



# NewsNotes

A Quarterly Publication of the Virginia Rehabilitation Association  
2005 First Quarter, January-March No. 17

## VRA Meets with Local Legislators



From left to right: Senator Steve Martin, Susan Green, Delegate Lee Ware, and David Williams (more on page 2)

## Past Presidential Pondering

As I write my final message I hope it finds you in good spirits, and getting ready for a wonderful Holiday Season. Looking back over the last year, it seems like it was only yesterday that I was being installed by Mark Fletcher as your President, and accepting the gavel from outgoing President, Howard Green.

I entered the year with high hopes and great anticipation that with your help VRA could and would make a difference in the lives of persons with disabilities. In order to accomplish this approximately seven training sessions were planned and six were provided through the efforts of VRA's Education Committee, VRCA, and VARL. Training consisted of Ethics & Ethical

Considerations for the Rehabilitation Professional, Traumatic Brain Injury, Leaders Emerge, etc. Also, VRA along with APSE and vaACCSES planned and sponsored the 2004 Collaborations Conference – Catch The Wave. The trainings were well attended and evaluations proved to be very favorable. Continued education and training is needed for our members, as well as our community partners, in order for us to be more informed, thus enabling us to better advocate for and meet the needs of person with disabilities.

*Past Presidential Pondering (Continued on page 3)*

The next VRA Meeting will be January 21st



## Come Join Us In Golf!!

**" Mark Your Calendar–  
The 2005 VRA Golf  
Tournament is scheduled  
for Tuesday, September  
13, 2005. Plan to play!!!"**

## VRA Foundation Report

The VRA Foundation has had an active year. During 2004, Al Dickerson has joined the Foundation Board to replace Eleanor Williams who spent many years on the Board. The Board would like to publicly thank Eleanor for her service and hard work to the Foundation. She spent many hours helping the Foundation to grow to where it is today!

*VRA Foundation (continued in next column to right)*

## VRA Hosts Local Legislators



Left to right: State Senator John Watkins, Susan Green, and David Williams

During 2004, the VRA Foundation was able to provide a sum of \$500.00 which was split between four scholarship applicants. Awards of \$100.00 went to Patricia Yates, Eileen Kuletz, and Shirley Lyons. A total of \$300.00 was awarded to Kim Williams!

The Foundation Board will be considering several options to raise additional funds for the Foundation. If you would like to donate to the Foundation please let us hear from you. Also, if you or a family member will be continuing your education please don't forget about us!

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## Past Presidential Pondering

(continued from page 1)

In addition to the training, our Legislative Advocate David Williams was very busy throughout the year. David did a great job in advocating on the "Hill", collaborating with our community partners, developing our legislative agenda, and keeping us all informed on the issues and soliciting our assistance in getting the message out. VRA along with vaACCSES co-sponsored the Legislative Summit/Legislative Reception that was held in January. Even though we had ice and snow, a few brave and courageous members were in attendance.

In the education/legislative arena, VRA partnered with the DRS Office in Chesterfield and held two breakfasts for local legislators. The breakfasts were a big success, and it is the hope of the Legislative Committee to hold more education breakfasts for legislators in other areas of the state. Thanks and congratulations to David, Howard, Susan and her staff for all of their hard work in this endeavor.

VRA provided financial assistance to eleven members who attended the Collaborations Conference, two members who attended the NRA Governmental Affairs Seminar, and three members who attended the NRA Annual Training and Conference.

This year was the fifth anniversary of our annual golf tournament. Again, Howard Green with help and a lot of support from Susan Green held another very successful tournament. Thank you Howard and Susan for all you do. By the way members Howard could use some help with the tournament, as it is the only fund raiser VRA conducts during the year. We need to remember that this is not the Howard Green Gold Tournament, but it is the VRA Annual Golf Tournament.

The issue of the NRA-Mid Atlantic Region is still on the table. Conversations with representative from Maryland and D.C. have taken place, but a commitment from them regarding efforts to resurrect the Mid-Atlantic Region has not happened. Representatives from VARL have talked about holding a leadership training session, inviting the other states in the Mid-Atlantic Region. During the training they hope to have discussions to determine do they or do they not want to have an active Region. VRA desires to be a part of an active Region. Watch the newsletter for more details on this issue in the upcoming months.

VRA received nominations for all of the award categories this year. A total of nine awards were presented at the Collaborations Awards Luncheon. Thanks go to Dale Batten and her committee on a job well done.

Wow, it has been a busy and most exciting year filled with challenges and many successes. The members of VRA are hard working, dedicated individuals who represent themselves well in all they do. I am humbled by each of you and am proud to say that I too am a member of VRA. I would like to say a heartfelt thanks to each of you for the support, encouragement, and courtesies extended to me this past year. Without you I could not have made it. I am extremely grateful for the privilege that you bestowed upon me by allowing me to serve as your President.

I will close with saying support your incoming President, Robin Metcalf, and take an active role in VRA by serving on a committee. VRA is your organization and it needs you!

**Submitted by Past VRA President  
Eleanor Williams**

Check out this site today on your computer!!

# www.vra.org





## VRA Nomination and Election Committee Annual Report

I would like to thank everyone who agreed to run as candidates for potential officers and board members for 2005. We have been able to offer our members a ballot full of very qualified and talented individuals who are interested in moving VRA forward. Once again I would like to thank the following individuals for agreeing to run this year.

There was one issue with the returned ballots for this year's elections. There were approximately 10 members who removed their name when they returned the ballot. Therefore, we could not determine if they were indeed a member of VRA. So, we could not count their vote. Please, remember that your vote only counts if we confirm you are actually a member of VRA.

- President Elect- Dale S. Batten & Margaret Gillispie
- Secretary – Ellen Brasewell
- Treasurer- Sherman Gifford
- Board Members ( elect three from the group)
  - Tracy Hart Broadnax
  - Phillip Cooke
  - Alison Mundy
  - Beth Phillips
  - Suzanne Slusher
  - Marie (Del Gardo) Worley

The election was very close. We had 60 ballots returned by mail and 23 members voted at the Collaboration conference. The winners for the VRA 2005 officers and board are:

- |                   |                    |
|-------------------|--------------------|
| President Elect – | Margaret Gillispie |
| Secretary         | Ellen Brasewell    |
| Treasurer         | Sherman Gifford    |
| Board Members     | Marie Worley       |
|                   | Beth Philips       |
|                   | Allison Mundy      |

## 2004 Golf Report

The 2004 golf tournament, held at Hunting Hawk Golf Course, was very successful. We had great weather. Nineteen teams played in the tournament. The winning teams are listed on our web site ([www.vra.org](http://www.vra.org)). I want to congratulate the team representing Ukrop's Supermarket (Golf Samaritans). Second place went to the Allen, Allen, Allen, & Allen team. Jane Bennett and her family took home third place. Jane is a VRA member and DRS Manager in Northern Virginia.

I would like to thank all of the Corporate Sponsors who contributed to the success of the tournament. In addition, I would like to thank the businesses for their donated gifts used for door prizes. I would like to offer a special thanks to Bill Burnside who helped secure four teams for the tournament as well as arranges for several prizes and hole sponsors. Once again I have to acknowledge several additional people. A special thanks goes to Bob Canaday for the trophies and Wes Seaton with DRS who arranged for the beer to be donated by the Richbrau Brewing Company. In addition, a special thanks goes to all of the volunteers on the day of the tournament. Susan Green did an outstanding job of getting everyone registered. Also, I would like to thank Marie Worley, Mary Kaye Johnston, and Ericka Umbarger for helping out during registration, selling raffle tickets and taking plenty of great pictures!

I would also like to thank VRA members who donated to the tournament. They include Al Dickerson, Jim Rothrock, Mary Kaye Johnston, Judy Philpott, and Phil Black.

After all expenses have been paid VRA will net approximately \$3,500.00 for the tournament.

**Submitted by Howard Green**

# www.vra.org



## Education Committee Report

I would like to take this opportunity to thank everyone who has had a part in organizing VRA sponsored training events throughout the year and for all of you who have attended a training session. I thank you for your support and encourage your continued participation and attendance. The VRA Education committee needs your ideas on trainings you would like to see offered in your area, so please feel free to contact a member of the Board with this information. Your input will be quite helpful as the Education committee begins to plan for the 2005 training year.

VRA and VRCA are collaborating to offer a training event in February in Richmond at the Short Pump Town Center's Community Room. The date for this training will be confirmed soon, and further information will be posted to VRA's website. This will be a unique training opportunity, as two separate training events will occur on this day. Topics to be discussed are Grief and Loss and Eating Disorders, and the speakers will be Dr. Pat Franco and Dr. Margaret Norman. Please contact Ed Navis at 804-367-9871 or Sharon Barton at 804-288-6272, or visit the VRA website for more information or to find out how to register to attend. We would love to see all of you there!

Thanks again for making this year's training events such a success.

**Submitted by Sharon Barton**



## VRA Membership Update

As of October 31, 2004, we have 170 members, including 8 students and 2 donor members. Over 100 of these members belong to one or more Divisions of NRA, including 54 VRCA members and 41 VARL members. We are the 14th largest chapter of NRA.

Welcome to the new members from September and October:

Donna Gutierrez, Lynchburg, VA

Patricia Miles, Lynchburg, VA

Alissa Mayers, Arlington - Student member

Christopher McElfresh, Richmond, VA

Dawn Miller, Verona, VA

Shermale Motley, Ridgeway, VA

We look forward to meeting you all and seeing you involved in our organization!

**Submitted by Shirley Lyons**

## VRA Calendar for 2005

- Jan. 21 9:30 VRA Meeting at Henrico DRS Office
- Jan. 24 VRA Legislative Reception at Old City Hall and Summit at Marriott in Richmond
- April 22 9:30 VRA Meeting
- July 22 9:30 VRA Meeting
- Sept. 13 (Tuesday) 2005 VRA Golf Tournament
- Sept. 26 Annual VRA Meeting at Collaborations 2005 Luncheon, Virginia Beach
- Dec. 9 VRA Meeting and Retreat



## VRA Board and Committees - 2005

<b>President</b>	<b>Robin Metcalf</b>	<b>rmetcalf@thechoicegroup.com</b>
<b>President Elect</b>	<b>Margaret Gillispie</b>	<b>margaret.gillispie@drs.virginia.gov</b>
<b>Past President</b>	<b>Eleanor Williams</b>	<b>eleanor.williams@drs.virginia.gov</b>
<b>Treasurer</b>	<b>Sherman Gifford</b>	<b>sgifford@thechoicegroup.com</b>
<b>Secretary</b>	<b>Ellen Braswell</b>	<b>ellen.braswell@drs.virginia.gov</b>
<b>Class of 2005</b>	<b>Shirley Lyons</b>	<b>lyo@co.henrico.va.us</b>
	<b>Teri Bertsch</b>	<b>Teri.Bertsch@drs.virginia.gov</b>
	<b>Phillip Cooke (fill M.Gillispie term)</b>	<b>philfon2000@yahoo.com</b>
<b>Class of 2006</b>	<b>Judy Howlett</b>	<b>jhowlett@richmond.k12.va.us</b>
	<b>Cheryl McDonnell</b>	<b>mmcdonnell@pwcgov.org</b>
	<b>Marie Gibson</b>	<b>marie.Gibson@drs.virginia.gov</b>
<b>Class of 2007</b>	<b>Marie Worley</b>	<b>Marie.Worley@drs.virginia.gov</b>
	<b>Beth Phillips</b>	<b>Beth.Phillips@drs.virginia.gov</b>
	<b>Alison Mundy</b>	<b>Alison.Mundy@drs.virginia.gov</b>

## Committees

<b>SE Division Ad Hoc Committee:</b>	<b>Mark Fletcher</b>	<b>mark.fletcher@drs.virginia.gov</b>
	<b>Shirley Lyons</b>	<b>lyo@co.henrico.va.us</b>
	<b>Robin Metcalf</b>	<b>rmetcalf@thechoicegroup.com</b>
	<b>Bonnie Hawley</b>	<b>Bonnie.Hawley@drs.virginia.gov</b>
	<b>Sherman Gifford</b>	<b>sgifford@thechoicegroup.com</b>
<b>Collaborations Committee</b>	<b>Eleanor Williams</b>	<b>eleanor.williams@drs.virginia.gov</b>
	<b>Margaret Gillispie</b>	<b>margaret.gillispie@drs.virginia.gov</b>
<b>Golf Tournament</b>	<b>Howard Green, Chair</b>	<b>jhgreen@mail2.vcu.edu</b>
	<b>Sharon Wells</b>	<b>Sharon.Wells@drs.virginia.gov</b>
	<b>Mark Fletcher</b>	<b>mark.fletcher@drs.virginia.gov</b>
<b>Nominations</b>	<b>Eleanor Williams</b>	<b>eleanor.williams@drs.virginia.gov</b>
<b>VRA Foundation</b>	<b>Margaret Gillispie</b>	<b>margaret.gillispie@drs.virginia.gov</b>

VRA Committees (continued on page 7)



## VRA Board and Committees 2005

(Continued from page 6)

<b>Legislative Contact</b>	<b>David Williams</b>	<b>williadt@i-c.net</b>
<b>Legislative Committee</b>	<b>Teri Bertsch, Chair</b> <b>David Williams</b> <b>Maureen McGuire-Kuletz</b> <b>Howard Green</b> <b>Bonnie Hawley</b> <b>Sherman Gifford</b> <b>Benjy Burnett</b> <b>Kelly Hickok</b> <b>Ericka Umbarger</b>	<b>teri.bertsch@drs.virginia.gov</b> <b>williadt@i-c.net</b> <b>mkuletz@gwu.edu</b> <b>jhgreen@mail2.vcu.edu</b> <b>Bonnie.Hawley@drs.virginia.gov</b> <b>sgifford@thechoicegroup.com</b> <b>burnetts@meckcom.net</b> <b>kellyhickok@cavtel.net</b> <b>eumbarger@thechoicegroup.com</b>
<b>Communications / Awards</b>	<b>Eleanor Williams, Chair</b> <b>Tracy Broadnax</b> <b>Teri Bertsch</b> <b>Mark Fletcher</b>	<b>eleanor.williams@drs.virginia.gov</b> <b>tracy.broadnax@drs.virginia.gov</b> <b>teri.bertsch@drs.virginia.gov</b> <b>mark.fletcher@drs.virginia.gov</b>
<b>Newsletter</b>	<b>Steve Sommer</b> <b>Mary Kaye Johnston</b>	<b>steve.sommer@drs.virginia.gov</b> <b>marykaye.johnston@drs.virginia.gov</b>
<b>Website</b>	<b>Mary Kaye Johnston</b>	<b>marykaye.johnston@drs.virginia.gov</b>
<b>Membership</b>	<b>Shirley Lyons, Chair</b> <b>Sharon Wells</b>	<b>lyo@co.henrico.va.us</b> <b>Sharon.Wells@drs.virginia.gov</b>
<b>Education</b>	<b>Marie Worley, Chair</b> <b>Beth Phillips</b> <b>Margaret Gillispie</b> <b>Ellen Braswell</b> <b>Sharon Wells</b>	<b>marie.worley@drs.virginia.gov</b> <b>beth.phillips@drs.virginia.gov</b> <b>margaret.gillispie@drs.virginia.gov</b> <b>ellen.braswell@drs.virginia.gov</b> <b>Sharon.Wells@drs.virginia.gov</b>

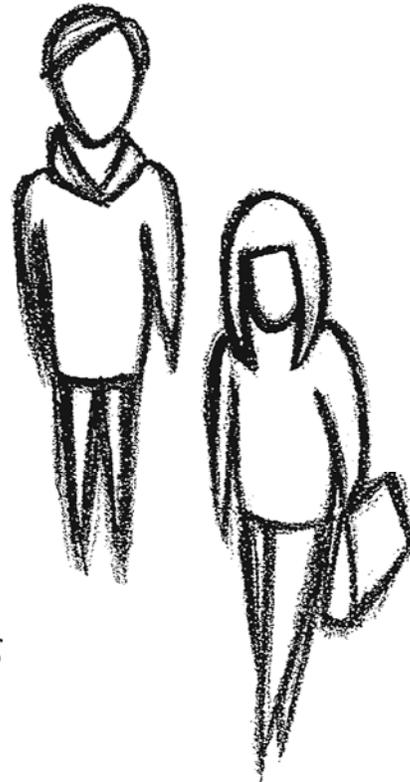
## Sherman Gifford of The Choice Group Receives vaACCSES Award for Excellence in Service to People with Disabilities

Chartered in 1975, the Virginia Association of Community Rehabilitation Programs, vaACCSES, is an active statewide association of organizations providing quality employment, residential, day support, training, and support services for persons with disabilities. This is an annual award from the association. This award recognizes a staff member whose activities exemplify excellence in service to people with disabilities. The person must demonstrate dedication, innovation, leadership, and collaboration in their efforts to improve the quality of life for the people with disabilities that they serve. Please join us in extending hearty congratulations to **Sherman Gifford** (*VRA Treasurer*) for receiving this award.



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## VARL LEADERS *EMERGE!*

The Virginia Association for Rehabilitation Leadership had its last Board meeting for 2004 on December 14 and welcomed new Board members for 2005 while bidding a hardy thanks to those who have served VARL and are going off the Board. We greatly appreciate the dedication of those who have served and know that although they are no longer officers, they will continue to serve in other capacities because of their leadership and their commitment to the mission and purpose of VARL. Thanks, but not farewell, go to Diane Hinch, Board member, Asha Rodwell, Secretary, Doug James, Treasurer, and Bill Burnside, Past President. These leaders served VARL during a critical period when our Division changed its name and were very instrumental in its revitalization and growth.

2004 has been a very busy and productive year for the Leadership Division of VRA. VARL has hosted 5 Brown Bag Leadership Chats and sponsored 5 leadership training workshops in areas all around the state. Our membership has grown steadily and as of November 30 we have over 40 members! We would like to welcome recently joined members - Teri Bertsch, Shermale Motley, Ericka Unbarger, Naomi Aitken, Ryan Follett, and Cindy Houff - and invite them and anyone else interested to get involved and participate in Chats, workshops, and to come to our Board meetings.

Speaking of Leadership Chats, look for flyers announcing one early in 2005 in Roanoke, Richmond, Fairfax, and Tidewater. Also in 2005 in early spring, VARL plans to have regional membership meetings. We see this as a way for VARL members to get to know other members in their local area. In this way, members will have a venue to support each others leadership development efforts by addressing local training needs, participating in Chats together, and other activities that they may identify that are pertinent to their local needs and interests. Members will be contacted when the dates are set but for more information, contact Doug James or Mark Fletcher for the Northern area, Janet Davies or Lynn Kushner for the Central/Tidewater area, and Diane Hinch or Margaret Gillispie for the Blue Ridge/Southwest area. Our next Board meeting, which is open to all, is on Thursday, February 10 at 10 a.m. in the Dept. of Forestry building in Charlottesville. Come join us! Let the leader in you emerge!

VARL 2005: President -Margaret Gillispie, President Elect - Susan Green, Past President - Mark Fletcher, Treasurer - Eleana Boyer, Secretary - Alice Berman , Board Members – Janet Davies, John Phelps, Karen Stevens, Jim Hall, Sharon Harrup

**Submitted by Susan Green**

### **Present VRA Presidential Pondering—Delayed Until April**

Robin and her husband Brad had a horrible house fire in the early morning hours of December 18th. They are both lucky to be alive. Robin was asleep at the time, just one floor above the fire, which was already massive when Brad noticed the smoke. Brad could hardly wake Robin to get her out of the house. They lost their Australian Shepherd, Gracie, to smoke inhalation. In the process of trying to save Gracie, Brad suffered burns to his hands and cornea . Their house cannot be lived in at the present time. A recent email from Robin states the

following: "I know it will take me a long time to thank each and everyone of you personally for all the well wishes, notes, voice messages, emails, gift certificates, donations, and everything else we have received. It has truly been overwhelming and has been very heartwarming. Never having been in a situation like this before, I can honestly say it does make a difference in the healing process. Again, thank you all so much for everything. It has been a great help to us during this difficult time. Have a safe, happy and healthy 2005!" We are keeping Brad and Robin in our thoughts as they continue the recovery process. **By Editor**



## Legislative Update December 13: It's That Time of the Year

The holidays are here and of course in today's world, that means different things for different people. For some, it's a time for religious renewal, while for others it's a time for standing in checkout lines at department stores. For kids (and probably for than just a few adults), it's a time to start worrying about who's been "naughty or nice". But there is one thing we all have in common at this time of the year: we begin worrying about the General Assembly convening in January.

And why is that? Simple. No one is safe when the General Assembly is in session. At least that's the line legislators often use to poke fun at themselves. But there's more than just a little bit of truth in the saying. Politics and politicians probably have more influence on our lives today than ever before. Think about it. Everything from the roads we travel on to the taxes we pay on our homes or food we eat, are controlled by politics and politicians. Who would have imagined for example, twenty years ago, that people today would spend twenty thousand dollars or more just to run for a seat on the local school board? Not me and I'm sure most of our parents didn't either. But like it or not, that's the world we live in today and we have to be a player.

Today's legislature has been called a professional legislature and there's some truth to the characterization. With a 61 billion-dollar budget, our part-time legislators are anything but part-time. They're besieged by phone calls, requests for meetings, e-mails, letters, etc, twenty-four hours a day, seven days a week (24-7). They are forced to choose how to partition their time across requests, resulting in increased competition among lobbyists, advocacy groups and the general public for access. That's why VRA was delighted when Delegate Lee Ware and Senators Steve Martin and John Watkins accepted our invitation to meet with Ms. Susan Green and her staff from the Chesterfield office of the Department of Rehabilitative Services (DRS) to learn first hand how constituents with disabilities are being served. It's important we let them know we appreciate their interest in people with disabilities, so please take a moment and send them a brief note or an e-mail; especially if you are a constituent and thank them. Here's the contact information:

Senator John Watkins  
P.O. Box 159  
Midlothian, VA 23113  
Phone: 804-379-2063  
Email: jwatkins@aol.com

Delegate Lee Ware  
P.O. Box 689  
Powhatan, VA 23139  
Phone: 804-598-6696  
Email: Del\_LWare@house.state.va.us

Senator Steve Martin  
P.O. Box 689  
Chesterfield, VA 23832  
Phone: 804-674-0242  
Email: martindistrict@comcast.net

Also, please note that Susan Green and her staff did just an outstanding job putting the breakfast together and sharing information about what we do and stand for as an advocacy organization. They were in a word, wonderful! **So what do we do next?**

**First**, VRA will continue to partner with other advocacy organizations such as VaACCSES, The Virginia Association of Centers for Independent Living, The Arc of Virginia, and the Coalition for the Mentally Disabled, to identify legislative issues of mutual concern, and develop plans, strategies for moving those issues through the General Assembly. In this respect, VRA is indeed fortunate. The aforementioned organizations are well-respected organizations with distinguished records of moving the system for the betterment of people with disabilities. As my Mom used to say, "you're known my the company you keep". If you believe that, then VRA couldn't look better.

**Secondly**, VRA will finalize a legislative agenda in the weeks ahead that not only will reflect collaborative efforts with other organizations, but will also incorporate other issues the Board feels are appropriate for VRA support. Some of the items under consideration include:

(Continued on the next page)



## Legislative Update (continued from page 10)

- An across-the-board salary increase of at least 6% for state employees to help close the growing gap in salaries between the Commonwealth and the private sector and federal and local governments.
- Legislative initiatives contained in other advocacy organizations' agendas that are also cross identified as legislative priorities for VRA, e.g. funding for long term employment support services (LTISS), Brain Injury Waiver, funding for new CILs, raising Medicaid eligibility to 100% of the poverty level, additional MR Waiver slots, increasing the Medicaid waiver rate for supported employment to parallel the DRS rate, increasing Medicaid waiver rates critical to retaining and supporting qualified staff, and more.
- Possible VRA sponsored budget amendments for additional general fund dollars to address the order of selection at the Department of Rehabilitative Services, and the waiting lists for long Term Rehabilitation Case Management (LTRCM) and Personal Assistance Services (PAS) programs.
- VRA will also mine Governor Warner's amendments to the 2005 Budget Bill that will be announced on December 17<sup>th</sup>. The document containing all the proposed amendments to the 2005 Budget Bill can be found on the web site of the Department of Planning and Budget at: [www.dpb.virginia.gov](http://www.dpb.virginia.gov). Depending on what's proposed, we may support some of those amendments. For example, amendments reflecting recommendations from the Olmstead Advisory Committee could receive favorable treatment as well as any other amendments that are deemed to enhance the lives of people with disabilities. We'll just have to wait and see how they come out of the oven.

During the days, weeks ahead, you can provide a valuable service to your association by bringing your own issues to the attention of the Board. We want to hear from you - every member needs to get involved. And if that happens, we'll get better.

Hoping you had a Merry Christmas!

**Submitted by David Williams**



Send VRA News for the April 2005 issue by **3/18/05**. Please send all the VRA articles by email to Steven Sommer at [steve.sommer@drs.virginia.gov](mailto:steve.sommer@drs.virginia.gov). Please note that the VRCA newsletter is mailed out with the NewsNotes, however VRCA is not posted on the web. Please check out [www.vra.org](http://www.vra.org) !

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PRESIDENT-ELECT:	<b>Margaret Gillispie</b>
PAST PRESIDENT:	<b>Eleanor Williams</b>
TREASURER:	<b>Sherman Gifford</b>
SECRETARY:	<b>Ellen Braswell</b>
BOARD MEMBERS:	<b>Marie Worley Beth Phillips Alison Mundy Shirley Lyons Phillip Cooke Teri Bertsch Judy Howlett Cheryl McDonnell Marie Gibson</b>
VRCA PRESIDENT:	<b>Billy Smelser</b>
VARL	<b>Margaret Gillispie</b>
NewsNotes EDITOR	<b>Steven Sommer</b>



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Or send by US Mail to:  
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DRS Henrico Office, 1601 Willow  
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Richmond, Virginia 23230

Phone 804-662-7159