

June 2018

WILLIAMSBURG'S

# Next Door Neighbors®

VOL. 12, ISSUE 6

PRICELESS

Discovering the people who call Williamsburg home

## Games We Play

Erin Rock



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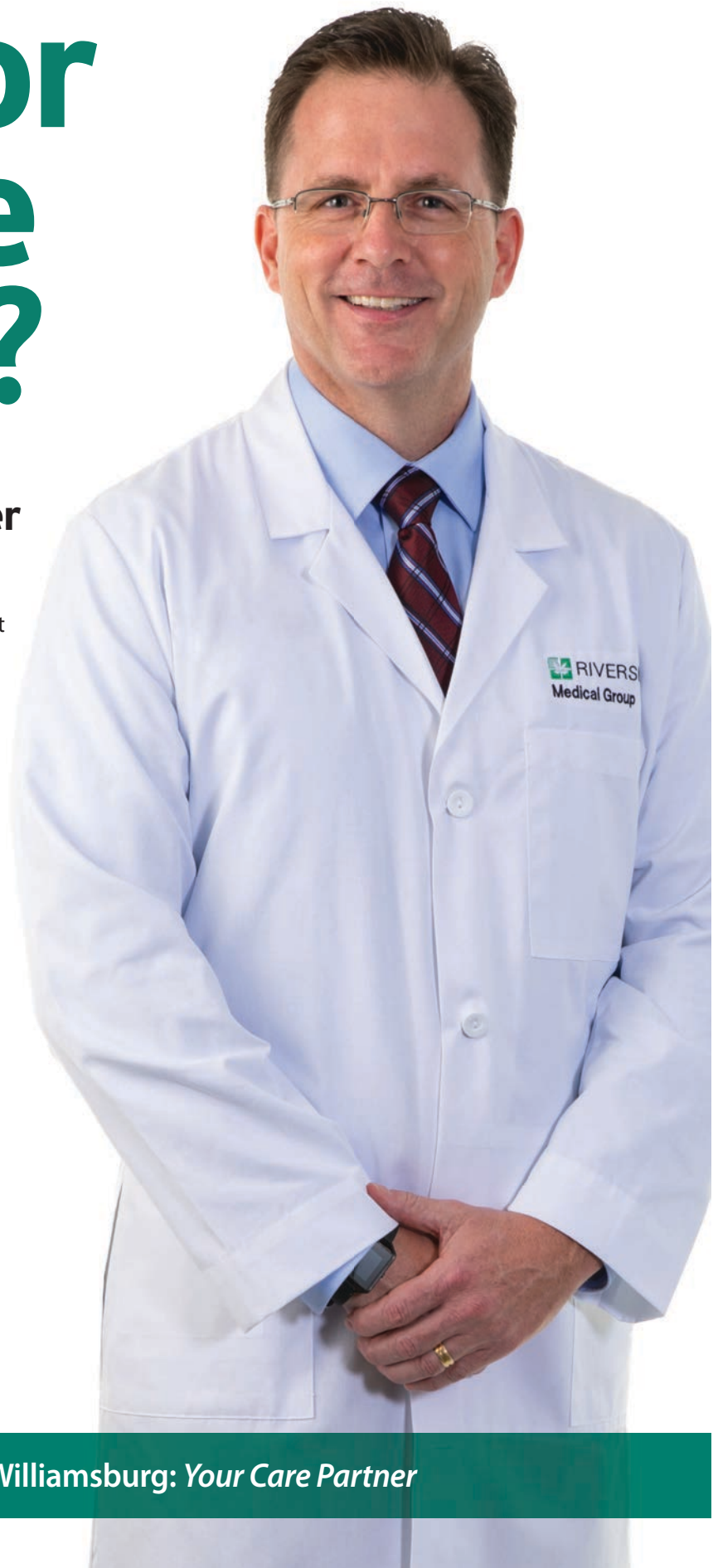
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Meredith Collins, Publisher

We called this issue "Games We Play" but the people we feature have made it abundantly clear, these games are serious business! For many of them, what started out as a relaxing distraction has become an all consuming passion. And, for others, the games represent a way they have found to bond with others in life - family, friends, mentors, and even competitors.

With the weather warming up (finally!) and the school year soon coming to an end once again, games beckon for athletes and fans alike to get up, get out, and enjoy. The games and players in this issue cover a lot of ground: tennis, soccer, baseball, softball, pickleball, and more. If you are inspired to get in the game, there are plenty of leagues and teams here that can surely accommodate one more neighbor. Have fun! NDN

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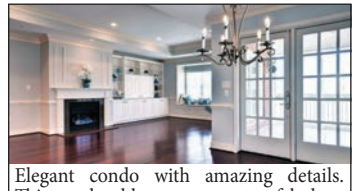
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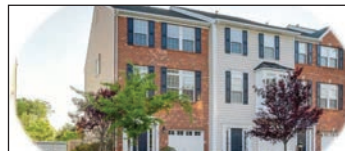
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# Outside Summer Fun

By Natielle Living



Lisa Cumming Photography

Erin Rock can look back at her active childhood here in Williamsburg, Virginia, and know that her parents and grandparents played an integral role in making her the energetic person she is today. “As a kid we were always active,” she says. T-ball, little league and soccer were just a few of the outdoor activities Erin and her sister participated in. Her grandmother often spent time playing board games with Erin and her sister. “My grandmother, my dad’s mom, taught us how to play Monopoly. It wasn’t one of those games the kids would win but she would teach us strategy and things like that. It was the same thing with hearts. We actually learned pretty well from her how to play the games. We used to play other games with my other grandmother. We did a lot of that with our grandparents and more active stuff with our parents.”

When it came to sports, Erin’s parents tried to attend all of her games. “My dad only missed two of my college field hockey games and one of them was after hurricane Isabel.

He had to stay here because he’s an insurance agent but he sent my grandpa instead. I always had someone, which was really cool.”

Erin and her family moved to this area when she was nine years old. After graduating from high school, she attended American University in Washington D.C. where she was on the field hockey team. “After school I worked for a couple of years in advertising, then I went back to school to get a second bachelor’s degree in nursing.” She started her nursing career in the ER and then took a nurse manager position in an orthopedic office. At that point she felt as if she was able to combine her degrees. “That’s what inspired me to go back and get an MBA. Now I work as a consultant. It’s kind of crazy, but I’m versatile, and I can bring different skills to the team.”

Now that she’s back in Williamsburg, Erin notes that the town is continuing to grow. Although she loved her college life in Washington, D.C., she decided she needed a different pace for the next phase. “I knew I was ready to

meet somebody and settle down, and I wanted to be out of the city.” Knowing people in this area made her job search a little easier. “I started to talk to people I knew, and this is where the job was, so I came back and it worked out.” But she notes that each time she came home to visit from college she noticed changes around town.

“I remember when the Target was built. That was when I was in eighth or ninth grade, and look at all the other things that are here now. In some ways I like that.”

One of the things Erin likes the most is the walkability of some sections of Williamsburg, such as New Town. “It is the best of both worlds, and that’s what I think of as Williamsburg. We’re right between the beach, and the city is not far, the mountains are not far, and within a couple of hours you can pretty much get to anything.”

When she lived in Washington, D.C., Erin had heard about ClubWAKA but had not participated in any of their games. It was her sister



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who introduced her to the league when she was moving back to this area.

"I had heard of them when I lived in D.C. but with my advertising schedule I just wasn't able to get to games. When my sister moved to Newport News, she wanted to meet people. This is a really social league, and they really encourage that."

When Erin moved to Williamsburg, she joined her sister's kickball team and began playing in the Hampton league. "We played every season, and we started to travel with a different group of people. When we moved here she wanted to run the kickball league." Erin's sister ran the cornhole league last summer. It was the first summer of cornhole, and they only had a few teams. Because her sister was unable to work with the cornhole league again this summer, Erin stepped in to take her place.

Although cornhole can be competitive, Erin has found that the people who are playing in the league are generally in it for the fun. "Some teams are really social, and they don't care if they win. They're out to have a good time. Then there are teams who are kind of a combination where they're social but they want to

win, and some teams are really competitive. I think for cornhole, even though I didn't play last summer, it's a lot more about the fun. Of course, you want to win, but they play the best of three out of five." Erin notes that if a team wins the first three games, in most instances people want to continue playing regardless of the win or loss. "Play the rest of the games, let's just have fun," she says. This summer she expects the same thing will happen, especially with their new cornhole location. "I've got us down at Billsburg," she says, referring to the brewery located at the James City County marina.

Because the cornhole league is taking place at a brewery, players must be at least 21 years old to play. "You don't have to be super athletic to do cornhole. It's just about the fun and the social atmosphere."

Erin's excitement about the game is contagious. "It's been fun so far organizing everything and figuring out the location. Billsburg has been great to work with this summer getting everything set up and helping us out. I'm excited to be down by the water. This is going to be great."

Because ClubWAKA does not have their

own cornhole equipment, Billsburg Brewery is providing three sets of boards for use during the game. Erin is thrilled that they can utilize the boards. "It's really nice because that means I can have three games going on at once." With eight or more teams that means a sizeable crowd will gather for a good time. "We've got a really great space out there," Erin says. "There's a field, and they allowed us to go out that far so we could spread out. It's down by the Jamestown marina, where the boats park. We're right behind the food trucks."

For the summer season, the cornhole league will play on Thursdays, starting June 21 and ending August 9. The games take about an hour, which is a good amount of time to relax outside and observe the players. Erin says that they welcome people who just want to watch as it is meant to be a social activity.

"I saw cornhole as an opportunity to get out and have fun, meet new people and hang out by the water at a brewery in the summer." While people do not have to be super athletic to play cornhole, Erin Rock says that being social is healthy, too. "Having something to do besides sitting on the couch all summer is great." NDN

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# DAVE GABELER



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# PLAY BALL!

By Brandy Centolanza

For eleven months out of the year, Dave Gabeler lives and breathes nothing but softball. Dave is a high school girls' softball coach as well as a softball coach for Jamestown Mayhem Softball, a summer and fall fastpitch travel team for teens.

Growing up, Dave's sport of choice was baseball. He played Little League at Kiwanis Park in Williamsburg in the 1970s. He also played baseball in high school after his family made a move to California. Dave was later exposed to the world of softball while coaching his sister in upstate New York. He returned to Williamsburg in 1987. Dave met his wife, Laura, through a

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mutual friend, and the couple is enjoying raising their children in Williamsburg.

"I've always loved the history of our town and the people in this community," says Dave. "We spend a lot of time at all the local eateries, at Busch Gardens, in New Town, and, of course, on the ball fields."

Dave, who works by day as a mechanic/driver for Hertzler Clearing and Grading Corporation in Toano, further delved into a life as a softball coach in 2000 when his daughter, Samantha, expressed interest in the sport. He started coaching his daughter's recreational softball team at Quarterpath Recreation Center when his daughter was seven-years-old and ended up coaching her through her sophomore year of high school. He's been a softball coach now for 17 years.

"For me, coaching softball has to do with giving back to the community," Dave says. "I enjoy seeing the kids being successful both on and off the field. That is gratifying for me. I've watched as some of the girls on my teams went on to college and got married and now have their own kids."

Dave started as a high school softball coach in 2006. He joined Lafayette High School as the head softball coach for the junior varsity

team for a year and moved on to Warhill High School to create its softball team when that high school opened in 2007. He was the first head coach for Warhill's varsity team.

"That was an exciting time, and a memorable time," Dave recalls. "I learned the ropes by starting a new team. When we started the team, there were seven starting freshmen and two sophomores. It was challenging, but the girls never quit."

Dave was the head coach at Warhill High School from 2007 to 2010, and then he switched over to Bruton High School, where he served as an assistant head coach and hitting instructor for two seasons. Currently, Dave is a softball coach at Middlesex High School in Saluda.

"I like the competition in softball and how fast the game is played," Dave says. "I also love the small community there. A lot of the local people come out and support all the athletic teams. I also really like working for our athletic director, Matt Stamm."

In addition to high school, Dave coaches a travel softball team. He began coaching with the Williamsburg Starz in 2007. Williamsburg Starz later became Jamestown Mayhem in 2015. Jamestown Mayhem has several softball

teams for girls 16 through 18 designed to help players grow their skills and learn to work as team players. Those who play are grooming for college or just enjoy playing the game.

Dave and his Jamestown Mayhem players have competed in tournaments in North Carolina, South Carolina, Pennsylvania, Maryland, and other states along the East Coast through the years. He is currently head coach for the 18U team and assists with the 14U team.

"We've played in some major tournaments," Dave says. "We've played with teams from Canada. It's neat to see the type of competition from different areas, and the types of players and teams."

In 2011, Dave's players on the Williamsburg Starz 16U team won a showcase tournament in Pennsylvania and later came in runner-up in a showcase in Salem, Va. The team ranked first in the state that year for the month of June and finished fifth in the state following a trip to the NSA Fastpitch World Series in Tennessee.

"I love seeing my girls succeed," Dave says.

During the height of the softball season, Dave is on the field nearly every night. His high school teams practice every day and have two games per week. His travel teams practice three times a week and play roughly 30 games

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throughout the summer.

"We play in about six tournaments throughout the summer," says Dave. "It's a whirlwind." Thankfully, he has a family who understands and supports his passion for softball. Dave usually spends his wedding anniversary in May on the softball field, but his wife doesn't mind. Dave met Laura through a mutual friend and they've been married for 21 years. She is the president of Jamestown Mayhem's Board of Directors.

Dave typically takes a respite from softball only in the month of December to focus on family and the holidays. Then in January he is back at it, attending coaches' clinics in North Carolina in order to improve the game for his players.

"It gives me an opportunity to learn from the best coaches in the land and see what we can bring back to our own teams here," Dave says. "A lot of the kids have college ambitions."

Dave enjoys getting to know his players and their families on a personal level. He's remained close with some of the girls long after they've left his teams. Sometimes, he follows their softball careers post-high school and cheers them on as a spectator on the field instead of as a coach.

"Having a love for the game is one thing, but

to give back and make a difference in a child's life is the real reason I keep coming back and coaching," Dave says.

His players feel the same way about him and his dedication to the sport.

Dave stays in touch with some of his former players. "Facebook makes it easy to keep up with everybody. A former player of mine is now my assistant coach at Middlesex High School. I have girls who come over just to say hi when they are home for Christmas. We recently got a wedding invitation from one of my girls. I am very fortunate to be able to remain in their lives."

Softball may leave little time for anything else, but Dave relishes his time with his family. His family, Laura, and his daughter, Samantha and son, Brandon, enjoy travelling, especially to the beach. Their preferred vacation spots are either Myrtle Beach, South Carolina, or the Outer Banks, North Carolina. Dave also likes to bowl and hit the flea markets with his wife.

"We really are an ordinary family," Dave says.

Dave Gabeler has contemplated retiring as a coach but has one goal left in mind before he hangs up his softball hat for good.

"I would love to be a coach in a state championship game someday, if at all possible." NDN

## Next Door Neighbors

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# TONYA WILLIAMS



Lisa Cumming Photography

# A Family Team

By Dawn Brotherton

Sports set the foundation in the courtship of Jesse and Tonya Williams. It's only fitting that games continue to be a large part of their married lives.

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Tonya spent many of their date nights in Dallas watching the Stars Hockey Team play. Their relationship developed rapidly. They met in July, became engaged in December, and married in February. Their wedding wasn't originally planned to happen so quickly, but when they were in the wedding planning phase, Jesse was given deployment orders with less than two months warning. Now that Tonya's dream of a destination wedding was gone, she had to come up with something else that would be memorable.

Because hockey games had become their "thing," she contacted a Dallas Justice of the Peace to see if he would meet them at a hockey game and marry them in their seats. He agreed. Then a short time later, Tonya received a call letting her know that the mayor of Dallas was going to perform the ceremony. Then every few days, she received calls updating her on the status as her simple wedding ceremony in their seats morphed into being married on the ice in front of 13,500 screaming hockey fans.

Jesse knew nothing of the advanced arrangements. He was told he needed to bring his service dress uniform for the trip, but everything else was a surprise. When they ar-

rived, a carpet was rolled out onto the ice, and the announcer told the crowd that something special was planned for that night.

Tonya relays her most stressful moment. "I remember the mayor saying, 'Does anybody here have any objections?' It's completely silent for about two seconds. Then the crowd goes nuts, everyone starts screaming and clapping."

When Jesse returned to work the next morning, there was some explaining to do. He was in leadership school at the time and had permission to take time off to get married, and that was unusual enough in the middle of a course. He and his instructor were trying to keep it on the down-low so as not to draw the attention of the school commandant. "It ended up not being a secret because it was on ESPN and Fox News," Jesse says. He had some explaining to do to his superiors, but it all worked out. "Your experiences in life shape you as a person," Jesse says.

"We have a VHS clip that they actually put on ESPN, and they streamed it to his hometown. It was on the local news there, and then it was on the local news in our hometown, too," Tonya says. Now they have great memo-

ries and a fun story to share.

Sports continued to play an important part in their lives as they raised their daughter and twin sons. When Peyton and Cooper were only four years old, Jesse started coaching soccer. "I didn't know anything about soccer. No other parents wanted to. It turned out to be a whole lot of fun," Jesse says. His volunteer time eventually rolled over into coaching baseball, something he was more familiar with, having played in high school.

Jesse sees coaching as a great relaxation tool. "When I go out on the baseball field, I don't think about what I'm going to do when I get home, what bills I've got to pay, what I didn't get done at work. I don't think about anything else except baseball."

When the Williams family moved to Williamsburg four years ago, Jesse continued coaching. Members of the Williamsburg Youth Baseball League Board quickly saw the value Jesse brought to the organization, and he was asked to join the board. "I was trying to think of how we could make opening day more fun for the kids and keep some of the heritage and history of baseball," Jesse says. His first big project was establishing a homerun derby as



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part of the kickoff day ceremonies. Now he is working on a coaches' exhibition game as a way for the coaches to get to know each other better.

"You see these coaches on the field, but you don't really know each other," Jesse says. He believes as the coaches get to know each other better, they will be in a better position to help all the kids, regardless of which team they are on. "We're also going to do a food drive and have another sidebar competition to see which team can bring the most food." The donated food will be another way to help the community and model a giving-back mentality for the kids.

Still active duty military at Langley Air Force Base, Jesse is also the head coach at Williamsburg Christian Academy, Assistant Coach for Revolution, and sits on the board for Williamsburg Youth Baseball League.

Jesse doesn't corner the market on sports in their family. Tonya swam, golfed, and played softball and tennis growing up, so she understands the importance of team sports. "Playing sports is a good balance with your mental activities," Tonya says.

Jesse adds, "Just the interaction and dealing with failure, as well as dealing with success, in a positive way is a great lesson."

Tonya is all about the lessons. She has a Master's Degree in Special Education with an emphasis in deaf education. She homeschooled the boys for a few years before they all joined the Williamsburg Christian Academy. "One of our sons has mathematical capabilities that were exceeding my teaching expertise." The other son is an athlete, so he is now able to participate in school sports. She teaches special education and one high school-level American Sign Language course for the Williamsburg Christian Academy and loves every minute of it.

The Williams have a little farm house in the Norge area where they raise seven goats, a miniature pig, three dogs, five chicks, two ducks and a guinea pig. Soon a donkey will be joining their menagerie. When Tonya was homeschooling, Jesse said they spent more time with the goats than in the house. "Our first goats were bottle-fed, and we had to feed them three times a day. We would go out into the barn, put on the heater, and be out there for hours," Tonya explains.

Being outdoors is comfortable and energizing for the family, and their choice of sports leans that way as well. Fishing tops the list as a sport that the family enjoys together. Both Jesse and Tonya grew up on a lake and have enjoyed boating and fishing for as long as they can remember. "We do a lot of fishing, but not a lot of catching," Jesse says with a broad smile. "We have some great fishing stories."

The love of sports didn't start with Tonya and Jesse Williams. "My dad is a golfer," Tonya says. "He eats, lives and breathes golf." She played a lot of golf growing up, and her dad got her sons interested in it. They played in the Virginia State Golf Association Junior Circuit when they first moved to the area. "Peyton is the serious golfer and can really drive the ball. But Cooper is really good around the hole. He's strategic. He's good at math and figuring it all out," Tonya says.

Their daughter Morgan, 19, introduced the family to the rigors of travel ball when she was in high school. She was a cheerleader for Lafayette High School but played travel volleyball for Venom. That meant long practices and many weekends on the road for tournaments. She continues to play intramural volleyball.

Sports will carry on as a major part in the lives of the Williams family. Whether found on the baseball field or on the golf course, they are a strong team. NDN

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# TARA MATHENY



Lisa Cumming Photography

# GOLF

More Than A Game

By Dawn Brotherton

Tara Matheny was born and raised in Yorktown, graduating from York High School in 1996, but now calls Williamsburg home.

Tara started playing golf recreationally when she was 12 years old. In middle school and high school, she switched to field hockey, but it wasn't her calling. "It actually hurts your golf game because you hit the ball completely different," Tara says.

She started college at Radford University,

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walking on the golf team. "It was a rude awakening because I had never played competitively before, and it's a whole different world. I quickly realized that wasn't for me."

She took a break from college and accepted a position in Tampa, Florida with a restaurant group that owns, operates, manages and creates new brands of restaurants. While she was there, she finished college at the Art Institute of Tampa.

Her heart never deviated from golf, and she continued to play recreationally. "I was living in Florida where you think that you would golf more. I would be lucky to play golf once every six months down there," Tara says. Because she is very close with her family, she came back to visit them in Virginia frequently. Her parents, her sister and Tara would spend almost every day of her visits on the golf course.

When her parents moved to Williamsburg, Tara decided that this is where she should be. She moved back about a year ago and works remotely for the same company, often traveling back to Florida as needed. The flexibility gives Tara more time to spend on her game.

Tara says her father was always into golf, but her mother wasn't interested until about 15 years ago. "My mom picked up the game and now she plays more than any of us. She's been a part of some of the women's leagues which, even though it's for fun, it's competitive as well." Tara has become friends with her mother's friends and joins them regularly for golf.

"Ford's Colony is my home course. That's where I have my membership. This year I signed up for the women's 18-hole golf league." But that wasn't enough for Tara. Her mother had been a long-time member of the Traditions Golf Clubs, and Tara golfed a lot at Stonehouse when she was visiting from Florida. Now with Stonehouse closed, she and her mother play in a league at Kiskiack with many friends from the old club. "I know a lot of those women, and some have become like family to me," Tara says.

Tara has a personal goal. Her mother has had a hole-in-one at Stonehouse and her dad had one at New Kent. Tara would like to round out the trifecta with a hole-in-one at Brickshire.

Tara is very focused and passionate about her career, so she needs time to step away from

it and disconnect. "It's good to be outside; it brings you peace of mind. That's what golf does for me."

She typically plays four times a week, and a round could easily be four to four and a half hours long. "It is a little bit of an addiction," Tara admits. Although she's a member at Ford's Colony, Golden Horseshoe is her favorite course, now that Stonehouse has closed.

"I have made the statement that I would never play in the league, and now I find myself a part of two women's leagues this year." In league play, the rules are a little more strictly adhered to and there are penalties assessed for certain actions. "It makes you a better golfer," Tara explains. The competition also tends to be stiffer in league play. "For the most part, golf is an individual sport. Even when you are playing for a team, you're playing against your team members."

On league day, the league sets up the four-somes that will be playing together, but then they may also have an added game-of-the-week to make things a little more fun. "It could be something like throwing out your worst hole



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on the front nine and then using those scores,” Tara explains.

When she isn't working, golfing or spending time with family, Tara is contemplating what she wants to build on the three acres of land she recently purchased. “It is so peaceful. It suits my soul. It starts on the ferry ride, which never gets old for me, and then as soon as I get there, every worry and stress just disappears, and I feel connected to my faith. It's just amazing.” Although she doesn't have enough land for a course, she is considering at least a putting green to keep her golf game close at hand.

Tara has a bucket list of golf courses she hopes to play one day. “I have been fortunate enough to play a handful of them. I played Pebble Beach two summers ago.” She describes that California day as foggy with a misty rain and miserable. The anticipation she had built up to play the course was diminished because the gray skies dulled the beauty of the landscape.

“They run a tight ship there because it's such a popular destination. They have somebody on the tee box, somebody on the fairway, and somebody on the green. That's three foursomes per hole. You have to keep pace. Let's just say

your best golf strokes don't come out under pressure. By hole ten, I had lost a dozen balls, and I started to cry.” Tara has a great attitude about the experience, though. “It's something to laugh about now. And as soon as the most painful round of golf of my life was over, I wanted to play again because I know I'm capable of playing better.”

She has also golfed North Carolina's Pinehurst No. 2 and South Carolina's Kiawah Island. Next, she hopes to go back to California. “Adjacent to the Pebble Beach Golf Course is Spanish Bay, and I'd like to go back and play that, as well as Half Moon Bay.”

Eventually she would like to try some international courses, but not quite yet. Tara wants to perfect her game a little more before tackling that challenge. “When you play a bucket list golf course, you put a lot of pressure on yourself. It's usually one of the worst rounds you ever play. That's inevitably what happens.”

She explains that golf is a mental game. “That's how you know you're a golfer. You just had the most miserable round, but then one good hole or one good shot, and I'm ready to go play another eighteen.”

When asked if there was another sport she was fond of, Tara shared that she struggles with her tennis game. Her sister, Nikki, a school nurse at DJ Montague, is a diehard tennis player. “I wish I could pick up on it easier than the previous attempts I've given. The results have been a little scary. It's embarrassing,” Tara confesses. But at least it is a cardio workout that they enjoy doing together.

Tara and her family also enjoy following championship golf. She doesn't really have a favorite, but she appreciates the golfers that are passionate about the game, like Sergio Garcia. For her, her favorite golfers aren't all about the game.

“It's about picking up on their personalities outside their golf game. For example, Phil Mickelson is a people-person. That's why everybody loves him. You can't not love him.”

Golf is more than a game to Tara Matheny. It's about relationships. “When you're playing golf with your family and friends, you're going through the misery together. Even when you play with strangers, you meet good people and bond over how difficult the game of golf is and hopefully laugh about it some.” NDN

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# JOSH COOK



Lisa Cumming Photography

## GOING ON A TREASURE HUNT

By Melanie Occhiuzzo

If you enjoy traipsing through the woods and hunting for hidden treasures, then geocaching might be for you. Josh Cook, a Williamsburg native, has been geocaching for over a year now, scouring different areas for treasures and finding clues around Virginia and beyond. The best way to describe geocaching is to think of it like a giant scavenger hunt. “You walk out with something someone left,” Josh says.

Geocaching is an outdoor recreational activ-

ity where participants hide and seek a variety of containers, which are usually waterproof. Each container also has a logbook for the person who makes the find, the geocacher, to write their name as proof of their find. The easiest way to get started is to go on the geocaching website, geocaching.com, and find coordinates and GPS locations. Follow the coordinates to find whatever treasure is left behind. According to Josh, there are several types of items and types of

geocaches which is part of the fun. “Some geocaches are meant to be collectibles, to be left for the next person to find, and some items would like to travel,” Josh says.

One thing that Josh has geocached is a tiny coin frog. He left instructions in the log for finders to take it to a new location. So far, he has tracked his coin frog over 19,000 miles. He believes that a couple who is travelling around in their RV took it and geocached it other plac-

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es. "It's going the distance," Josh says.

Josh first got into geocaching over a year ago when he came across the idea online. He says that he downloaded the app and found one that was near his house. After he found it he thought, "This is awesome!" and hasn't stopped since. A notable location where he has found items is at the bottom of a well in Virginia Beach under three feet of water. He said that he had to use a magnet to get the cache out of the well. "People really get into the adventure of geocaching and buy all sorts of equipment to help them find their items." For example, with an item at the bottom of the well, an advanced geocacher may have bought a frog suit in order to submerge themselves in the well and search for the item.

A big part of geocaching that makes it popular is the welcoming and friendly community. Josh says that when he first started he got a lot of help from a user called "Grandpa Jean." People who are involved in this activity have usernames, and Josh's username is "Mr.Cook88." He said that "Grandpa Jean" gave him pointers and helped him out with getting into geocaching.

Josh uses some of his vacation time to go geocaching. Recently, he travelled to West Virginia to search for a geocached object. "Geocaching

will take you places that you've never been before." A lot of times he'll be looking for geocached objects and realize that he's never even been to that area before. For Josh, this activity gives him a reason to travel to different places. But even closer to home, there have been times when Josh has found objects while out on a job site. "The places you can find one are almost endless."

Josh says that he's seen everyone from single individuals to whole families who geocache. He thinks it is most popular with people who travel frequently because they have the ability to go to many different places and have access to more geocached objects. There are people who will label a geocached object as a "wormhole" because they want that object to travel to a different country. "Lots of military people are involved with geocaching, especially because they travel so much."

Hidden objects in geocaching can be labeled according to their level of difficulty. "If you have a family with young kids or you are just starting out, you can choose your difficulty and geocache away." Josh aims for the harder ones because he likes the challenge. Some geocaches have multiple levels to them and contain clues leading to more clues and locations. There are also accessibility labels on each geocache. This

means that if someone has a disability, they can still geocache and take part in the fun. Josh says that this is just part of the friendly and inclusive atmosphere that is the geocaching community. Everyone wants to help each other, and Josh has felt very welcomed.

He hopes to attend GeoWoodstock next year in Cincinnati, Ohio. This is an annual event where people gather to discuss geocaching, attend seminars and meet others who love the activity.

Like many who participate in this, Josh likes to go on road trips and follow the trail in order to find that next container. The most interesting container Josh has found is what he calls a "gadget cache." He had to use a magnet on this container and solve number and letter combinations in order to complete the hunt. He knew what to do because the log contained the instructions. The most interesting thing Josh has found while geocaching is an oversized glass ruby in Chesapeake. "It felt like a real treasure hunt when I found it."

Josh Cook loves completing missions while geocaching, making it just another part of the fun. He doesn't plan on stopping anytime soon and wants to continue geocaching as long as he can. "I like the challenge and I like the ones that are hard to get to." NDN

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# A GAME FOR EVERYONE

By Ben Mackin

Lisa Cumming Photography



Over the last fifty years, there has been a peculiar game with an even more peculiar name steadily gaining favor across the nation: pickleball. According to legend, the sport is named for the inventor's dog, Pickles, who liked to chase after the ball and run away. For the uninitiated, pickleball is a game played on a court similar to a badminton court, with the net lowered. The players use what looks like oversized Ping-Pong paddles to volley a hard plastic wiffle ball back and forth over the net. The game is played to 11 points, but the winner has to be up by two. According to the USA Pickleball Association,

the game started as a backyard game in the mid-1960s and has since ballooned to a full-fledged sport with thousands of avid players the world over.

Two of those avid players are long time Williamsburg residents Rick and Gail Shutt. The Shutt's stumbled upon the sport while on vacation two years ago in a central Florida community called The Villages "We had gone to visit a friend for a few days," Gail explains. "We had gone out to play tennis, and as we played, I started to get blisters from the worn out grip on my racket." In the time that they had been

playing tennis the couple noticed a large crowd gathered on a nearby court. "We decided to see what they were up to, and they were all playing pickleball. They were so friendly and said that we should join them. We got some paddles, and they taught us the game. We have been addicted ever since."

While the Shutt's might be relatively new to pickleball, neither Gail nor Rick is a stranger to athletics. For them, sports are a way of life. When they were both kids growing up in Hampton, Rick and Gail both say they could often be found outside playing some kind of

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game with their friends. "I played baseball with all the neighborhood boys," Gail says. "I guess you could say I was a tomboy, but that's what I did. We played baseball, and we made our own field, cutting the grass and putting down bases and making base paths. As I got older, I played softball and tennis, and I bowled a lot." She did not know it at the time, but her future husband was also playing baseball and various other sports on the other side of town with his friends. "I grew up poor, so I didn't go to places like Busch Gardens," Rick says with a smile. "I just played baseball, football and basketball from sun up to sun down."

Rick and Gail met through their respective roommates when they were in their twenties. "We just hit it off," Gail says. "We dated off and on for a few years before getting married." Over the course of their marriage, the Shutts have not lost their zest for athletics. They have played for numerous rec leagues up and down the peninsula, including softball and volleyball teams. In fact, the Shutts were instrumental in helping spread the popularity of volleyball throughout Hampton Roads by starting leagues and putting on clinics in local high schools and middle schools. In addition, the Shutts are also avid golfers, bowlers and tennis players.

While they still enjoy other sports and have

plans to resume playing them in the future, both admit that pickleball has taken up most of their attention. "That's our passion," Gail says. "I still bowl in a lady's league, but pickleball definitely takes up a lot of time because we play almost every day." There are a number of reasons the Shutts have taken such a liking to the game. For one thing, the small court size keeps players from needing to move long distances, which is something Rick appreciates, "Your body takes a lot less of a pounding," he says. "I can't jump and play volleyball like I used to. I have arthritis, and I also have had a partial knee replacement. This game is not as impactful. Not that you can't play it at a higher level, but it is definitely good for an older crowd."

The other main attraction to pickleball is the social aspect. "We meet people all the time," Gail says. "All kinds of people. Not only locals but people from all over the country." Thanks to the growing pickleball community across the country, the Shutts say it is not unusual to get snowbirds and tourists coming through and looking for a place to play. Players who travel are able to find places to play no matter where in the country they find themselves. Websites like [www.uspa.org](http://www.uspa.org) and sites belonging to local teams like [www.pickleburg.com](http://www.pickleburg.com), which contains information about pickleball in Williamsburg, provide specifics on courts in a certain

area. They also have resources for players of all calibers such as rules to the games and information on meet ups and tournaments.

Williamsburg is currently home to four public courts for pickleball, including Jamestown High School, Quarterpath Recreation Center, Veterans Park and James City County Recreation Center. Hundreds of dedicated players of all levels gather to play. James City County and the City of Williamsburg host tournaments throughout the year to accommodate the game's increasing popularity.

In hopes that facilities will eventually be able to catch up with demand, Rick and Gail Shutt are happy to catch a game whenever and with whomever they can. When they travel around the country they are always sure to have their equipment with them, and they typically have extra equipment in case other people come along and express interest in playing.

Whether they are near home or traveling, they never lack for people to play with them. In fact, in many places the sport proves so popular that lines of people often form due to the lack of dedicated facilities. While they might not be able to play right away, the crowds make it easy for people to socialize and create a tighter community.

Gail sums up the game succinctly. "It's just fun," she says. "It is also good for all ages." NDN



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Exercise with your child - jogging stroller not required.

#### Line Dancing ages 55+

**10 a.m.-noon** JCCRC Gym  
Hone your line dancing skills!

#### Arts Preview ages 16+

**10:30 a.m.-noon** JCCRC Craft Room  
Try your hand at oil painting! All supplies provided.

#### Geocaching Scavenger Hunt all ages

**11 a.m.-sunset** Warhill Sports Complex  
Pick up maps at the trailhead near the Wanner Stadium parking lot.

#### Pick-up Basketball & 3-Point Competition ages 8+

**noon-1 p.m.** JCCRC Gym  
Show off your dribbling, passing and shooting skills!

#### Nature Walks all ages

**1-2 p.m.** Freedom Park  
Experience the Living Forest Nature Trail (located behind the playground)

#### SilverSneakers BOOM Move It all ages

**2-3 p.m.** JCCRC Gym  
Try a low-impact group fitness class!

#### Stand-up Paddleboard Yoga ages 12+

**4-5 p.m.** Jamestown Beach Event Park  
All equipment provided, ability to swim required.



#### Jamestown Jams - featuring "The Originals"

**5:30 - 8:30 p.m.** Jamestown Beach Event Park  
Live music, food trucks, inflatables and combat archery arena!

#### Sunset Paddle ages 12+

**8-9 p.m.** James City County Marina  
Bring your own kayak or borrow ours!

#### Owl Prowl families/adults

**8-9 p.m.** Freedom Park Interpretive Center  
Join us for a guided twilight nature walk.

All programs listed above are FREE with no registration required - simply sign in when you arrive. Space is limited, first come, first served. For more information, call 757-259-5355. Outdoor activities are weather permitting; call the weather hotline at 757-259-3232 for updates.

#### Program sites:

Freedom Park, 5537 Centerville Road; James City County Marina, 2054 Jamestown Road; James City County Recreation Center (JCCRC), 5301 Longhill Road; Jamestown Beach Event Park, 2205 Jamestown Road; Veterans Park (formerly Mid County Park), 3793 Ironbound Road; and Warhill Sports Complex, 4900 Stadium Road.





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# MARTY PERRY

# TENNIS ANYONE?

By Lillian Stevens

Tennis enthusiast Marty Perry could have taken any number of career paths. The one he chose, however, incorporates his love of tennis with a zest for coaching, specifically at the college level.

"I knew early on that I wanted to coach college tennis," Marty says. "Over their four years of college, we get to know and work with the students but what's great is we also watch them grow as individuals."

In June 2015, Marty took a position as Director of Men's and Women's Tennis at Virginia Wesleyan University (VWU) in Virginia Beach. In that capacity, he is the head men's and women's tennis coach.

"I'm fortunate to have this job," he says. "It's so gratifying to see the guys and girls mature emotionally and gain confidence."

Of course, much time is spent helping his players perfect their strokes and work on techniques and tactics. But there's more.

"When I'm on the bench with players during a match, I'll often see emotions come out that probably don't come out anywhere else, and so you get to know your players that way. Sometimes I've felt like

more of a psychologist than a coach just trying to keep people calm and in the moment.”

At Virginia Wesleyan, Marty has found his niche.

“I love Virginia Wesleyan. We were founded in 1961, so we are a younger school. Our president, Scott Miller, is doing a phenomenal job in many ways. He has taken our institution from a college to a university, which is huge, and there are exciting building projects going on thanks to his leadership.

The Everett Tennis Center at VWU bears mention as well.

“We have probably one of the best, if not the best, outdoor tennis facilities in the state of Virginia,” Marty says. “We host USTA tournaments, NCAA events, Collegiate tournaments and various other tennis activities. It’s an amazing facility, and that helps with recruiting students to the university.”

When he first arrived at Virginia Wesleyan, part of Marty’s role was to sell a “vision.” Today, he’s proud to say that the vision is in place.

“I think the tennis programs here have a very high ceiling and we’re going to keep

building on our momentum,” he says. “You start by creating the culture, attracting the kind of student-athletes who want to be at practice, who want to come for small groups, who truly value the college tennis experience. That’s what it’s really about.”

Much of what he knows about coaching tennis, Marty learned from his first coaching gig at William & Mary. “From 1997 to 2002, I was the men’s assistant tennis coach at William & Mary,” he says. “It was a tremendous opportunity for me and I had a great time.”

After leaving William & Mary, Marty went on to coach for one year at Colgate University, followed by several years at the University of Chicago, where he was a three-time ITA National Coach of the Year award winner.

“I wanted to get back to Virginia, so I took a position as Head Men’s and Women’s Coach at Bridgewater College,” he says. “That’s actually when I first met Joanne Renn, the Athletic Director at Virginia Wesleyan. We were in the same conference so I got to know her a little. She’s wonderful to work for.”

Marty left Bridgewater to take on the role of head coach of the men’s tennis program at

Longwood University.

Growing up in Hampton Roads and Key West, Florida, Marty may not have known where his path would lead, but he did love tennis and the people he met along the way. While he was working on his Associate’s Degree in Business and Tennis Management in South Carolina, he taught for two years on Hilton Head Island at the Van Der Meer Tennis Center.

“That’s when I really began thinking it would be fun and rewarding to coach a college team,” he says. “When I was living on Hilton Head, many college teams would come down for spring break. Since we had a team at the junior college, we got to play all of them. It could be pretty intense!”

Marty left Hilton Head to pursue his bachelor’s degree at Cleveland State University. His thought was he’d teach high school and coach at the high school level. He coached high school and worked as an instructor at a few tennis clubs in the Cleveland area, but in 1997, he found his sweet spot at William & Mary, as the men’s assistant tennis coach.

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needs to be. The way the Division III tennis program is structured at Virginia Wesleyan, his team players enjoy a lot of individual attention. “I think that is because we only have eight to ten people on the team. We’re a little unique,” he says. “There is a lot of individual on-court time in matches, individual lessons, the small practices. I think you get to know people a little better.”

Marty is up-front with his players from the start.

“I tell them that there will be a lot of expectations and pressure. The key is to look at pressure as a privilege, not as a negative. If you aren’t good at something you won’t have that privilege. To me, it’s all about the ascent, trying to climb a mountain and get better.”

It’s easy to see the enthusiasm Marty has for the game, for the university he serves, and for his men’s and women’s teams. He is quite proud of VWU’s players and he enjoys watching them grow as students, as athletes, and also as mentors themselves.

“We’ve seen some real success stories,” he says. “To see the older kids act as role models for incoming freshmen is great - just to see

that influence that you can have on someone.”

After all these years of coaching, Marty has witnessed players go on to coaching roles themselves.

“It’s terrific to pass on our enthusiasm and knowledge, helping them along their way,” he says. “It’s not about the hours put in, but it’s about the big picture. From recruiting to team culture to practice, the scheduling, it’s good to see young players come out of college and want to get into the profession.”

He has also watched with pride as former assistant coaches who worked under him have moved up in their careers too. Marty derives great satisfaction in knowing that he has helped others grow and take their careers to the next level.

Another great takeaway for Marty involves the many people he has met over the years. From college campuses to his travels to the U.S. Open in New York, he enjoys spending time with colleagues near and far.

“Last Labor Day weekend, I participated in a USTA high performance training at the U.S. Open,” he says. “There was a group of

20 coaches from around the country that came in. We’d meet and discuss the matches we were watching.”

Marty also serves on the national men’s committee for NCAA Division III tennis. In that capacity, he is in charge of rankings for the South Atlantic Region, attends the NCAA tournament and is involved in the legislative management of Division III tennis.

Not surprisingly, if you ask him what he does in his spare time, Marty will laugh.

“I am pretty much on the court every day,” he says. “If I’m not with my teams, I’m usually coaching local junior tennis players. Fishing is a hobby, but between coaching, committee travels and lessons, I tend to spend my spare time with family.”

Marty Perry lives in Williamsburg with his wife, Tina and several members of their blended family. One son, Mitchell, is a freshman at Virginia Wesleyan where, much to his father’s delight, he also plays tennis. Another son, Camden, who is still in high school, lives in Atlanta with his mother.

“I’m hoping he winds up playing at Virginia Wesleyan too.” NDN

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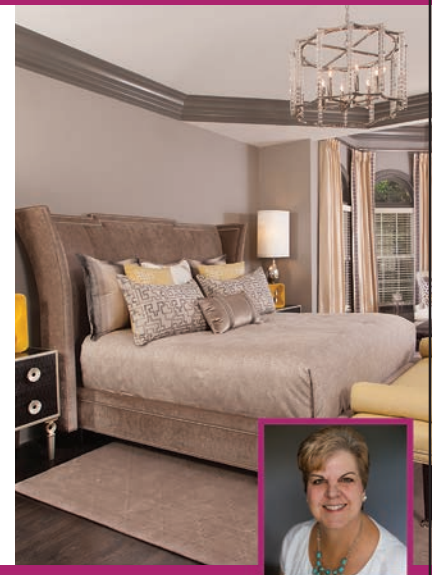
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# MICHAEL BOYKO

# A Soccer Life

By Ben Mackin



Lisa Cumming Photography

Finding one's true calling is difficult for most people. If the average person is lucky, they will stumble upon a fulfilling job at some point during their adulthood. Some people are able to do that on their first try, but countless others have to go through a few careers before they find one that sticks.

Michael Boyko would not know what that is like because he was barely out of nursery school when he found his calling in the sport of soccer. "I remember my mom coaching the team when I was five," the Williamsburg native says of his introduction to the sport. "My dad grew up playing too, and I idolized my parents and

wanted to do what they did. I was half decent at it so that helped."

Since his early start in the game, Michael has played at every level and for every club the Williamsburg area has to offer. "I played for the old Williamsburg Soccer Club, which used to be the only game in town," he says. From there he caught on with Colonial Football Club, which was an offshoot of the Williamsburg Soccer Club. From there Michael went on to play for the Virginia Legacy Soccer Club, one of the preeminent travel clubs in the Hampton Roads area. Michael also excelled at the indoor version of the sport. In 2005 his team won a gold

medal at the AAU Junior Olympics played in New Orleans. "It was really cool," Michael says. "We had to win a regional qualifier and then win an even bigger regional just to get into that tournament. It was a great experience."

Working his way through the various leagues, Michael trained to become a utility player, applying his strengths as the teams needed. "I've always been pretty slow, but I've got good feet. I could play anywhere in center-midfield or across the back line," he says. "I could do outside midfield but I am pretty slow, and I don't like doing all that running."

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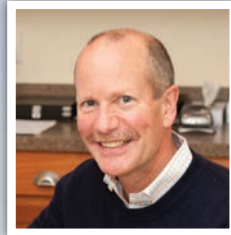
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Michael took every opportunity to get into a match. As a kid, when Williamsburg had fewer facilities devoted to soccer, Michael and his friends and teammates used whatever space they could. "It has flushed out so much since I was in high school," he says. "We used to have to play soccer on what used to be street hockey courts next to James Blair Middle School because that was the only place we could get enough light from the street lamps to play after dark."

In the mid-2000s Michael matriculated to Lafayette High School where, to no one's surprise, he went out for the soccer team. He played three years on varsity and earned a spot on the Bay Rivers District first team twice. Of his high school team Michael says they were a talented team in a district full of talented teams. "We had a great group of kids," he says. "I don't think we lost more than ten games the entire time I played on varsity. All the losses were at the end of the season in early rounds of the playoffs. We had teams like Jamestown as rivals and they had such a quality program, so it was always tough."

After graduating from high school Michael was recruited by the Bridgewater College men's soccer team. Once he made it to campus, he was able to turn some heads with his skill. He says of that first year, "Even though I was slow I was still able to impress coaches enough during the preseason to start every game my freshman year." While he was glad to be able to start the coach decided to put him in an unfamiliar position. "They put me at outside midfielder," he says. "It was hard, but it was new and different, and I ended up really liking it." Michael played for Bridgewater his freshman and sophomore years. After his second year on the team, Michael made the difficult decision to leave the team and focus on academics. "As much as I love soccer I wanted to grind it out and get that degree, so that is what I did."

Upon graduating from college Michael returned to Williamsburg and resumed working at Great Wolf Lodge where he worked through high school and on breaks from college. Thanks to the tight knit community that is Williamsburg soccer, Michael was asked to help out with coaching rec league soccer at the Williamsburg Indoor Sports Complex, or WISC. In 2012 he began coaching for the Tidewater Sharks. "Chris Scrofani, the club general manager, picked me up to coach because I had played for him as a kid," Michael says. "I started as an assistant before I got my first team. My first team was awful, but we had a lot of fun." After a few years of coaching he was brought on as full-time staff with the Sharks as the Boys Director. In his current role Michael gets to have a hand in every aspect of the club's operations, including head coaching two of the teams and helping out the children's beginning soccer. Michael says what he likes best about coaching is watching the kids develop. "I love seeing kids come into their own," he says. "It happens in so many ways. It can manifest itself in soccer ability or even just how they get along with their friends and learn to have a good time. It is really nice to see personal growth as well as soccer growth."

As if that was not a busy enough schedule, Michael is also charged with the general upkeep of all the fields the club uses. Though admittedly it is a job he does happily. "Lining the fields is pretty much my Thursday," he says with a grin. "It's a great day for me. I head over to the fields, throw on my headphones, listen to music and get to work."

Going forward Michael Boyko has a desire to not only improve his coaching skills but also to improve the Sharks as a club. Michael is working toward getting recognition from national soccer groups such as the National Soccer Coaches Association and the U.S. Soccer Federation. "These are not so much certifications," he says of the programs in which he is enrolled. "It is more of an acknowledgement of your credentials to coach. You can coach at any level based on experience, but it helps you become a better coach which helps your team." NDN

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# PLAYING AT WORK

By Gail Dillon

Some people only dream about playing while at work. Sandy Towers gets to actually do it. The Youth Services Director for the Williamsburg Regional Library specializes in making play a part of learning for children and young adults. “We offer ‘play’ in differing forms to all age levels from babies through teens and adults. I wholeheartedly believe in the power of play to encourage and enhance children’s lives and learning,” Sandy says.

She oversees eleven youth services librarians and one clerk at the two library branches as well as the mobile library services youth and family outreach staff. “We are responsible for providing collections, services, programs, and outreach for the children and families in our community.”

She points out that there are lots of exciting changes in the works or recently completed at both library locations. “We just remodeled the front part of the James City County Library. That was the brainchild of our new director Betsy Fowler,” she says. “We have to make space for people, we have to make it appealing, that bookstore feel. We didn’t realize how fantastic it would turn out.”

Renovating the children’s area at the JCC



Lisa Cumming Photography

library is another upcoming project she is excited about. “We try to weave the idea of play into everything that we do,” Sandy says, adding that their goal is “creating a very interactive sort of hybrid between a children’s museum and library.” Integrating the outdoors is something she’d like to incorporate eventually, too. “I’d love to add a big playground area with the idea of making the library a place where children want to come back and where parents feel really good about bringing their children back again and again.”

Sandy was raised in Laurel, Maryland but has lived all over the country, earning her bachelor’s degree from the University of Houston and then teaching elementary school for several

years. “I loved teaching fifth grade,” she says with a warm smile. “The students are ready for a little independence and you can have a discussion with them. You can give them multiple tasks and they can accomplish them.”

However, she soon realized that her true heart’s desire was to become a school librarian, so she pursued her Master’s Degree in Library Science from Sam Houston State University. She was working as a librarian in Seattle when she met her husband of 21 years, Nick, who was then serving in the Navy. “We ended up in Williamsburg because he was on the USS Nimitz, a nuclear aircraft carrier,” she says. While living in Williamsburg from 1998 to 2000, Sandy had their daughter Joan and found work as a Youth

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Services Librarian before she and her family transferred to Miami so Nick could finish his degree in Law Enforcement and Criminal Justice.

Nick is currently a Fire Rescue Lieutenant for the James City County Fire Department where he is an EMS field supervisor. Sandy soon found employment as a Youth Services Librarian for two years before switching gears and working as the school librarian for Norge Elementary School until 2014. The position suited her because she wanted to be home when her daughter, who was then in the second grade, got out of school, plus she simply enjoyed the “never a dull moment” quality of her routine.

After 10 years of school library work, Sandy was ready to return to the public library system. “I enjoyed being a school librarian, but I always wanted to go back to the public library.” She earned her American Library Association Master’s Degree online through Florida State University and has been in her current position since 2014.

It’s been a perfect fit for her and her abilities, plus she simply loves the social aspect of her job. “People who work in libraries are great people to work with. And people that come to libraries are great people to interact with,” she says. “I am fortunate enough to have the best job in the whole library because this is a happy place.”

Technology is likely the key difference between kids today and those who were raised in previous generations. “I think there are so many more distractions now than when we were kids,” she says.

In an effort to help ignite kids’ interest toward other subjects, the James City County Library has started a monthly series called “STEAM Saturdays,” which stands for science, technology, engineering, art and math. Each Saturday features a different subject. For example, in April robotics was the focus. “It’s very non-electronic, and we’re finding the kids love the interactive things that we’re setting up,” she says. “They’re coming in and building a roller coaster using these pieces... which one will make the car go the farthest?”

Sandy believes play is important for adults as well, though it can be more elusive. “The whole concept of play, when you think about play, that’s the place people want to be,” she says. “It’s a happy, cheerful, stress-free kind of word. And it’s natural we all want to experience that. But as adults, it’s almost like we don’t know how to play anymore.”

To encourage grownup play, both library branches are offering several themed book groups for adults. “We’ve done the children’s summer reading program for years and years,” she says. “But this year we are having an adult summer reading program as well. It’s a fun way to encourage the adults to participate.”

Another program aimed at adults is the monthly series called “Talks at Two” where the librarians take turns presenting a different topic. “Mine this year is on Amelia Earhart”, she says, adding that she’s been doing more than a little reading about the famous aviator.

So, what does a person who specializes in play do in her free time? “I spend a lot of time at work and thinking about work because it’s not work to me. It’s so much of a pleasure,” she says. “But when I’m not doing that, I enjoy spending time with my husband.” She and Nick especially like sampling new restaurants and exploring Richmond, as well as walking and running through Colonial Williamsburg, and taking day trips to locales like Charlottesville. Not surprisingly, Sandy Towers loves to read as well, particularly junior fiction but historical fiction too, especially the novels set in Tudor England by author Phillipa Gregory. She clearly bubbles over with enthusiasm when the subject of her workplace comes up again.

“I really, truly feel that the people who come into the building are just a delight. Every single day I get to support families, children, caregivers, teachers. It’s a great job!” NDN

# JOE ORTIZ



Lisa Cumming Photography

## A Game of Trust & Teamwork

By Alison Johnson

As an athlete and later a coach, Joe Ortiz has been involved in just about every sport around. The ultimate team sport, in his eyes, is volleyball.

Joe, the President and Director of the Williamsburg Volleyball Club, sees the game as a powerful tool to help girls build strength, confidence and leadership skills. Many club players also have gone on to become college athletes in the fast-growing women's sport. The job is personal for Joe, too. He has two daughters who

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have flourished as volleyball players.

“We want girls to feel like they have control over their decisions and to empower them to feel confident in those decisions,” he says. “The intangibles that translate to life outside of volleyball are numerous, because this sport requires accountability, a high level of trust and teamwork.”

On every play of a game, all six players on the floor might touch the ball. “You can’t keep the ball away from someone who is deficient in a certain skill. If you’re not ready, the ball will find you. You just can’t hide in volleyball. Everybody has to work hard together.”

The Williamsburg Volleyball Club, or WVC, runs programs for girls ages 8 through 18. The club generally has a total of 75 to 95 players a year on its rosters, most from the Williamsburg area and the lower Peninsula. It also hosts camps, clinics and the annual Revolutionary Rumble, a major regional tournament that draws up to 195 teams each April.

Stocked with top local athletes, WVC has enjoyed success at multiple national-level tournaments. While a few boys have been on teams in past years, the all-female rosters reflect the fact that Bay Rivers District schools don’t field boys’ volleyball teams. “There aren’t many boys

here interested in an intense travel team,” Joe says. “I feel it’s an environment where girls can really grow.”

Joe first became involved with WVC in 2009 when his oldest daughter, Emily, now 24, wanted to play. He has held his current position for four years. Working with a nine-member board, his responsibilities include enforcing WVC policies, scheduling monthly board meetings, overseeing club committees and helping to settle any disputes between parents, players and coaches.

“Basically, I do whatever needs to be done,” he says. “I help try to move the club forward while keeping sight of our purpose, which is to serve the girls and families in our club. If a girl wants to play at the next level, we will give her every chance to do so.”

Joe, 49, has served as a board member for six years, recruiting coordinator for four years and director of the Revolutionary Rumble for three years. He also has coached several age groups since 2009. Due to his busy schedule, he’s now working with a team of 12-year-olds that doesn’t travel as often as older squads.

Sports have been a constant throughout Joe’s youth and professional and parenting life. Born into a Navy family in Landstuhl, Germany, he

moved frequently as a child but considers his hometown to be Austin, Texas, where he earned a kinesiology degree from the University of Texas at Austin. After playing football, basketball and baseball in high school, he picked up intramural volleyball in college.

In 1995, Joe moved to Williamsburg to raise a family and pursue a Master’s Degree in Education at the College of William & Mary. He taught math at Tabb Middle School and Lafayette High School for several years while also coaching basketball and baseball at Tabb in Yorktown and JV basketball at Lafayette.

After three years of teaching, Joe switched career gears and went into the medical and pharmaceutical sales industry, where he worked until 2013. He is now Territory Sales Manager for VibrAlign, Inc., a Richmond-based company that supplies alignment equipment, although he and his wife, Joyce, still live in Williamsburg.

Over the years, Joe has coached many of his kids’ youth sports teams, including football and boys’ and girls’ basketball. Emily was focused on basketball when a volleyball coach at her school, Williamsburg Christian Academy, asked her to try out for the middle school team.

“After the first practice, I could tell this was what she was going to do,” Joe recalls. “She’s

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already tall. She's about 6 feet, and going into eighth grade she only wanted to get stronger. She was always asking to go to the gym and work out. It was all directed by her."

In 2009, Emily decided she wanted to play club volleyball, which Joe had no idea existed. Unfortunately, they had already missed the WVC tryouts that year. Instead of delaying Emily's plans, Joe took her and a group of girls who hadn't made a club team and created a new squad.

"That year was probably one of my greatest successes as a coach," he says. "Each of those girls went on to make their high school teams, and a couple of them got to play in college. These were girls who had all gotten cut, but they didn't give up."

Emily went on to play at Jamestown High School and at Randolph-Macon College, a Division III program. Her younger sister Allie, a junior at Jamestown, now plays for a WVC team, although she also loves horseback riding and isn't planning to pursue volleyball in college.

Volleyball has been a confidence boost for both of Joe's daughters who, like many girls he has coached, can sometimes struggle with self-doubt. Emily, for example, has talked about

going to medical school and plans to take her entrance exams soon, but she also worries she won't be successful.

"Anytime Emily starts to doubt herself, I ask her, 'Have you ever not succeeded?'" Joe relates. "I bring up volleyball a lot. As an athlete, you also learn to make mistakes, and that if something doesn't work out, you find a Plan B." WVC coaches don't go easy on their players.

"Our reputation is that we're not always very tall, but we're always very competitive," Joe notes. "That's why we have people from places like Richmond and Chesapeake who drive here to play with us."

Each club coach has completed training to teach the precise skills needed in volleyball while girls must earn every minute of playing time. "No one is going to be given anything. We want them to come to love the competition, even the closest matches. I love it when the hard work pays off for both the individual and the team."

The young athletes also help referee matches and keep score at some tournaments, which requires them to grow more comfortable in positions of authority. "This gives them a sense of ownership of the process," Joe says. "They have to figure out how to interact well with kids and

adults."

WVC teams generally start practicing in early December and play through June. Some teams travel to tournaments up and down the East Coast, where college coaches often scout players, as well as to national competitions held in Orlando. Tryouts for the following year's squads then take place in July or August. "It's year-round," Joe says.

So, he is planning for the Revolutionary Rumble, which largely draws teams from Virginia and neighboring states. Between players and family members, the event brings in as many as 6,000 visitors, with matches taking place on 33 different local courts.

Joe would love for WVC to have its own facility one day as finding enough gym space at schools and recreation centers is one of the club's biggest hurdles. "A place where we could easily add new clinics and programs."

WVC is very much a community effort, Joe Ortiz stresses. "It's important for everyone to realize how many people pitch in to make this work," he says. "We do a lot because we care about the kids. I have very personal reasons to want to see girls be successful, but this takes a whole lot of teamwork."

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# On the Cutting Edge of Change

By Narielle Living



Corey Miller Photography

Some people make a decision early in life about which direction their career will follow. And sometimes, that direction shifts slightly, and a new path unfolds. For Salvatore Spano, he wanted to be in a career that called upon his creative abilities. But rather than his first choice, acting, he found himself called to become a stylist.

Salvatore grew up in Virginia Beach. “I did theater all four years of high school so that broke me out of my shell a bit,” he says. “I gave a lot to theater, and if it wasn’t for that I don’t think I would be in this industry today.” After graduating high school, he attended community college but soon realized that was not where he wanted to be. Instead, he enrolled at Rudy & Kelly Academy, A Paul Mitchell Partner School. “After I graduated hair school is when things really started. Instead of doing stage acting I found more love and passion in behind-the-scenes work.”

With a theater background, Salvatore decided to go to New York City. “I had a good friend who was going to college there. He came home for Christmas break one year and said Virginia Beach is not for you. You need to be in New York.” Salvatore agreed, and with only \$600

to his name he packed his things and went. As soon as he arrived in the city, he found work. “I worked for a salon called Warren Tricomi.” Initially, he had no idea what this salon was all about, but after researching the business he realized this was the salon in New York.

He loved living and working in New York City and learned his first important lesson in the salon industry: customer service is key. “The customer service shouldn’t change,” he says, whether a haircut is \$12 or \$350. “Even though the clientele there was very much high end, disposable income women, there were also clients who would save to get their hair done there. Everyone should be treated the same, from the person who saves to get their hair done to the person who can just swipe their card and be fine with it.”

Salvatore survived living in New York for a year. “I always say survive, because it was a great time. I loved living there, I loved working there.” The cost of living, however, made it difficult. “I learned a lot about how to stretch a dollar, and how to save money to be successful.”

He returned to Virginia Beach and worked for a salon. “I loved it. I loved the stylist I worked for. We were a family.” During that

time, he had the opportunity to return to New York with that company and participate in what is known as New York Fashion Week. “What I moved to New York to do didn’t actually happen until I moved back to Virginia Beach,” he says. He credits this turn of events to a good friend of his. “She sat me down and told me I didn’t have to be successful in New York to be successful in the world.”

After a few years Salvatore decided to change his career and went into education. He returned to the Rudy & Kelly Academy to teach. “I was their cutting specialist, so I taught all the cutting curriculum to every student that came in and also launched a new cutting system that Paul Mitchell had created.”

Salvatore taught for almost six years before he decided to make another change, this time for personal reasons. He had met someone and wanted to pursue the next step in their relationship. “Being a hair stylist, it’s hard to build a relationship when you’re first starting out. You’re working long hours and weekends, and it was always hard for me to find someone.” His partner, Patrick, lived in Williamsburg, and Salvatore decided he liked the community. They recently bought a home here and will soon be



celebrating their four year anniversary.

Currently, Salvatore is in the midst of opening a studio in New Town. "It's going to be in the Sola Salon," he says. After much deliberation, he decided to call the studio Little Red Salon. "I wanted the name to be something different, something unique, something clients and guests are going to understand." Salvatore says that although many clients shy away from red hair, he believes that is the color that can give a bit of warmth.

Salvatore's approach to styling hair is all about honesty. For example, if a person sits in his chair and shows him a picture of a particular style they want, he will evaluate that picture and take into consideration the client's facial structure and hair type. "As a stylist, you need to let your clients know their hair texture or formation may not support that. When you're dealing with pictures, you have to keep in mind that the person in the photo may have thicker hair than what you have." Instead of telling a client they cannot have that particular cut, he uses the picture as a reference and asks the client what it is they like about the cut. In doing so, he will be able to give the client what they are looking for. "It may not be exactly what you see in the picture but the shape and the overall movement

will be the same." Facial structure is an important part of determining the best cut for a client. "Haircutting can help either bring out the good features or take away from the bad features. Facial shape and structure plays a huge part in my consultations."

Another part of his consultation is to ask the client about their daily lifestyle. "Are you on the go? Do you have kids? Do you like to take time doing your hair? That plays a huge part in it because if you have a picture of something highly texturized but you don't want to spend 15 minutes on your hair it may not be the best cut for you."

While lifestyle factors into a decision about a cut, hair texture plays a big role as well. "When we talk about texture in the hair industry we're talking about fine, medium and coarse hair. Some people have a mixture of both, where they can be more coarse on top but finer underneath. Finer hair shows more edginess when it comes to layers, whereas someone with coarser hair may not get to see the layers really pop out because it's thick." Also, hair formation is important. Is the client's hair straight, wavy or curly? "Curly hair, for example, tends to hide imperfections because curly hair doesn't really have a blended shape. You have some shorter pieces and some

longer pieces. But if you do have curly hair and you straighten it that's going to show the shape a lot stronger, show those layers. If someone is straightening their hair every day, I want to make sure the cut is going to work for a straight style versus a curly style."

Salvatore always educates his clients about how to style their hair and use products. "When you sit in my chair I educate you on your products. How much you need to put in your hair, how to use it and what it's going to do while you blow dry. I educate my clients on how to style their hair, how the haircuts going to work for them, how the color is going to shape their entire cut or to bring out those beautiful facial features. I always do a thorough consultation even if I've done your hair for two years. Things change, things come up and people want to change. We always say our clients are our walking billboards, we want them to look their best. In order for them to do that we have to teach them how to replicate this style at home."

The one thing Salvatore Spano stresses is not to be afraid of change. "If you've been blonde your whole life, it's okay to go brown, it's just color. Haircutting is the same because hair grows. If you're ready for a change, come sit in my chair because I'm ready for you." NDN

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# Sculpting Her Own Look

By Alison Johnson

One of Marjorie Thrash's highlights as an athlete came when she finished last in a competition. An extreme rookie in the sport of bodybuilding back in 2013, Marjorie had pumped up enough courage to enter her first contest.

"For most people, trying on a swimsuit in a dressing room alone can be traumatic," she says. "So, you can probably imagine the terror of standing on stage and being judged. I had no idea what I was doing, but I was going to do something totally out of character and push past my comfort zone. I was so proud that I had followed through with this commitment to myself."

The 4-foot-11-inch middle school science teacher, also a married mother of two, was hooked.

Two years later, Marjorie had earned professional status as a bodybuilder. She competes in the Organization of Competitive Bodybuilders, or OCB, which bans all performance-enhancing drugs, leaving entrants to rely on regular gym time and strict pre-event diets. Marjorie's nor-



Lisa Cumming Photography

mal weight of 120 pounds drops to 105 for competitions, to drastically cut body fat and highlight details of her musculature.

"This sport isn't easy," she says. "It requires a lot of sacrifice, but more than anything else the biggest challenge is overcoming your own self-doubt and fear of failure. It's a constant battle." Marjorie's dedication paid off last year, when she won a world title and \$3,500 at the OCB Pro Yorton Cup, a prestigious event in Washington, D.C. The Berkeley Middle School teacher is now busy helping promote a local competition, the third annual OCB Colonial Open, scheduled for June 30 at CrossWalk Church in James City County (visit [OCBonline.com](http://OCBonline.com), or email [OCBcolonialopen@gmail.com](mailto:OCBcolonialopen@gmail.com)).

Last year's contest drew 84 athletes and some 700 spectators. The 2018 edition should be larger thanks to the addition of a "Body Transformation" division, which is open to novices who want to share their journeys to better health. "We hope people will be inspired and realize fitness is for everyone, not just competitive athletes," Marjorie says.

The OCB maintains an extensive list of banned substances and requires two types of testing to ensure competitors are 100 percent natural. All athletes undergo a polygraph, or lie detector test, before they can compete. Winners then must immediately submit a urine sample, which is sent overnight to a lab for testing. Anyone caught cheating automatically loses a title.

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"I love the OCB because it's a platform for people to compete fairly and to do it without compromising their health," Marjorie says.

Misconceptions about bodybuilding abound, Marjorie notes. Perhaps the biggest is that the sport is only for people on steroids. In reality, Marjorie has met athletes with inspiring stories of improved wellness, such as losing enormous amounts of weight, fighting depression or kicking alcohol or drug addictions.

Marjorie generally needs 15 to 20 weeks to sculpt her body before a competition. She works out six days a week, alternating between weight training and cardio – a treadmill set on a steep incline, for example—for a maximum of an hour at a time. Monday is leg work, Tuesday is cardio, Wednesday is back, Thursday is cardio, Friday is shoulders, Saturday is cardio and Sunday is rest.

Nutrition actually matters more than exercise, Marjorie shares. Athletes follow a careful schedule of pre-prepared meals. For Marjorie, the daily plan is five or six nutrition-dense meals plus 1.5 gallons of water. "Sometimes it's hard to get in all of the food and water," she says. "Other days I'll be hungry all day."

Examples of prep meals are egg whites or chicken with a sweet potato; cod with brown rice or quinoa and a cup of vegetables; almond butter on a rice cake with a small apple, and protein shakes. "I weigh and measure everything, and I prep it all with little or no condiments."

Marjorie relies on weekly feedback from her coaches and adjusts her diet so she won't go into a competition looking too depleted or lean. "I do not eat like this all year long," she says. "The way I look on stage is not my everyday look. It's not a sustainable body fat percentage. It's like climbing to the peak of Mount Everest. You've worked so hard to get there, but you can't live at the summit."

Until the past few years, Marjorie couldn't have imagined reaching such a summit. The Cleveland, Ohio, native was into swimming, soccer and tennis as a child but in general struggled with sports because she was short and, in her description, not aggressive enough.

Marjorie began going to the gym and taking fitness classes when she was in college at Ohio State. "That's when I began to appreciate how good it felt to exert myself. I also noticed the effect it had on my mood." Most of her current hobbies involve staying active, including cycling, downhill skiing and surfing.

Marjorie, who has a Master's Degree in Elementary Education, moved to Williamsburg in 2004 when her husband, Todd, was hired as a psychology professor at the College of William & Mary. Gym friends who competed in bodybuilding first encouraged her to try the sport.

Marjorie is quick to credit her expert coaches for her professional success. She also is grateful for the support of her family, especially Todd and sons Carter, 14, and Miles, 11. To avoid missing time with them, she often starts workouts well before school. "No one misses me at five a.m.," she says with a laugh. "And by the end of the day, most of us are just tired." Carter, however, already likes to train with his mom and last year ran a half-marathon.

As for her Berkeley students, they think it's "cool" she's a professional athlete. "I find that I can often relate with kids when they think something is too hard and want to quit. I talk to them about the times I have wanted to quit and how I was able to get through those moments." Even after multiple competitions and successes, Marjorie Thrash still deals with plenty of adrenaline surges and butterflies backstage. She eases her nerves by talking to other contestants about their backgrounds, and she would love to see more women embrace the world of strength training. "Obviously competing isn't for everyone," she says. "What I hope is that my story inspires other women to pick up the weights." **NDN**

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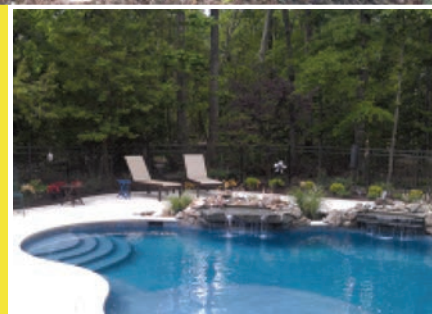
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Corey Miller Photography

# A Life in Three Chapters

By Linda Phelps

Military man, R&B singer, IBM executive and radio personality - all of these descriptors apply equally to Henry Clarke. Henry has recently entered the newest phase of his professional career. At 64, he's working as a disc jockey with WMBG, Williamsburg's hometown radio station. Despite an extensive personal history of performing and recording music, this is his first shot at being an on-air radio entertainer.

"I write music, record it in my home studio, and put it out there on the web," Henry says.

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“I actually named my music company Chapter Three Productions because this was supposed to be the third and last chapter of my working life. I didn’t think I’d ever be doing radio.”

This adventure was launched after his retirement from IBM and his moving to Williamsburg with his wife, Lisa. Lisa and Henry were both active duty military serving in the U.S. Air Force when they met at Keesler AFB in Biloxi, Mississippi. “She was a radar mechanic, and I was retraining for a career in computers at the time,” Henry remembers. “I joined up before Viet Nam was over, and my first job was as a bomb loader. I wound up loading a lot of nuclear munitions in the United Kingdom. Not much call for that in the civilian world,” he says with a smile. “When computers became a thing, I decided I wanted to become an IT guy.”

Married since 1980, the dictates of military and corporate life meant that Henry and Lisa and their four children moved often, living both in Europe and America. After retirement, the couple was anxious to pick a permanent place to settle down.

“I was born and raised in Richmond, with

my dad working as a postal clerk and mom as a nurse. Even though we lived in the West End, I went to Huguenot High School, one of the kids in the first inner city class to be bussed there. I was too immature to be a good student at the time and barely graduated in 1972. My two sisters both went to college, but I got on with Philip Morris for \$600 a month, which was big money for a black man back then. My dad thought I was crazy when I gave up that boring, backbreaking job to join the military, taking a pay cut to a monthly \$307.20. He eventually came to realize that it was the best thing I could have done, though. I still have family in Richmond,” he says. “I may have taken the long way home, but here I am again.”

Henry wasted no time getting his recording studio set up when they moved into their new home in Jamestown. He was ready for Chapter Three to begin.

“Afternoon DJ Robert Hodge and Stephanie Grogan, station manager of WMBG, were looking to freshen up the station’s image a bit, so they asked me to update their jingles for them. Everyone was pleased with what I did, and before I knew it, with no experience at all

in radio, Greg Granger, the owner, offered me my own show!” Henry was thrown suddenly into the deep end of the pool of radio broadcast technique, but he came up swimming strongly, thanks to his background in performance and computers and his IBM-honed ability to think and talk fast to large groups.

“I’ve always loved music,” Henry says. “I grew up as a little kid listening to Motown on the radio. The Temptations, Martha and the Vandellas, James Brown. Those were my heroes.” The first time Henry went to the U.K. with the Air Force as a young, single man, he joined a local band as a singer. “We did R&B stuff and had some gigs and a single record which didn’t do very well, but we had a lot of fun. The second time I was stationed there, I sang with another band that featured both English and GI members. It was connected to the Prince’s Trust, which is a huge charity formed by Prince Charles to benefit young people.”

Pictures from that adventurous era show a young Henry rubbing elbows with music stars like Pete Townsend, Phil Collins, and Sade, as well as sharing a laugh with Prince Charles



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and Princess Diana in the Royal Albert Hall. “I used to call him up onstage to sit in on percussion. He couldn’t play, but he was the prince,” he remembers with a smile. The successful band found themselves opening for groups like Sister Sledge and had a hit record. The Air Force powers-that-be loved the positive public relations and studiously looked the other way when Henry wet his big afro down and shoved it under his uniform hat.

Six years flew by. It was time for the Clarke family to go back to the U.S....or was it? A big producer from London offered Henry an opportunity, saying if he stayed in England, he would be a star.

“I was very tempted, because it was my dream to be a professional entertainer,” Henry says. “But by then my wife and I had three little children and a household to support. I decided I couldn’t finance my dream with my children’s future. Life gets in the way sometimes, but I have no regrets.” Henry stayed in the Air Force, went home, had another baby, and put in his time until retiring.

Chapter Two was an exciting ride. Recruited by IBM when he became a civilian, Henry

spent the next 17 years working his way up the corporate ladder, traveling the world, staying in the finest hotels and enjoying the blessings of executive privilege. It was heady stuff for an inner city Richmond kid. But all good things end, and one day the tap on his shoulder came that led Henry into yet another retirement.

“They sent me home with a nice check, but I wasn’t ready to twiddle my thumbs and play tennis,” he says. “After Lisa and I did some traveling in Europe, I started Chapter Three Productions, which led me here to WMBG, behind the mic five days a week.” Henry’s deferred dream of being a professional entertainer came true, but with a twist.

“When I first had some success as a singer overseas, I thought it would never happen again. Well, I went back to the U.K. and it did, only bigger and better. Then that ended, too, and I figured that was it. Amazingly, here I am again in the entertainment business, with my own songs out there being heard on the internet.” One of his songs, “Step With You,” is #5 on the DJ chart, currently in play as a line dancing favorite.

Henry’s Mid-Morning Mash program

brings a new vibe to the station that’s known for easy listening. It’s his own fresh take on oldies. He spins mostly R&B and soft rock on his hand-curated playlist. He has a daily printout of suggested songs from which to choose, but Henry spends every night massaging his next day’s broadcast and adding his own personal favorites. Williamsburg listeners are now treated regularly to artists such as Hall & Oates, Luther Vandross, Michael McDonald and Earth, Wind and Fire, as well as The Beatles. “I think I provide diversity in the music I bring to the public. I know I’m having fun, and I appreciate feedback from the audience. Let me know how I’m doing!”

Right now you can find Henry on-air every weekday between 10:00 a.m. and noon at 97.7 FM and 740 AM on your dial, or at [www.wmbgradio.com](http://www.wmbgradio.com). The station is expecting a new tower with a stronger signal very soon, and a dial switch to 93.5 FM, so check it out. Williamsburg welcomes Henry Clarke’s fresh energy to the airwaves and hopes that his daily sign-off song, The Spinners’ “I’ll Be Around”, is predictive of many more years of listening enjoyment to come. NDN



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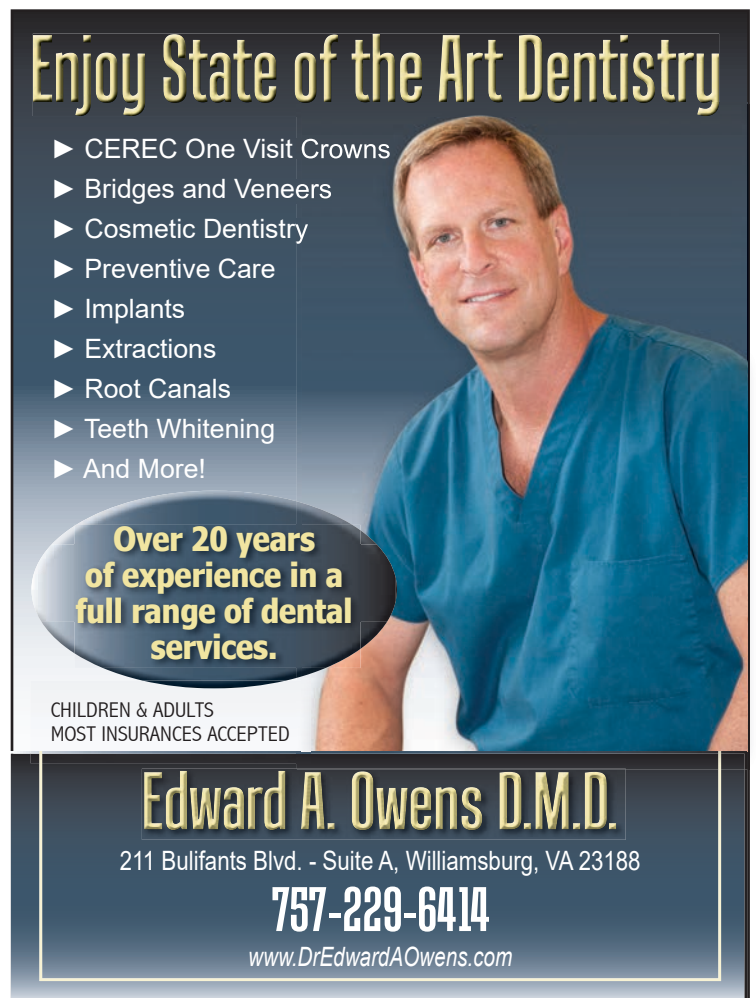
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Lisa Cumming Photography

# Postpartum Support

## A Community for all Mothers

By Harmony Hunter

“You don’t have to pretend it’s easy.” That’s what Licensed Professional Counselor Danielle Cauley tells the new mothers who come through her doors at Canary Counseling in Williamsburg. “We want to project this persona and this image that we have it together and we’re perfect moms and it’s easy. It’s not. It’s really not.”

Reaching out to new mothers in the Wil-

liamsburg area is Danielle’s specialty and her passion. It’s also a drive that’s deeply personal. After the birth of her daughter in 2016, she found herself experiencing the emotions that at least one in four new moms face: anxiety, isolation, disconnection and depression.

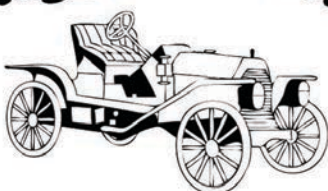
It’s a group of symptoms known clinically as Postpartum Mood and Anxiety Disorders, but for Danielle, it was simply the first time

she’d ever experienced anything other than being extremely high-functioning. “I felt crazy, and I was a therapist. I couldn’t imagine what other moms who weren’t trained in this were going through,” Danielle says.

Postpartum Mood and Anxiety Disorders are separate issues from Postpartum Psychosis, a rare condition in which mothers may have urges to harm themselves or their babies. Of-

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ten the two are confused, leading to a tremendous negative stigma and a resulting hesitancy to seek support in the postpartum period.

“Mothers say, ‘I love my baby. I wouldn’t go to a postpartum support group because I’m not quite that bad,’” Danielle says. But the term “postpartum” simply describes the period of weeks and months after a mother gives birth.

Other new moms might be told that their whirlpool of feelings can be attributed to what’s colloquially called the “Baby Blues,” but that set of symptoms compose a relatively short window of time in the postpartum period. Danielle tells her patients, “The ‘Baby Blues’ are actually only two weeks. Scientifically, that’s when your hormone spike happens after the baby comes out, milk comes in and then hormones are relatively regulated.”

Resources and support for what Danielle was experiencing were frustratingly scarce in Williamsburg, but she found healing and happiness again in her new role as mother by embarking on what’s called the “Path to Wellness,” a four-step approach that includes social support, medication, talk therapy and

self-care.

“I didn’t see an actual therapist or get on medication at the time, but I did the other two. I used the Breastfeeding Support Group as my postpartum support group. When I started to realize that I wasn’t alone and other moms were feeling that way, then I was able to get better. It wasn’t until then that I was connected with Postpartum Support Virginia,” Danielle says.

Postpartum Support Virginia would become intrinsically connected to Danielle’s personal and professional life. The state chapter of the national Postpartum Support International, Postpartum Support Virginia, exists to increase awareness among public and professional communities about the emotional changes that women experience during pregnancy and postpartum. Today, she is Williamsburg’s Postpartum Support Virginia Coordinator.

Navigating her own adjustment to parenthood and searching out the people and processes that would help her feel better left her with a desire to make sure that every new mother in town would have a peer to reach out

to in the overwhelming tide of joy, exhaustion and disorientation that is motherhood.

“I discovered I wanted to start working with moms. I wanted to start being that support and getting out there. The big push with the outreach is trying to get moms screened early. The earlier we catch it, the better prognosis for healing. The earlier they can enjoy being a mom, enjoy their babies,” she says.

Screening is simple. “Our drive and Postpartum Support Virginia’s tagline is to ask a mom, ‘How are you really doing?’ We encourage everyone: doctors, families, pediatricians, friends. Opening a space for moms to share. With that, being able to be okay with the idea that not all moms are going to be happy and joyful and loving and ecstatic every single moment. It’s not supposed to be like that. That’s not how motherhood is, ever. There are always ups and downs.”

When a mom is given the opportunity to say that she still isn’t feeling like herself, sleep deprivation notwithstanding, then she can begin the process of feeling better. Sometimes an anxiety issue flares up and might need to be managed for a time. Other mothers find com-

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fort in commiserating about both the trials and the joys of the transition to motherhood. Wherever a mother falls in her postpartum timeframe, Danielle and Postpartum Support Virginia can help surround her with support.

Just knowing that other women are working, sometimes struggling, through the same experience is tremendously powerful. Danielle tells her patients, “Postpartum anxiety and depression strips a woman of joy when she is supposed to feel it the most. I know there are nights when the mere thought of the sun going down creates anxiety about another sleepless night. I know you feel the pressure to get out, make plans and be presentable and happy when others come over. I know leaving your baby is hard, but I also know that being with them all day seems endless. I know scary thoughts come in that you are afraid to tell others. I feel your guilt, irritation, anger and frustration.”

It is possible, and even simple, to begin to get better? Danielle is determined that no new mother in Williamsburg will experience the struggle, guilt and isolation that she felt with-

out a community of supportive moms. For her, the cornerstone of the cure is outreach, beginning at the doctor’s office.

“Our goal with Postpartum Support Virginia and across the country is to get moms screened within the first year. So screenings should take place during pregnancy, during a mom’s six-week checkup and during those appointments with the pediatrician. That’s the vision that I have, that moms are getting support at the hospital, are getting a brief education at the hospital and then continual screening throughout.”

Danielle Cauley envisions a future for Williamsburg that includes interacting with new moms and families from the moment the baby arrives. For her, counteracting some of the idealized expectations of life with a newborn can be the first step in helping women find their balance in parenthood.

“Ideally, I would love to have a therapist or a counselor who goes to the hospital when moms deliver to say, ‘Congratulations on your new baby. This time will be filled with so many ups and downs. My job is not to take

away from the joy, but to let you know that it gets hard and it’s okay that it gets hard. You’ll get better, and there’s support and people love you and if you feel like this transition and this time is not what you expected, reach out. Here’s my card. Let me know.”

Support isn’t just for moms experiencing anxiety or depression. “Whether you are trying to conceive, caring for a newborn and struggling to adjust to the transition to motherhood, or you are a veteran mom of three kids and you feel like you can’t keep it all together, there are safe places to come together to talk about that with other moms and Postpartum Support Virginia facilitators,” she says. NDN

*Postpartum Support Virginia and its circle of fellow mothers meet at their weekly motherhood support groups at Sentara Hospital and at the Childhood Development Resources Center. More information can be found at [www.postpartumva.org](http://www.postpartumva.org), and Danielle’s social outreach on Facebook at Postpartum Support Williamsburg. Danielle can be found at [www.canarycounselingva.com](http://www.canarycounselingva.com).*

# we are cdr!

## A Debt of Gratitude

CDR owes a debt of gratitude to many who have served our agency over the years — but no one is more deserving of our thanks than Deputy Director Lisa Thomas. Retiring after 30 years, Lisa has overseen direct services to thousands of children and their families.

“Over those years, I have worked with an impressive array of professionals across many disciplines and engaged with community partners and elected officials. But most importantly, I have met scores of parents and children who have touched my heart and will forever shape my understanding of resilience and strength,” said Lisa.

On behalf of the CDR staff, volunteers, and the families we serve, we wish Lisa the best in her retirement and celebrate her many contributions to our community.



# Next Door Neighbors Home



Lisa Cumming Photography

## A New Journey

By Susan Williamson

When Morgan Poston Dunkle asked her husband, then fiancée, Trevor, to build her a desk, she never thought it would lead to a second career for both of them. Trevor had recently returned to Williamsburg from a US Army National Guard deployment, and the couple was living with Morgan's parents. Trevor put his woodworking skills to use by building a desk for Morgan and some pieces for her parents. Morgan's post of the completed desk

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on social media resulted in requests for other custom made furniture.

They applied for a business license in 2017, and Dunkle Designs began just over one year ago. Morgan says her parents were very gracious, but doing woodworking in someone else's space was a challenge.

"I was constantly cleaning up," Trevor says. "Woodworking is messy."

The couple recently moved into their own home in Toano, complete with a garage woodworking shop. A spacious fenced yard provides play space for their daughter, Olivia, and their three dogs. The family has one dog of their own and two they are fostering from a kill shelter until they are ready to be adopted.

The open plan complements their rustic style and showcases many of Trevor's finished designs. A narrow hall table graces the foyer, a rustic farmhouse style table highlights the dining area and a Dunkle Designs kitchen island with seating adds to the ambiance. The coffee and end tables are also hand made as is the rustic blanket ladder holding quilts near the fireplace wall. Decorative shutters rest on the mantle against the grey stone fireplace.

The dark stained pine boards of the dining table are rustic in appearance but smoothly and professionally finished. He coats the stain with a water-based polyurethane, making it easy to take care of. Dining tables are among Trevor's favorite projects. He says, "I like the idea of building something that will serve as a gathering space for a family."

Trevor's skill at woodworking is not new. His father was a construction worker when Trevor was growing up. He often went to work with his dad instead of having a babysitter. When his dad was screwing in a deck board or other task, Trevor got to try his hand. For every screw that went in twisted, his father would take one French fry from his Happy Meal. "I learned to do it the right way."

In a recent conversation he told his dad, Steve Dunkle, "Dad, you taught me to do honest work at a fair price." His dad responded that if he'd taught him that, he'd done well. Trevor and Morgan both grew up in Williamsburg and attended Lafayette High School. "I liked Morgan then," he says, "but she didn't know who I was."

They became reacquainted when he was working as a bartender at Paul's, and she came in with her girlfriends. "He was cute, and we

started talking," Morgan says with a grin.

Trevor joined the Virginia National Guard and attended George Mason University in Fairfax where he was a business major with a minor in leadership. He wasn't sure what he wanted to do, but he thought the leadership training would be useful in his military service. During his deployment he was a Reconnaissance Calvary Scout. Trevor now works full time for the Army National Guard in Hampton, with maneuvers at Fort Pickett in Blackstone. He is a 13 Fox Joint Fires Observer. He hopes to put in a full twenty years with the National Guard, having completed five years of active duty. On his weekends and evenings, he builds furniture.

Morgan majored in communications studies at Bridgewater College in Bridgewater, VA, near Harrisonburg. She worked in event planning and marketing for Snow Companies in Williamsburg before recently resigning to be Dunkle Design's marketer. She occasionally helps with finishing an item, but most of her time is spent posting to social media and corresponding with customers. The new business is allowing her to work from home and stay at home with Olivia who is almost two.

Dunkle Designs can be found on Instagram, Pinterest and Etsy.com, as well as their own Facebook page. So far, their products have earned an average of five star reviews on Etsy. Thanks to Morgan's expertise, their products have appeared in Fitness Magazine (headband holder), allrecipes.com (dining table) and my wedding.com (tables). On May first they will be taking another step by exhibiting some of their creations in an upstairs booth at Lazy Daisy located at 3032 Richmond Road in Williamsburg. Trevor says, "We will probably take some furniture out of the house for the sample display while we build up our inventory."

Lazy Daisy opened their Williamsburg store in 2017, adding to locations in Chester, Midlothian and Short Pump. They offer furniture, accessories, classes and vendor booths. Dunkle Designs rustic pieces fit right in with the shabby chic, country aesthetic of the store. Trevor enjoys making bedframes, with queen size being the most popular. Rustic decorative shutters are a new item. Smaller pieces like a coffee mug tree, wooden headband holder and wooden corbels are also available. He makes sliding wooden barn doors in several finishes.

He tries to keep prices reasonable. A dining table may range from \$450 to \$800, and a queen bedframe runs about \$550. He wants his handiwork to be affordable for families to enjoy.

"If Morgan sees an idea on a home furnishings site or has a request from a customer, she texts me to see if I think I can do it, and usually the answer is 'Yes,'" Trevor says. While the woodworking is increasing in volume as the business grows, he still finds satisfaction doing it. "I really enjoy having an idea and then bringing it to fruition." Often, customers send a picture or sketch of what they want, and he figures out how to build it. Most of the sales to date have been from custom orders. Finishing the items requires more time than building them and is the hardest part of the job. Trevor says, "A table usually requires a weekend of work, 10 to 12 hours, not counting drying time."

Although he hopes to eventually have software to help plan his designs, for now he begins with a yellow tablet. He sketches out the project and calculates the dimensions and supplies he will need.

So far, the most popular finishes have been Jacobean and espresso dark stains from Minwax, often with painted legs, usually with a distressed finish. Trevor hopes to have a paint sprayer in the near future. "Painting takes the longest time and then you have drying time as well."

Trevor works mostly with pine, but would like to start working with maple and other hardwoods. When a neighbor had some extra maple from a project, he gave it to Trevor who used it to make cutting boards to give as gifts to the groomsmen at his wedding.

Morgan and Trevor Dunkle credit HGTV's "Fixer Upper" show with the popularity of the casual farmhouse style of furniture. Almost every episode ends with a home staged with rustic tables and other decorative elements. Interior use of sliding barn doors is another popular trend featured on the show.

As the business expands, time management will become increasingly important. Trevor says, "In addition to my National Guard duties, I will need to make family time to spend with Olivia and Morgan." But the business is allowing Morgan to be at home and Trevor to work a second job from home, which the family oriented couple count as a blessing. <sup>NDN</sup>

# Hey Neighbor!

Please visit

[www.WilliamsburgNeighbors.com](http://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](mailto:heyneighbor@cox.net)

## Hey Neighbor!

### A TALE FROM THE ENCHANTED WOODS

May 27, 2018

A new and exciting ballet featuring The American Youth Ballet and created and choreographed by Adrienne Dellas-Thornton, Artistic Director Emeritus for the Kirov Academy in Washington D.C. It is a story of enchantment and magic. There will be one performance only at 2 pm at the Ferguson Center for the Arts in Newport News. Tickets are \$28 for adults; \$18 for children 12 and under, military, and seniors. Tickets are available from the Ferguson Center box office, <http://fergusoncenter.org/tickets/> or by calling 757-229-8535.

## Hey Neighbor!

### ZUMBATHON FOR THE ARC

May 28, 2018

10 -11:30 am. Outside of Iron-Bound Gym, 4325 New Town Ave., Williamsburg. If it rains, event will be inside. Drinks and snack provided. All proceeds benefit The Arc of Greater Williamsburg. Proudly serving adults with disabilities.

## Hey Neighbor!

### SUMMER CHAMBER MUSIC CAMP

May 31, 2018

Williamsburg Youth Orchestra's Summer Chamber Music Camp features chamber music for strings and brass & woodwinds for all ages and levels. Classes are a full day from 9 am-3:30 pm, August 6 -10 at Williamsburg Presbyterian Church. The distinguished faculty of experienced, professional music educators will coach each

chamber ensemble class as well as conduct a large ensemble. Also included in the tuition are a camp t-shirt, sheet music, drinks for lunch, and a pizza lunch on Friday. A final concert will be held on the last day, Friday (free and open to the public). Tuition is \$400 until May 31. Please apply online at [www.wyomusic.org](http://www.wyomusic.org), click on 'Summer Camp' tab. Contact the Executive Director, Tanya Song, for more information at [manager@wyomusic.org](mailto:manager@wyomusic.org)

## Hey Neighbor!

### NEIGHBORHOOD BLOCK PARTY

June 1, 2018

5:30-8 p.m. Abram Frink Jr. Community Center, 8901 Pocahontas Trail, Williamsburg, VA 23185. James City County Parks & Recreation is offering a FREE community night of fun and food plus inflatables, arts and crafts, fitness demonstrations, a D.J. and dance music, community garden tours, big trucks, prizes and more! Children age 11 and younger must be accompanied by an adult. Weather permitting, call the Activities Hotline at 757-259-3232 for updates. Info: [jamescitycountyva.gov/recreation](http://jamescitycountyva.gov/recreation) or 757-259-4200.

## Hey Neighbor!

### COMMUNITY OF STARS DINE & DANCE

June 1, 2018

Come join us for an elegant evening of live entertainment, music, silent and live auction, dinner and dancing at the Garden Pavilion of Ford's Colony Country Club, 6:30-10:30 pm. Proceeds support the WJCC Community Action Agency's Head Start, Project Discovery, Weatheriza-

tion and support programs which help thousands of families along their path to self-sufficiency. Please contact Liz Callan at 757-229-9332 or [ecallan@wjccactionagency.org](mailto:ecallan@wjccactionagency.org) for tickets (\$55) and table sponsorships! Visit us at [www.wjcc-caa.org](http://www.wjcc-caa.org). "Together we shine brightly!"

## Hey Neighbor!

### WOMEN'S WELLNESS WEEKEND

June 1 -3, 2018

Join us at Jamestown 4-H Educational Center and treat yourself to a weekend designed for women ages 18 and better. Enjoy wellness workshops led by professional speakers in their respective fields. Arrival is between 6-8 pm and departure is on Sunday at 1 pm. Guests stay in our renovated lodge with rustic charm. If you register with five friends (for a party of 6) you will receive \$25 off per person. Call for more information 757-253-4931 or [www.jamestown4hcenter.org](http://www.jamestown4hcenter.org)

## Hey Neighbor!

### ART-RELATED YARD SALE AT WCAC!

June 2, 2018

The Williamsburg Contemporary Art Center is holding its first indoor/outdoor art yard sale by WCAC members from 9 am - 2 pm. Anything art-related goes, plenty of treasures to choose from at yard-sale prices! A percentage of the proceeds will go to WCAC to help fund its community programs. WCAC is in the "Blue Building" at 110 Westover Ave. (off Lafayette St.), in the Arts District.

## Hey Neighbor!

### 12th ANNUAL GOLF CHALLENGE

June 7, 2018

Please join us for our 12th Annual Golf Challenge to benefit the Historic Virginia Land Conservancy at Ford's Colony Country Club for a Captain's Choice tournament on the spectacular Blackheath golf course. Prizes, raffles and an awards dinner follow the 1:00 pm shotgun start. Visit our website at [www.historicvirginialandconservancy.org](http://www.historicvirginialandconservancy.org) for a registration form and details about this action packed day.

## Hey Neighbor!

### MOVIE NIGHT, FREE!

June 8, 2018

6-8 p.m., Abram Frink Jr. Community Center, 8901 Pocahontas Trail, Williamsburg, VA 23185. Bring a blanket/pillow and join James City County Parks & Recreation for FREE family friendly movie nights held inside the multipurpose room. Popcorn and drinks provided. Children age 11 and younger must be accompanied by an adult. Scheduled feature: Incredibles (PG for all ages), movies subject to change. Stop by the Front Desk for a full schedule of movies offered the first Friday of every month. Info: [jamescitycountyva.gov/recreation](http://jamescitycountyva.gov/recreation) or call 757-259-4200.

## Hey Neighbor!

### FLUTE FRENZY SPRING CONCERT

June 8, 2018

Flute Frenzy's Prelude, High School, and Fantasia Choirs will be presenting a Spring Concert Friday, at 7 pm at Our Savior's Lutheran Church, 7479 Richmond Road, Williamsburg. The program will be a mixture of familiar classics ranging from



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### **Hey Neighbor!** **FOOD TRUCK RALLY ON THE RIVER!** June 10, 2018

Join us for "Beats & Eats" from some of our local restaurants on wheels! Food Beer & Music! The fun begins at 4 pm @ Jamestown 4-H Educational Center. This is a family friendly event and pets are welcome! \$5 per car. We hope you will join us for another fabulous event on the river! For more information, please check out <http://www.jamestown4hcenter.org/events> or call us at 757-253-4931

### **Hey Neighbor!** **THE TIDEWATER INTERGENERATIONAL ORCHESTRA** June 10, 2018

The free concert will feature the "Belles Voix" of the Appomattox Governor's School along with guest violin soloists Moises Cunha and Elizabeth Crute. Works will include the Vivaldi "Gloria" and Elgar "The Snow" and more. Time: 1 pm at St. Bede's Kaplan Parish Hall, 3686 Ironbound Road. For more information, call 757-229-3631, or visit [www.bede.va.org/concerts](http://www.bede.va.org/concerts).

### **Hey Neighbor!** **DISCOVERY LAB AT VIMS – PLANT AND ANIMAL COLLECTIONS** June 12, 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. 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 VIMS scientist. All Discovery Labs take place from 6 - 8 pm (presentation from 6:30-7 pm) on the VIMS campus in Gloucester Point. Registration is required due to limited space. Visit [www.vims.edu/events](http://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!** **CYCLING WITHOUT AGE** June 12, 2018

Come support a wonderful new community program, Cycling Without Age - Williamsburg (CWA-W) from 5 - 9 pm. Enjoy a meal from one of the area's fine food trucks while you enjoy beer and listen to live music performed by Scott Wise. Bike rides of various paces led by Williamsburg Area Bicyclists depart from Billsburg brewery starting at 5:30 pm. For details visit <http://wabonline.org/ride-calendar>.

### **Hey Neighbor!** **PROJECT 547: JCC'S LONGEST DAY OF PLAY, FREE!** June 21, 2018

5:47 a.m. - 9 p.m. On June 21, we cater to the sun and offer recreational activities all day long including extended hours, sport activities, fitness classes, scavenger hunts and basketball competitions as well as other outdoor programming. The day kicks off at 5:47 a.m. and culminates with a host of activities including the Jamestown Jams concert series featuring the band The Originals (acoustic singer-songwriter showcase), a sunset paddle and owl prowl. All Project 547 activities are free. Visit [jamescitycountyva.gov/recreation](http://jamescitycountyva.gov/recreation) or call 757-259-4200.

### **Hey Neighbor!** **SKATE JAM** Skateboard June 22, 2018 5 p.m. and BMX: June 23, 2018 5 p.m.

\$10/person. Skate Park (adjacent to the James City County Recreation Center, 5301 Longhill Road, Williamsburg, VA 23185) Skateboards, bikes, food, live local music and of course, prizes make this event one not to miss! All ages/experience levels welcomed. Participants will be divided into experience categories and judged on style, flow and difficulty of the run. Registration and warm-ups begin at 4:30 p.m. each day. Spectators are free and welcomed. Info: [jamescitycountyva.gov/recreation](http://jamescitycountyva.gov/recreation) or 757-259-4200.

### **Hey Neighbor!** **FREEDOM STORIES & MORE, FREE!** June 23, 2018

Noon-3 p.m., Freedom Park 5537 Centerville Road, Williamsburg, VA 23185. Join Williamsburg native Dylan Pritchett, best known as "The Storyteller," along with other Virginia Black Storytellers (VirBS) as they share with you Freedom Stories at Freedom Park! The Free Black Settlement area is the backdrop for this special event. Also featured are unique crafts for kids, music and food available for purchase. Children age 11 and younger must be accompanied by an adult. Info: [jamescitycountyva.gov/recreation](http://jamescitycountyva.gov/recreation) or 757-259-4200.

### **Hey Neighbor!** **CHARLOTTE MASON DAY CAMP** June 25-29, 2018

116 Palace Lane, Williamsburg, VA, 23185. Covenant Christian School's Day Camp is from 9 am - 12 noon for rising K through 6th graders. Come and experience "the gentle art of learning" the Charlotte Mason way! Students will enjoy the delightful subjects that make Covenant Christian School a unique and outstanding school option in Williamsburg. Covenant Christian teachers are ready to meet your children and provide a fun-filled morning of learning with friends! If your child would like to join us, please complete the registration form online at [ccswilliamsburg.org](http://ccswilliamsburg.org) by June 1.

### **Hey Neighbor!** **SPENCER'S ORDINARY CEREMONY**

### **& PRESENTATION, FREE!**

June 26, 2018  
10 a.m. Freedom Park, 5537 Centerville Road, Williamsburg, VA 23185. James City County Parks & Recreation and the Williamsburg Chapter of the Sons of the American Revolution for a wreath laying memorial service on June 26 in honor of the valiant Americans who gave their lives in the Battle of Spencer's Ordinary on that date in 1781. Info: [jamescitycountyva.gov/recreation](http://jamescitycountyva.gov/recreation) or 757-259-4200.

### **Hey Neighbor!** **HERITAGE HUMANE SOCIETY MEGA YARD SALE** June 30, 2018

8 am-1 pm at 430 Waller Mill Road, Williamsburg. For information, call 757-221-0150, ext, 1004, or visit [yardsale@heritagehumaneociety.org](mailto:yardsale@heritagehumaneociety.org). Pet-related items, household goods, furniture, toys and much more.

### **Hey Neighbor!** **SUMMER CHARITY CONCERT SERIES**

June 30, 2018  
Bobby "Blackhat" Walters, recording artist, harmonica player, vocalist, songwriter and actor hails from Cleveland, Ohio. Bobby BlackHat brings together the finest blues musicians in Hampton Roads to perform classic, modern, as well as original blues tunes that will keep your toes tapping and your hips shaking all night long. For information: [www.eventbrite.com/e/bobby-blackhat-walters-tickets-42817496284](http://www.eventbrite.com/e/bobby-blackhat-walters-tickets-42817496284)

### **Hey Neighbor!** **AFTER HOURS LECTURE AT VIMS: DEEP SEA DISCOVERIES** July 26, 2018

The deep sea is a mysterious and intriguing place. Join us as Dr. Mike Vecchione, an expert on deep sea squids and octopods, shares information on the rare creatures he has encountered during his explorations of the ocean depths. Dr. Vecchione is a Zoologist with the National Marine Fisheries Service, Curator of Cephalopods at the Smithsonian's National Museum of Natural History, and an adjunct faculty member at VIMS. All After Hours lectures take place at 7 pm in Watermen's Hall on the VIMS campus, 1375 Greate Road, Gloucester Point. Reservations to this free, public lecture are required due to limited space. Visit [www.vims.edu/events](http://www.vims.edu/events) or call 804-684-7061 to register or to find out more information about this and future After Hours lectures. Can't attend in person? The lecture is also offered as a live-streamed webinar. Register for the webinar at [www.vims.edu/events](http://www.vims.edu/events).

### **Hey Neighbor!** **DISCOVERY LAB AT VIMS – FEEDING FRENZY!** August 21, 2018

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 VIMS scientist. At the August Lab, participants will explore the variety of ways animals in the Bay find and eat food and how their mouths and teeth are adapted for their specific food source. Visit [www.vims.edu/events](http://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!** **AFTER HOURS LECTURE AT VIMS: SEAGRASSES AND BAY SCALLOPS** August 30, 2018

Underwater grasses are an important part of Virginia's coastal bay ecosystem as they improve water quality, store carbon, and provide critical habitat for juvenile blue crabs, striped bass, bay scallops, and other aquatic species. Join us as Dr. Robert Orth shares how seagrass restoration efforts led by VIMS scientists are paving the way for restoration of bay scallops on the Eastern Shore of Virginia. All After Hours lectures take place at 7 pm in Watermen's Hall on the VIMS campus, 1375 Greate Road, Gloucester Point. Visit [www.vims.edu/events](http://www.vims.edu/events) or call 804-684-7061 to register.

### **Hey Neighbor!** **WILLIAMSBURG SYMPHONY ORCHESTRA BEGINS ITS 35th ANNIVERSARY SEASON** September 10, 2018

The Williamsburg Symphony Orchestra (WSO) is pleased to announce that its 35th season will begin on Sept. 10, 2018. The 2018-19 concert season will feature a number of guests artists that include Stefan Jackiw (violin), Sterling Elliott (cello) and Tessa Lark (violin). Music Director Janna Hymes will return for her 15th season.

### **Hey Neighbor!** **DISCOVERY LAB AT VIMS – MARINE CAREERS** September 18, 2018

Join us as we explore the variety of careers related to the marine environment - from fishing and crabbing, to shipbuilding, tourism, and research. Participants will get hands-on experience with "tools of the trade" associated with different marine-related careers as well as hear about how people in different careers and with different interests come together to support sustainable oyster harvests in the Bay. All Discovery Labs take place from 6-8 pm (presentation from 6:30-7 pm) on the VIMS campus in Gloucester Point. Registration is required due to limited space. Visit [www.vims.edu/events](http://www.vims.edu/events) or call 804-684-7061 to register and to find out more information on this and all upcoming Discovery Lab.

**To find a complete list of events and happenings, go to [williamsburgneighbors.com](http://williamsburgneighbors.com) and click on Hey Neighbor!**

*Williamsburg's*  
**IN THE**

**NEIGHBORHOOD**

photo challenge

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REGIONAL  
LIBRARY**



**CROAKER**

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

**Enjoy!**

May 2018  
In the Neighborhood  
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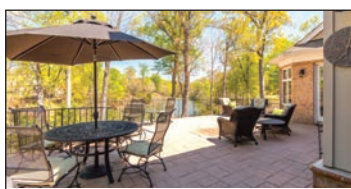
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