bride, standing proudly beside me at my wedding. Between Risha and my mother, my sister and I learned to cook from scratch. There really was no other way at the time, but ultimately it was the best way. The holidays found us always in the kitchen, laughing, rolling out cookies, eating dough (and getting reprimanded in the process) and preparing for the bounty we were so lucky to have. Risha taught us not only how to cook, and how to "act like a lady", but the value of true friendship.

One of the treasures of the season was Risha's orange pecans. I don't remember her ever measuring anything, but this recipe, to make it pretty much fool-proof, does use a candy thermometer to ensure success." ~ Gail Burritt

Risha's Orange Pecans

- 1 1/2 cups sugar
- 1/2 cup water
- 2 teaspoons grated orange peel
- 2 1/2 cups whole pecans
- 2 tablespoons fresh orange juice

In a large saucepan, bring sugar and water to a boil stirring constantly. Cook without stirring until 245 degrees on a candy thermometer. Remove from heat and immediately stir in peel, orange juice and nuts. Continue to stir in pan until nuts become cloudy/white. Spread out immediately on wax paper, separating and breaking up nuts as they cool. These keep for several weeks in a covered container.

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Pop-Pop's

PUMPKIN BREAD

By Ryan Jones



Lisa W. Cumming Photography

Every good chef, be they a European connoisseur or a southern-style aficionada, has a distinctive angle they use to create their culinary masterpiece. Lynn Albon is no exception to this rule. When she bakes up a batch of her Pop-Pop's Pumpkin Bread (a family favorite during the holidays), she follows an old-school recipe passed on to her decades ago by her ma-

ternal grandfather.

Oddly enough, the secret family ingredient to Lynn's holiday treat isn't nestled in with the other seasonings on her spice rack. It can't be chopped, diced or mixed. Truth be told, it's not even an edible food product. Instead, the cornerstone for Lynn's holiday garnish is a culinary philosophy that was condensed into

words almost four-thousand miles away in nineteenth-century France. "Mise en place" (pronounced MEEZ-ahn-plahs) is a phrase that translates into "put in place" or "everything in place." In short, it means if you want to craft a chef-d'oeuvre in the kitchen, you have to maintain an orderly environment during its creation. This involves planning ahead

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The rink opens daily after Thanksgiving, Nov. 23, 2012 through January 13, 2013. There are weekday, weekend and winter break hours. The rink is closed on Christmas Day.

Skating is \$7/person including the skate rental or \$5 with your own skates. Season passes are also available for \$50 and include the skate rental. Skating is conducted in sessions: 10-11:30 a.m., noon-1:30 p.m., 2-3:30

p.m., 4-5:30 p.m., 6-7:30 p.m. and 8-9:30 p.m. Operation hours may be adjusted based on weather conditions, participation numbers and special events.

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For more information on skating, please call 757-259-5360 or visit jamescitycountyva.gov/recreation.

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and, more importantly to Lynn, pausing to clean-as-you-go. For Lynn, mise en place not only increases her chances of making a near-perfect loaf of pumpkin bread, it also reminds her that her Pop-Pop left much more than a recipe-card for her to remember him by.

“My Pop-Pop worked in a bakery, and he was a ‘clean as you go’ type of guy,” Lynn remembers. “He loved to bake, and when he did, he was a very neat person. I’m a neat person, too. I’ve always been kind of neat. When my kids were young, they used to take toys out and string them all over the place, and I knocked myself out trying to pick up after them. I like everything to be nice and clean.”

Though Lynn’s inherited propensity for keeping a well-ordered kitchen is a reminder of her family’s practical roots, her Pop-Pop’s cleaning habits are just a small part of the legacy she ruminates on each year at Christmastime.

“I grew up in Lancaster, Pennsylvania,” she says. “My grandparents had a house in Lancaster Township, which was located out in the country area. I used to really enjoy going out to their house because it was so nice to be in the peace and quiet. During the summer, we used to go to the Amish produce stands. On Christmas morning, our grandparents would come over to our house. My mom was a single parent and Pop-Pop would give us a loaf or two of pumpkin bread. He always loved to bake, and it wasn’t just the pumpkin bread. He baked pumpkin pies, and tarts and special cookies. During the holidays, we all baked cookies together. But the pumpkin bread he made by himself.”

Lynn recalls that her Pop-Pop acquired the idea for his traditional holiday breakfast from a recipe he stumbled upon in the morning newspaper. Like any good baker, though, he tweaked the recipe a bit to make it his own.

“He made it every Christmas, and sometimes on Thanksgiving,” she says. “The original recipe called for ten tablespoons of butter (softened) and one-half cup of water. He changed it to one cup of oil and two-thirds cup of water. He also added one teaspoon of nutmeg. I remember one time, Pop-Pop decided to make a pumpkin pie (instead of the traditional pumpkin bread) and uncharacteristically, he put too many spices in it. My aunt tasted it and mentioned it to him, but she could never get him to admit that he had over-spiced it. He would have eaten the whole thing... even if he thought it was terrible. My grandmother was a nervous wreck when people would do things like that because she didn’t like confrontations.”

Holiday humor aside, Lynn says she has enjoyed every minute of carrying on the pumpkin bread tradition in her family.

“I spent a lot of time with my grandparents when I was young,” she recalls. “I worked at a hospital when I was in high school, and my grandfather always picked me up there after work. One day my grandma called and said that he wouldn’t be able to pick me up because he had gotten sick. At that time he had cancer. A couple months later he passed away. Nobody picked up the pumpkin bread tradition for a couple years until I got married, and then I picked it up. I’ve been making it for about twenty five years. I make it on and off throughout the year. I once lived over in Chisel Run and made like eight loaves for somebody. They absolutely loved it!”

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When she's not baking pumpkin bread for her friends and family, Lynn works in the seafood department at a local supermarket not far from her home on Merrimac Trail. Her Pop Pop's spirit is with her at work as well. Just like in her home kitchen, she keeps her work area spotless and the pot wash empty, cleaning and organizing as she goes. There's a lot to be said for being prepared and cleaning-as-you-go. It's funny how some of the lessons that make life better in the kitchen apply long after the stove is cool and the apron is off. Mise en place is one of those principles.

According to *The New Professional Chef* (1995), "mise en place means far more than simply assembling all the ingredients, pots and pans, plates, and serving pieces needed for a particular period. Mise en place is also a state of mind." For Lynn, it's just a fancy way of describing an old family tradition. To be sure, Lynn's Pop-Pop would have more to smile about than the aroma of nutmeg and cloves if he were able to sit down with his granddaughter for a slice of his old pumpkin bread. He'd also be happy to find that a small piece of Lancaster history still lives on in Williamsburg, Virginia.

"My grandparents meant the world to me," Lynn says. "It makes me happy to think that we can still wake up on Christmas morning and have what my Pop-Pop so much loved to make." NDN



"This was my Pop-Pop's favorite recipe to make at Christmas. He had died and I took over making it for my family and friends. My grandparents meant the world to me and we could all wake up and have what my Pop-Pop so much loved to make. I've been making it for about 25 years." – Lynn Albon

POP-POP'S PUMPKIN BREAD

- 1 cup oil
- 2 ½ cups sugar
- 4 eggs
- 2 cups pureed pumpkin freshly cooked or canned
- 3 cups flour
- 2 tsp baking soda
- ½ tsp double acting baking powder
- 1 tsp cinnamon
- 1 tsp ground cloves
- 1 tsp salt
- 1 tsp nutmeg
- ½ cup chopped walnuts
- 2/3 cup water

Mix sugar and oil; add eggs; add pumpkin. Mix remaining dry ingredients together. Add alternately with pumpkin mixture. Put water in a separate bowl; add 2 tbsp at a time until all is done. Preheat oven to 350 degrees. Bake 50 to 60 minutes.

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Yum! Yum! Yum!

Kentucky Jam Cake

By Brandy Centolanza

When Carol Pettyjohn's mother-in-law, Margaret, passed away in 2004, Carol inherited Margaret's recipe box. Inside, Carol found the recipe for Kentucky Jam Cake, a dessert she recalled Margaret making over the years, one which Carol and her husband, Bob, thoroughly enjoyed.

That Thanksgiving, Carol decided to make the cake for her own family, and it quickly became a crowd favorite.

"It's been a big hit ever since," shares Carol. "It's just so good. Everybody really likes it. The family requests it every year. It is a must-have during the holidays."

Bob remembers his mother making Kentucky Jam Cake frequently while he was grow-

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ing up in Suffolk. Back then, Margaret grew her own blackberries, and would make and preserve blackberry jam to use in the cake.

“She made a lot of desserts for us when I was a child, and this was one of them,” recalls Bob, who would often help his mother pick the blackberries. “She probably inherited the recipe from her mother. It was an old recipe back when she started using it. She did a lot of Southern cooking, and she often served the cake with her fried chicken.”

Bob’s aunts, uncles, cousins and friends also requested Kentucky Jam Cake during Christmas gatherings.

“The family just loved it,” Bob says. “It was their favorite. It was just one of those things that people looked forward to every year. My mother was always unique in the kind of ingredients she used. She always did things differently, and she always made a lot of food.”

The recipe hasn’t changed much over the years since it was passed on to Carol, although Carol does admit with a laugh that “We no longer pick our own blackberries and make our own jam, that’s for sure.”

Instead, Carol uses sugar-free jam in her version of the cake. “I think it gives more of a natural taste if you use the sugar-free, and the recipe already has a lot of sugar in it,” she says.

Another popular ingredient in Kentucky Jam Cake is the bourbon, which helps keep the cake moist and makes it last longer.

“The cake is rather like a fruit cake in that it keeps for a long time as long as it’s in an air-tight container,” Carol says. “During my first attempt at making it, it made a really big cake, and I had a lot of leftovers. I froze some, and shared some with my friends and neighbors. They really enjoyed it and everybody wanted the recipe.”

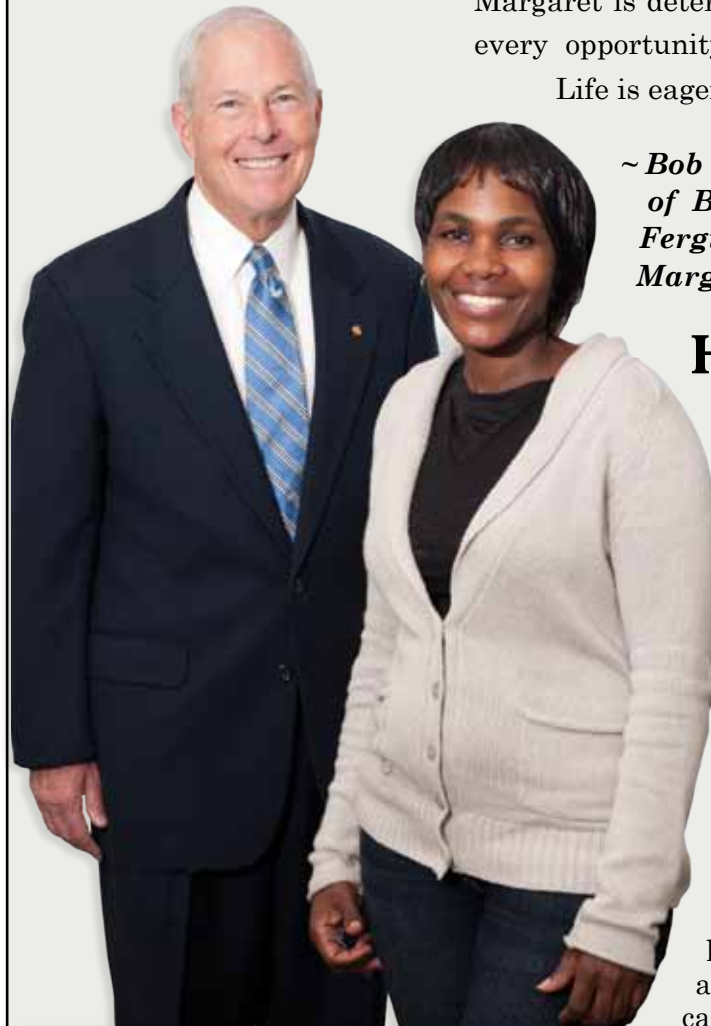
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Kentucky Jam Cake.

"You can eat it the way that it is, or you can top it with anything," says Bob.

Adds Carol: "I like it warm with a little vanilla ice cream and caramel syrup on top. It's really decadent."

Carol has always found it natural to be in the kitchen, thanks to both Margaret and her own mother, Inge.

"Both of our mothers were really good cooks," Carol says. "I've been cooking since I was a child. I really like it."

Carol grew up on a farm in West Virginia. When she was eight years old, Inge allowed Carol to experiment with simple ingredients in the kitchen on Sunday afternoons. At age ten, Carol enrolled in a cooking class through a 4H club and went on to win blue ribbon awards at both the county and state fair levels for her tray of plain muffins. She continued to take cooking classes for the next eight years, winning numerous blue ribbon contests for various dishes. By 16, Carol was planning and cooking the family meals by herself.

"I was very fortunate to have the guidance of a good cook who always helped me with the challenging recipes," Carol states. "My mother

made the best orange angel food cake. That was my favorite. Oh my, it was so good. She used her own eggs from the farm. She also made the best buttermilk biscuits from scratch. We had cows, so she made her own milk and butter."

Carol also had a fondness for her mother's pistachio cake and shepherd's pie. Over the holidays, Inge would make popcorn balls.

"She had this big tub of popcorn and then would dump syrup all over it," she recalls. "That was a real big treat. They were so good."

Carol, who also likes to sew, play the piano and read, doesn't have much time for cooking or anything else due to the demands of her job. As assistant voter registrar for the city of Williamsburg, this month's elections have been keeping her busy. But she is looking forward to getting back into the kitchen for the holidays and beyond, and so is her husband.

"She does it all from scratch," Bob says proudly. "Nothing comes out of a box. She makes an excellent cinnamon roll."

Carol shares, "I love to cook because I like to eat good food and I like to see other people enjoy my cooking. It is very rewarding."

She especially appreciates the comments for the Kentucky Jam Cake, as well as the memo-

ries that come with preparing it each year.

"Making it brings back so many family memories, memories of the people who are no longer with us," Carol says. "I just love the holidays, the gathering of family and friends at this time. I love the conversations we have about our previous gatherings, and I enjoy hearing the stories from our parents' generation, hearing their traditions. I hope we are creating our own stories for our own children and grandchildren, creating our own traditions."

Carol has passed the recipe for the Kentucky Jam Cake on to her children in the hopes that the recipe will be kept in the family. She hopes readers will enjoy it as well.

"It's been a long time family favorite, and so I just thought I would pull it out and see if everyone else thinks it is as good as we think it is," Carol says. NDN



"This is a really old-fashioned cake that I like because it reminds me of my childhood



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in Appalachia. We used to have this every Thanksgiving – after the turkey, this was the highlight of the meal!” – Carol Pettyjohn

KENTUCKY JAM CAKE

1 cup raisins
½ cup Kentucky bourbon
½ cup unseasoned bread crumbs
1 ½ cups unsalted butter
2 cups sugar
6 eggs
3 cups all-purpose flour
1 tsp baking soda
1 ¼ tsp cloves
1 ½ tsp cinnamon
1 ¼ tsp allspice
2 tbsp unsweetened cocoa
¾ cup buttermilk
1 Tbsp vanilla
2 cups blackberry jam
½ cup walnuts, coarsely chopped and toasted

Soak raisins in bourbon for 30 minutes; heat oven to 325 degrees. Spray a 10” Bundt pan

with nonstick cooking spray and coat with breadcrumbs. Cream butter and sugar in large mixing bowl until light and fluffy.

Add eggs, one at a time, beating well after each addition. Sift together flour, baking soda, spices, and cocoa; set aside.

Combine buttermilk and vanilla; fold flour mixture into sugar mixture, alternating with the buttermilk mixture. DO NOT BEAT. Drain raisins and fold into batter along with the jam and walnuts. Pour into prepared pan and bake for 60-70 minutes; cool and unmold cake onto a cake rack.

FOR ICING: Melt ½ cup butter in a saucepan over medium heat. Add 1 cup brown sugar and stir for 2 minutes. Slowly add ¼ cup milk and bring to a boil. Remove from heat and stir in 1 tbsp vanilla and ½ cup confectioner’s sugar; beat until creamy and smooth. Thin with a little bourbon. Drizzle over warm cake.

Next Door Neighbors

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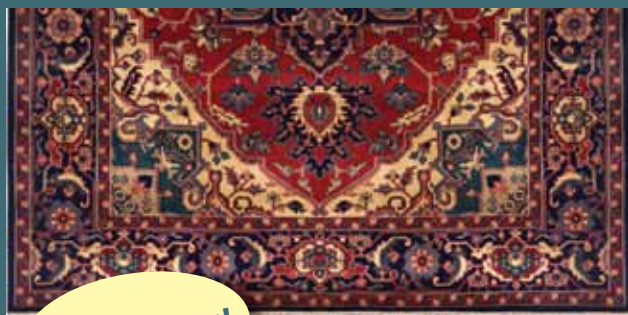
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A NON-TRADITIONAL Cranberry-Onion JAM

By Narielle Living

The fall season brings cooler weather and a host of new sights and scents, from a cacophony of vibrant leaf colors to the pungent smell of burning wood. Along with these changes, people alter their eating habits, moving from the lighter cucumber and watermelon recipes of summer to the richer and heavier foods meant for colder weather. The autumn season also brings the delectable foods of Thanksgiving, from traditional roasted turkey to Beth Fugate's non-traditional cranberry-onion jam.

Some people prefer regular cranberry sauce from a can, or cranberries

blended with orange, but Beth has always been the type of person who loves to try different foods. The first time Beth and her family discovered this unusual recipe they were hooked.

“It was brought to us by my daughter’s friend,” she says. “One year, back in the 1980s, this friend was visiting us for Thanksgiving dinner and brought a jar of cranberry-onion jam as a hostess gift. I was a little hesitant at first, but once I tried it I was surprised at how much I liked it.”

One of the things Beth loves about this creation is that it’s not anything like the usual type of cranberry sauce that’s served at holiday meals. According to her, the savory flavor is an excellent foil to the herbs used to flavor the other dishes.

“It’s a nice addition to roast pork, chicken or turkey,” she says. It is also excellent when paired with sweet potatoes or stuffing.

Beth says that the jam is not only for dinner but can be eaten at all times of the day. Also, it does not need to be eaten with meat and potatoes but can be consumed by itself on a hearty

piece of bread. “You can spread it on a biscuit or piece of bread, which is what I do. It’s really good like that.”

When she first received the recipe, Beth decided to make a few small changes to it. “I added more cranberries and reduced the amount of sugar used.” Other than that, the recipe has not been altered and has been consumed by her family for the past couple of decades.

Beth’s husband is retired from the Air Force, and, like most military families, the Fugates lived in a variety of locations around the country during his years in the service. Despite the changes they faced through the years, some things remained constant.

“The kids always stayed home for Thanksgiving,” Beth says. “Lots of times they ended up having their friends come to our house to visit.”

When she makes the cranberry-onion jam, Beth finds herself reminiscing about family time with her grown children. She is thrilled that her kids, who are no longer little, enjoy returning to their parents’ house for holiday

meals.

Beth is a self-described foodie, a person who is extremely interested in experimenting with food, as well as cooking and eating a variety of different types of good food.

“I love to cook, and I tend to be creative with whatever is in the cabinets and refrigerator at the time I’m cooking,” she explains. This love of food extends to sharing recipes and dinners with her family. When her children left home for college and careers, she gave each of them a cookbook that she’d written with recipes she’d gathered through the years.

Beth currently works part-time at a local wine store, a job well matched with her love of food. When she lived in California, she spent time learning about and sampling the wines produced in that state. “My husband and I were spoiled by the amazing wines that came out of California. We never thought we’d find the same sort of thing here.” However, when they came to Virginia, they were pleasantly surprised to find a wide range of excellent vineyards. They currently enjoy spending their free

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time traveling through the state and sampling the regional wines.

“We came to Virginia from California because we really liked the area and it suited our needs,” Beth says. When they moved here their children were already grown, and they had a son stationed at Fort Eustis in Newport News. They have lived in Williamsburg for the past seven years, and during those years Beth has continued her Thanksgiving tradition of making cranberry-onion jam for the holidays.

Beth is very specific in her preparation directions for the cranberry-onion jam. “The onions need to be sliced very thin, and they cannot be fried. They have to caramelize in order to get the right flavor, which means you cannot stir them too soon or brown them.” The key to doing this is to allow the onions to cook for about five minutes before stirring them.

She has a bit of advice for people who are cooking on newer stoves. “The new stoves usually have a high energy burner, so it may be best to cook them on a medium setting if you have one of those,” she says.

Her other recommendation is to add salt and pepper when sautéing the onions in order to bring the flavor forward. The smell of sautéing onions will be the first scent to fill the kitchen, adding to the symphony of food smells as Thanksgiving dinner roasts, bakes and stirs its way into creation.

Once the cranberries have been mixed in, the vinegar and sugar is then added. “Cranberries have lots of pectin,” Beth says. “That’s what helps make it into a nice jam.”

It’s a matter of choice as to whether or not to break up the cranberries when preparing this dish. Beth prefers to leave some of the cranberries unbroken or partially broken. “I think it’s prettier if you don’t break them all up.”

Usually, Beth makes this dish the weekend prior to Thanksgiving and puts it out in a covered dish when she sets the table Wednesday night or Thursday morning. It can be left out overnight, and served at dinner either cold or room temperature. Although it’s fine to leave it out for one night, the jam shouldn’t be left out all the time and should be refrigerated to

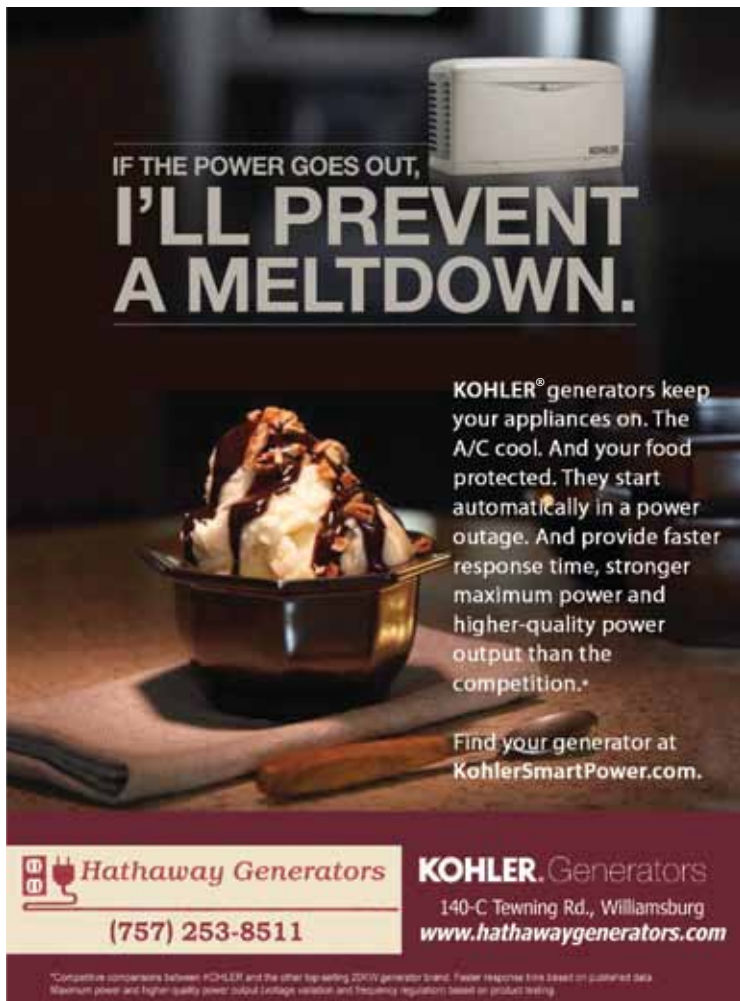
prevent spoilage.

For the most part, the cranberry-onion jam is served in Beth’s house only during the holiday season. Although Beth admits cranberries are good for you, she doesn’t make any batches of the jam after the holiday season. For this reason, she recommends making a large batch.

“If you put it in a pretty jar, it makes an excellent hostess gift during the holidays,” she says. It’s also good to have extra jam to pair with leftovers or to spread on a piece of bread for a quick snack.

“This is a very different recipe, and I’ve never seen anyone else do this,” she admits. “Jasper White has a recipe for something sort of like this, but his recipe is very different from mine.” Beth goes on to say that celebrity chef Jasper White’s recipe has more sugar and fewer cranberries. She made the adjustments after experimenting with measurements, and has not changed anything since then.

“I have always loved Thanksgiving,” Beth says with a smile. “It is my favorite holiday because there is no obligation attached to it.” She



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loves the simple act of gathering together with the people she loves and having a nice, relaxing day with everyone.

“It should be laid back and fun,” she says. For Beth, the holiday is about family, friends and food, which are the things in her life that bring her the most joy. NDN



larly and keep it in the fridge. It is a variation of a recipe from Jasper White, a renowned New England chef and cookbook author. I like my version the best, naturally. It is a typical “spare” New England recipe – nothing fancy or contrived. This can be made days or weeks ahead of time, which helps with all the last minute cooking done during the holidays.”

~ Beth Fugate

Cranberry-Onion Jam

“I came home from work (at the Wine Seller) tonight and searched out this recipe just in the nick of time! I’ve been making this for years. It became a holiday regular in the 80’s when my daughter’s girlfriend brought it over on the eve of Thanksgiving. I have always disliked traditional cranberry sauce and fell in love with this relish. It is spectacular with turkey, on turkey sandwiches, good with pork or chicken and now I make it regu-

2 Tbsp vegetable oil
2 pounds sweet onions, halved and sliced paper thin
1/4 cup cider vinegar
1/3 cup white sugar
salt and freshly ground pepper
one 12 oz. bag of fresh or frozen cranberries
Heat a deep 12” skillet over med-high heat and add the oil. When oil shimmers, add on-

ions. Let the onions cook for about 5 minutes without stirring. You do not want to fry or brown, you want to caramelize. Stir onions and continue cooking for about 20 minutes or however long it takes them to become a deep color without burning or scorching. Stir only to prevent sticking or scorching. The less the onions are stirred, the faster they will caramelize.

Add the vinegar and sugar, then the cranberries and stir to incorporate well. Turn the heat down a bit and cook for 8-10 minutes until the cranberries begin to “pop”. If frozen cranberries are used, this may take a bit longer. Season moderately with salt and pepper. I use the back of a large spoon and break the cranberries so my finished relish is a jam. My daughter prefers to leave her cranberries mostly whole. It is a matter of taste.

Divide the jam into 4 half-pint jars, cover and refrigerate. This is a nice hostess gift if you don’t eat it all.

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A RECIPE THAT'S ALL ABOUT

Giving

By Natalie Miller Moore

Krysta Farish's peanut butter fudge recipe is requested, actually, demanded by her family at the holidays because they love it so much. Even if she's driving from Williamsburg back to Ohio for a visit, they expect her to bring it. It's easy to see why, if you've tasted this recipe. It's light and creamy and delicious.

Besides the obvious tastiness of the fudge, there's also a beautiful story associated with how Krysta received this recipe.

In 1996, Krysta was working as a unit secretary in an oncology unit near Dayton, Ohio. After she finished her transcription of the doctors' round notes, she would walk around

and talk to the patients who were there for chemotherapy. She became fast friends with one patient named Roger, and they would eat popsicles (soothing for people having chemo) together on the ward each week.

"We spent 10 minutes together here, 20 minutes there, but I didn't think it was a big


deal," Krysta says.

Roger was in treatment for eight months, and sometimes Roger's wife would bring in peanut butter fudge for the staff. Everyone loved it. But when asked for the recipe, Roger wouldn't give it up.



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"I asked but when he said he'd never given it to anyone, I said 'OK,'" she says. Krysta forgot about it and just enjoyed the sweet treat when it was brought in to share.

But one day Roger came in and called Krysta over to him. He had decided to give Krysta the recipe. "He told me I was the only person to keep him company (during chemo) and that I made it tolerable, so he was giving me the recipe. I started crying, of course!" she says. Krysta still has the square of notepaper he wrote it on, a small now-dog-eared and worn sheet of hospital stationery. She clearly cherishes the memory of her friend, and the trust he showed by sharing his recipe with her.

Krysta doesn't know what happened to Roger after he finished chemotherapy, but his peanut butter fudge recipe lives on, with very few alterations – just a bit more vanilla than the original. Don't let the name fool you – this fudge doesn't have any chocolate in it—but it doesn't need it.

It's not actually a holiday recipe – it's appropriate year round – but in Krysta's extended family, there's an expectation that the peanut butter fudge will be part of the celebrations. And no one seems upset that there are no red

and green sprinkles on top. This fudge stands alone!

For Christmas 2004, she made 10 pounds of peanut butter fudge to send to her uncle who was stationed in Iraq. "I packed it in Glad bowls, as full as possible to eliminate the air, and covered it with Saran Wrap. My uncle said it was all gone in one day – it was nice of him to share it!" she says. Not everyone would go to the effort to share their recipe with people overseas, and not everyone would share such a delicious care package! Her uncle's grateful unit sent Krysta a Christmas card with a photo of a poinsettia perched on the hood of a Hum-vee, the card signed by all the members, another cherished memento.

One of Krysta's favorite hobbies is watching The Food Network and trying out recipes from people like Bobby Flay, Paula Deen and Sunny Anderson.

"I love to cook. My dad's side of the family made a big Sunday dinner and I watched my parents cook with whatever they got out of the garden," she says. Like most people, she loves freshly made meals. Surprisingly though, Krysta claims not to have a sweet tooth.

Krysta says she loves to feed people, even

more than she loves to eat the results. "I enjoy the experience of cooking," she adds. A few of her favorite recipes are Deen's Ooey Gooey Cookies, homemade spaghetti sauce and anything that can be made in a Crockpot.

She also likes to see how other people modify recipes to make them their own. "I like to share recipes and get feedback – sometimes people come up with their own spin on it that you can try. So I always ask people if I've given them a recipe, 'What did you do? Do you have any ideas to change it?'" she says.

Krysta recommends any kind of non-stick pan, but she tends to use a smaller pan so the pieces of fudge will be thicker. "The only equipment I use is a non-stick sauce pan, a wooden spoon and my right arm which has to whip in all ingredients and after a few hundred whirls around the pan mixing in the peanut butter and marshmallow fluff, I wish I had the arm of a weightlifter! It's tiring - but so worth it once I have seen bliss spread across their faces when they eat my fudge," Krysta says.

The peanut butter fudge recipe is no longer a guarded secret. It's now up to our readers to try it, and to let Krysta know if they've made any improvements, or changes to it.

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Inspired by her time working in the oncology unit, Krysta later became a nurse. She has worked home health care and now works for an asthma and allergy practice in Williamsburg. Her family moved from Connecticut to Virginia in 2005 due to her husband Brian's transfer by the Navy.

In 2011, the family, including their three kids, Kyleigh, Lauren and Zach moved to the Upper York part of Williamsburg. Krysta calls that "the best decision we've ever made as a family!" She enjoys the small town feel of Williamsburg and the interconnectedness of the people who live here. NDN



"Hello!! My name is Krysta Farish and I am a resident of Williamsburg....and I've always wanted to submit my Peanut Butter Fudge recipe into a contest because I have received so many compliments on it each and every time I've made it. This is a recipe that I make only at Christmas time (for family and friends)

because the first time I made it was for Christmas 1996, for my family and they loved it and have asked me to make it every year since. When my Uncle was stationed in Iraq, I even sent 10 lbs. of it to him and his buddies in his unit as a Christmas gift....needless to say, they loved it too and sent me a card with all of their signatures on it thanking me!! The recipe's origin: Back in 1996, I became a Unit Secretary of a hospital's Oncology (cancer) unit and I sparked a friendship with a patient and his wife. His wife would make this fudge and bring it to him and the staff at the nurses' station on the days he came in for his chemotherapy infusions. On my lunch breaks, I would sit with him and his wife in his infusion room and we would chat about life and laugh a lot. I asked him if I could have the fudge recipe and he looked at me like I told him I could pilot the NASA space shuttle and said "young lady, I've never given anyone this recipe." But, after some thinking, he eventually told me "I've decided, I will give you the recipe simply because your company has made my infusion treatments a little more tolerable." Needless

to say I cried.....like a baby!! It made me feel so good that he enjoyed my company and entrusted me with his recipe." ~ Krysta Farish

PEANUT BUTTER FUDGE

- 3 C sugar
- 1 1/2 sticks Parkay Margarine (I've never made this fudge with anything other than Parkay)
- 2/3 C Evaporated Milk
- 1 Tbsp Vanilla
- 1- 18 oz. jar Reduced-Fat Jif Creamy Peanut Butter
- 1 small jar Marshmallow cream

Bring sugar, butter, evaporated milk to a rolling boil and stir constantly for 5 minutes (you must stir this mixture the entire 5 minutes). Take off heat. Stir in jar of peanut butter and blend thoroughly. Add marshmallow cream and blend thoroughly. Blend in vanilla after PB and marshmallow cream is thoroughly mixed in. Pour mixture into a non-stick pan. Let fudge harden, cut into bite size squares. The most important step....savor and enjoy!!

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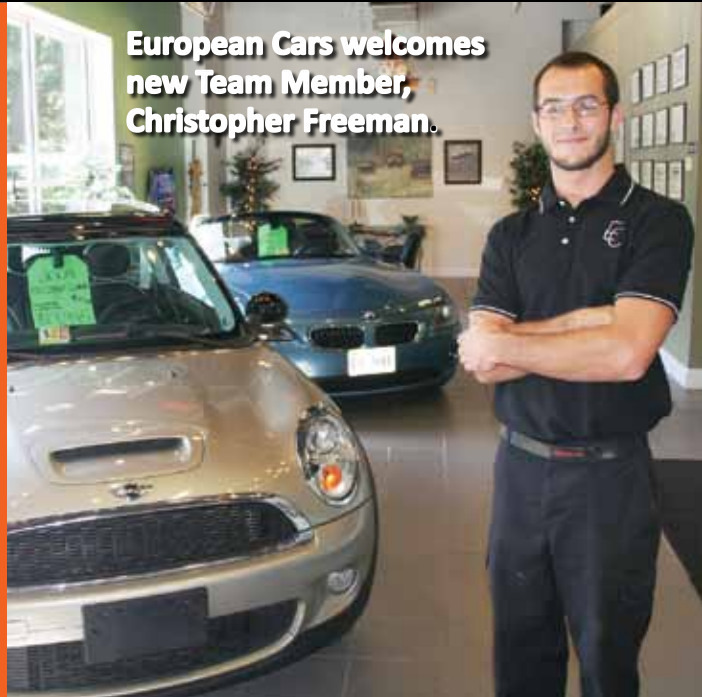
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CRANBERY ORANGE RELISH

- *Jeanne Pastrnack*

- 3 lbs fresh cranberries
- 6 cups granulated sugar
- 1 ½ cup water
- 3 tsp grated orange zest
- 1 cup fresh orange juice
- 1 ½ cup slivered almonds

In saucepan, combine first five ingredients. Cook uncovered for 10 minutes, until cranberry skins pop! – stirring once or twice. Re-

move from heat. Stir in the almonds. Cool. Store in a covered container in refrigerator or freezer. Fresh cranberries from Cape Cod are usually available in October in the grocery stores.

EASTER FRITTATA (OMELET)

- *Mary Ann Cassella Henzel*

- 1 dozen eggs
- 1 ½ lb sausage (Italian preferred)
- 2 bunches green onions

- 2 bunches fresh asparagus
- ½ lb basket cheese or hard Ricotta cheese
- 1 handful grated Italian cheese (Romano or parmesan)

Cut the entire amount of green onions and full stems into 1" pieces; fry in a small amount of cooking oil. Slice asparagus and steam cook; strain water completely. Boil sausage in water for about 5 minutes; empty water and continue frying the sausage until well done. Break eggs and beat well at room temperature. Cut basket cheese or

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hard Ricotta into small pieces. Combine all ingredients, including the handful of grated Italian cheese, in a large bowl and stir all ingredients together. Using a small amount of oil, grease a clear glass baking dish, 14 x 7, and at least 2" deep. Pour ingredients into the baking dish. Bake at 325 degrees (electric oven) or 350 degrees (gas oven) for 45 minutes or until the sides are brown. The Frittata may be eaten hot or cooled off; cut the Frittata into any size serving. The Frittata can be made without the sausage as a meatless dish. Of course, the Frittata can be made and enjoyed at any time of the year.

HOSPITALITY HARVEST CAKE WITH COCOA CREAM CHEESE FROSTING

- Teresa Blakeslee

Cake:

- 3 cups flour
- ½ tsp salt
- 1 tsp baking soda

- 2 tsp cinnamon
- 3 eggs
- 1 ½ cup corn oil (Mazola)
- 2 cups sugar
- 1 Tbsp wheat germ
- 1 tsp vanilla
- 1 ¾ cup grated carrots
- ½ cup peeled, cored, and diced tart apple of your choice
- 1 cup crushed pineapple (drained)

Set oven to 350 degrees. Grease and flour bottom and sides of 8 x 12 cake pan. Sift first four dry ingredients together; set aside. Beat eggs slightly, and add oil, sugar and wheat germ and mix until blended; fold in vanilla, carrots, apples, and pineapple. Add dry ingredients and beat together until well blended. Fold into a greased and floured 8 x 12 pan. Bake at 350 degrees for 30 minutes. Insert toothpick to test for doneness. If no batter appears on toothpick, remove from oven and let cool. Spread frosting on cooled cake. Decorate as desired. **Frosting:** Beat together until smooth, one 8-oz package

cream cheese softened, 1 box confectioner's sugar, 1 stick of margarine softened, 3 tbsp baking cocoa powder.

VEAL RAGOUT

- Jeanne Pastrnak

- 2 ½ lbs boneless veal cubes
- Enough flour to lightly cover veal cubes
- ¼ cup EVOO (extra virgin olive oil)
- 2 tbsp chopped shallots
- 1 clove garlic, crushed
- 1 15-oz can of tomatoes
- 1 cup Swanson's chicken broth
- 1 cup white wine
- ¼ tsp freshly ground pepper
- ¼ tsp salt
- ½ lb fresh mushrooms cut in half
- 1 lb carrots cut into 2" chunks

Flour meat lightly and sauté in oil. Add shallots and garlic. Cook 5 minutes. Add tomatoes and mash down if whole. Add broth, wine, salt and pepper. Cover and cook 1 ½

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hours. While meat is cooking, sauté mushrooms until lightly browned and add to meat. Cut carrots in chunks and add to meat. Cook ½ hour more. Serves 5-6.

CRAB CASSEROLE

- Carol Pettyjohn

1 lb. crab meat
½ green pepper, chopped
¼ cup bleu cheese, crumbled
1 ½ tsp minced onion
2 cups Monterey Jack cheese, cubed
1 cup sour cream
¼ cup lemon juice
Dash sea salt

TOPPING: ½ cup bread crumbs and 2 tbsp melted butter

Combine all ingredients except crabmeat and mix well. Gently fold in crabmeat and add topping. Bake in a greased casserole dish for 45 minutes at 350 degrees (20 minutes if you grate the cheese instead). Great

served on a thin slice of Smithfield ham, or serve in a chafing dish with crackers.

CHOCOLATE-PECAN CHRISTMAS FUDGE PIE

- Carol Pettyjohn

First you assemble:

1 ¼ cups chocolate cookie crumbs
1/3 cup butter or margarine, melted
½ cup butter or margarine, softened
¾ cup firmly packed light brown sugar
3 large eggs
2 cups (12 oz) semisweet chocolate morsels, melted
½ cup all-purpose flour
2 tbsp instant coffee granules
1 tsp vanilla extract
1 cup chopped pecans

Combine chocolate crumbs and 1/3 cup melted butter, mixing well. Press into bottom and up sides of ungreased 9" pie plate. Bake at 350 degrees for 6-8 minutes. Beat ½ cup butter at medium speed with electric

mixer until creamy; gradually add brown sugar, beating well. Add eggs, one at a time, beating after each addition. Stir in melted chocolate and next 4 ingredients; pour filling into prepared crust. Bake at 375 degrees for 25 minutes; cool completely on wire rack. Serve with vanilla ice cream and fudge topping.

ZUCCHINI GRATIN

- Joanne Saracino Yelich

3 Tablespoons extra virgin olive oil
5-6 medium zucchini, sliced extremely thin in length
2 cups grated mozzarella
1 cup heavy cream
1/2 cup shaved parmesan cheese
1 cup seasoned Italian bread crumbs
1/2 stick of unsalted butter
Salt and Cracked Black Pepper

Preheat oven to 375 degrees F. Have a baking sheet ready to place under the baking



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dish. Coat the bottom of a 9 x 13 inch baking dish (preferably a ceramic baking dish) with olive oil. Clean the zucchini thoroughly and pat to dry. Slice off the ends of the zucchini. Slice a thin lengthwise cut off of one side of each zucchini to create a flat surface so zucchini does not roll around while slicing. Make very thin slices of each zucchini (ribbon like) and arrange on bottom of dish to cover dish. Season the zucchini layer with salt and black pepper. Pour 1/3 cup of heavy cream over the zucchini, then 1/3 cup of mozzarella and 1/4 cup of the parmesan cheese. Toss 1/3 cup of the bread crumbs over the cheese. Repeat layering with the zucchini, heavy cream, salt, pepper, cheeses and breadcrumbs. Slice the four tablespoons of butter into 8 slices.

Place the slices of butter evenly spaced over the breadcrumbs. Place the baking dish on a baking sheet to catch any spill over from the zucchini. Bake about 40-45 minutes or until bubbly and golden brown on top. Remove from oven and allow dish to cool and set a

bit to make slicing easier and cleaner. Sprinkle with a few parmesan shavings and serve.

SWEET POTATO PIE

- *Sherry D. Beck*

2 cups mashed (cooked sweet potatoes--best if skins are washed/scrubbed and baked in the oven-- do not boil)

2 large eggs or 3 small (stir/ slightly and set aside)

1 teaspoon cinnamon- ground

1/2 teaspoon ground ginger

1 teaspoon nutmeg--ground

1 1/2 cup sugar

1/2 stick butter (melted)--(no margarine)

2 pinches of salt

1 teaspoon vanilla extract (no imitation)

2 lemons cut in half and use the juice-only--careful with the seeds/meat)(squeeze)

1 can sweetened condensed milk (14 oz---no off brand) carnation/pet

1 frozen flaky pie crust (9 inch) let defrost

2 tablespoons of butter

(melted--put aside to brush onto the flaky pie crust) ice cream (maybe) whipped cream (maybe). Preheat oven to 400. In a large bowl, mix all ingredients (do not over beat). Melt a small amount of butter (no sub) in a dish. Use a fork to poke holes into the flaky pie crust (bottom and sides). Brush pie crust with the melted butter including the edges of the pie shell. Pour your lovely sweet potato mixture into the flaky pie crust. Use foil around the edges of the pie shell to protect it from over cooking.

Bake for 20 minutes at 400 degrees. Then bake for 325 at 50 minutes. Uncover the edges of the flaky pie shell the last 15 minutes of baking. Use a tooth pick to check the center of your pie, when the tooth pick comes out clean---it is ready. Some folks like baked/melted marshmallows on top of the pie; Some folks like shredded fresh coconut/ baked inside the pie; Some folks like a little bit of raisins/baked inside the pie; Some folks just want a plain slice of sweet potato pie (choose your passion).

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MARbled POTATOES

- Robin Rubenstein

- 1 ½ lb. red potatoes, halved
- 3 large sweet potatoes
- 1/3 C. butter or margarine
- 4 large shallots or green onions
- 1 C. whipping cream, whipped
- 1 C. sour cream
- ½ tsp. salt
- ¼ tsp. pepper
- 1/8 tsp. ground nutmeg

Cook potatoes separately in boiling water for 30 minutes, until fork tender. Drain, cool slightly. Peel and mash or beat potatoes. Melt ¼ C. butter in small skillet. Add shallots. Cook and stir until shallots are tender. Stir half of the shallots into each bowl of potatoes. Whisk the sour cream into the whipped cream. Gently fold half of the cream mixture into each bowl of potatoes.

Topping: ½ C. fresh bread crumbs, 6 T. melted butter or margarine, ¼ minced parsley.

Season each mixture with half of the salt, pepper and nutmeg. Put some of the sweet potato mixture into a 2-quart soufflé or baking dish. Top with half of the white potato mixture. Repeat layering. Swirl potatoes with a metal spatula to give a marbled effect. **For topping:** Mix all ingredients. Sprinkle over potatoes. Bake at 350° for 30-35 minutes until the topping is golden and the potatoes are heated throughout. **To freeze:** omit topping and baking. Freezes well for up to 2 months. Thaw. Sprinkle With topping and bake as directed.

ORANGE-CREAM FRUIT SALAD

- Pam Garrette

- 2 apples, chopped
- 2 bananas, sliced
- 1 20-oz. can pineapple chunks, drained
- 1 16-oz. can sliced peaches, drained
- 1 11-oz. can mandarin orange slices, drained
- 1/3 cup frozen orange juice concentrate, thawed
- 1 small box. vanilla INSTANT pudding mix

- 1 1/3 cups cold whole milk
- ½ cup sour cream

Mix all fruit in a large bowl. Combine pudding mix, milk and orange juice concentrate. Beat with a mixer about two minutes, or until pudding starts to thicken. Add sour cream and mix well. Pour over fruit and stir to cover all of the fruit. Cover bowl with plastic wrap. Chill and serve. Makes 8-10 servings.

CHEESY POTATO PUFF

- Anne Mason


- 12 russet potatoes, cooked and mashed
- 6 Tablespoons butter
- 2 cups grated cheddar cheese
- 1 1/4 cup milk
- 1 tsp. salt
- 2 eggs, beaten well

Beat the first 5 ingredients together until the cheese starts to melt. Fold in the eggs. Bake in a greased casserole dish at 350 for

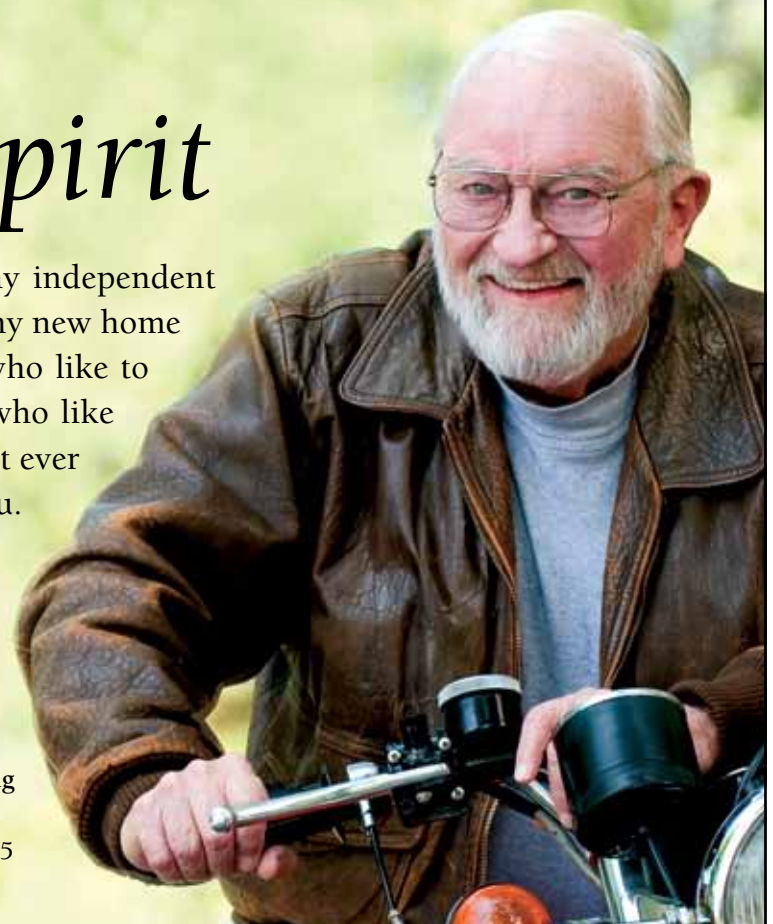
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Next Door Neighbors Business



Lisa W. Cumming Photography

Part-Time & Fun!

By Greg Lilly, Editor

Part social gathering, part product demonstration, part browsing and shopping, the home party industry is a great fit for people who want to make some extra money and love hanging out with friends. Lisa Dale has found her niche with a Christian-based company named Thirty-One.

“You need to be a people person,” Lisa says. “You have to enjoy interacting with others. You have to love what you are selling, to believe in the product, and to respect and admire the company you are working for.”

An outgoing personality is needed, too. Lisa says that if she’s in the

grocery store and someone admires her purse, she'll stop and talk about it and tell the story of her home party business.

"I worked at a retail store part-time trying to make some extra money at night," Lisa says of the beginning of her step into the home party industry. "Scott [her husband] would come home and we would literally meet each other on the front steps. He would come in the house and take care of the kids, while I would go to work in the evening for five or six hours. That's drudgery. Now, I can take a couple of hours with girlfriends and make the same amount of money."

As the home party industry got hot in the 1960s and '70s with companies like Avon, Tupperware and Mary Kay, the range of products grew. The idea of bringing people together to have a few drinks and snacks with the intent of introducing them to a line of helpful products took retailing into the home, long before television shopping channels or retail websites.

"I was born and raised in Williamsburg," Lisa explains. "I know a ton of people here."

She had worked at the Williamsburg/James City County Courthouse until her first child was born. "I've been a stay-at-home mom since. I started home schooling Allison, my oldest. Olivia came four years later, and I home school her too."

"This home party industry is an extremely beneficial way for a stay-at-home mom, or even a working mom, to make a little extra money for the family. And it's a fun way."

~ Lisa Dale

After twelve years of being a stay-at-home mom, Lisa felt she wanted to do something for her own personal development. "What can I do for me? Where I'm not Scott's wife or 'Mom'?

Where can I go and just be 'Lisa'? I just wanted to find me again."

She, Scott and the girls had started going to Smith Memorial Baptist Church, and Lisa was getting to know the women there. "One of the ladies invited me to a Thirty-One party. I had never heard of that. I thought it would be a good excuse to go to this woman's house and get to know the other women of the church. It was going to be a good social outlet for me. What better excuse than everyone getting together shopping and eating and having fellowship?"

Lisa enjoyed meeting the other women and browsing the sample merchandise and catalog. She loved the products and placed a small order.

"I had never had anyone over to my house for a party of that kind – no Avon, no Tupperware, no Mary Kay – so I thought it would be fun to do," she says. "It would be a good excuse to invite some people over. I told Scott I wanted more of the product. Then I found out it was a Christian-based company and I was sold."

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Lisa explains that an important aspect of representing a company and its products is respect of it as a corporate citizen, as well as its values and policies.

Another important part of the home party industry is the initial start-up needs to be fun and easy. "My first party was an open house I held at our neighborhood's club house," Lisa states. "I invited all of my family, friends and church people. It turned out to be a \$700 or \$800 party. I made money by hanging out at the club house, talking and laughing and being with my friends. They just came and went. I answered questions about the products. It was fun."

As an alternative to going to a physical retail store, a home party should have certain advantages for the potential customer. Lisa lists three:

One-to-one consultation: Lisa wants to talk with each person to help them find what they need and want. "The party attendee gets one-on-one with a consultant to help decide which product works the best."

Along with a review of the merchandise, a

sales consultant should help the customer stay in budget. "I get that the economy is bad, and someone coming to a party can't afford to buy everything they may want. I make sure we have a variety of prices. I want it to be easy and fun."

Price point: Home party merchandise is usually not a necessity item. When you consider the big names in the industry, you think of make-up or food storage. These items tend to be convenience products or gifts. The price is very important in the success of the sale. "The average price is around \$20 to \$25," Lisa says of her products. "There are higher and lower items, but the price points are reasonable."

Low pressure sales: It's a party in someone's home, so there are no high pressure sales tactics.

"I know that not every product speaks to every person, or maybe a person is in a financial bind at the moment, or they're just not feeling it - I'm okay with that," Lisa says. "If it's not their time to buy, at least they've seen the merchandise and might tell a friend who is interested or a new product may catch their attention later."

As an industry, many home party companies succeeded by tapping the potential of women at home, maybe with children, who could not commit their time for a full or part time job outside the home. Like Lisa passing her husband at their front door as he ended his work day and she began her part-time job, sometimes traditional hours don't work for a busy family.

"I'm not making a fortune doing this, but it's fun. I can work it into my schedule as I need," Lisa says. Although some people have poured hours and energy into the concept and have accomplished great things by turning the part-time concept into a full-time job, Lisa doesn't want to attempt that.

"It's a great part-time thing, a great excuse to go out and have fun, and make a little money with it. I have so much fun and then I get a check. That's why I keep doing it," Lisa says. "This home party industry is an extremely beneficial way for a stay-at-home mom, or even a working mom, to make a little extra money for the family. And it's a fun way." NDN

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Gymnastic Balance

By Greg Lilly, Editor

Lisa W. Cumming Photography

Pete Walker says that gymnastics helps children develop strength and flexibility as well as learn discipline and a strong work ethic along with their tumbling skills. Pete is the assistant coach for the College of William and Mary's men's gymnastics team and coach/owner of Williamsburg Gymnastics. This December

he's bringing to Williamsburg the Dave Brown Memorial Meet.

A standout during his college years at William and Mary, Pete started in gymnastics while growing up in Virginia Beach. "I went to school at Saint Gregory the Great, a small Catholic school," he says. "It turns out I was

really good at doing pull-ups. A friend of mine and I had this rivalry going. We tried to one-up each other to win the school record for pull-ups. In sixth grade, I did 45 pull-ups, setting the school record, which was a big thing."

Along with his school record, Pete participated in Saint Gregory's annual P.E. show.

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"We'd put on a show in front of the parents. All the guys who could tumble and do flips would get together to make up a routine for the show," he explains. "At home, I would drag the sofa cushions out onto the front yard and practice my flips, training for that show. That's how I got into tumbling – just playing on my own."

By ninth grade, Pete was playing soccer and some basketball at St. Gregory's. "I tried out for the high school basketball team," he says. "I was the smallest guy there and had no chance of making the team. When I was cut from the try-outs, I asked my dad to take me to try gymnastics. I started at Gymstrada in Virginia Beach. Doug Price coached me from ninth to twelfth grade. I ended up getting a partial scholarship to come to William and Mary."

At William and Mary, Pete was team captain of the men's gymnastics team his junior and senior years. "I guess the big thing for me in college was winning the 1992 ECAC (Eastern College Athletic Conference) All Around championship." Pete is modest about his accomplishments. He is also one of only four gymnasts in the history of William and Mary to rank in the all-time top ten records for every event before he graduated in 1993. Pete holds the rank of first in William and Mary's parallel bar records, third for the high bar, fourth for all-around, eighth for the floor exercise, rings and vault, and tenth on the pommel horse.

"I majored in elementary education and Spanish. I thought I would teach when I graduated. I quickly found out that coaching gymnastics was more fun." Pete coached for a few years at different clubs around the eastern United States before coming back to William and Mary. "This is my 16th year as assistant coach. I can't believe it's been that long."

Along with his assistant coaching responsibilities for the men's team, Pete and his wife, Cindy, run Williamsburg Gymnastics for the local children. Williamsburg Gymnastics is the organization putting on the Dave Brown Memorial Meet.

"Cliff Gauthier is our head coach here at William and Mary," Pete explains. "He's been here for 40 years. When he first came, he started the Saturday age group program. Community kids come into the gym on Saturdays, and we coach gymnastics. William and Mary's men's team volunteer their time to coach the kids. We have classes for girls and for boys based on their ages."

The men's team at the college develops leadership and coaching skills by helping with the kids on Saturdays. "The team is a great bunch of guys," Pete says. "Not only are they top athletes, they are top students as well. We won the national academic team championship last year for the highest GPA – a 3.5 average. These guys are serious students. We try to balance gymnastics, academics and being involved with the community. In the Saturday program, we have a lot of kids that come through those classes that the guys coach."

Williamsburg Gymnastics consists of both recreational and competitive teams for boys and girls. As the children advance in the recreational teams, Pete and Cindy move them to the competitive teams. "Our boys are competing from levels 4 through 10. The girls are competing from levels 4 through 8 in competitive gymnastics events."

The Dave Brown Memorial Meet (December 8 & 9) is a competitive event for the boys and girls. "Dave Brown was a gymnast here at William and Mary," Pete explains. "Cliff Gauthier coached him. After Dave

graduated, he went to Eastern Virginia Medical School. Eventually, he became an astronaut for the United States. He was one of the ones who died in the Columbia Shuttle disaster."

The meet is a way to remember Astronaut Dave Brown and his connection to William and Mary and the gymnastics program. "He was one of our shining stars in the program," Pete adds. "He believed in gymnastics and what it did to prepare him for his accomplishments and the road he took."

Last year, the meet attracted over 600 boys and girls from all over Virginia and surrounding states. It takes place in William and Mary Hall. "Which is a super gymnastics venue," Pete adds. "It's a perfect place for gymnastics. All the events are set up at once. Two floors, three faults... It's almost like a three-ring circus. The kids begin in the morning with the lower levels starting off and the higher levels by the afternoon."

A special treat for locals and for the families travelling to Williamsburg is the Friday night before the meet, December 7. "This year, we are doing the William and Mary men's and women's intra-squad meet the night before the Dave Brown Memorial Meet. This is a great time for the kids to come and see the college men's team compete against each other and the women's team compete against each other." The college teams are on par with the Olympians we saw over the summer. Many of the college athletes have practiced or competed with members of the Olympic teams.

The weekend of activities help fund the Dave Brown Memorial Endowment to further gymnastics at his alma mater, the College of William and Mary.

For the boys and girls competing in the meet, they have found an aptitude for gymnastics. Pete says the children start training for a lot of different reasons. "Some kids want to become gymnasts. Some are here for physical fitness. Others want to learn how to do a flip or tumbling for cheerleading."

Whatever their reasons to start, the young gymnasts learn more than physical skills like balancing on a beam, they learn life balance. "We know gymnastics isn't everything for the kids; it is a part of their lives, not an all-encompassing facet," Pete states. "We expect the kids to be good students in school and that they help out in the community. We try to balance gymnastics with the rest of their lives."

He says they try to mirror what Coach Cliff Gauthier does with the college men's team. "When the guys are in here training," Pete says of the William and Mary men, "everyone has a vested interest in his teammate. They all help each other with pointers and advice. The guys on the William and Mary team help each other out all the time. That's what we do here with the kids as well. We try to help each other be the best that you can be, no matter what you do." He says that applies in and out of the gym.

Just as Astronaut Dave Brown learned in his gymnastics days, the discipline learned in gym, the work ethic of training, the teamwork on the mats, are skills that can be applied to whatever you encounter in life.

"That's what we want to teach the kids," Pete says. NDN

The Astronaut Dave Brown Memorial Meet is December 8 & 9 at William and Mary Hall. The college's intra-squad meet is Friday night, December 7.

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Cultivating Music & Movement

Arts
& ENTERTAINMENT

By Greg Lilly, Editor

For the past 20 years, Judy Zwerdling Zwelling has directed the music of StageLights Children's Theatre, which she also co-founded in 1993. She cultivates the love of music and movement in the children along with a sense of camaraderie and respect for each other.

"Working with StageLights has been very exciting because I had this dream of a children's theatre," she says, "and now it's evolved into a community organization. This summer we had all three shows at the library sold-out. We just had a dream cast and great costumes and sets; everything about our 20th year met any goals we could have imagined."

Judy started StageLights because she saw a need. "We had three young daughters who loved to sing, dance and act," she says. "I had always wished that they would have something to do here in Williamsburg. In those days there was no children's theatre." One summer, Judy carpoled to Norfolk with another local family so her girls could be in the Hurrah Players.

Commuting for the Hurrah Players was a burden, but she wanted her children to have the opportunity to perform in theatre.

"One morning I woke up and realized I would need to be the one to start a the-



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atre here. I called a friend, Emily Pease, and we did a trial summer – it was great. That was in 1993.”

Stagelights is a professional children’s theatre. For many years, StageLights has had a partnership with the James City County Department of Parks and Recreation. The theatre started with a summer five-week musical, which is still a primary focus of StageLights and is called the Mainstage Musical. Children, between the ages of eight and thirteen, audition for the musical. From those auditions, the directors select a cast. Of those selected, approximately 20 receive financial aid with the help of grants from arts and community organizations.

“The children come to rehearsals three hours a day – very intensively – for five weeks and then perform the musical,” Judy explains. “These kids are incredibly talented.”

They started with the musical program for the first two years. Then current acting director, Richard Parker, joined the organization. “About that same time, we added a three-week program,” Judy describes. “It is a one-act humorous play, since not all the kids want to do musicals. Years later, we decided we needed an avenue for six to eight year olds, and we added the two-week Mini-Workshops.”

The Mini-Workshop performances help the children get involved and grow their skills. The performances are for family and friends. “The Mainstage Musical and the one-act play are performed for the public at the Williamsburg Library Theatre.” This year, for the first time, StageLights is conducting continuous acting workshops directed by Richard Parker throughout the year, not just during the summer months.

Musical theatre seemed to come naturally for Judy. She grew up in Silver Spring, Maryland in a musical family. “My dad played the violin in the civic symphony [orchestra] and everyone has great singing voices. I remember when we were in the car or even in the kitchen, my parents, brothers and I would spontaneously break into song, in two and three part harmony,” she says.

Judy’s first memory of a piano was about the age of three and a half. “My parents had bought me a little, red, toy piano with white keys that played the C Major scale. Apparently, I picked out all the nursery tunes I knew and played them on that toy piano. That’s when I started piano lessons. I guess my parents thought it might be a good idea.”

At the age of twelve, Judy attended the Washington Ballet School. “When I was four-

teen, the Washington Opera Company asked for some of the students to be in one of their operas as supernumeraries – that’s like an extra, but you have to be able to move a certain way and be in costume,” she explains. “It turned out the opera was ‘Le Rossignol’ or ‘The Nightingale’ by Igor Stravinsky. The amazing thing was that Stravinsky was conducting it. That was incredible. Here I was doing these background stage movements with Igor Stravinsky conducting a full orchestra in front of me. That was just amazing and terribly exciting to me.”

She took her study and performance of the piano seriously and went to The National Music Camp, in Interlochen, Michigan, and performed in musicals.

“Music and theatre were my passion,” she says.

For her undergraduate degree, Judy attended Brandeis University majoring in music with a focus on piano. She became the music director for the Gilbert and Sullivan Society at Brandeis. She later attended the New England Conservatory of Music in Boston for graduate school. “We were the chorus for the Boston Symphony,” she adds.

After graduation, she seriously considered becoming a child psychologist. “I loved kids and worked with them during the summers,”

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she says. "Then I thought 'What am I doing? My passion is music.' I dropped that idea."

Judy did freelance music around Boston. She worked for the Cambridge Opera Company for a few seasons as the Children's Choral Director. "That's when I first met my husband, Shomer," she says. "After knowing me for just two weeks, he came to all the performances of 'La Bohème' that I was singing in the chorus. I thought he must be really interested to come to all those performances."

She and Shomer married. In the summer of 1977, Shomer received an offer to work at Colonial Williamsburg. Shortly after their first child was born, they moved from New England to Williamsburg.

"In 1983, the College of William and Mary invited me to become part of the piano faculty," Judy says. "That's when I started teaching piano at the college. Seven years ago, I became manager of the Ewell Concert Series. Six years ago, I became the Director of Applied Music at William and Mary."

Whether music students at William and Mary or the children at StageLights, her students love to perform and have a commitment to growing their talents and skills.

At StageLights, Judy sees the children learning the basics for a successful career in the arts,

as well as for their adult lives. "They learn incredible discipline, focus, teamwork and they learn theatre skills like how to project and perform. They learn a lot of respect for each other, too."

The experience of being in a musical or in a play or even in a dramatic workshop is a new experience for many of the children. "I've seen kids come in awkward or shy, and after the summer, their confidence blossoms," Judy says. "They become more confident and interactive with the other kids. They form very tight friendships during the rehearsals."

Judy loves the action of bringing a seed of a concept to fruition. "It is exciting to see the first day of a read-through," she says. "It is usually a flat reading with me playing the songs on the piano so they know what the music is like. Then to see that creative thing happen, to see it develop and grow over the weeks – wow. Suddenly, there is this wonderful production. This year it was 'Beauty and the Beast.' It was just amazing. It's very fulfilling for them, as well as for me, to see it go from nothing to something."

This action of bringing an idea into action found life in another one of Judy's passions: the environment. "When we first moved here, I had a concern about the environment.

Back then there was no environmental group here. I was really concerned about the routine spraying of mosquitoes. The little kids in the neighborhood used to ride their bicycles behind the spraying trucks. Eventually, I realized I would have to start an environmental group since none existed. A friend, Thayer Cory, and I started CASE, Citizen Action for a Safe Environment. That was in 1985. For several years, it was a strong group and got the mosquito spraying in James City County changed to spray based on mosquito density, not on a regular basis. We also addressed issues with the Surry Nuclear Plant. I did that for about five or six years. Music and nature are my sources of spirituality," Judy says. "Those two things mean a lot to me."

Judy plans to continue with her work at StageLights and plans to spend time with her and Shomer's three daughters. She values the friendships and relationships she's made in Williamsburg over the past 35 years.

"When I work with people, the qualities that really matter to me are kindness, compassion, humor and respect. Those are qualities I value in my working relationships as well as my personal relationships." These are the traits she cultivates with the kids through music, movement and acting in the children's theatre. NDN

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Breaking Down Barriers to **Health Literacy**

By Greg Lilly, Editor

“Getting a patient to admit that they don’t understand is very hard,” Sandy Menaquale says. Sandy is leading the HEAL project of Literacy for Life. HEAL stands for Health Education and Adult Literacy. The project is funded by a grant from the Williamsburg Community Health Foundation. HEAL focuses on both the physician’s office and the

patient to ensure information is conveyed in an understandable manner and the patient comprehends that information.

“A good question to ask,” Sandy says, explaining how a medical professional could approach the subject with a patient, “is how comfortable are they with their reading ability or how well do they understand medical

terms. Some people will open up and say they aren’t much of a reader. Just because they are English speaking, doesn’t mean that they understand what was just said.”

Sandy’s background is in education and in pharmaceuticals, which made her a perfect fit for this project. “I had 29 years in pharmaceuticals, with over 20 years in management for

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Eli Lilly and Company. Before I went into pharmaceuticals, I had four years of teaching English and history.” After Sandy and her husband, Steve, moved to Williamsburg, Sandy returned to teaching and tutoring.

“I began teaching again at Toano Middle School as a long-term substitute,” she says. “Last year I started teaching English for adult speakers of other languages for James City County. I am also the lead teacher who organizes the literacy program at the jail. At the Virginia Peninsula Regional Jail, all of our learners are non-English speaking inmates. I, along with my team of volunteers, teach them to speak, read and write well.”

Sandy explains that she has an extraordinary passion to help the underdog. “I have a Sicilian-American father who, because of the GI Bill after World War II – he’s still alive at 89 years old – was able to return to school to get certifications in electronics and test maintenance. I had a mom who was very bright, but never had the opportunity to further her education. My mom cleaned rental properties that my dad maintained evenings and weekends after coming home from work. My parents were able to educate their four kids, and we all earned multiple degrees. It only takes someone to help you out. People helped me.

I went to school primarily on scholarships and work/study programs.”

Helping people understand is the focus of the HEAL project. Sandy meets with medical staffs to show them how to identify patients who may have low literacy skills and how they can communicate health information more effectively. The staff also encourage patients to attend classes at Literacy for Life to strengthen their comprehension of health information.

Sandy gives an example of the miscommunication she’s heard from local medical offices: “When the doctor says to her elderly patient, ‘I’ve been treating you for seven years for hypertension, and you have erratically taken your medicine.’ The man replies ‘I wake up in the morning. If I feel hyper, I take the medicine. If I don’t feel hyper, I don’t take the medicine.’ For seven years, she had been treating him for hypertension, and he thought it had something to do with being too active.”

While visiting an OB/GYN office, Sandy heard that printed questionnaires can be confusing to patients. “This office, like most medical offices, gives all new patients a questionnaire where they have to check off ‘If you or any of your family members have ever had the following diseases...’ and things like diabetes, hypertension or colon cancer are listed below

it,” Sandy describes. “At the end of the form they have a place for ‘other.’ The number one ‘other’ that they get is ‘high blood pressure’ even though the form had hypertension listed above. The patient doesn’t know hypertension is high blood pressure. The number two ‘other’ they get is ‘sugars’ because the patients don’t call it diabetes.”

These are actual instances that Sandy has heard from the doctors’ offices in the area. “When we talk literacy, people think it’s not being able to read. That’s not what health literacy means. Health literacy is processing what the doctor is saying and being able to act on the information given.”

Most of her examples come from older patients, but one is from a second-language incident. “A Hispanic woman brought her child into the Emergency Room,” Sandy begins. “When she goes to the regular doctor she has trouble filling out the paperwork, but at the ER the questions are asked by an attendant. The woman can speak English, but not read it very well. She finds out that her baby has an ear infection. She picks up the medicine, and the label says to take a teaspoon orally twice a day. Oreja is ‘ear’ in Spanish. She places a teaspoon of medicine in the child’s ear. After three days, she goes back to the ER because

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the baby is still really sick.”

A receptionist at another office told Sandy that many times she receives phone calls asking to renew the prescription for the “little pink pill.” The receptionist asks what it is, but the caller can’t read the name of the medicine or tell why he/she takes it.

The HEAL project follows guidelines set by the American Medical Association. There are also materials for the classes for both the medical staffs and for the patients based on the University of Virginia Medical School’s Health Literacy program.

“Because of my pharmaceutical and teaching background, I was chosen for this project,” Sandy says. “Joan Peterson, the Executive Director at Literacy for Life, really gets this. Her daughter is a physician, so she hears from her about the challenges patients face. Literacy for Life works with the international population more than the older population, but the older population needs this type of help more than any other group. In fact, according to the report ‘Low Health Literacy: Implications for National Health Policy,’ 88% of American adults over the age of 65 have health literacy below the proficient level.’ This means,” she explains, “that this population cannot understand many of the documents

they sign such as HIPPA or understand their health reimbursement information, or even something more basic, like ‘take the medicine on an empty stomach.’ That’s the group seeing the doctors.”

The next group that benefits is the speakers of other languages. “Within our immigrant population,” Sandy describes, “those with less than eight years of education in the United States, 91% suffer from low health literacy.”

Understanding medical information is a main issue for the elderly patients. Comprehending complex medical phrases or knowing the specific medical terms for common ailments can be addressed with help from the physicians’ offices. “There’s a lot of confusion when it comes to medical terms,” Sandy adds. “This whole program, HEAL – Health Education and Adult Literacy – removes barriers for safer care with tools that practices and patients can use.” She says along with Joan Peterson, Dr. Mary Kay Dineen (a retired Williamsburg OB/GYN) and Denise Allard (a risk assessor for a local hospital) round out the team working on HEAL.

Sandy encourages people to look to their parents, friends and neighbors to ensure they understand the medicine they are taking or that they grasp the information the doctor

gives them. “If you suspect a person close to you may have trouble with medical comprehension, call Literacy for Life to sign them up for a HEAL class.” These classes meet each week for two hours and provide materials that people can take to the doctor to help them understand their information.

“There are so many people having a challenge with their health information, like the man who thought hypertension was being too active. People don’t equate hypertension and high blood pressure. Our physicians need to start speaking from where the patient is,” Sandy states, “using the language that the patient understands.”

Literacy is more than not being able to read a language; it is understanding and acting on what you read. “Think of computers,” Sandy says. “If you talk gigahertz or DOS or XML to me, I’d say I was computer illiterate. I would have a blank stare. Now imagine if a highly-educated doctor was throwing around medical terms, I would be even more hesitant to say I didn’t understand.”

Health illiteracy is common, but Sandy Menaquale is working with the HEAL project to help break down those barriers to understanding. NDN

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Home



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Fire Safety at Home

By Greg Lilly, Editor

The most dangerous thing that might happen in your home this holiday season, according to Margaret Tucker, could be from cooking. She's not talking about the danger of food poisoning. She means fire danger. Margaret is the fire education and CERT manager at James City County. "Unattended cooking is the number one cause of home fires, here and nationwide."

If a frying pan or boiling pot were to flame up on the stove, would you know what to do? "Don't use a fire extinguisher," Margaret says. "For a grease fire on the stove – slide the pot's lid or a flat cookie sheet onto the pot. That will put out the fire." A fire extinguisher on a grease

fire would just blast the flaming grease all over the stovetop and part of the kitchen, she warns.

Margaret is from Henrico County, Virginia. "Near Richmond, not that far away," she says. "That's where I started in a volunteer rescue squad back in the 1970s." She worked for the state and for a private ambulance service while getting her advanced certifications.

"I was one of the first women to be in the volunteer rescue squad," she explains. "I joined because of the boyfriend I had at the time." A handsome face lured her into emergency management, but the job caught her interest. "I just loved the work. I ended up making it my life and my career."

She realized the job in emergency management was not an easy one. "There's always that element of danger, but you learn how to do things that make it as safe for you as possible. But, no, you cannot eliminate the element of danger. I spent most of my career as a paramedic/firefighter. I loved every second of it."

She was hired at James City County in 1980. "I got into doing the fire education for the county. Actually, my motivation for moving to this position came from going to fires where there were fatalities." She also saw injuries that could have been avoided. "Helping people understand how to prevent this from happening is my motivation."

She says that the United States has the highest death and injury rate by fire than any other industrialized country in the world. "We've lost more Americans by fire than we've lost to all natural disasters. It's attitude, that's the thing we have to overcome. Most people have the attitude that it won't happen to them. We should all think about this and take steps for prevention."

Each home should have a fire escape route plan and it should be practiced. "You have about three minutes to escape from a fire in your home, and that's due to the poisons in the smoke more so than the fire," she says. "The materials used in building our homes have much more petroleum-based products, including pressed-board composite materials, than those of 30 years ago. Our petroleum-heavy homes burn faster and release toxins like hydrogen cyanide and carbon monoxide. These affect your brain." The gases could possibly stop a person from thinking clearly and from escaping from the burning house.

The early warning system of smoke alarms and carbon monoxide detectors are crucial. Add to these a practiced fire escape route plan and a homeowner is taking the steps for fire safety. The holidays are not a time to relax fire awareness, but it is a season to take extra steps for safety. For the holiday season, Margaret offers fire safety and prevention tips:

Cooking:

"Unattended cooking is the leading cause of home fire," Margaret stresses.

- Most cooking fires start on the stovetop. Turn off the stove's burner if you need to leave the kitchen. Do not leave cooking items unattended.

- For simmering, boiling, baking or roasting foods, use a timer to remind you that it's there and check it regularly.

- A three-foot zone around the stove and oven are a "kid-free" zone. Hot food preparation within the reach of a child or pet can be dangerous.

- Have a lid or cookie sheet near in case of a grease fire. "Just slide it over the flaming pot," Margaret says. "Wait for it to cool off before removing the lid. It may flame up again when air hits it."

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what's up in real estate



As incoming president of the Williamsburg Area Association of REALTORS® (WAAR) part of my responsibility is to find ways to effectively communicate our message to you who live in the communities we serve. There will be times when we need to use this space to help educate our audience on things relevant to our industry, home ownership and real estate in general. You may also read about one of the many charitable functions and special events the Association supports in the community throughout the year. Insights on local and state government rules, regulations, or issues as it pertains to our industry may be offered as well.

Next Door Neighbors magazine is one of our windows for providing such information and the Association wants to be of service. If you have a real estate question or concern you feel needs to be addressed, ask by sending us an email, or calling the number provided at the end of this piece. Your question might be the topic of a future article, or at least the source of an interesting conversation.

Now, three things come to mind.

First, please be sure to exercise your right to vote in November's Presidential election. Voting is a privilege that's not enjoyed by all. As an association, we support issues, not presidential candidates. Our voice is heard through the



by **Sam Mayo**
President
**Williamsburg
Area Association
of REALTORS®**

REALTOR® Political Action Committee (RPAC) where we endorse and support topics or people we believe to be in the best interest of home ownership rights. As individuals, each of us needs to take the time to vote.

The second thing is to provide a snapshot of what is happening in real estate in our part of historic Virginia. Published trends in the market lend to a form of stabilization. According to the Williamsburg Multiple Listing System (WMLS), August pending sales for the area were up almost 20 percent over the same time last year. For those who like numbers, 161 homes went under contract during that month. Last year the figure was 135. The caveat to this is that sales are occurring in specific price ranges with the median sales price for August being \$297,674. It still takes almost five months on average to sell a home, but if properties are priced right, and in good condition, contracts happen.

Finally, a special thank you to Cathy Richardson, outgoing president of the Association, for her outstanding leadership and interesting articles in this magazine.

For additional expert information and guidance, consult a REALTOR®. For a complete and accurate listing of homes for sale, visit www.WAARealator.com.

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- Thaw the turkey before deep frying. "The deep fryer turkey fire video on YouTube shows how fast a cooking fire can erupt," she says. "If you put a semi-frozen turkey into hot oil – that's not very smart."

Candles:

The warm glow and flicker of a candle illustrates the coziness of the holidays. "But, the holidays are peak times for candle fires," Margaret says. "One of the things to remember is not to place them close to anything that might burn."

- Keep a burning candle at least 12 inches away from anything flammable.
- Blow out all candles when you leave the room or go to bed.
- "Ensure that your candles are in safe, stable, and non-flammable containers," Margaret states.

- "Think about your pets. Cats, and even dogs, have a tendency to go over to see what the candle is and could knock it over."

- A Williamsburg tradition is the electric candle in the window. "That type of bulb doesn't put off a lot of heat, unless it is touching something like drapes or blinds," she explains. "It can be knocked off the window sill then it's lying on the carpet." Check the stability of the electric candles and that the bulb is not touching anything.

Christmas Trees:

A dry tree can be viewed as kindling. "A spark from a worn electrical wire or from the fireplace could ignite that tree in seconds," Margaret warns. "Keep it watered."

- Consider the tree's placement. Keep the tree from blocking an exit and make sure it is at least three feet from the fireplace, heat vents, space heaters, radiators, candles or any other heat source.

- Use light strings in good condition. "Check them for worn or broken cords or loose bulbs," Margaret says. "Connect no more than three strands of lights end-to-end."

- "All cut trees are flammable," she states. To minimize this, choose a tree with green needles that do not fall off when rubbed. Trim the bottom of the trunk one to two inches and place into water. Water the tree daily. For artificial trees, check the label to ensure it is flame-retardant.

- Turn off Christmas tree lights before leaving the house or before you go to bed. Do not leave the lights on unattended.

Fireplaces:

"Make sure your chimney has been cleaned and inspected before you use your fireplace that first time," Margaret says. "With a wood burning fireplace, you must safely dispose of the ashes. Those ashes can cause fires days later. I've been to some of those fires. Put the ashes in a metal container, wet them with water and stir the ashes to make sure nothing is smoldering."

A few extra precautions around the home during the holidays can make for a safe and healthy season. Margaret stresses well-rehearsed fire escape plans and fire safety awareness. "Three minutes," she states, "that's about all the time you have to get your family and pets out of a burning house." NDN

More holiday fire safety tips may be found at:
<http://www.jamescitycountyva.gov/jccfiresafety/index.html>

Hey Neighbor!

Please visit 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

Hey Neighbor!

SURVIVORS OF SUICIDE SUPPORT GROUP

First Thursday of every month
Open to all adult survivors of suicide. Hospice House, (on 2nd floor) 4445 Powhatan Parkway Williamsburg. For more information, contact Charlotte Moyler, 757-903-1641, charlottemoyler@cox.net.

Hey Neighbor!

MASTER GARDNER APPLICATIONS BEING ACCEPTED

Through November 15, 2012
James City County Williamsburg Master Gardener Training Program. Classes will meet for three hours, Monday and Wednesday mornings from, January 7 through April 4, 2013. Topics include botany, soils, pest and disease management, best practices for lawn care, gardens, flowers, fruits and vegetables, pruning techniques, landscape design and water conservation. The course fee is \$150. Applications are available at www.jccwmg.org or by calling the Virginia Cooperative Extension at 757-564-2170. Classes fill quickly

Hey Neighbor!

VOLUNTEERS NEEDED

Through the Holiday Season
At the Habitat for Humanity Re-Store on Jamestown Road in Williamsburg. We need cashiers, sales floor associates, and donation processors. Contact: Tina McCabe, Volunteer Coordinator, [\[tatpgw.org\]\(http://tatpgw.org\). Office: 757-603-6895.](mailto:tina@habi-</p></div><div data-bbox=)

Hey Neighbor!

PUTTIN' ON THE DOG FASHION SHOW AND LUNCHEON

October 19, 2012

Sponsored by the Heritage Humane Society Auxiliary featuring fall and holiday fashions from Chico's New Town. The champagne reception starts at 11 am and the luncheon will follow at noon at the Crowne Plaza in Williamsburg. For information or reservations visit www.heritagehumaneociety.org. Call Shirley Estes at 757-890-5313 for additional details.

Hey Neighbor!

GHOST TRAILS HAYRIDES

October 19-20, 25-27, 2012

Beginning at 7 pm. Join us for this spooky hayride thru the woods of the park to discover some of its haunted past through storytelling. Please call the park office for reservations and fees. John R. Gresham, Jr., Education Support Specialist I, York River State Park, 5526 Riverview Road, Williamsburg. Phone 757-566-3036.

Hey Neighbor!

THE NUNSENSE HOLLYWOOD BOWL SHOW!

October 19-20, 2012

The Little Sisters of Hoboken are off on their newest Nonsense adventure, this time heading to Tinsel town. Featuring all new songs, audience participation, and heavenly hu-

mor. It would be a sin to miss Cindy Williams, the lovable star of Laverne & Shirley, as Mother Superior along with the original New York cast in this zany new musical comedy. Ferguson Center for the Arts, Christopher Newport University.

Hey Neighbor!

10TH ANNUAL VIRGINIA FALL CLASSIC FOR CHKD

October 19-21, 2012

The Virginia Peninsula Car Club Council and City of Newport News will be hosting the 10th Annual Virginia Fall Classic at the Newport News City Park and Ferguson Enterprises Inc. Events include dinner, music and shows of classic cars, trucks and motorcycles. If you need other information, go to www.vafallclassic.org.

Hey Neighbor!

YORK RIVER IMAGES PHOTOGRAPHY EXHIBIT

October 20, 2012

From 10 am – 2 pm. Area shutters will converge on the banks of the York River to display their creative work. Meet the artist, get a few tips, and purchase something you like. You may even be inspired to take your camera and capture some images of your own. York River State Park, 5526 Riverview Road, Williamsburg. Phone – 757-566-3036.

Hey Neighbor!

TAGGING MONARCH BUT-

TERFLIES

October 20, 2012

From 10-11:30 am. Monarch caterpillars were collected and hand-raised by Angela Cingale. Come and help Barb Dunbar and monarch expert Larry Brindza tag and release the adult Monarch butterflies into the Garden to begin their epic journey to Mexico for the winter. The program is free and open to the public, no registration required. Contact Barb Dunbar at 880-8875, twotac@cox.net for more information.

Hey Neighbor!

CASINO NIGHT 2012

October 20, 2012

Hosted by Junior Woman's Club of Williamsburg, Inc. From 7 – 11 pm at TowneBank Williamsburg, 5216 Monticello Avenue. Tickets \$75 beginning October 13. Tickets include open bar & heavy hors d'oeuvres, gaming, silent auction, and raffles. Limited number of VIP parking passes will be offered at \$5 and very limited number of Texas Hold 'Em. First seating reservations will be offered at \$20 (both in addition to ticket price). Proceeds of event to benefit local nonprofits through grants, donations, and other projects of JWCW. Visit www.williamsburgjuniors.org for tickets and information.

Hey Neighbor!

WILLIAMSBURG FARMERS MARKET



TO BENEFIT DREAM CATCHERS
NOVEMBER 4TH 2012
5:00 P.M. 'TIL 7:30 P.M.
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COMMUNITY ANNOUNCEMENT

If your organization has a holiday event planned, *Next Door Neighbors* and the Greater Williamsburg Chamber & Tourism Alliance want to know!

We will be posting and promoting a comprehensive calendar of holiday happenings of all kinds – everything from art exhibits and choral programs to church concerts and charity bazaars – online at:

www.ChristmasinWilliamsburg.com.

We want everyone – locals and visitors – to know and enjoy all there is to do, hear and see here during the holidays!

To inform us of your event, email the what, when, where and who of your event to: skrabala@williamsburgcc.com

On November 15th, *Next Door Neighbors* and the Greater Williamsburg Chamber & Tourism Alliance will bring you **Williamsburg Holidays**, a guide to the holiday season in the Williamsburg area. We'll be interviewing your neighbors who are bringing you some of the exciting events and we'll remind you of the many ways you can make your Christmas fun by going to www.ChristmasinWilliamsburg.com to discover everything there is to do!



For advertising information regarding the 2012 Williamsburg Holidays issue please contact Meredith Collins at (757) 560-3235 or send your email to: meredith.collinsgroup@cox.net

October 20 and 27, 2012

Time: 8 am – 12 noon. October 20 – Recycling Day. The City of Williamsburg and JCC will bring the Green Trailer for “Let’s Talk Green.” The Master Gardeners will display composting methods. Traditions at the Williamsburg Lodge will present food demonstrations at 9:30 am and 10:30 am. Vendors will bring wines, dried flowers, pumpkins and local food products. October 27 – Music will be played by W&M Appalachian Music Ensemble 9:00 – 11:00 am. Chef Ty Austin of Sticks will present food demonstrations at 9:30 am and 10:30 am.

Hey Neighbor! BREASTFEEDING ADVICE

October 25, 2012

5:30-6:30 pm, 119 Bulifants Blvd., Williamsburg. Please join us for this free introductory class designed to help expectant mothers get off to a good breastfeeding. Pediatric Associates of Williamsburg. Please call (757) 564-7337 press 5 then 3 if you have questions.

Hey Neighbor! WILLIAMSBURG WALK TO END ALZHEIMER’S®

October 27, 2012

Join us at the Williamsburg Community Building, 401 N. Boundary Street! Registration begins at 8:30 a.m. and the walk starts at 10 am. If you would like participate by signing up to walk on your own or as part of a team, please contact Barbara Monteith at barbara.monteith@alz.org or 800-272-3900. Information: <http://act.alz.org/2012WB>

Hey Neighbor! FREE FAMILY HARVEST CARNIVAL

October 31, 2012

From 5:30- 8:30 pm. Come and bring the whole family for a fun filled Harvest Carnival. There will be games, music, treats & candy. Hosted by Calvary Chapel Williamsburg. The address is 5609 Richmond Rd but the entrance is off of Olde Towne Road here in Williamsburg. Please call 757-342-6932 for any questions. See you there for lots of family fun!

Hey Neighbor! AN EVENING WITH A PERSON OF THE PAST

November 1, 2012

Come meet John Rollison, one of the most wealthy free men of color in Williamsburg during the 1700’s. Portrayed by James Cameron, his

story is sure to delight. Wine & light fare served at 5:00pm. Performance begins at 6:00 pm. Location - St. Martin’s Episcopal Church, Parish Hall at 1333 Jamestown Road. Contact Carolyn Stowe at 564-8550 to purchase tickets. Price: \$15.00. Event presented by the PEO Sisterhood, Chapter BJ. All proceeds benefit women’s education.

Hey Neighbor! EPILEPSY FOUNDATION OF VA AWARENESS WALK

November 3, 2012

Help us raise awareness on the Peninsula by joining our walk at City Center at Oyster Point. Fundraising proceeds will support the Epilepsy Foundation of Virginia efforts to provide assistance to those with epilepsy and raise awareness throughout the state. Registration fee is \$20/adult and \$10/child. Request a registration brochure by emailing efvapen@gmail.com or register online at efva.org.

Hey Neighbor! QUEENS LAKE COMMUNITY ARTS & CRAFTS SHOW

November 3, 2012

Queens Lake Clubhouse, 234 E. Queens Drive, Williamsburg. From 9 am – 3 pm. The 3rd annual show features artisans and hobbyists from the Queens Lake neighborhood and local community. Items for sale include handmade jewelry, needlecrafts, photography, pottery, folk art, hand painted personalized holiday ornaments and more. Local authors will have their books available to sign and sell. Come to browse, shop or simply enjoy the view of the Queens Lake Marina and beautiful Queens Creek. Free admission.

Hey Neighbor! COWBOYS UNCORKED AT THE WILLIAMSBURG WINERY

November 4, 2012

5 – 7:30 pm. Williamsburg Winery, 5800 Wessex Hundred Williamsburg. Bring your boots and cowboy hat for a fun night for a great cause at Cowboys Uncorked at the Williamsburg Winery. Enjoy BBQ, chili, beer, wine, whiskey and “sarsaparilla.” This rodeo-themed event will also feature country line dancing, quick-draw gunslinger competition, silent auction and more. Tickets are \$50 each and can be purchased online (www.dreamcatcherswilliamsburg.org) or by phone 757-566-1775. Proceeds from the event benefit Dream Catchers at the Cori Sikich Therapeutic Riding

Center. Website: www.dreamcatcherswilliamsburg.org.

Hey Neighbor!

THE ART OF TEA – TEA & ARTISTS VILLAGE

November 4, 2012

Blooms That Brighten, Inc. will hold its 2nd annual community wide event “The Art of Tea & Artists Village” at Walsingham Academy from noon to 5 pm. Entry to the Artists Village is free and will feature local artisans and crafters. Tickets for the tea are \$20 per person and reservations are required. For more information visit www.bloomsthatbrighten.com/the-art-of-tea or call Suzanne Jordan at 565-3273.

Hey Neighbor!

TEDDY BEAR TEA - SPONSORED BY THE SALVATION ARMY WOMEN'S AUXILIARY

November 7, 2012

The 6th annual Teddy Bear Tea will be held in Lewis Hall at Bruton Parish Church from 3:30 - 5:00 pm. Enjoy sweets, savories and tea amid hundreds of creatively dressed teddy bears that will be given to Angel Tree children at Christmas. New this year will be a silent auction for several great items and activities. The cost to attend is \$20/adult and \$6/child; proceeds benefit the Salvation Army. For reservations or more information call 565-2129 or e-mail sawa.va@hotmail.com.

Hey Neighbor!

GIRL SCOUTS TO HOST ANNUAL FAMOUS FORMER GIRL SCOUTS LUNCHEON

November 8, 2012

The Girl Scout Council of Colonial Coast will be hosting its annual Famous Former Girl Scouts luncheon on from 11 am- 1:30 pm at the Renaissance Portsmouth Hotel. The Council will be honoring local Girl Scout alumnae who exemplify the values of Girl Scouts and who are making a difference in our community. Tickets are \$40 per person and can be purchased online through gsgcc.org.

Hey Neighbor!

WILLIAMSBURG CHORAL GUILD FALL CONCERT -- “REMEMBRANCE”

November 11, 2012

At 4 pm, featuring “Yizkor Requiem” in partnership with Temple Beth El. Soloists Benjamin Warschawski, cantor; Sarah Kate Walston and Phaedra McNorton; Rabbi David Katz, narrator. For

information, call 757-220-1808. Tickets: \$20 (\$23 at the door). Location: Warhill High School, 4615 Opportunity Way, Williamsburg.

Hey Neighbor!

CATCH THE VISION TOUR

November 15, 2012

At 8:00 am and 2:00 pm, Williamsburg Christian Academy invites you to attend a tour of the school. Please call 220-1978, ext 113 for more information. www.williamsburgchristian.org

Hey Neighbor!

BABY CARE 101

November 15, 2012

Free. From 7-9 pm at 119 Bulifants Blvd., Williamsburg. Class for expectant and newborn parents who want to learn about providing a safe and secure environment for their infants. Pediatric Associates of Williamsburg. Call (757) 564-7337 press option 5 then 3 with questions. Register online at www.chkld.org/classes.

Hey Neighbor!

INFANT MASSAGE CLASS

November 15, 2012

From 5:30-6:30 pm at 119 Bulifants Blvd., Williamsburg. Expecting and new parents will learn simple infant massage techniques designed for infants from birth to 6 months. Pediatric Associates of Williamsburg. Call 757-564-7337 press 5 then 3 with questions. Register online at www.chkld.org/classes.

Hey Neighbor!

WEEKEND TO REMEMBER COUPLES GETAWAY

November 16-18, 2012

At Colonial Williamsburg Lodge. Friday registration 5:30-7 pm, Session 7-10 pm. Saturday 8:30 am -5:45 pm. Sunday 9 am-12:30 pm. Whether you're married or contemplating marriage, the getaway weekend is a time to invest in & strengthen the foundation of your marriage, no matter how firm or fragile it is. For registration, current rates and offers visit: FamilyLife.com/Weekend. Enter our Williamsburg group code & receive a discounted rate. Group code - ADREDEEMED. Site code - 13PFF1

Hey Neighbor!

FUNGUS AMONG US

November 17, 2012

From 10-11:30 am, a program for children and adults about the role of fungi in a garden. The program is free and open to the public, no

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This event will benefit
10 LOCAL non-profits.



November 9-11th
Fri. & Sat. 10am-7pm, Sun. 10am-6pm
Hampton Roads Convention Center
For more information, visit
www.bodaciousbazaar.com



The Bodacious Bazaar & Art Festival

registration required. Contact Barb Dunbar at 880-8875, twotac@cox.net for more information.

Hey Neighbor!

CONCERT: JENNIFER KIRKLAND AND BERT CARLSON

November 17, 2012

This duo presents an unforgettable musical conversation featuring jazz, blues and other American popular music, providing an entertaining musical experience for audiences of all ages. 7:30 pm at the Williamsburg Baptist Church. Free and open to anyone who wishes to attend. All concerts are held at 227 Richmond Road, Williamsburg. For more information call the church at 229-1217.

Hey Neighbor!

PHAEDRA McNORTON & JANE ALCORN

November 21st, 2012

At 10 a.m. in Lewis Hall of Bruton Parish, Duke of Gloucester Street. The Williamsburg Music Club will present Soprano Phaedra McNorton accompanied by pianist Jane Alcorn in a program opera to Broadway favorites. Guests are FREE. Contact Sylvia Lynn 757-741-0006 or www.williamsburgmusicclub.org.

Hey Neighbor!

WILLIAMSBURG HOLIDAY FARMERS MARKET

November 17 and 24, 2012

From 8 am – 12 noon. Products at these markets will feature berries, greens and cut trees. Baked goods, meats, seafood, and items for gift giving will be for sale at these festive markets. November 17 – High Country will play and sing seasonal music. November 24 – So'lach will play Celtic and folk music. Libbey Oliver, Market Manager, 757-259-3768. For information, contact loliver@williamsburgva.gov or www.williamsburgfarmersmarket.com.

Hey Neighbor!

BASKETBALL JAMBOREE

November 23-24, 2012

The Rotary Club of the Historic Triangle is sponsoring its second annual Basketball Jamboree. This is an action-packed, two-day event pitting our three local public high schools against three private schools – teams they don't see during the regular season. Boys play on November 23, and girls play on November 24. Contact Sally Wolfe, Senior Director of Development, Williamsburg Landing, 5700 Williamsburg Landing Drive, Williamsburg, VA

23185. Phone: 757-253-9677

Hey Neighbor!

AARP TAXAIDE TRAINING

Beginning November 28, 2012

Williamsburg AARP Tax Aide is looking for volunteers to assist seniors as well as low-to-moderate income taxpayers in completing their 2012 tax returns. Our counselors are certified by the IRS and provide this FREE service in partnership with the Williamsburg Regional Library. Volunteers should be comfortable using a computer online and have some experience preparing tax returns. Membership in AARP is not required. Training will take place at the e-CLIC computer lab at the James City County Library beginning in November. Please contact Jane Alcorn jane@thealcorns.com for more information.

Hey Neighbor!

FESTIVAL OF LIGHTS GALA

November 28, 2012

The Auxiliary of Sentara Williamsburg Regional Medical center invites you to join us November 28th for our Festival of Lights Gala fund raiser. 6-8 PM. \$30.00 per person for an evening of surprises including a silent auction, great food, drink, music and lots of fun. Sentara Williamsburg Hospital. Contact: Gert Berthiamue Phone: 757 345 0966 or Betty Pittman 757 871 9620

Hey Neighbor!

HOLIDAY TEA FASHION SHOW

November 28, 2012

The Woman's Club of Williamsburg -GFWC is hosting a "Holiday Tea" Fashion Show in the Ballroom at Colonial Heritage on Wednesday, November 28, 2012. Registration will start at 10:30 am tea served at 11:45 am. and modeling beginning at 12:45 pm Fashions by Doncaster Outlet. Raffle prizes and 50/50 drawing. Cash bar will be available. Proceeds will benefit the club's scholarship fund.. For reservations send checks in the amount of \$25 per person to The Woman's Club of Williamsburg GFWC, 107 Crownpoint Road, Williamsburg, VA 23185-4417 For additional information call Reservations Chair Jean Migneault at 220-0036 or e-mail jmigneault@cox.net.

Hey Neighbor!

WILLIAMSBURG HOLIDAY FARMERS MARKET

December 8, 2012

From 8 am – 12 noon. Products at

these markets will feature berries, greens and cut trees. Baked goods, meats, seafood, and items for gift giving will be for sale at these festive markets. Reveille a women's a cappella group will sing holiday music. Libbey Oliver, Market Manager, 757-259-3768, loliver@williamsburgva.gov or www.williamsburgfarmersmarket.com

Hey Neighbor!

FIRST NIGHT WILLIAMSBURG

December 31, 2012

First Night Williamsburg will celebrate New Year's Eve with over 45 live performing acts throughout downtown Williamsburg and on the stages of the campus of William & Mary. Admission: \$15 pp, kids 5 & under are free. Buttons are on sale throughout the month of December at local retailers. For information, visit www.firstnightwilliamsburg.org.

Hey Neighbor!

OLDE TOWNE MEDICAL CENTER 20TH ANNIVERSARY CELEBRATION

January 26, 2013

Join us for a fun evening of celebration honoring medical and dental clinic founders, Dr. Tom Tylman, DO, and Dr. Tom Luckam, DDS, and the many wonderful volunteers serving our patients. This black tie optional gala will be held in the Virginia Room of the Colonial Williamsburg Lodge. Tickets are \$95 per person for dinner and dancing. Sponsorships including tickets and advertising opportunities are also available. For information call 757-259-3259 or see the event flyer at www.oldetownmedicalcenter.org under Community Support, Special Projects.

Hey Neighbor!

CONCERT: DA CAPO

February 23, 2013

This fresh, young vocal quartet takes audiences on a refreshing journey spanning over a hundred years of vocal music with songs ranging from the early 1900s to sings on the radio today. Their dynamic presentations have brought them success in many vocal competitions. Time: 7:30 pm at the Williamsburg Baptist Church. Free and open to anyone who wishes to attend. All concerts are held at 227 Richmond Road, Williamsburg. For more information call the church at 229-1217.

Hey Neighbor!

CONCERT: WREN MASTERS

April 20, 2013

This quartet of William and Mary faculty members plays period instruments in performances of 16th to 18th century music, featuring works by Bach, Couperin, Handel, Telemann and Vivaldi. The group is named for their favorite performance space, the 1695 Wren Chapel on the campus. 7:40 pm at the Williamsburg Baptist Church. Free and open to anyone who wishes to attend. All concerts are held at 227 Richmond Road, Williamsburg. For more information call the church at 229-1217.

Hey Neighbor!

BARK IN THE PARK SPRING FLING - GIVING SHELTER DOG'S NEW LEASH ON LIFE

April 27, 2013

Bark in the Park is PAWSing in 2012 to Spring back in 2013! From 10 am – 3 pm. The 12th Annual Bark in the Park is moving to the Spring of 2013. We are honored that James City County Parks & Recreation will once again partner with Heritage Humane Society Auxiliary to sponsor this Pledge Driven Walk & Family Festival at Chickahominy Riverfront Park in Williamsburg. This supports our Mission statement, which is to provide a fun and educational day, and directly support our homeless animals and finding them a forever home.

Hey Neighbor! is a free service for non-profit organizations, churches and civic groups. It is intended to help these organizations increase attendance to their events, find volunteers, fundraise and connect with locals in the community who could be a good resource for them.

Please submit your submission to this page in a Word document or in an email. We will not accept PDF's, flyers, photographs or other graphics.

Send your email to: heyneighbor@cox.net

If you have any questions, please contact me directly. Thank you!

Meredith Collins
757-560-3235
meredith.collinsgroup@cox.net

Williamsburg's
**IN THE
NEIGHBORHOOD**
photo challenge

**FALL AT THE
FRESH MARKET**

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

Enjoy!



ADVANCED LEVEL

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

October 2012
In the Neighborhood
Photo Challenge





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THE VINEYARDS

2400 Pate's Creek

Gracious 5,000 sq. ft. all brick custom home built on one private acre, three car garage, 4 oversized bedrooms to include a 1st floor master, suite, gourmet kitchen, study with coffered ceiling and gorgeous bookshelves, spacious family room boasts vaulted ceiling, spectacular all season sunroom. \$875,000.



(757) 869-5533

amerika@lizmoore.com



216 CHERWELL COURT

5 BR, 3.5 BAs, 3,534 sqft. Victorian custom built, 1.67 acres of wooded privacy. Excellent curb appeal with wonderful porch, deck & gazebo. 1st and 2nd floor master suites each w/ private BA. HW floors on main level. 5th BR also used as office. Large kitchen w/lots of counter space opens to breakfast eating area. Lots of room for all to enjoy! \$450,000



757-784-4317

charlotteturner@lizmoore.com
www.homesbycharlotte.com



QUEENS LAKE

Refreshed 3,127 sq. ft., 5 BRs, 3 full BAs & 3 finished levels. Upgrades include: extensive oak flooring, gas furnace, new interior paint, leafless gutters. Total kitchen renovation. Large maple top island, extensive cabinets, granite counters, 5 burner gas cooktop & Shaw farm sink. LR w/ FP & access to DR through new French doors. First FR opens to large deck. All BAs updated. Lower walk-out level has updated 2nd FR w/ new carpeting, gas FP, large laundry rm & 3rd BA. 2 car garage, private lot & charming tree house. MLS# 30033910. \$459,000.



757-876-3838

susansmith@lizmoore.com

www.lizmoore.com/susansmith



102 BOULDER

3 BR, 2.5 BA, \$230,000. Charming home on quiet cul de sac. Open floor plan, 2 story foyer, cathedral ceilings. Sun filled eat-in kitchen. Private fenced back yard. Easy access to Colonial Parkway and Colonial Williamsburg. Move in ready.

Tim Parker
(757) 879-1781

Cyril Petrop
(757) 879-8811

www.timparkerrealestate.com



KINGSMILL • 117 Roger Smith

Meticulously maintained BOTH inside and out GORGEOUS transitional patio home in coveted Burwells Glen. Light & bright with a flowing floor plan - perfect for entertaining or everyday enjoyment. Fabulous golf & water views. Spacious rooms, MBR suites on 1st & 2nd level, gourmet kitchen, gleaming HW flooring throughout, every upgrade imaginable!! One Year Home Warranty. \$765,000.



(757) 291-9201

dianebeal@lizmoore.com



145 EASTBURY

Custom built Golf course property in Ford's Colony's Brigadoon section. Open floor plan is perfect for entertaining or casual living. Spacious LR/Study w/built ins & 1st of 3 FPs, grand foyer leads you to a spacious formal DR. 1st floor MSTR retreat offers sitting area w/2nd FP. The sunroom offers golf views of Blue Heron #8. Spacious Bright kitchen w/new granite. Up are 3 add'l BRs each w/private BAs. 4 BR, 4.5 BA, 5,311 sqft \$800,000.



757-903-7627

lizmoore.com/lorrainefunk
5350 Discovery Park Blvd., Williamsburg, VA



120 FYFE COURT

Carriage Homes at Williamsburg Commons - the best kept secret in Williamsburg for first floor living! Townhome features 2 BRs on the first level, MBR enjoys vaulted ceiling & spacious walk-in closet. Second BR on first level. Large upstairs loft leads to walk-in storage. Attached garage, screened porch & fenced yard. \$225,000. www.lizmoore.com/120fyfecourt



Grace Lacey, ABR
(757) 876-4634

www.lizmoore.com/gracelacey