

August 2013

WILLIAMSBURG'S

Next Door Neighbors[®]

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PRICELESS

Discovering the people who call Williamsburg home

The Arts

in Williamsburg

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A&E Dale Weiss

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I am amazed at the number of artistic people who call Williamsburg home. Creativity seems to flourish in our community, burgeoning in a variety of ways through music, dance, painting, sculpture and other imaginative expressions of the unique talents and diverse personalities of our neighbors. It is only fitting that we take the time to meet some of these artists and those who support them just before the upcoming celebration of Arts Month in September.



Meredith Collins, Publisher

The many artistic mediums, styles, and interpretations represented in our community provide an opportunity for everyone to find something they can relate to and enjoy. Part of enjoying Arts Month and the *Occasion for the Arts* is to jump right in and take part in this cultural event through the abundance of exhibits and activities planned.

In this issue, we bring you only a small sampling of locals who are part of our creative force. Some are artists while others are "the wind beneath their wings" - those who help coordinate and execute these events for the support of our artists and the enjoyment of us all. I hope you look forward to the stories in this issue. Perhaps by learning about these events and creative individuals you will be motivated to be active in the celebration of Arts Month! NDN

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Letting Art Speak

By Rebecca Corlett

Lisa W. Cumming Photography

Art affects our day-to-day lives more than we may realize. Music on the radio, commercials on television and numerous advertisements all require creative, artistic thinking in their conception and production. Patricia Rublein wonders why art evokes emotion or reflection in us, and why art captures humanity the way our daily life doesn't. It is this melding of art and humanity that she finds so rewarding in her ongoing advocacy for art.

Patricia was first introduced to the world of art through music. "My dad took me to the symphony when I was little, maybe ten, and I heard Brahms' Third Symphony. I immediately bought the record and began taking violin lessons." From that point on, she dove into music, taking many avenues ranging from singing to violin to piano. Looking back on her formative childhood, Patricia's most profound epiphany, however, was discovering "the way art speaks to you." She is convinced that this exposure to the world of music started her on the road to the creative thinking, reasoning, and art appreciation that have become her daily life.

Patricia grew up in Milwaukee, Wisconsin and eventually attended the University of Wisconsin. While in college, she toyed with the idea of becoming a children's music teacher, or a French teacher, for her love of languages was starting to compete with her passion for music and the arts.

Half way through her degree, Patricia decided to take some time off, during which she married her husband, George, who was at the time a Mathematics professor at Purdue University. Soon afterward, they moved to Williamsburg, where George began teaching at the College of William and Mary. After several years, Patricia decided to go back to school to finish her degree, this time knowing exactly what she wanted to study - art history.

Since then, Patricia has surrounded her day-to-day life with arts advocacy, both locally and nationally. "I was, until recently, the Executive Director of the Cultural Alliance of Hampton Roads, which is an advocacy association for the arts here in the region." Patricia is also a proud member of the Virginia Symphony Chorus, a

member of the Americans for the Arts, and on the board for Virginians for the Arts – an organization that supports arts within the entire state of Virginia.

"We spend a lot of time cultivating relationships with the legislature. We encourage public funding of grants for the Virginia Commission for the Arts, which I think is a wonderful thing for the state to invest in. There are so many people doing things here with so little money that it is just amazing!"

Arts education is a very important aspect within Patricia's arts advocacy work. Studies show that children who are exposed to arts within their daily lives, whether it is musically or creatively, are better learners.

"Art is a very important piece of growing up," says Patricia. "It impacts reasoning, analyzing and creative thinking, which stimulates successful achievements in so many areas; so arts advocacy is a big deal for me." But her passion isn't restricted to the workplace. Being involved in art was a mandatory activity in the Rublein household.

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When their children, Susanne and John, were growing up, Patricia and George required the children to take piano lessons for at least one year to learn to read musical notes, so the children would have an understanding of how notation relates to the keyboard. They also kept a “creative” room for the children, filled with arts and crafts, in addition to encouraging the children to be involved in art programs within the community (such as the numerous art activities at This Century Art Gallery).

Patricia has kept her relationship with This Century Art Gallery and is participating as co-chair for their Arts Month fundraiser. The event will take place on September 15th and is called “Artspeaks: Small and Great.” This fundraiser will be an art show exclusively showing artwork from regional artists who have created pieces to a certain set of specifications. Patricia says the goal is to simply let the art speak, to build awareness of all of the great things local artists are doing and to raise money for the arts in the region.

In addition to her many other roles, Patricia spends her time as a docent at the Muscarelle Museum, which recently featured twenty-six Michelangelo drawings. “I just dropped everything to do a tour. It was so exciting, and it was so wonderful to talk to people about the drawings because people don’t typically think of Michelangelo with his drawings. They think of the Sistine Chapel or the David, but everything starts with a drawing; everything starts with an idea.”

Patricia is thoroughly enjoying using her art history training to share her love of art with her community.

Art is an incredibly important aspect of our lives and of our community, allowing us to think about life in many different ways. An example Patricia likes to use is the artist by the name of Cristo, who does large-scale artwork in what some would say abnormal places. He has blanketed Central Park with orange flags, wrapped a building with foil and built a fence with white flags across the desert. These tremendous pieces of art make society think about something in a unique way and impact people even when they don’t realize it. One may think it is wonderful, and another may think it is weird, but the work evokes a reaction, an emotion that feeds our brain’s creativity and reasoning, helping us to grow as a society. This is what Patricia calls “letting the art speak.” A life without art and its effects is unimaginable - “it is an extremely fulfilling asset to life.”

Patricia says she approaches her daily life with creative thinking, which allows her to use an artist’s perspective, as well as tactile influences in everything she does, especially with her Arts Month project. “The arts, creativity and culture speak to who I am. I can’t avoid it. It is there all the time.” Patricia has many pieces of art that she views as her all-time favorites, including Matisse’s Piano Lesson, Poussin’s The Madonna of the Steps, along with paintings by Gentileschi, Rubens and Manet. One collection especially close to her heart is the Renoirs purchased by Elbert Barnes, which are now a part of the Barnes Collection in Philadelphia. Further illustrating her affection, she will be teaching a class on the Barnes Foundation in October at the Christopher Wren Association.

Just one all-around favorite will never suit Patricia Rublein. Rather than focusing on a singular era or style, she enjoys seeing the different ways artists express themselves and who influenced them. Artists across all eras were influenced by their emotions and surroundings, so by merely letting each piece of art speak for itself invites each of us to become a vital part of the artistic process. “Simply let the art speak.”

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The Art of Gallery Crawling!

By Lillian Stevens



Lisa W. Cumming Photography

On a temperate evening in early October, select venues in Williamsburg's Arts District will create the backdrop for *Gallery Crawl 2013*, a unique opportunity to take in some local art while sampling great wines and delicious foods. The entrance fee is \$40, and your ticket is a commemorative wine glass.

Chris Lafferty is the chair of this popular event which is now in its third year. She has been on the organizing committee of *Gallery Crawl* since its inception in 2011.

"Michele DeWitt and the Williamsburg Economic Development Authority have always taken the lead on *Gallery Crawl* but this

year they asked if someone outside of the city offices would oversee it," Chris says. "Those of us who work on *Gallery Crawl* love it and, although I don't consider myself an artist, I am pretty good with the logistics." She adds, "And I do love art."

The event is interesting because it pulls in

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such a broad spectrum of art – from galleries and retail shops here in town that sell art – to local Bed and Breakfast businesses (B&Bs) which display the work of emerging artists.

“Along with the art, there is the food and wine aspect to it,” Chris says. “This year the *Gallery Crawl* is going to be pretty much up and down Richmond Road from Merchants Square to the Bed and Breakfast area, the Arts District and stretching over to High Street.”

Chris and her committee (which consists of all volunteers) are in the throes of contacting potential participants.

“We are fortunate that so many artists and retail locations have heard of *Gallery Crawl* and they want to participate – and that’s terrific. But then we have to decide whether we want to go with a limited number of galleries or do we want patrons to be able to pick and choose? On one hand, we want to make sure we recognize the artists and locations that are true draws for the event but on the other hand, it’s also fun to switch it up so that there is something new each year.”

The main goal is to showcase the arts and the Arts District in the city. Williamsburg’s Arts District spans a portion of the city located between the College of William and Mary and Williamsburg Shopping Center on Richmond Road. It is about all artists and their diverse creativity. There are visual and performing artists as well as graphic designers and architects.

Chris considers herself none of the above.

“If I thought I had a creative side, I might take a class or something,” she says. “I am more of an art lover. I can’t conceptualize art but I can implement it.”

Chris has always appreciated art museums and art shows – especially Williamsburg’s *An Occasion for the Arts*. Having become more interested in art over the years, Chris likes to study a piece of art – really look at it – and fully appreciate each component.

“I will look at a work of art, and I’m more interested in the brush strokes and the light,” she explains. “I can actually dissect the piece and understand the effort that goes into it. I have a lot of fun looking at the different medi-

ums – the different kinds of art out there – and I have really enjoyed getting to know the great artists in this town.”

Chris doesn’t have a particular favorite art medium. One day she enjoys glass, another day she’s into watercolor landscapes.

“I think what attracts me most is color and light, and so I drift more toward those arenas and have really broadened my enjoyment of it,” Chris says. “Also, I remember when folk art was among my least favorite but these days you cannot drag me out of the Abby Aldrich Museum.”

For many years, Colonial Williamsburg has offered a broad array of art museums and galleries, but the Arts District is fairly young, having been created by the city in early 2011.

“Simply put, the idea behind any Arts District is to bring economic opportunities to the area,” Chris says. “If you have a group of artists and other creative professionals in one area, it can serve as a catalyst for other businesses and cultural endeavors. We were all sitting around the table talking about different activities we



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could do in the fall that centered around *An Occasion for the Arts* – because *An Occasion for the Arts* was the big event – and we were brainstorming ways to bring people into town.”

From that conversation, Arts Month – a month-long celebration of the arts held in Williamsburg each September – was developed.

Clearly, the arts scene has come a long way since the late 1970’s when Chris moved to Williamsburg. She moved to town after her college graduation because her parents make their home here. Chris worked as a school teacher in town and met and married her husband, Ed, here. The couple, who have been married for 37 years, have always looked forward to attending *An Occasion for the Arts* each fall.

“We moved away in the 1980’s but always maintained a close relationship with Williamsburg because my parents were here,” she says. In 2002, Chris’ husband retired and the couple moved back to Williamsburg. She returned to work and participated in the Williamsburg Chamber of Commerce’s Historic Triangle Leadership Class. That led to new friendships

and her eventual involvement in *An Occasion for the Arts* as a member of its board.

Today, the art lover who insists she isn’t an artist has found her joy in slowing down, living in the moment.

“When I think of art, it just brings peacefulness,” Chris says. “I stop and look at the pieces that I have in my home and it forces me to slow down. I used to be the type of person who coordinated the art to the interior design, and now I just buy what I love. I have beautiful glass pieces and also some pots that are very rustic, but I love them – either because of a color that they bring or a light that emerges. I love to imagine what the artist was thinking of when painting a particular piece – where were they in their life?”

Those of us who have lived here for decades have had a unique opportunity to watch as the arts – visual, performing, graphic, and more – become more visible in this area – a benefit for residents and tourists alike.

“We’re seeing such a great appreciation of art,” Chris says. “Any time of the year, you can

find some sort of arts activity going on. There are festivals in and around town, from *An Occasion for the Arts* to New Kent’s Greater Lanexa Studio Tour. Also, you’re finding that frame shops are now galleries where they are bringing in artists. There is just this opportunity to get exposed to so many different things.”

Art is popping up all over the place, and the *Gallery Crawl* has been a smashing success. So far, though, the *Crawl* hasn’t turned a profit, but that doesn’t thwart enthusiasm. Chris and her committee are busy at work lining up sponsors. “We couldn’t do this without our sponsors,” she says. “From the printing of tickets and signage to the expense of busses, it gets expensive. So we like to cover our costs but we also like to just put on a good party.”

Chris says that she and her organizing committee hope to just break even. “Maybe in the future we will turn a profit and be in a position to distribute money to various arts organizations.”

“I don’t want to say it’s a lot of work,” Chris Lafferty says, “but it sure is a lot of fun.” NDN

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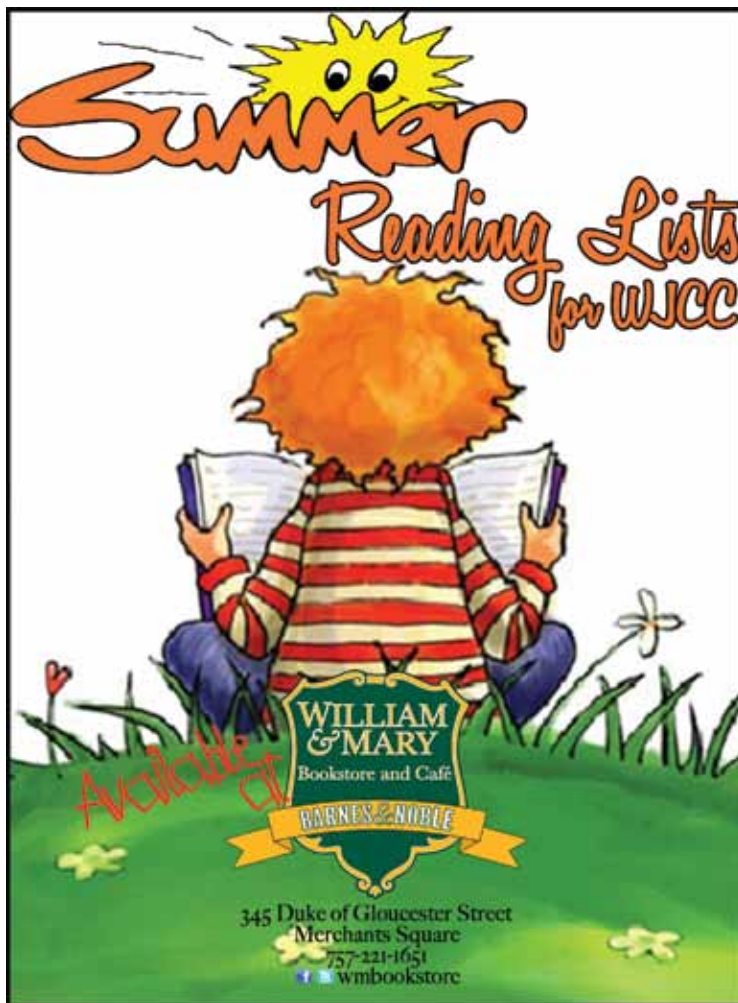
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A Labor of Love

By Alison Johnson



Art began to change Sheila Myers' life when she was in college. Busy studying government, history and geography, she also took music, poetry and literature classes and fell in love. That interest carried over into motherhood, when Sheila took her two children on countless Sunday afternoon outings to museums, concerts and other artistic ventures. Sometimes

her kids enjoyed the trips, and other times they rolled their eyes in boredom. Either way, Sheila found art was a great way to experience a range of cultural perspectives and also connect her family with their community.

Serving as Chair of the York County Arts Commission and as York County representative on the Williamsburg Area Arts Commis-

sion is a labor of love. Over the past decade, Sheila has happily watched the Historic Triangle blossom as an arts destination thanks to increased regional cooperation between the two commissions and the governments of Williamsburg, York and James City County.

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leries, performance art, visual art – events which bring that feeling of personal joy that art can provide,” she says. “It is a unique experience for each individual, and at the same time, it binds people together.”

Arts commissions act as advisory boards for local governments, helping to support and promote a variety of arts organizations and events, some free or low-cost. Members review funding requests and administer grants to nonprofits involved in dance, writing, music, theater, visual arts and more. They also serve as liaisons with specific arts groups to ensure they follow guidelines for public funding.

All of that work is especially critical for Arts Month, an annual occasion overseen by tourism and economic development leaders. Held in September and into early October, the initiative includes special events and promotions for visitors to the Historic Triangle.

“The fastest-growing category of tourism is what’s called ‘cultural arts tourism,’” Sheila says. “Demographically, these visitors tend to be somewhat older, more affluent, stay longer and spend more money. I think these months have been a very pleasant surprise in terms of increased revenue.”

In her opinion, though, public funding for the arts isn’t just important based on such quantifiable terms: “It’s a way to transmit our history and boost our sense of community. It’s difficult to place a dollar value on that. It’s a different kind of value, but one can have a huge positive impact.”

Born in Texas, Sheila spent much of her early childhood overseas due to her father’s work in security for the Air Force. She and her younger sister were in Germany for three years and Turkey for two and a half years, going to English schools on military bases but living out in the community.

Although Sheila wasn’t involved in arts programs as a child or teenager, the exposure to foreign worlds opened her mind to many forms of expression. While she came back to Texas not knowing many aspects of American pop culture – her family didn’t have a television overseas – she had seen a Turkish family bring their cow, their main source of income, into their house during rainstorms.

“It just broadened my outlook,” she says. “I got interested in geography and political science, and I think it later made me more amenable to enjoy all the diversity in the arts.”

Sheila finished middle and high school in San Antonio and earned a degree in Secondary Education at the University of Texas in Austin. After two years as a research associate for the university’s Educational Psychology Department, she began teaching middle school in Austin. About 1967, Sheila moved to Hampton and took a job as a social worker, helping disabled clients receive Social Security insurance benefits. She soon returned to the classroom, however, and taught for 26 years at Menchville High School in Newport News. She taught senior and advanced placement government classes and was Chair of the Social Studies Department when she retired in 2001.

Sheila and her husband, Michael, who recently retired as Department Chairman of Mechanical and Aerospace Engineering at George Washington University, moved to the Bruton district of upper York County in 1986. She applied for the York County Arts Commission at a friend’s request and was appointed as the Bruton representative to the Williamsburg commission last August.

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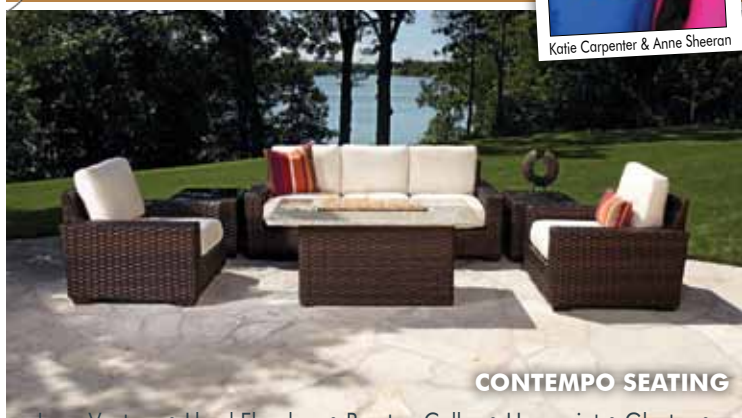
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to boost the arts, she says. That includes cross-funding of activities, regional planning and tourism initiatives and the inclusion of a York resident on the Williamsburg commission.

Localities now publish a single calendar of arts events each month – available online at www.williamsburgareaarts.com – to allow for smarter scheduling and marketing. That covers everything from barbershop chorus performances to an exhibit on 18th-century keyboard instruments to comedy routines and art displays at local restaurants.

With such tools at hand and given the success of Arts Month, tourism officials also have organized an “Art Escape to Williamsburg” package with perks such as an “Arts Map” of the area, unlimited admission to museums, and shopping and dining coupons.

“All of these steps have fostered so much growth,” Sheila says. “The abundance of artists, galleries, museums, performing arts and others all attest to the area’s strength in promoting and supporting this vital element in our community.”

Serving on two art commissions does require a significant time commitment. The Williamsburg group meets at least once every other month and the York County body meets seven or eight times a year; each meeting can run several hours. Members also devote many more hours to working with assigned art groups on funding matters and attending their performances.

Sheila isn’t complaining, though. “As a teacher, I always told my students that democracy is a participatory activity – you need to get involved,” she says. “I feel we are providing a real service to our community, for both adults and children. I get to meet incredible people and know about all the events taking place. I’m amazed at the creativity of this community. It has been an absolute pleasure.”

And she has a fascinating inside view of all the time and effort that goes into putting together every artistic endeavor. “I get to see the ingredients and the finished product,” she says. “That makes it even more admirable to see how things come together.”

Still, Sheila doesn’t plan to seek reappointment to the commissions when her terms run out in 2015. “I think it’s always a good idea to have new blood, people who might have a new way of seeing things,” she says. “It’s a marvelous opportunity that ought to be given to another person.”

On or off the board, she will always be a supporter of the arts – and proud of her community’s offerings. Ask her to pick a favorite venue and she can’t, although she is a regular at the free Merchants Square Summer Breeze Concert Series. “There are so many special museums and places, each one so different,” she says. “They’re wonderful.”

Sheila encourages parents to take kids along to art shows, even if their attention span is short. “Just know your audience and plan accordingly,” she says. “I have found that kids’ perception of art is so amazingly clear sometimes. They are brutally honest, too.”

As for those kids that Sheila once occasionally dragged to museums, both are now grown and living in Colorado. Her daughter Lisa, a pediatrician, has a family pass to the Denver Art Museum for her two children, ages 7 and 9. Son Greg, a research professor at the University of Colorado, always plans a Sunday outing when his mother visits; last time, they took in an exhibit on painter Georgia O’Keeffe.

“It could be payback, or maybe the outings had an influence,” Sheila Myers says.

Either way it is a good thing. NDN

Connecting Through Storytelling

By Narielle Living



Lisa W. Cumming Photography

Everyone's life is a story and by sharing our stories we are able to relate with each other. Darci Tucker, professional storyteller, agrees. "Storytelling is about human experience. The stories I tell as a professional are meant to connect us to our own lives."

Darci originally worked with the Groups Department at Colonial Williamsburg for four-

teen years. "This is the department that takes students and groups of people around the area and tells them stories of colonial life," she says. She taught visitors about the variety of people that lived in that time period, from the early settlers to the African-American slaves. "I didn't realize it at the time, but I was already involved in storytelling."

While working at Colonial Williamsburg, Darci began to consider the stories about the people who had lived there. "I talked to visitors about things like what the conversations between a master and a slave would be like or what the lives of indentured servants consisted of [during those times]."

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storytelling festival, Darci attended and liked what she saw. "I realized that I could do this, and my husband and friends encouraged me," she says. Upon leaving her Colonial Williamsburg job, she decided to form a storytelling company, American Lives. She wrote a one-woman, three-character play and used this for her first performance.

Her play, "Revolutionary Women," is audience interactive and introduces people to three different women from the 1700's: Elizabeth Thompson, loyalist spy; Deborah Samson, disguised as a man and enlisted to fight; and Jane Walker, forced by circumstances to follow her husband into war. Darci performs mainly for children and school groups, but she also offers programs for adults and educators.

"I give lots of workshops," she says. "I also train teachers and museum professionals on storytelling and character development." The characters she portrays range from indentured servants to Amelia Earhart. She also relates fairy tales, folk tales, ghost stories and personal narratives. Darci never took acting classes, but credits a vivid imagination for her success in the field.

Connecting kids with history is part of what motivates Darci in her job, and she especially loves the moments when she is able to bring history alive for children. "Two or three times every season I am approached by a child at the end of a storytelling session, and they tell me they thought they didn't like history, but now they do," she says. "I feel like I've opened a door for some of them."

The stories that Darci tells are meant to help people understand that history is composed of common threads of human thoughts and emotions. "We are no different than the people in colonial times, we are simply living in different circumstances," she says. In helping students relate on an emotional level to historical figures, she illustrates that the past consisted of real people facing sometimes dangerous situations. This also helps kids understand what it takes to make a difference in the world and that sometimes simply standing for what you believe in can change history.

Darci's passion for her career is evident. As she talks about the world of storytelling, she relates her work with others in the field. "Storytellers are the nicest group of people I've ever met. It's a very helpful environment, we all want each other to succeed," she says. "But for me, the most supportive person in this entire endeavor has been my husband, Terry Yemm. He told me to follow my dreams, no matter what." Her husband continues to work at Colonial Williamsburg as a historical interpreter, and she insists that she couldn't do this kind of work without his encouragement.

Another support for her in the world of storytelling is her friend and fellow storyteller, Sheila Arnold. "Sheila and I started this journey together, and in 2010 we formed the Tucker-Arnold Storytelling Retreat. This event brings a variety of people to Williamsburg, and includes a workshop and concert. The workshop fills every year." This year's storytelling concert takes place Friday, September 20 at 7 p.m. at the Kimball Theater in Merchants Square. "I'm really excited about the people we have lined up to perform," Darci says. "It will be great for the commu-

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nity.”

Each year either Darci or Sheila performs at the concert, but they both don't usually end up on stage at the same time. "I'll be behind the scenes this year," Darci says. "It's Sheila's turn, and next year it will be mine."

As a result of the first workshop that they started in Williamsburg, this storytelling collaboration put together a series of benefit concerts for various organizations. "We did something called Gory Stories for the Red Cross, and Animal Stories for the Humane Society," Darci says. Although they don't have any of these benefits currently scheduled, she'd love to see that sort of thing happen again.

Darci views all of life as a story and believes that our stories are meant to unite us with each other. "The biggest challenge about this career is that it's misunderstood," she says. "People think that I'm reading a book, but I tell them it's more than that. If you think of Garrison Keillor or Bill Cosby, they are wonderful storytellers, it's what they do." She goes on to say that storytelling is all around us in many parts of our daily lives, and if we look at advertising or lawyers in a courtroom we can see examples of that.

According to Darci, there are different categories of storytelling. An example is what is known as "healing stories" based on the premise that telling a story can help a person reframe an event in their lives. For her, she had a story about being bullied that she was asked to perform for a group. She wasn't particularly happy with her initial attempt at the story and worked on multiple revisions of the piece prior to the performance. "It was the story of my experience of being bullied when I was in school. What I did was reframe the event and take a closer look at the bully instead of me." In doing so this helped her view her experience more objectively.

She also notes that storytelling helps heal through laughter. "Laughter as medicine is well-documented. When we come together as a group to share a story, and we can laugh about it this underlines our common humanity." Darci goes on to say that storytelling is really the first art form. "It's what cave people were doing with pictures on the walls. Human history has been shaped by our stories."

Originally from California, Darci grew up believing she belonged on the east coast. "I used to ask my parents if I could go to school out here," she says, laughing. "I really felt like this was where I needed to be." In 1987 she relocated to this area and has loved it ever since. "I still travel quite a bit with my company, so I do get a chance to see family and friends on the west coast," she says. "But the Historic Triangle is my home."

As the sole proprietor of American Lives, Darci is responsible for all aspects of operations. "It's just me, so I do everything, from booking to billing to performing," she says. Her schedule has her traveling at least four to five months each year, keeping her busy. "It's what I love, and I can't imagine doing anything else."

In teaching historical stories, Darci shares with others the common thread of human thoughts and emotions that flow through the centuries, connecting us all to the history of humanity. NDN



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The Art of Material Culture

By Rachel Sapin

Ron Hurst has always been drawn to the history around him. Ron grew up in Alexandria, Virginia, a city much like Williamsburg, known for its plethora of historical sites and 18th-century charm. "It was the concept of age that fascinated me," he says. "Mount Vernon, George Washington's estate, got my attention early on. I found the combination of the buildings and their mostly original contents - still in place - compelling."

That fascination combined with a passion for preserving historical objects and understanding them as artistic and pedagogic materials, has fueled Ron's nearly 30-year career with Colonial Williamsburg since he came to William and Mary for graduate school in 1979.

"I thought I'd be here for about 18 months," he



Lisa W. Cumming Photography

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remembers with a laugh. "And I actually never left." When Ron studied with Colonial Williamsburg's curatorial staff in a two-semester course in English and American material culture of decorative art, the experience left quite an impression on him.

"Although I had done curatorial internships elsewhere, I had the opportunity to study under some really brilliant people," he remembers. "Colonial Williamsburg is particularly fortunate in having a very diverse and extremely talented staff. There are so many specialties here. It's one of the few places in the country

where that happens."

The experience was so good, in fact, Ron decided he would work as an interpreter at Colonial Williamsburg once his graduate program finished. "I worked in costume at The Governor's Palace, Raleigh Tavern, [and] Wythe House," he says.

Ron's graduate degree initially led him to a position with the organization Preservation Virginia, where he curated 33 historic sites that he remembers "literally stretched top to bottom and east to west in the Commonwealth." But two years later, when Ron was approached

by Colonial Williamsburg's Chief Curator to take on the job of Associate Curator of Furniture, he was nothing short of delighted.

Ron now holds an array of titles with Colonial Williamsburg, including Chief Curator and Vice President of Collections, Conservation and Museums. He feels the timing couldn't have been better.

"There was no DeWitt Wallace Decorative Arts Museum when I first came to work here, and we had the opportunity to plan and build that facility," he explains. "That's radically changed the way we present the collection to

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the public. It's given us the opportunity to have five or six new exhibitions in the museums every year. So we're constantly bringing forth material and telling new and different stories."

By telling new and different stories through exhibitions, Ron is helping to display an impressive, almost unfathomable collection. "Our curators and conservators and registrars are responsible for nearly 70,000 antiques and works of art, some 20,000,000 archaeological artifacts, 15,000 architectural artifacts, and a large number of original and reconstructed buildings," he says.

Having one of the most abundant and prominent collections of Colonial and Early National material has allowed Ron and his team to put on one-of-a-kind exhibits. "We see ourselves as both a history museum and an art museum," he explains. "Both are valid stories, and we strive to tell both of them."

Ron points to an exhibit at the DeWitt Wallace Decorative Arts Museum that opened in March titled *Painters and Paintings in the Early American South*. "It's 85 fabulous paintings, many from our own collection but many borrowed from institutions across the country," he says. "It's the biggest, most intensive exhibition of 18th-century Southern art that's ever been mounted." Ron says the curators worked for seven years putting the show together, culling the country for deliberate and detailed portraits that display painting techniques from the period, and that also give an intimate glimpse into the lives of individuals from centuries ago.

For Ron, the material collections are so delightful because they serve not only as works of art in their own right, but as tangible roadmaps that tell stories from our past. "We firmly believe that three-dimensional objects are documents in the same way that pieces of paper are," he says. "They carry a great deal of information. And one simply has to know how to ask the questions of those objects. They speak to the people who made them, the people who used them, technologies of the time, trade routes, ethnic diversity, all kinds of things."

In 2014, Ron looks forward to introducing neighbors and visitors alike to *A Rich and Varied Culture: The Material World of the Early South*. It's an exhibit he's co-curating that will showcase materials made between about 1680 and 1840. "The popular view of the early South is one of white columned plantation houses occupied by people of English descent, but that was only one aspect of a very diverse population," he says. "Early southerners were of African, Scots, Scots-Irish, German, Swiss, Welsh, French and other descents. They were Anglicans, Moravians, Quakers, Lutherans, and on and on. The objects they made and used reflected the cultures from which they sprang."

Ron explains that the curatorial staff plays a game where they ask each other what they would choose if they had superhuman strength to save one object from a disaster. He says his answer changes all of the time based on his research, but for this conversation, it's a piece of furniture dating to 1775.

"There's this particular desk and bookcase in the collection that was made in Norfolk, Virginia about 1775," he says. "It has remarkable geometry, and it illustrates so clearly how cabinetmaking was not this artistic expression going on in the middle of nowhere. There are numerical proportions for the height of the individual elements, and their relationships to one another. There was almost a science behind it in the 18th

century. It's not only a great cultural marker in terms of the way British technology is transplanted, but it's just a very beautiful object."

For Ron, the Peyton Randolph House in Colonial Williamsburg is also a favorite because its contents and history are so well documented and meticulous. "When Randolph, president of the first Continental Congress, died in 1775, a listing of all his possessions was made," Ron says. "It survives, and we followed it minutely to refurbish the house and support buildings several years ago. The particular grouping of goods gives us a look into the lives of Peyton and Betty Randolph and the enslaved people who lived and worked on that complex."

Why does all of this old stuff matter today? "Whether it's an early building or an object or a document, all of these things speak to our national past," Ron says. "They help us to understand where we came from. I think that it's awfully important to know where you came from because if you don't, you don't know how you achieved the rights and the benefits that you have today."

If Ron Hurst has one word of advice for the Williamsburg community when it comes to art, it's not to pass up the unmatched collections on display at Colonial Williamsburg's DeWitt Wallace Museum and The Abby Aldrich Rockefeller Folk Art Museum.

"Because of the way the building is designed, it looks like a small Colonial building," he says. "But that's just the entrance to a 100,000-square-foot complex. There's a tremendous amount of material available for the public here. It's a really exciting place to be." NDN

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Mohammed Hatouane immigrated from Morocco in January of 2012 and immediately sought the services of Literacy for Life so he could integrate into his new community and prepare for further studies. Despite being well educated in Morocco, he struggled with routine tasks in his new country, including speaking with doctors and interpreting health-related information. He attended Literacy for Life's Health Education and Literacy (HEAL) classes and now feels much more confident about working through the healthcare system.



- Judy Knudson, Williamsburg City Council, with Mohammed Hatouane

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HOLLY WINSLOW



Lisa W. Cumming Photography

LARGER THAN LIFE

By Sandy Rotermund

Street painters – also known as chalk artists – invisibly perform their art. Their audience engages, not with the movement of the artist’s body or the sound of his voice, but with the rendering of an image on pavement. The flat, grayish stone canvas transforms as bright-col-

ored chalk strokes layer and blend into multi-dimensional pictures. In sixteenth-century Italy, itinerant street painters earned coins as they recreated pictures from the huge cathedrals onto the stone walkways. For contemporary and not-quite-starving artist and graphic

designer, Holly Winslow, chalk art is just one act in her professional art performance.

Creativity swaddled Holly like a blanket from early on. “It started from the day I was born, probably,” she says, laughing. “I won my first art show in the first grade.” She describes

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that early yarn masterpiece. "I just loved art. I just was constantly creating. I was never very good at math – I was always right-sided brain, not left-sided."

One of five children, Holly says her siblings didn't share her creative compulsion. Thankfully, though, her family didn't discourage her experiments with pastels and acrylics. She even sewed her own clothes without patterns. By high school, Holly displayed her paintings at the annual Virginia Beach Boardwalk Art Festival.

"My uncle was an art professor at Thomas Nelson Community College, so he was always pushing my art. My parents always inspired me to do my art. They supported me and put me in shows and things like that," she says.

Holly's art path - though not yet including the pavement - was a path she relentlessly pursued. Earning a scholarship to East Carolina University (ECU), Holly majored in painting. Her growing concern about surviving financially as an artist influenced her some, but never deterred her from following her passion. So she shifted her major to English with a concentration in painting.

"I wanted to go into graphic design [at the university], but I couldn't get into the graphic design school." Holly shrugs and shakes her head. "It was very competitive."

Graduating from ECU in 1988, she became a graphic artist anyway. Despite her lack of graphics design training, Holly learned everything she could as she pursued advertising agency work.

"I worked for a small newsprint magazine in Greenville [North Carolina] for a year and then moved to Richmond. I worked at Richfood Newspaper doing the grocery ads and all that stuff."

She jokes about her days of cut and paste - literally - at the drawing board. Computers soon entered the scene, though, and she had no choice but to embrace them.

"I had to learn computers, so I basically taught myself. Today I know it almost with my eyes closed - it comes very easy for me now," she says.

Creatively adapting to change and new challenges became a theme in Holly's life. In 1992 and newly married, her life moved with her husband's work. This prompted her to start her own graphics design company out of their apartment. Ferguson Enterprises, Riverside Hospital and Smithfield Foods were among her clients then. But divorce and single parenting of her two daughters raised the familiar concern about surviving as an artist. Having enough money and benefits was crucial. However, abandoning her art was never an option. She just had to find a way to do it.

Luckily, the Virginia Department of Transportation (VDOT) needed a graphics artist, and the security of a state job was hard for Holly to pass up. The match worked. After several years at VDOT, Holly moved into a position with Jamestown Settlement - another state agency. Still working there, she designs all of their printed brochures, promotional materials, and even maintains the gift shop's website. A single parent now for twelve years, Holly has successfully provided for herself and her two daughters as an artist.

Yet, ever the creative soul, Holly began missing her days of paints and chalks. She had already illustrated every inch of drywall in her home, so she figured she could offer her mural painting skills to others. Besides, she needed something to do when her daughters visited their dad, she thought.

"I first started doing murals in Hilton Village," she says. "The homes there are real old, and the walls are kind of nice to paint on." Her glee erupts like a school girl's.

Climbing ladders inside of residential homes led to similar heights within businesses like Uptown Nails and, more recently, the new *Tony's All American Grill* restaurant in New Town. A vinyl record, a sports car - even an ice cream sundae and hamburger - are brilliantly painted in larger-than-life scale on the walls of this 1950's diner-style eatery.

Holly's name as a mural artist and graphics designer was out. New Town and Iron-Bound Gym, among others, hire her graphics design company regularly. Yet she still sought a new creative challenge.

"Back in 2007 - it was a weekend I had free, and my kids were away," she says. "I saw there was this chalk event in Virginia Beach." She relates this thought process like it was an easy math equation she had just solved. "I said, heck, I'm going to go buy some chalk and go. I'd never done any street painting." She was off on a new art adventure. Simple as that.

Sprawled out over her four-foot by four-foot boardwalk canvas, soaking up the sun and taking in the buzz of voices and music, Holly fell in love with this new art form. She went home, studied chalk painting, practiced it, and then entered Gloucester, Virginia's Chalk Fest that following fall. She won "Best in Show" and then reclaimed that title the following year. An invitation to the prestigious Sarasota [Florida] Chalk Festival came later and was a competition highlight for Holly.

"The thing about chalking is that, for everybody, it's just such a neat feeling when you're all out there together," she says. "You feed off each other, and you learn so much from each other. It's a great thing for kids." Both of her daughters have competed with her and won prizes, too.

Holly's passion for art in its many forms had already established her as a talent in graphics design and mural art. Now she could add street painting to her portfolio. The Chrysler Museum commissioned her to chalk paint their huge entryway for the Tiffany Lamp Series. Both cities of Newport News and Hampton have hired her to perform her street painting at their parks and festivals.

Last year, New Town hosted their first Fall Chalk Festival under Holly's direction. Another is planned for this September. The event welcomes amateurs and professionals alike, and kids can chalk paint, too.

"I'm fascinated with art and with other artists," Holly says. "I think the nice thing about art is that no artist is the same. Everybody's art is unique. Because I do a variety of art, I inspire different types of people." Always learning and exploring, Holly captures the essence of art - uninhibited, colorful, and unique. Through her many art forms, Holly has engaged and inspired a huge audience. She has become - like her painted images - larger than life. NDN

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Faire Flowers of Sundry Colours

By Brandy Centolanza



Lisa W. Cumming Photography

A few years ago, Betty Babb, a painter, stumbled upon an interesting quote made in May 1607 by George Percy, one of the original Jamestown settlers, regarding his impressions of the flowers he observed upon his arrival to the New World.

The quote: “the ground all flowing over with faire flowers of sundry colours and kinds, as though it had beene in any Garden or Orchard in England. There be many Strawberries...” inspired Betty to recreate in watercolor what the grounds of Jamestown may have looked like at that time in commemoration of James-

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town's 400th anniversary in 2007.

"It really got me thinking about what would have been blooming on Jamestown Island in May 1607," Betty recalls. "It must have been quite a show."

Betty did some research, which included consultation with folks at Historic Jamestowne as well as a botanist from the College of William and Mary, and came up with six watercolor floral paintings featuring blue-eyed grass, woolly ragwort, blue flag, wild strawberry, false garlic and the Jamestown lily, all flowers believed to have been among those that George Percy wrote about in his journal. The paintings were made into cards and prints in time for the 400th anniversary celebration.

"I think the Jamestown lily is one of the most beautiful lilies I've ever seen," Betty says. "I tried to be as accurate as possible."

Betty, a native of Richmond, has been a painter for more than three decades, mostly using acrylics. She first became interested in the hobby while working at a lodge in Wyoming

during one summer in college.

"There were artists painting on the porch there, and I always thought it looked like a lot of fun," she recalls.

However, it took a few years before Betty decided to pursue her passion. After returning to Virginia, Betty met and married her husband, Buddy, and later moved to Williamsburg to raise a family. When the youngest of her three children started nursery school, Betty and some friends began taking art lessons on Wednesday mornings from world renowned artist Barclay Sheaks. Betty studied under Barclay for roughly 30 years before his passing in 2010. She continues to take classes on Wednesdays, now under local artist Ann Armstrong. Most of her paintings are still life, typically of landscapes.

"I like to paint because it is fun, and it is a challenge," she says. "It's also all-consuming. You lose yourself when you paint. You forget about your worries and your problems and just concentrate on the painting. I think it is very therapeutic. It also takes a lot of patience as you

work on the color, the composition and trying to get them right."

Betty's artwork is on display at various galleries and shops around town, and her illustrations are also featured in several Colonial Williamsburg books. Betty worked for 12 years as a floral designer for the Colonial Williamsburg Foundation.

Her home is also adorned with several of her paintings. One she is particularly proud of is a painting of the daylight coming in through the darkness in her backyard, which she created in her Wednesday art class the day after the September 11 terrorist attacks.

"I just feel that it shows that the world wasn't going to end that day," Betty says.

Other paintings that line the walls of her home are of favorite places she's visited in Richmond, in Charlottesville, along the Eastern Shore, and in England, as well as portraits of her grandchildren. She also painted a window with a view of a garden above her kitchen sink. "I like painting things that have meaning to



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me,” Betty says.

Betty picks up her paint brush almost on a daily basis, or she is out snapping photographs of what she would like to paint.

“My instructors have encouraged us to take our own photographs and work from them,” Betty says. “I try to take pictures of what I think will make successful paintings. There’s always something out in nature. Sunsets, sunrises, birds, flowers. There is more natural material than what you can paint. I’ve been to England several times, and it is very beautiful there. I could paint for one hundred years based on what I’ve seen there.”

In addition, Betty paints furniture, paintings and other trinkets for miniature dollhouses and has won awards for her work. She is a member of The International Guild of Miniature Artisans and The Miniature Painters, Sculptors, & Gravers Society of Washington, D.C., where she participates in an annual exhibition each fall.

“I tend to be a detailed painter,” she says. “I

enjoy it.”

To coincide with Arts Month in September, local artists have been asked to create a piece under the theme “Art Inspires Cuisine,” something that will influence local chefs to make artful dishes. Betty’s piece, which she named “A Tree of Delights,” features various famous Colonial Williamsburg foods and landmarks.

Also as part of Arts Month, Betty’s Jamestown paintings will be on exhibit for a September 7 event at the Church Tower at Historic Jamestowne Island. The event will also include floral arrangements from local garden club members as well as three choral concerts featuring English sacred music from the 16th and 17th centuries. Later in the month, Betty’s artwork will be on display at Legacy Hall in New Town for the New Town Arts Festival, slated for September 26-28.

Though Betty may be an accomplished painter, she insists that anyone can do it.

“It’s not that hard,” she says. “Anybody can paint, and the more you paint, the better you

will be. If someone is interested in painting, then I’d suggest taking a class because it forces you to paint. You also meet a lot of nice people. The people in our class, we are all good friends. There is also so much beauty in nature. Most people enjoy seeing something beautiful. Art makes people feel good. It stretches your horizons.”

In addition to painting, Betty likes to garden and play her piano, which was passed down to her from her grandmother. As the years pass by, Betty worries about having to give up her passion for painting, but for now, she is content to share her talent with everyone she knows. She often paints for family and friends, providing them with gifts that they hold dear to their heart, paintings of childhood homes and other scenes that hold special meaning.

“I really enjoy it, and it is something I like to do for my children and my family,” Betty says. “They are always delighted. I am grateful to have this gift to paint things that are special for people. I think it’s wonderful.” NDN



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Lisa W. Cumming Photography

Musical Tribute

By Lillian Stevens

Music has had a profound impact on Robin Wootton, part-time music director at Grace Covenant Presbyterian Church (GCPC), and owner/organizer of City Arts Café. From her childhood, where music was always around to the present day, music has been a constant in Robin's life.

"I love music," Robin says. "Music is so

therapeutic. Once you start playing, something gets you in the mindset of worship and being together as a community, and we have been blessed with so many great musicians in our area."

City Arts Café is an events series that showcases local artists and musicians. On September 6, City Arts Café will participate in Wil-

liamsburg's Arts Month by presenting its third Annual Tribute Show. This year's theme is "American Bandstand."

Readers (and baby boomers) will remember the iconic television show that first aired in 1952 and was hosted from 1956 through its final season by Dick Clark. The show featured teenagers dancing to Top 40 tunes which

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were introduced by Clark. At least one popular musical act would usually appear in person to lip-sync one of their latest singles.

There won't be any lip syncing going on here.

"For a couple years now we have put together a tribute show where we have local musicians come and put on a concert in tribute of someone. The first year it was 'Simon and Garfunkel'; last year it was 'The Beatles'; this year is our third annual tribute show and the theme will be, of course, 'American Bandstand' with special MC guest Dick 'Clark' Smith of the Smith Wade Band. So we're pretty excited."

The event will take place at the Kimball Theatre. It will showcase dancers too.

"This is the first year with dancing but you can't have American Bandstand without dancing," Robin says with a smile.

All performers are from Hampton Roads, most of them from Williamsburg. The tribute will consist of nine or ten bands. Robin is still booking some of the entertainment and says that the event features music that folks can

dance to as well as interviews with the bands to introduce them to the audience. Most of the bands will be established artists, although there will be a few emerging singer-songwriters on hand too.

Last year's Beatles shows sold out.

"That was a lot of fun because the bands get to collaborate and play together," Robin says. "But we had twelve bands last year, which was a lot to move on and off the stage."

Beyond the tribute show, City Arts Café is active throughout the year. A ministry of Grace Covenant Presbyterian Church in Williamsburg, the Café is going into its fifth year.

"We highlight artists within the church congregation as well as neighbors and friends from the community, providing them a backdrop to display their work and encourage each other in their talents and skills," Robin explains.

"The mission of City Arts Café is to encourage artists and musicians to hone their skills and craft – and to strive for excellence. Participation is open to the public. Artists and musicians are not affiliated with Grace Covenant

Presbyterian Church (GCPC)."

Grace Covenant is Robin's home church and her husband, Rob, serves as one of the pastors. Not surprisingly, Rob is also an artist and performer. Partnering with GCPC, the City Arts Café hosts events for the community that bring residents together in meaningful ways while promoting and celebrating Williamsburg's rich and diverse culture.

"The arts are a perfect way of bringing us together and engaging us in profound conversations about culture, society and spirituality. We are always trying to find local artists and galleries that we can do events to support what's going on in the community."

Through City Arts Café, Robin is usually busy coordinating a unique combination of musical offerings ranging from the popular First Friday Arts Café events to benefit concerts and performances at local art galleries – even a Christmas Art Market.

"It's just something I love. I love music and the arts, and so I am always trying to beat the bushes and find some new artists."



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Robin invites a variety of artists and vendors to participate in the Christmas Art Market.

“People can browse for all sorts of things, from jewelry and woodworking to custom clay making. It’s a great way to get some Christmas shopping done while supporting local artists.”

Most of the events that are sponsored by City Arts Café are hosted at GCPC but Robin has also forged partnerships with New Town Art Gallery and Lee Matney of the Linda Matney Fine Arts Gallery. She has only been in Williamsburg for five short years, but she is gaining momentum. Having moved here from Denver in 2007, she followed her parents who retired in Williamsburg. Her parents are also lovers of great music, and Robin remembers that there was always music in their home when she was growing up.

“I’m a rock and roll kind of girl but I have an appreciation for everything. I grew up listening to the Beatles, Bob Dylan, Simon and Garfunkel – all of that kind of music.”

She took up piano at the age of eight and

later went on to play in her own jazz trio.

“In Denver, they have a really big First Fridays Art Walk. When I first moved here, the New Town Art Gallery wasn’t here yet, and there were only a few galleries in Williamsburg. That first year I was here in town, I was really ambitious – I tried to do something every month which was a little too much,” she says with a laugh.

Outside of the College, Robin promptly realized that there wasn’t a whole lot going on in terms of the music scene – and she really wanted to do something that would highlight local musicians and artists.

“It started out to be displaying the work of artists within our church but then we invited other churches and artists in the area – and branched out from there.”

Ultimately, Robin aspires to turning City Arts Café into an official non-profit company and hopes to be filing for a separate non-profit status by the end of this year (or early next year). The tribute shows are run as fundraisers,

with all of the proceeds going to local youth organizations or organizations that have something to do with music, like the Williamsburg Youth Orchestra and the Williamsburg Youth Wind Ensemble.

“In a couple years, I’d love to see us adopt our own space and have a sense of permanence,” Robin says. “We really want to have a small venue for music – some place where we can do something more permanent. I think that now is a good time with the movement in the Arts District.”

Robin is excited that there are so many opportunities in and around town these days for art and live music, especially with many of the local restaurants picking up local talent, like Cogan’s Deli and Center Street Grill.

“And, of course, during Arts Month in September, all of Williamsburg will come together to celebrate the talent and skills of artists in all genres, which City Arts Café is proud to be a part of through our Annual Tribute Shows,” she says. NDN



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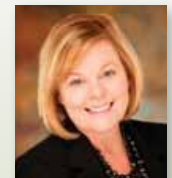
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Inspiration *from* Experience

By Cathy Welch



Lisa W. Cumming Photography

A few years out of high school, Williamsburg artist Ann Murphy Armstrong happened upon “Symphony of Light,” a Kimono Exhibit by Japanese artist, Itchiku Kubota. “Stumbling into that exhibit was truly serendipitous,” Ann says. “I wasn’t at the Museum of Natural

History to see art.” In a huge room, Kubota weaved together approximately 35 kimonos to make an entire landscape that surrounded her. “The idea that you could create an environment and take someone somewhere - I found that very motivating as I approached how I

was going to make art.”

Ann was born in Richmond. Her parents are natives of Virginia and are College of William and Mary graduates. “I returned to William and Mary and earned my Bachelor of Arts degree with a concentration in arts: two-

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dimensional drawing and painting,” she says.

As a child, Ann and her parents drew together all the time. Her father, a scientist employed by NASA, worked with her on perspective and flow charts. “He was a very creative thinker, and I started to think of creativity differently. Scientists are very creative. In order to branch out and do big, new thinking, you have to be willing to not accept what’s already been accepted.”

Her mother worked with her through narrative and illustrations. “My mom is very active and always into crazy ideas. My parents only said, ‘That’s great, do what you love and we think that’s wonderful.’ There was never any negativity.”

Ann thinks often of two high school teachers who had a huge impact on her life. “They were very talented. Teachers can bring you to such a different place. My nature is very introverted and shy. Art and sports were the way that I learned to connect with the world and have a voice.”

During the summer before college, Ann took a cross-country train trip with her parents. “What I learned was that every individual has wisdom to share, you just have to be open to hearing it. I had life-altering conversations with people I’d only known for a few moments. It really affected my outlook on life.”

Growing up, she looked at books of art by Maxfield Parish, Norman Rockwell, Winslow Homer and Andrew Wyeth. She says, “As a budding artist, I visited exhibits and took in art from the larger society. My great-aunt, Gladys, lived in Norfolk when

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I was in my twenties, and we went to an art event once a week for 10 years.”

Today, married for 18 years with two elementary school-aged children, Ann makes art available to her children. “I have it available but I don’t push it. They’ve shown interest definitely. The 10-year-old has a really good eye.”

For 10 years prior to her children’s births, she taught her own private classes of students from age eight and up, beginner to advanced artists. “I taught two-dimensional art: drawing, painting, and color and composition.”

Now she inspires a studio of established artists while working in watercolor, oil, acrylic, pencil, and pen and ink herself. “The Williamsburg Studio Painters is a self-sustaining group who formerly studied with artist Barclay Sheaks. They were already organized and working in a self-created space.” She sees her role as motivating, instigating and challenging. “Most of them would be painting if I was there or not. It’s nice to work with artists who pursue it actively and aggressively.”

Working with The Williamsburg Studio

Painters has kept her motivated to make her own art. “I’ve had a lot of family obligations and responsibilities,” she explains. “That had to be primary for me. They’ve been a wonderful group for me to keep my toe in the water.”

As part of Arts Month, Ann’s group of artists and other two- and three-dimensional artists in Williamsburg created artworks to the theme “Art Inspires Cuisine,” one of the themes for Arts Month. Artists submitted their work for review by local food industry members. If a chef found a piece he or she liked, they made a dish inspired by the artwork.

“In my mind, it was this beautiful collaboration that requires very little of each artist – the chef artist and the visual artist,” Ann says. “They just do what they do best while sharing and inspiring each other.” Art/dish pairings will be on display at studios and restaurants in Williamsburg. “Our own exhibit, entitled ‘Inspired Art,’ will be on display at This Century Art Gallery’s Arts Education Center at 112 Westover Avenue, on September 6 and 7. We will also be a part of the Gallery Crawl on

October 3rd.”

Ann is a believer in creative support groups. “Being an introvert and passionate about making art, I find it very easy to get sucked into my own world. You get so much from sharing the thrill of learning with other people. It made me a community-interested person despite my introverted nature.”

Thoughtful, positive critique is an important life skill, according to Ann. “Put yourself in their shoes and ask them what they’re trying to achieve and go there with them. Talk about where it was successful and where it could change to be more their vision.”

As an adult, her inspiration comes from her experiences. “When you’re young, you want to repeat the beauty you see, to reproduce it,” she says. When she was a little older and more serious about her art, she worked hard on technique and was inspired by seeing other artists and what it was possible to achieve. “You wonder technically how they did it. I like to figure out how to make something, to see how it is constructed. Once you have a little confidence

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about that, then you start thinking about things like recreating a feeling or a moment.”

Now that she has a more mature attitude about art, Ann is influenced by big art such as stage sets, room-sized installations at the big museums and garden vignettes. “I’m inspired by things that change the way you feel, that take you to another place.”

This year, Ann is working on collaborative art. “We’re joining together for a purpose, creating something large and using the resulting product to fund something meaningful and important to the group.” Recently, the Studio Painters created a butterfly project. “Everyone went home and created butterflies on their own, and I created the overall canvas as the backdrop,” she says. “We’re going to have a show in September and have prints made.” Proceeds from the show will go to an area organization working with women affected by violence. “Art with a purpose is powerful. The very nature of creativity is collaborative, generous and sharing.”

“I look for the good in all things,” Ann says.

“I feel like there’s always something beautiful to find. Art does that for me. Where can you find the beauty? Where can you find the good?”

Over her 42 years, she has come to look at art in many ways. “Two obvious ways are art as business or art as communication,” she says. “To the community, art as communication is invaluable. All arts have great power to be a bridge or connector, to heal, and to serve. When used properly they provide a way to join together in an emotion, a purpose.”

Art doesn’t have to cost a lot, according to Ann Armstrong. “Art can enrich and create a depth in a community that is accessible to everyone. Not everyone can afford to buy an original painting nor have front row tickets to big events. But, you can look at a piece of art or make it for free,” she says. “There are all these wonderful galleries and things going on in Williamsburg. I like that it’s a small town. If you want to have an impact, you can. You can contribute in deep, meaningful ways and the results are tangible.” NDN

Next Door Neighbors

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Greg Lilly, Editor

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HEALTH & WELLNESS

The "Act Like a Tourist" photo contest is in full swing.

The contest runs through August 16. There are three categories: Nature, People and Architecture. The most "likes" pick the winner from each category, and then the First, Second and Third place winners are determined from those category winners.

- First place is a \$100 gift certificate to Opus 9 Steakhouse.
- Second place is a \$75 gift certificate to Giuseppe's Italian Restaurant.
- Third prize is a \$50 gift certificate to Anna's Brick Oven.

I've voted for several and see more great photos being uploaded every day. The entries are creative, funny, charming, inspirational and amazing. Good work and keep them coming.

To Enter...

You must be a registered user of WilliamsburgNeighbors.com. If you aren't registered yet, go ahead. It's free. On the home page, there is a link to take you to the "Act Like a Tourist" photo contest where you can upload your images. Add your best photos because your neighbors will be voting on the ones they like the best. The earlier you upload, the more "likes" you can earn.

To Vote...

Registered users can vote for their favorite photographs. Click on the "Act Like a Tourist" photo contest link on the home page then browse through the uploaded images. Click "like" under the images that you think are the best of the best. You may also comment to let the photographer know what you like best about the photo.

What's Happening on WilliamsburgNeighbors.com

Colonial Eye Care

Dr. Brent Segeleon and his staff in New Town provide a full range of optometric services. Dr. Segeleon is an expert in the fitting of both simple and complex contact lenses. If you have ever had contacts that didn't settle down on your eye, you'll know how important getting a perfect fit is. Read more about Dr. Segeleon on Colonial Eye Care's About Us page.

Custom Flags and Gifts

This is really cool. I didn't realize that I could order a custom made garden flag. What a great idea for birthdays, holidays, reunions, businesses, babies and any occasion for which you want to have something special. Run by mother and daughter team Marilee Taylor & Josie Taylor-Soltys, Custom Flags and Gifts will have lots of ideas to help you create a one-of-a-kind garden flag.

Fitness Together

Frank and Laura Rosalie have special promotions to help everyone meet those fitness goals. It's never too late to start getting into shape – you'll feel better and have more confidence. Read Frank's blog about bananas and you'll want to stock up. Also check out the photos of the studio, bright and inviting. For all you golfers, download Frank's Golf Conditioning document on whole body conditioning with an emphasis on golf. It addresses his four factors that need to be addressed to improve a golfer's athletic ability: flexibility, stability, strength and power. Find it at Fitness Together's profile listed under Documents.

J O'Brien Insurance Solutions

Jessica O'Brien can help you with all your questions about individual and family health insurance. She's an independent agent who finds the best fit for your circumstances.

She's informed about Health Care Reform, and she received NAHU's certification as a Patient Protection and Affordable Care Act Professional. Small business owners can talk to Jessica about the impact of Healthcare Reform on companies with a small number of employees.

Merle Norman Cosmetics, Wigs & Handbags

Diane Webb has posted some great promotions on the Merle Norman page. She says to protect your entire face from harmful UV rays, use a foundation or tinted moisturizer that offers SPF coverage. The experts at Merle Norman suggest Merle Norman Perfecting Makeup Broad Spectrum SPF 25 for an air brushed finish. Interested in buying or selling a gently-used designer handbag, check Merle Norman's Classified listing for details.

James A. Burden, D.D.S. & Associates

Dr. James Burden has a great video on gum disease: causes, symptoms, diagnosis and treatment options. He has also posted a video tour of his office on McLaws Circle. Read about the full range of dental services for all ages that Dr. Burden and his staff provide.

eelsnot

Got a watercraft that's dragging? Barnacles got you down? Algae-cling a problem? Toby West suggests eelsnot – described as "an eco friendly, hydrophobic, protective marine coating."

Ripley's Believe It or Not!

This isn't the Ripley's I remember as a kid. The Ripley's profile on WilliamsburgNeighbors.com has videos of some of the activities there. The Atomic Rush arcade is interactive and looks to be crazy fun. The Laser Race is a "Mission Impossible"-type race in a three-dimensional labyrinth of laser beams. Just try to get through without breaching the narrow beams of green light. Check for special promotions for Catfish Cove mini-golf.

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Lisa W. Cumming Photography

HELPING EACH OTHER IN THE Arts District

By Greg Lilly, Editor

“It’s a symbiotic relationship,” Jason Hillegas says of his business *Links & Lore Jewelers* sharing space in the Arts District with *Tada Beads and Art*. He says the Arts District is a group of businesses, organizations and residents who are working together to make the vision of a creative community. “We attract customers who appreciate hand-made crafts and art, the people who support local artists and the cre-

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ative economy.”

Although a newcomer to the Williamsburg Arts District, Jason has perfected his skill and art over the past 28 years. “I grew up in Virginia Beach,” he says. “When I was a little kid, I loved ancient and medieval history, especially the legends and lore of knights and King Arthur. One Sunday, when I was leaving my church – I must have been about 13 years old – I saw a local reenactment group coming in for a meeting. These guys were dressed in armor and carrying swords. They were reenacting a coronation for a new king. I thought it was awesome. I had to be part of that.”

Jason joined the group, and one of the members was a guy nicknamed “Chewy.” Jason says the group was doing a reenactment show at Norfolk’s Harborfest. “Chewy was making chain mail. I asked him to show me how to do it. I’ve been hooked ever since.”

Chain mail (or maille) is the ancient art of connecting or weaving metal links together into patterns or into garments. “I read everything I could and taught myself a lot of the original patterns used in the medieval period. It’s an art form that’s been around thousands of years,” Jason explains. “Maille was always worn under the plates of armor of knights. Those plates would change over time, but the maille stayed the same. I think the earliest discovery of maille is about 316 B.C. – found in burial site mounds.”

Just as the knights of legend, Jason joined the armed services. “The only time I left this area was when I joined the Army. I was stationed in Europe,” he says. “I married and moved to Pittsburg for nine years. I worked for the Steelers, as a tour guide and for the ‘duck’ boats that drove around town. After my divorce, I moved back home.”

Back in Hampton Roads, Jason worked at radio stations WAFX and WNOR. “I did just about every job there you can imagine. I was an on-air DJ for the morning show – the stunt guy, doing crazy stuff for the radio audience. I began managing the station’s website and was the director of interactive media.” The community of other creative people fed Jason’s own creativity and curiosity. He had taught himself website development.

His technical abilities landed him a job with Busch Gardens in Williamsburg. “I was in the digital marketing group there,” he says. After some reorganization, he went back to radio in Virginia Beach. “That made some long days. I was living in Williamsburg and driving everyday to Virginia Beach. That’s 56 miles one-way.”

He’d worked with chain maille armor for 28 years. “I thought it was time to turn my hobby and passion into a career.” He branched out into jewelry about eleven years ago from a suggestion of a friend. “I did a few earrings as gifts, really just an interesting sideline of my hobby.”

He explains that the crafting world has caught the trend of using maille for all sorts of things besides the historical use as under armor. Jason likes to incorporate the history in his designs. “There’s so much more to maille jewelry than a cute pattern in a crafting magazine. I like to bring [in] the history when I teach classes, to explain the ancient art of chain maille”

He started his business Links & Lore Jewelers about a year ago. “From working at Busch Gardens, I had a lot of friends who knew I did this as a hobby. A friend there asked if I had a piece of jewelry for a United Way benefit.” His maille jewelry was a hit, and he was asked to be a vendor at Busch Gardens.

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"I was a vendor there from Hallow-O-Scream to Christmas Town. Being a sole proprietor, I couldn't meet all the needs to be at the park all the hours they needed, and I couldn't afford to hire help. I had to walk away from that opportunity."

He had taught at *Tada Beads* and *Art on Richmond Road* before his stint at *Busch Gardens*. "When I asked to come back to teach some classes, they had just expanded into the full building, and the workshop space was available. It was kismet. I love working with the people here."

This spring, Jason opened his shop just as the businesses of the Arts District began marketing together with a new logo and block parties.

"The caliber of people who shop at *Tada* are extremely creative people – both women and men are beading these days. I see those creative people throughout the Arts District. The people coming in appreciate hand-made art." Jason creates his works with high-grade aluminum that is light and won't scratch or corrode. He creates finished pieces and custom work, as well as teaches classes in maille-smithing and sells maille supplies. The space in the Arts District has allowed Jason to be an artist and business owner, with the support of other artists and businesses.

The district's businesses have created the Williamsburg Arts District Association. "We meet on a regular basis," Jason says. "We're a handful of local merchants trying to get the word out to the public. We've held a couple of block parties to bring people to the Arts District."

The block parties drew people into the district to see what was happening. "We had bands with live music, some of the businesses set up tents to show their wares, there was an art contest for the kids, a bounce house, food and drinks – all to raise money for the Arts District. We plan to do another one in September."

The Arts District is generally the area beginning at the western end of Lafayette Street (its intersection with Richmond Road and Monticello Avenue) and sweeping east along Richmond Road and Lafayette Street to approximately Brooks Street at the edge of the College of William and Mary. The tree-lined streets and bungalows welcome neighborhood residents, retail shops, art galleries, restaurants, professional offices and banks.

Awareness is the biggest challenge for a new Arts District. "It's a great place for people to come and shop, for artists to show their wares," Jason describes. "*This Century Art Gallery* is just down the street from us. *Tada Beads and Art*, where I share space, has been here for over a year. *The Virginia Regional Ballet* is here. *Fleming's Engraving and Awards*, just down the street, sells hand-made jewelry – in addition to the trophies and awards. He has a fantastic gift shop. *Extraordinary Cupcakes*, *Domino's Pizza* and *Elephant's Tale*, next to us, these are all businesses that make up the Arts District. We're working with the city for signage."

Jason sees the district as a park-and-walk area. "We're a few blocks that are very walkable to discover what's around. I can envision the Arts District as a destination for locals and for visitors to Williamsburg."

The future for an artist and shop owner in the Arts District is to discover more fun ways to bring people to the area. "We're doing the block party in September, and the Williamsburg Arts District Association is doing a ton of brainstorming to keep the momentum going. We're growing as businesses just as the Arts District is growing and awareness of it is growing in the community. It's an opportunity to see what we can do to help each other." NDN

CONDITIONING WITH PILATES

By Greg Lilly, Editor



Lisa W. Cumming Photography

“People feel better when they do Pilates,” Mary-Jane Bell Amrein says. Mary-Jane is the founder of The Pilates Center. “Pilates is not an aerobic workout. It is not a weight-loss program. Some people do change their shape, but most people feel better because their bodies are stronger and more balanced. The exercises feel good. People don’t leave the studio feeling like they’ve been beaten up.”

The people who do Pilates exercises are a varied group, some for mobility, some for muscle strength, and some for improved balance or athletic conditioning. Mary-Jane has seen the

popularity of Pilates grow and the satisfying results in her clients. “We have a lot of golfers who have less pain when they play. Pilates complements the golf movements – the joint rotation, the mobility.”

Mary-Jane has a master’s degree from Virginia Tech. “I worked for Virginia Tech as an extension agent,” she says of what brought her to Williamsburg in 1978. She oversaw the local 4-H program, among her other duties.

“I have a minor in nutrition. Even with that interest in nutrition, I always battled a weight problem. I had a hard time enjoying exercise,”

she admits. “I would try running, but hated it.” She kept trying to find physical activities she could have fun with and keep doing.

“That brought me to aerobic dance,” she explains. “This was in 1981. I answered a newspaper ad to audition to be an aerobics instructor.” She learned about aerobic dance while still working as an agent at the James City County Extension Office.

The more she did aerobics, the more she enjoyed it. She taught classes for the Recreation department as well. After about a year and a half of teaching, she wanted to learn more and

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went to Dallas, Texas to be certified by Dr. Kenneth Cooper. "He was the one who coined the phrase aerobics in the 1960's and wrote books on it."

Mary-Jane started a side business in aerobics. "I called my company Aerobics Plus. I used to teach out of schools and churches in the evening, and I worked as an extension agent during the day." Eventually she left the Extension Agency and focused on her aerobics business. She still held the classes in schools and in church halls. "I realized that in the summer, the classes were unbearable – most of the schools didn't have air conditioning, and we couldn't open the windows. We would be in the cafeterias where the floors were linoleum on cement, so we were killing our legs. I had had enough. I opened a studio at the K-Mart shopping center. I was there for five years."

From the K-Mart shopping center, she moved to the Williamsburg Shopping Center. There, she started hearing and reading about Pilates. She offered more classes than aerobics at her gym. She also had weight machines, spinning programs and even off-site water aerobics. "It was a lot going on."

She liked what she heard about Pilates and

bought two Reformers for the studio. "The staff had never heard of Pilates Reformers. I wondered if I was doing the right thing. If the staff hadn't heard of it, no one else had either." That was the case. She felt she needed to prove the investment in the new machines was justified.

"That was in the 1990's. I started offering Pilates sessions for reduced rates just to get people to try it." Her clients started seeing results fast. "Even for myself. I was teaching a lot of aerobics classes and after a month or two, people in my aerobics classes said my body shape was changing and wanted to know what I was doing differently. I had taught aerobics for 15 years, and now people were seeing a difference."

Mary-Jane says the changes were in the shape of her muscles. "Pilates makes muscles become long and lean. Bodybuilding is the extreme other end of the exercise spectrum, producing short and squat muscles from lifting heavy weights. We do movements that lengthen the body, not shorten it. Technically we're doing eccentric contractions, not just concentric contractions. We get both at the same time."

She explains Pilates exercises were developed in the 1920's by Joseph Pilates. "He was Ger-

man and had worked as a type of physical therapist with prisoners of war during the WWI. The equipment (the Reformer) looks like a bed. He took a bed and added springs and ropes to it for muscle stretching and lengthening. His patients recovered more quickly than the others."

Joseph Pilates moved to New York and opened a studio. "He was rehabbing ballet dancers who didn't want bulky muscles," Mary-Jane says. "Famous choreographers such as Martha Graham and George Balanchine studied body movement under his guidance and incorporated Pilates' exercises in their warm-ups."

In the late 1980's, Hollywood stars made it a trend in popular culture. "Back in 1985, no places in Williamsburg did it," Mary-Jane says, "and there were only two places in Virginia (Richmond and Norfolk). It was hard for me to get information on it. I was the third place in Virginia to offer Pilates."

She says Pilates is about resistance. "We have springs here on the machines. Weights are a form of resistance, and springs are a form of resistance. Because of the way the equipment moves, Pilates works a lot of muscles, plus it

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is spine-based. The important thing with the spine is that you have four natural curves (neck, shoulders, lumbar and hips). For the body to be strong, you want to maintain those curves. The way most of us sit takes the curve out of the lumbar spine. That can reduce the strength of the spine by 50 percent. That's big."

The Pilates exercises attempt to maintain the integrity of the spine while working out. Mary-Jane uses mostly one-on-one sessions until the client is well-versed in the technique. "You have to understand your breathing and how it facilitates the exercise. Clients need to understand the postures. It's hard to teach six people at once how to do that." Her goal is to strengthen the muscles that support the spine, so there are less structural issues for the client. "Pilates focuses on balancing muscles while keeping the integrity of the spine," Mary-Jane says. "You don't go as hard as you can, but you go as long as you can while keeping your spine neutral. It's not about weight or poundage, we use springs." The equipment is versatile enough that everyone from tri-athletes to people with walkers or leg braces can each get the appropriate workout for themselves.

Mary-Jane attended a workshop on muscle

activation and incorporates that into her Pilates work as well. "It's about balancing muscles and muscle activation. People come to me when nothing else works. This is the way to see when one muscle overworks for another muscle."

She saw this when working with a woman doing Pilates. The woman complained that she had a bulging muscle. "I could see that the muscle was overworking," Mary-Jane says. "Logically, that would have been because her hamstring was hurt. I put my hand there as she moved and sure enough the hamstring muscle wasn't contracting." The other muscle was overcompensating for the hamstring.

The muscle activation techniques allowed Mary-Jane to access and correct muscular imbalances. "It can eliminate pain or fatigue because it allows the muscles to work together, as they should." The pain comes from one muscle working harder for the other. "This isn't Pilates, but related in that it's balancing the work of the muscles."

Muscle activation techniques were developed for professional athletes. An example Mary-Jane saw was with a young swimmer who came to her with shoulder problems. "He would do breaststroke and butterfly," she says

of his swimming. "I checked all his upper body muscles. I give them grades. An A muscle is a very strong muscle. An F is total muscle failure. All of his upper body muscles were Ds and Fs. I was shocked." She couldn't understand why he could give so little resistance when she isolated each muscle.

"After we worked on his muscle activation, he had swim practice that night. He called to say that he shaved two seconds off his time for the butterfly." For a swimmer, two seconds was exciting. They worked on his legs the next session. "His legs were weak. How was he kicking? I figured out that he was using his ligaments, [and] that was how he got his stretch. Plus, he worked really hard. When he came in the third time, he said he had shaved 12 seconds off of his time. He qualified for meets he had never made before. He was using his muscles properly, and it improved his performance."

For athletes, Mary-Jane Bell Amrein says when you take away any issues of one muscle compensating for another with muscle activation techniques, athletes become more efficient in their movements. Pilates exercises can lengthen and strengthen the muscles for a balanced performance. NDN

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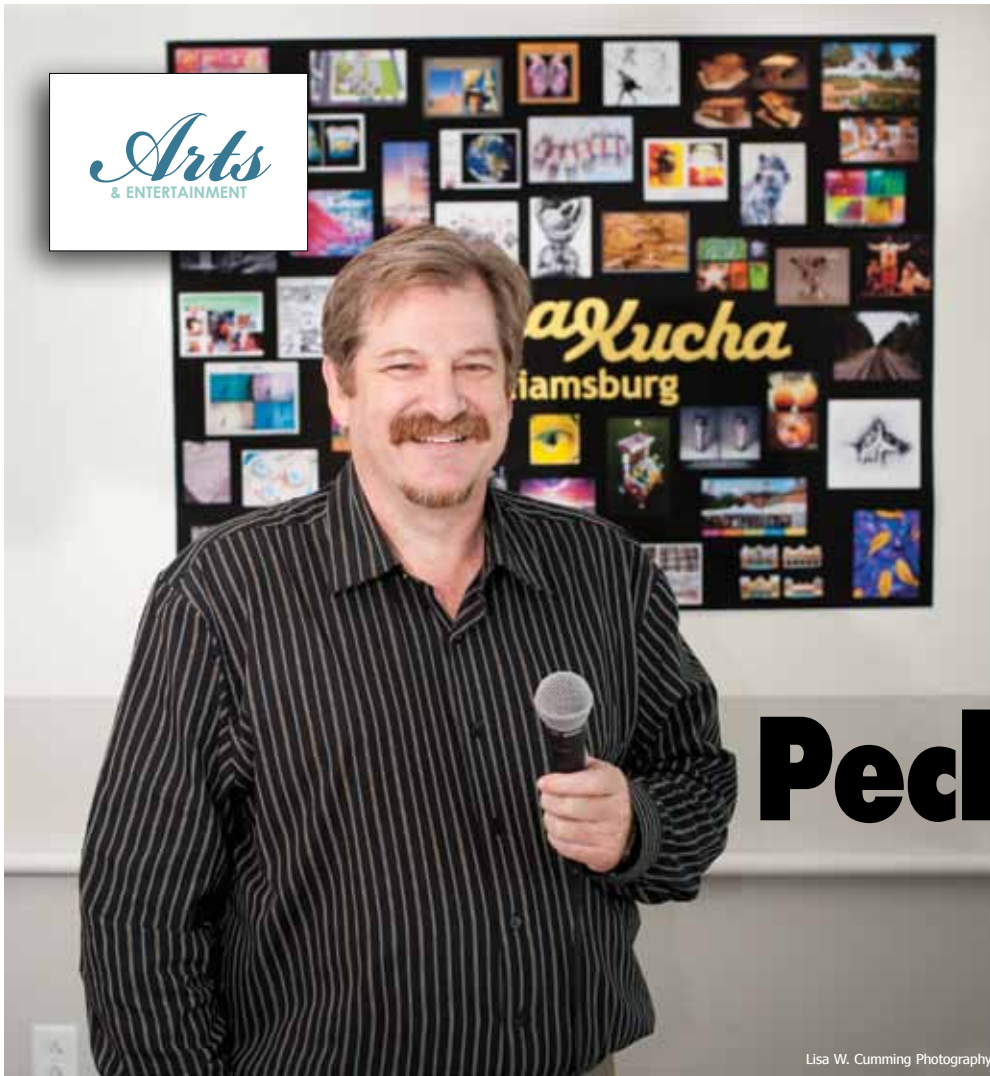
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PechaKucha!

By Greg Lilly, Editor

Listening to people trying to pronounce PechaKucha is fun, but there is more entertainment that the odd-sounding event delivers. Dale Weiss has brought PechaKucha events to Williamsburg over the past year and sees the phenomenon only getting bigger.

The pronunciation of PechaKucha is debated because it is a Japanese word that loosely trans-

lates to chit-chat. As Americans, we look at it and use our American pronunciation rules to say “Pec-ha-Kuch-a” sounding it out as it is written. Rumor has it that the Japanese version is three syllables: “Pa-chalk-ha.” Either pronunciation works, and the chit-chat meaning helps explain the event.

“It was started by a couple of architects in

February, 2003,” Dale explains. Astrid Klein and Mark Dytham of Klein Dytham architecture in Tokyo had some extra office space and considered various after-hours social events for which they could use the space. “In addition to that, they realized they had young designers who probably wouldn’t get their work seen in an architectural trade magazine or in any other

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public recognition for several years.” They decided this could be a place where the young designers could show their work in public.

“I guess the danger is when you talk about a PowerPoint presentation, everyone groans about the potential of it being bad and long,” Dales says. “The idea was to fix that by limiting the presentation to 20 images set on a timer that gave 20 seconds for each image. The presenter has no control to back up or stop the slide presentation – they have to keep moving. That adds up to six minutes and 40 seconds. The philosophy was that if it was really bad, how bad could it be for six minutes and 40 seconds?”

They gave it a try and people showed up to watch and listen. The concept spread. Now ten years later, PechaKucha is happening in over 500 cities around the world.

Dale is an architect at Guernsey Tingle Architects in New Town. He grew up in Baltimore and received his degree from the University of Maryland.

“I can’t pinpoint one moment that led me toward architecture as a career,” he says. “As long

as I can remember, I wanted to be an architect. I drew floor plans in first grade. It’s one of those things that has always been in the cards for me.”

While he worked in Northern Virginia, he had some projects based in Williamsburg. “I thought this is much better,” he says of the area, “and I’d rather be here than up in Northern Virginia.” He moved his family to Williamsburg and eventually began working with Guernsey Tingle Architects.

His architecture career is how he discovered PechaKucha. “I first heard about it about five years ago,” he explains. “There’s an AIA (American Institute of Architects) group down in Hampton that was doing them and sent out an announcement that they were holding a PechaKucha event. I looked into it and became instantly fascinated with it. It’s a neat format for doing things. It’s a lot of fun. I went down to Hampton to observe it and see what it was. After that first one, I was hooked.”

He did a couple of presentations with the PechaKucha group in Hampton. “They were only doing them once a year and that wasn’t enough for me.” He decided to try it here in

Williamsburg.

“The first one I saw in Hampton was varied in subjects but had several architectural presentations because it was organized by an architectural firm.” As people heard about the concept, more artists, photographers, designers and other types of creative people participated – it wasn’t just for architects.

“The fascinating part to me is who participates – it’s across the entire spectrum. There are fine art painters, sculptors, writers, photographers, architects... and we’ve had a silversmith talking about his techniques, along with different people talking about a certain aspect of their life. You don’t have to be in a certain profession or field to do this.”

Dale has held PechaKucha events in Williamsburg and in Gloucester. “We had Reese Williams (Xtra 99.1 radio personality). Her presentation was interesting. She had noticed that she saw a lot of pennies on the ground and began taking pictures of them. She turned that into a blog about the pennies she was finding and stories behind them.” She found out about the events when Dale did a radio interview with



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her about a PechaKucha night in Gloucester. She wanted to give it a try. “She showed her found-penny photographs and the stories behind them. It was a fascinating six minutes,” Dales says.

The first one in Williamsburg was last summer, and since then, Dale’s been organizing them quarterly. “That first Williamsburg event was held in the city’s Community Building,” Dale says. “The announcement went out, and we had friends of the presenters and the curious public attend. It’s growing in attendance. Getting around the funny name is the hardest thing,” he adds.

The next PechaKucha event is in September, during Arts Month. “We’re part of the ‘Art Inspires Stories’ weekend,” Dale describes. “We follow up after the Williamsburg Book Festival at the Community Building.”

The “Art Inspires Stories” weekend begins with the Tucker-Arnold Storytelling Festival on Friday night (9/20) at the Kimball Theatre. “That’s going to be a great storytelling night,” Dale says. “On Saturday (9/21), I invite everyone to come participate in the Book Festival at

the Community Building during the day, then have a nice dinner downtown, and come back to the Community Building to be entertained for the evening with PechaKucha. It will be a great weekend of stories.”

With the event, a presenter will have his 20 slides and 20 seconds each to talk about them. One thing Dale would like to try is what he calls a PechaKucha Mix. “That’s where someone will put together a series of 20 slides, but instead of narrating them themselves, they recruit members of the audience to ad-lib the narration. I’m thinking of doing that with the Storytellers Festival on Friday. I’ll put together some random slides and pull people up to string a story together with the slide – on the spot. Those are usually a lot of fun.”

The originators of PechaKucha are conducting a global event that same weekend. “It will start in Tokyo where they are based,” Dale explains. “As the clock goes around the time zones, the various cities in those time zones will stream in live to the PechaKucha website – it’s broadcast out to the PechaKucha community. As the evening hour rolls around, Williamsburg

will be plugged in and people around the world will be watching us live. We’ll be part of several hundred cities. That is Friday evening (9/20) and will be a pre-event to the Tucker-Arnold Storytellers Festival at the Kimball Theatre.”

The PechaKucha website has a calendar of events from all over the world and presentations from the various cities that participate. Dale’s presentations are posted on the PechaKucha website. “The Williamsburg section on the website had over 17,000 views,” Dales says. “That’s people around the world that have seen what residents of Williamsburg are talking about.”

The growth of the events has been staggering for Dale. “More people are attending and more people are presenting. It’s a great night of entertainment from our neighbors talking about the things that interest them. I’ve been blown away by the variety that comes out of this area.”

Dale says to gather 20 images of things that capture your imagination and share them with your neighbors. Be concise. There’s only six minutes and 40 seconds to tell your tale. NDN
Examples can be seen on www.PechaKucha.org

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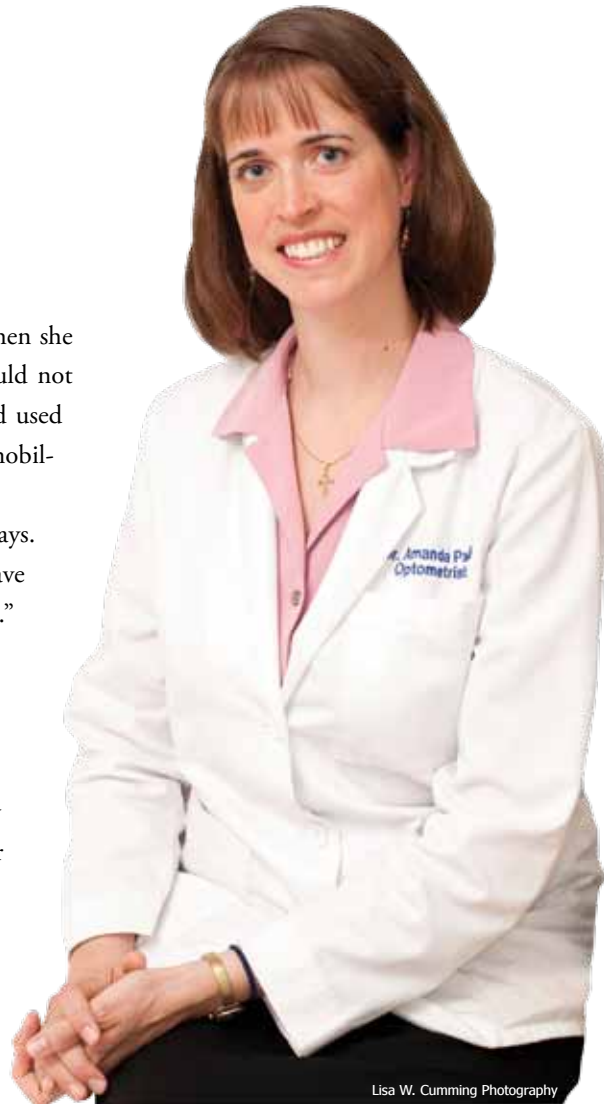
In-Home Eye Care

By Greg Lilly, Editor

Dr. Amanda Paull started her in-home eye care service in 2007 when she was asked to go to nursing homes to help several residents who could not make the trip to the optometrist's office. She set up an eye chart and used specialized handheld equipment to give a full eye exam to those with mobility issues.

"I have about five percent who are under the age of 60," Dr. Paull says. "They have some mobility issues like Multiple Sclerosis or they may have had some sort of trauma that keeps them from coming to the office." Most of her in-home patients are 65 and over with some eye issue. She monitors patients with cataracts to determine if the patient needs surgery or if they can wait. "I see a lot of diabetic patients," she adds. "If you have diabetes, it can show up as blood leaking out of the blood vessels in the back of your eyes. If this is occurring in your eyes, it may be occurring in other places of your body like your brain, stomach or kidneys. I also check for glaucoma, which is a silent thief of sight. The prominent condition, though, is cataracts."

Dr. Paull explains that studies have found that a person with growing cataracts may have an increased chance of developing dementia. "Because, not only can they not see well, but it decreases the stimulation to the brain," she says, "and decreases the correct



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circadian rhythm patterns. Removing cataracts can reduce the worsening of dementia.”

A homebound patient has little chance of having cataracts detected early if he or she doesn't have regular eye exams. The concept of this came from a combination of Dr. Paull's personality and her recognition of the need.

“When I was eight years old, I needed glasses for the first time,” she says. “I actually had to get bifocals in the third grade, so I made yearly visits to my eye doctor. I loved her, and I loved the set of lenses that she showed me. I thought: That's what I want to do when I grow up.”

She worked toward that goal from then on. “In high school, I worked at my eye doctor's office and then at college – at William and Mary – that was my direction.” She earned her degree in Biology with a pre-med focus. At the time, only sixteen optometry schools were scattered around the U.S. She graduated from the University of Alabama's School of Optometry. Returning to her hometown of Richmond, Dr. Paull worked for the same optometrist she'd been a patient for as a child. “She was my role model.”

While working at that practice, Dr. Paull began holding eye clinics in nursing homes. “We found that there was a niche for serving patients at their nursing facility or residence. I had volunteered in nursing homes with my church since I was about twelve. I loved working with the elderly. I'm really comfortable with that generation. My personality and the need came together in the perfect match for me.”

She found that patients in the office would say that they had a relative or friend confined to home, and they would ask if she could bring the same portable equipment used off-site to the person's home. “We started trying that on an as-needed basis. It took off.”

The service began in Richmond but then Dr. Paull began working with a nursing home company that had clinics in Virginia Beach. “With my nursing home clients in Richmond and some in Virginia Beach, my family and I moved to Williamsburg to be half-way in between,” she explains. “Williamsburg is a beautiful city with a lot of nostalgia for me. This is where my husband, Travis, and I went to col-

lege. We have some close family and friends here. Travis and I have a five-year-old daughter, and this is a great place to raise her.”

The in-home eye exam is geared for patients who have great difficulty getting into a doctor's office. “The elderly or people who are homebound,” she adds are the focus. “If a person can get to an office and say ‘better one or better two?’ on the tests and sit in the machine, that would be best for that person. My in-home exams are tailored for the elderly or those who may have trouble answering the questions asked in a regular eye exam.”

She says that she and her technician use the same type of equipment that is in the office, except it is portable. “We can set up the same thing in a patient's home as we do in our nursing home clinics. It is specialized, handheld, state-of-the-art equipment.”

For example, she has a special machine called an autorefractor that sends an infrared beam into the eye to measure the patient's focusing ability. “We don't have to do the ‘better one or better two?’ questioning with multiple lenses to determine the best prescrip-



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tion to correct a patient's vision. Based on the measurements from the infrared beam, it can report how much astigmatism or how much nearsightedness the patient has. It gets the prescription of the patient."

Dr. Paull can also test for glaucoma in the home. "We can dilate the eyes. We can check the pressure – everything with hand-held equipment. We do a lot of non-subjective testing that can show us exactly what the patient is seeing and what he or she needs. We tailor it to the patient. Some can tell us their concerns and vision, while others cannot voice it so we do tests. They don't have to respond to us. You can see in their face when the new glasses make their vision better. The patient doesn't want to take them off. You see the 'smile effect,' and their eyes light up."

One of her most memorable patients wasn't a house call, but a boat call. "This man is very funny and personable," she describes. "He has mobility issues and lives on a boat. He was a captain in the Navy and bought a boat instead of a house when he retired." His condition keeps him from easily stepping out of the boat,

but he can move around on it with his walker. "He was referred to me because he was starting to lose his sight."

Dr. Paull found that his vision was good, but he had a disease of his optic nerve. "It was causing him to lose oxygen and nutrients to the nerve. He had to do some dietary changes. He didn't like that. He really just wanted some simple glasses to correct the problem and to be able to see. But I explained the problem. He contacted me later and told me that the treatment had worked, and he could see again. That was rewarding for me that we were able to catch it and diagnosis it early." If he had waited until someone could have helped him into an office, his recovery might not have been so successful.

Another patient was referred to Dr. Paull because of the need for a yearly exam from having diabetes. "I thought it would be a routine exam," Dr. Paull says. "When I checked the woman, her eye pressures were in the 30's. Usually, they should be between 10 and 20. Her pressures were very high, and she didn't realize it. If that goes too long, a person can

go blind from glaucoma. For her, we were able to prescribe some eye drops to lower that pressure. It's like high blood pressure, you don't know until it's really high. You typically have no pain or visual symptoms with a gradual increase in eye pressure. It starts with the loss of your side vision, and most of the time, one eye will compensate for the other – you wouldn't notice it. The eye pressure test is the way to identify that."

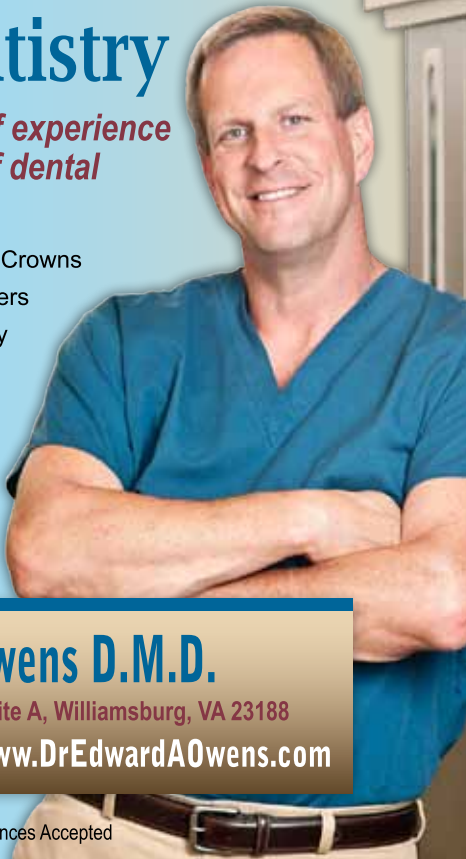
She warns that there are a lot of conditions of the eye that are slow, painless, and can be permanent. "Age-related macular degeneration is the same. It may show in one eye and the other eye compensates for it. You want to know that you have it as soon as possible to get the early treatments."

For those who are homebound, a yearly eye exam may be critical, yet sacrificed due to confinement. Dr. Amanda Paull wants to alleviate that barrier. "I want to make it easier for everyone to get eye care. I think I have the best job. It's great knowing that I'm helping people. I hope I can be a little light in their life for the time I spend with them." NDN

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GUIDING STUDENTS TO
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By Greg Lilly, Editor

Pam Rambo helps guide students through college admissions. “I focus on what they were wired to do in this world,” she says. “I interview them, study their transcripts, talk with both the parents and the student together and do some testing to come up with a target major and college.”

Pam explains that her whole career has led

to this type of consulting. She grew up in Newport News and has lived in most of the localities of Hampton Roads: York County, Hampton, Norfolk and Suffolk. “I was living in Suffolk when I got matched with George on eHarmony.com,” she explains. “That’s what brought me to Williamsburg – eHarmony,” she adds with a laugh. She and George have been married since

2005.

“At the time I met George, I lived in Suffolk and worked at the Hampton campus of Thomas Nelson Community College. My entire career has been in education. While I was in graduate school, I was a permanent substitute teacher in the school systems in Newport News, Hampton and York County. After that, I

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was a college counselor at Thomas Nelson.” She also had the opportunity to work at Rappahannock Community College. “At Rappahannock, I was the Director of Student Development, which is the position that oversees admissions, financial aid, career planning and placement along with some other programs.”

She returned to Thomas Nelson Community College to run financial aid, scholarships and veterans’ affairs. She retired in 2005. Retirement didn’t mean she and George would be boating along the James River. Instead she started training college advisors for the Access College Foundation. “Access is a public/private partnership in Norfolk, Virginia Beach, Suffolk, Chesapeake and Portsmouth. There are 29 high schools enrolled in Access.”

The Access College Foundation is a program that places a trained college advisor in every high school in the five cities on the Southside. “That advisor is responsible for helping the tenth graders, juniors and seniors do all the things they need to do to get ready for college – take the SATs, apply to college and for financial aid. That advisor knows the entire scope of college admissions. My job was to train those people and run the program.”

Today, Pam consults with students and parents to help guide them through the college application process.

The process can start as early as a student would like. The maintenance of a high Grade Point Average (GPA) is an on-going process. Preparing for and taking the SAT (formerly called the Scholastic Aptitude Test, but now just SAT) can be a daunting task. Pam says she likes to start with high school sophomores and juniors as well as seniors at the beginning of their senior year. “As a student goes into their senior year, they only have eight weeks once school starts to know where they want to apply. In some cases it is six weeks if you are looking at an early decision deadline.” The earlier the process starts, the better.

“For parents, they need to have ‘The talk’ with their child at least by early high school. That talk is about finances and what the parents can contribute to the cost of college,” Pam explains. The discussion about college finances will set expectations for the student. Once the parents and student know what money is available, they can investigate the different options for financial aid and/or scholarships.

“Nine out of ten students I talk to think their mom and dad have the cost handled. The students haven’t had experience with large sums of money – like a mortgage – and that’s what you are talking about with college, like a mortgage on a home – \$60,000 to \$250,000 per child. The parents need to know. The student needs to know. They need an understanding of the costs as early as possible.”

When students say they have no idea what they want to major in or what college they would attend, Pam says it is simple: “I focus on what they were wired to do in this world.” She says that each of us has certain natural abilities, talents and interests that point to the right career. “I interview the student, study their transcripts, interview the parents and do some aptitude testing to come up with a target. The target usually has wiggle room – four or five careers in a cluster. I measure personality, motivation and talent. Then I lay it out for the student and parents. I’ve

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what’s up in real estate



Ask a REALTOR® about today’s housing market in our part of historic Virginia and you’re more than likely going to hear that things are “looking up.” More homes are selling. Sale prices are slightly improving. Pending sales are up. And Days on Market shows a downward trend. There are many reasons to be optimistic about the housing industry.

The increase in housing activity also has a negative consequence though. Demand is starting to exceed supply because New Home construction has been virtually dormant since 2007. In fact, several states, particularly some areas in California, are now experiencing a major shortage of available homes for sale.

Lawrence Yun, chief economist of the National Association of REALTORS®, confirms this trend. “The housing numbers are overwhelmingly positive. However, the number of available homes is unlikely to grow, despite a nice gain (recently), unless new home construction ramps up by an additional 50 percent.”

In reviewing numbers provided by a service called RE Stats using data from our multiple listing system, the Williamsburg area shows average prices at closing rose more than \$11,000 over last year at this time to \$313,853. The average year to date sales price is touching on \$300,000. However, what this basically shows is that houses in higher priced brackets are beginning to sell. This increase should not be taken as an across-the-board price adjustment of \$11,000 per home. Home sale pricing still needs to be examined on an individual basis. June new listings for this area went up about 22 percent in that same time pe-



by **Sam Mayo**
President

**Williamsburg
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riod, but overall the total housing inventory dropped almost 6.63 percent. Our numbers appear to follow the national trend.

The possibility of home prices growing too fast also now exists because of the resurgence, but market conditions are different than the previous boom says NAR President Gary Thomas. “The boom period was marked by easy credit and overbuilding. Today we have tight mortgage credit and widespread shortages of homes for sale. The issue now is pent-up demand and strong growth in the number of households coinciding with several years of inadequate housing construction.”

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- Retinal Vascular Disease
- Visual Field Loss



– John R. Nordlund, MD, PhD

Fellow, American Society of Retina Specialists

Fellow, American Glaucoma Society

Dr. Nordlund is a board certified Ophthalmologist practicing full-time in Williamsburg.

- Retina fellowship at the Mayo Clinic
- Glaucoma fellowship at Johns Hopkins

Open Monday - Friday 8 a.m. to 5 p.m.
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never had a person disagree with the results.”

Once she knows what the career objective is, she focuses on the right place to study for that particular student. “I list the best schools based on what we have discovered about the student: grade point average, SAT scores, big school vs. small school, how far away from home they are comfortable being. If you know all those things, you can look at the options that are in the price range.”

The student narrows the list down to eight to ten schools. “He may only choose to apply to five or six of those schools. We also rank them as to what’s within reach of his GPA. Maybe if he worked harder and pulled up his GPA or took the SAT again, he’d have a better chance at one of those more competitive schools he likes.” When the student starts planning early, there is time improve his/her scores.


Pam stresses that a lot of information needs to be analyzed to make a solid decision. “The student and parents will know what they need to do to get in to each school. Most students early-apply. It gives us time to improve grades, SAT scores, search for financial aid.”

Usually, February 1 is the deadline for college applications, Pam says, but some are earlier and some later. “There are over four thousand colleges and universities. Some of them have no deadlines for applying. I say apply as early as possible. The money is there in the fall. The later you apply, the less money is available for financial aid and scholarships.” Pam runs a college-prep camp. “It’s five days that include an interest inventory, how to choose a college and the prices for them, what questions to ask parents about the financial side, what are the average SAT score and GPA to get into the college. By the end of the week, the students have a major determined, a list of eight to ten colleges to apply to, and a draft of their signature college essay – all done in one week. That puts them way ahead in the fall.”

She recommends that a student, by end of his junior year, start planning trips to some campuses. “Colleges have open houses; many of them have an open house once a week, every week. Parents can take tours and talk to admissions offices,” she says.

Her insider tip is to look for summer camps at the school the student is interested in. “Say the student is in band. If you think you like JMU and there’s a band camp at JMU, go to band camp – at the end of the week you will love JMU or you might want to keep your options open. Plus, you would be on a first name basis with the band director at the school, who could be an advocate for you if you need one for admissions.”

College admission tasks go fast once school starts. “As a student goes into his or her senior year, the application deadlines start coming at you quickly. Set up a calendar for the school year with college milestones and monitor it to make sure deadlines are met.”

Pam Rambo says to shop for college just as you would shop for a car or home. “Compare price, quality, location, amenities, convenience, services, safety record (campus crime report), performance (graduation statistics), resale value (job placement data) and how helpful staff is when you call or visit. For colleges in which the student has a serious interest, test drive the campus by participating in a college summer program for high school students.” 

Hey Neighbor!

Please visit www.WilliamsburgNeighbors.com, go to the magazine site 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!

V.O.I.C.E.S. of Williamsburg

Ongoing

Do you want to end your fear of Public Speaking and Develop Communication and Leadership Skills? Join TOASTMASTERS in a caring and supportive environment. On **Marvelous Monday**: Get a Powerful start to your week! Time: 7:00 a.m. Location: James City Community Center, Longhill Road. On **Wonderful Wednesday**: Meet, Eat, and Speak, Time: 7:00 p.m. 4th Wednesday of each month, Location: Anna's Brick Oven, 2021 Richmond Road. Contact Alice Hertzler @ 757-564-1140 or AliceHertzler4008@gmail.com

Hey Neighbor!

WE ARE GROWING! COME JOIN US!

Ongoing

Calvary Chapel Williamsburg, teaching verse by verse through the Bible offers two Sunday Services at 9 a.m. and 11 a.m., and on Wednesdays at 7 p.m. Nursery and children's ministry will be available at all services with Youth ministry available at the 11 a.m. service. During the month we offer Ladies Bible study on the 1st & 3rd Tuesday evenings at 7 p.m., Men's Bible study on Thursdays at 7 p.m., and Youth Group meets weekly on Friday nights at 7 p.m. 5535 Old Towne Road. For additional information call 757-220-8400, or visit our site www.calvarywilliamsburg.org.

Hey Neighbor!

HISTORIC TRIANGLE SENIOR CENTER

Ongoing

We are in need of part time volunteers for receptionists here in Williamsburg (James City County). If interested please call 757-564-6342 or 757-259-4187

Hey Neighbor!

WILLIAMSBURG REGIONAL LIBRARY USERS – DIGITAL MAGAZINES

Ongoing

Digital magazines are available for Williamsburg Regional Library (WRL) users thanks to a partnership between RBDigital from Recorded Books and the Library of Virginia. Beginning June 10, WRL cardholders will have unlimited multi-user access to 50 complete digital magazines through Zinio for Libraries, the world's largest digital newsstand. For more information on how to access this service go to wrl.org/zinio

Hey Neighbor!

WILLIAMSBURG-JCC WEATHERIZATION PROGRAM

Ongoing

Applications are being accepted for Williamsburg-James City County Community Action Agency's Weatherization Program. These services are free to those homeowners and renters that qualify based on total household income. Service areas include Williamsburg, James City County, York County, Newport News and Poquoson.

Please contact April Taylor at (757)-229-9389 to schedule an appointment.

Hey Neighbor!

LEGAL OUTREACH PROGRAM

July 20, 2013

Free Legal Consultation is provided to those who meet financial criteria and who live in Williamsburg, James City County and Upper York County. Services will be provided on Saturday, July 20, 2013, at William & Mary Law School, 613 S. Henry St. in Williamsburg, from 10 a.m. to 1:00 p.m. Call Yvonne or Linda for an appointment at 757-229-9332. You will be asked for information concerning your wages and other property that you have. Your information is confidential, and walk-ins will be accepted, but there is no guarantee that walk-ins will be seen on that day.

Hey Neighbor!

WILLIAMSBURG FARMERS MARKET

July 20, 27, August 3, 10, 17, 24, 31, 2013

Saturdays at 402 W Duke of Gloucester St. in Merchants Sq., from 8:00 a.m. to 12:00 noon. Virginia farmers, watermen and bakers will sell peaches, corn, fish, artisan cheese, meats, pasta, cut flowers and soaps. Enjoy the market's live music and exhibits along with shopping in Merchants Square, in the heart of Williamsburg. The market now accepts credit and SNAP EBT cards. 757-259-3768, www.williamsburg-farmersmarket.com

Hey Neighbor!

OUTDOOR GARDEN DESIGN

July 20, 2013

Award-winning landscape designer Peggy Krapf will lead a walk through the Williamsburg Botanical Garden. She will provide ideas to turn home gardens and yards into beautiful outdoor living spaces. Suggested materials to bring: Pen and notebook or digital camera. In Freedom Park Interpretive Center or Williamsburg Botanical Garden. Time 10 – 11:30 a.m. Free and open to the public.

Hey Neighbor!

EARLY CHILDHOOD MUSIC SCHOOL OF WILLIAMSBURG

July 22-26, 2013

The Early Childhood Music School of Williamsburg, United Methodist Church, celebrating 24 years of excellence in music education, is accepting registrations for children, ages 4 months through 7 years for a five day summer session, July 22 - 26. Morning and evening times are available. Nurture your child's natural musical instincts while encouraging creativity, motor development and literacy through singing, movement, focused listening and playing instruments. For more information or to receive a registration form, contact Cindy Freeman, director at 757-229-1771 or cfreeman@williamsburgumc.org.

Hey Neighbor!

WALK TO END ALZHEIMER'S

July 24, 2013

Join us for a Walk to End Alzheimer's



The Vineyards of Williamsburg 5K

Saturday, August 10, 2013 ■ Fun Run 6:30 pm 5K Run/Walk 7:00 pm

Register at 5k.cdr.org

Presented by Sentara and Branscome, Inc. to benefit CDR



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Act Like A Tourist PHOTO CONTEST

The "Act Like a Tourist" photo contest gives each of you permission to grab your camera and wander the streets, trails and waterways of the Williamsburg area snapping photos with all the creativity you can muster.

There are three categories for the subjects of your photography: Nature, People and Architecture. Click the link on the home page of our website to upload your photos or to vote on your favorites.

Contest runs through August 16. The earlier you enter, the more time to earn "likes."

WilliamsburgNeighbors.com

er's Kick-Off Party! - July 24, 6 - 10 PM at The Cove Tavern, 3701 Strawberry Plains Rd. Featuring the William and Mary mascot - the Griffin, raffle prizes, walk information, and live music from local band, London, 7 - 10 PM. Save the Date for the Williamsburg Walk to End Alzheimer's Regionally Sponsored by BayPort Credit Union: Oct 26, Matthew Whaley Elementary School. Questions: contact Barbara Monteith at 757.812-0638 or bmonteith@alz.org.

Hey Neighbor!

WILLIAMSBURG REGIONAL LIBRARY FILM SERIES

July 25, 2013

Our Vines Have Tender Grapes (1945) This heartwarming movie follows a year in the life of a Wisconsin farming community during the Second World War as seen through the eyes of a 7-year-old child. The movie will be shown in the Williamsburg Library Theatre, 515 Scotland St., beginning at 2 p.m. Admission is free and reservations are not needed. For more information visit wrl.org or call: 757-259-4050. (See more movies online at www.WilliamsburgNeighbors.com)

Hey Neighbor!

CHKD FREE PUBLIC PROGRAMS IN WILLIAMSBURG

July 25, 2013

CHKD Medical Group's Pediatric Associates of Williamsburg free programs: July 25, Breastfeeding Advice, 119 Bulifants Boulevard, Williamsburg. Please join us for this free introductory class designed to help expectant mothers get off to a good start breastfeeding. Register online at www.chkd.org/classes.

Hey Neighbor!

BARRY UZZELL'S SUMMER BASKETBALL CAMP

July 29 - Aug 2, Aug. 12- 16, 2013

Williamsburg-James City County Community Action Agency's Barry Uzzell's Summer Basketball Camp - Barry Uzzell, a former International pro basketball player, gives top instruction for group and individual attention to include all the fundamentals. The one week daily instruction for boys and girls includes 2 more sessions for ages 7 to 11 and ages 12 to 14 years old. The remaining sessions are July 29 to August 2, and, for girls only, August 12 to 16. Both sessions begin at 8:30 am to 4:00 pm at James City County Recreation Center, 5301 Longhill Road. The cost is \$50 per child per session. For more information

and to enroll, call Yvonne, Linda or April at (757) 229-9332, or email youthnbl@wjccactionagency.org, or caa@wjccactionagency.org.

Hey Neighbor!

HISTORIC JAMESTOWNE EVENTS

July 30, 2013

First Assembly Day Commemoration. Join in the commemorations of First Assembly Day, the anniversary of the first legislative assembly in English North America. Presentations will explore the development of government in Virginia and the significance of the first meeting of elected officials in the colony in 1619. Visitors will meet three people from Jamestown's past who will share their stories of Virginia's government during the colony's earliest years. Event is included in regular admission (\$14.00 16 and over, 15 and under free)

Hey Neighbor!

CAPTAIN BREWSTER'S KID'S TOUR

August 1, 8, 15, 2013

Explore the exciting world of archaeology at Jamestown and come face to face with colonist Captain Brewster on this special kid's tour from 11:30 am - 12:30 pm. Meet the archaeologists who "rediscovered" the 1607 James Fort and see what they are finding this season. Meet Captain Brewster, one of the early English settlers, and learn about the hardships faced by the early settlers. Children must be accompanied by an adult chaperone. Free with paid admission to Historic Jamestowne. Call 757-229-4997 for information

Hey Neighbor!

FIRST ASSEMBLY DAY IN ENGLISH NORTH AMERICA

August 3, 2013

Join in the commemoration of First Assembly Day, the anniversary of the first legislative assembly in English North America. Programs at 11:30 am, 1:30 and 3 pm will explore the development of government in Virginia and the significance of the first meeting of elected officials in the colony in 1619. Free with paid admission to Historic Jamestowne. Call 757-229-4997 for information

Hey Neighbor!

IN THE TRENCHES TOUR

August 6 and 20, 2013

Tour starts at 10 am. Join a small inside and up-close group tour of the Lost 1607 James Fort led by Dr. William Kelso, Director of the Jamestown Rediscovery Archaeo-

logical Project since 1994. Walk the surface of the ground once trod by Captain John Smith, Pocahontas and Queen Elizabeth II -- now the very soil being dug by Historic Jamestowne archaeologists. Tour members must purchase a tour ticket online in advance or in the museum store by 9:30 am on the day of the tour. Reservations and tickets are valid only on the date specified. Cost includes a one-day pass to Historic Jamestowne. Tickets can be purchased at www.historicjamestowne.org. Price: \$30. Location: Historic Jamestowne. Contact: 757-229-4997.

Hey Neighbor!
JCC RECREATIONAL CENTER
- SUPER TURF SATURDAY
August 10, 2013

Free! Join us and the experts from the Virginia Tech Turf Team! Healthy Lawn + Sound Management = Save the Chesapeake Bay, 9 a.m. to 1 p.m., James City County Recreation Center, 5301 Longhill Road, sponsored by Virginia Cooperative Extension, James City County Office. Preregistration is required. Call 564-2179 (leave message with name, phone, and number attending)

Hey Neighbor!
THE VINEYARDS OF
WILLIAMSBURG - 5K
August 10, 2013

A Colonial Road Runners Grand Prix Event. This scenic 5K through The Vineyards of Williamsburg boasts 800-plus attendees, including 5K walkers and runners of all ages, fun runners, volunteers, and enthusiastic families and has become one of the most important races around. One mile fun run begins at 6:30 p.m. 5K run begins at 7 p.m. Event to Benefit CDR. For more information, visit 5K.cdr.org, or call 566-3300.

Hey Neighbor!
HISTORIC TRIANGLE
SENIOR CENTER - ANDY
GRIFFITH SHOW
August 12-14, 2013

Come take a trip down "Memory Lane" to West Jefferson & Mt. Airy, NC to visit the Andy Griffith Museum, Wally's Service Station. Take a ride in the Squad Car. We will also be visiting the Churches of the Frescoes. The cost for this 3 days, 2 nights is \$375.00 for members (double) and \$385.00 non-members. Singles: \$400.00. For information on and registration, call the Senior Center at 757-259-4187 or 757-259-4181 or visit us on the

web: theseniorcenter.org.

Hey Neighbor!
CURATOR'S ARTIFACT TOUR
August 14 and 28, 2013

Tours start at 3 pm from the Pocahontas statue. Senior archaeological curator Bly Straube provides an intimate, behind-the-scenes tour of the artifact collection of James Fort. This 90-minute guided program begins with a brief overview of the Jamestown Rediscovery project and offers a rare glimpse of the vault where more than one million artifacts recovered during excavations are housed. Due to limited space and the fragile nature of artifacts in the laboratory, this tour is restricted to 10 people. Children under 16 years of age must be accompanied by an adult. Price: \$25, tickets can be purchased at www.historicjamestowne.org. Location: Historic Jamestowne. Contact 757-229-4997, ext 100.

Hey Neighbor!
RC AIRPLANE AIRSHOW
August 17, 2013

Colonial Virginia Aeromodelers, a Radio Control Airplane and Helicopter Club, will be hosting a FREE Airshow recognizing National Model Aviation Day and the Wounded Warriors Project on Saturday, August 17, from Noon to 4:00. Giant Scale Airplanes, Jets, Warbirds, 3D Stunt Planes, and Helicopters are scheduled to be displayed and flown. Aerobatics and Air to Air Combat will be demonstrated. The public will be given the opportunity to fly an RC airplane. The CVA Flying Field is located on Route 5, 1 mile west from Chickahominy River Bridge in Charles City County (Follow Signs). For more information, visit www.cvarc.homestead.com

Hey Neighbor!
LIFE STAGES OF MONARCH
BUTTERFLIES
August 17, 2013

From a caterpillar to a butterfly, Barb Dunbar, Master Gardener and certified Master Naturalist, will help children and adults understand the remarkable transformation that results in the stunning Monarch butterfly. She will show participants the plants in the Garden that nourish the developing caterpillars. Registration is required. In Freedom Park Interpretive Center or Williamsburg Botanical Garden. Time 10 - 11:30 am. Free and open to the public.

Hey Neighbor!
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ACADEMY - CATCH THE VI-

Building the Best Team to Serve Our Patients



We are thrilled to introduce our newest hygienists, **Nina Long** (left) and **Linsey Joyner Carter** (right).

Nina is a graduate of *West Virginia University* and Linsey is a graduate of *Old Dominion University*. They each have more than six years of dental hygiene experience. We are blessed to have them as part of our team!



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SION TOUR

August 29, 2013

Are the Arts important to you and your children? Williamsburg Christian Academy invites you to attend a one hour informational and inspirational tour of the Academy. WCA is an interdenominational, Christ centered, college preparatory, Pre School through 12th educational option. Thursday, August 29th @ 2:00 pm. 101 Schoolhouse Lane, Williamsburg. Call 220-1978, ext. 113 for more information. www.williamsburgchristian.org

Hey Neighbor!

WILLIAMSBURG WOMEN'S CHORUS

September 5, 2013

Williamsburg Women's Chorus Welcomes New Members. Looking for NEW voices to join The Chorus for our 2013-14 season. Schedule a vocal interview now by contacting Ann Porter at aportermusic@verizon.net, or www.williamsburgwomenschorus.org for information.

Hey Neighbor!

WILLIAMSBURG CHRISTIAN ACADEMY – GOLF TOURNAMENT

September 7, 2013

Kiskiack Golf Club will be the host for the Williamsburg Christian Academy Golf Tournament to benefit the Educational Enrichment Program, Saturday, September 7, 2013. For further tournament information contact williamsburgchristian.org

Hey Neighbor!

ARTSPEAKS: SMALL AND GREAT 2013

September 15, 2013

ArtSpeaks Small and Great 2013 presents original art work in all media 5:30-8:00 p.m., Sunday, September 15th. The Williamsburg

Community Building on North Boundary Street will be filled with the creations of many of the area's finest artists. ArtSpeaks is a fundraising event to support the programs of This Century Art Gallery, offering works by the artists it has supported since 1959. Admission is \$45 in advance and \$50 at the door. For reservations contact: ArtSpeaks@thiscenturyartgallery.org or visit www.thiscenturyartgallery.org/ArtSpeaks/

Hey Neighbor!

VA NATIVE PLANT SOCIETY PROGRAM—NATIVE TREES

September 19, 2013

Yorktown Public Library (may change to Rec Center), starts at 6:45 pm, free and open to the public. Speaker: John B Hayden: PhD, biology from the University of Maryland, Professor of Biology at the University of Richmond, Curator of Herbarium at the University of Richmond, VNPS Botany Chair. Area of interest is the morphology, anatomy and systematics of plants. Bi-monthly program of the John Clayton Chapter of VNPS. Contact: Don@donaldhyatt.com 703-241-5421.

Hey Neighbor!

TAGGING MONARCH BUTTERFLIES

September 21, 2013

Hand-raised by James City County/Williamsburg Master Gardener Angela Cingale, adult Monarch butterflies will be tagged and released into the Garden for their flight to Mexico. In Freedom Park Interpretive Center or Williamsburg Botanical Garden. Time 10 – 11:30 am. Free and open to the public.

Hey Neighbor!

WHRO'S WILLIAMSBURG ART APPRAISAL FAIR

September 21, 2013

Williamsburg Hotel and Confer-

ence Center – morning session from 9:30 to 11:00 a.m., Afternoon Session from 1:00 to 3:00 p.m. Join WHRO Public Media for the 2nd Annual Williamsburg Art Appraisal Fair. Bring 3 items and receive a verbal appraisal of each for only \$150. Bring 2 additional items for \$30 each. When you register for the Williamsburg Art Appraisal Fair, you will also become a new or renewing member of WHRO! Questions or to register, please contact Susan Cason at (757) 889-9360 or email Susan.Cason@whro.org

Hey Neighbor!

PECHAKUCHA NIGHT

September 21, 2013

PechaKucha Night on Saturday, September 21st, 7 p.m., Williamsburg Community Building. Get ready for an evening of the unpredictable, the entertaining, the inspiring, the quirky, the informative. PechaKucha is an unusual, fun event of fast paced presentations. Each presenter is allowed 20 slides that run for 20 seconds each, and given a microphone to narrate. Sign up to be a presenter or just come and be wowed. Full information can be found at <http://www.pechakucha.org/cities/williamsburg> or for more information contact Dale Weiss at pknburg@verizon.net

Hey Neighbor!

THE WILLIAMSBURG SYMPHONIA MASTERWORKS CONCERT #1

September 30, October 1, 2013

The Williamsburg Symphonia's 30th Anniversary season begins with a program featuring Brahms's Violin Concerto in D Major, with violinist Stefan Jackiw, as well as works by Stravinsky and Bizet. Masterworks Concert performances, under the direction of Conductor Janna Hymes, are presented at the Kimball Theatre in Merchants Square and start at 8:00 p.m. Single tickets are

\$54 and \$44 and may be purchased by calling 757-229-9857. Season subscriptions (five concerts) are still available. For more information contact us at info@williamsburgsymphonia.org or www.williamsburgsymphonia.org.

Hey Neighbor!

THIRD ANNUAL GALLERY CRAWL

October 3, 2013

An evening of art, wine tasting, meeting new friends and enjoying old friends as you are shuttled on deluxe chartered buses to locations in Merchants Square, the Bed and Breakfast District, The Arts District and High Street. Coordinated by Williamsburg Celebrates Art and the Williamsburg EDA. October 3rd from 5 to 10 p.m. Ticket price of \$40 includes a commemorative wine glass, an incredible evening of fun, transportation to all galleries, and wine and hors d'oeuvres at each stop. Tickets are on sale now. To purchase tickets online or for more information, please visit our website at www.gallerycrawl.org

Hey Neighbor!

OUR NATIVE TREES

October 19, 2013

(Location to be announced) Patsy McGrady and Mitzi Balma, James City County/Williamsburg Master Gardeners, will discuss the trees native to Virginia. They have done an inventory of the trees in the Botanical Garden, and will lead a walk through the Garden. In Freedom Park Interpretive Center or Williamsburg Botanical Garden. Time 10 – 11:30 am. Free and open to the public. Williamsburg Botanical Garden. Time 10 – 11:30 am. Free and open to the public.

Visit WilliamsburgNeighbors.com
All HeyNeighbor! listings are online.



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THIS CENTURY ART GALLERY PRESENTS

ArtSpeaks

Small and Great

September 15

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www.thiscenturyartgallery.org/ArtSpeaks

Williamsburg's
IN THE
NEIGHBORHOOD
photo challenge

THIS CENTURY
ART GALLERY

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

Enjoy!



INTERMEDIATE LEVEL

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

July 2013
In the Neighborhood
Photo Challenge





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QUEENS LAKE

Immaculate home on lovely 1.03 acre ravine lot. 3,934 sqft., 6 BRs, 3.5 BAs, 2 FPs, LR, DR, FR, Rec Room, large eat-in Kitchen. Lush landscaping & private decks from Dining, FR & Master. Upgrades include paint, roof, leafless gutters, gas heat, ceiling fans, central vac, HW, A/C, garage door & remotes. Foyer floor, 2 hearths, and window sills are marble. New powder room, windows, updated full BA, newly finished large project/hobby/ workroom w/adjacent large shelved storage room. \$445,000. MLS# 30037359.

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Cape Cod on over half-acre, this classic all brick Joel Sheppard creation offers 4 BRs, 4.5 BAs 3,950 sqft. accented by gorgeous wood work. Completely updated w/ new carpet, paint, plumbing fixtures, lighting & roof. Gas furnace, downstairs AC, and upstairs heat pump have all been replaced in the past 5 years. First floor master suite features bay window overlooking lush privacy. \$535,000.

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