

June 2015

WILLIAMSBURG'S

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VOL. 9, ISSUE 6

PRICELESS

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New Beginnings

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Tim Ryan

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In this issue, *New Beginnings*, we focused our efforts on talking to some of the area's high school seniors about what lies ahead for them upon graduation. In doing so, we uncovered a wealth of positively mapped out plans for the ten students we interviewed. I was genuinely surprised that these young men and women had such wonderful dreams that they intend to follow.



Meredith Collins, Publisher

In addition to being smart and ambitious, these young adults also focus on their desire to give back. It is not only a credit to them, but also to those who raised them and taught them. These students see this sort of commitment to giving back as a part of their successful futures.

Our community can be proud to have these local emissaries scattered across the country and at places overseas representing the quality of youth produced by the Williamsburg community. They will go far and meet new friends, colleagues and mentors, but they will always be our neighbors wherever they are. NDN

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Focused on Science

By Rachel Sapin

Lisa W. Cumming Photography

Computer-integrated manufacturing and 3D printing are not some far-off, dystopian concept for 18-year-old Malissa Reyes. “They’re really cool,” says the Warhill High School senior of engineering’s most innovative processes. “There’s so much you can do with them. The possibilities are endless.”

Malissa is part of Warhill High School’s Project Lead the Way program (PLTW), a four-year sequence of courses that introduces students to the scope, rigor and discipline of engineering prior to entering college. Through the program, students can learn about computer design, biotechnology, engineering and biomedical sciences, all which are growing in demand. PLTW is the nation’s leading provider of K-12 STEM (science, technology, engineering and math) programs and is based in more than 6,500 elementary, middle and high schools nationwide.

STEM jobs are expected to grow in our economy, which is why students like Malissa, with a passion for engineering, are so important for our future.

The U.S. Department of Commerce estimates that jobs in science, technology, engineering and math (STEM) will grow 17 percent by 2018, nearly double the growth for

non-STEM fields. By 2018, the U.S. will have more than 1.2 million unfilled STEM jobs because there will not be enough qualified workers to fill them, according to the Department of Commerce.

Earlier this year, Malissa was one of five students from Warhill’s PLTW program selected to visit Washington, D.C. and receive national recognition for a school project involving automation, robotics and machining. The event was sponsored by the Association for Career and Technical Education and Project Lead the Way. Teams of high school students from across the country participated.

“We made robots that would help in a small factory setting,” she explains of the project. “If an employee needed a certain material or tool, instead of walking all the way to get whatever they needed, they could just program a robot to deliver whatever they needed to a certain location, and it would save time.”

The Warhill students created the “helper robots” for family-owned businesses that could benefit from a reasonably affordable materials transportation system, Malissa says.

Malissa, who plans to attend Virginia Tech next fall, says her interest in engineering has

meant pursuing a passion that still has some stigma when it comes to her gender.

“Even within the Project Lead the Way classes, I’m usually one out of, at most, three girls in the class. There are usually not many girls taking those classes at all,” she says.

While women have made headway in STEM careers overall, men still outnumber women in computer science and engineering, according to the National Science Foundation.

But Malissa says the fact that she is one of the few girls in those classes has never intimidated her. She attributes much of her success and feeling comfortable in STEM to her Project Lead the Way Teacher, John Aughenbaugh.

“He’s been with me all throughout high school, since ninth grade,” she says. “He has immense knowledge in engineering. If I have any questions, whether it’s engineering related or if I just need guidance, I can always go to Mr. Aughenbaugh.”

Malissa says her classes through Project Lead the Way have also instilled a sense of fun in STEM. She points to a computer-integrated manufacturing class she took last semester where she made various gifts for friends.

“I made a monogram for one of my friends. I

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MAKING SENSE OF INVESTING

made this little picture for my other friend for Christmas. It was double-sided. One side had a pig on it because she likes pigs. The other side had a video game design that we both like," Malissa recalls.

Raised in Indiana, Malissa moved to Williamsburg just before starting her freshman year of high school. For her, the move was a positive one, and it meant that she could be closer to family who lived here.

Having grown up in the military, moving was not a huge deal for Malissa either. Her dad was already living in Virginia and so was her older sister, Camellia, who was at the University of Virginia in graduate school. But it was another older sister who persuaded her the move to Virginia was the right one.

"My sister, Alyssa, told me about all of the pros of moving to Virginia. How we would be close to the beach, and I could go to Busch Gardens with my friends," Malissa says.

But since moving to Williamsburg, Malissa has done far more than that. In addition to participating in Project Lead the Way courses, she also plays the oboe in concert band and the alto sax for marching band at Warhill. She says it was her family, particularly her parents and her two older sisters who inspired her to do well in school.

"My parents were the ones who made sure I focused, and they told me how my grades in high school were going to affect me in the future and help me get into college. That always helped me focus and do what I needed to do," she says.

When it came time to choosing a college, she says it was actually seeing the schools in person that made all of the difference for her. "At first, I felt kind of iffy towards Virginia Tech. It wasn't until last year when I went on a college tour and visited, I realized I really liked the school and what it was about," she says. "I've also talked to alumni from there, and kids who used to be in band with me. They all have great experiences and talk about how it feels like a family. It just sounds like a great place, and I feel like I can fit in there. Also, it's great for engineering, but I didn't get in for engineering. I got in for biology. I happen to really enjoy biology too."

Malissa, who is interested in many scientific processes, says she likes the genetic part of biology. She likes crafting Punnett squares, those diagrams that are used to predict an outcome of a particular cross or breeding experiment.

"I'm not sure where my path will take me," she says. "I'm still exploring. I may stick with biology if I really enjoy it, or I might try to switch out and go into engineering. Even with engineering, there are a lot of branches, and there's so much you can do with it. I'm hoping college will help me to find what I want."

Malissa says she doesn't expect to solve all of the world's problems through engineering or biology, but she does think she can make a positive impact and help others.

For her, it's not hard to imagine a not-so-distant future where if someone needs a kitchen utensil or even a part for their washer or dryer, they can simply print it from a machine in their home, rather than going to a store or ordering the product online. "At the rate we're going, and at the rate people are inventing things and trying to solve new problems, that is definitely something that could be possible," she says.

For now, she's just looking forward to what comes next. "I'm excited to go on to a bigger part of my life," Malissa Reyes says. NDN

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SCOTT-CALVIN VERGELLIO ROLDAN



Lisa W. Cumming Photography

TROPICAL DREAMS

By Ryan Jones

Have you ever wondered what it would be like to trade in the deed to your house for life on a secluded tropical island? Memories of Virginia's late-winter snow make Herman Wouk's madcap depiction of the island-hopping expatriate Norman Paperman tempting for our more adventurous souls. If you are thus inclined, you likely share a common denominator with many in Williamsburg, not

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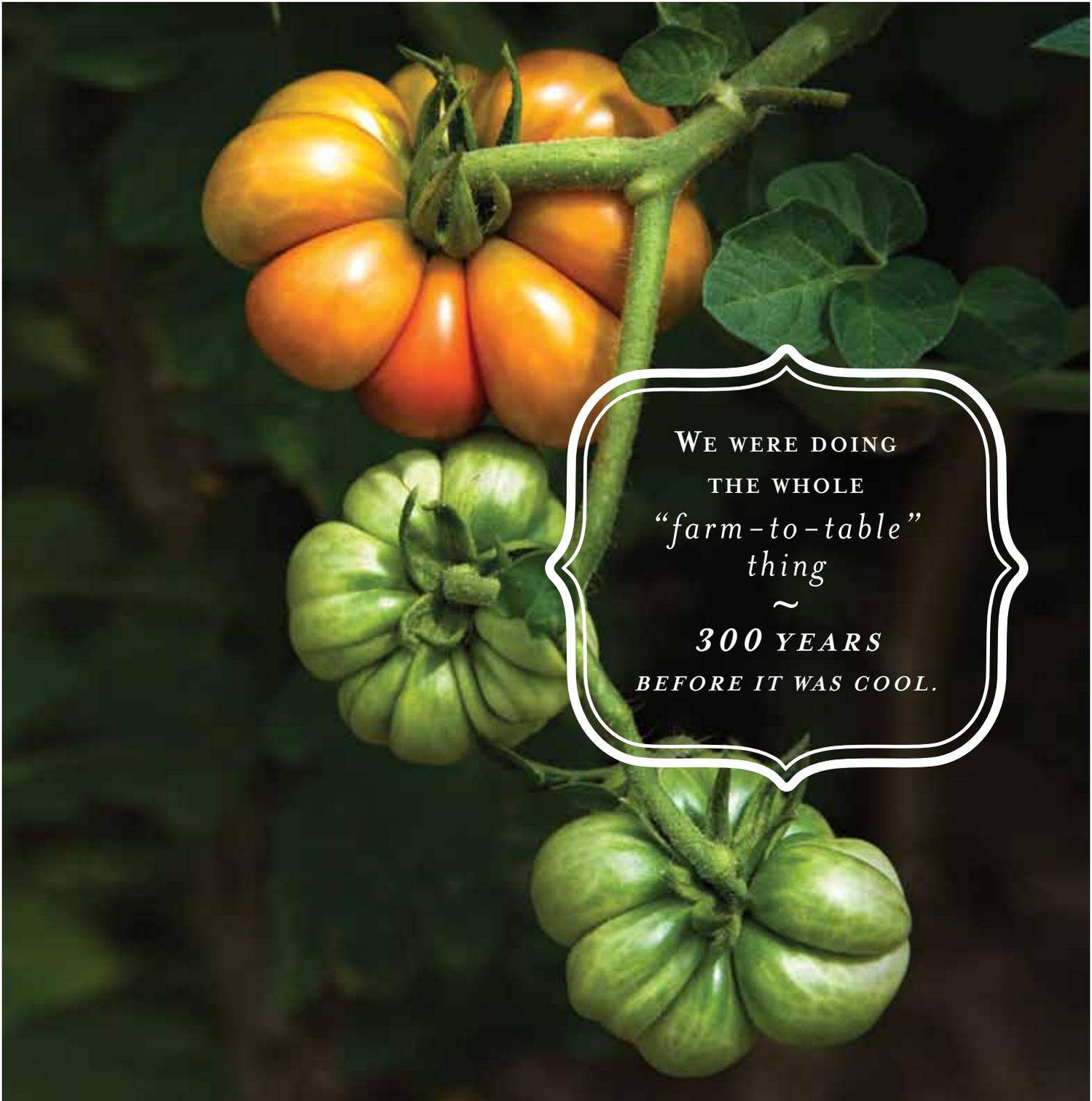
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the least of which is Warhill senior math-wiz and future nuclear engineer, Scott-Calvin Vergellio Roldan, who says simply, "Crowds are not my thing."

Having lived for four years in the Hawaiian Islands before his family was transferred by the U.S. Navy to the balmy island of Okinawa at the southern tip of Japan, Scott says he gets his love of salt water and tropical climates from his early childhood memories.

"Okinawa was more rural than Oahu," he remembers, though he admits his comparisons with Hawaii are a little hazy because of his young age at the transfer. "In Oahu, I remember skyscrapers and traffic. Okinawa is civilized, but not overcrowded, and the lifestyle is different. Okinawa has an interesting history, and I love the food. The sushi is good, and so is the seafood. And there is a dish called Tankatsu that I really like."

For those who have never tried it, Tonkatsu is a deep-fried pork chop served with a sweet and spicy sauce and thinly shredded cabbage. Since Japanese cooks do not typically deep fry

their food, the dish is thought to be a mixture of Japanese and Australian culinary influences. Scott explains that Japanese food found here in America is similar to that in Okinawa, "but some of the ingredients are harder to get your hands on here, so it's not really the same."

The proximity of Okinawa to both Japan and China has made the island a fusion of both cultures. For instance, in Okinawa, the elderly are highly revered, bows are exchanged in lieu of handshakes, and people address each other using the word "san" at the end of the name as a token of respect. Though Scott resided in Okinawa for only three years, the reverence of the culture clearly left an impression on him, which he brought to the United States when his family transferred to Newport News.

While Scott can only hope that fate will award him a reprise in Okinawa, his career path beyond the walls of Warhill High School is a bit more certain. Having been a consistent honor roll student at both Warhill and Dozier Middle School in Newport News, Scott

now plans to follow in his father's footsteps and join the Navy with the intention of becoming a nuclear engineer. According to the U.S. Navy's official website, this career path can involve anything from operating nuclear propulsion plant machinery to controlling auxiliary equipment that supports naval reactors to maintaining the electronic equipment used to send and receive messages, detect enemy planes and ships and determine target distance.

Scott says that in order to pursue a career as a nuclear engineer, he had to do well on his Armed Services Vocational Aptitude Battery (ASVAB) test, and then submit to further aptitude testing to ensure he would make it through the program. Having successfully completed those hurdles, Scott is confident the road ahead will be clear for his approach.

"I leave for Great Lakes, Illinois on September 22 of this year," he says, referring to the Navy's first stop on the journey – boot camp. There, he will undergo a week of screening and processing followed by two weeks of in-



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tense physical training. This training will then be merged with classroom and hands-on technical instruction. After six weeks, Scott will be required to pass a bevy of academic tests as well as run 1.5 miles in under 12:15 and perform 54 curl-ups and 46 push-ups in two minutes.

None of this seems to worry the soft-spoken senior, who says the Navy has been very good at mentally preparing him for boot camp.

“The Navy offers a prep-program on the first and third Thursday of the month,” he says. “There, they explain what will happen at boot camp, what to expect, what to bring and not bring, and other things that will get us ready for the transition.”

In the interim, Scott says he enjoys playing third base for the Warhill Lions baseball team. He also works part-time at Zaxby’s where he says “the team is fun to hang around with.”

Scott says his favorite subjects in high school are math and physics, which is reassuring considering his chosen career path. “I like the problem-solving aspect of them,” he says.

When Scott is not studying, covering third base or working, he says that he enjoys going to the movies, where he tends to prefer action to comedy or drama. His recent favorite was the high profile Fast and Furious 7. In a tragic turn of events, one of the main characters was killed in a car crash before the release of the film, casting a shadow of melancholy over the production. After seeing the movie, Scott says that he thinks many people were emotionally affected by the ending because “they can relate to having a close friend die.”

Hopefully, Scott will have time to see a few more good action movies before summer’s end. When he packs his bags for boot camp in September, he says that he will be leaving two sisters behind, along with his parents. His younger sister is in 10th grade and his older sister is finishing up preparations to get her nursing degree. Meanwhile, Scott says his father is not quite as enthusiastic as he is about moving back overseas. Instead, his dad’s dream-home would be in Tennessee, where the family vacationed several years ago.

“I guess he really liked being out in nature,” Scott says.

Scott ponders what he might do if he had one last jaunt if money were no object this summer.

“Back to Okinawa,” he decides on. “I would hang out at the beach and enjoy the water. The water there is a little clearer than what you find on the beach here in Virginia – I’m not sure why. I’d enjoy the culture there and probably try to find some Tonkatsu for lunch.”

All in all, Scott’s dream vacation doesn’t seem like a bad prelude to life as a nuclear engineer. And who knows – maybe an air-craft carrier at port in Okinawa has a spot reserved for someone who would enjoy life on a tropical island and a second helping of Tonkatsu. If not, the dose of Okinawan culture that is part of Scott’s makeup will certainly warm his environment up a few degrees no matter what his coordinates - even if he’s caught in one of those late-winter snowstorms that remind him of his friends back in Williamsburg. NDN

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TECH BOUND!

By Erin Fryer

For many high school seniors, the idea of departing your hometown and starting over in a new place can breed hesitation and anticipation. Chandler Manns sees starting his new beginning at college as an opportunity to be independent for the first time in his life, and he can't wait.

A senior at Williamsburg Christian Academy, Chandler is a standout student at his school. When he isn't competing on the tennis court, winning big with his Odyssey of the Mind teammates, or logging hours studying for his Advanced Placement classes, Chandler says he waits eagerly for August when he will make the big move to Southwest Virginia to become a Virginia Tech Hokie.



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By Dr. Gregory Schultz, OD, FAAO, ABO

Do you suffer with constant or intermittent eye irritation? Red eyes? Contact lens intolerance? Constant watering or weeping eyes?

You may just have dry eye syndrome (DES) and what you may not know, can be hurting you. In the U.S alone, an estimated 3.8 billion is spent annually directly treating dry eyes. Additionally, the indirect cost to society of lost productivity related to dry eye is estimated at 55.8 billion.

If you suffer from dry eyes you are not alone. Five million Americans age 50 and over suffer along with you. Approximately 3 million are women and 1.5 million are men. That's right, women age 45-65 are the most commonly affected demographic. Additionally, dry eye and the subsequent ravages of Ocular Surface Inflammatory Disease (OSID) are more common after menopause.

If you are young and think you're safe, think again. Dry eye syndrome is not only a condition of the aged. We treat many patients in their 20's and thirties.

What causes dry eye? This is a common question doctors get without a concise answer because dry eye is a chronic multi-factorial disease characterized by disturbances of the tear film and ocular surface. The condition can be exacerbated by certain medications including blood pressure medications, antihistamines, Parkinson's medications, birth control pills, and antidepressants.

There are two main classifications of Dry Eye Disease: Aqueous deficiency dry eye and evaporative dry eye. To fully understand each, one must know a little more about the anatomy of a tear. Your tears are made up of 3 basic layers. A mucous (protein) layer against the eye, an aqueous (water) layer in the middle, and an outer oil (lipid) layer. It is the function of the water layer to provide lubrication to the eye. The outer oil lipid layer prevents the tears from evaporating too quickly and the mucous layer makes the tear adhere to the eye. All layers are criti-

cally important for clear and comfortable vision. It has been estimated that 60-80% of dry eye patients suffer to some degree from the evaporative form of dry eye which stems from a problem with inflammation in the oil glands in the eyelids, called meibomian glands.

A condition commonly known as meibomian gland dysfunction or MGD, accounts for many of the symptoms found in dry eye sufferers. This is because their tear film is unstable and evaporates quickly. There are also those of us that just don't

make enough of the aqueous portion of the tear film called "aqueous deficient" dry eye. In these patients the lacrimal glands, or water producing glands, are damaged or dysfunctional. This is either due to age related atrophy of the lacrimal and accessory lacrimal glands or due to an auto-immune disease mediated by T-cells (lymphocytes).

Dry eye in the young (less than 60 years old) is actually an auto-immune disease. Many patients over the years with aqueous deficiency dry eye have been treated with lubricants such as artificial tear supplements, ointments, and gels. Medical treatments including Restasis have great potential benefits for the aqueous deficient dry eye patient.

Meibomian Gland Dysfunction (MGD) has gained a great deal of attention from experts in the area of ocular surface disease over the last 5-10 years, as it seems to be intimately tied to dry eye symptoms. Traditional therapies for (MGD) have included hot compresses, spe-

cial artificial tears, lid scrubs, topical steroids/antibiotics/oral antibiotics and omega 3 fatty acids. These therapies have offered only marginal



Dr. Gregory Schultz

success requiring strict compliance by the patient.

Now a new procedure has become available for our patients with evaporative dry eye disease. The procedure is called Lipiflow by TearScience and is now being offered at the Eye Center of Virginia here in Williamsburg. Eye Center of Virginia is one of only seven practices in the state to have this new FDA-approved technology. Does it work? The procedure has passed the muster at several major university teaching hospitals and research centers including Bascom Palmer at the University of Miami,

Duke University Eye Center, the Schepens Eye Research Institute at Harvard Medical School, and Wills Eye in Philadelphia.

"The Lipiflow procedure is a new approach to treating an age old problem", according to Dr. Schultz. "All the research is suggesting the procedure is more effective and a more complete treatment than traditional therapies, which can take months or even years to see results.

"Traditional therapies do not bring long lasting relief to everyone," Schultz says. "This procedure is by far more effective for evaporative dry eye patients than anything else to date."

The Lipiflow treatment is a painless/non-invasive 12 minute thermal pulsation procedure. Lipiflow uses a precise combination of heat and gentle pulsatile pressure applied to a patient's eye lids that unblocks obstructed oil glands.

The problem in patients with evaporative dry eye and (MGD) is that their bodies produce an oil in the glands that is too thick and heavy for normal oil release to occur with natural blinking. Heavy oil resting in these glands for many months or years creates inflammation and scar tissue within the glands blocking them or shutting them down completely Schultz says.

Now we have a way to painlessly release this "toxic" oil and restore function to these glands that would otherwise atrophy and degenerate.

The Eye Center of Virginia is developing a new dry eye research center which will be called the Dry Eye Institute at its current site and will offer every diagnostic test and treatment for dry eye available.



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Chandler, a straight “A” student with an impressive 3.92 grade point average, was a top applicant at several colleges throughout the eastern seaboard. Aside from excelling in his classes, Chandler’s scholastic resume is jam-packed with a number of academic honors, including Mu Alpha Theta Honors Society, National Honors Society, Tri-M Music Honors Society, and he was a recipient of a Duke of Edinburgh Award.

On top of racking up an impressive academic resume, Chandler also excels in his extra-curricular activities. He was a B.E.S.T. Robotics finalist in 2014, Odyssey of the Mind world finalist in 2014 and 2015, played overseas in London and Paris as a part of the High School Strings Orchestra, an active participant in the Key Club throughout high school and an avid tennis player at WCA.

“I was accepted to Purdue, Indiana University, Penn State, Syracuse, George Mason and Clemson, but none of them really reached the bar that my first campus tour had set for me,” Chandler says. “I toured Virginia Tech first, and ultimately made the decision to go there.

I can’t wait.”

There are only a few things standing between Chandler and his big break for Blacksburg. Chandler recently finished up his senior year, which he says proved to be quite challenging, but he still excelled.

“Chemistry was my favorite class,” Chandler says. “It’s a small class, and it’s hard to explain why I find it so interesting.” The class, which focuses on atoms and molecules and their interaction and transformation, is only one of the two AP science classes Chandler challenged himself with his last semester of high school. The other class, Physics, Chandler says was the most challenging by far.

Originally from Canada, Chandler and his family have lived right outside of Williamsburg in Toano for the past decade. His father, a website developer, is a big part of Chandler’s life who Chandler describes as his “biggest inspiration.”

Chandler says his father is his role model because he has always provided for their family and has found success in his career. Also enamored by computers and the web, Chandler

is pursuing a degree in computer science when he arrives at Tech.

“I really like how Tech is so well known for their engineering programs, and while I don’t plan to pursue computer engineering, I am excited to do computer science because I am more interested in the software aspect rather than the hardware.”

In terms of leaving WCA where he has been a student for ten years, Chandler says he will miss his fellow students the most. At such a small school, with a student body of only 284, Chandler says all of the students are very close. “I know I will have to go out of my comfort zone a little more at college and meet new people,” he says. “I’m really looking forward to it.”

Chandler’s classmates also think a lot of him, as they selected him for this year’s homecoming king. “That was pretty exciting,” he says. “It was fun to be recognized like that.”

One more exciting thing before Chandler leaves high school is that he will get one last chance to compete with WCA’s Odyssey of the Mind team. Chandler joined the team in 8th grade and took a break until last year when he

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joined again for his junior and senior years.

“Being with the team is so much fun,” he says. “We have all gotten very close.” Chandler and his Odyssey of the Mind teammates were one of 800 teams selected to travel to Michigan State University in May to compete in the 36th annual Odyssey of the Mind World Finals.

“Competing in the world finals with the team is a lot of fun,” he says. “There are students who come from Portugal, Singapore, and several other international destinations so it’s exciting to meet and compete with so many different people.”

Chandler says the thing he is looking forward to most about his new beginning at college is getting the opportunity to be independent.

While he has made the difficult decision on what school to attend, Chandler laughs when asked if he knows what he wants to be when he grows up. “I am still working on that part,” he says. “I know I like software programming, and I know my time at Tech will help me better decide what I want to do.”

While Chandler enjoys being on the WCA

tennis team, he says he will likely not continue to play at Tech. “I am sure I will play for fun, but I will be focusing on my classes when I get to school,” he says.

Chandler says if he could have dinner with a historic person, he would have to pick Thomas Jefferson. “I know that is probably not the best thing to say because of his association with UVA,” Chandler laughs, in true Hokie fashion. “However, he was an extremely important person in the founding of our country and I think he would be an interesting person to meet.”

As for after graduation, Chandler has an exciting summer planned before he has to get acquainted to dorm life. “We have family in Europe, so I will be going over there and visiting Germany, England, Italy and Czech Republic,” he says. “After Czech Republic, I will be parting ways with my family and meeting a friend of mine who also goes to WCA in South Korea.”

With the excitement of travelling abroad this summer, he says that if that wasn’t happening, he would have attended the summer academy at Tech. “I think that would have made the transition easier when I start in the fall and

would have helped me get better acquainted with the school.”

With an academic profile as impressive as Chandler’s, it’s obvious that he keeps pretty busy. However, just like any other high school senior, Chandler enjoys going to the movies with his friends and just hanging out.

He adds that in his senior class, he’s a bit of a comedian. “I would describe my personality as the comic relief,” he says with a laugh. “I always try to find the funny side of things.”

As for the juniors at his small school who will be in his shoes this time next year, Chandler’s advice to them is to plan early and start visiting colleges as soon as possible. While Chandler was able to visit the schools where he was accepted, he said he ended up waiting until the last minute and everything happened very fast.

Chandler says his favorite part about growing up in Toano is the people. “I know a lot of people and will miss the familiar faces of my neighbors and classmates when I leave for college,” he explains. “However, I am excited to meet new people.” NDN



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Lisa W. Cumming Photography

A Leap of Faith

By Linda Landreth Phelps

“My story wouldn’t be mine without talking about God,” Summer Zacharias says. “The most important relationship in my life is with Him.”

Summer’s friends, most of whom she’s known since kindergarten, are seniors at Bruton High School, and this month’s hot topic is where they’re going to college after graduation. Summer’s path isn’t quite so straightforward. She’s taking a leap of faith in the most literal sense, one which will eventually take her more than 9,000 miles from her Williamsburg home.

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JUNE EVENTS

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Join Martha Washington as she tells stories of the Revolutionary War, and of the children who visited the winter camps near Valley Forge. Then design a badge to thank those who fought.

Little Citizens – Saturdays, June 20 & 27, 1:45 p.m.
Join one of the Revolutionary City's Founding Fathers at this event designed for young audiences. Learn the stories, ideas, and struggles of a young nation, then create your own version of the Bill of Rights

Thunderbirds: Jewelry of the Santo Domingo Pueblo – Saturday, June 27, 11:30 a.m.

Guest curator and collector Roddy Moore explains the magic of Santo Domingo jewelry and how he first came under its spell.

Masonic Music Concert – Saturday, June 20, 4 p.m.
Join David Gardner, award-winning fiddler and Master Mason, for a fun-packed hour of music from an 18th-century Table Lodge ceremony – the music that entertained Masons like George Washington and Benjamin Franklin. *Included in museum admission.*

A Grand Conversation on Napoleon – Thursday June 18, 5:30 p.m.
On the 200th anniversary of the Battle of Waterloo, join Barry and Lynn Trott and Brian Forsman to hear songs and fiddle tunes about Napoleon, Lord Nelson, the soldiers and sailors, and their loved ones back home. *Included in Museum admission.*

America's Music Series – Tuesdays

June 2, 11:30 a.m.

Paddy's Green Shamrock Shore & Other Songs of the Irish Diaspora

June 9, 11:30 a.m.

Scotland's Influence on America's Music

June 16, 4 p.m.

Banjo on My Knee

June 23, 4 p.m.

America's Music: Yankee Doodle Dandy

June 30, 4 p.m.

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which include taking a year off before going away to college," she says.

Summer says she'd always thought she wanted a traditional college experience followed by a lucrative career in business. With that in mind, she toured several college campuses while playing field hockey tournaments last year. "I really loved everything about Virginia Tech, so I decided that's where I'd apply," she says. "It seemed like a perfect fit for me, but I just didn't feel peaceful about the decision. Instead of feeling excited, I couldn't figure out why a sense of heaviness accompanied the thought of college," Summer remembers. Was this really what she wanted, she wondered, or just what was expected of her, the next logical step for a girl who was president of Bruton's Student Council Association as well as an officer of their National Honor Society?

Summer had been focused on providing security for herself and a potential future family, but as the time to apply to Tech drew nearer, she felt that focus waver. Last November she attended a church conference which made her suspect God was leading her elsewhere.

"I'd been to these conferences before, but this year was different. I was strongly drawn to the idea that there might be a future for me in church leadership." She felt the need for guidance, but didn't want to be influenced by her family, teachers or church mentors. "As much as I appreciate all these people pouring themselves into my life, I wanted this decision to be between me and Jesus," Summer says. "My life's been a series of small 'yes' moments. I've said, 'Yes, God, I'll be obedient in this small thing,' then the next one, and so on. I wanted to be obedient in this step, too, to be sure of my calling, because I know He's got a bigger plan than I can see, that's for sure."

After Summer spent some time in prayer, she began looking into specifically Christian schools for the first time. She heard about Hillsong International Leadership College, both a large, dynamic church and a respected Bible college with a degree-granting Bachelor of Theology program. Hillsong features different streams of emphasis, from music to administration. Summer was especially interested in their Pastoral Leadership track.

"I'd already looked at a ton of places, but I was so excited when I read about this one! It's a perfect marriage of everything I was looking for. When I realized Hillsong was in Sydney, Australia, halfway around the world, I thought no way could I possibly do it. Then the more I prayed, the more sure I was that this is where I'm supposed to be."

Summer grew up attending Christian Life Center on Longhill Road, now known as Life Church. "I really started taking my relationship with God seriously in middle school, which was a difficult time for me," she says. Summer had seen heartbreaking consequences of others' poor decisions and knew she wanted something different. "I decided to give my life to God and trust Him to guide me. That was a really big deal, a pivotal time that led me to grow up a little faster."

Now, displaying a maturity far beyond her 18 years, Summer is co-leading a Bible study group for girls. This is Summer's second year in this ministry. "I was afraid that my time commitment as captain of the field hockey team this year might mean I wasn't able to do my best job alone, so I asked my friend Shaylea to help," she says. Their Tuesday mornings at 6:00 a.m. are reserved for cappuccinos and Christian fellowship at Starbucks, usually with eight core attendees and more who

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come as time and circumstances allow. When Summer gets up, most high schoolers might still be snugly asleep or hurriedly catching up on homework, but she has no regrets about any lost hours of sleep or study.

Many of her girls are young, underclass students, with only two drivers in the group. Summer says, "If they can get up early enough to walk to Starbucks, I'm happy to be there for them!" They pray together, study the Bible and talk about what's relevant in their lives, whether it's friends, the stress of exams or problems at home or school, and how their faith can help them stay strong in any circumstance. "We have a good time and it's really cool to watch the girls walk in to school together, proud that they've been committed enough to make that effort."

Summer isn't doing this to enhance a college application or because she's seeking recognition in any way. She's a natural leader who's paying forward the time spent with her own spiritual mentor, Holly Aman, recently named youth pastor of Life Church, whom she'll be shadowing and assisting next year.

"Starting when I was in 6th grade, Holly peeled herself out of bed and picked me up at my house every Friday morning," Summer recalls. "We'd hang out and spend some time together. I'm in 12th grade now, so she's done this every week for six years."

At this point, Summer feels she's destined to minister in some way, but doesn't yet know exactly what that service will look like. The next year of internship may help solidify her goals before she departs for Australia in July of 2016.

It's every parent's dilemma: The problem with raising children to be self-sufficient and courageous is that they grow up to leave us, even taking giant, 9,000 mile leaps of faith. Summer's parents, divorced since she and her two brothers and sister were young, will both miss her very much. Summer's mother, Julie, and she have always been especially close.

"My mother's excited for me and believes that God wants me to go, but I'm sure it will be hard to say goodbye," she says. Little sister Kalandineiko, in 6th grade this year, has always looked to Summer as a role model. "I'm encouraging her to make good choices, but to be herself. She's awesome and is into dance and theater," says the proud big sister.

An extended time in another country may be a challenging transition for Summer, as well. "I've lived in the same town, same house, even the same room since I was born," Summer says. "But I think it must be less difficult to be the person going off on an exciting journey than the one waving goodbye."

As for her plans for Hillsong International, she's certain of her decision to go, but unsure how the details will play out. Tuition is lower than typical U.S. colleges, about \$7,000 a year, but considering transportation and living costs, it will bring the annual total to about \$20,000. International scholarships aren't readily available, even for people like Summer Zacharias with stellar grades and outstanding leadership potential. She's working on finding the necessary financial assistance, but refuses to stress about it. This is the point at which her strong faith is fully evidenced. "It's still more than a year away, and I know that if God wants me there," Summer says with a smile of serene confidence, "He'll make sure it happens." NDN

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Mental and physical incapacity caused by an accident, injury, or illness results in the family member being incapable of making informed decisions about their finances and well-being. Without a comprehensive incapacity plan in place, a court will appoint someone to take control of an incapacitated person's assets and make all personal and medical decisions on the person's behalf under a court-supervised guardianship or conservatorship. The family often will lose valuable time, money, and control until the family member either regains capacity or dies.

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2. **REVOCABLE LIVING TRUST.** With a typical revocable living trust, the Trustmaker is also the Trustee and Beneficiary. If the Trustmaker/Trustee/Beneficiary becomes incapacitated, then someone else (usually a family member)

is named to step in as the Successor Trustee to manage the trust assets for the benefit of the incapacitated Trustmaker/Beneficiary. Incapacity that is defined in the trust is a private process through the opinion of two physicians instead of a probate court through a guardianship proceeding.

3. **ADVANCE MEDICAL DOCUMENT.** The Advance Medical Directive includes the following sections: 1) **Medical Power of Attorney.** This gives an agent the authority to make health-care decisions if the person signing the document becomes incapacitated. 2) **Living Will.** This gives an agent the authority to make life-sustaining or life-ending decisions if the person signing the document becomes terminal. 3) **HIPAA Authorization.** This legal document gives a doctor or other health-care provider the authority to disclose medical information to the agent selected by the patient.

This is important: Virginia overhauled its Health Care Decisions Act in 2009 and adopted the new Uniform Power of Attorney Act in 2010. As a result, if you have not updated your incapacity planning documents since 2010, now is an excellent time to take advantage of the new planning opportunities these laws provide that will ensure any disability event will remain private and free of an expensive public court proceeding.

You are welcome to call our firm and ask for a no obligation private conference with one of our attorneys about an Incapacity Plan or attend one of our public educational seminars listed on our website www.carrellblanton.com.

International Goals

By Narielle Living

Lisa W. Cumming Photography

As the school year comes to an end, high school seniors across the country are poised to step into their future, with plans and expectations of what will come. J'onta Smith, a senior at Bruton High School, admits that while he will miss some of the people from school, he is ready to move on.

"I'm sure there will be times when I wish I was still here," he says, acknowledging his nostalgia for his school experience. "Then there are

times that I'm glad it's almost over with. Overall, I'll probably miss certain aspects of it, but I'm ready to move on. I think you have to mature as a person, and I'm ready for that stage."

J'onta and his family moved from Kentucky to the Williamsburg area in 2005, when he was in third grade. "From that moment on I've been enrolled in schools in Virginia, originally James City County, and when I was in fourth grade we moved to Queens Lake Middle School, and

now I'm here." He and his family enjoy the area, and he feels fortunate to live here.

As a child, J'onta, like many others, had visions of what he wanted to be when he grew up. "Originally it was kind of a cliché. I wanted to be an astronaut, then a scientist. I didn't know what field, but I knew I liked science a lot, so maybe biology. I also liked chemistry a lot," he says, adding that his mind would change after discovering more about each field. "As you look

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into these things, you find out you don't really like math or something, or you think about the dangers of being an astronaut and going up there and what could possibly happen, you change your mind." For a while he wanted to be a pilot and fly jets, but by ninth grade had decided against that career. Now, as he prepares for college, he is considering a major in law and a minor in business.

J'onta has the beginnings of a five-year plan for himself. "I would like to be working for an international company of some sort after graduating college, maybe even starting a business overseas. I also like giving speeches. I'm proficient in Spanish, and one of my goals is to be able to give speeches in Spanish."

When he is not in school or studying, J'onta, who is class president, keeps himself busy with extracurricular activities such as the National Honor Society (NHS), and Chemistry Honor Society. Being a member of the NHS requires students to commit to a minimum of fifteen service hours, and J'onta's advisor wants it divided into 7 or 8 in school, and 7 or 8 outside of school. "It's a fun group. It's good for academics," J'onta says. "I believe we're like iron, we sharpen one another, so when you're surrounded by other people who are motivated in school and do well you tend to want to push for that as well. That's the significance of this group, being there for each other."

In his spare time, he likes to read books related to ancient African history. Because he finds the topic so interesting, he and a friend organized a club called the African Heritage Council. "I wrote the proposal for that, and from that moment on, which was my sophomore year, until today, I've been interested in African history."

J'onta plans to expand the club, and would like to continue it at college. "Of course you've got to have support from the student body, and that is a factor I cannot control or determine, but it's worth a try," he says. "If it flies, which I hope it will, I'll do everything I can to make sure it makes it, but I can only do so much myself. I want to continue this club at a collegiate level."

As with many seniors, choosing a college was a journey for J'onta. He did his research, visited schools and wrote numerous essays. After much consideration, he believes he has made his choice. According to him, he will most likely attend Lynchburg College, who has offered him a good scholarship, although nothing is finalized yet.

"I studied graduation rates at the schools, and Lynchburg has around a 50% graduation rate because of student transfers," he says. Ironically, he adds, that is his plan as well. He realizes it will be difficult to maintain all A's in his first 2 years of college, but that is his goal. "My plans are to transfer to a prestigious school in my third year, so I'm targeting getting my GPA up and maintaining perfect straight A's. I know it's very challenging for new students, or when adjusting to the atmosphere, but that's my plan."

His family is very supportive of his plans and goals, and offered sound advice for his future. "They want me to go after the degree I wanted, but advised me not to pursue a job only for money, because that is what leads a lot of people to be unhappy. The average American changes jobs, or occupations, six or seven times, because they are trying to go after a job

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that pays a lot of money.” J’onta agrees with this philosophy, and talks about balancing what you love to do with being practical. He says that he wants an education in something he loves that also has a good job market. “My parents have a friend whose daughter went to Harvard and got a degree in medieval literature. That’s nice, but the problem is there’s no market for it, and now she has to get something that can support her financially. She’s going back to school because of that.”

J’onta looks back at his education and states without hesitation that he has had a wonderful experience with all of his teachers here. In fact, when asked about a favorite teacher, he could not pinpoint just one. “The students, of course we talk about our favorite teacher, or who we admire most. To be honest, I couldn’t pick one. What I found is that I had at least two teachers that I really liked in each subject, and I’m grateful I was their student.”

He feels that being surrounded by so many good teachers speaks to the quality of the education he received. “The teachers here are very well qualified for their job. We all know that not everyone can teach, but I’ve been grateful for the majority of my teachers.” J’onta says that his teachers helped him to develop both as a scholar and as a person. “I feel well prepared for college with the things I’ll need, like writing and math skills. Because of that, I’m not scared or anything, and I’m actually looking forward to it. I think that’s because of the teachers. They are really magnificent.”

J’onta acknowledges that his generation has challenges they must face as they move into their future. He lists social issues, economics and international relations as a few of the things he believes will need to be addressed. “I feel like there’s no single answer to the challenges facing our generation. I’d say we have a lot of social issues confronting us right now, such as race relations. Our country is in tremendous debt, so we’re going to have to figure out how to deal with that, and we have quite a bit to overcome with international affairs. But looking back, what generation hasn’t had to deal with these things?”

He goes on to say that he believes once people can mobilize and stabilize race relations, the education system will see a big change. “Everyone wants to skip the education aspects, because it takes the longest, so it’s the most frustrating. That’s what a lot of leaders have been doing, both black and white, because it takes time and money. Improving things in education may not be able to be done in one generation, but I believe that we as a people have to really organize ourselves. If we want to make it better or to our advantage we can do that, but we’re not doing it yet.” J’onta Smith says that he really likes Williamsburg and that it is a nice, safe city. The one thing he truly stresses is that the education systems here are excellent. “I know they have their faults here and there, but the educational systems are magnificent. The teachers care about their students, and that’s what really builds our community. The teachers and the parents care and keep our school systems safe. I’m grateful that these teachers, and the parents, have been the ones who’ve supported us so strongly, and motivated us, and taught us the things we need. They don’t just come in to collect a paycheck. The Williamsburg community, in terms of education, it’s the place to be.” NDN

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HEADING TO NOTRE DAME

By Lillian Stevens

Having taken many weekend and summer road trips with her family, Walsingham Academy senior Marisa Ross is well-traveled. Indeed, listening to Marisa describe the places she has lived sounds like the ultimate road trip. She was born in Fairfax, Virginia, but has also lived in Peru, Turkey and Colombia.

“My dad works for the military so we have moved around a lot,” she says.

Most recently, the family lived in Texas before relocating to Williamsburg where they have made their home for approximately four years now. Soon, Marisa will travel to a new destination: South Bend, Indiana. There, she will join the ranks of the University of Notre Dame’s class of 2019.

“About three years ago, I went to Notre Dame for a youth conference with my youth ministry group and fell in love with the school,” Marisa says. “Of course, they are well-known for academics and sports but there is so much more. Notre Dame has a strong faith and ethics base that’s a big part of who they are. That really appealed to me because I think it makes the students well rounded people.”



Lisa W. Cumming Photography

Her near-term plan is to study environmental engineering. “I remember back in maybe fifth grade or so when we studied renewable and nonrenewable resources,” Marisa says. “When I first heard about solar panels, I remember thinking that everyone should have these to

power homes and buildings, since the sun is inexhaustible.”

She is passionate about the earth and about sustaining it. “I hope that giving back to the community will be a core part of my career,” she says. “I feel as though environmental engineering can provide me that focus since all seven billion people share this earth. The resources the earth has affect everyone, so I want to make the most of what the earth has to offer and do my part to make it sustainable. I hope my work will involve harnessing renewable resources to make them accessible to both global and local communities.”

Marisa is also a long-time member of Key Club and passionate about public service. She has served as a small group leader for St. Bede’s youth ministry and also as Co-President (with her friend Mackenzie) for

Walsingham’s Mercy Ministry Team.

“Mercy Ministry Team recently organized a fund-raiser to help people in developing countries find access to clean water. The funds we were able to raise will go toward helping developing countries build wells, affording them

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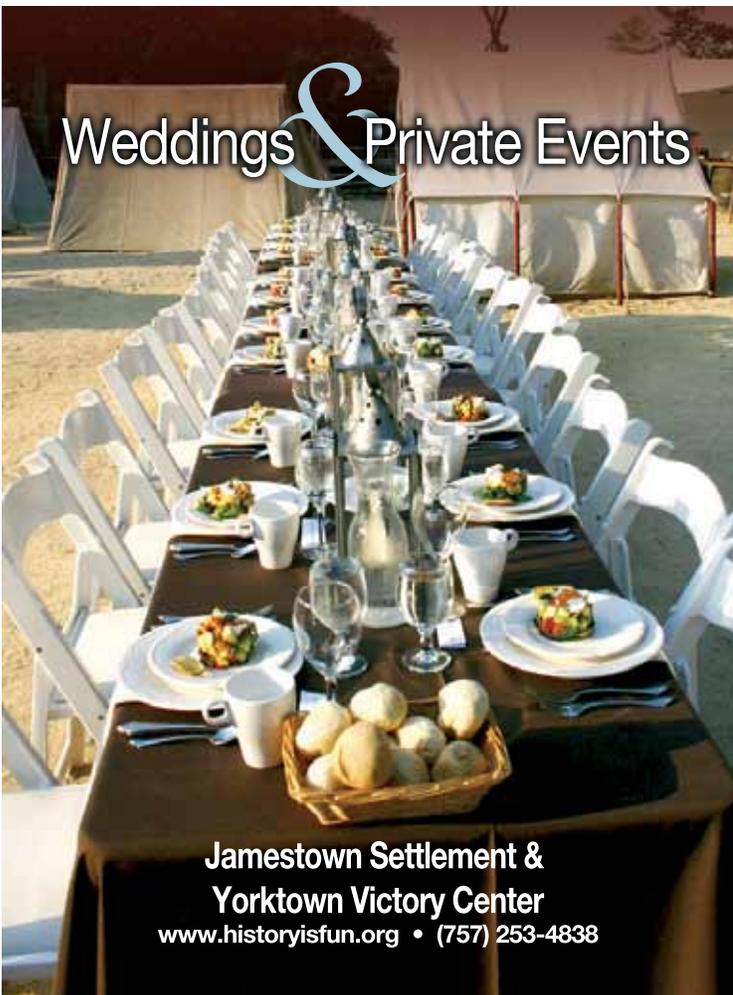
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better access to clean, fresh water. That is at the heart of what community is about. I like being a part of service opportunities that contribute not just to our local community but beyond.”

The team also spearheaded a diaper drive, and collected almost 2,000 diapers for the Hope Pregnancy Center in Williamsburg.

Marisa says it feels like just yesterday when she transferred to Walsingham as a sophomore, having attended Bruton High School for her freshman year. It has been a busy three years – a bit of a whirlwind.

“I don’t know where the time has gone!” she exclaims.

In addition to her scholastic pursuits there have been many extracurricular activities, including sports and music. She has participated in Tae Kwon Do for seven years and has played as goalie for both Bruton and Walsingham for the past three years. Unfortunately, a torn ACL took her out of commission on the soccer field this year.

“I picked up soccer during freshman year at Bruton,” she says. “And I have continued playing soccer here. I think soccer is fun because I haven’t been playing it as long as I’ve been involved in Tae Kwon Do so it feels like I’m always learning something new. Plus, I like playing with a team, especially because of all the bonding that comes with being part of one.”

Marisa is an accomplished violinist, having played the instrument since she was in the 5th grade. “I played in school orchestra and when we moved here I joined the Williamsburg Youth Orchestra. I’ve been playing with them since freshman year. I will try to find a way to keep playing the violin through college, maybe through a small ensemble because music has been a part of my life for so long.”

For all that she has been fortunate to experience and for the years that lie ahead, she credits her parents and her teachers for their support and guidance. “My parents are the best parents ever,” she says. “I am truly blessed. My parents have steered me in a good direction and have given me the freedom to choose my interests. They have always taught me that if I really want something, I have to work for it, and that I can do whatever I set my mind to. Plus I always have them for support, advice and guidance.”

Marisa also has nice things to say about the teachers, coaches and leaders at Walsingham. “If I can give a shout out to all of them, I’d like to do that,” she says with a laugh. “But I really learned a lot from Mrs. (Angie) Baker who I had for Chemistry and AP Chemistry. No matter how difficult it was, she was able to explain everything well. And Mrs. (Maria) Torchick too. At first I wasn’t fond of Spanish, so I figured I would stop at Spanish IV to fulfill the requirement. Taking Spanish IV with her as my teacher for the first time, however, made me love it. That’s why I went onto AP instead of stopping at Spanish IV. And Mrs. (Kathy) Eanes, my English teacher, has always been there for me. Although I was no longer in her class, she helped me with my college essays and developing my writing.”

In terms of other role models, Marisa also looks up to Malala Yousafzai, the well-known human rights Pakistani activist for human rights and women who - not yet out of her own teens - is the youngest-ever Nobel Prize laureate.

Like her young peers, Marisa says that it can be a challenge to balance everything on her plate.

“Sometimes I have to find a way to compromise so that I can do the things I need to do while finding time for things I want to do.”

Over the Christmas break in 2013, for instance, the Walsingham Academy Madrigals, a choral group of the academy’s Upper School, sang at the Vatican. With 37 of her fellow choir mates, Marisa was seated

some 35 feet from the Pope. They sang with the Sistine Chapel Choir at two papal masses and also sang the prelude at the Te Deum liturgy.

"Music is one of those universal languages that everyone can appreciate," Marisa says. "I felt surreal being so close to the Pope in St. Peter's Basilica. I had to soak in the experience because I was extremely fortunate to be there, and unfortunately I can't go to mass with the Pope every Sunday."

When she thinks about graduation from the school that has been such a large part of her life, it's bittersweet.

"I have mixed emotions," she admits. "It's

exciting but sad too because I will miss coming here each day with friends. We see each other in class every day and I will miss the moments that we spent together as a class. I'll miss the trips and retreats. And living away from my family will certainly be different, but exciting and new all at the same time."

As she looks to her future at Notre Dame, she is filled with anticipation. "It will be exciting to see how I'm going to face the new experience," she says. "Will it be difficult at first? Will I just dive into it? What will it be like? I can't wait to see what the future holds for me."

Long-term, she hopes to travel the world

and experience new cultures, finding ways to incorporate renewable resources into the lives of those in developing countries.

"I see myself going in a charitable direction because I want to use my passions to contribute to the world," Marisa says. "Walsingham has brought out my confidence so that I could become a leader in the local community, and I think this skill will give me a solid foundation at Notre Dame. Both schools have and will provide me with insight into how to become a citizen that is more aware of communities and ideas that extend beyond my everyday environment." NDN

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Discovery!

By Brandy Centolanza

Afrikka Abdul-Haqq, a senior at Jamestown High School, is excited to put on her cap and gown and receive her diploma in a few short weeks. "I'm so ready," she says with a smile. "I'm really looking forward to what is next."

Afrikka credits her upbringing as part of preparing her for life in the real world. Growing up in North Carolina, Afrikka attended numerous public and private schools during her elementary school years.

She started kindergarten at St. Sya Academy, an African-based school in Durham, North Carolina. She treasures her experience at the academy, where she learned all about African

culture, including how to speak Swahili. "I love knowing about my ancestors," Afrikka says. "I love having that connection to my ancestors, learning about what they did, how they dressed, about their culture. That's why I have my name. I think it's important to know that history."

Afrikka attended St. Sya Academy for two years, then moved on to several other schools, both public as well as private, Christian-based schools before moving to Williamsburg when she was in middle school.

"I attended many diverse schools, all types of schools," Afrikka states. "I think it has made me more open-minded. I've met many differ-

ent types of people from different backgrounds, and I've learned how to deal with different types of people. I think that's one of the biggest lessons that being educated the way I have has taught me."

During her four years at Jamestown High School, Afrikka has certainly interacted with various people through all of the organizations she has been involved in. Afrikka has been active with Student 2 Student, a club in which members help transfer students adjust to life at Jamestown High School.

"I like meeting new people, and telling them all about what there is to do here," Afrikka says.

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Afrikka has also devoted time to community service through the French Club, where she's helped prepare care packages for patients at Eastern State Hospital, and through the English Honor Society, where she's assisted middle school students with their homework at Berkeley Middle School. Afrikka has also been involved with band, track & field and the Scholastic Bowl during her time at Jamestown High School.

"I really enjoy helping people and networking with people because you never know where you will meet someone later on," Afrikka says. Beyond Jamestown High School, Afrikka has been active with Project Discovery, a community service-based organization through the Williamsburg-James City Community Action Agency that provides workshops and assistance to students who need help preparing for college. Afrikka joined Project Discovery in the eighth grade while at Berkeley Middle School at the encouragement of her mother, Stephanie.

"I like it," she says. "They help with visits to colleges, looking for scholarships and other finances. You also get to meet people from other schools, and I also love the field trips and visiting all the different colleges. I really liked visit-

ing the University of Richmond."

Perhaps her biggest achievement at Jamestown High School, however, has been acceptance into The Governor's School for Science and Technology in Hampton. The Governor's School provides gifted high school students in the area with the opportunity to participate in college level courses to better prepare them for post-secondary education. Afrikka began attending The Governor's School her junior year. She takes biology courses and other math and science classes in the morning at The Governor's School and then finishes up her school day at Jamestown High School.

"I wanted to try it to see if I was really interested in science, to see if science was something for me, before I started college," Afrikka explains. "It's very intense. It's been a challenge, but it has really prepared me for college. It's an actual college experience, and the professors only expect the best from you. It's been beneficial."

The two-year program includes a mentorship piece. This year, Afrikka has been working as a mentor under Dr. Feng Li, an assistant professor of pharmaceuticals at Hampton University. Afrikka works with Dr. Li for three hours twice

a week after school, aiding him with cancer research.

"We are trying to create drug delivery, trying to put a drug into nanoparticles to help it go directly to cancer tumors," Afrikka says. "It is a way to avoid side effects such as hair loss. I like it because we actually get to work in a real lab. You learn tons of stuff. It's more hands-on and not just reading out of a book, which I really like. I like science because I like that you can discover something new. It is not like English or History where everything is set in stone."

Afrikka also has a fondness for Dr. Li. "He's really nice," Afrikka says. "He has shown us how to do the work and then has slowly given us the reign. He's very encouraging and funny."

These are also qualities Afrikka has appreciated in her teachers through her high school years. Her favorite classes have been Advanced American Studies last year and AP Literature this year.

"Both my teachers for Advanced American Studies were very funny," Afrikka says. "My AP Literature teacher is quirky. I like the discussions we have in her class about current events. I think any time a teacher talks to you about anything that is current, whether it is pop cul-

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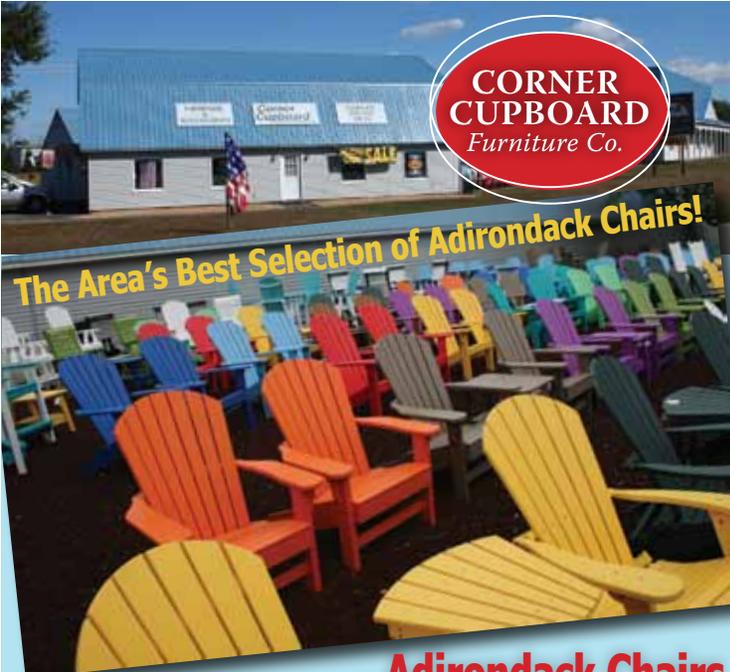


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ture or what is making history, it makes them more relatable to you.”

Afrikka’s family has also been a great influence during her final years of high school. Afrikka often spends time with her grandmother, Harriette, after school at her home in Newport News.

“She’s one of the people who nudged me to go to the Governor’s School,” she says. “She’s always telling me to be the best that I can be.”

Her father, Morocco, also encouraged her to take care of herself. “When I was growing up, he always told me to only worry about myself and how I want to do things, and to do what is best for me and not to worry about what other people think of me,” Afrikka recalls. “I’ve always been really focused on myself because of that.”

Afrikka has a great deal of independence for someone her age. “Most things that the kids’ parents around here do for them, I have had to do for myself,” Afrikka says. “My mom works a lot, so I often have to figure out what to eat on my own, how to pay for things, how to get where I am going. It really teaches you how to grow up, as well as time management.”

Yet, she still finds time to be a kid. She enjoys spending time with friends as often as she can, given her busy schedule. “We like to split a pizza together from Little Caesar’s, and just sit and talk and laugh and have fun,” she says.

In the fall, Afrikka plans to attend Johnson C. Smith University in Charlotte, North Carolina on a merit scholarship.

“Right now, I am unsure what I want to study, so I am just going to go with the flow,” she says.

Just like she plans to do this summer after she graduates. “I want to finally learn how to drive this summer, get a job and enjoy life a little bit before college starts,” Afrikka says. NDN



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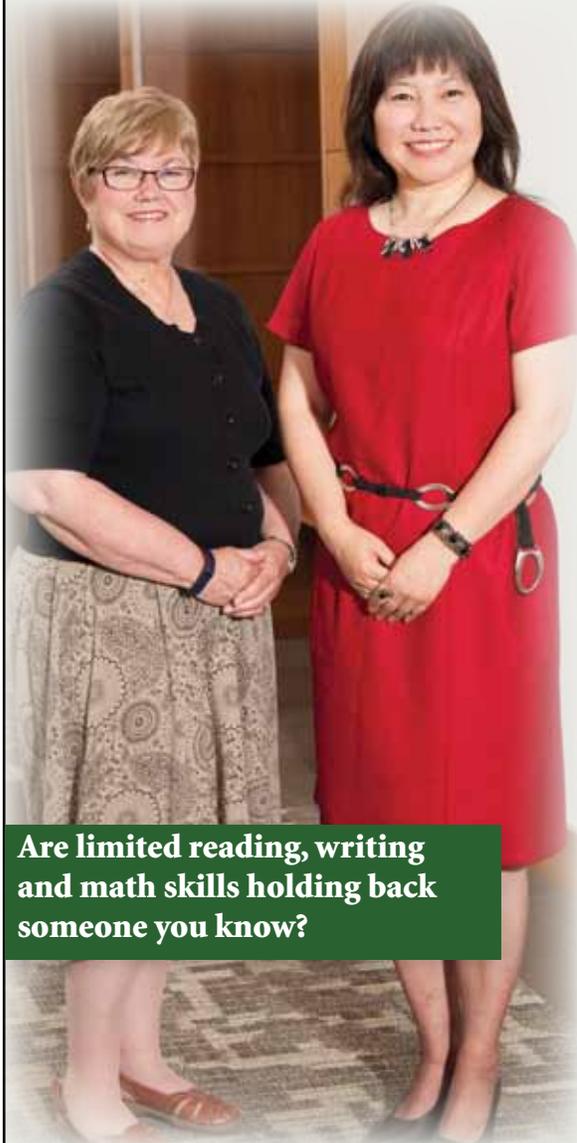
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Family Support



By Nicole Puskar

Family has both laid the foundation and provided the motivation for Tyler Lightell's success both in and out of school. Tyler, who is an accomplished and well-rounded senior graduating in the top quarter of his class from Jamestown High School, shares how growing up in such a tight-knit family has shaped his character and prepared him for life beyond high school.

Tyler was born in Louisiana and lived there with his family for the first four years of his life. His dad serves in the United States Army, so in 2001 the Lightell family moved to Ft. Hood,

Texas, where they lived until 2007, when his dad was stationed at Ft. Eustis. Both of Tyler's parents' careers are marked by service, a characteristic they have clearly passed on to their children.

Tyler's mom works for the Newport News

Public School system as a Military Counselor, where she aids children of military families, facilitating their adjustment to a new area, and helping them feel at home in their new surroundings. She also coaches boys' basketball for Dozier Middle School. Tyler says that his mom is very supportive of him and

his 8th grade sister Krystal, who is an avid and competitive cheerleader with the FAME All Stars in Yorktown.

"She helps in every way she can with me and my sister," Tyler says. Tyler also boasts of his dad's involvement in both his and his sister's ac-

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tivities, noting specifically that he drives them to and from many of their practices and events. “When he’s not here, because of deployment, that falls heavily on my mom. She fills that role when he’s gone, but when he’s here he’ll help around the house and me and my sister with a lot of stuff,” Tyler says. With such dedicated parents, it is no surprise that Tyler exudes a sense of pride when describing his family dynamics.

Throughout Tyler’s high school career, he has been involved in a variety of scholastic and extracurricular activities. Tyler is a member of the French Honor Society and O’Crew, which is an orientation group comprised of upperclassman whose mission is to help welcome and acclimate freshmen to Jamestown High School.

“I help out freshmen understand what’s expected from high school,” Tyler explains. He also played football his freshman through junior years and threw shot put and discus for Jamestown’s track and field team his junior and senior years. In fact, Tyler’s most fond memories during high school have taken place during his track and field seasons, which he attributes to the excellent coaching he has received from

Coach Brady Wilhide, who makes practices enjoyable.

“He was very motivating. He would push us when we were getting tired...he would push us hard and we would get it done within a certain timeframe. He sees the potential of us getting better each and every week. He looks for potential and once he finds it, he will push everybody to their limit.”

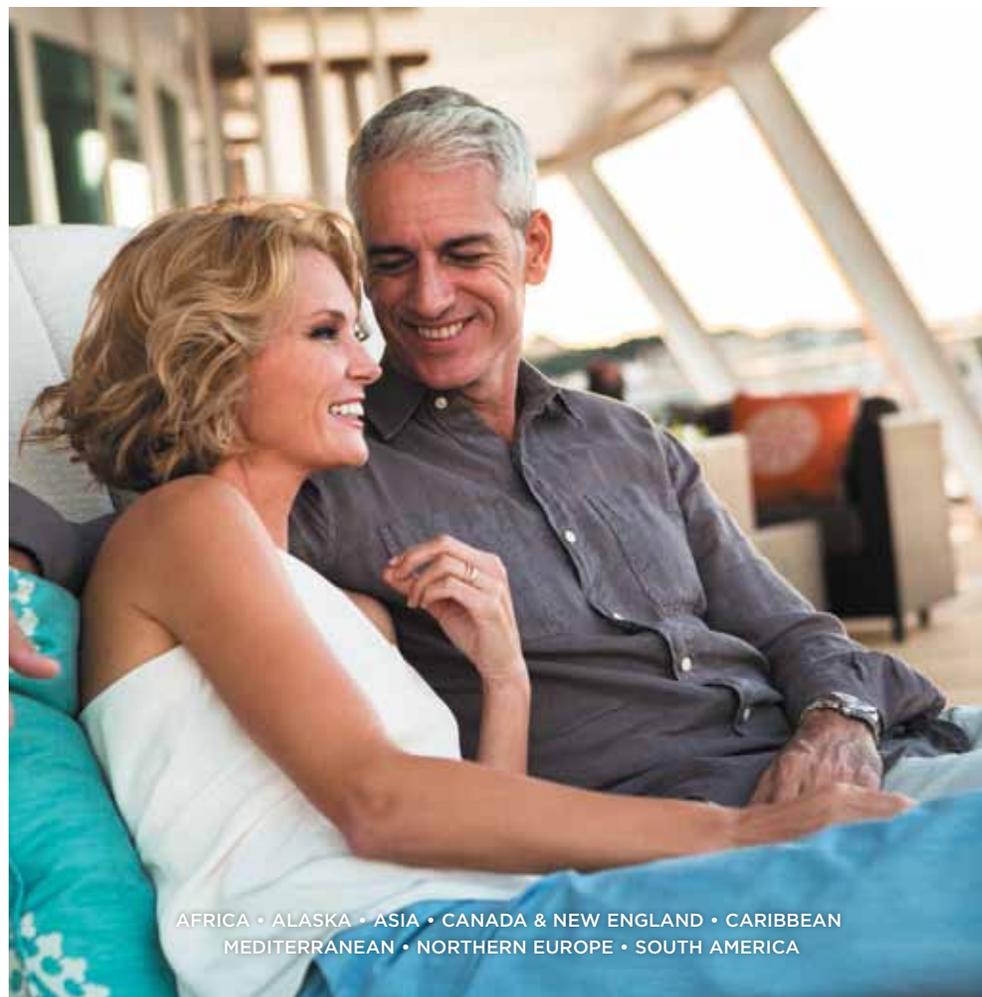
Even though Tyler is proud of his extracurricular activities and accomplishments, he maintains that academics are his number one priority. “My favorite subject is history,” Tyler says noting that he specifically enjoyed Advanced Placement (AP) United States History – or APUSH for short. One of Tyler’s favorite quotes is, “Those who cannot remember the past are condemned to repeat it,” which is commonly misattributed, but was originally written by George Santayana in *The Life of Reason*. Tyler credits Ms. Susan Miller, Honors English 11, as being his favorite teacher because of her ability to incorporate world events with the literature curriculum in an engaging and thought-provoking manner. Currently, thanks to Ms. Miller’s class, Tyler’s favorite book is

1984 by George Orwell.

“This year really has gone by quickly from what I’ve seen in the past couple years,” he observes of his senior year. Now that Tyler’s high school tenure is winding down, he is looking forward to his final summer before heading off to college at Texas State University in San Marcos, Texas, where he plans to major in International Relations and double minor in French and Arabic. Long term, Tyler says he would like to build his career in the federal government or business world. But before packing his bags and beginning his next chapter in the Lone Star State, Tyler’s top goals are to compete in States for track and field and get a summer job working for Busch Gardens to earn some extra money for college. If money were not a factor, however, Tyler says he would go down to Louisiana to spend time with his extended family. Tyler shares that he and his grandpa love to go swamp fishing.

“When we go there, we try to go fishing with my grandpa all the time.” They fish for trout, red fish and black drum, but in true Louisiana spirit, Tyler’s favorite seafood is crawfish.

Tyler cares deeply about giving back and



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passing down some of the wisdom he's gleaned throughout high school to those who are still on or just beginning their high school journeys. In particular, Tyler believes one of the most influential factors of success for freshmen is their knowledge of all the tools and resources available to help them. For example, he believes that the reason many freshmen struggle in their high school English classes isn't because they don't understand English per se, but rather because they don't have all the tools necessary to succeed or even the knowledge that those tools exist.

For those struggling with the ever challenging art of balancing academics and extracurricular activities, Tyler draws on advice from his dad, "Burn the midnight oil." In other words, students should be prepared to do what it takes to succeed in school, even if that means staying up late to finish assignments and study. Tyler advises younger students to take advantage of their study hall periods to get homework done before practice, so that they are not staying up all night to complete their work. In this way, Tyler speaks from experience. He shares that he learned this lesson the hard way when his

grades slipped during his sophomore year while trying to balance football with his schoolwork.

"I didn't really care about my grades, but when I took all these challenging classes I had to focus more on my academics than I do with athletics, so I was trying to balance those two out," Tyler recalls. Since then, Tyler has improved his grades and won several honors and accolades for academic achievement in his APUSH and English 11 classes. Additionally, Tyler maintained a 4.0 GPA during indoor and outdoor track and field his junior year.

Tyler credits his parents for his success, claiming that they are the most influential people in his life. "The values I have learned from them, like work ethic and honesty, affect my life, and I always keep those values dear to my heart. I aspire to be like my parents by their hard work and caring for me and my sister," Tyler says.

Even though in a few short months several states will physically separate him from the rest of the family, Tyler will undoubtedly continue to lean on them for support and encouragement as he begins his next chapter as a college student. NDN

Next Door Neighbors

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www.WilliamsburgNeighbors.com

Next Door Neighbors is a monthly, direct-mailed magazine serving the residents of the Williamsburg area.

Circulation: 39,000



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Future Doctor

By Alison Johnson



Lisa W. Cumming Photography

In kindergarten, Naveen Hrishikesh decided he wanted to be a doctor. For years, he was the kid who loved pulling out his toy stethoscope and taking care of pretend patients, usually his cousins.

That goal hasn't changed. Naveen, a top student at Lafayette High School, will head to

Duke University this fall to major in biology with a premed track, in hopes of becoming a pediatric surgeon one day. What's different is that Naveen has morphed from a shy boy into an outgoing 17-year-old ready for the challenges of life at one of the country's most selective colleges.

"I'm excited to go somewhere new," he says. "I've figured out where I belong here, and now I'm excited to find where I belong again. I know it will be a lot of hard work, but it's good to expand your boundaries sometimes."

Naveen has always loved science, but he credits something non-scientific, theater, with

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turning him into a person comfortable in leadership roles. He was in 7th grade when his mother encouraged him to audition for a role in his school's play, “Willy Wonka Jr.” Although he was an acting rookie, Naveen landed a leading role as one of the children who toured Wonka's magical chocolate factory.

“It was really scary, because I was new and nobody else was, and I had no idea what to expect,” Naveen recalls. “I wasn't super-confident then. So I just kind of said to myself, ‘You know, just go for it. If you fail, you fail. You'll still be fine.’ I say that now whenever I need to give myself a push.”

Naveen says he was surprised to get into Duke, despite having a grade point average above 4.0 – putting him in the top 10 percent of his class – and a full plate of extracurricular activities, especially directing and performing in theater productions. Learning to handle his schoolwork without giving up his singing, acting and writing hobbies has been an important part of his success, he believes.

“I don't feel like it's a good idea for anyone to focus only on academics,” he says. “You won't really be prepared for college or life that way. To me, it's better to be a well-rounded person than to stress about having perfect test scores or being No. 1 at everything. I mean, of course I do get stressed sometimes, but I'm not about trying to be perfect.”

He's not about pulling all-nighters, either. Naveen adds, “Studying is important, but so is sleep. If something is taking too long, I put it away and go to bed if it's past a certain time.” He rarely stays awake past 1 a.m., giving him at least five hours of rest before his 6 a.m. wakeup call. Friendly and quick with a laugh, Naveen chose Duke not only for its prestigious medical program but the down-to-Earth atmosphere he felt on its Durham, North Carolina, campus. “Even though people who go there are very smart, nobody seemed stuck up,” he says. “It's also such a beautiful place.” He hopes to get involved in theater and join one of Duke's cappella singing groups as he works toward his degree.

Born at Langley Air Force Base Hospital in Hampton, Naveen lived in Newport News before kindergarten and then in York County until his 5th grade year, when his family moved to Williamsburg. His father is an Army engineer from India and his mother, who is from Mexico, spent 11 years in the Army before becoming a stay-at-home mom (Naveen has one sister, who is nine years older). Both of his parents came to the United States as young children.

“You don't hear of many people with my background – half-Indian and half-Mexican,” Naveen says. “A lot of people see my name and try to guess what I am, and they are usually wrong.”

As for that unusual last name, it's a frequent stumbling block for people who don't know Naveen, which has been a source of amusement for him and his friends. The secret: the first “H” is silent and the rest is pronounced like its spelling: RISHI-kesh. “Most of the time, people are like, ‘I'm just not even going to try to say it,’” he reports. “I'm used to it. What's funny is that everyone knows it's me they're talking about as soon as they see that moment of the person giving up.”

While Naveen hasn't traveled to his father's home country yet, he has visited Mexico, can usually understand Spanish and counts Mexican food among his favorites, along with Italian food and "anything chicken."

At Lafayette, Naveen has found a second family with his fellow students and the school's staff. "Building connections with your teachers is a key to being successful," he notes. "If they know you're a committed and good student, they're much more willing to work with you on certain things."

Lafayette, he continues, "has amazing teachers and spectacular extra-curriculars. Some of my favorite teachers have been in classes I didn't really expect to even like, such as calculus with Mr. Eric Hetzel and Mrs. Mary Hanks, two incredible teachers who really help you to understand the concepts and don't just teach to the test. Also, the school spirit and pride definitely make for a welcoming environment."

Naveen has been involved in National Honor Society, an organization for students who have excelled in academics, leadership, service and character, and Forensics. He has performed in one-act plays, earned the lead in multiple musicals – he is a tenor – and served as a director of Lafayette's annual class one-acts, a competition between the four grade levels, since his freshman year.

Theater can be a huge time commitment. Rehearsals for major musicals, for example, can run for four hours after school on weekdays, from 2:30 to 6:30 p.m., and up to eight hours on Saturdays, 9 a.m. to 5 p.m. That schedule often starts in December and stretches to mid-March. "But it's really fun, so you don't mind," Naveen says.

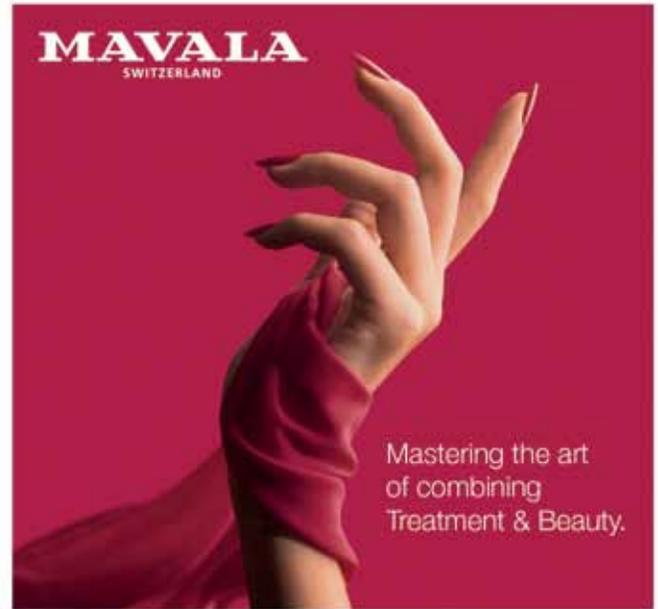
In his free time, Naveen likes to listen to pop music and watch horror movies and a wide range of television shows, including American Horror Story, Modern Family, 30 Rock, Gilmore Girls and Unbreakable Kimmy Schmidt. One person he'd love to meet is Oprah Winfrey, because, he explains, "She's met everyone. So she could talk about a bunch of people and tell me what they're like."

A second person on his wish list: Mother Teresa, the Roman Catholic missionary who lived most of her life in India. "She had such a kind soul," Naveen explains. "I just think it would be good to be around someone like that."

Set to turn 18 in August, Naveen is eager about the idea of working with young patients, especially after developing a strong bond with his 4-year-old nephew. "He's cute, but terrible too," he says with a laugh. "I just really like being around kids. They have great energy." Down the road, he'd like to be married with children of his own, and possibly living in California or New York.

Naveen doesn't know anyone at Duke, which likely would have intimidated his pre-middle school self. His current self, though, is fine with it.

"I guess my personality has done a total 360," Naveen Hrishikesh says. "I've gotten good at going in my own direction. Doing that is fun for me." NDN



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On Her Way to Stanford

By Elinor Warren

“Nothing makes me happier than research,” Tanya Hoatson says. A senior at Lafayette High School, Tanya says her most interesting subjects have been the science courses. “I’ve been involved in a lot of science research projects such as astro, quantum and particle physics. With two physicists as parents, I grew up around a lot of science and I love it,” she says.

At the same time, the 17-year-old senior says her biggest accomplishment at Lafayette has been becoming socially aware. “It’s given me a lot of perspective,” she says. “I’ve

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grown up in a privileged household with parents who are in academia.” Tanya believes her background aided in her acceptance into Stanford University. “I knew what courses to take. There are so many great students, but they don’t have the resources, don’t know how to be accepted.”

She feels that social awareness has led her to see the gender and racial injustice and homelessness around her. “I see the different factions in our society that nobody represents, those who don’t have a voice in the current political system. I think learning about the problems of those groups and understanding them is important. Right now, with my friends, I’m designing a course in women’s studies for the curriculum in the school system. We’re hoping to get this done.”

“I’ve done forensics for a while since last year,” she says. Forensic debate at Lafayette is a contest between teams in argument or advocacy skills. “It’s fun being part of the forensics team. I do extemporaneous speaking. You draw from three categories in current events,

either international or domestic, and present your subject in seven minutes. It’s taught me to communicate ideas in a short amount of time.”

For a year Tanya lived in Lyon, France with her mother. She says it was a “transformative” period of time because she didn’t know the French language. She was in middle school, and she describes the experience as “really scary, but it broke me out of my shell. I was kind of shy, but now I’m not.” Now she can speak some conversational French, enough to talk to people she meets.

For sports, she has been involved in track and cross-country. “By no stretch of the imagination am I a fantastic runner! I don’t intend to try out for the Stanford track team. But I’ve done pretty well with the Lafayette team. It gave me a sense of community and how to work with a collection of people. That team was the first time I’ve ever been with a group of girls. It definitely taught me a lot about working with a group of people, and also about working with discomfort. Now I

just enjoy running in my spare time, and I also like biking.”

Tanya balances her academic pursuits with art. “I love drawing and painting and sculpting. I’ve just started taking Art Foundations this year. I’ve really regretted not starting it in my freshman year so I could take more classes.”

She played the harp from third to eighth grade, and then stopped so she could focus on high school work. She still enjoys playing it for enjoyment. She likes a variety of TV shows and movies, and is happy that she’s finding time to read lately. She enjoyed “Life of Pi” and likes documentaries, especially those from Popular Science and Cosmos.

In addition to attending Lafayette, Tanya goes to Governor’s School for math and science. One of her scholastic career highlights included having her science project accepted in her junior year. It was titled “Measuring the Visible Luminosity of Stars at Known Distances using MATLAB.” Also, she says that being accepted into the High School Honors

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Science Program was an incredible opportunity.

Her dream summer vacation following graduation, Tanya says, would be traveling to Cern, Switzerland, which holds a large particle facility. Perhaps more realistically, just for fun and enjoyment, she would like to travel with friends.

Right now, she is looking forward to college in the fall. "I'm committed to Stanford University. It's fantastic in my area. They have so many resources to do so many cool things." Recently she spent a weekend in California visiting Stanford. "It's probably one of the happiest places I've ever been to. The feeling of the school was great for me," she says.

Except for her year in France, Tanya has always lived in Williamsburg. Her social consciousness leads her to an awareness of what she sees as a dichotomy in the social makeup of the area. "Williamsburg is a very privileged town," she says. "But it's also a tourist town. There are so many people with economic problems that you don't really see, and

they are under-represented. It's important to be aware of that. My parents have definitely taught me to consider other people's perspectives. It's important to seek that information out and get a direct handle on the public consciousness."

This concern led Tanya to a peak experience in freshman Advanced Biology class. She could see that the person next to her just wasn't getting the subject material. "So I explained it to him and he got an A. That's the first time I was able to help someone that way."

The rich historical background of Williamsburg didn't influence Tanya's reply to a lighter "fun" question. If she could have dinner with any historic personality, who would she choose? Neither George Washington, John Adams nor Thomas Jefferson figured in her answer. She would choose Emmy Noether, an influential mathematician in Germany in the early twentieth century, known for her contributions to theoretical physics. Unable to continue teaching in Nazi Germany, she later became a professor at Bryn Mawr. Noether is

one of Tanya's heroes.

At home, Tanya's companion is a fat 14-year-old golden retriever named Copain (French for buddy or pal), whom she describes as "a sweetheart."

Tanya says she thought she had her future plans all figured out. "I have a good friend at Stanford who's an electrical engineer. He's convincing me that engineering might be the right path, but I'm also interested in philosophy and social entrepreneurship. I've considered a double major. But I'll just wait. I'll try to settle into a nice workload and see how I feel."

"Watching some of my friends graduate last year was amazing," Tanya Hoatson says. "Looking back on my student years here, they've been so crucial to the development of my perspective on the world. All of my teachers deserve medals. Teaching is such an under-appreciated field. Also, I really owe my friends a lot. One big thank you to everyone who helped me along the way. I wouldn't be here if not for the hard work of others." NDN

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HELPING Entrepreneurs

By Greg Lilly, Editor

Lisa W. Cumming Photography

Building a community of start-up entrepreneurs, for Tim Ryan, is the goal of the new Technology, Business and Innovation Center (TBIC). This new program is the transformation of the former James City County Business and Technology Incubator. Today, Tim manages the incubator for all three municipalities: the city of Williamsburg, James City and York Counties.

“The city and two counties have blended

their resources together,” Tim explains. “The three economic development departments are behind this enterprise. Our mission is to give the start-up businesses the resources and procedures they need to succeed. We’ve set up TBIC to build a community. The entrepreneur brings the idea and motivation. We’ll match them with enthusiasm and hard work all along the way.” He cautions that TBIC isn’t a hand-holding enterprise, but will assist with best

practices, resource connections, seminars and workshops, along with office space.

The new location sprawls across the space over Paul’s Deli in New Town. “There will be room for thirteen offices,” Tim says. “This movement is way bigger than me. It has to be a community effort. I don’t necessarily have the time to make thirteen businesses successful – that’s just not possible for one person, but we have a community. If it’s one person

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sharing on social media about a fellow business at TBIC or spreading the word while meeting other businesses around the region or nation, that's what this will be – entrepreneurs helping entrepreneurs.”

Tim knows about starting up a business, he's been through it recently. In 2012, he started his company, Arcphor, that provides business and technology solutions along with marketing and new media strategies. His road to TBIC started in the Air Force. “My last duty assignment was at Langley. My wife and I loved the area so much we decided to stay. We had our daughter here. We knew this was the place we wanted to be long term.”

When he left the Air Force, he transitioned to a defense consulting job with Booz Allen Hamilton. Tim's undergraduate degree is in computer information systems and with his military experience, he could bridge the language barrier between technology and the business of defense contracting. During the seven years he spent with Booz Allen Hamilton, he decided to earn his MBA from the Col-

lege of William and Mary. “Based on the consulting skills I had picked up and the business skills I learned at William and Mary, I decided to start my own business.” That was Arcphor. “We started with smaller companies to grow our portfolio then grew with our clients. That's how we became involved with the start-up and entrepreneur communities.”

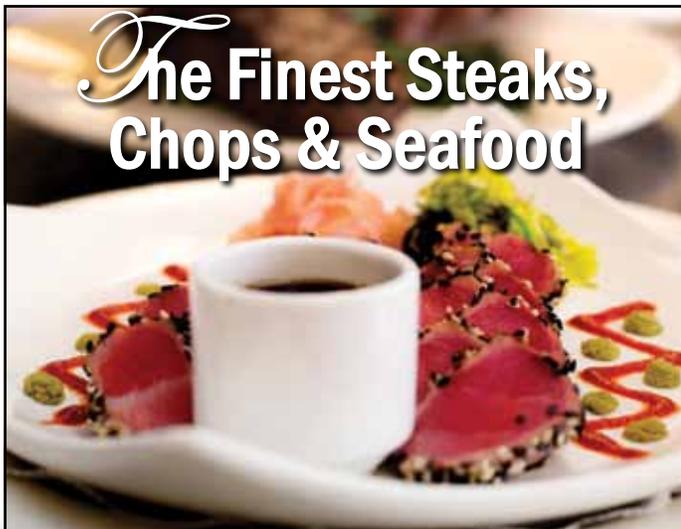
Tim knows starting a business is hard, that's why he enjoys working with entrepreneurs. “I've been a big fan of the underdog,” he says. “There are so many small businesses around this area. I would see their doors close, and it would break my heart because they didn't get the chance. There was no one there to guide them to compete with the big box stores or the franchised companies. The way marketing, technology and business strategy are used today, the big companies do very well and continue to gobble up these small companies. I had the skills from a Fortune 500 consultant, and I could work with those small businesses and give them a chance.”

He became a mentor for events like Start

Norfolk and Start Peninsula, and he mentored at the Hatch in Norfolk. “It's such a cool community to be a part of. As an entrepreneur, you have to be optimistic. You can't have any doubt. You know this venture is going to succeed, and you work toward that. By nature, these entrepreneurs are optimistic and positive – those are the people you really want to be around every day.”

Since starting his own business, he says he knows a lot of lessons learned, both positive and negative. “Even TBIC itself, we're essentially a start-up. I'm going through a lot of the same steps these companies are doing. I have to make sure I can generate revenue, work within my budget, market myself – do the things we need to do to make TBIC successful. It's a fun journey to go through with the businesses that are part of TBIC.”

The members of the Technology, Business and Innovation Center tend to be “second act” professionals and enterprising college students. “The second act people have had their first career and now want to go after an idea they've



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had in their head. The other part is the area college population. We know that there are students in dorm rooms or in coffeehouses doing great things. I've talked to a few of them. We're working hard to connect the students to the business community and tap the resources of the colleges."

He adds that for anyone with a viable start-up business willing to put forth the energy and motivation to make it successful, TBIC is the place to help it go to the next level. "That's a passion of mine," Tim says. "I love to see people succeed. I'm the John Stockton of business - I'll set up the assist and you can be the goal scorer."

There is an acceptance process for new members. A board reviews the applications to ensure a variety of companies. An ideal mix would be companies that could blend services and collaborate internally. "For example, if we had one company that was technology savvy and another one that needs technology services, then we could complement each other," Tim says. "We generally look for companies to

be in TBIC for about three years. After three years, we hope they've achieved the target revenue to move to their own space. Some may outgrow the space based on production levels or some other growth aspect." He sees the growing companies, ready to "graduate" from TBIC, as mentors for the new ones starting with community.

TBIC offers classes and workshops that bridge the gap of what is taught in formal education to what is needed in the real world. "You learn your capstone classes in business school. We think about what you really need to know to operate a successful business. Those are the types of things we're going to capitalize on. There's not a QuickBooks class when you're getting your degree. Questions like: From a tax standpoint, how do you structure your company? When it comes to adding staff, how do you attract that new talent? How do you retain that talent? How do you set up a benefits package? What is the next social media strategy that will work? That's the type of educational opportunities we want to provide."

The TBIC space is very open and collaborative. "We have co-working space if people want to grab a seat and do some work. The offices expand so as the companies expand, we can expand their office space. We have a training area that comfortably holds 30 people. Those chairs can go away and open the space for networking events."

When Tim thinks about a year from now, he smiles and says he hopes the Technology, Business and Innovation Center will be full and have a waiting list. "The successes we create will be that credibility. We can grow many successful businesses. With our virtual members we can help more companies than the ones physically in the space."

Tim Ryan adds, "I can't wait to see what a year from now looks like. There's a huge amount of support from the economic development directors and the economic development authorities. We're just getting started. That's what's so exciting. The value we can provide will do good things in the business community." NDN



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TIME FOR SUMMER CAMP!

By Greg Lilly, Editor

When someone yells “Cookie” in a public place, Ruben L. Brown stops and looks for a 4-H camper. Ruben is the program director at the Jamestown 4-H Educational Center. His nickname of Cookie comes from a 4-H tradition.

Ruben has about 15 college-age staff members working from May until August, who do

most of the camp activities and are role models for the kids. “We all use nicknames.” Some children find it difficult to refer to an adult by his first name. “My nickname is Cookie. Everyone can remember that, and it’s easier, and they can relate to it.”

Wait! Cookie?

“When I became a staff member at camp – I

did it for four years, one of the best times of my life,” Ruben says. “During staff training, that’s when we got our nicknames. It’s always something that happens that creates the nickname. Well, we were at dinner. For dessert, we had sherbet and cookies. I don’t like sherbet. I looked at one of the other staff members and asked if he wanted to trade my sherbet for his

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cookie. We did. Other people said they didn't want their cookies, and they put them on my plate. Next thing I know, I have 12 cookies on my plate and there it goes. It's been over 20 years, and the name sticks with me."

Ruben runs the Jammin' on the James water camp at the 4-H Center. "We want to showcase what we have and one of our main assets is the James River and our proximity to it."

This is Ruben's third summer at the Jamestown 4-H Center, and he's taken over responsibility for the water camp. "A few years ago, this water camp started with a sailing program," he explains. "The kids learn to sail and go onto the James River to sail for a couple of hours." The camp included intensive training and time spent sailing on the river. "With the water camp, I wanted to expand that. So in addition to sailing, the kids can learn canoeing and kayaking as well. They could choose which to do."

Sailing is time-consuming because the campers have to learn knots and the correct way to sail the boat. "During the summer, it's a six hour class (three days at two hours each), so

this year we set it so they can do sailing, canoeing and kayaking. On Friday of the camp, they start learning the sailing part because it's more time-intensive. I want to give them the chance to do all water activities," he says.

The Jamestown location is the only 4-H center on a river. "Most centers have lakes or ponds, but we have the James River. We use that to our advantage."

For Ruben, 4-H has been part of his life since the age of nine. "Seems like I was always in it," he says. "When you turn 14, you become a senior member. I did a lot of that and held some 4-H State offices. 4-H is the reason I'm who I am today."

Ruben grew up in Petersburg, Virginia. His mother worked for Virginia Cooperative Extension Services, which is the backbone of 4-H. "She put me on a bus when I was nine and sent me to camp. I didn't have a lot of choice in the matter back then," he says with a laugh.

"She put me on that bus, gave me ten dollars for the store and said she'd see me on Friday. Going to camp allowed me to be me. It got

me out of my shell. 4-H started that and led to other 4-H projects during the summer, everything from public speaking to sewing class. I learned to sew at the age of ten. I made a pair of pants."

Ruben loved going to camp and to the classes where he met people and made friends.

"As I got older, I decided I wanted to take a bigger step. We have an event called 4-H Congress each June. That's where teens from the ages of 14 to 19 go to Virginia Tech for four days. That, once again, was a first for me to be around kids my own age and a little older. It gave me a sense of freedom and independence."

He decided he wanted to do more and was elected to the 4-H State Cabinet, which is a group of teen ambassadors who travel around the state promoting 4-H and leadership.

"I ran for a state office in the Cabinet and was Club Reporter and Historian for a year then I was the Vice-President the next year. Then I aged out and went to college."

Being involved in 4-H opened the world to Ruben. His first plane trip was because of

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his involvement in 4-H. "I placed second in Virginia in leadership and that included a trip to National Congress. That was my first plane ride. I was 15 years old and on a plane for the first time – scared to death, but on a plane!"

This was his opportunity to go different places and interact with new people. "In National Congress, I met kids from around the country. In 4-H, we're about head, heart, hands and health. It was so important, for me, to make sure my life skills were in order. We're about life skills. We don't limit ourselves to what 4-H used to be: agriculture."

Growing up in Petersburg didn't expose Ruben to farm life or agriculture. "We (4-H in Petersburg) focused on life skills. I learned how to cook in 4-H. I learned how to take care of myself. But the biggest thing is I met a lot of cool people. A lot of those people are still my friends – for life. Camp was the entryway for that. One of my best friends is a guy I met at camp when we were 14. Now almost 40 years later, we're still friends and I talk to him about every week."

When Ruben graduated from Petersburg High School in 1991, he went to Old Dominion University for a couple of years. "I decided I wanted to do something else," he says. "For the next seven years, I was in the workforce. When I turned 30, I knew I wanted to go back to school and finish my degree. I went back to Old Dominion and earned a Bachelor's Degree in Communications with a minor in sports management." He wanted to be a sports anchor on television. "I actually found a love for radio while I was in college. I'm a big fan of talking to people, interviewing them and finding out about their lives."

Before joining the Jamestown 4-H Educational Center, Ruben had worked for AT&T for several years. Now, he's back with 4-H and introducing kids to sports, life skills and the importance of head, heart, hands and health.

"4-H offers so much. Camp is the call that gets you started. Other than school, this is where kids meet so many different people." The Jamestown site can accommodate about 220 people. "We're one of the smaller camps

in the state. Parents may think they'll send their kid away for a week and that's a one-time thing. But, for some kids, this becomes a big part of their life. Camp is so inclusive. The kids can be themselves. A lot of kids may not be able to do that at school or even at home. They come to camp and it's like a weight is lifted off their shoulders. They can be themselves, and everyone supports them."

Ruben organizes the specialty camps at Jamestown. He just finished the Marine Science Camp in April and the Jammin' on the James water camp runs May 29-31. The second of the year's three Cloverbud camps for children age five to eight takes place in July. The older kids come back as campers for the Southeast District Teen Camp in August. The popular Science Camp is scheduled for November.

"It's a special connection we have here," Ruben (Cookie) Brown says. "It's about the kids. You never know whose life you are going to change. If we help one child become a better person, we've done our job." NDN

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Duck Decoys

By Greg Lilly, Editor



“I’ve heard people say they don’t have the patience to carve,” Sandy Stromberg says. “I’m one of the more impatient people you

will meet, but when I see things moving along in the development of a piece, I just keep moving and carving. It’s like reading a good book. I want to spend just a few more minutes with it to see what happens.”

Sandy’s sculptures of waterfowl have brought him national recognition. He carves duck decoys that are works of art, along with other birds that capture his interest, such as hawks, owls, bluebirds and cardinals.

A direct descendent of one of the signers of the Declaration of Independence, Sandy grew up just south of Philadelphia, and in 1958, he joined the Army. After attending Wesley College in Dover, Delaware and Western Michigan University for his bachelor’s degree, he received his master’s at Cal State Fullerton.

He moved to Fairfax County, Virginia, to teach middle school math and social studies and taught for over 25 years. “While still teaching in Fairfax, I moved to Deale, Maryland. It’s about 20 miles south of Annapolis,” he says. “Sitting there at the edge of the Chesapeake Bay, studying these birds, I found

them just stunning with their different characteristics and personalities. The busyness of the buffleheads to the regalness of a canvasback – it is just magical.”

His place in Deale was enchanting for a man fascinated by birds. The home nestled on the banks of a creek that fed into the bay. “We could see the Chesapeake Bay from the house, and at the end of the dock, on a clear day you could see the Eastern Shore.”

The area around Maryland’s Chesapeake Bay and its Eastern Shore is a breeding ground for waterfowl and waterfowl sculptors. Shows like the Easton Waterfowl Festival in Easton, Maryland had Sandy yearning to try his hand at carving. “I was carving these miniature pieces,” he says of his first attempts. “I didn’t feel like I was going anywhere with them. I went to the St. Michaels, Maryland decoy show and was amazed at what I saw. These old decoys by the Ward Brothers – this was about 1971 – the exhibitor wanted \$250 for the duck. I thought they were out of their mind! I didn’t buy it. That’s the only downside of that

first show.” Today, some of the Ward Brother decoys sell in the 5-figure price range.

Sandy took some classes on the Eastern Shore in carving that sparked his interest and excitement. “Then I branched out on my own,” he adds. “When carving, I want to capture the personality of the duck. The best resource is a mounted duck so I can see the feather layout and coloration.” He also used patterns from trade magazines like Wildfowl Carving Magazine. For the three-dimensional art of carving, he avoids using photographs.

“More experienced carvers are great resources when learning the craft,” he says. “They are happy to talk about their techniques and answer questions during the shows.”

To earn a deep understanding of carving, Sandy says teaching is the best experience. “I get to try a lot of different techniques, work out ways to fix mistakes and guide another carver in developing their own style.”

He built a shed where he could hold classes on weekends. “In the meantime, I continued to carve. I won hundreds of ribbons, including best in show, best in species, etc. Also, my students won numerous ribbons. It got to the

point where people who were heavily involved in the art could start picking out my students. I was proud of that.”

The selection of materials is an important part of carving. “When I first started, almost everyone used basswood,” Sandy says. “That was a real chore to clean out for shows. It’s very heavy, and you have to dig out the interior of it. Basswood decoys sat low in the water, so you had to hollow it out then seal it with a block of wood. Then carvers discovered that tupelo was great, super stuff. It’s light. You don’t have to hollow it out. It is so much easier to work with.”

Going to shows, he saw how the competitions were judged. Usually three judges would review the work, each looking for slightly different aspects of the carvings. “How it sits in the water. How accurate it is to the bird. How does the bird present itself,” he lists. “How accurate are the paintings. How soft it appears – there is very little in wildlife that is stark or brittle. These are just a few of the things a judge evaluates.”

His carvings have shown all over the east coast and as far west as Wisconsin and as far north as Canada. The one comment that he finds the most fun and is asked surprisingly frequently: “Is that a real bird?” He laughs and adds, “It tickles me when someone asks that.”

These days, Sandy doesn’t attend as many shows as he used to. At one point, if he wasn’t teaching, he was travelling to a show to sell his work. The pace kept him away from home too much. He has a collection of historic documents from his Revolutionary ancestor and the other signers of the Declaration of Independence that he pursues, as well. But his carvings and teaching others to carve are the avocations that keep him interacting with neighbors.

“I’ve met a lot of interesting people doing this,” he states. “From the ‘backwater’ to the ‘sophisticate’ all the people I’ve had in classes have one thing in common: they love waterfowl. Some are excellent carvers, creating just beautiful work. Some are fascinated by it and love to collect it. They appreciate the art.”

Along with the love of waterfowl, carvers have developed patience for the process. “Yes, you have to have patience when you first begin and get frustrated with things not developing the way you want – like with any art form. The beginning of mastering the art, that’s the most difficult time.”

For the future, Sandy has a couple of shows later in the year. “Collectors see the decoys and waterfowl carvings as art, as an investment.” He exhibits locally at York Hall in Yorktown, Virginia.

For Sandy, the most rewarding aspect of the carving life is not just creating, but the teaching. “That’s a big thrill. I’ve taught maybe 400 to 500 people. To see students come in and not know how to turn on the machine or what the tools are – it’s all brand new to them. Then, to see them learn the techniques and turn a pattern and a block of wood into a sculpture, well that gives me a lot of satisfaction. When I see them winning blue ribbons that gives me great pride in how they’ve progressed.” NDN



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Stronger Than Before

By Greg Lilly, Editor



Rachel Spence Photography

“After my surgery I learned that I exercise to live and to stay healthy and young. Staying fit has enabled me to overcome many obstacles. ‘Through challenge we grow’, has become a saying I hear coming from my mouth all the time,” Thomas Russo explains. He survived a ruptured colon, a condition that many do not.

Thomas and his family moved to Williams-

burg from Franklin Lakes, New Jersey in 1989. His father was close to retirement.

“He and I were going to go into the real estate business. After we moved here, my father was diagnosed with primary emphysema. He went downhill fairly quickly.” Thomas stepped in as his patient advocate and helped care for him. Accompanying his father to medical ap-

pointments, learning about the disease, researching doctors and treatments consumed Thomas’s time. His father passed in 2002.

By 2005, Thomas had established a workout routine at the Sports Club at Kingsmill. He admits it wasn’t an obsession for him, but that he enjoyed the activity. “We had a fitness coordinator, Bridgit, and I started going to her

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classes,” Thomas says. “I felt like someone was prepping me for something.”

In July of 2006, Thomas experienced a life changing event. At first, he felt like he had contracted the flu. He had recently helped his sister’s fiancé move along with some friends who had a stomach virus. “I thought I had caught that. That was on Monday. By Wednesday, I was getting sicker. By Friday, I couldn’t stand up straight. I had a closing that day and had to use a cane to get to the bank.”

His family urged him to see a doctor, and he went to an urgent care center. The doctor had Thomas x-rayed. “While I was there, she called an ambulance. She said there was air behind my spine, and they needed to do something fast. I wanted to go to MCV (Medical College of Virginia – at Virginia Commonwealth University in Richmond). She said there wasn’t time, and I needed to get to the hospital here. She had done all the triage at urgent care. When they loaded me into the ambulance, she was crying.”

Thomas knew then that something was horribly wrong.

At the hospital, the doctor had Thomas moved to the operating room quickly. “He said

he didn’t know what was wrong, and he needed to do exploratory surgery to find out. He needed to get in because they suspected that my colon had perforated.”

Thomas knew of two neighbors who had died of perforated colons. “At that point, I was handing out passwords to my computer. My father was deceased, and I was in charge of my father’s estate. I’m trying to remember all the things other people will need, thinking I wasn’t going to make it.”

After a long surgery, the doctor came out and told Thomas’s family he had done all he possibly could. “He didn’t know if I was going to live or not. It was up to me to pull through. He did tell me afterwards that if I had not been exercising, I wouldn’t have had the strength to pull through.”

The question on everyone’s mind was “why?” A strong, young man should be healthy, not within a whisper of death. “The pathology reports showed nothing,” Thomas explains. “They said it must have been a fluke, a weakness in the wall. I had no symptoms prior. Nothing was wrong with me. I felt fine. I hadn’t been sick. It just happened.”

When he came out of the recovery room,

he didn’t know he’d had a colostomy. “I didn’t think they would be able to reconnect me. He said they could. I lived for seven months with a colostomy bag. That’s not fun.”

He knew he would have to gain back his strength so he would be ready for the next surgery. “They would not operate on me while I was in any weakened state.” He tried to exercise again, but he was too weak and couldn’t stand up for long. Plus, he could eat very little, and what he could eat one day, didn’t agree with him the next. November came around before he was able to start a workout routine of light weights. “I had to be careful of squats and lunges because I would get dizzy. I definitely could not ride a bike. That was out of the question. There was too much pain. I had peristalsis, which was another issue. It was a constant problem.”

The next surgery would reconnect his colon, and he decided to find a colorectal surgeon. “At the time, there were none here.” He considered flying to the Cleveland Clinic, but an airline flight wasn’t recommended for his condition. “I found a doctor at MCV who had just finished his second year fellowship at Cleveland Clinic working with the top colorectal surgeon



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in the country. He said I still needed time to strengthen myself for the surgery, probably seven more months. The surgery would be a long process, and he wanted to do several studies to ensure he knew what the procedure would be before the surgery.”

The day before Christmas, the doctor told Thomas that he wasn't sure if he could reconnect him. “The rectal stump was too small. He needed more studies before he could decide what to do. By February, he said he and his team would go in for the surgery.”

For eight hours, Thomas was on the operating table. There was no communication to the family as the operation continued. “Once I was in recovery, he came out to talk to the family. But, unfortunately when I was in recovery, they were losing me.”

The last thing Thomas says he remembers from that surgery was “Mr. Russo, we're calling in a cardiologist.” He heard the emergency resuscitation equipment sounding alarms. “The next thing I knew, I was awake again. They told me I had ‘coded’ on the table.” When a patient is “coding” his vital signs are in a dangerous range.

He stayed in the hospital for four days and

then went home for recovery. “All in all, it was a three year period of being out of commission. I walked around the house for 20 minutes, three times a day, just to get my system and colon going. They were afraid that since it had been disconnected in such a drastic manner that it may not start working as it should.”

The doctor recommended a cardiovascular exercise in an environment where someone could watch him in case something happened. “We didn't know how my body would react to exercise, but I needed to do it. I started small by walking. By 2008, I was cleared by the doctor to do more exercise. Kingsmill had just started spin classes, so I went to spin class. That's how it started. I exercised as hard as I could because I knew that if I hadn't been exercising before, I wouldn't have made it through.”

Thomas liked working out with the stationary bikes in spin class because it was a controlled environment. “I didn't think it was that rigorous...I was surprised! I thought it was something I could do all the time, no matter what the weather was. It was non-impact, but still aerobic. If I had been on a treadmill or an elliptical machine, I could say I was tired and stop, but in a class I forced myself to go on. I wasn't

going to give up while everyone else in the class continued. Really, I didn't think it was going to be that difficult,” he adds with a laugh.

The spin class instructor moved on to other opportunities, and Thomas stepped up. “The class was at 6:00 a.m., and I was so used to coming there at that time that I started leading the classes and became certified.” When American Family Fitness opened he started teaching there, as well. Today Thomas leads seven classes a week between Kingsmill and American Family Fitness.

“I was always health-conscience,” he says. “I rarely eat meat. I eat ‘clean.’ I haven't been in a fast food restaurant since 2006. I was eating well before, so that had some impact on why I survived. My diet changes each day. I really don't know how different foods will affect me.”

Thomas says from what he's been through, he knows he can help other people go through their struggles. “Exercise is the Fountain of Youth. It will help you get through everything. If you weren't sick before and your body gets compromised, you'll come back. I'm proof. I wouldn't be living if I hadn't been working out. I wasn't exercising a lot. It just takes pushing your limits, a bit at a time, to get stronger.” NDN

provided by the Williamsburg Association of REALTORS®



what's up in real estate



Now that spring is in full swing and the weather is cooperating, it's the perfect time to get in the car and go check out the homes you have been ogling over the Internet. You see the flags at new neighborhoods or open house signs and you go check out the house. The house looks great and you can see yourself making it your home. You want to take another step towards making an offer. Before you do ask yourself: Who represents YOU in the process?

Finding a home is just the first step. Navigating through the steps to completing a sale is where the work begins. Having a trusted advisor with the expertise to look after your best interests is invaluable. Realtors® stay apprised of changing regulations, have standards of excellence and are bound by a code of ethics to protect your interests through the completion of the sale.

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Lisa W. Cumming Photography

Treasure Hunt

By Greg Lilly, Editor

“I grew up with antiques,” Barbara Teele says. “My grandparents were from Scotland. My grandmother had antiques from the 1700s and 1800s. She lived with them, so I grew up appreciating how to handle items with reverence and care.”

Reverence and care can be seen in Barbara’s selection of antiques in her booths at the Williamsburg Antique Mall. She has displayed and sold items there since the first day of its opening, in 1997, 18 years ago.

Barbara was born in New Jersey and went to Boston for college. She met fellow student Woody and they were married in 1969. “His job took us all across the country. He retired from his second job, and we made Williamsburg our home.”

She says the appreciation of antiques skipped a generation in her family. Her grandmother set the standard for Barbara, but Bar-

bara’s parents gravitated toward modern furniture.

“After World War II, my parents bought all mid-century mahogany, which is now very popular with the young people. That style has gone full cycle. I don’t care for it myself, but there is definitely a place for it.” She knows that some people like antiques, while others prefer newer pieces. “It’s a matter of personal style.”

She says that her grandmother took antiques for granted because they were her everyday things. “For me,” Barbara says, “I inherited a few items from her. Those are my treasures. I remember her furniture was English and Scottish, most of it with peg construction, no nails.” Some special pieces of Barbara’s grandmother have been distributed throughout the family. A sewing box, pewter tea service, tea caddy and other small personal items of her

life have become the family heirlooms of today.

“One point I always make is that recycling and the Green Movement are not new,” Barbara says. “That’s what an antique is.” Items that one generation used can be used again, treasured again by another generation. “I have a sign in my space at the Williamsburg Antique Mall that says: Recycle, Buy Antiques.”

When she and Woody were first married, they would vacation in Maine. “I met my mentor there. Priscilla Flannery was retired, and she had the most charming antique shop attached to her home. It was on the harbor. It was idyllic. She was the type that would take me aside and show me something, how to appreciate, how to identify quality.”

One of Barbara’s my most prized possessions is a pewter cupboard from Priscilla’s shop. “Priscilla was known as the ‘cupboard

lady' because she could find cupboards where no one else did. Perhaps the cupboard was built-in and actually not finished to stand alone and the house was going to be demolished. She would rescue the cupboard and finish it by adding old wood molding or a base to it. I had always wanted one. They were expensive for newlyweds, but we saved our money."

Over the years Barbara and Woody took many trips to Maine, always stopping at Priscilla's shop. "She was terrific. If you had something damaged or broken, the mentality was to not throw it away. She could show you how to repurpose it or repair it. Make it usable again."

Barbara's school of thought is: mend it and reuse it. "I'm one of those people who will adopt orphan pieces that others get rid of because of a crack or a flaw. I may not use it for its initial purpose, but it is still lovely. I do a lot with wood. That's my passion. The grain of wood, the warmth of old wood that's been handled again and again and again, things that have been scrubbed and polished to the point that it feels like butter, that's what I love."

Her period for collecting and selling is generally from the 1800s and occasionally from the 1700s. "I like a lot of homemade and handmade things," she explains. "I pay tribute to my grandparents who built something if they needed it. If it wasn't invented, they would jury-rig something. I have a great affinity for finding that sort of thing, trying to identify it and putting it back out onto the market so someone else can love it."

Barbara also collects home tools of the 1800s. "I do a lot with spinning wheels and yarn winders – anything from the beginning to the end of making a textile," she describes. "The tools used in the collection of milk, churning it and making it into butter – I have

all of those implements. Butter molds, cutting boards, an oval trencher with deep cut marks. I love them."

Her daughter is beginning to collect antiques as well. She values the real wood and quality construction of the pieces. "She's been given things, and she treasures them. I'm guiding her, but not pushing her toward antiques. She decorates with a combination of contemporary and pieces from the Depression Era. She's developing her own style."

When friends and neighbors go antiquing, Barbara suggests having a certain item or category to focus on. The range of selection can easily distract someone from finding their intended treasure. She assures that value can be found in places some dismiss. "Yes, you can find things in a 'junk' store. That's where the treasure hunt comes in. I never go by a place just because it doesn't have a good look from the outside. Once I found a pair of Windsor chairs underneath a pile of stuff."

Barbara and Woody head back to New England on a regular basis to visit family and friends and to explore the antique shops. "They have things up there that people aren't familiar with down here," she says. "It is fun introducing different items. I have friends up there that will put aside things they feel I would be interested in. Christmas items – I'm a Christmas-crazy person for World War II and earlier items. This one gentleman, who conducts estate sales, knows the types of Christmas items that interest me. He'll put them aside for me."

Pennsylvania, she states, is a great area to shop in the wintertime. "I see Pennsylvania dealers down here shopping us. I don't do yard sales because they are very time-consuming. Some people can pinpoint exactly what they want and can get through them quickly." Also

the Internet is useful to her for finding estate sales and antique shows. The shows are becoming less frequent, which she attributes to the aging demographic of the attendees and show organizers.

"I'm always up for looking in new places. When we lived in Massachusetts for 15 years, we renovated an antique farm house. Then, there was maybe one antique shop in the outlying area. Now, my sister-in-law, who still lives in Massachusetts, says I moved way too soon. There are antique shops popping up all over. This spring we're making stops through our old town. I'm looking forward to exploring that area that's just now finding its own for antiques."

In recent years, Williamsburg has established a corridor of antique shops. "We are a destination now for people who go antiquing. We send them along Route 60. In four or five miles, you can find a wide range of antiques."

Always wanting to have her own antique shop, Barbara didn't take the leap because they were transferred so often. When they moved to Williamsburg, she and a friend partnered to have a booth at the Williamsburg Antique Mall when it first opened. "She has since gone on to other things. I stayed as my own dealer. I enjoy working there and the schedule allows me flexibility that I wouldn't have had with my own dedicated shop." She also runs a booth for the Heritage Humane Society at the Mall. "I've been coordinating it for 15 years."

For Barbara Teele, searching for antique treasures is a labor of reverence, care and love. "I don't buy things as an investment. I buy things that I love. I have three spaces at the Williamsburg Antique Mall. If I were to retire tomorrow, I could live with every piece I have in my booths." NDN

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Hey Neighbor!

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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!

VIRGINIA AERONAUTICAL HISTORICAL SOCIETY (VAHS)

Ongoing

Every third Wednesday of the month. The Williamsburg chapter of the parent VAHS headquartered at the Richmond Airport Aviation Museum meets monthly with aviation related speakers, programs and field trips. Everyone with an interest in aviation is encouraged to attend meetings in the second floor conference room of the Williamsburg-Jamestown Airport terminal building. Come for the camaraderie and learning experience, which comes with expanding your interest in aviation – past, present and future. Point of contact: 757-258-0376

Hey Neighbor!

NEW2YOU THRIFT STORE

Ongoing

Prom season is here and new2you Thrift Store, 4500 John Tyler Highway, has lots of dresses to choose from. New2you is a nonprofit community thrift store benefiting Williamsburg Christian Academy and is open Mon. - Sat., 10 am - 6 pm. Stop by during our regular hours or call (757) 221-

6633 for more information.

Hey Neighbor! CALL FOR VOLUNTEERS

Ongoing

We are the Bruton Parish shop located in the Parish House of Bruton Parish Church on Duke of Gloucester St. We have been here since 1995 and are a 501c3 store. We give all of our net proceeds to the Outreach and Mission ministries of the church. Our sales people are volunteers comprised of parishioners of Bruton Parish and other churches in the area. It is not a necessity to be a church member but just a believer in our mission. All ages are welcome from teenagers to mature adults. Much of the money raised by the shop is used in Williamsburg and the surrounding areas. We need more men and women to staff our shop. We are open 7 days a week 7 hours a day except Sunday, when we are open for 4 hours in the afternoon. Call Carol Weaver (757) 220-1489.

Hey Neighbor! WILLIAMSBURG F.R.E.E. FOUNDATION

Ongoing

The Foundation for Rehabilitation Equipment & Endowment (F.R.E.E.) celebrated their Ribbon Cutting/

Open House March 24th. FREE is a non-profit organization that gifts mobility related rehabilitation equipment to adults who are uninsured or under insured and have no other means of obtaining needed mobility equipment including bathroom transfer aids. Volunteer opportunities are also available. For more information visit www.free-foundation.org, find us on Facebook or call (747) 707-4741.

Hey Neighbor! VIRGINIA AERONAUTICAL HISTORICAL SOCIETY (VAHS) Ongoing -- Every Third Wednesday of the Month

10 a.m. The Williamsburg chapter of the parent VAHS headquartered at the Richmond Airport Aviation Museum meets monthly with aviation related speaker, programs and field trips. Everyone with an interest in aviation is encourage to attend meetings in the second floor conference room of the Williamsburg-Jamestown Airport terminal building. Come for the camaraderie and learning experience, which comes with expanding your interest in aviation -- past, present and future. Point of contact:

757-258-0376

Hey Neighbor! KAYAK

May to September, 2015

Bring your own kayak (BYOK) is a fun monthly program, held every third Saturday, May to September, from 9 am to 12 noon, at New Quarter Park. The rental cost is \$30 and includes kayak, paddles and life jacket. Rentals can be made and paid for on the Chesapeake Experience website at <http://chesapeakeexperience.org/experience/queens.htm>. Take-out is at about noon and depends on the wind, tide, and group preferences. New Quarter Park is located at 1000 Lakeshead Drive between the Queen's Lake neighborhood and Cheatham Annex. For directions or more information, visit www.yorkcounty.gov/ParksandRec or call New Quarter Park at 757-890-5840.

Hey Neighbor! MOONLIGHT AND MUSIC AT NEW QUARTER PARK

May through September, 2015

Bring your acoustic instrument - guitar, fiddle, harmonica, drum, dulcimer, etc. - and join in this round-robin music jam, led by local musician Joe Duggan of Joe's Day Off. Music

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Jams are held every 4th Wednesday of the month from May to September from 6:30 to 8:30 pm. Meet outdoors in the picnic shelter area just off of the parking lot. Listeners are welcome! Bring your own lawn chair. 1000 Lakeshead Drive between the Queen's Lake neighborhood and Cheatham Annex. For directions or more information, visit www.yorkcounty.gov/ParksandRec or call New Quarter Park at 757-890-5840.

Hey Neighbor! ANNUAL BLOOD DRIVE

May 29, 2015

The Williamsburg Area Association of Realtors® invite all our Historic Triangle neighbors to give the gift of life by donating blood to the American Red Cross at our Annual Blood Drive between the hours of 9 am – 3 pm. Schedule an appointment by visiting www.redcrossblood.org – key in “WAAR” for the Sponsor in the “Find a Blood Drive” box today!

Hey Neighbor! FREE COMMUNITY DOCUMENT SHREDDING EVENT

May 29, 2015

Families and members of the community are encouraged to bring personal and confidential documents to the Williamsburg Area Association of Realtors® office between 10 am – 12 noon, where PROSHRED® Security will destroy them while you watch. (No need to remove staples, paperclips, fasteners, or rubber bands!) Shred up to 5 boxes free! Location: 5000 New Point Road, Suite 1101. For more information, call (757) 253-0058.

Hey Neighbor! 8TH ANNUAL KIWANIS CLUB OF TOANO GOLF TOURNAMENT

May 29, 2015

Kiskiack Golf Club, Williamsburg, is the site for this year's event. Start time: 1 pm. Players and sponsors are welcome. \$400 for a foursome. Hole-in-one prizes on all par 3s. Two-week membership to Kiskiack Golf Club for early registrations. Baked chicken buffet, prizes, golf and cart fees and two free drink tickets for use during play are all included. Free beer on tap before and after tournament. Certificate to play again at Kiskiack Golf Club for all players. Contact Tournament Chairperson Traci Carlson at (757) 220-3293 or trcarlson@cffc.com or www.facebook.com/Kiwanis-ClubOfToano.

Hey Neighbor! “THE WRIGHT BROTHERS”

May 30, 2015

Experience the thrill of man's first powered flight as Rainbow Puppet Productions presents The Wright Brothers; sponsored by the Williamsburg Players. Follow the brothers from early childhood until the moment they make their first powered flight in Kitty Hawk, North Carolina. All tickets for an individual show are \$7 each. Seating is open seating. Show begins at 11 am. Location: 200 Hubbard Lane, Williamsburg. Information: (757) 229-0431.

Hey Neighbor! YOUNG EMERGING PROFESSIONALS (YEP) SOCIAL

May 30, 2015

From 10 am – 12 noon at Taste Studio. Take a private 45-minute walking tour with YEP through Kings Arms and Wythe House historic gardens; then experience a tasting of historic flavors that come from the garden to your table. Pastry Chef Rodney Diehl shares his garden-inspired flavor incorporating herbs, with fillings enrobed in rich, decadent chocolate. Garden tour is weather permitting. Cost is \$30 for members and \$35 for non-member. For information, contact yepofwilliamsburg@gmail.com.

Hey Neighbor! “THE NEW JIM CROW” BOOK DISCUSSION

May 31, 2015

At 2:30 pm, Dr. Iyabo Osiapem, Senior Lecturer of Africana Studies and Linguistics at the College of William and Mary, will facilitate a discussion focused on Michelle Alexander's “The New Jim Crow.” The book's author is a civil rights advocate and litigator and provides a powerful analysis of why and how mass incarceration, especially of young black males, is happening in the United States. Lambda Omega Chapter of Alpha Kappa Alpha Sorority, Inc.® will host the reception that follows in collaboration with the Lemon Project, All Together, and the Williamsburg James City County Branch of the NAACP. Join us for an important conversation.

Hey Neighbor! WILLIAMSBURG FARMER'S MARKET

June 2015

Enjoy the heart of Williamsburg in Merchants Square while shopping in this producer-only market for produce, fruit, fish, artisan cheeses,

meats, pasta, cut flowers, and hand-made soaps. The market includes live music, chef demonstrations and exhibits along with local shops and restaurants. The market now accepts SNAP/EBT, credit cards and W&M Express. 757-259-3768, www.williamsburgfarmersmarket.com Saturdays, June 6 – The LCV Project will perform from 9:00 am until 11:00 am. The James River Association will also be in attendance. June 13 – Stephen Christoff will perform from 9:00 am until 11:00 am. The Master Gardeners display will feature Incredible Edibles. June 20 – Andrew Shield will perform from 9:00 am until 11:00 am. The Alzheimers Association will have an exhibit. June 27 – Narissa Bond will perform from 9:00 am until 11:00 am. The Master Gardeners exhibit will feature vegetables

Hey Neighbor! TRINITY ORGAN CONCERT

June 3, 2015

This free concert includes a variety of classical pieces performed by Saint Bede's organist Aaron Renninger and horn player J. Michael Stanley. Time: 12 noon at Saint Bede Catholic Church, 3686 Ironbound Road. Bring a friend and your lunch. Beverages provided. For more information, call (757) 229-3631 or visit www.bede-va.org/concerts.

Hey Neighbor! SOCIAL NETWORKING LUNCH

June 4, 2015

At 12 noon at Plaza Azteca, join Young Emerging Professionals (YEP) for a casual networking lunch with fellow young professionals. Look for the table flyers/tents when you arrive. Everyone pays his own way. All are welcome!

Hey Neighbor! WILLIAMSBURG-YORKTOWN AMERICAN REVOLUTION ROUND TABLE

June 4, 2015

The Williamsburg-Yorktown American Revolution Round Table is meeting at 6:30pm at Grace Episcopal Church Parish Hall, 111 Church Street, Yorktown. Our speaker will be John Millar on “What was Benedict Arnold doing in Virginia in 1781?” The WYARRT provides a forum for the exploration, discussion, and sharing of knowledge about this interesting and critical period of our history. We meet bi-monthly. Questions regarding Williamsburg/Yorktown, please email wmbgyrktwnarrt@gmail.com. [williamsburg-yorktownarrt.weebly.com](http://www.williamsburg-yorktownarrt.weebly.com)

Hey Neighbor! BACON STREET RUN

June 6, 2015

Come join us for this fun bacon filled event in support of families struggling with adolescent addiction and behavioral issues. The 7:30 am fun run/walk and 8 am 5k will be followed by bacon snacks and an awards ceremony that will include the winner of the best bacon costume. The cost is \$25 pre-registered (postmarked by May 30, 2015) or \$30 after May 30 and on race-day. No fee for the one mile fun/run walk (\$10 with T-shirt). Proceeds to benefit Bacon Street's work with youth and families. Go to www.baconstreet.org to learn more about our mission and to register for the run.

Hey Neighbor! WILLIAMSBURG CHORAL GUILD SUMMER SINGS

June 10 & June 17, 2015

Join members of the Williamsburg Choral Guild to experience open-reading sessions of two choral masterworks directed by outstanding conductors, with guest soloists and piano accompaniment. The audience is the chorus! All tickets \$10. Bring your own score or borrow one at the door; registration at 7 pm, singing at 7:30. At Williamsburg Unitarian Universalists, 3051 Ironbound Rd., Williamsburg, Wednesday, June 10: Handel, “Four Coronation Anthems,” Dr. Robert Taylor conducting, and Wei-Li Suen, pianist. Wednesday, June 17: Haydn, “The Creation,” Dr. Erin Freeman conducting, and Laura Candler White, pianist

Hey Neighbor! 6TH ANNUAL CHARITABLE GOLF TOURNAMENT

June 12, 2015

The Historic Triangle Rotary Club is holding its annual golf tournament at Kiskiack Golf Course in Croaker. The event benefits Dream Catchers of Williamsburg, Polio Plus and other charities. Four players may register as a team at \$100/player. A registration form may be downloaded from the club's website at <http://www.the-historictriangle.rotary-clubs.org> or by calling Clay McEldowney, Tournament Director, at (757) 229-1569. Those wishing to contribute and enjoy an afternoon of fine golf, including greens fees, golf cart, BBQ lunch, range balls, prizes, awards reception and much more, make check payable to The Historic Triangle Rotary Club Foundation and send, along with completed registration, to The Historic Triangle Rotary Club, PO Box 6296, Williamsburg, VA 23188.

Neighbors Helping Neighbors

LOCAL SERVICES FOR HEALTH & WELL-BEING

Colonial Behavioral Health (CBH) provides opportunities for recovery, resiliency, and wellness to individuals with mental illness, substance-use disorders, or intellectual disabilities. Since opening in 1971, CBH has continually adapted and upgraded its programs to ensure residents of James City, Poquoson, Williamsburg, and York are provided tailored services to facilitate recovery.

Beginning in the fall of 2014, CBH began putting together the pieces necessary to effectively address the growing behavioral health needs of its military neighbors.

Vince Green, a decorated veteran with a 28-year service history, was the first piece of the puzzle. He fills a newly-created position as military liaison and serves as the point-of-contact for active duty, veterans, and their families and children.

"Only someone who has served can truly understand the stigma and fear active duty members face," says York-Poquoson Services Coordinator Marsha Obremski, MPA. "Vince has a higher level of understanding, empathy, and compassion for the military community. Military family members need to know they are reaching out to someone who understands the unique challenges and sacrifices they make."

Serving alongside Green is Ron Forbus, a licensed clinical social worker with a 27-year service record with the U.S. Navy. Forbus focuses on serving individuals and families affected by depression, anxiety, trauma, and co-occurring, substance-use disorders.



(757) 220-3200 • 1657 Merrimac Trail
Williamsburg, VA 23185

"When asked if he would like to join the team devoted to CBH's military initiative, Ron didn't hesitate," says Obremski. "Our staff truly cares about serving the community in the best possible way. Using a history of military service to create specialized behavioral health care for military families is just one of many examples of our staff's dedication to this agency, this community, and their neighbors within it."

CBH is moving ever forward with a goal of becoming

a truly military-friendly agency. With specialized positions, demonstrated connections with military installations and veteran services, and community outreach activities designed to decrease stigma and build hope, CBH is well on its way.

Aside from its focus on serving members of the military, CBH provides confidential, compassionate services to community members of all ages. CBH provides services to children and adolescents at its Child and Adolescent Services location and the Greater Williamsburg Child Assessment Center, both on Capitol Landing Road, and at the York-Poquoson office. CBH serves adults at the York-Poquoson office and its other Williamsburg offices, located primarily on Merrimac Trail.

For more information about the array of services CBH offers, including emergency services for individuals experiencing crises, visit www.colonialbh.org. If you are in need of services, call today. Colonial Behavioral Health can help. (757) 220-3200



Serving everyone, including pregnant women, children, and seniors, Olde Towne Medical & Dental Center is a community-based, nonprofit clinic. Olde Towne provides medical, behavioral, and dental health services to both the uninsured and underinsured who live or work in the City of Williamsburg, James City County, and York County. Call today for an appointment.

(757) 259-3275

5249 Olde Towne Rd., Suite D
Williamsburg, VA 23188
oldetownemedicalcenter.org



Lackey Free Clinic provides free medical, dental, and mental health care to individuals with minimal or no income who live in Williamsburg, James City or York Counties, Poquoson, and Upper Newport News. The Clinic serves over 1,500 patients, many of whom have multiple chronic conditions. To volunteer or become a patient, call today.

(757) 886-0608

1620 Old Williamsburg Rd.
Yorktown, VA 23690
lackeyfreeclinic.org



Faith in Action serves seniors and adults with a chronic illness or physical disability. Services include well-check calls, home visiting, and respite care for caregivers. Transportation for medical appointments as well as visits to pharmacies and grocery stores and more are provided. Call to find out how you can help or if you need help.

(757) 258-5890

354 McLaws Circle, Suite 2
Williamsburg, VA 23185
wfa.org



The United Way of Greater Williamsburg Community Resource Center (CRC) provides assistance, in a safe and secure environment, to Greater Williamsburg residents facing significant financial constraints or burdens that hinder their ability to provide basic needs for themselves and their families. If you are in need, visit the Community Resource Center.

(757) 229-2222

113 Palace Lane
Williamsburg, VA 23185
uwgw.org/need-help/



CDR is a resource for all parents who have questions or concerns about their infant or toddler. One call to 566-TOTS (8687) opens the door to a host of services provided by CDR and referrals to services provided by other community organizations. CDR leads Virginia's Infant & Toddler Specialist Network. To donate, volunteer, or ask questions about your child, call today.

(757) 566-3300

150 Point O Woods Road
Williamsburg, VA 23188
cdr.org

Hey Neighbor! DEER IN YOUR BACKYARD!!

June 13, 2015

Freedom Park Interpretive Center, 10:00 a.m., open to the public, \$5 donation appreciated to make our garden grow. Do deer have teeth? What do they love to eat? How do mother deer take care of their babies? Learn some fascinating facts about these creatures that live in your own backyard! Ages 5-12. Instructor: Joe Raich, nature lover and photographer. Registration required by emailing sherrypat2@yahoo.com.

Hey Neighbor! WILLIAMSBURG'S 23RD ECUMENICAL SUMMER MUSIC CAMP

July 13-17, 2015

At Williamsburg United Methodist Church on Jamestown Road, across from the campus of William and Mary. This year's campers will prepare and present a musical--ELIJAH--about the prophet and his faith in the one true God. The registration fee is \$60; brochures/registration forms are available on the church. For information, contact Terri Osborne at (757) 220-3647 or markterri@juno.com or visit the church's website: www.williamsburgumc.org

Hey Neighbor! FRENCH CONNECTIONS DINNER

June 18, 2015

The Williamsburg Symphonia League invite you to attend "French Connections" at Two Rivers Country Club beginning at 6:30 pm. This will be a four course dinner with wine pairings, all with a French flair. Commentary will be provided throughout the evening on each wine presented. An auction of four bottles of 1994 Harlan Estate Bordeaux and a case of 1996 Chateau Mouton Rothschild will be an added feature of the evening. For reservations contact Margene Hart-sough at 250-3151 or email margene234@aol.com. Cost is \$130 per person. The League is a non-profit organization supporting The Williamsburg Symphonia, Williamsburg's own professional orchestra.

Hey Neighbor! BARRELS AND BINS

June 20, 2015

At 10:00 am, in the Botanical Garden, Learn how to grow healthy and delicious fresh vegetables and herbs using sustainable and environmentally friendly projects. The team will demonstrate how to build a rain bar-

rel, how to make a composter using readily available materials and how to construct a self-watering container. The program is free and open to the public, a \$5 donation is appreciated to make our garden grow. For information, contact Dennis Wool at wool@cox.net

Hey Neighbor! SILENT AUCTION

June 20, 2015

Join LifePointe Christian Church: Team Mexico as they host their annual Silent Auction in support of their Mexico Missions Ministry. The event will be held at the Williamsburg Christian Academy cafetorium from 4-7 pm. A light meal will be available for purchase and childcare will be provided. All proceeds benefit the group's Ensenada, Mexico mission trip this summer.

Hey Neighbor! ANNUAL JAMES CITY JAGUAR / RAM JAM CHEERLEADING CAMP

June 20, 2015

Come learn to cheer, stunt, dance, and tumble with Lafayette Ram Cheerleaders and James City Jaguar Cheerleading Coaches! (Ages 5-15) Our annual Ram Jam Cheer Camp will be held from 10 am-2:30 pm at the Lafayette High School Gym. Cost is \$50, and all campers will receive a Ram Jam Camp T-Shirt! Bring a packed lunch with plenty of water, and dress appropriately for cheerleading activity. Register online at www.jamescityjaguars.org or at the door on camp day. Register as soon as possible to ensure best t-shirt fit! E-mail jaguarshannah@gmail.com with any camp questions.

Hey Neighbor! INAUGURAL SAINT BEDE INVITATIONAL GOLF TOUR- NAMENT

June 20, 2015

Tee it up at Williamsburg National Golf Club at 9 am. This is a family friendly golfing event which supports fellowship of parishioners and their friends. It will also raise funds to support the special projects of the parish. On Father's Day weekend, join the fun playing in a scramble format no matter your age, gender or skill level. Registration is through Sunday, June 14. Entry fees range from \$50 to \$90 a player depending on age. Registration forms are available in the Saint Bede Catholic Church Commons at the Information Desk. Also, you can get the registration forms through an email to Ted Cummings, the Tour-

nament Coordinator tedsouthpaw@gmail.com or call to (703) 593-1583.

Hey Neighbor! SYMPHONY ORCHESTRA OF THE GREATER NEW ORLEANS YOUTH ORCHESTRAS

June 24, 2015

This concert includes classical works performed by The Symphony Orchestra of the Greater New Orleans Youth Orchestras under the direction of Dr. Jean Montes. Time: 7 pm at Saint Bede Catholic Church, 3686 Ironbound Road. For more information, call (757) 229-3631 or visit www.bede-va.org/concerts.

Hey Neighbor! EEE RESOURCE CENTER YARD SALE

June 27, 2015

Yard Sale/Bake Sale/BBQ from 9 am -1 pm. We are a newly formed non-profit located near Five Forks at 4548 A John Tyler Hwy on the corner with Venture Lane. Through Education, Employment, and Empowerment (EEE), we serve adults ("Associates") with special needs. All profits from this sale will be used by our Associates to support summer time excursions! Please visit our website at www.ee3serves.org for more information about our program, or call (757) 345-2299. Thanks for your support!

Hey Neighbor! LIBERTY CELEBRATION

July 4-5, 2015

Salute America's independence with tactical and artillery drills, and role play that highlights the challenges of our nation's founders. Admission is \$9.75 for adults and \$5.50 (ages 6-12). Children under 6 are free. A value-priced combination ticket is available with Jamestown Settlement, a museum of 17th-century Virginia. The Yorktown Victory Center, open 9 a.m.-6 p.m., is located on Route 1020 in Yorktown. For information about the Yorktown Victory Center, a museum of the American Revolution, call (888) 593-4682 toll-free or (757) 253-4838, or visit www.historyisfun.org.

Hey Neighbor! WHAT'S WRONG WITH MY TREE?

July 18, 2015

Freedom Park Interpretive Center, 10:00 am, open to the public, a \$5 donation is appreciated to make our garden grow. Bartlett Tree Expert Andrew Koenig will show homeowners how to prevent tree damage, care

for new shrubs, and control pests and diseases. Bartlett Trees has a long association with the Botanical Garden, since they were involved in the initial removal of hurricane debris and installations of new shrubs and trees. Contact Andrew at www.bartlett.com or call 757-234-0403.

Hey Neighbor! LADIES VACATION BIBLE SCHOOL

July 21-23, 2015

A vacation for your heart as you rest in the Lord, for ladies ages 14 and up. 7-9 pm each night at the New Town United Methodist Church, 5209 Monticello Ave, next to the court house. Join us as we look into the matters of the heart: receive strength from the Holy Spirit for the long uphill climbs of life; learn endurance by reducing the weight of expectations; align desires and attitudes; re-start the adventure when the path becomes muddy; finish the walk in victory. For additional information, go to the web site www.westgraceministries.org or call Karen Bossieux at (757) 253-7976.

Hey Neighbor! REPTILES AND SNAKES!!

July 25, 2015

Freedom Park Interpretive Center, 10:00 a.m., open to the public, \$5 donation appreciated to make our garden grow. Description: Scary, no more! Children can join us for a hands-on journey to observe our native and exotic species of reptiles and snakes. Instructor: James Ewell, Reptile Ranch, Inc. Registration required by emailing sherrypat2@yahoo.com.

Hey Neighbor! "TOOLS OF THE TRADE" THEME MONTH

August 1-31, 2015

Jamestown Settlement & Yorktown Victory Center - Interpretive programs in August feature a range of 17th- and 18th-century tools and implements. Program highlights include "On the Riverfront," August 1-2 at Jamestown Settlement, featuring objects used to build dugout canoes and harvest Chesapeake Bay waterways, and "Tools of the American Revolution Seminar," August 15 at the Yorktown Victory Center, with hands-on activities and scholarly topics. Jamestown Settlement is located on Route 31 South in Williamsburg. The Yorktown Victory Center is located on Route 1020 in Yorktown. For information, call (888) 593-4682 or (757) 253-4838, or visit www.historyisfun.org.

Williamsburg's
IN THE
NEIGHBORHOOD
photo challenge

**SCHOOL BUSES
RELAX AT
MAGRUDER
ELEMENTARY
SCHOOL ON THEIR
DAY OFF**

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

Enjoy!

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

MAY 2015
In the Neighborhood
Photo Challenge



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