

PENNY RUE: MAKING WAVES / THE HIDDEN GYM / MEET MALIKA / UNBEETABLE / A PICTURE OF HEALTH

WAKE FOREST

MAGAZINE

SUMMER 2015



THE WELLBEING ISSUE



22

THE HIDDEN GYM

By Cherin C. Poovey (P '08)

Photos by Ken Bennett

Mixed in with laps and lifts are the sounds of HELPS participants actually enjoying themselves. This is a gym, right?



2

MAKING WAVES

By Maria Henson ('82)

Vice President for Campus Life Penny Rue wants to enhance a University community where everyone at any age can dive in and thrive.



8

MEET MALIKA

By Kerry M. King ('85)

Forget a one-size-fits-all prescription for wellness. Malika Roman Isler ('99), director of wellbeing, says everyone has his or her own journey.



10

A PICTURE OF HEALTH

By Jane Bianchi ('05)

These 10 alumni are improving wellbeing from all angles, making the world a healthier, happier place.



38

WHAT I'VE LEARNED ABOUT WELLBEING

By Kerry M. King ('85)

From happiness to wisdom to finding a balanced outlook on life, professors share what wellbeing means to them.



44

UNBEEETABLE: HOW DID THEY MAKE THAT?

By Mark Schrope ('93)

A performance drink, born right here at Wake Forest, has the science to back up its healthy promise.



80

CONSTANT & TRUE

By Kristan Graham Seaford (MAEd '01)

Personal attitudes and actions may signify resilience, but they aren't done in a vacuum. It takes a community.

DEPARTMENTS

48 | Commencement

53 | Around the Quad

57 | Remember When?

50 | Distinguished Alumni Awards

56 | Philanthropy

58 | Class Notes

SUMMER 2015 | VOLUME 62 | NUMBER 3

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WAKE FOREST MAGAZINE celebrates wellbeing in this edition with a hat tip to the University's new Thrive initiative, which includes eight dimensions of wellbeing: emotional, environmental, financial, intellectual, occupational, physical, social and spiritual. In this issue you will meet Vice President for Campus Life Penny Rue, one of the national leaders in student life and a member of the Reynolda Cabinet. She arrived at Wake Forest in 2013 with impressive experience overseeing an integrated wellbeing program at the University of California, San Diego. You will meet Malika Roman Isler ('99), the new director of wellbeing whose passion is wellbeing.

With Thrive we are inviting each member of our community to take responsibility for their wellbeing. This initiative will give all of us the skills, knowledge and perspective to maintain a healthy and balanced life. That includes the ability to cope with adversity, build rewarding relationships and live with a sense of purpose.

Wake Forest is more than a network of classrooms in which people take specific courses, as valuable and essential as those are to our purposes. Thrive is an extension of our desire to educate the whole person. I hope the various dimensions of wellbeing will serve as a type of classroom in which students can learn and thrive, whether the topic is, for example, spiritual life, mental health, relations between the sexes or healthy eating. How might I become successful but give back? How do I balance a life of achievement with service? Those questions become part of the Thrive conversation.

The modern university in some ways is a smorgasbord. We have great hors d'oeuvres on the tray from which students can partake — from campus ministry in myriad traditions, service opportunities and time for reflection. But the modern world pushes students to become more competitive. We at universities need to provide more opportunities for students to tend to their inner life. We have a variety of ways; literature and philosophy come to mind. A liberal arts education in a university, particularly one that has a religious tradition, is a great place to keep the inner flame alive.

This emphasis on wellbeing at Wake Forest is natural for a community that sees education as multidimensional. Our intellectual life on campus gets better and better, but we realize the whole person is more than intellectual. We're emotional. We're physical. We're spiritual. We're communal. If we at Wake Forest can nurture a community that reflects those dimensions, then we will continue to strengthen our premier education for our students.

Warm regards,



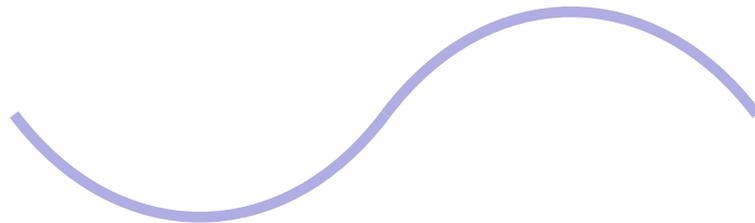
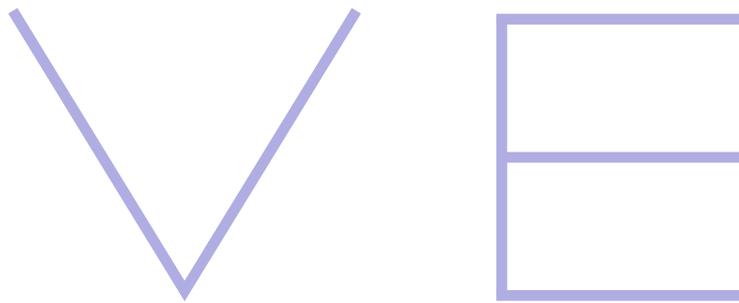
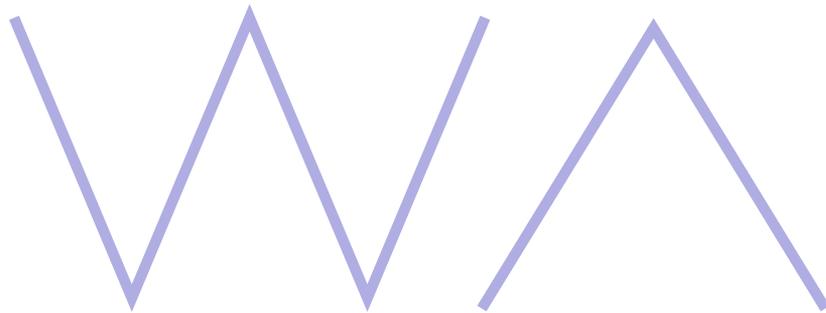
ON THE COVER

Photo by Ken Bennett

Left to right, front row: Tom Hogenkamp ('18), reclining; Brittney Tharpe ('15), in light blue and blowing bubbles; Lauren Sorgio ('18); second row: Allison Siragusa ('16); Jack Meier ('16); third row: Cameron Perry ('18) and Brandon West ('15).



MAKING



Vice President for Campus Life Penny Rue wants to enhance a University community where everyone at any age can dive in and thrive.

BY MARIA HENSON ('82)
PHOTOGRAPHY BY KEN BENNETT

Penny Rue became vice president for campus life in July 2013 and a member of the Reynolda Cabinet. She supervises Residence Life and Housing, Student Services, Campus Life, Campus Recreation, Student Health Service, the Office of the Chaplain and University Police. Before moving to Winston-Salem, she served as vice chancellor of the University of California San Diego. Throughout her career she has been known for building community and for being an innovator in wellness programs. Maria Henson ('82) asked her about her background and Thrive, the University's comprehensive approach to wellbeing. The following are edited, condensed excerpts.

MH: *You have said that this generation of students is especially stressed and anxious. Could you talk about that?*

PR: This generation is in some ways much more remarkable. They are more aware of global issues than we were. They're passionate. They want to make the world a better place. But at least the kind of students we have at Wake Forest had most of the hurdles taken out in their lives before they had to jump over them. Their parents have fought their battles for them in school. Most of them have not worked for pay outside the home, so they haven't had a boss who was mean to them.

They are very perfectionistic because they haven't experienced failure. They think the opposite of failure is perfection. They haven't developed resilience. Most of them have not gotten many B's, if any. So they come to Wake Forest and within a week or so they're going to find themselves encountering material they don't understand. Getting a B or a C on a quiz or paper throws them into a tailspin because not only do they have impossibly high standards for themselves, but they also think they're supposed to be perfect. And we give them a lot of work. It's a recipe (resulting in stress). So there's a resilience that hasn't developed yet in a very high-pressure environment with high expectations and limited coping skills.

MH: *What is Thrive trying to do?*

PR: Be a public face of wellbeing. We have wonderful counseling services, wonderful learning assistance services. Students use those more and more every year. It's not as though students don't navigate to the help. But for some students if it's just put in a 'you need help' language, it's off-putting. If it's put in 'we all want to thrive and we're all on a thrive journey,' then that is more appealing. It's designed to be the public-facing dimension of those very serious support services and also to invite everyone into the conversation because we can thrive at any age.

MH: *I have heard some criticism that Thrive is more a marketing campaign than an undertaking with real outcomes.*

PR: They are two sides of the same coin. If you have all these wonderful support services and people don't know about them, then marketing is the right answer. But the marketing is not marketing in the absence of substance. We are still in the process of establishing some of our metrics and goals that will actually move the needle. But we do have good baseline data around student smoking behaviors or student drug use or student alcohol use and even measures about stress and depression. There are some programs where you have a very clear expectation that this stress-reduction program will result in this outcome. Others are more organic.



(Here) it's more about the environment we're trying to create, so it's not as easy to connect an outcome with a treatment design. We're challenging ourselves to determine how to measure that. It's very subjective obviously. But inculcating the Thrive language into the campus culture is a goal. It will be interesting to think about how we might determine whether we're making progress.

MH: *Are there tangible things in which you can say: 'Look for this happening?'*

PR: Look for our health education program. We believe peers learn best from peers around sexual decision-making and alcohol choices. We're building a cadre of peer educators that will be highly visible and highly engaged. Another will be the Reynolds Gym transformation. For alums who remember that state-of-the-art facility in 1956, it's going to be a pretty exciting centerpiece. It's not going to be a gym. It's going to be the wellbeing hub for campus. The 'living room' will be a real hangout space dedicated to healthy living; the wellbeing suite will be right next to it. That will be the hotbed of activity designed to lure people in.

MH: *What defines wellbeing? Is it happiness?*

PR: There are lots of people who would say it is happiness, and I would certainly not argue with them. I think it's closer aligned to meaning and purpose, and I think that fits so beautifully with Wake Forest and our Pro Humanitate emphasis. I think personal happiness is ephemeral. You have moments of happiness, whereas meaning and purpose and contributing to the betterment of society, the betterment of the world — that is more lasting.

“What we’d like to do is make sure that students recognize that they have the opportunity to create healthy habits.”

-Penny Rue



MH: *Often the national conversation focuses on college as preparation for employment. Is Thrive a counterweight to that notion? How important is it for a university to help students find meaning and purpose?*

PR: I think we won't see the Thrive results until 10 to 15 years out when people are hitting their stride. You know the data about how many careers people will have. I think we'll find that our students are really prepared to lead in a meaningful way, but it won't be measured by the first job out. I think measuring the outcomes of college at the age of 22 is something you have to do, but it's such a poor snapshot. College doesn't pay off the day you graduate. It sets the foundation for most of our students' further education to get the kinds of tools they need to make the kind of difference they want.

MH: *You have said Thrive is poised to make a contribution to the health of our community but also to higher education. Talk about that.*

PR: When I get together with my peers, this is an issue on everyone's mind. There are some campuses that already have beautiful recreation centers. What others are not ahead of us on is how student-centered we are. We're talking student wellbeing in a place where the focus is on the personal touch. The personal care is part of how we do it. Through the wellbeing metrics project — funded by the Reynolds American Foundation — we're trying to create a model of what wellbeing looks like for this age group, where we know that identity formation and meaning and purpose are part of it. We're trying to create something that other universities could benefit from that will help you understand what is the wellbeing snapshot at the University and how does it change over time.

MH: *So it will be a longitudinal study?*

PR: Yes. We're going to pilot it in September.

MH: *How do you cultivate wellness?*

PR: I had excess energy from an early age, so my mom figured out: 'Give her to the Y and they'll take care of her.' The Y (in Rye, New York) has this Minnow, Fish, Flying Fish, Shark program. I busted

out of it in just a couple of years because (swimming) came to me so naturally. They put me on a diving board, and I became a diver. I was already a gymnast. All the way through high school, that was my place. When I got to college, I always thought of myself as an athlete but a little indifferent to making it happen. I'd play a little tennis and go swimming when I got a chance. My friend and I used to work out with the men's diving team. This is before Title IX. They didn't have women's sports. I graduated and went to graduate school and just dropped it like a hot potato. And then in my mid-20s, I was racing up a hill carrying my niece on a sled behind me and I got winded. I was so surprised because I was out of shape and I hadn't known what that felt like. I went back to Chapel Hill, joined the Y and started swimming at the age of 26, and I never stopped.

I was just a lap swimmer until I moved to San Diego. The only way I could get in the pool was to join the master's swim group, so I became a master's swimmer at the age of 54. That's been a whole new experience for me — to swim with a coach and to have someone pushing you to do better.

What swimming does for me is the workout, but it's also meditative. I would love to do yoga, but I can't make myself sit down and do that. I swim four or five times a week between an hour and an hour and 15 minutes. I balance that off with doing some walking and doing some weightlifting. I'm a seven-day-a-week exerciser.

MH: *Why did you decide to come to Wake Forest?*

PR: I left San Diego, which is not easy to do. But the reason I got intrigued about Wake Forest is because here was a place where the president, the provost, the cabinet and the trustees were saying that student wellbeing was one of their highest priorities. If you do the work that I've done for almost 40 years now you'll know how really unusual that is — to go to a place where they're not saying, 'Penny, you fix it.' They're saying as a community we want to really think about what it means for all of us to thrive. That was just irresistible. I'm very glad I came.

Forget a one-size-fits-all prescription for wellness. The University's first director of wellbeing wants to create opportunities for students to make changes.

From the time Malika Roman Isler ('99) was 5 years old — when she marched for better health care access — to her time as a researcher and medical school teacher, she seemed destined to become the first director of wellbeing at Wake Forest.

Although she was a skilled high school athlete, she wants today's students to embrace wellness as more than physical fitness and good nutrition. "It's consistent with our institutional mission," she said. "From the liberal arts perspective of educating the whole person, wellbeing is very much in line with that."

Roman Isler directs the University's new Thrive initiative, bringing together existing programs and services and developing new ones to address eight areas of wellbeing: emotional, environmental, financial, intellectual, occupational, physical, social and spiritual. But don't expect her to reveal the secret to wellness. "We want to shift the message about wellbeing from 'You need to do this,' to 'How can we create the space and opportunities for you to make changes?'"

"Everyone has their own journey; there's not a place of wellbeing that everybody is striving to get to. The more important role for me is to work collaboratively with others, to figure out where you want to go."

Roman Isler arrived at Wake Forest in October with her husband, Victor, division director of child welfare in the Forsyth County social services department, and their three young children. She grew up in nearby Greensboro, North Carolina, where she dreamed of becoming a doctor. In kindergarten she marched in a health-care rally in Raleigh, North Carolina, with her mother, a licensed clinical social worker. Her focus broadened at Wake Forest when she discovered public health, with its emphasis on what communities can do to encourage wellness. "You can tell someone to eat better or exercise more

or pray more," she said, "but if their life conditions don't create space to do that, it becomes a little more challenging to make those kinds of changes."

That approach, she said, would have helped her in her own days as a student. Like most college students, she studied too much and didn't exercise enough. "I wasn't thinking holistically about harmony and balance in my life," she said. "I was in survival mode. I would have appreciated some cues to take care of your whole self, and there's the expectation here that you do that."

As an undergraduate at Wake Forest she was an athletic trainer for the football team. She also took courses at Forsyth Technical Community College to become a certified nursing assistant and worked part-time at Wake Forest Baptist Medical Center in the acute brain injury unit.

After graduating with a degree in health and exercise science, she earned a master's degree in public health at the University of South Carolina and, at UNC-Chapel Hill, a Ph.D. in public health with an emphasis on health behavior and health education. She has worked at the Wake Forest School of Medicine, conducting community-based cancer research and education programs for underserved populations, and more recently, at the UNC School of Medicine, developing community health and wellbeing programs.

"On many college campuses, there is a great emphasis on physical health. Wake Forest chose a model that was one of the most comprehensive that I'd seen," she said. "We aren't prioritizing one area over another. People are anchored by different things: their social connections, their faith or their spiritual wellbeing, their intellectual wellbeing. This allows every member of the community to find a place where they want to focus."

Malika Roman Isler, right, says Thrive is "about being fully equipped to navigate whatever life brings."

MEET



MALIKA

BY KERRY M. KING ('85) | PHOTOGRAPHY BY KEN BENNETT



These 10 Wake Forest graduates are
improving wellbeing from all angles, making
the world a healthier, happier place.

When you think about wellbeing, what comes to mind? The ability to run a marathon? Eating a salad for lunch every day? Successfully combating a mood swing? Reaffirming your faith in God or a higher power? The truth is, if the concept of wellbeing were a tangible object, it would probably look like the die from the Scattergories board game of your youth or a precious gemstone — in other words, it's multifaceted, and each flat plane represents something different to each person. Meet Wake Forest alumni who acknowledge this complexity by addressing the physical, mental and spiritual needs of others and, in the process, provide life lessons in wellbeing.

BY JANE BIANCHI ('05)

ILLUSTRATIONS BY WHITNEY SHERMAN



MEGHAN CLAFFEY CLINE ('04) OF WINSTON-SALEM, NORTH CAROLINA

Whittling Waistlines Through Coaching



“You can give somebody a prescribed meal plan and say, ‘OK, if you eat 1,400 calories a day, you will lose weight. And the weight is going to fall right off you.’ But there’s a reason why it never lasts for many people. They don’t often do the deep dive into understanding ‘Why is it hard for me to stick to those changes?’” says Meghan Claffey Cline ('04),

who has spent her career as a wellness coach, helping people connect the dots and achieve long-term weight loss success.

A health and exercise science major, Cline was motivated to go into this field after a summer research project she took part in before her senior year at Wake Forest with Jack Rejeski (P '05, '08), Thurman D. Kitchin Professor in the health and exercise science department and director of the Behavioral Physiology Laboratory. For the project, Cline helped develop a weight-loss program based on scientifically proven methods and translated all of it into easy-to-digest information. “What strikes me most as I look back on that experience was how readily available he made himself to answer my (many) questions and offer guidance on my project, but at the same time offering me a

level of autonomy that seemed to imply he had faith in my capability to complete the project on my own,” says Cline.

After getting a master’s degree in health education at Johns Hopkins University in Baltimore and wellness coaching certification from The Institute for Professional Excellence in Coaching, Cline went on to do worksite wellness planning and wellness coaching for different organizations. Now based in Winston-Salem, she coaches clients privately on the side — one lost 72 pounds over the course of a year — and works as a health coaching consultant for the federal government.

One key lesson Rejeski taught her was mindfulness. Cline stresses to her clients the importance of paying attention to what they’re feeling and thinking and how that affects their behavior. She even wrote a book on the topic called “Inside Out Weight Management: Overcoming Emotional Eating and Breaking the Cycle of Yo-Yo Dieting.”

“The bulk of what I do is helping people sort out why they eat when they’re stressed or why they feel guilty if they don’t clean everything off their plate,” says Cline. For other clients, the battle can be against perfectionism — fighting the urge to quit after one small slip-up and forgiving yourself. “I just get a total thrill from helping people achieve their own ‘aha’ moments,” she says.

TOM JENNINGS ('72) OF
SPARTANBURG, SOUTH CAROLINA

Improving Hospital Rooms



When Tom Jennings ('72) was a child, he remembers his parents driving him past Sentara Albemarle Medical Center, which was being built in Elizabeth City, North Carolina, where he grew up. "It fascinated me so much that I started asking a lot of questions, like: How do they build this thing? How do they design it?" he says.

Thinking he'd like to work in health care administration when he enrolled at Wake Forest, he decided to take sociology (his major) and anthropology classes, along with business classes. "You need to understand cultures so you can interact with people and understand where they're coming from. Then you can design and innovate programs that are going to be successful," he says. For example, in serving a low-income community it might not make sense to expect patients to look something up on their home computer or iPhone. Jennings notes that health care providers might want to say, 'Look this up on a computer at your local library' or, better yet, provide informational resources on-site in the hospital.

The "4-1-4" plan at Wake Forest allowed Jennings to spend one month independently studying management at Sentara Albemarle Medical Center. "I got to know that it takes more than one person running a hospital — it takes a village," he says.

After graduate school at George Washington University in Washington, D.C., Jennings went on to work in health care settings in many states across the country, including South Carolina, Kansas and Nebraska. One of his largest achievements has been working for a company called NXT Health, where he is chairman of the board. There, Jennings and a team of roughly 25 people — many of whom were from the Clemson University Architecture + Health graduate program — spent eight years collaboratively designing an ideal patient hospital room of the future.

Some of its innovations include: enough room so the patient, family members and caregiver can have their own zones and not be squashed together, a closer bathroom to reduce the number of patient falls, windows exposing the patient to nature and natural light to improve mood, a TV that allows the patient to order meals from the dining area without getting out of bed and technology that allows the patient to easily dim the overhead lights. "It doesn't resemble a hospital — it resembles a hotel," says Jennings.

Jennings and his team created digital renderings (which can be viewed on nxthealth.org) as well as a prototype that's being tested in Pelham Medical Center in Greer, South Carolina. Exit surveys document patients' rave reviews. One prototype is even on display in New York City at the DuPont™ Corian® Design Studio. It's called Patient Room 2020.

Jennings hopes that, in the future, hospitals will adopt part of or all of this model to improve the patient experience. The secret behind the project's success? "When there's more collaboration, there's more innovation, which leads to better quality of life," he says.



CAROL COLLIER HARSTON ('06) OF LOUISVILLE, KENTUCKY

Being a Spiritual Advocate For Kids

Carol Collier Harston ('06) remembers the moment she decided to pursue a ministry career. One day during junior year when she was running in Reynolda Gardens, it hit her. "I felt the distinct calling to love the world through my vocation," says Harston, whose religion professors inspired her. "They invited me to serve others with my mind by unpacking all my previously constructed conceptions of religion. They also piqued my curiosity about how religion might influence others for the better," she says.

Being part of the Kappa Delta sorority also reinforced the sense of community she felt when she was part of a congregation: "The sorority drew together people who would not otherwise be drawn together. And you took care of one another."

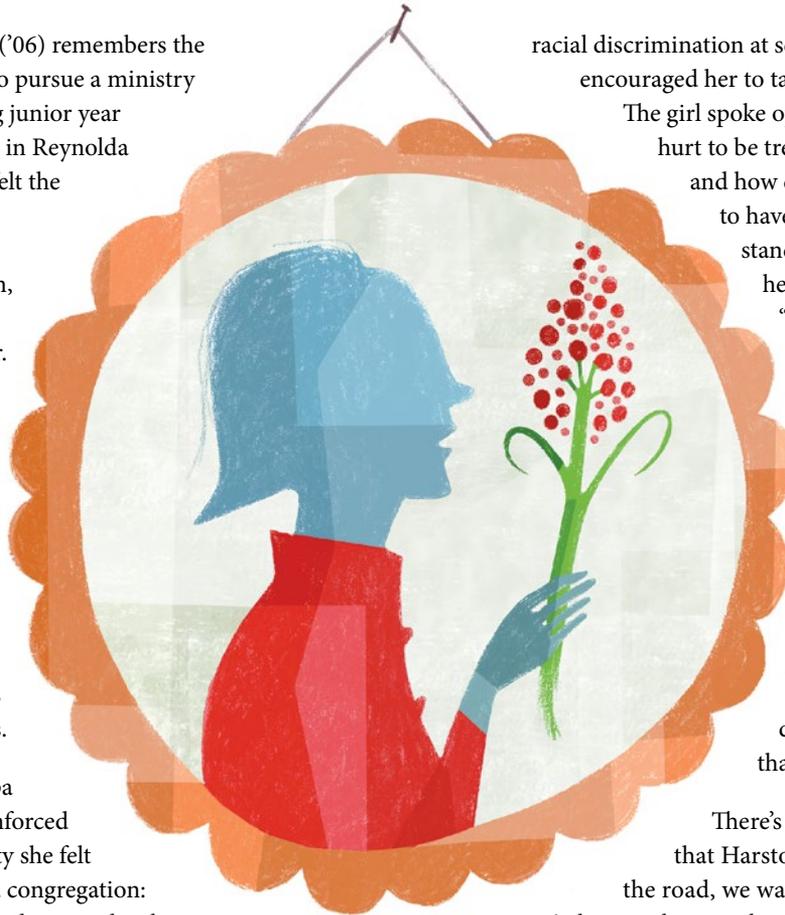
After graduation, Harston moved to Louisville, Kentucky, and began working as a youth minister at Highland Baptist Church. She meets with middle school and high school students twice a week to study the Bible and talk about life. Harston frames discussions around social justice issues such as homelessness or human rights. "The idea is to help them see things better around them," she says.

Her favorite part of the job is helping teens feel comfortable enough to articulate their feelings. One of the girls in her group, a high school senior, had been facing

racial discrimination at school, and Harston encouraged her to talk about it publicly. The girl spoke openly about how it hurt to be treated unfairly by others and how dehumanizing it felt to have to check "other" on standardized tests because her race didn't fit in a "box." "Watching her do that, it was all within her, but I was just holding up a mirror to her," says Harston. "I'm there to say, 'What that person said to you is not right.' I advocate for them and empower them so they know that it doesn't have to be that way."

There's a youth-group saying that Harston loves: No matter the road, we walk it together. And it helps give her youth strength. One of her 10th-grade boys had gone to the funeral of a friend's grandfather. Afterward, Harston told him, "I'm really proud of you for going to that. I know that's really hard." Harston says he turned to her and said, "No matter the road, we walk it together."

Harston's gift for lifting up others is driven by her faith. "I believe that God meets us in death. When we experience what might feel like the end and we're not sure how we'll go on, we believe in resurrection. We believe that there is new birth and that there is always hope," she says. "So even if you feel like it's ending, the miracle may be that you just keep going tomorrow. For me, wellbeing is not about perfection. We're never going to have perfect lives. It's about the community that walks me through the hard times."



JORGE FONT ('80, P '11) OF HOUSTON, TEXAS

Getting Healthy at Work



Watching his mother, an immigrant from Cuba, develop Type 2 diabetes when she was in her 40s made Jorge Font ('80, P '11) wonder: Why do immigrants in the United States suddenly start getting health conditions at a rate that far exceeds the rate in the country they came from? “That happened with the Italians, the Japanese

and just about every wave of immigrants,” says Font. “A prominent doctor once said to me (that) as a country we’re very good at manufacturing disease.”

Font’s interest in health care trends among different populations continued at Wake Forest, where he majored in anthropology. He took a summer program with now-retired anthropology professor David Evans (P '97) at his Overseas Research Center on Roatán Island in Honduras. There, Font and other students studied the locals’ health. “People on the island had previously been farming, fishing and hunting, but as they started changing to a Western lifestyle, they began getting all the typical Western degenerative disorders,” says Font.

Since then, Font, who is based in Houston, Texas, has spent the majority of his career as a consultant to Fortune 500 companies and state governments, helping them figure out how to lower medical costs and improve the health and productivity of their workforce. One of the biggest changes that he’s noticed over the years is a shift away from incentive-only programs, such as discounts for going to the gym frequently. “You’d have the worried well and the triathletes use the gym, and the people who are most at-risk wouldn’t go,” he says. “The carrot by itself doesn’t always work. You may need a little bit of a stick.”

For instance, he has helped some employers raise the level of employee engagement in order to obtain benefits. A company might require that an employee get a basic health screening or else pay a larger percentage of the premium. Or if someone smokes and refuses to try a cessation method, a company could require a higher employee contribution to the premium.

“The Affordable Care Act is imposing something called an excise or ‘Cadillac’ tax beginning in 2018. If an employer’s health care spending is above a certain level, it’ll be hit with a tax that’s 40 percent of the excess,” says Font. “It’s estimated that 48 percent of large companies are likely to be affected in 2018. And 82 percent are likely to be hit by 2023. So companies are getting aggressive and doing everything they can to ratchet down health care spending while addressing behaviorally modifiable causes of poor health.”

Helping people get healthy fuels Font’s love for his work. “I can’t even count how many employees did a screening at work and were basically taken directly to urgent care because their blood pressure or glucose readings were through the roof and they didn’t know,” he says. “You have those teachable moments because you did something and you changed lives.”



Providing Online Support

SupportGroups.com is one of 50 websites managed by Rachel Venuti Bullock ('02), vice president of operations at Deep Dive Media — and with hundreds of thousands of members, it's one of the company's most popular sites. "It's a safe, anonymous space that allows members to join more than 220 condition-specific groups, seek emotional support and find other members who are confronting the same problems," says Bullock, of Los Angeles, California.

A member can join multiple groups at once — "loneliness," "acne" and "insomnia," for example — post about how he or she is feeling, and other group members can comment to

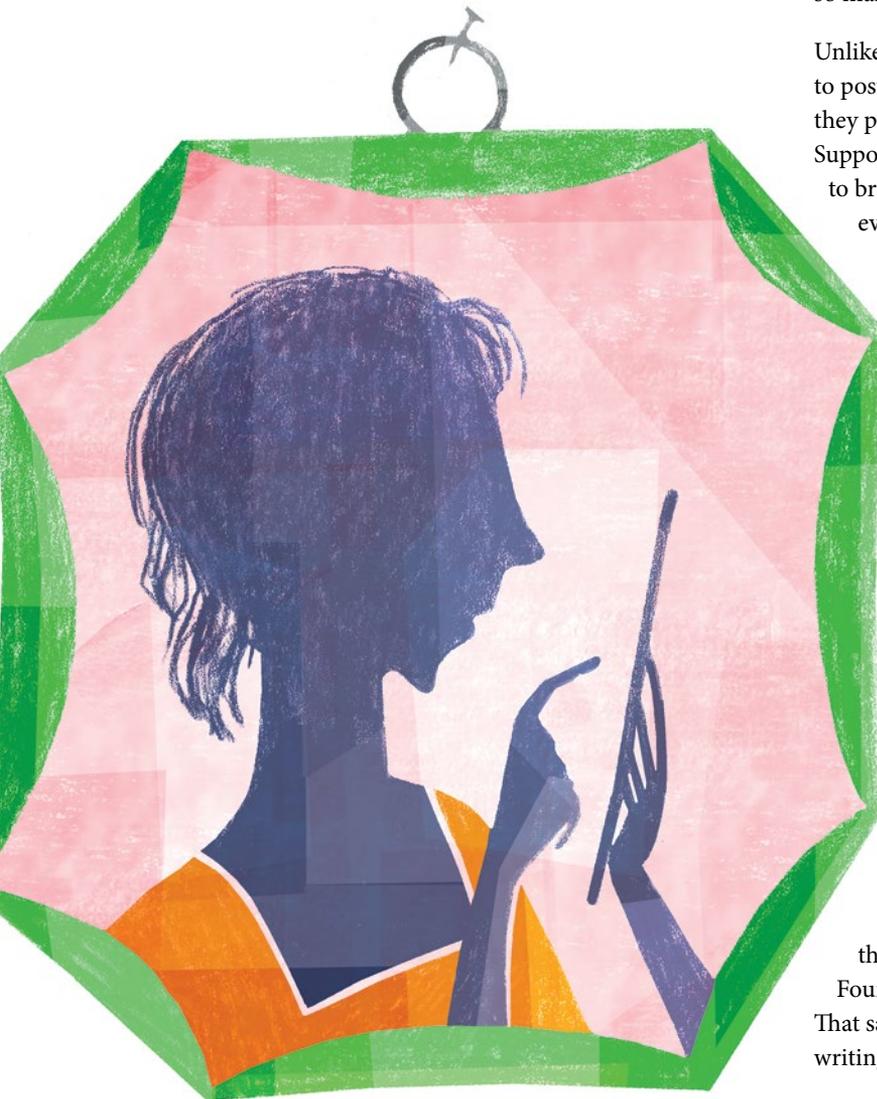
empathize, answer questions, provide inspirational quotes and offer solutions that have worked for them. "We notice some people join a certain group, such as cancer, to talk about a recent diagnosis, but they might end up in the depression group," says Bullock. "Others kind of graduate from seeking help to providing help to others. It's amazing to see so many people supporting each other."



Unlike other social media platforms, where users tend to post selfies full of smiles, photos of a delicious meal they prepared or news about a recent promotion, SupportGroups.com is a space where members don't have to brag or pretend that everything is OK. "My hope is for everyone to have a LinkedIn account for work stuff, a Facebook page to talk about what's going right in your life and a SupportGroups page to talk about what's going wrong in your life," she says.

Bullock's professional background in publishing and technical project management set her up for success at this job, as did her time as editor-in-chief of Three to Four Ounces, the Wake Forest student art and literary magazine. "I learned how to manage a budget, run a meeting, recruit people, manage a project, meet deadlines, how to work with writers, how to select artwork and how to plan an event," she says.

At first, Bullock considered majoring in biology, but she credits Tom Phillips ('74, MA '78, P '06), director of the Wake Forest Scholars Program, with steering her down a path that was a better fit. "I was a little lost. I remember going to Tom's office in the old admissions building and having tea one afternoon. He totally got what I was going through and gently pushed me a little to join Three to Four Ounces —and maybe, just maybe, major in English. That saved me," she says. The Presidential Scholar for writing became an English major.



DR. JAMES HAMBLIN ('05) OF
WASHINGTON, D.C.

Merging Comedy with Medicine



I can tell you 'sad desk lunch' is a public health hazard. There are many places you can eat besides your desk, like in a common area or a kitchen. If there are plants in your office, eat by the plants.

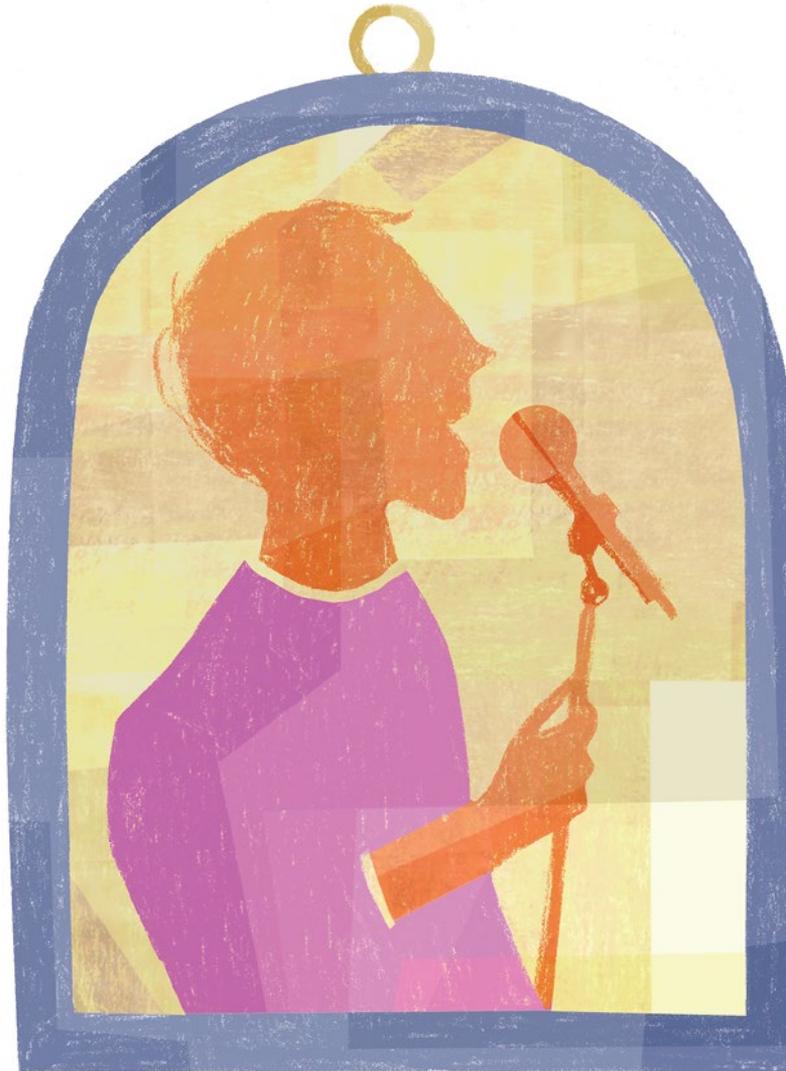
So begins one humorous video from the "If Our Bodies Could Talk" series hosted by physician James Hamblin ('05), senior editor at The Atlantic magazine.

In each video, he addresses a health topic, such as napping, aging or smoking, with offbeat commentary.

An Eagle Scout from a family of dentists, Hamblin took an unusual path to the job. After pre-med studies at Wake Forest, he went to medical school at Indiana University, did an internship in general medicine at Harvard Medical School and specialized in radiology at Northwestern University and UCLA. And then he resigned. "People say that you've got to do something you love, and as a college student, it's hard to understand what it's like to do something every day of your life. Radiology is a lovely concept, but the day-to-day is sitting by yourself in a dark room for 10 hours. You're generating dry reports with simple, declarative sentences," says Hamblin.

Whenever he wasn't studying and practicing medicine, he had been nurturing the creative part of his brain. At Wake Forest, he performed in the Lilting Banshees comedy troupe. "That got me comfortable onstage and in front of a camera, and taught me how to write sketches that had a beginning, middle and end," he says. In Chicago, he completed the iO (formerly Improv Olympic) school and in Los Angeles, he completed the Upright Citizens Brigade school, another improvisation forum. The skills he learned at those schools — places that have spawned comic giants such as Tina Fey, Mike Myers and Aziz Ansari — have been helpful in crafting his videos, which are loosely outlined but largely ad-libbed.

The Atlantic job — writing the magazine's monthly health column and hosting the video series — has been a perfect fit



for him. It combines his interest in science with his interest in writing and comedy. He notes how satirical TV hosts like Jon Stewart are able to talk about such serious topics as terrorism and injustices, "yet a lot of times when we're talking about our health and medicine, which a lot of times is equally grave, it's thought it only has to be addressed in a super serious way. And it doesn't," he says. "Right now, I think people like that mix of entertainment and information."

As for what's next, he's in talks with some producers about possibly developing a TV show. To call him a budding celebrity wouldn't be an overstatement. "Last night I was in line at Whole Foods looking at my phone, and someone tapped me on the shoulder and was like, 'Oh my God, are you James Hamblin?' It happens every couple of days. But also we're in D.C., and everyone's wonky and nerdy and reads The Atlantic, and that's my demographic."

Healing with Horses

Alannah DiBona ('04) started riding horses at age 5, after being inspired by a girl in her neighborhood who rode. By age 10, she was competing in equestrian competitions. "I was a pretty solitary kid. So to feel connected to these huge animals and feel so empowered was really confidence-building," she says. Her love for horses was so deep that when she got to Wake Forest she eventually became captain of the equestrian team.

A communication major and art history minor, DiBona wasn't sure what she wanted to do for a living at first, but she knew that she wanted to help people. That passion began during her time as a resident adviser. "I loved being the sounding board for my residents and was amazed by the way that people frequently were able to move forward

through and beyond their own challenges with just a little support and encouragement," she says.

She initially worked in public relations but wasn't finding fulfillment. What she did find satisfying: time away at a barn, riding horses and chatting with the teens who rode

there. So she followed her heart, went to graduate school for counseling at Lesley University and soon after, with the help of an encouraging Lesley professor and word-of-mouth referrals, started her own business called Wind Horse Counseling in Concord, Massachusetts.

At Wind Horse Counseling, DiBona and her teen clients do a mixture of talk therapy, horse grooming, walking with horses and riding. One client had been attacked by a person from behind and had been experiencing anxiety ever since. DiBona helped her develop a trusting relationship with a horse — to the point where she could walk with a horse around a ring in the dark and the horse could gently nudge her shoulder from behind without triggering a panic attack. DiBona also works with teens who have eating disorders. "I'll show them how to feed and love their horses. They'll even go so far as to braid flowers into their manes. But they won't take that time to nurture themselves. So you get into these discussions about self-worth and that's really powerful," she says.

DiBona calls the equine-human bond "magical" and says the animals read people and mirror how they feel and act. "If you're standoffish, they'll be standoffish," she says. "It's pretty hard to deny."

To improve the wellbeing of her clients, she focuses on helping them silence voices of defeat ("can't," "won't," "don't") and find their balance, both in a mental and physical sense. She hopes to someday start a nonprofit devoted to this type of equine therapy, "but for now, every day feels like a privilege."



Focusing on Fitness

He was a little jittery as he stepped to the line, but Leon Bullard ('95), a former indoor and outdoor track runner at Wake Forest, was ready to prove himself once again at age 40. When the gun sounded, he sprinted as fast as he could for 400 meters (one lap around the track), blew by the competition and won the gold medal in his 40-to-44 age group by two hundredths of a second with a blistering time of 50.73 — just two seconds slower than his fastest time 20 years earlier.



of being able to take great care of it,” he says. As a part-time personal trainer and a full-time ergonomist who manages Relax the Back in Raleigh, North Carolina, a store that sells chairs, pillows and other items for offices and homes that relieve back and neck pain, the former business major is a busy guy.

On top of all that, he volunteers as chairman of the Wake County Council for Fitness and Health, speaking to groups around the community about the importance of exercise

This performance, at the USA Track & Field Masters Outdoor Championships in July 2014, was something that Bullard had been dreaming about, and in storybook fashion, the meet just happened to take place at Wake Forest. “The meet rotates to different places every year. When they announced that the 2014 championships would be held at Wake Forest, I went, you mean to tell me, the year I turn 40, the year of my goal, that the championships are going to be at my home track, in my home state? Are you kidding me?” says Bullard.

When Bullard talks about fitness and wellness, you can hear the excitement in his voice. “I tell people that your body is your most valuable possession. And because of that, you have the responsibility and the privilege

and awarding certificates to local groups that are making strides to help people get moving. He’s also written a motivational book called “Triumph At Last” to help others improve their bodies and minds. To do that, he got up at 5 a.m. every day for a year and a half to write. “That kind of discipline — I learned that from track, from going to practice every day,” he says.

Bullard is thrilled to be working in a wellness field and loves nothing more than helping others look and feel their best. He uses this quote by philosopher Will Durant in summarizing Aristotle’s work “all the time: ‘We are what we repeatedly do.’ That’s what it comes down to. Wellbeing is about taking control of your habits — doing the things that you want to do and avoiding the things that you don’t want to do to create the kind of lifestyle you’re looking for.”



Helping Abuse Survivors Thrive



When people — usually women — walk into Compass Center for Women and Families in Chapel Hill, North Carolina, the stories they share with Claire Chu Colangelo ('07), director of Latino Services, are often terrifying. One client suffers from depression and panic attacks because her partner abused her, fled and then threatened to kill her. “It has negatively affected every part of her life — like her employment and caring for her children,” says Colangelo. “It’s this domino effect.”

Colangelo speaks to this client regularly to offer support and direct her toward resources that might improve her situation. “We really are, building block by building block, trying to re-install that notion of self-worth and safety as much as we can,” she says.

With her clients, who are Latina and experiencing emotional, physical or sexual abuse, Colangelo typically speaks in Spanish, one of her college majors. She delicately talks to these women about how they can have a voice in their relationships while still celebrating their culture. “I am very sensitive to this because I am a child of Korean immigrants,” she says. “You don’t want them to feel like you’re imposing a Western or other culture upon their culture.”

She can sense when her clients trust her; they start smiling and calling her “Clarita” (Spanish for “little Claire”). “It’s a term of endearment. When you get that, you know that you have created a real bond that will make it even more feasible for them to move on to the next stage of healing.”

The healing tends to happen incrementally. One day, Colangelo might teach a client how to prepare a “safe bag” in case she needs to suddenly grab her things and leave the house. Another, she might help a client obtain a domestic violence protective order, which a court issues to prohibit contact by a client’s abuser and establish legal consequences if he does.

Colangelo’s other college major in psychology helped her more deeply understand how people think and feel, and a poetry class with the late Maya Angelou (L.H.D. ’77) helped define her passion. Angelou frequently referenced this quotation by the playwright Terence: “I am human: nothing human is alien to me.” “I remember thinking, ‘Wow. This is why I want to work in this area.’” She went on to earn a master’s degree in public health at UNC-Chapel Hill in 2012. “The disempowerment of one human is a shared injustice,” she says.

Even though seeing “the muck of relationships that are hidden under the rug,” as Colangelo puts it, is taxing at times, there is nothing else that she’d rather be doing at this stage in her life. “If I can look at the clock and think it’s 10 a.m. but it’s 5 p.m. and the day has flown by, and it has been full of working and being engaged with other people and feeling like I’m doing something rewarding with every minute, I feel like that day has been worth it,” she says.



AUSTIN HARRIS ('04) OF RICHMOND, VIRGINIA

Creating Nutritious Snacks



Austin Harris ('04) learned the value of nutritious food early on in life while growing up on a family farm in rural Virginia. "My granddad, who lived next door, would come over to the house at night to drop off a pail of sweet potatoes that he had dug up from the garden earlier in the day," says Harris. "It's that type of experience that really

gets you thinking — OK, I don't necessarily need to go to the supermarket and buy the yams in a can of sweet syrup. I can actually go get this stuff from the backyard and it's better for me."

The first in his family to go to college, Harris didn't plan at first to work in a health-oriented field; he studied analytical finance at Wake Forest. One of his extracurricular activities was becoming the business manager of the Old Gold & Black, where he handled the school newspaper's roughly \$150,000 annual budget and coordinated advertising and circulation.

After graduating and working for two different investment-banking firms, Harris met a guy named Shane Emmett (JD '09). "This mutual friend emailed me and said, 'You have to meet this guy, because he's up to something cool. I think you guys would see eye to eye — just trust me on this one,'" says Harris.

Emmett had launched a startup called Health Warrior, which develops nutritious, 100-calorie snack bars. While many snack bars list sugar as the first (and main) ingredient, the top ingredients in Health Warrior bars are chia seeds, which are high in omega-3s, protein and fiber. At the time of their meeting, Whole Foods had just shown interest in putting the product in stores nationwide and Emmett was looking for someone to manage operations and finance. "It was that zero-to-60 moment," says Harris.

Harris immediately felt that his values aligned with the company's focus on wellness and its interest in stemming America's obesity epidemic. "So I traded in my banker suit and loafers for jeans and sneakers," says Harris, who is chief

financial officer for Health Warrior in Richmond, Virginia. "Everyone thought I was crazy!"

But it's Harris who has gotten the last laugh. The company now has products in more than 7,000 stores nationwide and has 19 full-time and more than 30 part-time employees.

"Chia is a key ingredient in some of the fastest-growing foods in the grocery store," he says. "You have Dr. Oz talking about it now. It's really come a long way."



Jane Bianchi ('05) is a freelance writer based in Tampa, Florida. See janebianchi.com.



THE

HIDDEN



THERE'S PLENTY OF "HELPS" — AND CONVIVIAL CHATS ACROSS GENERATIONS — TO GO AROUND ON THIS INDOOR TRACK TO WELLNESS.

BY CHERIN C. POOVEY (P '08) PHOTOGRAPHY BY KEN BENNETT

1 GYM

Below: Thomas Becton (MS '15) supervises a participant's exercise routine. **Right:** Graduate student Teagan Avis (MS '15) leads a group, including Walt ('63) and Florence ('63) Wiley, through stretches.



D

AVID LEVY SAYS HE WOULDN'T WAKE UP AT 5:15 A.M. FOR JUST ANY REASON — IT HAS TO BE A GOOD ONE. BUT EACH WEEK ON “EXERCISE DAYS”

HE RISES BEFORE THE SUN AND HEADS FOR HIS MORNING WORKOUT AT WAKE FOREST'S CLINICAL RESEARCH CENTER, A BUILDING THAT, AT AN HOUR MANY RESERVE FOR CHEERIOS AND CHECKING TWITTER OVER COFFEE, GLOWS IN THE TWILIGHT BETWEEN PICCOLO PARK AND BB&T FIELD.



One step inside and I can see why. The pre-dawn chill is replaced by warmth, not only of the air but also of the people in this little community powered by the energy of spry earlybirds lifting weights, jumping ropes and logging laps around the indoor track.

Mixed in with whirring stationary bikes and a throbbing Michael Jackson beat are sounds of people actually enjoying themselves: greetings, conversations, wisecracks and laughter. Wait. This is a gym, right?

Sure enough. But by all accounts, not just any gym — a gem of a gym that's home to Healthy Exercise and Lifestyle Programs (HELPS), an established wellness commu-

nity outreach helping older adults achieve and maintain healthy lifestyles through individualized exercise prescriptions, “filled” not at a pharmacy but by educators in a supportive, friendly environment.

It doesn't take long to determine that faculty and graduate students of the Department of Health and Exercise Science, recognizable as the younger humans with whistles around their necks, are here to monitor vital signs and supervise exercise by those not wearing whistles. The latter would be older humans whose gritty expressions of determination turn to smiles as they successfully complete their routines. I hear words of encouragement and friendly banter between generations, experiencing



"IT'S NOT THE EXERCISE ...

IT'S THE

COMMUNITY."

— David Levy, above in white cap

firsthand what many have told me: what sets HELPS apart is more than a workout; camaraderie and a sense of belonging are as integral to wellbeing as stretches and weight circles.

Levy, a longtime professor of music who is also associate dean for faculty governance of Wake Forest College and program director of Flow House in Vienna, had cardiac

bypass surgery in 1992 and began a regular fitness program in 1993. At 67 he's an enthusiastic HELPS veteran and counts among his closest friends many with whom he regularly plays volleyball or eats breakfast at K&W — and would never have met were it not for HELPS. "It's not the exercise that motivates me, it's the community," he tells me. "It's a rare day when I miss the program. Unless I'm sick or traveling, I'm here."



Left: David Levy, center, shares a workout and some conversation with Jerry Smith, left, and Billy Shelton.
Above: Jenny Puckett ('71, P '00) takes a breather.

WAIT.

THIS IS A GYM, RIGHT?





Enjoying time out for some socializing are (left to right) Rick Cornwall, Jim Shaw, graduate instructors Phillip Cox (MS '15) and Tara Richardson (MS '16), and Bernard Van Eaton.

"IT'S LIKE
HAVING

100

EXTRA
GRANDPARENTS."

— Jordan Irwin (MS '06), program director



O

n this particular morning I take to the track, wondering how obvious it will be that I haven't walked an actual lap in an actual gym, well, since exercise was just a twinkle in these graduate students' eyes. Along the route I take note of huge rotary fans, bouncy balls and monster stopwatch-style clocks that help walkers monitor their heart rate. Finally I see something to which I can relate: a table stacked with CDs including the Fabulous '50s, the Drifters and a nonstop disco mix.

I approach 80-year-old Ralph Massey as he circles the track and ask if I may walk alongside him. He charmingly introduces himself as Tom Selleck and says he joined the program at 75. As I struggle to match his pace by synchronizing our steps to the beat of "Billie Jean," Massey tells me he grew up on a dairy farm and is no stranger to getting up with the chickens. He's had some past health issues and just wants to take care of himself. His story inspires me to put more spring in my step.

Then, as if there is anyone else in the gym, who, like me, may not yet be fully awake, a rousing call-to-attention gets the job done. The music stops and gym activities come to a halt as the group gathers for 7:15 a.m. announcements, led today by a confident and composed graduate student who could easily be the child or grandchild of many of us not wearing whistles.

Ninety-something Lindsay Tise reports he played in a senior golf tournament over the weekend and took the gold medal in his age group, besting a 78-year-old. The group erupts in cheers and applause. "Get ready for the healthy-eating challenge over the holidays," says one of the staff members; his friendly reminder is met with more than a few good-natured groans and chuckles.



Top: Peter Brubaker (MA '86), right, HELPS executive director, chats with participant Bill Letts. **Bottom:** Lindsay Tise, in his 90s, is a regular at the morning workout.



hile HELPS reaches into the Winston-Salem and surrounding communities, there's a healthy presence of Wake Forest facul-

ty, retirees and alumni, so any given session is sort of like old home week. Former Dean of the College Tom Mullen (P '85, '88) often walks laps with John Reed ('58, MD '62), a retired School of Medicine physician and faculty member who once played basketball for Coach Bones McKinney. Across the room I recognize Elinor Starling, whose late husband, Bill ('57), was director of undergraduate admissions for many years. Jenny Puckett ('71, P '00), retired Spanish professor who still travels the country telling the Wake Forest story, was there, as were the dynamic duo of Florence ('63) and Walt ('63) Wiley, wearing signature Deacon colors.

The Wileys take a break from their morning regimen to tell me they've been HELPS stalwarts for decades; the interaction with young people and a sense of belonging gives them reason to get out of bed every morning. At Homecoming last fall they decked out their motor home in black and gold and invited graduate students, staff and their families to a tailgate at BB&T Field, complete with a Deacon cake. Just like a family get-together — because it was. It's about this time that graduate student Thomas Becton (MS '15) peeks into the room — a subtle reminder that he's watching out for the Wileys and it's time for them to get back to exercising.

Walking into the CRC, one of the first things you notice are community bulletin boards: they're collecting places for owl-shaped nametags, birthday cards and thank-you notes. The walls are covered with motivational posters, one of which reads, "Let your efforts rise above your excuses."

I witnessed a whole lot of effort during my morning at HELPS, and I heard nary an excuse. I left, invigorated by a few laps and inspired by new friends. After just a couple of hours in the gem of a gym, my wellbeing was on its way to being more well.



“From a science perspective we know physical activity is beneficial to health,” says Brubaker, “but even more powerful is the feeling of connectedness ...”



“

“It’s not just something I show up to do. You take them into part of your family as much as they take you in. For me, being a part of that makes me happy every day. I get to come in here and know that I’m going to be giving high fives to someone, be able to listen, communicate and maybe learn something that I might not have had an opportunity to otherwise.”

— Seth Christopher (MS '15), HES graduate student and supervisor of evening sessions

“All the research will tell you exercise is your very best advocate. Why not do it in a situation where it’s fun and you meet people you don’t already know?”

— Florence Wiley ('63), participant

THE SKINNY

Top right: Peter Brubaker (MA '86) (right) with former graduate student Dave Edwards (MS '93, left) and participant Jim Shaw.

Bottom left: David Levy has been 'with the program' since 1993.



ON HELPS

“It’s great to see all these young folks with this energy, and it makes you feel younger. It’s not just somebody working with you. You learn the names of each other’s families and become good friends.”

— Walt Wiley (’63), participant

“They’re just as interested in what’s going on with us as we are with them ... there’s a lot of experience there. They tell us a lot, help us learn about Winston-Salem and Wake Forest; they teach us as well.”

— Thomas Becton (MS ’15), HES graduate student

“A core part of this operation has always been involvement of students. We have graduate students who are the backbone of the program. Undergrads do internships as well.”

— Peter Brubaker (MA ’86), HELPS executive director and professor of health and exercise science

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HELPS' CORE STRENGTH: THE POWER OF WE

By Cherin C. Poovey (P '08)

The Healthy Exercise and Lifestyle Programs (HELPS) is an established component of Wake Forest's community wellness outreach. It evolved from a traditional cardiac rehabilitation program, for patients with a history of cardiac events, to a more preventive chronic disease program addressing growing problems of obesity, diabetes and sedentary behavior.

Medically directed and supervised by faculty and graduate students of the Department of Health and Exercise Science, HELPS assists adults in preventing chronic disease through "exercise prescriptions" and education programs. Other benefits include a social component and cross-generational camaraderie that enhances workouts and relationships.

"From a science perspective we know physical activity is beneficial to health, but even more powerful is the feeling of connectedness and being a part of something. It's their time to communicate and be with other people," says HELPS Executive Director Peter Brubaker (MA '86), professor of health and exercise science and director of the HES Graduate Program. "Socializing is every bit as important as exercising, and they get a healthy dose of both. We want participants to feel like it's their program."

Those who enroll have an initial fitness and health assessment that enables staff to determine safe and effective exercise levels, risk factors and individual goals. Other benefits include nutritional analysis/consultation, access to a weight management program and the option to attend morning or evening sessions.

"It's a place where they can go where there's a medical component — monitoring blood pressure and heart rate, getting support and guidance they might not get at the Y or a gym," says Andrea Cox, program coordinator. Activities include cardio, resistance training or popular mini-exercise routines such as stretching and weightlifting, supervised by graduate students. "We're happy to give people what they want," she says. "It's all about trying to individualize."

HELPS participants sign up on their own or may be referred by a physician. The exercise program is \$50 a month; Cox says some insurance companies cover the cost of membership or a percentage of it. Regardless of health conditions, all participants undergo a preliminary health and fitness assessment in order to screen for underlying medical problems and to generate an individualized exercise prescription.

Several years ago the University's Department of Human Resources contacted Brubaker about developing a wellness program targeted specifically to current employees. "We said sure, that would be wonderful," he says. The result is a modified HELPS program called Therapeutic Lifestyle Change, or TLC. It's a 12-week crash course on healthy lifestyles integrating classes with supervised exercise and nutrition components. As with the HELPS participants, TLC participants also go through a preliminary health and fitness assessment for screening purposes.

To learn more about joining HELPS or TLC call 336.758.5853 or visit wfu.edu/hes/helps.htm



Top left: Bill Letts exercises under the supervision of Seth Christopher (MS '15). **Right:** HELPS participants and staff gather at the motor home of Florence ('63) and Walt ('63) Wiley for the Homecoming 2014 party at BB&T Stadium. **Below left:** Program Director Jordan Irwin (MS '06) monitors John Gardner on the treadmill.



What I've
Learned About

well*be*ing

\wel-'bē-in\

noun: the state of being
happy, healthy, or successful

From “happiness” to “wisdom,” to finding a balanced outlook on life, to using one’s talents to live life fully and to enhance the lives of others: Seven professors share what wellbeing means to them.

By **KERRY M. KING ('85)**

Illustrations by **JASON GREENBERG**

Cynthia M. Gendrich

PROFESSOR OF THEATRE

Associate Professor of Classical Languages Jim Powell once noted that our motto, Pro Humanitate, means “for human flourishing.” Like those big, extravagantly beautiful weeping cherry trees that bloom each spring on Davis Field, I think we all want to bloom, flourish, thrive.

As a theatre artist I work with the whole, interconnected person, and it seems obvious that we humans don’t work very well when our bodies aren’t taken care of. We need good food and exercise — or, as I prefer, “play.” These should be pleasurable: our bodies improve with challenge but are not machines to simply deny and punish. Resilience, flexibility, expressiveness and openness to new tastes and experiences are what I’m after. Our emotional and intellectual selves are inextricable from this physical experience,

and they also work optimally when challenged and nourished. The trick, I think, is to think of these as “play,” too, remembering to enjoy the growth and not treat it as drudgery.

(Composer) John Cage once said, “Take pleasure where you can find it. It’s all lighter than you think.” We need pleasure, and we need to look for pleasure in what nourishes us. Art can give us both. Great plays, music, dance, film, visual art and literature are the result of deep exploration of our humanity, moving us emotionally, making us laugh, helping us see, hear, feel and think about the world more consciously. Art wakes us up to ourselves and to the world around us, stimulating us to live each moment, mind, body and heart. Only then can we genuinely thrive.

Eranda R. Jayawickreme

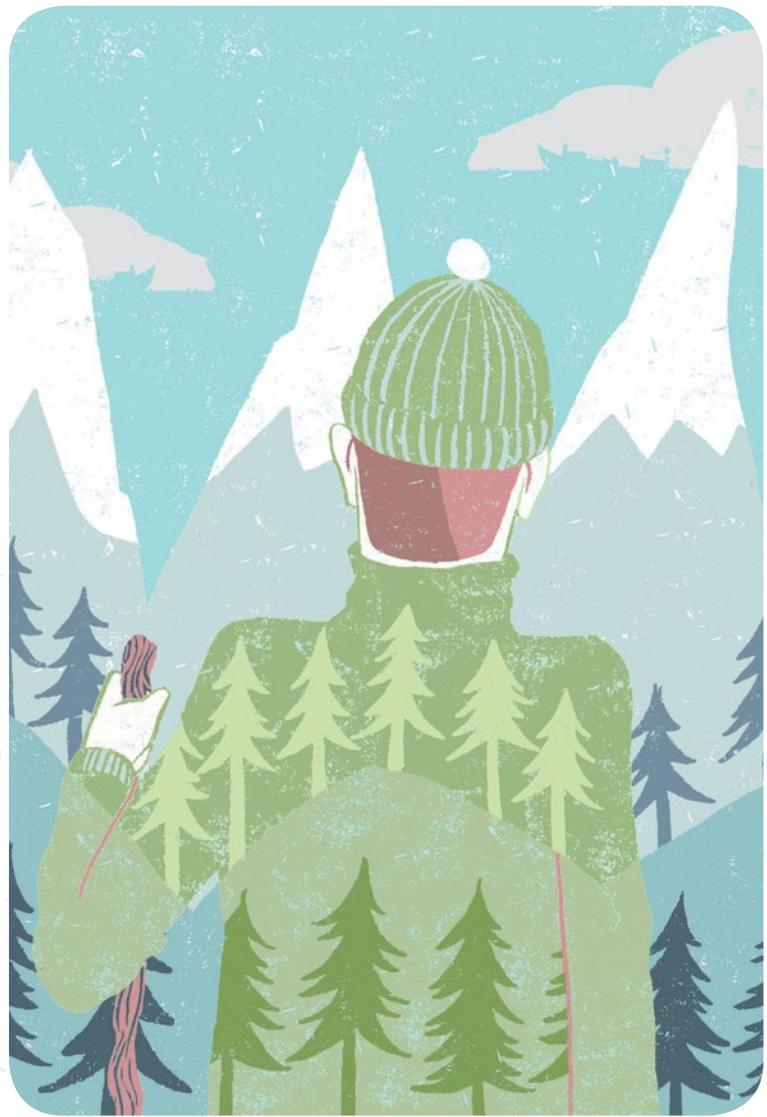
ASSISTANT PROFESSOR OF PSYCHOLOGY

As a psychologist, you'd expect me to say that wellbeing is all about being happy, and to some extent you'd be right! We value being happy, and life is much easier to bear when one is in a good mood. That said, I think wellbeing means something more than just being happy all the time.

For me, wellbeing is also the satisfaction you get from accomplishing life goals that are meaningful to you — raising a family, completing an important work project or setting a personal record at a sports event. But wellbeing is also about doing well across your whole life, and I think cultivating certain types of attitudes and having life experiences that challenge us can contribute to lasting wellbeing.

My colleague Laura Blackie and I believe that such attitudes and experiences develop the capacity to make good judgments about what matters in life and to act on these judgments within the boundaries of what is under one's control — what we call wisdom.

One implication of this lifespan approach to wellbeing is that some experiences that are challenging in the moment may, in fact, benefit us in the long run. Of course, many experiences can harm us (we have to remember that we are both capable and vulnerable beings), but striving to grow from our life experiences represents one pathway to lifelong wellbeing.



“One implication of this lifespan approach to wellbeing is that some experiences that are challenging in the moment may in fact benefit us in the long run.”

Adrian Bardon

ASSOCIATE PROFESSOR OF PHILOSOPHY

I find wellbeing to be intimately wrapped up with the meaning of one's projects and the meaning of one's projects to depend essentially on the existence and flourishing of others.

In a New York Times essay ("The Importance of the Afterlife. Seriously."), philosopher Samuel Scheffler asks how we would feel if we knew beyond any doubt that a giant asteroid would eliminate all life on this planet shortly after our death, or, alternatively, that no new children would be born after the next generation, and thus that the human race would certainly disappear in the relatively near future.

What meaning or fulfillment would we find in any of our present activities under that scenario? Knowing that the end of humanity is imminent, what would motivate even the most self-regarding of us to work, to create, to make plans? Scheffler argues — and I agree — that our wellbeing is heavily dependent on the continued collective existence of humanity after our death. And no doubt the accelerating pollution, climate change, species extinction, overpopulation and resource depletion of the Anthropocene are the greatest threats to the wellbeing of future generations.

David A. Yamane

ASSOCIATE PROFESSOR OF SOCIOLOGY

Sociologists' commitment to understanding and reducing social inequality often leads us to focus on negative outcomes like health disparities. In the process of understanding bad health we sometimes gain insights into wellbeing. Sociologists of religion have repeatedly found positive effects of religious involvement on many health outcomes, especially for disadvantaged social groups.

Here are five ways religion can promote wellbeing: It promotes more healthy lifestyles, in terms of abstinence from or at least moderation in things like alcohol, drugs and other risky behaviors; it connects people in a deep and meaningful way, facilitating friendships and other networks of social support, both material and emotional; it provides mechanisms (both

“Knowing that the end of humanity is imminent, what would motivate even the most self-regarding of us to work, to create, to make plans?”

I therefore find the greatest fulfillment in activities that I hope will promote ongoing collective wellbeing in this respect. Conceptions of wellbeing that focus on individual goals put the cart before the horse by ignoring collective wellbeing as the very condition of individual wellbeing.

beliefs and practices) for coping with the stressors that reduce physical and mental wellbeing; it enhances feelings of self-esteem and efficacy; and it encourages healthy emotions like forgiveness and hope.

Many caveats apply. There are certainly toxic forms of faith. People who are not religious can live wonderfully healthy lives (look at Norway). And there are other secular mechanisms for achieving some of these same outcomes, like joining a tennis league. But religion brings these mechanisms together in a coherent and compelling manner for many people. So, if you are not already religiously involved, you might consider taking up Pascal's Wager, for your own wellbeing.

José A. Villalba Jr.

ASSOCIATE PROFESSOR OF COUNSELING AND ASSOCIATE DEAN FOR FACULTY RECRUITMENT, DIVERSITY AND INCLUSION

As a former counselor I've spent a fair amount of time helping others work on issues of holistic wellness. As a researcher in cultural competence and health disparities I've spent a fair amount of time researching various aspects of holistic wellness. And as a husband and father I've spent a fair amount of time trying to be intentional about my pursuit of holistic wellness.

“So what have I learned about wellness? It's easier to talk about it than it is to practice it.”

So what have I learned about wellness? It's easier to talk about it than it is to practice it. It's just so much easier to forget healthy ways of self-care or caring for others; so much easier to get too wrapped up in daily life and responsibilities. And yet, in spite of my own shortcomings as a counselor, scholar, and spouse and dad, I've learned that “achieving wellness” is really about not giving up on striving for a more balanced and positive outlook on life. It also helps to surround yourself with loved ones that have your wellness in mind, find a hobby or two to keep you occupied and to not be too hard on yourself.

Better yet, my late friend and colleague, Dr. Jane Myers, pretty much “wrote the book” on holistic wellness in the counseling field. She summed up wellness like this: “Wellness is a way of life oriented toward optimal health and wellbeing in which body, mind and spirit are integrated in a purposeful manner with a goal of living life more fully.” Couldn't have said it better myself.

Ulrike Wiethaus

PROFESSOR OF RELIGION AND AMERICAN ETHNIC STUDIES

True wellness to me is about settling into balance and community in a human world driven by increasing communication complexity and the unpredictable flow of global economic interests. The Hopi have a word for such states of imbalance, Koyaanisqatsi. In the Choctaw language, it is called Haksuba.

Balance and community are our birthright and our deepest wellspring of being; they are patterned in the bodily rhythms of inbreath and outbreath, the symmetry of our body's shape, and are prefigured in our need to touch and be touched, to speak and to be heard, and to feel and be felt deeply. Moving into balance and community through an exploration of ancient traditions of contemplation to create mindful silence, stillness and spaciousness in a spirit of compassion is one powerful way in which our University can embrace wellness in this time of imbalance. And as Gautama Buddha is said to have taught, it is our mind, individually and collectively, that creates our world.

“True wellness to me is about settling into balance and community in a human world driven by increasing communication complexity and the unpredictable flow of global economic interests.”

James R. Otteson II

EXECUTIVE DIRECTOR, BB&T CENTER FOR THE STUDY OF CAPITALISM
SCHOOL OF BUSINESS

Aristotle said that the highest human good, the thing for the sake of which we do everything else, is eudaimonia. That word is hard to translate. It's often rendered as "happiness," but it's deeper than what "happiness" usually means. It doesn't mean mere contentment, for example, or mere pleasure. Eudaimonia is a state of knowing that you're living your life well and fully. It is flourishing: using your unique talents and abilities to their fullest in the service of goals that are important. It is striving to make not only your own life better, but also to improve the lives of those you interact with as well; it is knowing that you are providing productive value to the world.

One of the things I study is the social institutions — political, economic and cultural — that enable people to

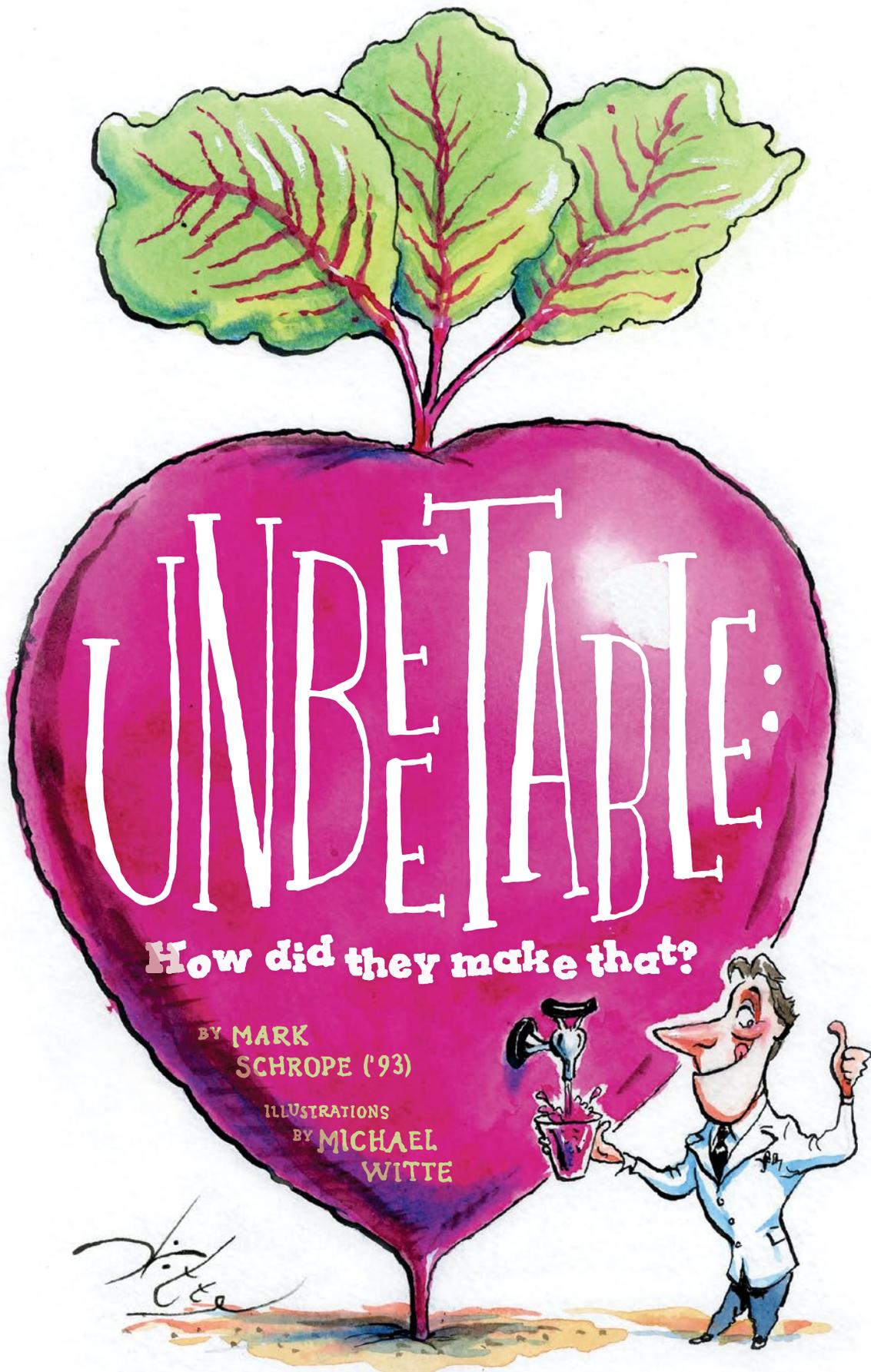
lead eudaimonic lives. We have a wealth of empirical data about how different kinds of institutions affect people's lives, and my discipline of political economy seeks not only to understand human social institutions, but also to

encourage the right kinds of institutions. In this way, understanding what eudaimonia is and how it can be achieved is not merely an academic investigation — it is a moral one.

There are indefinitely many different kinds of eudaimonic life, indefinitely many paths people can take to achieve their highest good. Examining social institutions in terms of their ability to let people lead, as President Hatch says, "lives that matter," is at the core of political economy just as it is at the core of our mission at Wake Forest University.



“It is flourishing:
using your unique talents and abilities
to their fullest in the service of goals
that are important.”



WHEN IT COMES TO HEALTHY EATING, IT'S A BIT MORE CHALLENGING THESE DAYS TO BYPASS MARKETING AND QUACKERY THAT'S PASSED OFF AS SCIENCE. BUT A RELATIVELY NEW PERFORMANCE DRINK CALLED **UNBEETABLE**, WHICH PROMISES EVERYTHING FROM LOWER BLOOD PRESSURE TO INCREASED BLOOD FLOW TO THE BRAIN, HAS THE SCIENCE TO BACK IT UP — AND IT WAS BORN RIGHT HERE AT WAKE FOREST.

That birth traces back more than 10 years, when physics professor Daniel Kim-Shapiro, now director of the Wake Forest Translational Science Center, was working on a study led by Mark Gladwin, now at the University of Pittsburgh. Along with colleagues they discovered that the compound nitrite increases blood flow — a benefit with major implications.

You can simply ingest nitrite, but this has a number of potential drawbacks, including a possible association with cancer. And nitrite is used up fairly quickly in the body, meaning benefits can be short-lived.

But later research would reveal a better pathway for gaining the same benefits: nitrate, a precursor to nitrite. Bacteria in the mouth transform nitrate molecules into nitrite a little bit at a time because the nitrates cycle back and forth between saliva and the bloodstream. This means that if, for instance, a large dose of nitrate is consumed in the morning, it can provide a steady source of nitrite throughout the day.

One of the best sources for nitrates is the humble beet. Foods like kale and spinach can offer a helpful nitrate boost, but a daunting bowl of them would be required to equal what's found in a modest serving of beet juice. When Kim-Shapiro and his colleagues began exploring beet potential as a health supplement they faced a serious challenge. Its flavor, many say, is not unlike dirt. Athletes trying to tap this root as a performance enhancer have described it as both “nasty” and “the worst thing in the entire world.”

Kim-Shapiro and his colleagues began looking for solutions. “We had a little beet juice party,” he says. “Everyone came and brought all kinds of juices and everyone was trying all these mixes, but there was nothing that didn't taste like beet juice no matter what we mixed it with.” And so began a quest to make the natural wonder something people might be willing — happy even — to consume regularly. It took a lot of work and a lot of help, but they succeeded and Unbeetable was born. Here's the story of how it came to be.

2003

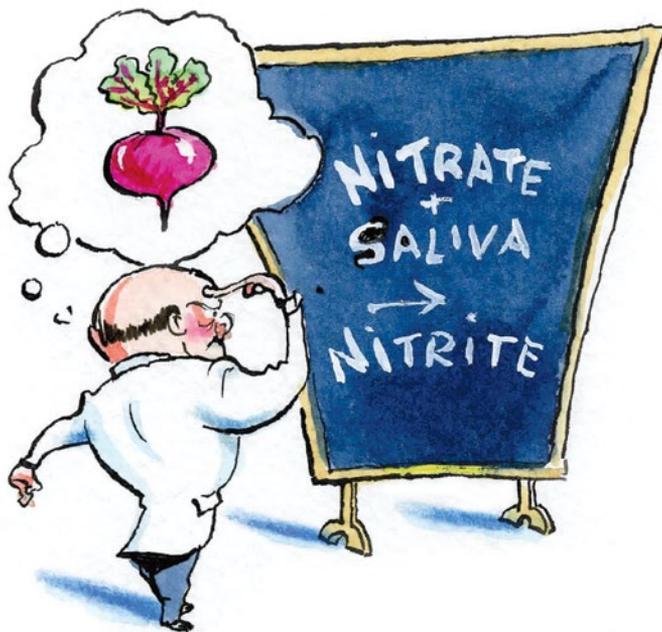
Mark Gladwin leads a study involving Kim-Shapiro and others that finds that nitrite, once thought inert, increases blood flow due to conversion in the body to nitric oxide, a known blood vessel expander, or vasodilator.

[REF: *Nature Medicine*, 9(12), 1498-1505, 2003]

2005

Multiple companies are exploring and marketing products such as inhalers to deliver nitrite, but applications are limited. Work done by other researchers reveals that nitrate ingestion leads to increased nitrite levels, offering an intriguing new delivery option for nitrite's blood flow benefits. Their attention turns to beet juice, which previous research suggested could reduce blood pressure, but the reasons had been unclear.

[REF: *Nature Chemical Biology* 1(6), 308-314, 2005]



2007

Kim-Shapiro teams up with Jack Rejeski (P '05, '08), a professor in the Wake Forest Department of Health and Exercise Science, to respond to a call for new research centers. The University awards funding for a new Translational Science Center to support the translation of health research into practical applications for older adults. Together with Jonathan Burdette, a radiologist with Wake Forest Baptist Health, S. Bruce King, a chemistry professor, and Gary Miller, an associate professor of health and exercise science, the team launches an in-depth study of beet juice benefits.

2009

The team receives funding through the Translational Science Center and successfully shows that beet juice can increase blood flow to the brain in older adults, in whom reduced blood flow is tied to cognitive declines.

[REF: *Nitric Oxide* 24, 34-42, 2011]





With a growing body of research now strongly supporting the idea that beet juice can offer major cardiovascular benefits, particularly in older people, the Wake Forest team begins to tackle the flavor challenge — how to make beet juice not just palatable, but something people might enjoy regularly in their diet. They enlist the help of the Wake Forest Innovations technology transfer office, which hires flavoring specialist Russ Bianchi of Adept Solutions, a product development and formulation firm.



2010

Success. Bianchi develops a formula for a tasty form of beet juice flavored with small amounts of sugar, citric acid, cranberry powder and other additives.

2013

Wake Forest licenses the secret formula to Unbeetable, LLC, and Kim-Shapiro now owns stock in the parent company.

2013

The Unbeetable performance drink, made of 100 percent beet juice, hits the market in June. A carbonated version follows soon after.



2014

The Translational Science Center publishes further studies bolstering the case for dietary nitrate, including showing that it improves exercise performance and decreases blood pressure in chronic obstructive pulmonary disease (COPD) patients [REF: *Nitric Oxide, In Press, published online, October 27, 2014*]. Kim-Shapiro and colleagues also clarify that the critical conversion of nitrite to nitric oxide occurs in hemoglobin in red blood cells. The process is most pronounced under low oxygen conditions — for instance where muscles are in use — meaning that the increased blood flow from nitric oxide occurs where it is most needed to deliver oxygen.

[REF: *Journal of Biological Chemistry, Feb. 2015*]

TODAY

Kim-Shapiro and his colleagues have multiple grants, including an award for five more years of support from the Translational Science Center. They are exploring benefits in patients with chronic heart failure, stroke and other ailments. The researchers are also exploring why benefits can be variable, work that might ultimately identify specific bacterial strains that are most effective at nitrate-to-nitrite conversion in the mouth, which could in turn reveal paths for boosting benefits even further.

Mark Schrope ('93) graduated with a BS in biology. Based in Florida, he writes for such publications as Nature, Popular Science, The Washington Post and Sport Diver.



Commencement 2015:

Graduates need 'your own set of standards'

BY MARIA HENSON (82) · PHOTOGRAPHY BY KEN BENNETT

As if on cue, the magnolias burst into bloom for the Class of 2015 on Commencement weekend, and the students got a double dose of ceremonial glory. They heard from a Baccalaureate speaker who urged them to think with their hearts and a Commencement speaker who told them they needed their own standards.



“It is my responsibility as Commencement speaker to prepare you for what awaits you in your future,” said comedian and political satirist Stephen T. Colbert. “Here it is: No one has any idea what’s going to happen.”

President Nathan O. Hatch got it right when he introduced Colbert as someone “known to bring joy and poke fun.” Colbert proceeded apace. He took jabs at Duke and UNC, at Hatch, calling him “Nate Dawg and Natty O,” and at rolling the Quad, “an eco-friendly tradition” that “really sticks it to the trees.” He even mentioned the University barber, Dean Shore, as “a throwback to a simpler time because when your biggest local celebrity is a barber, you’re basically a medieval village.”

He kept the 1,044 undergraduates and 817 graduate and professional school students — and family members — laughing as they fanned themselves and tweeted social media messages displayed on Jumbotron screens. It was 86 degrees on this Commencement day, May 18. “#Melting at the #WFUGrad, but #Stephen Colbert was worth the sweat,” tweeted Sherri Killam. A tweet by @Durnesque thanked Colbert for the “witty, wise, and full of truthiness commencement address.”

Within the cascade of jokes was a message for students to have their own standards and be easy graders. “Having your own standards allows you to see success where others may see failure,” he said. For his generation’s talk that solving the world’s problems can’t be done, he said: “Your job, Pro Humanitate, is to prove us wrong.”



“Having your own standards allows you to see success where others may see failure.”

– STEPHEN COLBERT

On Sunday, at Baccalaureate, Jonathan L. Walton, the Plummer Professor of Christian Morals at Harvard University and Pusey Minister in Harvard’s Memorial Church, struck a similar theme. He told the Class of 2015, “We need you to be social architects ... that will imagine with your hearts the details of a more just society. We need you to be change agents ... who will use your influence in all fields of human endeavor to challenge the status quo and provide access to the least, the left out and the left behind.”

It was a bittersweet weekend, with graduates hugging their professors and wiping away tears, clutching bouquets of roses and holding onto their classmates for one last selfie. “It’s sad seeing all these people and know I’m not going to see them for a long time,” said Peter Conway (’15) of Charlotte, “but at the same time, knowing I have a great future ahead of me.” Julia DeNuzzio (’15) of Monkton, Maryland, didn’t think it was possible graduation had finally arrived: “Your whole life is leading up to college and to this point and all of a sudden it’s over.”



Four honorary degrees were awarded during the ceremony. Colbert received an honorary Doctor of Humane Letters degree. (“I’m a huge fan of humans,” he said, also mentioning he wanted “a nice scarf” on such “a chilly day.”) Walton received an honorary Doctor of Divinity degree. Carlos Brito, chief executive officer of Anheuser-Busch since 2005, received an honorary Doctor of Laws degree, and George E. Thibault, president of Josiah Macy Jr. Foundation, dedicated to improving the training of medical professionals, received an honorary Doctor of Science degree.

Retiring faculty were recognized during the ceremony. See a complete list and watch a video about retiring faculty and staff at bit.ly/1bD5wly.



Left, above: Colbert marches toward stage to tell the crowd, “Clearly, Wake Forest has come a long way since it was a labor school founded by a horseless drifter.” Top: School of Divinity Dean Gail R. O’Day presents the hood to Walton, who said at Baccalaureate, “The heart is the center of knowledge.” All photos are from Commencement on May 18, including the graduate blowing bubbles, taken by student photographer Ann Thuy Nguyen (’17).

The Spirit of Wake Forest



An attorney, whose University once guided him, now guides his alma mater along an 'exceptional journey.' A community activist, compelled to serve the hurting and lost, helps thousands rebuild shattered lives.

W. Louis Bissette, Jr. ('65) and Kathy "Killian" Noe ('80) were named the 2015 Wake Forest Distinguished Alumni Award winners. They were recognized at a gala dinner on April 17, 2015.

Each honoree reflects the spirit of Pro Humanitate through service to community and alma mater. Nominations come from within the Wake Forest community. The Executive Committee and the Volunteer Identification Committee of the Alumni Council, which represents the Wake Forest Alumni Association, select the finalists.

W. Louis Bissette, Jr. ('65, P '94)

Asheville, North Carolina

If loyalty to one's alma mater can be measured through volunteer leadership, guidance and community involvement, then Louis Bissette's longstanding devotion to Wake Forest requires an extended yardstick. But to fully appreciate his affection for the place, one must consider how many times a year he braves Interstate 40, trekking the 150 or so miles down the mountain from his hometown of Asheville, North Carolina, to Winston-Salem — and then back up the hill, often in the wee hours — to support his beloved Deacs.

"Probably the most important entity in my life, other than my family, has been Wake Forest and the friends I made there," said Bissette, noting it's not just the friends he met as a student but those made serving on the Alumni Council (three terms), College Board of Visitors (one term), president of the National Alumni Association, chair of the College Fund, member of the Board of Trustees (now in his fifth term and having served as vice chair) and the Deacon Club. "Most of my best friends today are people who I went to school with at Wake Forest."

Bissette, an attorney with McGuire Wood & Bissette, PA, who practices in the areas of economic development, land use and zoning, grew up in High Point, North Carolina. He found his way to Wake Forest thanks largely to his close friend and Kappa Sigma fraternity brother, Life Trustee A. Doyle Early, Jr. ('65, JD '67, P '94, '96). Bissette's mother taught fifth grade at a school where Early's father, a 1927 alum, was principal.

After his arrival, Bissette recalls, there "were a few incidents when most schools would have shown me the door," but Wake administered a little tough love. "I hung in there and Wake Forest hung in there with me, and in about four years I was a different person from when I arrived. I was making

good grades, got into UNC law school (JD '68) and then went to business school at UVA (MBA '70). Without Wake Forest that probably would have never happened." While at Wake he met his wife, Sara, a student at Salem College; they have five grandchildren. His son Thomas ('94, JD '97) has also served on the Alumni Council.

Fifty years after he enrolled, Bissette remains grateful for the guidance of then-Dean of Students Mark Reece ('49, P '77, '81) and the personal interest shown to him by Professors John Earle ('58) in sociology and David Smiley (P '74) in history. To this day his palms get sweaty when he thinks of Professor Cronje Earp's ('26) Latin classes. "Once Wake Forest admits a student there's a bond there, and I think Wake Forest did then, and does today, everything it can to make a student successful. They did for me."

In addition to his many leadership positions at the University, Bissette's community service includes two terms as mayor of Asheville from 1985-89; eight years as a trustee for Western Carolina University; and vice chair of the UNC System Board of Governors. The Distinguished Alumni Award is the most recent among recognition he's received, including the Dr. I. Beverly Lake Public Service Award, the Centennial Award from the North Carolina Bar Association and the Asheville Area Chamber of Commerce Excellence in Public Service Award.

Bissette plans to continue making that I-40 road trip to Winston-Salem as long as he can. "I hear this every time I go to an alumni event: there is something special about Wake Forest," he said. "To have watched it evolve from 2,500 students and a mainly Baptist institution to a Top 25 national university ... being a part of that over a 50-year period has been moving and satisfying. To go from where we were in 1960 to where we are now ... is an exceptional story."

— Cherin C. Poovey (P '08)

Kathy “Killian” Noe (’80)

Seattle, Washington

For three decades, Kathy “Killian” Noe has reached out to those trapped in the dark pit of trauma, depression, mental illness, drugs and homelessness. As the founding director of Recovery Café in Seattle and co-founder of Samaritan Inns in Washington, D.C., she’s helped thousands of people rebuild shattered lives.

Noe served those who were battling addictions and living on the streets in the nation’s capital before moving to the West Coast 15 years ago. “No one gets out of a deep pit on their own,” she said. “Those are often the times people feel most ashamed and isolated and don’t want anyone to know what they’re going through. Everyone is going through something, and we need each other to get out of the pit.”

A strong believer in healing communities, Noe has traveled around the world learning from different communities — from volunteering at a school in Managua, Nicaragua, and with Mother Teresa in India; to working toward racial reconciliation in South Africa during the final days of apartheid; to learning the value of solitude from Trappist and Benedictine monks in Hong Kong.

Growing up in Greenville, South Carolina, she learned early about the importance of community and serving others from her father, the late Rev. W. Harold Killian (’44). She followed older sister Lynn Killian (’75) to Wake Forest. As a student, Noe gained a broader worldview and began to consider how she could make a difference. After graduating with a degree in English, she volunteered with teenagers and taught literature in Israel for several years. The violence and poverty in the Gaza Strip further shaped her outlook and resolve. “I knew I wanted to do something in service to those who are hurting and to those who are left out of opportunities and justice. I just didn’t know exactly what that would be.”

Noe found her calling when she moved to Washington, D.C., where the late Rev. Gordon Crosby’s social activism inspired her. “He said that when people come to the capital of the wealthiest country in the world, what they ought to see are places on every street corner where those who have fallen through the cracks can rebuild their lives. It felt like a sword had gone through my heart. That’s what I wanted to do with my life.”

In 1985, she co-founded Samaritan Inns to provide treatment programs and transitional housing to those



struggling with drugs and alcohol. That model has been replicated in several other cities, but the Washington organization isn’t officially connected with any similarly named organizations elsewhere.

With her husband, Bernie, and two daughters, Noe moved to Seattle in 1999. Stung by the city’s homelessness and poverty, she helped start the New Creation Community, an ecumenical faith community devoted to serving the poor, which she continues to serve as pastor. That led in 2004 to the opening of Recovery Café, which provides ongoing support to those battling drug and alcohol addictions and mental illness. The café — “a refuge for healing and transformation” — is a gathering spot for community meals; AA and Narcotics Anonymous and other 12-step meetings; life courses on everything from addiction recovery to acting to anger management; and peer-support groups. The concept has been so successful that it’s spread to Everett, Washington, and San Jose, California.

Recovery Café served more than 2,300 people last year. “We welcome people as they are,” said Noe, who also graduated from Yale Divinity School. “It’s a place where people come out of their brokenness and collapse into each other and find healing and discover their gifts and find ways to give back. People don’t walk in because they’ve got it all together. Like all of us, they need to know they are loved, that they belong and that their lives matter. They need something that most have not experienced before in their lives.”

— Kerry M. King (’85)



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HOMECOMING & REUNION WEEKEND SEPTEMBER 25-26

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Historian Michele Gillespie named dean of Wake Forest College

On March 25 Wake Forest appointed Presidential Endowed Professor of Southern History Michele Gillespie as Dean of the College, with academic oversight for the undergraduate school of arts and sciences. She will begin her tenure as dean July 1.

Gillespie joined the Wake Forest faculty in 1999. She was named Kahle Family Professor of History in 2003 and served as associate provost for academic initiatives from 2007-2010. In 2013, Gillespie was the first Wake Forest faculty member to be honored with an endowed Presidential Chair, which recognizes and supports faculty who excel in both academic leadership and outstanding scholarship. She also serves as the faculty representative to the Advancement Committee of the board of trustees.

“I am humbled and thrilled to be assuming the role of dean of the college,” said Gillespie, who earned an M.A. and Ph.D. from Princeton University and a B.A. from Rice University. “Since arriving at Wake Forest, I have come to know and respect the many incredible faculty and staff who are committed to making Wake Forest a place of transformative education for our students. I look forward to working together with those faculty who have been with Wake Forest for many years and those who are newer to our community and those yet to join us in our pursuit of academic excellence.”

A noted teacher, scholar, historian and author, Gillespie balances academic rigor with integrating community engagement into her work and her classes. She is the author or co-editor of 12 books. Her most recent nationally recognized work, “Katharine and R.J. Reynolds: Partners of Fortune in the Making of the New South,” presents 10 years of in-depth research on R.J. and Katharine Reynolds, on whose 300 acres



of property Wake Forest now stands. In 2010, she was honored as a pioneer in the national service-learning field with North Carolina’s Robert L. Sigmon Service Learning Award. She is currently working with history honors students on providing St. Benedict the Moor Catholic Church in Winston-Salem with 30 oral histories of parishioners to celebrate the church’s 75th anniversary.

“During our search, which attracted top-flight candidates literally from across the globe, it became clear that Michele possesses the understanding of teaching, scholarship and community that are essential for guiding Wake Forest’s undergraduate academic experience and scholarly mission,” said Provost Rogan Kersh (’86). “Her combination of experience in multiple roles, abiding love for our institution and passion for enhancing students’ lives, and national reputation, made her an ideal choice.”

In a message to faculty and staff, Gillespie wrote, “I think we all embrace

what is timeless and true about our liberal arts tradition — the quest for knowledge, the open exchange of ideas, independent thought, appreciation for diversity and difference, and commitment to the collective good. Such an education nurtures exploration, imagination and creativity — indispensable qualities in our increasingly complex 21st century world.

“Wake Forest is a special place. We are a community of passionate educators, gifted researchers and talented staff. We pursue academic excellence. We cherish our community. We embrace Pro Humanitate.”

The reaction on social media was positive. “She was probably my favorite professor at Wake — what a great choice!” wrote Meredith Allred Cole (’02, JD ’05) on the University’s Facebook page. “Congratulations!” commented Sue Getman (’76). “I loved hearing her speak at the alumni women’s dinner.”



Obaid

1



2



Morykwas, Argenta

4

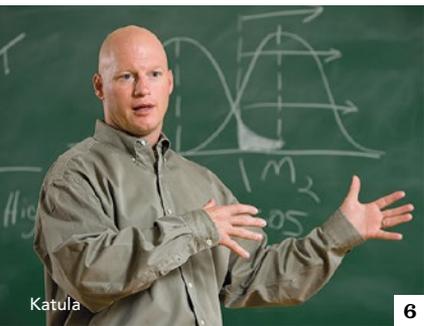


5



Dalton (right)

4



Katula

6



Soriano (right)

6



Couch, John Smoltz, Walter

7

To read more about *Around the Quad* items, search highlighted terms on the *Wake Forest* website.

1 **Abdulmalik Obaid ('15)** earned the prestigious Gates Cambridge Scholarship offering a postgraduate degree at the University of Cambridge in England. He was one of 40 outstanding applicants from U.S. colleges and universities chosen for the award, including two from Wake Forest, and the first Saudi Arabian. **Joseph McAbee**, third-year medical student at the School of Medicine, was also chosen as a Gates Cambridge Scholar. Obaid began conducting research the first week of his freshman year after being inspired by Professor **Oana Jurhescu's** lectures. He completed research at Stanford University and King Abdullah

University of Science and Technology, where he studied organic solar cells. At the University of Cambridge, he will study the manufacturing of advanced materials that can be used to improve efficiencies of organic photovoltaics, the study of converting solar energy into electricity. After he completes his Ph.D., he wants to aid in the search for a clean renewable energy source. "My liberal arts education at Wake Forest has given me a deep appreciation for the advancement of science, as well as a clear context for translating my research impact for social good," Obaid said.

2 Faculty, staff and alumni attended the dedication ceremony of the **Maya Angelou** Forever Stamp in Washington, D.C., on April 7. Angelou was Reynolds Professor of American Studies

for more than 30 years until her death in 2014 at 86. Representatives from the University included Presidential Chair in Politics and Executive Director of the Pro Humanitate Institute **Melissa Harris-Perry ('94)**, who served as the master of ceremonies and shared personal memories about her teacher, friend and mentor at the star-studded event, which included remarks from Michelle Obama, Oprah Winfrey and Andrew Young. "I was 18 when I met Dr. Angelou," said Harris-Perry. "I knew nothing, and I didn't even have enough sense to know I knew so little. She simply could have graded my papers and sent me away, but instead, she became my beloved mentor and guide." Assistant Provost for Diversity and Inclusion **Barbee Myers Oakes ('80, MA '81)** reflected on how 10 months ago to the day the Wake Forest

community joined the world in mourning Angelou's loss in a memorial service in Wait Chapel. "Today it is an honor to be with the Angelou/Johnson family to celebrate the legacy of our beloved icon at the USPS stamp dedication ceremony," said Oakes. "I believe Dr. Angelou's heart would be filled with joy to feel the love that resonates in the theater and see the diversity of the guests." Also attending were **Wade Stokes ('83, P '10, '12, '15)**, assistant dean of development for the College; and **Robby Gregg ('83)**, a nationally recognized diversity expert.

3 **Bobby Muuss** took the helm as head coach for men's soccer in January after spending eight seasons at the University of Denver. He was an assistant coach and recruiting coordinator with the Demon Deacons from 2001-2007, recruiting some of the best players in program history including the 2007 National Championship team. Under his leadership, Denver won Summit League titles in 2013 and 2014 and captured the league tournament title both seasons, earning back-to-back bids to the NCAA Tournament for the first time in school history.

4 The campus community commemorated 181 years since the University's founding at Founders' Day Convocation on Feb. 19. The celebration recognized student leaders and honored faculty for teaching, research and service. **Louis Argenta (P '92, '01, '03)** and **Michael Morykwas** received the Medallion of Merit for outstanding achievements in the medical field. Argenta, professor of surgery in the Wake Forest School of Medicine's Department of Plastic and Reconstructive Surgery, which he established in 1988, served as the Distinguished Howell Professor and Chairman for 20 years. Morykwas is the director of research for the department, which he developed from a one-technician, 179-square foot laboratory to its current 8,500 square feet, 25-member facility. Argenta and Morykwas led the way for a groundbreaking surgical advancement with the development of vacuum-assisted wound closure. Faculty awards recipients were: Associate Chair of Anthropology **Steven Folmar** and Associate Professor of Philosophy **Ana**

Itlis, Undergraduate Research and Creative Activities (URECA) Faculty Award for Excellence in Mentorship in Research and Creative Work; Associate Professor of Mathematics **Jennifer Erway** and Assistant Professor of Physics **Oana Jurhescu**, Award for Excellence in Research; Professor of Communication, Film Studies and Women's Gender and Sexuality **Mary Dalton ('83)**, Donald O. Schoonmaker Faculty Award for Community Service; Professor of English and Associate Dean for Student-Faculty Academic Initiatives **Anne Boyle**, Jon Reinhardt Award for Distinguished Teaching; Professor of Law **Susan Grebeldinger**, Joseph Branch Excellence in Teaching Award; Associate Professor of Biology and Director of the Health Professions Program **Pat Lord (PhD '86)**, Kulynych Family Omicron Delta Kappa Award; and Associate Professor of Physics **Timo Thonhauser**, Reid-Doyle Prize for Excellence in Teaching.

5 What if your chief class assignment was to run an entire music festival with your peers? Students in communication professor **Len Neighbors'** class did just that. In late March the class hosted **DashPop**, the music festival they'd been planning together since August. Sparked by Neighbors' desire to simulate a real-life entrepreneurial experience, the yearlong class provided students with hands-on skills needed for careers in communication, entrepreneurship and many other areas. Students planned everything from potential acts to local sponsors. "When you start your own company or do your own project, there isn't anyone else to be there," Neighbors said. "They need to have that experience of having the buck stop with them." DashPop took place downtown and featured local and national acts, from student groups to Grammy-winning producer 9th Wonder. "This weekend was extremely valuable in terms of what we learned and accomplished as a class," said junior Bryson Brewer. "The most rewarding part was seeing the community enjoying an event that they deserved."

6 Four Wake Forest researchers studying health and wellbeing received a boost from \$50,000 seed grants

from Blue Cross and Blue Shield of North Carolina. **Mark Jensen**, teaching professor of pastoral care and pastoral theology in the School of Divinity, will look at how existing community health and food source assets, including faith-based efforts, can be aligned and leveraged to have the maximum positive impact for those who face "food security" issues. **Mark Hall**, Fred D. and Elizabeth L. Turnage Professor of Law and Public Health, will develop and disseminate information about deliberations over whether to expand Medicaid eligibility within North Carolina. Associate Professor of Health and Exercise Science **Jeff Katula** will explore whether it's feasible to create a diabetes prevention program hosted by county health departments and led by community health workers. Associate Professor of Dance **Christina Soriano** will expand a 2012 pilot study looking at the effects of an improvisational movement intervention class on patients with Parkinson's disease.

7 Former football and baseball player **David Couch ('84)** has committed \$4 million in support of the Wake Forest baseball program and Sports Performance Center. Couch's gift designates \$3 million toward the next phase of the Wake Forest Baseball Park stadium including a state-of-the-art clubhouse, renovation and relocation of the home dugout and bullpen, construction of a pitching lab and creation of a new concourse viewing platform. The remainder of Couch's gift is designated for the Sports Performance Center, a strength and conditioning facility that enables multiple athletes in different sports to work out simultaneously. "Through David's vision, through his commitment to helping our program reach the next level, and through his willingness to step up and make this generous lead gift, we're going to be able to provide our baseball players with the best player development center in the country," said Head Coach **Tom Walter**. "I'm extremely passionate about this University and what it stands for, and the character and integrity up, across and down through our entire organization here at Wake Forest," said Couch. "It's just tremendous, and that's what has motivated me to make this gift."

A STUDENT GRADUATES AND GIVES BACK IN A FLASH

By Maria Henson ('82)

Twenty-two-year-old Madison “Maddie” Carroll ('14) of Greensboro, North Carolina, is a \$1 million donor to the University’s wellbeing efforts, financing a gym with her donation. From her office at The Carroll Companies real estate development firm, she spoke by phone with Maria Henson ('82) about her gift.

MH: Tell me about the origin of the gift and your decision to contribute.

MC: Fortunately my family’s been very blessed. We have had a family foundation (The Carroll Family Foundation) for a number of years. It has allowed my sisters and me \$1 million each toward a higher education project of our choice. I knew as soon as I heard about the wellbeing effort that it was something I wanted to help make a reality.

MH: What about the wellbeing center attracted you?

MC: It’s something I wish had been around when I was a student. My first few weeks on campus at Wake were a bit rocky. I was overweight and I didn’t have many friends, and the stress that comes with the “Work Forest” class load was weighing me down mentally. I searched for an outlet and thankfully found the women’s rugby club team. I know that I’m lucky to have found that group of friends. They were with me every step of the way as I lost weight and became a stronger, happier person. I want to give that same experience to others. There’s no greater feeling than helping someone else achieve their goals.

MH: Why rugby? You must be tough.

MC: I didn’t think I was until I joined the team and then found a whole new side of myself. When I told my parents I joined the women’s rugby club, they had the same question.



“We play our home games on Poteat Field, which is where we are in this post-game picture. I can be seen on the far right, and directly behind me is the location of the new gym.”

I said, “Because it had the shortest line for sign-ups at the student activities fair.” The real reason is that I had become friends with some girls on my hall who were on the team, and somehow they were able to convince me to attend the first practice. I was the antithesis of an athletic person. The first practice I was exhausted and I came to find out it was the warm-up. I got better, ran a mile, ran 2 miles and got a nickname on the team — “Rugby Barbie,” because I was the one with the long blonde ponytail and the whole pink gear. ... Over time, I became involved with more groups on campus and my course load grew more rigorous. At the end of a long day, practice would be exhausting, but there was also something so invigorating about the primal simplicity of the game: Run. Tackle girl with ball. Pick up ball. Run. Avoid getting tackled. Score.

MH: In my newspaper and now magazine career, you’re my first Rugby Barbie to meet.

MC: Mattel should definitely get on that.

MH: What do you think are the dimensions of wellbeing?

MC: When I began talking to the different project leaders for the wellbeing center the one word I couldn’t get out of my head was strength. I think all of the features of the center aim to boost both mental and physical strength, which go hand in hand. You need one to achieve the other. That’s been my key word throughout this whole thing: strength.

MH: What will happen with your gift?

MC: My gift is going to a new gymnasium (in the Sutton Center, which will adjoin the renovated W.N. Reynolds Gymnasium). It’s going to be the new addition where the tennis courts were. It will be the lower-level gym.

MH: I think you are going to be one of the youngest donors ever in the history of Wake Forest to give such a large amount. What kind of message do you hope that sends?

MC: I think it says a lot about the motto Pro Humanitate of Wake Forest — that you’re never too young to make something happen. ... I just want to give back to the school that has given me so much. I know I’m going to be a Deacon forever.

REMEMBER WHEN?

Graylyn, a conference center with old-world charm, was once an unlikely dormitory.

By Kerry M. King ('85)

FOR SEVERAL YEARS before a fire heavily damaged what is today Graylyn International Conference Center, the 1930s Norman Revival-style mansion was a women's dormitory. From 1977 to 1980, about 40 students a year lived in what had once been the Bowman Gray family's opulent bedrooms and sitting rooms on the second floor, or in modern apartments over the swimming pool and garage.

It was far from the luxurious conference center of today, but students lived in rooms with wood paneling, stone fireplaces, slate floors, original wallpaper and marble bathrooms with hand-painted tiles. "I loved the opulence of the mansion and just imagining the history behind it; it felt like an adventure and a dream world living there," recalled Karen Kindle ('79).

Rebecca Johnson Melvin ('79) lived in a large suite with a balcony that was subdivided into two bedrooms. "Most of the original furniture was removed from the 'dorm' rooms, of course, but the architectural details provided all the atmosphere that you could imagine," she said. Her resident adviser's room "had a four-poster bed, a private bath, and French silk wallpaper; delicate, beautiful — we were in awe of that room."

Carla Damron ('79) and two roommates shared a large, wood-paneled bedroom and a bathroom with a 17-head shower. How could you not appreciate living in a "giant stone masterpiece," she said. "It was an amazing experience for a poor scholarship kid to stay in such a magnificent place." Kate Murray ('79) lived in a modern apartment with three bedrooms, a living room and kitchen in space above the indoor pool

that's a conference room today. "There was a sense of closeness that you didn't get in the dormitory," she said.

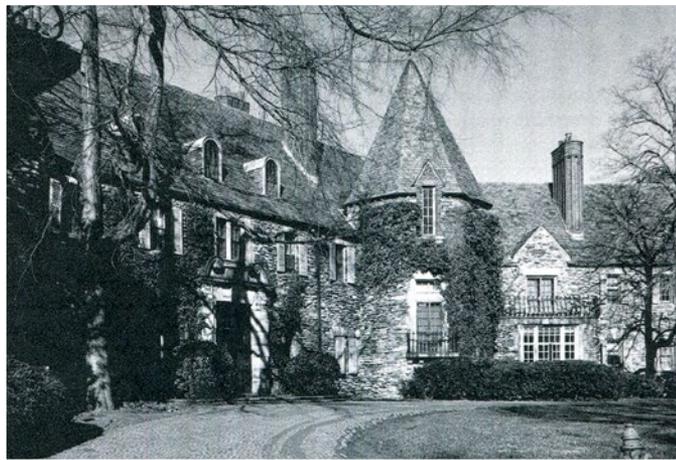
Students were restricted to the second floor, but they found it too tempting not to explore the rest of the house. "On occasion, we were able to go down that main staircase to the first floor, which was like a spooky haunted house be-

garage from 1965 to 1975 and often held classes and student dinners there. He explored the tunnels under the house by candlelight with then-Provost Edwin G. Wilson ('43) and then-Dean of the College Tom Mullen (P '85, '88).

The Gray family donated Graylyn to the Bowman Gray School of Medicine in 1946. The medical school used the house as a psychiatric hospital and, later, as a school for children with special needs. After the estate was turned over to the University in 1972, fraternities and other groups rented the house for parties and alumni events. The Mews stables complex was renovated to house law students, and several cottages were used for foreign-language houses.

Graylyn's third floor was being renovated during the summer of 1980 to accommodate even more students. But a fire on June 22 gutted the third floor and caused extensive smoke and water damage to the rest of the house. Seven thousand people attending a Winston-Salem Symphony concert on the grounds watched as the fire burned for six hours. (Arson was suspected, but no one was ever charged.) A few male students were allowed to live in the undamaged pool apartment for another year while the house was restored. Graylyn reopened as a conference center in 1984.

For a longer version of this story and more photographs, visit magazine.wfu.edu



Enjoying dinner in the Graylyn apartment in 1978 (clockwise from left): Karen Kindle ('79), Kate Murray ('79), Sallie Adkins Schurmeier ('79), Mary Canniff-Kuhn ('79), Cissy Kelton Byrd ('79, P '06) and Linda Patterson Morris ('79)

cause no one lived there," Melvin said. "It wasn't totally empty, but it was deserted and quiet with lights off."

Professor Emeritus of History Jim Barefield lived in an apartment over the



President Nathan O. Hatch at the Wake Will event in Charlotte in March.

KEN BENNETT



Sarah Young Taylor ('79)

Alumni have more opportunities than ever to become involved with Wake Forest. As Wake Will enters its third year, some two dozen campaign events have already been held across the country, from Wilmington, North Carolina, to San Diego, California, since the campaign kickoff in October 2013. That's in addition to the 40 Wake

Forest Clubs from coast to coast that have sponsored hundreds of events in the past year, from career networking forums to social events to museum tours.

At its spring meeting in April, the Alumni Council revamped its committee structure to better match the mission of the Alumni Association: to provide the "moral, financial and volunteer support necessary to enable Wake Forest University to achieve its greater mission." The new committees mirror the ways that alumni can engage with one another and the University.

The Pro Humanitate committee seeks to encourage and support the work that alumni are doing for the

good of humanity around the world. For the first time, Wake Forest Clubs participating in the annual Pro Humanitate Day in May joined forces in a common cause: to fight childhood hunger in their communities. Look for more opportunities to participate in your area by visiting: alumni.wfu.edu

The annual fund committee seeks to increase the number of alumni donors to the Wake Forest Fund. Look for more special, fun opportunities to support the annual funds, like last year's Million Dollar Day. Think your gift doesn't matter? Nearly 75 percent of all gifts to Wake Will so far have been \$1,000 or less. You matter.

The communities committee supports the work of local Wake Forest Clubs and affinity groups. The clubs support and engage alumni on an ongoing basis by offering career panels, networking events, educational opportunities, cultural events and much more.

I hope that all alumni can find a way to continue their Wake Forest experience, whether it's volunteering to support your local food bank, making a gift to the annual funds or helping a new graduate who's moved to your city.

1950s

Bill F. Hensley ('50) received North Carolina's Order of the Long Leaf Pine, presented by his four children and seven grandchildren at a party for his 89th birthday. He served as director of travel and tourism for North Carolina and was married to the late **Carol Moore Hensley ('53)**.

Bob Johnson ('54, P '87, '89) and 18 classmates from the Class of 1954 enjoyed a mini-reunion on the Old Campus. They ate lunch at Shorty's so the women, who were not allowed there as students, could finally say that they ate at Shorty's. They toured the Wake Forest Historical Museum, the Calvin Jones House and the Old Campus, led by museum director **Ed Morris (P '04)**. **Bill Hedrick ('54, MD '57, P '09)** and his wife, Merrie, hosted the class for dinner at their home.

Gloria Flippin Graham ('57, MD '61) was named North Carolina Doctor of the Year by the N.C. Medical Society. She is 80 years old and a dermatologist at Eastern Dermatology and Pathology in Morehead City, NC. She practiced medicine for 54 years and still practices three days a week. She intends to use the award money to benefit the Broad Street Clinic, the Country Doctor Museum and the Department of Dermatology at Wake Forest University.

Daniel Roberts (MD '57) was honored by the Florida Society of Dermatology and Dermatologic Surgeons as Surgeon of the Year and Practitioner of the Year.

Nick Bragg ('58) was commissioned to paint a special mural for the "Hatteras Room," a top-floor conference room at 751 West Fourth Street in downtown Winston-Salem that offers panoramic views of the city.

David R. Bryant ('58) received the first Wake Forest Department of Chemistry Distinguished Alumni Award. During his 40-year career as a chemist and research scientist at Union Carbide Corp., he received the Chairman's Award three times and several national awards, including the Perkin Medal, the highest honor in the industrial chemical industry. He retired as senior corporate fellow in 2000 and is now on the scientific team of Renewable Algal Energy in Johnson City, TN. He received an honorary doctor of science degree from Wake Forest in 1990.

Robert F. Corwin ('58, P '92) practiced urology in Waco, TX, for 40 years. He published his first fiction novel, "The Volsung Project," dealing with Nazi activity in the U.S. after World War II (BobCorwinBooks.com).

Ralph A. Walker ('58, JD '63) was appointed by Gov. Pat McCrory to the N.C. Medical Board as a public member. He serves as an emergency judge to the Court of Appeals and Superior Court.

1960s

Jim Williams ('62, JD '66, P '89, '92) is with Brooks Pierce McLendon Humphrey & Leonard LLP in Greensboro, NC. He has been named a N.C. Super Lawyer and one of Business North Carolina's Legal Elite.

Ernie Accorsi ('63) retired in 2007 as general manager of the New York Giants after 35 years in the National Football League. He assisted the Chicago Bears in hiring a general manager and head coach and assisted the Carolina Panthers and Atlanta Falcons in hiring general managers. He continues as a consultant with the NFL commissioner's office.

Jan Hensley ('64) donated his collection of books by about 300 contemporary N.C. authors to the ZSR Library's Special Collections and Archives. The collection includes more than 10,000 books, most of them first editions and autographed copies, and 50,000 ephemera, including chapbooks, newspaper and magazine articles, letters and photographs of authors. Read more at magazine.wfu.edu (bit.ly/1FOnK0x).

Dan McGinn ('64, JD '67, P '90) is with Brooks Pierce McLendon Humphrey & Leonard LLP in Greensboro, NC. He has been named a N.C. Super Lawyer.

Richard V. Bennett ('68, JD '74) is a partner with Bennett & Guthrie PLLC in Winston-Salem. He has been named a N.C. Super Lawyer.

J. Nick Fountain (JD '68) is with Young Moore & Henderson PA in Raleigh, NC. He has been named a N.C. Super Lawyer.

John "Pete" Ellis ('69) reports that his wife of 39 years, Nancy, passed away in November. They have one son.

Robert M. Hathaway ('69, MA '73) retired last year as director of the Asia Program at the Woodrow Wilson Center in Washington, D.C. He returned to the Wilson Center as a scholar-in-residence working on a book about the uses of power in global politics.

Jeffrey T. Mackie ('69) is a partner with Sigmon Clark Mackie Hanvey & Ferrell PA in Hickory, NC. He has been named one of the Best Lawyers in North Carolina.

C. Ford Peatross ('69) is founding director of the Center for Architecture, Design & Engineering, Prints & Photographs Division at the Library of Congress in Washington, D.C. He received the National Building Museum's annual President's Award.

1970s

Robert Flood ('70) spent 15 years in academics at the University of Virginia, Northwestern University and Notre Dame, and 25 years at the



Graham
('57, MD '61)



Cook
('71)

International Monetary Fund. He and his wife, Petrice, retired to Clermont, FL, and Fayette, ME.

Rick Gentry ('70) is president and CEO of the San Diego Housing Commission. During his 40-year career, he also led housing authorities in Austin, TX, and Richmond, VA, and private organizations that finance affordable housing and community redevelopment. Read more at magazine.wfu.edu (bit.ly/11Ff8pS).

Ashby M. Cook Jr. ('71, P '01) is with Lincoln Financial Securities Corp. in Greensboro, NC. He was awarded Elite Partner status as a top-ranked North Carolina representative.

David D. Ward ('72, JD '75, P '05, '08) is with Cranfill Sumner & Hartzog LLP in Raleigh, NC. He has been named a N.C. Super Lawyer.

Howard Williams (JD '72, P '03) is with Brooks Pierce McLendon Humphrey & Leonard LLP in Greensboro, NC. He has been named a N.C. Super Lawyer.

R. Lee Farmer (JD '73, P '00), an attorney in Yanceyville, NC, received the John B. McMillan Distinguished Service Award from the N.C. State Bar.

Lawrence N. Holden ('73, P '99) is a principal at Holden & Mickey in Winston-Salem. He has been recognized for the 39th consecutive year as a member of the Million Dollar Round Table.

Wake Forest Magazine welcomes Class Notes submissions from alumni. There are three ways to submit information:



STANDARD MAIL:

Class Notes Editor
Wake Forest Magazine
PO Box 7205
Winston-Salem, NC 27109-7205



EMAIL: classnotes@wfu.edu



ONLINE:
magazine.wfu.edu/classnotes



Garofalo
(JD '78)



Morrice
('80, JD '83)



Wilson
(JD '81)



Shields
('82)



Johansson
('83)

H. Lee "Skeeter" Townsend ('73) was elected and approved by the Virginia State Legislature as a judge for the Sixth Judicial District, General District Court in Southern Virginia. He and his wife, Vickie, live in Emporia, VA.

Pamela Carlson Alexander ('74) published a book, "Intergenerational Cycles of Trauma and Violence: An Attachment and Family Systems Perspective" (W.W. Norton), which explores the conditions under which abused children become abusive themselves.

Carol Banister Adams ('75, P '10) retired after 36 years with IBM Corp. She is chair of the Wake Forest College Board of Visitors. She and her husband, Greg, live in Marietta, GA, and have one son, **Adam ('10)**.

Stan Meiburg ('75) was nominated by President Obama as deputy administrator of the Environmental Protection Agency. He joined the EPA in 1977 and has served as acting deputy administrator since last fall. Read more at magazine.wfu.edu (bit.ly/1HVcK3l).

James W. Narron (JD '75) is with Narron O'Hale & Whittington PA in Smithfield, NC. He has been named one of Super Lawyers Top 10 Attorneys in North Carolina.

Bob L. Burchette (JD '76) is with Johnston Allison & Hord PA in Charlotte, NC. He has been named a N.C. Super Lawyer and one of Business North Carolina's Legal Elite.

Thomas K. Fehring ('76) is an orthopedic surgeon in Charlotte, NC. He is co-director of the OrthoCarolina Hip and Knee Center and president of the Knee Society, a national organization. He and his wife, **Anne York Fehring ('75)**, have three children.

David J. Weaver ('76, JD '78, P '09) was appointed a superior court judge by N.J. Gov. Chris Christie.

Joslin Davis (JD '77) is a principal of Allman Spry Davis Leggett & Crumpler PA in Winston-Salem. She is president-elect of the American Academy of Matrimonial Lawyers.

Scott Thacker ('77), David Wiener ('76) and Ed Wike ('75) have been working in the equipment finance industry for years and thought they knew each other pretty well. At an Equipment Leasing and Finance Association Conference, they discovered their connection as Wake Forest graduates.

Michael C. Tuggle (MA '77) has written a thriller, "Aztec Midnight" (The Novel Fox) (mctuggle.com).

John Thomas York ('77) received the 2014 Linda Flowers Literary Award from the N.C. Humanities Council, an affiliate of the National Endowment for the Humanities. His prize-winning memoir, "O Beautiful Bug," describes the teacher, **Hayes McNeill ('68, MA '79)**, who inspired him to teach and to come to Wake Forest.

Mel Garofalo (JD '78) is with Hedrick Gardner Kincheloe & Garofalo LLP in Charlotte, NC. He has been named one of N.C. Super Lawyers Top 25 in Charlotte and one of the Top 100 in North Carolina.

Joseph W. Williford ('78, JD '81) is with Young Moore & Henderson PA in Raleigh, NC. He has been named a N.C. Super Lawyer.

Rudy L. Ogburn ('79, JD '82) is with Young Moore & Henderson PA in Raleigh, NC. He has been named a N.C. Super Lawyer.

Terry B. Pardue ('79) retired as director of finance with The Procter & Gamble Co. in Cincinnati after more than 31 years in the U.S. and abroad. He and his wife, Ann, relocated to Mooresville, NC, where he continues consulting part time.

Bob Singer (JD '79) is with Brooks Pierce McLendon Humphrey & Leonard LLP in Greensboro, NC. He has been named a N.C. Super Lawyer.

1980s

Howard L. Borum (JD '80, P '08) is a director and shareholder with Carruthers & Roth PA in Greensboro, NC. He has been named one of The Best Lawyers in America and a N.C. Super Lawyer.

John A. Morrice ('80, JD '83) is with Johnston Allison & Hord PA in Charlotte, NC. He has been named a N.C. Super Lawyer and one of Business North Carolina's Legal Elite.

John D. Martin ('81) is with Cranfill Sumner & Hartzog LLP in Wilmington, NC. He has been named a N.C. Super Lawyer.

Julia M. O'Brien ('81, P '10) served as editor-in-chief for "The Oxford Encyclopedia of the Bible and Gender Studies" (Oxford University Press).

Bob Wilson (JD '81) was elected to the management committee and named partner in charge of the Raleigh, NC, office of Smith Moore Leatherwood LLP.

Andy Avram ('82, JD '90) was inducted into the N.C. Tennis Hall of Fame. While at Wake Forest he was the team's No. 1-ranked player his junior and senior years. He won 18 N.C. state tournament titles in his career. He is vice chair of the workers' compensation practice group of Cranfill Sumner & Hartzog LLP in Charlotte, NC.

Ben Grumbles ('82) was named Maryland's Secretary of the Environment.

Patricia Pursell Shields ('82) is with Hedrick Gardner Kincheloe & Garofalo LLP in Raleigh, NC. She has been named one of N.C. Super Lawyers Top 50 Women and one of the Top 100 in North Carolina.

Theresa Johansson ('83) was named director of the global education office, part of Outreach and International Affairs, at Virginia Tech.

Carter Via ('83) is founder and director of Cross-Cultural Thresholds, a nonprofit that sponsors service trips and raises funds to build schools in Kenya. He has led about 30 trips with hundreds of volunteers who built two elementary schools and started a high school. He organized a group climb of Mount Kilimanjaro this summer as a fundraiser. He lives in White Plains, NY. Read more at magazine.wfu.edu (bit.ly/1NSsFNx).

Greg C. Ahlum ('84, JD '87) is with Johnston Allison & Hord PA in Charlotte, NC. He has been named a N.C. Super Lawyer and one of Business North Carolina's Legal Elite.

J. Stanley Atwell (JD '84) is a director and shareholder with Carruthers & Roth PA in Greensboro, NC. He has been named one of The Best Lawyers in America and a N.C. Super Lawyer.

David M. Duke (JD '84) is with Young Moore & Henderson PA in Raleigh, NC. He has been named a N.C. Super Lawyer.

John W. Ormand III ('84) is with Brooks Pierce McLendon Humphrey & Leonard LLP in Raleigh, NC. He has been named a N.C. Super Lawyer. His son attends Wake Forest.

Jim Phillips (JD '84) is with Brooks Pierce McLendon Humphrey & Leonard LLP in Greensboro, NC. He has been named a N.C. Super Lawyer and one of Business North Carolina's Legal Elite.

Rhonda K. Amoroso (JD '85, P '97) was appointed to the board of trustees of the New Hanover Regional Medical Center in Wilmington, NC. She is secretary of the N.C. State Board of Elections and CEO of simply francis publishing company. She is working on a companion book, "Cooking with Kahn," to the book about financier Otto Hermann Kahn, "Behind Every Great Fortune," by Frank Amoroso.

Kenneth A. Bridle (MA '85, PhD '91) is an artist and stewardship director with Piedmont Land Conservancy. He was honored at the Hanging Rock State Park Visitors Center in Danbury, NC, with a reception and an exhibit of his watercolors that capture nature's beauty.

Robert Gipe ('85) published a novel, "Trampoline" (Ohio University Press, March 2015) (robertgipe.com).

Jack Kalavritinos ('85) is president and CEO of ACE Mentor Program, an organization committed to encouraging students to pursue STEM-related careers. His goal is to increase awareness of the program among members of Congress. He lives in Potomac, MD, with his wife and two sons. Read more at magazine.wfu.edu (bit.ly/1L-2CAPb).

Gary Nabors ('85) is president of DynPort Vaccine Co. LLC, a company in Frederick, MD, developing biodefense vaccines and therapeutics for the Department of Defense.

Jeffrey K. Smith ('85, MBA '93) joined Blue Ridge Companies, a private real estate development company in High Point, NC, as chief investment officer. He and his wife, Sherri, live in Winston-Salem.

Richard Bristow (MA '86) launched a voiceover website. He has voiced commercials and audio games and donated audio Internet reading services for the blind (bristowvo.com).

Doug Carter ('86) was the commencement speaker for December graduation at the University of North Georgia. He served as chairman of the Georgia Chamber of Commerce, Leadership Georgia, Northeast Georgia Medical Center, The Great Hall Chamber, North Georgia Community Foundation and the Quinlan Visual Arts Center. He and his wife, Sandy, are real estate brokers in North Georgia and have a son, Shaw (22), and a daughter, Lauren (19).

Janice Collins ('86) was inducted into the 2015 Class of ACC Tournament Legends. She was a standout on the women's basketball team from 1983 to 1986 and the school's first female All-ACC honoree. She is an Emmy Award-winning journalist and professor at the University of Illinois College of Media. Read more at magazine.wfu.edu (bit.ly/1KFL8ew).

Robert McCormick ('86) is chair of the history, political science, philosophy and American studies departments at the University of South Carolina Upstate. He published a book, "Croatia Under Ante Pavelic: America, the Ustase and Croatian Genocide" (I.B. Tauris of London). He and his wife and two daughters live in Spartanburg, SC.



Kalavritinos
'85



Carter
'86

John M. Flynn ('87, JD '90) is a director and shareholder with Carruthers & Roth PA in Greensboro, NC. He has been named one of The Best Lawyers in America.

Ernest A. Osborn ('87) is with the Osborn-Berrier Group at Morgan Stanley Wealth Management in Winston-Salem. He has been named to the firm's President's Club.

Bob King (JD '88) is with Brooks Pierce McLen-don Humphrey & Leonard LLP in Greensboro, NC. He has been named a N.C. Super Lawyer.

Timothy D. Ludwig (MA '88) was appointed to the board of directors of the Cambridge Center for Behavioral Studies. He is a professor at Appalachian State University.

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SNOW ROBERTS ('97) CATERS TO 'WOD' ADDICTS

By Sara Hendricks ('15), Wake Forest Magazine intern

Do you like to travel? Do you like to work out? Are you filled with excitement about a burpee wood-chopping competition?

Snow Roberts ('97) has the WOD for you.

Last year, Roberts, an endorphin enthusiast and CrossFit booster, launched Blue Highway Adventures, a travel and functional fitness company in Raleigh, North Carolina. It takes small groups all over the world, from Wilmington, North Carolina, to Peru to Switzerland.

Her first goal is to ensure that anyone going on the excursions can maintain their workouts of the day, or "WOD," as they are called in CrossFit-speak, but the manner of exercise can be rather out-of-the-ordinary. "Burpee wood-chopping" is one example — a round of burpees (a sweaty combination of pushups and jumping jacks), followed by a wood-chopping session with real wood. Lunges and squats are also on the agenda.

Roberts' other goal is connecting people through adventure travel.

Roberts dabbled in intramurals at Wake Forest, where she majored in communication, and acknowledges that those who knew her in college might be surprised she started a fitness-based business. "I didn't have the same focus on a culture of wellness that I now essentially center my life around," she says, "but I always had the travel interest, an interest in the outdoors and learning new things, so that wouldn't have been a surprise to anyone."

Indeed, a pull toward uncharted territory seems to be an inherited trait in Roberts' family. In 1918, her great-grandfather took his family of five girls to live in the Great Dismal Swamp. Now, nearly 100 years later, "His sense of adventure runs through the veins of generations to come," Roberts says on the Blue Highway Adventures website. Roberts' uncle also impressed her

with his passport stamps from more than 100 countries. He always told her to travel, she says, but "not just do what the guidebook says, and get off the beaten path."

Roberts' yearning for travel got a fix when, after her junior year, she enrolled in a summer study-abroad program, "Eurotour." Memories from that trip helped spark the idea for her company. "I loved seeing so many different cultures in one six-week trip," she says. "And

I especially loved doing it all with a smaller group to work and interact with." She decided to go to graduate school and learn the basics for a travel career.

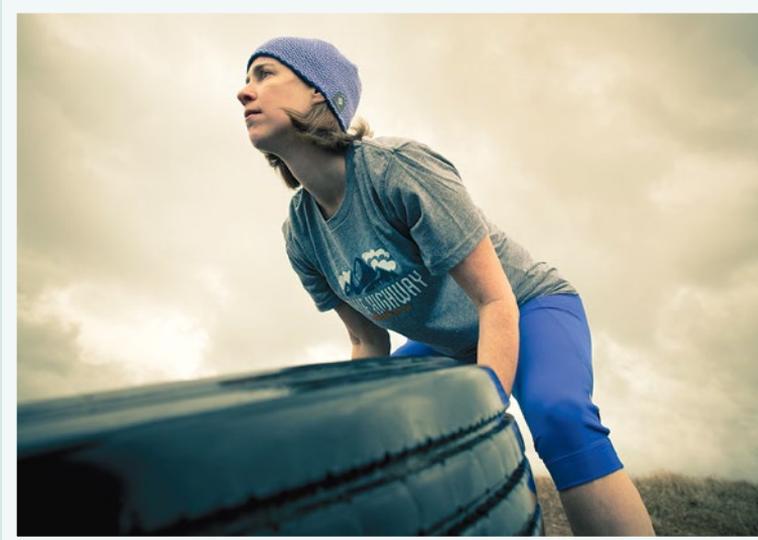
After graduate school at N.C. State University, Roberts spent 11 years working in Raleigh at Broadreach, a study-abroad program for middle, high school and college students. As for

her own fitness, she was working out but not seeing great results. A friend told her about CrossFit, and soon she was hooked. She found that CrossFit gave her the results she wanted and the opportunity to make connections with others.

CrossFit also inspired her to leap. "After 11 years I was ready to make a change with my career," she says. "I knew I wanted to start my own business, but I didn't know what." She combined what she liked — exercise, travel and friendship — to create what she calls "a path of passion" for her.

"Some people think it's crazy because I left a good job without a lot of an idea of what I was going to do, but you only get a few chances in your life to take a big risk," Roberts says. "For me, Blue Highway Adventures is a big risk and also a big reward."

On the company's website, next to a photo of Roberts hoisting a truck tire, she explains her mission and closes with a fitting farewell: "Cheers to wanderlust and endless adventure!"





Walker
'88



Adams
(JD '90)



DeGooyer
(MA '90)



King
'92



Hatcher
(JD '93)



Kadis
(JD '94)



Lewis
(JD '95)

Rodney Petersen (JD '88) is lead for the National Initiative for Cybersecurity Education at the National Institute for Standards and Technology, an agency of the U.S. Department of Commerce in Gaithersburg, MD (csrc.nist.gov/nice/).

Cheryl Van Ripper Walker ('88) is director of news and communications in Wake Forest's Office of Communications and External Relations. She recently celebrated 25 years of service.

Joe E. Austin Jr. (JD '89) is with Young Moore & Henderson PA in Raleigh, NC. He has been named a N.C. Super Lawyer.

Susan White Frazier ('89) lives in Springfield, VA, and is director of custom market research for the Public Broadcasting System, in charge of surveys and focus groups across all platforms. She says she doesn't use her history and German majors every day, "but Wake Forest gave me a lens through which I can see the world and be thoughtful about what's going on." Read more at magazine.wfu.edu (bit.ly/1EK4KP5).

1990

G. Bryan Adams III (JD) is a partner with Van Hoy Reutlinger Adams & Dunn PLLC. He has been named one of America's Leading Lawyers for Business, one of the Best Lawyers in America, a N.C. Legal Elite and a N.C. Super Lawyer. He and his wife, Meg, and sons, George and Charles, live in Charlotte, NC.

Forrest Campbell (JD, P '14) is with Brooks Pierce McLendon Humphrey & Leonard LLP in Greensboro, NC. He has been named a N.C. Super Lawyer.

Matt DeGooyer (MA) is executive director of the American Lung Association of the Mountain Pacific in Seattle.

Patrick Flanagan (JD) is with Cranfill Sumner & Hartzog LLP in Charlotte, NC. He has been named one of Business North Carolina's Legal Elite.

Hu Womack (MBA '00) received the Wake Forest faculty-staff 2015 Building the Dream Award, honoring an administrator who exemplifies the qualities of Dr. Martin Luther King Jr. and promotes diversity within the campus community. He is an instruction and outreach librarian in the ZSR Library, an academic adviser and a faculty fellow for South Hall. Read more at magazine.wfu.edu (bit.ly/1wqprHF).

1991

Christine Galbreath Jernigan published a guide, "Family Language Learning" (Channel View Publications), for parents to teach their children another language when they don't speak it themselves.

Kelly F. Moser is a partner at Perkins Coie in Seattle. She is a member of the environment, energy and resources practice group.

Jeffrey S. Whittle (JD/MBA) is head of the technology and IP law section of Bracewell & Giuliani LLP in Houston. He is president-elect of Licensing Executive Society USA and Canada.

1992

Christopher King is vice president for financial planning and analysis with Curo Health Services in Mooresville, NC. He was recognized as a five-time winner of Wall Street Journal's All-Star Analyst covering telecommunications, and a first-time winner covering the cable/media industry. He and his wife, Shannon, and two children, Camden (11) and Caroline (9), live in Charlotte, NC.

1993

Elizabeth Christin Essin received the 2015 Golden Pen Award from the U.S. Institute of Theatre Technology for her first book, "Stage Designers in the Early Twentieth Century America: Artists, Activists, Cultural Critics" (Palgrave, 2012). She is an assistant professor of theatre history at Vanderbilt University in Nashville, TN.

Greg Hatcher (JD) is a partner with Hatcher Law Group PC in Charlotte, NC. He has been named one of Business North Carolina's Legal Elite and a N.C. Super Lawyer.

Rosemary A. Lark (MBA) is global head of due diligence at Guidepost Solutions LLC in Washington, D.C.

Katherine Hord Simon (JD) is judicial conference secretariat officer at the administrative offices of the United States Courts. She lives in Washington, D.C., with her husband, Dan, and two daughters.

1994

Jeffrey Kadis (JD) is a partner with Hedrick Gardner Kincheloe & Garofalo LLP in Charlotte, NC. He has been named a N.C. Super Lawyer.

Stan King was honored by the Brooklyn Nets for 18 years of mentoring youth at Brooklyn's Madison Square Boys' and Girls' Club. When he was growing up his mother emphasized the importance of family, friends and community, selflessly modeling service for the greater good, and those values have shaped his life. Read more at magazine.wfu.edu (bit.ly/1CimlZv).

Donny Lambeth (MBA) is board chairman of the N.C. Chapter of March of Dimes. He was named Advocacy Champion of the Year at the 2014 March of Dimes Signature Chefs Auction.

Ed Southern is executive director of the N.C. Writers' Network. He received the 2015 Ethel N. Fortner Writer and Community Award from St. Andrews University for his support of the arts in communities.

Jennifer Van Zant (JD) is with Brooks Pierce McLendon Humphrey & Leonard LLP in Greensboro, NC. She has been named a N.C. Super Lawyer and one of Business North Carolina's Legal Elite.

1995

Erica Lewis (JD) is a partner with Hedrick Gardner Kincheloe & Garofalo LLP in Wilmington, NC. She has been named a N.C. Super Lawyer.

Lisa Huggins Oxendine (PA) graduated from the executive doctoral program in health leadership at the UNC-Chapel Hill Gillings School of Global Public Health. She was part of an international cohort, the first Lumbee from her tribe and the second American Indian, to attend this program. Her dissertation was titled "Critical Factors Related to Communication of Nutrition Information Targeting Lumbee Women in Robeson County, NC."

Robert Wright Smith Jr. is a state resource prosecutor specializing in RICO cases and appeals with the Prosecuting Attorneys' Council of Georgia.

Ed West (JD) is with Brooks Pierce McLendon Humphrey & Leonard LLP in Wilmington, NC. He

**Adams**
(’96, MALS ’98)**English**
(’98)**Wolverton**
(’99, MAEd ’01)**Sbarra**
(JD ’00)**Shortall**
(’00)**Diaz**
(JD ’01)**Hovda**
(MS ’02)**Moser**
(JD ’02)

has been named one of Business North Carolina’s Legal Elite.

Scott Williams has opened S. Williams Capital LLC in New York, a boutique investment firm specializing in event-driven, risk arbitrage and value investing.

1996

Sharrika Davis Adams (MALS ’98) is associate dean of students and director of student advocacy at Virginia Tech in Blacksburg, VA.

1997

Robert J. Crumpton (JD) was elected district court judge in the 23rd Judicial District of North Carolina. He and his wife, Ashley, live in Wilkes County with their two children, Hallie and Callaway.

George Demetriades owns a Chick-fil-A in Crystal City, VA. He invites Demon Deacons traveling to or through the D.C. area to stop by and say hello.

Daniel G. Katzenbach (JD) is with Cranfill Sumner & Hartzog LLP in Raleigh, NC. He has been named one of Business North Carolina’s Legal Elite.

Heather Barnes King (MA) was named developmental mathematics program coordinator at Forsyth Technical Community College in Winston-Salem.

Norman F. Klick Jr. (JD) is a director and shareholder with Carruthers & Roth PA in Greensboro, NC. He is a member of the American Board of Trial Advocates, one of The Best Lawyers in America, a N.C. Super Lawyer and one of Business North Carolina’s Legal Elite.

Roberta King Latham (JD ’02) is a partner with Bennett & Guthrie PLLC in Winston-Salem. She has been named a N.C. Super Lawyer.

Josh Osswald competed on the U.S. senior circuit in tennis and won two national singles titles. He finished #1 in the USA in the men’s 35 and over final rankings. He represented the U.S. in the International Tennis Federation world games in Istanbul, Turkey.

Fran Perez-Wilhite (MBA) was appointed to a three-year term on the U.S. Department of Veteran Affairs’ Research Advisory Committee on Gulf War Veterans’ Illnesses.

1998

Obadiah English is a partner at Mannion Prior LLP in King of Prussia, PA.

Diana Peacock is senior vice president of development alliances at First Book, a nonprofit social enterprise in Washington, D.C. She was selected by the Impact Center as one of 25 leaders in the 2015 Women’s Executive Leadership Program.

Shannon Gardner Stockton and her husband, Bryan, live in Fairfax, VA, and have two daughters, Erica Renee (1 1/2) and Hilarie Dawn (9).

Craig A. Taylor (JD ’01) is special counsel with Carruthers & Roth PA in Greensboro, NC. He has been named a N.C. Super Lawyer Rising Star.

1999

David Holden is a principal at Holden & Mickey in Winston-Salem. He was recognized as the top investment producer in the region for 2014.

Brian Wolverton (MAEd ’01) is with RARE Charleston, a real estate broker division of Ravenel Associates Real Estate LLC.

2000

Jake Larkins is a partner with Chilivis Cochran Larkins & Bever LLP in Atlanta practicing business and commercial disputes. He is co-author of the supplement to “Georgia Contracts: Law and Litigation (2d Ed.)” and the upcoming treatise on Georgia motion practice.

Allison Doyle Roditi is one of Long Island Business News’ Top 40 Under 40. She is board president of the iLiveFit Foundation in Mineola, NY, and board member at large for the Long Island region of the Healthcare Leaders of New York.

Luke Sbarra (JD) is with Hedrick Gardner Kinchloe & Garofalo LLP in Charlotte, NC. He has been named a N.C. Super Lawyer Rising Star.

Jessica Jackson Shortall is managing director of Texas Competes, a statewide coalition to unite business leaders under a clear statement that fair treatment for gay and transgender Texans is good for business and the economy.

2001

Charles Douglas “Chad” Brown II (JD ’06) is a partner with Womble Carlyle Sandridge & Rice LLP. He practices commercial real estate and lending. He and his wife, **Caroline Thomas Brown (’03, MD ’07)**, live in Winston-Salem.

Marla J. Diaz (JD) is a partner and member of the community associations practice group of Whiteford Taylor & Preston LLP in Baltimore.

Maura Leigh Lohrentz received her MA in transpersonal counseling psychology from Naropa University and earned her certification as a Hakomi therapist. She is a psychotherapist and couples counselor in Boulder, CO.

J. Greer Vanderberry Jr. (JD) is a partner with Cranfill Sumner & Hartzog LLP in Raleigh, NC.

2002

Richard R. Heath Jr. (JD) is chief counsel to West Virginia Senate President William P. Cole III.

Margaret Davis Hovda completed a sleep medicine fellowship at the University of Chicago. She is a pulmonary, critical care and sleep medicine physician at St. Vincent’s Medical Center in Jacksonville, FL.

T. James Hovda III (MS) is an associate attorney with Milton Leach Whitman D’Andrea & Eslinger PA. He and his wife, **Margaret Davis Hovda**, live in Jacksonville, FL.

Travis W. Martin (JD) is a partner with Smith Moore Leatherwood LLP in Greensboro, NC.

Emerson C. Moser (JD) is senior vice president, general counsel, corporate secretary and a member of the operating committee of General Cable Corp. in Highland Heights, KY.

Bob Numbers is a U.S. magistrate judge for the Eastern District of North Carolina. He and his wife, **Caroline Beavers Numbers**, daughter Alex and son Thomas, live in Raleigh, NC.

'THE SHACK' HONORS A FORCE FOR IRISH POETRY

By Sara Hendricks ('15), Wake Forest Magazine intern

Nestled deep within the Blue Ridge Mountains of Virginia lies a house that has served as a sanctuary and place of inspiration for Irish poets visiting America. It's known as The Shack. Now, it's celebrated in a book.

"The Shack: Irish Poets in the Foothills and Mountains of the Blue Ridge" commemorates the 40th anniversary of its publisher, the Wake Forest University Press, and honors the contemporary Irish poets who stayed at the mountain hideaway and the couple who invited them: Dillon Johnston and his wife, Guinn Batten ('75, MA '76, MBA '86).

Johnston was an English professor at Wake Forest and an Irishman. During the 1975-76 academic year, he joined with Provost Emeritus Ed Wilson ('43) to establish the Press to make more poetry from his homeland available in the United States. He and Batten were co-publishers, eventually buying a mountain house that became a gathering place for visiting poets. Today, the Press is the premier publisher of Irish Poetry in North America.

The Press hosted a party on campus in March to launch the book, with Johnston as guest of honor. "The Shack" serves as a thank you to him. Fifteen years after Johnston left to teach at Washington University in St. Louis, Wake Forest alumni and poets continue to praise his influence and his legacy. "Dillon started something so unusual here, I'm glad we did something unusual for him," said Candide Jones ('72, MA '78), who has worked at the Press for 25 years. "He is self-effacing and modest but a force of nature, and there was a palpable sense that these people were so grateful and almost relieved to have the opportunity to say how much Dillon had affected them."

Omaar Hena ('99) credits Johnston with inspiring him to become an English professor. "To call him a father figure would be an understatement," said Hena, today an asso-

ciate English professor at Wake Forest. "He sparked this love and devotion to poetry in so many people, and this event allowed us to see why that matters."

"The Shack" is a special volume, with a focus more local than usual. Eleven Irish poets who spent time in Winston-Salem and at The Shack wrote a poem and prose piece about their experiences. Watercolors by Winston-Salem artist Kenneth Frazelle adorn the book.

"Of all the books we've published, this is a book about being here," said Jones.

The book party in March was meant to be a surprise for Johnston. That was fitting, because according to those who are close to him, Johnston would never accept such accolades were he given a warning. "Dillon's first instinct is never to think about himself," said Batten.

"Dillon used to joke about making this book, then it became a reality. Jeff [Holdridge, the Press's director] started telling me about this in its inception last summer, as he'd remembered Dillon's interest on the subject, and plans progressed from there."

As the secret plans moved forward, Johnston had his suspicions: plans for a sudden trip from St. Louis to Winston-Salem with little explanation

did not go unnoticed. "I knew something was happening," he said. "But I never dreamed it would be like this."

For all the praise, Johnston does not like to talk about himself: When asked how it feels to have this book dedicated in his honor, he took a moment on the phone to respond, finally saying, "It feels wonderful. Whether it's appropriate or not, I can't say." He paused again. "But it does feel like it matters."

By "it," he was referring to the book, but listen to alumni whom he taught and lovers of Irish poetry: Johnston mattered. He still does.



Dillon Johnston (fourth from left) among his admirers and former students

**Bingham**
(‘04)**Kates**
(MA ‘04)**Sadler**
(JD ‘04)**Scales**
(‘04)**Crofts**
(JD ‘05)**Whitlatch**
(JD ‘05)**Hocutt**
(‘06, JD ‘09)**Mull**
(‘06)

Kelly Motycka Otis (JD) is counsel with Blanco Tackabery & Matamoros PA in Winston-Salem. She practices in the affordable housing and commercial real estate and development groups.

Stefan Palys is a partner at Stinson Leonard Street LLP in Phoenix, AZ. He practices business and civil rights litigation and appeals.

James D. Raper (MAEd) is director of the University Counseling Center at Wake Forest.

Bryan Starrett is an attorney with Brooks Pierce McLendon Humphrey & Leonard LLP in Greensboro, NC. He has been named one of Triad Business Journal’s 40 Leaders Under Forty.

2003

Nitin Bhasin (MBA) is managing director of Kroll Bond Rating Agency in New York. He has been named one of Real Estate Forum’s Fifty Under 40.

Ryan Scott Eanes received his PhD in media studies from the University of Oregon School of Journalism and Communication. He is an assistant professor of social media marketing in the business management department at Washington College in Chestertown, MD.

Matthew J. Gray (JD) is with Young Moore & Henderson PA in Raleigh, NC. He has been named a N.C. Super Lawyer.

W. Edwards Muñiz is a partner at Shook Hardy & Bacon LLP in Tampa, FL.

Katie Collins Neal, executive director of news and communications in Wake Forest’s Office of Communications and External Relations, was honored as one of Triad Business Journal’s 40 Leaders Under Forty. She was selected for overseeing media relations for the Maya Angelou memorial; for managing media attention when Jill Abramson was commencement speaker; and for her leadership efforts with the Junior League of Winston-Salem.

2004

Elspeth Beauchamp is a postdoctoral fellow at the Robert H. Lurie Comprehensive Cancer Center of Northwestern University. With the director, she is exploring how arsenic combats leukemia, and their findings have been published in *Molecular Cancer Therapeutics*.

A.J. Bingham is a consultant with Strategic Partnership in Austin, TX. He was ranked sixth in a field of 20 Rising Stars according to Capitol Inside’s Texas lobby power rankings.

Wes Camden (JD) is with Brooks Pierce McLendon Humphrey & Leonard LLP in Raleigh, NC. He has been named a N.C. Super Lawyer and one of Business North Carolina’s Legal Elite.

Brian T. Grimberg (PhD) is with the Center for Global Health and Diseases at Case Western Reserve University School of Medicine. He was named one of Foreign Policy magazine’s 100 Leading Global Thinkers of 2014 and honored for his research in infectious diseases.

David M. Irvine received his JD from the University of Virginia School of Law. He is a trial attorney with Allen Allen Allen & Allen PC in Charlottesville, VA.

Angela Massoni Kates (MA) is chief of staff in administrative services at Virginia Tech in Blacksburg, VA.

Ben R. Norman (JD) is a partner with Brooks Pierce McLendon Humphrey & Leonard LLP in Greensboro, NC. He was recognized by BTI Consulting as a BTI Client Service All-Star and named a N.C. Super Lawyer Rising Star.

Matt P. Sadler (JD) is a member of Sprouse Shrader Smith PLLC in Amarillo, TX.

William C. Scales Jr. was recognized by Whitfield & Eddy PLC for five years of service.

Bryan G. Scott (JD) practices with Spilman Thomas & Battle PLLC in Winston-Salem and is co-chair of the construction practice group. He has been named one of Business North Carolina’s Legal Elite.

Katie Rouse Sigler received an MSN from Emory University School of Nursing. She is a certified acute-care pediatric nurse practitioner. She lives in Atlanta with her husband, Chad, and their daughter, Bennett (2).

2005

David W. Aycock (JD) was elected district court judge for the 25th Judicial District of North Carolina.

Jill Bader is director of strategic partnerships with Strategic Perception, a Hollywood-based

advertising firm, in Washington, D.C. She was the communications director for the Republican State Leadership Committee.

Sarah Spisich Crofts (JD) is an associate attorney with Wall Esleeck Babcock LLP in Winston-Salem.

Melissa Joyner won Best Supporting Actress at the 42nd Annual Vivian Robinson/AUDELCO Recognition Awards. She was a first-time nominee and won for her work in “Maid’s Door.”

Bradley P. Kline (JD) is a partner with Cranfill Sumner & Hartzog LLP in Charlotte, NC.

Andrea Begley Orr (JD) is a member of Bass Berry & Sims PLC. She rejoined the firm’s Nashville, TN, office in 2012.

Erin Elmore Pfeiffer and a friend started Homegrown Grocery, a business in Winston-Salem offering weekly subscriptions of local produce, dairy, eggs, meat and goods to help families prepare nutrient-rich meals (homegrown-grocery.com).

Christian Staples practices law with Shumaker Loop & Kendrick LLP in Charlotte, NC. He has been named a N.C. Super Lawyer Rising Star.

Richard M. Wallace (JD) joined Littler Mendelson PC in Morgantown, WV.

Molly Orndorff Whitlatch (JD) joined Sharpless & Stavola PA in Greensboro, NC, as a shareholder practicing business and estate litigation.

2006

Oluwunmi Ariyo (MA) is pursuing an EdD in higher education leadership at the University of Florida.

Stephanie Bennett is collections archivist for Wake Forest’s Special Collections and Archives.

Adam S. Hocutt (JD ‘09) is a partner at Dozier Miller Pollard & Murphy LLP in Charlotte, NC. He has been named one of the Top 40 Under Forty.

Lee Kreger is a dentist at Huffman and Kreger Family Dentistry in Roanoke, VA.

Kate Slavin Merritt is director of annual giving and alumni programs at Shorecrest Preparatory School, a Pre-K through 12 college preparatory school in St. Petersburg, FL.



Currin
(’07)



Cohenour
(’08, JD ’11)

Casey D. Mull received his PhD in adult education, learning and organizational development from the University of Georgia. He has a dual appointment at the University of Georgia and the U.S. Air Force as a 4-H/youth development specialist.

Sudhir N. Shenoy (JD) is a partner practicing in the corporate and securities group of Womble Carlyle Sandridge & Rice LLP in Charlotte, NC.

2007

Mitchell Cameron Currin is assistant camp director at YMCA Camp Cheerio in Roaring Gap, NC.

Patrick M. Kane (JD) is a partner with Smith Moore Leatherwood LLP in Greensboro, NC.

Laura Bullins Lough is co-author and editor of a children’s illustrated book, “The Story of the Unique Sheep” (Cooperative Press, Jan. 2015). She founded a business, The Unique Sheep, in 2007 and continues as co-owner. She and her husband, **Chris Lough (’06)**, have a small farm in Kentucky, Square Peg Farm, on which most of the animals and scenes in the book are based.

Matt Owen (MAEd ’08) received his PhD in U.S. history from Vanderbilt University. He is a research associate with the Tennessee Advisory Commission on Intergovernmental Relations for the Tennessee General Assembly.

Kate Yeske is a field archeologist at Colorado State University in Ft. Wainwright, AK. Her team received the 2014 Cultural Resources Management award from the Department of Defense for their efforts to promote cultural resources.

2008

Rebecca Cohenour (JD ’11) is an associate in the global supply network industry group of Perkins Coie LLP in Dallas. She co-authored an article, “Responding to Increased Regulation of the Food Service Industry: A Practical Analysis of Supply Chain Solutions for Franchisors and Franchisees,” published in the American Bar Association’s Franchise Law Journal.

Jonathan G. Kreider (JD) is an attorney with DummitFraden in Greensboro, NC. He has been named a N.C. Super Lawyer Rising Star.

ALUMNI Q&A



Kristen Bryant (’12)
and **Kevin Smith (’12)**
Boston, Massachusetts

Bryant and Smith are co-chairs of the Boston alumni club. Bryant works for Doorways to Dreams Fund, a nonprofit that pioneers savings innovations for lower-income consumers. Smith works for Rapid7, a global cyber security firm.

What types of events are you planning this year?

The Boston club is really growing. More and more young alumni are picking Boston as their first destination, which is great! Boston alums tend to be like everyone else in the city, which means they are Sox/Bruins/Pats/Celts fans (and in that order). We’ve had great success with events around city sports teams. Craft beer and microbrewing is popular in New England, so we have coordinated brewery tours. There are a number of alums that work in health care, and we’ve offered career-networking events. For Pro Humanitate Day in May, we partnered with the Greater Boston Food Bank.

What’s your favorite Wake Forest memory?

Bryant: Some of my fondest memories stem from my involvement with Wake World, the variety show put on by the theatre department during orientation. I always thought of it as the SNL of Wake Forest. I met some of my closest friends in Scales.

Smith: For me, it’s the small, oft-forgotten common occurrences on campus. Just sharing the simplest experiences with your friends allowed for lasting memories. One especially cheerful memory is of the Beijing Olympics (2008) and cheering on my track teammate, Michael Bingham (’09).

Which professors inspired you?

Bryant: I have to go with the entire sociology department. I cherish how they pushed me to produce great work while encouraging me to develop into the best me I could be. And I would not be who I am today had it not been for Darlene Starnes (P ’15) in the Office of Multicultural Affairs.

Smith: Professor Tom Phillips (’76, MA ’78, P ’06) really brought out the best in me and gave me confidence. Professor Beth Hopkins (’73, P ’12) has also been a trusted mentor.

Why do you think it’s important to give back to the University by serving as club leaders?

We would not be where we are had it not been for Wake Forest. Giving back is about offering what you have and lending your strengths to serve those who may follow you. When we moved to Boston, we relied heavily on our WFU network. It’s important to acknowledge that by offering the same to others. We all know you can’t go home again, but you can make a place that feels like home wherever you are. That’s what the alumni clubs are about.

For more on Boston’s and other clubs, visit alumni.wfu.edu/clubs



Reid
(’08)



Tang
(’11)

Dennis J. Reid was ordained a priest at Philadelphia Episcopal Cathedral. Among those presenting him for ordination was his freshman roommate, **Norman Earl Godwin III (MD ’13)**.

2009

Ashton Keefe is a chef, culinary instructor and foodie in New York City. Her newest cookbook is “Lemon & Salt: A Modern Girl’s Guide to Culinary Revelry.” Read more at magazine.wfu.edu (bit.ly/1xd5lCe).

William Navarre is a creative executive at Global Produce, a film and TV production company in Los Angeles. He is co-founder of Rudder, a social networking app designed to make group decisions easier.

Stephanie So received her master’s from the University of Reading and her JD from the University of Colorado Law School. She joined the real estate department of Brownstein Hyatt Farber Schreck LLP in Denver.

2010

Miranda Kingsley Kelly was assigned to the U.S. European Command at U.S. Army Garrison Stuttgart in Germany.

Daniel M. Vandergriff (JD) joined Blanco Tackabery & Matamoros PA in Winston-Salem as an associate.

2011

Robert Byrd is media relations manager for Griffin & Co. in Washington, D.C.

Anthony Minloong Tang is alumni coordinator of Pro Humanitate engagement at Wake Forest. He had been the diversity admissions counselor in undergraduate admissions since graduation. He is also director of student leadership for Wake Forest’s athletic bands, the Spirit of the Old Gold and Black; a member of the athletic advisory council; and on the board of the Piedmont Wind Symphony, where he also plays bassoon.

2012

Megan Donovan is associate director for campaign strategy and operations at Wake Forest.

Andrew Garnett (MDiv) is minister for serving Christ at Forest Hills Baptist Church in Raleigh, NC.

2014

Bethany A. Corbin (JD) is an associate in the litigation, financial services litigation and compliance and appellate practice groups of Bradley Arant Boult Cummings LLP in Charlotte, NC.

James F. Goodwin (JD) is an associate with Blanco Tackabery & Matamoros PA in Winston-Salem. He practices in the affordable housing and commercial real estate and development groups.

Kathryn E. Harvey (JD) is an associate in the health care practice group of Bradley Arant Boult Cummings LLP in Nashville, TN.

Marriages

Phyllis Devan Culbreth (’99, JD ’04) and Christian Boyd Taylor. 10/18/14 in Raleigh, NC. The wedding party included Kenneth Len Culbreth (’69, MA ’71), Dylan Taylor Morris (’07) and Cassie Carter Rich (’01, JD ’04).

Maura Leigh Lohrentz (’01) and Andrew Roe Griffes. 6/8/14 in Boulder, CO, where they live.

Nathan Gunter (’02) and Brian Stephens. 10/15/14 in Oklahoma City, where they live.

Katherine Robertson (’03) and Marcus Love. 8/31/14 in Brooklyn, NY. The wedding party included Marie Szczurowski O’Hara (’03).

James Cherestal (’06) and **Allyson Diljohn (’06)**. 10/3/14 in Pennsylvania.

Lee Baldwin Kreger (’06) and Sarah Brooke Kane. 8/16/14 in Charlottesville, VA. They live in Roanoke, VA. The wedding party included Ryan Decker (’06), Zachary Trout (’08) and Brandon Tyler (’06).

Michael Metallo (’08) and **Danielle Cerami (’10)**. 5/2/15 in Wilmington, NC. They live in New York. The wedding party included Megan Briskman (’10), Ansley Carnes (’10), Jamie Cirbus (’10), Christopher Cunningham (’08), Lara Gibbons (’10) and Kyle O’Rourke (’08).

Matt Keller (’09, MSA ’10) and **Allie Southard (’09, MSA ’10)**. 11/22/14 in Chatham, MA. The wedding party included William Baucom (’09, MSA ’10), Amy Keller (’09, MSA ’10), Becca Patton (’09), Nenette Saetie (’09, MSA ’10) and Greg Schuetz (’08).

Britt Turner (’09) and **Allyson Westover (’09)**. 3/28/15 in Greensboro, NC. They live in Denver. The wedding party included Carly Hofstedt (’09), Jonathan Isley (’09, MS ’11) and Jeffrey Sexton (’09).

Joshua J. Cabrera (’13) and **Ruby D. Mannan-kara (’13)**. 3/14/15 in Chattanooga, TN.

WELCOME CLASS OF 2015,
THE NEWEST MEMBERS OF
OUR ALUMNI FAMILY!

Stay connected to WFU:
Update your contact information
at alumni.wfu.edu/update

twitter.com/WakeForest1834
[instagr.am/wfuniversity](https://www.instagram.com/wfuniversity)
go.wfu.edu/linkedinwفالumni
[facebook.com/wfuniversity](https://www.facebook.com/wfuniversity)

Births and Adoptions

Eric Joseph Taylor ('94) and Terrie Ann Taylor, West Reading, PA: a son, Deaglan Atticus. 1/14/15. He joins his sister, Saoirse Gail.

Stephanie Warren Pendray ('95) and Stephen Pendray, Atlanta: twins, Brooke Katherine and Robert Stephen. 1/21/15. They join their brother, Owen.

Michael Mariani ('98) and Amanda Sundquist, Downingtown, PA: a daughter, Charlotte Elaine. 11/3/14

Christy Warrington Monolo ('98) and Rob Monolo, Beaverdam, VA: a son, Alexander Conway. 10/29/14. He joins his brother, James (2).

Rebecca Alden Frost Ulz ('98) and Michael Ulz, Atlanta: a daughter, Savannah Joy. 11/4/14. She joins her sister, Taylor (2).

Kristen "Nikki" Warren ('98) and Dan Wang, Reston, VA: a son, Eric. 12/20/14. He joins his brother, Bradley (2).

Kimberly Lo ('99) and Christopher Maisey Ellis, Charlottesville, VA: a son, Oliver Eric. 12/16/14. He joins his sister, Vivian (5).

Kristine VanDoran Rork ('99) and **George L. Rork Jr. ('02)**, Hudson, OH: a son, Dempsey Vandoran. 8/29/14, He joins his brother, Breckin Lange (5).

Angela Moratti Cocker ('00) and John Cocker, Arlington, VA: a daughter, Claire Loren. 8/7/14. She joins her brothers, George (5) and Emmett (3).

Valerie Nestor Colvin ('00) and Otis Colvin, Bemus Point, NY: a daughter, Penelope Jane. 11/14/14. She joins her sisters, Anna Marie (5) and Natalie Michelle (4).

Amy E. Ligler Schoenhard ('00) and Paul M. Schoenhard, Bethesda, MD: a daughter, Emma Rose. 3/21/15. She joins her sister, Elizabeth (6), and brothers, Aidan (4) and Austin (2).

Steven Antini (JD '01) and Amy Antini, Raleigh, NC: a son, Leo. 11/6/14. He joins his brother, Marcello (2).

Jessica Scolnick Fitzgerald ('01) and Cary Fitzgerald, Chappaqua, NY: a son, Cary John Jr. 3/10/15. He joins his sisters, Avery (6), Riley (6) and Mackenzie (3).

Brooks Waldner Flynn ('01) and **Alexandra Williams Flynn ('01)**, Raleigh, NC: a son, Walker Griffin. 5/10/14. He joins his brother, Charlie (6), and sister, Bennett (3).

Allyson Everhart Greeson ('01) and Tim Greeson, Wilmington, NC: a son, Luke Thomas. 1/27/15. He joins his twin brothers, Noah and Elijah (3).

Jamie Schuh ('01) and **Mary Lyn Marquardt Schuh ('03)**, Brentwood, TN: a son, Cooper Jamison. 10/26/14

Owen E. Taylor ('01) and **Laura Pridgen Taylor ('01)**, Charlotte, NC: twin sons, Hart Montgomery and Thornwell Bryan. 2/25/15. They join their brother, Oliver Boyd (5).

Richard Preston Wendell ('01) and **Sarah Dixon Wendell ('02)**, Mt. Pleasant, SC: a son, Preston Dixon. 10/22/14. He joins his brothers, Taylor (4) and Elliott (2).

Meda Tilghman Williams ('01) and James Courtney Williams, Angier, NC: twin sons, James Kellum and Nathan Johnson. 12/31/14

Mark L. Arey (MD '02) and **Shuchi Shah (MD '02)**, Tampa, FL: a daughter, Daniela Winston. 1/2/15. She joins her sister, Mikaela, and brother, Evan.

Jennifer Fravel Binelli ('02) and Richard Binelli, Wilmington, MA: a son, John Walker. 10/26/14

Bradford Lenzi Hale ('02, MSA '03) and **Amy Wilson Hale ('03)**, Tampa, FL: a daughter, Mary Jude Reynolds. 2/10/14. She joins her brother, Wilson Bradford (4).

Brandon Currie Jones (MDiv '02) and Laurie Jones, Madison, MS: a son, Wes. 11/22/14

Matthew Craig Lindberg ('02) and Brittany Lynn Lindberg, Charlotte, NC: a son, Brock Curtis. 10/16/14. He joins his brother, Colton Matthew (1 1/2).

Kristin Lorenzo ('02) and Martin Lewit, Santiago, Chile: a son, Oliver Nathan. 2/8/15

Devin Patrick McCullough ('02) and **Claire Boyette McCullough ('03)**, Shelby, NC: a daughter, Anna Grace. 1/10/15. She joins her sister, Lillian Mae (2).

Jacob Montgomery ('02) and **Lisa Hoppenjans ('03)**, St. Louis: a son, Alexander Michael. 5/15/14. He joins his brother, Isaac (3).

Lindsey Rushing Kueffner ('03) and Chris Kueffner, Raleigh, NC: a son, Miles Hartman. 12/8/14. He joins his brother, Colin Hubbard (2).

Mark Maffett ('03, MSA '04) and **Jackie Young Maffett ('05)**, Chicago: a daughter, Emilia Elizabeth. 3/13/15. She joins her sister, Maya (3).

Katherine Niemiec Van Lenten ('03) and Kevin Van Lenten, Nutley, NJ: a daughter, Madelyn Kate. 3/17/14. She joins her sisters, Cara Jean (4) and Brynn Marie (2).

Kristina E. Paabo Kramer (PA '04) and Michael Kramer, Scarborough, ME: a son, Collin Michael. 3/8/14

Lorin Lapidus (JD '04) and **Tracy Smith (JD '04)**, Winston-Salem: a son, James Brighton. 1/7/15

Michael Donaldson (MDiv '05) and Christy Donaldson, Stafford, VA: newborn adopted son, Nicholas Grant.

Whitney Loyd Gann ('05, MSA '06) and Andrew Gann, Charlotte, NC: a son, Bryson Gregory. 10/10/14

Bradley Griffin Garner ('05, MSA '06) and **Emily Brooks Garner ('05)**, Greenville, NC: a daughter, Cullen Gray. She joins her sister, Ellie Grace (3).

Emily Coulter Harrington ('05) and Chris Harrington, Atlanta: a daughter, Lucy Abigail. 10/15/14

Andrew Preston ('05, MSA '06) and **Charlotte White Preston ('05)**, Alexandria, VA: a son, William Richard. 1/24/15. He joins his sister, Mary Jordan (1 1/2).

Kimberly Heffernan Williams ('05) and Trevor Williams, Simsbury, CT: a son, Cole Trevor. 7/22/14

Patrick Duffy Dunton ('06) and **Alexis Rollins Dunton ('07)**, Chicago: a son, Luke Ronald. 4/26/14. He joins his brother, Duffy Rollins (3).

Matt W. Imboden ('06, MA '08) and **Lauren W. Imboden (PA '10)**, Winston-Salem: a daughter, Elinore. 12/10/14

Kristen Hauser McMahon ('06) and **Gerard McMahon ('07)**, Hamilton, NJ: a son, Jackson Leo. 11/25/14

Katie Cockrell Satterly ('06) and Stephen Satterly, Omaha, NE: a son, Graham Robert. 8/1/14

Natalio Daniel Budasoff ('08) and **Christine Holcombe Budasoff ('08)**, Greensboro, NC: a son, David Theodore. 3/30/15. He joins his sister, Riley Elizabeth (1 1/2).

Brian Staudt ('09) and **Brianna Pellicane Staudt ('09)**, Irvington, NY: a son, Paul Donald. 11/3/14. He joins his sister, Charlotte Rose.

Matthew Ryan Triplett ('09) and **Andrea Davis Triplett ('09, MD '13)**, Winston-Salem: a son, Davis Coles. 12/30/14

Susan Walters Brown ('10) and David Brown, Bethesda, MD: a son, David Robert II. 10/22/14

Deaths

Stanley B. Apple ('39), Jan. 12, 2015, Hamilton, NJ. He served on the Alumni Council from 1958 to 1974. Apple served in the U.S. Navy during World War II and with the U.S. Marine Corps in the South Pacific. He was chief of surgery for 20 years at Helene Fuld Hospital in Trenton, NJ. Apple was preceded in death by a son, Kevin. He is survived by his wife, Virginia; two daughters, **Carolyn Kozlowski ('69)** and Betsy Gilbert; a son, Benson; eight grandchildren; and 17 great-grandchildren.

William Edward Eutsler II ('40), Feb. 14, 2015, Cheraw, SC. He served in the U.S. Navy during World War II. Eutsler was head coach and athletic director at Rockingham High School and athletic director at Richmond Senior High School. He was inducted into the Wake Forest Sports Hall of Fame in 1977, the N.C. High School Athletic Association Hall of Fame in 1990 and the N.C. Sports Hall of Fame in 1992. Eutsler received Wake Forest's Distinguished Alumni Award in 1970. In 1998 he was selected South Carolina Tree Farmer of the Year and was first runner-up in the Southern Region. Eutsler was preceded in death by his wife, Ann, and a daughter, Jan. He is survived by a son, **Bill Jr. ('68)**; two grandchildren; and three great-grandchildren.

John Henry Clayton ('42), Feb. 22, 2015, Durham, NC. He served in the U.S. Navy and was an executive officer and commanding officer of a Naval Reserve Division in Durham, where he retired after 20 years with the rank of captain. Clayton represented Prudential Insurance Co. of America for 65 years and was chosen N.C. Underwriter of the Year in 1981. He was preceded in death by his wife, Mary. Clayton is survived by a son, **Jack ('75, P '09)** and his wife, **Mary ('75, PA '76, P '09)**; a daughter, **Jill Moore ('85)**, and her husband, Mark; and five grandsons, Zachary, **John ('09)**, Will, Garrett and Carson. Memorials may be made to the John Clayton Scholarship, Wake Forest University, PO Box 7227, Winston-Salem, NC 27109. He was a member of the Samuel Wait Legacy Society. Read "Black and gold tradition" at magazine.wfu.edu (bit.ly/1wlwJMz).

Walter Calvin Clark ('43), Nov. 2, 2014, Canton, NC. He served in the U.S. Navy during World War II. Clark practiced law, beginning with his father at Clark and Clark Attorneys. He was municipal attorney for the Town of Canton and served one of the longest ongoing terms in North Carolina.

Paul Branson Henley ('43), Jan. 3, 2015, San Clemente, CA. He served in the U.S. Marine Corps during World War II, flew fighter jets during the Korean War and was an officer in Vietnam. Henley received his master's in international relations and served as a Marine Corps liaison with Congress.

William Berry Primm ('43), March 12, 2015, Rome, GA. He received the Hubert Royster Medal for Proficiency at commencement and immediately entered the U.S. Army. Primm spent 46 years with Home Federal Savings and Loan Association as secretary treasurer, executive vice president and president before retiring in 1992. He is survived by three daughters, Claire, Julie and **Rebecca Faine ('72)**; six grandchildren; and two great-grandchildren.

John Belvin Reinhart (MD '43), Dec. 3, 2014, Hendersonville, NC. After three years of pediatric training, he served in the U. S. Army and was chief of pediatrics and infectious diseases at Oliver General Hospital in Augusta, GA. Reinhart completed three residencies and was an associate professor of pediatrics at Bowman Gray School of Medicine before moving to Pittsburgh, where he was a child psychiatrist at the Children's Hospital of Pittsburgh. He retired in 1983 as professor emeritus of pediatrics and moved to Hendersonville where he was a consultant at Trend Mental Health, served on the ethics committee at Pardee Hospital and on the board of Four Seasons Hospice & Palliative Care. Reinhart received the Simon Wile Award from the American Academy of Child and Adolescent Psychiatry. He is survived by his wife, Helen; six children; 16 grandchildren, including **Elena Perea ('02)**; and 16 great-grandchildren.

Henry Fletcher "Peck" Sherrill ('43), Nov. 12, 2014, Columbia, SC. He served in the U.S. Air Force during World War II. Sherrill practiced law in Columbia with his uncle, was a director of First Citizens Bank, a lifetime member of the Wake Forest Law Board of Visitors and served on the board of Outward Bound of North Carolina. He was a member of the Samuel Wait Legacy Society.

Frank Hicks Walker ('43), Feb. 25, 2015, Yadkinville, NC. He received his MD in dental surgery from the Medical College of Virginia in Richmond and served in the U.S. Army Dental Corps during World War II. Walker had a dental practice for 44 years in Yadkinville and retired in 1990. He was recognized as a Melvin Jones Fellow in 1999 by the Yadkinville Lions Club. Walker served on Wake Forest's Alumni Council. He was preceded in death by his wife, Louise, and is survived by a sister, Kay (Jesse) Haddock. Walker was a member of the Samuel Wait Legacy Society.

James Bernice Aycock (MD '44), Jan. 23, 2015, Sparta, NC. He was a buyer for British-American Tobacco and completed an internship in neurosurgery before serving in the U.S. Army Medical Corps during World War II. After the war, Aycock completed a residency in radiology and practiced radiology in several Western North Carolina hospitals and the Veterans' Clinic in Winston-Salem until he retired in 1975. He also had a private practice in Winston-Salem.

James Bryan Cook Jr. ('44), Feb. 15, 2015, Chester, VA. He received a MS in chemistry from UNC-Chapel Hill and a MBA from Harvard Business School. Cook was a former faculty member and administrator on both campuses. He joined the faculty in 1944 as an instructor in chemistry, served as assistant to the bursar (treasurer) from 1947 to 1958 and was assistant treasurer and secretary of the Board of Trustees from 1960 to 1967. After leaving Wake Forest, he was a budget analyst and senior adviser in the Virginia Department of Planning and Budget. Cook received the George A. Bell Award in 1999 from the National Association of State Budget Officers.

William Harold Killian ('44), Feb. 17, 2015, Greenville, SC. He received his MDiv from Southern Baptist Theological Seminary and was ordained in 1946. Killian was a pastor at First Baptist churches in Jeffersonville, Drexel and Brevard, NC, and at Earle Street Baptist in Greenville, SC. He continued to serve churches in Mauldin, Greenville and Taylors, SC, after retiring. Killian is survived by his wife of 65 years, Betty; four children, Gregory, **Lynn ('75)**, Pamela Phillips and **Killian Noe ('80)**; 10 grandchildren; and two siblings.

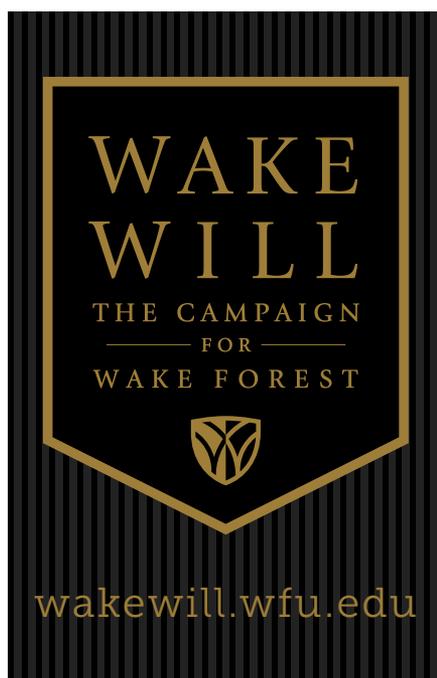
Darrell D. Perkins ('44), Dec. 4, 2014, North Myrtle Beach, SC. He was a veteran of World War II and a manager for 33 years at Lockheed Georgia Aircraft in Marietta, GA. Perkins served for 14 years on the Marietta City Board of Education.

Helen Tucker Beckwith ('46), Nov. 10, 2014, Raleigh, NC. She was a writer and storyteller who wrote 18 novels and 27 short stories published in more than two dozen countries. Beckwith was a reporter with newspapers and radio stations in Idaho and Utah, and Burlington and Raleigh, NC, before becoming director of publicity and publications at the N.C. Museum of Art. She received Wake Forest's Distinguished Alumni Award in 1971 and was honored by the Franklin County Arts Council for her outstanding service in the literary arts. Beckwith was preceded in death by her husband, William. She is survived by a sister, **Blair T. Hatcher ('55, P '81)**.

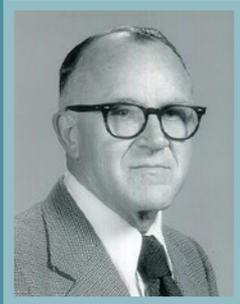
Margaret Lanier Blythe ('46), Feb. 3, 2015, Irvington, VA. She served in the U.S. Navy during World War II in the Department of Meteorology. Blythe taught in public schools in Greensboro, NC, and Newport News, VA. She was preceded in death by her husband, **Norman ('40)**; a son, James; a sister, Esther; and a brother, **John Lanier ('49, MD '53)**. Blythe is survived by a daughter, Barbara; a sister, Frances; and two grandchildren.

Aaron Heide Davis Jr. (MD '46), Jan. 12, 2015, Greenville, SC. He was chief of staff for Greenville General Hospital and on staff in the Greenville hospital system for 55 years. Davis continued a private practice until he retired at the age of 81 in 2005.

Sara Carmichael Grandy ('46), Oct. 14, 2014, Clayton, NC. She was a retired legal secretary and worked part time in the tennis shop at North Ridge Country Club. Grandy was preceded in death by her former husband, **Malcolm ('50)**. She is survived by a son, Dana, and two grandchildren.



E. WILLARD HAMRICK Professor Emeritus of Religion



Willard Hamrick, retired professor and chair of religion known for his archaeological fieldwork in the Middle East, died on Jan. 8, 2015, in Chapel Hill, North Carolina. He was 91.

An Old Testament scholar, Hamrick joined the faculty in 1952 and retired as Albritton Professor of Religion in 1988. During his tenure, he led more than a dozen archaeological excavations at biblical sites in Israel and Jordan, often with students.

Hamrick was widely respected for his work in the Middle East, said Fred Horton, Albritton Professor Emeritus of the Bible. "He may have been more well-known in Israel and Jordan than in Winston-Salem," Horton said.

A native of Shelby, North Carolina, Hamrick served in the U.S. Army Air Force during World War II. He received an undergraduate degree in history from UNC-Chapel Hill and his Ph.D. in biblical studies and Christian ethics from Duke.

As chair of the Wake Forest religion department from 1969 to 1981, Hamrick expanded what had been a traditionally Baptist-focused curriculum to include courses in other religions. He also started the Hebrew language program and strengthened the graduate program in religion. He was named John Thomas Albritton Chair of the Bible in 1984.

Hamrick is survived by his wife, Shirley (MAEd '74), a retired associate director of admissions at Wake Forest; a son, Allen Hamrick O'Barr ('83), and daughter-in-law Emily O'Barr; and two grandchildren, Chelsea and Felix.

Memorials may be made to the UNC Hospice Program or Binkley Baptist Church in Chapel Hill, North Carolina.

OBTUARY

William Bryce Hunt Jr. ('48, MD '53), Nov. 9, 2014, Charlottesville, VA. He served in the U.S. Air Force, was an instructor in internal medicine at New York Medical College and associate professor and assistant dean at the University of Virginia School of Medicine. Hunt received the 1973 Distinguished Alumni Award from the Wake Forest School of Medicine, the 1975 Douglas Southall Freeman Award from the American Lung Association of Virginia and the 1987 Robert A. Bageant Award from the Virginia Society of Respiratory Care. He moved to New Bern, NC, in 1975 and was founder and director of cardiopulmonary services and laboratories and medical director of respiratory care at Craven County Hospital. Hunt retired in 1995 and returned to Charlottesville in 2001, where he helped found the Community Dental Center.

Amos Henry Stone Sr. ('48), Jan. 18, 2015, Fayetteville, NC. He served in the U.S. Navy during World War II. He was a pastor for churches in Wilson, Fayetteville, Hope Mills, Raleigh, Warsaw, Hertford and Rowland, NC.

Lula Covington Wilson ('48), March 30, 2015, Burlington, NC. She graduated from Southwestern Baptist Theological Seminary and taught school in Yadkin and Cumberland counties. Wilson is survived by her husband of 65 years, **M. Kenneth Wilson ('48)**; two children, **Ken ('74, P '01)** and Kaye; four grandchildren, including **Emily W. Sumner ('01)**; and two great-grandchildren. Memorials may be made to the M. Kenneth and Lula C. Wilson Scholarship Fund, Wake Forest University School of Divinity, PO Box 7227, Winston-Salem, NC 27109-7227.

Roy Asberry Cooper Jr. ('49), Nov. 28, 2014, Nashville, NC. He served in the U.S. Navy and was a deputy clerk of Superior Court with the N.C. Department of Revenue. Cooper was an attorney in Nash County and served on the board of trustees of Nash General Hospital. He was inducted into the N.C. Bar Association's General Practice Hall of Fame. After retiring, Cooper wrote a book about growing up during the Depression, "Between the Creeks: My Saponary Adventures."

Wright Tracy Dixon Jr. ('49), Nov. 22, 2014, Raleigh, NC. He served in the U.S. Marine Corps during World War II. Dixon was a sole practitioner, joined Ruffin Bailey and then formed Bailey & Dixon. He received the Joseph Branch Professionalism Award from the Wake County Bar Association and the John B. McMillan Distinguished Service Award from the N.C. State Bar Association. Dixon was named the 1983 Kiwanian of the Year.

William Francis Fowler ('49), Dec. 7, 2014, King, NC. He served in the U.S. Navy during World War II and was in the first graduating class of UNC-Chapel Hill School of Dentistry. Fowler was a dentist in King for more than 30 years and a member of the Deacon Club for more than 50 years. He was preceded in death by his wife, Mary. Fowler is survived by a son, **Rodney ('84)**; a daughter, Frankie Douglas; and a granddaughter.

John Tillman Holland ('49), Jan. 15, 2015, Columbia, SC. He received his PhD from the Southern Baptist Theological Seminary and served as

Horace Earl Story ('46), Dec. 10, 2014, Charlotte, NC. He served in the U.S. Navy during World War II and received a MDiv from Southeastern Baptist Theological Seminary. Story was a minister for 34 years, serving churches in North and South Carolina and Virginia.

Thomas Truett Tanner ('46), Jan. 10, 2015, Rocky Mount, NC. He was a high school teacher and coach in Fuquay-Varina and Rockingham, NC, before joining Allstate Insurance Co. in 1954. Tanner continued with Allstate at Truett Tanner Agency in Rocky Mount until his death. He was preceded in death by his father, **Matthias Thomas (1912)**, and a brother, **Matthias Mullins ('51)**. Tanner is survived by his wife, Mary; seven daughters, Mary, Patricia, Candace, Teresa, Graylyn, Lisa and Maria; five grandchildren; and two great-grandchildren. Memorials may be made to Wake Forest University, Athletics/Deacon Club, 499 Deacon Blvd., Winston-Salem, NC 27105; to Benvenue Baptist Church, 2462 Benvenue Rd., Rocky Mount, NC 27804; or to The Alzheimer's Foundation of America, 322 Eighth Avenue, 7th Floor, New York, NY 10001.

West William Byrum Jr. ('48), March 21, 2015, Edenton, NC. He served in the U.S. Air Force during the Korean War. Byrum was the retired owner and president of West Byrum Insurance Agency and also operated the family farm. He is survived by his wife, Hattie; two daughters; and seven grandchildren, including **Leigh B. Vogedes ('11)**.

Clarence Ford Clark Jr. (MD '48), March 6, 2015, Winston-Salem. From 1953 until he retired in 1990, Clark served as a pediatric physician and superintendent at the Japan Baptist Hospital in Kyoto, Japan. He and his wife, Polly, were appointed medical missionaries through the Southern Baptist Foreign Mission Board.

Vivian Kerbaugh Greene ('48), Feb. 2, 2015, North Wilkesboro, NC. She was a charter member and a president of Tassels, the sorority at Wake Forest. Greene retired as registrar of Wilkes Community College. She was preceded in death by her husband, Kenneth; a daughter; and three brothers, including **Lynn Kerbaugh ('50)**. Greene is survived by four daughters; a son; 10 grandchildren; and eight great-grandchildren.

a pastor in Grundy, VA, and Salisbury, NC. After completing the chaplaincy program at N.C. Baptist Hospital in Winston-Salem, Holland served as a resident and chaplain at the VA Hospital in Salisbury, NC. He was director of pastoral care at the Pottstown (PA) Memorial Medical Center and taught at Eastern Baptist Theological Seminary, Lancaster United Church of Christ Seminary and Ursinus College. Holland was preceded in death by his father, **Charles (1928)**.

Jackson Kent Outlaw Jr. ('49), Dec. 24, 2014, Winston-Salem. He served in the U.S. Army. Outlaw was a Methodist minister with the Western North Carolina Conference from 1960 until he retired in 1991. He served as chaplain with the Listening Post at the UNC School of the Arts.

James Robert Reynolds ('49), March 19, 2015, Clinton, NC. He served in the U.S. Air Force. Reynolds was a retired independent insurance agent and co-owner of Reynolds Motor Co.

Daniel Reid Simpson ('49, JD '51), Jan. 24, 2015, Lake James, NC. He served in the U.S. Army during World War II and practiced law for 50 years in Morganton, NC. Simpson served three terms as Burke County's state representative, six terms as state senator, as an alderman and mayor of the Town of Glen Alpine and as a Burke County Criminal Court Judge. He is survived by his wife, Mary; two daughters, **Mary Beyer ('75, P '02)** and Ethel; a son, **James II (P '13, '15)**; eight grandchildren, including **Katharine B. Haas ('02)**, **James Simpson ('13)** and **Mary Helen Simpson ('15)**; and two great-grandchildren.

Ivan Edward Welborn ('49), Jan. 25, 2015, Greenville, SC. He served in the U.S. Navy during World War II. Welborn was an educator, a chemical engineer and an executive, retired from Findley Adhesives. He was preceded in death by his wife, Mary. Welborn is survived by a daughter, **Victoria ('75)**.

Thomas Davis Bunn Sr. (JD '50), Jan. 17, 2015, Raleigh, NC. He served in the U.S. Army Air Corps during World War II as a B-29 bomber pilot. Bunn joined his father's law firm, Hatch Little & Bunn, and practiced law for more than 50 years. He served in the N.C. House of Representatives from 1963 to 1969. Bunn was preceded in death by his mother and father, **Julian Wilburn Sr. (JD 1907)**. He is survived by his wife, Patricia; six children, including **Thomas Jr. ('74)**; 18 grandchildren, including **Mason Matthews ('02)**; and five great-grandchildren.

Louis Bill Joyner ('50), Jan. 10, 2015, Pinehurst, NC. He served in the U.S. Marine Corps during World War II. Joyner worked for Carolina Power and Light Co. for 37 years.

Raymond MacDonald Mansfield ('50), March 2, 2015, Winston-Salem. He served in the U.S. Navy during World War II. Mansfield worked for Seaboard Coastline Railroad and the Winston-Salem Southbound Railroad. His body was donated to the Wake Forest School of Medicine.

Mack Donald Perry Jr. ('50), March 14, 2015, Raleigh, NC. He served in the U.S. Navy during World War II. Perry joined Noland Co. in Raleigh in 1950 and retired as a credit manager in 1987.

Joanne Matthews Brunson ('51), March 6, 2015, San Clemente, CA. After moving to California in 1974, she worked as a real estate marketing consultant until she retired in 2005.

Nina Martin Chesson ('51), Dec. 13, 2014, Louisville, KY. She attended Louisville Baptist Seminary and received a degree in religious education. Chesson was preceded in death by her husband, **Francis ('51)**.

Talmage Dewitt Flack Jr. ('51), Dec. 28, 2014, Winston-Salem. He served in the U.S. Navy and worked in public health in Forsyth County for a number of years. Flack retired as vice president of N.C. Baptist Hospital in 1992. He was preceded in death by two brothers, **Glenn ('50)** and **Louis ('52)**. Flack is survived by his wife, Hazel; two daughters, **Julia Phipps ('76)** and Amy Weaver; and two grandchildren.

Ruth Anne Weathers Grigg ('51), March 10, 2015, Kernersville, NC. She taught school and later became active in the management of the family business, Out-of-Doors Mart. Grigg is survived by her husband, **C. Irvin Grigg Sr. ('53)**; two sons, Carl and Lloyd; five grandchildren; and two brothers, **Bailey G. Weathers Jr. ('53)** and **Jerry D. Weathers ('61)**.

Thomas Kelly Jr. ('51), Feb. 22, 2015, Tallahassee, FL. He served in the U.S. Navy during World War II and in the U.S. Navy Reserves. Kelly retired in 1985 after 29 years with Eastern Airlines.

Louise Cook Chamberlain O'Connor ('51), Feb. 22, 2015, Aiken, SC. She taught at Falls Church City and Fairfax County schools and was a flight attendant for American Airlines. O'Connor spent 30 years as a travel agent and was co-owner of Custom Travel.

Irvin Warren Adcock ('52), Dec. 23, 2014, Oxford, NC. He served nine Baptist churches during his 60 years in the ministry. Adcock retired in 1995 but continued his ministry at Kittrell Baptist Church. He served on the board of ministers for Campbell University.

Vernell Abernethy Stevens ('52), Dec. 21, 2014, Snow Hill, NC. She taught mathematics at Clinton High School in Clinton and James Kenan High School in Warsaw, NC, before leaving to raise a family. After 20 years, Stevens returned to teach mathematics at Harrells Christian Academy and served on the board of trustees for James Sprunt Community College in Kenansville, NC. She was preceded in death by her husband, **Henry III (JD '51)**. She is survived by two children and eight grandchildren.

Margaret Taylor Hunsucker ('53), Dec. 25, 2014, Denver, NC. She was preceded in death by her mother, Mildred, and father, **Preston ('30)**; her husband, George; and a son. Hunsucker is survived by two brothers, **Preston Jr.**

('59) and Benjamin; a sister; four sons; and six grandchildren.

Carter Sherrill Knight ('53), Jan. 27, 2015, Blairsville, GA. He served in the U.S. Army and was a real estate agent between golf games. Knight was preceded in death by a daughter and two brothers, H.D. and **Calvin ('45)**. He is survived by his wife, Jo; a daughter; three grandchildren; and one great-grandson.

Daniel Thelston Peacock Sr. ('53), Nov. 16, 2014, Easley, SC. He was a retired social studies, math and driver education teacher in Columbus County.

Mary Finberg Spencer ('53), March 19, 2015, Toledo, OH. She was a secretary for 23 years in the Health Promotions and Human Performance Department of the University of Toledo, where she retired in 1992. Spencer is survived by her husband, **Larry ('54)**; four children; 10 grandchildren; and four great-grandchildren.

William J. Champion Jr. ('54), Jan. 17, 2015, Raleigh, NC. He served in the U.S. Army during the Korean War and had a financial career in private and government sectors. Champion is survived by his wife, Josephine; two daughters, **Jane Folk ('81)** and Suzanne Williams; and three grandchildren.

William Howard Cheshire ('54), March 14, 2015, Fayetteville, NC. He was inducted into the Fayetteville Sports Hall of Fame for football in 2012.

Thomas Bywater Greer (MD '54), Jan. 1, 2015, Raleigh, NC. He served in the U.S. Navy at multiple hospitals and practiced OB-GYN for more than 30 years before becoming chief medical officer of the Military Entrance Processing Station. In 2006 he received the Department of the Army-Commander's Award for Civil Service.

Edward Glen Holt ('54), Jan. 7, 2015, Watkinsville, GA. He served N.C. Baptist churches, including 30 years as pastor of First Baptist Church of Fayetteville. Holt served on the board of trustees at Campbell University, the board of directors at Fruitland Baptist Bible Institute and on the Ministerial Alumni Council at Wake Forest. He is survived by his wife, Joyce; a son, **Mark ('83)**; a daughter, **Amy Neill ('85)**; and six grandchildren, including Sarah Holt, a Wake Forest student. Memorials may be made to First Baptist Church, 201 Anderson St., Fayetteville, NC 28301 or to the Rev. Dr. Edward Glen Holt Divinity School Fund, Wake Forest University School of Divinity, PO Box 7227, Winston-Salem, NC 27109.

Joseph Andrew Isenhower (MD '54), Jan. 29, 2015, Hickory, NC. He served in the U.S. Army during World War II. Isenhower joined a family practice and along with other physicians formed the Medical Arts Clinic. He was one of the original medical staff of Catawba Valley Medical Center. Isenhower retired in 1997 after 42 years of practicing medicine. He served on many boards and was a volunteer in the community.

Joe Oliver Brewer ('55), Feb. 11, 2015, Wilkesboro, NC. He was preparing for a professional singing career when he was drafted into the U.S.

Army. Brewer received his JD from UNC-Chapel Hill and was an attorney. In 1988 he began practicing with his son at Brewer Brewer & Sorel LLC. Brewer is survived by his wife, Lillie; a son, **Gregory (JD '84)**; a daughter, Tonya; and five grandchildren.

Gerald Lee Clemens ('55), Dec. 2, 2014, Pleasantville, NJ. He served in the U.S. Army in Germany. Clemens was a supervisor with the Department of Labor in Atlantic City.

Edd Wolfe DeArmon Jr. ('55, JD '58), Jan. 31, 2015, Charlotte, NC. He served in the U.S. Army during the Korean War. DeArmon practiced real estate law for 37 years in Charlotte and retired in 1997 from Merryman & DeArmon. He is survived by his wife, Kay; a daughter, Amy; and a brother, **John ('60, P '85)**.

William Roberts Edinger ('55), March 29, 2015, Belleville, IL. He served in the U.S. Air Force and retired in 1985 as a master sergeant after 24 years. In 1993 Edinger joined the U.S. Postal Service as a maintenance technician. He was a Scout leader, youth team coach and an English teacher. Edinger is survived by his wife, Sandra; a sister, **Cathy Dostmann ('69)**; seven children; 16 grandchildren; and six great-grandchildren.

Nicholas Maravic ('55), Feb. 17, 2015, Lady Lake, FL. He was selected by the Philadelphia Eagles in the 1955 football draft, but a knee injury ended his career. Maravic served in the U.S. Army, including a tour in Vietnam, and retired in 1976 as a lieutenant colonel.

Coy Clarence Privette ('55), March 23, 2015, Thomasville, NC. He was a graduate of Southeastern Baptist Theological Seminary and the School of Pastoral Care at the Bowman Gray School of Medicine. Privette retired from the U.S. Army Reserves as a colonel and received a Meritorious Service Medal for service as a chaplain. He was past president of the N.C. Baptist State Convention and served as pastor of Baptist churches in Statesville, Ellerbe and Kannapolis, NC. Privette was a former president and executive director of the N.C. Christian Action League. He served four terms in the N.C. House of Representatives and 12 years as Cabarrus County commissioner. Privette is survived by his wife, Betty; four daughters, **Denise Sherman ('81)**, **Lori Hinnant ('83, JD '87)**, **Amy Perko ('87)** and **Melanie Caudron ('89)**; and 10 grandchildren.

Ted Linwood Russ ('55), March 3, 2015, Greensboro, NC. He served in the U.S. Army. Russ taught high school, worked as a pharmaceutical sales representative and in 1971 opened Russ Realty. He was preceded in death by four siblings, including **Roy ('41)**. Russ is survived by his wife, Carolyn; four children; five grandchildren; and four great-grandchildren.

Vernon Rudolph Whitley Jr. ('55), Nov. 14, 2014, Louisville, KY. He was a house parent at a Presbyterian boys home and worked with the Department of Social Services in Baltimore. Whitley served in the U.S. Army for eight years during the Vietnam War and received a Purple

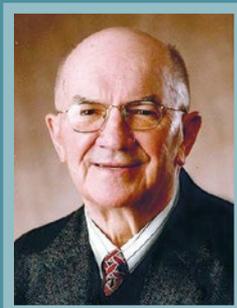
Heart and Bronze Star. He owned Whitley Auto Supply in Williamston, NC, from 1965 until he retired in 2000. At the age of 70, Whitley earned his teacher's certificate from Appalachian State University. He is survived by his wife of 56 years, Katerina; two daughters, **Niki Craig ('81)** and **Maria Rochman**; and four grandchildren.

Dennis Derwood Pruett (MD '56), Nov. 14, 2014, Homestead, FL. He served in the U.S. Navy Air Corps during World War II and received a Distinguished Flying Cross, an Air Medal with four stars and a Purple Heart. Pruett was an emergency room physician at Forsyth Memorial Hospital in Winston-Salem and Old Town

Immediate Care before he retired from medical practice in 2012. He had a theology degree from Kentucky Christian University and was a medical missionary to Africa for 25 years.

Nancy Davis Redman ('56), Sept. 2, 2014, Lexington, SC. She was a teacher before joining AT&T in Winston-Salem as a technical editor. Redman worked on the Nike-X project, an anti-ballistic missile system and was a technical editor for IBM in the Research Triangle, NC, before becoming a homemaker. She is survived by her husband, Doug; a daughter, Ashley; and two grandchildren, Madeline and Abigail.

PETRO "PETE" KULYNYCH (P '75) Life Trustee



The son of Ukrainian immigrants, Pete Kulynych grew up in modest circumstances. After serving in the U.S. Navy during World War II, he was hired as a bookkeeper and the first employee of a fledgling hardware store in North Wilkesboro, North Carolina. He rose to become chairman of Lowe's Companies Inc., the second largest home improvement retailer worldwide.

Kulynych, a founding director of Lowe's and a well-known philanthropist, died on Jan. 17, 2015. He was 93. He is survived by two daughters, Janice Story ('75) and Brenda Cline; five grandchildren, including Luke Cline ('99) and Laura C. Berry ('94); and eight great-grandchildren, including Wake Forest student Lance Berry.

Kulynych's service to Wake Forest began in the mid-1970s when he served as chairman of the Parents' Association. He was elected to the Board of Trustees in 1976 and served four terms before being named a Life Trustee in 1995. He also served on the Wake Forest Baptist Medical Center board of visitors. He received an honorary degree from Wake Forest in 1997.

"Pete Kulynych embraced Wake Forest for the last 40 years," President Nathan Hatch said. "He was a dear friend and wise counselor who has lived a life in the spirit of Pro Humanitate."

Although he retired from day-to-day management of Lowe's in 1983, Kulynych remained with the company as president and chairman of Lowe's Charitable and Educational Foundation. He and his late wife, Roena, supported a number of educational, arts and medical institutions in Wilkes County, North Carolina, and across the state. The N.C. Planned Giving Council honored the Kulynychs as philanthropists of the year in 1988.

Kulynych endowed a faculty support fund and several scholarships at Wake Forest. He also funded the Roena Kulynych Dementia and Memory Center at the Medical Center, as well as research in cardiology, cancer, leukemia and other areas. Kulynych's daughter Janice Story made a gift several years ago to name the auditorium in the Porter Byrum Welcome Center in honor of her father.

Memorials may be made to the Roena Kulynych Dementia and Memory Center, Wake Forest Baptist Medical Center, P.O. Box 571021, Winston-Salem, NC 27157.

Wade Lapsley Edwards ('57), March 3, 2015, Durham, NC. He served in the U.S. Navy during World War II. Edwards was a computer development and business methods engineer with Western Electric Co. for 30 years. He retired in 1981. After retiring, Edwards worked in sales at Parks Chevrolet and was a realtor with Lambe-Young Realty.

Robert Hall Saunders Jr. ('57), Feb. 10, 2015, Greenville, NC. He was retired from PCS Phosphate.

Ralph Eugene Wallace ('57), March 5, 2015, Winston-Salem. He served in the U.S. Army during the Korean War and retired after more than 30 years from Commercial Credit. Wallace is survived by his wife, Doris; two children; two grandchildren; and three siblings, including **David ('68, JD '76)**.

Charles William Wiggs ('57), March 21, 2015, Argyle, TX. He served in the U.S. Army during World War II and was recalled to duty during the Korean War. Wiggs completed a graduate degree in hospital administration, and he and his wife, **Bonnie Johnson Wiggs ('60)**, were appointed by the Foreign Mission Board to serve at the Wallace Memorial Baptist Hospital in Pusan, South Korea. They served in Korea for 32 years. After retiring, he went to Albania as a business manager for a mission team and served at Temple Baptist Church in Raleigh, NC. Wiggs is survived by his wife, Bonnie; three daughters, **Deborah Simmons ('82)**, **Toni Sidler ('85)** and **Lisa Odell ('87)**; and eight grandchildren.

John Nevin Wimer Jr. ('57), March 8, 2015, Suffolk, VA. He served in the U.S. Air Force. Wimer was ordained a minister in 1964 in the United Methodist Church and served churches in New York and Virginia for 36 years.

Jim L. Bellamy Jr. ('58), Jan. 2, 2015, Creedmoor, NC. He was in law enforcement with the N.C. State Highway Patrol, the Federal Bureau of Investigation and the N.C. State Bureau of Investigation and in security for Planters Bank.

Benjamin Jennings Hillman ('58), Jan. 22, 2015, Hillsville, VA. He received his master's in history from UNC-Chapel Hill and was a historian with the Civil War Centennial Commission in Richmond, VA. In 1969 Hillman became an editor of *The Iron Worker*, a publication by the Lynchburg Foundry. He moved to Galax, VA, in the 1980s.

Mary Jo Hipple ('58), Dec. 30, 2014, Winston-Salem. She was a promotion manager for WSJS radio and television, copywriter and media director for Porter-Ward Advertising, promotion director for Northside Shopping Center and director of the office of student employment at Wake Forest.

William James Horn ('58), March 29, 2015, Shelby, NC.

Donald Carl Johnson (MD '58), Dec. 5, 2014, Washington, NC. He interned at McLaren General Hospital in Flint, MI, and received ophthalmol-

ogy specialty training at UNC Hospital. Johnson served as a captain in the U.S. Air Force in Illinois and was an ophthalmologist in Washington until he retired in 1998. Memorials may be made to the Office of Alumni Affairs, Wake Forest School of Medicine, Class of 1958 Endowment Fund, PO Box 571021, Winston-Salem, NC 27157 or to the Alzheimer's Association Eastern North Carolina, 1305 Navaho Drive, Suite 101, Raleigh, NC 27609.

Joseph Willis Richardson ('58), Feb. 11, 2015, Wake Forest, NC. He was a retired statistician with the N.C. Employment Security Commission. He is survived by his wife, Kathy; a son; and a grandson. Memorials may be made to Wake Forest University, Alumni Association, PO Box 7227, Winston-Salem, NC 27109-7227.

George Wilson Saintsing (JD '58), Nov. 25, 2014, Thomasville, NC. He served in the U.S. Army during the Korean War. Saintsing was an attorney for almost 40 years, served on the board of Community General Hospital, and was president of the Thomasville United Fund and the board of directors for the Tom A. Finch YMCA. He served on the task force studying the feasibility of what is now Davidson County Community College. Saintsing is survived by his wife, Deborah; three children, **Byron ('85)**, **David ('87)** and Alicia; and three grandchildren.

Glenn James Adcock ('59), Feb. 15, 2015, Cary, NC. He helped with the family business, the Adcock Agency, and was active in the Cary com-


SAMUEL WAIT WANTS TO KNOW:

or


The Samuel Wait Legacy Society can help reduce income, capital gains or estate taxes while increasing the impact of your planned gift to Wake Forest and your family. You have options and we'd love to walk you through them. Please call 336.758.4974 or visit secure.www.wfu.edu/giving.


THE SAMUEL WAIT LEGACY SOCIETY

J. EDWIN HENDRICKS JR. Professor Emeritus of History



Much of J. Edwin Hendricks' life story can be gleaned from the last four digits of his home telephone number: 1834. It seems fitting that those four numbers — the year of Wake Forest's founding — belonged to a historian who loved teaching Wake Forest's history and who was one of the longest serving professors in the University's history.

Hendricks, who retired in 2009, died March 27, 2015, in Winston-Salem. He was 79. He is survived by his wife, Sue (MBA '79); two sons, James and Christopher ('86), and one daughter, Lee Turpin; and two grandsons.

"He was one of the most gentle, intelligent, considerate people I have ever known," Christopher Hendricks said. "He loved his students and Wake Forest."

Hendricks' 48 years on the faculty was second only to psychology professor Bob Beck, who retired the same year. "Over the years, I was frequently asked what I teach at Wake Forest," Hendricks said when he retired. "I regret that I resisted the temptation to respond, 'Why, I teach Wake Forest students.' They were always what the process was all about."

Hendricks acquired the "1834" phone number when he and his wife, Sue, moved to a house on Faculty Drive in the late 1990s. "When they moved and had to change their phone number, the phone company assigned '1833,'" Christopher Hendricks recalled. "Dad asked them, 'can you go up a year?'"

The house had once belonged to longtime College Registrar Grady Patterson ('24, P '48), who built a fallout shelter

in the backyard in the 1960s. When Hendricks discovered the long-forgotten shelter, he developed a first-year seminar on "Fallout Shelters and the Cold War" and invited students to tour the shelter.

Hendricks joined the faculty in 1961, five years after the move to Winston-Salem. Although he wasn't an alumnus, he developed an appreciation for Wake Forest's history from faculty members who had made the move from the Old Campus to the new. "So many students come here without any knowledge of the University's history," he once said. "As we have changed and diversified over the decades it has become harder for us to fully understand and appreciate our heritage."

Hendricks began teaching his popular course on the history of Wake Forest in the 1970s. He produced an electronic version of the History of Wake Forest College books and wrote a history of the School of Law for the school's centennial celebration in 1994. "There was no one who knew as much about the history of Wake Forest from its beginnings as he did," said Provost Emeritus Edwin G. Wilson ('43).

A native of Pickens, South Carolina, Hendricks graduated from Furman University and served in the U.S. Army. He earned his master's and doctoral degrees in American history from the University of Virginia. He specialized in revolutionary and early American history and wrote a number of publications and books. He also taught courses on historic preservation and served on numerous local and state preservation and historic boards, including the Old Salem restoration committee.

Memorials may be made to the J. Edwin Hendricks Scholarship Fund, Wake Forest Deacon Club, 499 Deacon Blvd., Winston-Salem, NC 27105.

community. Adcock was a founding member of the reformed Cary Chamber of Commerce, served on the Cary Planning and Zoning Board and on the Town Center Area Planning, Cultural Arts, Fire Advisory and Town Insurance committees.

Frederick Strickland Hutchins Jr. (JD '59), Feb. 2, 2015, Winston-Salem. He served in the U.S. Army and worked in law for 55 years. Hutchins was a partner with Deal Hutchins & Minor from 1959 to 1978 when it became Hutchins Tyndall Doughton & Moore where he remained until 1996. He was an administrative law judge for OSHA from 1976 to 1986 and of counsel to Crumpler Freedman Parker & Whitt from 1996 to 2014. Hutchins received the N.C. Order of the Long Leaf Pine. He is survived by his wife, Barbara; a daughter, **Laurie Hutchins (JD '83)**; a son, Frederick III; three grandchildren; three stepchildren, including **Alison Gitter Boyette ('83)**; and seven step-grandchildren. Hutchins was a member of the Samuel Wait Legacy Society.

Leroy Conrad Butler ('60), Jan. 14, 2015, Northfield, VT. He received his PhD in chemistry from the University of Vermont and was a chemistry professor. After retiring from college education, Butler volunteered at his grandchildren's elementary schools.

Samuel David Jordan ('60), Feb. 28, 2015, Mooresville, NC. He was a retired major in the U.S. Army and U.S. Army Reserves. Jordan also retired after 43 years as founder and co-owner of Northwest Drywall in Hickory, NC.

Jean Hobby Ladd ('60), Jan. 3, 2015, Cary, NC. She worked in the family business, Hobby Supply Co., and spent her entire life in Cary. Ladd and her husband helped start the Cary YMCA and Greenwood Forest Baptist Church and worked to establish Cary Visual Art. She served on the WakeMed Hospital Board. Ladd is survived by her husband, **Guy Richard Ladd ('59)**; two children; and four grandchildren.

Thomas Alexander Smith ('60), Dec. 26, 2014, Reidsville, NC. He received his PhD in political science. Smith taught at McMaster University in Ontario, Canada; Washington and Lee University in Lexington, VA; and the University of Tennessee in Knoxville. He authored or coauthored four books, including "Time and Public Policy." Smith is survived by his wife, Sandy; a daughter, Karen; a son, **Sander ('88)**; and five grandchildren.

Glen Love White ('60), Feb. 23, 2015, Dobson, NC. He was preceded in death by his parents; a sister; and four brothers, **Edward Lee ('42)**, **Linney Ray ('48)**, **Emmett Royce Sr. ('51, MD '54, P '79)** and **Jack Hutchins ('51, JD '51)**. White is survived by his wife of 44 years, Susan; a daughter; two granddaughters; and a brother, **William Robert ('57, JD '64)**.

John Frederick Chappell ('61), March 2, 2015, Carthage, NC. He also graduated from South-eastern Baptist and Union theological seminaries. Chappell loved the theatre, was involved with the

W. FREDERICK WILLIAMS SR. ('38, JD '40)



In September 1933, a young Fred Williams left his home in Trion, Georgia, and stuck out his thumb, looking for a ride north. Two days later, after hitchhiking 510 miles, he arrived on the Old Campus. Despite having little money, he was able to enroll at Wake Forest thanks to the generosity of bursar E.B. Earnshaw. He later opened the College Soda Shop in the town of Wake Forest to help pay his tuition.

Williams, who died on March 16, 2015, a month shy of his 100th birthday, never forgot the opportunity that Wake Forest provided him. He endowed a scholarship and distinguished faculty chair in the law school and was a life member of the law school board of visitors. He also served as president of the College Alumni Association.

Williams had a highly successful career as a lawyer and developer of shopping centers and industrial properties in Greensboro, North Carolina. In the 1970s, he joined Koury Corporation and handled the design, financing, construction and leasing for Four Seasons Mall. He was active in church, education and civic activities in Greensboro.

He is survived by three children and their spouses: Nancy and Neal ('64) Cheek, Fred ('67, JD '69) and Susan ('67) Williams (P '92), and David and Mary Jane Williams; six grandchildren, including Clayton W. Cheek ('95, JD/MBA '02) and Brian F. Williams ('92); and eight great-grandchildren.

Memorials may be made to the Walter Frederick Williams Scholarship, Wake Forest University School of Law, P.O. Box 7227, Winston-Salem, NC 27109.

OBITUARY

Hospital of Everett, WA, now Smith Kline Beecham Clinical Laboratories. While working, Wilkerson received her MBA from City University and MS in computer information systems from the University of Phoenix. She worked in the medical industry for 43 years and retired in 2008 from Quest Diagnostics.

Philip H. Darst ('66), Sept. 28, 2014, Salinas, CA. He received his PhD in entomology from Purdue University. Darst was an agricultural consultant for more than 30 years.

Linda Owen Funderburk ('66), Jan. 7, 2015, Glastonbury, CT. She was a substitute teacher while raising her children. Funderburk later had careers in medical insurance management, financial services and income tax preparation. She is survived by her husband, Jim; three children, Laura, Karl and Mark; and three grandchildren.

Ronald F. Hein ('66), Jan. 20, 2015, Seaford, DE. He served in the U.S. Army. Hein attained his CPA and worked for Coopers & Lybrand and was vice president of finance for American Original. He was owner/operator of one Orange Julius and two Dairy Queen franchises in Maryland and Delaware until he retired in 2014. Hein enjoyed trips and memories with three longtime Wake Forest friends and suite mates: **Wayne Edwards ('66)**, **Thomas Futch ('66)** and **John Freeman Jr. ('65, MD '70, P '90)**. He is survived by his wife, Maureen; a daughter; and a grandson.

Charles Franklin Hollis Jr. ('66), March 25, 2015, Mt. Pleasant, SC. He taught at Blenheim High School before serving in the U.S. Army. Hollis was retired from Merrill Lynch. He is survived by a sister, Helen; two children, Charles and **Amelia ('95)**; and five grandchildren. Hollis was a member of the Samuel Wait Legacy Society.

Dewey Chase Price Jr. ('66), Dec. 19, 2014, Greensboro, NC. He graduated from Southeastern Baptist Theological Seminary. Price was a Baptist minister at Winns Creek in Halifax, VA, Camp Herman in Greensboro, NC, Piney Grove in Newton, NC, and Mills Springs in Mills Springs, NC.

Paul T. Cuzmanes ('67), Feb. 28, 2015, Ellicott City, MD.

Ralph George Dillon Sr. (MA '67), Jan. 26, 2015, Concord, NC. He received his pharmacy degree from Idaho State University. Dillon began his career as an English professor at Appalachian State University and retired in 2011 from CVS after 30 years in pharmacy.

Carol Mabe Grantham ('67), Nov. 22, 2014, North Augusta, SC. She taught English and drama at Wentworth High School, helped implement a high school program at Rockingham Community College and was a family life editor for the Reidsville Review in North Carolina. Grantham published a book on the history of the Reidsville Fire Department and one on the history of Annie Penn Memorial Hospital. She was a skills coach at Tri-Development in North Augusta, where she received the South Carolina American Association on Intellectual and

Lost Colony production in Manteo, NC, and was known for his one-man rendition of Mark Twain, performing the show for more than 40 years. He spent two decades in Hollywood pursuing an acting career with parts in movies and in TV series. Chappell worked for IBM in Raleigh, NC, before joining The Pilot in Moore County, first as a computer specialist and then as a reporter for 16 years.

Jack Moore Mangum ('61), Dec. 24, 2014, Cheraw, SC. He was a retail clothing buyer with B.C. Moore and Sons. Mangum was also founder and owner of Papa John's Christmas Tree Farm.

Richard F. Mason Sr. ('61), Feb. 16, 2015, Fleming Island, FL.

Wilson Rosser Carter ('62), March 3, 2015, Providence, NC. He was ordained an Episcopal priest in 1968 and spent most of his ministry as rector of Grace Episcopal in Lexington, NC. Carter also served Holy Comforter in Charlotte, Holy Trinity in Greensboro and St. Ambrose in Raleigh, NC, and Epiphany in Danville, VA. He is survived by his wife, **Janie (MALS '98)**; three children; and six grandchildren.

John H. Franklin Jr. ('62), Jan. 31, 2015, Jacksonville, FL. He served in the U.S. Marine Corps and was a certified public accountant. Franklin

was a partner with KPMG and after retiring purchased The Shircliff Group, where he worked with his daughter.

Kay Wilson Kennedy ('64), March 28, 2015, Columbia, SC. She worked with Cosmos Broadcasting Co., was an administrative assistant to the station manager and later worked for the James F. Byrnes Foundation.

Donald Lee Smith (JD '64), Jan. 4, 2015, Raleigh, NC. He was city attorney for Raleigh, town attorney for Cary, NC, and from 1973 to 1987 a N.C. Superior Court Judge. Smith was appointed to the N.C. Court of Appeals in 1988 and later served as an emergency recall judge and emergency special Superior Court judge. He was of counsel with Womble Carlyle Sandridge & Rice LLP from 1989 to 1994. The Judge Donald L. Smith Professorship for Studies in Constitutional and Public Law was established at the law school in his honor. Memorials may be made to The Honorable Donald L. Smith/Manila G. Shaver Law Scholarship Fund, Wake Forest University School of Law, PO Box 7227, Winston-Salem, NC 27109-7227.

D. Carol Moser Wilkerson ('65), Jan. 23, 2015, Seattle, WA. She worked in the laboratory and radiology departments of Valley General Hospital in Monroe, WA, and in the laboratory at General

Developmental Disabilities Outstanding Service to the Field Award. Grantham was preceded in death by her father, **Paul A. Mabe Jr. ('49)**. She is survived by her husband of 10 years, Eddie; two daughters; a stepson; five grandchildren; two great-grandchildren; her mother, **Grace A. Mabe ('47)**; and her brother, **Paul III ('72)**.

David Dill ('68), Feb. 26, 2015, Lyndonville, VT. He joined the U.S. Air Force, became a pilot and after more than 20 years, retired as a full colonel in 1989. After moving to Lyndonville in 1990, Dill became the first municipal administrator. In 1998, he became director of maintenance for the State Agency of Transportation and retired as secretary of transportation.

Maxine Zaiken Kreikamp ('68), March 20, 2015, Westfield, MA. She was the area program manager specializing in adoptions for 44 years with the Massachusetts Department of Social Services. In 2002, Kreikamp received the Congressional Angel in Adoption Award from the Congressional Coalition on Adoption Institute. She retired in 2013.

James C. Dillard (JD '69), Dec. 8, 2014, Flushing, MI. He practiced law in Flint, MI, for 45 years.

Ferris L. Grooms Jr. ('69), Feb. 5, 2015, Tampa, FL. He served in the U.S. Air Force and was with Aetna Insurance Co. in Raleigh and Charlotte, NC, Atlanta and Tampa. In 1990 he founded Grooms Financial Group specializing in employee benefit services.

Thomas Spruill Thornton Jr. (JD '69), Feb. 21, 2015, Greensboro, NC. He spent most of his 30-year career in private practice with Tuggle Duggins Meschan & Elrod before joining Adams Kleemeier Hagan & Fouts, now Nexsen Pruet. Thornton was preceded in death by his wife, **Nicka Thompson Thornton ('68)**. He is survived by two sons, Thomas III and Michael; a daughter, **Shelby Patrick ('94)**; and seven grandchildren.

H. Michael Britt ('70, MAEd '78), Jan. 14, 2015, Winston-Salem. He taught mathematics and served as a guidance counselor in the Winston-Salem/Forsyth County Schools and was a former principal of the Children's Center for the Physically Handicapped. Britt retired in 2014. He was preceded in death by his father, **Donald Elmore Britt Sr. ('43)**. Britt is survived by two sons, Matthew and **Andrew ('09)**; two granddaughters, Nora and Noelle; his mother, Suzanne; and three siblings, **Don ('68, JD '71)**, Suzanne and Dee.

John Steven Baker ('71), March 24, 2015, Troutman, NC. He received a master's from the University of Wisconsin and a PhD in English literature from UNC-Chapel Hill. Baker was a staff reporter for the Florence Morning News and taught English part-time at Francis Marion College in the early 1970s. He taught English literature at the University of Mississippi, Iowa State University, the University of California and Morehouse College. Baker is survived by two brothers, James and **David ('76)**, and a sister, **Elie Benchetrit ('78)**.

Harmon Caleb McDaniel III ('71), Jan. 12, 2015, Macon, GA. He was retired from Cameron and Barkley Co., now Hagemeyer North America.

William Richard Moore ('71, JD '74), Jan. 4, 2015, Washington, NC. He practiced law in Smithfield and Selma, Johnston County, and had a private practice for 18 years. Moore began a 20-year career with the N.C. Attorney General's Transportation Section in Raleigh, NC, in 1992 and retired in 2011. He is survived by a son, Richard, and four siblings, **Roy ('60)**, Maxine, Martin and Raymond.

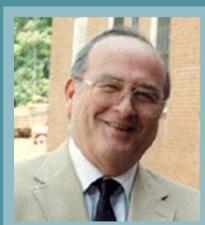
Barry Louis Bogdan ('72), Jan. 29, 2015, Bethlehem, PA. He was a teacher and a member of the Pennsylvania State Education Association.

Wilbert Earl Kelly ('72), Jan. 14, 2015, Annapolis, MD. He served in the U.S. Army, received his MA from the University of Maryland and JD from George Mason University. Kelly was a lobbyist for the Paralyzed Veterans of America, practiced law and was a reporter for the Montgomery County Journal, the Daily Record and the Annapolis Evening Capital. He retired in 2013.

David Pratt Ford ('74), Jan. 20, 2015, Rockingham, NC. He received his JD from the UNC School of Law.

LEO ELLISON

Associate Professor Emeritus of Health and Exercise Science



Leo Ellison taught generations of Wake Forest students how to swim and countless local children the joy of sports during his four decades on the faculty.

Ellison, who also coached the swim team and directed the intramural program before retiring in 1999, died on March 21, 2015, in Winston-Salem. He was 84.

"He devoted his life to coaching swimming, even coaching internationally, and he was equally as passionate about his teaching and directing the intramural program," said Professor of Health and Exercise Science Steve Messier. "Whatever he did, he put everything into it, quietly and effectively. He cared deeply about his students and his colleagues."

A native of Louisiana, Ellison graduated from Northwestern State University and served in the U.S. Navy. He joined the health and exercise science faculty in 1957 and was head swimming coach for 20 years (the team was disbanded in 1980) and director of intramural sports from 1977 to 1994. He taught all the aquatics courses in the HES department, including lifesaving, water safety and SCUBA diving, as well as first aid and CPR classes. He also taught swimming at clinics in Egypt and Mexico.

Ellison was director of the popular All Sports Camp on campus from 1961 until 2001. The camp became a summer tradition, attracting several hundred local children each year who learned about a variety of sports.

Retired HES Professor Paul Ribisl said Ellison had a huge impact on a number of people. "Leo taught thousands of students and community children to swim and many others to save lives through CPR training and as lifeguards. Clearly he had an important impact on the health and safety of many lives. On a personal level, Leo was an ideal colleague. He was a tireless worker and was as dedicated to Wake Forest as anyone I knew."

Ernie Glass ('71) was one of the alumni who fondly remembered Ellison on the Wake Forest Magazine Facebook page. "He was much more than the swimming coach," Glass wrote. "By my reasoning he touched more students during the '50s, '60s, '70s, '80s and '90s than any other faculty member."

Ellison is survived by his wife, Betty; a son, Robert; and a daughter, Carol Drusdow; and two grandchildren.

Memorials may be made to the Alzheimer's Association, 3800 Shamrock Drive, Charlotte, NC 28215 or the Kate B. Reynolds Hospice Home, 101 Hospice Lane, Winston-Salem, NC 27103.

Donald N. Fritts ('74), March 9, 2015, Atlanta. He was a retired financial services professional.

Shelley Rosser Griffin ('74), March 9, 2015, Critz, VA. She worked for Carolina Securities in Raleigh, NC. Griffin is survived by a brother, **John Fletcher Rosser Jr. ('72)**.

Robert Lee Yancey ('74, JD '76), Jan. 14, 2015, Danville, VA. He practiced law with Theodore Huggins in 1976 and joined a partnership with Clement & Wheatley in the 1980s. Yancey finished practicing law in 2009 at Daniel Medley & Kirby.

Paul Richard Adcock Jr. ('75), Feb. 8, 2015, High Point, NC.

Charles L. Cromer (JD '75), March 1, 2015, Apex, NC. He served in the U.S. Army, was an associate attorney with Morgan Byerly Post & Kezia before forming a practice in Thomasville and High Point. Cromer taught law at Davidson County Community College and served four consecutive terms in the N.C. House of Representatives. He served as legislative counsel to N.C. Gov. James G. Martin, served as chairman on the N.C. Parole Commission and was president of the board of directors for Carolina Legal Services before retiring in 2001. Cromer was named Legislator of the Year in 1985 and in 1987 he was named Parent of the Year, along with his wife, Sheila, by the High Point Association for Retarded Citizens.

Nancy Elizabeth Rodda Carroll ('76), March 6, 2015, Chapel Hill, NC. She received her MA in art history from the University of Oregon and a paralegal certificate from the National Center for Paralegal Training in Atlanta. Carroll was a virtual assistant through Manpower Inc. at IBM in Research Triangle Park, NC.

James Arthur Haney ('76), Feb. 5, 2015, Erwin, NC. He played golf at Wake Forest on a team that won four ACC Championships and two NCAA Championships. Haney received his JD from Campbell Law School, was a JAG officer in the U.S. Navy and served in the U.S. Navy Reserves. He was an appeals referee and later a staff attorney with the N.C. Employment Security Commission until he retired in 2006. Haney is survived by his wife, Cindy, and two sons, Brian and **Kyle ('08)**.

Walter H. Leonard Jr. ('76), Dec. 19, 2014, Clemmons, NC. He was a computer engineer.

Frank Clinton Murray (MS '76), March 24, 2015, Marietta, GA. He received his PhD in materials science from the University of Virginia and worked in the paper industry for 40 years. Murray was with Kimberly-Clark in Neenah, WI, and retired from Georgia-Pacific Corp. in Atlanta. After retiring, he spent several years as associate director of the Institute for Paper Science and Technology at Georgia Institute of Technology. Murray is survived by his wife, **Barbara Josephson Murray ('74)**; and two daughters, Lynn and Leigh.

Van Jackson Crotts (MBA '82), Jan. 25, 2015, Winston-Salem. From 1982 until he retired as president in 2013, he was a sales engineer with Crotts and Saunders Engineering, a business his

father started. Crotts was elected chairman of the American Machine Tool Distributors' Association and in 2014 he was honored as Engineer of the Year by the N.C. Society of Engineers.

John Raymond Middleton (MBA '85), Feb. 16, 2015, Winston-Salem. He worked for Service Master Corp. in Georgia for 22 years and 10 years for Newton County until he retired.

Howell Anderson Vaughan (PA '92), Jan. 29, 2015, Fuquay-Varina, NC. He was a physician assistant with Wake Emergency Physicians PA.

Suzanne Pester-Terrin (MA '93), Nov. 29, 2014, Switzerland.

Wykesha Leahtris Tripp ('96, JD '99), Aug. 4, 2014, Washington, D.C. She was a registration specialist in the literary division of the U.S. Copyright Office.

Robert Martin Addison (JD '98), Jan. 9, 2015, Chattanooga, TN. He was a partner at Chambliss Bahner & Stophel PC before joining SunTrust Bank as first vice president and trust adviser.

Dustin Arthur Smith ('05), Feb. 14, 2015, New Orleans. He received his MS in media arts and sciences and his PhD from the Massachusetts Institute of Technology (MIT). Smith worked in the media lab at MIT focusing on artificial intelligence. He authored numerous research papers and was a featured speaker at academic gatherings around the world. Smith received attention for his contributions to a new venture firm, Beansprock, in Wired magazine. He is survived by his mother, Sharon Wagoner; his father, Arthur Smith; his stepfather, **Eric Wagoner (MBA '76)**; three sisters; and a brother.

Friends, Faculty, Staff, Students

Clayton Lane Bruntjen, Feb. 5, 2015, Winston-Salem. He was a Wake Forest senior majoring in communication and a member of Alpha Sigma Phi Fraternity. Bruntjen is survived by his parents, Barton and Lynette, and a brother, Carter.

Don R. Castleman, Jan. 31, 2015, Winston-Salem. He was a professor in the School of Law, specializing in estates, trusts and taxation. Castleman served in the U.S. Navy and graduated from the University of Tennessee law school. Early in his career, he was an attorney in Memphis, TN, and in-house counsel with a medical construction client. Castleman's teaching career began at Drake University before he joined the Wake Forest law faculty in 1979. He is survived by his wife, Tommie, and four children. Memorials may be made to the Wounded Warrior Project, PO Box 758517, Topeka, KS 66675.

Joseph F. Healy Jr., Feb. 25, 2015, Lynchburg, VA. He served on the law school's board of visitors. Healy was in the U.S. Air Force during the Korean War. He practiced law in Washington, D.C., served as assistant general counsel of the

Air Transport Association of America and vice president-legal and corporate secretary of Eastern Airlines. Healy retired as senior vice president, general counsel and secretary from Piedmont Airlines in 1989 and served as senior vice president and general counsel of TWA. He is survived by his wife, Patricia; six children, including **Mary Driskill (JD '93)**; and eight grandchildren.

Gordon Bruce Hughes, Feb. 2, 2015, Winston-Salem. He served in the U.S. Navy during World War II and worked for Western Electric (AT&T) for 38 years in Colorado, Texas, New York and Winston-Salem. After retiring, Hughes served 24 years on the board of trustees for Forsyth Technical Community College. He is survived by his wife, Virginia; two daughters, Mary Beth and **Patty Stone ('74)**; a son, Charles; seven grandchildren; and seven great-grandchildren. Hughes was a member of the Samuel Wait Legacy Society.

Rudolph R. Perz, April 1, 2015, Glenview, IL. He was the father of the late **Robert Perz (MD '84)** and the retired creative director at the Leo Burnett ad agency in Chicago. In the 1960s, Perz created the iconic Pillsbury Doughboy character for General Mills. Memorials may be made to the Robert R. Perz Memorial Scholarship Fund, Wake Forest University Health Sciences, PO Box 571021, Winston-Salem, NC 27157-1021. This scholarship, created by medical school classmates following Robert's accidental death in 1988, is the only scholarship whose recipients are chosen by students.

John D. Tolmie, March 22, 2015, Winston-Salem. He was associate professor emeritus of anesthesiology and former associate dean in the areas of student affairs, student services and academic affairs at the School of Medicine. Tolmie joined the faculty in 1970. In 1985 he started PRIMUS (Physicians, Residents in Medical, University Schools), which was responsible for providing critical care specialists from the medical school to serve in the U.S. Navy during a war. In 1987 he introduced the White Coat Ceremony, where second-year medical students receive the white coats that are emblematic of their profession. After retiring, Tolmie was named the school's first director of emeritus affairs in 1996. He served in the U.S. Navy and in the U.S. Naval Reserves throughout his academic career, retiring as a rear admiral in 1990. Tolmie received the Legion of Merit for his service as Deputy Atlantic Fleet Surgeon from 1984 to 1990. He is survived by his wife, Joan; three children; and eight grandchildren.

Paolo Venerando, March 22, 2015, Venice. He was 57 years old and an adjunct instructor of Italian at Casa Artom in Venice. Prof. Peter Kairoff described him as "a beloved teacher, whose joyous approach to teaching and infectious love for the Italian language and all things Venetian will be sorely missed." Anna Grace Tribble ('15) said "the news broke my heart. ... I don't have the words to express how he changed my time in Venice."

Johnnie Mae Woods, Feb. 4, 2015, Winston-Salem. She retired in 1995 after 36 years in facilities and campus services at Wake Forest.

IN MEMORIAM

Dean Lu Leake: A Trailblazer For Women

By Cheryl V. Walker ('88)

Lula M. "Lu" Leake came to Wake Forest as dean of women in 1964, two decades after the University opened its doors to undergraduate women during World War II.

Leake, who retired in 1997 as associate vice president for academic affairs, died April 13, 2015, in Winston-Salem. She was 89. Leake is survived by her niece, Lou Ann Pacula ('79), and a number of other relatives.

"She was able to balance a true dignity on one side with a lightheartedness and a very fine sense of humor on the other," said retired Dean of the College Thomas E. Mullen (P '85, '88). "She had a great joy in getting to know so many students, and she derived a lot of satisfaction out of being able to help so many."

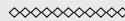
Leake served as dean of women for 20 years before becoming assistant vice president for administration and planning in 1984. She also served as dean of the summer session.



Leake received the Medallion of Merit, the University's highest award for service, in 1996. "She led our students through what was arguably the most significant era of change for women in the history of this nation," said then-president Thomas K. Hearn Jr.

Leake also received the first Woman of the Year award from the Friends of Women's Studies in 1996 for her service as dean of women and chair of the University's Commission on the Status of Women.

A native of Woodville, Mississippi, Leake graduated from Louisiana State University with a bachelor's degree in math and completed her master's of religious education at Southern Baptist Theological Seminary. She served as director of the Baptist Student Union at William and Mary and assistant dean of students at Meredith College before coming to Wake Forest.



"She was a trailblazer. We stand on her shoulders. Thank you, Dean Leake."

Linda McKinnish Bridges (MBA '04, P '09)

"An amazing woman who I was lucky to have as my adviser back in the '80s. So warm, funny and brilliant, she was a trusted confidante and taught me so much."

Kimberly Page Olsen ('88)

"I got to spoof her in a 1970 dorm skit ... because I had 'the glasses.' She was in loco parentis when none of us wanted that. But what a WFU treasure."

Celia R. Hooper ('73)

"She understood the power of education for women. I am blessed and changed to have known her and to have been at Wake while she was Dean."

Briane Pittman Kearns ('81)

"Like a lot of my male friends when I was a student, I had a very wrong impression about Lu that was based on all the things she wanted to keep college boys from doing. Once we became colleagues, I understood what a wise and modern woman she was."

Bob Mills ('71, MBA '80, P '04)

"Many people didn't know that Dean Leake worked tirelessly behind the scenes for women at Wake. ... For those of you in the younger generation, ask your moms, aunts and grandmothers what it was like for women before the doors opened for you."

Kay Hiemstra Singer ('71, P '03)

"Dean Leake was a fighter for all women on campus. She embodied the Wake Forest Pro Humanitate spirit!"

Betty Hopper Wynne ('75)

"I was the Old Gold & Black crusader campaigning in print against her rules for coeds. Her office was in the opposite wing of Reynolda Hall from ours, and I was up and down those halls a lot. I'm sure she found me trying at times. In the spring of senior year, she invited me and a few others to her apartment for dinner. She was a lovely, wise, visionary lady."

Linda Carter Brinson ('69, P '00)

"I'll never forget Dean Leake. I was fortunate to have her as an adviser my freshman year back in 1994. I can only imagine the wonderful changes she helped to steer the students, faculty and University through during her tenure."

Amy Eckert ('98)

When things fell apart: my lessons in resilience

By Kristan Graham Seaford (MAEd '01)

WHEN I GRADUATED FROM WAKE FOREST, I had big plans for my life. I wanted to get my counseling license, start a private practice and have a big family. In many ways, my dreams came true. I am a wife and a mother of five children ranging in age from 2 to 11. I earned my licensure and worked in private practice. I became a stay-at-home mom and an exercise instructor with a passion for running, even qualifying for the Boston Marathon. But in 2013, my life plan fell apart.

I got the flu and strep throat. That turned into double pneumonia and sepsis, which ultimately led to septic shock. As my organs were failing, I was put into a medically induced coma. It took six hospitals, 100 days and millions of prayers, but I came through with a miraculous recovery. But not without cost. Both hands, one foot, and the toes and heel of the other foot were amputated.

To come back from medical catastrophe, did it take a lot of hard work? Yes. Prayers? Yes. Did it hurt? Absolutely. It still does.

I owe a debt to wounded warriors because the technology advances that helped them helped me. I was fitted with state-of-the-art prosthetic hands, even a fancy running blade. At the rehab hospital I spent the first three days learning to open and close my robotic hands — one-fourth of the way, one-half of the way, three-quarters of the way, all the way. Repeat. I began each day with weighted leg lifts, arm circles and core-strength work.

Next came mom-skill goals: Put juice into my toddler's sippy cup and walk across the room with a Styrofoam cup of water. I spilled a lot of juice and crushed a lot of Styrofoam. At times my hope faltered. But I continued and set new goals: Carry my toddler upstairs. Drive a car. Run a 5k!

At Wake Forest, I learned in my studies that there are predictors of resilience: self-confidence, psychological health, intelligence, optimism, previous successes in the face of trials and a supportive family and community. Luckily, I have them all. But the truth is that no one knows how he or she will react to a tragic turn in life until it happens. If you had asked me a year ago if I would be able to bounce back, my answer would have been quick and resounding: "No!" But I have never been one to accept defeat. I looked at the pictures of my playful kids on the wall of my many hospital rooms, and I saw the



Her name is there, Seaford says, "so that when I passed people they would know who it was."

encouraging, hopeful look in my sweet husband's eyes, and I knew I could accomplish anything.

I am bolstered by my faith, my family and my community. My professors and classmates from Wake have reached out to me with encouragement and hope — even fed my family dinner on occasion. One classmate traveled to Charlotte to participate with her family in "See Kristan Run," a charity 5k organized in my name. My community packed lunches and prepared dinners.

Personal attitudes and actions may signify resilience, but they aren't done in a vacuum. It takes a community. With the help of so many, I am now, once again, living the big, busy life of a mom who works out, teaches group exercise, volunteers at school, coaches Girls on the Run, shuttles my kids to activities, signs reading logs and tucks her children in bed. I once viewed these activities as obligations. Now, I consider them gifts.

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Kristan Graham Seaford (MAEd '01) is a licensed professional counselor who lives in Matthews, North Carolina, with her husband, Brook Seaford ('97), and their children. People magazine featured her story of recovery and gratitude in November. Last Dec. 6, she ran a 5k. Her website is seekristanrun.racesonline.com

“Resilience is not
letting anyone or
anything beat you.”

- Kristan Graham Seaford (MAEd '01)

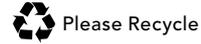




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