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WILLIAMSBURG'S

Next Door Neighbors

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PRICELESS

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This issue reminds me of being a student/athlete in high school and college. I loved the game of basketball and from the age of 13, I could be found somewhere in the neighborhood shooting hoops or at the local gym with a round ball in my hands.



Meredith Collins, Publisher

On Saturdays, guys from all over Lynchburg would be running full court games in Sandusky Junior High School's gymnasium. Typically, I would be the only female in their midst. I held my own and enjoyed ample playing time. It was always "run it back" for the winners and there were many times I played too many games to remember.

The game of basketball was really "my time"; a place where I could focus on the fundamentals and study the moves of those more talented than I was, without getting off track. When I was on a basketball court, all I thought about was basketball.

Time at home, however, included devotion to schoolwork, among other things like chores or feeding our dog, Herbie. My parents had high expectations of me, my sister and brother. Devoting time to homework and preparation for tests was just understood, a given. I never really minded the academics because I always felt good when I brought home good grades. Plus, I always knew I could look forward to basketball when the books were closed for the day.

In this issue, you will be introduced to a number of local student/athletes whose lifestyles aren't so different from what I experienced forty years ago. These dedicated young people are putting themselves into their lives at full force and trying to reap the benefits of their hard work in everything they do. Read on and find out more about some of our talented student/athletes. **NDN**

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Cover Photo by Lisa Cumming

ANDRE & LUC LIPCIUS



Lisa W. Cumming Photography

Passionate About Baseball

By Narielle Living

Twins Andre and Luc Lipcius, both juniors at Lafayette High School, work hard in school and out of school. In school, their good grades reflect their commitment to academic excellence. Outside of the classroom, the boys apply themselves diligently to their sport of choice: baseball.

Standing about six feet tall, the boys have a laid back, easygoing attitude that is a contrast to their athletic prowess on the baseball field. Born in Annapolis, Maryland, the family settled in Williamsburg when the twins were a couple of months old. According to Andre, the only reason they were born in Annapolis was because the hospital had a good reputation for delivering twins. "Our parents wanted to go up there because they had good hospitals for twins and stuff, so we were born there but lived here the rest of our lives," he says. Both agree, though, that this area is a great place to be.

Influenced by their older brother, a lawyer who is now thirty-six years old, as well as their father, Andre and Luc grew up watching and playing baseball. "We played multiple sports, but baseball is our number one sport," Luc says. "We were just the best at it, probably

because of growing up with it around us so much."

In addition to being on the Lafayette High School team, Andre and Luc also play baseball for the Richmond Braves, an elite travel baseball organization that focuses on college development. The Richmond Braves have a fall and a spring/summer season, allowing players to work on their game all year. This type of schedule can become grueling for the boys, and it can be difficult at times for them to keep up with both baseball and school. "We have to go to a couple of events, and sometimes we can miss up to four days of school. Once, we got way behind and had to catch up. We're pretty smart so it's not hard for us, but it's stressful," Andre says.

Andre says that baseball, for them, consumes a large portion of their life. "If you want to be the best then you have to practice every day. You have to work hard at it. You can't take time off from playing baseball, besides that one month in the off season, or you're going to be behind the rest of the season."

For those who believed that baseball begins in the spring season and only continues to the fall, Luc offers a smile and slight shake of the

head. "Nope. Usually, from the middle of November to early December is the only month we take off. During the rest of the year we're either playing or practicing," he says.

"We're just starting to get back into things now," Andre adds. "Our break is over."

Luc agrees that this schedule can be demanding, but it is necessary to maintain the skills they have developed. "It's important to stick to this schedule because you have to fine tune what you already know. This sport is a lot of muscle memory, so if you don't start practicing early everything's going to be all out of whack when you get into games."

Andre adds that during the season they work out every day, in addition to practice. Although baseball has many moments of standing and waiting, the athletes need to be in top physical shape.

With school work and working out, the twins still find time to prepare for the game outside of team practices. "We have team practice after school, but we'll go home and hit after that, too. We're lucky enough to have a cage in our backyard so we can hit there. Our dad built it," Luc says.

The boys do not appear to be stressed at the

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mention of their heavy workload of school work and baseball. "You have got to stay chill, you know?" Luc says. Andre adds, "It's kind of a stress reliever to play baseball. It gets our mind off of everything else."

Both boys heartily concur that baseball is not just a physical sport, but a cerebral one as well. "As Yogi Berra said, ninety percent of the game is mental, the other half is physical. He's a character, but it's true, baseball is a lot mental," Luc says, smiling.

Baseball is not the only sport the two have played. They used to play hockey, karate and basketball. "Basketball was our number two sport," Andre says. It became apparent to them at an early age that baseball was their true passion.

When talking about their personal bests in the sport, they both smiled at the memories. Luc says, "My first homerun was pretty cool. It happened when I was 9 and in a playoff game. It's hard to forget that."

For Andre, his personal best was much more recent. "My personal best was probably this previous fall, the WWBA Underclass World Championship. Out of 216 teams, I got MVP at the tournament." This personal best for Andre proved to be a turning point in both his academic and sports career. During the October championship, he batted .526 (10-for-19) with a double, triple, a home run and 11 runs scored, leading the Richmond Braves to second place. As a result, he was offered a scholarship to play baseball at the University of Tennessee. He currently has a verbal commitment to attend the University.

Both boys are looking ahead to their futures and have plans to play baseball in college. Beyond that, they are not certain where they are headed. "My plan is to go to college and play baseball in college," Luc says. If possible, he would play the sport professionally. "As long as our bodies will let us. I love it, and if you can get paid for doing something you love, that's even better. That means you'll never work a day in your life."

For both of them, baseball has changed their approach to life. "There's a saying, live life like a 3 - 1 count," Luc says. In baseball, the count is the number of balls and strikes that the pitcher has thrown to the hitter. A 3-1 count indicates that there are 3 balls and 1 strike, meaning the hitter has the advantage. "In the 3-1 count the hitter is relaxed, so just be relaxed, you know? Get your pitch, and when opportunities come you've got to take them."

Andre's advice for kids is to not play a sport if you don't love it. "So many people have parents who want them to play, but their kids don't like it. If you don't like it, then don't do it. It's a waste of time. Your life is all about time," he says. He adds that parents usually decide what sports their children will play, and they need to pay attention to their children's preferences. His own parents were always very supportive of the boys' decision to play baseball, but they did have certain sports restrictions. "We never played football. Our parents didn't want us to get head injuries because they read a bunch about head injuries. We weren't born playing baseball, but we were around it. Our brother played it, our dad played it, and we ended up loving it. If we didn't like it we wouldn't do it."

Luc adds a piece of advice about activities for all kids. "Be passionate about what you do, because if you want to do it for the rest of your life you better like it."

"You have to work at it, too," Andre says. "If you want to do something for the rest of your life you have to work at it, it's not given to you."

The final comment from Andre and Luc Lipcius is aimed at the community in general. "We need more people at our games. Come support Lafayette," Luc says. "People have come more since the team started getting better, but come on out and see us." NDN

Schedules and information about upcoming games can be found at the Lafayette High School website, wjccschools.org/web/lhs/.

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BASKETBALL IS HIS GAME

By Erin Fryer

In many ways, Dominic DeModna is your average teenager. When he isn't busy navigating the halls of Walsingham Academy, you can find him on the basketball court perfecting his shooting and dribbling skills.

A motivated 9th grader, Dominic says his overall goal of representing God by showcasing the talents he has been given is what drives him to be the best he can be.

"There are a few things that motivate me in life," Dominic says. "I feel that God has blessed me with a lot of gifts and I want to represent Him to everyone who wants to watch."

A current member of Walsingham's junior varsity basketball team, Dominic has been a standout player since he first became serious about the sport in the 6th grade. Originally from Florida, Dominic and his family settled in Williamsburg and he began attending Matoaka Elementary School. When it was time to transition to middle school, his parents enrolled him at Walsingham.

"I didn't get very serious about basketball until I was in the 6th grade," Dominic says. "I grew up playing baseball, but when I got to Walsingham I fell in love with basketball."

Dominic says it wasn't until 7th grade that he noticed his own potential within the sport. "When I was in 7th grade, I was on the starting lineup and that wasn't common for someone my age," he says. "That season ended up not going as well as planned, but in 8th grade I began to



Lisa W. Cumming Photography

feel like I had some real potential."

Dominic credits his middle school basketball coach, Robert Dwyer, for being a huge influence on his basketball career. Dwyer has since left Walsingham to accept a position in athletics at the College of William & Mary, but Dominic says he wouldn't be the player he is today without Dwyer's guidance.

Walsingham's Athletic Director, Neil Bailey, says he picked up on Dominic's talent during

that successful 8th grade season, and says he's a standout player on both the basketball and lacrosse teams.

"Dominic is a very good player across the board," he says. "His basketball and lacrosse coaches have made remarks about what a talent he is and the potential he has if he continues to work hard."

Dominic says it isn't hard to motivate him because he loves sports so much. Until recently, he was juggling baseball and lacrosse during the same season, in addition to basketball. Ultimately having to make a choice, Dominic decided to focus on just basketball and lacrosse.

While he loves lacrosse and plans to continue to play at Walsingham, Dominic's main sports-oriented focus is basketball. However, one thing Dominic wants to make clear is that his main focus in life is school.

"I love sports, but the most important thing to me is to get good grades," Dominic says.

With an ultimate goal of becoming a player in the National Basketball Association, Dominic also plans to pursue a degree in the medical field. After completing his education at Walsingham, Dominic says his dream is to go to Duke University and, not surprisingly, become a player on the Blue Devil basketball team.

"Something else that is a big motivation for me is that I want to work as hard as I can so that my parents won't have to pay for college,"

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he says. "That is something that drives me to be a better basketball player and to get the best grades possible."

Dominic says the most important trait that makes a successful athlete is a good work ethic, which he says translates to school too. "If you don't have a good work ethic, you will not be successful," he says. "Being mentally strong is also very important. If I'm having a bad game, missing shots, and I'm not mentally strong, I won't be able to bounce back."

Dominic says the way he keeps mentally strong is by doing his best to let things roll off his shoulders during a game. "If I shoot a ball and miss it, I keep going and move straight on to the next play," he says. "I know that I have to have a short memory, and I can't dwell on when I make mistakes."

Dominic says this ability to let things roll off his shoulders has translated to his personal life in addition to his basketball game. "Things have happened outside of basketball where I have felt down on myself, but I have tried my best to turn everything into a positive which in turn has helped me to better myself overall," he says.

Neil says in addition to work ethic, resiliency and the ability to move forward from the ups and downs is something they try to instill in their athletes and teach in the athletic program at Walsingham. "Many times in order to succeed you have to fail, and we want our athletic pro-

gram to provide the kids with a safe place to fail, try harder, fail harder, and eventually overcome because we want them to understand the value of perseverance."

While Dominic's passion is basketball, he says his interest in the medical field comes from the fact that he has always been a people person. In addition, he says blood has never made him queasy, and his favorite subjects in school have always been science and biology. "Sports medicine is definitely a route I have thought about pursuing as well," he says.

Some of his standout moments have been when his team went on to play in the Kiwanis Tournament last year. "I was proud of the way I played that year, and how my teammates did too," he says. "It makes me really proud when my team does well because if I have done my part and they have done theirs and we succeed, it's a great feeling."

Aside from basketball, lacrosse, and focusing on his studies, Dominic is your average Williamsburg teenager. He loves to hang out with his friends, many of which are his teammates, and spend time with his family. He also loves to travel, and because many of his family members still live in Florida, he is able to visit the sunshine state quite a bit. He can also be found hanging out with his friends at the local movie theater or riding the rollercoasters at Busch Gardens.

In terms of his basketball skills, Dominic says

his strength is being a good shooter, but says he has gotten a lot better this year. He says his weakness is that he needs to be more explosive when dribbling the ball.

He wants people to know that he is someone who takes school very seriously and that he makes it his main priority. "I also want people to know that the reason I play basketball is to play for the glory of God and to show all of the blessings he has given me," he says. "I know not all kids have the same capabilities I have, and many aren't able to play sports, so I feel extremely grateful for that."

"At Walsingham, we pride ourselves in having a basketball program, and not just a varsity team," Neil says. "Dominic is a great example of someone who started the program as a 6th grader and has moved through the program and will move on to the varsity team. We like to focus on developing the talent we have and giving them the best opportunities to succeed. As long as he keeps being such a standout player, he will definitely move on to be on the varsity team next year."

Dominic DeModna says he looks forward to continuing to grow as a basketball player, student and individual as he finishes out his high school career at Walsingham. As for the future, Dominic, along with his parents, coaches, teachers and friends, can't wait to see what is in store for him. NDN



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Determined

By Cathy Welch



Lisa W. Cumming Photography

Eleventh grade National Honor Society student, Aquazia Jones, transferred from Warhill High School to Williamsburg Christian Academy (WCA) last year in what she considers a positive and influential move. Since then, she has gained confidence and learned to enjoy new experiences. Her participation over the last five-plus years in organized sports, taught her foundational life lessons.

Aquazia, the oldest of three siblings, was raised in Williamsburg. Her parents, Kimberly McNair and Alvin Jones, Sr., are both on staff at the College of William and Mary. Her sister, Te'Daizhua, is an 8th grader at WCA and her brother, Alvin, Jr., is a 4th grader.

"My sister and brother give me life," Aquazia says. "So many times I want to give up and I can't. I feel like I owe them something and they have to look up to me. I can't make any mistakes."

Raised in a Christian home, Aquazia accepted Christ at a very young age. She attends Greater Grace Bible Center where she ushers and often sings with their praise team.

This fall at WCA, Aquazia was a goalie on WCA's field hockey team.

"It was a really new team, because there were

not many returning players from last season," she explains. "They weren't going to have a team."

So, she figured it could not be that hard to play.

"You're just running up the field with a stick. It was actually really difficult," Aquazia explains. "I would always turn my stick the wrong way. It was a learning process, but towards the end I could find myself getting better."

Though they had a losing team, they won one game, a surprise as they were not expected to win any games this season.

Aquazia is also a shooting guard and forward for the WCA Eagles girls' basketball team. Te'Daizhua plays on the basketball team as well. "Basketball runs big in my family," Aquazia says.

Her father played on a traveling team in middle school and on a neighborhood league as an adult. This had a profound effect on her entry into the world of sports. Though she did not begin playing basketball until she was in 5th grade, she knew her time to play would inevitably come.

Finally taking a vested interest in basketball in 8th grade, Aquazia won best defensive player

the following year.

She considers herself to be a small athlete, but she has learned to overcome that insecurity. "It's not the size of the dog in the fight, it's the size of the fight in the dog," Aquazia quotes Mark Twain. "I'm only 120 lbs. and other players are 160 and really buff."

She compensates for this perception by not focusing on the size difference.

"I don't let it affect me," she explains. "It's like, I can be just as big as you. I want to get bigger so I use that as my motivation."

Aquazia also believes to be successful, an athlete needs to be determined.

"They shouldn't want to give up no matter what the circumstances or consequences are," she adds. "Just always try your hardest."

Aquazia's determination is apparent in the accolades she earns. For the last three years, she won the National Association for the Advancement of Colored People's (NAACP's) ACT-SO Award which recognizes African-American students' academic achievements. She is also in the National Honor Society.

"My parents teach me to never give up and always strive to do my best no matter what," Aquazia says. "They teach me to strive higher

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By Warren Spence

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rather than lower. In other words, don't set yourself up for the minimum."

Aquazia values helping people in her community. She lives in a neighborhood with many children. "I meet someone new every day and sit and just talk," she says. "I like to keep smiles on kids' faces."

Aquazia has served her community in conjunction with the WCA basketball team and plans to reach out on her own next summer to work with children at the James City County Recreation Center on Longhill Road. She will seek a position as camp advisor for their summer camps.

Aquazia has learned to be comfortable trying new things. Though she enjoyed field hockey in the fall, next year she plans to try out for the volleyball team. She also plans to try out for tennis in the spring, which will be a new sport for her. "They're trying to get a praise dance thing going at Greater Grace," she says. "I might try that out. That's another way God has worked in me. I'm not a good dancer but I'm willing to try. It will break my shyness because I will have to dance in front of people."

Over her five-plus years playing organized sports, Aquazia developed her idea of what makes for a successful athlete. "I think you have to have a really big heart. It's not really about how big you are," she explains. "You have to be motivated to want to accomplish a victory. You have to be positive. Don't be scared or intimidated by anything. No matter how big or small you are."

Aquazia plans to study English in college and choose a school close to home. "I really wanted to go to Syracuse in New York, but that was based off of a football movie I saw called, 'The Express.' As I get older, I think about wanting to stay closer and local. I probably won't go out of Virginia and am thinking about William and Mary and probably Norfolk State."

Though she plans to study English, another subject captures her attention this year. "As crazy as this may sound, I'm in Advanced Placement (AP) Statistics," she says. "It's a really hard class, but I actually like it. But not as a career. I want to be a teacher, but probably major in the social work area with kids. Besides going to college, I want to own my own counseling business for kids," Aquazia says. "I want to be a mentor. I'm told to either major in business or minor in business and major or minor in sociology. I haven't put everything together yet."

When asked if she will use her basketball skills to help with her college admission or to earn a scholarship, Aquazia is realistic. "Yes, to the best of my ability I'm going to use it to get into college. I can still fall back on education if basketball doesn't work out. I'm not going to stress it."

She adds that she's grateful to be at Williamsburg Christian Academy. "I feel like God brought me here for a reason. So far it's been really good and everybody here's like a big family. I'm really shy. I can connect with kids on a different level. But I can see Him bringing that out of me. I'm not afraid to present or anything because everybody's so close at WCA." Aquazia likes to travel and plans to go on a mission trip to the Dominican Republic organized for 11th and 12th graders during spring break. "I'm looking forward to doing that," she says. "And it will be working with kids."

She loves the size of Williamsburg and how everything she needs is so close. "It's not extremely city, but it's city-ish," she says. "It's perfect. I like going to Busch Gardens, Water Country, Go-Karts Plus, the movies and walking around New Town. This is a tourist city and you see all these different people."

Aquazia Jones is learning life lessons, gaining confidence and diving head first into new experiences as a result of her time at WCA and her participation in organized sports. These assets should carry her forward to a successful future whether it is in the sports arena or working with children in the social work field. NDN

SEAN HUGHES

DESTINED TO PLAY **Baseball**

By Brandy Centolanza



Lisa W. Cumming Photography

Jamestown High School senior Sean Hughes knew he was destined to be a baseball player from about the time he was three years old.

"I had this toy souvenir mini bat and ball, and I remember hitting it around the house," Sean recalls. "I liked the challenge."

He liked it so much that he later decided to give baseball a try for real. Sean started off his baseball career in the Williamsburg Youth Baseball League, first playing T-ball and then progressing through the program until he was 13 years old. In middle school, Sean also began playing baseball through American Legion Virginia Post 39's summer league, a program he remains involved with today. He cherishes his experiences in both leagues.

"I am still playing with some kids that I've been playing with since I've been seven or eight years old," Sean says. "It's been fun growing up with all these guys while playing baseball. Playing for American Legion is more of a challenge, but I get to play with kids I don't normally play with, kids from Lafayette and Warhill high schools, so it's been fun."

At Jamestown High School, Sean has had the opportunity to play pitcher and infield on the school's varsity team. He's earned multiple honors, including Honorable Mention All District during his sophomore season and First Team All Conference for third base, Second Team All Conference for pitcher, and Honorable Mention All Region last year. "I love all the guys I play with here at Jamestown," Sean says. "I think we really work together well as a unit. We challenge each other both on and off the field. We help each other make plays and get better. It's a great atmosphere."

Sean also appreciates working with the coaches for the team, including head coach and Colonial Baseball Instruction owner Mike Kuebler,

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pitching coach Bill Bray, a former professional major league baseball player for the Cincinnati Reds, and Greg Sexton, a former minor league professional baseball player with the Tampa Bay Rays organization.

"Bill Bray is a very great asset to the team and has really helped me with my pitching and pushed me to the next level," Sean says. "I am very thankful that I get to work with him. Coach Kuebler pushes all of us and demands a lot of us. He's really helped shape us not only as ball players but as young men. I'm so glad I get to play here at Jamestown, and for him."

Jamestown High School's coaches echo the sentiment.

"I have really enjoyed working with Sean because of his intensity and competitiveness," Coach Greg Sexton says. "He cares so much and wants to be great at everything."

Adds Coach Mike Kuebler: "Sean is smart about how he trains and practices. His purpose is to be a better pitcher and player and not to just throw or hit the ball as hard as he can every time. I think a lot of student athletes his age have the heart and drive it takes to be successful, but they lack the proper focus. Sean knows how to focus on his game and is always learning the game to be a better player."

Sean has mixed feelings as he gears up for his final season playing for Jamestown High School.

"These are my guys, and this will be the last time I will be playing with my guys for a while," he says. "I can't wait to put back on the black and green for Jamestown and help carry the team another season. It will be a lot of fun."

He is also looking forward to another season with American Legion and playing under the coaches in that league.

"I just love that group of guys and playing for them," he says. "The coaches there have really helped me to develop not only as a baseball player but also as a person. They taught us how to play our games with class."

Roscoe Bierbrauer, assistant baseball coach for American Legion Virginia Post 39, has no doubt that Sean will go far with his baseball career once he graduates and moves on to play in the Atlantic Coast Conference at Boston College.

"Sean is a great leader," says Coach Bierbrauer, who's watched Sean mature as a player over the past three years. "His teammates all respect him. He has a fantastic work ethic. He's made great strides as a player over the past few years. As long as he continues to work as hard as he has been, the future is the brightest I've ever seen for any player. You may someday be reading about him in the pros."

Not only is Sean a baseball player, but he's also a huge baseball fan. His favorite team is the Oakland Athletics (A's), thanks to his grandfather, Frank.

"My grandfather grew up in Pennsylvania when the A's used to be in Philadelphia," Sean says. "When they moved to Kansas City, he had to decide if he was going to continue be an A's fan or a Philadelphia fan and he chose the A's. Now they are in Oakland. He's an A's fan. My dad's an A's fan, I'm an A's fan and I am sure my children will be A's fans. I will be an A's fan until I die."

Sean had the opportunity to see the Oakland A's play in Baltimore against the Orioles when he was a child.

"I remember being in the stands near the field and yelling for Tim Hudson to come sign my ball," Sean recalls. "Barry Zito came over and handed me the game ball from the day before. I was beaming from ear to ear, just in awe and amazement at what had just happened. To have someone that I had been cheering for on TV come and hand a game ball to me in person was amazing. Barry Zito was one of my favorite players as a kid because as a pitcher he had this big looping curveball that would throw players off balance."

Sean is grateful to his family, grandparents, Frank and Susan, and parents, Kevin and Amy, for passing along their love of the Oakland

Finding and Treating Elusive Eye Problems

Athletics, and for supporting Sean in his endeavor as a baseball player.

"They've sacrificed a lot for me," Sean says. "I am thankful for them for being there in the stands on the cold, ugly March days and on the hot, humid July days watching me play. They have definitely been there for me through all the great days and all the terrible days."

In just a few months, Sean will be making the trek to Massachusetts to play at Boston College. Sean earned a scholarship to play there after someone saw him play a game last season and contacted Boston College's recruiting coordinator. Sean knew he wanted to commit to Boston College after visiting the school.

"I just knew it was the right place for me," Sean says. "I think the education will challenge me and the coaches there will also challenge me with baseball and help prepare me for life."

Sean's already learned a lot at Jamestown High School that will give him a leg up once he starts college.

"Through baseball, I've learned to work hard, to sacrifice some of my time, to focus, and to have a drive," Sean says. "If you don't have a drive, then you don't know why you are playing. I've also learned to never give up until the game is over. That's the most important thing I've learned. Don't ever give up. Always give 100 percent and nothing less. And leave it on the field. You have to be able to accept failure because failure will be with you throughout your life." There needn't be any concern for failure for Sean once he does arrive at Boston College.

"I'm nervous and excited," Sean says. "I don't know if I am up for the challenge yet, but I will be. The first semester will be a lot of trial and error. As for baseball, I believe there is always room for improvement and you can't work too hard to achieve a goal. I will keep going until someone tells me I am not good enough to play anymore. After that, I will give it one more shot and then hang up my cleats. Until then, I don't feel like stopping." NDN

Dr. Gregory Schultz likes to diagnose and find solutions to challenging eye problems. That is part of the reason he purchased Eye Center of Virginia near New Town. He brings decades of experience in both general optometry and in specialties such as glaucoma, retinal disorders, neuro-ophthalmic and corneal disease, to the Williamsburg community.

"It is challenging to me when a patient tells me: 'I have seen three other doctors and they can't tell me what's wrong,'" Dr. Schultz says. "I have a genuine interest in people. I have a genuine interest in diagnosing disease. I have an insatiable curiosity. I make it my priority to solve their health issues. It is the most rewarding thing I can do for my patients."

Dr. Schultz has an extensive background in his field which enables him to provide answers to his patients. After graduating from the Pennsylvania College of Optometry with honors, he spent the next 20 years working with leading optometrists, ophthalmologists and other specialists in medicine to gain understanding of some of the most challenging aspects of eye care. He provided second and third opinions on patients who were referred to him by other optometrists and ophthalmologists in New York, New Jersey, Tennessee and Virginia. He is also a Fellow in the American Academy of Optometry with specialties in ocular disease, including glaucoma and retina problems. He stays current in new studies and research and has given 150 lectures nationally.

"To best help my patients, I want to be at the pinnacle of what my profession can offer," Dr. Schultz says.

Dr. Schultz knows that eye problems can offer early warning signals to something seemingly unrelated.

Strokes, brain tumors and even multiple sclerosis have been detected by Dr. Schultz through a thorough examination of the patient's eyes. He also is able to find difficult to diagnose eye



had seen two other doctors for opinions on her recurrent red eyes. The patient was a contact lens wearer for years. Her eye issues began over the last six months or so and she was having cosmetically unacceptable eye redness. She said, "You've got to do something about this!" and was pointing to her eyes. Dr. Schultz had seen this before. He knew immediately this was dry eye or some kind of solution sensitivity that prompted him to do some dry eye testing which proved the patient was severely deficient in the aqueous layer of her tears. A normal patient has a measurable tear production in five minutes of 20-25 mm. This patient's tear production was 4-5 mm according to Dr. Schultz's measurements.

Dry eye syndrome is a commonly encountered problem by eye care professionals, but it can appear to look like a bacterial infection or even a viral pink eye. This patient was prescribed a prescription treatment for her dry eye called Restasis® (Cyclosporine Ophthalmic Emulsion 0.05%).

Dr. Schultz was able to tell this patient that she did not have an infection but that if she stayed with this therapy for an extended period of time it will help restore her normal tear production and allow her to wear her contact lenses as long as she wanted. Dr. Schultz feels that dry eye syndrome is widely under diagnosed. To that end, he is establishing a new Dry Eye Center of Excellence at his practice that will offer the most advanced dry eye treatments.

"When you see a doctor, he or she needs to spend time with you to do a thorough job, especially when it's complicated," Dr. Schultz says. "When a patient comes into my office, I have to look at total eye health and then I have to hone it down to find any problems."

problems such as pseudoexfoliative glaucoma.

"These patients often have normal pressure in the doctor's office and then have higher spikes later at night," he says. "These patients have been flying under the radar for years."

When he is not working with some of the most difficult eye problems, he works with patients who simply need the right prescription, eye glasses or lenses to improve their sight. He spends ample time with each patient so that he can build a relationship with each one to find out what he needs to know to make an accurate diagnosis.

"Sometimes experiences and training helps differentiate the mundane from more unusual eye problems," Dr. Schultz says.

Dr. Schultz recently had a patient who



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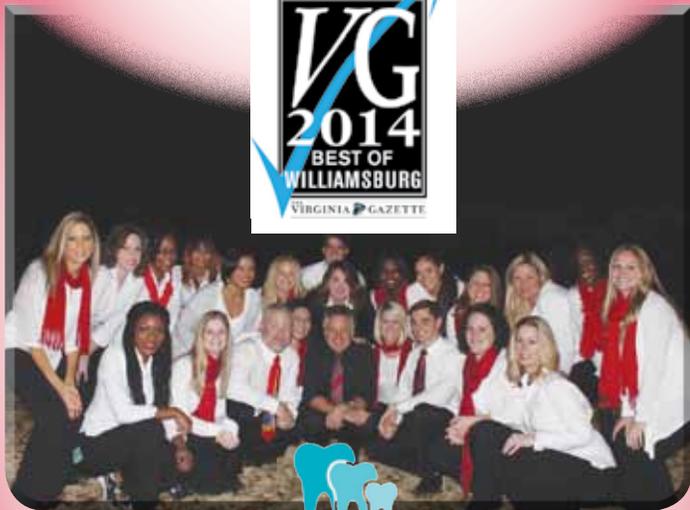


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MADISEN KOPFER



Lisa W. Cumming Photography

Ready For Something New

By Brandy Centolanza

Madisen Kopfer had never heard of field hockey before she joined a field hockey club in the fifth grade, and now the Jamestown High School senior is planning to continue with the sport once she moves on to college next year at the University of Vermont.

Madisen first learned about field hockey from a teacher while she was a student at Walsingham Academy and decided to give it a try. "It looked like a lot of fun to play, and not too hard to master," Madisen recalls after joining the school's field hockey club. "I liked that it was competitive but also a team sport."

Madisen enjoyed the sport so much that she went on to join Williamsburg's Focus Field Hockey program under the instruction of program founders, Quan Nim Anderson and Kristen McCann Rushing. Focus Field Hockey provides professional year-round training in both indoor and outdoor field hockey for athletes looking to pursue the sport in college. Madisen has been a part of Focus Field Hockey since the sixth grade.

"It is very hard training," says Madisen, who plays defense. "When I first joined, it was the first time I really worked out. I was playing every weekend. It's a lot of rigor, and that's what I like about it and what has

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kept me committed to it.”

Madisen still plays field hockey every weekend and does strength and conditioning training throughout the week. “Success is my motivation,” she says. “I practice a lot and always try to do my best. What I like about field hockey is that it requires a lot of different aspects like running, strength and agility. I also like being a part of a team.”

In addition to Focus Field Hockey, Madisen has also been playing for Jamestown High School since she’s been a freshman. She’s currently a member of the school’s varsity team and has racked up awards for playing, making All Conference First Team the past two years and All Region Second Team this year.

“I really like playing here,” she says. “Whenever I go out on the field, I tell myself not to get tired too quickly and to help the team. I really like the people on our team, and the coach. She’s very understanding.”

Jamestown High School field hockey coach Christine Watts, who also once played field hockey for the high school, admires Madisen’s work ethic. “Madisen is a natural athlete and runner which allows her to be a stand out student athlete,” Coach Christine Watts says. “Her speed and endurance contribute a large amount to her effectiveness on the field. Madisen is able to set a strong example of her work ethic on and off the field. She is constantly trying to improve her skills and has a lot of focus regarding things she needs to work on. Her ability to balance her athletic drive with her school work shows me that she will have a lot of success playing at the University of Vermont.”

Madisen wrapped up her final season with Jamestown this past fall. “It was a successful final season,” she remarks. “I would say winning against Lafayette for three years in a row will be a good memory. To me, that’s successful. My favorite memory will be making scrunchies to wear for our last game with our coach and the team. It was very symbolic. It was sad because it was our last game. It’s nice to have something to remember it by. I will miss the team a lot.”

What she’ll treasure the most is the relationships she’s built with teammates both on and off the field. “I will really miss all our bonding events, team dinners and the long bus rides home,” she shares. “When you are part of a team, you need to have a willingness to cooperate, mental strength, and an enthusiasm for the sport.”

Trips to Florida for annual tournaments helped solidify friendships among team members and also enabled Madisen to interact with other coaches she normally doesn’t see. Madisen and her teammates also took those traits off of the field plenty of times throughout the season this year while giving back to the community. Team players participated in volunteer efforts at the Run for the Hills 10K to support breast cancer awareness in October as well as hosted a field hockey clinic for younger players at Lois S. Hornsby Middle School.

“The Run for the Hills 10K was a nice event because we had never done community service together as a team before,” Madisen says. “For the clinic at Hornsby, we set up stations for a few hours after school to help their field hockey players develop their skills. It was good. It was fun to see what the future of Jamestown High School field hockey will be like.”

For the past four years, Madisen has also given back to the community by sitting on the Youth Advisory Council (YAC) for James City County’s Parks and Recreation Department. Fifteen middle and high school students throughout the area serve on YAC and help the county come up with ways to get teenagers more involved in the community. Madisen serves as YAC’s secretary for its monthly meetings.

“I like it because it is a great leadership opportunity,” says Madisen, who plays piano in addition to YAC, field hockey, and finding time for family, friends and school. She is also busy prepping for college. Madisen will play field hockey for the Catamounts under head coach Kate Pfeifer at the University of Vermont.

“I decided to continue with field hockey as a way to stay in shape



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and to be involved while I am in college," says Madisen. "I think Kate Pfeifer is very committed to field hockey and works hard to develop people's skills, so I am very excited."

Madisen says she couldn't have gotten as far as she has without the help of her current coaches.

"Quan and Kristen at Focus Field Hockey introduced me to a higher level of field hockey and made college field hockey a possibility for me," Madisen says.

Kristen McCann Rushing has no doubt Madisen will stand out at the University of Vermont.

"I think her best quality is her discipline," Coach Rushing says. "Madisen is good at identifying what she likes and is passionate about and is really committed to working on it. She is easy to work with and a good team player. People like playing with her. We are really proud of her. I think this will be a great experience for her and I think she will do well."

Madisen's parents, Tina and Peter, and her younger brother, Matthew, have been just as supportive. "They always go with me to my games and tournaments," she says. "It's been very nice."

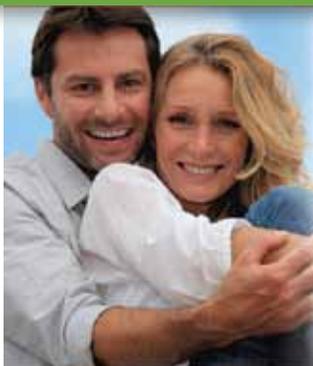
Tina Kopfer is equally proud of her daughter. "I am so happy for Madisen," Tina says. "Playing in college has been her goal since seventh grade. I think it will be beneficial for her to start out with a support system that includes teammates, coaches, trainers and advisors. As Madisen graduates and starts the next chapter in her life, I hope that she remembers to be happy with who she is, to be kind, courageous and confident and that God goes with her wherever she is."

As the school year winds down and Madisen prepares to graduate and move on from Jamestown High School, she is anxious for the next chapter. "It really is bittersweet," she says. "There will be a lot of friends that I will miss, but I am looking forward to new experiences and meeting new people. Vermont is very different."

One thing that will remain the same is her enthusiasm for field hockey. NDN

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JENNA & JESSICA BEATTIE



MAKING THE LONG DAYS WORTH IT

By Susannah Livingston

Jenna and Jessica Beattie seem awfully relaxed for girls who are in the middle of yet another 14-hour day.

In fact, the pair, fraternal twins who are among the top swimmers on Lafayette High School's famously successful team, are chatty and cheerful and a delight to spend time with on a busy morning.

The Beattie sisters (whose last name is pronounced "Bee-AT-ee") are halfway through their junior year at Lafayette and just beginning the new swim season. With two meets behind it so far, the team is looking good despite the loss of talented seniors last year.

"The team is actually a lot better than we thought it might be," Jenna says. "We lost one of our really good seniors and I thought, 'That's going to really hurt us this year.' But so many people have gotten so much better. It's insane."

Jessica agrees, saying, "People who are our grade or even seniors, from freshman to junior year, they've gotten so much better even from the beginning of one season to the end they get a lot better."

The team has also seen an influx of talented freshmen, most of whom are year-round swimmers on the legendary Williamsburg Aquatic Club team. "That helps a lot," Jessica says.

Jenna is primarily a distance swimmer and specializes in freestyle. "I normally do the 200 and 500 freestyle. Sometimes Harold [Coach Harold Baker] will put me in backstroke ... that's probably my second best event."

Jessica, on the other hand, specializes in the individual medley, in which the swimmer does all four strokes in a single race. "That's my main event," she explains. "Freshman and sophomore year I did breaststroke. That's all I did. But this year, we have two other breaststrokers, so I think this year I'll be swimming the 100 butterfly more."

While they each have their favorite events and their obvious strengths in the pool, both girls sometimes end up competing in other races. Coach Baker has led championship teams in the Williamsburg area for decades, and the Beatties are full of praise for the skills and deep experience he brings to the Lafayette

team. "Harold mixes it up sometimes," Jenna says. "He knows all the swimmers on all the other teams. He knows what to do to arrange the lineup to win."

Their sophomore season was one to remember for the Beattie sisters. Both were named Swimmer of the Year for the Coast Guard Blue Dolphins (Jessica for the second time) and both made All Region and All State for Lafayette for the second year in a row. The pair were also qualifiers for Junior Nationals.

It comes as something of a surprise to find out that the girls are not from a swimming family. Like most parents, their mom and dad wanted them to learn to swim for their own safety. Then, the girls explain, "We just really liked it and we never stopped!" They started swimming competitively on a summer league team at age eight. By nine or ten, they were swimming year-round with the Coast Guard Blue Dolphins, a Yorktown-based team that draws a lot of swimmers from Newport News. The Blue Dolphins are still their year-round team.

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~Meiber Gonzalez, Learner

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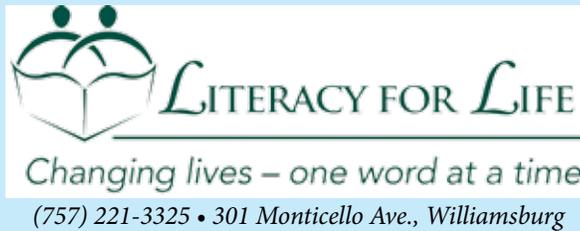
dedication, they were both successful in achieving the goals they had set for themselves. Carl passed his certified crane operator exam and continues to be a valued employee at his company. Meiber’s English skills allow her to be a more confident, independent member of the community. She obtained her driver’s license, enrolled her son in preschool, and started a small business.

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For Jessica and Jenna, swimming is clearly more than just a sport at which they happen to excel. Both say it's become a part of their core identity. "It is for sure a big part of who we are," Jessica says. "Since we've been doing it so long, that's our group. Swimming has helped us make so many different friends."

When asked what they like about the sport, the girls don't have to think for long. "For me, it's a stress reliever," Jenna says. "If I'm having a stressful day, I can go swim and just get it all out. It's a good time to think."

"I like being part of a team," Jessica says. "I like being with other people. We swim for Queens Lake over the summer. We have so many different teams and we've made our closest friends through swimming."

Both girls say they get somewhat nervous before every meet, but they disagree about whether the nerves are help or hindrance.

"The hardest thing about swimming is I get really nervous," Jessica says. "A lot of the time I over-think and psych myself out. That's the thing I've been trying to get over for the past two years."

"I think nerves actually help me," Jenna says. "I tend to do well at big nerve-wracking meets so I think the nerves help."

"I'm not saying the nerves are a bad thing," her sister adds by way of clarification. "But I think about it too much."

Though they seem unimpressed with their own ability to handle the demanding schedule, Jessica and Jenna admit that it takes careful planning and organization to keep their long days from spinning out of control. "I have to get everything ready for the next day the night before or else that morning I would be so flustered!", Jenna says.

"We have to pack five different bags, but we have it down," Jessica chimes in.

A typical weekday starts at 4:20 a.m., an unthinkable wake-up time for most teenagers. Morning practice goes from 5:00 a.m. to 6:30 a.m. followed by the dash to school. After a full day of classes, the girls practice again from 3:15 p.m. to 6:00 p.m.. Once they get home around 7:00 p.m., they still have homework ahead of them, and of course, packing for the next day.

Jessica and Jenna say they waited too long to get their driving learners' permits and are still slogging through an online driver's ed course. Their mom goes to work early, so their dad drives them to practice and then to school. "He's really ready for us to get our licenses!"

Clearly, sleep is one casualty of such a packed schedule. On the upside, though, "You can eat whatever you want because you just burn it off. That's what I like about swimming," Jenna says, laughing. Pasta, peanut-butter waffles, and all kinds of fruit are among their favorites.

Does all of the tight scheduling have its downside? "It takes a lot of time," Jenna admits, smiling. "Not to complain or anything, but it takes up basically your entire life!"

"We do miss out on some stuff," Jessica says. "But we try to make time for friends and family."

"We're really social and it annoys our dad," her sister quickly adds, smiling. "We like doing stuff with our friends over the weekend and he wants us to slow down."

Christmas break should have given them a couple of weeks of rest and relaxation. But no: "Christmas training was the hardest training of the whole year," Jenna explains. "We still had practice for our year-round team, even Christmas Eve morning." The only days they had off entirely was Christmas Day and the day after. "They're tough on us during Christmas break," Jessica says. "I think they figure, 'You're on break, you have nothing to do, so we'll make you practice more.'"

Though college still seems far away, the Beattie girls are beginning to think about it. Both plan to continue swimming competitively and they hope their terrific high school records will help them qualify for athletic scholarships.

If juggling a heavy class schedule and swimming sounds daunting, Jessica and Jenna Beattie will have had, shall we say, plenty of practice. NDN



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CHRIS SHORT

Several years ago, Warhill High School sophomore Chris Short suffered a lower-back injury on the football field. A tight end who typically lined up across beefy defensive linemen, Chris was forced to rethink his definition of the word "fast" as it related to a set of new and inconvenient circumstances. Now, instead of testing his speed against opposing linemen, Chris would have to gauge himself against a new point of reference - his own recuperative ability. Though he could not function at the level he wanted to, Chris found clarity and perhaps a bit of stardust when he refused to spend his afternoons on the bench feeling sorry for himself.

"I couldn't train. I couldn't lift. I couldn't do anything," he remembers. "All I could do near the latter part of my recovery was run. I didn't want to sit on the sidelines and just watch everyone else practice, so I got out on the track and started running. One day, the track coach saw me and asked if I had ever thought about doing indoor (track). I said 'No, not really,' but I agreed to come over and give it a try."

After his impromptu tryout for indoor/outdoor track and cross country, Chris made significant improvements in both speed and stamina. Better yet, he found that he had a genuine passion for running, which he believes is the real source of success in any arena.

"I think enjoying the sport is key," he says. "Having a passion for it. If you have to make yourself do it, you're probably not really enjoy-



if your goal doesn't happen in two or three track meets. You have to keep training and keep building. You have to keep up with it, even during holidays and vacations. One week off can make a huge difference. You have to put in the work, and then, when the coach asks you to show them what you can do, you can show them."

Though Chris, in many instances, has exceeded his own expectations and overcome a plethora of challenges, he admits that he still gets the occasional jitters before a race.

"Yeah, I can get really nervous at meets," he says. "This last meet we went to was really small, but I struggled with nerves. I don't know why; maybe it was just the atmosphere or the way different things lined up. Sometimes, if I'm sprinting, I'll try to deal with nerves by just getting mad... conjure up some aggression right away off the line and not wait until mid-race. In a sprint, every second matters. On the longer races, I start a little slower, so the nerves last a little longer. Either way, I try to make having fun a goal. Sometimes that takes care of the problem."

And how does Chris prepare for a race? "I feel like what you eat before a race definitely makes

How FAST is FAST?

By Ryan Jones

ing it. You also need perseverance. You need to be able to get past the bad times, because there are going to be bad times with anything you do. You can't beat your best personal record at every single meet. Eventually, you hit some walls, and you just have to be able to push past it. You can't have thin skin and give up, even

a difference, but I also think it depends on the person," he says. "Some people can eat anything they want the night before a meet and be fine. I stick with really bland things for breakfast if it's a morning race. I tend to not try new foods at that time. I did try eggs once, and that went pretty well. I might eat plain oatmeal or

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a bagel with cream cheese. I don't know if it makes a difference, but I eat pasta the night before. Maybe its superstition, but it lets me cross off all the boxes."

As for his regular diet, Chris stresses common sense and moderation.

"I don't plan everything out, but I do try to eat healthy," he says. "When I visited Virginia Tech, the head coach said that he always tells his players to go 40/30/30. (40% carbs, 30% protein, 30% fat). After he told me that, I tried to eat a little more fat and cut back on the carbs. A lot of people say you can't have any fat, but you have to feed yourself - especially if you're doing a sport like weights or football."

Chris says he trains with the rest of the team during the week and, though he is loath to leave his bed early on his days off, he makes an effort to get up and run before the sun has made its way too far over the treetops. Referencing after-school training sessions, he says, "With the previous coach, we did mostly running, and would do some strengthening like push-ups when we got back. Now, we're starting to get into the weight room a little more, maybe once a week, with low weights, high reps. This year will be the first time we have done that. At first it felt like muscle building because we hadn't done it before, but after a few times, it's another part of our conditioning."

Now a senior with less than one semester to go, Chris is stretching his understanding of the word "fast" with each passing day. His athletic profile at Virginia Tech, where he will attend classes in the fall of 2015, provides a nice synopsis of his athletic achievements at Warhill:

- Runner up in the 800 meters at the 2014 Virginia 3A State Outdoor Track Meet
- Runner up in the 1000 meters at the 2014 Virginia 3A State Indoor Track Meet
- Currently owns personal bests of 1:52 in the 800 meters and 2:31 in the 1000 meters .

Chris has also broken multiple school records in indoor/outdoor track and cross country and can run a 5,000 meter dash (5K) in 16 minutes 31 seconds. Exactly how fast are those numbers to someone who doesn't follow high school sports?

It depends on the reference point.

Most Williamsburg residents are familiar with Duke of Gloucester Street. The road measures about $\frac{3}{4}$ mile end to end. At his current pace, Chris could sprint from the Botetourt statue on the east side of the Wren Building to the west steps of the Capitol in approximately 4 minutes 35 seconds. In an on-line survey of 10,000 runners, his finish-time would be in the 99.56 percentile. The scary thing about this hypothetical scenario (besides the thought of what it would feel like to match Chris stride-for-stride) is that the 5k is not

Chris's strongest race. Chris is described by his coaches as an explosive runner who prefers medium to short-range races, and, as such, he has high hopes for the next year in terms of athletic performance.

"The IAAF [International Association of Athletics Federations] Junior Nationals take place every year in Oregon, but the IAAF Junior World competition is every two years," he explains. "Next year will be the Junior World competition, and that will be after my first year in college. Hopefully I will have improved my performance in that time. I think it would be cool to run in the Junior World championships. I'll run at the U.S Junior National, and if I end up in the top two, I'll qualify."

Having the physical abilities necessary to entertain such high aspirations might invoke an air of superiority in some athletes, but Chris comes across as quiet, humble, genuine and down-to-earth. His running skills will undoubtedly play a significant role in his short-term future, but he also plans to major in computer science after graduation. In fact, he says it was the hope of strengthening his academic resume that caused him to step into the athletic arena to begin with. No matter the pace he sets or the point of reference he uses to get there, this is sure: Chris has the makings of a champion, and sooner or later, he'll wind up finding the winner's platform. NDN

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Proud to be Lady Lion



By Lillian Stevens

Lisa W. Cumming Photography

In late November, Warhill High School brought home its first state team title in any sport when the school's Lady Lions defeated Roanoke's Cave Spring team 3-1 in the Group 3A volleyball final. More than 200,000 students participate annually in interscholastic athletic and activities programs sponsored by Virginia High School League (VHSL) member schools. Each year the VHSL conducts 81 team championships in 27 sports and eight academic activities.

"I will never forget it," Jewel Walters says. "We won state championships!"

The playoffs were held in Richmond at VCU's Siegel Center. This was Warhill's second

attempt – having gone to championships last year too.

Jewel plays libero, e.g., she is a defensive specialist specializing in passing the ball. "Last year when we went to State championships, we lost and I was so upset," she says. "So, this year, I had this mindset that we would go all the way – and we did and it was just great!"

Warhill High, Williamsburg's newest high school (which opened with the 2007-08 academic year), is part of the AA Bay Rivers District. The schools in the Bay Rivers District are located in or south of the Virginia Peninsula. The AA Bay Rivers District is one of the four districts of AA Region I of the Virginia High

School League which consists of schools in the Hampton Roads metropolitan area. The schools in the Bay Rivers District compete with the schools in the AA Battlefield District, A/AA Eastern Shore District, and the AA Southside District. Member schools include Bruton High's Panthers, Grafton High's Clippers, Jamestown High's Eagles, Lafayette High's Rams, New Kent High's Trojans, Poquoson High's Bull Islanders, Smithfield High's Packers, Tabb High's Tigers, Warhill High's Lions, and Yorktown High's Falcons.

Jewel says that her attitude last year was not where it needed to be. "Coach Koon put me in shape for this year."

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Also in November, the Lady Lions sent four players to the All-Region Volleyball First Team, one of whom was Jewel. Her coach, Greg Koon, was voted the region's Coach of the Year. Then, in early December, the team celebrated with additional postseason honors with Jewel and four teammates garnering all-state honors. Ranking third on the team with 81 assists, Jewel posted a team-high 459 digs and 56 aces this season.

It's been a great season and a great year for the athlete who plays not only volleyball, which she considers her primary sport, but also basketball and softball. In basketball, Jewel plays point guard, and in softball she plays either second base or center field – her favorite positions. She has also played pitcher.

"With volleyball, I love the intensity," she says. "It's an 'in the moment' kind of thing. With basketball, the team is so close so it's more like a small family than a game. Then, with softball, it's about how I do performance-wise. I just like the sport."

She gives much of the credit for her athletic success to her coaches. "My volleyball coach, Coach Koon, pushes me so hard," she says. "I am where I am right now because of him and because of Coach Tom (Stephenson), my Williamsburg Volleyball Club (WVC) coach. They both push me super hard. Also, Coach Norm Brungot for basketball has been my coach for many years, even throughout middle school, and has practically taught me everything that I now know about the sport. He's great."

Jewel, now 15, started playing volleyball at the age of ten and has been playing club volleyball since she was about 12. The Williamsburg Volleyball Club currently fields teams ranging from ages 7-18 with many member athletes reaching their dream of academic and athletic success at the collegiate level. "I love club volleyball," she says. "I think that volleyball fits me better than any other sport. I have been with WVC for four years."

She comes from an athletic family. "My mom basically played all of the sports that I play and was apparently huge – I mean really good at them," she says. Her mother grew up in Panama but the family has lived in Williamsburg for the past seven years.

"We also lived in North Carolina and Tennessee. But we have lived here since I was in the 4th grade."

While many of her peers' plans might include getting their drivers' licenses and maybe that first car, Jewel's plans are somewhat broader. "After high school, I definitely want to get picked up for an athletic scholarship for Penn State," she says. "That's my number one school!" Women's volleyball is huge at Penn State where the Nittany Lions women's volleyball team is the 2014 NCAA champion. "If not Penn State, then hopefully I can earn an academic scholarship at an ivy league school like Stanford, or Harvard or Princeton."

Long-range plans include going into the medical field with the dream of becoming a pediatrician. So far, Jewel has the academics down. She is currently taking a full load, including two advanced placement (AP) courses, but admits that it can be a challenge to juggle everything.

"I am taking AP Human Geography and AP Chemistry, and it's pretty hard because I go from afternoon basketball practices to club practice so I don't get home until around 10 o'clock. And then it's homework and studying and sleep. It's stressful but I get it done."

If you ask Jewel how she learned to juggle so many demands and how to keep so many of those balls in the air the credit goes to her mother. "My mom is 100% my role model," she says. "I know that I can look to her for advice and guidance for anything. She has been through so much and is still there for my sister and me. She supports me in all that I do and wants me to do my best always. So I want to do my best always, for her."

Academics come first, then sports. Her mother insists that Jewel's phone is turned off each night at a certain time. "Mom has always been bigger on sports than social things. So it's always been sports over birthday parties, for instance. She's pretty amazing," Jewel adds. **NDN**

HIS FAVORITE THINGS

By Alison Johnson

Ask Daniel Jones about a few of his favorite things, and he's likely to bring the conversation back to football.

Favorite food? Well, his first response is that he loads up on bananas – and water – to help his body stay strong, although he'll basically eat just about anything. Favorite television show? A pause, a brief shout-out to the ABC drama "Scandal", and then: "It's actually hard to say, because mainly I just watch whatever football game is on."

None of this is surprising considering all that football has given to Daniel, a junior at Bruton High School who also has excelled at basketball and track. Beyond the joy of playing, he has learned to work together with many personality types, to think before he acts, to accept help as needed and to take his schoolwork seriously because if he doesn't, he might not qualify to play.

Daniel, 16, wants to keep playing. His dream is to land a college scholarship for football, ideally as a wide receiver. Beyond that he's not sure. One thought is to follow in the footsteps of his father, Reggie Jones, a physical education teacher and Bruton's head football coach.

"I love football because it's such a team effort," Daniel says. "You really have to bond with your teammates, or you won't win. I feel like I can always be myself when I'm on the football field." He doesn't mind the bumps and



Lisa W. Cumming Photography

bruises that come with the game. "I like that it's physical. To me, the contact is fun."

At about 6'1" and 185 pounds, Daniel plays on both offense and defense for the Panthers' football team. This past season, he spent time as a receiver, running back, punter, safety and outside linebacker, scoring eight touchdowns, recording 50 solo tackles and making an all-region second team as a punter, according to

statistics from his father.

Daniel mostly plays power forward in basketball and competes in sprint events, relay and the triple jump in track, which he took up in ninth-grade at his dad's suggestion to get in top shape for football. "If you want to be a good athlete, it's a lot of work," he explains. "If you're not stronger than your opponent, then they've already beaten you."

Sports are a family affair. Reggie Jones played football for Bruton in the mid-1980s, starting on a team that won a district championship, and went on to play at Hampton University. Daniel's mother, Shannon, was a member of Virginia Commonwealth University's track team and his 18-year-old sister, Kayla, is on the track team at Christopher Newport University as a freshman.

Reggie Jones has coached track at Bruton since the early 2000s and became an assistant football coach in 2008. He was promoted to head coach in 2014 and also is helping to coach the boys' basketball team this year. "My wife and I have the upmost respect for athletes," Reggie says.

During his childhood in Williamsburg, Daniel was one of those can't-sit-still boys who quickly gravitated to ball sports. "I was always doing something active, getting into things," he says. He began playing organized basketball when he was 6, often coached by his father over the years, and added football in middle school.

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He is still friends with some of his first football teammates.

Daniel likes having his father as a coach. "It feels great, because we already have an understanding of each other and know each other's tendencies. My dad has helped me a lot." When Daniel wasn't as fast or strong as he should have been as a high school freshman, for instance, Reggie encouraged him to lift weights, run and trade his former spring sport, baseball, to compete in track. "He thought it would help me in football, and I have noticed such a difference," Daniel says. "Sports have taught me that you're going to need help and advice to achieve goals in life. You can't do everything alone."

Daniel also quickly figured out that his teammates had to depend on each other, because if any of them did something stupid on or off the field, the rest would suffer. "If I got mad and got in a fight, maybe I'd get kicked out of a game or off the team," he notes. "Or if you get bad grades you can't play. Then it's a domino effect on everyone." Self-control is critical in games, too, he adds, "I think I'm good at decision-making in the heat of the moment."

Juggling school and athletics often isn't easy. On a typical day during football season, Daniel wakes up about 5 a.m., goes to classes and works on his homework during a study hall right after school. English is generally his favorite subject, while math and science don't come

as naturally. "Math is especially tough," he says. "Study hall really helps, because the teachers are there if I have questions."

After study hall comes practice, which can last two or three hours. "We might go from 4 to 7 p.m. or something like that," he says. "It varies a lot. Basically, it's until the coaches think we're done."

At home, Daniel enjoys dinner. "I love food," he reports. He then finishes the homework he didn't get to in study hall. He's usually in bed by 10 or 11 p.m. "The schedule can get rough with the sports, but it's also so much fun," he says.

Those practices are nothing compared to late-summer "Two-A-Days" before classes begin. Then, football players might be on the field or doing weight work anytime between 6 a.m. and noon, and again in the 2 to 6 p.m. range.

"Do I like Two-A-Days?" Daniel says with a laugh. "Well... but you've got to do it if you want to do well, so it's fine by me." The intense sessions also are very bonding for teammates. "You're with them all the time. They're like brothers to me." The work pays off in highlights such as Bruton winning a playoff game in 2013 after compiling an 8-4 regular-season record.

Basketball, Daniel says, is "just fun. It's so fast-paced. You don't have the standing around in huddles like in football. You just go at it."

Last season, the Bruton team had a 26-2 record, won a regional championship and advanced all the way to the 2A state championship game in March. "We lost pretty badly, but it was such a fun journey," he says.

Daniel credits track and year-round cardiovascular and weight work with much of his physical transformation over the past two years. In addition to growing about three or four inches, he has added about 35 pounds to his frame, much of it muscle.

As for a favorite hobby, Daniel's is another sport, but a much mellower one than football: fishing, either freshwater or saltwater. Fishing is quiet, relaxing and demands the ability to wait. "And then you feel that tugging on your line," he says. "I love that."

At home, Daniel relaxes by watching professional and college football games, especially when his favorite NFL team, the Philadelphia Eagles, take the field. His favorite player is Detroit Lions' wide receiver Calvin Johnson. "He's aggressive, and he just works," he explains.

His advice to younger athletes is simply to never give up, even if they start out as one of the weaker players in terms of either talent or size. "Don't quit if things aren't going your way," Daniel Jones says. "You don't know how much better you can get if you work hard. Plus, people grow. So stick with it. It's all about preparation and dedication." NDN

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The Runner

By Nicole Puskar

Clara Wincheski is a delightfully refreshing freshman at Bruton High School who has already figured out that success requires dedication, drive and discipline along with her mom's healthful home cooking. Her astonishing debut season as the number one girls runner on the BHS Panther cross country team is clearly the result of hard work and talent paying off.

This year Clara placed second in the Conference 33 cross country meet with a time of 20:26, third in the 2A East Region cross country meet with a time of 19:59, and fifth in the 2A State cross country meet with a time of 19:44. Coincidentally, her personal placements mirror those of her team for the same meets. Despite Clara's impressive accomplishments, she is humble and grounded. She speaks highly of her teammates, coaches, and family, all of whom have played vital roles in her achievements.

The Wincheski family has always been very active. Clara was involved in ballet, gymnastics and karate when she was younger, later joining the summer swim team with her younger brother, Louis. "He's a way better swimmer than me," she says with a laugh. "But I do it because it's fun and to stay in shape over the summer."

Clara's first introduction to seasonal school sports was in the sixth grade with the middle school's field hockey team. Due to team eligibility being restricted to seventh and eighth graders only, she acted as one of the team's managers. In this role, she was unable to play during games, but she was able to practice with



Lisa W. Cumming Photography

the team, which helped prepare her for tryouts in seventh grade. She went on to try out and officially play on the team her seventh and eighth grade years.

Playing field hockey for Bruton only seemed natural. "When I was starting high school a lot of my friends were also doing field hockey," Clara explains. However, this posed a challenge, as field hockey's fall season conflicts with that of Clara's true passion, cross country running.

While Clara enjoys field hockey, she definitely identifies herself first and foremost as a runner. "As for my personal preference, I think that I'm a better cross country runner than a field hockey player." The love of running seems to be shared by the entire Wincheski family.

"My dad was the first person who wanted to run with me," she says. Clara and her dad began by running once a week, eventually signing up for a 5K race together. When they initially began running, it was Clara's dad who had to motivate her to join him, though she jokes that now she is often the one doing the motivating.

When Clara was in sixth grade, she and her brother joined Team Flash, a community track club for athletes ages 7 – 18. By the time Clara reached eighth grade, she was already running with the Panthers.

"My middle school didn't have cross country or track teams, so I was allowed to run on the cross country team for the high school," Clara says.

Coach Mark Tompkins, Cross Country Head Coach at Bruton High School, spoke at Clara's middle school when she was in seventh grade, recruiting rising eighth graders to run with the high school team the following fall. Clara went to introduce herself to Coach Tompkins after his talk, but her reputation as a fast runner preceded her, as he already knew who she was. Clara says Coach Tompkins was very willing to work with her field hockey obligations the next fall in order to have her running with the high school team.

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While Clara could not participate in all cross country events that season, she was able to race in a few meets.

Continuing the cadence and rapport developed the previous season, Clara's coaches supported her desire to play both field hockey and run cross country this past fall as a freshman. Clara is truly grateful for each of her coaches' support and flexibility. She notes how invested Coach Tompkins is in each athlete's success, providing individualized workouts for runners to use when they are out of town. "He's just a great coach," she says.

Clara also expresses deep appreciation for her field hockey coaches, Coach Joe Dougherty ("Coach Joe") and Coach Olivia Galvin, the Varsity and Junior Varsity Field Hockey Coaches at Bruton High School respectively. She says that Coach Joe has been very flexible with her schedule and Coach Galvin has helped her become a better field hockey player, while also supporting her desire to be a better cross country runner. "She was very interested in us learning and growing as field hockey players. She didn't help me less just because she knew I was doing cross country as well, so she was an awesome coach too," Clara says.

Support and good coaching aside, Clara certainly has her fair share of challenges to overcome, with one standing out more than the rest. "Honestly, the main thing is getting

enough sleep," she admits. She juggles two sports, sometimes with practices and games on the same days, schoolwork, family time, and her own personal workout regimen. Clara usually wakes up early to run three miles before school. It is no wonder that getting adequate sleep is difficult.

Clara's philosophy on balancing athletics and academics is one of mutual benefit. "I know that if I don't do well in school, I'm not going to be able to play my sports. Also, playing sports makes me feel more confident toward school...they build on each other."

Thankfully, Clara doesn't have to worry too much about how to maintain a nutritious diet, because her mom is a great cook and follows a mostly vegetarian diet, noting that they do eat the occasional seafood and meat during holidays and other special occasions. Clara says she feels lucky that her mom not only cooks for her, but cooks foods she enjoys eating and that support a healthy lifestyle.

Both of Clara's parents play significant roles in supporting her aspirations. Clara notes that she would not be able to accomplish everything she needs to for sports, school, and personal interests if her parents were not behind her. Aside from running with her, Clara's dad makes every effort to attend field hockey games and provide supportive feedback. Beyond cooking for the family and driving the Wincheski sib-

lings to their respective practices, Clara's mom also shows her support by working out with her daughter. Clara says that she occasionally runs with her mom and that they have gotten in a routine of doing an abs workout together.

Outside of sports and school, Clara enjoys reading, writing and creating things. She also has an entrepreneurial spirit. "My friend and I had a little business in seventh and eighth grade where we made jewelry and other little accessories out of beads and clay." She also enjoys exploring the outdoors, which is fitting given how much time she spends practicing outside.

Clara has some advice for younger athletes. "Make sure you stay on top of school work as well as sports. Your coaches are going to be willing to work with you and help you if you're having trouble with school. You have to make sure that you don't let sports become your life and the only thing you're caring about because you're in school to go to school and to learn." She also reminds athletes that they are capable of accomplishing more than they think they can and that paramount to success are personal drive and belief in one's own abilities.

As for Clara's future, she can't say for sure if she will run in college, but she does say it is one of her goals. One thing is for certain: Clara Wincheski's own drive and belief in herself are sure to carry her far in the world of sports and beyond. **NDN**

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Lisa W. Cumming Photography

The Business of Seafood

By Greg Lilly, Editor

Russ Gibbons saw a niche demand and created a business to meet it. Russ opened Uncle Russ' Dockside Seafood Market in March 2014. He used his established wholesale business to branch out and support a new retail venture.

After years in the restaurant industry on the peninsula, York County native Russ began a wholesale seafood business about three years ago. "I've always been around seafood and loved it," he says.

While he worked in restaurants, he dealt with a wholesaler that had a strong business with a quality product. That sparked an idea in Russ that wholesale might be the future for him. "The niche of what the dealer had was built around bringing high-quality seafood to the area restaurants. That was interesting to me. I told him that if he ever wanted to retire, to let me know." Sadly, the man passed away, and his son attempted to run the business before eventually closing it. But the idea of the wholesale trade stayed with Russ.

When he attended Tabb High School, Russ took his first job at Perkins Family Restaurant in Yorktown. "A friend of mine worked up here at The Trellis as a dishwasher and talked me into leaving Perkins and going into a bigger restaurant program. I had a passion for the restaurant business. I enjoyed it and it was a lot of fun. At 16, most people don't know the direction they want to go, but I saw it as my future."

The restaurant business means difficult work and long hours, but Russ didn't mind. "I had

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friends working at the restaurants. I had a mentor, Ed Frank, who showed me the benefits of hard work. I stuck to it and saw the potential. Food service is a business that will never die because everyone has to eat," he says with a laugh.

"I built my career and future by taking different opportunities to move around, which is one of the great things about this business – to go and work where you can learn something new. That option is always available."

In 2001, Russ joined with Mike Orlando in the New England Grill Downeast. "He was opening the new place in Festival Marketplace in McLaws Circle. I had the opportunity to be the executive chef. As we were talking, we decided to partner in it. It was a seafood oriented restaurant."

Russ says he has seafood in his blood. "My great-grandparents and my grandparents grew up on the Eastern Shore in Maryland. I was around water and seafood all my life. Our Thanksgiving and Christmas dinner tables were dishes of soft crab, crab cakes, fried oysters and fish, plus a little turkey and ham."

Through his restaurant days, he worked the front of the house as well as the back. He worked for a distributor until that company was sold and he decided to go out on his own three years ago with MJM Seafood Trading Company. MJM stands for the initials of his three children: Marissa, Jacob and Mackenzie.

"MJM is a wholesale seafood company providing quality products to the restaurants. From my experience and knowing expectations from the chef's perspective, I'm able to carry that to the dock when selecting the product. If I'm not going to accept it, I know my chefs won't accept it."

While he sold wholesale, he had no ideas about retail sales. He was content providing seafood to the high-end restaurants in Williamsburg. In the summer of 2013, Russ started selling a few items at a farmers market in Norfolk. "It was amazingly successful," he says. "I couldn't believe the number of people turning out. They were telling me that there wasn't a high-quality seafood retail place they could shop. You would think in this area, there would be seafood shops everywhere." Especially transplants from New England told him they missed the local fresh seafood markets.

"I live here in Williamsburg and drive my MJM Seafood van around town. People would stop me to see if I sold to the public. Finally, I thought maybe it could be bigger than just a few farmers markets."

He searched for facilities, and in January 2014, he found his place near the corner of Olde Towne Road and Longhill Road. "In March, we opened the doors. We combined the wholesale and the retail – working together hand-in-hand. For MJM, it's another quality account. For the community, it's a quality product. It's been well accepted."

While he selects for his wholesale customers, he's also choosing for Uncle Russ' Dockside Seafood Market. "What's in my case is what's in some of the better restaurants in town. It's what is in season. We change it every day and keep the selection fresh. That sets us apart from some of our competitors."

Always planning, Russ has been testing seasonings of his own invention. "I'm looking to private label some of the Uncle Russ products," he says. "For 2015, we're looking forward to the Uncle Russ labeled in-house developed products. The three original seasonings for the private label are the Crotchety Crab Boil, Louisiana Sun Tan and the Hippy Garlic Pepper. We also have a Bloody Mary mix."

He envisions the Uncle Russ label becoming a household name in seafood products. "There're a lot of products out there. I want to have the best. They are well-tested. We use them for the things we do here." The aspect that makes great seafood, Russ explains, is that it has to be fresh and has to be local. "We're a different seafood market from anyone else around. It's the availability of getting what the customer needs without going to a corporate office. We go to the dock." **NDN**

Dressage for Equestrians

By Greg Lilly, Editor



Lisa W. Cumming Photography

Dressage is one of the top sports for equestrians. This Olympic sport showcases the seemingly effortless directions (called aids) of the rider to the horse. "Dressage was featured in the old Disney movie 'Miracle of the White Stallions' in which General Patton saves Vienna's famous Lipizzan stallions," Charlotte Kaspareck explains. "That's where many people have seen dressage. You might have seen television shows about the Royal Lipizzans of the Spanish Riding School of Vienna." The seemingly effortless part is the art of the sport. The rider and the horse move as one.

Charlotte has been an award-winning dressage rider, trainer and coach of dressage for the past 43 years. "It looks easy. That's the whole thing, to make it look easy," she says. "The horse should look comfortable and happy about it. The whole idea is that the horse is supposed to be relaxed, willing and accepting of the rider's aids."

Growing up in Tusculum in the northwest part of Alabama, Charlotte wanted to ride horses, but her father thought it was a passing phase and always said no at her requests for a horse. They lived on a hundred-acre cotton farm with an airfield and airplane hangar. "No barn, no horses, no fences, not anything but cotton fields and an airport," she describes. "My father was a flight instructor and ran a flight school after the war."

Charlotte took a different route around her father and appealed to her mother. Charlotte was a Girl Scout and told her mother she wanted to earn her horsemanship badge. That started a relationship with a local

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boarding barn that had allowed her to rent a horse by the hour. She was able to save enough to buy her first horse for \$320. “The \$20 was to haul him to the boarding barn.”

Help came from the sky for Charlotte’s quest to build her own barn on the family farm. “A tornado hit my father’s airplane hangar and made it possible for me to build a barn. It destroyed the hangar, but left the lumber, roofing and cinderblocks. I pulled nails out of the lumber and stacked the materials. My grandfather, a civil engineer, drew a design for me, and I got a barn built.”

She says there’s a saying that if you have empty stalls, you will fill them. The man who sold her the first horse called to say he now had the perfect horse for her to ride and show. “He knew I would fall in love with the pony and buy him. That was a Tennessee Walking Horse pony.” She entered her first show and won second place in her class. From that point on, she usually won first place. “We were such a team. I must have been about 14 then.”

Charlotte spent most weekends at horse shows, usually winning her class – Walking Ponies, riders 18 years and under. She competed successfully at the Tennessee Walking Horse Celebration in Shelbyville, Tennessee, and she was consistently in the top five in the Walking Pony Championship Class.

At 18, she transferred from a local college to

the University of Alabama where she met her future husband, Michael, in an art class. “We both were art majors. After graduate school, we married. We decided to move to Germany. Michael is from Germany, and I had always wanted to live there.”

Once in Germany, only three days had passed before Charlotte found the closest stable. She was invited to go along on a three-hour trail ride on the weekend. The Germans decided to test out the young American. She was paired with a horse with a reputation for bucking off his riders.

“There were about 30 horses in the group. I was near the back. When the lead person called out that we would canter, everyone in the front turned to look at me. I knew I’d been set up. You get that sinking feeling – what’s the horse going to do? He tried to buck and spin with me. All you can do is sit loose. I had been sitting loose all my life with the Walking Horses, so I stayed on him – by the skin of my teeth. By the time we finished the ride, he’d stopped trying to buck. I got off the horse and thanked them. I was really mad, but still smiled and thanked them.”

About a year later, Charlotte had bought a horse of her own and saw the same trail riders at a horse show. “They came over to my trailer just as my name was called for winning the class. That was satisfying to win in front of

them.”

She worked for the Department of the Army in Recreation Services while in Heidelberg, Germany. “We went to work at two o’clock in the afternoon and worked until ten at night. I had the whole morning free to ride. The stables had a mixture of international people. We all spoke different languages, but the common one was German, so I had to learn it.” Her job with the Army included an intensive course in German for Army and civilian personnel working for the Army. “I came out speaking passable German after that. My best friend was from Sweden. She didn’t speak English, and I didn’t speak Swedish, so we both hacked our way through German.”

One of her German language instructors, a rider herself, ran late getting to class and arrived in riding boots and breeches. “Learning how to ask ‘What’s for lunch?’ and ‘Where’s the train station?’ were okay, but I needed to know equestrian terms. I asked her at the break to teach me the horse language in German and to take me with her to the stables.”

The horse Charlotte bought in Germany and named Bandit had been dropped off at that stable as an unriden six year old. “They bring the unstarted horses to the stables to be ridden for a few months in the riding school to make them sellable,” she explains. “When I showed up, the riding master wanted me to

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ride him. He didn't steer well, but he was brave, bold and kind. He didn't try to do anything bad. He drifted out of the dressage arena into the jumping lane, and he came to a jump in a large puddle of water. He jumped the jump, splashed in the water and cantered off. His canter was fantastic. What a horse. He was green (inexperienced) and needed to be trained in the basics before being used in the riding school. He didn't steer, didn't know anything, but he had fantastic gaits. I offered to ride him for a week to train him." During that week, she decided she wanted to buy him. The partnership with Bandit lasted 20 years.

Her German riding master, who was also a horse show judge, taught her the skills and techniques of classical dressage training. She and Bandit learned quickly and they began competing in national level dressage competitions. They earned many ribbons, trophies and medals.

"Dressage is an intellectual sport. You have to think. You have to plan ahead," she explains. "So is jumping. But jumping has more immediate thrills. Dressage is a slower reward of becoming one with the horse – ideally."

She says dressage ultimately should be when the rider thinks the movement and the horse performs it. "It can happen. I have experienced it. It's addictive. You want it over and over. You want that relationship in which the horse is so

attuned to the slightest little shift of weight or leg placement that he responds immediately."

Dressage is a French word that means training. "It's progressive stages for developing a young horse from the entry level of competition to the Grand Prix. It's a ten level process – about a year a level – so about ten years to train a horse," she says. "The Grand Prix level is what you see when you watch the Olympic dressage competitions. It's achievable with a sound horse. You, as the rider/trainer, also need continuing coaching, training, as well as knowledge and skill."

The sport is a combination of rider and horse, but not all horses can achieve advanced levels of dressage. "You can buy a trained schoolmaster or search for a young horse with the conformation, temperament and ability bred into it," she says. Charlotte found the perfect horse by chance in a young Danish Warmblood horse named Pavarotti. "He lived to be 21 years old. He was just imported from Denmark. I lucked into finding him. He was one of those horses that wasn't Olympic caliber, but pretty damn nice. I could think it, and he was able to do it. It was easy for him to do it."

"Horses are just like people," she explains. "Some like dressage work and some don't. A child might take piano lessons, but maybe they should play a violin instead, or they want to play basketball. It's the same with horses. You

have to figure out with a horse, just like with a child, where their abilities lie. You start with the basic training level. By the second or third year of training, you begin to see the horse's aptitude. Can he focus mentally? Some can't. If he has the physical body type to do it and the mental capacity, he can learn, develop and advance up the levels of competition."

Equestrian sports are a passion for the rider. "Kids generally fall in love with their horses, like I did. You eat, breathe and live thinking about horses. Your desire is to ride the horse and do it as best you can. The instructor helps you learn and progress. The rider progresses just like the horse. As you progress through the levels the training gets harder. It is building blocks in skills and knowledge. Ideally, the rider's skill is ahead of the horse's training," she adds with a laugh.

Charlotte considers the future of her two young horses. "One I might be able to compete with. I'm 67, not sure how many years I can keep doing this. There's a lot to keeping horses, a 24/7 commitment. I'm coaching now, more coaching than training. My goal is to prepare the riders to train their own horses. I want to give them the tools that my riding master gave me so they can develop their skills and feel that bond with a horse. The horse that responds willingly to your slightest commands; to become one with the horse." NDN

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Eric Carlson Photography

Out of the Box

By Greg Lilly, Editor

“There’s a fair amount of nervousness, but really it’s excitement about something new,” explains Katy Henderson, one of the participants in this year’s Dancing with the Williamsburg Stars. “It’s exciting to see how much we can raise for Big Brothers Big Sisters and Literacy for Life. At the end of the day, that’s what it is about.”

The event is Saturday, March 7, starting at 7 p.m. at the Phi Beta Kappa Hall on the campus of the College of William and Mary. Katy promises that the audience will have a real treat seeing local movers and shakers...well, moving and shaking.

“My husband, Peter Henderson, is doing Dancing with the Williamsburg Stars, too. It’s

a nice at-home rivalry comparing progress and lessons.”

Born and raised in Williamsburg, Katy attended Waller Mill Elementary, Queens Lake Middle School and Bruton High School. “I’m local. I met my husband when we were ten at Queens Lake. I owe a lot to this area.”

She left for college to Virginia Tech and re-

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turned to the area with a finance degree and a new job in commercial banking. "I love numbers and love business, but didn't love being behind a desk all day long," she says. "I worked for Sun Trust in downtown Richmond. Once my husband and I moved back to this area, I worked in mortgages until we had babies." With the children, Katy stayed at home for five years in her most important role as mother.

"My parents live here and have a place in Virginia Beach. When my oldest two were two and one, my mom said to come down to Virginia Beach for the summer and she'd help with the kids." Katy jumped at the offer and Peter commuted to Virginia Beach on the weekends. "I dedicated that summer to getting back into shape. I felt like I had spent the last three years pregnant, which I had. I wanted to get into the best shape I could." She hired a trainer and started her workout regimen. One day she stumbled across a hot yoga studio called Hot House. "I didn't really know what it was all about. But I thought if there was heavy sweating involved that should help my fitness journey."

Katy had tried yoga before, but decided it wasn't for her. "I'm a busy, type-A personality, and it's really hard for me to slow down." She signed up for the hot yoga class to give it a try.

"Those first two weeks I wasn't sure what I had signed up for," she admits. She spent the first few weeks getting to know the poses, and the instructors took time to help her progress at her own pace.

"It was very calming. I took 16 classes over about seven weeks. I fell in love with yoga. I liked the way I felt. It started as an outward journey trying to feel better, but it turned into an inward journey. I felt much more peaceful and at-ease."

Katy always knew she wanted to do something in the small business world in her community. "I figured it would be after the kids went to school. I found that when I came back after that summer, I wanted to share what I had learned, starting with my family and friends. I was more my true self, more relaxed."

Certification in yoga training came next, and because of her family's history with the condition, she became certified in yoga for arthritis. "I know how crippling chronic pain can be."

She asked Hot House if they would open a yoga studio in Williamsburg, but the area didn't fit their market plans. So, she saw the opportunity and she opened Studio South in March 2013. "It's amazing to see the community that I love so dearly, support us and al-

lowed us to support the community through various non-profits."

Studio South's Local Love program supports area non-profit initiatives. That fit nicely with the fund raising program of Dancing with the Williamsburg Stars.

"I have no rhythm. I can't dance a lick," Katy warns. "I'm a lot of things, but up to this point, I've not been a dancer. I knew of the phenomenal things Dancing with the Williamsburg Stars was doing in the community with Big Brothers Big Sisters and Literacy for Life. The fact that they raised almost \$100,000 last year is incredible for a one night event. My friend, Tiffany Reaves, had been in the event previously and shared her experience with me. I began to consider it when they came to me."

Dancing is outside her comfort zone. "I guess I move every day with yoga, but rhythm... At my first session with my dance instructor, Steve Kirvan, he asked if I heard the beat in the song. No, I didn't. I couldn't find the beat," she says with a laugh. "It's been good for me. That's where growth happens – outside your comfort zone. It's great to have good reason to be outside that zone for a cause like this."

At their very first rehearsal in November, Steve went over the different styles of dance with Katy, and then they made their request.

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“We’re doing the Cha-Cha,” she says. “It’s more than just a dance step, it’s an emotion.” Steve told her that the Cha-Cha was feisty and sassy and fun.

“Dancing is more than going from point A to point B. It’s more about how you get there. That’s what Steve Kirvan keeps telling me. He is an excellent instructor and very patient with me.”

Katy promises that the event will be a fun night for the audience and for the people involved. “I focus on the fun and the two great causes we’re raising awareness and money for. That eases my nerves about that night’s performance. I try to put the non-judgment of yoga into my own dance. Not to think, but feel into it.”

She explains that there are 12 local stars (she cringes at the use of the word “stars”) all working to entertain and raise money along with the event organizers. “The organizers, they’re the real stars. We’re just getting in front of people to entertain. Part of the draw is that we’re not dance professionals. We’re just having fun. My husband will be great. He can move and dance and has rhythm. I’m the one who will need the most help. Hopefully, there’s a cute costume to go along with it to help distract from my dance

skills.”

Her yoga training has given her the ability to go with the flow on the dance floor. “To not stress too much, relax, not judge it,” Katy says. “Yoga has given me flexibility. Some of my dance moves require quite a bit of it. Mainly, yoga has granted me patience – with myself and the whole process.”

Her future plans at Studio South involve day to day consideration of how the studio can assist the community. “I’d like to see us doing more of this.”

On the personal side, she admits her first future goal: “Getting through Dancing with the Williamsburg Stars would be great!” She wants to continue exploring all the facets of yoga. “There is so much to learn. I want to deepen my own knowledge by continuing to take courses and workshops from yogis all over, and I want to try to do different things to get me out of the box.”

Her family is the number one focus for the future. “Watching my kids grow and being there to support them,” Katy Henderson says. “I celebrate the influence yoga has on my family. My husband practices and my kids get into it. I want to continue to do the best I can for my family and for our community.” NDN

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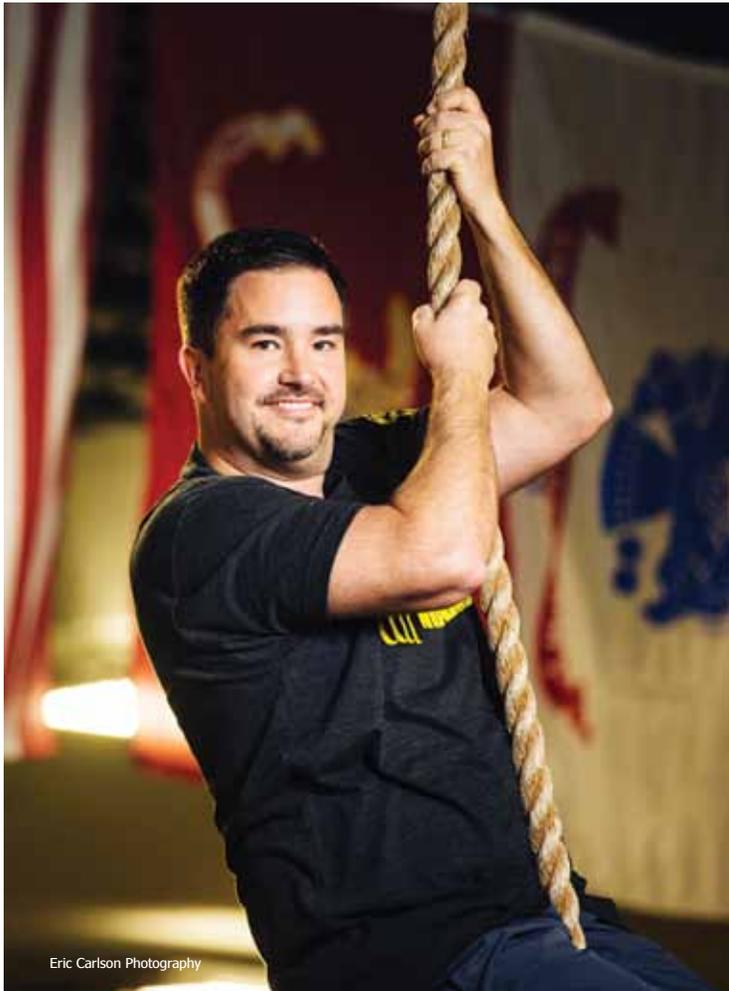


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Next Door Neighbors Health



Eric Carlson Photography

FITTING IN Fitness

By Greg Lilly, Editor

Days can get hectic and healthy resolutions may fall to the side, but Kevin Onizuk has made a regular fitness regimen a part of his life. Kevin schedules family, career, social, community and fitness commitments for a healthy and productive balance.

"In college, I put on the 'Freshmen 15' as most folks do. I kept that weight on," Kevin says. When he graduated from college, he joined the Army and left for basic training. "Being in the Army changed my mindset. It certainly had an impact on watching what I eat and regular activity and physical fitness." Leaving the Army, he needed to stay in good condition for the Delaware National Guard.

"I was an avid runner, heavy into the cardio portion of exercising – that was through most of my twenties," he says. "I enjoyed running

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long distances. I was super skinny in those years. Then Heather and I married and had kids, and time spent exercising became more of a challenge, and eating right got tougher. The kids would order a kid's meal and leave half of it. Those French fries and half a cheeseburger were easy for me to finish off without realizing it."

Kevin worked in the mortgage industry and still does. At WestStar Mortgage, he's the branch manager and mortgage loan originator. He and Heather have three children, all in school: Makenzie at Jamestown High School, Raegan at Hornsby Middle School and Chase at Clara Byrd Baker Elementary School. In addition to his family and career, Kevin serves the community on the James City County Board of Supervisors.

"When we had very young kids and I was working on advancing my career, it was tough to do much, if any, physical activity," he explains. "About four or five years ago, probably part of a New Year's resolution, I joined the Y." The Y is across the street from his office in the Bulifants Boulevard office park and he tried to go as often as possible. "But, it was hard to be consistent with a busy life."

He decided to try a group exercise class called Turbo Kick. "It's a cardio kick-boxing class. From the first class, I loved it, high energy music and a high-energy environment where everyone was very supportive." The class was a great workout that Kevin did consistently every Tuesday, Thursday and Saturday. "That reinvigorated my interest in fitness." The class was fun; it was close to his office; and the class brought a sense of community with the other people in the class.

"Having that class and set times made it easier for me to commit to being there. If there is no set schedule, that makes it harder. I found that if I was expected to be at class on Tuesday, Thursday and Saturday, I could schedule it in my planner, setting my work and other appointments around it."

As time went on, he found that the other class participants expected to see him there. "I got to know the people in the class and developed friendships. A good instructor or a good workout buddy will follow up if you don't show. Having a schedule, consistency, and people to support me with expectations of my participation really helps."

Kevin felt he had accomplished all he could with that particular class and decided to try CrossFit at WISC (Williamsburg Indoor Sports Complex). "CrossFit is a combination of weight-lifting, cardio and gymnastics," he explains. "It's a higher level of fitness, almost to an extreme, but I felt I had maxed out what I was doing with cardio and time to go to the next level. CrossFit has been a good fit for me. I go consistently at lunchtime, three to four times a week. I try. It doesn't always happen, but I try."

What he enjoys about CrossFit is that there are set class times throughout the day and each day features a variety of activities. "Today was rowing, pull-ups and weight-lifting. Tomorrow will be something different."

He tracks his results and tries to better his timing, weights or repetitions each session. "It's competitive in that you compete against yourself by tracking previous results. And you have a friendly competition with the other folks there. All the results are posted. You work together and individually. It's a very supportive environment. While you are competing against the clock, you compete against your previous results, and kind of, with the other people in the gym. But, everybody is pulling for everybody else. That makes the community and makes it enjoyable."

Exercising can be tough. It can be unpleasant. Most of us claim we don't have the time to devote to it. "But when you build a community

of folks supporting you,” Kevin says, “that makes a big difference.”

He had been pulled in many different directions and fitness took a backseat, but now Kevin sets a high priority to his health. “My wife has been very supportive. In everything I do in my work/life balance, it’s good to have that support. Heather manages the family so I can do what I need to do. Without her, I couldn’t manage any of it. She’s the key. With her behind me, that helps with the successful balance.”

With the help of his wife, Kevin has been able to carve out time for fitness. “I make an appointment like anything else. A kid’s band concert, a customer meeting for work, an appointment to exercise, a date with my wife, time with the kids – I put it on my calendar.”

Even with a block of time scheduled for fitness, motivation may be lacking. Kevin says to make it fun. “Yes, not all exercise is fun,” he admits. “But when you can make it fun and do it with other folks who support you, those things make a fitness routine more positive. I look forward to going to exercise. It is my relief. Work and life are hectic. I have a family I adore. I have a very demanding and stressful job in the mortgage business. I’m on the James City County Board of Supervisors. I feel that the exercise is ‘me time.’ It’s a time when I can unwind, where I don’t have to think. I can just exercise, break a sweat, and that’s a time to relieve stress.”

He acknowledges that it is difficult to get into a routine. “But once you do, you look forward to that time. You feel better and look better and see the results. People fail at New Year’s resolutions because it takes a commitment. It’s probably something that you haven’t been doing and there’s a reason you haven’t been doing it. Making a change in your life is not easy.”

His advice is to make the exercise something you enjoy and soon you’ll look forward to it. That helps keep that regular commitment on your calendar. “If the exercise you’re doing isn’t fun, try something else: a group exercise class, CrossFit, running, walking, weight lifting, rowing. Mix it up. There are so many different things that can be done in this area. Walk the James City County trails. Find something that’s enjoyable. That makes a big difference.”

His regular fitness routine affects all parts of his life. “Certainly it helps me be alert at work. I have a positive mental attitude when I feel better. It helps keep my stress down,” Kevin describes. “The biggest area is family. I have three kids, and I can play with them. I can play baseball, play basketball or jump on a trampoline. I can do physically demanding things with them. Kids can go, go, go. I can keep up. I can be a fun dad and do fun things with them.”

He explains that exercise is one part of healthy living and his next focus will be on his diet. “You can exercise like crazy, but if you don’t eat right, you won’t get the results you want to achieve. Your diet is probably more important than what you do in the gym. That’s going to be more of my focus. Being on the Board of Supervisors has added stress on my time. Eating poorly is quick and easy. Eating healthy takes time and commitment. When I was elected, one of the officials advised me that just because we’re at a function with free food doesn’t mean we have to eat it. Even free food has calories.”

Fitness is a process not a destination, he adds. Kevin Onizuk embraces the process. “I enjoy the physical fitness aspect. The number on the scale is simply that – a number. If you are looking to achieve a number on the scale, then when you reach it, you’ll go back to old habits. If you don’t achieve it, you get discouraged. Embracing the process, incorporating the change in lifestyle to your schedule, finding something that you like to do, those are the keys.” **NDN**



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Queen *of* Fabric

By Greg Lilly, Editor

From performing in the Russian Ballet Company in her native San Francisco to pantomiming on the USO stage during the Korean Conflict, Noreen Dobratz enjoys life and creativity. She's known around Colonial Heritage as the "Queen of Fabric" and creates award-winning fashion. Her one-of-a-kind jackets are wearable art.

"My mother taught me how to sew, out of need rather than design," Noreen says. "In those days, you could buy material and get an outfit that could be created without a lot of money. That's why I learned to sew."

She says she wasn't innovative with fashion early on. "My sewing creativity didn't blossom then. I sewed for necessity." She could make dresses as needed like when her two daughters wanted her to sew their bridesmaid dresses. "One of my daughters wanted six within a week – that was strictly sewing that wasn't exciting to me. Then I joined the Sewing Guild."

Noreen and her husband, Duane, lived on the West Coast for many years. "My daughter's husband was in the Navy in Chesapeake," Noreen explains about their move to Hampton Roads.

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"I was in real estate in California. California was going downhill with earthquakes, with fires and with real estate. We could see it. At the peak of real estate values, we sold and moved to Chesapeake."

She joined the Sewing Guild in Virginia Beach. She attended the meetings and classes, joining other people who enjoyed sewing and trying new techniques with their skills. "I started to create different designs that really felt good to me. I have a friend from Elizabeth City who is also fiber artist. We played off of each other." The American Sewing Guild and Simplicity hold an annual contest, and Noreen and her friend decided to enter it. "We both won. I entered six times and won four national awards. They were really wild designs. One that didn't win was inspired by Hurricane Katrina. Maybe it was timing. The judges may have thought it was a little too sensitive of a subject. Although that design didn't win a national award, it's one of my favorites."

When her daughter and son-in-law moved away from the area, Noreen and Duane moved to Williamsburg. "We had always loved Williamsburg. We came here in 2004. This house was one of the first in Colonial Heritage. I needed one with a basement studio."

Friends and neighbors saw Noreen's jackets and wanted one of their own. "I do some of that, not a lot," she says of making custom designs for clients. "It gets to be very time consuming." Often she will create something and then it goes to a gallery or shop to be sold. "Some of my work is at the Pop-Shop by Jo Louise in Newport News."

Noreen starts a project by studying the fabric. "The material, this may sound crazy, it talks to me." She keeps a roomful of fabrics from around the world in her studio, shelves stacked with colors and textures.

She taught a creativity class in January about how to make a one-of-a-kind jacket. "It's fun. I take the fabric and put it on the floor, and then ask it, 'What are you? What can I make you into?' Some people in the class think I'm odd," she says with a laugh.

Her work is considered fiber art. "A fiber artist," she explains, "is someone who works with fiber – all kinds of fiber, not just material. I work with yarn, Angelina (a fine fiber that melts into the design), sashiko (Japanese style embroidery), embroidery, felting, ribbon work, etc."

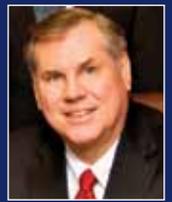
When she starts a project it can consume her time. "I don't think about it as work. It's the end product that makes me happy. I don't think people understand, unless you have sewn, what goes into a piece." Each creation may have multiple techniques involved. Some of her designs have taken up to six months to finish.

For several years, sewing was a fading art. Mainly, she says, because ready-to-wear clothing was so inexpensive, unlike when she first learned sewing from her mother during World War II. "Today, that's turned around because of the popularity of television shows like 'Project Runway.' It has inspired designers again. I am seeing a real ingenuity in the fashion world. I want to see things go to the next level in sewing and design creativity."

For Noreen's designs, some people have labeled her work as out-of-the-box. "To me, that's a compliment." Her strong understanding and skill in the construction of the garments allows her resourcefulness in solving problems. She created one jacket from a pattern, but once it was constructed and she tried it on, it was too small. "I had to add some panels to make it larger, and that 'fix' really enhanced the aesthetic interest." Jackets are her favorite items to create.

Her reputation as a designer and artist as well as her personality has led to her being asked to emcee the Colonial Heritage Fashion Show. "It is organized by the Colonial Heritage social committee," she says. "This past October, we had a vintage section that everyone really enjoyed clothes from the 1950s and '60s and one item from the 1800s, a wedding gown. You could see the unique design and quality work of those vintage clothes. Ken Jenkins was the photographer and has pictures of the fashion show on his website." The event was so popular that some people had to be turned away because of the room's capacity. "I love making things. It's my hobby." 

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Studies have shown that more than 75% of family wealth is lost by the end of the first generation. As a result, many of our clients want to know how to effectively transfer and protect wealth for their children and future generations. For these clients, we recommend they use the **multi-generation trust** approach to meeting this goal.

Here's how it works: In a multi-generation trust, the trustmaker establishes the trust and appoints a trustee to manage the assets and distribute income or principal to the beneficiaries for their health, education, maintenance and support. As the multi-generation description suggests, the trust has multiple levels of beneficiaries. The first level is usually the trustmaker's children, the second level is the grandchildren, the third level is the great-grandchildren, and so on. The trust may continue as long as there are funds to distribute and there is a trustee to manage the funds. Usually, the trustee is a child with a professional trustee of his/her choice (CPA, Attorney, trust company or bank). Of course, the beneficiaries always retain the right to remove and replace the professional trustee. As a result, the trustmaker can leave a lasting legacy for many generations for his or her family.

One major advantage of multi-generation trust planning is that it can protect family assets from federal estate taxes. An individual can currently transfer up to

\$5.34 million (\$10.68 million for married couples) of wealth plus its appreciation from generation to generation with no transfer taxes at any generation. How is this possible? Like the estate tax exemption, the law allows for a generation-skipping tax exemption. In short, a properly drafted multi-generation trust can use these exemptions to allow assets placed in trust to pass estate and generation-skipping tax free for multiple generations.

In addition to the tax benefits, **multi-generation trusts** may also protect family assets from the world in which we live, i.e., lawsuits, predators, divorces, business failures, spouses, mismanagement of funds, etc. As long as the assets are held in the trust, they are not property of the beneficiaries. Consequently, the beneficiaries cannot lose what they do not own! Can you think of a better way to protect your family wealth you leave behind?

If you would like to provide for multiple generations, protect assets from estate transfer taxes, and are concerned about protecting wealth from creditors, failed marriages and predators, a **multi-generation trust plan** may be appropriate.

For more information about this topic through a firm-sponsored workshop or to schedule a complimentary estate planning consultation, please call our office at (757) 220-8114 or visit our website, www.carrellblanton.com.

what's up in real estate



Sherry Kletzly
President of WAAR

Now that the ice is here, and the temperature is dipping below the freezing mark, it's time to get ready for the spring market. All indications are that the market will continue to improve. Whether it's a buyer's market or a seller's market may depend on your price range. Whatever your market, you want your home to stand-out. For most of us, that will take some preparation, which can take time. It can be challenging on your own with fond memories in your home and items that give you comfort. Start the process with a REALTOR®. "They can go through your home as an objective third party identifying items that may make a bigger impression when showing your home." Buyer's want to be able to see themselves as they would live in your home. Staging properly can help you beat the competition in the market.

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Hey Neighbor!

Please visit

www.WilliamsburgNeighbors.com,
go to the magazine site and click on
Hey Neighbor! for a complete list of current
community announcements.

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

Hey Neighbor! WARHILL HS PRESENTS "OKLAHOMA!"

January 29-31, 2015

Warhill HS Theatre Department presents the classic Rodgers and Hammerstein musical "Oklahoma!" at 7 pm on January 29 and 30, and at 2 pm and 7 pm on January 31. Set in the Oklahoma territory just after the turn of the century, the spirited rivalry between the local farmers and cowboys provides the colorful backdrop against which curly, a handsome cowboy, and Laurey, a headstrong farm girl, play out their love story. Call director Jessica Grant at (919) 260-9035 to reserve tickets at \$10 each. Warhill High School is located at 4615 Opportunity Way, Williamsburg

Hey Neighbor! JAMESTOWN HS ATHLETIC BOOSTER CLUB EVENT

January 31, 2015

The Harlem Superstars (www.harlemsuperstars.com) will play a local team of celebrities at the JHS Gymnasium at 7 pm. This event is a great way to escape the cold temperatures and enjoy sports entertainment at its finest, for all ages. This event is a fund raiser for the JHS Booster Club which supports current and graduating student athletes. \$8 in advance and \$10 at the door. Advance tickets may be obtained by contacting Phil Visser @ (757) 254-3017 or Eddie Montero @ (757) 478-7804.

Hey Neighbor! WALT SPRING CLASS REGISTRATION

January 31, 2015

Williamsburg Area Learning Tree (WALT) opens registration for the Spring 2015 Schedule of Classes. Try something new – WALT offers more than 65 different classes led by people in the community who have a talent or interest they want to share. All classes encourage learning for fun. Classes are open to everyone in the community. A complete list of classes is online at www.wuu.org/walt or in the W/JCC Libraries. Registration is either online or through the mail. Registration is first come- first served and classes do fill up – so don't wait. For more information, call Jill Whitten, Director (757) 220-9975.

Hey Neighbor! BENEFIT RECITAL

January 31, 2015

The "Williamsburg Area Music Teachers" (W.A.M.T.) will present a recital of varied talents to benefit the Williamsburg Music Club's Grants-in-Aid scholarship program for outstanding young musicians in the area. W.A.M.T. members will share a musically diversified program of solo and ensemble performances featuring vocal, piano, harp, organ and cello. Donations for the Williamsburg Music Club's Grants-in-Aid funding will be accepted. The program begins at 3 pm at the Walnut Hills Baptist Church, 1014 Jamestown Road. Reception follows. For more information, call (757) 229-4429 or visit the website, www.williamsburgmusicclub.org.

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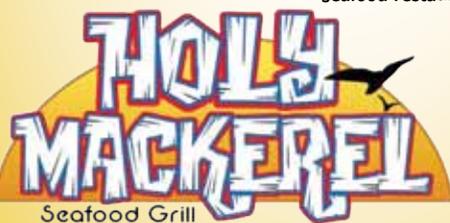


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Hey Neighbor!

VITA FREE TAX PREPARATION AND ELECTRONIC FILING SERVICE

February 1 – April 15, 2015

The Greater Williamsburg Volunteer Income Tax Assistance (VITA) Team will provide free tax preparation and electronic filing services. 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: Abram Frink, Jr Community Center (formerly James River), 8901 Pocahontas Trail on Mondays (Feb 2, 9, 16, and 23 only), from 2 – 5:30 pm; CW Bruton Heights School Education Center, 301 First St. on Tuesdays and Thursdays from 2 - 5:30 pm; James City County Recreation Center, 5301 Longhill Rd. on Mondays (February 2nd and 9th only) and Wednesdays from 2 – 5:30 pm; (all tax season); Quarterpath Recreation Center, 202 Quarterpath Road on Saturdays from 9:30 am - 1 pm. Bring drivers' license, social security cards, W-2s/1099s, receipts for deductions, bank account information, health insurance information, and last year's state and federal tax returns.

Hey Neighbor!

AARP FREE TAX PREPARATION AND ELECTRONIC FILING

February 2 – April 15, 2015

AARP Tax-Aide provides free, high-quality, income tax assistance, tax form preparation, and electronic filing to low- and moderate-income taxpayers, with special attention to those age 60 and older. Additional information can be found on the web at aarp.org/money/taxes/aarp_taxaide. Tax-Aide takes place at the Williamsburg Regional Library (WRL) at 515 Scotland St. and the James City County Library (JCCL) at 7770 Croaker Rd. When you come for tax assistance, bring your picture ID, social security cards, tax information, bank account numbers, and a copy of last year's tax return. WRL hours are Mon/Tue/Thur from 10 am – 6 pm and Wed/Fri/Sat 10 am - 2 pm, while JCCL hours are Tue/Thur from 10 am - 7pm and Sat from 10 am - 2 pm. Appointments for both sites may be scheduled (starting February 16) by calling (757) 259-4072 during

regular hours.

Hey Neighbor!

MASTERWORKS CONCERT SERIES: MICHAEL STEVEN LIANOS, ORGANIST

February 4, 2015

This new concert series presents large-scale masterworks. Michael Steven Lianos will perform Beethoven's Sonata Appassionata and Franck's Grande Pièce Symphonique during this opening concert. Time: 12 noon at Saint Bede Catholic Church, 3686 Ironbound Road. For more information about this free concert, call (757) 229-3631 or visit www.bede.va.org/concerts.

Hey Neighbor!

FAITH OUTREACH OF THE SENIOR SERVICES COALITION

February 5, 2015

We have a monthly Community Café at 1 pm, hosted at St. Martins Episcopal Church on Jamestown Road. The Café is the first Thursday of each month from 1-3 pm. This event bridges the gap between the faith community, and senior-serving organizations; it communicates and educates elderly community members and their families about our various community resources. The speaker for February will discuss the topic of sleep.

Hey Neighbor!

AMERICAN REVOLUTION ROUND TABLE

February 5, 2015

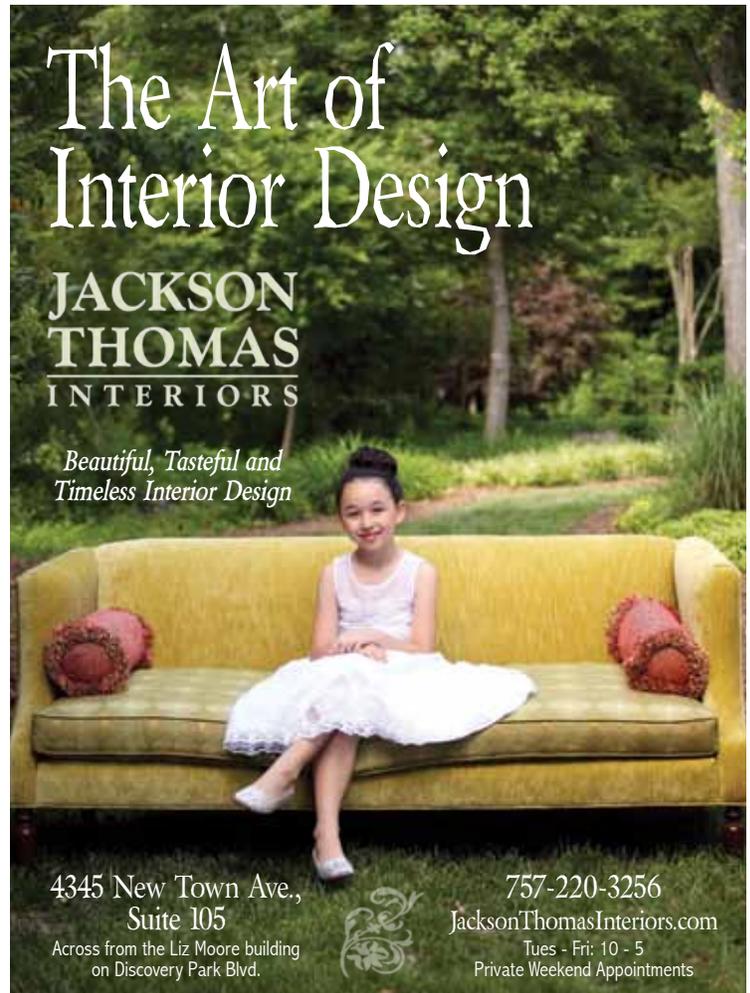
The Williamsburg-Yorktown American Revolution Round Table will meet at 6:30 pm at Grace Episcopal Church Parish Hall, 111 Church Street, Yorktown. Dr. Sean Heuvel will speak on "General Howe and Mrs. Loring: The Myth vs. Reality behind an infamous Revolutionary War affair." WYARRT meets bi-monthly and is open to any historically-minded individuals. Questions regarding Williamsburg/Yorktown, email wmbgyrktwn-arrrt@gmail.com or visit our website williamsburg-yorktownarrt.weebly.com.

Hey Neighbor!

FIFTH ANNUAL SWEET-HEART BANQUET

February 6, 2015

This elegant, catered event of the Early Childhood Music School benefits Ellior's Song for Project



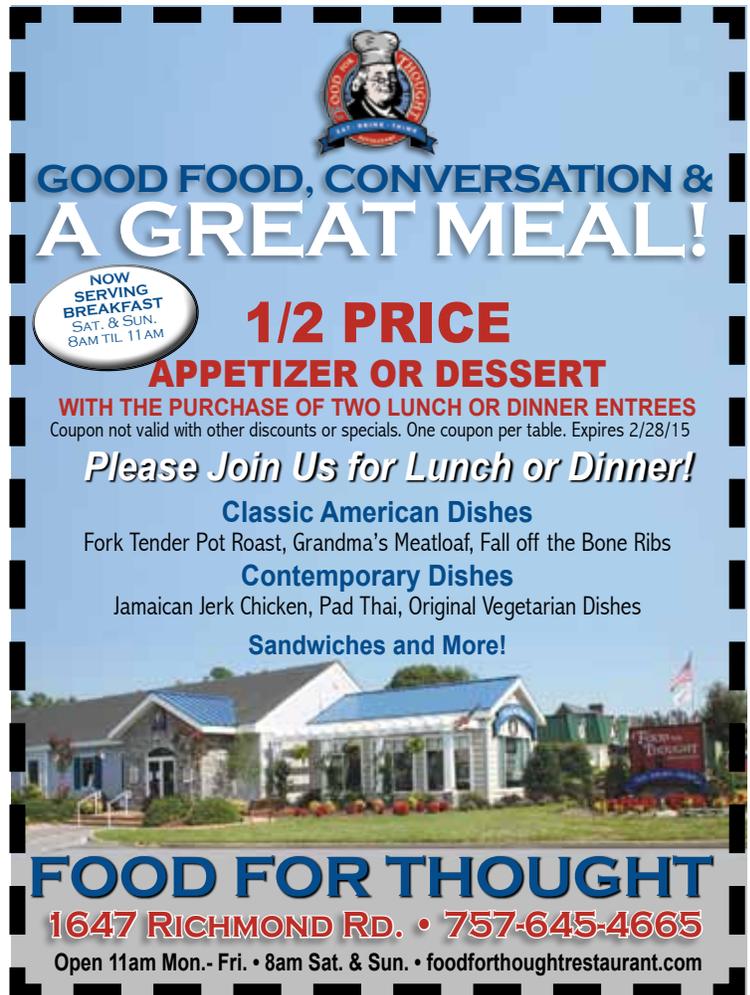
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Outreach. Back by Popular Demand are Dog Street Rhythm Kings and ECMS Singing Servers. Location is the Fellowship Hall of Williamsburg U.M.C., 500 Jamestown Road. Start with yummy appetizers at 5:45 pm. Cost: \$30 per person. Childcare available for \$6 per child (includes pizza and lemonade). For reservations and more information, call Susanna at (757) 566-4648.

This Valentine's Day special opens with the Mozart Quintet featuring the beautiful love duet between 1st violin and 1stviola and the Brahms Sextet in B-flat. Juilliard violinist Madison Day will join the Saint Bede Chamber Musicians to perform these works and more! Time: 7:30 pm at Saint Bede Catholic Church, 3686 Ironbound Road. For more information about this free concert, call (757) 229-3631 or visit www.bedeva.org/concerts.

Hey Neighbor!
FOCUSING ON THE FUTURE FOR HIGH ABILITY LEARNERS
 February 7, 2015

The College of William & Mary's Center for Gifted Education is hosting its 2015 Focusing on the Future event from 8:45 am - 3 pm. The event will expose high-ability learners in grades 6-12 to career opportunities related to the arts, humanities, and sciences. Separate sessions will be held for parents, guardians, and counselors, and will provide strategies and techniques to assist students with academic and career planning. The event will be held at The College of William & Mary's School of Education, 301 Monticello Avenue. The deadline to register is January 23, 2015. Additional information and the registration packet are available on the Center for Gifted Education's website at cfge.wm.edu. Contact Kate Nichols at (757) 221-6198 or sep@wm.edu for more information.

Hey Neighbor!
ANNUAL CUPCAKE WARS FOR CHKD
 February 14, 2014

The Annual Cupcake Wars for CHKD will be held on Friday, February 14th in both Liz Moore offices! Get creative and donate your prize winning treats, or stop by and pick up some baked goods for your sweet tooth. All proceeds will go to CHKD. For more information on how you can contribute to this event, email Lynnette at lynnettetully@lizmoore.com.

Hey Neighbor!
SHOP LOCAL SMALL BUSINESS AND CRAFTERS FOR VALENTINE'S DAY
 February 14, 2014

At the Historic Triangle Community Services Center (312 Waller Mill Road, Williamsburg) from 10 am - 3 pm, bring your sweetheart to shop local small business and crafters this Valentine's Day! Proceeds from this event will go to sponsor heroes on HeroBox.org! HeroBox.org is a non-profit organization that specializes in sending care packages to military heroes. Along with over 40 local vendors, there will be raffles, a donation bin and a card writing station for you to send off your own personal words of encouragement to our heroes! If you have any other questions please contact Cryst'l Gatto, c85.gatto@gmail.com (757) 561-1792.

Hey Neighbor!
DESTINATION RECREATION EXPO (all ages)
 February 21, 2015

9 a.m.-noon. James City County Recreation Center, 5301 Longhill Road. Discover your parks and facilities, learn about all the classes and programs offered throughout the year and be one of the first to

Hey Neighbor!
CATCH THE VISION! TOURS AT WCA
 February 12, 2015

At 2 pm. Get an up-close view of Williamsburg Christian Academy when you visit the beautiful campus for this informative one-hour tour. Hear directly from administrators, teachers, and students to find out why this community Christian school is an inspiring place to be. WCA is dually accredited, interdenominational, and provides personalized, college-preparatory education from preschool to 12th grade. 101 Schoolhouse Lane, Williamsburg. For more info, visit WilliamsburgChristian.org or call (757) 220-1978 ext. 113.

Hey Neighbor!
POPE BENEDICT XVI CHAMBER MUSIC SERIES
 February 14, 2015

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register for summer camps! Informational booths, interactive demonstrations and hands-on activities are just a few great features of this event. We'll keep your children engaged while you gather information about summer camp opportunities, sports, outdoor, aquatic programs, special events, parks and facilities, REC Connect, inclusion and therapeutic programs and activities offered through our affiliate organizations. Raffles and discounts for camps, classes and facilities given on the day of event! Expo attendees can also pickup advance copies of Parks & Recreation Spring/Summer 2015 Activity Brochure...advance copies are available for the three-hour Expo only! Info: jamescitycountyva.gov/recreation or call 757-259-5353.

Hey Neighbor!
RELAY FOR LIFE OF WILLIAMSBURG INFORMATIONAL MEETING

February 24, 2015
 At 6 pm in the James City County Recreation Center, 5301 Longhill Rd. Relay For Life Event is May 1-2. For more information, visit relayforlife.org/williamsburgva.

Hey Neighbor!
WILLIAMSBURG SYMPHONIA "CONVERSATION WITH THE CONDUCTOR" LUNCHEON

February 25, 2015
 The Williamsburg Symphonia League presents "Conversation with the Conductor" Janna Hymes at a luncheon at 11:30 am at Two Rivers Country Club. This is the perfect opportunity to learn from Janna how Masterworks Concerts are created, musicians chosen and soloists selected. You will have the opportunity to ask questions and even get a sneak preview of the 2015-16 season! The cost is \$40 for League members and \$50 for non-members. For more information, contact Margene Hartsough on (757) 250-3151 or e-mail at margene234@aol.com.

Hey Neighbor!
WILLIAMSBURG SYMPHONIA MASTERWORKS #3

February 25- 26, 2015
 The Williamsburg Symphonia, Williamsburg's own professional orchestra conducted by Janna Hymes, presents Masterworks Concert #3, "Celebrating Musical Innovations," with guest soloist Paul Neubauer,

principal violist of the New York Philharmonic. Romantic and fun describe the three compositions Mr. Neubauer will perform in a delightful and diverse program, which also includes works by Haydn and Brahms. At the Kimball Theatre in Merchants Square with parking nearby, the programs begin at 8 pm. Tickets are \$48 and \$58; call (757) 229-9857 or visit www.williamsburgsymphonia.org for details.

Hey Neighbor!
CATCH THE VISION! TOURS AT WCA

February 26, 2015
 At 2 pm get an up-close view of Williamsburg Christian Academy when you visit the beautiful campus for this informative one-hour tour. Hear directly from administrators, teachers, and students to find out why this community Christian school is an inspiring place to be. WCA is dually accredited, interdenominational, and provides personalized, college-preparatory education from preschool to 12th grade. 101 Schoolhouse Lane, Williamsburg. For more info, visit WilliamsburgChristian.org or call (757) 220-1978 ext. 113.

Hey Neighbor!
CHILDREN'S CONSIGNMENT SALE

March 6-7, 2015
 March 6 from 11 am* - 7 pm (*Get in at 10 am with a Jar of Peanut Butter for FISH); March 7 from 8 am - Noon. King of Glory Lutheran Church at 4897 Longhill Road. Great selection of new and gently used seasonal children's clothing (newborn to teen), maternity clothing, nursery and children's furniture, room accessories, baby equipment, strollers, high chairs, toys, books, videos, puzzles, games, and bikes. Contact Kimberly Kay at ccs@kogva.org.

Hey Neighbor!
THIRD ANNUAL MARCH OF THE LIONS 5K & COMMUNITY EXPO

March 14, 2015
 To be held at Warhill High School, 4615 Opportunity Way, from 9am - 2pm. 1 Mile Fun Run at 9:30am, Run/Walk 10:00am, Awards Ceremony 11:30am; visit www.warhill5k.blogspot.com for more information. Shop at the indoor vendor fair coor-

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Hey Neighbor!
SHAMROCK THE BURG
March 14, 2015

Kiwanis Club of Williamsburg presents Shamrock the "Burg 2015 sponsored by ESG International. 6:00p.m.-10:00p.m., Williamsburg Community Building. Featuring live music by Glasgow Kiss, Guinness Draught, Kiwanis Corned Beef and Cabbage. \$10 general admission available at the door and at www.WilliamsburgKiwanis.com (on sale Feb. 23rd) Benefits Bacon St., Erase the Need and Jamestown 4H Club.

Hey Neighbor!
WILLIAMSBURG MUSIC CLUB: GRANTS-IN-AID AUDITIONS FOR TALENTED HIGH SCHOOL & JUNIOR HIGH SCHOOL MUSIC STUDENTS.
March 14, 2015

The Williamsburg Music Club sponsors its Annual Grants-in-Aid Auditions for highly talented students with cash scholarship awards. The audition performances are free and open to the public from 10 am - 5 pm in Ewell Hall at the College of William & Mary. For further information, contact Rosanne Reddin at (757) 229-4429 or williamsburgmusicclub.org.

Hey Neighbor!
MILITARY THROUGH THE AGES
March 21-22, 2015

Jamestown Settlement, Williamsburg, Va. - A chronological timeline of military history - from the first century A.D. to modern times - unfolds with re-enactors, artillery firings and military musical performances. Event also features a Saturday children's parade Saturday and Sunday military pass-in-review. Admission to Jamestown Settlement is \$16.75 adults and \$7.75 ages 6-12. Children under 6 are free. For information, call (888) 593-4682 toll-free or (757) 253-4838, or visit www.historyisfun.org.

Hey Neighbor!
QUILT EVENT AT COLONIAL HERITAGE
March 24, 2015

With a portion of the proceeds to benefit the educational programs of the Williamsburg Botanical Gardens, the Williamsburg Area Council of Garden Clubs will hold a spring fund raiser event at Colonial Heritage. "The Quilter's Garden" luncheon will feature an extensive display of quilts to include a yoyo quilt spread, a vintage handkerchief quilt, a whimsical fleece quilt, quilted clothing, and much more. Connie and Jim Thompson of Colonial Heritage will present a program called "Garden Quilts". Connie and Jim are both master gardeners and quilt makers and collectors. The cost of the luncheon is \$25. Doors will open at 11:15. If you are interested in attending and displaying a quilt or two, (tables will be provided) contact Rose Marie Crocco, (757) 258-4629, swampmrc@cox.net

Hey Neighbor!
3RD ANNUAL HIKE FOR HOSPICE
April 25, 2015

Join us for a leisurely 2 mile walk followed by a Celebration of Life Park East in Governor's Land. Walk to celebrate the memory of loved ones, in honor of someone, or just to support Hospice House. Registration is \$25/per person prior to April 1, \$35 per person after. The first paid 300 registrants will receive race swag the day of the event. Form a team! Walk as an individual or form a team - invite family, friends, co-workers and neighbors to join or sponsor you. Name and promote your team, spread the word through your personal networks, have t-shirts made, bring a sign or banner and get your team picture taken together. All team members must register as an individual hiker. Team awards include Golden Shoe award for the team with the largest number of walkers; Best Dream Team award for the team with the most interesting theme/costumes; Top Fundraising Team award for the team that raises the most by April 22. For more information, visit williamsburghikeforhospice.kintera.org.

TO VIEW ALL HEY NEIGHBOR! ANNOUNCEMENTS GO TO WilliamsburgNeighbors.com

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NEIGHBORHOOD
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**Look for the answers
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JANUARY 2015
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