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PRICELESS

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Meredith Collins, Publisher

I wish this issue could be thousands of pages long and contain interviews with every student athlete in the Williamsburg area! While that would not be practical, I can say with certainty that they are well represented by the ones we have had room to feature. What remarkable, inspiring and brilliant young adults! Their ambition and dedication are palpable and they all have been widely recognized for their talents. Most

impressive is that they are all such confident and well-rounded athletes, academics, and citizens.

Even as they are on the verge of what will be one of the most important transitions they will ever make in life, they all have the presence of mind to recognize their parents and family and mentors that have helped them get to where they are today. The determination and intelligence and respectfulness of these young stars shows that they were raised to be independent athletes, successful students, and good neighbors. NDN

Inside

- | | |
|-----------------------|--------------------------|
| 4. Cammie Mann | 25. Gabby Calloway |
| 6. Julia Jones | 28. Evan Lynch |
| 8. Keyshawn Jefferson | 30. Amy Hill |
| 11. Cle'von Greene | 33. Col. Lafayette Jones |
| 14. Bryant Walker | 36. Sarah Sutton |
| 17. Olivia Schulz | 39. Shade Palmer |
| 20. Emma Schriener | 41. Hey Neighbor! |
| 22. Michael Meese | 47. In the Neighborhood |

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Team Builder at Heart

By Laura Lane



Lisa W. Cumming Photography

After a giant snowstorm in New Hampshire several years ago, middle school student Camryn “Cammie” Mann and her family found themselves outside tackling the familiar task of shoveling, when change began to brew. “I remember my dad saying to me, ‘All right, we’ve got to get out of here.’ Everyone had had enough of the snow,” Cammie says.

Cammie’s parents, Russ and Fabiana, from Massachusetts and New York respectively, were ready to make a move southward. Because they both worked from home, their next location was flexible. With relatives in Virginia and some knowledge of the area, the family of four relocated to Barhamsville, just up the road from Stonehouse and they brought along their love for sports.

“My dad played Division I college hockey and was drafted to the NHL,” Cammie says. “He is a big mentor who I look up to. Just following in his footsteps, I guess I decided that I wanted to play sports too.” As a small child, she began with soccer and martial arts, training in Jiu-Jitsu for 10 years. When Cammie’s older sister Haley, now a junior at the College of Wil-

liam & Mary, began to play lacrosse, Cammie followed her lead as well. “I liked to do basically everything that she did,” she says. So, as a third grader, Cammie picked up her first lacrosse stick and hasn’t put it down since.

When her family moved during Cammie’s eighth grade year, she enrolled in New Kent’s public school system. Though the county’s athletic program did not offer lacrosse, she kept her passion for the sport alive by joining the Richmond-based STORM Elite club team, where she connected with another valuable mentor.

Chrissie Collett, the assistant coach, was also coaching a new junior varsity lacrosse program at Walsingham Academy in Williamsburg. When Cammie attended a clinic hosted by Walsingham, Chrissie encouraged her to consider becoming a student there. Her family looked into it, and Cammie transferred to the academy in time for the spring season of JV lacrosse.

Two years later as a sophomore, Cammie became an inaugural member of the school’s first varsity team in 2016. Having a seasoned player on the team was an obvious asset to the

new program, but also a significant leadership opportunity for Cammie. “Coming from New Hampshire where lacrosse was super big and moving down here where it’s not as big yet, but definitely growing...it was huge to step up and be a leader and help the girls who were new,” Cammie says. “We have a lot of new players, so helping them out and helping the coaches get to know everybody has definitely taught me leadership skills.”

Cammie is proud of her team’s 2017 winning record in only its second year of existence, and looks forward to her senior season this spring. “For the sport being so new to the school, and competing with some of the best teams, it’s great to be doing so well,” she says.

Though Cammie’s athletic priorities are her school and club lacrosse teams she’s actually a four-sport athlete for Walsingham, also playing basketball, running track and this year for the first time, field hockey. “They asked me to play because they didn’t have a lot of girls this year,” Cammie explains. “I decided that it would be good to help them out because I know if one of my teams didn’t have enough players, I’d want



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people to help out.”

Beyond recognizing the character-building benefits of being an athlete, Cammie simply views it as a fundamental part of who she is. “I just think playing sports helps me in every aspect of my life because in the rare times I’m injured or not playing it’s so much harder to go about daily activities,” Cammie says. “I go crazy being out of it. I have to do something every day, whether it’s going to the gym, lifting, running or playing any sort of sport, or else I get jittery and can’t sit still. It helps me focus. I also think it’s really helpful always having teammates at school and being automatic friends by default.”

School, Cammie admits, hasn’t always been a source of motivation for her. “But coming to Walsingham has definitely changed that,” she says. “There are teachers here who help you so much and they’re passionate about their work, so it makes it a lot easier to do your work well. I really enjoy coming to school now.” An anatomy course especially piqued Cammie’s interest, as well as a practicum study that has allowed her to intern with the school’s athletic trainer and nurse.

“Academically and athletically, I’m super-

competitive. That basically drives just about anything I do,” Cammie says. “And in lacrosse, I just love playing. So it doesn’t really take a lot to get out there and work for it. Even if I’m lifting or conditioning it’s for something that I love to do so it’s not hard to find the motivation.”

Recruiters from Arizona State University (ASU) noticed Cammie’s competitive drive and love for the game, not to mention impressive skill, at a tournament in Florida when she was only a sophomore. The NCAA Division I lacrosse program invited her to visit the university shortly afterwards. Though she already had offers from the University of North Carolina, Elon University, Old Dominion University and Virginia Commonwealth University, her decision was clear. “I just loved it as soon as I stepped onto campus. My dad looked at me and said, ‘You’re going to go here aren’t you?’ I was like, ‘Yeah.’ I knew right away that’s where I wanted to go.”

Cammie made a commitment to ASU, accepting an athletic scholarship as well as a pending academic scholarship based on her GPA at graduation this June. Not surprisingly, she is thinking about studying sports management and nutrition. “After college, I really want to get

into coaching, hopefully at the collegiate level and maybe when I’m done with that I’ll have my own club team,” she says.

Cammie believes that her success, both now and in the future, hinges on the effort she puts into it. “Everyone always says that hard work beats talent when talent doesn’t work hard, and I really like to live by that,” she says. “There are girls out there who are just showing up to things, raw athletes who are super good at every sport they play. But if you have raw ability too and you put in the extra work, you’re going to beat that any day.”

Just like talent without exertion, skill without sportsmanship is worthless in Cammie’s eyes. “Whenever I’m on the field, it’s not about getting goals or anything like that,” she says. “It’s about including my teammates. I want them to have the same passion for it that I do. So sharing the ball and making them feel comfortable and confident is pretty big. I hope they know that when I’m trying to help them, it’s out of good nature.”

Cammie Mann hopes to be described not as a winning lacrosse star (though that would be accurate), but as “a good teammate who likes to work hard to help my teammates.” NDN

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JULIA JONES

As a senior at Lafayette High School, Julia Jones is dedicated to softball. "I started when I was nine. My dad, Tim Jones, always played sports. So he said, 'All right, we're going to try softball out.' And I just loved it. I fell in love with the game," Julia says.

It's a good thing she loves it because, outside of team practice, she spends an additional 30 minutes on her pitching and 30 minutes on hitting each day. Julia believes that playing a team sport in high school can help you learn to work with other people and communicate better. This will carry on through college where group assignments become more common place. After college, in the work place, you need to learn to adjust to other people's personalities. "Some may be strong-headed, so you have to learn how to work with the strong personality. Some may be quiet and may need more help getting motivated," Julia says. "The benefits of team sports go well beyond the field."

Time management between homework and sports has been her biggest challenge, but she seems to have succeeded, being selected as a member of National English Honor Society and National Spanish Honor Society. She also enjoys being active in her school community as current president of the Decorating Committee. She participated in Key Club her freshman year, but moved on to explore different interests. For her softball prowess, Julia has earned an Honorable Mention and First-Team All-Conference. When she does find a little downtime between academics and softball, Julia enjoys reading and watching movies with her family.

Julia was raised in a military family and lived in Georgia before moving to Williamsburg when she was ten years old. She played

Hard Work & Fun

By Dawn Brotherton



fastpitch softball for the Georgia Extreme, then joined the Williamsburg Starz travel team when they moved to Virginia. She has also played for the Riptides, the Edge and the Elite. She now plays for the Sarasota Heat 18U Ellis travel ball team. Julia likes the added competition brought on by playing against unknown teams. Travel ball is a big commitment, generally played year-round, only taking time off late November to early January, but gives players the opportunity to play teams from around the country.

She was able to learn something new from each team and different coaches. "My proud-

est moment was when I hit a grand slam [when playing for the Elite] when we were down," Julia says. Hitting a home run with bases loaded would be the highlight of any player's career and may have been what brought her to the attention of the Virginia State University (VSU) coach.

"I knew of the coach and I know the assistant coach really well," Julia explains. After touring the campus, Julia found it to be small, but not too small. She isn't interested in a large college, and Petersburg is close enough for her family to come watch some of her games. She has verbally committed to play softball for

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VSU next spring, and a scholarship is still a possibility. She plans to major in Political Science, which will tie in well with her interest in history.

Although Julia may not come back to Williamsburg after college, wherever she ends up she would like to give back for all the time her dad spent coaching her. "I would love to work with little kids and get them inspired to play the game like I was inspired," Julia says. She is also thinking about becoming an umpire, not as a profession, but more as a hobby to work with younger kids as they learn how to play the game. "I can totally do this," she says.

Julia gives her dad, Tim Jones, credit for being her biggest fan. When he was younger, he played basketball, football, and baseball so he understands the importance of team sports. He continued to play sports throughout his Air Force career, which serves as a good role model for Julia and her younger sister, Emily. As her coach for various teams, her dad always pushes her to do her best. "Without him, I wouldn't be the athlete that I am today," Julie says. Both her parents, Tim and Jennifer, encourage her in everything she does. The best advice she received from them was to always believe in herself and her capabilities.

Next to her dad, her pitching coach Kerri Cobb has made the biggest impact on her life. "She has really taken me to great lengths and has always been by my side. She's been able to push me when I needed that extra push, or shove," Julia says. Coach Cobb is in Richmond, so those weekly drives that have been added to Julia's schedule for the past eight years have been an investment well worth the time.

Julia defines success as reaching a goal she set for herself. Knowing she worked hard to make those gains, and being able to see the results, is enough for her. That's what makes an athlete successful, working through all obstacles to reach the goal of beating your opponent. That might mean waking up at six in the morning to find time to run before school. Julie says, "Despite the weather, despite sickness, you have to fight through it."

She recounts the times when her successes were rewarded by her parents. After a great game, they would all go out for a snow cone. Sometimes she still gets a special treat, a bag of boiled peanuts, which were her favorite when she was little.

To prepare herself right before a game, Julia prays and listens to music. It helps her focus on what she needs to do. "Softball is extremely mental," Julia says. She explains that it's important to prepare yourself before stepping into the batter's box or onto the pitcher's mound. Everyone makes mistakes during a game. It's to be expected. Personally, she found it challenging to overcome pitching and hitting slumps. Once you aren't doing well, it gets stuck in your head, and that makes you do even worse. "It is important to know how to bounce back."

Julia ran sprints and the 400-meter during indoor track her sophomore and junior years and credits that training for improving her softball game. "When I was younger, I would run on my tiptoes. It was bad," Julia says, laughing at herself. "Now I actually know how to run properly. My legs go out, rather than up and down on my tiptoes." If she wasn't so committed to softball, she would give basketball a try. "My dad was good; my aunt was good; my grandma was good. It just runs in the family."

Even when asked about doing something she's never done before, Julia's mind is still on softball. "I've never tried diving in the outfield during a game, but I would like to." Her passion for the game is evident, and her dedication has made her the player she is today.

Advice she has for younger players, Julia Jones simply says, "To always work hard and have fun." NDN

KEYSHAWN JEFFERSON

DEDICATED

By Dawn Brotherton



Lisa W. Cumming Photography

Keyshawn Jefferson doesn't remember an age when he wasn't playing basketball. Before he could walk, he was sitting in his playhouse, throwing things at the basketball hoop. He even had a hoop that stuck to the bathtub wall, so he never had to stop practicing.

A senior at Lafayette High School, Keyshawn plays point guard and shooting guard for the Rams' varsity team. Over the years he earned a spot on the All-Conference and All-District teams, and an Honorable Mention for the All-Region team. When not practicing in

the high school gym, he can be found at the recreation center, working constantly to improve his game.

Keyshawn recognizes that it takes hard work and dedication to do well in anything, so he practices a few hours every day, both independently and with his team. He also believes that it is incredibly important to have positive vibes. "Always stay positive. You can't control everything in life, but if you attack it with positive vibes, then you won't be as stressed out," he says. To avoid becoming overly stressed and

to maintain a positive attitude, he takes a few minutes before every game to mentally prepare himself.

Keyshawn talks about his favorite NBA player, Russell Westbrook, from the Oklahoma City Thunder. "I love the energy and passion he plays with every game." Keyshawn has set out to replicate that passion on the court. He knows that you can be the best athlete in the world, but if your head and heart aren't in the game, it isn't going to come together for you.

He has also learned that communication is

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key on the court. When the game isn't going exactly the way you want it to go, it's important to be able to pump your teammates up and encourage them. Effective communication skills are a significant leadership trait for life, and Keyshawn believes high schools need more positive leaders. He is determined to follow his parents' advice to not simply be a follower, but to be a strong leader. He credits his own leadership style to playing ball and being a leader on the court. In just our short discussion, it was evident that Keyshawn's respectful demeanor, poise, and bearing set him apart from others his age.

His drive to be a great leader may also have been influenced by his favorite subject in high school, history. He likes studying how the world has advanced, continues to evolve and needs to further change in the future. This knowledge will be important later in his life, and Keyshawn is ready to apply it. "Changes need to be made in this world, and I feel I can make some of those changes."

Keyshawn's family is his major source of inspiration. "My parents have really done an exceptional job of raising me and my little brother, and I'm extremely thankful for every-

thing they do for us. I really couldn't ask for better parents," he says. They understand the importance sports can play in a young person's life. Being an athlete runs in the family. His mother, Kimberly Mitchell Jefferson, played softball for Lafayette High School, and his father, Keith Jefferson, played basketball and football, and ran track both in high school and at William & Mary.

Keyshawn's seventh-grade brother plays basketball and soccer. "Last year when I got an ankle injury, my little brother was like my little nurse, making sure I had my ice; making sure I was all right. I love it." Keyshawn is very proud of his younger brother, sharing that he is very excited to watch him grow and improve his game. "He has a chance to be better than me in basketball," Keyshawn admits with a smile. He is honored to have a close-knit, large, extended family. They all watch out for him and encourage his basketball ambitions, attending his high school games and even traveling to tournaments during the off-season.

The Amateur Athletic Union has given Keyshawn the opportunity to play travel basketball year-round. He played for the Virginia Venom last year and applauds the great competition

found as close as the Boo Williams Sportsplex in Hampton. "It's a lot of fun to play with other local players [not just at Lafayette High School]," Keyshawn explains. Travelling with his AAU team gives him the chance to play against teams up and down the east coast.

Keyshawn heaps praise on the assistant basketball coach at Lafayette, Coach Leonard Marble. He says their coach really cares about the kids and the team and is great to be around. When asked if he was considering coaching when he was older, Keyshawn is a little hesitant at first. But as the idea settles on him, he concedes that he would be interested in training a few kids that he felt would be able to play beyond high school and wanted to go to college. His brother and some of his brother's friends fit into that category. If they were interested in learning, he would be interested in teaching them.

When he isn't on the court, Keyshawn loves to relax listening to music and hanging out with his friends. He played T-ball when he was younger and although nothing compares to basketball for him, he says there are times when he wishes he had continued playing summer baseball just for fun. The Lafayette coaches





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tried to convince him to try out for football, but he decided to stay focused on basketball during high school to prepare him to play in college.

As a Williamsburg native, Keyshawn admits that this town isn't really known for basketball, but he wants to help change that. He hopes by playing college basketball, he can prove to others that the Historic Triangle has athletes worth scouting. One of his proudest moments was when he found out college coaches were showing interest in him. "It's showing that my athletic ability is being recognized, and it makes me want to work harder," he says.

In college, Keyshawn would like to study physical therapy. He has been researching his options and discovered that it's a growing field with lots of job opportunities. He hasn't decided on a college yet, but is concentrating on doing the best he can in school and basketball during his senior year. In the short term, for the team, Keyshawn is hoping the Rams will make a run for the state championship this year. Personally, he is intent on playing well and hopes to have a shot at Bay Rivers District Player of the Year.

In the long term, Keyshawn's goal is simple: he just wants to be happy. "I don't need a big house, or anything like that. Just happiness. You can have all the money in the world, but if you aren't happy, it doesn't really matter." He would like to come back to Williamsburg after college to be near family if possible, but he is willing to go wherever a job may take him. Even if he settles in Virginia, he would like to travel and see other parts of the United States, as well as visit other countries.

Keyshawn's advice to younger players - "Work hard on and off the court. I would also tell them to have fun because sports will go by faster than you realize." NDN



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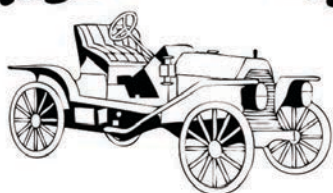
By Lillian Stevens

Last year, Williamsburg Christian Academy's (WCA) Cle'von Greene was named Daily Press All-Stars Boys Basketball Player of the Year. This coming fall, he will join the ranks of the freshman class at Radford University.

In March, 2017, the 6-foot-2 senior, led WCA to the Virginia Independent Schools Athletic Association Division III state title. He averaged 25.7 points, 9.5 rebounds, 3.4 assists

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and 3.0 steals per game, with a signature game of 31 points and 17 rebounds in a 65-59 win over Group 5A state semifinalist Hampton.

"We played a team that we'd lost to twice, and then we ended up beating them by 22 points," Cle'von says. "The whole game, I kept thinking 'we are about to win the state championship!'"

For much of his high school career at Williamsburg Christian Academy, he has been a star both on and off of the court, so not surprisingly Cle'von has been fielding offers from multiple schools. About four months ago, however, he was offered and accepted a scholarship to play basketball for the Radford University Highlanders.

The native of Yorktown calls himself a football fanatic at heart, but he knows that basketball is his destiny.

"I love football and basketball too!" he exclaims. "But by sixth grade, I was 5'8" tall which is pretty tall for an 11-year-old. Everyone kept telling me I should really play basketball."

The modest senior insists that he had no real talent for basketball at first.

"I remember the first time playing in rec league, the ball came to me, and I stood there and froze, wondering what was I supposed to do? I was always able to jump, though."

Cle'von credits that ability to jump for making the team at York Middle School early on, but says that hard work and commitment have also been essential to his success in recent years.

"I love making my family proud, too," Cle'von says. "It makes me feel so good to look up from the court and see my mom smiling." Naturally, as captain of the team, he knows all of the plays and positions.

"I take on a big role as captain," he says. "But I don't have to do everything because we have a great team and I always know that the others have my back. But it's nice to be the go-to guy."

Cle'von plays every position, one through five, but shooting guard and small court are his choice positions.

"Shooting guard and small court are my favorites because I like to move around and get a good shot off. Also, because I can jump, I grab rebounds pretty well, and I'm strong for my size so I can guard a big man and force

him out."

He started his high school career at Grafton High, but has spent the past three years at WCA. A former coach called Cle'von a great clutch player, something that sports fans love to see. Pressure doesn't faze him, and neither do his nerves.

"Let's say there's 30 seconds left in the game and you're losing," he says. "And there is one last shot. The coach knows that in a clutch, I won't overreact. That means I won't down myself if I miss the shot and it also means I won't overexcite myself if I make it. Either way, I'm still happy I played the game."

As he prepares to leave the comfort of his school community at WCA, Cle'von is grateful for the academic and athletic foundation he has enjoyed there, and also for the opportunity to work with young student athletes.

"I get along with little kids pretty well," he says. "We are K-12 here so there are opportunities to help out. We have a prayer buddies program and I also do a gym internship with 6th graders, helping them with their layups and jump shots, as well as with defense and dribbling the ball."

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Cle'von tries to lead by example, modeling the kind of behavior for the younger set that serves as his own foundation.

"I think that children should try to not doubt themselves ever," he says. "If I could teach them anything it would be to always believe, and to find God because He will help you through anything good and bad."

He's especially grateful that he's been fortunate to attend a school that cultivates and reinforces his Christian faith. As for sports, school and life in general, he hopes to be a role model for dedication and hard work, and has some advice for budding athletes who aspire to athletic scholarships.

"You have to dedicate yourself, really," he stresses. "By that, I mean you have to make it a lifestyle. In basketball, you have to work out probably seven days a week and you have to want to be the best. There is no off day. I always say, if you think you're good, there's probably someone better."

Cle'von lives in Williamsburg with his mother, a manager at Walmart Distribution Center. She also caters for Corey's Kitchen, a restaurant in James City County. An older

brother lives in North Carolina where he works as a chef. Cle'von also has a younger brother in Hampton.

He comes from an athletic family.

"Until recent years, my mother held the record at her high school for long distance jump, and my father played football, basketball, baseball and ran track for Charles City."

While the competitive streak runs deep, it's not limited to sports.

"I dedicate myself to being the best I can be at whatever I'm doing. We can play tic-tac-toe and I'll want to win every time," he says with a laugh.

As Cle'von and his teammates (he is one of four seniors who will graduate this spring) close the chapter on this year's season and prepare for their next personal chapters, he admits that it will be hard leaving WCA, because the school feels like a second home.

"It's going to be sad next year," he says. "We've played together for three years."

In fact, finding that sense of home and community was one thing that attracted Cle'von to Radford.

"It was hard to decide on a college," he says.

"But when you can find a place that feels like home, then you know. That's how it felt with Radford."

He credits his teachers and coaches at WCA for all that they've instilled. "I feel I've learned a lot that will carry me to Radford. I'll take the commitment with me there and apply it for the next four years."

Cle'von cannot decide, yet, whether he'll pursue a major in communications or business. Either field will likely serve him well as he segues into his professional and athletic future. "I'll try my hardest to play in the NBA," he says. "But if that doesn't work out, I'll hope to play basketball overseas or coach a team."

Kraig Ware, Director of Athletics at WCA, looks forward to following Cle'von Greene's progress as the years unfold. "When I first saw him three years ago, I noticed that he had this other gear," says Ware. "I've played sports all my life, so I know that not many athletes get that gear. You always notice the ones who have that special gift. My hope and prayer for Cle'von is that he continues to focus and succeed because he has such tremendous potential. I can't wait to see him play at the next level." NDN



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Pushing His Limit

By Alison Johnson

Lisa W. Cumming Photography

Bryant Walker was about 6 years old when he realized he could push his body past normal limits and how good that felt.

He remembers riding his bike, the one he learned to ride without training wheels, through a wooded area with a few older boys and developing a terrible muscle cramp in his side. He remembers wanting to stop so badly but telling himself no, just keep pedaling through the

pain. Don't fall behind. Don't quit. What good is quitting? After all, his father had told him that cramps eventually go numb.

"When it was over, I felt this sudden burst of energy inside," Bryant recalls. "I thought, 'That's just awesome.' That day, I found out that just past pain is this wild ability and a lack of fatigue. Somehow I am blessed to have this mindset."

That mindset has helped Bryant, a senior at Warhill High School, become a standout in both football and wrestling. At 18, he also is a gifted student who hopes to study nuclear or mechanical engineering at the U.S. Naval Academy or Virginia Military Institute while continuing his football career. After college, he dreams of joining a Special Operations unit in the military, preferably with the Navy or Ma-



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rines.

A captain in both football and wrestling, Bryant has racked up individual accolades, from all-conference and all-region honors to tournament championships. Team success and improvement, however, means far more to him, including Warhill's recent 7-4 season: "We play for Warhill and each other, not self-benefit. I play for my boys who wear the same colored uniform as I do, and for the love of the sport."

A Williamsburg-area native, Bryant is a hard-nosed, six-foot-tall ball of energy. His "internal alarm" is set for 6 a.m. weekdays and, quite specifically, 7:22 a.m. on weekends. So workouts before sunrise, even optional ones, are no problem. "Waking up late never seemed to entice me, as I always thought I was burning daylight and wasting time," he explains. "The same with going to bed early. He never saw the point, unless it was the day before a match or game."

Growing up with two sisters and two step-brothers, Bryant credits his father, Chuck Walker, who owns an auto clinic, and his mother, Amy Gilliam, a sales representative, for showing him how to work hard and be respectful, efficient, detail-oriented and helpful to others. "They pushed me to be my best and not be satisfied with just being okay," he says. "I owe most

of my success to them."

Bryant's parents (father, Chuck, and stepmom, Bev, and mom, Amy, and step-dad, Bruce) also devoted countless hours to supporting his athletic career, whether through coaching, transportation or loud cheering. He began playing football at age 6 and immediately fell in love with the sport's physical contact and camaraderie. "It's the ultimate team game," he says. "Everybody has to do their job. It's like a big chain, and you're only as strong as your weakest link."

While some kids craved the glory of a flashy offensive position, Bryant embraced the grind of defense. At Warhill, he mostly played middle linebacker, a central defensive anchor point, as well as left guard and long snapper. "I love hitting people," he says simply. "I'm pretty intense."

Bryant, dubbed "Double Nickel" for his No. 55 jersey, estimates he averaged 100 tackles per season, along with many sacks, forced fumbles and blocked punts and field goals. Then he promptly stresses that statistics don't matter, because each person has a hand in every successful play.

"The only thing I kept track of was the damage to my helmet, my dented face mask and the

lion claw-looking scratches on my helmet," he reports.

In all of his years playing football, Bryant says he only missed one game and one practice, both to attend his oldest sister's wedding. He has had just one significant injury, when he hyperextended a knee with 1:10 to play in a 7th grade game. Missing those final minutes was torture.

"I've gone to practice feeling sick as a dog, about to throw up," he admits. "I just tell myself, 'Hold it down. Hold it down.' I feel like if you come out when you could have pushed through, you're letting your team down."

Practice, he adds, is just as important to him as competition. "If you work really hard all the time, when you get to games and matches you're not as tired. It pays off."

The same mentality drives Bryant in wrestling. He picked up the sport, which his dad had also participated in as a freshman at Warhill High School. To his delight, he found wrestling could be even more demanding than football, with the same strong team bonds. Practices might include brutal sequences of running, pushups, jumping jacks and multiple timed wrestling matches.

"It really is the epitome of mind and body



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endurance,” Bryant notes. “Some of the moves do hurt. You always have to push yourself past the breaking point.” He was a co-captain by his sophomore year. This season, he is wrestling in the 182-pound class with a goal of placing in top four in the state. He describes his team as a tight-knit, goofy, blue-collar band of brothers.

Opponents who test Bryant’s toughness don’t tend to fare too well. “Some guys like to head bang, and there was this one guy recently who did it and smashed my nose,” he relates. “When he charged to do it again, I moved to another level and he hit his nose on my head. He started crying.” Needless to say, Bryant won that match. He’s finished another match on a sprained, swollen ankle as his opponent’s nose again dripped blood on him, although he lost that one.

As a student, Bryant also embraces challenges. His favorite class this year is Advanced Placement Physics. In addition, he has accumulated more than 140 hours tutoring other students in math and science. “Sometimes I have helped others before I finished my own homework,” he says. “Again, that impulse comes from my parents – the morals they taught me.”

Outside sports and school, Bryant has worked since the sixth grade. Most of those years were

spent at his dad’s auto shop, where he learned to handle simpler mechanical tasks such as oil service, tire and brake jobs and also helped with cleaning and cutting grass. He now works as a lifeguard at the Great Wolf Lodge, although he still pitches in at the shop if needed.

Tinkering with cars and other equipment remains a hobby; Bryant has restored his own 1964 Chevrolet Impala and fixed up lawnmowers for resale. A few other leisure time favorites: hunting, watching the Dallas Cowboys and the Virginia Tech Hokies, steak dinners and the movie “Forrest Gump”. He also is an animal lover with three dogs at home: boxers Beamer (as in, legendary Tech football coach Frank Beamer) and Bella and a black Labrador-beagle mix Cookie.

As Bryant’s high school athletic career begins to wind down no spring sport ever featured quite enough contact to appeal to him. He often looks at the tattered, stained football jersey hanging in his room to reflect on good times. Yet, he’s also eager to transfer his physical and mental strengths to a military career. “I know I can push myself,” he says, “and I know that’s what they need.”

So he’ll still be on that bike, pedaling, just on a different path. NDN

Next Door Neighbors

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OLIVIA SCHULZ



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PREVAILING

By Alison Johnson

Olivia Schulz's story as a high school athlete has been remarkable. She has earned state and conference titles, prominent individual honors in three sports (one of which she just started playing), and hundreds of points, rebounds, steals, assists, hits and catches during



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basketball and softball seasons.

She's just dealing with an unexpected ending.

On Nov. 30, the Warhill High School senior tore two ligaments in her left knee during a routine defensive play in her team's second basketball game of the season. At first, the 5-foot-10-inch forward didn't think the injury was too bad. In fact, she came back into the game twice.

"It definitely hurt, and I have a pretty high pain tolerance so I knew something was wrong," she recalls. "On the sidelines, though, I could jog, so I assumed it was a sprain. I tried to play again, but as soon as I moved to go cover someone, I just collapsed again. When I tried again one more time, it gave out for the third time, and that was it."

Even so, the diagnosis was a shock. Olivia, 18, would need surgery to repair her anterior cruciate ligament (ACL) and meniscus, along with six months of recovery time and an estimated 500 total hours of physical therapy. High school basketball was over. So was softball.

"It's been so hard to wrap my head around it," Olivia admits. "I have been pretty distressed, but at the same time there's nothing I can do about it. I have to learn to accept it and do whatever I still can to help my teams do their best."

To ease the sting, Olivia has decided the situation is like having two new sports. One is strengthening her knee to bring it back to perfect form. The other is serving as a student-coach for her teammates, sitting on the bench during every game to dole out advice and encouragement.

A gifted student, Olivia also is waiting to hear from her two top college choices, the University of Virginia and Notre Dame. She has an approximately 4.3 grade point average, excels at math and is considering a career in some type of medical field, possibly physical therapy. "We'll see how I feel after my whole 500-hour experience," she says.

Although Olivia had not planned on playing competitive college sports she can't imagine not always being active. "The doctors told me I would be jogging by three months after surgery," she says. "I'm already looking forward to that so much. I know I can push myself."

Sports have been a centerpiece of Olivia's life since her early childhood in Connecticut. The second of three children born into an Air Force family, she took up basketball and softball at age 5 and immediately fell in love with both. "I can picture my first gym and field so clearly in my head," she says. Olivia was a quick study, too, proving so talented at softball that she skipped over one of the three competitive levels for kids. She also played some soccer and volleyball.

"The team aspect of sports is the best, but I also like just competing," she says. "I like being down and having to fight back. I like having pressure on me. I like being in clutch situations, even if I don't always succeed. And with basketball, I just like all the movement. I love how pretty it can look when a team is passing well and taking smart shots."

In 2008, Olivia moved to Williamsburg with her parents, older sister, Hayley, and younger brother, Jack. The siblings, all athletes, logged countless hours of practice in their free time. Olivia often shot hoops in the driveway with her father, Joe, and went with her dad, Hayley and Jack to local ball fields to work on hitting and fielding. Olivia and Hayley eventually got to play softball together at Warhill.

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When Martin's announced they were closing, Eva immediately thought of Katie! She knew that Katie would be heartbroken to lose her job, and Eva didn't want to lose touch with Katie. Katie had encouraged Eva to become a volunteer at The Arc so that she could see her at all the different programs and activities. Each time she saw Eva she would ask if she had filled out the "volunteer application." Just before Martin's closed, Eva shared the good news with Katie that she was now an Arc volunteer. Eva said, "I am not sure who was happier."

"When I joined The Arc, it felt like a family," Eva said. "When our family greets one another, the love is palpable." Arc clients, like Katie, attend a variety of programs several times each month and genuinely appreciate their time together. They also appreciate businesses and organizations, like Harris Teeter, that give them an opportunity to work and to be an active part of their community. Eva says of her friendship with Katie, "we are no longer just friends, now we are family too."

Katie Murphy is The Arc.

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Joe and Jennifer, Olivia's mom, were a constant presence at games, too. Olivia had a special ritual with her dad during softball games. "He liked to watch away from people, so he'd sit behind the fence of the outfield. It was cool because when I played center field, I could wave to him every time I went on defense."

Last June, though, Joe had to watch from his air-conditioned car as Warhill won its second consecutive Group 3A state softball championship, during a marathon 4½-hour, 18-inning game played in 90-degree heat. He was fighting testicular cancer at that time, but he got to see Olivia make several clutch plays in the outfield. On August 4, Joe passed away. "I'm so glad he got to see that win, because he did so much for me," Olivia says.

When school started in September, Olivia was in a seize-the-day kind of mindset. She had several close friends who played field hockey, so she decided to give the game a whirl. She made varsity, became a starter and was named an honorable-mention All-Region player on defense. "I was stunned by that," she says. "Now, after I got hurt, I'm even happier that I played."

Olivia also has been named to multiple all-star teams in basketball and softball. Highlights include first-team All-State recognition in softball as a sophomore and junior. In basketball, she was second-team All-State as a sophomore and first-team as a junior, as well as conference co-player of the year. After her injury, her basketball coach tallied her total career statistics: 787 points, 665 rebounds, 210 steals, 175 assists and 133 blocks.

Personal highlights for Olivia were those two softball titles, of course, but also beating tough teams in regional basketball competitions, such as last season's 53-51 postseason victory against Portsmouth's I.C. Norcom High School. "We were the underdogs, and they had three girls taller than 6 feet," she says. "I had to fight for every rebound."

All of Warhill's success resulted from hours of tough daily practices, she notes. "It can be kind of tedious to be out there for 2½ hours, but you have to make the most of it and focus on what you need to change from your last game," she says.

Juggling sports and schoolwork was all about time management, from studying on the bus to parking herself in the library to staying up late some nights. "You have to take it one step at a time and not get overwhelmed," Olivia notes. That's basically how she handles pressure situations in athletics, too. "Take a deep breath, do your best and be able to shake it off quickly if you don't."

Outside of school, Olivia likes to read books on World War II, decorate homemade cards for friends and family using her printer and stickers, watch superhero movies. Avengers and Captain America films are among her favorites and television shows "The Office" and "New Girl."

As Olivia reflects on her athletic career at Warhill, she is quick to credit other people, her family, her coaches and especially her teammates, many of whom have become more like sisters over the years. "I've been fortunate to play with so many talented and amazing girls," she says. "Just being able to work with them has been so great. Even now, as I'm sitting here looking at this messed-up knee, I realize how lucky I am." NDN

BUMP SET SPIKE!

By Brandy Centolanza



From her family to teachers to teammates and coaches, Emma Schriner has had plenty of influences who have guided her on her path toward the state player of the year in volleyball at Jamestown High School.

“It helps to come from a family of athletes,” says the 6-foot 3-inch high school senior, who already has a jumpstart on her college career. Emma, who earned enough high school credits to graduate early, left Williamsburg on January 5, bound for the University of Tennessee, where she will continue to play volleyball.

“My dad played every sport, and my mom played volleyball and ran track in college,” Emma says. “My mom knows the game very well, so she was always giving me tips in volleyball. My dad has also been one of my biggest supporters, always pushing me to get better. They both have always been there for me.”

Emma’s mother, Barbara, first steered Emma toward volleyball when Emma was in middle school. Emma’s older sister, Sarah, had also been a volleyball player.

“It’s a sport that has just always been a part of our family, so they wanted me to also give it a

try,” Emma says. “Part of me wanted to be just like my sister. I did a volleyball clinic and really enjoyed it. I made some new friends and had fun, so I decided to continue on with it.”

Emma played in a volleyball club for one season in middle school. The summer before she started high school, she trained with older players in an effort to hopefully make the varsity team at Jamestown High School.

“The older girls really helped me with the game,” she says. “Trying out for the varsity team was nerve-racking, but it was the number one goal for me. I was so excited when I found out I made it.”

Earning a spot with Jamestown High School’s varsity volleyball team was a thrill for Emma, and a rare accomplishment for a freshman. In Emma’s four years at Jamestown High School, the volleyball team made the state finals twice

and the state semifinals the other two seasons, including this past fall. This school year, Emma, who typically plays the position of outside hitter or middle hitter during matches, was named Regional Player of the Year as well as 4A State Player of the Year. She was also named an Under Armour first-team All-American.

“I’ve checked off a lot of my goals,” Emma says. “That’s been very exciting for me.”

In addition to her mother and father, Emma can also thank Jamestown High School head volleyball coach Tom Stephenson for all of her accomplishments.

“Coach Stephenson saw a lot of potential in me when I started as a freshman, and he really helped me grow as a player,” Emma says. “Coach Stephenson has really been there for me.”

The 17-year-old always enjoyed playing the

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sport because of its competitive aspect. "I just like how aggressive volleyball is," she states. "I really enjoy everything about it. I've also liked being a part of the team here at Jamestown High School and really getting to know the other girls on the team."

There are a dozen girls on Jamestown High School's volleyball team. Emma has been especially pleased with this year's team, which finished the season with 24 wins and only four losses.

"I am pretty proud that we had such a great season," Emma says. "A lot of the girls stepped up and filled the shoes of those we lost from last year, and I am so proud of that. This season was very emotional for me. I've loved everything we've done these past four years, and we've created tight bonds. It was hard knowing that this was going to be our last year, but that only gave us more motivation to succeed."

For Emma, being a part of the Eagles volleyball team, "made me see the bigger picture," she reflects. "I learned that it is not only about me. Sometimes you have to do what is best for the team. The thing I loved most about our team is that we all help each other both on and off the court. When I first started, the older girls would also help me with my homework and this year I got to do that with the younger girls. We are all a great support system for each other."

Emma's experience at Jamestown High School also included participation in other school clubs. She was an active member of the Emerge Club, a diversity club that promotes unity and acceptance among all students.

"I want everyone to feel included here at Jamestown," she says. "The club helps minority students have a voice. I am a big advocate for supporting everyone, helping everyone, and making everyone feel accepted, so it was a good fit for me."

So was being a part of Girl Up, a group for young women.

"Girl Up raises awareness for women," she says. "We talk about what it means to be a woman and some of the struggles we have as women. I enjoy talking about social issues and how to make the world a better place." Balancing sports with schoolwork, club events, and a part-time job proved to be challenging for Emma at times, but support from her friends and family as well as her teachers and coach helped.

"Now that we are getting older, my sister and I have grown really close," Emma says. "We've become best friends. She moved her schedule around to make it to my games and cheer me on."

Emma's favorite teacher, Jennifer Berry, has also been a constant in her life.

"She keeps up with volleyball and came to all the games," she says. "She also helped me decide on my college major."

Emma earned enough high school credits to graduate from Jamestown High School a semester early. In January, Emma officially became a University of Tennessee Volunteer. She will continue with volleyball while studying child psychology with an emphasis on behavioral therapy. The decision to leave high school early wasn't an easy one.

"I am really going to miss my teammates," she says. "I always tried to push myself hard to meet their standards so I wouldn't leave anyone down. I will also miss the coaches because they all just gave me so much. High school was definitely a unique experience. Everything just flew by." Now she is ready to start the next chapter of her life.

"I am just jumping right in with college," Emma Schriener says. "I wanted to come early so that I could get a head start in the weight room and get to know my new teammates and coaches. I chose the University of Tennessee because it is in the SEC, which is a competitive conference. I am just so excited to grow and improve as a volleyball player. I really don't know my limits. I am ready to have some fun in college and make an impact on the Tennessee volleyball program." NDN

MICHAEL MEESE



Lisa W. Cumming Photography

Building a Following

By Brandy Centolanza

People from all over the Williamsburg community come to watch Jamestown High School's Michael Meese play soccer. The fact that he has fans beyond the Jamestown High family doesn't seem to faze Michael, though. He is just focused on doing what he loves.

As a freshman last school year, Michael, who plays forward, scored 29 soccer goals, 28 of them in regular season play. It was the fifth highest season total on record at Jamestown High and earned Michael national recognition. It is also a rarity for a freshman, since most

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freshmen begin their high school sports careers on junior varsity teams. Coaches and college recruiters have certainly taken notice of Michael's talent, but the 16-year-old remains humble about his first-year experience at Jamestown High School.

"I just love scoring goals," Michael says simply. "I just love everything about the game."

Michael first started playing soccer at the Williamsburg Indoor Sports Complex (WISC) when he was four years old.

"I was always moving as a child, always running around the house, so my mom enrolled me in the soccer program at the WISC," he says. "I played under Coach Chris Scrofani. I had a lot of fun with it. It was always a good time."

Michael later began playing with Virginia Legacy Soccer Club, a competitive soccer club in Williamsburg. He started with Virginia Legacy Soccer Club at age ten and honed his skills under several prominent soccer coaches, including Steve Shaw, who is Christopher Newport University's head soccer coach; Justin Che-

zem, an assistant coach at CNU, professional soccer player Kelvin Jones, and Bobby O'Brien, Virginia Legacy Soccer Club's technical director and executive director as well as the head soccer coach at Jamestown High School. Michael's coaches describe him as a dynamic soccer player, one who is not just one-dimensional. Michael is able to score goals, assist with goals, and is good in the air, all qualities of a successful soccer player.

Michael credits his coaches for steering him in the right direction.

"They all taught me how the game works," he says. "They all helped me with learning to score, assist, dribble, and showed me what to do so that I could get better."

In addition to the Virginia Legacy Soccer Club, Michael also played soccer for two seasons with the U.S. Youth Soccer's Olympic Development Program (ODP). Michael participated in ODP as a supplement to the Virginia Legacy Soccer Club.

"It was good training, and I got to play with

soccer players from other states," he explains.

Through the Virginia Legacy Soccer Club, Michael has also been fortunate enough to travel the United States for soccer tournaments. He's played games in Maryland, Tennessee, North Carolina, South Carolina, and, more recently, in Florida this past December.

Michael has even had the opportunity to travel internationally to play the game that he loves. Last summer, Michael made the Club Championships League (CCL) United, a group of elite soccer players from Virginia, Maryland and Washington D.C. who trekked to Sweden to participate in the World Youth Cup. Michael and other members of this All-Star team joined 1,700 other teams from 83 countries for the event.

"The opening ceremony was just like the Olympics, and there were fireworks," Michael says. "Every team had a different uniform. The whole trip was a very fun experience. I got to meet new people, see a new city and had a little bit of independence." He hopes to make the

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CCL United team again this year.

Michael's trip to Sweden may have been trumped, though, by his freshman season at Jamestown High School. During his premiere high school season, Michael was named Conference 18 Player of the Year and was also named First Team All-Conference, All-Region and All-State. Michael was also recognized for his accomplishments by the National Soccer Coaches Association of America. "It's been exciting," he says.

Michael's parents, Alan and Kelly, are obviously proud of the fact that their son has found an activity that he has remained committed to and passionate about for all these years. Soccer is his life. Michael practices at least three times a week. Some of the Virginia Legacy Soccer Club practices are in Newport News.

"This sport is very important to me, and my parents have been with me every step of the way," Michael says. "They let me train as much as possible, and they drive me wherever I need to go. I am so happy about that."

Michael also turns to his teammates for en-

couragement and support. "I enjoy playing with the older players and learning more about the game and the physical aspect of the sport from them," Michael says. "What is nice is that my teammates at Jamestown are also a part of Legacy, so we are all really close."

The players are there for each other in good times and bad. "When you are a part of a team, you learn to rely on other people," Michael says. "It is not a solo effort. If I am having a bad game, someone will step in and help me out, and I will do the same if someone else is having a bad game. That is what I like about being a part of a team."

Even though soccer takes precedence in his life, Michael is also a member of the indoor track team at Jamestown High School and was also once a part of Williamsburg's Team Flash youth track and field club. "It's a great way to stay in shape," he says.

As Michael gears up for his sophomore soccer season at Jamestown High School, he is already setting the bar high for the team. "I would love for our goal to be to win States this

year," Michael says. "I really hope we can reach that goal."

As Michael progresses with his high school career, he is also looking to his favorite professional soccer player for inspiration. That would be Sergio Agüero, a striker who plays for the Premier League Club in Manchester City, England as well as the national team in Argentina. "I've liked him for a while now," Michael says. "I really enjoy watching him. I like the way he plays and scores goals."

Though college scouts are keeping their eyes on Michael, he is still unsure where he would like to end up post-high school. Right now, he just wants to live in the present and enjoy being a part of the Jamestown High School varsity soccer team.

"I love the camaraderie that our team has, and all the fun that comes with the bus rides to and from our games," Michael Meese says. "I definitely want to play college soccer, for sure. Beyond that, we'll see where this takes me. I just want to continue to flourish as a soccer player and play for some good teams." NDN





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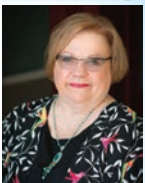
Lisa W. Cumming Photography

Hustle & Heart

By Tryna Fitzpatrick

Growing up in Aurora Colorado, Bruton High School senior Gabby Calloway always had an affinity for sports. Through the years, she dabbled in basketball, gymnastics and even football. But it was the hard-hitting and high intensity game of volleyball where she really shined. Maybe it was in her genes. Her mom, Barbara, also played volleyball in high

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school and, after moving to Williamsburg, began coaching a girls' club team. It turned out to be valuable experience for Gabby. "I was always at the recreational center with my mom so I think I developed some natural talent by watching her play," she says.

With her friendly but competitive nature, Gabby quickly became a standout in the Williamsburg Volleyball Club. She credits her coach, Tom Stephenson, with her success. "He coaches volleyball at Jamestown High School now and is really committed to the sport. I feel like he taught me just about everything I know." With her skills honed and her confidence growing, she was able to land a spot as an outside hitter on Bruton High School's varsity team. She was the only freshman to make the cut that year. Since then, Gabby has captured multiple all-state honors and other awards. This year, in the final season of her high school career, an injury meant she would be just short of reaching the coveted 1,000-kill mark, a milestone that few players achieve. Her accomplish-

ments did not go unnoticed. Last summer, she announced that she had accepted an offer to play volleyball for Hampton University. Though she was considering other schools such as Christopher Newport University, she picked Hampton for its Division I designation. The day she received the offer was one of her proudest moments. "I was completely not expecting it," she remembers. "My mom and I were so excited. We just sat there for a minute and cried."

Those happy tears were hard-earned because Gabby's road to success was not without a few bumps. She suffered through multiple injuries including a broken ankle and a season-ending stress fracture to her back. She was also told that she was too short to be recruited to a Division I program. "I'm 5'8 and most volleyball players are 6 feet and over," she says. "They told me I was just too small for Division I." Using her trademark grit and tenacity, she proved them wrong.

"It's hard. There is always going to be someone better than you, so you have to be

continuously working. You've got to hustle," she says, adding with a laugh, "and don't let any balls hit the ground."

That go-getter attitude has served her well outside of volleyball where she's had to overcome even bigger challenges. As a child, Gabby always had an unusual bump on the left side of her head. It wasn't painful and hardly noticeable under her hair so her mom and dad assumed it was just the natural asymmetry of her skull. Yet, ever cautious of their spirited and energetic daughter, her parents decided to seek the opinion of a specialist. The news was devastating. It was a tumor.

At just 10 years old, Gabby was diagnosed with fibrous dysplasia, a rare, non-cancerous condition in which healthy bone is gradually replaced by soft, fibrous tissue. In her case, the growth was dangerously close to her brain and would need to be surgically removed. The procedure was scheduled for July, just before Gabby was to begin middle school. As other kids her age were hanging out at the pool and having sleepovers with



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friends, Gabby was admitted to the hospital. The risky procedure involved removing the tumor and reconstructing part of her skull with a titanium plate. In typical Gabby fashion, she pulled through like a champ and was released from the hospital after only a week. Although she wasn't expected to suffer any long term side effects, her doctors did offer a bit of tongue-in-cheek advice, just in case. "They said no kickboxing. Anything other than kickboxing and I'd be good," she says with a laugh.

While her prognosis was promising, the experience nevertheless left behind life-altering remnants for her and her family. It even influenced Gabby's career path. She has decided to major in the medical field with an eye on nursing or radiology. With a big heart and desire to serve, she hopes to help others who are going through tough illnesses. "I had some really awesome nurses. It made me realize that I would like to do that for somebody. I want to help people the way they helped me," she says.

With her college plans in place and a

clean bill of health, Gabby is now looking forward to focusing on her final few months of high school. She often shares advice with up and coming athletes who are hoping to get a Division I offer. "It's not just about the sport. As a student, you have to make the right choices, like, are you going to watch TV or are you going to do homework? You know what you're supposed to be doing," she says. "You have to do it." The same is true for volleyball. "There are definitely days when your legs are sore, and you're tired, and you really don't want to go to practice. You have to remember why you are playing."

When not playing volleyball, you can also find Gabby representing Bruton High School on the basketball court. "I sometimes go from school, to two hours of basketball practice, then three hours of volleyball practice," she says. "I really have to make sure that I manage my time wisely." It's one of the many skills she believes she has learned from volleyball that go beyond the game. "Knowing how to motivate and lead people while not being so demanding to the point that

they don't like you is a skill I know I'll use in life." Learning to be a team player is another one. "You really have to work well together if you're going to be successful," she says. Many of her teammates over the years have already moved on to college, and some are even playing Division I volleyball for schools like Tennessee and Georgia Tech. "I see them on TV and it's just so cool. It's really awesome to be able to talk to them about college and share our love for the sport."


Athleticism, motivation and teamwork are all attributes a good volleyball player needs to excel. For Gabby, she believes that faith and family are important too. "My mom and dad (Barbara and Robert) are my inspirations and I have a lot of respect for them. They've supported me through everything, all my injuries and struggles, my travel games and practice schedule. I really appreciate them for that." She also thanks God for giving her the strength to persevere. "God is good. If you have faith you can succeed in anything," Gabby Calloway says with a smile. "I'm definitely blessed." NDN

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SWIM ON!

By Tryna Fitzpatrick



Lisa W. Cumming Photography

Bruton High School's state champion swimmer, Queens Lake Eagles standout, and 2A record-holder Evan Lynch has wonderful memories of his high school swimming career. As a freshman, he won the 200 freestyle. As a junior, he won it again while also seizing a win in the 500 freestyle. Even more impressive, he currently holds the Virginia 2A East Region Championship record in the 200 freestyle category with a time of 1:46.02. Now a senior, he reminisces over these accomplishments with a sense of pride, but also gratitude. "Being a part of this sport has helped me look at things with a positive attitude, and that has translated into every part of my life," he says.

The Williamsburg native has been swimming just about all of his life and feels a strong connection to the sport. He started out in a local summer league team when he was just 5 years old, and he began swimming year-round with Williamsburg Aquatic Club a few years later. He joined 757Swim when it formed in 2015 and still trains with them today. His younger sister is a sophomore in high school and is also a swimmer, so between school, the club season,

plus championship meets, it's a considerable commitment for the whole family. Evan says his mom, Mary, and dad, Ted, have always been supportive, despite the relentless pace.

"There really isn't much time off," Evan says, unfazed. Over time, the workload has become second nature. He thinks of it more as a way of life than a chore. "I practice six days each week after school, plus Saturday mornings. I also do a session in the gym for an hour after practice," he explains. The schedule might seem hectic, but Evan revels in the routine. "I just love it. I love the structure and I love competing so it gives me an outlet. You have to sacrifice things sometimes, obviously, but it's worth it for me and my family."

That's why it was especially disheartening when, during his sophomore year at Bruton, he began to experience severe fatigue and weakness. It brought his momentum in the sport to a halt. Evan struggled to maintain his dominance in the short course relays and was even having trouble completing his workouts. Swimming had always been his lifeblood, so when his motivation began to wane, he knew he needed help. "I knew I had some sort of health issue going on but didn't know what it was or what to do about it," he says.

His parents went looking for answers within the medical community, but didn't have much success at first. Despite numerous tests and treatments, Evan was still feeling off of his

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mark. Fortunately, hope was found when a doctor connected Evan's condition to a genetic disorder that prevents the body from processing and absorbing folate and folic acid (vitamin B9). Having too little folate in your blood sometimes leads to anemia which can have serious health consequences if left untreated. Folate deficiency can also produce precisely the type of symptoms that Evan suffered from including fatigue, irritability, difficulty concentrating and lethargy. All of this time, the solution to Evan's problems had been relatively simple. He just needed to take a daily supplement that contained a pre-digested form of folic acid. Soon into this new treatment plan, he began to feel like himself again.

"It was hard to come back from it all. Even after it was physically resolved, I still had to get back in shape from a performance standpoint and get back into the routine," he says. Harder still was regaining his confidence. "I'm coming back out of it," he says, "but it's been a slow process."

Along with his parents, his coaches were there to support him every step of the way. "They had to deal with a lot from me as I went through this, but always told me exactly what

I needed to hear. They never gave up on me," Evan says. "They pushed me to do my best and always made sure I was on the right track to achieve the goals that I had set for myself."

His teammates helped too. "One of the main things my teammates have helped me with is the motivation to keep going and keep pushing. If you're having a rough time, sometimes you just have to finish it out, no matter how hard it is," he says, adding, "after you do that, you'll be able to move on and do something even better." And that's exactly what Evan plans to do.

Last November, he signed to swim for Towson University in Baltimore, Maryland. He visited the campus earlier in the year and immediately felt at home. "I just knew it was where I wanted to go," he says. "The swim team is definitely on the rise, which is exciting, and I think their team goals are a good match with what I want to do individually." He will start college in the fall but hasn't decided on a major just yet. He may consider sports medicine or exercise science, but feels he has time to figure it out.

"I'm just really ready for the overall college experience. It's going to be a lot of fun. I know

Towson is a place where I'm going to fit in."

He plans to keep in touch with his Williamsburg teammates after he heads to college. "I have definitely developed lasting friendships. The people I swim with are my closest friends. I've gotten so much out of that aspect of the team," Evan says.

With the final few months of high school before him, he is taking it all in and appreciating every minute with renewed perspective. He has also been able to rebuild his confidence and nurture his stamina to an all-time high. Every practice and every meet is a joyful reminder that he is exactly where he wants to be - at the top of his game, but with room to grow. "I just want to keep getting better," he says with a smile.

Evan Lynch feels the lessons learned along the way about motivation, commitment, and attitude will help him accomplish that goal. "To be successful, you must have a good work ethic. You've got to come to practice every day, and you've got to put in the time to do what you need to do," he says. "And I think, no matter what, you must have a positive attitude, because not every day is going to be good. You have to keep your head on your shoulders and always be pushing forward." NDN



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Next Door Neighbors Business



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The Gift of Experience

By Greg Lilly, Editor

In the twenty years that Amy Hill has worked as a travel agent, the industry has evolved. “The industry has become more technical,” she says. “A lot of people try to book their travel through websites.” For a simple airline reservation or hotel transaction, an on-line booking website may be adequate. “If it’s simple, they can do it themselves. Some people come into see a travel agent because they don’t want to deal with it themselves. We handle everything from the time they walk in our door to the time they get home after the trip.”

Another change she sees is the popularity of

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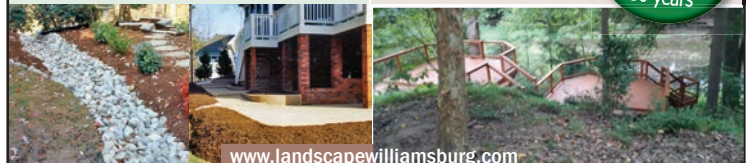
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“experience” travel. As people downsize, many don’t want gifts for Valentine’s Day, birthdays or anniversaries that clutter the house, closets or personal space. The trend, Amy describes, is to give experiences and make memories.

“Some people travel to stay in a particular type of hotel or resort. It’s a getaway. They like the amenities of the hotel or resort, they like the view or they like the location because it is near something they want to see. We have ways of customizing those trips because of the relationships we have with the vendors – hotels, resorts, cruise lines, tour operators. We have a rapport with them. That’s something that the general public doesn’t always have.”

Tour operators and cruise lines have changed over the years, according to Amy, but travel agencies are knowledgeable by way of their daily interactions. “We have to keep up with the industry. We learn about new destinations. If we sent someone somewhere 20 years ago, it’s changed 20 years later. We keep educated on that through training and contacts and feedback from customers.”

Amy grew up in Pennsylvania. She went to the University of Pennsylvania to get her degree in psychology. She met her future husband, Roger, while at college. “With my psychology major, I wanted to focus on the coun-

seling part. In order to do that, I would have had to go back to get a master’s degree. It just didn’t end up working out that way.”

Instead, Roger joined the Air Force, and they were stationed at Langley. By this time, they had their son. “This was Roger’s first duty station, and we ended up staying here. We liked the schools and the area. I got into the travel business about two years later, about 1998.”

Amy began working in Norfolk as a membership services representative at AAA. “An administrative position came open at the Hampton AAA location, which was a lot closer for me,” she says. “After several months, I ended up being trained by them to become a travel agent. That was in 1998. I left and went to another agency then I came to Warwick Travel.” She has worked with Warwick Travel since.

“There is a wealth of information in the travel offices,” she says. “If I haven’t been to a location, I’m sure someone in the office has. We regularly rely on each other. It’s not just one agent, but a group effort in sharing information. If something didn’t go right on a trip, we let everyone know. When someone has an amazing experience, we recommend companies or certain agents or vendors to work with

to our associates. We rely on each other and our expertise.”

She explains that travel agents get to know their neighbors and the style of travel they seek. “When I started, the company I worked for had a lot more families with children going on shorter vacations. They didn’t want to go to Europe and visit ten countries. They wanted a beach vacation where the kids could play and the parents could relax. When I came to Williamsburg, I encountered a totally different clientele. Many people here are retired and have more time. They go on longer trips and more exotic destinations. That’s a different type of travel. It’s also a different age group. That’s fun for me. I get to send people to places that a family of five might not travel to.”

Twenty years ago, more people took relaxing beach vacations or international travel for sightseeing. In recent years, there’s more interest in experiences, maybe fulfilling a bucket list item. “We have a lot of people these days exploring their ancestry with things like DNA tests. So people want to travel to places their ancestors lived. We have a lot of people wanting to take trips to Ireland,” Amy explains. “My husband has family from Ireland and some are still over there. A lot of people want to get in touch with their roots.”

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Other people want to have an experience like being present when their first grandchild is born. "Or they may want to see their child or grandchild graduate. On the other hand, I've had to fly people to see a loved one for the last time. I've flown someone terminally ill to see friends or family for a last time. Sometimes it's a sad situation, but I'm able to help them get somewhere or do something that is going to give them an experience or maybe give them closure."

Amy has helped her neighbors make the most of their travel experiences. She had a client taking his mother to Paris. His itinerary included tours and museums and historical sites. One special thing he wanted to do was take his mom to the Eiffel Tower for dinner. "I said, 'Why don't you do it at sunset?' Just that one little touch made the experience really special," Amy says. "That was going to be more memorable than just eating at the Eiffel Tower, but to time it with the sunset added to the experience." Plus with Amy's connections, she knew how far in advance to book the restaurant reservations and to get the timing right for that particular evening.

"Another thing that we do with some tours, either escorted or on-their-own tours, we do a 'skip the lines' option. You can pay a little extra

to not stand in line at destinations. You might not have to stand in line for two hours to get into the Louvre Museum. You get quicker access and have more time inside than standing in line. Little things like that can make the day."

Amy and Roger love visiting Costa Rica. "The nature, the animals, the volcanoes," she lists. "We hiked in the rainforest. The views were breathtaking. We loved it there. Another place we like is Mexico, Cancun in particular and the Mayan Riviera. We have been there several times. In Europe, London is one of my favorite cities. Get good walking shoes and just walk. You can never set foot on a bus on the Underground and still see something every block. If you don't walk around and see things up close, then you miss a lot. They love tourists over there. They love to tell stories and talk to travelers."

A popular destination is Alaska. "That's actually one we suggest if someone isn't sure what place they want to visit. Alaska is the one place you need to go at least once. It doesn't matter how many pictures you see, nothing does it justice. The landscapes, the vistas, the wildlife, everything is so pristine. It's hard to describe." On Amy's Alaskan cruise, she kayaked over to an old military island. "It still had the mounts

for the guns and old bunkers. Kayaking over to it, there was an otter swimming next to us. We saw all kinds of birds on the island, including an eagle."

She suggests taking land tours farther north from Anchorage to Denali National Park. "They have bear tours. You can learn about the natives, the Eskimos. Cruises are a great way to see Alaska because it is so large. You can go into these towns and walk around to experience the history and culture. Mid-May through September is the main season for the Alaska cruises."

Another trend she sees is the family reunion trip. Instead of a family gathering at one home, the group may take a cruise together or meet at a resort, leaving the cooking, entertainment and lodging to the professionals.

Amy Hill is taking her own advice this fall. "We are going on a ten-day Mediterranean cruise with Holland America in September. I'm going with Roger and my in-laws." None of them have taken a Mediterranean cruise, so it's a new, shared experience for them. "We'll have a really good time. We will go into Rome a couple of days before the cruise to tour, see ruins and taste the local cuisine." Professional planning and knowledge let the worries stay home. NDN

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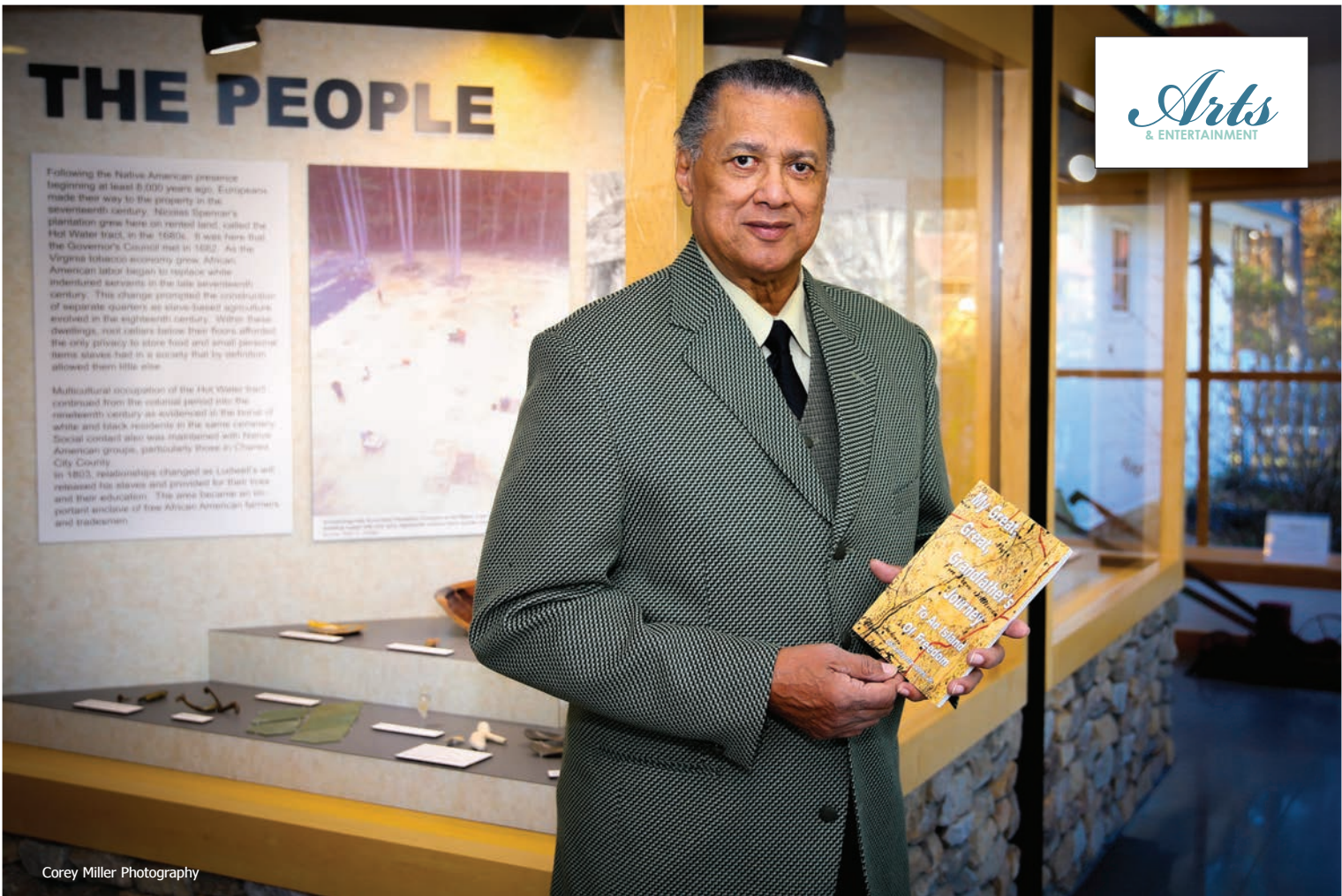
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In the Footsteps of his Ancestors

By Greg Lilly, Editor

As a child, Col. Lafayette Jones, Jr. rode around Williamsburg with his grandfather, George Jones, on a horse-drawn wagon. “He would carry me around everywhere he went,” Lafayette says. “He’d point out different things to me. He would point out old Indian sites and all the historical buildings that used to be in the area before they were destroyed. This was one of his favorite areas, Freedom Park, that he would talk about.”

His grandfather had been born in 1870 and lived until 1973. “So, he was 103 when he

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died,” Lafayette says. He passed down to Lafayette what his own grandfather had told him. He’d taught Lafayette the importance of history and of relaying the stories of their ancestors.

“My grandmother died two months before I was born. Subsequently, we moved in with my grandfather and lived with him. I grew up with my grandfather.” Lafayette had been born just down the road from Freedom Park, on Centerville Road, and then the family moved to his grandfather’s home at Ironbound Road, near Richmond Road.

“We would ride on that horse and wagon from around Ironbound Road to as far as Richmond. It might take us a half a day or a day. But we would travel and he’d point out things to me. He’d do it repeatedly so I wouldn’t forget them. Especially in the area of Freedom Park, he told me where all the families lived and who lived where and so forth. I had a mental picture and I retained it from the information he gave me. With him doing it on a repetitive basis, I couldn’t forget it.”

And he did not forget. Lafayette championed the idea of the park honoring the history of free African-Americans in the area.

The stories of his grandfather gave Lafayette

a boost of self-confidence, knowing his lineage and the struggles that his family had endured. When he was a student at Bruton Heights, an all-black school, Lafayette asked to transfer to the “white” James Blair High School. It was 1960.

“In 1954, the Supreme Court passed its decision for the integration of schools and recommended to the states that they take immediate action to integrate their schools,” Lafayette explains. “But because of the situation here in Williamsburg and race relations in this area, we did not integrate the schools until 1968.” The superintendent of the school system, Rawls Byrd, opposed Lafayette attending James Blair.

“The first day I went over to apply for enrollment at James Blair, I was put in a little room and left for about three hours by myself. I was a 17 year old kid at that time. So, I was a little bit afraid as to what might happen to me or if something was going to happen to me. Eventually, they came in and told me I was not going to meet with Mr. Byrd that day. Instead, he had an emergency meeting at Bruton Heights with all the teachers and staff at which time he told them that if I did not change my request

or drop my request, he would close down the school and fire everyone on the staff.” Last year, Lafayette and others successfully requested that the elementary school named for the superintendent be changed.

Lafayette had been a star student, receiving the Abby Aldrich Rockefeller Scholarship when he graduated from Bruton Heights. “It was an academic scholarship that paid for my entire tuition at the university of my choice. At that time, I chose Virginia State University and I went there for two years. I played football, and I was the first freshman to start at a homecoming game there.”

Then his brother, a Marine, passed away suddenly from drowning. “I dropped out of school and went into the military. After going into the military, I continued my education at the University of Nebraska. I went from a Private E1 to a Sergeant E6 in 17 months, which was rapid. In that time, I had a captain I worked for, and he convinced me to go to OCS (Officer Candidate School), get a commission, and go to college at the same time. I had a two year break from going to Virginia State and the University of Nebraska.”

After a 22 year career in the U.S. Army, La-

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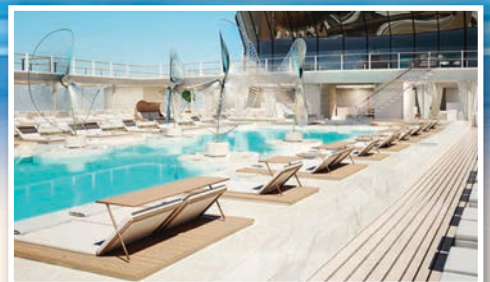
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fayette worked as the Director of Intelligence for Honeywell in Tampa, Florida. "It's a defense plant, and I was in charge of security for the program. I had a brother living here in Williamsburg, and he had a stroke. There was no one still here to look after him. I picked up and moved here, an impromptu move from Tampa to here to look after my brother."

Lafayette ended up staying in Williamsburg and began work at Anheuser Busch as a production manager, retiring in 2008.

Throughout this time, he had researched the stories his grandfather had told him. At family reunions, he talked with aunts and uncles and cousins about their recollections. He decided to write a book.

The title of his book: *My Great, Great, Grandfather's Journey to an Island of Freedom*. "When I was in school, I told my teachers about these new discoveries. I was a kid bursting with all this new knowledge from my grandfather. My teachers said, 'We have never heard of that. We don't know anything about it.'" He knew the stories from his grandfather told more than the history books in his school. The idea of recording them stayed with him until his retirement.

"I started back doing my research. At that time, the county had purchased this property (Freedom Park land). They were trying to determine what to do with it. They hadn't made a decision. I went before the Board of Supervisors and recommended that it be made into a historical park. In particular, as a memorial to the people of Freedom Park, who were free blacks in 1803, which was more than 60 years before the Civil War. What we had was a settlement of free blacks in the midst of slavery. That's why when I wrote my book, I called it: *My Great, Great, Grandfather's Journey to an Island of Freedom in the Middle of Slavery*."

The land of Freedom Park was part of Green Spring Plantation, Lafayette explains. "William Ludwell Lee was the owner of the plantation and gave them their freedom in 1803 when he died. He set aside this area for them to live in. He also had homes built for them and gave them the materials they needed to sustain themselves and make a living."

Construction on Freedom Park started in 2002. Lafayette went to the County to present what the area represented to Williamsburg and James City County's history. "This is telling the history of Williamsburg that no one knew before and no one was talking about. Alain Outlaw, who was the archeologist, did a bunch of surveys in the area. He found quite a few artifacts. There's a field out there where the old plantation house was located. They found the remains of that. They dug it up, did some inspection, and covered it back over. Also, they found the cemetery out there that had a mixture of African-American, Native American, and European bodies, probably from different periods, but they were all in the same cemetery, which was unique within itself. Normally they didn't mix the races in a cemetery back during that period."

Lafayette presents the history of the free African-American settlement on Saturday, February 10, from 3 p.m. – 4 p.m. at Freedom Park, 5537 Centerville Road.

"The first thing people will hear at the presentation is about the arrival of African-Americans in Jamestown and what happened to them. I'll talk about Bacon's Rebellion and how slavery evolved. Then I tell them about the settlement and how it came about," Col. Lafayette Jones, Jr. says. He



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THE **Y** CHANGES LIVES

By Greg Lilly, Editor

In April of last year, the Y gained a new executive director, Sarah Sutton. The daughter of an U.S. Air Force pilot, Sarah was born in England and ended up in the States when her father was transferred, and ultimately, stationed at Langley. “I was in elementary school when we came to Virginia. He retired and started his civilian career. Virginia was the last stop of the tour.” She grew up and graduated from high school in the area.

“We had a foreign exchange student from Japan for a year when I was in high school. That turned out to be one of the most amazing ex-

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periences. She and I are still close and stay in touch. Her kids came to visit when I lived in California.”

Sarah attended William & Mary and majored in East Asian Studies with a minor in Art & Art History. Her major wasn't a conscious decision, but her family's experience with the foreign exchange student laid the foundation for her interest in Asia. “I had my choice of subjects as a freshman coming into W&M. I thought I would try Japanese, and I loved it. Before I knew it, I had accumulated credits in Japanese and Chinese studies. East Asian Studies as a major made sense.”

She had a professor who encouraged students to apply for the JET (Japan Exchange and Teaching) program. “The JET program is sponsored by the Japanese Ministry of Education to bring foreigners over to teach English in the schools so the students learn from native speakers. I applied without much expectation and ended up being selected.” She spent three years in northern, coastal Japan. “I taught myself how to snowboard there, lots of snow, which I didn't expect. But, I lived on the beach, so we did a lot of kayaking and camping. I love the hospitality there.”

Back in the States, Sarah wanted to continue

her education by attending graduate school. She moved to California to attend the University of California – Berkeley. “I pursued my degree at Berkeley in Asian Studies. I received a fellowship to go back to Japan to study. When I finished school, that's when my life took a turn toward the Y.”

While finishing up her graduate thesis, Sarah had her two daughters. “Through the process of taking time to be home with my children,” she says, “I was introduced to the local Y. I was living in Richmond, California, in the Bay area. It was a wonderful community, and I joined the Y as a member.”

That was the first experience Sarah had with the Y community as an active, involved member. “It was a support network for me at a very pivotal time in my life as a young mother and other stresses going on. The Y was my safety net. I became very involved there, regular workouts, getting to know other young mothers. I loved it. I saw an opening come up at that Y for a job. I figured I was going there on a regular basis already, so why not apply for that job. It was the perfect transition where I could be with my kids quite a bit and also be contributing to an organization where I could see daily change happening in people's lives. I

had personally experienced that kind of change through the Y.”

She worked her way up, and in a few years, Sarah was the branch director at that Y. “I put in a solid seven years there. I was blessed to have some amazing colleagues, amazing friends.” Although great friendships had developed in California, most of her family was in Virginia. “My children are now ten and twelve years old. It was always part of the master plan to end up back in Virginia. The time came. I was blessed to move back and when I was looking for opportunities, this one became available. It is an absolute joy to be back in Williamsburg, in the town of my alma mater.”

As the executive director at the R.F. Wilkinson Y, Sarah says her day is a little bit of everything. “A typical day at the Y is atypical.” She is the face of the Y to the community in outreach, board development, advocacy and fundraising. The annual campaign raises money for scholarships and financial assistance for people to have memberships. “No one is turned away due to inability to pay a membership fee,” she adds. “We also have scholarships available for our programs, such as our pre-school programs, our summer camps, senior wellness programming, Bright Beginnings, and for one of our flagship

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programs, Safety Around Water, which is critical where we live surrounded by water.”

For the Y members, Sarah ensures there are programs for all interests. “Part of the beauty of the Y and our relationship-focused service is that the Y is to each individual, an individual experience. It’s different for everybody.”

A family with a pre-schooler may bring their child in for the pre-school program each day. The mom or dad can go to the wellness center to work out during that time, and then take their child to the pool for a family swim. “Maybe their involvement is more the social aspect through the Mom’s Morning Out or the Kids Night Out program, where we offer childcare so the parents can go out on a date.”

For seniors, the Y participates in the Silver Sneakers program. “For them, their day may be very social. After a Silver Sneakers class, they hang out for a cup of coffee and socialize with each other. They continue with shopping or pot lucks or lunch. The Y is a social connection for many of them.”

The aspect that excites Sarah about the Y community is witnessing the change in people’s lives. “The changes we see happen are incredible. One of our seniors shared her story. She connected with our director of healthy

living. She had been coming in, but couldn’t walk down the hallway without sitting to rest before continuing. Her stamina was low, and she couldn’t catch her breath. She had a trip coming up that she and her husband had been planning for years. She knew she was in trouble if she couldn’t increase her capacity to walk. She worked with our staff and was ultimately able to climb flights of stairs. She came back from the trip excited by all she was able to do and see – all because of the months of preparation she put in at the Y.”

Another story came from the aquatics director about a summer camper in the Safety Around Water program. Sarah relays that the child’s mother had been really scared about the child being in the water and was reluctant about letting her near a pool the whole summer. “With some reassurance from the staff, she agreed to let her daughter take part in the Safety Around Water program,” Sarah describes. “As a result, the child went home one day from camp, telling her mother that she had passed the swim test. The mother was in such disbelief that she called here to verify that it was true. She was so amazed that her child was that comfortable in the water. That helped relieve her anxiety. To see that anxiety and fear lifted

from the mother was huge for us. Not just that the child learned how to swim, but the fact that the mother had a fear removed from her life.”

Sarah Sutton’s commitment to the Y is reinforced by the knowledge that the organization is all inclusive for the community. “Our mission is to put Christian principles into practice through programs that promote healthy spirit, mind and body for all. Historically, our roots are based in Christianity. The values of Christianity shape who we are, what we do and how we do it, but they are the same values that are present in other major world religions – love, kindness and compassion,” she explains. “The two key words that resonate for our staff and me are ‘for all.’ It doesn’t matter your gender, race, economic background, sexual orientation, religious preferences. None of it matters because here we are about loving and welcoming all. Our four core values are caring, honesty, respect and responsibility. We try to live by those every day. We hold our staff to that expectation, and we hold our members to that expectation. For me, knowing I’m part of an organization that cares so much about putting those core values into practice and is truly committed to being here for all. That’s what brings me in every day.” NDN

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XK343



Corey Miller Photography

60 Years of Leadership

By Greg Lilly, Editor

By Brandy Centolanza

All of Mr. Shade Palmer's life, he has valued education. His father, Victor Lewis Palmer, was from Williamsburg, but left as a young man for southeastern North Carolina in search of work. That's where he met Shade's mother, Lovie. Shade explains his mother and several other local ladies would prepare meals for the men working in the lumber business around Hallsboro, North Carolina. Victor and Lovie soon

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Our Diverse Community

March Issue of

Next Door Neighbors

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For more information call

Meredith Collins at 757-560-3235

married. “Into that union, there were eight children born,” Shade explains. “Out of the eight, at the age of 87, I’m the only living descendant. My mother lived to be 105. She was born March 12, 1900. She stayed with us until 2005, when she passed away.”

His father passed away in 1942 at the age of 55. Shade and his siblings took jobs to help the family of eight children. “We had no funds, no money whatsoever,” he says. “So, I wanted to go to college, and my sister, next to me, Mary, she wanted to go to college. I said, ‘Alright Sis, I’m going to find me a job somewhere, and you go to school. When you come out, then you send me through.’”

She agreed. He started working at the local sawmill for 15 cents an hour. “Then all of a sudden, Uncle Sam comes along and I’m drafted into the U.S. Army.” It was the time of the Korean War, and Shade was sent to Alaska.

“I went into the business office, after being inducted into the Army. I told them I wanted to make an allotment. I said, ‘I want to send part of my check home to my mother. We have a sister who wants to go to college.’ We made \$75 a month, so I sent \$37.50 home to my mother, which would take care of the tuition fee for my sister at Fayetteville State University. We didn’t have any trouble sending her to school from that point on.”

After leaving the army, Shade came to Williamsburg to visit another sister who was living here. “She wanted to go to the commencement exercises at Bruton Heights, so I said I would go with her.” At the time, Bruton Heights School was the school for the area African-American children. While at the graduation ceremonies, Shade met the principal of the school, D.J. Montague.

“He asked me if I was looking for a job. I said, ‘No, sir. I have my job.’” Shade explained that he had just accepted a teaching position at the school in his hometown back in North Carolina. “We chatted for a while, and then Mr. Montague said, ‘Mr. Palmer, I need some men in elementary education.’ He asked me who my principal would be in North Carolina.” D.J. Montague knew the man at the school in N.C. and excused himself to make a phone call. Within one conversation, D.J. Montague had arranged a release of Shade from his other job and hired him for Bruton Heights. “That’s how I got to Williamsburg.”

At Bruton Heights, Shade taught seventh grade. “We had an exceptionally good school. We had a good administrator under Mr. Montague and his leadership skills were second to none as far as

I was concerned – as far as getting things done and any problems resolved. I was working with a group of people that knew something about education, how to work with children, how to deal with children, and move up the ladder and be able to help the children take the same steps that we were taking. We knew integration was coming, but we had no idea when.”

The U.S. Supreme Court ruled in 1954 to desegregate the schools. “I think all along, before they ever reached the communications and expressions regarding integration, there was something boiling in the background. You could almost feel it.”

Shade had started working at Bruton Heights in the autumn of 1958. “I have seen all the changes at Bruton Heights, James Blair, Lafayette, all of them. I’ve seen them all through the years.”

He heard rumors of changes coming in the 1960s. “You didn’t know what those changes were. Finally, one day, it dawned on us that they were building a high school for black children in Williamsburg, James City County. That high school was Berkeley.”

The new Berkeley High School housed grades eight through twelve. After the Christmas Break, the older students from Bruton Heights School, along with the teachers, including Shade, who was teaching eighth grade, moved into the new building in January of 1966. “We were so excited about getting into a new building. You could walk through the halls and feel the joy of not being overcrowded, having some room to breathe, some space to sit down and relax and talk.”

As school integration talks began, Shade attended many meetings on how to accomplish desegregation. “We had all kinds of meetings – black/white meetings, all black meetings, all white meetings, all racial mixtures, what have you. ‘How do you learn?’ I asked one person. You learn from reading a book and listening to the instructor. ‘How do you learn?’ I asked another person. The same thing. So what the hell are we worrying about?”

He explains they decided to just get it done. “To be honest, I think we had a pretty smooth operation as opposed to our surrounding school systems. There were a lot of fights, there was cursing, there was name calling, but we managed. We didn’t have any choice. We had children to work with.” Shade moved up from classroom teacher to the principal of James Blair Intermediate School.

“I recall my first year as principal at James Blair,” he says. “A lot of work had to be done.

When I went to the cafeteria, the white children sat on one side, the black kids sat on the other side. I had a task to perform: to get those kids together without creating animosity, without creating distastefulness for one race to another. I had to find a way to bring those kids together in unison.”

The school didn’t have a drama club, but he thought that might help bring the students together. Shade’s wife, Carletha, a high school drama and English teacher, helped him find a play: “Betty, the Girl of My Heart” by Katharine Kavanaugh. “What I didn’t know about drama, Carletha could assist me. I developed an afterschool program in dramatics.” To his surprise, about 35 kids, both black and white, showed up for the drama club.

“I explained there were going to be some situations where blacks and whites would be holding hands, which we don’t do right now. There will be some situations where blacks and whites are together; we’re not doing right now. But the idea was that once we got going on the play, we’ll be holding hands, we’ll be walking together, singing together, dancing together.” At that point, his school dances had all the African-American kids on one side of the gymnasium and all the Caucasian kids on the other. In the play, he purposely had a black girl and a white boy play husband and wife. The children in the play’s family were portrayed by both races. “We worked on the play and worked on it and worked on it. And guess what? We had two nights of packed house! We had packed house for two nights. The kids came out. The parents came out. They supported the whole program.”

Shade says that was a proud moment in his career. He also enjoyed seeing students that he taught eighth grade mathematics to, go off to college, and then come back to work on his staff at James Blair – a circle of helping the next generation, and the next, and the next. “I call that progress. In terms of what those kids are going through and what they will gain, it’s going to be a better place for them.”

Mr. Shade Palmer is a man that many Williamsburg students and teachers credit with setting their commitment to the field of education. He helped guide the community through school desegregation. “I don’t consider myself a pioneer,” he says. “I do consider myself one of the front runners in the integration of Williamsburg – James City County Public Schools.”

His teaching experience, administration guidance and thoughtful leadership shaped many lives in the Williamsburg area over the past 60 years. NDN

Hey Neighbor!

Please visit

www.WilliamsburgNeighbors.com,

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! **WJCC SCHOLARSHIP FUND**

The WJCC Scholarship Fund at the Williamsburg Community Foundation has college scholarships of \$1,000 or more available to high school seniors from Jamestown, Lafayette and Warhill High Schools. Deadline to apply is March 18, 2018. Apply online at <https://williamsburgcommunityfoundation.org/apply-for-a-scholarship/> Questions? Contact the Foundation at 757-259-1660 or email office@williamsburgcommunityfoundation.org.

Hey Neighbor! **2018 FAMILY HEALTH FAIR**

January 27, 2018
The Arc of Greater Williamsburg and James City County Parks and Rec will host their annual Family Health Fair from 9 am - noon at JCC Rec Center, 5301 Longhill Road. Join us for a fun-filled morning that will include healthy recipes and demos, nutrition workshops, giveaways, and activities for all ages! For more information or to become a vendor or sponsor contact Pam McGregor at (757) 229-3535.

Hey Neighbor! **LATISHA'S HOUSE WINTER WONDERLAND GALA**

January 27, 2018
Continue the tradition of spreading goodwill and hope that will endure past the holiday season when you join us for Latisha's House Foundation's 5th Annual Winter Wonderland Gala, black tie optional, 5 star dining experience with live music, dancing, shopping and fine wines. Join us for one magical evening on the waterfront at the Two Rivers Country Club from 5:30 to 9:30 pm to help rescue and restore victims of sex trafficking. Featuring live the Hula-baloos - The 60s, 70s British Pop & Rock band from Richmond. Individual tickets and sponsored tables can be

purchased at www.latishashouse.com.

Hey Neighbor! **FREE INCOME TAX ASSISTANCE** Beginning February 1, 2018

Williamsburg Tax-Aide is a program of the AARP Foundation in conjunction with the IRS and the Williamsburg Regional Library. Electronic tax preparation and filing are provided free of charge on a walk-in basis from February 1 to April 17, 2018. Special attention is given to low- and moderate-income taxpayers, especially those age 60 and older. When you come for tax assistance, be sure to bring a picture ID, social security cards for all household members, health insurance documentation, tax information and receipts, bank account numbers, and a copy of last year's tax return. Tax-Aide will be offered at the Williamsburg Library (515 Scotland St.) on Mon, Tues (appointments only), and Thur from 10 am - 6 pm and on Wed, Fri, and Sat from 10 am - 2 pm. It will also be available at the James City Country Library (7770 Croaker Rd. in Toano) on Tues and Thursday from 10 am - 7pm and Mon, Wed, and Sat from 10am - 2:30 pm. Appointments for both sites may be scheduled by calling (757) 259-4072 during site hours. Additional information can be found at www.aarp.org/money/taxes/aarp_taxaide.

Hey Neighbor! **RESTAURANT WEEK** January 21 - 31, 2108

Williamsburg Area Restaurant Association will celebrate Restaurant Week in the Greater Williamsburg area from January 21st thru 31st. Over 30 locally owned restaurants will be participating serving Breakfast, Lunch and/or Dinner. Special prices, creative menus and seasonally crafted beverages will all be featured. Watch for a list of participating restaurants on www.WaraRest.com

around January 10th along with their featured menus. WARA is a local association with 76 locally owned restaurants and 6 tasting partners.

Hey Neighbor! **BACON STREET AUCTION RETURNS, RAISING FUNDS TO SUPPORT FAMILIES DEALING WITH YOUTH ADDICTION ISSUES**

February 2, 2018
Bacon Street Youth and Family Services 2018 fundraising gala "An Evening for Bacon Street Auction" returns for the third year at Two Rivers Country Club. Kicking off with sunset cocktails at 5 pm, this year's event will be centered on a silent and live auction to benefit Bacon Street's work serving our community's youth and families who deal with substance abuse as well as providing resources to live free of substance use challenges. The event will include dinner and live music. The auction will feature a variety of items, from trips and local experiences to jewelry and art. "With the nationwide opioid crisis reaching all-time highs, this year's event is more important than ever," said Kim Dellinger, Executive Director. "Bacon Street is committed to being part of the solution addressing the opioid epidemic in our area. The auction is our largest fundraising event and proceeds raised directly impact our community." Tickets are on sale now at BaconStreet.org/gala or by phone at (757) 253-0111. Ticket includes the silent and live auctions, music and three course dinner. Sponsorship Opportunities are also available.

Hey Neighbor! **WORKSHOPS FOR BUSINESS OWNERS**

February 2 - March 30, 2018
How do I as a business owner attract

the best and the brightest to help me grow this business? Can I get the credit I need? What if my partner dies? If I get sick or hurt and can't work, what happens to my business, to my family? Can I retire in 10 years? There's much that keeps a business owner up at night. Building and growing a successful business is hard work. Join us every other week, beginning February 2 through March 16 to participate in a workshop created specifically for business owners. We will cover the most important things to consider when running a business- from business structure and asset protection to the disposition of your business. The workshop will take place in Miller Hall Room 1069 at the William and Mary Mason School of Business. It will be facilitated by Jeff Hammer and Paul Roa, with special guest Ron Monarch. The workshop will occur every other Friday, beginning February 2, from 1 pm - 5 pm. A follow-up session will take place on March 30. Or more information and to receive a parking permit, please RSVP to katelin.goolsby@nm.com.

Hey Neighbor! **JOIN WMCI THIS SPRING FOR MANY NEW, FUN, AND EDUCATIONAL COURSES** Beginning February 5, 2018

This spring, WMCI will offer the following courses: Chinese Level I and III, Chinese Painting I, Chinese Calligraphy, and Erhu I for Session I (February 5 to March 1); Chinese Level I, II, and IV, Chinese Painting II, Tea in Chinese Culture, and Erhu II for Session II (March 12 to April 5). Additionally, Chinese cooking classes will be held on Thursdays from March 15th through April 5th. A Taiji course will be held over both sessions, beginning January 23rd and ending April 3rd (no class March 6th). The cost for each course is \$10/class, to be paid in full on the first

day of class. In general, each session holds about 8 classes per course (\$80). In spring 2018, the Taiji class will meet 10 times throughout the semester, totaling \$100. W&M faculty, staff, and students always receive a 50% discount (e.g. \$40 for 8 classes). Sign up today to secure your spot, as the classes are filling up quickly! Contact wmci@wm.edu or (757) 221-1286.

Hey Neighbor!

CHIARA STRING QUARTET

February 6, 2018

8:00 at the Williamsburg Regional Library Theatre. Renowned for bringing fresh excitement to traditional string quartet repertoire as well as for creating insightful interpretations of new music, the Chiara String Quartet captivates its audiences throughout the country. The Chiara has established itself as among America's most respected ensembles, lauded for its "highly virtuosic, edge-of-the-seat playing" (The Boston Globe). They are currently artists-in-residence at the School of Music at the University of Nebraska-Lincoln and were artists-in-residence at Harvard University quartet-in-residence at The Metropolitan Museum of Art in New York City.

Hey Neighbor!

MASTERWORKS CONCERT SERIES: AGNES WAN, PIANIST, AND MICHAEL STEVEN LIANOS, ORGANIST

February 7, 2018

Agnes Wan, an acclaimed pianist, will star as soloist along with organist, Michael Steven Lianos, performing Poulenc "Piano Concerto" and Rachmaninoff "Rhapsody on a Theme of Paganini, Op. 43." The organ will be the orchestral backdrop to these wonderful selections featuring our magnificent Steinway. Time: 1:00 p.m. at Saint Bede Catholic Church, 3686 Ironbound Road. The concert is free. For more information, visit www.agneswan.net, www.bedeva.org/concerts, or call (757) 229-3631.

Hey Neighbor!

SECOND ANNUAL FOOD TASTING AND DANCE

February 10, 2018

Come out and taste food samples from local chefs. Mix and Mingle while bidding on Silent Auction items. All of the proceeds will provide scholarships for students in the York/Williamsburg

areas. A joint venture hosted by Alpha Kappa Alpha, Sorority, Inc., Lambda Lambda Omega Chapter and Omega Psi Phi Fraternity, Inc. Zeta Mu Mu Chapter. Time: 6:00p.m.-11:00p.m. at the Historic Triangle Center, 312 Waller Mill Road, Williamsburg, VA 23185, Donation Advance Ticket \$30.00- Please call or email for tickets or additional info: Adriane Stewart, adrianejac@msn.com (757) 285-6270 or Henry Ranger, henry.ranger11@yahoo.com (757) 603-1245

Hey Neighbor!

WILLIAMSBURG YOUTH ORCHESTRA WINTER CONCERT February 11, 2018 at 4:00pm

The WYO Kimball Theatre concert features directors Dr. David Grandis and Ms. Amy Davis. The music includes Fauré's Masques Et Bergamasques and Bruch's Violin Concerto in G Minor with Concerto Competition Winner, Yunseo Chung. Please inquire about purchasing tickets at <https://wm.irisregistration.com/Site/WYO> or visit the WYO website at www.wyomusic.org

Hey Neighbor!

THE MUSCARELLE MUSEUM OF ART ANNOUNCES TWO EXHIBI- TIONS TO OPEN IN FEBRUARY

February 10, 2018

The Muscarelle Museum at the College of William & Mary will open two new exhibitions on Feb. 10, 2018. The exhibitions are titled In the Light of Caravaggio: Dutch and Flemish Paintings from Southeastern Museums and Women with Vision: Masterworks from the Permanent Collection. Please call Betsy Moss to arrange interviews with museum director Aaron De Groft or chief curator John Spike.

Hey Neighbor!

MASTER FOOD VOLUNTEER TRAINING

February 13th, 20th, 27th and March 6th and 13th, 2018

Do You: Enjoy volunteering with kids in schools (k-12)? Love to cook? Want to learn more about nutrition and wellness? Want to make a difference in your community? The Virginia Cooperative Extension and the WJCC School Health Initiative Program (SHIP) are sponsoring a Master Food Volunteer Training. Master Food Volunteers support Family and Consumer Sci-

ences (FCS) Educators and SHIP with education and outreach at health fairs and family nights, after-school cooking clubs food and in-school cooking demonstrations, education and taste testing.

What: Master Food Volunteer Training. When: Time: 9:00 AM—2:00 PM. Cost: \$25 fee will cover your background check, lunches, training materials, apron, name tag, and supplies.

Location: James City County Recreation Center, 5301 Longhill Road, Williamsburg, VA 23188

Turn in completed application found here: <http://pubs.ext.vt.edu/FST/FST-89/FST-89-PDF.pdf>

Cash or checks only! Please make checks payable to VCE-James City County. Mail application and checks to: Attn: Master Food Volunteer, Virginia Cooperative Extension, James City County Office

3127 Forge Road P.O. Box 69, Toano, VA 23168. **There is a return check fee of \$50!

For more information, contact Sonja Mitchell, M.S., Active Unit Coordinator and Family and Consumer Sciences Agent, Virginia Cooperative Extension-James City County, (757) 591-4838

Or Amy Lazev, Ph.D., Supervisor, School Health Initiative Program (SHIP), WJCC Public Schools. (757) 603-6241

Hey Neighbor!

LE CERCLE CHARMANT EVENING OF ELEGANCE

February 14, 2018

Le Cercle Charmant, Inc. will host the annual Evening of Elegance Africana Gala (black tie/African attire optional) on 17 February 2018 from 5:30-10:30pm at the Williamsburg Lodge and Conference Center. Please join us for an evening of dining, dancing, live music (RaJazz Band) and silent auction to support our annual scholarship and community service projects. For additional information contact Melody Hundley at 757-291-7828, for tickets contact Diane Williams at 757-810-7460.

Hey Neighbor!

NATIVE ORCHIDS IN THE UNITED STATES WITH AN EM- PHASIS ON HAMPTON ROADS

February 17, 2018

Freedom Park Interpretive Center, 10 am, open to the public. In this program Lise Schioler will talk about some of the orchids native to Hampton Roads as well as interesting species from other parts of the United States. Lise is a Master Gardener and Native Plant Society member who participates in native plant rescues with the Williamsburg Native Plant Rescue Team. This event is part of the Learn and Grow Educational Series sponsored by the Williamsburg Botanical Garden. The program is free, although a \$5.00 donation to help the Garden grow is appreciated. For more information, contact Lise at GreenThumb4@cox.net.

Hey Neighbor!

THE TIDEWATER INTERGEN- ERATIONAL ORCHESTRA

February 18, 2018

The free concert will feature world renowned flutist Onorio Zarralli, piano virtuoso Caleb Borick, and Capital Symphony violinist Ann Marie Pockl-emo. The works will include the Bach "Brandenburg Concerto No. 5," the Galuppi "Flute Concerto in D major," as well as selections by Schubert and Elgar. Time: 1:00 p.m. at St. Bede's Kaplan Parish Hall, 3686 Ironbound Road. Contact Dr. Alice Lindsay at TIO@cox.net for more information, or visit www.bedeva.org/concerts.

Hey Neighbor!

DISCOVERY LAB ON PREDA- TORY FISHES AT VIMS

February 20, 2018

Discovery Labs are free, family-friendly programs provided each month by the Chesapeake Bay National Estuarine Research Reserve (CBNERR) at the Virginia Institute of Marine Science (VIMS) in Gloucester Point, VA. Designed with elementary-aged youth and their parents in mind, each lab focuses on a different topic related to the Chesapeake Bay and our local environment and includes exhibits, demonstrations, and hands-on activities as well as a short presentation by a scientist from VIMS. The February installment of the Discovery Lab series takes place on Tuesday, February 20th and will highlight different types of predatory fishes found in the Chesapeake Bay. Through hands-on activities, participants will explore how predatory fishes have evolved to become such excellent hunters. All Discovery Labs take place from 6:00-

8:00 pm (presentation from 6:30-7:00 pm) on the VIMS campus in Gloucester Point. Registration is required due to limited space. Visit www.vims.edu/ events or call 804-684-7061 to register and to find out more information on this and all upcoming Discovery Labs.

Hey Neighbor!

HERB SOCIETY TO HOLD OPEN MEETING IN MARCH

March 13, 2018

The Colonial Triangle of Virginia Unit (CTVU) of the Herb Society of America will hold an open meeting on Tuesday, Mar. 13, in Williamsburg. The program for the meeting, "Don't Put Anything on Your Skin You Couldn't Eat," will feature Elizabeth Lord, of Maidens, Va., owner of Elizabeth Lord Naturals. Ms. Lord will discuss using natural products on the skin, including essential oils derived from culinary herbs. This will be the second open meeting the CTVU will hold during 2018. Open meetings provide non-members a chance to learn about the Herb Society's mission, programs, and local volunteer opportunities. The meeting will be held in the fellowship hall at King of Glory Lutheran Church, 4897 Longhill Road, Williamsburg, and is free of charge. Light refreshments will be served at 1pm and the program will start at 1:30 pm. The CTVU's next open meeting will be in April. For more information, contact Donna Pratt at (757) 608-8929.

Hey Neighbor!

COTTAGE GARDENS

March 17, 2018

Freedom Park Interpretive Center, 10:00 a.m., open to the public. Local landscape architect and former garden director at Colonial Williamsburg, Gordon Chappell will talk about the history and design of cottage gardens and the plants found in them. This event is part of the Learn and Grow Educational Series sponsored by the Williamsburg Botanical Garden. The program is free, although a \$5.00 donation to help the Garden grow is appreciated. For more information, contact Gordon at gordonchappell@cox.net. Weather permitting, after the program Master Gardeners will be in the Garden to answer questions and talk about what is in bloom.

Hey Neighbor!

DISCOVERY LAB AT VIMS - Marsh Madness

March 20, 2018

Discovery Labs are free, family-friendly programs provided each month by the Chesapeake Bay National Estuarine Research Reserve (CBNERR) at the Virginia Institute of Marine Science (VIMS) in Gloucester Point, VA. Designed with elementary-aged youth and their parents in mind, each lab focuses on a different topic related to the Chesapeake Bay and our local environment and includes exhibits, demonstrations, and hands-on activities as well as a short presentation by a scientist from VIMS. On March 20th, Marsh Madness will take over the Discovery Lab as participants complete hands-on activities that teach about the importance of the wet and wonderful marshes found around the Chesapeake Bay. All Discovery Labs take place from 6:00-8:00 pm (presentation from 6:30-7:00 pm) on the VIMS campus in Gloucester Point. Registration is required due to limited space. Visit www.vims.edu/ events or call 804-684-7061 to register and to find out more information on this and all upcoming Discovery Labs.

Hey Neighbor!

THE ROTARY OF JANES CITY COUNTY PRESENTS 5 CONCERTS AS FUNDRAISERS

April 14 thru August 25

All concerts are being held at the Kimball Theatre. Tickets are \$20 a person or all 5 concerts for \$80.

100% of the proceeds will benefit the Williamsburg Community as Rotary is hosting the event to raise money for local organizations

April 14th - The Michael Clark Band
<https://www.eventbrite.com/e/michael-clark-band-tickets-42033564523>

May 19th - BRASSWIND
<https://www.eventbrite.com/e/brasswind-tickets-42034048972>

July 28th - The Rhondel's
<https://www.eventbrite.com/e/the-rhondels-tickets-42036330797>

August 25th - Pam and Bill Gurley with Fiddlesticks joined by Jack Cowardin and Bobby Hornsby
<https://www.eventbrite.com/e/bill-and-pam-gurley-with-fiddlesticks-joined-by-jack-cowardin-and-bobby-hornsby-tickets-42036376935>

Hey Neighbor!

19th ANNUAL WILLIAMSBURG

BRITISH CAR CLUB & EUROPEAN CAR SHOW

April 14, 2018

Preregistration must be received by April 7, 2018. All registered cars will be placed in a class for judging and award purposes. Cars must be parked with their assigned class to be eligible for awards. Trailer parking available nearby. Display cars must be driven onto the show field under their own power. Classes will be determined by preregistered entries. This is a popular vote car show. Judging and balloting will be conducted by the registrants. The number of preregistered cars in each class will determine the number of trophies awarded in each class. This is a rain or shine show. A portion of the proceeds will be given to FISH INC. Door prizes will be awarded and there will be a 50-50 raffle. This year our featured marque is Daimler. Email: wbcregister@outlook.com, contact: Roy Gavilan 757-637-5902. Show hotel is Embassy Suites, 3006 Mooretown Rd., Williamsburg, VA, 757-345-7606, rate is \$139 plus tax. Use code DLO. Reservation cutoff date is 3/16/18.

Hey Neighbor!

DISCOVERY LAB AT VIMS - Be a Bay Buddy!

April 17, 2018

Discovery Labs are free, family-friendly programs provided each month by the Chesapeake Bay National Estuarine Research Reserve (CBNERR) at the Virginia Institute of Marine Science (VIMS) in Gloucester Point, VA. Designed with elementary-aged youth and their parents in mind, each lab focuses on a different topic related to the Chesapeake Bay and our local environment and includes exhibits, demonstrations, and hands-on activities as well as a short presentation by a scientist from VIMS. Celebrate Earth Day at the April 17th Discovery Lab. Through eco-friendly activities, crafts, and demonstrations, attendees will learn about human impacts on the Chesapeake Bay and ways they can lessen those impacts and lead more "bay-friendly" lifestyles. All Discovery Labs take place from 6:00-8:00 pm (presentation from 6:30-7:00 pm) on the VIMS campus in Gloucester Point. Registration is required due to limited space. Visit www.vims.edu/ events or call 804-684-7061 to register and find out more information on this and all upcoming Discovery Labs.

Hey Neighbor!

THE WILLIAMSBURG AVIATION SCHOLARSHIP PROGRAM

Ongoing

The Williamsburg Aviation Scholarship Program is based at Williamsburg Jamestown Airport in Williamsburg. Our sole purpose is to train high schools student to be pilots. Students must be at least 16 years old and in the 10th, 11th, or 12 grade. We currently have 7 students enrolled in the program. The cost (per student) to put a student through the program and achieve their private pilots license is approximately \$11,000.00 The student pilot pays nothing. Our program pays the total bill. Williamsburg Aviation scholarship Program is a 501c3 program and is Incorporated in Virginia. We have a Board of directors that volunteer their time to administer the program. No one receives any compensation for their time and efforts. As you know, it is expensive to get a pilots license. The years is almost over and income tax time is upon us. Your donations to this program are tax deductible when you file your State and Federal Income Tax. We will send you a receipt for your donation. Please make your check payable and mail to: Williamsburg Aviation Scholarship Program, 102 Marclay Road, Williamsburg, Va. 23185. You may also drop your check off at the airport in person.

Hey Neighbor!

CELEBRATE RECOVERY

Ongoing

A Christ-centered, confidential recovery group for anyone who has trouble dealing with life's hurts, habits, or hang-ups. We meet on Tuesday evenings at 6 for dinner. Our meeting starts at 7. Williamsburg Community Chapel - 3899 John Tyler Highway, Williamsburg. For information, contact (Men) Gale King, rgking10@gmail.com; (Women) Sheryl Buckner, sbuckner88@gmail.com.

Hey Neighbor!

CHAIR YOGA AND MEDITATION CLASS FOR ADULTS 60 AND OVER

Ongoing

Every Monday, 1 - 2 pm. The Peninsula Agency on Aging has partnered with Shanti Garudasana, Inc., non-profit promoting mindful movement, to offer a free weekly Chair Yoga class. People with chronic pain and challenges with

balance are welcome. Caregivers and their loved ones are encouraged to attend. At the Messmer Community Services Center, 312 Waller Mill Rd., Williamsburg, (Off Bypass Rd.). No registration needed; just drop by. Call 757- 345-6277 or email Information2@paainc.org if you need more information.

Hey Neighbor! **REPUBLICAN WOMEN'S CLUB**

Ongoing
Location: The Monticello Woods Club House, 199 to the Monticello exit toward Jamestown. Stay on Monticello for approximately 2 miles and then turn left into Monticello Woods. Take your first left onto Ambassador Circle. Time: second Monday of the month at 6:45 pm. HTRW is the only local Republican Women's club that meets evenings. For more information visit our web site : Welcome to Historic Triangle Republican Women or look us up on Facebook

Hey Neighbor! **BIBLE SUNDAY ON MONDAYS**

Ongoing
There is an comprehensive and in depth on going bible study and question answering session held at the Williamsburg library in Norge every Monday night starting at 6:00 pm, with question such as why isn't Cain in Adam's geneology, or what was that forbidden fruit. or where did he get his wife and what was the mark placed upon him or what is the mark of the beast and his number 666 mean or what is the unforgivable sin and have I committed it?, so if your bible study is lacking the quality of study that you need to answer such questions then you are invited to join us, see you there. Contact: 757-253-0172 or 7576046649

Hey Neighbor! **HOPE PREGNANCY CARE CENTER**

Ongoing
Hours: Monday- Thursday 10:30 am – 3 pm. Wednesday 6:30 - 8:30 pm by appointment. All services are free and confidential- no insurance needed. We serve all women with unplanned and unexpected pregnancies. We also accept donations of new or gently used baby clothes up to 2T, as well as maternity clothes. Located at 1315 Jamestown Road, Suite 202. Phone: (757)

229-6472. Visit: www.hopewilliamsburg.org.

Hey Neighbor! **HOUSING PARTNERSHIPS IS LOOKING FOR FALL RELIEF VOLUNTEERS**

Ongoing
As we prepare our clients for colder weather, Housing Partnerships is in need of volunteers to help us provide vital home repair assistance. We are a local nonprofit that provides emergency home repair assistance to our neighbors throughout the Historic Triangle. Volunteers assist with roof and flooring repairs, painting/sealing, as well as other minor repair jobs. Experience is preferred but not needed. We welcome all skill levels and are looking for help through November. Scheduling is flexible. If interested, please contact our Volunteer Coordinator Kat Shaub at volunteers@housingpartnerships.org or at (757) 221-0225.

Hey Neighbor! **WILLIAMSBURG WOMEN'S CONNECTION**

Ongoing
A monthly luncheon from 12 noon – 1 pm with an optional Meet and Greet/ Vendor Shopping Time from 11:30-12 noon. We are open to all women. We socialize, shop, enjoy a delicious meal, listen to an inspirational speaker and maybe make a new friend. Please join us at 11:30 am to socialize and shop, or for lunch and speaker only. Reservations are required. Our luncheon is held at Center Street Grill - 5101 Center Street, Williamsburg. Cost is \$14.00 all inclusive. Call Hazel Tillar for more information. (757) 229-4036.

Hey Neighbor! **SEEKING VOLUNTEER TAX PREPARERS**

Ongoing
Williamsburg AARP Foundation Tax-Aide is looking for volunteers to assist seniors and low/moderate-income taxpayers in completing their 2017 Federal and Virginia tax returns. IRS certification training is provided during classes in early January. Basic knowledge of tax return preparation, as well as the ability to do returns on a computer, are needed. We help over 2,500 local taxpayers each year take advantage of tax credits and tax law changes, resulting in

refunds of over \$3 million. The service will be offered at the Williamsburg and James City County Libraries in 2017 from February 1 to April 14. We also need facilitators for each session to register and do an initial screening of our clients. Please email District Coordinator George Richmond at grichmond4@live.com if you are interested in becoming a Tax-Aide volunteer.

Hey Neighbor! **VCE MASTER GARDENER REGISTRATION**

Ongoing
The James City County/Williamsburg Master Gardeners' Program is accepting applications for the Class of 2018. The entirely community based volunteer program is under the guidance and leadership of the Virginia Cooperative Extension and Virginia Tech and has been providing horticulture based programs for James City County and Williamsburg for over 20 years. Classes meet Tuesday and Thursday mornings from 9 am – 12 noon, January 9- March 27. For application and more information, contact the VCE office at (757) 564-2170 or visit www.jccwmg.org.

Hey Neighbor! **CHRISTOPHER WREN ASSOCIATION FALL SEMESTER MEMBERSHIP, COURSE, LECTURE, AND ACTIVITY REQUESTS**

Ongoing
The Christopher Wren Association is a self-funded, volunteer-led organization dedicated to adults of all ages who seek opportunities for learning and enrichment of their lives. This fall CWA will be offering over 150 courses, one-time lectures and activities, including the popular Town & Gown Lecture series. Classes are filling quickly, and students are encouraged to submit their course requests online as soon as possible. For information about becoming a member and to view the current catalog, visit our website: www.wm.edu/cwa. Questions? Call the office at 757-221-1506.

Hey Neighbor! **WMCI FALL COMMUNITY COURSES AND EVENTS**

Ongoing
This fall, the William & Mary Confucius Institute will be offering a variety of engaging language and culture courses,

including: Chinese Level I, Chinese Painting I, Walking into Today's China, and Erhu I for Session I; Chinese Level II, Chinese Calligraphy, Chinese Painting II, and Erhu II for Session II. Additionally, Chinese cooking classes will be held on Thursdays from October 19 - November 9. A Taiji course will be held over both sessions, beginning September 5 and ending November 14 (no class October 17). We will also host a variety of lectures and scholarly events. For more information, please visit our website at: <http://www.wm.edu/sites/confuciusinstitute/index.php>. If you have any questions, call 757- 221-1286 or email wmci@wm.edu.

Hey Neighbor! **THE TIDEWATER VIRGINIA HISTORICAL SOCIETY (TVHS)**

Ongoing
TVHS offers unique tours, lectures, social events, plus behind-the-scene adventures during 2017-18. "History in your own backyard" takes on a new meaning when you know what all TVHS has to offer. TVHS opens doors to "off-the-beaten-path" and "not open to the public" historic sites. Lectures by experts in their field provide information prior to tours to complete the experience. Bill Kelso, everyone's favorite archeologist, says, "You can read about history in a book but you can walk thru it here." To learn more contact us at 757- 259-9134 or visit us on the web: www.tv-hs.org or info@tv-hs.com. Lectures are open to the public. Call or visit the website for more information. Everyone is welcome.

Hey Neighbor! **WILLIAMSBURG YOUTH CHORALE OPEN FOR NEW MEMBERS FOR THE FALL SEASON**

Ongoing
The Chorale is open to treble voices, boys and girls, grades 3-12. Rehearsals are held on Tuesdays, 5:30-6:30 pm at the Bruton Parish House choir room. Rehearsals begin on September 19. The Chorale is featured in the concerts of the Williamsburg Choral Guild and the Williamsburg Women's Chorus. Contact Ann Porter, aportermusic0@gmail.com for information.

Hey Neighbor! **WILLIAMSBURG FARMERS MARKET**

Saturdays

Enjoy the heart of Williamsburg in Merchants Square while shopping in this producer-only market for produce, prepared food, fish, artisan cheeses, meats, pasta, cut flowers, and hand-made soaps. Hours are 8:00 am – 12:00 pm. The market includes live music from 9-11 am. Chef demonstrations, Master Gardener exhibits, and exhibits along with local shops and restaurants. The market now accepts SNAP/EBT, credit cards and W&M Express. For information, call or contact 757-259-3768, www.williamsburgfarmersmarket.com. September 2 – Live Music by Phil Casey; Café Provencal will be at the Chefs. September 9 – Live Music by LCV. September 16 –Live Music by Timothy Seaman. Sweet Tea & Barley is at the Chefs Tent. September 23 – Live music will be performed by So'lach. Berret's Seafood is at the Chefs Tent. September 30 – Live music by Stephen Christoff. Waypoint is at the Chefs Tent.

Hey Neighbor! **CELEBRATE RECOVERY**

Ongoing

A Christ-centered, confidential recovery group for anyone who has trouble dealing with life's hurts, habits, or hang-ups. We meet on Tuesday evenings at 6 for dinner. Our meeting starts at 7. Williamsburg Community Chapel – 3899 John Tyler Highway, Williamsburg. For information, contact (Men) Gale King, rgking10@gmail.com; (Women) Sheryl Buckner, sbuckner88@gmail.com.

Hey Neighbor! **THE WILLIAMSBURG WOMEN'S CHORUS OPEN FOR NEW MEMBERS FOR FALL SEASON**

Ongoing

The Chorus is open to women of all ages and voice parts. Rehearsals are held on Thursday Mornings at Bruton Parish House from 10 am-noon. We will be preparing for our Winter Concert which will be in December . Rehearsals for the fall season will begin in September . If interested, contact Beckie Davy at bdavy@brutonparish.org to set up an informal audition.

Hey Neighbor! **YJCW-NAACP MEETING**

Ongoing

The York-James City- Williamsburg NAACP meets the second Monday of each month (except July) at First Bap-

tist Church, 727 Scotland Street, Williamsburg. Branch meetings begin at 6:30 pm. For more information, contact NAACP@yjcwnaACP.org

Hey Neighbor! **WILLIAMSBURG YOUTH CHORALE OPEN FOR NEW MEMBERS FOR THE FALL SEASON.**

Ongoing

The Chorale is open to treble voices, boys and girls, grades 3-12. Rehearsals are held on Tuesdays, 5:30-6:30 pm at the Bruton Parish House choir room. Rehearsals begin on September 19. The Chorale is featured in the concerts of the Williamsburg Choral Guild and the Williamsburg Women's Chorus. Contact Ann Porter, aportermusic0@gmail.com for information.

Hey Neighbor! **ALL-AMERICAN TEA PARTIES**

Ongoing

Colonial Williamsburg invites guests of all ages to take time to go back with its All-American Tea Parties the first and third Saturday of each month until August 19. The events, hosted by Mrs. Campbell herself at Christiana Campbell's Tavern, feature a special blend of tea and sippets of mid-day fare to be shared. Guests are encouraged to bring along their period-inspired dolls and partake in the midday festivities. All-American Tea Parties begin at 1 pm and last until 3 pm. Tickets are \$39.95 per person and are available at colonialwilliamsburg.com/tea-parties or by calling 855-296-6627, along with additional information, which is also available by following Colonial Williamsburg on Facebook and @colonialwmsburg on Twitter and Instagram

Hey Neighbor! **BIBLE STUDY**

Ongoing

There is a comprehensive and in depth bible study and question answering session held at the Williamsburg library in Norge every Monday night starting at 6 pm, with questions such as where did Cain get his wife and what was the mark placed upon him or what is the mark of the beast and his number 666 mean or what is the unforgivable sin. So, if your bible study is lacking the quality of study that you need to answer such questions, you are invited to join us. Contact 757-253-0172 or 757-604-6649

Hey Neighbor! **VOLUNTEERS NEEDED**

Ongoing

National Historical Park (consisting of the National Park Service at Historic Jamestowne and Yorktown Battlefield) continues its mission, preserving and protecting the interests of the public since 1930. The Park operates two visitor centers and several historic homes. However, like all national parks, Colonial relies heavily on volunteers. Perhaps a sign of the times, but volunteerism is not as prevalent as it once was. But, you have a chance to change that trend at Colonial. A need exists for regular volunteers four hours a day, one day a week, orienting visitors to the park and the area. We also need volunteers to conduct tours for the public and operate historic homes. There is something for everyone. So, consider becoming a steward of your wonderful national parks, and begin at Colonial National Historical Park, (Historic Jamestowne or Yorktown Battlefield) by contacting Mike Byrd at 757-898-2422. Come make a difference!

Hey Neighbor! **NORGE DEPOT MUSEUM**

Ongoing

At the JCC Library, 7770 Croaker Rd, Norge. The Depot is open from 10 to noon on Saturdays and 2 to 4 on Sundays. See railroad and local historical exhibits including artifacts, photographs, and clothing. A model railroad layout is running and a wooden railroad is available for children. Take their picture with our caboose! Free, but donations appreciated. More details at norgedepot.org.

Hey Neighbor! **GROVE, VA FACEBOOK PAGE**

Ongoing

Come check out the new Grove Community Facebook Page. If you are part of our small part of Williamsburg or have an interest in the success of Grove, please join the group! This discussion page is a great spot to share information, work together to solve common issues and foster our sense of community. <https://www.facebook.com/groups/grovecommunity>

Hey Neighbor! **WILLIAMSBURG WOMEN'S CONNECTION**

Ongoing

A monthly luncheon for women. We socialize, enjoy a delicious meal, a little music, hear a great speaker and maybe make a new friend. Each month we feature 2 local businesses. So join us at 11:30am to socialize and shop; then lunch is served at 12. Our luncheon is held at Williamsburg Community Chapel – 3899 John Tyler Highway, Williamsburg. Cost is \$12. Upcoming meeting dates are March 22, April 19, and May 17. Call Sheryl Buckner for more information, 757-342-1460.

Hey Neighbor! **SUBJECT: GOT QUESTIONS**

Ongoing

If you are not getting enough from your bible study or church group, then perhaps you should join us at the Williamsburg Regional library every Monday at 6 pm or contact us at 757-253-0172 or 757-604-6649, that's where you can get answers to such question as what really happen in the garden between Adam , Eve and the serpent (i.e., to say the Devil) or why isn't Cain listed in Adam's genealogy, or where did Cain get his wife, did Adam and Eve really die the day the ate the forbidden fruit, and what was that fruit, or what is the mark of the beast 666 and what does it mean and what about the unforgivable sin and have I committed it, so if you have questions such as these, then bring them with you when you come.

Hey Neighbor! **COLONIAL HERITAGE INVESTMENT CLUB**

Ongoing

Open to all residents of Williamsburg area. Meetings held on the third Thursday of each month from 9:30 - 11:30 am at Colonial Heritage Clubhouse, 6500 Arthur Hills Drive, Williamsburg. A wide range of investment topics are covered through presentations, discussions, and question-answer sessions, all with a common goal of helping people learn more about the markets, investment alternatives, and managing their portfolios. The club does not invest money, buy securities, or permit sales presentations. Guests admitted free. Meeting dates listed at www.CHinvestmentclub.org.

For a complete listing visit
www.williamsburgneighbors.com

Williamsburg's
IN THE

NEIGHBORHOOD

photo challenge

**PLAYGROUND
AT AUDREY
SIMPSON
JONES PARK**

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

Enjoy!

January 2018
In the Neighborhood
Photo Challenge



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