



SOUNDINGS

THE CHC COMMUNITY MAGAZINE

WINTER 2024-2025

FROM THE HEAD OF SCHOOL



Upper School students work in the Atherton Family Fabrication Lab, one of many new spaces creating opportunities at Cape Henry.

One fall Saturday, I was thrilled to see messages coming in from staff that our junior robotics team had taken first place in a regional competition — even more impressive, it was their first time ever competing! Around the same time, our girls tennis and boys soccer teams were competing for state championships. Every day, when I walk through the library after school, I see students practicing their speaking skills for forensics competitions. When I walk through the upstairs lobby of the Clarke+Ervin Center for Innovation and Performing Arts, I admire the artwork of so many of our students in the gallery. On any given day this winter, I can probably find a basketball game, swim meet, track meet or wrestling match to attend in order to cheer on our Cape athletes. What I see in all of these experiences and displays and triumphs — what makes Cape Henry such a special place — is opportunity created and put to good advantage.

Opportunity is one of Cape Henry's four core values, and the one that may seem, at first glance, most unusual for a school. What does it mean? Why do we elevate it and how do we show it? I see it in action every day, in and out of classrooms, as our students take on new challenges and try new things. They take a class that stretches their skills. They join a new club or start one. They decide to take their skills and work backstage, building theater sets in the new Atherton Fabrication Lab or designing sound and light cues for the shows.

And the School's commitment to creating opportunity is evident. We invest time and dollars into these experiences for our students. We create amazing itineraries so that our students can travel the world through Nexus Global Studies. We structure time for job shadowing and on-campus internships. Our teachers design field trips and forge partnerships with places like EVMS so that our students can expand their learning. We invest in our facilities so that students have state-of-the-art equipment and spaces in which to work.

If you ask students what they remember about their education and what they valued the most, you will often hear about the opportunities that presented themselves beyond the academic coursework. That's why Cape Henry makes these experiences a priority. It is why we have gone so far as to name opportunity as a core value of this institution.

In this issue of *Soundings*, you will read about a number of the opportunities that exist for students and how our faculty and students value them. So, I hope you enjoy this issue and as always, I hope to see you on campus or in the community soon!

A handwritten signature in black ink, reading "Chris Garran".

Chris Garran, Ph.D.

HEAD OF SCHOOL



After months of hard work, Cape Henry's 7th and 8th grade forensics team captured 1st place at their tournament in December.

2024 - 2025

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table of CONTENTS

FEATURES



FEATURE

Students Gain Real-World Experience

Upper School students go beyond the books and receive hands-on training under the guidance of Cape Henry faculty and staff.

Serving Up Accolades

Student-athletes push through the fall season to earn special recognitions and set new records.



SPECIAL HIGHLIGHTS

4 Something Like Magic

6 Focus on STEAM

7 Reinventing the Common Experience

8 Celebrating the Arts

10 Veterans Day

15 Race at the Cape and Fall Festival

16 Lower School Grandparents' Day

19 Alumni Notes

ON THE COVER: Cape Henry Collegiate's student aide program brings academics and athletics together. Read more about this unique opportunity on page three.

CREATING Opportunities

NEW INTERNSHIPS IN THE UPPER SCHOOL

By Sadie Ruane, *Communications Student Intern*

This year, the Upper School introduced internship opportunities for rising juniors and seniors. The internal internship program uses faculty and staff members as mentors to the interning students for one-on-one instruction and experience. Interns use their allotted study hall time to meet with faculty, complete tasks, shadow or to experience a general day of work.

Working with the communications department alongside Mrs. Alexandra Oglesby and Mr. Brian Walker '95, I contributed to content creation and management, event photography and video production. I have taken Mr. Walker's Honors Digital Media and Design class for the past three years, where I have had practice designing spreads, taking athletic and event photos, writing captions and articles, and talking to members of the community to find the deeper story or to get quotes. The internship allowed me to explore the social media and video aspects of the digital world and expand my skills and portfolio. This internship opportunity has been great to gain more knowledge about running a professional social media account, connect with more people on campus, learn about various tools and tasks that will help me in my future career, and have an independent but still monitored role in my community. I am looking forward to continuing my internship throughout spring semester.

Junior Addison Sills interned throughout this semester with the Director of Fundraising Events Mrs. Diane Cruz, assisting with all the behind the scenes work that goes into planning and executing the annual the Race at the Cape and Fall Festival events. Using Google Sheets and learning how to create an event space with decorations, Addison was able to learn the intricacies of event planning while also aiding in one of the biggest events of the year. She also researched and reached out to different businesses to sponsor and partner with for future events.

Junior Cambrie Belak spent the first semester developing her organizational skills as she helped Director of Alumni Relations Mrs. Margo Winans connect with alumni for upcoming reunions and events. She utilizes LinkedIn to connect with alumni and have them follow the alumni account for event updates and to get connected back to the School. Cambrie also plans Throwback Thursday content by looking back into old yearbooks to find pictures. "Cambrie has been a valuable asset to the alumni office this semester, making significant contributions to our social media and marketing initiatives. She has increased our alumni LinkedIn membership through her work with alumni outreach, and she has provided valuable support in creating engaging social media content. With her natural ability for marketing, Cambrie would be an excellent fit for a career in this field," said Mrs. Winans.

Collaborating and assisting with the Upper School science department, seniors Keegan Mulkey and Trajan Taylor have helped grade papers and tests, set up labs and even teach classes. The internship has brought Keegan and Trajan back to some of their previous classrooms and solidified student-teacher relationships. "I have really enjoyed the opportunity and experiences I have been given to work and reconnect with some of my previous teachers, such as Mr. Souther, Mrs. Gregory and Mrs. Olson, while getting to see the other sides of labs that I was able to enjoy when I was a younger student," said Keegan. Not only has the internship helped students get hands-on teaching assistant experience, it allows the science department faculty to spend less time setting up labs so they can focus more on the material they're teaching.



Sadie Ruane '26 takes photos on the first day of school of Lower School students, parents, and faculty.

"Our new internship program at the Cape is allowing students to dig deeper into their passions. As this program gains some traction, we hope to add more offerings for students to explore their passions!"

- Mr. Jonathan Torch
STEAM DIRECTOR



Trajan Taylor '25 grades Honors Anatomy quizzes.



Cambrie Belak '26 looks over LinkedIn to find alumni to connect with.



Keegan Mulkey '25 prepares a lab for Mrs. Gregory's Honors Chemistry Class.

HANDS-ON EXPERIENCE ESSENTIAL TO LEARNING FOR STUDENT AIDES

By Mrs. Brooke Hummel, Assistant Head of School and Director of Advancement

For students interested in the medical field, volunteering as a student aide in Cape Henry Collegiate's athletic training room is a great way to get a jump start. The experience offers students a unique opportunity to apply their skills, build confidence and foster professional growth in a fast-paced, real-world setting.

"Student aides assist me with first aid and rehabilitation programs," said Ms. Avery Rodriguez, athletic trainer for the Dolphins. "They also help with the flow of the room by checking in athletes during and after treatments and documenting and ensuring student-athletes are getting the appropriate care they need before practices and games."

The mutually beneficial partnership between aides, athletes, coaches and athletic trainers is one that is evident as soon as you enter the space. Student aides like Katie Tserediani can be seen administering tests, taping athletes and providing pain relief.

"I wanted to give back to an athletic community that has always been there for me," shared Katie. "The program has been much more hands-on and personal than I ever expected, but I can definitely say it's been one of my favorite ways to contribute to the community."

The practical skills learned coupled with experience gained in social interactions were benefits for senior Bella Roland now and for the future.

"I feel that becoming a student aide has shaped me both in my athletic training skills and my confidence," she said.

As winter sports season reaches full swing, the athletic training room continues to serve as a space where effective communication, level-headed decision making and collaboration serve the greater good of the Dolphin community. Stay tuned for an opportunity to support major changes to this space in 2025!



Sydney Larkin '25 helps Adam Feldman '25 prepare for wrestling practice.



Annabel Clarke '27 fills an ice bucket prior to a home game.

FROM FRANCE TO CHINA:

CHC Students Shine on the International Stage

Traveling the world through Cape Henry's Nexus Global Studies program served as a launch pad for two Upper School students to pursue their extracurricular interests on an international stage.

"Nexus provided me with the skills of being able to blend in with the crowd and feel a part of the community when traveling," said sophomore Zoey Adamson, who accepted an opportunity to walk in Paris Fashion Week for Mila Hoffman just a few months ago.

Zoey's mom shared, "I attribute a large part of that to her experience with Nexus, as they learn life skills and gain confidence."

The opportunity to meet peers from different backgrounds and explore the world also prompted senior Colin Lebel to accept an invitation to the 2024 Baseball World Cup in China.



Colin led the U23 Great Britain team to their highest international finish ever. As a starting pitcher, he is most proud of pitching a complete game and beating the Czech Republic. Colin, who had previously traveled to Bali through the Nexus program, felt confident in his decision to pursue the opportunity at the beginning of his senior year.

"My teachers and coaches were supportive. They knew it was a once-in-a-lifetime experience. Having traveled internationally with school, I felt prepared and excited to explore," said Colin.

Both Zoey and Colin anticipate continuing to chase their passions on a global level. Colin has his sights set on representing Great Britain in the 2028 Olympics and Zoey's next catwalk is just an ocean and a plane ride away.



M SOMETHING LIKE *agic*

By Mrs. Janyé Brown, *Head of Lower School*

Cape Henry's Lower School is home to brilliant educators, who bring more than 1,000 years of combined experience in education to our classrooms. What brought them to Cape Henry? What makes them stay? And why does it matter to students? Here's what we found...

In the spring of 2024, just after I was hired to become the next head of Lower School at Cape Henry, I spent a day on campus. I knew immediately something special was happening here – something like magic. Unlike the supernatural, however, this particular Dolphin magic can be explained by the Cape Henry community intentionally living our mission and core values every day.

From the moment students step out of their cars or off the bus each morning, they are greeted by adults who are genuinely happy to see them – administrators, security guards, staff members and teachers. Days begin with hugs, high fives and fist bumps (and usually some dance moves, too!). Students make their way to classrooms where the first minutes of the learning day are reserved for connection, ensuring every student feels known and valued. This consistent focus on community creates an environment where students feel a strong sense of belonging. I've come to realize that this sense of community is the result of a shared effort by every adult and student on campus.

In my first months at Cape Henry, I've seen countless examples of how the culture of care and belonging is nurtured. From leading Lower School assembly, morning announcements and Dolphin News to sharing their opinions on the school lunch menu, our children are learning that their voices are valued.



Mrs. Susan Hagadorn helps 2nd graders connect at the beginning of class.

When they engage in collaborative problem-solving and service learning opportunities, they are learning they can impact the world in a significant way. Think about the power of that message for a child! Feeling known, valued and challenged opens up a world of possibilities, empowering them to take risks and embrace opportunities.



Mrs. Tara Martel and prekindergarten students welcome a visitor from Colombia.

I spend much of my time in classrooms, where I see the powerful impact of belonging on student growth. I observed a classroom recently where students struggled with a challenging lesson. I watched as the teacher coached her students and because they felt safe enough to be vulnerable, they were able to persist. And do you know what happened? They got it. Not right away, but after working at it, the students discovered that what began as something really difficult ended up as something they could successfully accomplish. The opportunity to engage in productive struggle builds skills and resilience to prepare students for the challenges they will face in the future.

Whether in language arts, engineering, music or math, I see daily examples of how trusting relationships and a strong sense of belonging foster success. While it seemed like magic to me on that first day – and still feels like it! – I know now that Cape Henry's mission and core values are infused in every part of the experience here, forming the foundation of our unique culture and community.

WHY I CAME/STAY...

"For years, I had heard about the amazing education offered at Cape Henry. After many years of honing my skills in early childhood and elementary education, I felt that it was time to go for the gold standard. With a move back to Virginia Beach pending, I decided to submit my resume to the dream, Cape Henry Collegiate. From the very first interview, every person that I have come in contact with here has been welcoming and encouraging to both myself and my son, Bennie. **We are so at home here.**"

– Mrs. Erica Moore
Kindergarten Teacher | Joined 2024



"Cape Henry has always felt like home to me and my two children, Emilee, Class of 2015 and Matthew, Class of 2020. The community is tight knit and I've established many lifelong friendships throughout my two decades here. Every day, I strive to make a positive difference in the young lives of my students. **I've always considered it a privilege and a blessing to be a part of our amazing school.**"

– Mr. August Vander Werff
4th Grade Teacher | Joined 2004



"At Cape Henry, the curriculum is flexible enough so that we move at a comfortable pace for the students, and we can delve deeper when needed. I enjoy watching my previous students advance through the grades. My first students at CHC are now juniors. Finally, I appreciate the community. The parents support their children's education, the children know that they are expected to learn, and the faculty and staff work together to create a friendly and happy environment."

– Mr. Tom Stahl
5th Grade Teacher | Joined 2018



"My four children attended Cape Henry Collegiate beginning in 2004. When the Lower School art part-time teaching position became available in 2010, I decided to apply. The position was made full-time in 2014. That year, I had 255 students. Now, I have 410. What an adventure! I absolutely loved working at the same school that my kids attended. **I love kids and I love art, so I feel grateful to have combined the two in my work!**"

– Ms. Linda Robichaud
Lower School Art Teacher | Joined 2010



"The community and the opportunity to grow as a teacher drew me to CHC. As soon as I entered the Lower School doors, I felt welcomed and had a sense of belonging, which usually takes time to establish and feel when placed into a new environment. With this being my second year as a Dolphin, I can confidently say that my first impression still reigns true. From the relationships I share with my students, colleagues and parents, I feel appreciated and valued. At Cape Henry, I can teach in a way that fits my style while still being a lifelong learner."

– Mrs. Karly Ware
5th Grade Teacher | Joined 2023



TOP ROBOTS

CAPE HENRY'S JUNIOR ROBOTICS PROGRAM IS
OFF TO A STUNNING START

By Mrs. Leesa Hannah, *Advancement Associate*

In November, Cape Henry Collegiate's Lower and Middle School robotics teams competed in the FIRST Lego League competition with schools across Hampton Roads. While the Middle School team impressed with a second place finish in the robotic game portion of the day's events, the Lower School took first place in their debut at the competition.

This achievement reflects the remarkable growth of Cape Henry's robotics program, which challenges students to think in creative and innovative ways, developing the skills they will need to succeed in college and beyond. The establishment of the Clarke+Ervin Center for Innovation and Performing Arts has been a catalyst, offering students the programs, resources and environment to engage in hands-on, cutting-edge projects like robotics.

A PROGRAM BUILT ON INNOVATION AND GROWTH

Both the incredible success and explosive growth of Cape Henry's robotics teams can be attributed to the enthusiastic and engaging coaching and mentorship of STEAM Director Mr. Jonathan Torch, science teacher Mr. Ryan Willette and Technology and Media Instructional Specialist Mrs. Pam Zettervall.

The after-school program has grown not only in size but also in diversity. While last year's team was all boys, this year's team includes many girls, reflecting the school's commitment to broadening opportunities for all students in technology fields.

"If you have an opportunity, take it," said 7th grade team member Audrey Hecker. "Don't stop even if you're the only girl on the team. I'd love to be part of a professional group that builds robots or machines in the future."

The robotics program is an excellent example of how Cape Henry is meeting its mission to prepare students for future academic and professional success. The program teaches students important life skills such as perseverance, creativity and teamwork. During the competition, 4th grader Kyan Yuan enjoyed the challenge of advocating for his team.

"I learned you can accomplish more with teamwork," said Kyan. "While I enjoyed coding and seeing it work, what I enjoyed most was working with the team."

The competition requires teams to design and build robots capable of completing specific tasks, such as moving objects or navigating obstacles. Robots are judged based on their performance in a timed challenge, and teams also present an innovation project based on a specific theme.

For this year's theme, "Submerged," students raised awareness of the local and global

impact of rising water temperatures on oysters and coral reefs. A trip to the Brock Environmental Center and a 5th grade Nexus trip to the Florida Keys allowed students to speak to researchers and incorporate what they learned into their project. This connection to global issues demonstrates how the program helps students apply their learning to real-world contexts.

BUILDING SKILLS FOR THE FUTURE

To prepare for the November competition, Cape Henry's team began meeting in late August, with practice sessions intensifying over the fall. Students not only gained technical expertise in areas like coding and robotics, they strengthened their ability to work as a team, present their ideas confidently, and overcome challenges.

With dedicated and passionate faculty who inspire students, the School's commitment to fostering innovation and preparing students for the future, the program will undoubtedly continue to provide valuable learning opportunities for years to come.



Sawyer Weimer and Kyan Yuan compete as Mrs. Pam Zettervall and Mr. Ryan Willette look on.



Leo Chapman and Peyton Kwedar watch competing teams at work.

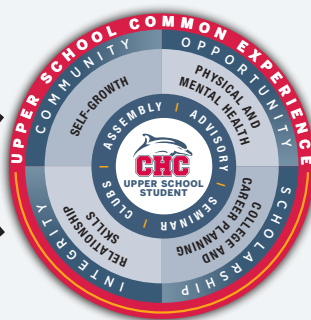


Mr. Ryan Willette gives the team a pep talk.



Nico Garcia, Sam Blanchard, Kyan Yuan, Noah Aruch, Sawyer Weimer, Ryan Finn, Lucy Tragert and Gwen Martel celebrate their victory.

REINVENTING COMMON EXPERIENCE



By Mr. Ken Carrier, *Director of Upper School Student Life*

When families partner with Cape Henry, they trust that we will support the holistic development of their children. Common Experience is a program designed to help foster the behaviors and mindsets our students will need to find success in life after Cape Henry. While our academic classes challenge our students and prepare them for the rigor of college courses, our core values charge us to do far more. Independence, resilience, responsibility — these are traits that will serve students for life, and Common Experience is our vehicle to help develop and nurture such qualities.

As I began to revitalize the program, I wanted to ensure that the process would be collaborative and leverage the expertise of our faculty and community. The new curriculum is the result of input from our college counselors, guidance counselors, physical education department and Upper School teachers, including Mrs. Laurie Olson, Ms. Kim Johnson, Mrs. Gabrielle Cabrerros, Mrs. Kathleen Sharp and Mrs. Shelley Camp. From this collaboration and planning came the four pillars of Common Experience: Self Growth and Goal Setting, Relationship Skills, College and Career Planning, and Physical and Mental Health. Within each of these pillars lie four competencies that give direction and guidance to the skills we are trying to develop in our students.

To facilitate discussions and lead lessons in seminars, we have reached out to our talented faculty and the community. A few examples of how we try to supplement our students' learning with local experts are when doctors Dr. Reena Talreja-Pelaez and Dr. Greg Cugini helped students better understand reproductive health; Ms. Cheryl Zonkowski from Catalyzt Nutrition discussed healthy diets; and Mrs. Candace Silva-Martin from PwC talked about how to explore careers in computer science. Partnering with experts in our community broadens our students' knowledge base and prepares them for the future by exposing them to paths and perspectives beyond what they've come to know at Cape Henry.

At the end of their four years in Upper School, our hope is that the Common Experience program helps our students better understand themselves and the impact they would like to make in the world. By investing in their holistic development, we feel confident our graduates will be well-adjusted, independent young adults who are ready to take on the challenges that await them as they transition to life after Cape Henry.



Mr. Ken Carrier talks with students during seminar, a weekly feature of Common Experience.

COMMON EXPERIENCE WEEK BY WEEK



ASSEMBLY

An opportunity for all of Upper School to share news and celebrate the community.



SEMINAR

A grade-level life lesson led by Cape Henry faculty or visiting professionals.



ADVISORY

Small groups led by faculty and staff designed to develop deep, trust-based relationships.



CLUBS

Open to all grades, clubs create an opportunity to collaborate and pursue passions.

Discover more information about how the Upper School's Common Experience program is making a difference in student wellness.



SHOWCASING THEIR

Creativity



Upper School Play - The Crucible



Lower School Dance Backstage Pass



Middle and Upper School Winter Orchestra Concert



Middle and Upper School Winter Choral Concert



Lower School Grandparents' Day Performances



Grades 4 and 5 Winter Concert



Prekindergarten, Kindergarten and Transition Concert



Grades 1 and 2 Winter Concert



Grades 3 Winter Concert

PRESENTING THE KING OF MUSIC

By Mrs. Alexandra Oglesby, *Director of Communications*



Cape Henry Collegiate senior Lucas Samuel participated in the Virginia Music Educators Association's Senior Honor Choir, the highest possible achievement for choral students in Virginia and one that is granted to only about 150 students from across the entire commonwealth.

"Qualifying for the event is the result of a rigorous audition process," explains Cape Henry music teacher Mrs. Beth Bayer, who attended the VMEA conference and performance. "Lucas and Cape Henry Collegiate Director of Chorus Mr. Sammie Logan prepared seven challenging pieces of music, which Lucas then rehearsed with the entire ensemble chorus for just two days prior to an electrifying final performance."

That Lucas would be chosen for such an honor is no surprise to anyone at Cape Henry who has witnessed one of his many performances since he joined the community in 4th grade. Mr. Logan remembers Lucas's first solo, "Who Would Imagine a King?" as a "stunning performance by a young boy who sang with genuine sincerity and great confidence."

As Lucas grew and his impressively pure soprano voice transformed into a tenor, his talent and dedication to the craft deepened as well.

"The gifted little boy became a young man and has since been selected through audition to every possible choral ensemble in our district," Mr. Logan said. "Lucas always works hard to assure he is meeting the requirements of the song and the expectations of the conductor."

ON AIR WITH THE PODCAST CLUB

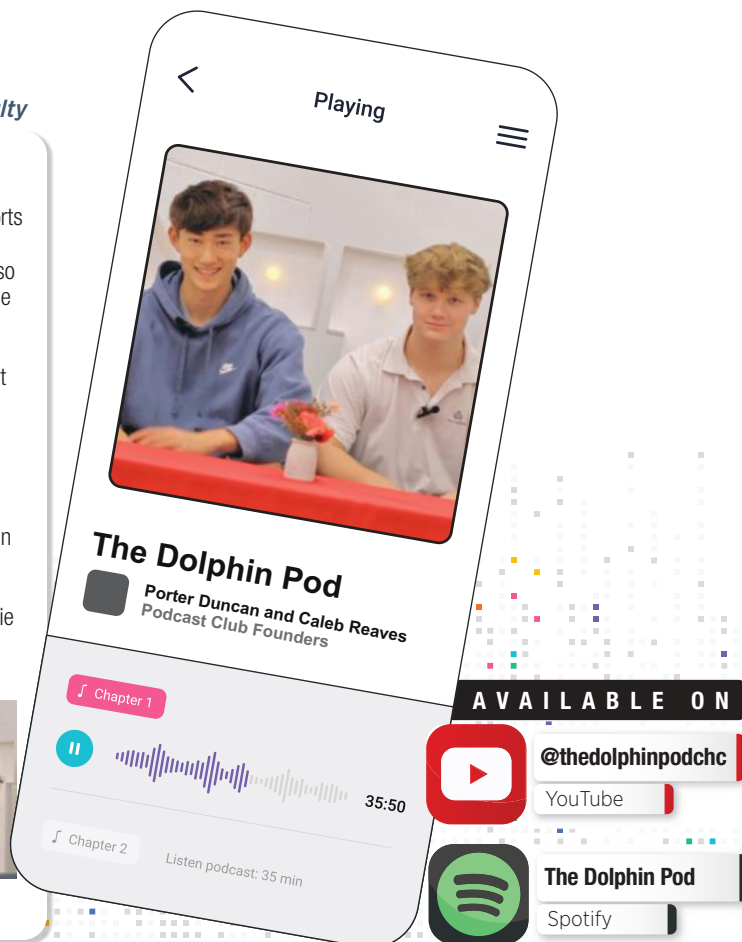
By Mrs. Kathleen Sharp, *Upper School Faculty*

At the heart of Cape Henry Collegiate lies the core value of community. While we constantly strive to build community within each classroom, division and the School as a whole, one group of students decided it was time to take these efforts to the next level. Juniors Caleb Reaves and Porter Duncan launched a new club offering this year that demonstrates not only a desire to build community but also a genuine enthusiasm for sharing all that Cape Henry Collegiate has to offer: The Dolphin Pod Podcast Club.

In today's media landscape, podcasts are ubiquitous, and Porter recognized that "creating a podcast for our school would be a way to bring the school closer together and share some fun and excitement."

A few months in and four episodes completed, Caleb reports that "the club is going extremely well. We have an amazing group of individuals working on the podcast both in front of and behind the microphone, and the episodes have been exactly what we envisioned for the club."

These two club leaders aren't the only ones learning from the experience. Natalie Rose '27, a member of the club, shares that the experience is helping her learn about advertising, recording and production.



Veterans Day

B R E A K F A S T A N D P R O G R A M



First Colonial Navy Junior Reserve Officers Training Corps cadets present the colors.

"As we recognize Veterans Day at Cape Henry Collegiate, thank you for your service, for your strength, and very importantly, your sacrifices. I would also like to recognize those who can't be here celebrating with us. Those who are out now serving our country and those who are here watching with us in spirit.

I am a freshman here at Cape Henry Collegiate. My father has served 18 years in the military and is a huge influence to my sister and me because of how strong he is and how he sacrifices himself and his time for our country. My mom is also a big influence because of how she can take care of us here at home so that my dad can deploy and protect us.

There are challenges to being in a military family, which I'm sure many of you are very familiar with. One big challenge is being away from each other a lot and getting used to that. Another challenge that I know many of you can relate to is having to move often. My family has been very fortunate, and we have stayed in Virginia, but I know many of you who have needed to move frequently and leave friends behind, and that shows how strong you all are and how adapting and resilient you and your families are.

There are also many benefits to being in a military family. One that's very important to me and I'm sure many of you as well is being a part of a safe community. The military creates a great community full of friends whom our families can relate to and depend on. An example is our amazing community here at Cape Henry where everyone here is involved in the military, and we can all relate to each other which creates a bond that everyone in this room is a part of. The military also teaches us and our families to be resilient. Being resilient is being able to withstand or recover from difficult things and situations. Two big examples are moving to different places, or adapting to home life when family members are deployed.

While it has not always been easy, being a military child has helped shape me and many other kids into the people we have become. I don't know what paths me and my sister will take in our lives, but I'm sure that being in a military family will help prepare us for anything that comes our way. We have become resilient, strong and capable and these are qualities that will help us in many different aspects of our lives.

– Alaina Hecker '28
Featured Student Speaker



Hero Basilio '24 and Family



Rhea Hornef '37 and Capt. Jim Hornef



Lt. Cmdr. Ken Worthington and Cmdr. T. J. Browning



First Colonial High School NJROTC Cadets



Alaina Hecker '28

Cape Henry Receives Purple Star Designation Award

By Dr. Chris Garran, *Head of School*



Cape Henry's support for military kids comes from the student body as well. Last year, A.J. Larkin '27 acted as a "big brother" to Lower School student Killian B. while his dad was deployed.

an area where carriers and special forces teams are constantly moving in and out, it's especially critical that we, as educators, recognize the stages of deployment and how they might affect students emotionally, behaviorally and logistically.

In October, Cape Henry Collegiate received a Purple Star Designation from the Virginia Department of Education in recognition of the excellent work our teachers, counselors, staff and students do every day to support military children and their families.

I am exceptionally proud of this designation because it shows how much military families matter to our community. Hundreds of military families have walked our hallways and we do not take for granted that they chose Cape Henry as their academic home during their time in Hampton Roads.

Having a parent who serves in the military can mean, for children, adjusting again and again to new schools, homes and friends; and missing milestones and holidays with loved ones. In Hampton Roads,



In addition to supporting military students every day, Cape Henry's guidance counseling team worked to prove the School's eligibility for the Purple Star award.

Voices from Israel: Celebrating the Jewish High Holidays

In October, Middle School students learned about the Jewish High Holidays thanks to a visit from Israeli citizens Emily and Danielle. The Service-Year Shlichim program sends Israeli high school graduates like Emily and Danielle around the world to work on education and outreach with Jewish organizations. They spoke to Middle School students about how Rosh Hashanah, Yom Kippur and Sukkot are celebrated and observed in their home country.



Building Altars and Cultural Understanding



Lower and Middle School students celebrated Día de los Muertos (Day of the Dead) by building beautiful altars in their Spanish language classes with Mrs. Brooke Harrison and Mrs. Martha Castro.

"Flowers symbolize the impermanence and beauty of life. They also help guide the spirits back to the land of the living," explained Mrs. Harrison. "This year's offering is being made to honor all of the beloved pets that our students and faculty have lost."



Singing and Dancing Our Way Around the Globe

In November, our PK-2nd grade students had so much fun learning about the atumpan, a West African talking drum! The students listened to a folktale, played instruments, sang and learned a dance from West Africa. The activities promoted sharing, cultural understanding, open-mindedness and diversity for all ages.



GUIDED BY GREATNESS

CAPE HENRY COLLEGIATE'S
LEGACY OF SOCCER DOMINANCE
AND LEADERSHIP

By Mr. Tyler Faubert '09, *Assistant Director of Athletics*

Completing one of the most dominant seasons in the program's illustrious history, the Cape Henry Collegiate Dolphins varsity boys soccer team surged through the 2024-2025 regular season with an unbeaten 13-0-3 record, outscoring opponents by a staggering 94-11 margin. Entering the TCIS Tournament as the clear No. 1 seed, the Dolphins maintained their momentum, claiming the program's 14th TCIS soccer title with a commanding 16-2 goal differential across the tournament.

At the heart of this remarkable season was senior captain Cameron Delaney. Recognized as the TCIS Player of the Year and a VISAA 1st Team All-State honoree, Cam's leadership and outstanding play were integral to the team's success. Preserving VISAA's No. 1 seed throughout the season, the Dolphins capped their campaign with a fourth state championship appearance and a No. 4 national ranking in the United Soccer Coaches poll.

"Cam stepped up as a leader both on and off the field, seamlessly transitioning into his role as team captain," said head coach Mr. David Brun. "He led the Dolphins in scoring all season, seemingly scoring at will. With 35 goals and 18 assists, Cam's scoring and passing abilities were only rivaled by his leadership, which truly defined who we are as a soccer program."

Cam's contributions further bolstered Mr. Brun's legacy, bringing his career win total to an impressive 291. Cam's exceptional season earned him a spot on the prestigious United Soccer Coaches All-Region team — an honor he humbly attributed to the efforts of his teammates and coach. Supported by standout players such as fellow All-State honorees Graham Campbell and Noah Hummel, as well as All-TCIS selections Cole Hughes and Rett Krueger, the Dolphins have solidified a winning culture at Cape Henry Collegiate, where playing in red, white and gray is a source of immense pride.

"I had a lot of confidence heading into the season," Cam reflected. "In my previous three years, we made it far, and this year's team had the pieces to go even further. Everyone pushed each other to improve every day."

Cam also spoke fondly of the program's legacy, adding, "The truth is, I could write a 3,000-page book about what makes Cape Henry soccer special, and 2,999 pages would be about Coach Brun and the athletes who came before me and will carry the torch after me."

The 2024-2025 team leaves an indelible mark on Cape Henry Collegiate soccer, joining the ranks of student-athletes who have shaped the program's rich history and exemplified the pride and excellence of Cape Henry Collegiate athletics.



SOCCER^{BOYS}

1ST

PLACE FINISH FOR GIRLS
CROSS COUNTRY
(FIRST TIME IN CHC HISTORY)

1ST

PLACE FINISH OVERALL
TCIS FINISH FOR JUNIOR
MICHAEL MCKNEW

5

ALL-TCIS
HONOREES

3RD

PLACE FINISH OR HIGHER
IN ALL 2024 MEETS



CROSS COUNTRY

54

GOALS SCORED
DURING THE
ENTIRE SEASON

#3

VISAA DIVISION II
STATE RANKING

90%

OF ROSTER RETURNING
FOR 2025-2026

110

TOTAL SAVES OVER 18
GAMES BY GOALIE
JUNIOR PAYTON DEVALDA



FIELD HOCKEY

#2

VISAA DIVISION II
STATE RANKING

4TH

CONSECUTIVE STATE
CHAMPIONSHIP
APPEARANCE

1

UNDEFEATED SINGLES
PLAYER FOR ENTIRE
SEASON
(JUNIOR LIZA PRIDGEN)

81%

MATCH WIN
RATE



TENNIS GIRLS

3RD

PLACE
TCIS FINISH

73%

OF FALL 2024 SQUAD
WERE FIRST-TIME
PLAYERS

12

UNDERCLASSMEN ON
ROSTER

2

ALL-TCIS INV. HONOREES
(SENIOR LOGAN SEITH AND
SOPHOMORE WAN CHAE)



VOLLEYBALL BOYS

270

KILLS BY
ALL-STATE AND
ALL-TCIS CAPTAIN
SENIOR LAUREN KIMBALL

80%

WIN RATE IN
TCIS

6TH

PLACE IN
VISAA STATE RANKINGS

#13

RANKING IN THE
HAMPTON ROADS
AREA



VOLLEYBALL GIRLS

FALL ATHLETIC COLLEGE COMMITMENTS



RYAN DOBRINSKY

BASEBALL | VIRGINIA WESLEYAN UNIVERSITY

A prototypical catcher with exceptional athleticism, a powerful arm and elite defensive skills, Ryan Dobrinsky showcased his talent during his junior season by recording over 200 putouts. A true leader on and off the field, Ryan's grit and determination were instrumental throughout the 2023-2024 season. Consistently batting above .220 during his high school career, Ryan is set to continue his baseball journey at Virginia Wesleyan University, where he is sure to add needed depth at the catcher position.



RYAN HUMMEL

BASEBALL | RANDOLPH-MACON COLLEGE

A long, lean and evolving two-way player, Ryan Hummel's potential on the mound and at the plate is undeniable. His hard work translated into impressive stats, including a .266 batting average, three home runs and 22 RBIs, alongside a dominant 2.25 ERA, 10 strikeouts and a .158 opponent batting average. Following his senior season with the Dolphins, Ryan will take his considerable talents to Randolph-Macon College, where he is poised for further growth during the 2025-2026 academic year.



COLIN LEBEL

BASEBALL | GEORGE WASHINGTON UNIVERSITY

One of Hampton Roads' most dominant pitchers, Colin Lebel has established himself as a standout athlete, ready to compete at the Division I level. His exceptional 2023-2024 season included a 7-1 pitching record, 55 strikeouts and an impressive 1.19 ERA. Colin's contributions were not limited to the mound — he also led the Dolphin offense with a .329 batting average, two home runs and 30 hits. Next fall, Colin will continue his baseball career at George Washington University.



BAYLEN NEWCOMB

BASEBALL | MARYMOUNT UNIVERSITY

An athletic force on the field, Baylen Newcomb's full potential is untapped, making him a valuable asset to Marymount University's baseball program. During the 2023-2024 season, Baylen showcased his versatility by batting over .290, hitting three doubles and one home run, and maintaining a perfect 0.00 ERA with a strikeout on the mound. As he transitions to college baseball, Baylen is expected to further excel and reach new heights.



GABRIELLA SEIFERT

FIELD HOCKEY | HOFSTRA UNIVERSITY

A committed and driven athlete, Gabriella Seifert has been a key member of the varsity field hockey team for five seasons. Her elite athleticism, on-field intelligence and competitive spirit have been instrumental in her success. Gabriella concluded her senior season with over five goals and five assists, earning her the opportunity to continue playing at Hofstra University. Her determination and skill set promise a seamless transition to collegiate-level competition.



TRAJAN TAYLOR

BASEBALL | MARS HILL UNIVERSITY

A versatile athlete with a knack for delivering in critical moments, Trajan Taylor excelled both at the plate and on the mound during the 2023-2024 season. Batting over .400, Trajan tallied seven RBIs on 15 hits and demonstrated his pitching prowess with a 3.50 ERA, 16 strikeouts and a .228 opponent batting average. Set to compete for innings and at-bats at Mars Hill University, Trajan is well-positioned for immediate impact at the college level.





Race at the Cape



Fall Festival



GRANDPARENTS BRING

Tradition TO CAPE HENRY



By Mrs. Lindsay Oliver '04, *Director of Development*

Growing up, family tradition fueled my excitement about the holidays. Everything from favorite foods to familiar music to classic decorations gave me a sense of comfort and warmth. But what I remember most is the people who were there, sharing those special moments. I was lucky enough to have my own grandparents around for years to celebrate life's moments together. Their commitment to us, their grandchildren, helped us feel a sense of love and belonging that has carried through generations.

I thought fondly of my grandparents and our holiday traditions in November, as I helped Cape Henry Collegiate welcome over 500 grandparents and special friends to Cape Henry for Grandparents' Day. Our Lower School has grown so large that we had to expand the day by hosting two separate programs!

I asked Head of Lower School Mrs. Jayme Brown why Grandparents' Day matters so much at Cape Henry, to which she responded, "Grandparents' Day is a meaningful tradition that strengthens the bond between generations by giving students the chance to share their school experiences. It creates lasting memories and celebrates the vital role grandparents have in supporting their grandchildren's educational journeys."

Our morning program featured remarks from school leadership and a special viewing of Dolphin News, which airs weekly at the Lower School Assembly. The afternoon program boasted a vocal performance by our 2nd graders and three dance numbers from our 3rd, 4th and 5th graders, which left only a few dry eyes in the house!

Following the performances were the ever-popular classroom visits, where grandparents and friends had the chance to enter into the daily lives of their loved ones. They worked on Thanksgiving themed art projects, enjoyed observing abbreviated daily lessons and toured classrooms to get a better sense of what goes on behind the curtain each day.

I recently spoke to a friend, now grown, who told me that Grandparents' Day was one of her favorite days of school as a child. She will never forget how proud she was to share her classroom, teachers and friends with her own grandparents. That is the same feeling our students feel and we are thankful to all our guests who continue to carry on the very special tradition!



GRANDPARENT GIVING PROGRAM

The Grandparent Giving Program is a time-honored tradition at Cape Henry. Hundreds of books have been added to the collections in The Perry Library and the Kenison Digital Media Library because of the generosity of our grandparents and special friends.

Each year, we invite our grandparents to participate by making a tax-deductible gift of \$100 to the Cape Henry Fund in honor of their grandchildren. Whether you choose to give \$100 or \$1,000, your grandchild will have the opportunity to select a book to add to one of our treasured spaces on campus. You will also be able to dedicate the book with a personalized name plate on the front cover.



ALUMNI REUNION AND CLASS REUNIONS

Alumni families gathered at the hospitality tent to enjoy great music from Cape Henry's own faculty band and the sights and sounds of CHPA Fall Festival.

Alumni from the classes of 4s and 9s, as well as retired faculty members joined us back on campus to reconnect and celebrate the decades.



VISITING ALUMNI IN THE NATION'S CAPITAL

Alumni in the Washington, D.C. area gathered with us at the Old Ebbitt Grill in November to reconnect and celebrate a continued commitment to Cape Henry Collegiate!





HONORING A HALL OF FAMER

DEVON HALL '13



In July, Cape Henry Collegiate was honored to welcome Mr. Devon Hall '13 into the Athletic Hall of Fame. Mr. Hall's basketball journey has been nothing short of exemplary. As a four-year varsity basketball starter at Cape Henry Collegiate, he emerged as a standout leader, serving as a two-time captain. Mr. Hall's teammates from his high school years remember him as an incredible athlete, leader and friend.

"I can't think of anybody who better deserves this honor or who better represents Cape Henry's core values," said Mr. Kevin Grubiak '14, a former Dolphins basketball player.

Mr. Hall's talents took him to the University of Virginia, where he made his mark from 2014 to 2017. On the court, he played in over 120 contests, garnering All-

ACC Academic Honors twice, All-ACC Second Team, All-ACC Defensive Team and First Team All-ACC Tournament Team selections. Lettering four years and serving as a tri-captain in his senior season, Mr. Hall also shined academically as he earned a bachelor's degree in Media Studies and a master's degree in Professional Development.

"It's a great honor of mine to have coached him for five years," said Mr. Tony Bennett, UVA's head basketball coach. "He has such a gift of putting people at ease, being kind and being a fierce competitor, a warrior, who stayed the course. He did things for our basketball program and for me that will never be forgotten."

In the 2018 NBA Draft, Mr. Hall was the Oklahoma City Thunder's 23rd pick in the second round, making him the first Cape Henry Collegiate student-athlete to play in the NBA. Mr. Hall played for OKC in 2019 before taking his talents overseas. With the bulk of his overseas career with EA7 Emporio Armani Milan, Mr. Hall continued to excel, finishing his stint shooting over 40% from the field. His professional journey took another exciting turn in June, when he signed with Fenerbahce Beko of the Turkish Basketbol Süper Ligi.



Mr. Hall's life and career are a testament to the power of talent, hard work and leadership. From his high school dominance at Cape Henry Collegiate to his collegiate success at the University of Virginia and professional achievements in the NBA and overseas, Mr. Hall has consistently excelled. His journey is a source of inspiration and a proud chapter in the legacy of Cape Henry Collegiate.



as



Above: Mr. Hall celebrated his July 2024 induction into the HOF with Head of School Dr. Chris Garra and his family, including his dad and former basketball coach, Mr. Mark Hall.

Below and Left: For the third year, Mr. Hall gave back to the Virginia Beach community by hosting the Devon Hall Basketball Camp at Cape Henry over the summer.



CAPE HENRY COLLEGIATE ATHLETIC HALL OF FAME

The Cape Henry Collegiate Athletic Hall of Fame recognizes athletes, coaches and support personnel for their extraordinary contributions to the athletic program of the School.

Nominations for the 2026 Hall of Fame are now being accepted and will close April 1, 2025. If you have any questions, please contact Director of Alumni Relations Mrs. Margo Hunt Winans '89 at (757) 963-8208 or margowinans@capehenry.org.

Nominate a candidate today at capehenrycollegiate.org/halloffame



SCAN QR CODE TO NOMINATE

ALUMNI NOTES

MR. TRAVIS SIMONE '99

Mr. Travis Simone '99 received his doctorate from Duke University's School of Divinity in May 2024. Earning a doctoral degree was a culmination of a long educational journey that began at Cape Henry and Mr. Simone is grateful for the CHC teachers who invested in his education.



MR. ALEX FARMARTINO '00

Congratulations to ESPN's Mr. Alex Farmartino '00 on his promotion to vice president of production for ACC Network and NCAA Studio! Mr. Farmartino is an Emmy Award-winning producer who has been involved in the production of Atlantic Coast Conference content for more than 20 years.

MRS. KRISTIN SPARKS '02

Congratulations to Mrs. Kristin Sparks '02 and her husband Mr. Mark Sheggeby on the birth of their baby girl, Helen Sheggeby.



MR. PETE LEVITT '07

Mr. Pete Levitt '07 and his wife Ms. Cindy Severi were married in a ceremony at the Lesner Inn, the same location where Mr. Levitt attended his Cape Henry prom! His brother Mr. Corey Levitt '03 served as a groomsman at the wedding.



MR. JORY BUNN '10

Mr. Jory Bunn '10 was recently honored with the Department of the Army Civilian Service Commendation Medal for his dedicated service at the United States Army Corps of Engineers. Mr. Bunn is an engineer at the Architect of the Capitol in Washington, D.C.

MR. WILL OVERMAN '12

Kudos to Mr. Will Overman '12 for his dedication to supporting communities impacted by Hurricane Helene. Mr. Overman's efforts in Green Cove, Va, and Lansing, N.C., are truly commendable. His message emphasizes the importance of not overlooking areas like Southern Appalachia during times of crisis.



MR. LUKAS CAMPBELL '15

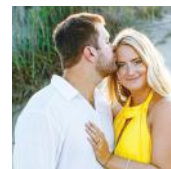
Congratulations to Mr. Lukas Campbell '15 on his engagement to Clara Schmidt at Scolaa Charlottenburg in Berlin! Mr. Campbell has also been accepted into the NYU Stern MBA Program and is set to begin in spring 2025.

MR. TYLER SUMMERS '16

After beginning his career in St. Louis, Mr. Tyler Summers '16 has relocated back to the Virginia Beach area to work alongside his father at The Summers Investment Group of Wells Fargo Advisors.

MS. VISTA GRINDE '16

Ms. Vista Grinde '16 and Mr. Ross Guju plan to marry this year in Keswick, Va., alongside her maid of honor, Ms. Emily Xystros '16, and bridesmaids Ms. Anna Xystros '16 and Ms. Meaghan Woodward '16. Ms. Grinde will graduate from VCU as a Doctor of Dental Surgery in May 2026.



MR. TYLER MORRIS '17

Congratulations to Mr. Tyler Morris '17 on his engagement to Ms. Emily Muller! They met during his freshman year of college at Jacksonville University and plan to tie the knot in West Palm Beach in May 2025.



MS. RILEIGH RAMIREZ '18 AND MR. GRAYSON PEARCE '18

CHC sweethearts Ms. Raleigh Ramirez '18 and Mr. Grayson Pearce '18 were married in September. Many CHC community alums and parents were in attendance to celebrate the happy couple!

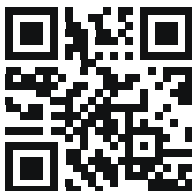
MS. MERRY JIANG '19

Ms. Merry Jiang '19 graduated from George Washington University in 2023 and is pursuing her Master of Health Administration at Johns Hopkins in Baltimore. She was matched for residency at the University of Maryland Medical System and will graduate this spring.



SUBMIT YOUR ALUMNI NOTES

If you have exciting news and photos you would like to share with your former classmates and others in the Cape Henry Collegiate community, send us an update!



capehenrycollegiate.org/alumninotes



Ms. Raleigh Ramirez '18 and Mr. Grayson Pearce '18



Thank you to our legacy families for continuing the tradition of a Cape Henry education. This year we are proud to have 63 legacy families with a total of 93 students!



MR. WOUTER HEKKING '19

Mr. Wouter Hekking '19 is currently interning with Simon Kutcher & Partners after spending the last year at the highly selective International Management Graduate Program at the Rotterdam School of Management in the Netherlands. He credits his time at CHC in shaping his career path.

MR. RYAN MANCOLL '19 AND MR. ALEX MANCOLL '16

Congratulations to brothers and CHC graduates Mr. Ryan Mancoll '19 and Mr. Alex Mancoll '16, who are on their way to becoming physicians. They will study at the new Macon & Joan Brock Virginia Health Sciences at Old Dominion University, named for former Cape Henry parents, Mr. Macon and Mrs. Joan Brock.



MS. AMBERLY BUTLER '19

Ms. Amberly Butler '19 graduated from Virginia Tech last spring with a bachelor's degree in Industrial and Systems Engineering. She is now working in Washington, D.C. for Serco, a government contracting company.

MR. TREVOR KIDD '20

Congratulations to Mr. Trevor Kidd '20 on his new mechanical engineering position at Northrop Grumman Space Systems. Mr. Kidd transitioned to his full-time position after an internship with the company.

MR. ZACH GRANADOS '22 AND MS. ELENA GRANADOS '24

Siblings Mr. Zach Granados '22 and Ms. Elena Granados '24 are thriving at the University of Michigan! Mr. Granados was named College Gymnastics Association First Team Academic All-American and Big Ten Distinguished Scholar for the 2023-2024 academic year. Ms. Granados is a freshman at the University's School of Literature, Science, and the Arts in the Honors Program. She plans to double major in Anthropology and the Environment.



CONNECT WITH THE CAPE

WE INVITE ALUMNI TO CONNECT WITH CURRENT STUDENTS AT THREE UPCOMING EVENTS.



BLACK HISTORY MONTH CELEBRATION

Cape Henry Collegiate alumni are invited to attend our all-school Black History Month Celebration on February 14.

MORE INFORMATION + REGISTER:



FRIDAY, FEBRUARY 14



ALUMNI CAREER DAY

Alumni are invited back to campus to speak about their professional experiences and inspire upperclassmen! Contact Mrs. Margo Winans at margowinans@capehenry.org for more information.

FRIDAY, FEBRUARY 21



JOB SHADOW DAY PROGRAM

Are you willing to bring a CHC student into your professional world for a day? Job Shadow Day offers juniors the chance to shadow professionals in their desired industries. Contact Mrs. Margo Winans at margowinans@capehenry.org for more information.

WEDNESDAY, APRIL 23

We are proud to acknowledge the members of our Everett Society who demonstrate exceptional generosity by supporting the Cape Henry Fund with an annual gift of \$1,500 or more.

The Cape Henry Fund is a vital financial resource that enhances every aspect of the student experience. It supports our family of funds, campus improvements, special initiatives and emerging needs. Most importantly, it empowers our students to pursue excellence in academics, athletics and the arts.

We are deeply grateful to those who have answered our call and made a meaningful contribution to the School Fund at the Everett level since July 1, 2024. Your support makes a lasting impact on the lives of our students and the future of our school.



Founders' Circle

\$20,000 AND ABOVE

Mr. and Mrs. Richard D. Allred
David and Laura Bohannon*
Mrs. Cassandra and Mr. James Cottrell
Mrs. Stephanie L. and
Mr. William G. Fluaharty/Vervet*
Robert Gorby '10/OneRoot Foundation
Mr. Luke Michael and
Mrs. Stephanie Ballard Hillier
Mr. and Mrs. Donald F. Klimkiewicz
Mrs. Cindy and Mr. Ronald M. Kramer
Mrs. Keri and Mr. Mark Whitfield

Chairman's Circle

\$10,000 - \$19,999

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Mr. and Mrs. Serban Ghenea
Mr. Randolph Hoover and Dr. Jessica Hoover
Mr. George H. Whitmore '88 and Dr. Melissa Lexier
The O'Connell Family
Ms. Maureen Olivier

Trustees' Circle

\$5,000 - \$9,999

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Mr. and Mrs. Langdon T. Christian, IV/
Christian Family Foundation
Mr. and Mrs. Michael W. Coleman, Sr/
CV International, Inc.
Mr. Bryan W. Compton
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The Duncan Family Charitable Fund
Mr. Kurt Finguerra
Mr. and Mrs. Gary A. Gilmore
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Ms. Christie Johnson
Mr. and Mrs. Daniel Kline
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Dr. John McGuigan, Jr. and
Dr. Rebecca McGuigan/Vohra Inc.
Mrs. Zeldia and Mr. Bobby C. Patrick
Mr. Richard and Mrs. Robin Ray
Mr. and Mrs. Scott R. Saal '07
Dr. Reena Talreja-Pelaez and Dr. Jorge Pelaez

Head of School's Circle

\$2,500 - \$4,999

Mr. and Mrs. Jackson Andrews
Mrs. Karin and Mr. James Barrett
Mrs. Margaret R. Brown
Scott and Heather Carr
Mrs. Sally Voight Dudley '88 and Mr. W. Trent
Dudley '88
Dr. and Mrs. Christopher S. Garran
Mr. and Mrs. Turner Gray Jr.
Mr. Edward Hewitt
Mr. and Mrs. Aaron Hines
Mr. Longhao Huang and Dr. Ling Tuo
Drs. Kapil and Eleni Kapoor
Mrs. Elizabeth and Mr. Adam LaVier
Dr. and Mrs. Avi Meier
Mrs. Alexandra and Mr. Trey Oglesby
Dr. Matthew and Dr. Jenny Sachs
Mr. and Mrs. Allen Shaheen
Mr. and Mrs. Peter S. Virok
Ms. Ling Xie
Mrs. Cheryl L. and Mr. Christos M. Xystros

Educators' Circle

\$1,500 - \$2,499

Anonymous
Mr. Brandon S. Allred '08
Dr. Shaun Rai and Dr. Holly Andersen
Mr. and Mrs. Thomas H. Atherton, III
Mr. Mark and Mrs. Jennifer Ballantyne
Dr. Jay Berkowitz and Mrs. Cheryl Scott
Mr. and Mrs. Bruce A. Berlin
Mr. Josh and Mrs. Jamye Brown
Dr. and Mrs. Darren B. Dorfman
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Ms. Pamela S. Glascock
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Mr. Enrique and Mrs. Christa Tomeu
Mr. Ryan S. Willette
Mrs. Margo H. Winans '89 and
Mr. Matthew R. Winans
Mr. Ross G. and Mrs. Kristy R. Winfield '95
Mr. and Mrs. John A. Wright

* denotes full or partial gift-in-kind



GIVING QUESTIONS?

To make your gift or for more information about the Cape Henry Fund, please contact Director of Development Mrs. Lindsay Oliver '04 at lindsayoliver@capehenry.org or (757) 963-8224.



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ALUMNI PARENTS: If this is addressed to your child who no longer maintains their permanent address at your home, please notify the alumni office at (757) 963-8251 or alumniaffairsdir@capehenry.org of the new mailing address.

J O I N U S A S W E

Build on a Foundation of *Strength* in Opportunity

At Cape Henry, we pride ourselves on embracing innovation and change. That means something new is always on the horizon – this year, that something is an incredible new space for our student-athletes and scholars. But we can't make it happen without you!

Join us during Raise the Paddle at the Grand Auction to make the Center for Sports Medicine and Athletic Training a reality for our students!

