

LET'S GET OUTSIDE: FROM SPEARFISHING TO CAMPUS GETAWAYS PLUS HOW TO UNPLUG AND DE-STRESS

WAKEFOREST

MAGAZINE

FALL 2025



16

AN ALUMNI GUIDE TO OUTDOOR ADVENTURES

By Kelly Greene ('91), Maria Henson ('82), Kerry M. King ('85) and Katherine Laws Waters ('20)

Unplug, de-stress and let time slow down, whether it's by spearfishing or skydiving.

DAVID FILSTON ('20)



2

FAVORITE OUTDOOR SPOTS LIFT STUDENTS' SPIRITS

By Katherine Laws Waters ('20)

In their own words, today's students share their favorite campus places.



32

HOW WE ARE NURTURED BY NATURE

By Kelly Greene ('91), Maria Henson ('82) and Kerry M. King ('85)

Four faculty members and a staff psychologist discuss the myriad physical, emotional and spiritual benefits of being outdoors, even when the rambles come in small doses.



46

A WINDING PATH HOME

By Sandra Wilcox Conway ('83, P '15)

Wake Forest friends kept walking all these years and found in each other companions for discussing life's challenges.



56

A CENTRAL EUROPEAN TREASURE

By Carol L. Hanner

Wake Forest's Flow House welcomed alumni, faculty and friends for a celebration of 25 years of study-abroad programs in Vienna, a city renowned for its architecture, art, music and even global intrigue.



96

CONSTANT & TRUE

By Avery Hale Smith ('16)

A career in active travel features a Wake Forest global turning point.

DEPARTMENTS

72 Around the Quad

75 Philanthropy

76 Class Notes

WAKEFOREST

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ON THE COVER

Photo of Salem Lake by Joe Comick

FROM *The* PRESIDENT

IT'S NO SECRET THAT many of us could benefit from logging off and slowing down, especially if we're fortunate enough to spend that down time in nature.

More than just the pleasant feelings that come with pretty views; as a teacher and learner, I note that published studies consistently highlight the tangible benefits of immersing ourselves in nature. There's a growing body of evidence touting the positive effects of "touching grass" — literally! A 2024 study in the Journal of Health, Population and Nutrition found that simply making contact with natural ground may reduce stress. Beyond that, broader exposure to green spaces is associated with a wide range of health benefits, and may consistently improve important cognitive functions like memory.

In the summer, you'll often find me outside on weekend mornings (yes, even in the North Carolina heat) weeding and harvesting in the tomato garden. Growing tomatoes is a family tradition, passed on to me from my parents. My dad, brothers and I compete annually on who harvests the first ripe one each season. My husband Chris and I were so glad to add this green space to the President's house — and have been happy to see it flourish again this summer. Cooking with fresh ingredients is also a lifelong hobby of mine — like a lab in my own kitchen! The garden allows us to share that joy and our appreciation for the outdoors with family, friends and coworkers through fresh and preserved tomatoes, tomato sauces and even pizzas we make in the outdoor brick oven.

In this issue, you'll discover how Wake Forest alumni, faculty and staff, and students are getting outdoors — learning in and from nature. From our Reynolda campus to the foothills of the Austrian Alps, crosscountry sightseeing to hiking North Carolina's remarkable state parks — Demon Deacons are unplugging and getting connected with the natural world.

Sincerely,

Susan R. Wenthe, Ph.D.



President Wenthe hosts the installment of the Student Government executive team at an outdoor gathering at the President's house in April.

Favorite Outdoor Spots

Lift Students' Spirits

BY KATHERINE LAWS WATERS ('20)
PHOTOGRAPHY BY LYNDIE SCHLINK







KEN BENNETT

M

any of my fondest memories at Wake Forest happened outside. I remember sunny stretches on the Quad on my favorite picnic blanket, long conversations with friends while swaying in creaky rocking chairs on the Mag Patio, happy sounds of play on Davis Field.

When I asked students last spring about their favorite outdoor spots on campus, it brought back all those memories.

Students relish getting a dose of sunshine and letting off steam after being cooped up in class. And sometimes, these locations become classrooms.

I was delighted to see an article in the Old Gold & Black titled, “Go outside and touch grass: the value of outdoor learning spaces.” Reese Lile, assistant environment editor, wrote that outdoor spaces relieve stress and improve mental health for students — and professors’ moving class outside can increase students’ learning and intrinsic motivation.

Who would argue with the professor who suggests a trip to the Campus Garden for a class project?

Students I spoke with brought up another benefit: how the outdoors brings together passersby on a whim. Hangout spots create those sweet, unplanned memories that we think of when we remember college — the laughter, the connections, the conversations.

Wake Foresters’ favorite outdoor campus locations are varied, to be sure, but here are just a few lauded by today’s students in their own words. — *Katherine Laws Waters ('20)*



Farrell Hall

*Patio and
Picnic Tables*



BRITNEY AGUILAR ('25), A PSYCHOLOGY MAJOR, SAYS THAT, BECAUSE OF HER ADHD, BEING OUTSIDE IS "REALLY GOOD FOR ME. ... IT REALLY HELPS ME FOCUS AND KEEP MY ATTENTION AND GET MY WORK DONE. ... THERE'S JUST MORE TO SEE, I GUESS. THE TREES, LIKE THE SUN, THE CLOUDS, EVERYTHING. I'M NOT PAYING ATTENTION AS MUCH TO THE OTHER STUDENTS OR TRYING TO COMPARE MYSELF TO OTHER STUDENTS. IT'S MORE ABOUT ME AND WHAT I'M DOING AND MY PLACE IN THE CAMPUS."



THE SWING OUTSIDE FARRELL HALL "ALLOWS ME TO ... TAP INTO THE INNER CHILD AND FEEL A LITTLE BETTER IF I'M FEELING STRESSED. I KNOW SOME PEOPLE, THEY FEEL UNCOMFORTABLE, THEY DON'T WANT TO GET MADE FUN OF. THEY MIGHT FEAR BEING SEEN AS CHILDISH FOR IT, BUT I HONESTLY DON'T CARE. I FEEL LIKE IT'S REALLY GOOD AT GETTING ME TO MOVE, EVEN THOUGH IT'S LOW IMPACT."



KEN BENNETT

Pickleball *and* Tennis Courts

DREW SAAD ('28) PLAYED TENNIS GROWING UP IN ATLANTA, SO WHEN HE CAME TO WAKE FOREST, HE WANTED TO CONTINUE. "IT'S BEEN A GREAT SPACE TO PLAY WITH SOME OF MY BUDDIES,



MEET SOME NEW PEOPLE THERE. IT'S ALWAYS VERY BUSY, WHICH IS GOOD AND BAD. BAD, BECAUSE, YOU KNOW, SOMETIMES IT'S A LITTLE DIFFICULT TO FIND A COURT, BUT AT THE SAME

TIME, YOU'RE MEETING NEW PEOPLE AND JUST HAVING A WHOLE BUNCH OF FUN DOING SOMETHING THAT I LOVE OUT HERE IN BEAUTIFUL WEATHER."







GABE TULLI ('27) HAS CREATED A REPUTATION FOR BEING THE GUY WHO PLAYS GUITAR OUTSIDE HIS DORM. HIS FRESHMAN YEAR, IT WAS OUTSIDE BABCOCK RESIDENCE HALL, AND HIS SOPHOMORE YEAR, IT WAS IN THE POTEAT RESIDENCE HALL COURTYARD. LENI DETHLEFS ('27), WHO ALSO LIVED IN BABCOCK AND THEN POTEAT, HAS GOTTEN TO HEAR TULLI'S STRUMMING FOR TWO YEARS IN A ROW.



"(MY ROOMMATE) DOESN'T MIND IF I PLAY IN THE ROOM, BUT IT'S MOSTLY BECAUSE I LOVE BEING OUT HERE AND SEEING PEOPLE. ALSO, A LOT OF PEOPLE HAVE COMMENTED AND JUST SAID THAT THEY ENJOY HEARING MUSIC, EITHER IF THEY PASS BY, OR IF THEY'RE STUDYING LIKE THIS. ... IT JUST FEELS LIKE A RESET. GETS MY MIND CLEAR." — GABE TULLI ('27)



"WHENEVER I COME HOME AND I SEE MY SUITEMATES SITTING OUT HERE, EVERYONE JUST COMES OUT AND TALKS ABOUT THEIR DAY AND WHAT THEY'RE UP TO. ... THERE'S A GUY HERE WHO SOMETIMES COMES OUT AND PLAYS A GUITAR. ... LUCKY FOR US!"

.....

"WE STARTED DOING THIS TRADITION (WHERE) EVERYBODY COOKS DINNER ON SUNDAY. WE HAVE THE COMMUNAL KITCHEN. SO ONE NIGHT, AVA ... MADE — I STILL REMEMBER, IT WAS SO GOOD — IT WAS VODKA PASTA, CHICKEN CUTLETS AND BURRATA AND SALAD. AND WE TOOK IT OUT HERE AT NIGHT, AND WE HAD A CANDLE, AND IT JUST FELT LIKE BEING AT HOME, KIND OF LIKE A HOME-COOKED MEAL. AND IT WAS ONE OF THOSE FIRST NIGHTS WHERE WE WERE ALL TOGETHER AS A SUITE, AND IT WAS REALLY SPECIAL." — LENI DETHLEFS ('27)



KEN BENNETT

Poteat Courtyard

Spry Stadium





UGO OKOLI ('25) PLAYED SOCCER AT WAKE FOREST FROM 2011 TO 2013 BEFORE LEAVING TO PLAY PROFESSIONALLY. HE RETURNED LAST YEAR TO FINISH HIS DEGREE AND SAVORED BEING SIMPLY A FAN. "IT'S ALWAYS PEACEFUL SEEING THE GRASS. ... IF THE GAME STARTS AT SEVEN, I CAN SHOW UP — 7:05, NO PROBLEM, JUST RELAX, WATCH SOME GOOD SOCCER, AND BE IN A GOOD ENVIRONMENT AND JUST BE A FAN REALLY. ... THAT FRESH AIR IS ALWAYS CRUCIAL — AND I WAS ABLE TO PLAY AROUND THE WORLD. EACH ENVIRONMENT HAS, I SWEAR, A DIFFERENT SCENT OR A DIFFERENT FEELING WITH THE AIR."



KEN BENNETT

*Fire
Pits*

Plaza Manchester



KY ORDANZA ('28) SAYS THAT SHE, MORGAN RICE ('28) AND THEIR FRIENDS ARE "ALWAYS CONNECTING HERE IN THE MIDDLE" BETWEEN CAMPUS ACTIVITIES TO SIT AND TALK FOR A WHILE. "I LOVE SEEING PEOPLE OUTSIDE, EVERYONE COLLECTING, EVERYONE SAYING HI," ORDANZA SAYS. "IT'S JUST REALLY NICE. IT MAKES ME FEEL SO WARM INSIDE."



"I THINK MY MOOD DEFINITELY IMPROVES WHEN I'M OUT HERE. IF I'M COMING FROM CLASS ... SITTING IN THE SUN FOR A SECOND WILL MAKE ME FEEL BETTER.



... THERE'S NO PRESSURE TO DO ANYTHING. YOU CAN PLAY MUSIC. SOMETIMES WE'LL BRING SPEAKERS OUT HERE, WE'LL GRAB FOOD AND THEN EAT OUT HERE."

— MORGAN RICE ('28)

"I STILL FIND MYSELF COMING HERE IN BIG SWEATPANTS WHEN IT'S 30 DEGREES OUTSIDE WHEN I TOTALLY SHOULDN'T BE. I JUST FIND IT SO RELAXING TO SIT OUT. ... AND THE LIGHTS COMING ON IS THE BEST PART, TOO. ... THE SUNSET TURNING DOWN, EVENTS ARE KIND OF GOING AWAY. ... THE DAY IS ENDING, BUT REALLY, FOR US ... OUR NIGHT'S BEGINNING BECAUSE OUR FRIENDS ARE HERE."

— KY ORDANZA ('28)

AN ALUMNI GUIDE
TO

Outdoor Adventures

Unplug,
De-stress

and

Let Time
Slow Down

BY KELLY GREENE ('91), MARIA HENSON ('82),
KERRY M. KING ('85) AND
KATHERINE LAWS WATERS ('20)

ILLUSTRATIONS BY PAUL THURLBY



Ben Barnes

CLASS:
'20

LOCATION:
LAKE LANIER IN
GAINESVILLE, GEORGIA

➤ **IN 2022**, Ben Barnes ('20) achieved a goal he'd been pursuing since he fell in love with kayaking as a kid: he became a national champion. Barnes spent his childhood summers on whitewater rapids, but he transitioned to flatwater kayaking as a teenager when he came across a long, skinny boat that could glide across lakes with ease. As soon as he sat in that sprint kayak, he started saving, and the next year he bought it.

He trained on his own for a while, growing in skill and obsession for the sport. During his junior year at Wake Forest, on a whim, Barnes decided to throw his kayak on top of his car and drive four hours to Lake Lanier in Gainesville, Georgia, the site of the 1996 Olympic flatwater events. Unannounced, he showed up to Lanier Canoe and Kayak Club's training for nationals.

The team was surprised at the newcomer but recognized the boat as one previously owned by a former club member. The kayakers welcomed Barnes to paddle with them.

Barnes graduated from Wake Forest in 2020 into a pandemic world, allowing him to secure a remote job for a government contractor while living in Gainesville to train for that triumphal national championship with his team.

Shortly after the big win, Barnes got married and welcomed a son. Now, he has to find time to paddle while working full-time and prioritizing his roles as a husband and dad.

What's one of your favorite kayaking memories?

I find a lot of beauty in the stillness of the lake. I'd paddle in the mornings and get there (to train) before the sun rose. ... It's completely flat, and there's not even a ripple or a wave because there's no wake. The sun rises as you're paddling away from the boat-house. The sun is rising in front of you. I call it a "fire sky," but if there are any clouds in the sky, they all light up, and it looks like you're paddling into an orange sky. ...

The boat doesn't make any noise when it cuts through the water because it's so pointy. It just throws off this little wave that is exactly the same the entire time. So you're watching this constant wave as you go down the water. You only hear your paddle strokes, and you're looking up and, at 7 o'clock in the morning, you have to wear sunglasses because the sun's right in your face. It's just majestic. ... You get the sunrise in the sky, but then you get the reflection of the sunrise on the water.





ACTIVITY:

- HIKING ☐
- SKYDIVING ☐
- KAYAKING ☒
- CYCLING ☐
- RUNNING ☐
- RV TRAVEL ☐
- SPEARFISHING ☐

Tell me what it felt like to win a national championship race.

All of the training sessions, all of the hard work, everything culminates in a three-to-four-day regatta. ... There's a bunch of nervous energy, and then you get to the starting line. And for me, there's just this sense of calm. But in actuality, I'm pushing as hard as possible on the water. ...

That separation is really cool to me — the ability to mentally remove yourself while also remaining entirely focused on the task at hand. ... And then that massive rush of everything coming back to reality and realizing that you won. I mean, there's very little that compares to that.

What advice do you have for making time to kayak while balancing family and work?

Know that you need to schedule it in, because difficult things need to be scheduled in order to make the commitment to do them.

"THE SUN IS RISING IN FRONT OF YOU. I CALL IT A 'FIRE SKY,' BUT IF THERE ARE ANY CLOUDS IN THE SKY, THEY ALL LIGHT UP, AND IT LOOKS LIKE YOU'RE PADDLING INTO AN ORANGE SKY."

(Kayaking) will always give back to you. It's always refreshing. You always come back in a better frame of mind. ... Find that community that will do it at the level you want to do it at. I had to move to Georgia to find the community that will drive as hard as possible and become national champions. I guarantee you that there's a Facebook group or a group of people around you that want to join on that journey and hold each other accountable.



CLASS:

'92

LOCATION:
SALADO, TEXAS

➤ **WENDY FAULKNER ('92)** had wanted to go skydiving since she was 12 years old, when her family had planned to go watch her cousin do it. The dive was cancelled due to bad weather, but her interest remained.

"I remember all the adults sitting around talking about how he lives in a trailer at the airport and just drinks beer and eats fried okra. They all thought it was horrible, and I thought it sounded great," she says.

Fast forward to exam week during her first year of graduate school in math at Florida State University in Tallahassee.

"I felt like jumping off something," Faulkner recalls. "So, I looked up in the yellow pages where I could go skydiving. ... I did two jumps my first day, and that was that."

While working in tech in Austin, Texas, she managed to get in dives in Japan and the Swiss Alps. And in 2006, she quit to become a full-time skydiver, teaching lessons, taking video and packing parachutes to fund her passion.

More than 12,500 dives later, she's still up for new challenges and adventures. She's held hands in a circle of divers above pyramids in Egypt. She's been part of mid-air formations that have broken world records.

Is skydiving scary? Or hard?

Definitely. Especially when you first start, you're much more scared, then you get more experience. You learn to really manage your fear a lot. Certainly, you have to remain calm, even in tense situations. That's why nowadays so many people just do tandems where you're strapped to somebody. So, it's less risk. If they completely freak out, there's still somebody there who knows what they're doing.

Wendy Faulkner

ACTIVITY:☐ **HIKING**☒ **SKYDIVING**☐ **KAYAKING**☐ **CYCLING**☐ **RUNNING**☐ **RV TRAVEL**☐ **SPEARFISHING**

I was a very bad (skydiving) student. It took me forever to graduate from student status, but I had to do it the cheap way. I was earning \$800 a month in grad school. I ate cheese sandwiches, and I lived in grad student housing for \$200 a month.

What does it feel like before you release the parachute?

You learn to fly like a bird. It's amazing just being able to do whatever you want to up there. A lot of people really like it because when you're up there you can't possibly think about anything else. You can't think about your wife being mad at you or having to pay the mortgage next month or your brain. You just have to be in the moment.

We're controlled, falling, but if you do feel like you're flying, I might just see my friend over there, and I want to go to them. Once you get experienced and practice, you just know how to do it. You just go over there, and you don't have to think about, "I have to move my arm a certain way, and I do this with my legs." You just go walking.

It's always a lot of fun jumping with your friends. I really got into the canopy formations, and a lot of my biggest memories are from that. But I'll say that being in free fall over the pyramids of Egypt a couple of years ago was amazing. It was probably my coolest free-fall experience other than jumping out of a 727 jet.

How do you have confidence that it's not going to end badly?

We have altimeters (altitude meters), and most people these days not only have an altimeter on their wrist, they have one in their ear that gives indications of the right time (to release the parachute). And we always have two parachutes. So, if the first parachute doesn't work for some reason, you have a backup.

You're typically between 10,000 to 14,000 feet (when you jump out of the plane). There's definitely less oxygen up there. If you're only up there a few minutes, it's not bad. But one of the world record attempts we did back in 2007, we had four

or five planes, and we had to do a giant approach around Orlando. We were up there for 45 minutes at 14,000 feet, and most of us were very woozy. But the dudes from Colorado were fine. We did a canopy formation with 100 divers attached to one another flying through the sky and set a record. It was like a very slow-moving jet on the radar, apparently.

The landings are where a lot of people get injured. The main people who get injured are doing what's called "swooping." People want to come in super fast, and they do turns low to the ground to pick up even more speed when they come in. It looks cool, but if you screw it up, you can easily injure yourself for life or die.

You've set world records. Do you still find new ways to challenge yourself?

Definitely. I still want to jump in Australia. That will be my sixth continent.



ACTIVITY:

- ☒ **HIKING**
- ☐ **SKYDIVING**
- ☐ **KAYAKING**
- ☐ **CYCLING**
- ☐ **RUNNING**
- ☐ **RV TRAVEL**
- ☐ **SPEARFISHING**

Ella and David Filston

CLASS: '20
LOCATION: CHARLOTTESVILLE, VIRGINIA



➤ **HIKING HAS BEEN** a throughline in the lives of Ella Bruggen Filston ('20) and David Filston ('20). Both grew up with parents who instilled in them a love of the outdoors, and the couple first connected during their adventures through Wake Forest's Outdoor Pursuits trips. They've shared many hiking adventures together, from one of their first dates hiking at North Carolina's Hawksbill Mountain near Linville Gorge to a tough 16-mile trip in the Tetons in Wyoming after they were married.

Their past four years in Athens, Georgia, have been busy — between David's medical school classes and Ella's full-time job and nighttime graduate school classes. But they've found that taking time for their favorite hobby rewards them in moments of joy, connection, reflection and mental wellness. When they're hiking, they say, time even seems to slow down.

Earlier this year, when ranking David's options for residency programs, their pro-con sheet included a priority: how close were accessible outdoor spots? The couple landed in Charlottesville, Virginia, where several Shenandoah hikes and swimming holes are on their bucket list. As David says, "Every trail is something new to discover."

Did you have a favorite hike near Wake Forest?

David: What I love about Pilot Mountain is you can just drive to the top and go on a flat hike from there, or you can start at the bottom and have a lot more elevation gain and distance and a winding path all the way to the summit. I have so many memories of going for a sunset there and walking around, climbing with friends and family and leading (Outdoor Pursuits) trips there.

Ella: One time we just got Chipotle and just drove to the top and sat and watched the sunset. So, we actually didn't put in any work there, and it was still really good for us.

What are the benefits of hiking?

David: It's cool to see what you can do. Looking back — sometimes you get a view

of where you parked — and getting to see how much you did. Or not knowing if you're going to make it or not knowing what lies ahead.

Ella: Sometimes you have to keep going — you just have to — or you won't reach water or you won't reach the car. ... I think it's especially empowering for people who are often told they can't do things, like women or other identities. It can be very empowering to be like, I planned this whole trip myself. I fed myself. I got from point A to point B.

David: I've enjoyed a lot of solo hikes. Being alone and away from distractions, for me, has been a good time to reflect and get some clarity on things, whether it's a big life decision or my brain feels like a mess.

Ella: I, for sure, think life gets simpler, and your senses get stronger, outside. ... I think the mind-body connection is stronger outside. I hate peanut butter and jelly sandwiches unless they're on a hike.

What advice do you have about making time to hike, even when life is busy?

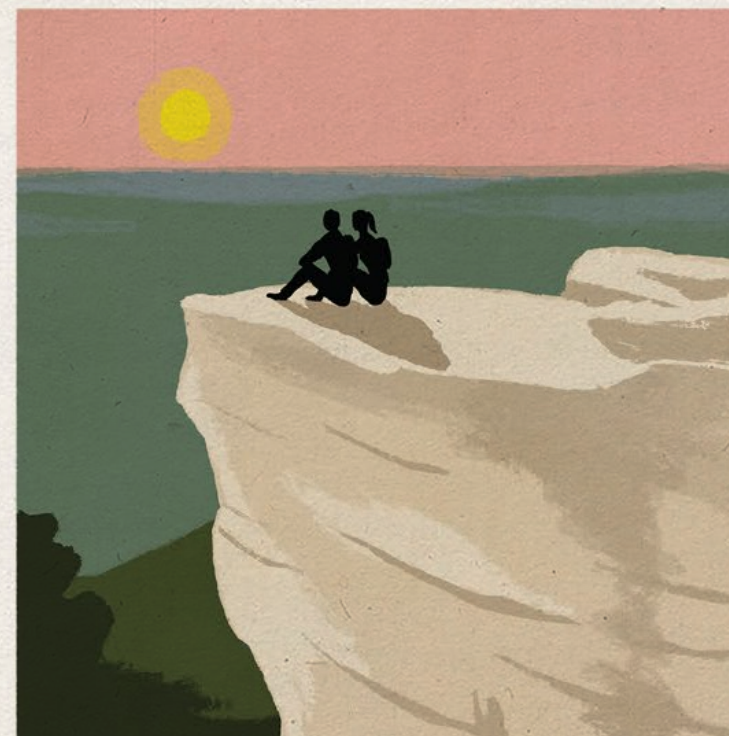
Ella: A hike doesn't have to mean (that you) drive two hours to go to the top of a mountain. I'm lucky to have a trail near my office building, so I just pace around on that trail sometimes.

David: You don't have to hike the whole AT (Appalachian Trail) to discover yourself. You can just take a minute after work and relax a little bit.

Ella: It's really hard to choose these things in the midst of chaos. ... It's going to be inefficient and inconvenient when you choose to do it, but the payoff is big and lasting.

"I, FOR SURE, THINK LIFE GETS SIMPLER, AND YOUR SENSES GET STRONGER, OUTSIDE. ... I THINK THE MIND-BODY CONNECTION IS STRONGER OUTSIDE. I HATE PEANUT BUTTER AND JELLY SANDWICHES UNLESS THEY'RE ON A HIKE."

— Ella Filston



Donna Edwards

ACTIVITY:

☐ HIKING

☐ SKYDIVING

☐ KAYAKING

☐ CYCLING

☐ RUNNING

☒ RV TRAVEL

☐ SPEARFISHING

➤ **FORMER U.S. REP.** Donna Edwards ('80), D-Md., became the first Black woman to represent Maryland in Congress in 2008. She set out to continue her life in public service when she ran for U.S. Senate in 2016, but she lost. Couple a grueling campaign with a diagnosis of multiple sclerosis that year, and Edwards knew after finishing her congressional term in the new year she needed a break.

On Jan. 5, 2017, she hit the road with "Lucille," the name Edwards gave a friend's RV she borrowed for that first trip. The moniker honors Lucille Ball in the 1954 movie, "The Long, Long Trailer," about a comically disastrous RV trip taken by Lucy and Desi Arnaz — not, as many assume, the B. B. King song.

The exhausted congresswoman's ramble was meant to last two weeks but extended into April, 45 states and 12,000 miles. Starting in Florida, Edwards zigzagged across the South to Joshua Tree National Park and Death Valley and onward to Utah and Colorado. She eventually wrote about her experiences in *The Washington Post*.

Today, Edwards motors around in Lucille 2, her own 24-foot RV. She loads up her cat named Midnight, her fishing rod — "I love to fish" — and her supplies. Off she goes to KOA campgrounds, to U.S. Army Corps of

Engineers properties along rivers and to U.S. and state parks and out-of-the-way national forests where the temperatures drop to Edwards' liking. From her home in Maryland, she's motored to Alaska and back.

The Parks Channel streaming app will air a segment at some point about the joy Edwards finds on the road in her RV. She's loved the camping life since she was a child growing up in an Air Force family. The kids jumped into the back of the station wagon, and the family embarked on adventures. From the time Edwards was young, she dreamed of having an RV.

She counts on more adventures ahead. A Wake Forest trustee, a Distinguished Alumni Award winner and a member of nonprofit boards, she is also a political commentator on MSNBC, ready to broadcast, even when she's RVing, if there's good Wi-Fi nearby.

What value do you find being outdoors?

For me, it's about decompressing. ... After serving almost 10 years in Congress, I was exhausted. I started my mornings at 7:30, with meetings going to 11 o'clock at night. And so, to be outdoors for me was a way of just separating myself from the rest of the world.



CLASS:
'80

LOCATION:
OXON HILL,
MARYLAND



And people ask me all the time, “Don’t you get lonely?” I really do not. I look around. I see what’s around me. I hear all the birds — all of them. It’s like you actually hear their different conversations.

One time driving down to Key West, ... at night I just put my blanket out, and I just slept on the sand, and I could just look up at the sky. And you could hear the water lashing up against the rocks. It’s a way to separate yourself.

What do you enjoy at the campgrounds?

Every single person there has that one thing in common. They may not have anything else in common, but that’s one thing they have. ... It puts you at this kind of granular level, where you are just seeing people at their very basic place: “This is the thing I love. I like being out here in the woods and the trees and looking at the ocean. And that person right there likes the same thing.” And that’s it. And then people talk about how many parks they’ve been to and where was their favorite park and what route they took. And they talk about their rigs *a lot*.

You hiked in Utah at Arches National Park to the top of a peak with your cane. Tell me more about the victories.

From 2016 until now, my disability and mobility challenges have increased tremendously. And I’m still trying to figure out a way that I can best enjoy the things that I enjoy. And I’ve discovered I have so much regard for the park rangers, ... because my first stop whenever I arrive someplace is the visitor’s center or the ranger’s office to talk to them about what’s accessible. ... They’re so good at helping me figure out how I can enjoy the park. Lots of people have mobility challenges, whether you’re traveling with an infant on your back, or you’re a senior or somebody like me with a chronic disease. You still want to be able to enjoy all that these parks have to offer and not feel like you’re limited because your mobility is limited.

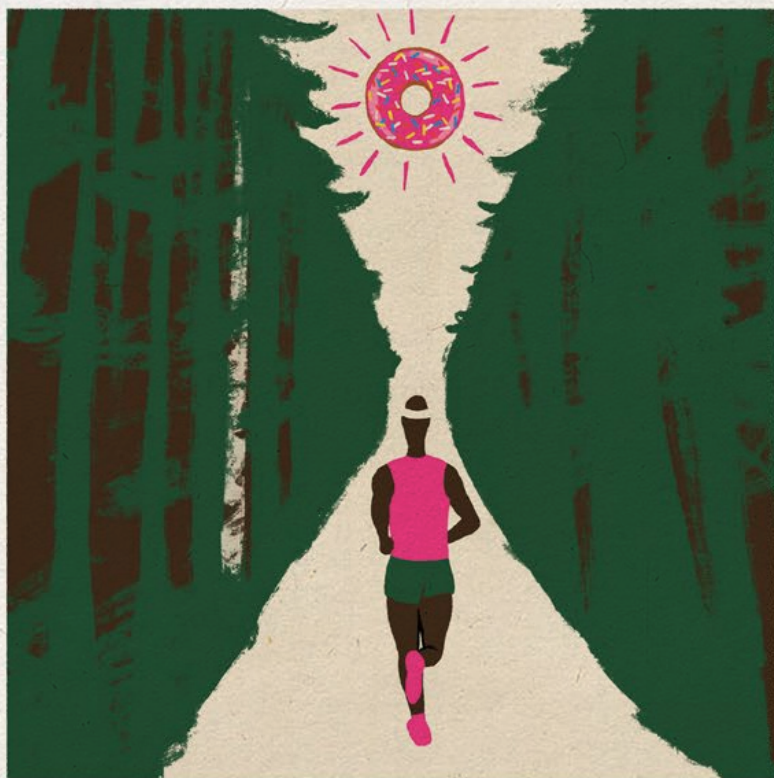
People see me get out of the RV, and I’m like, I have a lot of upper body strength. And so, my legs may not work, but I’m pulling myself out of the RV, and (people) are looking at me, and they’re shaking their heads. ... What do I say: As much as I can as best as I can for as long as I can.



Damani Mitchell

MBA
'24

LOCATION:
WINSTON-SALEM,
NORTH CAROLINA



to Reynolda campus and take in its beauty in every season. (More on that below.)

The meet-up, organized through the local Twin City Track Club, means so much to Mitchell that he recently ran for and was elected as the club's vice president.

How did you get into running?

I'm not, let's say, super competitive in sports. So running was a good activity I could do growing up that kept you active without having to find a team and constantly trying to get better. And it also just really puts you at peace. So, me and my family, we lived near the sea (in Kingston, Jamaica), and we would go for runs along the beach.

And then I would kind of run in between classes in college (at Embry-Riddle Aeronautical University in Daytona Beach, Florida). And then I kicked it up after I graduated. I was living in West Virginia, and it was gorgeous along the Greenbrier River Trail. I would go there a couple times a week, and the more you run, it

becomes easier, and you hit new milestones.

One day, I set a goal of being able to run a 10-mile stretch. I'd never run that much before. I'd run a whole bunch of fours and sixes and one day I got to about six miles, and I'm like, "Let's just keep going." I got to eight that day, and I was like, "Man, maybe I could have done the 10."

My first race was a 10K called the Chocolate Chase, and it was at the Lewisburg (West Virginia) Chocolate Festival. At the end of the race, they have chocolate bacon and Nutella on burgers. So, my first race was very, very memorable.

➤ **DAMANI MITCHELL** (MBA '24) has spent more time crisscrossing the Reynolda campus as a runner than he did as a School of Business student. While working on his MBA and also holding down a full-time job, he rarely ventured far from Farrell Hall.

On Saturday mornings these days, it's a different story. After spending the work week as a manufacturing engineering supervisor for Collins Aerospace, Mitchell laces up and joins a faithful group for a "no-drop" run, meaning no one gets left behind. He and his running buddies start in Reynolda Village, head down the trail



ACTIVITY:

- HIKING ☐
- SKYDIVING ☐
- KAYAKING ☐
- CYCLING ☐
- RUNNING** ☒
- RV TRAVEL ☐
- SPEARFISHING ☐

And then you found a running group in Winston-Salem?

When I moved six years ago, I saw there was a running club, and I thought that would be something interesting to be involved with. We go through Reynolda Gardens. We start off the Saturday run uphill into campus, and we run right past Farrell Hall. It's like a homecoming every Saturday.

And you will see a theme here: I love donuts so in 2020, I signed up for the Krispy Kreme Challenge at NC State University. (Runners go 2.5 miles, eat a dozen donuts, and run 2.5 miles back.) It was just thousands of boxes of donuts.

(His first half marathon was Winston-Salem's Mistletoe Run in 2022, and he ran it again in 2024.) We runners can fake ourselves into a half marathon. If you can get past a couple miles, you can get up to that 13. But I can tell you, I was pretty much done at 11.

I'm going to give credit to the track club. Because of that Saturday morning run, I have run my longest runs, hottest runs, coldest runs, earliest runs. I broke so many personal records because we'd go in, it's a five-mile run normally, and somebody says, "Hey, let's just go run three more." I'm like, "OK." And then last year when the wind chill made it feel like it was 17 or 18 degrees, they still had 12 people show up.

My hands don't generate warmth. I found these rechargeable electric hand-

warmers. I turn those on, and I set them in my gloves. That way, we're going to have a much better experience.

What's your advice for people who want to get into running?

The group dynamic really helps. A lot of people show up consistently because they know everybody else is going to be there, and we end with the donuts. There are always treats at the end. Motivation is very, very important. So, I try to help people not look at it as one long, big, fast run that you can't do. It's more of a couch-to-5K approach. You break this big thing down into what's actually not that many small things. That really, really helps.

"I BROKE SO MANY PERSONAL RECORDS BECAUSE WE'D GO IN, IT'S A FIVE-MILE RUN NORMALLY, AND SOMEBODY SAYS, 'HEY, LET'S JUST GO RUN THREE MORE.'"

Lydia Labocchetta

CLASS:
'97

LOCATION:
WILMINGTON,
NORTH CAROLINA

➤ **DR. LYDIA TOON FLEURY LABOCCHETTA** ('97) has been spearfishing since the late 1990s and holds two world records for women for the largest amberjack catch and largest hogfish catch. "Interacting with ocean life," she says, is like going to "a different planet."

She was introduced to spearfishing during a post-graduation trip to the Bahamas and honed her skills when she met her future husband, an avid spearfisher. She can frequently be found spearfishing around Frying Pan Tower, about 30 miles off the North Carolina coast.

A theatre major at Wake Forest, she pursued an acting career and was an assistant professor in wardrobe design at the University of North Carolina Wilmington for several years. Her late grandfather's pancreatic cancer diagnosis sparked an interest in medicine, and she earned her medical degree from Eastern Virginia Medical School. She is a urologist at Novant Health Brunswick Medical Center outside Wilmington.

How did you get into spearfishing?

I grew up trolling for Spanish mackerel off the shore of Wrightsville Beach (North Carolina) with my dad. We'd go deep sea fishing, and you could see all the fish, but nothing would bite. And I'd say, "Can't we just get in the water and shoot one and go home?" Then when I got into spearfishing, I learned, "Yes, you can."

What are the benefits?

My two daughters, 7 and 9, have gotten into freediving and are really comfortable in the water. The other thing I've loved is introducing a lot of my girlfriends to it. It's a very intimate camaraderie. When you're buddy diving, you're 100% eyes on (your buddy). You're not checking your phone. You are that person's lifeline.



ACTIVITY:

☐ HIKING

☐ SKYDIVING

☐ KAYAKING

☐ CYCLING

☐ RUNNING

☐ RV TRAVEL

☒ SPEARFISHING



To spearfish well, you have to freedive well, and you have to have a singular, very calm focus. It's given me the ability to really, really, really center myself and calm myself. If you're amped up, then you're wasting your oxygen. (She has freedived as deep as 102 feet and has held her breath for up to four minutes and 30 seconds.)

As a mom and a surgeon, I can't really get away, but no one can reach me underwater. My only role in that moment is to find the fish, shoot the fish and come to the surface alive.

What is a favorite memory or two?

Amberjacks, or reef donkeys, are very curious fish, and when you dive, they follow you. Then when you come up, there's almost like a tornado (of fish) around you.

Last summer, my 9-year-old dove down 25 feet, and when she came up she was just surrounded by amberjacks. To see that as a mom was beautiful. I once accidentally went swimming with a great white shark. I thought (at first) it was a sand tiger shark. It was interesting to see its behavior, just kind of hanging out, not at all aggressive, just living its life.

What advice would you give to someone interested in spearfishing?

Get a guide. Having somebody who is an expert in whatever you want to do is a worthwhile investment. Whether you shoot a fish or not, you're going to have an epic experience. If you have someone who is showing you the ropes, they'll tailor your experience to your comfort level.

ACTIVITY:

- ☐ HIKING
- ☐ SKYDIVING
- ☐ KAYAKING
- ☒ CYCLING
- ☐ RUNNING
- ☐ RV TRAVEL
- ☐ SPEARFISHING

CLASS:

'91

LOCATION:

WINSTON-SALEM,
NORTH CAROLINA

Sherry Lee



➤ **SHERRY RUSS LEE ('91)** has loved bicycles since Santa brought her the shiny, red Raleigh 10-speed she rode down Reynolda Road to the Village Soda Shop for milkshakes.

As she grew older, Lee found her interest in cycling shifted from the destination to the journey. She asked for a cycling tour in Washington state as her graduation present — a trip that was cut short when she was hit by a car, badly injuring her back.

Lee put the brakes on biking after that, focusing instead on recovering, getting married and earning a master's degree in sociology at the University of Georgia in Athens. That led to a lifelong career in human resources, first in Atlanta and then in Winston-Salem. Moving home also brought her back to cycling — this time, with her husband, Mitch Lee.

Their passion has taken them on country roads from North Carolina and many

parts of the United States to Italy, Canada, France and Croatia, often in the company of friends. They once celebrated their wedding anniversary by buying a tandem — a bicycle built for two. But they soon learned that it worked best for the occasional social outing.

How did you get into cycling?

I bought a used bike from somebody when we were at Wake and started riding it a little bit. Then after we moved back (to Winston-Salem in 1998), Cheryl Van Riper Walker ('88, P '21) and Scott Walker (P '21) got us to do the Tour to Tanglewood, which benefits MS (multiple sclerosis).

It was the beginning of the major obsession. One of the reasons I love cycling is because it's one of the few times when I'm completely in the moment. The distractions fall away. I have my phone with me for safety, but it's not pulling at me — except the one time I pocket-dialed my boss.

What are the benefits?

For us, cycling is physical, mental; it's social. It captures the feeling of when you're 10 years old. It's freedom, it's the wind in my face, it's the feeling that there's something bigger out there beyond you. The virtual world can't compare. It's a real gift to be able to pause and experience the natural world in whatever way, shape or form.

And we have found all the professional services we would ever need through cycling, from bricklayers to physicians and attorneys. That's how we got our back patio and retaining wall built.

You've been cycling for decades. What keeps you motivated?

I love the sense of accomplishment. I remember the first time I climbed Pilot Mountain. It's two miles. It is a grind. The first time I climbed it, it was a ride where you climb Sauratown, Hanging Rock — and you get to Pilot Mountain at mile 58. That's a favorite. I always stop and look out over the overlook at the top of the parking lot, because you have to pause and take it in.

The other big sense of accomplishment I remember is when I got to the top of Mount Evans (now called Mount Blue Sky) in Colorado, which is 14,000 feet. The first time I tried it, at 10,000 feet I started getting the lightheadedness that is the precursor to altitude sickness. I didn't want to push it before coming back down on a road with no guardrails. When I did it again, I made it to the top.

I would much rather go uphill than down. Mitch likes to go much faster than I do. I always just pray I'm not going to find him in a heap by the side of the road when we get there.

I have been in over my head more than once. It's a really good opportunity to challenge myself and to know that I can do it. Like, going up Mont Ventoux in Provence last summer. I was up the night before throwing up at 2 a.m., not sure if I could do it. (She did.)

It's a way to challenge myself, to get physical activity, a great source of friendships and a way to see the world.





Four faculty members and a staff psychologist discuss the myriad physical, emotional and spiritual benefits of being outdoors, even when the rambles come in small doses.

HOW WE ARE NURTURED BY NATURE

By Kelly Greene ('91), Maria Henson ('82) and Kerry M. King ('85) Illustrations by Wenjia Tang

CHRISTIAN WAUGH (P '27)

Professor of Psychology



Psychology Professor Christian Waugh (P '27) specializes in research about cultivating positive emotions to regulate stress, temporal dynamics of emotion and the psychophysiology of emotions and personality. While his focus isn't specifically on the psychological and physiological benefits of being outdoors, Waugh discussed the relevant academic work in his field — and his excitement over an intriguing recent experiment.

His personal interest in seeking time outdoors is “100%” — from camping to hiking to relocating to a home near a greenway where he can walk and bike.

His favorite theory about how humans innately are attracted to nature — the biophilia hypothesis

As a species we've evolved over hundreds of thousands or millions of years, so our brain comes to expect certain things from our evolutionary path. ... One of the things it expects is to be in nature, because that's where we were for 99.9% of our evolution. We were out in nature. We were out in the jungles, in the savanna and the plains. That is where we got our resources. If you wanted food, nature is what had the food. If you wanted water, nature was what had water. ... Nature held all the resources that we needed to survive and thrive, and our brain remembers that from this ancient time so that when we go out in nature, it sort of harkens back to this ancient time: This is what led me to survive and live and be who I was supposed to be. I love that idea. ...

A second area of research, known as Attention Restoration Theory or Cognitive Restoration Theory

When we are in our built environments, ... they're designed to be functional for the most part. Some obviously are aesthetic, and we appreciate the aesthetic ones, but most of them are just designed to be functional. They have lots of moving parts. They have lots of things that are designed to do stuff.

Right now, in my office, in my house, there's stuff everywhere. Everywhere. There are different clashing colors. There are clashing shapes and forms. There are things moving over here. There's light coming from over there. There's lots of different stuff happening, which is attentionally exhausting.

We go out in nature — that goes away. (Nature is) attentionally relaxing. But what's interesting is, it's not less engaging. It's still engaging our attention, because you're out in the woods, in the forest, and it's beautiful and aesthetic, but it's not as exhausting to process. It's actually a short cousin of a theory (relating) to aesthetics and beauty overall, which is basically anything we find aesthetically pleasing and beautiful, it's because our brain processes it very easily. This is why we love symmetry. This is why we love some paintings. We just don't know why we get it and love it, but we just do because it's easy to see it.

What he calls a recent, “blossoming” theory about the benefits of nature

We know that plants give off these organic compounds, and they’re called biogenic volatile organic compounds, BVOCs. There are lots of different ones. One is called terpene, and it’s a compound emitted by plants for lots of different reasons, one of which is to defend themselves against predation. And there’s a theory that these terpenes when breathed in directly affect the physiology of humans. Isn’t that amazing?

They have a 2025 study ... showing that you take people out into the forest, and you put a helmet on all of them with a filter on it. Everybody has the same filter, sitting out there in the forest. But you activate the filter on some and not on others so that some terpenes get filtered out and some they allow in. So, it’s controlled as much as possible. And what they found is (people) who are allowed to have those terpenes in show slight decreases in these immunological factors, these inflammatory factors, that are indicative of better health and less stress. ... So, it’s very hot off the press. ... If that (theory) turns out to be valid, that will literally mean ... plants are communicating to us chemicals that regulate our own physiology through the air, which is amazing.

Finding time for nature and experiencing the power of awe

To reiterate what we’ve touched on, any little bit of nature helps, but it’s best when you’re fully immersed. But that doesn’t mean you shouldn’t do the little things, like having plants in your office or your room ... or watching a nature film. Those things matter. It’s just that they are not going to be as powerful as being in nature and invoking all the senses. Urban green space is good. Wild nature is better.

One thing we didn’t talk about is awe, an amazing emotion with a lot of positive psychological benefits but in a funky way, which is that it basically makes you feel small. It reduces your self-consciousness, which recalibrates that you are just a part of the world, not the world itself. You’re just ... a teeny, little part of the world, which is humbling and reduces your self-consciousness and has weird psychological benefits because of that. (Awe) can also be terrifying, so it’s not like it’s a purely positive emotion. There’s some fear in there, too. You get awe from seeing a mountainous landscape as well as a tornado or thunderstorm coming at you.



AMANDA VINCENT

Associate Professor of French Studies



by the gardening bug. She watched professors guide teams of students who, over two years, created their own landscape plans for sections of the school's garden — and then put those plans into practice.

"It was a magical experience," she says. "I came home motivated to have more of my own personal gardening practice and to see how it could become part of the classroom and pedagogy, thinking more about how gardening could be tied into a liberal arts education."

Digging in

Vincent spent a lot of time digging in the dirt in 2020 and also developed a first year seminar called "Gardening on Paper and in Practice" that she taught in the spring semester of 2021 — the perfect time to get students outside for class as much as possible — and again earlier this year. Students read works by

distinguished authors about gardening as a practice of care, cultural practice, healing practice, sustainability practice and as political engagement. They look at the spiritual aspects as well through excerpts from "Soil and Sacrament: A Spiritual Memoir of Food and Faith," by Fred Bahnson, former director of the Food, Health & Ecological Well-Being initiative in the School of Divinity.

As the semester progresses and the weather warms up, they meet more often in the Campus Garden, relating the definition of gardening's purpose that they develop in class to their own experiences. On a sunny Friday morning in April, Vincent and a Campus Garden intern show 11 students how to use garden forks, scuffle hoes, spades and wheelbarrows to prepare beds for tomato planting that contributes to research led by Gloria Muday, Charles M. Allen Professor of Biology and director of the Center for Molecular Signaling.

"This is a demonstration of regenerative agriculture techniques with tools you would see in gardens in France," Vincent explains. "It's supposed to be no till. The soil has layers. We're moving the top layer a little bit, breaking up the soil, but not turning it over."

Associate Professor Amanda Vincent has combined her interests in French culture and landscape architecture into her research for nearly two decades, starting with a 2007 journal article about a Parisian park whose creators blended the ruins of old wine warehouses with contemporary features, and culminating in her 2023 book, "Constructing Gardens, Cultivating the City: Paris's New Parks, 1977-1995."

But it wasn't until 2019, when she worked with a horticultural high school in Nantes, France, that Vincent was truly bit

As an aside, Vincent takes a few minutes to show the students a clover plant's lengthy roots and to explain that the plant "can take nitrogen from the air and transform it into nitrogen in the soil that plants can use." It ties back to Bahnson's writing about his attraction "to the fervent and secret work that goes on beneath the surface."

Know-how plus 'know-knowledge'

"I like the theoretical reading about, 'What does it all mean?' I want the students to think about what motivates them and if it has meaning," Vincent says. "But physically doing it is a different way of learning. Using a scuffle hoe is a know-how, not a 'know-knowledge.' You don't think about all the different steps before you put the plants in the ground."

The class culminates with an "unessay," meaning the students choose the format, often an oral presentation, newspaper article, model or poster. They create and present a garden design and cultivation strategy that incorporates their readings, research and gardening experience. Vincent hosts a presentation day in lieu of a final exam. The students get treated to muffins Vin-

cent bakes from scratch using carrots they harvested together.

Harrison Carl ('28) kicks things off with a quiz on plants and herbs with "deep connections to healing," inspired by the gardening he did growing up with his grandfather. (They mainly planted cherry tomatoes and basil.) "I wanted to show how common plants and herbs have deep connections to healing, and often we don't realize it," he says. "And gardens don't just heal individuals, but communities. They root us in cultural traditions, encourage care and create spaces of creativity and connection."

Garden prescription

Gissel Tranquilino ('28) designed a therapeutic healing garden for a children's hospital, because "healing gardens use nature's calming and restorative effects

to aid with recovery, reducing stress and promoting overall well-being," she says.

"I also thought about putting myself in the shoes of maybe a 5-year-old child going into this hospital. ... My research showed that (a healing garden could lead to) shorter stays, less need for medication and treatment, and it could also be a positive distraction," she says.

Her design focuses on "accessibility; smooth, wide paths; a lot of areas for walking around; and also different kinds of seating, especially those with



armrests.” For activities, she envisions “a vegetable and fruit garden that would allow kids to plant seeds, learn how they grow and then eat the plants and harvest them,” she says. “And then I thought about a garden passport, so kids could go around different areas of the garden, take turns doing ... jobs like planting, watering, digging, and then for each activity ... they could get a little stamp.”

Designed to de-stress, and contemplate

As a member of the men’s tennis team, Andrew Delgado (’28) says he started out “thinking about gardening as a tool for recovery and performance, to just be ready for the next game. But then I realized I was stuck in a high-performance mindset. So, I shifted the focus,” he says.

“I needed it to be quiet, calming with herbs like lavender or mint, a place to sit and hands-on planting beds,” he says. “You’re tending to yourself through tending to your plants.”

Peter Cory (’28) researched zen gardening as a mindfulness practice, with every element in his garden design

holding intention, according to the booklet he created as his final project. “My garden design begins with a three-foot tall fence/wall. Within the wall I plan to have stones that fill the interior to give the deserved protection to the space,” it reads. “The clustered stones represent the flow of knowledge and ideas within my close relationships, while the upright pillar-like stone symbolizes my journey of personal growth.

“I placed a boulder towards the upper-right corner as an emphasis on staying grounded even when you might feel off balance,” it continues. “The ripple patterns, although temporarily circles, are transformative in their nature and signify impermanence, inviting contemplation and mindfulness.”

As does Vincent’s seminar.



Associate Professor Amanda Vincent's students spend time in the Campus Garden learning about, and practicing, regenerative agriculture techniques.

KATHERINE WHITLEY

Staff psychologist and outreach coordinator at the University Counseling Center



Sometimes students get so overwhelmed by their academic workload that they forget going for a walk or simply sitting under a tree might help them feel better.

That's where Katherine Whitley comes in. As a staff psychologist and outreach coordinator at the University Counseling Center, as well as a fan of hikes with friends, one of her favorite strategies to foster mindfulness, reduce stress and encourage self-care is getting students to spend time outside.

The need to slow down

There's a big culture of productivity, especially at Wake Forest and just broadly socially. People are very much working towards some kind of outcome or output to grades or achievements. ...

A lot of what we're talking about with a connection to nature has to do with mindfulness. I think sometimes it's a very difficult thing for many people, especially students, to be on board with because so much is being asked of them. Why would we slow down when we feel like we need to speed up?

Students of the current generation do utilize their phones and their screens a lot. ... It impacts their mental health in a lot of different ways. To be really

driven has lots of pros, but I think the cons of that are never feeling like you can slow down, never feeling like you can make a mistake.

Leaves floating away

There are even mindfulness activities that are based on nature. One of the ones I use is called "Leaves on a Stream." It's building up our ability to be aware of our thoughts and feelings without engaging with them or placing some kind of judgment on them. It's an imagery exercise where you ask the person to imagine ... they're sitting beside a gently flowing stream. I'll ask them to paint the picture for themselves: What season is it? What are you seeing? What are you smelling? What are you hearing? But then you take a look down at the stream and the water, you notice there are leaves floating along the stream.

And then we practice this ability to take each and any thought or feeling that enters our mind and place it on the leaf and allow it to float by. That's called the skill of diffusion. How can we get some space from our thoughts? And then we usually process that afterwards and talk a little bit more about: How

did it feel? Did you get some space from your thoughts? Were you able to have a different perspective on things?

(The goal is to be able to) name that that's something I'm thinking or feeling, but it doesn't have to become all-consuming in this moment. I'm not my thoughts and feelings, but I can be a vessel for them to flow through.

"Habit stacking"

We often offer (ways to get outside): doing your work outdoors, meeting up with your friends and sitting outside, taking a walk utilizing the Reynolda trails and even trying to get off campus for students that do have that resource.

We can sometimes utilize habit stacking, so connecting it with something that they already enjoy doing.

One person may really enjoy reading or listening to an audio book or a podcast or music or talking to a friend or family member that's here. So, how can we pair that with being outdoors? Can we go pick a spot outside or go for a walk?

I try to mirror that for the students, talking about how even when you are an adult and you have a 9-to-5 job, we still need to take breaks throughout the day. ... I really enjoy walking the trail that connects the campus to Reynolda. ... I remember when I first came here



There's a big culture of productivity, especially at Wake Forest and just broadly socially. ... Why would we slow down when we feel like we need to speed up?

thinking, "This is an amazing place to work just because it's very beautiful."

We want to get to the point where we are engaging with (nature) presently, in the moment. I always try to give this psychoeducation of, "This is the reason why we're talking about this. We're trying to build up your ability to be mindful, which is to be present in the moment, utilizing your awareness of your thoughts and feelings, but without judgment or without trying to hurry the experience along. Sometimes being out in nature is a really positive way to do that because when you're present with whatever nature has going on in the

moment, you can really tap into your different senses."

And some of the coping skills that we often provide students and walk them through have to do with our five senses. It can be a great skill for reducing anxiety or panic, grounding ourselves when we're feeling overwhelmed. So sometimes we'll utilize those examples that tie into nature.

Plant parallels

Whitley's role includes outreach, often through pop-up events around campus. Nature has found its way into that work as well:

We had a great idea from our students for succulent-planting events. We talked about caring for your plant; you would care for yourself just like your plant. We tried to make it a parallel process: Make sure your plant is getting sun; make sure you get outside. Are you drinking enough water? Are we a little bit withered right now? Are we a little bit burned out with everything going on with schoolwork and social life? So, it was very fun to have the students get their hands dirty and take the succulents, put them in a pot, decorate the pot and then take it home with them.

Before Lucas Johnston ('98) went to graduate school and eventually made his way to the Department for the Study of Religions at his alma mater, he remembers being a student at Wake Forest without "a good understanding" of the habitat around him. Work experiences changed him.

He traces what he calls his environmental consciousness to the early days after he graduated from college. He taught at a religious high school in the U.S. Virgin Islands and began to pay attention to coral reef damage and environmental degradation. "For the first time I started wondering about the connection between religion and environmental issues," he says. His perspective expanded after he worked in Wyoming on a campaign to limit snowmobiling in Yellowstone National Park because of deleterious effects of the noise on wildlife.

What role have religions played in humans' relationship with nature? As he began his graduate studies, he expected to find that most religions have espoused an emphasis on the "vertical relationship" with spirit but not on the horizontal relationship with everything else besides human beings. He found that, no, that's not the entire story. There are religious traditions with a strong reverence for nature or respect for nature as an authority.

Johnston seeks to have his students think about where religion comes from and its connections to evolutionary psychology and the cognitive science of religion. He wants students to develop critical thinking skills to help them sort through the vast number of narratives available in this modern digital world: "What I ask them to do is hold these up against each other and say, 'Look, so these are competing ideas about environmentalism (for example). Which one speaks to you, and what are the sources of authority these people are calling on?'"

Nature as a spiritual assignment

(Being outside in nature) is something I try to convey because I think the students here are very ambitious and driven. If you don't force them to, they don't go take time for themselves very well.



**LUCAS ('98)
JOHNSTON**
Professor of Religion and Environment



On the one hand, I think it is a subversive suggestion that they go outside for a little while and put down their phones and their books. In some classes I've even assigned that as homework once a week: Go to the same place over the course of the semester and sit there without your phone or your computer for 15 minutes or 20 minutes and just record what you see.

Most of them are, like, "Oh, there's a squirrel, and then there are trees and birds." But even that (is) just noticing

things. There's an intentional element to where you cast your attention. That piece of it is important, but ... one of the things I try to talk about is that just being outside can be a source of spiritual renewal and growth.

Our place in the universe

Getting outside is literal and metaphorical. Our classes are supposed to get people out of their comfort zones to some extent (and) expose them to new knowledge. But sometimes one of the best and easiest ways to do that isn't in a book. It's physical — recognizing what your body is doing that's different when it's sitting under a tree and sitting in a chair. You are maybe sore after you sit

under a tree, but it's not the same thing as being sore from sitting in a chair and studying the whole time. Just recognizing. Being an embodied human being. Just being *in* the world instead of on it.

That's kind of the distillation of it — imagining yourself just like everything else as subject to the laws of life. You ignore those at your peril, and we can dress it up however we want. We can put social causes or economic issues or whatever we want, but at bottom, that's what it's really about: who we are and what's our place in the universe or in the world. ...

We can book it to death. We can find a thousand different perspectives on why it's important to go outside or different religious people who said, "Go outside." (He gives St. Francis as an example.) So, thinking about those things, there are ways to cast it through our religious lenses, but fundamentally it's a human experience of being in a world of (beings), only some of whom are human.



joining the faculty in 2022, she spent 15 years at the School of Medicine and Wake Forest Baptist Health researching and developing behavioral approaches to chronic disease management.

Sun in small doses

Though too much sun exposure can lead to skin cancer, getting just 15 to 20 minutes of sunlight every day is beneficial for our bodies. It triggers production of vitamin D, which is crucial for bone health and immune function and supports mental health and overall wellbeing.

Vitamin D also helps regulate circadian rhythms, gives us more energy

and prevents fatigue and mood changes. Forty percent of Americans are deficient in vitamin D. When we don't get that sunlight exposure, it can lead to chemical imbalances and less serotonin and melatonin production, two hormones that help regulate feelings of happiness and sleep cycles. Vitamin D also decreases the risk for osteoporosis and cardiovascular disease and even some cancers.

Boosts to physical health

Regularly being outdoors helps to reduce blood pressure even if you're not being physically active. Just walking outside helps lower blood pressure and heart rate and reduces stress hormones like cortisol that can cause weight gain and mood disorders. It decreases our sedentary time because we tend to be more physically active when outdoors. Enhanced immune function also comes with

Megan Bennett Irby studies chronic health conditions and behavioral interventions from a community engagement perspective and teaches undergraduate and graduate courses in epidemiology and public health. She is director of the health policy and administration minor and a course director for the biomedical sciences graduate program. Before

(’06, MS ’12) **MEGAN
BENNETT IRBY**
Assistant Professor of Health & Exercise Science



being in the natural world. Breathing in natural chemicals released by plants and trees promotes natural killer cells in our bodies that fight infection and disease.

Spiritual benefits

Being outside exposes us to natural environments that are good for the soul. For mental health, there's a clear connection between being in nature and reductions in stress and anxiety. There's something calming and soothing about that connection with the natural world, which has positive effects on mood and brain activity. The late marine biologist Wallace Nichols coined the "Blue Mind" effect, the concept that blue spaces (water) can bring a sense of peace and calm to our lives.

Some studies show that nature also improves our working memory by about 20% compared to people dwelling in urban, modern industrial environments. There are benefits for productivity and creativity, too, which explains why so many artists go into nature to find inspiration. On a social level, being outside is good for community health, supporting social cohesion and helping families build stronger bonds.

A healing connection to earth

Being in nature also demands we redirect our attention away from our screens and creates new sensory connections and neural networks: You have to be conscious of how your body navigates in nature — a spatial and physical awareness of stepping over tree roots or climbing a hill. Your whole body becomes a part of your thought process and that connection with the earth.

When we are watching a sunset, we are experiencing the same natural world that generations before us once experienced. This reinforces the notion that we are a part of something bigger and everlasting, and hopefully encourages us to be better stewards of this world for generations that come after us. When we recognize ourselves as part of something larger, we gain a perspective that buffers against depression and existential dread.

Reconnection to the earth relates back to what native and indigenous populations have practiced for centuries. There's a healing power in our connection with earth. When we engage with the natural world, we're revisiting a powerful covenant between humanity and nature.

Interviews have been edited for length and clarity.

A WINDING PATH HOME

Wake Forest
friends kept walking
all these years
and found in
each other
companions
for discussing
life's challenges,
but also
for
creating a clever,
'franchised'
brand of
joy.

By
Sandra Wilcox

Conway ('83, P '15)

Photography by
Travis Dove ('04)





hen we were at Wake Forest, my good friend Jan Boyce Sloan ('84) and I lived across the hall from each other in New Dorm (now Luter). We never turned down a chance to show up or go out, even when it meant a simple stroll through Reynolda Gardens or bunny hopping on the Quad.

We were always in motion, and after raising our children and pursuing our careers, we still are. We just never could have imagined we would have a “franchise agreement” to spread the fun to friends, who, like us, treasure the gifts of nature and heed the command, “Go take a hike.”

We are The Tar Heel Trail Trammings, and this is where our journey began.

“You find the path by walking it.” — the late Reynolds Professor of American Studies Maya Angelou (L.H.D. '77)

Jan and I both grew up in the Triangle, she in Durham, North Carolina, and I in Chapel Hill. We were both ready for a change after high school and chose to leave our stretch of Tobacco Road to attend Wake Forest. That's where we met. We bonded over love of our mutual friends, 1970s and '80s music, children, education and an undeniable talent for ridiculousness. We had a secret Triangle-area handshake and agreed it was no accident that our kooky mothers shared the same birthday.

Our Wake Forest education seeded our intellectual passions and career trajectories. Jan became an education major, and I studied psychology. It was Professor Angelou's class on Black literature that unlocked a dormant part of my silly, sorority girl brain. I will never forget walking like a zombie from that first class seeing the world differently. I was slowly growing up and moving out of my comfort zone, but mostly, for a long time afterward, I stayed on my expected path of a young woman raised in an old North Carolina family.

Following college and a job in New York, graduate school brought me back to Chapel Hill and to my buddy Jan. Our walks resumed, and we were '80s stereotypes doing Jane Fonda exercises in jewel-toned spandex. As we entered our householding days, we lived in different cities again. When we managed to meet for walks, we were pushing strollers and leading dogs.

Pro Humanitate manifested for us in similar but distinct ways. Jan became an educator, and I became an education activist. I started my career in corporate philanthropy, but as educational inequity increased, I saw how market-driven social change became clearly harmful to my public school community in Charlotte. Walks on the Carolina Thread Trail morphed into movement-building meetings and political strategy sessions. My fellow activists and I walked countless miles, strategizing how to create coalitions to address systemic issues of racism and economic injustice.

"We must keep walking because with movement comes meaning, and with meaning comes gratitude. And that path will lead us home."
— The Rev. Susan Sparks (J.D. '87), senior pastor at Madison Avenue Baptist Church in New York City



Jan Boyce Sloan ('84), left, and Sandra Wilcox Conway ('83, P '15) are The Tar Heel Trail Tramps.



That one word, unfolded.
“hiking,” plan”
and the “business
changed everything,



Over those years, I drove countless hours between Charlotte and the Triangle to find clients and community in support of educational justice and equity. Eventually, I knew it was time to go home yet again — to Chapel Hill — and reclaim it in the present, not as the city of my childhood. And there was Jan, ready to go outside with me. She and I found new walking paths and workouts minus the jewel-toned spandex.

As was the case for many women, work and family responsibilities were our “hobbies” in our householding

years. As empty nesters, Jan and I finally had time for a real hobby. My consulting brain kicked in on one of our walks. Walking is not a hobby, but hiking sure is!

That one word, “hiking,” changed everything, and the “business plan” unfolded. Jan saw a piece on the local news about a family who hiked all of the 41 North Carolina state parks. We had our mission! Our goal was to do one hike a week and combine it with local food and culture.

We needed a brand. My amazing athletic friends in Colorado have a group called “Run Like A Mother,” and an older friend in Australia has “The Wobblies.” We were somewhere in between, and the name finally hit us — The Tar Heel Trail Trammmps. It covered it all: our love of North Carolina plus the triple entendre meant to represent hiking, 1970s funk and ridiculousness.

As good middle children, we would be co-leaders, alternating planning duties and playing to our strengths. Jan loved to drive and nicknamed her new car “Trammpy.” Ever the good educator, she made us a laminated map and bought a North Carolina State Parks Passport for each of us to track our progress. I was the designated photographer, history nerd and DJ. Our families outfitted us with “Vote for Parks” T-shirts and Tar Heel Trail Trammmps hats. My daughter, Adelaide, created a fun franchise agreement, which, with a wink and a smile from us, might serve as an inspiration for others. Ever the enthusiast, Jan declared, “Let’s do this!” and we launched our venture on Nov. 11, 2019.

As the structure and rhythm unfolded, our newfound hobby brought unexpected blessings. We started with parks in Durham, Orange and Wake counties, followed by day trips, until we covered most of the Interstate 85 corridor. We then planned overnight trips to the far reaches of the state. Enthusiasm and curiosity are core to Trail Trammp values, and each park was our “favorite.” Our love for North Carolina’s beauty, people and culture expanded with each hike.

On March 11, 2020, the World Health Organization declared COVID-19 a pandemic, but we didn’t stop hiking. To our backpacks, we added masks, hand sanitizer and better snacks. Planning became more complicated, but our awe and appreciation for Mother Nature and North Carolina’s park system became more acute.

When Jan and I were growing up, North Carolina promoted itself as the “Variety Vacationland.” The slogan held up for us modern-day Trail Trammmps. We found delight in a jog up Jockey’s Ridge just in time to catch the sunset; the charm of historic Edenton; the enthusiasm of Allen, a snake-handling Medoc Mountain State Park employee; a nostalgic



lunch at Bill's Hot Dogs in "Little Washington;" and a good laugh over being lost for hours in a longleaf pine forest.

Sometimes other Wake Forest friends joined us for hikes or marking milestones — occasions to celebrate or hikes shared while we grieved losses of family members and friends. Mother Nature sheltered and nurtured us in sorrow.

As we approached our goal of hiking all the parks, we didn't want the journeys to end. We wanted the fun to go on. We wanted these walks with meaning to continue. We wondered, "What next?" State forests? The Mountains-to-Sea Trail?

Our best Trail Trammmps idea came next. We would go national and ... drumroll ... bestow upon ourselves another name: The Super Trammmps! It made sense because the national parks are often called "America's Best Idea."

We decided to travel twice a year based on pulling the names of two of the 63 national parks out of a hat. Some of our supporters shuddered at the randomness, but Jan and I were confident every park would be our "favorite." The naysayers came around once the variety, spirit and fun unfolded. Saguaro National Park in Arizona was our first, Lassen Volcanic National Park in California our second and Virgin Islands National Park on the island of St. John our third. Each was uniquely beautiful, and, no longer naysayers, our family members joined us when they could.



Last fall I was exhausted after working on the election. It was Super Trammmp serendipity that we picked Hot Springs National Park in Arkansas for our next hike. What a gift in the midst of that fraught season to see the Clinton presidential library and the statues of the Little Rock Nine and then hike and relax in the home of U.S. spa culture.

Our spring trip this year was a hike in our country's newest national park, the New River Gorge National Park & Preserve in West Virginia.

"I think the gift of women's knowledge is that we always come with both/and, and create spaces of creativity, to be and to also be able to do, and to think through intersections and to do more than one thing at one time." — Professor Melanie L. Harris of the Wake Forest School of Divinity

TAR HEEL TRAIL TRAMMPS

Franchise Agreement



tar_heel_trail_trammmps

Mission

To hike the 41 North Carolina State Parks

Guidelines

- Monthly cadence (on average)
- Alternate who plans
- Planner picks hike and local culture
- Make sure to print map and park summary
- Going mid-week is best for smaller crowds
- Local restaurants are best, but Chick-fil-A is the official back up
- Abide by the 'Alan Rule': always ask the ranger for recommendations
- Go on every overlook
- Take a moment of silence on each hike
- Guests have to be approved by all parties
- Mega Mentors invited for special occasions

Skills

- Passion for hiking
- Love of North Carolina (or your home state)
- Enthusiastic embrace of local culture

Roles

driver
navigator
photographer
DJ

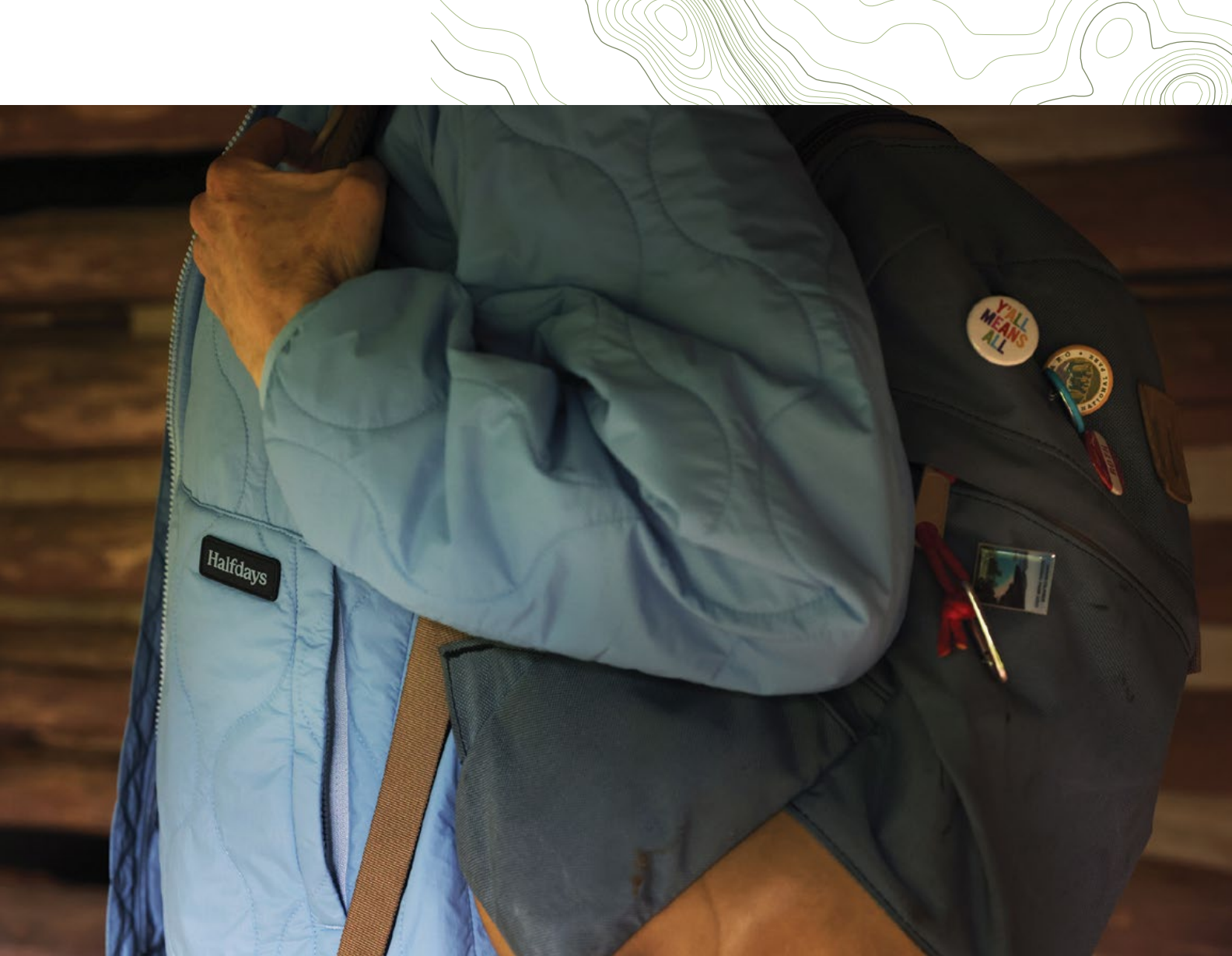


Contact info: lsloan101@aol.com
sandrawconway@gmail.com

SWAG

- Official Song: Hold Back the Night by The Trammmps
- Favorite Poems: The Peace of Wild Things; Lost
- Laminated maps with pins
- NC parks passport with stickers





Our “old” hobbies of work and family continue to ebb and flow. Jan retired from leading a preschool, and I shut down my social impact consulting practice. Eldercare and engagements require lots of care and conversation.

As I write this, chaos and cruelty swirl in the world, and I often feel sadly lost among the longleaf pines. Hurricane Helene ravaged western North Carolina last fall, and Jan and I mourn the destruction of some of our treasured landscapes. As National Park Service employees are fired, we ache for the dedicated people who maintain and care for our parks and welcome hikers like me and Jan.

When I feel despair, though, our wonderfully silly hobby is an antidote. It fills me with joy and reverence for Mother Nature and gratitude for God’s gracious gifts of wise, irreverent Wake Forest women.

Jan and I are willing to share our tips, so let us know if you want your own “franchise.” We wish for you the comfort of Wendell Berry’s “The Peace of Wild Things,” the official poem of The Tar Heel Trail Trammings.

The Peace of Wild Things

*When despair for the world grows in me
and I wake in the night at the least sound
in fear of what my life and my children’s lives may be,
I go and lie down where the wood drake
rests in his beauty on the water, and the great heron feeds.
I come into the peace of wild things
who do not tax their lives with forethought
of grief. I come into the presence of still water.
And I feel above me the day-blind stars
waiting with their light. For a time
I rest in the grace of the world, and am free.*

Wendell Berry, “The Peace of Wild Things” from New Collected Poems.
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antidote.
is an
silly hobby
wonderfully
our
though,
I feel despair,
When



Sandra Wilcox Conway ('83, P '15) has worked in social impact consulting, philanthropy and activism since the mid-1980s, primarily in support of public education, civic engagement and women's leadership. She has a master's in education and an MBA from the University of North Carolina at Chapel Hill. She is enrolled in the Master of Arts in Social Justice program at Union Theological Seminary in New York City and serves on a board campaigning to establish the Julius Rosenwald & Rosenwald Schools National Historic Park in Chicago. She and her husband, Peter Conway, live in Chapel Hill and have three adult children, Peter ('15), Ben and Adelaide.




A Central European Treasure

By
CAROL L.
HANNER

Wake Forest's Flow House welcomed alumni, administrators, faculty and friends for a celebration of 25 years of study-abroad opportunities in Vienna, a city renowned for its architecture, art, music and, on occasion, global intrigue.

PHOTOGRAPHY BY GWEN FLETCHER, RED CARDINAL STUDIO





Vic Flow ('52, P '83)
and his wife, Roddy Flow
(P '83), still indefatigable
travelers in their 90s,
journeyed to Vienna in late
May to celebrate the 25th
anniversary of the study-
abroad program that they
made possible for more than
800 Wake Forest students
and counting.

The Winston-Salem
couple met or reconnected
with alumni who joined
them in the Austrian city for
three packed days honoring
their namesake Flow House,



an elegant, three-story villa acquired by the University and opened in fall 1999, thanks to the couple's donation.

Alison Delaney ('04) returned with her husband, Aaron Bokros ('02), and she remembers the Flows visiting during her fall semester in Vienna in 2002. She was struck that they "believed so much in what the University did for their family or the community or both" that they devoted their resources for students.

"To have them enjoy that experience and see us and ask us questions and for us to be able to thank them was really special," she says.

Gratitude was a theme throughout the gathering of alumni, faculty, staff, administrators, trustees and friends. President Susan R. Wentz, then-Provost Michele Gillespie, Associate Vice President and Vice Provost for Global Affairs J. Kline Harrison, among others, offered remarks on their pride in the Vienna program.

Opposite page: Vic Flow ('52, P '83) and his wife, Roddy Flow (P '83), visit Palais Daun-Kinsky in Vienna as part of the 25th anniversary celebration of the Flow House, shown below.



Flow House joined Casa Artom in Venice and Worrell House in London to make Wake Forest a rarity among U.S. universities in having three of its own study-abroad houses where faculty teach. Wake Forest perennially ranks in the top five U.S. universities in the percentage of its undergraduates — more than 80% — who study abroad for some duration.

WHIRLWIND OF EVENTS

Guests enjoyed Vienna's treasures up close. The first day included a tribute luncheon for the Flows hosted by University Advancement at the historic Sacher Hotel, home of the original Sacher-Torte chocolate delight. An evening reception brought guests to the dramatic Palais Daun-Kinsky, a Baroque family residence built by an Austrian noble between 1713 and 1719, with opulence envied even by the imperial court at the time. Visitors climbed a regal red-carpeted staircase to the oval ballroom adorned with gilded stucco and a ceiling fresco by famed Italian artists. Aperitifs sparkled as guests laughed and renewed connections.

The next morning, tours of Flow House showcased a just-completed remodeling of the villa, built in 1896-97 in Vienna's leafy 19th District, the "Cottage Quarter," a neighborhood of cozy homes, impressive mansions, diplomatic residences and green parks.



Opposite page, top row, from left:

Inside Vienna's Kunsthistorisches Museum. From left, Leigh Hatchett Stanfield ('98), executive director of Global Engagement and Administration; then-Provost Michele Gillespie; David Taylor (MALS '11), assistant dean of Global Study Away Programs; President Susan R. Wenthe; Samantha Perrotta ('12), chief of staff for the provost's office; Associate Vice President and Vice Provost for Global Affairs J. Kline Harrison; Kim Snipes, event manager for the Center for Global Programs & Studies; and Flow House On-site Director Martina Anghel. The view from guests' Danube River cruise.

Middle row, from left: Vic and Roddy Flow; below, their son, University Trustee Don Flow (MBA '83). A window in Palais Daun-Kinsky. Paula Gentius, secretary of the University Board of Trustees and director of the board office, with her husband, Geoffrey Brown, at Kunsthistorisches Museum.

Bottom row, from left: Spring 2009 alumni and guests leave Palais Daun-Kinsky. Classmates Matthew Kaden ('11), Kyle Knauff ('11) and Chris Class ('11, MSA '12) tour a Flow House bunk room. Professor Emeritus of German and Flow House Program Director Rebecca Thomas (P '04, '12) at Kunsthistorisches Museum.

Below, guests enjoy paintings at the museum.

Alumni scoped out their former bunks in the five dorm-style rooms that house up to 16 students on the top floor. They sipped Viennese coffee and nibbled treats in the kitchen where students cook meals together, learning culinary diplomacy and refrigerator détente.

CULTURE CORNUCOPIA

Guests chose how to spend Friday afternoon from a tantalizing list of tours and events by Wake Forest and Austrian faculty experts: the history of coffee house culture at the 152-year-old Café Landtmann? Or the culture and economics (and beer garden) of the Prater, an amusement park on former imperial hunting grounds donated for public use in 1766? Science and celebrity graves in Viennese cemeteries? Or the Museum of Military History, with the car and clothes of Archduke Franz Ferdinand and his wife from their 1914 assassination that set off World War I?

Music lovers in the City of Music, the birthplace of Franz Schubert and the Waltz King, Johann Strauss II, could take a tour of Stadtpark monuments to musicians and attend a classical concert.





Opposite, the gala dinner at Kunsthistorisches Museum.

Top, Günter Haika, left, who taught and managed Flow House before retiring in July, at the welcome reception with Associate Vice President and Vice Provost for Global Affairs J. Kline Harrison.

Middle, spring 2018 classmates, from left, Rachel Getty ('20, MSA '21), Chrysa Livanos ('20), William McKay ('20) and Nicholas Stabinski ('20) cruise the Danube.

Bottom, Kunsthistorisches Museum

Or they could enjoy a Flow House piano recital and commentary about works by Mozart, Beethoven, Schubert and Brahms by beloved Professor Emeritus of Music Peter Kairoff, director of Casa Artom for 25 years.

Rather than looking skyward at cathedral spires and palace towers, Günter Haika, retiring from Flow House, offered an eye-level view, an eclectic mix of historical lore and hidden gems in his native city. Haika pointed out often overlooked monuments, including one installed in 2014 to commemorate thousands of soldiers in Hitler's military who died for refusing to carry out Nazi horrors. Humor also flowed freely. He offered an explanation for the name of an area of bars, restaurants and narrow alleys and streets called the Bermuda Triangle. He said the name emerged when police began receiving a flurry of missing-person reports because bars in the area decided it was more lucrative to ignore a curfew and pay the fines for letting "missing" drinkers stay late.

On Friday night, a formal dinner brought glittering guests to Kunsthistorisches Museum, with majestic architecture rivaling its extensive collections — from ancient Egyptian and Greek art to 17th- and 18th-century paintings by such artists as Rembrandt, Rubens and Caravaggio to Habsburg dynasty objects through the early 20th century. A break before dessert allowed time for guests to wander the exhibits.

The celebration closed Saturday with a cruise on the Danube and a vineyard tour — with gratitude for reconnections and rekindled memories in what is also known as the City of Dreams.

Carol L. Hanner retired in 2024 after a newspaper career and nearly six years as managing editor of Wake Forest Magazine. She lives in Porto, Portugal.



The History of FLOW HOUSE

HOW WAKE FOREST came to buy a late-19th century Vienna mansion for a study-abroad program starts with the vision of the late President Thomas K. Hearn Jr. (L.H.D. '04) and a partnership with Vic Flow ('52, P '83) and his wife, Roddy Flow (P '83), of Winston-Salem. They all shared a love of travel and an appreciation of Central Europe's importance.

A donation from the Flows allowed Wake Forest in 1998 to buy Villa Schleiffelder that became Flow House, built in 1896-97 for Otto Schleiffelder, head of an optical firm, and his American-born wife and four children.

The Flows had German-speaking ancestors and had traveled extensively for business and pleasure in Germany and Austria. In Vienna, they found "education, music, art, commerce, all the things we were interested in," Vic Flow says.

Hearn envisioned Central Europe as the best place for a third study-abroad program in addition to Casa Artom in Venice and Worrell House in London.

The last private owner of Villa Schleiffelder sold it in 1950 to the U.S. Embassy, which used it for a variety of purposes, perhaps homes for lower-tier diplomats or the CIA.



Bilderg. von „Wiener Bauhistorische Zeitschrift“ 1898/99.

VILLA OTTO SCHLEIFFELDER IN WIEN-COTTAGE.
ARCHITECT: BAUDIRECTOR HERMANN MÜLLER.

In the Cold War, the United States and the Soviet Union expanded staffing in Vienna, a historical center of espionage at the edge of the Iron Curtain.

When Flow and Hearn went to Vienna in the late 1990s to inquire about the villa, the U.S. ambassador resisted the idea. "She said, 'No, no. That's where we have our parties,'" Flow recounts.

But the 1989 collapse of the Berlin Wall and 1991 dissolution of the Soviet Union had made staffing in cities such as Vienna and Berlin a political target. Flow says the ambassador added, "You know, there was an old senator over here hobbling around on a walker. He said too many Americans are living too high on the hog here in Vienna; we need to get rid of some of these properties."



Historical photos of Villa Schleiffelder, which became Flow House. **Above**, the dining room, the kitchen and a bedroom. **Below**, a gift for Vic and Roddy Flow at a tribute luncheon for them in Vienna

That frugal politician was powerful Sen. Jesse Helms, R-N.C., who in his youth had attended Wake Forest for a while.

"Tom said, 'Did I mention we're from North Carolina?' About 15 minutes later, we bought the house," Flow says with a chuckle.

A few weeks after the purchase in 1998, the Flows asked Hearn's wife, Laura, to oversee extensive renovations and remodeling. "I went every three weeks for months and months and months," says Laura Hearn (P '02, '03), who attended the Vienna celebration.

Flow House opened in fall 1999.

More at bit.ly/FlowHouseHistory and bit.ly/ThomasFlowBook





The last private owner of Villa Schleiffelder sold it in 1950 to the U.S. Embassy, which used it for a variety of purposes, perhaps homes for lower-tier diplomats or the CIA. In the Cold War, the United States and the Soviet Union expanded staffing in Vienna, a historical center of espionage at the edge of the Iron Curtain.



Alumni Reflect

THOSE WHO LIVED IN FLOW HOUSE FOR A SEMESTER OFTEN GAINED LIFE-CHANGING PERSPECTIVES, SAY ALUMNI WHO TRAVELED TO VIENNA FOR THE 25TH ANNIVERSARY. THESE ARE A FEW OF THEIR STORIES.

JULIE HURD TALBERT

FALL 1999

Julie Hurd Talbert ('00) of Winston-Salem arrived for Flow House's first semester and says she fell under the spell of art history classes and Vienna's museums, architecture, palaces and cathedrals.

A communication major, she realized that beauty inspired her, so after graduation she pursued a career in interior design. Today, she chooses the furniture fabrics as upholstery merchandising manager for Lexington Home Brands, based in North Carolina.

"I've had so much fun," Talbert says of her career. Fun also applies to the constant laughter with her group of Flow House alumni who have stayed close and celebrated one another's weddings, birthdays and babies. "My group, they made the experience," Talbert says.

ALISON DELANEY

FALL 2002

Soon after arriving at Flow House in fall 2002, Alison Delaney ('04) and her classmates visited a little tavern with vines growing in the backyard. It was "a beautiful day, just sitting at this long picnic table and breathing in the fresh, summer August air, and thinking, 'This is just going to be a really great semester.'" It was.

Besides having fun, she found new respect for her ingenuity.

Four days of classes left long weekends for travel but required flexibility and persistence, says Delaney, of Mattituck, New York. She works in capital formation for business development at Arena Investors.

"We barely had the internet. ... We didn't have apps on our phone to book things. We just went with



guidebooks and showed up at places or called ahead," Delaney says.

She was especially proud of her first solo trip ever. "I didn't go far. I went to Innsbruck. ... And I did a hike (at Neuschwanstein Castle in Germany). ... I had to speak the language and find my own place and entertain

From left, Julie Hurd Talbert ('00) and Cindy Smalletz ('02), both in the inaugural class of fall 1999, laugh in the Flow House library after finding books in which they wrote their names and notes as students because they thought they would keep the books. **Right**, the inaugural class in 1999. **Above**, Alison Delaney ('04) and her husband, Aaron Bokros ('02), at the opening reception in May. **Below**, Delaney in Innsbruck, Austria, in 2002.



on how FLOW HOUSE OFFERED LESSONS *beyond* BOOKS

myself and be my own company. That was like a pretty big deal at the time.”

Every challenge prepared her for life after graduation, “experiencing a lot more things for the first time and being uncomfortable, but doing them anyway and figuring out how to succeed.”

MATTHEW KADEN

SPRING 2009

As Matthew Kaden ('11) walked into the balmy Vienna night after the gala dinner in May at the Kunsthistorisches Museum, his voice had dwindled to a cracked whisper from days of talking and laughing with his close circle of alumni.

He found his handful of best friends for life at Flow House, he says, and the chance to gather again in Vienna was a treat. Back on campus after their semester away, they created CampusCakes together, a business that delivered Dewey's goodies for birthdays and other



occasions. He was best man at two of his friends' weddings.

He recalls that his group had “some just crazy experiences, like we went running in the park with the (U.S.) ambassador.” The students invited him for dinner, and he reciprocated by having them as guests at a formal state dinner. “We sat down, all dressed up, name tags, the table set to the nines,” Kaden says.

Kaden, who lives in Belmar, New Jersey, is an executive director at UBS, a Swiss bank and investment firm, where speaking German sometimes comes in handy. His Vienna experience made him more open to working for a European company, with greater work-life balance than he says he had in previous jobs at Morgan Stanley and Goldman Sachs.

MANDY EMERY

SPRING 2011

Mandy Emery ('13, MA '18) grew up in Charlotte with a large extended family there and in Winston-Salem, but she was determined to go out of state to college, study pre-med and travel the world. She had early acceptance offers as a junior.

But her mother insisted on a tour of Wake Forest, so she went — then she and her cousin slipped away from her mother and sister to peruse campus on their own. Alone at one point, as she sat in an empty Wait Chapel, a stack of papers hit the floor, and a shaft of window light shined on them.

Top, Mandy Emery ('13, MA '18) made the trip with her mother, Gloria Hayes-Emery (P '13). **Middle**, Mandy Emery as a student with Günter Haika, now retired from Flow House. (Courtesy of Mandy Emery) **Bottom**, Matthew Kaden ('11), class of spring 2009



“It was a program from the medical school convocations. I literally felt like someone was beaming a spotlight on me,” she says.

Then her cousin, with unusual emotion, told her that she would regret it the rest of her life if she didn't apply to Wake Forest. She applied and didn't leave North Carolina — but she did leave the country. A health communication course drew her to Flow House. She later decided against medical school and now works in Orlando, Florida, in benefits administration, which includes communicating with employees to help with health care benefits.

And she brought her mother, Gloria Hayes-Emery (P '13), with her for the Vienna celebration.

Retirement

FOR 'A MODEL OF THE TEACHER- SCHOLAR'

REBECCA AND CHARLES "CHUCK" THOMAS bid "auf wiedersehen" in Vienna as they retired in the summer from Wake Forest and the Flow House program, Rebecca (P '04, '12) as program director and a professor of German and Chuck (P '04, '12) as a history professor who also taught at Flow House.

Associate Professor of German Grant McAllister (P '26), the new program director, wrote of Rebecca Thomas that she is a model of the teacher-scholar. "For Rebecca, education was never confined to a schedule or a location (the story of her teaching German at home with a one-week-old baby boy is well-known!); it was a relationship between teacher and student, rooted in care, dedication, and respect."

What the Thomases say they loved about teaching at Flow House was watching students grow in confidence and come alive to literature or history in places where it occurred.

"A topic may feel a little abstract when I'm in Greene Hall trying to get people excited about Austria," says Rebecca Thomas. But in Vienna,

she took students to read Austrian literature where the story is set. "They can see that this hundreds of years of history has culminated into these cultural artifacts."

Alumni are excited to send emails sharing travel experiences that recall their Vienna memories, the Thomases say.

They are retiring to Winston-Salem, but they'll return to Vienna to lead Wake Forest Lifelong Learning travel programs.



Charles "Chuck" Thomas (P '04, '12) and Rebecca Thomas (P '04, '12) talk with Laura Hearn (P '02, '03) at the tribute luncheon for Vic Flow ('52, P '83) and Roddy Flow (P '83).

FLOW HOUSE PROGRAM DIRECTORS

PROFESSOR EMERITUS OF GERMAN LARRY WEST (P '93)

- Inaugural program director
1999 to 2010
- Resident professor fall 1999,
fall 2003

PROFESSOR EMERITUS OF MUSIC DAVID LEVY

- Program director 2010 to 2019
- Resident professor spring 2000,
fall 2004, spring 2012, fall 2018

PROFESSOR EMERITUS OF GERMAN REBECCA THOMAS (P '04, '12)

- Program director 2019 to
June 2025
- Resident professor fall 2002,
fall 2007, fall 2023

ASSOCIATE PROFESSOR OF GERMAN GRANT McALLISTER (P '26)

- Program director beginning
July 2025, after a year's transition
period with Rebecca Thomas
- Resident professor fall 2013



Thomas Sutton ('01) of the fall 1999 class browses in the Flow House library.

MORE ONLINE:

More reflections from alumni and faculty at bit.ly/FlowHouseReflections

More history of the Villa Schleiffelder that became Flow House at
bit.ly/FlowHouseHistory

Read Chuck Thomas's book on Flow House history at bit.ly/ThomasFlowBook

Read Wake Forest Magazine's 2023 story of Hitler's impact on a German Jewish family, as documented in a soon-to-be-published book by five co-authors, including retired professors Rebecca and Chuck Thomas and new Flow House program director Grant McAllister, at bit.ly/TheLetters2024



Wente



Brady



Kenny



Ranft



Tiboni-Craft



Lee



Lukesh



Frazier



Brown



Thacker



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Parker



Team



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Weng



George

1 Wake Forest opened a new campus in **The Pearl**, Charlotte's 26-acre innovation district, including a second campus for the School of Medicine and the planned relocation of the School of Professional Studies and School of Business's MBA program from their current uptown Charlotte location.

Third- and fourth-year medical students already had been doing clinical clerkships in Charlotte, until now the country's largest city with no medical school. In July, the first class of medical students started a four-year program there, with enrollment expected to climb to 100 students per class within five years.

"Wake Forest's presence in The Pearl allows us to train future physicians, researchers and leaders in a collaborative, urban environment that reflects the needs and opportunities of the communities we serve," said President **Susan R. Wente**.

"This is more than just a new campus — it's a strategic investment in the future of healthcare and innovation."

The School of Business and School of Professional Studies already offer a broad range of programs to Charlotte professionals. Charlotte MBA classes are moving to The Pearl in two phases in January and May, with staff of both the School of Business and School of Professional Studies joining them in May.

"Sharing a home with Wake Forest's School of Medicine and School of Professional Studies offers exciting cross-disciplinary opportunities for our MBA and other offerings," said **Annette L. Ranft**, dean of the School of Business. "Integrating business programs within a healthcare innovation district can spark new ventures and foster entrepreneurship in the health technology and life sciences sectors." *More at bit.ly/ThePearlOpening*

2 Wake Forest's **Educating Character Initiative**, part of the **Program for Leadership and Character**, is expanding its support for character education at colleges and universities across the country with more than \$30 million in new funding from the Lilly Endowment Inc. The initiative has built a community of educators from more than 400 higher education institutions who are developing and implementing ideas for integrating character education on their campuses. *More at bit.ly/ECIFunding*

3 Faculty awards announced in May were: **Reid-Doyle Prize for Excellence in Teaching to Shannon Brady**, assistant professor of psychology; **Teaching Professionals Award for Excellence in Teaching to Melissa Kenny**, associate teaching professor of engineering; **Excellence in Advising Award to**

Silvia Tiboni-Craft, teaching professor of Italian studies; **Award for Excellence in Research** to **Derek Lee**, assistant professor of English, and **John Lukesh**, associate professor of chemistry; **The Kulynych Family Omicron Delta Kappa Award** to **Kevin Frazier**, associate professor of design and production; and the **URECA Faculty Award for Excellence in Mentored Scholarship** to **Hana Brown**, professor of sociology, and **Paul Thacker**, associate professor of anthropology. *More at college.wfu.edu/awards*

4 The **University Board of Trustees** named officers for the term that started July 1: Chair **Jeanne Whitman Bobbitt ('79, MBA '87)**, a nonprofit management consultant who was previously vice president for development and external affairs at Southern Methodist University; Vice Chair **Cantey M. "Candy" Ergen (P '12, '17)**, co-founder and board member of EchoStar, a telecommunications company, and member of the Leadership and Character Council; and Vice Chair **Curtis "Curt" Chatman Farmer ('84, MBA '91, P '16)**, chairman, president and CEO of Comerica Inc. and Comerica Bank.

Members elected to four-year terms include: **H. Lawrence Culp Jr. (P '17, '19, '23)**, McLean, Virginia; **Serena Fisher Dugan ('94)**, Sausalito, California; **Mary R. Farrell (P '10)**, Summit, New Jersey; **Donald E. Flow (MBA '83)**, Winston-Salem; **John M. McAvoy ('82, P '12, P '17)**, Kiawah Island, South Carolina; **Robert J. McCreary**, Charlotte; **James M. O'Connell ('13)**, Brooklyn, New York; **Ogden Phipps II ('00)**, Locust Valley, New York; **Dr. Cathy Wall Thomas ('80, P '11)**, Carrboro, North Carolina; and **David I. Wahrhaftig (MBA '82, P '18, '21, '21)**, Larchmont, New York. *More at bit.ly/TrusteesNamed*

5 **Nell Jessup Newton**, professor emerita of law at the University of Notre Dame Law School, became interim Provost on Aug. 1 after her earlier role as interim dean of the School of Law in 2022-23. "Professor Newton was a critical partner on the University Cabinet during her interim dean year and made strong connections with the school and College deans and the Provost Office team, which makes her an excellent fit to lead during this important transition," said President **Susan R. Wenthe**.

The appointment followed **Michele Gillespie's** stepping down as provost to return to her role as Presidential Endowed Professor in Southern History. Since becoming provost in 2022, Gillespie led the development of the University's academic strategic framework, reorganized the Graduate School of Arts and Sciences and oversaw the recruitment of four academic deans. Previously, as dean of the College, she led a comprehensive core curriculum review and helped establish signature programs including Wake Downtown and Wake Washington. *More at bit.ly/NellJessupNewton*

6 **Eli Leadham ('26)** was named a 2025 **Truman Scholar**. Leadham, a Mullen Carswell Scholar and Presidential Scholar in Debate, is majoring in sociology with minors in English and Japanese language and culture. The Truman Scholarship, which supports public service, is one of the most competitive national scholarship programs for juniors in the country. *More at bit.ly/LeadhamTruman*

7 **Mai Soliman ('26)**, a biochemistry and molecular biology major, was named a 2025 **Barry M. Goldwater Scholar**. The scholarship identifies future scientific leaders. Soliman has done research at the University's Institute for Regenerative Medicine and School of Medicine. She plans to attend medical school to study regenerative medicine and stem cell research. *More at bit.ly/SolimanGoldwater*

8 Deacon Boulevard was relocated and reopened in August, a key, early step in the development of **The Grounds**, a 100-acre mixed-use project in the area around Allegacy Federal Credit Union Stadium and Lawrence Joel Veterans Memorial Coliseum. Alumni at two real estate firms, **Adam Parker ('10)**, a senior vice president with Atlanta-based Carter, and **Coleman Team ('09)**, president and managing partner of Winston-Salem's Front Street Capital, are leading the development team. The two firms also broke ground on Creekside at The Grounds, a 229-unit furnished apartment complex designed for students. *More at visitthegrounds.com*

9 **Evan Harris ('26)** received a **Pulitzer Center** fellowship to support reporting on the impact of "overtourism" on Bali,

Indonesia. Harris, an Indonesian-American, has visited Bali several times and is a politics and international affairs major from Greensboro, North Carolina. He completed an ethnographic research project in Indonesia in 2023 through a Richter Scholarship. *More at bit.ly/HarrisPulitzer*

10 Jazz musician and three-time Grammy winner **Branford Marsalis** was named the University's 2025 Maya Angelou Artist-in-Residence. He also taught at North Carolina Central University for nearly two decades. *More at bit.ly/MarsalisAngelou*

11 President **Susan R. Wenthe** promoted **Ashleigh Brock** to vice president and chief of staff. She continues to manage the Office of the President's daily operations and lead strategic projects. As vice president, she will manage institutional relationships with and commitments to community partners. *More at bit.ly/AshleighBrock*

12 **Kenneth T. Kishida** was named the first Boswell Presidential Chair of Neuroscience and Society to advance the University's interdisciplinary initiative to connect brain science with pressing societal issues. He is internationally recognized for his work on neurocomputational mechanisms underlying learning. *More at bit.ly/KennethKishida*

13 President **Susan R. Wenthe** became chair of the Atlantic Coast Conference's board of directors July 1. She had served as vice chair since February 2024. *More at bit.ly/PresidentWentheACC*

14 Assistant Professor of Music **Larry Weng** and Professor of Law **Marie-Amélie George** received the 2025 Gladding Authors, Editors, and Artists Faculty Award for creative accomplishments within the prior year: Weng for his work with the icarus Quartet and George for the publication of her book "Family Matters: Queer Households and the Half-Century Struggle for Legal Recognition." Counseling Professor **Samuel T. Gladding ('67, MAEd '71, P '07, '09)** established the award of \$1,000 for an author and a visual or performing artist shortly before his death. *More at bit.ly/WengGeorge*



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Brubaker

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Colyer

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McAllister

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24 The **Graylyn Estate** was named the No. 2 Best Boutique Hotel in USA Today's Readers' Choice Awards.

25 The School of Divinity named **Melissa Rogers** as Distinguished Scholar in Residence in Faith, Law and Public Policy. Rogers previously was a visiting professor and director of the divinity school's Center for Religion and Public Affairs. *More at bit.ly/MelissaRogers*

27 Three undergraduates — **Tongzhou Liang, Zhanyi Qi** and **Flora Yi** — were awarded one of the two top prizes by the Mathematical Association of America in the 2025 Interdisciplinary Contest in Modeling. They used mathematics to model solutions to Baltimore's transportation woes following the Francis Scott Key Bridge collapse. *More at bit.ly/MathModelPrize*

26 The University received an **IIE American Passport Project** grant from the Institute of International Education to help up to 25 students get their first U.S. passport, needed to study abroad. *More at bit.ly/PassportProjectGrant*

28 **Scott Schang** was named interim executive director of the Andrew Sabin Family Center for Environment and Sustainability, following the retirement of **Stan Meiburg ('75)**, the center's first executive director. *More at bit.ly/ScottSchang*

29 **Nelly van Doorn-Harder**, professor of religious studies and co-director of Middle East and South Asia studies, was named the William R. Kenan Jr. Professor in the Humanities. Since joining the University in 2009, she has expanded its teaching of Christian and Islamic studies. *More at bit.ly/VanDoorn-Harder*

30 LinkedIn ranked Wake Forest No. 25 on its first "Top Colleges" list, recognizing higher education institutions that best set up graduates for long-term success. *More at bit.ly/WFTopColleges*

31 **Laura Minton ('11)** was named Acquavella Director of University Art Galleries and Collections. She oversees the Charlotte and Philip Hanes Art Gallery, stArt Gallery for student art and University collections. *More at bit.ly/LauraMinton*

15 Athletics received more than \$33 million in cash gifts in the last fiscal year, marking the fifth straight year that it raised more than \$30 million, and bringing five-year total giving to \$165 million. **"In Her Wake,"** a five-year campaign to increase support of women's athletics, has raised \$39 million toward its \$100 million goal. *More at bit.ly/AthleticsFundraisingRecord*

16 **Jennifer Rogers (MA '08)** was named associate dean for Academic Advising and will focus on student-facing academic issues across the College and Graduate School of Arts and Sciences. *More at bit.ly/JenniferRogersAdvising*

17 Wake Forest's study abroad houses in Europe have new program directors: Professor of Health and Exercise Science **Peter Brubaker (MA '86, P '17)** for Casa Artom in Venice; Professor of Chemistry **Christa Colyer (P '18)** for the Worrell House in London; and Associate Professor of German and Russian **Grant McAllister (P '26)** for the Flow House in Vienna. *More at bit.ly/HouseDirectors*

18 **Jeff Camm**, a professor in the School of Business and Inmar Presidential Chair in Analytics, and his co-authors received The Association of Environmental and Resource Economists' Publication of Enduring Quality Award. They were recognized for research that reshaped strategies used in environmental economics and conservation science. *More at bit.ly/JeffCamm*

19 NBA All-Star, philanthropist and Wake Forest basketball legend **Chris Paul** kicked off the **Face to Face** season at Lawrence Joel Veterans Memorial Coliseum. Upcoming speakers include **Mitt Romney, Lt. Gen. H. R. McMaster** and **Cynthia Erivo**. *More at facetoface.wfu.edu*

20 **Gene Hooks ('50, P '81, '87, '89)**, a two-time All-American third basemen and University director of athletics for 28 years, was named to the **College Baseball Hall of Fame**. *More at bit.ly/HooksBaseballHallofFame*

21 Assistant Professor of Art **Ruiying Gao** was named a National Humanities Center Fellow to examine the social history of "materia medica" images in China's Ming dynasty. *More at bit.ly/GaoHumanities*

22 Wake Forest Magazine won two **CASE Circle of Excellence** awards: Silver for general interest alumni magazines printed three-plus times a year and Bronze for single topic/special editions for the How To issue (spring 2024). University Marketing and Communications won Silver for "A Message from Home," a video storytelling project. *More at bit.ly/CASEAwards2024*

23 **Dave Clawson**, head coach for the most successful stretch in Wake Forest football history, was named an executive affiliate with the Allegacy Center for Leadership and Character at the School of Business. *More at bit.ly/ClawsonExecutive*



COURTESY OF REYNOLDA

Restoring ‘a beacon to come and discover Reynolda’

THE GREENHOUSE AT REYNOLDA HOUSE and Gardens has been restored to its former glory, redesigned as a gleaming gateway to the entire estate — and renamed the Brown Family Conservatory.

The yearlong restoration and rehabilitation, finished in October 2024, included turning a florist’s workroom into a welcome center to help visitors navigate the formal gardens, 34,000-square-foot Reynolda House Museum of American Art, Reynolda Village’s stores and restaurants, and grounds encompassing 170 acres.

“The Brown Family Conservatory, in its beautiful, glistening state, is a beacon to come and discover Reynolda,” says Allison Perkins, Reynolda House executive director and Wake Forest associate provost for Reynolda House & Reynolda Gardens.

Funding came from Dr. Malcolm and Patricia Brown, a longtime Winston-Salem physician and champion of the arts, respectively; the Garden Club Council of Winston-Salem/Forsyth County; the estate of Everdina B. Nieuwenhuis; a 2023 Reynolda Gardens fundraiser; the state of North Carolina; and the University.

Using the conservatory for community outreach harkens back to its early days. Family matriarch Katharine Reynolds commissioned the prestigious Lord & Burnham company to design and build the original greenhouse in 1913, four years before Reynolda House was finished, not only to propagate vegetables but also as a gift to the community, hosting popular seasonal displays and a free annual chrysanthemum show.

“It was no accident that Katharine Reynolds had the greenhouse completed first,” Perkins says. “She sought to provide beauty, respite and education for this community — the restored conservancy and welcome center are the gifts that keep on giving.”

Reynolds’ daughter, Mary Reynolds Babcock, and her husband, Charles Babcock, donated land in the late 1940s from the Reynolda estate to relocate what was then Wake Forest College to Winston-Salem. After Mrs. Babcock’s death in 1953, her husband gave the conservatory and formal gardens to the University as well, and they have long been free and open to the public.

As the conservatory aged, it went through a number of changes, including the removal of the curved glass on each wing. In the fall of 2023, it closed for a complete restoration process of the glass and modern control systems. It reopened in October 2024 with themed areas including an orangery, displays of several Mediterranean regions and a tropical room.

“It’s one of the few places where you can escape to an entirely different region of the world without ever leaving the city limits,” says Jon Roethling, director of Reynolda Gardens.

In May, the Winston-Salem/Forsyth County Community Appearance Commission honored the conservatory with its 2025 Classic Award, which “recognizes landmark buildings, developments and landscapes of enduring value and quality that have become symbols of our community.”

The conservatory is the last of Reynolda’s three iconic buildings to undergo renovation in recent years: Reynolda House’s 77-ton clay-tile roof was replaced in 2021, and the village’s dairy barn was renovated and re-opened in 2016 as a popular event venue.

“By stitching historic Reynolda back together, I want it to be seen as this unique place with a constellation of resources,” Perkins says. “We saw the volume of people during COVID increase dramatically, and they’ve never gone away. They found a place that lets them lower their shoulders and decrease their stress load, and we are just about making this a better place for everyone who comes here.”

There’s more to come: As part of the University’s bicentennial space planning, Reynolda started developing a future-use plan in February with Graylyn Estate and Conference Center, the neighboring Wake Forest property just across Reynolda Road. The focus is the estates’ connectivity to the Reynolda campus and their relationship with the broader community, Perkins says. That work is expected to wrap up next spring.



You can always feel the anticipation and excitement on campus at the start of the new academic year, but this fall has been amazingly special for my family. My husband, David Holden ('99), and I experienced "move-in" as parents for the first time, with our daughter Joanna joining the record-breaking Class of 2029. It's such a pleasure to hear about how much she is already learning and to see her start making memories in so many of the places we hold dear.

I'm also looking forward to helping host the Class of 2000's 25th reunion at Homecoming in a few weeks! As a Double Deac who lives in Winston-Salem, I have the opportunity to enjoy Wake Forest events

throughout the year. But if you're reading this before Homecoming (October 24-26) and plan to attend only one football game this fall, I hope you will consider joining me and so many of our fellow alumni — not only for the game, but also the many opportunities to reconnect that this special weekend offers. For alumni in "reunion years," meaning those that end in "0" or "5," there are parties with your classmates on the Reynolda campus that Friday night. But Homecoming is for all alumni, no matter when you graduated, and you are welcome to join any (or all!) of the events.

As Alumni Council president for a second year, I have been impressed with the many options for staying involved and connected, from local Pro Humanitate Days activities to global gatherings, such as our educational trips. I am grateful for all of the ways we can get back and give back to Wake Forest. As always, Go Deacs!

— **Shelley Slaughter Holden ('00, JD '03), Winston-Salem**
President, Wake Forest Alumni Council

Alumni Admissions Forum

aaf.alumni.edu

Alumni and their high school age children are invited to the semiannual Alumni Admissions Forum on campus Nov. 14. Whether your child is interested in Wake Forest or another university, you can learn about the college admissions process from the Wake Forest admissions team. Tour the campus with other alumni families and learn more about the programs that make Wake Forest so special.

Bring Lovefeast to your community

lovefeast.wfu.edu

Want to help bring our annual Lovefeast, one of our most cherished traditions, to every Wake Forest community? We invite you to gather with fellow Wake Foresters, family and friends wherever you are and tune into the live-stream of the service at 7 p.m. (ET) on Dec. 7 in Wait Chapel. If you're willing to host, reach out to the Alumni Engagement Office at 800-752-8568 or alumni@wfu.edu, and we'll send you a Lovefeast kit. We hope you will join us as the radiance of this night becomes a light within the darkness of the world.

LET US HEAR FROM YOU

Have a question? Contact the Alumni Engagement Office at 800-752-8568 or alumni.wfu.edu.

The Alumni Engagement Office has moved! We're now located in the University Corporate Center near Allegacy Stadium. Please reach out to us if you'd like to visit.

PERSONAL AND CAREER ADVICE

alumni.opcd.wfu.edu

Did you know there's an entire team dedicated to helping alumni navigate their personal and professional lives after college? Check out the wonderful resources provided by the Alumni Personal & Career Development Center.

LEARN Model: Get Started

Follow a self-directed, personal learning framework to develop professionally and take the next step in your career.

Recent Graduates

Register for Year One (How to make the most of your first year after graduating) or Your First Five (the areas you need to master in your first five years).

LEARNING ON THE ROAD

bit.ly/Deacontravel

Join fellow alumni on a trip of a lifetime in 2026:

Spain: El Camino de Santiago, March 20-April 1

The Netherlands and Belgium: Dutch Waterways, April 18-26

Canary Islands, Morocco & Iberia: Crossroads of Cultures, April 27-May 9

Italy: Flavors of Piedmont, May 23-31

Cruise the Norwegian Fjords: In the path of the Vikings, May 24-June 3

Kenya Safari: The Big 5, September 2-12

Around the World by Private Jet, September 13-October 3

1950s

Gene Hooks ('50, P '81, '87, '89) was named to the 2025 class of the College Baseball Hall of Fame by the College Baseball Foundation. Hooks, a two-time All-American third baseman, was the University's director of athletics from 1964 to 1992 and helped elevate Wake Forest's national profile. He oversaw the construction of Groves Stadium (now Allegacy Federal Credit Union Stadium), Lawrence Joel Veterans Memorial Coliseum and Leighton Tennis Stadium. He played a pivotal role in integrating college athletics in the South, supporting the admission of Wake Forest's first Black student-athletes, **Robert Grant ('68)** and **Kenneth "Butch" Henry ('68)**. The baseball field at David F. Couch Ballpark is named for Hooks. He and his wife, **Sara Johnson Houser Hooks ('60)**, live in Advance, NC.

Vernon L. Brown Jr. ('59) lives in Spartanburg, SC, with JoAnn Brown, his wife of 65 years. Brown retired at 65 from a 43-year career in textiles at a number of companies, including Milliken, Crompton Co. and Texfi Industries Inc. At Crompton and Texfi, he was corporate director of industrial engineering. He later returned to work in industrial engineering at The Walt Disney Co. He says of his career, "I never worked for a bad company." He also served in the South Carolina Army National Guard.

1960s

Robert Espenscheid Jr. ('66) wrote a novel, "The Rise of the Mad March," about two felons on probation, along with a Vietnam veteran and a Grosse Pointe debutante, who collide to form a rock band. When conflicts separate them, faith in their music brings them back together for a cross-country tour. Espenscheid and his wife, **Sharon Cox Espenscheid ('66)**, live in Smithville, TX.

1970s

James F. Bailey Jr. ('72, JD '75) is embracing Pro Humanitate after retiring from his 40-year law career in the Delaware Department of Justice, the Delaware Department of Health and Social Services and in his own firm. He volunteers at the local Ronald McDonald House, where he is on the board of directors, and at the Delaware Center for Horticulture, which helps disadvantaged residents overcome challenging backgrounds. He also reads to newborns at Nemours Children's Health. "Let us all do good works while we can," Bailey says. He has three adult daughters, and he says his wife "is now an ardent Wake fan and has been an inspiration to me." He lives in Wilmington, DE.

Cynthia Newton Chadwick ('73) is president of the board of directors of The Arc of Ventura County (CA), a nonprofit which supports adults

with intellectual and developmental disabilities. She and her husband, Rich Chadwick, the parents of two disabled sons, live in Moorpark, CA.

Bruce Flint ('77), who has brought many abandoned dogs into his own home, bought an old school in Boston, KY, and donated it to a nonprofit foster-based rescue group to open Barktown Rescue No Kill Shelter and Adoptions. Flint is a personal injury lawyer who lives in Texarkana, TX, and Westmoreland, NH. *More on page 86.*

Steve Pendlebury ('77) hosts a 24/7 internet radio program, 10,000 Good Songs, with **Paul Ingles ('78)** and **Gardner Campbell ('79)**, all of whom were successive student station managers at WFDD. Their new non-commercial show includes an eclectic mix of rock, blues, soul, folk, pop, Americana and singer-songwriter music. Pendlebury is a professional photographer and videographer. He and his wife, **Marianne Guy Pendlebury ('77)**, live in Herndon, VA.

Paul Ingles ('78) launched a 24/7 internet radio program, 10,000 Good Songs, that includes an eclectic mix of rock, blues, soul, folk, pop, Americana and singer-songwriter music. He hosts the non-commercial show with **Steve Pendlebury ('77)** and **Gardner Campbell ('79)**, all of whom were successive student station managers at WFDD. Ingles is a public radio producer who has been in broadcasting since 1975. He lives in Albuquerque, NM.

Gardner Campbell ('79) hosts a 24/7 internet radio program, 10,000 Good Songs, with **Paul Ingles ('78)** and **Steve Pendlebury ('77)**, all of whom were successive student station managers at WFDD. Their new non-commercial show includes an eclectic mix of rock, blues, soul, folk, pop, Americana and singer-songwriter music. Campbell recently retired as associate professor emeritus of English at Virginia Commonwealth University.

David Minor (JD '79, P '07) retired after 45 years of practicing law. He began his career as an assistant district attorney before serving in the U.S. Air Force JAG Corps for five years. He has practiced criminal defense law since 1986. He is past president of the Iredell County Bar Association and, for 12 years, was chair of the board of Children's Homes of Iredell County. He and his wife, **Tracy Minor (P '07)**, live in Statesville, NC.

1980s

Sam Cox ('81) wrote a non-fiction book, "I Will Give Them an Everlasting Name: Jacksonville's Stories of the Holocaust," about 10 people who survived World War II in Europe and settled in Jacksonville, FL. He is a retired history teacher and head of an independent K-12 school. Cox lives in Greensboro, NC, and is a school consultant.

Clifton "Cliff" Barrett ('82, JD '85) was named U.S. Attorney for the Middle District of North Carolina. Barrett joined the office in 1994 as an assistant U.S. attorney. He has been an adjunct



Brown
('59)



Flannelly
(JD '82)

professor at the Wake Forest School of Law since 1996. He lives in Greensboro, NC.

Mike Conrad ('82, MBA '86) was named senior vice president business development at eCapital Corp. He lives in Charlotte.

Michael Flannelly (JD '82) was elected by his colleagues to be president judge of the York County (PA) Court of Common Pleas. Previously, he was administrative head of the family section. He lives in York, PA.

Ricky Lee Langley (MD '83) co-edited his fifth medical book, "Farm Toxicology: A Primer for Rural Healthcare Practitioners." He is a retired medical consultant with the North Carolina Division of Public Health and an adjunct assistant professor at NC State University. His other books include "Safety and Health in Agriculture, Forestry, and Fisheries," "Environmental Health Secrets," "Animal Handlers" and "Sex and Gender Differences in Health and Disease." Langley and his wife, **Sandra Ward Langley ('82)**, live in Mebane, NC.

John W. Stewart III ('83) retired after 15 years as president of the University of Montevallo in Montevallo, AL. During his tenure, he expanded academic and athletic programs, increased funding for faculty salaries and development, built new campus facilities and grew enrollment. He was named president emeritus and special assistant.

Jessie Conley (JD '84) was named a district court judge for North Carolina's Judicial District 32, serving Alexander and Iredell counties. She was previously a lawyer at Pressly, Thomas & Conley P.A. in Statesville, NC.

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



ONLINE:
magazine.wfu.edu/submit



EMAIL:
classnotes@wfu.edu



STANDARD MAIL:
Wake Forest Magazine
1834 Wake Forest Road
PO Box 7205
Winston-Salem, NC 27109-7205



Fox
(’86)



LaVenture
(’86)



Viers
(JD ’87)



Crater
(’89)



Kendall
(’89)



Collins
(’91)



Campbell
(’92, JD ’95)

Brad Fagg (’85) has been a partner at law firm Morgan, Lewis & Bockius LLP in Washington, DC, for 30 years. He recently argued and won a case before the U.S. Supreme Court. The case, *Nuclear Regulatory Commission v. Texas*, No. 23-1312, involved issues of federal administrative law, agency authority and judicial review.

Caroline Fishburne Fox (’86) retired in 2023 as a senior prosecutor in South Carolina’s 15th Judicial Circuit. She continues to update her trial notebook for prosecutors and judges. She and her husband, **Eric Fox**, a public defender, live in Columbia, SC. Their daughter, **Maggie Fox (’22)**, is in her last year of law school at the University of Virginia.

Robert “Bob” Gorham (’86) is a senior IT technician with Peraton, a national security company, in its space and intelligence sector. He was previously in management with electronics company

Avnet for 29 years in Boston, Phoenix and Irvine, CA. He is also owner and operator of Blue Sky Lawnscape outside Boise, ID, where he and his wife, Shelly Gorham, live near family, including two grandchildren.

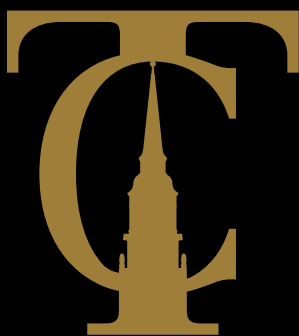
Beth Langley (’86, JD ’92) was elected president-elect of the North Carolina Bar Association and the North Carolina Bar Foundation. She will also chair the audit and finance committees of both organizations. Langley is a partner at Brooks Pierce in Greensboro, NC, and a member of the Wake Forest School of Law Board of Visitors.

Suzanne Cunningham LaVenture (’86) wrote a memoir, *“Prone to Wander.”* The book describes how her study abroad experience in Colombia as a Wake Forest student led her to create an award-winning international education program at a community college. She lives in Lewisville, NC.

Andrea Engleson (’87) and professional musician **Mark Allen (’88)** created and produced a PBS travel series that debuted in May. *“Have Guitar Will Travel World”* captures their journey through the lens of music. *More at bit.ly/AllenEngleson*

Walter “Glenn” Viers (JD ’87) was appointed a senior policy advisor to the U.S. Department of Labor to help develop wage and hour policies for the hospitality and retail industries. He recently retired as vice president and general counsel of the Hillstone Restaurant Group after more than three decades. He lives in Washington, DC, with his wife, Susan.

Mark Allen (’88), a professional musician, and **Andrea Engleson (’87)** created and produced a PBS travel series that debuted in May. *“Have Guitar Will Travel World”* captures their journey through the lens of music. *More at bit.ly/AllenEngleson*



Introducing Constant & True,
a club where membership is earned through consecutive, annual gifts of any amount to any corner of the Reynolda Campus. It’s where you’ll find the most loyal of our loyal — and you may already be a member. If not, it’s a great day to start your streak. Simply visit go.wfu.edu/constant-and-true, set up your recurring gift and know that you helped Wake Forest stay
Unrivaled by Any.





Roland
(JD '92)



Fradenburg
(JD '93)



Palmieri
(94)



Taylor
(94)



Bendino-Anderson
(MA '97)



Janes
(99)



Perkins
(99)

Glenn Crater ('89) was named chief medical officer at Innospera Pharma Inc., a Montreal, Canada-based company that develops medicines for the treatment of fibrotic and metabolic diseases. Crater previously worked with Innospera's CEO, Francois Ravenelle, when they led their previous company, Inversago Pharma, through its acquisition by Novo Nordisk. Crater lives in Raleigh, where he runs a consulting business focusing on early clinical development.

Richard Kendall ('89) started a communications advisory firm, Kendall Consulting Group, to work with commercial real estate clients. He has spent 35 years advising organizations on branding, marketing, public relations and crisis management. He has spent his career in Seattle, where he lives with his wife, two children and a dog, Ollie.

1990s

Walter Collins ('91) received the 2025 President's Award from the National Association of Branch Campus Administrators for his work to support branches of colleges and universities. He is vice president of the organization and was previously membership chair and research chair. Collins is executive vice chancellor for academic and student affairs and associate provost at the University of South Carolina Palmetto College.

Thomas R. Campbell ('92, JD '95) was named president judge of the Adams County (PA) Court of Common Pleas. He is in his 16th year as a judge, presiding over criminal, civil and juvenile proceedings. He lives in Gettysburg, PA.

MaryBe Swatzel McMillan ('92) retired as president of the North Carolina State AFL-CIO after 20 years as an officer of the organization and its first female president. During her leadership, the organization increased the number of local unions, launched a paid internship program for young adults, and supported affiliated unions during the pandemic and hurricanes Florence and Helene.

Beth K. Roland (JD '92) joined ShuffieldLowman in Orlando, FL, as senior counsel. She specializes in elder law, estate planning, Medicaid planning and veterans' benefits. She has been recognized for her pro bono service, including with the Guardian ad Litem program.

Susan McNear Fradenburg (JD '93) was named to the 2025 class of Outstanding Women in Business by the Triad Business Journal. She is a part-

ner at law firm Fox Rothschild in Greensboro, NC. She was honored for more than 25 years representing clients in the health care industry. She lives in Kernersville, NC.

Andrew Snorton ('93) was the media coordinator for the 10th annual #AlphaDerbyWeekend. The Kentucky Derby-themed event raises funds for outreach efforts of Alphas of Atlanta Inc. Snorton is an author who also operates Creative Community Solutions LLC, which provides coaching and media services for small businesses. He lives in Atlanta.

Marc Palmieri ('94) is an associate professor in the School of Liberal Arts at Mercy University. He received Mercy's Innovative Teaching Award and, twice, the Outstanding Research Award. Palmieri also teaches screenwriting in the summer at the University of Southern California's School of Cinematic Arts and is a longtime guest faculty member in The City College of New York's Master of Fine Arts in Creative Writing program. His adaptation of Shakespeare's "Twelfth Night," which ran in New York in 2024 and earlier this year, was published by Theatrical Rights Worldwide and was called "a design and staging triumph" by The New Yorker. In 2023, the City of New York gave him a citation of honor for his memoir, "She Danced with Lightning," and his advocacy for epilepsy awareness. Palmieri played baseball at Wake Forest and is the pitching coach for Mercy University.

Alicia Webb Scott ('94) expanded her New York-based specialty practice in child and adolescent psychological, educational and neuropsychological assessment to a satellite office in Aventura, FL.

Ed Southern ('94) edited "The Devil's Done Come Back: New Ghost Tales from North Carolina," an anthology of ghost stories written by North Carolina authors. Featured ghost tales include the phantasms of Chimney Rock, the Devil's Tramping Ground and the Little Red Man of Old Salem. Southern lives in Winston-Salem and is the executive director of the North Carolina Writers' Network. He is also the author of "Fight Songs: A Story of Love and Sports in a Complicated South."

Eric Joseph Taylor ('94) won the Democratic primary in May for the Berks County (PA) Court of Common Pleas judge. Taylor has been the magisterial district judge for West Reading and Wyomissing, PA, since 2018.

Benjamin "Ben" David (JD '95) was awarded a 2024 Professionalism Award by North Carolina

Chief Justice Paul Newby. David was the district attorney for New Hanover and Pender counties (NC) from 2004 to 2024 and is now CEO of the New Hanover County Community Justice Center. He is also an adjunct faculty member at UNC Wilmington.

Peter Mohler ('95) was named president of the University of Alabama. He was executive vice president for research, innovation and knowledge at The Ohio State University and chief scientific officer of OSU's Wexner Medical Center. He and his wife, **Nancy LeCroy Mohler ('94)**, have three children, Eleanor, Caroline and John.

Lisa Bendino-Anderson (MA '97) was named vice president of museum affairs at the National Baseball Hall of Fame and Museum in Cooperstown, NY. She lives in New Hartford, NY.

Lilly Bekele-Piper ('98) and her husband, **Ben Piper ('99)**, live in Kenya, where their work involves education policies, human rights, creative arts, and more. She works in communications, including a content business with a YouTube channel and podcast that spotlights people and issues across the African diaspora. *More at bit.ly/Bekele-Piper*

Lynsey Wood Jeffries ('98) celebrated 20 years with Higher Achievement, an after-school and summer academic program for middle school students in Baltimore, MD; Richmond, VA; and Washington, DC. Since she became CEO in 2012, the organization established new achievement centers and received the Coming Up Taller award from then-first lady Michelle Obama. Jeffries lives in Washington, DC.

Joshua Janes ('99) established two new climbing routes on Black Velvet Peak in the Spring Mountains of Southern Nevada. The routes are Ghost of the Sparrow, graded 5.12d on the Yosemite Decimal System for difficulty level and 2000 feet long, and Xyzy, graded 5.12 difficulty level and 1800 feet long. Janes, a climbing guide and helicopter pilot based in Bend, OR, has established hundreds of climbs in the United States and abroad with grades up to 5.13.

Ken Perkins ('99) is an illustrator for feature films, TV shows and commercials. He created storyboards for the live-action version of Disney's "Lilo and Stitch" and the upcoming films "The Mandalorian and Grogu," "Coyote vs. Acme" and the next installment of the Godzilla/Kong Monsterverse for Legendary Entertainment and Warner Bros. He lives in the Los Angeles area with his wife and three young children.



Warren
(’99)



Sexauer
(MBA ’00)



Wiley
(’03, MAEd ’04)



Ridgely
(MBA ’04)



Bryant
(’05)



Cheek
(MBA ’05)



Colman
(’06)



Imboden
(’06, MA ’08)

Ben Piper (’99) and his wife, **Lilly Bekele-Piper (’98)**, live in Kenya, where their work involves education policies, human rights, creative arts, and more. As director of global education for the Gates Foundation, he transforms education policies in sub-Saharan Africa and South Asia. *More at bit.ly/Bekele-Piper*

Kristin Salsberry (’99) was named Teacher of the Year at Salt Brook School in New Providence, NJ, where she teaches third grade. She earned her Orton-Gillingham certification from Fairleigh Dickinson University. The program prepares teachers to help struggling readers, including students with dyslexia. *More at bit.ly/KristinSalsberry*

Michael Dale Warren (’99) was named chief medical and health officer for March of Dimes. He was previously associate administrator for the federal Maternal and Child Health Bureau in the U.S. Department of Health and Human Services. He lives in Washington, DC.

2000s

Rachel Davis Mersey (’00) was named executive vice president and provost at Southern Methodist University. Previously, she was executive vice president and provost at The University of Texas at Austin.

Michael Sexauer (MBA ’00) was promoted from president to CEO of Holy Family Institute, a 125-year-old nonprofit in Pittsburgh, PA. The Catholic organization reaches nearly 40,000 families a year through education and workforce development, mental health counseling and support for unaccompanied migrant children. During his decade with the organization, he has helped establish a high school and double the organization’s operating budget. He is the first layperson to be named CEO. Previously, Sexauer was vice president of operations at the Pittsburgh Parks Conservancy, marketing director of Pittsburgh’s Phipps Conservatory and Botanic Garden and vice president of advertising for First Citizens Bank in Raleigh.

Christopher M. Trebilcock (JD ’00) was appointed to the Michigan Court of Appeals, Second District. A Michigan native, he was a senior principal at law firm Clark Hill PLC. He lives in Royal Oak, MI.

Pollyanna Rhee (’01) wrote “Natural Attachments: The Domestication of American Environmentalism, 1920-1970.” She teaches in the

Department of Landscape Architecture at the University of Illinois Urbana-Champaign.

Erin Regan (’02) received the Pat Tillman Award For Service at the 2025 ESPY Awards. Regan is a Los Angeles County firefighter and former soccer star at Wake Forest. She was among the emergency personnel on the frontlines during the Southern California fires in January. She has advocated for more women to become firefighters through programs for girls and young women. The Tillman award honors individuals each year who have deep ties to sports and serve others. *More at bit.ly/ErinRegan*

Stacy Gomes Hurley (’03, JD ’06) was promoted to partner at law firm Barton Gilman LLP in Providence, RI. She specializes in medical liability defense, personal injury defense, employment law and nonprofit consulting.

Tripp Mickle (’03) is a journalist who covers Google and Alphabet for The New York Times. Mickle joined the Times as a technology reporter in 2022 after writing about Apple, Google, bourbon and beer for The Wall Street Journal. He is the author of “After Steve: How Apple Became a Trillion-Dollar Company and Lost Its Soul.” He lives in San Francisco. *More at bit.ly/TrippMickle*

Cris Wiley (’03, MAEd ’04) was named 2025 Winston-Salem/Forsyth County Schools Teacher of the Year. He is a history teacher at R.J. Reynolds High School. *More at bit.ly/CristoferWiley*

Scott Ridgely (MBA ’04) is chief marketing officer of Virginia’s Commonwealth Savers, a state agency that helps residents access education, disability and retirement savings vehicles. He led the agency’s rebrand and name change from Virginia529.

Wes Bryant (’05) covers ACC sports for the ACC Digital Network and co-hosts a midday sports radio show, “Wes & Walker,” on Charlotte’s WFNZ. Barrett Media ranked the show 12th nationally in midday, mid-market shows. Bryant lives in Charlotte.

Chad Cheek (MBA ’05) was appointed president of the board of directors of the North Carolina Arts Foundation. He is president and chief strategist at Elephant In The Room, a boutique creative and advertising agency. He is on the board of the North Carolina Arts Council and is an executive committee member.

Kezia McKeague (’05) was named a lifetime member of the Council on Foreign Relations, a nonpartisan think tank. McKeague is managing director at global strategy firm McLarty Associates in Washington, DC. She is a founding member of Global Deacs, Wake Forest’s affinity group for international affairs. *More at bit.ly/GlobalDeacs10*

Dan Callahan (’06) was promoted to senior vice president and chief revenue officer at Spectrum Reach, the advertising sales business of Spectrum, a connectivity company. Based in New York, he is responsible for revenue generation at Spectrum Reach.

Alyssa Biber Colman (’06) wrote her third book for young readers, “Where Only Storms Grow,” a novel set during the Dust Bowl in the 1930s. The book, for readers ages 8 to 12, is about twins trying to keep their family together during the worst storm of the Dust Bowl. She lives in northern Virginia.

Matt Imboden (’06, MA ’08) was named the 2025 Outstanding Administrator in Graduate & Professional Student Services by NASPA, an association for student affairs professionals in higher education. The award recognizes his leadership, innovation and contributions to the field of graduate student success and support. Imboden is chief student and academic services officer in the Wake Forest School of Business.

Michael “Mike” Strauss (JD ’06) joined Judicate West, a dispute resolution provider, as a mediator and arbitrator. He primarily resolves individual and class/representative employment disputes. He lives in Ojai, CA.

Amy Holbrook Wooten (’06, JD ’09) was recognized in the 2025 Chambers USA Legal Guide as a top-tier “Band 1” lawyer for her representation of policyholders in complex coverage disputes. She is a litigation attorney at Ward and Smith PA in Raleigh and co-chair of the firm’s insurance counseling and recovery practice group.

Bryan Christopher (MAEd ’07) wrote “Stopping the Deportation Machine: One Immigrant Student’s Arrest and the Kids Who Took on Washington to Get Him Back,” a true story that occurred in a Durham, NC, high school in 2016. Christopher is an English and journalism teacher at the school. Students, with the help of teachers, community leaders and elected officials, helped the student return to the school, from which he graduated.



Strauss
(JD '06)



Kane
(JD '07)



Cornell
(JD '10)



Summers
(MBA '10)



McHugh
('11)



Stanton
('12)



Martin
(MBA '13)



Hodnette
(JD '15)

Patrick M. Kane (JD '07) received an Amicus Service Award from the International Municipal Lawyers Association. He was recognized for his work on an amicus brief to the U.S. Supreme Court in *Guerra v. Aleman*, which involves a Fourth Amendment claim of excessive force brought against a police officer. Kane is a partner at law firm Fox Rothschild in Charlotte and Greensboro, NC, and an adjunct professor at Wake Forest School of Law.

Chris Paul ('07) received the Community Hero Award from the United Negro College Fund at the organization's inaugural "A Mind Is..." Gala in Winston-Salem. Proceeds from the event support historically Black colleges and universities and students. Paul is a 12-time NBA All-Star, two-time Olympic gold medalist and co-founder of the Chris Paul Family Foundation.

2010s

Stephan A. Cornell (JD '10) rejoined Fox Rothschild in Warrington, PA, as a partner in the litigation department.

Daniel Summers (MBA '10) retired from corporate life at age 39 to focus on improving business education. He wrote that he "was inspired to pursue Financial Independence, Retire Early (FIRE) in conversations with professors" at Wake Forest. While earning his doctorate in education, he researched ways to close skills gaps in undergraduate business programs. He now teaches marketing and economics at Rowan College at Burlington County (NJ) and consults with Rider University and McGraw Hill on business education initiatives. Previously, he worked at PwC and Church & Dwight. He lives with his wife, Megan Summers, and their daughter, Charlotte (7), in Lawrenceville, NJ.

Ted Kenyon ('11) was accepted into the Council on Foreign Relations' Term Member Program, established to cultivate future foreign policy leaders. Kenyon is the executive briefier to the assistant secretary of defense for strategy, plans and capabilities in the U.S. Department of Defense. He is also a U.S. Army Reserve officer. He and his wife, Kailyn Kenyon, and son Archer live in Alexandria, VA.

Madelyn Dillabough McHugh ('11) was promoted to managing director of crisis and litigation communications at FTI Consulting in New York. Previously, she led communications at BlockFi, a crypto financial services company.

Kara Peruccio ('11) competed in two episodes of "Jeopardy!" in May, winning the first. She is an assistant professor in the department of history and the women's, gender and sexuality studies program at The University of Maine.

Charlie Stanton ('12) wrote "How the Jester Became King: Dave Portnoy & the Unauthorized Real Story of Barstool Sports," a rags-to-riches story of the controversial media personality. Stanton lives in New York.

Emma Hunsinger ('13) wrote and illustrated "How It All Ends," a graphic novel about an imaginative 13-year-old. The book was nominated for the 2025 Will Eisner Award for Best Publication for Kids and was named a Best Book by Kirkus Reviews, School Library Journal, Common Sense Media and the New York Public Library. Hunsinger is a cartoonist whose work has appeared in *The New Yorker*. She and her wife, cartoonist Tillie Walden, live in Vermont.

Renee Slawsky Johnston ('13) was promoted to director and vice president at APCO, a global advisory and advocacy firm. She lives in Raleigh.

Brett Hunter LaPrad ('13) earned his doctorate from The Catholic University of America in Washington, DC, after defending his PhD dissertation, "Biblical Canon in the Syriac World: Authority and Transmission."

John M. Martin (MBA '13) was appointed to the board of directors of Piedmont Federal Bank and the bank's holding company. Martin is co-founder and managing partner of Fourth Elm Construction in Kernersville, NC, and a member of the Wake Forest School of Business Alumni Council.

Emily Scott James ('14) has created a social media following sharing stories about motherhood and her passion for dance. James competed on "So You Think You Can Dance" in the show's 11th season, finishing in the top 14 and touring nationally. *More at bit.ly/EmilyScottJames*

Alexa Ciesinski Blanchard ('15) earned her MD and PhD from University of Maryland School of Medicine. She is training as a pediatric neurologist at Johns Hopkins University School of Medicine. She lives in Baltimore with her husband, Zac Blanchard, and their two children.

John Hodnette (JD '15) was promoted to partner in the taxation and wealth planning department at law firm Fox Rothschild. He lives in Charlotte.

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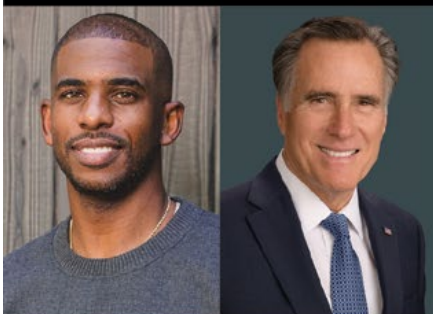


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(‘16)



Barnette
(JD ‘18)



Burke
(‘19)



Kind
(MSA ‘19)



Jester
(JD ‘20)

Cailey Forstall Rash (‘15) was appointed to the Cape Fear Community College Board of Trustees by North Carolina Speaker of the House **Destin Hall** (JD ‘14). Rash is a birth and postpartum doula who lives in Wilmington, NC, with her husband, **Caleb Rash** (‘17).

Hannah Duane (‘16) received the “Champions of Change” award from the Office of Sustainability at Wake Forest. She was named an “Everyday Champion” for implementing waste reduction efforts at Homecoming celebrations. She is event operations and project manager in University Advancement.

Brian Hart (‘16) was accepted into the Council on Foreign Relations’ Term Member Program, which cultivates future foreign policy leaders. He is deputy director and fellow of the China Power Project at the Center for Strategic and International Studies. He and his husband, **Seth Williford** (‘11, JD ‘18), live in Washington, DC.

Eric Niesen (‘17) returned to Wake Forest as pitching coach for the baseball team. He was a pitcher as a student and was director of pitching with the Houston Astros during their 2022 World Series win.

Jordan Barnett (JD ‘18) was named partner at law firm Roberts & Stevens in Asheville, NC. His practice focuses on advising and defending health care providers and institutions. He and his wife, Tiffany, and their two children live in Asheville.

Brooke Boutwell Day (JD ‘18) joined law firm McAfee & Taft as an associate in the Oklahoma City office. Her practice areas include insurance coverage and extra-contractual litigation.

Cody Burke (‘19) wrote a children’s book, “Take Me Back to Oklahoma,” inspired by his upbringing in Oklahoma City. As a child, he always wanted to move away, but once he did, he realized how much he missed the state’s beauty and people. Burke is an educator in Greenville, SC.

Kathleen Kind (MSA ‘19) received her doctor of osteopathic medicine degree from Lincoln Memorial University in Tennessee. She was class president for three years and received the Leonard Tow Humanism in Medicine Award and was named student doctor of the year. She is in her residency training, specializing in OB/GYN, in Summerville, SC.

2020s

Evan Anderson (JD ‘20) joined Ogletree Deakins in Raleigh as an associate. He focuses on employment-based immigration.

Phillip Jester (JD ‘20) joined the Southeast Fellows Institute of The American College of Trust and Estate Counsel. Jester is an associate at law firm Fox Rothschild in its Charlotte and Greenville, SC, offices.

Peter Folgias (‘21) and his brother, Matthew, a junior at Wake Forest, and their parents, Holly and Jim, created The Rooted Foundation, dedicated to ovarian and fallopian tube cancer research and prevention. Holly Folgias, who was diagnosed with ovarian cancer last year, published a children’s book to raise funds for research at Memorial Sloan Kettering Cancer Center. The book, “I Hope You Know,” is a series of heartfelt verses that reflect on the parent-child bond and the moments that shape us.

Ethan Haber (‘21) is CEO and founder of Happy Habitats, a startup company that makes toys for small pets. It secured a patent for its Roam exercise ball for hamsters. He was inspired to create the product when he was a student and saw someone walking their dog. He said, “I looked down at my emotional support hamster, Mooksie, and thought, ‘Why can’t you walk your hamster the same way?’”

Markus Minanov (‘21) earned a Master of Public Health from Vanderbilt University for analysis of aortic valve replacements. He recently started medical school at the Chicago College of Osteopathic Medicine.

Shannon Porterfield (JD ‘22) joined law firm Wood Smith Henning & Berman as an associate attorney in the Philadelphia office. She was the online editor of the Wake Forest Law Review.

Kara Kump Melton (‘23) joined Project Kitty Hawk as an admissions specialist. The nonprofit education-tech startup partners with the University of North Carolina System to provide more accessible degree pathways for adult learners in North Carolina.

Marriages

Thomas “Tad” DiBiase (‘87) and Karen Diane Van Antwerp, 10/25/24 in Washington, DC, where they live. The wedding party included Robert Rais-



Minanov
(‘21)



Melton
(‘23)

beck (‘85, JD ‘89), Dale Louda (‘86), Lane Wurster (‘86), Rob Duckwall (‘87), Kevin Krause (‘87), Mike Palmer (‘87), Brian Ponder (‘87), Robert Shillinger (‘87), Tom Wirth (‘87), Chris Ingalls (‘88), Randy Benson (‘89) and David Ward (‘89).

Samantha Deviney Rogers (‘04, PA ‘10) and Ashley Dixon Knight, 5/10/25 in Winston-Salem, where they live.

Pam Shively (‘08) and Sean Murphy, 9/28/24 in Charleston, SC, where they live. The wedding party included Lisa Brett Boisture (‘08), Taylor Wolfe Cunningham (‘08), Elizabeth Kornblit Muth (‘08) and Courtney Shively Ryan (‘11). The bride’s brother is Christopher Shively (‘06).

Qi Gu (MA ‘12) and Zachary Flamig, 5/3/25 in New York, where they live.

Aaron Robert Elizondo (‘14) and Lianna Ybarrá, 3/22/25 in San Antonio, where they live. The wedding party included Brendan McClafferty (‘14) and Matthew Hardy (‘14).

Douglas “Doug” Richard Niedrich (‘15) and Erica Jane Walker, 9/7/24 in Chicago, where they live. The wedding party included Michael Maugeri (‘15), Grant O’Brien (‘16), Steve Prendergast (‘16) and Trent VanHorn (‘17, MD ‘21). John Bryant (‘15) officiated.

Allie Kleinman (‘17) and Matthew Lowe, 1/25/25 in Greensboro, NC, where they live. The wedding party included Meredith Blake Behrens (‘17, JD ‘21), Alexandra North (‘17) and Emilie Waché Pritchard (‘17, MSM ‘18).

Celine Olcott (‘17, MSA ‘18) and Ryne Elvers, 5/25/25 in Charlotte, where they live. The wedding party included Heather Livingston (‘17), Lucas Prillaman (MSA ‘17), Emily Machiele Rushford (‘17) and Dom Piazza (MSA ‘18).

Clay Hamilton (‘18) and **Erin Stephens (‘18)**, 5/24/25 in Winston-Salem, where they live. The wedding party included Mallory Burns (‘17), Morgan DePerno (MDiv ‘18), Thomas Poston (‘18) and Maddie Wells (‘18). The groom is the grandson of Henry Haywood Hamilton Jr. (‘50).

Haleigh Monyek (‘18) and Jacob Snyder, 6/27/25 in Rockton, IL. They live in Chicago.

Ethan Tucker Fife (‘19) and **Julia Jeannette Mroz (‘20)**, 6/14/25 in Charlottesville, VA. They live in Washington, DC. The wedding party included Henry Mitsch (‘20), Kelly Needles (‘20) and Jackson Shapiro (‘20).

Nicole Gia Orlando (‘19) and **John Ryan Was-kowicz (‘19)**, 6/7/25 in Morristown, NJ. They live in Arlington, VA. The wedding party included Charlie Ahern (‘19, MAEd ‘21), Tyler Gleeson (‘19), Lauren McCoy (‘19), Riley Rossomanno (‘19), Emma Scott (‘19) and Kevin Treacy (‘19).

Births

Annie Lausier Chrien (‘05) and Michael Chrien, San Mateo, CA: a daughter, Olivia Chrien, in June. She joined her brother, Owen (4).

Byron James Wyche (‘07, MSA ‘08) and **Mad-ison Kerry Benedict Wyche (JD ‘16)**, Austin, TX: a daughter, Annie James Wyche, in June. She joined her sister, Kerry (1).

William Michael Geiger Jr. (‘10) and Olivia Hannah Geiger, Brooklyn, NY: a daughter, Willa Beatrice Geiger, in February.

Madelyn Dillabough McHugh (‘11) and Michael McHugh, Brooklyn, NY: a daughter, Louise Alexander McHugh, in March. She is the granddaughter of Ed Dillabough (MBA ‘75) and the niece of Carter Houston (‘14).

Amanda Yohn Shoemaker (‘12) and **Griffin Benjamin Shoemaker (‘12)**, Richmond, VA: a daughter, Remi Jeanne Shoemaker, in March. She joined her sister, Margot (3). She is the granddaughter of Jeffrey Yohn (‘76).

Katherine Blake Vogelsang (‘13) and **Daniel Vogelsang (‘14)**, Franklin, TN: a son, Cyrus King Vogelsang, in May. He joined his brother, Isaiah (4), and sister, Anna Blake (3).

Jonathan Kyle Price (‘14) and **Mary Allyn John-son Price (‘14)**, Charlotte: a son, Henry Allyn Price, in May. He joined his brother, Luke Jonathan (2).

George Aldhizer IV (‘15, MSA ‘16) and **Rachel Roth Aldhizer (‘15)**, Winston-Salem: a son, John Pleasant Aldhizer, in April. He joined his siblings, Gray (8), Ellis (6), David (4) and Frances (2).

Laura Jurotich Danze (‘15) and John Danze, Atlanta: a son, Paul Michael Danze, in February.

R. Jackson Eubank (‘15) and **Kelsey Kuhn Eubank (‘15)**, Seattle: a son, Roy Michael Eubank, in April. He is the grandson of Eric Eubank II (‘86) and Martha McCrorey Eubank (‘86) and the nephew of Adam Michael Kuhn (‘09).

Tyler Hinshaw (‘16, MS ‘17) and Sahil Dayal, Morgantown, WV: a son, Grayson Rohan Dayal, in December. He is the grandson of Billy Hinshaw (‘87, MBA ‘93) and Margaret Jacobs Hinshaw (‘88).

Corey Washburn Tanner (‘16, MA ‘17) and **Hil Tanner (‘16)**, Greenwood, SC: a daughter, Leigh Anne Tanner, in May. She joined her brother, Henry (2), and was welcomed by many Deacon family members, including grandfathers Harrill Gene “Rusty” Washburn (‘87, MD ‘94, P ‘16) and Hal Tanner III (‘85, P ‘14, ‘16, ‘19).

Caroline Wilkinson Gentry (‘17) and **Forrest Gentry (‘17)**, Greenville, SC: a daughter, Harper Austin Gentry, in June.

Itamar Lewin-Arundale (‘18, MA ‘21) and **Sarah Locke Lewin-Arundale (MA ‘20)**, Evergreen, CO: a daughter, Madelyn Lewin-Arundale, in December.

Ansley Rikard Fitzpatrick (‘19, MSM ‘20) and **Thomas Houston Fitzpatrick IV (MD ‘20)**, Winston-Salem: a son, Daniel Holland Fitzpatrick, in May.

Noah Loftin Williams (‘20) and **Payton Emerson Calvert Williams (‘20)**, Gastonia, NC: a daughter, Georgia Nancy Williams, in June.

Deaths

Burgess Pinckney Marshbanks (‘43), July 25, 2025, Buies Creek, NC. He was 102. He served in the U.S. Army Air Corps and was a dentist.

Bettie Horsley Rogers (‘47), April 7, 2025, Red Bank, NJ. She was an elementary school teacher.

Sally Hudson Gulley (‘48), March 15, 2025, Winston-Salem. She worked in the continuing education division of Wake Forest’s medical school for two decades and was a past member of the Wake Forest Alumni Council. She was preceded in death by her husband, **Marcus Marcellus Gulley (‘47, MD ‘51)**, associate professor emeritus of psychiatry at the School of Medicine, and brother, **William Rucker Hudson (MD ‘51, P ‘73)**. A brother, **Edward Valentine Hudson (‘58, MD ‘62)**, also died on March 15. Survivors include her children: **Paul Hudson Gulley (‘74, MD ‘78, P ‘00)** and spouse **Anne Connelly Gulley (‘77, P ‘00)**; **Lawrence Rucker Gulley (‘76, MD ‘81)**; **Sheila Gulley Pleasants (‘78, P ‘11)** and spouse **Craig Pleasants (‘76)**; **Marcia Gulley Gutekanst (‘80)**; **John Marcus Gulley (‘80)**; and Edward Whittington Gulley.

James Wells Hayes (‘48), June 25, 2025, Orlando, FL. He was 100. He was a member of Alpha Sigma Phi fraternity at Wake Forest and served in the U.S. Army during World War II. He was CEO and general manager of a food company.

Mattie Green Reddick (‘48), March 26, 2025, Raleigh. She was an accounting clerk with the U.S. Marshals Service. She was preceded in death by her husband, **Harold H. Reddick (‘49)**, and her son, **Harold “Rick” Reddick Jr. (‘78)**.

Mary Belle Sloan Greene (‘49), Feb. 24, 2025, North Wilkesboro, NC. She was an English teacher for 34 years. Survivors include son **Eric Greene (‘83)**. She was preceded in death by her husband, **Elster “Hal” Howell Greene Jr. (‘49)**.

Marie Frazier Jordan (‘49), July 13, 2025, Florence, SC. She filled a number of roles in her church as a minister’s wife.

Mark Midgett Alexander Jr. ('50), Dec. 27, 2024, Chesapeake, VA. He was a Baptist missionary in Argentina for 34 years.

George Robert Cribb ('50), Dec. 17, 2024, Greenville, SC. He served in the U.S. Navy during World War II and was professor emeritus of music at Gardner-Webb University.

Eleanor Kraft Dunn ('51), July 3, 2025, Willow Street, PA. She enjoyed interior design, traveling and cooking. Survivors include son **Kenneth Dunn ('80)**. She was preceded in death by her husband, **Luther Dunn ('51)**.

James Paul "Buck" Geary ('51), March 9, 2025, Petersburg, WV. He served in the U.S. Army during World War II. He played basketball at Wake Forest and was president of Sigma Chi fraternity. He was a lawyer.

Peggy Hill Earp McManus ('51), April 10, 2025, Raleigh, NC. She was retired from the North Carolina Housing Finance Agency.

Manning "Bruce" Milam ('51), May 1, 2025, Winston-Salem. He served in the U.S. Army and was a member of Sigma Pi fraternity at Wake Forest. He retired as president after 59 years with Hoffer Tractor and Implement Co. in Sunbury, NC. He and his wife, **Ann Milam**, established the Bruce and Ann Milam Athletic Scholarship at Wake Forest. He was a member of the Wake Forest Legacy Society. In addition to his wife, survivors include son **Bruce Hoffer "Hof" Milam ('76, MBA '91)**, retired executive vice president and chief financial officer at Wake Forest; daughter-in-law **Kathryn Milam (MALS '95)**; and granddaughters **Sarah Milam ('00, MSA '01)** and **Margaret Milam ('04)**.

Jerome "Jerry" Taylor Rodwell ('51), June 9, 2025, Rocky Mount, NC. He served in the U.S. Army Air Corps. He was supervisor of the Rocky Mount region for the North Carolina Department of Revenue. Survivors include granddaughter **Rachel Bates ('09)**.

Robert Lee Talley ('51), May 17, 2025, Greensboro, NC. He served in the U.S. Navy.

Francis "Frank" Lewis Thorne ('51), June 22, 2025, Raleigh. He played baseball at Wake Forest and served in the U.S. Air Force in the weather service. He worked in the North Carolina Forest Service for 30 years.

Charles Dewey Barham Jr. ('52, JD '54), July 22, 2025, Raleigh. He served in the U.S. Navy and the U.S. Navy Reserve. He practiced law with his uncle, **Clyde A. Douglass II (JD '50, P '75)**, and was general counsel, chief financial officer and executive vice president at Carolina Power & Light Co. He was a member of the Wake Forest School of Law's Board of Visitors and the Wake Forest Legacy Society. Survivors include daughter **Margaret Douglass Barham ('88, MA '91)** and son **Charles Dewey Barham III ('92)**.

Robert Ray Featherstone ('52), July 24, 2025, Matthews, NC. He served in the U.S. Army

EVELYN PATRICIA FOOTE ('52, LL.D. '89)

Retired Brigadier General



Pat Foote achieved a number of firsts and became a fierce advocate for women in the military during her three decades in the U.S. Army. Foote, who was 95, died Aug. 10, 2025, in Woodbury, Minnesota.

"If you have the will, the desire, the passion to pursue a particular career, then you should go for it with all guns blazing," Foote advised young women in a 2011 interview for a documentary, "Makers: Women Who Make America."

Foote, a native of Durham, North Carolina, graduated from Wake Forest in 1952. Her early jobs included clerking at the FBI before joining the Women's Army Corps at age 29. She rose through the ranks to become a commander at the company, battalion, brigade and major installation levels.

She was a trailblazer in most every position she held: the first woman public affairs officer in Vietnam in 1967, the first woman to teach at the Army War College, the first woman to command a brigade in Europe and the first woman deputy inspector general in the Army. She also served at the Pentagon and retired in 1989 as the first woman commanding general of Fort Belvoir, Virginia.

She was called back to active duty to serve on an Army panel on sexual harassment. She also served on the site and design committee for the World War II memorial in Washington, D.C. For a decade, she was president of the nonprofit Alliance for National Defense that supported women in the military.

Foote served on Wake Forest's College Board of Visitors and received the Distinguished Alumni Award in 1987. She was a member of the Army Women's Foundation Hall of Fame.

Counter Intelligence Corps. He was a Ford dealer and worked in a school district's vocational education department.

Rachel Ann Bailey Fluke ('52), Charles Town, WV, Feb. 25, 2025. She was a science teacher.

William James Forehand Jr. ('52), June 25, 2025, Wilmington, NC. He spent nearly 40 years with DuPont textiles.

Zebedee "Zeb" Vance Moss ('52), Oct. 19, 2024, Pinehurst, NC. He was a missionary in Zambia, Malawi, Kenya and Zimbabwe.

Luther Eugene "Gene" Walter ('52), Aug. 21, 2024, Wingate, NC. He was a pastor and director of county mental health services.

Genevieve Privette Batchelor ('53), May 25, 2025, Rocky Mount, NC. She was active in her community.

Allen Powell Harris ('53), April 18, 2025, Franklin, VA. He served in the U.S. Army and worked at his family's hardware business.

Betty Tucker McNamara ('53), April 10, 2025, North Billerica, MA. She was a mother and grandmother.

Julius Robert "Bob" Johnson Jr. ('54), March 3, 2025, Wilmington, NC. He was a calculus professor at Wake Forest from 1957 to 1969 and helped integrate the College before beginning a career in life insurance. He was a member of the Wake Forest Legacy Society. Survivors include sons **Frank Johnson ('87)** and **Mark Johnson (MBA '89)**.

George Kelly Moore Jr. ('54), June 5, 2025, Charlotte. He was a member of Lambda Chi Alpha fraternity at Wake Forest. He was a certified public accountant and partner in charge of a corporate accounting office. Survivors include his wife, **Sue Perry Deaton Moore ('56)**.

Mary Ann Williams Qualls ('54), May 17, 2025, Hollister, NC. She was a teacher.

Ella Mae Lentz Shearon ('54), July 25, 2025, Wake Forest, NC. She was an educator and psychotherapist and founder of an institute in Germany that trains psychiatrists and psychologists in psychodrama. She was preceded in death by her husband, **Wallace Shearon ('54)**, and sister, **Betty Lentz Siegel ('52, P '88, '89)**.

Anita Brooks Churm ('55), March 19, 2025, Canton, NC. She was a teacher for 37 years. She was preceded in death by her husband, **Bill Churm ('54)**.

Robert "Bob" Alan Culler Sr. ('55, MBA '79), June 21, 2025, High Point, NC. He was an executive in the furniture industry. He was on the Wake Forest Board of Trustees and established the Gary Franklin Culler Scholarship in memory of his son. Survivors include his wife, **Barbara Pate Culler ('57)**. He was preceded in death by brother **Roy B. Culler Jr. ('49)**.

Harry R. Hill Jr. (JD '55), March 15, 2025, Lawrenceville, NJ. He was a lawyer for 65 years and general counsel to the Catholic Diocese of Trenton, NJ.

Robert Fletcher Mann Sr. ('55, MD '59), May 30, 2025, Norfolk, VA. He was captain of the tennis team at Wake Forest and a member of Kappa Alpha fraternity. He served in the U.S. Army Medical Corps and practiced internal medicine until retiring at age 84. He was a past member of the Wake Forest Alumni Council. Survivors include son **Robert "Bobby" F. Mann Jr. ('92)**.

James L. Martin ('55), Aug. 4, 2024, Jackson, MS. He served in the U.S. Navy and owned a men's clothing store.

Johnny J. Smith ('55), Feb. 24, 2025, Zebulon, NC. He was a Southern Baptist minister for 50 years. He was preceded in death by his brother, **Roy Smith ('53, DDiv '95, P '78, '80)**.

Benjamin "Norfleet" Gardner ('56), June 7, 2025, Coats, NC. He was director and chief consultant of the school transportation program with the North Carolina Department of Public Instruction for more than 20 years. He was awarded The Order of the Long Leaf Pine, North Carolina's highest award for service.

Nelson E. Kelly ('56), July 7, 2025, High Point, NC. He served in the U.S. Air Force during the Korean War and was a human resources officer.

Earl Brewer Parker Jr. ('56), June 7, 2025, Lufkin, TX. He was a member of Delta Sigma Phi fraternity at Wake Forest. He retired as technology lab manager and product compliance officer for the plastics division of Chevron chemical company. He was a member of the Wake Forest Legacy Society.

Eugene Dorsey Smith ('56), March 15, 2025, Burlington, NC. He played baseball at Wake Forest and served in the U.S. Army Signal Corps. He

retired as an executive in the finance department at Burlington Industries after 45 years.

Charles "Charlie" Conrad Stamey ('56), March 26, 2025, Greensboro, NC. He served in the U.S. Navy. He was the second-generation owner of Stamey's Barbecue in Greensboro for 40 years. Survivors include daughters **Beverly Stamey Brown ('80)** and **Elizabeth Stamey Allen ('82)**, son **Chip Stamey ('89)** and grandchildren **Lindsey Allen Murray ('10)**, **Chaz Stamey ('16)** and **Eliza Jane Stamey ('22)**.

Judith Ellen Knight Baker ('57), May 15, 2025, Raleigh. She helped open the first OB-GYN center in Edenton, NC. She was preceded in death by her father, **Ralph W. Knight ('48)**. Survivors include brother **Woody Knight ('61)**.

David Dobbs Britt ('57), June 7, 2025, Roanoke, VA. He taught English at Virginia Tech and directed programming at the R.J. Reynolds Homestead, a National Historic Landmark, in Patrick County, VA.

Judith "Judy" Allen Harvell Durham ('57), March 15, 2025, Wake Forest, NC. She was a retired library circulation supervisor at Southeastern Baptist Theological Seminary.

Caryl J. Guth ('57, MD '62), July 28, 2025, High Point, NC. She was a pioneer in medicine and women's athletics at Wake Forest. In 2003, she helped establish the Center for Integrative Medicine at the Wake Forest School of Medicine. She was a generous donor to Wake Forest athletics, providing the lead gift for the Dr. Caryl Guth Women's Basketball Clubhouse and establishing scholarships for women's golf and basketball. The women's golf wing of the Haddock House on campus was named the Caryl J. Guth Wing in her honor in 2015. She was a lifetime member of the Wake Forest medical school's Board of Visitors and a past president of the School of Medicine's Medical Alumni Association. She received the Distinguished Service Award from the medical alumni association. She also received the Loyal Deacon Award in 2018 and was named Deacon Club Member of the Year in 2010. Guth was an integrative medicine specialist and anesthesiologist for more than four decades. She spent most of her career at Mills-Peninsula Hospital System in California, where she chaired the department of anesthesiology.

Owen Fennell Herring III ('57), May 31, 2025, Hilton Head Island, SC. He served in the U.S. Navy and the U.S. Navy Reserve. He was a professor of philosophy at Lycoming College in Pennsylvania for more than 40 years. Survivors include sister **Ann Herring Fox ('63, P '83, '90, '91)**. He was preceded in death by his brother, **Richard Herring ('65, P '91)**.

Robert "Bob" Wayne Waddell ('57), July 20, 2025, Virginia Beach, VA. He was an orthopedic surgeon.

Elizabeth Wright Weaks ('57), July 1, 2025, Clarksville, TN. She was a teacher. She was preceded in death by her brother, **Abner Glenn Wright Jr. ('54, P '79)**.

Plato "P.C." Collins Barwick Jr. ('58, JD '60), May 9, 2025, Greenville, NC. He served in the U.S. Army and the North Carolina Army National Guard. He practiced law for more than 50 years in Kinston, NC, and received The Order of the Long Leaf Pine, North Carolina's highest award for service. He was a member of the Wake Forest Legacy Society. Survivors include son **P. Collins Barwick III ('83, JD '88)** and grandson **P. Collins "Lins" Barwick IV ('19)**.

Edward Valentine Hudson ('58, MD '62), March 15, 2025, Chapel Hill, NC.

James Lyndal Strole ('58), March 22, 2025, Whiteville, NC. He served in the U.S. National Guard and the U.S. Navy before becoming a pastor.

Beverly Seawell Carnes ('59), April 11, 2025, Rockingham, NC. She was a teacher and assistant principal for 40 years.

Richard "Dick" Arthur Johnson Sr. ('59, MBA '75), June 21, 2025, High Point, NC. He was senior vice president of the GE Capital Retail Bank credit division.

Glenn "Carroll" Jordan Sr. ('59), May 13, 2025, Statesville, NC. He was a teacher and school administrator for 30 years and pastor of Calahaln Friendship Baptist in Mocksville, NC, for 40 years. He was preceded in death by his wife, **Carolyn Tolbert Jordan ('59)**. Survivors include daughter **Stephanie L. Jordan ('88)**.

Thomas Audrey McClure ('59), May 6, 2024, Charlotte. He was on the swimming team at Wake Forest. He worked for the CIA and the U.S. Department of Agriculture's food assistance program.

Richard Blount Odom ('59, MD '63), May 4, 2025, San Francisco. He played basketball at Wake Forest. He served in the U.S. Army for 20 years, including as a battalion surgeon in Vietnam and dermatology chief at the Presidio base in San Francisco. He was later a professor of clinical dermatology and associate dean for continuing medical education at the University of California San Francisco. He was a member of the Wake Forest Legacy Society and established the Odom Athletic/Academic Excellence Scholarship.

Betty Whitaker Frazier ('60), May 27, 2025, Wake Forest, NC. She was a teacher, media specialist and assistant principal in Cumberland County (NC).

Clive Irvin Goodson (JD '60), June 9, 2025, Winston-Salem. He practiced law for 50 years and was a judge in Kernersville, NC.

Walter "Buck" Bion Jolly ('60), June 17, 2025, Elizabeth City, NC. He was co-captain of the football team at Wake Forest. During a 50-year career in education, he was a teacher, football coach and principal. He received The Order of the Long Leaf Pine, North Carolina's highest award for service.

WHO LET THE DOGS IN?

At an old school in Kentucky, Bruce Flint ('77) did.

By Kerry M. King ('85)

When lawyer Bruce Flint ('77) was going through a tough stretch in his life about 20 years ago, a therapist asked him, "What makes you happy?" He answered without hesitating, "Dogs," because of their unconditional love.

He already had eight or nine dogs at home, but his commitment to rescuing abandoned dogs "spiraled" from there, he says, eventually leading him to buy an old school in Kentucky that he donated to an animal rescue nonprofit.

"They're like my children," says Flint of all the dogs he's loved and saved. He has a stepdaughter but never had children of his own. "It's very important that you care for something else besides yourself. (Rescuing dogs) fulfilled something in me where maybe there was an emptiness."

A personal injury lawyer, Flint splits his time between Texarkana, Texas, where his law firm is based, and a farm he shares with 10 dogs in Westmoreland, New Hampshire. He lived in Brazil for a time with 13 dogs.

For years, Flint had been rescuing dogs from overcrowded shelters in Texas and Arkansas. He'd keep a few and send others to animal shelters in the Northeast that needed adoptable dogs.

"I'd pull eight or 10 dogs, get them to the vet and try to find them a home or keep some of them. People may have thought I was a little eccentric," he admits, "because I spent so much time rescuing dogs."

Perusing eBay one day for investment properties, he spotted a listing for an elementary school in a town he had never heard of, Boston, Kentucky. The school, 600 miles from Texarkana, would make a perfect "way station" for dogs on their journey up north, he thought.

He bought the school in 2014 and then learned about Barktown, a nonprofit foster-based rescue group in the town that didn't have a facility. He donated the 22,000-square-foot building to the group, which opened Barktown Rescue No Kill Shelter and Adoptions. The way station became a "stay station."



Bruce Flint ('77)

Heather Nelson, executive director and president of the board of directors of Barktown, says it must have been "divine intervention" that brought Barktown and Flint together since Flint had no prior connection to Barktown or the town.

"He has the biggest heart for animals," she says. "Anyone that shows that much compassion for animals is a great person. He's been a miracle for Barktown. He's our angel that found us."

I reached Flint by phone in Westmoreland to ask about his passion for saving dogs. "I couldn't live without a dog around and underfoot," he tells me, with dogs barking in the background. "They're just so happy to see you when you get home."

Flint's childhood home was outside Boston, Massachusetts, where he grew up with a dog named Ginger. He graduated from high school in Westport, Connecticut, and went to Kenyon College in Ohio for a year.

After his parents moved to Winston-Salem for his father's job with Royal Cake Co., Flint transferred to Wake Forest and majored in history and minored in politics. He was active in the theatre program and fondly recalls professors Harold Tedford (P '83, '85, '90) and Don Wolfe.



Barktown Rescue in Boston, Kentucky

He graduated from law school at Southern Methodist University and practiced in Dallas and Fort Worth, Texas, for two decades until founding what is today Flint, Crawford & Coggburn in Texarkana.

“It’s incredible how you and they get attached. They know you’re going to take care of them.” —Bruce Flint

Flint makes the trip from Texas or New Hampshire to visit Barktown Rescue several times a year. He serves on the shelter’s board and is a constant source of encouragement and financial support, Barktown’s Nelson says. “He’s the reason we have a building, and he’s the reason why Barktown has grown the way it has,” she says.

Barktown takes in cats and dogs — rescued from county shelters where they might have been euthanized —

and gives them a home until they’re adopted. Older or sick dogs may live out the rest of their lives there, where they’re loved and cared for, Barktown’s Nelson says.

The school building can house about 30 dogs at a time in nine former classrooms and the cafeteria. One classroom is the “cat room,” where cats can roam free. The gymnasium, with its original basketball court and bleachers, is used for training dogs.

When I ask Flint how many dogs he’s rescued, he guesses it must be in the hundreds, but he’d prefer to talk about the dogs who live with him now. Flint’s friends and neighbors know if they find an abandoned dog, they can take the dog to Flint.

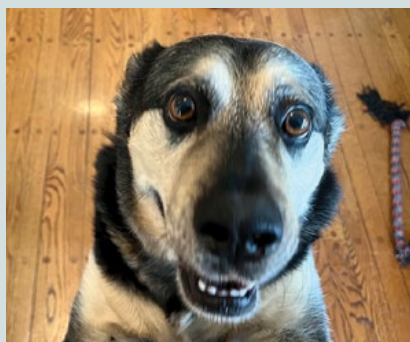
A labradoodle puppy he named Daisey was left behind after her owners moved. Barney, a German shepherd mix, was found abandoned outside a warehouse. Flint found Wally, a white terrier mix, at a shelter in Texas, where his days were numbered.

“He got in the car with me and

looked at me the whole time and smiled,” Flint says. “It’s incredible how you and they get attached. They know you’re going to take care of them.” And he has to mention one of his favorites, Roddy, a caramel colored lab mix, who was wandering around Flint’s neighborhood until showing up at Flint’s door. “He cries when I leave him,” Flint says. “That really tears at me.”

He once rescued and gave away two mixed Yorkie schnauzers, Teddy and Nana, and immediately regretted it, he tells me. He had a dream that he opened his back door, and Teddy ran back inside. The next day, the couple who adopted the dogs asked if he wanted them back. Of course he wanted them back, he says. “That made me so happy.”

“It is a great source of joy for me,” Flint says, “to know that although we can’t save them all, we are making a dent in the lives of abandoned animals in the area.”



Daisey, Bentley and Oscar, clockwise from left, found a home with Bruce Flint; the cat room at Barktown



Wayne Eugene Jordan ('60, JD '63), March 25, 2025, Southern Pines, NC. He was a cheerleader and a member of Sigma Phi Epsilon fraternity at Wake Forest. He served in the military and retired as a vice president at First Union National Bank after 38 years. Survivors include sister **Carol Sue Jordan Kessler ('70)**. He was preceded in death by his wife, **Jeannie Hunt Jordan ('61)**.

Coleman Cain Markham ('60), July 18, 2025, Wilson, NC. He was a minister and, for more than 40 years, a religion professor at Barton College. He was a member of the Wake Forest Legacy Society. He was preceded in death by his wife, **Johnsie Russell Markham ('64)**.

Carlton "Glenn" Miller ('60), May 26, 2025, Clemmons, NC. He was a retired school administrator.

Patsy Meares Singletary ('60), Jan. 13, 2025, Salisbury, NC. She was a teacher for more than 30 years. She was preceded in death by her husband, **Norman Singletary ('54, JD '68)**.

William "Bill" Dwight Smith ('60), April 19, 2025, Apex, NC. He was a member of ROTC at Wake Forest. He served in the U.S. Army in Korea and Vietnam and received a Purple Heart for injuries sustained in Vietnam. He was a math teacher and a member of the Wake Forest Legacy Society.

Boyd Franklin Collier Sr. ('61), July 3, 2025, Richmond, VA. He was a lawyer and substitute judge in Virginia's general district court system. He was on the Wake Forest Alumni Council. Survivors include grandson **Noah Boyd Collier ('21)**.

Joyce Humphries Grubb ('61), April 14, 2025, Asheville, NC. She was a special education teacher at John Umstead Hospital in Butner, NC, for more than 25 years.

Burl Bess Hull ('61), May 21, 2025, Colfax, NC. He served in the U.S. Army and was a sales representative for Parke-Davis pharmaceutical company.

Charles "Bud" Edward Parker Jr. ('61), March 13, 2025, New Bern, NC. He played football at Wake Forest and, after graduating, worked for the Deacon Club. He was an insurance agent for more than four decades.

John Franklin Patton III ('61), May 1, 2025, Columbia, MO. He served in the U.S. Army in the Medical Service Corps and in the U.S. Army Reserves. He retired as chief of the Military Performance Division of the U.S. Army Research Institute of Environmental Medicine.

Donald Gray Steelman ('61), April 28, 2025, Charlotte. He was a consultant in the insurance and textile industries. Survivors include his wife, **Patricia Butler Steelman ('59)**, and son **D. Gray Steelman Jr. ('84)**.

Joe Stewart ('61), March 15, 2025, Irmo, SC. He was a salesman with Allied Chemical and Lummus.

Isaac Gerald Futrell ('62), April 11, 2025, Jacksonville, NC. He retired from Sprint as an electrical engineer.

Thomas John Henninger ('62), April 15, 2025, Montgomery, PA. At Lycoming College, he worked in the computer center and taught math.

Jerry Campbell Lambert ('62), April 9, 2025, Greensboro, NC. He was a member of Delta Sigma Phi fraternity at Wake Forest. He served in the U.S. Marine Corps and founded a packaging company.

Jackie Hooks Stephenson ('62), April 13, 2025, Garner, NC. He served in the U.S. Marine Corps. He worked in public relations and marketing and as a teacher, bus driver and real estate appraiser.

Scott R. Daugherty ('63), June 6, 2025, Cary, NC. He served in the U.S. Army during the Vietnam War. He was founding executive director of the North Carolina Small Business and Technology Development Center and led the organization for 36 years. He received The Order of the Long Leaf Pine, North Carolina's highest award for service.

Terry Stephen "Steve" Elam ('63), May 7, 2025, Advance, NC. He worked for credit unions.

Jeffrey E. Marlow ('63), April 3, 2025, Morganton, NC. He was a chaplain and social worker in a developmental center.

Susan Fulkerson O'Connor ('63), March 29, 2025, Cockeysville, MD. At Wake Forest, she chaired the Honor Council. She was an English teacher at community colleges in North Carolina and Maryland. Survivors include daughter **Elizabeth O'Connor Seely ('88)**, son **John O'Connor ('90)** and grandchildren **Kristen Seely ('19, MSA '20)** and **Clara O'Connor**, a senior at Wake Forest.

Judith Gardner Sullivan ('63), June 4, 2025, Riverview, FL. She was secretary of the Florida PTA board.

Homer "Buddy" Brown Tolbert Jr. ('63), March 29, 2025, Cleveland, NC. He served in the U.S. National Guard and was a shipping supervisor. He was preceded in death by his sister, **Carolyn Tolbert Jordan ('59, P '88)**.

Alberta Lee Hedstrom Anderson ('64), March 24, 2025, Pilot Mountain, NC. She was a social worker who established a center in Houston that supported adult survivors of childhood abuse.

Wilbert Mills Faircloth ('64, JD '67), March 28, 2025, Clinton, NC. He played football at Wake Forest and was a member of Kappa Sigma fraternity. He was a third-generation lawyer at Faircloth and Faircloth. Survivors include his wife, **Mary Lou Butts Faircloth ('64)**, daughters **Suzi Faircloth Matthews ('90)** and **Lisa Faircloth Kelly ('92)**, son-in-law **Michael Kelly ('92)**, twin brother **William "Bill" Faircloth ('64)**, brother-in-law **James Alfred Butts III ('69)** and nephews **Scott Faircloth ('89, MBA '94, P '19)**, **Woody Faircloth ('90, P '23)** and **Barry Faircloth ('93, P '22, '24)**. He was preceded in death by his daughter, **Paula Carole Faircloth ('94)**.

Ted W. Goodman (MA '64), April 16, 2025, West Jefferson, NC. He served in the U.S. Air Force. He taught computer science and mathematics and

helped establish the computer science departments at Catawba College and Appalachian State University.

Hugh Wade Gresham Jr. ('64), June 25, 2025, Durham, NC. He built businesses and other ventures. He was a member of the Wake Forest Legacy Society.

William "Bill" Joseph Huff ('64), April 24, 2025, Safety Harbor, FL. He was a medical physicist.

Max Daniel "Dan" McGinn ('64, JD '67), April 15, 2025, Greensboro, NC. He was associate editor of the Law Review at Wake Forest School of Law. He served in the U.S. Navy Judge Advocate General's Corps before beginning a 50-year career at Brooks Pierce law firm in Greensboro. He was on the law school's Board of Visitors. Survivors include his wife, **Judith "Judy" McBee McGinn ('66)**, son **Brian McGinn ('90, JD '94)**, and granddaughter **Audrey McGinn**, a senior at Wake Forest.

Derrill James McIntyre ('64), July 24, 2025, Guilford County, NC. He was a financial advisor. Survivors include daughter **Nicole McIntyre Apple ('93)**.

Gregory Anthony Allushuski ('65), March 29, 2025, Napoleon, Michigan. At Wake Forest, he played football and was a member of Kappa Sigma fraternity. He retired from General Motors Co. as a human resources executive after 35 years. Survivors include daughter **Amanda "Mia" McGuire Allushuski Hendrick ('10)**, son-in-law **Charles Hendrick ('10, MSA '11)** and brother **Ronald Gregory Allushuski ('73)**.

Grady Thermon Ferrell Jr. (JD '65), May 29, 2024, Raleigh. He was a lawyer and owner of a custom building company. Survivors include daughter **Mary Hampton Ferrell Neuhooff ('91)**.

Michael Bernard Kelly ('65), July 2, 2025, Kingsport, TN. He played football at Wake Forest and served in the U.S. Army during the Vietnam War. He was an insurance agent for 40 years.

David McIntosh Memory ('65), March 28, 2025, Winston-Salem. He grew up in the Riverton community in Scotland County (NC) and served in the U.S. Army. He retired from Indiana State University as professor emeritus of education. Survivors include twin brother **John Madison Memory ('65, JD '68)**, nephew **Duncan Memory ('94)** and niece **Alexa Memory Bazley ('97)**. He was a member of the Wake Forest Legacy Society.

Charity "Kay" Taylor Wilcox ('65), May 10, 2025, Cary, NC. She was a high school English and French teacher, bank teller and tax preparer.

Lee Bright ('66), Dec. 25, 2024, McDonough, GA.

Janet Davidson-Hues ('66), April 4, 2025, Leawood, KS. She was an artist and a former art professor at Indiana State University. During her senior year at Wake Forest, she participated in the Student Union art-buying trip to New York, and she later established the Janet Davidson-Hues

ROSS A. GRIFFITH ('65)

Retired Director of Institutional Research and Academic Administration



As one of the University's longest-serving staff members, Ross Griffith helped open the doors to Wake Forest for women, Black people and those with disabilities. Griffith joined the staff in 1966 and retired in 2013 after 47 years in various roles in admissions, equal opportunity, planning and institutional research.

Griffith, who was 82, died on July 4, 2025, in Winston-Salem. He is survived

by his wife, Betty Lou Turnage Griffith ('66); daughter Suzanna Thayer Griffith ('91); daughter Margaret Ross Griffith and her husband, Jamison Hiatt Carter; and three grandchildren.

"All who have the privilege of knowing and working with Ross experience his kindness, professionalism, intellect and passion for Wake Forest," said then-Provost Rogan Kersh ('86) when Griffith announced his retirement. "His dedication to Wake Forest is genuinely remarkable, and his impact on our community is profound and enduring."

A native of Alexandria, Virginia, Griffith followed his older brother, Kelley Griffith ('62, P '88), to Wake Forest. Griffith was on the tennis team and was a suitemate of Ed Reynolds ('64), the College's first Black student. During the 50th anniversary of integration at Wake Forest in 2013, Griffith received a "Faces of Courage" award for his support of Reynolds.

Griffith joined the admissions office a year after graduating. As associate director of admissions, he sought to increase the number of Black students. As director of equal opportunity on both the Reynolda and medical school campuses from 1977 to 1984, he led efforts to attract minority and women faculty. He also worked to improve access to campus for students with limited mobility by adding ramps and curb cuts and modifying restrooms and residence hall rooms.

As assistant vice president for administration and planning in the 1980s and early 1990s, Griffith oversaw campus space needs and helped plan new buildings. In his last role, directing the Institutional Research office for two decades, he oversaw strategic planning and academic accreditation and built the office into one of the most respected in higher education. Griffith was also an adviser for undergraduates, for which he received the University's Excellence in Advising award.

An avid tennis player, Griffith was a charter member of the North Carolina Professional Tennis Umpires Association and was once a line umpire for a U.S. Open match between John McEnroe and Boris Becker. The scoreboard in the Wake Forest Indoor Tennis Center is named in Griffith's honor.

Art Endowment for the student-acquired collection. Survivors include sons **Eric Hughes ('95)** and **Brian Hughes ('00)**.

Lehoma Audrey Marilyn Bain Goode (MA '66), June 14, 2025, Winston-Salem, NC. She was a teacher at Summit School in Winston-Salem and associate pastor at Home Moravian Church.

Samuel Clement Kelly III ('66), March 16, 2025, Schenectady, NY. He played football at Wake Forest and was a pilot in the U.S. Marine Corps during the Vietnam War. He was chief pilot for Hughes Tool Co. and an adjunct professor at Embry-Riddle Aeronautical University.

Joe Edward Sparks ('66), Oct. 22, 2024, Cherokee Ridge, AL. He was chief development officer at the University of Alabama in Huntsville before working in strategic planning with Booz Allen.

Sallie Pait Surface ('66), April 2, 2025, Murfreesboro, NC. She was executive director of the nonprofit Choanoke Area Development Association of North Carolina for three decades. She received The Order of the Long Leaf Pine, North Carolina's highest award for service. Survivors include children **Eric A. Surface ('92)** and **Juli-anne Surface ('95)**.

George Hobart "Hobie" Brown Jr. ('67), June 6, 2025, Washington, NC. He was a financial adviser in Rocky Mount, NC.

Tony Lee Darnell ('67), April 8, 2025, Sherrills Ford, NC. He was vice president of marketing and procurement for American Tire Distributors. He was a member of the Deacon Club for 52 years and a Wake Forest Legacy Society member.

Louis Carlyle Jennings Jr. ('67), June 1, 2025, Murfreesboro, TN. He served in the U.S. Army. He ran his family oil business and co-owned Fluitek Corp.

Ron Walter Morris ('67), June 21, 2025, Winston-Salem. He was a member of Kappa Alpha fraternity at Wake Forest. He spent 40 years in commercial banking with Wells Fargo. He was a member of the Wake Forest Legacy Society and established the Karen K. Morris Scholarship for Rowan County (NC) students at Wake Forest in memory of his wife.

Herbert "Herb" Franklin Pike ('67), July 2, 2025, Pinehurst, NC. He played on the baseball team at Wake Forest. He taught and coached in public schools for 25 years and was a certified PGA teaching pro.

Robert "Jay" Sigel ('67), April 19, 2025, Berwyn, PA. He was a two-time All-American golfer at Wake Forest and won the ACC Championship as a sophomore. After a serious wrist injury during college deferred his professional plans, he became one of the nation's top amateur golfers in the 1970s and 1980s. He turned professional at age 50 when he joined the PGA senior tour, now called the PGA Tour of Champions. In 1992, he started the Jay Sigel Invitational Tournament at his home course in Newtown Square, PA, and

raised more than \$5.2 million for prostate and breast cancer research. The fundraiser's focus on prostate cancer was inspired by **Arnold Palmer's ('51, LLD '70)** diagnosis. Sigel was inducted into the Wake Forest Sports Hall of Fame in 1984 and was a member of the Legacy Society. Survivors include his wife, Betty Sigel, and daughters **Jennifer Sigel ('95, MBA '01)**, **Amy Sigel Melconian ('97)** and Megan Sigel.

Sherrill Royster Washington ('67), April 14, 2025, Oxford, NC. He served in the U.S. Navy during the Vietnam War. He worked for the North Carolina Community Corrections division for 37 years and operated a real estate firm. He was on the University's Poteat Scholarship committee. Survivors include daughter **Fairley Washington Mahlum ('01)**.

Francis "Frank" Fries Willingham Jr. (MA '67, PhD '73), June 22, 2025, Tomball, TX. He was retired dean of sciences at Lone Star College-Tomball.

Charlotte Anne Oates Wynn ('67), Aug. 27, 2024, Statesboro, GA. She was a teacher for 37 years.

Robert Garland Atkins Jr. ('68), May 21, 2025, Charlotte. He played baseball at Wake Forest and was a member of Delta Sigma Phi fratern-

nity. He was a banker at NCNB and controller for Garan Manufacturing in Central America.

Lucian Holt Felmet Jr. ('68, JD '74), April 17, 2025, Bunnlevel, NC. He served in the U.S. Navy and was associate editor of the Wake Forest Law Review. He was a lawyer in Lillington, NC.

Francis Edwin "Ed" Hallman Jr. ('68), April 27, 2025, Atlanta. He was a member of Sigma Chi fraternity. He was an environmental lawyer and former regional counsel and chief enforcement attorney for the U.S. Department of Energy in Atlanta. The A.E. Finley Foundation established the Edwin Hallman Jr. Creative Writing Scholarship at Wake Forest in his honor. He was a member of the Wake Forest Alumni Council and the Wake Forest College Birthplace Society board. Survivors include son **Radford Hallman ('99)**.

Sherwin "Skip" Trumbull Haskell III ('68), May 17, 2025, Hilton Head Island, SC. He served in the U.S. Army, worked in finance and was a golf caddie.

James Earl Hill Jr. ('68), June 1, 2025, Whiteville, NC. He served in the U.S. Army Reserves. He practiced law for 50 years, including 29 years as Columbus County (NC) attorney. Survivors include his wife, **Dorothy Kay Haddock Hill ('68)**, and son **Jesse Haddock Hill ('97)**.

James "Jimmy" Wilson Mason ('68), May 22, 2025, Harrellsville, NC. He served in the U.S. National Guard and operated his family farm. Survivors include daughter **Ashley Mason Raymer ('93)**.

John Paul "Jack" Simpson ('68, JD '72), June 8, 2025, Morehead City, NC. He served in the North Carolina National Guard and the U.S. Army Reserves. He practiced law for more than four decades and represented the Carteret County (NC) Department of Social Services for 20 years.

John Ruffin Branham Jr. ('69), June 13, 2025, Richmond, VA. He played baseball and basketball at Wake Forest and was a member of Lambda Chi Alpha fraternity. He was a former president of the Alumni Council. During his 45-year career in the insurance industry, he served in senior executive positions in underwriting, brokerage and consulting.

Sandy Vestal Hutchens Jr. ('69), June 10, 2025, Mount Airy, NC. He was a corporate executive and a member of the Wake Forest Legacy Society.

Michael "Mike" Lynch ('69), April 25, 2025, Winston-Salem. He was an air traffic controller in the U.S. Air Force. He worked at Brannock-Lynch Lumber Co. for 25 years. Survivors include sons **Chad Lynch ('93)** and **Todd Lynch ('98)**.



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Shaida Horner (JD '99), Associate Vice President, Gift Planning, at hornersj@wfu.edu or 336-758-4696

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Walter Eugene Wilson ('69), March 9, 2025, Annandale, VA. He was with the FBI for three decades as a special agent and section chief of the Personnel Management and Benefits Section. He helped start the Wall of Honor, memorializing special agents killed in the line of duty, at FBI headquarters in Washington. After retiring from the FBI, he was executive director of the Special Agents Mutual Benefit Association, a not-for-profit federal employee benefit association.

Harry Hilliard Clendenin III (JD '70), Aug. 27, 2022, Greensboro, NC. He practiced workers' compensation and personal injury law for five decades and was a partner at Clifford, Clendenin and O'Hale.

Malcolm "Mack" Jones Howard (JD '70), Jan. 12, 2025, Bath, NC. He served in the U.S. Army during the Vietnam War and earned a Purple Heart. He was deputy special counsel to President Nixon during Watergate and later a federal judge who also served on the U.S. Foreign Intelligence Surveillance Court. Survivors include daughter **Shannon Howard Janovic ('92)**.

Wesley Bryan Seamon ('70), May 1, 2025, Fayetteville, NC. He was a juvenile court counselor, chief court counselor and pastor.

Roy Wayne Wright ('70), June 14, 2025, Clifton Forge, VA. He was a member of Lambda Chi Alpha fraternity at Wake Forest. He served in the U.S. Army Reserves Medical Service Corps and was an administrator at hospitals across the country.

Kathleen Elizabeth Germuth Gosnell ('71), March 17, 2025, Halethorpe, MD. She was a long-time Demon Deacons basketball fan. Survivors include her husband of 53 years, **Lawrence Gosnell ('71)**, and their three children.

Charles "Royden" Higgins Jr. ('71), April 21, 2025, Charlotte. He was an insurance underwriter and a French horn player in local orchestras.

Ronald Hinton Honeycutt ('71), May 23, 2025, Clinton, NC. He was a dentist for nearly five decades.

Ronald Lawrence Plemmons ('71, MD '77), May 31, 2025, Asheville, NC. He practiced occupational medicine in western North Carolina.

Lueta C. Sellers (MAEd '71), April 3, 2025, Edenton, NC. She was a chemist, counselor and advocate for civil rights and women's rights.

James "Jim" Ashton ('72, MA '75), Nov. 17, 2024, Myrtle Beach, SC. He was a member of Sigma Phi Epsilon fraternity at Wake Forest. He retired from SAS in Cary, NC. Survivors include brother **Rudy Ashton ('68)**.

Richard Alfred Chamberlain Jr. ('72), June 8, 2025, Shelby, NC. He was a high school teacher and managed a test preparation program for Kaplan.

Andrew "Drew" Kenneth Epting Jr. ('72), June 1, 2025, Charleston, SC. He was a business

litigation lawyer. Survivors include his wife, **Teri Nagy Epting ('72)**.

Everett Eugene Logue ('72, MA '74), June 7, 2025, Hinckley, OH. He was research director in the family medicine department at Summa Health System in Ohio.

David Keith Nichols ('73), March 17, 2025, Waco, TX. He was a retired associate professor of political science at Baylor University and author of books on American government and politics, including "The Myth of the Modern Presidency."

John Thomas Phillips ('73), May 26, 2025, Asheville, NC. He played football at Wake Forest on the 1970 ACC Championship team. He was a manufacturing manager at R.R. Donnelley & Sons Co. for more than 30 years. Survivors include his wife, **Mary Adair Phillips ('73)**.

Melvin F. Wright Jr. (JD '73), June 19, 2025, Winston-Salem. He was former executive director of the North Carolina Chief Justice's Commission on Professionalism.

Dorothy Elizabeth "Beth" German Cross (MAEd '74), March 4, 2025, Winston-Salem. She was a school psychologist and human resources director at Gilbarco. Survivors include daughter **Sarah Cross Cain ('86)**, son-in-law **Rick Cain ('83)** and grandsons **Clay Cain ('21)** and **Nicholas Cain ('24)**.

Sallie Adams Martin Cross ('74), May 17, 2025, Richmond, VA. At Wake Forest, she captained multiple athletic teams and was a member of S.O.P.H. society. She worked in banking before pursuing a second career in nursing. She was a member of the Wake Forest Legacy Society.

John Gilbert Hutchens ('74), April 4, 2025, Forbush, NC. He taught at Forbush High School for 39 years and worked in the radiology library at Wake Forest Baptist Hospital.

James "Jim" Clarke Murphy Sr. (MA '74), Nov. 7, 2024, Durham, NC. He served in the U.S. Marine Corps and was an information security specialist for the North Carolina Department of Health and Human Services.

Ronald Limer Perkinson (JD '74), April 24, 2025, Sanford, NC. He was a civil litigation mediator and had a second career as a stand-up comedian.

Lawrence "Larry" Curtis Yow Jr. ('74), April 24, 2025, Winston-Salem. He owned a photography business. He was preceded in death by his wife, **Ann Marie Marsh Yow ('76)**.

Donna Sue Reeves Jakob ('75), April 9, 2025, Mocksville, NC. She was an educator, entrepreneur and children's book author. Survivors include brothers **Charles Reeves ('83)**, **Howard Reeves ('85)** and **James Reeves ('87)**.

Joseph E. Stroud Jr. (JD '77), March 25, 2025, Richlands, NC. He was a criminal defense lawyer.

Charles Thomas Busby (JD '78), March 28, 2025, Maple, NC. He practiced law for 47 years and was a public defender and city attorney in Edenton, NC. He was preceded in death by brother **Max Sanderlin Busby (JD '72)**.

Mary Anne Bell Keith ('78), March 23, 2025, Fayetteville, NC. She studied at Worrell House and, after graduation, managed the house during the summer of 1978. She was the office manager at her husband's real estate appraisal office. Survivors include son **Benjamin Keith ('10)**.

Michael Milanovich ('78), May 12, 2025, Algonquin, IL. He was an offensive lineman on the Wake Forest football team and with the Cleveland Browns. He was a co-founder of Quantum Foods.

Wade Gorrell Hampton III ('79), May 26, 2025, Kernersville, NC. He edited The Student literary magazine as a student. He was a teacher and principal in Guilford County (NC). Survivors include his wife, **Jan Ward Hampton ('79)**, and son **Wade G. Hampton IV ('09)**.

J. Robert "Bob" Hitchens (JD '79), May 13, 2025, Milford, DE. He served in the U.S. Army in Vietnam. He was a lawyer and an antiques dealer.

Nellie Ruth Feaster Riley (MBA '79), March 14, 2025, Durham, NC. She was North Carolina director of equal employment opportunity services for more than 30 years.

Burke G. Sheppard ('80), March 19, 2024, Thomasville, NC. He worked for the City of High Point (NC).

Carol Singletary Meier ('81, MT '83), July 9, 2025, Floral City, FL, and Black Mountain, NC. She was a retired medical technologist. Survivors include her husband, **Bob Meier ('81)**.

Austin C. Behan (JD '83), May 3, 2025, Wake Forest, NC. He was a lawyer in Winston-Salem. Survivors include his wife, **Mary Jean Hayes Behan (JD '77)**.

Thomas "Glenn" Chambers ('84), June 6, 2025, Charlotte. He was CFO and president of U.S. Global Ventures of the Nuqul Group in Jordan for more than 20 years.

Mitchell Meeks (JD '85), March 21, 2025, Soddy Daisy, TN. He was a lawyer.

Leslie Anne Mizell ('85), Feb. 14, 2025, Eden, NC. She was a film critic for the Greensboro (NC) News & Record. Survivors include sister **Cindy Mizell Yarberry ('82)**.

George Wilborn Rives (JD '85), April 29, 2025, Mount Airy, NC. He taught real estate law and helped start the paralegal program at Surry Community College.

Joseph Edgar Edmonds (MBA '86), May 11, 2025, Clemmons, NC. He was a mechanical engineer for Bahnson Mechanical Systems for 43 years.

Nancy Lynne Jones (PhD '87), July 13, 2025, Rockville, MD. She taught in the Wake Forest School of Medicine's pathology department and was a health science administrator at the National Institute on Minority Health and Health Disparities.

Marvin Louis Young ('87), Sept. 22, 2024, Hickory, NC. He was a safety and cornerback on the Wake Forest football team. He was a supervisor at Corning's optical fiber and cable facility in Hickory.

James "Michael" Bowen (MBA '88), May 28, 2025, Greensboro, NC. He was a mechanical engineer in the chemical and tobacco industries.

Judith Beecher Halverson (MBA '89), May 23, 2025, Winston-Salem. She was a nurse and retired family practice administrator at Wake Forest Baptist Medical Center.

Herbert Lindsay Little III ('89), July 11, 2025, San Diego, CA. He was a member of Sigma Chi fraternity at Wake Forest and president of the Interfraternity Council. He worked in sports facilities management for a number of professional teams.

Katey S. Burchette (MBA '90), May 12, 2025, Winston-Salem. She was a chemist and research scientist at Lawrence Livermore National Laboratory and R.J. Reynolds Tobacco Co.

Olivia Braswell Tate (MBA '93), April 6, 2025, Boone, NC. She was the chief nurse in clinical practice, counseling and ancillary medical services in the Department of Veterans Affairs Medical Center in Salisbury, NC.

Darrell Craig Heinrich (MBA '94), May 9, 2025, Winston-Salem. He served 30 years in the U.S. Army in Germany and Vietnam and was president of the U.S. Army Physical Evaluation Board.

Richard Anthony Noga ('98), April 1, 2025, Winston-Salem. He worked on pediatric clinical trials. Survivors include brother **Dan Noga (JD '96)**.

Elizabeth York ('98), May 11, 2025, Atlanta. She was an executive director and senior wealth strategist at J.P. Morgan Private Bank.

James Leroy Walker (MBA '99), March 13, 2025, Locust, NC. He was a peer support specialist with Professional Healthcare Solutions Inc.

Ellis "Bruce" Sanspree (MALS '02), June 7, 2025, Winston-Salem. He retired as special projects coordinator from the Wake Forest police department in 2016 and taught humanities at Davidson-Davie Community College and Forsyth Tech Community College.

Jennifer Leigh George Quattrocchi ('04), July 10, 2025, Ormond Beach, FL. She was editor of *The Howler* at Wake Forest. She oversaw programs and marketing at The NASCAR Foundation and helped start the foundation's Speediatrics Fun Day Festival for children. Survivors include her sister-in-law and Wake Forest roommate, **Siobhan Nicole McNamara Quattrocchi ('04)**.

Justin Mason Bell (JD '12), May 21, 2025, Boston. He was director of nondiscrimination initiatives and Title IX coordinator at Wellesley College.

Hayden Mitchell Graser ('19), April 4, 2025, Los Angeles. He studied in Cape Town, South Africa, when he was at Wake Forest. He earned a master's degree in art history from The Courtauld Institute of Art in London and traveled around the world making art history documentaries for ZCZ Films.

Friends, Faculty, Staff, Students

Charles "Bub" Lee Ashley, May 24, 2025, Yadkinville, NC. He was a supervisor in Wake Forest facilities for 31 years.

Kyle Buchanan, July 20, 2025, Winston-Salem. He was a security guard at Graylyn Estate and Conference Center and had been with Wake Forest for six years.

Earl Pickett Crow Jr., May 28, 2024, Winston-Salem. He was a minister and an adjunct professor of religion and philosophy at Wake Forest after retiring from High Point University.

Wanda Ervin, April 14, 2025, Mount Hope, WV. She retired in 2020 as an office manager in the athletics department after 23 years at Wake Forest.

Jack Dennis Ferner, July 25, 2025, Winston-Salem. He was one of the first faculty members hired when the then-Babcock Graduate School of Management opened in 1971. He was originally director of external affairs but was soon named acting dean and then dean for two years before returning to the faculty. During his 44 years at the business school, Ferner was also a lecturer in management, director of executive programs and director of the Center for Management Development. Nicknamed "Laid-back Jack" by his students, he was known for his calm presence and easygoing teaching style, while still holding students to high standards. He retired from Wake Forest in 2016 at age 86. He was also a consultant with many North Carolina businesses and an expert witness in court cases. A native of Rochester, NY, Ferner graduated from the University of Rochester and earned his MBA from Harvard Business School. Before his teaching career, he was a corporate executive. Survivors include his wife, Judy Petree Ferner, and four sons: **Scott Garrison Ferner ('83)** and wife, **Jean Anne Hillis Ferner ('85)**; **Jeffrey Todd Ferner ('86)** and wife, **Shelly Glontz Ferner ('86, MBA '96)**; **Clayton Stewart Ferner ('86)** and wife, Marni Ferner; and **Kendal Boyd Ferner ('87)** and wife, Shelley Ferner.

Helen McMichael Hester, Dec. 7, 2024, Kernersville, NC. She was head nurse in the Student Health Center at Wake Forest in the mid-1960s. She was preceded in death by her husband, **Jack Hester ('58)**.

Patrick "Pat" Johnston, March 22, 2025, Dobson, NC. He was a construction team member at Wake Forest for 10 years.

David Joyner, July 13, 2024, Winston-Salem. He retired in 2020 as a transportation assistant at Graylyn Estate and Conference Center after working at Wake Forest for 14 years.

Susan Lynne Spivey McFadyen, May 19, 2025, King, NC. She was an account specialist in Student Financial Services at Wake Forest for more than 23 years.

Judy Chilton Melton, March 15, 2025, Rural Hall, NC. She retired as a clerical assistant in the Wake Forest athletics department after 19 years.

Dorothy Robinson Miller, Sept. 15, 2024, Lexington, NC. She was a housekeeper at Graylyn Estate and Conference Center and a cook at the now closed Bell Brothers restaurant in Winston-Salem.

Tommy James Murphy, April 28, 2025, Lexington, NC. He served in the U.S. Navy and worked at Wake Forest for 29 years until retiring as an instructional technologist in academic computing.

William "Bill" Tate, June 23, 2025, Omaha, NE. He was head football coach at Wake Forest from 1964 to 1968 and helped integrate college athletics in the South when he recruited **Bob Grant ('68)** and **Butch Henry ('68)**, two of the first Black athletes at Wake Forest. He was named ACC Coach of the Year in 1964. After his coaching career, he was a sales representative for Levi Strauss & Co. A native of Illinois, Tate played football at the University of Illinois. He was named Most Valuable Player in the 1952 Rose Bowl after rushing for 150 yards and scoring two touchdowns in a victory over Stanford; he was named to the Rose Bowl Hall of Fame in 1996. After college, he served in the U.S. Marine Corps. He played for the Chicago Bears and coached at Illinois before coming to Wake Forest.

James Edward Taylor Sr., Aug. 28, 2024, Walkertown, NC. He retired from Wake Forest as a locksmith.

John G. Williard, April 1, 2025, Winston-Salem. He was treasurer and later vice president of finance at Wake Forest from 1958 until retiring in 1994. He led the University's substantial endowment growth for several decades. In the late 1970s, Williard, architect Ed Bouldin and realtor **Paul McGill (MBA '84)** redeveloped the historic buildings on what was once the estate of R.J. and Katharine Smith Reynolds into Reynolda Village. A native of Farmington, NC, Williard graduated from the University of North Carolina at Chapel Hill and served in the Korean War. He joined the treasurer's office after working on the Wake Forest account as an audit accountant for A.M. Pullen and Co. He was a member of the Wake Forest Legacy Society. He is survived by his children: Grant Williard and his wife, Laura Williard; and **Beth Williard Fields (P '06, '10, '15)** and her husband, **Robert Fields III (JD '84, P '06, '10, '15)**; six grandchildren including **Elizabeth Fields Jones ('06)**, **Marcus Fields ('10, JD '16)** and **Robert Fields ('15, MSBA '18)**; and seven great grandchildren. He was preceded in death by his wife, Patricia Grant Williard.

GOLDEN GAVELS

With an assist from Wake Forest students and faculty, a retirement community starts a debate society embracing divergent points of view.

By Kelly Greene ('91)

Back when women rarely worked in the realms of math and science, Barbara Broadway Gormsen ('59) fearlessly did research for NASA along with the women featured in the movie "Hidden Figures."

So, how did she feel while standing at a podium on a spring afternoon, preparing to make the opening statement in a debate tournament?

"I was scared to death," she says.

Gormsen is part of a fledgling debate society at Salemtowne, a retirement community three miles from Wake Forest's Reynolda campus. She was arguing that college athletes should be paid for their "Name, Image and Likeness," or NIL. The NCAA introduced rules in 2021 that let college athletes monetize their NIL rights.



Barbara Broadway Gormsen ('59) listens to a competitor.

But this was a tough crowd to persuade with a "pro-NIL" argument — a room packed with retired professionals and educators, many of whom taught at Wake Forest, graduated from Wake Forest, or have had children or grandchildren do so.

It didn't help that the opposing team brought a fun prop: Michael Boing, who spent two years at Wake Forest as a Carswell Scholar in the late '60s before graduating from NC State University, held up a stuffed duck toy while talking about the \$1 billion gift Nike Inc. co-founder Phil Knight made to the University of Oregon's NIL program, saying: "If it walks like a duck and talks like a duck. ..."

Gormsen's team had a visual aid as well: Fred Kahl, professor emeritus of cardiovascular medicine at Wake Forest School of Medicine, placed a basketball signed by famous Demon Deacon players — who did just fine in the era before NIL — on their team's table.

But in this debate society, you don't get to choose which side you wind up defending, so Gormsen and her teammates gave it the college try, even though she confessed afterward that she agreed with the opposition. In fact, she used to be such a devoted men's basketball fan that she took vacation days to watch the ACC tournament and March Madness. Now, she says with a sigh, "It's just like watching the pros. They just dribble and shoot."

Cole Wolfe, a senior and Presidential Scholar at Wake Forest as well as a three-time Oklahoma high school debate champion, worked with the retirees-turned-debaters



Michael Boing makes his point with a toy duck.

before the tournament. "You'd think that coaching octogenarians is different than coaching high schoolers, but a lot of the basics remain the same," he says. "The only things that really changed were speed and life experience — which is invaluable to leverage in debates like this."

Wolfe was awed by the debaters' knowledge of individual Wake Forest basketball players. "They knew them," he says. "And it's people that I've never even heard of, because this was their stomping ground a decade before I was even born."

The NIL debate was Salemtowne's third go-round in two years. The society started with a lighthearted look at happiness and then moved on to book banning before tackling college sports.

When Wake Forest's student debate team won the national championship in intercollegiate debating in 2023, Stormie Bruce, then Salemtowne's director of life enrichment, was inspired. She remembered resident Perry Craven sharing that

she had been a high school debater in southwestern Pennsylvania. “It was before Title IX,” Craven says. “I was definitely not a cheerleader, but I could do debate.” Craven would practice speeches 25 times in a row — and her school won the state championship.

Bruce, thinking about the many retired educators, doctors and other professionals living at Salemtowne, decided to see if she could drum up interest in starting a debate league for people like Craven, who wanted the experience again, along with those who had never had the opportunity.

Collegiate literary societies once trained generations of orators, so starting a debate group didn’t seem like much of a stretch as an activity for a retirement community already steeped in book clubs and trivia challenges. “I posted that article (about Wake Forest winning the National Debate Tournament) on our internal website and said, ‘Debate, anybody?’” Bruce says.

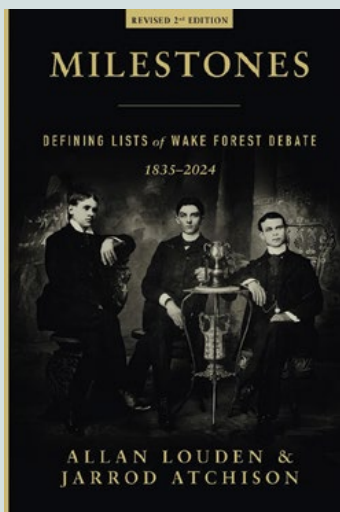
Next, she had lunch with Allan Loudon, who retired from Wake Forest after 45 years as a professor, including three decades as director of debate. A member of Salemtowne’s “Towne Club,” for people who plan to move to the community down the road, he seized on Bruce’s idea, seeing it as a way to engage people who preferred the “life of the mind” to arts and crafts or other activities. Loudon quickly tapped Jarrod Atchison (’01, MA ’03), the John Kevin Medica, Director of Debate and professor of communication, for help.

“Salemtowne has this subset of civically engaged, caring people who were also intrigued by the competition,” Loudon says. “Almost everyone here has Wake ties. They worked there, or their kids or grandkids went there.”

To familiarize the retirees with the way debate works, Atchison recruited two current students on the debate team to demonstrate. Residents came up with a debate topic on the



Allan Loudon, left, retired from Wake Forest after 45 years as a professor, including three decades as director of debate, and helped the Salemtowne society get going. Jarrod Atchison (’01, MA ’03), below, the John Kevin Medica Director of Debate and professor of communication, has worked with the Salemtowne debaters as well. Together, Loudon and Atchison wrote a book, below left, about Wake Forest debate topics through history.



PORTRAITS BY KEN BENNETT

fly — whether transgender athletes should be able to compete against cisgender athletes — and the students, after a few minutes of research on their phones, got to it.

Wake Debate has a tradition of doing outreach, Atchison notes. The team has debated against incarcerated teams in competitions organized by the non-profit National Prison Debate League. Students also travel to New York during spring break to coach high schoolers in the New York City Urban Debate League.

The retirees weren’t exactly hooked. Only a handful turned up for the first few organizational meetings,

despite having experienced professors and students on hand to help them get comfortable framing their arguments and practicing speeches.

It turns out that the terror induced in many people by public speaking doesn’t necessarily wane with experience. “It was kind of a struggle at the onset, because people were fearful,” Bruce says.

Still, the faithful six to 10 who continued to show up decided to go for it, focusing on a lighthearted question for their first attempt: “Is an increase in knowledge an increase in happiness?” It was the topic debated on April 23, 1875, by Wake Forest’s Philomathesian



Cole Wolfe's ('26) team includes Fred Kahl, standing, and Barbara Broadway Gormsen ('59).

Literary Society. (Louden and Atchison published a book titled, "Milestones: Defining Lists of Wake Forest Debate, 1835-2024," in December, so they had a list of happiness topics debated through the years at their fingertips.)

The format was "Lafayette style," originally designed for tournaments sponsored by the French Embassy: Opening statements followed by cross-examination, closing statements and 15 to 20 minutes for audience questions and comments. A pro/con vote is taken before the debate begins and after it ends to decide the winner. A few more folks joined for the book banning debate, and now the society continues to gather members.

One faithful fan is Martha Swain Wood ('65), a prominent woman on Wake Forest's debate team. She attended debate workshops at Wake Forest starting in high school (staying in Bostwick dorm, with no air conditioning). "I loved it, and I did pretty well," she recalls. "I said, 'If I get into Wake Forest, I'm going to join the debate team.' ... It was the best thing I did at Wake Forest."

She got in and did just that, remembering the team as being "like a family. We would all pile into one station wagon, with all our luggage," and Franklin R. Shirley, the longtime coach, would drive them

to tournaments around the country. "He would always make sure we had one meal in a nice restaurant," she says. "In New York, we would always go to Mamma Leone's and see a play. He thought that was part of our education."

"You'd think that coaching octogenarians is different than coaching high schoolers, but a lot of the basics remain the same. The only things that really changed were speed and life experience — which is invaluable to leverage in debates like this."

—Cole Wolfe ('26)

Following in Shirley's footsteps, Wood went on to be elected as Winston-Salem's mayor for two terms. Although she lives at Salemtowne, she has demurred from joining the internal debate league, focusing instead on her work as co-chair of legislative affairs for the North Carolina Continuing Care Residents Association, lobbying for more financial oversight of retirement communities.

Now, Atchison is hoping to spread the idea of debate as part of lifelong learning, possibly through the University and retirement communities around the country (some with ties to former Wake Forest debaters). He sees potential for "debate in a box," with Wake Debate equipping new teams with how-to DVDs and setting up tournaments online, with the goal of hosting a live tournament for the finalists at Wake Forest.

The Salemtowne society's growth and learning come through in the work of Naz Sayari Marcum, a graduate student in Wake Forest's documentary filmmaking program who is chronicling their lives and experience as her thesis. "Debate really gives them a purpose, and I think we all need that," she says. "That's why I was drawn to this. Aging is a crucial part in our lives. ... Some people like to have a challenge in their lives, and they want to stay sharp. This is what they needed."

In interviews for her proof-of-concept reel, the social and intellectual benefits come up repeatedly. "We pick a topic, and you have to research it," Barbara Gormsen says. "And I haven't really done that since I retired — and that was a few years ago."

Fred Kahl has appreciated the broader exposure to other points of view: "It's not so much that five or 10 minutes where you are actually doing the debate, but it's all the research you do ahead of time, and you can learn all the opinions."

Adds Louden: "Those people who understand others and are more tolerant and can work with folks are those who have had more experience. They've been out and done more things. They've encountered more points of view. Debate forces that — markedly forces that interaction of ideas that inherently makes you more tolerant, because you have a larger understanding."

A career in active travel features a Wake Forest global turning point

By Avery Hale Smith ('16)

WHEN I ARRIVED at Wake Forest from Northern California, I was far outside my comfort zone. I didn't know anyone, I'd never lived on the East Coast, and I wasn't sure how I'd fit into a place so different from what I knew. But almost immediately, I was pulled in — by the energy of the campus, the strength of the community and the deep sense of purpose and tradition that defines Wake Forest.

That spirit is hard to explain until you experience it. You see it in the way students show up for each other, in the loyalty people have to the school and in the shared commitment to something bigger — what Wake Forest calls Pro Humanitate. It's not just a phrase. It's a mindset that influences how you think, how you work and how you move through the world. I felt that from the start, and it helped turn a place that felt unfamiliar into one that felt like home.

Now, as both a new mom and as a business leader, I find myself constantly drawing on the foundation Wake Forest gave me. Balancing the demands of parenthood and an executive role requires clarity and purpose (not to mention good time management and hard work!) — qualities first tested and strengthened during my time at Wake Forest. The rigor of the classroom sharpened my strategic thinking. The friendships and relationships I built gave me a deep sense of community and support. And the Pro Humanitate ethos has stayed with me, influencing how I lead at work and how I show up at home.

I've carried the Wake Forest mindset throughout my career, specifically into my work at Backroads, where I serve as chief experience officer at the company my father, Tom Hale (P '16), founded and leads. At our core, we're about creating meaningful, active experiences in the outdoors — ones that connect people not just to beautiful places but to one another and to themselves.



COURTESY OF AVERY HALE SMITH

My Wake Forest education, both inside and outside the classroom, laid the foundation for that. It gave me the tools to lead with purpose, to stay curious and to prioritize connection and community in everything I do.

One of the most pivotal experiences I had was a summer study abroad program in India with Professor of Communication Ananda Mitra (MA '87). We explored the complexities of globalization and sustainability not just from textbooks, but by engaging directly with local communities. It was challenging, eye opening and exactly the kind of experience that Wake encouraged us to seek out. That trip taught me how to navigate unfamiliar environments with humility and curiosity — skills that have served me in both business and life. Looking back, it was a turning point that gave me the confidence to embrace uncertainty and lead with a global perspective.

I also credit Wake Forest's strong sense of tradition with teaching me the value of shared experience. Those rituals, large and small, build bonds that last. And there's comfort in knowing

one is part of something with deep roots. Even now, years later, I can walk across a campus like Wake's — or a trail in the Dolomites — and recognize what matters most: the relationships you build, the ideas you chase and the purpose behind the work.

Wake Forest didn't just prepare me for a career. It helped shape how I show up in the world and the kind of leader and person I want to be.

—
Avery Hale Smith ('16) is the chief experience officer at Backroads, where she brings a lifelong passion for travel, cultural connection and guest experience. Raised in the Bay Area and deeply influenced by her family's global adventures, she has played a key role in launching Backroads Women's Adventures and continues to help shape the future of active travel. Her passion for creating meaningful impact began early — at age 12. She founded a nonprofit focused on social advocacy, a commitment that was later recognized by the United Nations. At Wake Forest she studied communication and psychology. She lives in the Bay Area with her husband and son.

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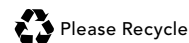
Wake Forest University is proud to be listed in LinkedIn's first-ever Top Colleges ranking, identifying the 50 U.S. schools that best prepare graduates for long-term success. This ranking uses alumni career outcomes, job placement rates, advancement to senior-level positions and alumni entrepreneurial achievement in its methodology.



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University Leadership 101

A dozen recent graduates returned to the University July 1 as Wake Forest Fellows. They are working full time across campus, including in the offices of the President, Provost, Campus Life and Dean of the College. While working alongside top administrators, fellows participate in roundtable discussions with University and community leaders and learn about the inner workings of higher education. The fellows program started in 2008, and its alumni have pursued careers in various fields including law, medicine and public policy.

The 2025 fellows, from left, are:

School of Business

Nelia Binder, *Apex, North Carolina*

Dean of the College

Jackson Brown, *Winston-Salem*

Information Systems AI Intern

Rujing "Chelsea" Fan, *Shenzhen, Guangdong, China*

Campus Life

Ashleigh Hampson, *Alpharetta, Georgia*

Information Systems

Gabe Martineau, *Phoenix*



Wake Downtown

Alyssa Zaepfel, *Lancaster, Pennsylvania*

Provost's Office

Sofia Trujillo, *Scottsdale, Arizona*

stArt Gallery

Jane Alexander, *Winston-Salem*

President's Office

Michaela Re, *Sayville, New York*

ZSR Library

Hyojae "Celina" Seo, *Yeongcheon, South Korea*

Atrium Health Wake Forest Baptist

Lillian Sutton, *Clemmons, North Carolina*

Leadership and Character

Leanna Bernish ('24), *Clemmons, North Carolina**

**Second year as fellow; not pictured*