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# Longwood Magazine 2023 Summer

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This is a highstakes test, and our students work extraordinarily hard for four years to prepare ....'

DR. KIM LITTLE,

PROFESSOR AND DIRECTOR OF LONGWOOD'S NURSING PROGRAM Page 4

President's Message

2

## Center Of Attention

Joan Perry Brock Center officially opens.

3









### **On the Cover**

Sharika Adams (left) and Jenna Adams, both 2023 graduates, earned degrees in liberal studies with a minor in early childhood education. Sharika will be teaching preschool in Danville, Virginia, and Jenna is the director of two preschool centers in Ridgeway and Woolwine, Virginia. Find out more about the Class of 2023 on Page 12.

12 In the Running

2023 grads are going strong right out of the gate. **24**A Series Of Fortunate

**Events** 

Lancer network's connections yield big results. 26
Paradise
Found

Dream of living in Hawaii comes true for alumni couple.

## **Among The Chosen Few**

2 students earn elite national scholarships.



## They **Aced It**

Nursing students post state's highest pass rate for licensure test.





**Forces** 

**For Good** 

Alumni Award

winners have

a positive

impact.

**On Point** 

3

Lancer **Update** 

7

**Class Notes** 

21

**In Memoriam** 

30

**With Words** 

Alum makes the cut for top MFA writing program.

**Born To Run** 

7 half-marathons, 7 continents,

7 days.

# longwood

A MAGAZINE FOR ALUMNI AND FRIENDS OF LONGWOOD UNIVERSITY

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**Published August 2023** 



**President Reveley** congratulates Emily Robertson '24 just after the announcement that she had received a prestigious Harry S. Truman Scholarship.

## FROM THE PRESIDENT

Ten years ago this summer, I began my tenure as president of Longwood with excitement, devoted family ties to Longwood going back four generations and—just in case there was any doubt how full the plate was—toddler twins.

What a decade! And, in truth, my deep sense of purpose and pride for Longwood grows greater year after year. To be sure, these have been challenging years for higher education and for the nation. As the son and grandson of college presidents, I knew what I was getting into. Still, the world has unmistakably "sped up" and in many ways become more challenging since I began-let alone since the time my grandfather was president of Hampden-Sydney in the 1960s and 1970s (a time not without its own challenges), and my dad was more recently leading William & Mary. It's no wonder the average tenure for a college president these days lasts in the range of five or six years.

But despite the changes and the pressures, this job is enormously joyful, and always, always meaningful. I would advise anyone to try to make their career at a place with a strong sense of mission and camaraderie, wonderful colleagues and a chance to encounter young people every day. Doing so means never having to wonder whether what you do makes a difference.

Longwood shapes citizen leaders in our majors and in our Civitae Core Curriculum in a unique way. Better than any other Virginia public university, we build connections between full-time faculty mentors and students in small-class settings. And in our residence halls, dining halls, classrooms, clubs, organizations and teams, we gather together in common purpose a diverse group of young people to live and learn together. This has never mattered more for the nation and the world. It is a privilege and an honor to work alongside so many dedicated faculty and staff-and coming to work every day on a beautiful, inspiring campus only adds to the joy.

As I start a new decade at the helm, I am extremely proud of all that Longwood has become over our 184 years—and of all the great work under way to ensure the Alma Mater is strong and prospering both now and into the far future.

All my best,

W. Taylor Reveley IV

President

# **Center of Attention**

Basketball arena, events center named for Joan Perry Brock '64 officially opens Aug. 25



ongwood's new basketball arena and events center officially opens Aug. 25 with a ribbon-cutting ceremony at 10 a.m. followed by tours open to the public through noon.

The 72,000-square-foot facility is named for Joan Perry Brock '64, who

initiated the project with her record gift of \$15 million. It will accommodate 3,000 fans for basketball games and provide even more seating for the university and community ceremonies, events, lectures and concerts planned for the new venue.

"It will be a rallying place," said Brock. "Those shared experiences are very important, locking arms with your neighbors, going forward together with a The Joan Perry **Brock Center, seen** here to the left of Willett Hall, is the new home of Lancer basketball. Inaugural games there will be played during Homecoming and Alumni Weekend: Nov. 11 for the men and Nov. 12 for the

common goal."

In addition to men's and women's basketball games, several slots on the center's fall schedule already are taken. These include Convocation on Sept. 14, the first live comedy show on Sept. 28 and the first live concert on Oct. 27.

For more information about the Joan Perry Brock Center, visit go.longwood. edu/JPB.



THE LONGWOOD UNIVERSITY Board of Visitors in June elected Katharine Bond '98 as its new rector.

Bond, the vice president for public policy and state affairs for Dominion Energy and a founding member of the Washington, D.C., branch of CHIEF, a network for women leaders, was first appointed to the Longwood board in 2016. She served as vice rector in 2022-23. Her year as rector will conclude her maximum two full terms of service on the board.

Dr. Judi Lvnch '87 was elected vice rector.

On June 28, Gov. Glenn Youngkin appointed three new members to the Board of Visitors. They began their four-year terms on July 1.

Jeffrey Nottingham, of Raleigh, North Carolina, is a territory manager for Interventional Specialty Group, a medical equipment manufacturer.

Kathryn Roberts '97, of South Boston, Virginia, is the chief financial officer of Rob Land Development & Construction.

Brian Schmalzbach, of Midlothian, Virginia, is a partner in the law firm of McGuireWoods.



# **Among the Chosen Few**

Longwood students earn elite national scholarships

wo Longwood students were selected to receive prestigious, competitive national scholarships in spring 2023.

Emily Robertson '24, a communication studies major, was selected to receive a Harry S. Truman Scholarship. Only a handful of college juniors each year—typically from the most elite universities—are selected for the honor.

Antonio Harvey'25, a chemistry major, was named the recipient of a Barry Goldwater Scholarship, the country's premier undergraduate award for students planning careers in mathematics, science or engineering research.

Robertson, a native of South Hill,

Virginia, is the first Lancer to be named a Truman Scholar, an honor that recognizes leadership potential, a commitment to a career in government or the nonprofit sector and academic excellence.

**Emily Robertson '24** (right, top) was the only student from any Virginia college or university to receive a prestigious Truman Scholarship in 2022-23. **Anthony Harvey '25** (right, bottom) was one of a handful of students across the country to earn a Goldwater Scholarship in their sophomore year.

Since arriving at

Longwood, she has sought out a number of public service opportunities like leading campus organizations including the College Democrats and Honors Students Association; interning with the nonprofit Clean Virginia Waterways, where she organized coastal cleanup days; and devoting countless volunteer hours to regional and statewide political campaigns.

Harvey, a Farmville native, fell in love with chemistry research as a high-schooler in a Longwood summer program. By the end of his college sophomore year, he had already spent more hours in the lab and completed more research projects than many graduating seniors. As a testament to his research prowess, Harvey was one of only a handful of students across the country to earn the Goldwater award in their sophomore year.







# **They Aced It**

Nursing students post highest pass rate in Virginia for licensure test

LONGWOOD NURSING students in 2022-23 passed their licensure test—the last qualifying step that all professional nurses must pass—at a 98 percent rate, the highest among all

four-year nursing programs in Virginia.

This year also marks seven straight years where Longwood's pass rates have been above 90 percent, including several years of

IT'S A TESTAMENT
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OUR FIRST-TIME TESTTAKERS.'

— DR. KIM LITTLE, PROFESSOR AND DIRECTOR OF THE NURSING PROGRAM

perfect performances. That passing rate has led the program to be ranked No. 1 in the Southeast region by NursingProcess.org.

"This is a high-stakes test, and our students work extraordinarily hard for four years to prepare for this moment," said Dr. Kim Little, professor and director of the nursing program. "It's a testament to their intellect and commitment to this vocation that we have seen such incredible passing rates among our first-time test-takers."

# Keeping It Real

With Longwood alums as 'clients,' computer science students learn on-the-job skills in senior seminar

hen Dr. Robert Marmorstein needed some experienced software engineers, programmers and product managers to help out with his computer science senior seminar, he knew exactly where to look; his list of successful former students.

"Dr. Marmorstein's dedication to going above and beyond for his students left a lasting impression on me," said Tyler Jones '18, one of the nine volunteers who worked with Longwood students during the spring 2023 seminar.

Now a lead software engineer at the Naval Surface Warfare Center Dahlgren Division, Jones said he saw his former professor's invitation to help out as "a way to express my gratitude and give back for the invaluable support he provided during my time at Longwood."

It was also a chance for Jones and the other volunteers, whose positions involve product development, to sit on the other

side of the table. They got to be the "clients" during the seminar, each working with one of the three student teams charged with developing a complex software product. For example, one team worked on a web application of the word game Fictionary Dictionary, and another continued work on a project called LightBot, whose purpose is to solve the problems created by poorly placed motion sensors in the computer lab that turn the lights off at inconvenient times.

The alums had remote meetings with students every other week to outline their needs for the products, assess progress, give feedback and provide direction. It's an experience that is strikingly close to what the students, all computer science majors, will face in the real world.

"The experience the alumni bring to the table gives the students a perspective they don't see elsewhere in the computer science curriculum," said Marmorstein, an associate professor of computer science. "And the students can relate to them in a different



The experience the alumni bring to the table gives the students a perspective they don't see elsewhere in the computer science curriculum.

> -DR. ROBERT MARMORSTEIN, ASSOCIATE PROFESSOR OF COMPUTER SCIENCE

way than they relate to a professor, which encourages engagement and deeper learning. The computer science program, like other academic areas at Longwood, has a network of incredibly talented and experienced alumni who are eager to give back to the program and share their experiences with current students."

Katie Boesel '23, who worked on the Fictionary Dictionary project, interviewed for the job of project owner of her team and got it. (That's right, she had to

prove she was the best-qualified person for the job-just like in the real world.) In her role, she was the person who spoke directly with the clients, aka the alumni volunteers.

As the person ultimately responsible for successful completion of the project, Boesel said she was a little nervous at first, but she soon began to enjoy being in a leadership role and helping to keep the project on track. Learning how to communicate with clients and team members is a very big part of what students are learning, she added.

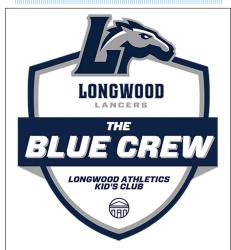
"It's hard to simulate this kind of communication in an academic space, but I think it's close. It's really good practice in communication," she said.

Marmorstein would no doubt be happy to hear her say that.

"In their other classes, students learn technical skills and algorithmic theory," he said. "The primary goal for this class is for students to learn the communication and 'soft' skills that give those technical skills context."-Sabrina Brown

**Students Josh** Mealy '24 (left) and Katie Boesel '23 (right) chat with **Bridgett Burg '18** and Tyler Jones '18 after their team's final presentation on the Fictionary Dictionary project. Mealy served as the technical writer and **Boesel as product** owner; Burg and Jones worked with the team as clients.

Also volunteering to help with the seminar were Susan Chatfield '19. High Rez Consulting, Inc.; Nathan Helms '22, **General Dynamics Information Technol**ogy: Daniel Millson '20, Capital One; Patrick O'Hare '13, Kinsale Insurance; Julia Robinette '09, **Northrop Grumman**; **Austin Youngerman** 20. Whiteboard Federal Technologies; and Tyler Zamora-Carden '19, Naval Surface War fare Center Dahlgren Division.



# **Join the Crew**

Program aims to make youngest Lancers feel special

**LONGWOOD ATHLETICS** and the Office of Alumni and Career Services want to give your kids the VIP treatment with a group called the Blue Crew.

Here are just a few of the ways the Blue Crew will show the youngest members of the Lancer family just how important they are: a complimentary T-shirt, Longwood-branded basketball, five free admission vouchers to home basketball games (good for the member, a family member or friend), exclusive access to special athletics events and a personalized birthday card from Elwood.

The new program, sponsored by Papa Johns, is open to all children 12 years old and younger and costs just \$20.

"We know families are always looking for common interests and activities that will bring them together," said Nicole Perkins '05, senior director of alumni and career services. "The Blue Crew gives alumni parents a great way to share their love of Longwood—and Longwood athletics—with their children."

Admission to all Longwood home games is free for children 5 and under. (Men's and women's basketball are the only sports that charge admission, but only for fans 6 and older who are not Longwood students.)

For more information and to join the Blue Crew, visit **go.longwood. edu/bluecrew**.



# \$1.5M grant to fund STEM teacher pipeline



Longwood partnered with Patrick & Henry Community College in Martinsville and Virginia Western Community College in Roanoke in seeking the grant. The grant will be used to provide schol-

arships and academic support to 20 undergraduate students, 14 of whom will be transfers from the Virginia Community College System who will major in biology, chemistry, mathematics or physics and pursue a STEM (science, technology, engineering and math) teaching career.

With this grant and Longwood's partnership with two community colleges, our faculty and staff have been truly innovative in seeking to address a critical need, while also building on our historic strength in teacher education.'

 DR. LARISSA SMITH, LONGWOOD PROVOST AND VICE PRESIDENT FOR ACADEMIC AFFAIRS

"With this grant and Longwood's partnership with two community colleges, our faculty and staff have been truly innovative in seeking to address a critical need, while also building on our historic strength in teacher education," said Dr. Larissa Smith, Longwood provost and vice president for academic

affairs. "This funding will help address teacher shortages in rural Southside and southwest Virginia by recruiting students in these areas and preparing them to become successful STEM teachers."

# Down to the Wire

Heart-stopping finishes clinch conference championship, NCAA berth for men's golf

en's golf coach Kevin Fillman may have needed a cardiologist by the end of it, but he had no complaints as his team pulled off backto-back thrilling victories in the Big South Championship to earn the program's first Big South title—and a trip to the NCAA Regional.

In the Big South semifinals, Longwood and Winthrop were tied 2-2 before Justin LaRue '25, a business/economics major, calmly sank a putt on the 19th hole of his match to send Longwood to the finals, where the team took on reigning Big South champions Charleston Southern.



Repeat Performance. Longwood softball took home the Big South regular season championship with a clutch series-clinching win over Campbell. The team



battled back from an early deficit on the final day of the regular season to claim a share of the regular season crown for a second-straight season.

The Lancers pulled off another

stunning win in the finals. Down 2-0, Nick

Rakes'24, a business/economics major,

and LaRue both won their matches to tie

the score at two apiece. Meanwhile, Dan-

iel George '23, also a business/economics

major, roared back to erase a four-hole

birdie putt on the 18th and final hole to

cap his comeback and clinch the win and

Next stop was the NCAA Regional

at The Cliffs at Keowee Falls in Salem.

deficit in the final six holes. He sank a

Longwood's first Big South title.

# 3 selected for **Longwood Athletics Hall of Fame**



JIMMY YARBROUGH '82 still holds the men's basketball single-game scoring record (46 points), but his Longwood legacy goes far beyond that. After graduating, he joined the admissions office as senior associate director, sharing his infectious love for Longwood with prospective students, and the athletics department named the annual Jimmy M. Yarbrough Inspiration Award in his honor.



**CAROLYN HODGES CROSBY** was Longwood's first full-time director of athletics, a position she rose to after serving as a legendary field hockey coach. While coaching, she guided the field hockey team to a national top 10 ranking with a No. 6 finish in 1975.



**HOKE CURRIE** was Longwood's first full-time sports information director. A pillar in the athletics department for 19 years, he chronicled the many achievements of Lancer studentathletes. Years later, the material he gathered and the interviews he conducted made possible the recently released biography of Jerome Kersey, Overcoming the Odds.

# Forces God

Alumni Award winners have a positive impact wherever they go

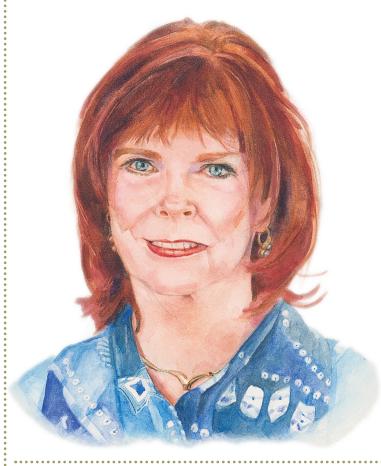
BY MATTHEW MCWILLIAMS AND **LAUREN WHITTINGTON** 

**ILLUSTRATIONS BY KATHY JUREK** 

Inspiration. Service. Community. Achievement.

These are the common themes woven through the life stories of the 2023 Longwood Alumni Award winners. The awards annually honor Longwood graduates and friends for their outstanding achievements and service to others.

Selected by the Alumni Board, recipients inspire the world around them through their professional and philanthropic achievements, their contributions to their communities as citizen leaders and their loyalty to Longwood.





## LYNN GARDNER HEFFRON '67

DISTINGUISHED CITIZEN LEADER ALUMNI AWARD

ynn Gardner Heffron is equal parts entrepreneur, advocate, consultant and mentor.

All of those roles serve one principle: shaping a more inclusive and diverse world—an idea that was forged in her mind as an undergraduate in the 1960s.

"I was at Longwood when the public schools were closed, and it struck me that in our college classrooms we were being taught that all children deserve an education while the community outside was narrowing the scope of who could learn," she said. "That experience set my mind to look for opportunities to help others and to promote the things I believe in. There's a very clear link from my time at Longwood to my professional work on diversity, finding opportunities for women in the workplace and multicultural initiatives."

Heffron began her career as a secondary school teacher, then moved into the private sector, working for NBC Universal and Lockheed. It was at NBC Universal that she co-authored one of the

benchmark publications in the world of business: Diversity Primer, which is still an industry standard. That led her to found her own company, Diversity Spectrum, which consults with business, education and nonprofit leaders around the globe on diversity issues.

Heffron now lives and works in Santa Fe, New Mexico, as an AVID tutor, returning to her classroom roots as she works with 9th-, 10th-, and 11th-graders to keep them on pace for higher education. She also is the co-president of the American Association of University Women for New Mexico, a learning specialist with the Institute of American Indian Art and a delegate to the UN Commission on the Status of Women.

The Distinguished Citizen Leader Alumni Award recognizes alumni who have achieved outstanding success and national distinction in both their personal and professional lives. It is the most prestigious award bestowed by the Alumni Association.



# **TROY AUSTIN**

HONORARY ALUMNI AWARD

roy Austin is a Lancer through and through, and he has the scarves to prove it. One of the most consequential figures in recent Long-

wood athletics history, Austin spent a decade at the helm of the athletics department. During his tenure, he guided the Lancers to membership in the Big South Conference and set standards of excellence on the field and in the classroom that became the foundation for today's thriving sports teams.

"I've always felt like part of the Longwood family, and I'm thankful they see me that way, too," he said.

Austin originally was hired as a development officer for athletics in 2005, but then-President Patty Cormier saw a leader emerge and appointed him as interim athletics director just one year later. He took the job permanently in 2008.

He left Longwood in 2018 for the "job of a lifetime"—the opportunity to return to his alma mater, Duke University, where he initially was senior associate athletics director and is now deputy athletics director for development.

One of his most cherished Longwood memories happened four years after he left campus, when the men's basketball team won the Big South Tournament. "I was at the game pulling for the Lancers, and, when the team won, President Reveley invited me out onto the court with the team," he said. "That was a great moment. Out there, I reflected on some of the achievements that came before, with our great women's soccer and softball teams. I am still a tremendous fan of all Longwood athletes.

"There's a running joke at Duke that anyone who has ever met me knows two things: I'm from New Jersey, and I worked at Longwood. I'll always be a Lancer."

The Honorary Alumni Award is presented to individuals who are not alumni but have given extraordinary service to Longwood and who reflect the values of a true citizen leader.

## RONDA LANDIS SCARROW'80

NANCY B. SHELTON SPIRITED CONTRIBUTOR AWARD

onda Scarrow was driving when she got the call she had been selected for the Spirited Contributor Award. "I had to pull over so I could cry," she recalled.

After graduating with a degree in theatre, Scarrow didn't take a direct route to teaching or the classroom. But almost three decades later, she found herself teaching a few theatre classes at Longwood-and she realized she was where she belonged.

"I came and taught, and I thought, my gosh, I'd forgotten how much I love this," said Scarrow, assistant professor of theatre education who has been teaching full time at Longwood for a decade. "It sounds like a cliché, but Longwood really changed my life. Longwood said you are valuable; you are good at what you do. You are making a difference, and could you please keep it up."

The Spirited Contributor Award honors an alum who is a current or retired Longwood faculty or staff member who goes above and beyond their job duties to selflessly serve the university.

"Any award that includes the word spirited would apply to Ronda," said Dr. Roger Byrne, dean of the Cook-Cole College. "Every encounter is an opportunity to infect others with her optimism and her boundless enthusiasm for theatre, her students and for Longwood."

In working with future theatre teachers and educators who want to incorporate theatre into their classrooms, Scarrow says she relishes the opportunity to teach not only art but also important life skills. "People identify that Longwood produces good citizens, good leaders and people who give back," she said.

Zachary Glasscock '18, a theatre teacher in Culpeper County Public Schools, describes Scarrow as "a constant light for students. She is someone who constantly pushes you to strive for perfection while keeping realistic mindsets and goals."

## **DEANA MCGUIRE BUCK'83**

**HUMANITARIAN ALUMNI AWARD** 

id you know that 80 percent of our brain architecture is developed by the time we are 3 years old?" asks Deana McGuire Buck.

That fact pointing to the critical importance of early childhood development has directed her life's work.

"It all started with language," she said. "I've been absolutely fascinated with how children acquire language and how they use it." She spent three years at Longwood in a 3+1 speech pathology program, taking her senior year of classes at UVA to earn her degree. She stayed on in Charlottesville to earn a master's degree before joining the Virginia Institute for Developmental Disabilities at VCU, where she spent much of her career. That organization became the Partnership for People with Disabilities in 2002, and Buck moved into a leadership role where she trained professionals working with children and their families, researched and published best practices, and developed innovative methodologies.

Since 2012 she's been Virginia's Act Early ambassador for the Centers for Disease Control's "Learn The Signs, Act Early" program, which provides resources to families with children who may have developmental delays or disabilities. "Children getting off to a great start with families that have the support they need is an extraordinary investment in our future," she said.

Buck found a similar type of support when she arrived at Longwood and met a group of fellow North Cunninghams residents who have stayed close since their first week of college.

"We've been together through it all—children, family milestones, sad times, happy times. And any one of us would be there for anyone else in a heartbeat," she said.

The Humanitarian Alumni Award honors alumni who have enriched the lives of others and improved the welfare of their communities through a selfless dedication to service for the good of others.





# TIARRAH "T" CROUCH PARKER '17

**ROTUNDA OUTSTANDING YOUNG ALUMNI AWARD** 

iarrah "T" Parker '17 was the guru of everything music at Prince Edward County High School for six years. As the school's only music teacher, Parker taught it all: band, choir, guitar, piano, music history, music theory and dual enrollment.

"It was a hectic load, but also really fun," said Parker, who completed a master's in music education and began work on a doctorate while teaching full time. Inspired by a middle- and high-school band director who became a father figure, Parker prioritized creating a culture of support and genuine acceptance for students.

"I love kids, I love people and I love music. I think blending them all together and creating that safe space where teenagers feel like they have an adult they can rely on, that was my ultimate inspiration to do music," said Parker, who prefers the pronouns they/them/theirs.

The Young Alumni Award is presented annually to an alum under 40 years old who has demonstrated excellence in their career or in citizen leadership. "T is more than a band director. They are an amazing human being," said Ronald Carricato '27, who witnessed Parker's commitment to music education as a high-school student.

Parker left PECHS this spring and is returning to Longwood this fall to teach a few courses in the music department. In addition, Parker serves as a diversity, equity and inclusion research specialist for a company and this summer became the co-owner of a new gym in Farmville.

"I'm pumped to come back and to be part of the music program and serve the community in a different way," they said. "I like to have my hand in a lot of different things because I have a lot of different passions. That's what keeps me on my toes and moving forward."

## DR. TAMARA BROWN '89

#### DISTINGUISHED PROFESSIONAL ACHIEVEMENT ALUMNI AWARD

professor at Longwood profoundly shaped Dr. Tamara Brown's life with one memorable assignment: She had to produce her notes from the entire semester, which were graded on how well they captured the essence of what he taught.

"I didn't understand why we had to do that," she said, laughing. "He told me that he wanted me to have the skills I would need to be successful in graduate school. That's what the psychology faculty did for me at Longwood: They saw in me something bigger than what I dreamed possible and helped prepare me to achieve that."

First as a clinical psychology professor, and now as provost and senior vice president for academic affairs at the University of Texas at Arlington, Brown has spent her career paying that lesson forward.

She began her career at the University of Kentucky, then moved to Prairie View A&M University in 2012 as dean of the College of Juvenile Justice and Psychology. At her next stop, the

University of North Texas, her work won accolades and made her a quickly rising star in higher education, especially her ability to diversify faculty and implement strategies to keep students on track to graduate on time.

"My leadership approach is one of shared governance, transparency and utilization of data," she said. "I try to start from a place of agreement—we can all agree that we want students to be successful. Then it becomes a question of how we get there. Our community has a lot of people who know how to bring good ideas forward, and I have the humility to try those sometimes-crazy or bold ideas that might work."

The Distinguished Professional Achievement Award recognizes alumni who have distinguished themselves in their professions and as role models for future generations of citizen leaders.



## DIANE BOTTOMS BOXLEY '72

#### PAGE COOK AXSON MCGAUGHY LIFETIME LOYALTY AWARD



"As soon as I was able to afford it. I wanted to give back to Longwood to help other people who were in a similar situation," she said. "I felt it was important for young people who wanted to go to college that they had some help if they couldn't afford it."

in mathematics.

Boxley is among Longwood's most loyal donors, having contributed to the alma mater consecutively for over 40 years. Her notable gifts include the naming of the Boxley Room in the Maugans Alumni Center and establishing the Diane Bottoms Boxley Scholarship, as well as the P. Seddon Boxley III Scholarship, named for her late husband.

"She is not only a consistent giver, she is a generous giver," said Chris Neal '05, former assistant vice president for leadership and planned giving.

The Lifetime Loyalty Award honors alumni who volunteer service through active participation in alumni or university affairs, who provide faithful and continued support in expanding the influence and prestige of Longwood, and who have a history of philanthropic giving.

Boxley, now retired from a lengthy career as an actuary, previously served on the Alumni Association Board, including one term as president, and then on the university's Foundation Board.

"The growth of Longwood over the past 50 years since I graduated is good for the school," she said. "The changes since I was there, especially Brock Commons, are wonderful. The campus looks fabulous." 🥽





# graduate school or a personal passion, the class of 2023 is going Whether it's career, strong right out of the gate

## BY SABRINA BROWN

**PHOTOGRAPHS BY COURTNEY VOGEL** 

A	ATHLETICS
BE	BROCK EXPERIENCES
СНС	CORMIER HONORS COLLEGE
1	INTERNSHIP
R	RESEARCH
PKP	PHI KAPPA PHI
SA	STUDY ABROAD
V/CS	VOLUNTEER/COMMUNITY SERVICE

# < Grace Puleo

**ACTIVITIES A: Cross Country, I, V/CS** 

**MAJOR** Nursing

HOMETOWN Deltaville, Virginia

WHAT'S NEXT Emergency department at Chippenham Hospital's level I trauma center, where she served an internship.

**BATTLING INVADERS** "I traveled to Death Valley, California, with the Alternative Breaks Club in December 2021. We worked at a national park removing invasive species. It was one of the most amazing experiences of my life."

#### **COULDN'T HAVE DONE IT WITHOUT**

Dr. Jackie Daniel, nursing faculty. "She has been in my corner giving me the best words of advice when I needed it most."

GRACE PULEO AND JACOB BARKER share a passion for something that many people actively avoid—running. And we're not talking about a just a couple of laps around a track.

Both of these May 2023 graduates have become avid marathoners during their time at Longwood. For them, long-distance running is deeply satisfying, a source of enjoyment as well as discipline, and a salve for the stress of everyday life.

Despite their busy schedules, both put in months of training and ran in marathons this year. Barker ran in the New York and Boston marathons, posting a time of 2:42:26 in Boston, placing him in the top 3 percent of 26,624 runners. And Puleo qualified for next year's Boston Marathon with her time of 3:16:50 in Virginia Beach's 2023 Shamrock Marathon, placing her in the top 9 percent of 1,692 runners.

"Sometimes I'm having a messy, crazy day. I know I need to go for a run, and I'll feel better," said Puleo, a nursing major who was a member of Longwood's cross country team for four years and captain her senior year. "My dad was a marathoner, too, and I grew up running with my sisters. I ran cross country in middle school and high school."

Barker, a kinesiology major who during his senior year worked part time, served as a tutor and was president of the campus kinesiology association, came to his love of running a little later. He initially hated it and didn't make his school's track team when he tried out at age 13. But running grew on him over time. He made the team in ninth grade and then ran cross country in high school.

Both Barker and Puleo said the discipline they learned from training—whether for a marathon or as part of the cross country team-paid off in other areas of their lives.

"I had to wake up at 5:20 a.m. for 6 a.m. practices during cross country season, and we'd be done by 8 a.m.," said Puleo. "It's a great way to start your day. The nursing major is a big time commitment, especially with clinical hours at the hospital. Fitting

Keep reading to find out more about the destinations in store for the Class of 2023.

in my training schedule while keeping academics the first priority helped me stay more organized."

Barker said the discipline of training was key in his being able to handle the many demands on his time during his senior year. And he had some help in applying that discipline: his coach, Noel Preece '22, a Longwood kinesiology graduate who now works as a personal trainer through his company, Noeltra Coaching.

"I met Noel my freshman year. In 2022, we did two 5Ks together in Farmville and ran the High Bridge Trail from start to finish-31.5 miles. We connected again in December, and he trained me for Boston," said Barker, adding that Preece's guidance was invaluable.

The proof? Barker's time in the Boston Marathon was 8 minutes faster than his previous best marathon time.

# **Brandon Walters** v

**ACTIVITIES CHC, R, V/CS** 

**MAJOR** Mathematics; computer science minor

**HOMETOWN** Powhatan, Virginia

**WHAT'S NEXT** Master's degree program in computational operations research, William & Mary.

HAPPY TO HELP "I participated in three student organizations that gave me the opportunity to do community service, which is very important to me. I did grounds work at James River State Park, tutored students in mathematics and helped clean up roadways in the Farmville area."

#### **COULDN'T HAVE DONE IT WITHOUT**

Dr. Steven Hoehner, mathematics faculty. "Dr. Hoehner worked with me on meaningful research through the PRISM program, and the results of our team's project were published in an academic journal. He also confirmed my interest in pursuing a graduate degree and supported me through the application process."



**ACTIVITIES BE, I, R** 

MAJOR Anthropology/archaeology; history minor

**HOMETOWN** Chesapeake, Virginia

**WHAT'S NEXT** Archaeology intern with the Jamestown Rediscovery Foundation's Ed Shed program, which gives the public the opportunity to investigate artifacts from excavations.

**WORTH A THOUSAND WORDS** "Working as an intern at the Longwood Center for Visual Arts (LCVA) was so beneficial for my growth, and I made many lifelong connections. Art brings people together in ways words cannot, and the LCVA has created a safe space for the community in Farmville and beyond."

**COULDN'T HAVE DONE IT WITHOUT** Dr. Mark Kostro, anthropology faculty, and Emily Grabiec, LCVA staff. "They both believed in me when I didn't believe in myself and pushed me to become the best version of myself."



A	ATHLETICS
BE	BROCK EXPERIENCES
СНС	CORMIER HONORS COLLEGE
1	INTERNSHIP
R	RESEARCH
PKP	PHI KAPPA PHI
SA	STUDY ABROAD
V/CS	VOLUNTEER/COMMUNITY SERVICE



# Tinsae Alem >

**ACTIVITIES BE, CHC, R** 

**MAJOR** Chemistry; biology minor

**HOMETOWN** Woodbridge, Virginia

**WHAT'S NEXT** Ph.D. program in materials science and engineering, University of Virginia.

**SAY WHAT?** "I did my Senior Thesis research on molecular electronics to develop a better understanding of what affects the rectification ratio and current flow in a single molecular diode using computational chemistry."

#### **COULDN'T HAVE DONE IT WITHOUT**

Dr. Benjamin Topham and Dr. Sarah Porter, chemistry faculty. "They always have been there for me when I needed advice and encouragement. In times of self-doubt, they reminded me I've got this and will do well."

# < Madison Poe

#### **ACTIVITIES**

**MAJOR** Business administration/ marketing

**HOMETOWN** Midlothian, Virginia

**WHAT'S NEXT** Brand analyst with the Altria Group, a Fortune 200 company, where she also completed an internship.

HOORAY FOR CIVITAE "Longwood's Civitae [Core Curriculum] has been one of the biggest drivers of my success. Without Civitae, I wouldn't be able to engage in and think as critically about real-world issues as I can today. Civitae has helped shape me to become a citizen leader in everything I do, big and small."

#### **COULDN'T HAVE DONE IT WITHOUT**

Patti Carey, McGaughy Internship and Professional Development Center. "When I told Professor Carey I wanted to work in branding for a Fortune 500 company, she fully supported it, even though an internship like the one I wanted would not come without a lot of hard work and struggle. She was by my side the whole way, and I achieved my dream. She is one of the main reasons I have so much belief in myself."





< Miguel Diaz-Montealegre

**ACTIVITIES CHC, I, R, SA** 

**MAJOR** Integrated Environmental Sciences

**HOMETOWN** Richmond, Virginia

**WHAT'S NEXT** Fish and wildlife biologist with the U.S. Fish and Wildlife Service; he served an internship with the agency's Carlsbad, California, Fish and Wildlife Office.

#### WHERE THE ENVIRONMENT COMES OUT ON TOP

"When speaking with the locals and the indigenous people of Ecuador during my study abroad, I could hear the pride they take in the rivers, mountains and biodiversity that add value and beauty to their country. Compared with the

United States, people in Ecuador value their environment and their way of life as much as, if not more than, economic development."

#### **COULDN'T HAVE DONE IT WITHOUT**

Dr. Christopher Labosier, environmental sciences faculty. "He's provided me with support and advice in my academics and personal life since the first day of class at Longwood."

There was no busy work, busy work, was everything everything was everything was everything was everything everything was everything everything was everything everything

A	ATHLETICS
BE	BROCK EXPERIENCES
СНС	CORMIER HONORS COLLEGE
1	INTERNSHIP
R	RESEARCH
PKP	PHI KAPPA PHI
SA	STUDY ABROAD
V/CS	VOLUNTEER/COMMUNITY SERVICE



# < Tianna Jordan\*

ACTIVITIES

#### LONGWOOD GRADUATE PROGRAM

Master of Science in counselor education/mental health counseling

**HOMETOWN** Charlottesville, Virginia

**WHAT'S NEXT** Resident in counseling, Longwood Counseling and Psychological Services (CAPS).

#### **EVERY DAY IS A MENTAL HEALTH**

**DAY** My primary responsibilities are to provide ethical individual and group counseling to Longwood students. My role also has a specific focus on BIPOC (Black, Indigenous, People of Color) and underrepresented students.

#### COULDN'T HAVE DONE IT WITHOUT

Dr. Maureen Walls-McKay and senior staff, CAPS. "They taught me so much in my practicum and my internship. They have given me a safe and encouraging space to be myself and to be the best counselor I can be."

+December 2022 graduate

# **Taylor Murphy V**

**ACTIVITIES I, V/CS** 

**MAJOR** Biology

**HOMETOWN** Danville, Virginia

**WHAT'S NEXT** Doctor of Pharmacy program, Virginia Commonwealth University.

**GIVING HER LEFT BRAIN A BREAK** "Playing in the Longwood Chamber Orchestra each semester has been a great outlet for me to connect with musicians of all ages and varying levels of experience. I loved being able to play my violin each week with other students who value music as much as I do."

**COULDN'T HAVE DONE IT WITHOUT** Dr. Adam Franssen, biology faculty. "Dr. Franssen has been an incredible

biology faculty. "Dr. Franssen has been an incredible inspiration to me. I had my first biology class with him on my very first day of college, and since that day he has become my mentor and friend."

# < Josh Bain

**ACTIVITIES CHC, R, SA** 

**MAJOR** Psychology; minors in neuroscience studies and outdoor education

**HOMETOWN** Chesapeake, Virginia

**WHAT'S NEXT** Ph.D. program in applied neuroscience, William & Mary.

HIGH STAKES, BIG PAYOFFS "I was able to complete a
Senior Thesis project over my last two semesters, creating
and running a research project almost entirely solo. This
was one of the most valuable things I did at Longwood.
There was no busy work, everything was important,
and the stakes were high. Nonacademically, my
most amazing experience would be climbing on the
Longwood rock wall. This helped me to overcome
my extreme fear of falling and has led to some of the
best friendships I've made at Longwood."

#### COULDN'T HAVE DONE IT WITHOUT Dr. Rob-

ert Marmorstein, computer science faculty. "Dr. Marmorstein has helped me significantly through my journey at Longwood by giving me advice in some confusing and hard times, as well as assisting me in getting into contact with [the professor] at William & Mary whom I will be studying under for my Ph.D."

# Lilv Reece >

#### **ACTIVITIES CHC, SA**

**MAJOR** Communication Sciences and Disorders

HOMETOWN: Glen Allen, Virginia

WHAT'S NEXT Doctor of Audiology program, Texas Tech University Health Sciences Center.

GREEK CONNECTIONS "I joined Alpha Delta Pi, a sorority here on campus, my freshman year, and I later served as the vice president of membership experience and the recruitment analyst. I hoped to meet some friends, but ended up being provided with a network of people all over campus through Greek life."

#### **COULDN'T HAVE DONE IT WITHOUT**

Dr. Alison King, communication sciences and disorders faculty. "The first course I took with Dr. King was my first-ever CSD course. I remember taking a guiz and not doing so well on it and feeling like I was not in the right major. She reassured me that I was right where I was meant to be and that they would support me however I needed it.

Dr. King is the example I always give when I talk about Longwood's professors because she is so helpful and truly cares about all of her students."

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SA	STUDY ABROAD
V/CS	VOLUNTEER/COMMUNITY SERVICE

# Jamie Saunders\*> LONGWOOD GRADUATE PROGRAM

Master of Business Administration

**HOMETOWN** Sneedville, Tennessee (via Valentines, Virginia)

WHAT'S NEXT Ph.D. program in leadership/student personnel services, the University of the Cumberlands.

#### WHEN THE PLAN COMES TOGETHER

"Pursuing my Ph.D. and furthering my career as an exhibition and sponsorship sales specialist are both exciting priorities in my life that were made possible by my amazing professors and role models at Longwood. The culture of the MBA program was like no other and enabled me to be successful."

#### **COULDN'T HAVE DONE IT WITHOUT**

Dr. Yiwei Zhao, finance faculty. "Dr. Zhao has made the effort to stay in touch after I finished my studies. When I announced my commitment to the University of the Cumberlands, he was ecstatic that my long-term goal was to join a university faculty. Knowing that your professors genuinely care about you as a person is such a wonderful thing."

+December 2022 graduate



#### **ACTIVITIES I, PKP, V/CS**

**MAJOR** Early childhood education

**HOMETOWN** Axton, Virginia

WHAT'S NEXT Education support specialist/transfer navigator for a joint program taking students from an associate's degree in early childhood development at Patrick & Henry Community College in Martinsville to a bachelor's degree in early childhood education at Longwood.

A DIFFERENT PATH A first-generation, nontraditional college student who attended Longwood at the New College Institute in Martinsville, Hodge has learned that "it's never too late to pursue your dreams and work hard to see them come to fruition." She wasn't able to participate in activities on the main campus, but has been an

active volunteer in her community. "My community service activities have found me serving in the soup kitchen for The Community Fellowship Church and helping them with clothing and food giveaways. I have also volunteered at our local library, where I read to young children."

#### **COULDN'T HAVE DONE IT WITHOUT**

Dr. Stephanie Watts, early childhood education faculty, NCI-Martinsville. "Dr. Watts has championed me and countless other students to spread our wings, soar and fall in love with educating our youngest learners. Her passion and joy for educating students is undeniably evident through her thought-provoking, challenging and inspirational teaching."





# Victoria Adame >

**ACTIVITIES CHC, I, SA** 

**MAJORS** Psychology and Spanish

**HOMETOWN** Fredericksburg, Virginia

**WHAT'S NEXT** Master's degree program in art therapy and counseling, Eastern Virginia Medical School.

began college, I knew that diversity and inclusion were topics I wanted to learn more about and encourage at Longwood. I joined the Hispanic Latino Association my freshman year, eventually becoming secretary, which has taught me valuable lessons about teamwork, collaboration and creating unity within and between different communities."

# COULDN'T HAVE DONE IT WITHOUT Samantha

Dunn-Miller, Greenwood Library student supervisor. "She was a great source of support throughout a difficult time in my senior year, providing a safe space to talk and amazing advice, and reminding me how important it is to stand up for yourself."



Tamia Daniel

**ACTIVITIES CHC, I, SA** 

**MAJOR**: Elementary education and teaching

**HOMETOWN** Chesterfield, Virginia

**WHAT'S NEXT** Second-grade teacher, Chesterfield County Public Schools; master's degree program in educational leadership, Longwood.

LISTEN UP "Being a student representative on the University Lectures Committee was an amazing experience. I enjoyed being able to work with faculty from different departments in creating events for the campus."

**COULDN'T HAVE DONE IT WITHOUT** 

Dr. Dorothy Suskind, education faculty. "Dr. Suskind was my advisor throughout my four years at Longwood. She was always there to answer all of my questions and encourage me through all of my big decisions."



Because of
Longwood, I
Longwood, I
have found my
have found,
passion.

-LAUREN BENDER '23



# < Lauren Bender

**ACTIVITIES I, V/CS** 

**MAJOR** Communication studies/ public relations

**HOMETOWN** Moseley, Virginia

**WHAT'S NEXT** Master's program in higher education/student affairs, Clemson University.

A FAIR ADVANTAGE "I have been able to intern in three different areas of student affairs, which is huge. This truly gave me an advantage in graduate school interviews. Attending meetings like the Board of Visitors, serving on planning committees and organizing campus events like our Greek Leadership Summit all served as opportunities for me to experience the profession. Because of Longwood, I have found my passion."

**COULDN'T HAVE DONE IT WITHOUT** Dr. Tim Pierson, vice president emeritus, student affairs. "Once Dr. P heard I wanted to go into the world of higher education, he took me under his wing and shared advice and wisdom from his long career in the field."

# Class Notes





The Ultimate Stage. For one, it was the fulfillment of a dream she's had since she was a little girl. For another, it took his breath away. What was it? Performing in New York City's Carnegie Hall in May as part of a 100-voice choir that included seven Longwood alums and 30 Longwood students. "The view from the stage was enough to take your breath away. I'm honored to be able to have had this experience," said Bryan Axson'll (far right, above), who was a music major at Longwood. Susan Wright '08, who majored in music education, described it as "a once-in-a-lifetime experience and the dream I've had since I was a little girl. No performance I've had yet can compare to the rigor, splendor and the pride I took on for this event." The choir performed John Rutter's Gloria under the direction of Longwood music department chair Dr. Pam McDermott, who was invited to lead the group. Also lending their voices to the performance were Zachary Fortune '21; Lacy Hodges '18, M.S'19 (special education); Greg Robey'13; Ashley Stanley-Robey '14; and Abby Joyner Steffey '21.

Martha Lee "Tippy" Smith '46 died June 7, 2023, at the age of 97. After receiving her business education degree from



Longwood, she worked as the administrative assistant for the Roanoke City Police Department's detective division, retiring after 22 years. She married Jack Smith when she was 60, and "the fun and travel began," her obituary states.

Virginia Gertrude "Trudy" Walker English '49 of Richmond, Virginia, died April 15, 2023. She was 94. Early in her career, she worked as a substitute teacher and for the IRS, but later found her home at the International Mission Board with the Southern Baptist Convention. She worked there for 27 years, retiring as the associate director for Middle America and the Caribbean.

# 1950s

Doris Mescal Conner Courtney '50, a retired teacher and administrator in Westmoreland County, Virginia, died April 5, 2023. After receiving her home economics degree from Longwood, she earned a master's degree in educa-

tion from UVA. Her first year of teaching was at Reedville High School, with the remainder of her career spent at the elementary level and in school administration in Westmoreland



County. Her obituary stated that, after the death of her husband and retirement, she traveled extensively with friends, visiting all 50 states and exploring the world from the Arctic to the Antarctic, from China's Great Wall to the Amazon, and from the Panama Canal to Thailand and Morocco. She was known as an accomplished seamstress and quilter, and her delicate pie crusts were legendary, her obituary went on to say.

# 1960s

Barbara Lee Simpkins Falcone '60. died April 12, 2023. She was 85. A resident of Lincoln, Nebraska, she lived most of



her life in suburban Washington, D.C. She taught seventh- and eighth-grade English and history for 26 years at Edgar Allen Poe Middle School in Annandale, Virginia. One of the founding teachers at that school, she retired in 1986. Falcone was known for being a voracious reader, a practitioner of yoga and cross-stitch, a gifted baker of Sunday dinner desserts and a devoted follower of the television game show "Jeopardy."

# 1980s

Rev. Theresa Brion '80 is the priest-incharge at St. John's Episcopal Church in West Point, Virginia. Brion was ordained in the Episcopal Church in 2010 and began her duties at West Point in November 2022. Her career path has taken many turns over the years. Prior to her appointment at St. John's, Brion was director of chaplaincy services at Goodwin House Bailey's Crossroads, a senior community in Falls Church, Virginia. Before that, she was with the Diocese of Maryland as bishops' deputy for Western Maryland and oversaw its mutual ministry program and pastored two churches. Before seminary and chaplaincy training, she was a tax and legal editor with Thomson Corporation, which came after her years with several large law firms. And it all started with her time in the classroom as a middle-school and high-school teacher. Brion's Longwood degree is in social sciences with a pre-algebra certification.





Cindy Eggleston Robertson '81 recently celebrated five years of working at the Boys Home of Virginia in Covington. Initially a houseparent, she currently serves as a reading specialist, putting her Longwood elementary education degree and her master's degree in reading education from the University of Virginia to work for her students. "I see myself in the students I serve. When I was young, I struggled with reading and comprehension. I had to discover a way to learn that worked for me. I meet the students on their current reading level and help them progress." Prior to her work at the Boys Home, she was a teacher in the Roanoke City Public Schools for 30 years.

Jody Gilbert '83 joined the Rockbridge Area Health Center in Lexington, Virginia, as a licensed clinical social worker specializing in providing behavioral health counseling to patients 14 years of age and older. In addition to her degree in social work from Longwood, she earned an MSW from Virginia Commonwealth University. Gilbert has more than 30 years of experience as a social worker in multiple settings.

(continued on Page 24)



Boys Home Principal

Teresa Johnson (left)

and Cindy Eggleston

Robertson '81



This is a connection

-MELISSA LAKE BOYLE '94

no one could

fellow alumni.

understand except

son's decision to be a Lancer

IT'S NOT EVERY DAY your son asks you to have your photo taken with him in matching outfits.

So MELISSA LAKE BOYLE '94 didn't hesitate to say "yes" to her son, Nathan Boyle '23, when he asked her to come to campus for his senior photo shoot, even though she didn't have the outfit she needed: graduation regalia from her own Longwood commencement. She was confident someone in the Longwood network would come through for her.

"I didn't have my original, so I put out a

request on the Longwood Alumni Facebook page. I heard from five people from my class offering to let me borrow theirs," said Melissa.

That's just one example of the kind of support she

knew Nathan would get from the Longwood community if he decided to enroll at Longwood. Combined with the many opportunities Longwood offers students to get involved and to be a leader, it's no surprise that she encouraged him to choose her alma mater during his college search four years earlier.

"He needed a place that would be full of opportunities to be involved," said Melissa,

who has taught at Cedar Point Elementary in Bristow, Virginia, for the last 21 years. "He needed a place where professors would be welcoming ... [and] encourage him to be in class, do his best and expand his wings."

Nathan did end up choosing Longwood, and he responded to the experience just as she hoped he would: Student Government Association: executive treasurer, executive secretary, freshman class representative; Alpha Sigma Phi Fraternity: president, vice president, secretary; Mortar Board: honorary spirit

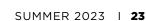
> leader chair; peer mentor

"Being a peer mentor for three years has been the most fun I've had." Nathan wrote in a graduating senior questionnaire just prior to receiving his degree in crimi-

nology this past May. "Getting my own group of up to 20 mentees to mentor for a year was breathtaking. I was able to show them all my love for Longwood and help them in any way I could."

Melissa said watching her son thrive at Longwood filled her with pride-both as a mom and as an alumna. "This is a connection no one could understand except fellow alumni." -Sabrina Brown







# **A Series of Fortunate Events**

Lancer network's connections yield new job for alum, internships for students

f you connected the dots leading from a Longwood Alumni Happy Hour in Arlington last fall to the three Longwood students who interned at an innovative Northern Virginia IT company this summer, you'd have a straight line of many points, each one an example of the power of the Lancer network.

The first dot would be MYA SOU-VANDARA '22, who attended the happy hour in Arlington soon after being laid off from her first job. She struck up a

conversation with DAN HUGHES '13, an Alumni Board member, telling him about the layoff and asking for his help.

Next, Hughes reached out to Plus3 IT Systems (P3), which was co-founded by fellow alum CHRIS ISAACS '02. Isaacs received his Longwood degree in business/information systems and now serves as the company's chief technical officer.

Just a week or two after the happy hour, Souvandara was contacted by P3 and introduced to Isaacs, and, in December 2022, she started her new job as a recruiter at the company. This spring, she attended a career fair at Longwood, where she met the three Longwood computer science students who interned at P3 this summer.

"This goes to show that I stand by what I say: The Longwood network is so powerful, and it's true that once a Lancer, always a Lancer," said Souvandara, who majored in psychology at Longwood. Among the many people who have benefited from that

Mya Souvandara '22 (third from left) got her job as a recruiter at Plus3 IT Systems through the Lancer network. She then recruited the company's summer interns-Andrew Taylor '24 (left), Louis Iampaglia '24 and Jacob Rowland 23-from a Longwood career fair.

> It was no accident that P3 looked for and found their summer interns at Longwood, Souvandara said.

developers and data scientists.

network are the three Longwood students

and JACOB ROWLAND '23 (graduating in

chosen for internships at P3: LOUIS

IAMPAGLIA '24, ANDREW TAYLOR '24

December). They got hands-on experi-

ence with some of the primary services

offered by the company, which include

expert-level Cloud adoption, Cloud secu-

rity, Cloud-enabled data analytics, Cloud

native application development and other

also worked on projects that will directly

benefit the company and were mentored

by some of P3's brightest Cloud engineers,

innovative technology solutions. They

"I have seen that Longwood students have the drive, curiosity and willingness to be leaders, and those are things that are beneficial for our company," she said. "We are very open-minded in recruiting interns, but Chris and I both want to continue to build a strong foundational relationship with Longwood. Whether it's recruiting interns or full-time employees, we always turn to our Longwood connections first." -Sabrina Brown

(continued from Page 23)

Haidee Shiflet Napier '88 was named the new division superintendent of Colonial Heights Public Schools by the Colonial Heights School Board, effective July 1, 2023. She had been the division's interim director of curriculum and assessment prior to the appointment. Napier has worked in the district 34 years in roles ranging from teacher to coach to assistant superintendent, but her experience in the Colonial Heights schools reaches back even further-starting with elementary school and continuing through her graduation from Colonial Heights High School. Napier's undergraduate degree from Longwood is in special education. She earned master's degrees from Virginia State University in guidance and counseling and in school administration and leadership.

David Duffer '89, M.S. '05 (educational leadership), was named to the board of directors for The Prizery, an arts and cultural center located in the Historic Tobacco Warehouse District of South Boston, Virginia. Currently principal of Clays Mill Elementary in Halifax, Duffer earned his Longwood undergraduate degree in music and taught music for several years before moving into administration.

# 1990s

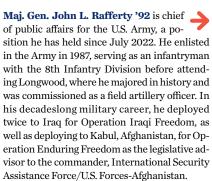
Curtis Campbell '90 is the new director of athletics at Roanoke College, a school with 20 NCAA Division III teams that compete in the Old Dominion Athletic Conference. He previously was director of athletics at Morehouse College in Atlanta, Georgia. Campbell, who has 23 years of experience in intercollegiate athletics, earned his Longwood degree in social work. He also holds an M.S. in counseling and human development from Radford University.



Laura Labyak '90 completed her one-year term as president of the Virginia State Literacy Association (VSLA) in May. She began her leadership role with the organization when she was elected to its board of directors as a member-at-large in 2018 and then served as vice president and president-elect. Among its many objectives, VSLA advocates for literacy initiatives such as the funding of reading specialists, said Labyak, who is the

instructional specialist at Indian River Middle School in Chesapeake. She sees her leadership roles with VSLA as growing out of her experiences at Longwood, where she was encouraged to run for a class officer position. "Dr. [James] Crowl, the beloved history professor, said, 'You know, Lauri, we need more women in government. Why don't you run for class vice president?' Not wanting to disappoint Dr. Crowl, I ran." She won the election and also served as president of Sigma Kappa sorority and co-captain of the women's tennis team. Labyak, who majored in elementary education, holds an M.Ed. from the University of Virginia and is working on a doctorate in K-12 leadership at Regent University. "At times I think I'm crazy for wanting to pursue a doctorate after 33 years in education, but, as long as I'm in leadership positions, I want to be the best leader I can be," she said.

Nancy Buckner Welch '90, M.S. '92 (reading), who has served as superintendent of the Mathews County Public Schools for the past eight years, announced she will be retiring Sept. 1, 2023. Welch's career in education includes a 27-year span with Mathews County Schools, beginning as a classroom teacher at Lee-Jackson Elementary.





Riley H. Ross III '93 is a trial lawyer with nearly 20 years of trial and litigation experience and a partner at Mincey Fitzpatrick Ross LLC, in Philadelphia, Pennsylvania. In May, he began a three-year term as one of 12 zone governors on the Pennsylvania Bar Association (PBA) Board of Governors, representing Philadelphia (continued on Page 27)

# **Strength Training**

Children's books by basketball alumna spread the word that there's much to gain from playing sports

SHLEIGH HOLLMAN ABNEY '07 knows from personal experience how sports can strengthen you mentally and physically.

Seriously injured during her sophomore year on Longwood's women's basketball team, she came back to play a healthy senior year despite initially being strongly discouraged from returning to the court.

'While sidelined, I stayed in shape and built my mental mindset to be able to push through the fear of 'what if?'" she said. "For me, a potential setback became fuel to pause, rebuild and pivot roles, and then resiliency and passion pushed me forward. This is just one of many examples of how sports throws real-world scenarios at you that can build your character for years to come."

thought it was important for children to hear. "Through sports, children and young adults experience critical opportunities to



and the

work ethic to be at your physical best to compete," said Abney, who is a program manager for Amazon and the mother of a young son and daughter. "Sports can build self-confidence, discipline, teamwork, friendships and so much more.

"I remember sitting down one night early in the pandemic and deciding I had a message and wanted to put it on paper. I considered starting a blog, then quickly realized that was not the route for me."

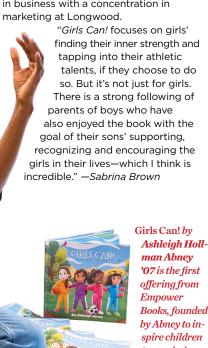
The direction she took instead was writing and publishing children's books. The first book, Girls Can!, came to her "effortlessly," she said, and was published

by her company,

Empower Books, in September 2022. And more books are in the pipeline. "The goal of

Empower Books is to inspire children to maximize their inner ability

and potential," said Abney, who majored in business with a concentration in









notes. If you have any news from your professional or personal life, we'd love to hear about it. Please email the details to us at alumni@longwood.edu. Remember to give us your full name, the year you graduated and the degree you received.

man Abney '07 is the first offering from Books, founded by Abney to inspire children to maximize their abilities and potential.



# **Just Another Day in Paradise**

Couple dreamed of pursuing their art in Hawaii, then made it come true by SABRINA BROWN

nce upon a time, STU SOLEY '08 and BILLIE **DOWNING** '08 dreamed of getting married, moving to Hawaii and pursuing their art. Today, they're living that dream.

Not long after graduating from Longwood, the couple loaded up their truck with their dog and a few possessions, and drove to California. From there, they put their pickup on a boat and their dog and themselves on a flight bound for Maui, where they hoped to put their Longwood degrees—Stu's in photography and Billie's in interior design-to work in a breathtakingly beautiful landscape doing something they love.

"My cousins were all born and raised [in Hawaii], and we visited them every

year or so when I was growing up," said Stu. "Then when I got into high school and college, I got to go surfing a lot at the Outer Banks. That's when I really knew I wanted to land here after college."

As in many stories like this, the dream wasn't realized overnight. Stu's initial job in Maui was at the popular restaurant Mama's Fish House, where, fortuitously, the person who interviewed him was a surf photographer and connected him with that community. For several years, Stu took assignments on the side—real estate, family photos, commercial work. Then in 2015, he and Billie decided he should quit his job to pursue photography full time.

The couple stuck to that plan—even when three weeks later Billie found out she was expecting their first child-and

Stu (left) and Billie Soley, Class of 2008, are the owners of Soley Aloha, a boutique and gallery on Maui, where they sell Stu's photography, their own trademarked merchandise and handcrafted items from 40 other Hawaiian artists.

today they are the successful owners of Soley Aloha, a boutique and gallery where they sell Stu's surf and art photography (the latter of which can be found in private collections), merchandise bearing trademarked graphics he and Billie have created, and the handcrafted items of 40 other Hawaiian artists.

"Maui is such a magical place," said Billie. "The joyful sharing life, connecting to the land and water, and being an active part of a community are all values of Aloha that I can relate to [and] where we found inspiration for the Aloha Shapes logo. When the logo was created, we made a few shirts for ourselves to wear. Immediately people started asking where to get them. We worked super hard to develop the brand."

So what's next for someone who wakes up in a tropical paradise every morning?

"I do look forward to traveling more," said Stu. "I'd like to photograph some of the national parks on the mainland [U.S.]. And I've heard a lot about the beauty of Iceland."

lawyers. In 2021, Ross received the PBA Civil and Equal Rights Champion Award. He serves on the board of directors for several organizations, including the ACLU of Pennsylvania. Prior to moving into private practice, he was an assistant federal public defender in Norfolk, Virginia. Ross received his J.D. from the University of Virginia School of Law. He majored in psychology at Longwood.



Kathy Hill Acerno '97 (above, right) and Michelle Hundley Schenker '97 were freshman-year roommates. During the pandemic, both women independently turned to social media to share their art and connect with other creatives, reconnecting with one another as well. "We met up in person in April 2023 for the first time since graduation in 1997!" said Schenker, referencing a project they created to raise money for worthy causes. That project is on hold for now, but it served a valuable purpose. "Kathy is a wonderful friend, and I am so thrilled we have reconnected via our art and desire to bring more good into the world."

Dr. Amy Owen Cashwell '97, superintendent of the Henrico County Public Schools. was named the 2023 Region 1 Superintendent of the Year by the Virginia Association of School Superintendents. The 2022-23 year was Cashwell's fifth as superintendent. She was cited for her efforts of innovation and personalized. student-centered learning, as well as her work to create multiple pathways to academic success and to foster opportunities for students to gain life-ready skills. She holds a doctorate in education administration and policy studies from George Washington University. Her Longwood degree is in liberal studies/elementary education.

Diana Duncan Driver '96, a Nelson County High School teacher with more than 25 years in the classroom, was recognized as the 2022-23 National Federation of State High School Associations Theatre Educator of the Year for Section Two, which includes six other states and Washington, D.C. Her Longwood degree is a BFA with a concentration in performance; she also studied pedagogy at the New York University Tisch School of the Arts.

(continued on Page 28)



**LONGWOOD'S 1 HOUR** A MONTH program is a volunteer experience designed for alumni and friends. You'll be rewarded with exclusive Longwood swag depending on your level of participation. Find out more at go.longwood. edu/1hour.





Zachary Pittard '15 successfully defended his history master's thesis at Virginia Commonwealth University in April. His thesis is a study of Mecklenburg County, Virginia, during the Civil War. A history major at Longwood, he currently works at Staunton River Battlefield State Park in Randolph, Virginia.



# A Way With Words

Alum's talent earns him a spot in one of the nation's most prestigious MFA writing programs

**OEL WORFORD '18 likens** his most recent accomplishment to winning the lottery-though considerably more talent is involved in being accepted to one of the country's most prestigious creative writing programs than in picking six random numbers.

This fall Worford begins the journey of honing his craft in the Iowa Writers' Workshop, which has an acceptance rate of less than 4 percent and boasts an alumni list that includes Rita Dove, Flannery O'Conner, John Irving, Ann Patchett, Jane Smiley, Philip Roth and many other renowned authors. Worford is one of just 25 promising writers in this year's fiction workshop cohort.

"I can't remember exactly when or how I heard about Iowa, but at some point it solidified in my mind as the MFA program," he said of Iowa's two-year workshop. "I applied with the same sort of mentality I'd guess some folks play the lottery with: Long shot, but you never know. The day I received the call saying I'd been accepted was one of the happiest of my life."

Since graduating from Longwood, Worford has been making a living primarily as a guitarist—his other creative passion-playing with his own band, which showcases his original music, as well as numerous other groups in the Richmond area. He also has been writing and publishing short fiction.

"Last year I got paid for my prose for the first time, which was a milestone," said Worford, who majored in English with a concentration in creative writing. "This year, the paid opportunities have been more frequent, and writing has become the creative priority. I try to approach each day with the discipline of a working writer."

Where is he headed after Iowa? "Finishing and publishing a book is the No. 1 priority. Long-term I would like to teach at the college level," he said.

As he contemplates the future, Worford is mindful of the support and encouragement he has received from Longwood English faculty, both as a student and as an alumnus. "Professor Mary Carroll-Hackett, Dr. Brett Hursey, Dr. Derek Taylor and Professor Brandon Haffner all wrote recommendations and were great sources of encouragement throughout the Iowa application process," he said. "The Grainger crew has done so much to support me, in small and large ways. I will always be grateful."-Sabrina Brown



# The Big Reveal

Book brings to light a forgotten, but important, chapter in church's history

cross the road from SUSAN HARRELL BIRCKHEAD'S home in Edenton, North Carolina, is a small house of worship established by African Americans in 1875 and still active today.

Beautiful in its simplicity and its surroundings, the church inspired Birckhead '78, a professional artist and retired art teacher, to pull out her camera—and then to find out more about the church. Eventually she had enough material to create and publish a coffee table book, Across the Field: Inspirational Images of Warren Grove Missionary Baptist Church.

During that process, she made a discovery that was surprising even to church members: The structure that today serves as one of the church's fellowship halls was constructed in 1915 as a school for Black children. It was the first of 800 such schools in North Carolina—and more than 5,000 across the South-built with funding

ACROSS THE FIELD

from Julius Rosenwald, a Jewish German immigrant and an innovative early president of Sears, Roebuck and Co. Rosenwald amassed a fortune and used much of it building the schools (communities also pitched in a portion of the cost)—a project he worked on with Booker T. Washington. He also funded other

initiatives designed to improve the lives of Black Americans.

"I'm thrilled to celebrate the beauty of this quaint rural church and its incredible history." said Birckhead, who sells the books deeper understanding and greater sense of pride knowing a remarkable part of African American educational history rests on their



UDREY BURGES

**Audrey Burges '01** is the auther of *The* Minuscule Mansion of Myra Malone, her debut novel published in January 2023 by Berkley, an imprint of Penguin Random House. The book tells the story of a woman who blogs from her Arizona attic about a dollhouse mansion

> that captivates thousands of readers worldwide-and that holds many mysteries. Burges' second novel, A House Like an Accordion, is expected to be released by Berkley in May 2024. You can get an inkling of the creativity, humor and personality she brings to her writing from the bio on her website. For example: "Audrey was born and raised in Arizona by her linguist parents, which is a lot like being raised by wolves, but with better grammar." Today Burges lives in Richmond, where, employing that

elevated grammar, she writes humor, satire and essays in addition to her novels. She majored in English at Longwood.



Sasha Trent Johnson '05 was named the 2023 winner of the Basileus Award, given each year by Alpha Kappa Alpha Sorority in recognition of a person's outstanding contributions to their community and their church. Johnson, who serves as director of education and prevention programs at Longwood, is chairperson of the Piedmont Alliance for the Prevention of Substance Abuse, is a leader in the Order of the Eastern Star and volunteers with Piedmont Habitat for Humanity, where she serves on the board, and Alpha Kappa Alpha. She also is an active member of New Bethel Baptist Church and Union Grove Baptist Church. Her Longwood degree is in community health education.

Ashley Webb '07 was the featured speaker at a Lunch & Learn event at the Roanoke Higher Education Center in March. Curator of collections and exhibitions at the Historical Society of Western Virginia, she spoke about 10 remarkable Southwest Virginia women and their contributions to the fields of women's rights, education, medicine, literature, aviation and the arts. Webb, a history and anthro-



Montessori Rocks. After receiving his M.Ed. in Montessori education from Lovola University Maryland in 2022, Jalen Jackson '16 recently completed his first year as a lead Montessori guide at Mountaintop Montessori, a private school in Charlottesville. Virginia. Jackson clearly has a strong belief in the Montessori philosophy of education—and big plans for how to put it into action in his professional career. Among his goals are to "travel the world to work at different Montessori schools on each of the continents. After acquiring a global perspective of Montessori education worldwide, I will start my own Montessori school or become the head of a Montessori school," he said. Meanwhile, he will continue to "guide our youth in preparation for building a future that ... allows them to use their foundational Montessori skills for practical success." Jackson's undergraduate degree from Longwood is in liberal studies.



pology major at Longwood, works with several museums as a collections specialist in addition to her work at the Historical Society.



Kristine Bender Connolly '09 joined the staff of the Colonial Theatre in Phoenixville, Pennsylvania, where she'll focus on fundraising as the organization's advancement officer. Previously the development manager of the Stern Grove Festival Association in San Francisco, Connolly has more than 12 years of progressive nonprofit fundraising, program-management and event-planning experience. Her Longwood degree is in communication studies. She also earned an M.S. in arts leadership and cultural management from Colorado State University.

# **2010s**

Nathan Epstein '11 joined Studio Center in Virginia Beach in April 2023 as a video producer. He joined the company after a decade of covering sports for WAVY News 10, the NBC affiliate in the Hampton Roads area. Epstein's Longwood degree is in communication studies.

#### Charlie D. Hudson IV, endorsement '12

(educational leadership), joined the Currituck County (North Carolina) School District as transportation director in May. With more than 20 years in education, Hudson has served in multiple roles at the K-12 and post-secondary levels. He served as director of transportation for Caswell County Schools in Yanceyville, North Carolina, for the past four years.

William "Will" Nixon III '12, was named the director of finance for the Jamestown-Yorktown Foundation in Williamsburg. One of the "founding fathers" of Phi Mu Delta, he recently returned to the Longwood campus for an evening celebration with his fraternity brothers. Nixon majored in business/finance at Longwood.

Jessica Lee '14 was named 2023 Teacher of the Year for Middle Road Elementary in Prince George, Virginia, where she teaches third grade. She is working toward a master's degree in reading, literacy and learning, and plans to graduate in May 2024. Her Longwood degree is in liberal studies.

(continued on Page 30)



Braxton Lee and his mom, Maryanne Fary Lee '04, celebrate after completing the nextto-last race, held in Fortaleza, Brazil. After the last race in Miami. Florida. their times for the seven half-marathons totaled 16 hours 6 minutes for Braxton (an average of 10.53 minutes per mile) and 20 hours 44 minutes for Maryanne (an average of 13.56 minutes per mile).

# **Born to Run**

7 half-marathons, 7 days, 7 continents

raxton Lee, who just turned 14, has had a checklist of his goals on the refrigerator for as long as his mother, MARYANNE FARY LEE '04, can remember. That's not so unusual, but what's on the list

Take the item he checked off recently after it had been on the refrigerator for three years: run seven half-marathons in seven days on seven continents.

definitely is.

And Braxton's mom was running right along with him as they completed the seven 13-mile runs in the course of a week, one each in Antarctica, Africa, Australia, Asia, Europe, South America and North America (in that order).

Braxton heard about the World Marathon Challenge when he was 10. "From then on, he was saying, 'I want to do that!" said Lee, who has two other sons, Bryton, 11, and Boston, 8. "I've always told my boys that you can't lose until you quit. Braxton has a strong belief that, if you set your mind to it, you can do anything."

For this particular challenge, there would be months and months of training even though both mother and son were already avid long-distance runners. More daunting was the expense: It would cost \$70,000 for both of them to make the trip, for which a charter plane served as transportation and lodging.

No stranger to helping others raise money by running in races for important causes, they organized a race of their own in Williamsburg on Braxton's birthday in July 2022. It was hard to ask people for money for themselves, said Lee, but about 100 runners were happy to support Braxton's quest. Additional support came from about 10 businesses in Gloucester, where Lee is from, Williamsburg and Richmond.

The remainder, a sizeable portion, came from Lee, who manages a 1,300-unit senior living complex as president of BSA property management and also has her own property-management company focused on senior communities.

Financing secured, Lee and Braxton flew out of Washington, D.C., in January of this year headed for the first race in Novo, a small community located within the Antarctic Circle. Though it was "summer" there, the temperature was 25 below zero and the wind was gusting at 40 mph.

"That was absolutely brutal," Lee said. But the biggest challenge was when she felt her ankle "pop" while she was in Spain. It was painful and swollen, but she rejected any thoughts of quitting and finished the last two races. It took the ankle five weeks

in a boot to heal after she got home.

Braxton and Lee came in second among the 25 runners in the half-marathon category on their trip, Braxton with a total time for the seven races of 16 hours 6 minutes and his mom with 20 hours 44 minutes. Lee says Braxton was the youngest runner ever to complete the half-marathon World Challenge.

What does a 13-year-old take away from such a challenge? "He says he wants to use the experience to tell other kids they should pursue their dreams," said Lee. "And he wants to write a children's book about it."

Maybe that will be the next item on the refrigerator checklist. - Sabrina Brown

# In Memoriam

## 1940s

Harriett Farrier Mitchell '44 Jan. 25, 2023 Jean Arington Wood '44 May 8, 2023 Dorothy Gilmer Davison '45 May 26, 2023 Martha Jones Holmes '46 April 29, 2023 Martha Lee "Tippy" Smith '46 June 7, 2023 Isabelle Ransone Watts '46 Feb. 7, 2023 Mary Robertson Morgan '47 Oct. 13, 2022 Virginia Gertrude "Trudy" Walker English '49 April 15, 2023

Joanne Sterling Ferrell '49 April 1, 2023 Marian Peake Wainwright '49 April 20, 2023

#### 1950s

Anne Simpson Alston '50 March 22, 2023 Shirley Simmons Bryant '50 May 25, 2023 **Doris Mescal Conner Courtney '50** April 5, 2023

Peggy White Crooks '50 April 20, 2023 Thelma Peake Hawkins '50 Dec. 2, 2022 Patricia Earle Corson '51 April 6, 2023 Nancy Walthall Avery '52 June 28, 2023 Mary Brame Trotter '52 June 17, 2023  $\textbf{Sarah Anne Conley Bromley '53} \, April \, 13, 2023$ Carolyn Partridge Drewry '53 April 3, 2023 Frances Andrews Hicks '53 April 28, 2023 Rebecca Hines Bowling '55 May 30, 2023 Betty West Buchert '55 Feb. 22, 2023 Ann Wendenburg Silver '55 April 4, 2023 Lois Madeline Marshall '56 Feb. 5, 2023 Barbara Bane Nichols '57 May 31, 2023 Frances Bays Sublett '57 June 16, 2023 Caroline Stoneman Wells '57 June 4, 2023 Carolyn Kelly '58 March 23, 2023 Katharine Krehbiel Lawrence '58 Feb. 15, 2023 Linda Jean Allen '59 June 7, 2022 **Dr. Dolores Dove Eanes '59** Feb. 26, 2023 Barbara Hurst French '59 April 13, 2023 Dorothy Nash Marshall '59 April 23, 2023 Patricia Leake Riddle '59 June 24, 2023

### 1960s

Barbara Lee Simpkins Falcone '60 April 12, 2023

Christine Wilson Johnson '60 April 1, 2023 Julia Mary Williams '60 May 23, 2023 Nancy Kelly Gregory '61 June 27, 2022 Gladys George Wells '61 Aug. 28, 2022 Kathryn Wood Chamberlin '64 Feb. 7, 2023 Dr. Jeanette Elder Crosswhite '64 Feb. 21, 2023 Margaret Paradee Cahall '66 April 20, 2023 Faye Carter Driggs '66 Nov. 25, 2022

#### 1970s

Suzette DeBell Rashkind '70 April 1, 2023 Linda Nance Beulke '71 May 24, 2023  ${\bf Carolyn\,Haga\,Schlosberg\,'72}\,{\it March\,14,2023}$ Leslie Schatz Cooper '73 May 24, 2023 Theresa Coogan Larsen '74 May 28, 2023 Beverly Limerick Parsley '74 April 28, 2023 **Joseph M. Hyatt '75** *May 6, 2023* Nan Turner '76 April 10, 2023 Elizabeth Stanley Buchanan '78 May 11, 2023Claudia Tarkington Holt '78 April 17, 2023 Cathy Louise Benckert '79 June 14, 2023 Frances Ferguson Clark '79 Feb. 19, 2023



#### 1980s

Eli Jordan III '81 Feb. 25, 2023 Kerry Ann McCarthy '81 May 21, 2023 Carrie Lee Bull '82 April 1, 2023 Susan Watford Bryan '83 June 22, 2023 Pamela Joy Coffman '83 Feb. 5, 2023 Susan Shelton '83 April 9, 2023 Wanda Carrington Tucker '84 May 30, 2023  ${\bf Agnes\ Dusenbury\ Cawthorn\ '87\ \it Oct.\,5,2022}$ Glenn Allen Gilmer '87 Jan. 31, 2022 Reginald Maurice Thompson '88 May 29, 2023 Dale Terry Riddle '88 March 8, 2023

#### 1990s

Barbara Swift Smith '92 Jan. 24, 2023 Nancy Rumfelt Hybl '94 May 10, 2023 Bradley Christopher King '96 June 10, 2023 Eliza Seneker Willis '96 Feb. 16, 2023 Charles Ghio Clay '97 Feb. 25, 2023 Cindy A. Southall '97 June 10, 2022 Deborah Jeanne Houseknecht '98 May 12, 2023

#### 2000s

John Benjamin Lewis '02 June 8, 2023 Drusilla Anne Turner '02 Aug. 25, 2022 Chad Joseph Kosmo '06 March 25, 2023 Kristina Marie Ward '07 March 1, 2023

## **Faculty, Staff and Friends**

Edna Hughes Archer May 6, 2023 Dr. Crayton L. Buck June 22, 2023 Keith Bunting May 20, 2023 Claude S. Childress Jr. Dec. 16, 2022 Robert G. Christopher May 3, 2023 Howard J. Easter III Feb. 9, 2023 Richard D. Giles Jan. 28, 2023 **Dr. Paul S. Hesselink** May 1, 2023Sherman Langhorne June 14, 2023 Dr. Joe A. Lavely April 12, 2023 Anna Frances Leatherwood June 21, 2023 G. Gilmer Minor III May 4, 2023 **Dr. Jim E. Nicely** *May 26, 2023* Daniel E. Ohlms Jan. 7, 2023 Brian L. Rajewski April 14, 2023 **Vivian D. Roop** *May* 1, 2023 Carol R. Schall May 18, 2023 Lawrence Rucker Snead III May 3, 2023 H. A. Street June 25, 2022 William Allan Webb May 16, 2023 David Craig West April 23, 2022 Jacob H. Wamsley II March 17, 2023



**Mallory Martin** Claytor '18 was named Teacher of the Year for Wilson Elementary School in Fishersville, Virginia, where she teaches fifth-grade math. Claytor's degree from Longwood is in liberal studies, with a concentration in elementary education.



Derrick Bennington '16 joined the College of Charleston as associate director of athletics communications and creative content. His Longwood degree is in communication studies.

Rachel Hirsch Hennessy '17 married Shelby Hennessy on Nov. 20, 2020, at Legacy Hall in Williamsburg, Virginia. Due to Covid restrictions at the time, they opted for a safe, more intimate ceremony. Longwood alumna Lauren "Emily" Rice '18 was the maid of honor. The couple resides in Newport News, Virginia, where Rachel is currently the director of alumni relations/events at Hampton Roads Academy.



Do you know a Longwood alum who deserves to be recognized for their good works? Nominate them for an **Alumni Award at** go.longwood.edu/ alumniawards



(continued from Page 30)

Katherine Loden '19 was selected as the archivist for the United States Army Reserve (USAR) Command at Fort Liberty, North Carolina, a position that dovetails perfectly with her

Longwood degree in public history. As archivist, she serves under the Office of Army Reserve History and supports the office's mission to document the operational history of the USAR. Prior to her latest appointment, Loden completed the Logistics Management Intern Program at Fort Gregg-Adams, Virginia, and then served as an editor at the U.S. Army Tank-Automotive and Armaments Command until November 2022.

# **2020s**

Morgan Matthews '20, M.S. '21 (special education), in March was named Teacher of the Week by WITN-TV in Greenville, North Carolina, where she teaches fourth and fifth grade at John Small Elementary School. Her undergraduate degree from Longwood is in liberal studies/ special education.

(continued on Page 32)



# **My ADHD Journey**

Alumna relates her struggles, adult diagnosis and hope

BY KATE FELDVARY COSKREY '04. M.S. '10 (COUNSELING)

or years I have struggled with impulsiveness, poor planning, low frustration tolerance, losing items that I had in my hand three seconds ago and an internal mental hamster wheel constantly on the go.

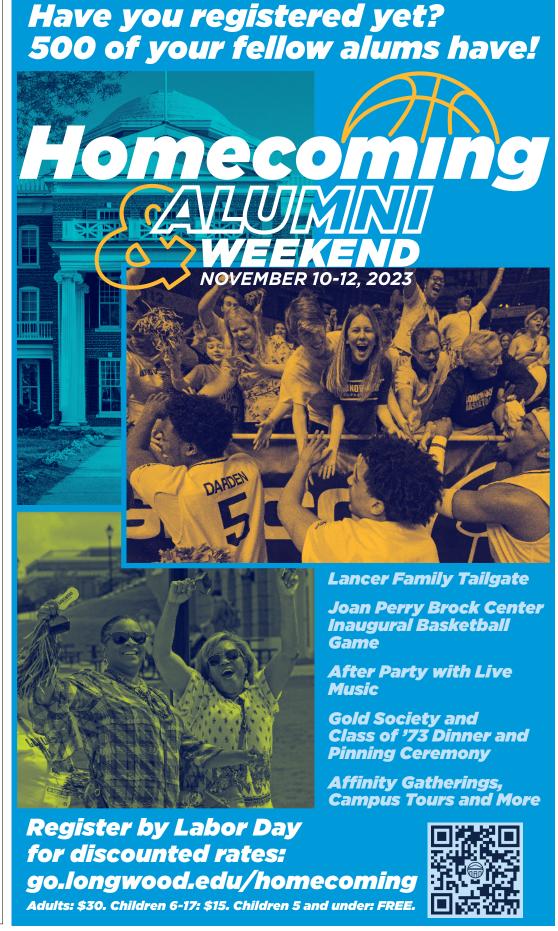
I was a good student and found various ways of helping myself through my undergraduate and graduate programs at Longwood. However, it wasn't until reaching my 40s and having my first child that my life just seemed "off."

As an adult, my brother, ADAM FELDVARY '05, was diagnosed with Attention-Deficit/Hyperactivity Disorder (ADHD). At that point, it all began sinking in that, based on our similar cognitive and behavioral characteristics, this very well might be a disorder I had as well.

I went to my husband with a list of typical ADHD behaviors, asking him if any of them sounded like me. His response was, "You have been like that for as long as I've known you." Although there was no malice in his statement, this was a tough pill to swallow, and it opened my eyes that it was time to get evaluated by a mental health professional.

For a year, I went through feelings of quilt, resentment and shame. I vearned for a different life I knew I should or could have had if I had been diagnosed earlier in life. After my diagnosis, I realized that being kinder to myself and communicating with my husband about how to help me was the way we could begin managing this new chapter of my life and our marriage.

Recently, I have encountered more adult men and women being diagnosed with ADHD. If any of this resonates with you, know you are not alone and help exists. There are a lot of resources available, and it all starts with talking with your family/ support network as well as your doctor.





Dressing the Part. Sixteen alums were on hand this year for the Logwood Black Alumni Association's annual event that provides guidance to students in selecting clothing that projects a professional image. Among the students participating was **Destiny** Carrington '26 (center), who received feedback from Kavonda Jordan-Dean (left), a former Longwood student, and Kamala Benjamin Allen '88. Through a partnership with JC Penney at Richmond's Chesterfield Towne Center, Suit It Up helps members of CLASP, a program for first-generation students, get the attire they need to make a good impression with prospective employers and internship placements. "The purpose of the program is to help students who are transitioning from college to the 'real world,'" said Dr. Erica Brown-Meredith '95, assistant professor of social work, who organized the event.

Tom Dixon '21, who earned a degree in English at Longwood, joined the staff of the Boys Home of Virginia in Covington as a houseparent and writing instructor.

Lia Fisher Janosz, M.E. '22 (school librarianship), the librarian at Sharon Elementary School in Alleghany County, Virginia, wrote an article on censorship that was published in a blog associated with Knowledge Quest, the journal of the American Association of School Librarians. "Infringement on intellectual freedom has become more prevalent, attacks on librarians have become more virulent, and violations of readers' rights are more common than ever," Janosz wrote. The full article can be found at knowledgequest.aasl.org/.



Makayla Jennings '22, a producer with WDBJ7 in Roanoke, won a 2022 Emmy from the National Capital Chesapeake Bay Chapter of the National Academy of Television Arts & Sciences for her documentary tracing the history of Black cowboys. Her film, The Tall Black Stranger: Revealing the Truth of the American Cowboy, won the nonfiction long form documentary category. The roots of the documentary lie with Jennings' late grandfather, who loved cowboy films and passed on that affection to his children and grandchildren. As Jennings investigated the topic, she found something unexpected: The original cowboys were Black-not white. During production, her travels took her from Houston to film at the Black Cowbov Museum to Maryland for an interview with a member of the group Cowgirls of Color.

Don McCullough, MBA '22, accepted the position of utilities manager with WestRock's Alleghany Highlands Operations in Covington, Virginia. He is responsible for managing the operations of power and recovery, including safety, production and quality. He joined the Covington mill in 2005 as senior project engineer.

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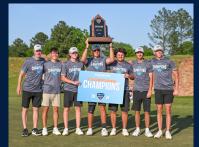


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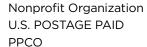
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