

April 2014

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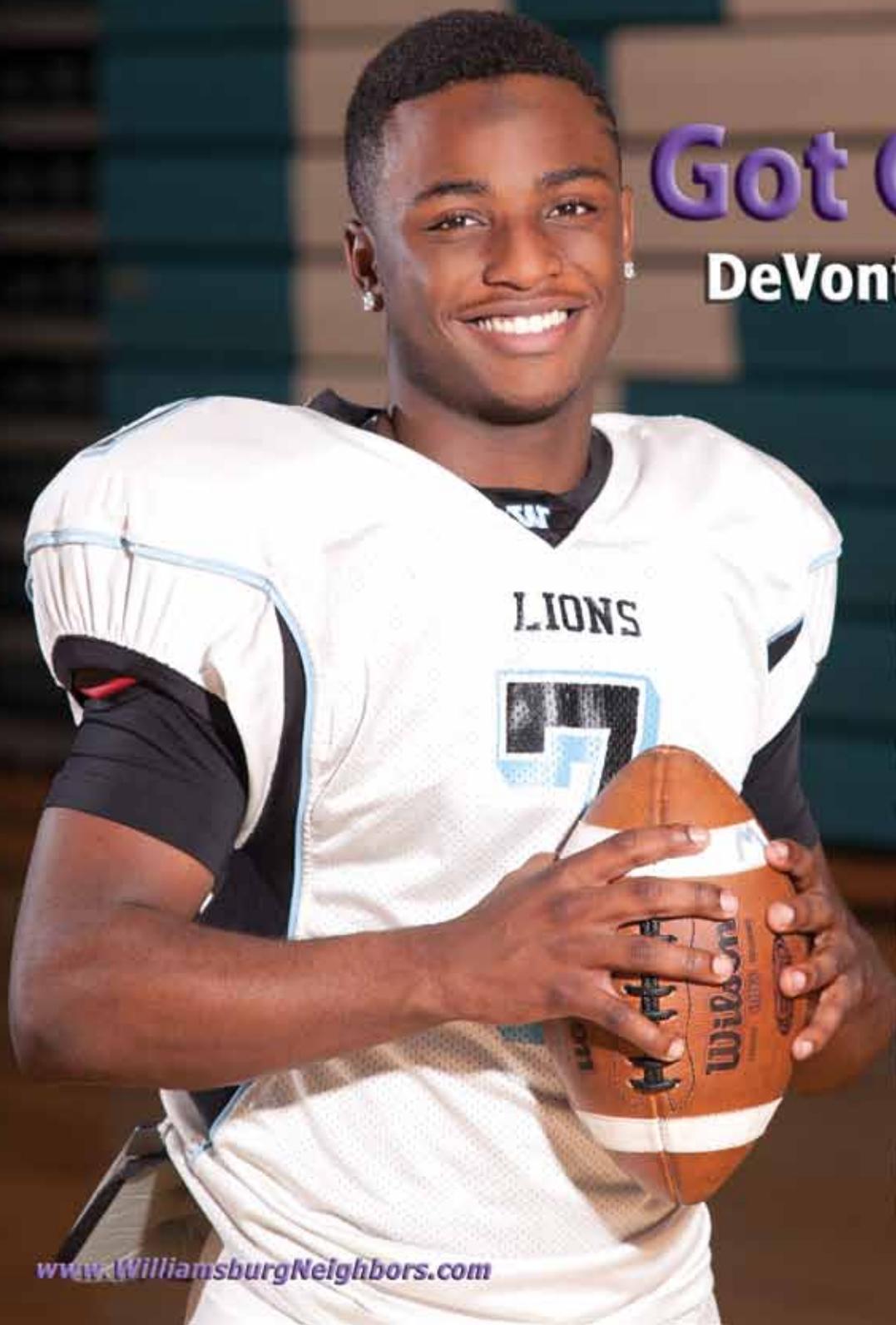
VOL. 8, ISSUE 4

PRICELESS

Discovering the people who call Williamsburg home

## Got Game?

### DeVonte Dedmon



**BUSINESS**  
Lloyd Thacker

**SPORTS**  
Alister Perkinson

**A & E**  
Roger Pelletier

**HEALTH**  
Elizabeth Peters

**HOME**  
Cynthia Long

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This issue takes a slightly different approach from previous ones by focusing on student/athletes. We have selected ten area students to interview for *Got Game?* We realize that there are many young people in our community who are excelling in academics and athletics, but since we only have space for ten stories we can only present you with a handful of inspiring teenagers.



Meredith Collins, Publisher

As I read these stories, I was impressed by the amount of time and energy these young folks devote to the passions in their lives. School, sports, other extracurricular activities and responsibilities at home make for a full day. I got tired just reading about all of the demands on these young people's time!

When I was in high school I played basketball. I loved the game (and still do) and practiced during formal practices, in the gym on the weekends and on the "back street" with the boys in the neighborhood. I had a passion for the game so devoting time to play it was not hard for me. The teenagers we interviewed for this issue are living in a different time, however. Many of them play more than one sport. They also take advanced academic classes that are mentally challenging, volunteer or are involved in their schools in a myriad of ways. Yet, when you read their stories you will see that they take it all in stride. Most enjoy not only physical, but the spiritual rewards from playing on close knit sports teams, and many count their strong faith as an important influence on their educational and athletic success.

We have many young people in our community that take on new challenges that make them successful and prepare them for their lives in the future. I hope you enjoy reading about the young people we have highlighted in our April issue. NDN

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# TRIPLE THREAT

by Lillian Stevens

When DeVonte Dedmon was eight years old, he met long-time William and Mary Tribe head football coach, Jimmye Laycock.

“When I was little, I played football for the Williamsburg Green Hornets,” the Warhill High School senior says with a smile. “We were at a Hornets banquet where Coach Laycock was speaking. I had just been to a football camp at William and Mary and I remember telling him that I would someday play football at William and Mary.”

That day will come this fall when 18 year old DeVonte arrives

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Over the years, our firm has done many workshops on “Estate Planning for Singles and Unmarried Couples.” Why?

Although unmarried people make up half the population (and all married people become single at the death of a spouse), too little attention is focused on their needs. Unmarried people include singles, widows/widowers, unwed and cohabiting couples, and even siblings inheriting property jointly. Their estate plans can be complicated by a lack of ‘natural’ heirs, executors, frustrating state default laws, and greater potential for conflicts between their intended beneficiaries and loved ones after death. Unmarried people share the same estate distribution, probate, tax, and incapacity concerns as married people, but need different solutions.

While almost everyone knows they should use a Will or Trust to designate their intended heirs and appoint their executors, many people fail to make an estate plan prior to death. Virginia (like all states) has an ‘intestate succession’ law which lists the default heirs for everyone who dies without a Will (intestate). These laws vary state-to-state, but almost all laws divide the estate among the closest living relatives. For example, when a decedent has no children, there may be many family members included in the intestate distribution. Such a division among brothers, sisters, nephews, nieces, and cousins is seldom the result intended by the deceased and sets the stage for conflicts among the family. Intestate succession can leave longtime partners, friends, and caregivers out in the cold while second cousins receive the wealth of a relative they hardly knew.

To avoid an estate being distributed according to the best guess of the state legislature, one needs to prepare a Will or will substitute, a Revocable Living Trust, to determine **who** receives, **when** they receive, and **how** they receive.

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ters, you can give to another trusted person the power to sign for you through a Power of Attorney (POA) or a Revocable Living Trust. A POA is a document in which you, the Principal, appoint someone else, an Agent, to sign your name for you.

The enactment of HIPAA (Health Insurance Portability and Accountability Act) has created headaches for the sick, their families, friends, and the medical establishment. To avoid getting lost in the red tape, you must specify your medical wishes in a written directive. In Virginia, your Advance Medical Directive allows you to designate an individual to speak for you in the medical arena when you can no longer do so yourself.

When appointing a trustee, agent or executor, it is important to select the right person to represent you. Picking the right agent or trustee involves finding someone who can stand up for your wishes and navigate the maze of medical billing and financial affairs.

In conclusion, to make sure your assets remain available for you during life, but ultimately pass to your intended beneficiaries, you should set up a Will or a Trust Agreement rather than watch the assets slip away from your family at your death through state default laws. Avoiding the Probate process is easily accomplished by a fully funded Revocable Living Trust. In the Trust Agreement, you can also address the potential effects of Federal and State Death Taxes. An effective estate plan will protect you and your loved ones if you take the time to set your affairs in order, especially for unmarried individuals.

If you would like to learn more about this important topic, please attend one of our educational workshops held in the boardroom of our Williamsburg law office. For more information on these seminars, please call our office at (757) 220-8114, or visit [www.ferrisandassociates.com](http://www.ferrisandassociates.com).

on William and Mary’s campus, armed with a football scholarship and a desire to study kinesiology.

“I got a full ride,” he says with a big smile.

Throughout his high school career, DeVonte has excelled in his courses – including AP courses. He particularly enjoys science, especially oceanography. Last year, he was named “Male Athlete of the Year” by the Daily Press, for his accomplishments at Warhill where he plays football, basketball and runs track.

“Winning that award was really a big deal,” he remembers. “My parents were even crying. I mean, this is the whole region – not just this area! So that really hit home with me and just made me want to work harder.”

On the football field, DeVonte plays a variety of positions.

“I’m fast – so I can run the ball. But I can catch too. So they can put me wherever they want. If I could play any position I wanted, though, it would probably be running back because I like to use my speed.”

Who are the Warhill Lion’s biggest rivals?

“Well, Jamestown and Lafayette,” he says with a laugh. “We’ve had some good battles. We’ve gotten the better of both of them in basketball, but football is more of a challenge.”

The Lions haven’t tamed the Rams on the football field but they have snuck past Jamestown’s Eagles the past couple of seasons. In fact, a sophomore year win against Jamestown High School represents one of DeVonte’s most memorable moments.

“That was probably my proudest moment. Our team winning its first playoff game in school history – against Jamestown. I scored two touchdowns and that meant a lot to me, but also the closeness as a team was really something. We were as close, at that moment, as a team can be.”

It’s a closeness that comes from setting aside egos. “We had a lot of talent on our team. We still do. And we know that if we want to win games, then everyone has to play the role where they are best. Even when I was a sophomore, the coaches and upperclassmen believed in me and my ability to lead them. I tried to live up to that.”

DeVonte enjoys basketball just as much as he enjoys football. His basketball career began the day that his father brought home a tiny Fisher Price basketball hoop. DeVonte was about two years old at the time. Today, he is the all-time leading scorer in the Bay Rivers District, having just passed the 1500 points mark for his basketball career. His game average is 29 points.

During freshman year, DeVonte started running track just to stay in shape. But it turned out that he had a knack for running and so he kept at it. He says that it’s all about applying yourself – whether on the track, the court or the field.

“When you run track, if you aren’t at the top of your game, you have no one to blame but yourself,” he says. “I learned my freshman year that you have to work hard at every workout or it will show at the meet. With basketball, there are only five players out there, and they are the best players. So if you’re not in practice working hard, you will be on the bench.”

Football is more of a mental game. “You can’t let your opponents see you weak or they will exploit it,” DeVonte says.

In fact, he believes that there is nothing in life that can’t be compared

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to football.

“You make a bad play, you just have to let it go and move on to the next one,” he says. “I try to live my life like that. You can’t fault yourself over situations sometimes. You just have to move on. The Lord has a plan for us all.”

DeVonte was born on Thanksgiving Day in

on the field, he might be able to win an academic or athletic scholarship.

“My parents taught us at a young age that education comes first,” he says. “They told us if our grades weren’t right, sports were a no-go.”

He comes from a family of sports enthusiasts. DeVonte’s brother, Keron, also plays foot-

“My dad was a really good baseball player for Gloucester High,” DeVonte says. “And my mom played softball at GHS and was a cheerleader too. I remember growing up, whenever we would have family over – as soon as they’d get there, we would head outside to play football, basketball, whatever!”

On weekends, DeVonte’s father would take his children out to shoot hoops and play “21.” The first person who gets to 21 points wins.

“My dad worked me out every weekend. We’d go to the gym because my sister played basketball too. We would go to

the rec center and shoot hoops and then we’d go out to the field and run, DeVonte says.

In addition to physical conditioning, though, DeVonte believes that team spirit has been the key to many of the games that Warhill has won. It’s something that the coaches have encouraged in the athletes at Warhill. DeVonte looks up to his coaches.

“You make a bad play, you just have to let it go and move on to the next one. I try to live my life like that.”

~ DeVonte Dedmon

1995 to Dennis and Gina Dedmon. He has lived in James City County, just a few miles from his high school, all of his life. Like many of his peers who have excelled in both the classroom and on the playing field, he says that his parents instilled in him a strong work ethic and sense of priorities. He believed all along that if he worked hard enough in the classroom and

ball, basketball and runs track at Warhill and his older sister played basketball at Jamestown. Today, DeVonte’s sister is serving in the U.S. military. “She’s in Missouri right now but she served in Afghanistan too,” he says. “I’m proud of her.”

Everyone in the family played sports in high school.



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Eunice,  
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“If I have a problem, I know that I can talk to my coaches about anything. Other than my parents, they’ve been the greatest influence in my life.”

Of course, DeVonte’s parents have been a tremendous influence on him and his siblings. “My dad has worked at Newport News Shipbuilding since he was 17 years old,” DeVonte says. “He’s a hard working man. He does as much as he can so that he can provide for us. I respect him for that. And my mom has worked for a long time at Fort Eustis.”

If the memory of triumphing over Jamestown during sophomore year is a high, there is also a likely low. Sure enough, DeVonte carries another memory with him – that of the toughest game in his high school career.

“I was a sophomore, and we were playing against Park View High,” he says. “We went over there, and we didn’t realize how strong these guys were. They were just hitting you, hitting you, hitting you every single play and it

took a toll on my body the next day.”

The Lions won the game. “We pulled it out! They fumbled the ball late in the game and my little brother picked it up. That’s as proud as I’ve ever been of him.”

At 16, Keron Dedmon is a junior. There’s always been a good-natured sibling rivalry to

his friends from childhood, Jhalio Green.

“Jhalio is a friend from my Hornets football days,” he says. “Jhalio’s at Lafayette, but he’ll be going to William and Mary on a scholarship too.”

DeVonte says that he feels blessed that he has won a scholarship that will allow him to con-

“If I have a problem, I know that I can talk to my coaches about anything. Other than my parents, they’ve been the greatest influence in my life.”

~ DeVonte Dedmon

see who can score the most points or who can out-lift whom in the weight room.

“But honestly, when we are on the field, we have this connection and it’s unlike anything else.”

DeVonte will surely miss having his brother on the field but he can’t wait to get started at William and Mary. In fact, at William and Mary, he’ll be playing football alongside one of

tinue his education here in Williamsburg.

“What I love the best about living in Williamsburg is that we’re a family here. Even though I go to Warhill, I know all these people at Lafayette and Jamestown, and we’re all really close. I’m not sure it would be the same anywhere else,” DeVonte says. “I have a chance at a great education at William and Mary and a chance to keep playing football.” NDN



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Lisa W. Cumming Photography

# All Heart & Hustle

by Cathy Welch

“Teaching Them to Fly” is a slogan Williamsburg Christian Academy (WCA) utilizes in regard to their student “Eagles.” Teachers and other faculty members encourage the youth to explore their individual gifts and talents through extracurricular activities. In senior Alexis Reyes’ case, this led to a six-year experience as a field hockey team member and the opportunity to experience two mission trips.

She was born and raised in Williamsburg. Her family includes her mother, Mav, father, Ray, and her 20-year-old brother, James, currently

a business student at James Madison University (JMU).

“I’ve been here since pre-kindergarten,” Alexis says of her 14 years

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attending WCA. She will graduate this spring and attend JMU in the fall. She is the current Student Council Association president, the Key Club treasurer and a member of the National Honor Society.

In sixth grade, Alexis tried out for WCA's soccer team. So how did she become a senior varsity field hockey player?

"It's actually a funny story," she says. "In sixth grade we had a soccer team, and I tried out. I didn't make the team. I was so upset." Lorraine Perkins who brought field hockey to the school in 2008, said she would love her to be on the team.

"It turned out I was a good choice to play field hockey because I enjoyed it a lot," Alexis explains. "I'm going to be honest with you, when we started we were really not that great of a team."

Over the past six years, WCA's field hockey program has retained four of the same players Alexis started with in elementary school. "It's interesting how our program has progressed," she says. "As we got better, so did our program." The team went from losing every game to advancing to the Virginia Independent Schools Athletic Association Field Hockey Division II State Quarterfinals in 2012 and 2013. They were in seventh place the first year and progressed to sixth place last year.

"We made it to states," she says. "We didn't win, but at least we made it and that's a big deal." Previously, only the WCA girls' basketball team competed on the state level.

Alexis' position on the team is sweeper. "We're the last line of defense before the goalie," she explains. "My job is to get in front of the semi-circle and get the ball away from the goal so the other team doesn't get the opportunity to score."

Alexis has been voted team captain for the past three seasons and received many awards for her skills at defense: the Coaches Award (MVP) Defensive Player of the Year; All-Gazette team; All-Conference team; and All-State team. She also received WCA's Heart and Hustle Award. "It's the award we get for working really hard at everything we do in the sport," she explains. "This all means a lot to me because it shows my hard work has paid off, and my coaches have recognized it."

One of Alexis' motivations for getting into field hockey was the fellowship with students from other grades and classes. "By being in a sport, I was able to communicate with the younger kids, and when I was younger I was able to communicate with the older kids," she says.

Today, she enjoys being in relationship with the younger kids. She acknowledges that WCA is a small school and everyone is close. "But you just get a lot closer when you're on a team." Alexis also played soccer for one year and softball during her time at WCA.

WCA is a Christian school seeking to prepare their students spiritually as well as intellectually.

"One of the reasons I love WCA so much is because during a spiritual-emphasis week, when I was in 7th grade, I decided that I want to live my life for God," Alexis remembers. "Just having that memory here makes me comforted and happy. This is where I really found myself."

Alexis and her family attend Saint Bede Catholic Church in Williamsburg. She participates in other church youth groups in the com-

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munity.

“One group I’ve been attending this year is Nexus at Crosswalk Community Church,” she says. “That’s been really amazing to be there and develop strong Christian relationships.” She also plans to attend Relevant Church

are taken outside the country.

“Last year we spent a lot of time at orphanages in the Dominican Republic, just playing with the kids, making them feel loved and cared for.” This year the team will be doing construction work at a base that recently expe-

So many have invested time in her. “They’ve helped me to develop into who I am today.”

However, she doesn’t hesitate when asked who has had the most influence in her life. “My number one mentor would have to be my mom,” Alexis says. “Maybe that sounds kind of cheesy, but she’s always believed in everything I’ve done. She pushes me to be the best person I can be. When I think of her, I want to be exactly like that. I want my kids to be raised the way she raised me. She’s probably

“My number one mentor would have to be my mom. Maybe that sounds kind of cheesy, but she’s always believed in everything I have done. She pushes me to be the best person I can be...” ~ Alexis Reyes

where Pastor Travis Watson preaches. “He speaks here at WCA, and I think he’s an amazing speaker.”

One of Alexis’ expressions of her faith has been on short-term mission trips with WCA and her church. “I went to New York when I was a sophomore and last year I went to the Dominican Republic.” WCA leads student teams on trips within the United States when they are freshmen and sophomores. Seniors

rienced a fire-related accident.

“When I go to orphanages, it just gets me,” she says. “I want to pour out to the kids. They’re so sweet and just want attention and to be loved. Then it’s sad to have to leave.”

When asked who her mentors are, the WCA senior takes a minute to answer. “That’s a tough one, because at WCA, every older person I’ve come across, teachers and faculty, have all in some way been a mentor to me.”

the most respectable, loving person I’ve ever met, and she’s been there for me throughout everything.”

Alexis has always been fascinated with the sciences. This will be a starting point in her experience at JMU. “I’m trying to major in biology at JMU because I want to try physical therapy. It’s not a definite, but that’s where I’m going to start off.” She also has an interest in math. “I’m a very math/science-type person.”

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She plans to try out for the field hockey club team at JMU. “Hopefully, I’ll make it because I still want to play,” she says. “Sometimes I wonder if I should have applied for scholarships to play field hockey, but I know it’s a big deal to commit to playing a sport in college, and I wanted to be able to focus on my studies.” She believes being on the club team will keep her hand in the game, and she may pursue the varsity field hockey team in future.

Alexis hears from friends already attending JMU about their experience with the school’s extra-curricular programs. She intends to join a Christian group that provides opportunities to participate in mission trips. “I just want to help as much as I can.”

Alexis says she will always think of Williamsburg when she thinks of home. “Maybe some time in the future, after I’m settled, I wouldn’t mind moving back here,” she says. “It’s a very safe, happy community.”

She has plans for her future that involve much more than sports. “After college, the girl part of me hopes I’ll at least have a boyfriend or be planning to be married,” she explains. “But I really want to be able to have started on a job so I can build my career.”

She repeats that she intends to continue participating in mission trips overseas. “That’s one thing I really want to push -- living for God. I want to live to the purpose that he created me for. I just want to be connected.”

Alexis Reyes’ time participating in the WCA’s community service has trained her to have the servant’s heart that the school intentionally nurtures. NDN



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# Playing in the Moment

By Narielle Living



Lisa W. Cumming Photography

Thomas Chisam's quiet, unassuming attitude is in no way an indicator of the type of athlete he is. In fact, his attitude is a direct contradiction to his phenomenal playing abilities on the field. A young man with a passion for sports, Thomas is currently in his junior year at Walsingham Academy, and his name is

often mentioned as one of the area's top scholastic athletes.

Walsingham Academy is a private, Catholic, coeducational school in Williamsburg, and was founded in 1947. The Walsingham boys' teams, originally called the Apostles, are now known as the Trojans. School teams consist

of cross country, field hockey, soccer, tennis, volleyball, sailing, golf, basketball, swimming, lacrosse, baseball, softball, and track and field. Thomas loves having a choice of such a wide array of sports and being a part of these programs within his school.

When he was in the fifth grade, Thomas'

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family moved from Chesapeake to Williamsburg, and he began attending Walsingham Academy. He threw himself into the athletic life at school, never stopping to consider whether or not he was going to play a sport. He simply did it because playing sports is what he loves. "I've been playing sports for as long as I can remember," he says. "I used to be on Little League teams, and now I get to play for my school. It's just what I do."

Thomas is not the only person in his family that plays on a sports team. His two sisters and his brother have all played for various teams, including field hockey and baseball. His parents played sports as well. Athletics are a big part of the Chisam family and are something that Thomas and his family embrace with enthusiasm.

With a range of different sports that Thomas could take part in at school, Thomas chose two sports that he likes to play. Although, when asked which sport he enjoyed more, he indicated that he has no preference. "I like whatever season I'm in, and that's what I focus

on."

Thomas is on both the baseball and basketball teams at Walsingham. He used to play soccer, but he does not currently play on the Walsingham soccer team, mostly due to time constraints. If he could, Thomas would play on a wider variety of teams for his school, but his current responsibilities as a student and baseball-basketball player consume most of his time.

When he was in Walsingham middle school, Thomas chose to try out for the baseball team. However, instead of playing when he was in sixth grade, he decided to wait until he was in seventh grade. At that time he played for what is called the JJV team, or the middle school team. When he reached the eighth grade, however, the coach put him on the varsity team.

"The head coach for varsity baseball was the JJV basketball coach, so he kind of knew me already," Thomas says. "Starting on the varsity team as an eighth grader was really special. Usually people don't start on that team until they are a sophomore. My teammates were

great, and they were really supportive of me even though I was a little younger."

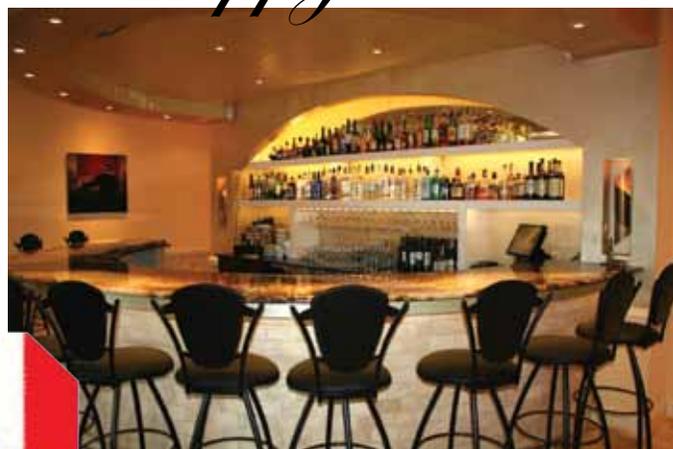
Playing as a pitcher and outfielder, Thomas views the game of baseball as a combination of both mental and physical abilities, but notes that players definitely have to think of it as a mental game. Although he must be in peak physical condition, strategy is an important part of how he plays the game.

The highlight of his baseball career so far occurred last May, during a game Walsingham played against Peninsula Catholic. Thomas accomplished what many baseball players dream of: he pitched a no-hitter and struck out 14 people in seven innings, leading his team to a 6-0 victory. "It was awesome," he says, smiling. He was also named Player of the Game five times in the 2013 season, an accomplishment that grew from his contribution to the success of the team.

Thomas also plays for the Trojans basketball team. "I like everything about basketball," he says. He began as a sixth grader and was one of only two sixth grade boys to be chosen to play

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for the JJV team, a fact which he says humbled him. "I love basketball, and I'm really glad for the chance to play for the Trojans."

One of the highlights of playing for the basketball team came for him during a game in his freshman year. "One of the players was sick and couldn't play," he says. "They needed another player, so I got called up for the game. The clock was counting down, and right before halftime I made a three-point buzzer shot."

Thomas says that it is difficult to decide which sport he prefers, baseball or basketball. "I like the one I'm playing in the moment," he says. "Although I think I might be stronger as a baseball player."

Like many students with extracurricular activities, his schedule is full. Thomas has baseball practice and games after school, and along with basketball practice he often plays basketball games at night. Between sports and school work, he has little free time, but Thomas doesn't seem to mind that fact.

"You just learn to push through and do what you have to do," he says with a shrug. "In the

early years homework wasn't really a problem, but now I focus on getting everything done. I get up, go to school, go to practice, play a game, go home, and do my homework. Then I get up and do it all again." Currently, Thomas' sports schedule leaves him no time for other activities outside of school.

Since he is nearing the end of his high school career, Thomas has given some thought to where he will go after graduating from Walsingham. "I'm hoping to play college baseball," he says. "I'm not sure yet what kind of career I'll pursue, but I definitely want to be part of college sports." Because he enjoys math and science, Thomas believes he will choose a career that embraces one of those subjects. As far as having a sports career, although he would give some consideration to playing professional sports, Thomas is not convinced that is a realistic hope. Instead, he will focus on playing for recreational purposes.

At Walsingham Academy, 85% of the student population participates in sports. Thomas believes this is a good thing, and encourages

other kids to get involved in school sports. "My experience here has been better because of sports," he says. This is mostly due to the coaches, teammates and fans. He appreciates the fact that all of his teammates and fans have been very supportive of his endeavors and has always felt the encouragement of his teammates regardless of the situation. "They are always there for me, and I try to be there for them," he says.

His positive experience participating in Walsingham athletics is what prompts him to give other kids advice about joining a team or playing a sport. "Go ahead and try a new sport, even if you've never played before," he says. "If you mess up, that's okay, because your teammates will help you out. At least that's the way it happened for me."

For Thomas Chisam, playing school sports helped him grow personally and academically and gave him a positive challenge while teaching him the art of teamwork. Those attributes are what have taught him to succeed in life and what he will always carry with him. NDN



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# Running Man



Lisa W. Cumming Photography

By Alison Johnson

All top runners have to push themselves, hard – in races, during rainy- or cold-weather practices and on days where they simply don't feel like exercising at all. Jason Menzies has turned pushing hard into a habit.

"Consistency is what makes the difference," says Jason, a Lafayette High School senior who

will run both cross country and track at Columbia University in New York City. "If you're always out there when you need to be, pushing hard becomes just something you do all the time. Then it's a routine."

Jason, 18, has embraced the long practices, interval workouts and core strengthening ses-

sions required for distance running, including 60 to 70 miles of running a week during cross country season. That's despite the fact that the regimen cuts into his television, Twitter and rest time.

"What I enjoy most about running is the process of training," he says. "It gives me a

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sense of purpose regardless of my success, or lack thereof, in races. I find that my running itself is not the most difficult thing about it, but rather the constraints it places on other aspects of my life – mainly sleep."

Winning races or setting personal records is the payoff, and Jason's high school career has been full of payoffs. His junior year, he won the Bay Rivers District Cross Country title. Last September, he ran a personal best 5K time of 15:53 at the Newport News Invitational, a meet that drew 42 schools and more than 1,000 athletes, to win his division. He averaged 5:06-minute miles – that's 11.74 miles per hour, based on a calculator converter for runners – for the 3.1-mile course at Newport News Park.

In track, Jason singles out the Raleigh Relays, a competition for elite high school athletes in March 2013 in North Carolina. His time in the 3200 meters – 9:16.21 for close to two miles – was a personal best and put him in 10th place.

Most recently, Jason finished second in two different events, the 1600 and 3200 meters, at the Group 3A state championships held Feb. 28 and March 1. He broke a personal record in the 1600 by more than 3½ seconds, finishing the approximately 1-mile run in 4:19.14 for his first-ever time under 4:20.

Jason chose Columbia, an Ivy League school that doesn't award athletic scholarships, for its demanding academics in addition to its strong running program. One of the athletes he most admires is Kyle Merber, a Columbia graduate who holds the National Collegiate Athletic Association (NCAA) record for the 1500 meters.

At Lafayette, Jason's grade point is about a 4.0, factoring in Advanced Placement credits. He enjoys reading works by prominent intellectuals such as evolutionary biologist, Richard Dawkins, and philosophers Peter Singer and Bertrand Russell.

While Jason had planned on pursuing some sort of engineering or applied science degree in college, he now wants to make time for ethics, philosophy and computer science courses. "One of the great things about Columbia is I can study anything I want there," he says. "I also think New York will be a nice, refreshing change from life in a small city."

As for future careers, Jason puts "moral philosopher" on his list of possibilities, along with comedian. He also would like to run professionally if he's successful in college.

Columbia's running season is year-round, so Jason plans to continue with cross country and indoor and outdoor track. He will likely specialize in one of the longer track distances, although he won't know that until later. The 3200 and 800 meter events – about two miles and half a mile, respectively – have been two favorites to date.

Born in California, Jason also lived in Alaska and Texas before his family moved to Williamsburg just before he started high school. Jason originally began running to follow his father, Steven, who is retired from the Air Force and a fixture in the local running community.

Before then, Jason wasn't much of a sports guy. He had tried out basketball, soccer and baseball but wasn't hooked on any of them. "I wanted to try out running to see why my dad was so into it," Jason says. "Once I started enjoying the sport for what it was, my motivation took

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it from there.”

After running on some mainly-for-fun teams in middle school, Jason became competitive during his freshman year of high school. That following summer, he decided to make the sport a major part of his life.

A lot more goes into running than just powerful legs and lungs, Jason quickly learned. Runners also need strong abdominal and arm muscles, which is why he and his teammates often do cross-training workouts with pull-ups, push-ups and sit-ups and weights.

“You can’t be a stick figure,” Jason explains. “You really need your arms and abs. If you don’t have a strong core, it will affect your running a lot. If your upper body gets tired, it screws up your form and slows you down.”

From a mental standpoint, Jason has developed an ability to tell his brain to “quit thinking” when he gets tired: “It’s just, ‘Finish the task at hand and then you can worry about it.’”

Lafayette practices typically run for about two hours in the late afternoon, and Jason sometimes doesn’t finish all of his homework until 1 or 2 a.m. While he admits to some procrastination issues and wishes he could get more sleep, he doesn’t mind the lifestyle. “If it wasn’t for running, I’d be a lot more bored,” he says. “It makes you confident. It gives me something to think about.”

Jason’s credits his coaches and family, including his parents, stepmother and younger brother, Daniel, a Lafayette sophomore who plays tennis, for their constant support. “My dad has been running for a long time, so he knows a lot, and my stepmother runs a little, too,” he says. “All of them are great with encouraging me and giving me congratulations if I do well.”

So far, Jason has avoided the joint and muscle injuries that can plague endurance runners, with the help of smart training and healthy eating. He avoids junk food most of the time, makes sure to get enough iron in his diet and loads up on pasta, bread and other carbohydrates before races. “So far, I’ve just had a few minor pains here and there,” he says. “I’ve been really lucky.”

Like all top athletes, though, Jason has had to recover from some heartbreakers. Although Lafayette’s team won the Group 3A State Cross Country Championships last fall, Jason finished in third place and lost to one of his biggest local rivals, Dawson Connell of York High School, by fractions of a second (the two actually posted the same time, 15:55). “It definitely motivates me, in the way that it makes me believe if I’m that close, pushing a little harder should help me finish in front of that person,” he says.

As Jason winds down his high school career, he feels ready for a big life change. He’s a free thinker and is looking forward to competing, studying and living in a bigger pond. He plans to attend a training camp in Maine with his new running teammates before Columbia’s August 25th move-in date.

“College is really what I’m looking forward to at this point,” Jason Menzies says. “I’m ready to tackle a lot more and get more serious about everything.”

It’s about time to push hard, again. NDN

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# Working Hard to Achieve Her Goals

By Narielle Living

Christine McBeath, a sophomore at Walsingham Academy, is a friendly young woman who is focused on academics. She is also a serious athlete with serious goals, and is working hard to achieve them.

A former resident of Williamsburg, she now lives in New Kent while continuing to attend Walsingham. Christine first began her education at Walsingham when she entered kindergarten. "I had Mrs. Dwyer," she says, smiling. "I like that I can still see all my teachers." Walsingham is a private school for grades kindergarten through twelve, and the campus is divided into upper and lower class levels.

Christine has been playing sports all of her life, and she began playing competitively in the third grade. Her entire family is active in sports. "My dad played soccer in college, and my older sister is a field hockey goalie at American University," she says. "As a family we watch soccer together on the weekends." Sports is very much a part of the McBeath family dynamic.

She used to be a member of the cross country and basketball teams, but now Christine focuses all her efforts on soccer. "I still run, and I do the summer cross country program, but I'm really all about soccer. I love that cross country helps me to stay in shape." She thinks the cross country coach is phenomenal, and she loves the team even though she no longer participates.

Christine is a defender on the soccer team, a position she enjoys. A defender is positioned to the left, right, or center in front of the goal-



Lisa W. Cumming Photography

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keeper, and defends the goal against the other team to prevent them from scoring. "I enjoy tackling, distributing the ball and helping to score," she says. "I like most everything about soccer."

This past summer, Christina had the opportunity to pursue one of her personal soccer dreams. "I tried out for the Region 1 ODP Camp," she says. ODP stands for Olympic Development Program, and the Region 1 ODP Camp consists of soccer players from 15 east coast states. This organization is dedicated to finding elite soccer players and facilitating their selection to the U.S. National team programs, which is the first step in becoming part of the national team. According to Christine, the selection process for this camp is grueling.

"There are around 300 girls trying out for one team, and only 31 girls are chosen," she says. "The tryouts were intense, and everyone's emotions were all over the place." During the four days of tryouts, players that had made the daily cut were announced at the end of each day. Sometimes players were on the list, and sometimes they weren't, but that did not seem

to be an indicator of whether or not a player would make the team. Some girls who had made the daily cut for each of the four days were not chosen to be on the team.

"Every day we didn't know what to expect, because we never knew what it meant if we were on the final list or we weren't. That was really tough on some of the girls' mental attitudes," she says.

Evaluations were based on technique, tactics, fitness and athletic ability, and attitude, and the coaches gave the girls feedback on their performances after final decisions were made.

From these tryouts, the girls that were chosen to be part of the team will travel to Costa Rica later this year to compete against other regional teams.

"Being a part of this camp means there is the possibility of playing on the national team one day," Christine says, emphasizing the word possibility.

Christine's elation at being chosen for this team is evident. "This is something I've been working toward for a long time."

Last year Christine tried out at this same camp but did not make it. Instead of allowing that experience to extinguish her goals, she decided to have a positive attitude about her potential and try again.

"Because I hadn't made it previously I wasn't sure I wanted to do this over. The experience is intense, and at first I didn't know if I wanted to subject myself to that again. But I had nothing to lose, and I figured at the very least I could use the tryouts to improve my game."

According to Christine, the coaches for this camp are hyper-aware of the immense psychological toll this process takes on the players trying to get on the team. Because of that, psychologists were made available during the entire week to talk to the girls about techniques for dealing with stressors. Some of the girls had more difficulty than others in dealing with the day's challenges, and there were both tears and laughter from everybody throughout the week.

"We were all very stressed during tryouts," she says. "Some of the girls dealt with it really well, and others had a hard time."

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Because of her Olympic goals, Christine's focus this year has clearly been on soccer. As part of her continued training, she is also a member of the Richmond Strikers Soccer Club and part of their travel team. This club is an established U.S. Soccer Development Academy Club and provides extra instruction for players to continue to grow their skills. She travels three to four times per week to Richmond, an activity that is sometimes tiring but one that she sees as a vital part of improving her game. The Richmond Strikers also travel to other parts of the state and country to compete. Christine recently returned from a tournament in Texas where she had a chance to play against teams from other states.

Despite placing so much emphasis on her sports career, Christine is still able to maintain a good grade point average. Like many of her peers, she pushes through her work in order to get things done. "I'm part of the Student Council Association, but that's about it," she says. "I don't have time for many other outside activities since I'm so focused on soccer."

Christine's overall achievements in sports have been impressive. She was cross country

All State in 2011 and 2012, and was named the soccer team MVP in 2013. In May, 2013 she was named Player of the Game for soccer. In addition to those two sports, she also played varsity basketball from the time she was in eighth grade to her freshman year.

Looking to the future, Christine is focused on playing soccer in the Olympics. "Recruiting for soccer starts young, and hopefully I'll get there." She plans on attending a college that has a women's soccer team, preferably Ivy League or Patriot League, but has not yet decided on her career goals outside of soccer.

Christine is adamant about her advice to kids who are striving to reach a goal. "Don't let someone tell you that you can't do it," she says. "When I didn't make the regional team, I could have let that dictate whether I gave up or not, but I didn't. You have to overcome other people's perceptions of who you are."

Christine McBeath is determined to continue learning and growing as an athlete, and someday play for the Women's Olympic soccer team. Her determination and willingness to do what is required to make this happen are exactly what she needs to succeed. NDN

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# Student, Athlete, Mentor

## What's Next?

By Brandy Centolanza

When she was a little girl, Aaliyah Lyttle always watched her older siblings playing sports and wanted to be just like them. Her brother, Javon, was an avid basketball player, while her sister, Alexis, played soccer. Aaliyah decided to pursue both.

Now, the 17-year-old Jamestown High School senior is enjoying her last year as a member of both Jamestown High's girls' varsity basketball and soccer teams. She's become an honor athlete in both sports, and just wrapped up her final season of basketball. The season included a career-high 33-point scoring game against Warhill High School in early February.

Winning that game and breaking her previous 26-point scoring record in a single game, "felt really great," Aaliyah says. "I personally can't believe I made a lot of those shots. I was just in game mode. My mindset was that I was going to lead my team that night, and I did. That is one night I definitely won't forget."

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Aaliyah has been playing basketball for eight years, shooting hoops for rec leagues and her middle school team before moving on to the high school varsity team. Last school year, Aaliyah, who plays point guard, earned First Team All-District as well as Honorable Mention All-Region distinctions. This year, she made First Team All-Conference.

"I like playing basketball because it is something I am good at," she says.

In addition to this year's victory game against Warhill High School, Aaliyah fondly recalls a game during her junior year against Jamestown High School's long-time rival, Bruton High School.

"We were down by two points and I had the ball," Aaliyah says. "I passed the ball to a teammate and she scored a three-pointer at the buzzer, and we won the game. It was awesome. It's the little things like that that matter most in a game, and it just makes me cherish them even more."

Aaliyah may be an impressive basketball player, but basketball isn't the only sport in which she excels. Soccer is Aaliyah's prima-

ry sport of choice. She's been kicking a ball around on the soccer field since the age of five. She first learned to play the game through what was then called the Williamsburg Soccer Club under famed College of William and Mary soccer coach, Al Albert. These days, in addition to playing for the varsity girls' soccer team at Jamestown High School, she plays for the Virginia Legacy Soccer Club under Jon Kamara, a former soccer player at William and Mary and former professional player with the Richmond Kickers. John is currently an assistant soccer coach at the College of William and Mary and a staff coach for Virginia Legacy Soccer Club.

Aaliyah, who plays a forward position on her high school soccer team, earned the Second Team All-District distinction during her freshmen and sophomore years of school, and last year she earned First Team All-District as well as Second Team All-Region.

"The thing I like about soccer is that you really need to depend on your teammates," Aaliyah says. "Soccer is a true team sport. In soccer, everybody contributes to the game. All the girls on our team are also really close. We have

a good chemistry, and we know each other's strengths and weaknesses. We know how to be there for each other during a game."

Just like in basketball, Aaliyah gets a rush from scoring during a game.

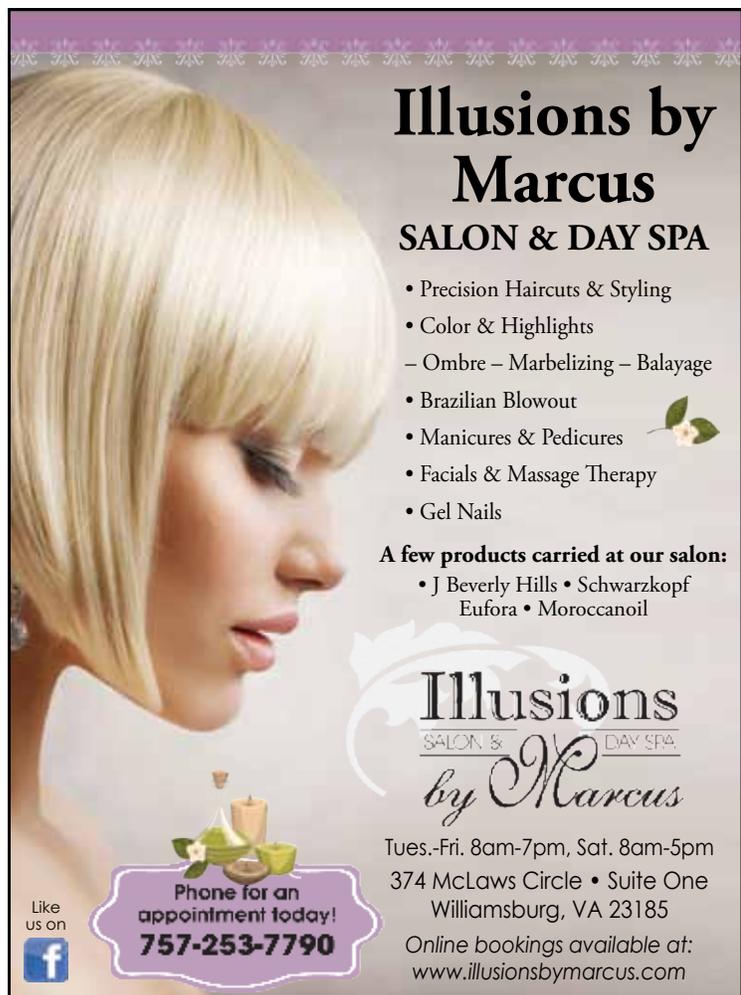
"I really like to score goals," Aaliyah shares. Her favorite soccer memory is of her first goal during a game her freshmen year. "I just felt great afterward," she says. "I just remember celebrating and hugging one of my teammates and it being in the paper the next day."

Aaliyah has had many inspirational soccer coaches throughout her career, and her biggest role model has been Jon Kamara.

"He was one of my first coaches, and to this day he still trains me and still pushes me to do well," Aaliyah says. "He's always seen the potential in me and has always been very encouraging, and it's paid off."

Playing both sports as well as serving as co-captain of her high school basketball team for the past two seasons has provided many life lessons.

"I've learned leadership skills and a lot about responsibility, definitely," she says. "I've learned



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to be a good role model for everybody else.”

Those she has interacted with on and off the court agree.

“Aaliyah is an outstanding student-athlete who has excelled in the classroom, on the basketball court and soccer field, and in the community while at Jamestown,” says Don Samuels, the athletic director for Jamestown High School. “She is a strong leader and competitor who has earned numerous honors and recognition for her athletic achievements during her career here.”

Jon Kamara is equally impressed. He says that being a soccer coach for Aaliyah for more than a decade has been “a wonderful experience. It’s been nice to see her grow into a wonderful soccer player and a wonderful individual. Now, she’s helping out with the next generation, to help them get to where she is. She’s come full circle. She is very caring, and to see her give back to her community is special.”

For the past year, Aaliyah has been teaching soccer skills to elementary students through a community partnership between the Virginia Legacy Soccer Club and local schools.

“It’s been a lot of fun,” Aaliyah says. “Most

of the kids love it and are engaged, and I see their potential to be kind of like me. I like teaching them. I’ve made a lot of bonds and friendships with some of these kids.”

Juggling school and athletics, as well as volunteering with family and friends hasn’t been that difficult for Aaliyah.

“I don’t think it’s hard to balance it all because I know what my priorities are,” she says. “School is first before anything, and I take it day-by-day. My family has also been supportive, and they like to come to my games. I am always trying to impress them and be better for them, especially for my dad. He is also an athlete.”

Aaliyah is gearing up for her final season of soccer at Jamestown High School this spring and hopes to make it just as memorable as the basketball season.

“I’d love to make it to States with my team this year,” she says. “I really want to earn a ring. I just want to make my last season a good one. I want to have fun and be competitive at the same time.”

Once the soccer season is over, it will be time to graduate and move on. Aaliyah will be

attending Brevard College in North Carolina in the fall, where she will continue on with soccer.

“It hasn’t hit me yet, that this is it,” Aaliyah says. “The end of high school. Now that the basketball season is over, it’s been a little eye opening, but it hasn’t hit me fully yet, that I’ll be an adult and off to college without my parents. I’m excited by it.”

Aaliyah hopes to one day become an occupational therapist.

“I think I can relate to that because of what I do as an athlete,” she says. “I want to help people get better, and I think that it would be the perfect job for me because I will be able to relate to my patients.”

Once high school is over, Aaliyah hopes to be able to recapture her memories through her collection of medals, awards, newspaper clippings and other honors.

“Maybe I will frame them all,” Aaliyah Lyttle says. “I’m really going to miss playing basketball and having fun in soccer, being around my teammates and celebrating with them. I will miss my friends. Playing sports was definitely my favorite part of high school.” NDN



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## DEBORAH ALLISON



## LOOKING FOR THE NEXT CHALLENGE

By Alison Johnson

Deborah Allison craves a challenge. On the track, she likes to run with the fastest competitors and even see them ahead of her during an event. That way, she gets to try to catch up.

"It's motivating," says Deborah, 17, a multi-sport star at Lafayette High School who will run track for Virginia Military Institute this fall. "I tell myself, 'All right now, you've really got to step this up.' When you do get them and go past, it's the best feeling of accomplishment."

Ask Deborah what she's most looking forward to at college and it's not freedom or fun but another challenge: VMI's notorious "Rat Line," about six months of grueling physical and mental trials. With strict rules

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often enforced by screaming upperclassmen, the period is designed to build camaraderie and leadership skills among incoming freshmen.

“I’m not saying I like being yelled at, but since I’ve never really been yelled at before it will be a new experience,” Deborah explains. “I love the idea of the discipline and structure of the whole thing. I can’t wait to get through it with my brother rats. I know I’m going to love them.”

Deborah will attend VMI on a combined athletic and academic scholarship that will cover almost all of her expenses. She was recruited mainly to compete in hurdles and heptathlon, a seven-part event that combines hurdles, high and long jumps, shot put, javelin throw and running. She plans to study mechanical engineering and, if or when she can’t run professionally, get a civilian job with the Air Force.

In high school, Deborah has excelled on the varsity track, cross country, basketball and volleyball teams at various points in her career, sometimes in seasons that overlapped. All the while, she maintained a 3.5 grade point average and joined the National Honor Society and Math Honor Society.

Her running career has been full of highlights. This winter, Deborah won the 55-meter hurdles at the Group 3A state meet. Her junior year, she finished first in four events at the Outdoor Bay Rivers District Championship: the long jump, triple jump, 100-meter hurdles and 300-meter hurdles.

The triple jump, which requires a short run and three consecutive jumps to land first on one foot, then on the opposite one and finally on both, has been one of Deborah’s specialties. She holds the Lafayette record – 36-0.25, or 36 feet and one-quarter inch – in the event.

“I love it all, from the feeling when the gun goes off and the whole time I’m racing,” she says. “I just get in a zone. I love knowing I tried my hardest and gave my best.”

A passion for their sport is what sets most successful athletes apart, she adds. “It’s mostly about heart and drive. If you’re not really feeling a sport, you won’t do your best. You need talent, yes, but you can get places with a lot of heart.” A tag line on many of her emails is simply: “Run Eat Sleep Track.”

Born in Hampton but raised in Williamsburg, Deborah was always an active child, although not the type who got into trouble. “My whole life, I’ve just loved being outside and hated being inside,” she says. She didn’t start running competitively until her freshman year of high school, when her best friend urged her to try cross country so she could spend more time outside.

As a runner, Deborah quickly found her mind has great power over her body. “If I’m ever at a hard practice thinking, ‘Oh, I can’t do this,’ something will hit me and say, ‘What are you doing? You can do this!’ Then my body will respond.”

She has had to learn patience, too. To master the difficult, precise technique required to clear 30 to 33-inch high hurdles, Deborah had to take plenty of falls and knock over plenty of hurdles (at which point her coach often made her do push-ups). She now has a mantra to stay on track during races: “Pump your arms, knees up, toes up, finish.”

A self-described perfectionist, Deborah admits to occasionally tak-

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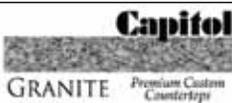
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ing on too much. One semester, she tried to juggle captaining the cross country team with performing in the school marching band, but both she and her coaches got frustrated that she couldn't devote enough time to either.

This past fall, she went out for volleyball in place of cross country, just to "have a little fun." As it turned out, she was a better player than expected and the team made a deep postseason run, finishing third in the state. At the same time, the football team was in the playoffs and the marching band was on duty. "It got pretty rough," she says. "I was exhausted at the end of the day and still had homework to do."

Generally, though, Deborah can keep up as long as she doesn't procrastinate on homework, which she tries to finish during the school day. On a typical day, she gets to school about 7:20 a.m., takes classes for four hours, works as an assistant to Lafayette's athletic director for three hours and has two hours of sports practice. If she has games or a shift at a concession stand, she might not get home until 10 p.m.

That doesn't leave a lot of time for hobbies, but Deborah has plenty of those, too. She likes working on cars, a skill introduced by her best friend's father, as well as photography, drawing and shopping, especially for high-heeled shoes. She's known around school for those shoes, in fact: she likes them to be at least four inches high even though she's already 5-feet-9-inches tall.

Deborah's friends also know her for her hearty laugh, loud snoring and, on a random note, extreme hyperactivity after drinking apple juice. She goes for the spicy shrimp at Bonefish Grill, where her father is a kitchen manager, but also eats fruits and vegetables at almost every meal to stay healthy. Finally, she feels mature for her age: "I have a big heart, but I don't tolerate disrespect, lying or hypocrisy."

VMI wasn't on Deborah's radar when she started thinking about college, although she has several family members who served in the military. Her father was in the Marines, her stepfather in the Army and a grandmother, grandfather and uncle served in the Air Force.

After VMI's coach posted a good luck message on her Facebook page before a junior-year meet, Deborah began exchanging emails with him, and she and her mother quickly fell in love during a campus visit. "It's a beautiful place in a small town," she says. "I never thought of myself as a small town girl, but I actually liked that it's quiet. No distractions." VMI's slogan is "No ordinary college, no ordinary life," and the school immediately holds students to high standards. Freshmen have to keep their uniforms spotless and their shoes shined, memorize and recite school songs on command and walk at rigid attention inside the barracks. Deborah has no problem with any of that.

"It's only going to make all of us stronger," she says. As for competing in college track, she feels ready. "It's definitely going to be intense, with people faster than me, but that's what I want," she says.

For now, Deborah Allison is taking a few rare weeks off to heal from a slight tear in one of her knee tendons. "I like to think of this as a minor setback – my long overdue break from always being active and on the go," she says. "I know I'll come back faster and stronger, so I'm not too worried about it." NDN



# Working Hard to Build a Great Future

By Susannah Livingston

For a young man seemingly on the fast track to success, Brian Williams has a quiet serenity about him that many a 17-year-old might envy.

A senior at Williamsburg Christian Academy (WCA), Brian has excelled not only academically but athletically as well. He plays two varsity sports, basketball and golf—sports that, at first glance, seem to have little in common.

“I was involved in basketball from an early age. There was always a small basketball hoop around when I was little but I really started playing around second grade.” Brian played golf, too, when he was young, but as time passed he became “more focused on basketball than golf, because most of my friends were playing

basketball.”

Now six foot one, he says his strength on the court is being able to be versatile. “And I’m a pretty good shooter,” he adds. He clearly loves his role on WCA’s most intense and most successful athletic team.

Brian says he’s learned very different things from the two sports.

have fun playing basketball, but golf is more relaxing.” Brian concedes that golf can be a frustrating game. “But the thing that makes it fun is that we were just a group of guys that weren’t too serious about it and when we hit a bad shot we’d mostly laugh. Other schools didn’t seem to be having as much fun.”

Of course, there’s been a downside to all that

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Of course, being one of your school’s top athletes while putting together a top-notch academic record is not an easy task. Brian starts his day early. He’s a self-professed “morning person” and often ends his day long after dark - after sports practice and several hours of homework.

He’s currently taking AP Statistics, AP Government, and AP Biology as well as honors British Literature and Apologetics, the branch of theology having to do with the defense or proof of Christianity. Most of his classes at WCA are an en-

viable size: 12 to 14 students.

“AP Biology is the hardest. I’m not the best at biology,” he says candidly and with the humility that appears to be a defining personal characteristic. He adds, laughing, that study hall, that much-loved privilege of senior year, is helping him handle the heavy load.

Though he’s lived in Williamsburg for almost as long as he can remember, but many of his fa-

“To keep up with growing competition, you have to keep working hard.” ~ Brian Williams

“Basketball has taught me a great work ethic,” Brian says. “We have practices every day. Any weekday that we don’t have practices, we have a game...and we have some Saturday games. To keep up with growing competition, you have to keep working hard, especially on varsity.”

Golf, on the other hand, he says has taught him how to relax and how to have some fun. “I

fun: “Every time we played them we knew we were going to lose. It’s a lot different from basketball!”

All of the hard work on the basketball court has paid off. In 2012, WCA won the state title in boys’ basketball in Division 3 among private schools. This year, it’s ranked third in the state and is in first place in its conference, which includes Atlantic Shores, Denbigh Baptist and

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ther's family still lives in Hampton. He says he and his parents see his Williams relatives often, his mom's side of the family less frequently. His maternal grandmother lives in Baltimore. "I've visited her countless times... Nothing against the city, but I'm not rushing to get to Baltimore," he says, a touch of guilt in his laugh. "It's just not really my kind of place."

It's clear that Brian's life very much revolves around his school and the close-knit group of friends, teachers, administrators and coaches who have been part of his daily life for so long. Brian's mother, Zabrina, works at WCA, and the two drive there together almost every day.

During the summer, Brian works at the school, waxing floors, moving furniture and doing whatever else needs to be done to ready it for the start of the new year.

Brian got his driver's license last winter. "It changed my life a little," he says. "I remember the first time driving on my own. I was going to the school play and I thought, 'This is different!'" He adds that it was exciting for the first few weeks, but then, as inevitably happens, it quickly became something to take for granted.

Brian says he doesn't have what he'd call

idols in the world of sports, but there are athletes from whom he feels he's learned important things. He says he admires Kevin Durant, Kobe Bryant and Paul George not only because they are the best but because "they work the hardest."

Brian also has great respect for Seattle Seahawks cornerback, Richard Sherman. "Just because I appreciate where he came from. He's the best cornerback in the game now," Brian explains. Sherman grew up in Compton, California, a city notorious for crime and gang violence. "He went to Stanford, graduated with a 3.8 GPA, went on to play professionally, won the Super Bowl," Brian says. "He's very outspoken and some people don't like that about him. If you think about the place he came from - you don't often hear about a kid from Compton going to Stanford and on to the NFL."

The college search is probably over and didn't cause the heartburn it seems to cause so many teenagers. After visiting a number of schools including Virginia Commonwealth University and Georgetown and interviewing with the likes of Harvard and Princeton, Brian has chosen the University of Virginia, where he was

admitted under early action.

"I was looking for a large college," Brian says. "I wanted a different environment—a chance to experience something different. It's a great in-state school, a big school, and I just like the area and the feel of it. I didn't want to be too close to home or be across the country!" He says he was excited and relieved to receive early acceptance and that the weeks since then have felt fairly relaxed.

Brian says his current plan is to enroll in UVa's School of Commerce after two years of undergraduate classes. "But," he concedes, "I could very well get up there and change my mind." During his first year, he hopes to take a variety of classes and to see if something else might catch his interest.

How does it feel to be leaving the school where he's spent the last 13 years? "It's really bittersweet," Brian Williams says after a pause. "I'm not the only person who's been here for 13 years. There are still six or seven who've been here as long as I have, and more who came in third grade. I'll have to leave them but at the same time I'm starting something new. It's time." NDN



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# MIRIAM BUSCHER



Lisa W. Cumming Photography

## She Wants It All

By Susan Guthrie

Embracing the young talent in our community is a great way to get excited about our future. That is if you can keep up with Miriam (Mim) Buscher, a track star and self-proclaimed math nerd. Mim is a junior at Warhill High School with strong family values and the determination to make all of her dreams come true.

Four years ago, her family relocated from a farm with lots of open space and animals in Illinois. Part of a large loving family, Mim is one

of nine children and has two younger sisters, one older sister and five older brothers. She started running with her father for fun and for some valuable one-on-one time. “My dad is my inspiration, he helped me get started,” she says with love.

Running is fun and comes easy for Mim, but she has a genuine nature and realizes that is not the case for everyone. She has an appreciation for all runners and is still impressed with her peers that can run so fast for so long. While volunteering at the water station for a local 5K, she loved that an older runner said she was beating everyone at home on the couch.

Mim has a long list of racing experience for such a young athlete. She placed first in thirteen races over the past year and continues to surpass her best times. At the recent 3A East regional indoor meet, she took first place in the 800-meter relay, the 400-meter relay and the 1600-meter race. She was honored to be the Virginia Gazette’s Girl’s Cross-Country Runner of the Year. The article proudly hangs in Warhill High School. “But the picture they used for the article was from my first season and I looked (and felt) like I was going to die,” she says.

The State Cross Country meet is one that she is most proud of. “My back was hurting and the day of the race I didn’t think I could do it. I think because of my back I stopped worrying about the race and just went out and got my season best.”

She likes outdoor cross-country more than indoor track, but values that it keeps her motivated and in shape. Qualifying for the indoor track State Championship wasn’t difficult, but it was still a relief when she made it. However, more than anything, she is looking forward to warmer weather and her outdoor cross-country season.

Since she started running, Mim has befriended some competitive and talented runners from other schools in her district. Her favorite meets are with the friends she respects. “I like going out there and having someone to race against. The meets where you have people to challenge you are the most fun. Even if I lose, it’s not the end of the world to me, at least I know the person.”

Mim admits that she does have some rituals before a big meet. She eats spaghetti the night before a race and even though she read it doesn’t really make a difference, she still likes it. Eating healthier and stretching more often are also part of her pre-race routine.

She doesn’t put a lot of stock into having the trendiest running gadgets and admits that her track spikes could last all year. However, the girl in her feels a burst of motivation with a new pair of running shoes. “I think my mother likes when I ‘need’ new shoes, so that she has an excuse to find things she needs for her walking routine.”

Academic pressure during the junior year of high school is very intense. As a gifted student, Mim spends half of her school day at the Governor’s School for Science and Technology in Hampton. She studies AP physics, calculus, and research methodology and ethics. Math is her favorite subject, so her decision to attend the Governor’s School was part of her goal to be a math nerd.



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As president of her junior class, Mim is excited to help plan her first prom. "I wasn't kidding about trying to do everything." This May will be overwhelming between prom, final exams, AP exams, another SAT, and outdoor state championships. She says she is fortunate to have understanding teachers and such a great coach to help her balance it all.

Mim finds that her running plays a big role in her ability to compartmentalize mentally and focus on the task at hand. "Most of the time running is a release. I'll have school all day and be very focused on what I need to do, but once the bell rings I give myself two hours to just run, relax and have fun."

On the weekends, she enjoys more relaxing runs. "Those runs are honestly the best, and I love the Greensprings-Jamestown trail. I'll listen to music so it's really relaxing and just time to think."

She admits that she always wants to be the best at everything and is therefore looking for a college with a strong academic curriculum and running team. "I would love to run in college; I want the best of both worlds." She plans to pursue a math-based career like engineering. With Mim's commitment to hard work, community, academics, running and family values, any of Virginia's finest schools will be lucky to have such a genuine and well-rounded young woman.

Above all, Mim's family is the most important. They give her support, encouragement and motivation. Mim lights up when she talks about her younger sisters, including her polar opposite sister and her youngest socialite sister. They can always tell when she is on edge and find her annoying when she hides in her room to concentrate on schoolwork.

"I love them to death. I'd go crazy if I didn't have them," she says about her sisters. In addition to being very protective, her older brothers have showed her the importance of balancing academics, family and their personal lives.

Her father warned her that most new drivers get into an accident their first year on the road. "Even though I mostly just drive to school and back." She was proud to remind him of her one-year driving anniversary without a scratch. "I know they appreciate that I can drive myself to 6 a.m. practice during the summer."

Even with her very full schedule of academic and athletic activities, Mim makes sure to stay involved with her community. As a project manager for the Warhill Key Club, she helps coordinate sponsors for charity events. In pursuit of an honor seal on her diploma, she has designed an honors project with the sponsor of the middle school running club. The project includes being a mentor, but mostly she is excited to help fundraise to build the team a running track and trails.

Grounded in family values and a noble sense of hard work, Mim Buscher has an extremely promising future in Williamsburg and wherever else her path leads.

"I believe the one thing that honestly helps you run faster is just hard work – going out there and doing it, practicing and wanting to be better, will make you better." NDN

# MATT CULLOM



Lisa W. Cumming Photography

# Leading *by* Example

By Lillian Stevens

“I lose myself when I’m playing soccer,” says Matt Cullom, Jamestown High School senior. “No matter what stress I’m under – or what drama might be going on – when I’m on the soccer field, it all falls away.”

Matt has played league soccer since the age of seven or eight, and varsity soccer at Jamestown since his sophomore year. In addition to that, he is a four-year member of Jamestown’s Varsity Swim Team. Matt is the captain of both teams.

Coming into his senior year this past fall, the Group AA soccer all-state honorable-mention pick was also ranked number one in his class academically.

“I have been taught over the years how to balance school with soc-

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cer and swimming,” Matt says. “Basically, my parents always maintained that school comes first. So I realized that I’d have to keep up my school work or I would have to take some time off from soccer or swimming.”

Matt’s parents, both doctors, have set the bar high for both Matt and his twin brother, Jon. Both brothers have taken their share of AP courses and both have bright college careers ahead.

“There is a high premium placed on academics,” Matt says with a smile. “But we love sports too!”

When asked what it is that allows him to excel in the classroom as well as on the soccer field, he modestly shrugs it off. “I guess it came out of the family dynamic. From day one, my brother and I were pushing each other to see who could jump higher or who could run faster. So the priorities were ingrained by our parents – school first and then sports – but no matter what it was, we were always pushing each other. I think that has really helped in the long run – having someone to compete with to push yourself.”

Matt’s father was an athlete, both in high

school and college. “My dad ran cross country at the University of Maryland,” Matt says. “So he had a pretty heavy sports background.”

The family has lived in Williamsburg since the brothers were two years old. They attended Walsingham Academy for elementary school, Hampton Roads Academy for middle school and then transferred to Jamestown High.

“Transferring to Jamestown from HRA was a decision my brother and I made for ourselves, and it was a great one,” Matt says. “As we hit high school, we really wanted to be closer connected within our Williamsburg community.”

Active in his school community – as well as on the local sports scene – Matt is a strong swimmer whose favorite stroke is the 100 breast, but he considers soccer to be his primary sport. On the soccer field, he is comfortable playing any position.

“I play center mid. I played a little bit of center forward last year, and this year I might even end up playing center back,” he says.

During Matt’s career at Jamestown, the team has won at least two state titles, five consecutive regional titles, four district titles and four district tournament titles.

When he arrived at Jamestown as a freshman, however, Matt didn’t make the varsity soccer team and was deeply disappointed. He says that he had a chip on his shoulder for a short while. He could have felt sorry for himself and moved on, but that’s not his style. Instead, he worked even harder and his efforts paid off when he made the team his sophomore year – and again when they won the state championship.

“Winning the state championship my sophomore year – that really trumped everything,” he says. “We worked so hard that entire year, and we had put forth so much effort going into that season. It was definitely one of our best moments.”

The team thrives, not just because of great coaching, but because of the leadership roles the older players take on as they nurture the younger ones.

“Everyone says lead by example,” Matt says. “I might not be the best or the fastest but I try to be a positive role model for the younger guys. I’ve had a great opportunity here at Jamestown to work with some amazing coaches – not just Bobby O’Brien for soccer – but

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also Molly Sandling, my swim coach.”

Matt started swimming at the age of three, first on his neighborhood swim team, and then year-around with the Williamsburg Aquatic Club (WAC).

“With swimming, it’s all on you,” he says. “It’s your time. It’s what you make out of it. But with soccer there is more of a team dynamic so you are working with others. Not that you aren’t part of a team when you are swimming, but it’s a little different.”

As one might expect, the years have not passed without injury. In 8th grade, Matt partially tore his ACL which took him out of sports for nearly a year.

“That set me back and brought my level down a little bit but I worked through it and overcame it,” he says.

Overcoming that injury wasn’t as tough, actually, as overcoming the sting of being passed over for varsity soccer his freshman year. Athletics director, Don Samuels, likes to remind his athletes that this kind of thing happens.

“Michael Jordan – who is perhaps the greatest basketball player of all time – got cut his freshman year in high school,” says Mr. Samu-

els. “He didn’t even make JV.”

So, like Michael Jordan, Matt redoubled his efforts.

“I grew and learned from it so it’s not a negative, really. I wonder if the reason I didn’t make varsity that year is because the coach sensed my hesitation to try out. Maybe he saw a lack of confidence? I almost wonder if I’d stepped up right away and been decisive, instead of going in so cautiously, whether I’d have made it.”

Hindsight, as they say, might be 20/20 but with college on the horizon Matt says that he just looks forward to being a small fish in a big pond.

“I think that intramural sports will be fun in college but I look forward to opportunities to focus on other areas too,” he says.

As he approaches the middle of his final semester at JHS, Matt has been accepted to Notre Dame (his mother’s alma mater), Boston College and the University of Virginia. He is waiting to hear from Georgetown University. His brother Jon will play soccer for Cornell.

“Everyone keeps telling me that all of these options are good,” he says with a smile, “But more options can also make it harder to de-

cide.”

Unsure of which path his eventual career will take, Matt has multiple interests and each university he has chosen appeals to a different interest.

“I’m pretty interested in international business and international affairs,” he says. “And I’d like to continue studying French and maybe combine that with some sort of business degree. Georgetown has a great foreign affairs program but if I go the business route, then it could be Boston College or Notre Dame.”

The 18 year old is almost fluent in French and hopes to be completely fluent in about two more years. He looks forward to a study abroad experience and is thinking he might take on a third language.

Whichever university he chooses, Matt will likely take the same advice he would give to entering high school freshmen and that is to immerse themselves in the experience.

“I think that incoming freshmen should just jump right in and involve themselves with activities and athletics or clubs – whatever they are interested in.” Of course, they should remember that they are scholars first. NDN

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# FRANK MILLIGAN



## OF CHESAPEAKE BAY WRITERS (CBW)

Frank Milligan was born and raised in midtown Manhattan in New York City. Most of his career was spent as a counterintelligence agent, treasury agent and as a manager and executive in federal law enforcement agencies. In addition, he spent several years as director of internal security for the office of the chief financial officer for the city of Washington D.C. "I have a bachelors in psychology and a Master of Business and Public Administration degree, but I knew that when I retired I didn't want to stay in law

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Lisa W. Cumming Photography

enforcement or security, so I went back to school and got a Master of Arts in Writing Fiction from the Johns Hopkins University." Now, in addition to writing, Frank teaches business writing and creative writing at Northern Virginia Community College, and creative writing at the Christopher Wren Association at the University of William and Mary, the Lorton Workhouse Arts Center, and various other venues.

**When did you first become involved in the Chesapeake Bay**

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### Writers?

I first became involved with the group in February of 2010. My wife and I moved to the Williamsburg area in May 2009 from northern Virginia. After we settled in, I started looking for a writing group, and I discovered CBW. I found it to be a very impressive and useful organization to my goals as a writer because within 10 months, I had appeared on a popular local radio station twice to discuss my book, *Time to Write: Discovering the Writer Within After 50*, then won the local chapter's short story writing competition and went on to win the statewide prize. None of which would've happened had I not joined Chesapeake Bay Writers.

### What is the purpose of the group?

As one of the ten regional chapters of the Virginia Writers Club, CBW provides fellowship, information and services to writers from the Middle Peninsula, the Northern Neck and the Williamsburg area. We host five luncheon or dinner

meetings with speakers each year which focus on items of interest to writers about writing, publishing and marketing finished works. Guest speakers include editors, agents, writers, and others of interest to the writing community. We also host an annual All Stars Gala at which members entertain one another by reading their work. Cash prizes are awarded. We have five critique groups which give members feedback on their work, and we sponsor workshops and outreach events to the community at large.

### Who are the people in the Chesapeake Bay Writers?

Our members range from brand new writers with very little experience to writers with multiple publications to their credit. They come from various backgrounds including teachers, EMTs, college professors and administrators, and various others that pretty much represent the population as a whole. Our

members write in almost every fiction genre including mystery, romance, thrillers, historical, and mainstream ranging from short stories through novels. Our nonfiction writers write essays, articles, and books on various topics ranging from history to lives of the Presidents' families, and self-help, to humor, to opinion pieces in local publications. We also have several poets in the group.

### CBW celebrated its 20th anniversary. What special events have happened?

We lined up a terrific array of speakers beginning with holocaust survivor, Ethel Sternberg, who spoke to our writers about the time when evil really did walk the earth. We entered into a partnership with the Christopher Wren Association to produce a class called Meet Your Local Authors which was very successful. At another of our meetings, a professional editor who is also a writer spoke about the latest developments in the publishing industry. Our special an-



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niversary luncheon featured New York Times bestselling author, and Hollywood film writer, John Gilstrap, who incidentally is a W&M graduate. We have many more terrific speakers and activities for this year as well. One of the things I'm most excited about is our 20th Anniversary Anthology featuring the writing of several of our members. I'm excited because it is published by Cherokee McGhee Publishing, which is a professional publisher, and pieces selected for inclusion went through the same screening process and editorial process as any professional publication.

**How has book publishing changed in the last 20 years?**

It's easier to tell you what hasn't changed in the past 20 years, which is that we still have printed books, other than that, almost everything else has changed. In 2011 more e-books were sold than printed books. The publishing industry has been turned upside down. Anyone

who tells you they know the future of the publishing industry and how it will all shake out is blowing smoke. Most of the changes have occurred very rapidly in the past few years as a result of automation and the Internet which have empowered authors to publish their own works. Some of our members have kept up with the changes by self-publishing e-books and physical books using the new technologies available. The tougher side is marketing your work and reaching your potential audience. One thing that hasn't changed is that underneath it all, good writing is still good writing. To be successful in traditional publishing or the new models of self-publishing, you need a good story well told.

**What are the biggest challenges and successes for someone who wants to write?**

I strongly believe success in writing has to be defined by the individual author. I had one student in one of my writing

classes who had 15 grandchildren. Her dream was to write a Christmas book for them. She succeeded in achieving that dream. Some writers are happy having a few stories or articles published while others dream of the fame and fortune of writing a best-selling nonfiction book or novel. The biggest challenge facing most writers is finding or making the time to write. Life has a way of intruding on our best laid plans, so flexibility is something writers need to develop. They also have to develop the ability to keep their seat in the chair and write, because only with practice comes improvement.

**What are some personal experiences you've had with the club that keep you involved?**

I've met and made friends with many people with whom I share a common interest in the written word. Writing can be a lonely profession so it's a real treat to meet and become friends with people who are facing the same challenges. NDN

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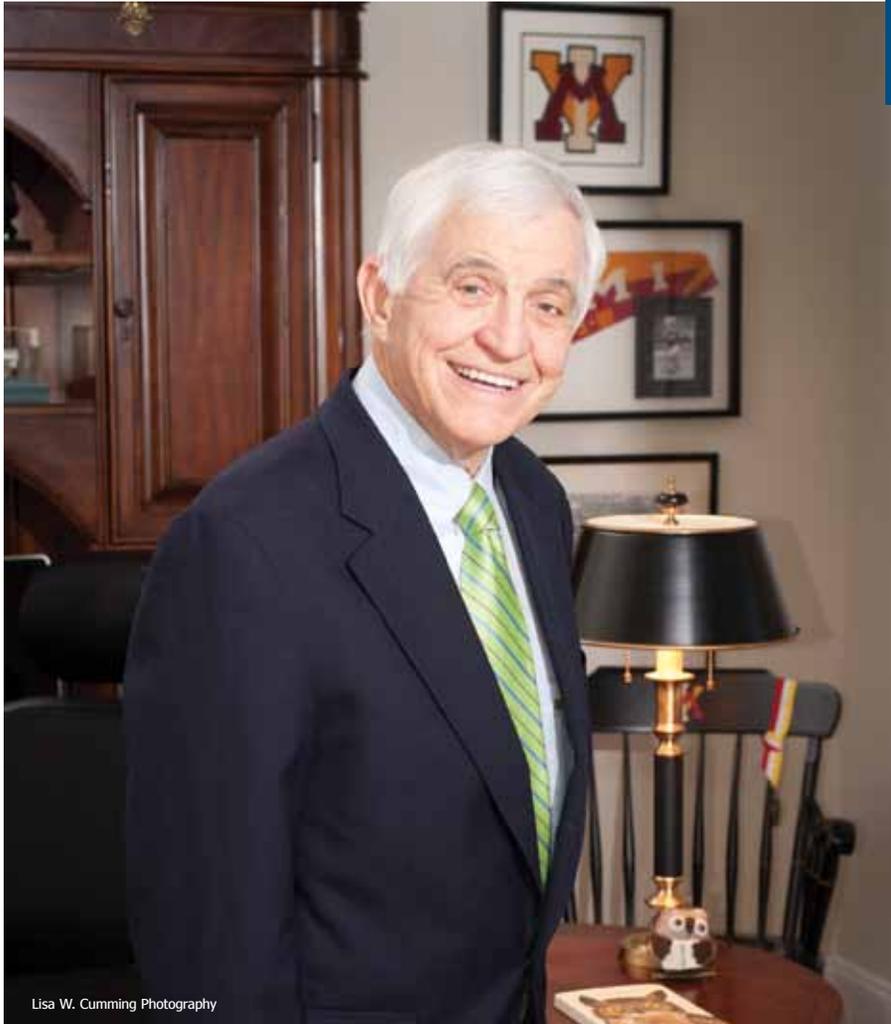
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## TEACH THE CHILDREN **MONEY BASICS**

By Greg Lilly, Editor

Reading the economic news over the past few years worried Lloyd Thacker. He saw where college students graduated with credit card debt and subsequently had to move back with their parents if they couldn't secure a job. He thought about his own grandchildren and wondered if they knew how to avoid getting into debt, especially while still in school.

"In the 2006 to 2008 financial downfall, everything went south. People were living beyond their means. There were a lot of foreclosures.

People had \$40,000 credit card debt," Lloyd says. "I've spent two years researching this project. Some college students are graduating with \$10,000 in credit card debt, and their parents are paying it off. I want to tell students this doesn't have to happen."

Lloyd knows business and finances. He grew up in Staunton, Virginia and went to school at Staunton Military Academy and then received a football scholarship to Virginia Military Institute (VMI) where he received his Bachelor's

Degree in Civil Engineering in 1959.

"Like most young people, I had no idea what I was going to do in the real world," Lloyd says, referring to his engineering degree. He received a job offer from the Louisiana Highway Department in civil engineering.

"But, just after that, I had an offer from DuPont in Waynesboro, Virginia. My father had been with DuPont, so I decided to go with them. I was fortunate. I went into research and manufacturing at DuPont. I was part of the de-

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velopment of the product called Lycra®.”

DuPont transferred him to Richmond to work on the Tyvek® project, and while there, he decided to pursue his masters degree at the University of Richmond.

“I was taking marketing and finance for my masters.” He moved into sales with Esso. “They became Exxon-Mobil,” Lloyd says. “ I went on sales calls with a guy named Peanuts McCoy. He would call on contractors, back in those days, they were building the Interstate Highways. We would sell the diesel fuel and grease and oil to the road contractors. I really liked meeting people and didn't mind going on cold-calls.”

From Richmond he was transferred to Youngstown, Ohio. “In Ohio, I called on the steel mills like U.S. Steel, Republic Steel, Youngstown Sheet & Tube. I called on the airlines to sell them aviation fuel. I was selling a variety of products. I really enjoyed it.”

Lloyd came back to Richmond and became a sales supervisor to retail service stations. A promotion to Baltimore put Lloyd in charge of four states and 500 people.

He had his masters degree. He was working over 80 hours a week.

“I thought if I'm working that much, I should be working for myself. I did a crazy thing, completely out of character for what I was doing. I went into the health food business,” he says with a laugh. “I started a health food shop in the YMCA in Towson, Maryland.”

While Lloyd ran the health food shop, a change took place in the petroleum industry. “The Supreme Court made a decision that major oil companies couldn't own and operate their own stores. I went to Exxon and asked to take a store in Columbia, Maryland. It was one of the biggest stores on the east coast.” He took another big chance. “I put my house up for collateral.”

He purchased the Exxon station in Columbia. A woman he had worked with earlier in his career had three other stations around the Columbia area. He told her that anytime she wanted to sell the stations, to let him know. Four years later, he bought them from her.

“I expanded my business with more stations and a repair shop. I ended up with about 120 employees. We had a good size operation with additional offerings in car repair, car rental, car wash, Western Union and a propane business. I had eight or nine areas of revenue in that operation.”

Running a service station in the 1980s and '90s became a hassle. “Being an owner and working 24-7 was a lot,” he admits. After more than 20 years in the business, he gradually began to sell off the stations.

Lloyd's wife, Betty, was in real estate and moving toward a banking career. Lloyd decided to go into real estate. “I was in the real estate business for five years.” He and Betty decided to look around to see where they wanted to settle down. “I was very familiar with Virginia, being a sales manager around the state for years. We have seven grandchildren. My son is in Baltimore with his own business and family. My daughter is in Portland, Maine with her family. We didn't want to be too far from them.” They built a home in Ford's Colony.

He had seen employees struggle with finances, not understanding what Lloyd considered basic money management. Then the financial crisis of 2006 to 2008 highlighted the debt that young people fell into during college and that their parents had to help them climb out of. Lloyd didn't want this to happen to his own grandchildren. He began researching and shaping a course he calls “Successful Financial Planning for Students.”

“These are things I learned along my path,” he says. “I remember when I was growing up, we would have been considered poor. I put cardboard



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in my shoes to cover the holes in the soles. My parents went through the Great Depression. My father had a lot of good common sense and worked for DuPont. At Christmas, we might get one present. Today, kids get 10 to 15 presents, seriously. The materialist outlook has gone crazy.”

He fears that people have lost the concept of the value of money. “I did a lot of research to help these kids learn about money management.” He says today’s youth is very different than what he experienced growing up.” There’s a lot on everyone’s plate: SATs, athletics, friends, Twitter, Facebook, iPads – all of this coming at them. This finance course is not just about finance, but about life.”

Lloyd has structured the course to apply to situations from college life to young adulthood to growing families to retirement. “I’ve outlined this course on what I’ve learned.”

He has a packet of materials that he works through with the students, asking questions along the way and administering exercises for tasks such as writing checks and balancing a checking account statement.

“I did the check writing exercise with students in Maryland. Only eight out of 25 got the right answer when they tried to balance the checkbook. That shows no one had ever taught them the basics.”

His course focuses on controlling expenses, budgeting, the use of credit cards, balancing a checkbook, writing a check, managing ATM fees and the real cost of overdrawing a bank account.

“The students should recognize the difference between needs and wants.” He teaches the students how to live within their means – what that means and how to do it. He discusses credit cards and checking accounts and the ATM while focusing on the big picture of financial responsibility.

“Over last Christmas, I took this course up to Maine for all the grandchildren to go through – as a test of the materials,” he says. “They loved it. The age range of the kids was from 12 to 16. None of them had ever written a check. I showed them how to write their first check, record it and balance a checkbook. I asked my son and daughter why they hadn’t taught their kids to write a check.”

Many people, Lloyd explains, don’t understand how interest is calculated on their credit cards – the real cost of putting a purchase on a credit card. He teaches the students this so a credit card purchase isn’t as attractive as they thought.

“We talk about making a budget for college and the categories to plan for.” He gives the students a blank budget with categories that are relevant as a student and categories they will need later in life – buying a house, having children and planning for retirement.

“A majority of the budget items don’t affect them right now, but their parents are dealing with them – like home mortgages, taxes, etc. These will apply to the students as they get older and go through life.”

With the materials Lloyd has gathered and the information the course teaches students, they will be well ahead of their peers who do not take the course. Lloyd is talking to youth directors at local churches about hosting the course as well as discussing the option of having the class at some of the local colleges.

Lloyd Thacker says money management is not just about finance. “It’s about common sense and persistence. It’s about knowing the difference between wants and needs. It’s about valuing what you have.” NDN

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For course information call Lloyd at 603-6273 or cell 410-707-6870. There is a small fee to cover materials and classroom rent.

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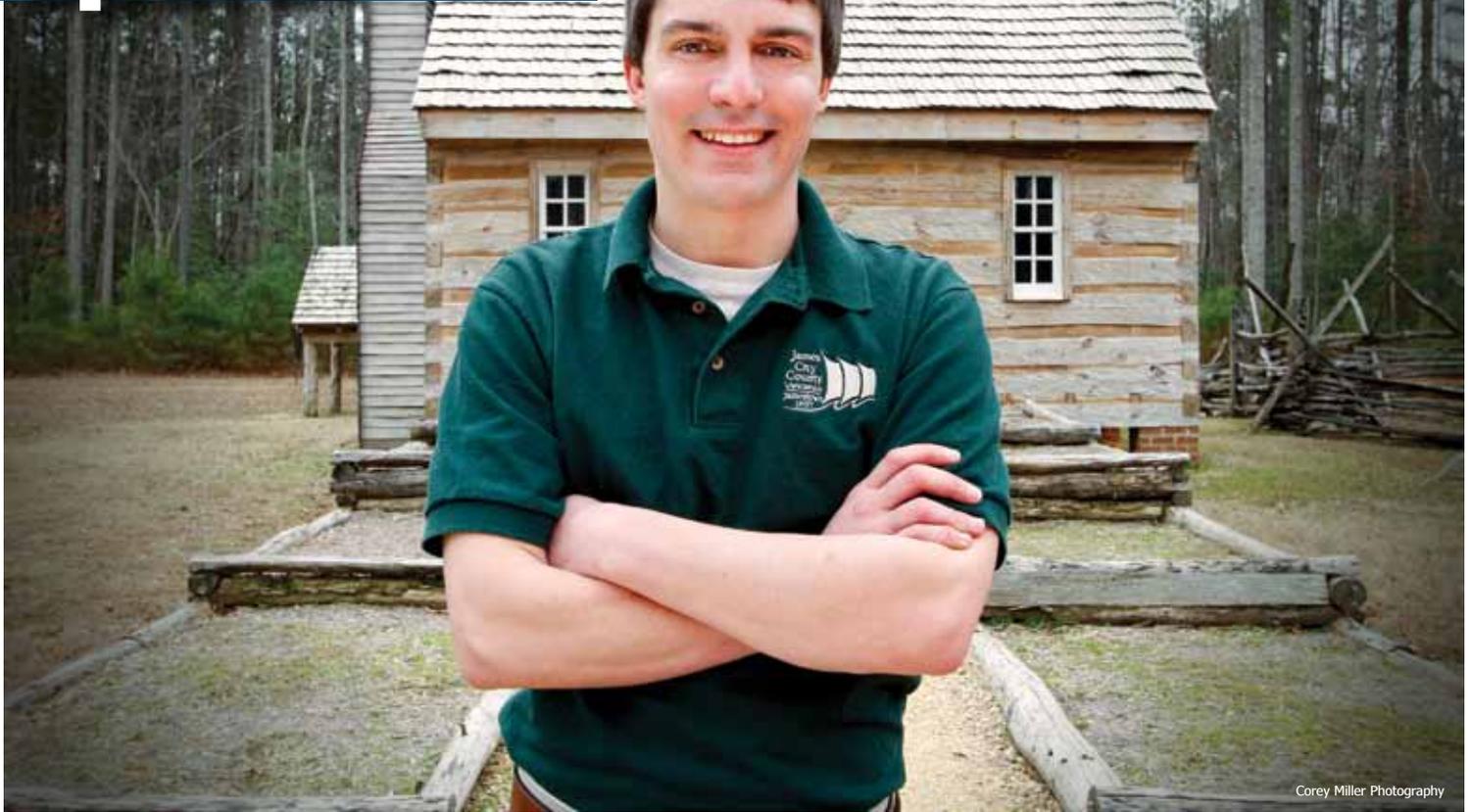


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Corey Miller Photography

# ADVENTURES AT FREEDOM PARK

By Greg Lilly, Editor

Alister Perkinson manages the largest and one of the most unique parks in the James City County system. Freedom Park is 600 acres of sports, recreation and history tucked between Centerville and Jolly Pond Roads.

“Topographically, there are lots of elevation changes,” Alister says. “That makes the

mountain bikers happy, and the trail runners and hikers enjoy the variety of woods and wetlands.”

The park was opened in 2002 with the entrance road, parking area and the Williamsburg Botanical Eclipse Garden.

“About 2008, the first of the recreated cab-

ins was built to illustrate the free black settlements. Around that same time, the Eastern Virginia Mountain Bike Association started building mountain biking trails.”

The partnerships formed with other organizations are key factors on the appeal of the park. “The park has four main features: the

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rich history, the mountain biking, the natural beauty that includes the Williamsburg Botanical Gardens, and Go Ape, the private group that operates the zip-line adventure.”

Freedom Park opened just a year after Alister started working for the county. He has moved his way up to Park Coordinator of Freedom Park.

“I grew up in James City County,” he says. “We have a lot of family in the area. We’re related to the Powell family that Lake Powell was named after. I attended school at Rawls Byrd, Berkeley and Lafayette.”

After high school, Alister started college at Christopher Newport University, but wasn’t sure what he wanted to major in. “I began working for James City County as a lifeguard in 2001. I enjoyed it and saw the different types of things that go on in Parks and Recreation: summer camps, parks, all the different programs. I realized that was a career path and a program that I would enjoy.”

He transferred to Virginia Commonwealth University in Richmond to earn his degree in recreation and park management.

“Working as a park attendant while in col-

lege helped me realize how much I loved the parks and being out in the parks. It goes back to growing up and our family was always in the Blue Ridge Mountains camping or going to state parks to hike. It’s been a part of my life. Once I realized it was a career path, it clicked.”

Since starting as a lifeguard during his school breaks in the summers, Alister has had a variety of responsibilities in the Parks and Recreation department. “I’ve run different parks. I was the aquatics coordinator for two years, before working here at Freedom Park. Aquatics and parks have been the two main areas for me.”

There are many different aspects to his responsibilities. “We maintain the parks as well as create programs – all the way from sports to special needs programming. I can make a difference and be involved in so many things. It’s a great job.”

In his job as park coordinator, Alister oversees the operations of Freedom Park and the park attendants and all the programming for the park. “That includes nature and history programs at the Interpretive Center.”

Most park visitors come to Freedom Park

for the sports opportunities or for the nature and botanical gardens, but the park also celebrates the unique history of the site.

“That’s one of the park’s best kept secrets,” Alister says. “But, one that I want to highlight.”

Much of the plan for the park came from its history. “It is the site of the first free black slave settlement in the United States. It was also the location of the Revolutionary War’s Battle of Spencer’s Ordinary,” Alister explains. “Archeological studies have found many artifacts on the property.”

The new Interpretive Center houses many of those artifacts for visitors to view. “This Interpretive Center has only been here a couple of years. Many people who visited a few years ago don’t realize it is here or all the things that have been added to the park.”

Not far from the Interpretive Center are three recreated cabins illustrating the free black settlement. “William Ludwell Lee, the owner of the plantation that included this land, wrote in his will to free his slaves and give them the land to live on. A dwelling was to be provided for them. This community thrived for years,

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undisturbed. That's really unique in our history. This was like a small 'island of freedom' here."

On a regular basis, the park hosts Lafayette Jones, Jr. "He is a descendent of one of the freed slaves," Alister says. "He gives talks at the site, including stories and tales passed-down from his ancestors. He wrote a book that we have available at the Interpretive Center."

A cemetery was also discovered on the property. "The cemetery has a large number of people buried over a long period of time," Alister says. "These were people of all different races buried in the same cemetery. Those are the major interpretive features. One of my main focuses in the programming is to highlight the historical aspect of the park."

While more people will discover the historical side of Freedom Park, today many people go for the fun. "Go Ape is a great partner for the park," Alister says. "It's brought more people into the park – many for the first time. The zip lines go all through the woods."

The Eastern Virginia Mountain Bike Association (EVMA) built mountain biking trails in the park several years ago, and those trails

are one of the most in-demand features of the park. "The mountain bike trails are built and maintained by the EVMA. It's about 22 miles of trails that they are constantly improving and maintaining. Those trails are very popular. On days with good weather, half the parking lot is filled with mountain bikers. They do a great job with that."

Along with the mountain bike trails are multi-use trails for people to hike, run or walk to enjoy the natural beauty of the park.

One of Alister's favorite things to do at the park is to explore the trails. "I love walking the trails, seeing how things change with the seasons." The other is the history. "I've learned a vast amount of local history in the short time (since December) I've been at this park. I really love everything about it. It's a beautiful park with partners who help each other."

In the next few years, park visitors will see additional programming. "More family programming, more environmental and more historical," Alister lists. "My goal is to have something going on every Saturday. The partners are doing great things as well. The botanical gardens do monthly programs that are very

well attended. The mountain bikes have night rides once a week and bike clinics. Go Ape is always popular."

Alister says he's happy to have found his career at James City County's Parks and Recreation department.

He and his wife, Anna, are celebrating their fourth anniversary in May. "We grew up less than a mile away from each other. She lived on Neck-O-Land, and I lived on Lake Powell Road. We never knew each other until we met through mutual friends when we were both in college." They enjoy living in the county, so close to both their families.

"Actually, our whole family is visiting Scotland this spring." Alister explains he was named after a Scottish relative, and this will be the first time he and Anna have visited Scotland.

Alister invites everyone to discover Freedom Park, but to also experience the unique history of the area at the recreated settlement and in the new Interpretive Center. "It's a unique park to have such a wide variety of opportunities for learning and recreation available. Come visit us." NDN

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# Following His Muse

By Greg Lilly, Editor

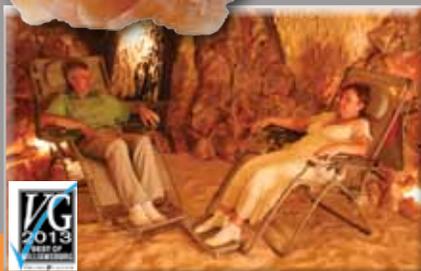
“By night, I write music incessantly, and by day, I’m a general contractor,” says Roger Pelletier. These disparate sides are what steal many people’s focus and prevent them from following their dreams. Working all day is hard and tiring. Most people would rather head home and zone-out in front of the television than jump into a creative process. But for the few with a passion for their art, there is no other way. The art ignites the life, and the life fuels the art.

Born in Massachusetts and raised in Rhode Island, Roger started his musical journey on

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October 13, 1973.

"I never forget that date because my music teacher assigned me the trumpet. He was a trumpet player and so he thought I should play the trumpet. The suggestion that I become involved in music was because I was an ADHD, hyperactive child of the 1960s." He explains that medication wasn't a usual treatment for Attention Deficit Hyperactivity Disorder (ADHD) in the late 1960s and early '70s. "The doctors thought my focus should be channeled. They recommended music."

For Roger, music was exciting and new. "It was something I could call my own." He played the trumpet for years and earned his spot on many youth groups.

"I played in the Rhode Island Youth Symphony and the Rhode Island Youth Philharmonic. I was feeling really good about it because I was pulled out of the pack. That was an intense amount of pride for myself, and I wanted to continue doing it. I loved listening to music. I understood it was something special and something to achieve."

By his junior year in high school, he was playing in the Rhode Island All Star Jazz Ensemble. "We played in D.C. and in two Newport Jazz Festivals and garnered a lot of attention for that. With that I earned a scholarship to go the Berklee College of Music."

While at Berklee, Roger taught himself piano. "You have to know keyboards if you are going to achieve in music, you have to understand and be competent on the keyboard."

At Berklee, the students played music in small groups. "That keeps you thinking as a group, as a unit. It's important for musicians to understand they are part of a team. Looking back, that was a great thing about getting into music so early and being part of youth symphonies: it taught me how to sit down, shut up and do my part to support the rest of the band. Young musicians have to remember: it's not about you, it's about the whole group and doing your best to make that group sound great."

He continued playing the trumpet. "Jazz trumpet," he clarifies. "Before going into college, I did mostly classical trumpet with just a little jazz."

By his college junior year, he decided he needed to take up another instrument. "The 1980s had a lot of technology come along, things like synthesizers became popular. Trumpet playing jobs were few and far between. I decided to play bass. Along with working hard to become a proficient keyboard player, I learned bass while at college." He graduated in 1987 with a Bachelors Degree in Professional Music.

"I started getting jobs as a bass player. Out of Berklee, I worked professionally as a musician in musicals, in radio, doing jingles, things around Boston and around Providence, Rhode Island. I decided I wanted to get my masters degree and enrolled at the University of Rhode Island." He graduated with a Masters in Music Education.

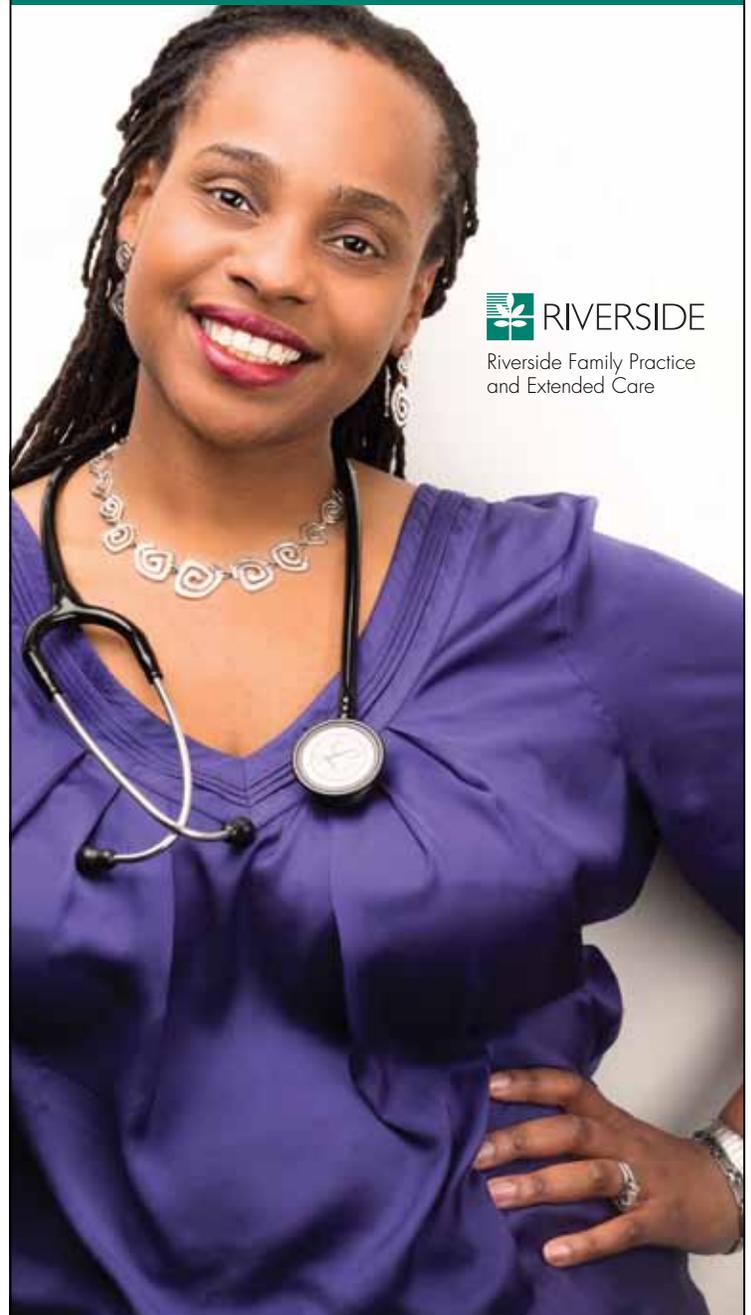
The early 1990s brought Roger to Williamsburg and Busch Gardens.

"I played at Busch Gardens in the country music show. In the winters, a few of us played the cruise ships that sailed the Caribbean and around Mexico. That was all types of music."

Roger moved back to Boston, and life became complicated. Music didn't get the attention it had in the past.

"In 1999, I decided to come back to Williamsburg. I had spent time

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away from music, so it was good to come back here and refocus.”

He traveled to London to see some friends

music delivers. Country music probably has the finest musicians on the planet. They have to be completely amazing to do that kind of session

in that group. On my website playlist, you can hear chill-out, house, electronic, all well-polished and clean. I have to reel myself in because I have so many ideas.”

“I have appreciated all types of music throughout my life. It’s the emotion that any kind of music can bring. It’s the feeling that the music delivers.”

~ Roger Pelletier

Writing is an adventure for Roger. He says he’s not sure what he’ll produce once he starts. “I come up with a melody in my head, the lead line or just a drum beat. I’ll run with that. I’m not sure what the end game will be.”

there. “One of those friends is a contemporary Irish composer and singer,” Roger says. “He had me start doing shows with him in London.” The friend urged Roger to make music again. That helped Roger realize that he still had the desire to compose and play music.

“Last January (2013), I put together a studio in my home so I could start writing again,” Roger says. “I really enjoy composing.”

His genre of music is difficult for Roger to pinpoint. “I have appreciated all types of music throughout my life. It’s the emotion that any kind of music can bring. It’s the feeling that the

work. If I listen to rock – who’s the best? If it is Hip-Hop or Rap, who’s the best there? That’s what I spend my time listening to: the best of each genre. It has all bounced around my head, but I have never identified my thoughts with one particular genre when I write. It’s the ADHD in me. I can’t stay with just one thing. I’m always looking for something new.”

His website (www.RLPelletier.com) reveals many shades of music. “It could roughly be what is now called chill-out music,” he says. “It’s a little more intense and harmonically over the top than most chill-out, but it tends to fit

He tries all types of genres – not sure what the songs are until he finishes.

“My system is I either have a rhythmic beat in my head or a melody. If it’s a melody, I listen to it to see what it will represent: up tempo, slow, what is it? That sparks it. It flows out, and then I create a drum part to go behind it. With that, I can start layering in harmony with the chords. With the harmony, you can really shift and move the song. Those harmonic different directions wouldn’t happen with a naked melody.”

Most of his songs are instrumental. He

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claims he can't write lyric poetry well. "If I do write lyrics, it's more of a pop song, and then I get a singer to sing. I can't sing."

A few months ago, Roger wanted a singer for his composition called "Why Won't You Ever." He placed signs around the College of William and Mary searching for the right voice.

"Chantalle Ashford, a psychology major, answered the ad, and it was nice. I want to use her in another song. I have a guy in Providence to sing another one. I like having different people sing my songs."

The business of writing songs is difficult when the composer lives outside of New York City, Los Angeles or London. Face-to-face interaction helps spread the word about a songwriter; studio work musicians circulate recommendations to singers and bands and record labels. Living in Williamsburg, Roger uses the Internet to make the connections he can.

"I post my music on as many outlets as I find: ReverbNation, SoundCloud, Facebook,

my website [www.RLPelletier.com](http://www.RLPelletier.com). I have them interconnected so people can bounce around to hear the music on the sites."

His business goal is to be picked up as a songwriter, which means the right people have to hear his work. "That takes luck and connections. The major publishing companies like EMI, BMG and Sony won't listen to unsolicited work. That's the most difficult part of the business: getting your work in front of the right people."

A grassroots effort is what helps new artists. "You tell a friend who tells other people,"

company. Then musicians and singers start to record your songs. That's how it opens up. You have to keep writing. I try to write a new song every week."

Working all day and writing songs all night, that's what keeps Roger Pelletier happy. "I'd love to teach kids about songwriting. I tell the younger musicians that they need to listen to everything. If you want to be a well-rounded musician, you need to listen to everything out there. On the technical side, you have to be able to read music, and all serious songwriters need to know how to play the piano. Those are

**"The most difficult part of the business: getting your work in front of the right people."**

~ Roger Pelletier

Roger explains. "The break comes when a big name likes what I'm doing and wants to use it. That or being picked up by a big publishing

the three important keys for young songwriters: listen to everything, learn piano, and learn to read music." NDN

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# Subconscious Reprogramming

By Greg Lilly, Editor

"I have fibromyalgia, which is a chronic pain, a chronic fatigue syndrome," explains Elizabeth Peters, MA, CHt, a certified hypnotherapist. "Fibromyalgia can be a very disabling condition. I was functioning at a pain level of about 7 or 8 (out of a high of 10) – all the time. I came upon a class on pain management through hypnotherapy. It worked for me. My pain level is now at a 3. There have been a few times it gets bad, but for the most part, I average a 3 when before I averaged an 8."

Elizabeth had majored in communications at Rutgers University. Growing up in Springfield, New Jersey, she knew her father did some hypnosis. “Although I had never seen him do hypnotherapy,” she says. “It was just something that he said he did, and he had done some stage hypnosis. I used to always ask if he could hypnotize me. He said he couldn’t because his voice was too familiar to me. It would trigger subconscious things and it wouldn’t work for me.”

Elizabeth found this was true, when years later, she tried hypnosis on her own daughter and it didn’t work. “She can’t listen to the sound of my voice without it conjuring up a lot of feelings that interfere with the therapy message.”

After Rutgers, Elizabeth began working in the field of social services. “I worked for the county, where I did outreach visits. Most of my clients were on Welfare, food stamps, or both – and a very low level of functioning. I would go to their homes to make assessments, looking for critical needs. At that point, I made a decision that I wanted to devote my life to helping people.”

She married and started earning her Master’s Degree in Counseling from Montclair State University while she continued working.

With her father interested in hypnosis, Elizabeth always had that discipline in her mind. “My father’s primary job was a stockbroker. Hypnosis was something he did a few times. I grew up believing that hypnotherapy worked. I understood a little bit about it, and he said it worked, so I believed him.”

When Elizabeth was in her thirties and still going to school for her masters, her father became sick. “He had leukemia. He hired a woman to help him do neuro-linguistic programming (NLP) . Basically, it has to do with your brain creating physical responses to thoughts. He was receiving chemotherapy and the NLP woman had him visualize little Pac-Men eating up the cancer cells. So, while he was getting the treatment, he was visualizing the treatment being effective. He went into remission. I don’t remember what the odds were, but they were quite low that his chemo treatment would work.”

The remission surprised everyone. “That was it. He was sold. I was sold. That was always in the back of my head as I finished the rest of my classes and began doing psychotherapy. I always thought about the hypnosis. It was never mentioned in school.”

Her father went out of remission and passed away, but Elizabeth remembered how his mind helped him physically.

After receiving her masters degree, she worked for a mental health agency in Bergen County, New Jersey. “I decided I wanted to try hypnotherapy for myself. I learned how to do it, and for the first few years, I did it with my friends who wanted to lose weight or work on their anxiety. It worked for them.” The mental health agency where she worked was funded by the county and state. It strictly monitored and only allowed certain types of therapies to be used with their clients.

“I was noticing that the people I used hypnotherapy with got better so much faster than people who were just talking about their problems,” she explains. “It became increasingly uncomfortable for me working with these people and thinking I had another tool that could

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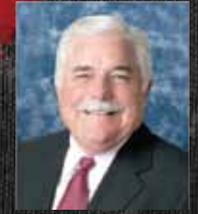
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help them so much more. I started doing a private practice along with my other job.”

She saw the success rate of therapy go up with hypnosis in her private practice. “About a year and a half ago, I was laid off from the Bergen County mental health agency. I went into private practice full-time.” Her fibromyalgia had flared up, and the lay-off was a blessing. “It was a big relief for me. I had been having increasing difficulty getting to work and sitting for hours.”

During that time, life events happened within Elizabeth’s family. “I had surgery, my mother passed away, a lot of different things made Williamsburg look like the place for us to be. We wanted to get out of New Jersey. We wanted warmer weather. We have family in Williamsburg: my husband’s sister is here; my aunt is here. A lot of little things pointed us to Williamsburg. It just felt right here.”

She moved her private practice to town and renamed it Compassionate Hypnotherapy.

“I’ve seen my own personal success with hypnotherapy and the success with my father.

I had a client who lost 70 pounds. Weight loss is so easy with hypnotherapy.” She also lists anxiety and phobia relief, smoking cessation, public speaking anxiety, obsessive/compulsive traits, addictions, anger management and athletic performance as areas that respond well to hypnotherapy.

She explains hypnosis as a way to change the programming in your subconscious mind. “Your conscious mind has certain functions,” Elizabeth says. “It looks, listens and learns. It analyzes and criticizes. It judges and reasons. It ultimately accepts or rejects information.” It is the gatekeeper to what you believe as your reality. “Information comes to the conscious mind and it says ‘Yeah, that sounds right.’ Then that information goes into your subconscious mind.”

The subconscious mind is your daily program. “The subconscious mind is all the stuff that the conscious mind has accepted as true,” she explains. “Your subconscious mind has three jobs: manages bodily functions, stores all memory and it must act out any image or

idea that it believes to be true.

For example, someone who is overweight for whatever reason. They could have a whole cluster of beliefs that the conscious mind has deposited into the subconscious: I’m fat; I can’t lose weight; diets don’t work. That is what they believe about themselves. They’re overweight, and they know they’re overweight, so it keeps getting reinforced.”

When the subconscious mind believes you are overweight, it makes sure you stay overweight. “It’s job is to maintain things as they are. That’s the reason why someone wakes up in the morning and says ‘I’m only eating 500 calories yet they eat 3000. Consciously they didn’t want to eat those extra calories, but the subconscious mind made them do it. It wants to keep you the way you are. In a way, that’s a good thing. It keeps you breathing and functioning and within true boundaries. But the subconscious mind doesn’t judge or prefer; it doesn’t care if you are fat or thin, smoke or don’t smoke. It just cares to keep you the way you are.”

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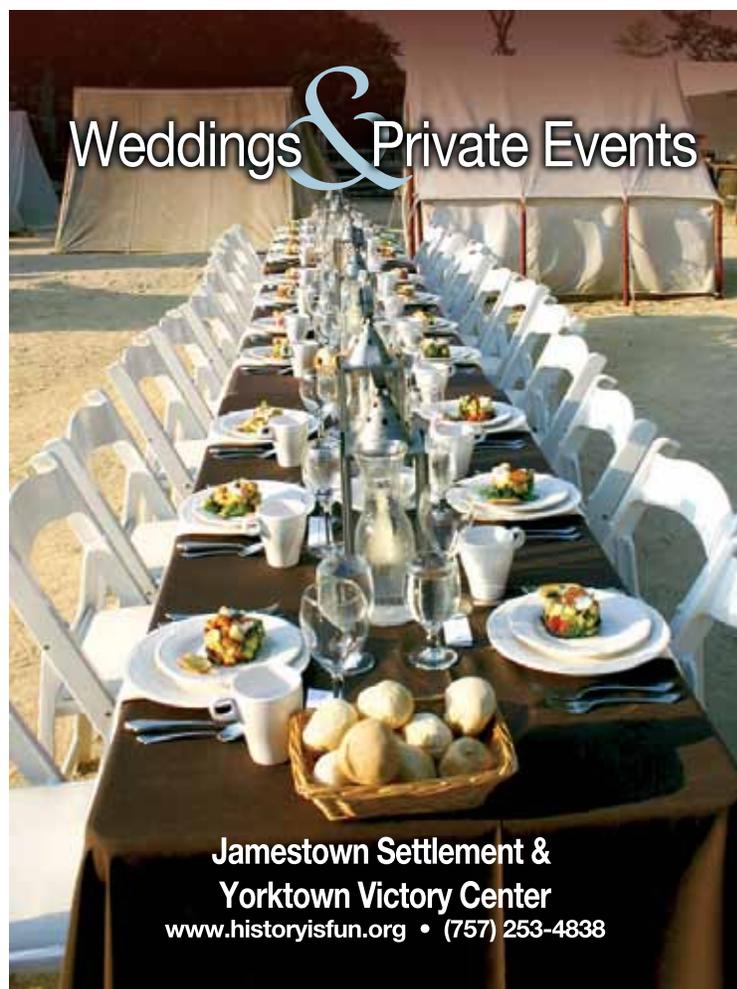


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Hypnotherapy takes a patient into a relaxed state that calms the conscious mind. At this “alpha” state, the conscious mind is not stepping in to criticize or judge.

“The conscious mind is drifting, suspending disbelief. It’s like watching television,” Elizabeth says. “That’s a state of hypnosis. You aren’t thinking there are camera crews and a director orchestrating the actors, or even that the people on television are actors. You aren’t thinking about it, you are in the show. You can easily come out of it. You have control. At anytime, you can come out of that state.

But at the time, you are suspending disbelief, and you are completely into what you are looking at.”

Hypnotherapy is the same, except instead of being immersed in a TV drama, the patient is absorbed in their own relaxation. “While you are focusing on your relaxation, I can say to your subconscious mind that you are going

to be a thin person, function as a thin person, eat only for your nourishment and want foods that are good for you. You don’t have the conscious mind saying ‘No way. I can’t do that.’ The good message gets deposited into your subconscious mind.”

Elizabeth says that it takes 21 days to create a habit or rid yourself of a habit. “So, for 21

what they are going through and that this type of pain management works. Hypnotherapy helps with the fatigue and the emotions and the pain. I would love to have a support group and do hypnosis as part of that support. If that can happen it will change people’s lives. I’m proof of that.”

Assisting people with weight loss, anxiety,

“Your conscious mind has certain functions. It looks, listens and learns. It analyzes and criticizes. It judges and reasons. It ultimately accepts or rejects information.”

~ Elizabeth Peters

days straight you tell yourself you are losing weight, then it will take,” she says referring to people who lose weight without hypnosis. “With hypnotherapy, you are eliminating those 21 struggling days by putting the thoughts directly into your subconscious.”

For the future, Elizabeth hopes to work with more people with fibromyalgia. “I know

anger management or phobias makes her work rewarding, but one of Elizabeth Peters’ goals is to use hypnotherapy to aid people with fibromyalgia.

“Fibromyalgia is debilitating, and it doesn’t have to be. Hypnotherapy has worked for me in managing the pain. I know that helping with that is giving people their life back.” NDN

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# B U S Y G O I N G T O S E E D

By Greg Lilly, Editor

Just as the first colonists shared their excitement about Virginia's plants, so does Cynthia Long. She harvests and shares seeds. "The easiest way to send a plant across the Atlantic was by seed," she explains. "They found these wonderful plants here and wanted to share them with the people back home."

Documentation exists of correspondence between Virginia and England about plants. "They tried to send the saplings, but fresh water wasn't always available to keep a young plant alive. Seeds were the easiest way to transport plants back to England and to bring their

plants here. A group of men, the 'Brothers of the Spade,' sent seeds back and forth. There's a wonderful book by that same name."

The environment of Virginia is very different from the place where Cynthia was born and raised. "I grew up on the prairie in western Kansas," she says. "I hadn't seen much rain until we came here. Western Kansas was the Dust Bowl. I experienced it, the Dust Bowl times – a wicked, awful thing."

Her father was a newspaper editor, and she stayed close to home while attending college. She took a break from school and landed a job

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with a newspaper in Colorado. "Some of the other girls that worked there decided to go to California. I thought that sounded like an exciting idea. I went to California with them. I can't believe my parents let me do it. If they had said no, I wouldn't have gone, but they said yes with a lot of cautions."

The group of girls arrived in California ready for adventure. "It was so different then," Cynthia explains. "That was in the 1950s. We were so carefree." The girls rented an apartment in an old house on a hill near Balboa Park in San Diego. "We rented the apartment before we even had jobs," she says with a laugh. "The landlord didn't care that we had no income yet."

Nearby their apartment was Convair. "Convair was an aviation company. We got our little apartment fixed up, and then went out to look for jobs. Another girl, Norma, and I walked down the hill to Convair and filled out an application. I had an interview, and they hired me. I was an engineering aid. I processed data from the test airplanes."

A young engineer also worked there, who noticed the girl from Kansas. "That was Bob Long, my sweetie. That's how I met him. We were married about a year later." Bob's engineering career took them to different areas. "We moved from San Diego to Los Angeles. That's where our children were born. Bob made another career move to Colorado then to the New Mexico mountains. Bob is a skier, and it was important in his career choices to be near a ski area."

Cynthia, Bob and their children lived in New Mexico until a job brought them to Virginia in 1971.

Bob had rented a house for the family, but the moving van had not arrived. They stayed in a hotel that first night in Virginia. "It was New Year's Eve. We stayed in a hotel in downtown Hampton on New Year's Eve. Whoa, the screaming and carrying on, all night long, breaking glass... The next morning when we went out to get breakfast, there were bloodstains on the lobby rug and glass door. Oh, I was so depressed." She laughs at the memory. "I was depressed and it was winter. Everything was gray. The sky was gray, the dirt was gray, and the people wore a lot of gray clothes."

Wondering if they had made a mistake in coming to Virginia, Cynthia looked to Bob for reassurance. "My husband is a kind and loving man. He said he would take me to a place I would love. We piled everyone in the car and drove to Jamestown. I saw a bright red cardinal in a holly tree full of crimson berries. I said, 'I think I can do this.' That beautiful bird and the gorgeous holly tree really spoke to me. That was the beginning of our interest in birds and in plants."

They moved from Hampton to Seaford. When Cynthia began working at Colonial Williamsburg (CW), they moved to Williamsburg. "It was CW that really got me focused on gardens," she says. "Wonderful people there and I felt blessed to work with them. I had never seen such gorgeous gardens."

Cynthia says she had a superb mentor at Colonial Williamsburg. "Mrs. Callis was an old-time southern lady. I didn't always understand her speech, but she was inspiring on history and the gardens."

Cynthia is a member of the John Clayton Chapter of the Virginia Native Plant Society. Several years ago, she was labeled the "Seed Queen" by the local newspaper. She wears the title with pride. "Bob's my seed prince." Friends and neighbors bring Cynthia seeds from their gardens. She also has seeds from some of the local school gardens.

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## what's up in real estate



**Q: What is being done to bring first-time homebuyers into the market?**

A: The Virginia Association of Realtors signature legislation for the 2014 session (which had passed the House of Delegates 99-0 on February 11), passed the Senate 39-1 and will go to Governor McAuliffe for his signature.

This means that starting July 1, Virginians will be able to put up to \$50,000 in savings accounts, mutual funds, brokerage accounts, and any other investments as "first-time homebuyer savings plan accounts," making the earnings on those accounts free of state taxes. The funds can be used for down payments and closing costs on first homes.

While the tax savings themselves may not be tremendous, the real value is in the existence of these accounts. They remind future homebuyers that they need to live a solid financial life before buying a home — they need to save.

Whether it's a new parent or grandparent opening an account for a newborn, or a recent college grad looking a few years into the future, first-time homebuyer savings plans will reinforce the idea that it isn't as easy to even get a loan anymore, and people need to prepare for the most important purchase of their lives. VAR is working to help prepare future homeowners for that responsibility.



By  
**Andrew Nelson**  
President

*Williamsburg  
Area Association  
of REALTORS®*

**Q: The housing market still seems to have mixed messages about a recovery. What are the current trends in Virginia?**

A: The Virginia housing market has made it to the end of the winter season. January is usually the month with the fewest sales and the lowest prices and January 2014 is no exception. Sales decreased substantially after a relatively strong December, but January 2014 sales were similar to January 2013.

Based on previous years, we can expect the market to pick up through February and March. As the weather warms, we hope that builders will face fewer winter weather events and move full steam ahead, increasing inventory throughout the state. The unemployment rate continued to drop in December and that has followed through into January. We expect that Virginia will continue to perform better than the US as a whole. Locally, the market followed a similar trend to the state as a whole, with the weather playing a major role in the activity of both buyers and sellers.

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“Stonehouse Elementary has a wonderful native plant garden. During its seasonal clean up, the guys brought me grocery bags full of seeds. I spent the winter cleaning and packaging seeds.”

She gives the seeds away. “One of Native Plant Society’s first projects was at Norge. A teacher had established a wildflower habitat there. Stonehouse, Waller Mill, Queens Lake, a lot of the schools have wildflower gardens for the kids to participate in. Clean up always yields a lot of seeds for sharing. The school yard habitats are some of the most successful.”

Once she has the seeds, she cleans them out of the pod. “For instance, mallows are in the same family as cotton and include plants like crimson-eyed mallow and hibiscus. They have a pod. I squeeze the seeds out of the pod. Sometimes I use my rolling pin or a sifter or spread them in a pie plate and blow, I separate the seeds from the debris.”

She stores the seeds in her garden house. “The seeds need their ‘winter’ in order to sprout once in the ground. Many of them need that cold, wet winter before they can sprout, but while they’re dry in the garden house, the seeds will store fine.”

When the seeds are in the greenhouse and begin to sprout, Cynthia will plant them in cell packs. “Once the seedlings grow two true leaves, you can move them to their own space. It’s best if it is by itself so it has room to grow at that point. I get my buddies to come over and help me transplant them.”

The plants get a great start and are ready for new homes. “We are always busy, busy, busy in April for our plant sale,” Cynthia says. “This year the sale is Saturday, April 26th from 9 a.m. to 2 p.m. The sale is more than about selling plants, it’s a chance to learn about plants.”

Raising a plant from seed may take a few years before it blooms. Cynthia suggests that people who want to see results this season, buy plants. Native plants are available at the April 26 plant sale and at nurseries around the area that specialize in native plants.

“What people want, more than anything else at the sale, is butterfly weed. That’s a milkweed, an orange, gorgeous, fabulous plant. That’s one plant that likes full sun. You may see the butterfly weed along the roadside. That’s the most popular native plant to start from seed.” She explains that the butterfly weed is a host plant for the monarch butterfly. “That’s a great beginning for a butterfly garden.”

Sometimes, people will choose non-native plants for a showy focal point in their garden. There are plenty of natives that have pizzazz. “The dogwood for a tree,” Cynthia lists. “The sassafras tree is a lovely tree, along with a butterfly tree. The native azaleas are beautiful. Also, the yucca is a native, and most people don’t realize that.”

The John Clayton Chapter of the Virginia Native Plant Society ([www.ClaytonVNPS.org](http://www.ClaytonVNPS.org)) is the local group promoting natives plants and educating the public.

“Since I worked for Colonial Williamsburg,” Cynthia adds about her own seed and plant education, “I had access to some of the most wonderful gardeners. Those men and women who work in the gardens plus the landscape staff are a wealth of information.”

Cynthia walks her garden and recites the message she and Bob used on their Christmas card this past year: “Flowers to plant; birds to feed. We stay busy, going to seed.” NDN

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## Hey Neighbor! THE SCAMMON-MCCULLEY SCHOLARSHIP OFFERED

Ongoing

Each year The Williamsburg Players offers the Scammon-Mcculley Scholarship to assist graduating Hampton Roads Peninsula seniors with their college pursuit of theatrical arts, which include acting, dancing, musical theatre, music, or any other facet of the performing arts, including, but not limited to, set design, costume design and lighting design. To apply, go to <http://www.williamsburgplayers.org/policies/scholarship.pdf> and read the requirements and deadlines for filing. If awarded, the scholarship is issued at \$500.00 per year for a four year period, provided the ongoing requirements are met. If you would like to donate to this all important fund, please go to <https://app.arts-people.com/index.php?donation=WP57>, select your donation type and complete the necessary information. (This uses the same process as purchasing a ticket). If you prefer to mail a check, please send it to PO Box 91, Williamsburg, Virginia 23187.

## Hey Neighbor! MONTHLY TRIPS SPONSORED BY HISTORIC TRIANGLE SENIOR CENTER

Ongoing

The Historic Triangle Senior Center sponsors monthly trips which are open to members and non-members (guests). Please contact the Senior Center at 757-259-4187 for more information. We are located in the James City County Rec Building at 5301 Longhill Rd.

## Hey Neighbor! FREE TAX PREPARATION AND ELECTRONIC FILING SERVICES

Ongoing

The Greater Williamsburg Volunteer Income Tax Assistance (VITA) Team will provide free tax preparation and electronic filing services through April 15. IRS certified volunteer tax preparers are trained to prepare all ordinary returns, and will do so without charge to the taxpayer at the following locations and times: CW Bruton Heights School Education Center, 301 First St.; James City County Recreation Center, 5301 Longhill Rd.; Quarterpath Recreation Center, 202 Quarter-

path Road; Toano Middle School, 7817 Richmond Rd. Please bring drivers license, social security cards, W-2s/1099s, receipts for deductions, bank account information, and last year's state and federal tax returns.

## Hey Neighbor! FREE TAX PREPARATION AND ELECTRONIC FILING SERVICES

Ongoing

Williamsburg-James City County Community Action Agency offers free tax preparation services to low-and moderate-income workers. Families and individuals with an income less than \$50,000 may be eligible to claim the earned income tax credit, which can reduce the amount of income taxes owed. If you need additional information, or would like to schedule an appointment, please call John Smith at 757-229-3316 or Yvonne at 757-229-9332.

## Hey Neighbor! BIBLE STUDY

Ongoing

If you have Biblical questions about the Bible, such as what is the mark of the beast or what is the unfor-

givable sin, a shepherd chapel type bible study is held every Monday at the Williamsburg regional library Norge, starting at 6:30 pm to help you answer such questions. Contact: 757-253-0172 or 757-604-6649

## Hey Neighbor! MOMS IN PRAYER INTERNATIONAL

Ongoing

Moms in Prayer International meets weekly thru June 2014. Join us and other Moms for a powerful time of prayer Every Wednesday from 1 - pm at Calvary Chapel Williamsburg, 5535 Olde Towne Road. Contact info: Jeanne Hallman, 757-220-8400/Jeanne4J@cox.net. Visit [www.MomsInPrayer.org](http://www.MomsInPrayer.org); or [www.calvarycw.org](http://www.calvarycw.org)

## Hey Neighbor! MARCH AFTERNOON FILM SERIES

Thursday afternoons. Williamsburg Regional Library's Thursday Afternoon Film Series in March features movies about Famous Ladies. At 1 pm, a short documentary precedes the feature film. The movies begin at 2 pm in the Williamsburg Library Theatre, 515 Scotland St. Admis-

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**Hey Neighbor!**  
**ANTIQUÉ APPRAISAL AND LUNCHEON FUNDRAISER**

March 28, 2014

Fundraiser for Respite Care of WUMC. Time: 10 am – 3 pm. Well known antique appraiser, Mr. William G. Hodges will be giving his expert opinion about your antiques or garage sale “find” and you will be given an informal written appraisal. \$30 per person includes one appraisal item and a full plated lunch at the lovely Two Rivers Country Club at Governor’s Land. Respite Care of Williamsburg United Methodist Church offers a social weekday afternoon enrichment program for seniors with special needs, while providing a gift of time to their caregivers. For more information on event or the Respite Care program, contact Carolyn Yowell at 229-1771, ext. 354.

**Hey Neighbor!**  
**MATOAKA ELEMENTARY SCHOOL CARDINAL CARNIVAL**

March 29, 2014

2-5 pm. 4001 Brick Bat Road. For one low price, you can get an unlimited play wristband for the many games, crafts, inflatables, cake & book walks, photo booth and more! Food will also available for purchase. Don’t miss the non-stop fun at this year’s MES-PTA Cardinal Carnival. For more info: [www.matoaka-pta.org](http://www.matoaka-pta.org).

**Hey Neighbor!**  
**1ST ANNUAL PUTT-FOR-PREMIES**

March 29, 2014

Join the March of Dimes Team Emerson Grace at Kiskiack Golf course, Captain’s Choice, 9 am shotgun start. \$70/player includes range balls, cart, greens fee, and BBQ lunch. Also available at check-in: mulligans, raffle tickets for prizes, 50/50. Email Justin or Kirstina Byrum at [jbyrum6@cox.net](mailto:jbyrum6@cox.net) or call 757-833-0707 (leave message).

**Hey Neighbor!**  
**WILLIAMSBURG SYMPHONIA’S 30TH ANNIVERSARY GALA**

March 30, 2014

At 6 pm at The Kingsmill Resort. Come and celebrate our 30th anniversary at a spectacular gala affair, “Celebrate the Music”. Honorees

are Music Director Janna Hymes, observing her 10th year with the Symphonia, and Kendall Kerby and Kent Harrell of Seasons of Williamsburg Flowers & Gifts. Fabulous auction items, music and delicious food will make for a delightful evening. For details, go to [www.williamsburgsymphonia.org](http://www.williamsburgsymphonia.org).

**Hey Neighbor!**  
**WORLD OF POCAHONTAS WEDDING WEEKEND EVENTS**

April 3 – 6, 2014

Unless otherwise specified, the events and programs listed will take place at Historic Jamestowne, 1368 Colonial Parkway, Jamestown. For more information, visit [www.historicjamestowne.org](http://www.historicjamestowne.org) or call 757-752-0267. The World of Pocahontas Initiative is presented by The Colonial Williamsburg Foundation and Preservation Virginia, in collaboration with the Pamunkey Indian Museum and Cultural Center and the Patowomeck Heritage Foundation. The World of Pocahontas Initiative is generously supported by James City County (VA) with additional contributions from the Virginia Tourism Corporation and the Virginia Lottery.

**“A THING ACCEPTABLE TO POWHATAN”**

April 3, 2014

Times: 1 pm and 3 pm. It is April 3, 1614 as you join Edward Brewster, the captain of the guard at James Fort, as he meets with two of Pocahontas’ “brothers,” Aquinton and Keyghaughton, emissaries of Chief Powhatan, to discuss the pending marriage of Pocahontas and John Rolfe. Pocahontas has recently returned from a visit to Powhatan’s village where the English took her to show her father that “his daughter was very well and kindly treated.” Two of her brothers were “much rejoiced” and have promised to persuade their father to “conclude a firm peace forever.” Perhaps these representatives can agree to terms of peace during the wedding. Free with Historic Jamestowne admission.

**POCAHONTAS AND ROLFE: OLD WORLDS AND NEW WORLDS**

April 3 2014

Time: 5:30 pm at the Hennage Auditorium, The DeWitt Wallace Decorative Arts Museum in Colonial Williamsburg. Historian and author Daniel Richter will explore how expanding our definitions of

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"old" and "new" worlds can enhance our understanding of early seventeenth-century cultural encounters. General admission tickets for this lecture are \$6 for adults and free for students (ID required for entry and admittance is subject to space availability). For tickets, call 1-800-HISTORY.

**"TO GIVE HER IN THE CHURCH"**

April 4, 2014

Times: 1 pm and 3 pm. Join Reverend Alexander Whitaker as he discusses tomorrow's wedding of John Rolfe to Pocahontas with two of Pocahontas's "brothers," Aquinton and Keyghaughton, emissaries of Chief Powhatan. Whitaker arrived in Virginia in 1611 and was in the colony last year when Captain Samuel Argall captured Pocahontas and brought her to Jamestown. Whitaker has since taken an interest in her spirituality and well-being, and has made efforts to spread Christianity to the Native population. His hope is that the conversion and marriage of Pocahontas will bring peace and good fortune to Jamestown. Free with Historic Jamestowne admission.

**AN EVENING TO HONOR JOHN ROLFE & POCAHONTAS**

April 4, 2014

Time: 6:30 pm in The Colony Room, Williamsburg Lodge, 310 South England Street, Williamsburg. Join us for a celebration supper on the eve of the most famous wedding in American history! Pocahontas is to be married to the Englishman John Rolfe. This special evening will begin with cocktails at 6:30 pm, followed by dinner at 7 pm. The menu will feature both English and Native American foods prepared with a modern twist. The price for this special evening is \$95 per person, which includes dinner, dessert and coffee and tea service. An optional cash bar will be available. For tickets, call 1-800-HISTORY. Proceeds from this dinner will support the World of Pocahontas Initiative, a series of public programs, lectures and an exhibit commemorating the 400th anniversary of the 1614 marriage of Pocahontas to Englishman John Rolfe at Historic Jamestowne. Special appreciation is extended to Donald and Elaine Bogus for their generous support of this evening's celebration.

**THE MARRIAGE OF POCAHONTAS**

April 5, 2014

Times: 10:30 am, 1 pm, and 3:30 pm. Be an eyewitness to the marriage of Pocahontas to Englishman John Rolfe at the original church site where the 1614 wedding took place. In addition to being a part of one of three wedding reenactments during the day, visitors can also see eyewitness living history programs, lectures, and tours throughout the day. These programs explore the politics, culture, beliefs, and material world of the region's indigenous peoples and English newcomers. Free with Historic Jamestowne admission.

**"DONE ABOUT THE FIFTH OF APRIL"**

April 6, 2014

Times: 1 pm and 3 pm. Join Martha Sizemore, housekeeper to Rev. Alexander Whitaker, as she shares her thoughts on the recent marriage of John Rolfe to Pocahontas. It has been a year since Captain Samuel Argall lured Pocahontas onto his boat and brought her to Jamestown. As a ward of the colony, Reverend Whitaker took an interest in Pocahontas's spirituality, ministering to and eventually baptizing her. Martha watched as Pocahontas slowly grew more accepting of English ways, wearing English clothes, taking the English name "Rebecca" and then marrying the widower John Rolfe. Martha will share many of the conversations she has overheard. Free with Historic Jamestowne admission.

**Hey Neighbor! W&M/MBAA CHARITY GOLF TOURNAMENT**

April 5, 2014

The MBA Association of The College of William & Mary's Mason School of Business hosts its third annual Charity Golf Tournament at the Golden Horseshoe Golf Club. All proceeds benefit the Wounded Warrior Project. For information contact Jeremy Gottshall at jeremy.gottshall@mason.wm.edu. Tournament details at [www.wmgolftournament.com/](http://www.wmgolftournament.com/)

**Hey Neighbor! COLLABORATIVE CHORAL EVENT**

April 5, 2014

The College of William and Mary Women's Chorus, directed by Dr. Jamie Bartlett, and the Williamsburg Women's Chorus and WWC Choraliers, directed by Ann Porter, will be singing a program at the

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Williamsburg Presbyterian Church, Richmond Road, at 8 pm. Each chorus will perform several pieces, and will combine voices on "Songs of Mind" from Brian Hulse. For more information, visit the website, [www.williamsburgwomenschorus.org](http://www.williamsburgwomenschorus.org).

## Hey Neighbor!

### WILLIAMSBURG COMMUNITY FOUNDATION 15TH ANNIVERSARY GALA

April 6, 2014

In the Virginia Room at the Williamsburg Lodge, 310 England Street. Reception starts at 6 pm, followed by an elegant seated dinner and dancing. Entertainment for the evening will be provided by Jeremy Davis and the Fabulous Equinox Orchestra. Tickets are available at \$200 per person. Sponsorships are available as well. For more information, call 757-259-1660 or visit [www.williamsburgcommunityfoundation.org](http://www.williamsburgcommunityfoundation.org).

## Hey Neighbor!

### 10TH ANNUAL COMMUNITY EASTER EGG HUNT

April 12, 2014

Sponsored free of charge by Jamestown Presbyterian Church. Williamsburg National Golf Club, Centerville Road (just north of Monticello Avenue). Come meet the Easter Bunny and enjoy a safe and fun event! For children ages 2-10. Thousands of eggs and prizes, including bicycles for each of 4 age groups. Activities and the Easter Bunny start at 10:30 am; the hunt begins at 11 am. Snacks will be provided. Suggested donation: a non-perishable food item for the FISH food pantry. For more information, call 757-229-5445 or [jamestownpresby@gmail.com](mailto:jamestownpresby@gmail.com).

## Hey Neighbor!

### "SHOW SOME STYLE" FASHION SHOW

April 12, 2014

The Woman's Club of Williamsburg GFWC is hosting a "Show Some Style" Fashion Show and Luncheon at Ford's Colony Country Club Garden Pavilion. Fashions by Lili's of Ghent. Registration and Open Boutique 10 am, lunch 11:45 am. Fashion Show 1 pm. Raffle prizes. Cash bar will be available. For reservations send checks in the amount of \$40 per person to The Woman's Club of Williamsburg GFWC, 6912 Glory Lane, Williamsburg, VA 23188. For additional information call Reservations Chair Betty

Nicholls at 757-645-2193 or [betyn54@cox.net](mailto:betyn54@cox.net). Proceeds support our philanthropic community service project.

## Hey Neighbor!

### THE 5TH ANNUAL WARA IRON CHEF WINE & FOOD EXPO

April 12, 2014

Nine spectacular chefs will battle it out to see which locality will rein Chef Supreme. 5:30 pm with premium wines for your enjoyment. The event will begin at 6:30 pm with over 70 wines from around the world for your enjoyment. Local WARA restaurants will provide heavy hors d'oeuvres for your tasting. Williamsburg Lodge. Tickets to the pre-event are \$100 per person. Tickets to the regular event are \$60 per person or \$110 a couple. A portion of the proceeds for this year's event will be given to the Williamsburg Hospice House. Tickets can be purchased at the WARA website, [www.WaraRest.com](http://www.WaraRest.com).

## Hey Neighbor!

### BOTETOURT CHAMBER SINGERS

April 16, 2014

The Botetourt Chamber Singers from William and Mary under the direction of Conductor Jamie Bartlett will present The Williamsburg Music Club's Eighth Event of its 50th Anniversary Celebration Year! The program which is free and open to the public begins at 11 am in Lewis Hall of Bruton Parish in downtown Colonial Williamsburg, preceded by Coffee & Conversation at 10 am. For more information, contact Sylvia Lynn 757-741-0006 or [www.williamsburgmusicclub.org](http://www.williamsburgmusicclub.org).

## Hey Neighbor!

### FAMILY CAREGIVER TRAINING

April 16, 23 and 30

Registration Deadline: April 10th. Family Caregivers will receive Hands-On Practical Training on Wednesdays, April 16, 23 and 30, 1-4 pm in the Allied Health Lab at Thomas Nelson Community College, Historic Triangle Campus. \$35 covers all three sessions, American Red Cross Family Caregiver Manual and DVD, practice supplies and refreshments. This project is a collaboration of the Senior Services Coalition and member organizations including, the Riverside Center for Excellence in Aging; Sentara Home Care; Comfort Keepers; Colonial Heritage Community Foundation; and Thomas Nelson Com-

munity College. Funding support has been provided by James City County, Greenfield Senior Living and The Pavilion at Williamsburg Place. To register for the training, call 757- 825-2767.

## Hey Neighbor!

### HOLY WEEK AND EASTER WORSHIP SERVICES

April 17-20, 2014

Williamsburg Presbyterian Church welcomes everyone to our Holy Week and Easter worship services. Please mark your calendars and join us April 17 at 7 pm for our Maundy Thursday Communion service, April 18 at 7 pm for the Good Friday Tenebrae service, and on April 20 at one of our Easter services at 8 am, 9:30 am, and 11 am with overflow in Stevenson Fellowship Hall at 9:30 am and 11 am. Contact Williamsburg Presbyterian Church with questions at [www.mywpc.org](http://www.mywpc.org) or 757-229-4235

## Hey Neighbor!

### CLARA BAKER BYRD ELE- MENTARY SCHOOL'S 2ND 5K WALK/RUN

April 19, 2014

Clara Byrd Baker Elementary School's Relay for Life team hosts this Run to benefit the American Cancer Society. Join the staff and students for a fun and exciting 5k walk/run. Registration begins at 7:30 am. The race starts at 9 am. The cost is \$20 before April 5 and \$25 after that date. The race is held on the Greensprings trail. For more information and the registration form, contact Bobbie Buckhorn at 757-221-0949 ext. 42307 or go to [http://www.edline.net/pages/Clara\\_Byrd\\_Baker\\_Elementary](http://www.edline.net/pages/Clara_Byrd_Baker_Elementary).

## Hey Neighbor!

### GOLDEN GALA!

April 22, 2014

Williamsburg Music Club's 50th Anniversary Celebration. The "Golden Gala" - A Tribute to 50 Musical Years. Dinner, celebration, and program begin at 5 pm. in the Windsor Meade Ballroom. Tickets are \$35 and may be obtained by contacting Williams Doyle at 757-645-4644, or [billdoyle71@gmail.com](mailto:billdoyle71@gmail.com). For further information, access the web-site, [www.williamsburgmusicclub.org](http://www.williamsburgmusicclub.org).

## Hey Neighbor!

### 11TH ANNUAL COMMUNITY OF STARTS BANQUET

April 25, 2014

Tickets are now available for Wil-

liamsburg-James City County Community Action Agency's 11th Annual Community of Stars fundraising at Colonial Heritage Clubhouse, 6500 Arthur Hills Drive, Williamsburg. The agency will honor several individuals, businesses and organizations that have strengthened and supported CAA by giving their time and resources. Proceeds from the banquet will go toward the agency's programs and services, to include Head Start preschool, youth, family and emergency services. The event is open to the public. Tickets are \$50 per person, \$90 for two and \$450 for a table of ten. To purchase tickets, contact Yvonne Joseph at 229-9332. The evening is semi-formal and includes a silent auction and cash bar. Silent auction items and donations are welcomed. Community of Stars Honorees are Outstanding Business: MASCO, Inc. and Southern Pancake House; Outstanding Organization: The Woman's Club of Williamsburg; Outstanding Contributor/Supporters: Walsingham Academy; Outstanding Partnerships: Williamsburg-James City County Public School-Early Childhood Program; Outstanding Volunteers: Delta Sigma Theta Sorority, Inc., Williamsburg Alumnae Chapter; Outstanding Agency Advocates: Larry Murphy and Williamsburg-James City County Community Action Agency Advisory Group; Outstanding Action Stars: Angela Bartlett and Don Mowry.

## Hey Neighbor!

### 7th ANNUAL "BREAST BALL" TOURNAMENT

April 25, 2014

This year's "Breast" Ball Tournament will take place at Ford's Colony Country Club. Check-in begins at 10:30 am and the Shotgun Start is at 12 noon, followed by dinner, awards, and an after party you won't want to miss. More than 100 Raffle and Auction items to win! This Tournament for Breast Health is presented by Bedcrafters by Michelle and held in memory of Shae Nicole Jarrett and supporting the Missions of Beyond Boobs! Register before March 1 and save \$50 for your team! To become a sponsor, to register, or to get more information, visit [www.breastballgolf.com](http://www.breastballgolf.com) or email [Vicki@BeyondBoobs.org](mailto:Vicki@BeyondBoobs.org).

## Hey Neighbor!

### "PLANTS HUZZAH" PLANT SALE

April 26, 2014

The Virginia Cooperative Extension, James City County Master Gardener Association will be holding their annual "Plants Huzzah" plant from 9 am – 2 pm, rain or shine! The plant sale will be at the Jamestown Beach Park, across from the Jamestown Settlement. The Master Gardeners will have herbs, vegetables, flowers; shrubs, trees and ornamental plants, drought tolerant plants, shrubs, small trees, garden supplies and specialty hostas, bluebird houses, composting bins and rain barrels. The MG's are dedicated volunteers who bring research-based information to our fellow citizens from Virginia Tech and Virginia State University, our state Land Grant Colleges. For more information, call Ken Caro at 973-229-4024.

**Hey Neighbor!**  
**NAACP LIFE MEMBERSHIP BANQUET**

April 26, 2014  
 NAACP Advancing Economic Justice. Williamsburg Lodge Keynote Speaker: Dr. William Harvey, President, Hampton University. Presiding: Dr. W. Fanchon Glover, W&M Chief Diversity Officer, and Presidential Assistant. Entertainment: Liz Montgomery. Silent Auction and Reception – 5 pm. Dinner/Program – 6:30 pm. Proceeds support the Branch civil rights and youth programs and community outreach efforts. For tickets, call NAACP Branch Office at 229-3113.

**Hey Neighbor!**  
**6TH ANNUAL WILLIAMSBURG AQUATIC CLUB GOLF TOURNAMENT**

April 27, 2014  
 Shotgun start at 1 pm at Colonial Heritage Golf Club. Includes: 18 Holes of Golf, Cart, After-Round BBQ and Fried Chicken Dinner Buffet, Raffle Prizes, and Tournament Prizes. \$90 per player (\$360 per Team) Register Team Entries online at [www.colonialheritageclub.com/wac](http://www.colonialheritageclub.com/wac). For questions, please contact Carey Sprigg at [csprigg3@cox.net](mailto:csprigg3@cox.net) or 757-645-3260.

**Hey Neighbor!**  
**THEATRIC FANTASY**

May 2 & May 3, 2014  
 The Williamsburg Choral Guild will present beloved choruses and solos from the lighter side of opera and musical theater. Ticket price (\$30) includes cabaret-style table seating with served dessert plate (Fri.) or

hors d'oeuvres plate (Sat.); cash bar available. Guild members will be joined by the Williamsburg Youth Chorale (Ann Porter, director) and four engaging soloists: soprano Laura Strickling, mezzo-soprano Phaedra McNorton, tenor Garry Sloan and baritone Christopher Mooney. Under the direction of Artistic Director/Conductor Jay BeVile, the 90-voice chorus will be accompanied by pianist Jane Alcorn. Fri., May 2 at 7:30 pm and Sat., May 3 at 5 pm; at the Williamsburg Hellenic Center, 4900 Mooretown Rd. Reserved tables are available for advance sale; contact the box office at 757-220-1808. For more information visit [www.williamsburgchoral-guild.org](http://www.williamsburgchoral-guild.org).

**Hey Neighbor!**  
**PROJECT LIFESAVER CAR SHOW**

May 3, 2014  
 The James City County Police Department along with the Classic Cruisers Car Club will be holding their 5th Project Lifesaver Car Show at Warhill High School, 4615 Opportunity Way. The show is open to all vehicles (cars, trucks and motorcycles) antique to brand new. \$10 plus a canned food item to register a vehicle. The car show is held to raise funds and awareness for the department's Project Lifesaver program. This program uses a radio transmitter to locate subjects who are high risk to wander such as Alzheimer's, Dementia and Autism. For more information or questions contact Officer Todd Dill, 757-603-6025.

**Hey Neighbor!**  
**WILLIAMSBURG SYMPHONIA MASTERWORKS #5**

May 5 & 6, 2014  
 The Williamsburg Symphonia presents Masterworks #5 on May 5 & 6, featuring Respighi's Trittico Botticelliano, a sound portrait of three of Botticelli's most famous paintings now residing in the Uffizi Gallery. The music will be enhanced by projected images of the artworks, thanks to the Muscarelle Museum's collaboration. Also on the program, conducted by Music Director Janna Hymes, are Rossini's Overture to Il Viaggio a Reims, Britten's Matinées Musicales and Schubert's Symphony No. 2. At the Kimball Theatre in Merchants Square, the programs begin at 8 pm. Tickets are \$44 and \$54; call 757-229-9857 or visit [www.williamsburgsymphonia.org](http://www.williamsburgsymphonia.org) for details.

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Send your submissions to: **HeyNeighbor@cox.net**

This email address is only checked once during the month. If you have questions that need to be answered in a timely fashion, please email me directly:

**meredith@williamsburgneighbors.com**

Due to limited space, all announcements may not be available for viewing in the magazine.

Please visit our website: **WilliamsburgNeighbors.com**

Click on **Hey Neighbor!** to view all of the announcements.

We offer one FREE banner ad each month to any non-profit organization, civic group or church that requests it. The banner space appears at the bottom of the first page of **Hey Neighbor!**

**These are the months in 2014 that are still available:**

**May, June, July, September, November and December.**

Please email me directly if you would like to reserve the free banner.

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May Issue - April 8th

June Issue - May 13th

July Issue - June 10th

August Issue - July 15th

September Issue - August 12th

October Issue - September 9th

November Issue - October 14th

December Issue - November 4th

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in the next issue of  
Next Door Neighbors**

MARCH 2014  
In the Neighborhood  
Photo Challenge



INTERMEDIATE LEVEL





Real Estate. Reinvented.®

# RELY ON US TO FIND YOUR NEW HOME THIS SPRING!



**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.



**Susan B. Smith**  
757-876-3838  
susansmith@lizmoore.com  
www.lizmoore.com/susansmith



**SPECTACULAR WATER VIEWS!**  
Entertain guests on a two level stone patio with custom tile and covered cooking area. Home sits on a 2 acre point. Live like you're on vacation every day! Call Elena for more information: 757-508-5019.



**Elena Chando**  
Realtor®, ABR  
757.508.5019  
lizmoore.com/elenachando



**Ford's Colony | \$525,000**  
3 BEDROOM | 3.5 BATH | 2850 SQ FT  
Chef's kitchen with Thermador range | Walk-in pantry | Expansive Master Suite | 2 add'l BRs with en suite BAs | Loft



**Deelyn**  
757-503-1999  
Deelyn@lizmoore.com  
www.PremierWilliamsburgRealEstate.com



**107 EDWARD WAKEFIELD**  
*Kingsmill*  
Absolutely delightful colonial home nestled in the sought after Quarter Path Trace neighborhood of Kingsmill. 3 bedrooms, charming garden with brick pavers and white picket fence. \$275,000.



**Tim Parker**  
(757) 879-1781  
**Cyril Petrop**  
(757) 879-8811  
www.timparkerrealestate.com



**519 COLONY TRAIL**  
*The Colonies*  
| 3 BRs | 2.5 BAs |  
| 2,686 SQ. FT. | 1.10 ACRE |  
Lakefront, Brick Colonial  
Open Floor Plan, Screened Porch  
Large Bonus or 4th BR  
| \$469,900 |



**Charlotte Turner**  
757-784-4317  
charlotteturner@lizmoore.com • www.homesbycharlotte.com



**THE VILLAGE AT QUARTERPATH**  
Built in 2010, 3 BR, 2.5 BA, 1,564 sf with hardwood throughout. Expansive living room flows to dining space & gorgeous kitchen with stainless & granite. Cozy sun room with french doors to the fenced yard & detached garage. Fabulous city of Williamsburg location within walking distance to the Historic area. \$240,000.



**Grace Lacey**  
757.876.4634  
gracelacey@lizmoore.com | gracelacey.com



**164 WATER'S EDGE**  
*Waterford section of Powhatan Secondary*  
This 3 BR, 2.5 BA, 2,300 sqft. home has all the space and features you want at the price you want to pay! Soaring ceilings, sunroom, first floor master BR, spacious eat-in kitchen, great room, loads of natural light and FP, formal DR, 2 car garage, deck, fenced back yard, storage galore & much more! One year home warranty. Offered at \$275,000.



**dianebeal**  
(757) 291-9201  
dianebeal@lizmoore.com



**BEST VALUE**  
**4715 WINTERBERRY COURT**  
Built in 2005 w/ 4BR, 4BA this rare Mimosa floor plan in popular Colonial Heritage is the perfect setting for an active 55+ lifestyle. Tremendous value at \$87/sf with new carpet in master and study and freshly painted first level and loft. Move in condition with an open floor plan. Lower level is beautifully finished to include workshop area. Gas generator to convey. \$350,000.



**Lorraine Funk**  
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